State Farm RENTERS **BUSINESS** 

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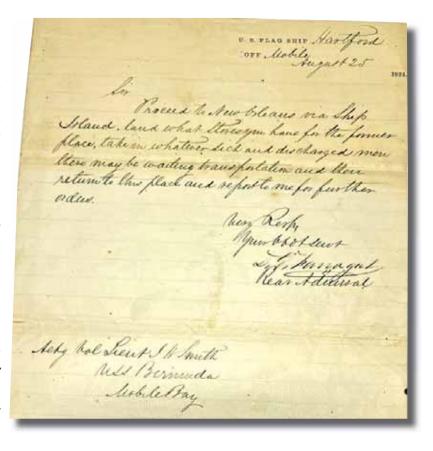
ISSUE 20 VOLUME 35 FARRAGUT, TENNESSEE WEDNESDAY, JANUARY 18, 2023 • 1A



### Founders Week on two fronts

Founders Week Proclamation and a found 19th century letter from the pen of Admiral David Glasgow Farragut. (Above) By Proclamation, Farragut Board of Mayor and Aldermen designated the third week of January as Founders Week to recognize the contributions of the Farragut Community Group members, the late Ralph McGill, former mayor; Eric Johnson, Betty Dick, Ron Simandl, Gene McNalley, George Dorsey, the late David Rogers and Marianne McGill. This was read during BOMA's meeting Thursday, Jan. 12. On hand for the presentation were, from left, Aldermen David White, founders Simandl, Marianne McGill and Johnson, Mayor Ron Williams and Alderman Drew Burnett. (Right) This authenticated letter written by Admiral Farragut was given to Farragut resident Adam Joachim by his father, Martin Joachim (See story and more photos on page 4A).

Above photo Tammy Cheek/ right photo Michelle Hollenhead



### Top sell

### **Topgolf Farragut** bought for nearly 4X original sale

**MICHELLE HOLLENHEAD** mhollenhead@farragutpress.com

The 15.73-acre Topgolf property recently sold for nearly four times what the same parcel brought less than two years ago.

ANS Properties, LLC, and Fay Properties, LLC, both listing a 2971 Valley Ave., Winchester, Virginia address, are jointly listed as purchasers of the 11400 Outlet Drive tract for \$35.7 million Jan. 5, according to documents filed with Knox County Register of Deeds Nick McBride.

Seller was TN Knoxville Furrow, LLC, 201 Riverplace, Suite 400, Greenville, South Carolina, which according to KGIS, purchased the property March 11, 2021, from Furrow Family Partnerships for \$8.146 million.

"This is just another example that the commercial real estate market in Knox County remains very strong," McBride Monday, Jan. 16.

#### I-40/75 interchange pay scale, deal struck between Town, TDOT

**TAMMY CHEEK** 

tcheek@farragutpress.com After two decades of waiting, the Town of Far-

ragut is seeing the light at the end of the tunnel regarding planned improvements to the I-40 interchange with North Campbell Station. Farragut Board of Mayor and Aldermen, during its Thursday, Jan. 12, meeting, unanimously

approved a contract with Tennessee Department of Transportation on the project to reconstruct the interchange. "I have been looking forward to bringing this item to this Board for more than 20 years," Town

engineer Darryl Smith said. "It's a long-term "I don't want to hear any 'no' votes," he add-

ed, drawing laughter, "It doesn't mean vou can't vote against it; I don't want to hear it."

See DEAL STRUCK on Page 4A

### First 1,500 gallons free no more: FUD rate hike reality

**TAMMY CHEEK** 

**business** 

gratifying,"

tcheek@farragutpress.com

First Utility District's customers are seeing an increase on their water rates upon opening their bills. FUD's Board of Commissioner's recently approved

a 3 percent rate increase with zero free usage for 2023,

which began with bills mailed out after Jan. 1. "In the past our minimum bill has included the first 1,500 gallon free; however, like ever other facet of society, our operating costs have greatly increased due to significant inflation," FUD chief financial of-

ficer Kena Hyers said. "Examples of this are water

"Making something of my own that came out of my

head, things I've seen that I can put together, was

-Laura Lee has gone solo, as of Jan. 1, as a new

business owner looking to make profits out of her

creativity. (Read story on page 3A)

other infrastructure materials increased 40 percent and landfill tipping fees for biosolids increased 87 per-

Hyers explained, "Previously the minimum bill was 1,500 gallons, meaning a customer did not get charged for any water and sewer until they used 1,500

"In essence they were getting 1,500 gallons free each month," she added. "We now are at zero, meaning the customer is now charged for all water and sewer used."

Hyers pointed out other systems, such as Knoxville

treatment chemicals increased 145 percent, pipe and Utility Board, West Knox Utility District, Hallsdale-Powell Utility District and Knox Chapman, have been at a zero minimum bill for a number of years.

> "Like these other systems, this means that First Utility is now charging for all the water supplied to the customer," she said.

> "It should also be noted that FUD's 2023 rates are still significantly lower than the 2021 rates of other utilities, which is the latest available data for comparison, than any of the other systems in the area," Hyers added.

> FUD's rates are listed on its website at http://www. fudknox.org

#### the January Farragut West Knox Chamber of Commerce Newsletter pg 1D this issue!

#### community

cent," she said.

"I thought when I was 90 that I was done, and I gave away my fur coat. I thought, 'I won't need it where I'm going,"

-Mary Hutchison, now well past 90 yet still alert, active and, most importantly, enthusiastic about her Christian faith. (Read story beginning on page 3B)



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### **KCSO**reports

• At 11:11 a.m., Monday, Jan. 16, a complainant called Knox County Sheriff's Office Teleserve Unit to report a burglary to her 2017 Toyota Sienna at a Snyder Road address. She advised an unknown suspect entered the locked vehicle by breaking the front driver's side window with rocks, and then proceeded to take various items without permission.

"Complainant was advised to call back with the serial numbers and model numbers before NCIC entry could be made," the report stated. Total value of damage was listed at

• At 4:30 p.m., Sunday, Jan. 15, a KCSO unit responded to Costco in Farragut on reports of a shoplifter. Upon arriving on the scene, officer came into contact with the witness/manager, who said he witnessed the suspect "place a cut of meat into her jacket and several other items to conceal them," the report stated.

"He followed her around the store shortly after she went through the self check-out line; (she) did not purchase any of the concealed items and attempted to walk out. Suspect was stopped by management and officers were notified.

pect, the officer said he "completed a pat down of her person and found more merchandise in her jacket pockets; she also had a purse with her that was completely empty.

Value of items she attempted to steal was \$296. She was criminally trespassed from the property and given a misdemeanor citation.

• At 6:56 a.m., Jan. 15, a complainant called KCSO Teleserve Unit to report a burglary to her partner's vehicle, a 2013 Jeep Wrangler, at Hampton Inn & Suites, 11340 Campbell Lakes Drive. Complainant advised an unknown suspect entered the locked vehicle by breaking the back driver's side window and took items with a value listed at

Value of damage to the window was listed at \$1,000. Complainant was advised to call back with the serial numbers for a stolen drill before NCIC entry could be made.

• At 9:29 a.m., Friday, Jan. 13, a KCSO deputy was dispatched to 816 North Campbell Station Road, Holiday Inn Express, for a theft, Officer spoke with the manager/complainant, who said his employ-

wanted the suspect trespassed from the property. Suspect was fired by the manager, escorted off of the property and instructed to not return.

• At 8:20 p.m., Monday, Jan. 9, a complainant called KCSO Teleserve Unit to report a theft of his card numbers from a Briar Gate Lane residence. Victim "advised he had received a fraud alert from US Bank regarding fraudulent transactions," the report stated.

"He advised one charge was at Middlebrook Liquor Store for \$238.69 and another at Phillips 66 for \$5.54 before the activity was noticed. He advised the credit card is still in his possession.

Knox County Sheriff's Office Reports can be found in each farragutpress publication starting at the top on page 2A. We appreciate the cooperation of KCSO officials in making these reports available.

### Deadline Jan. 20 to enter Quilt Show Feb. 18-19

**MICHELLE HOLLENHEAD** 

mhollenehad@farragutpress.com

For the first time since before the pandemic, Farragut is hosting a Quilt Show, sponsored by the Town's Arts & Beautification Committee.

Deadline for applications is this Friday, Jan. 20, and Quilt Show dates are 8 a.m. to 7:30 p.m., Saturday, Feb. 18, and from 10 a.m. to 4 p.m., Sunday, Feb. 19, in Farragut Community Center.

An acceptance letter or e-mail will be sent between Jan. 20 and Jan. 27, according to Town information.

"This event showcases exceptional work produced by quilters in our region," said Sue Stuhl, Town Park & Recreation direc-

"The show is open to all quilters, not just Farragut residents,"

"An entry form and important dates can be found at farragutparksandrec.org/quilt-show."

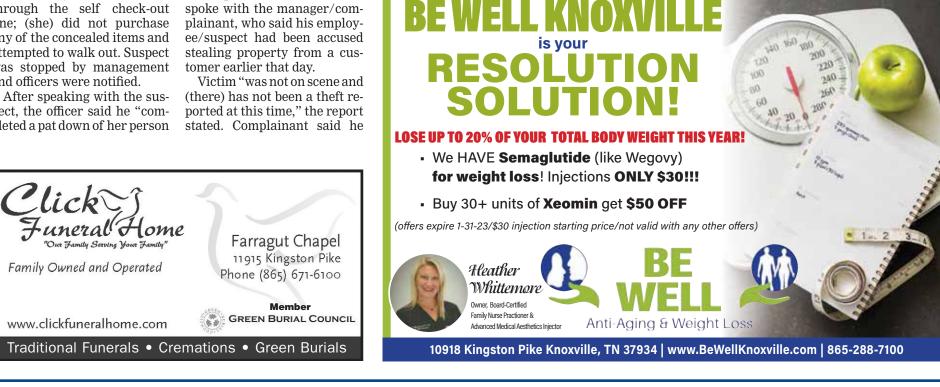
"The show will feature a wide variety of designs, from 19thcentury crazy quilts to quilted interpretations of modern art," added a Town press release. "Information about each quilt will be included in a special booklet given to attendees."

For those chosen, quilts may be dropped off from 9 a.m. to 4 p.m. Monday, Feb. 13.

A special reception will be held for the guilt owners, their guests and the public from 2:30 to 4 p.m. Feb. 19.

"The Farragut Quilt Show is part of a rotating series of art

See QUILT SHOW on Page 4A





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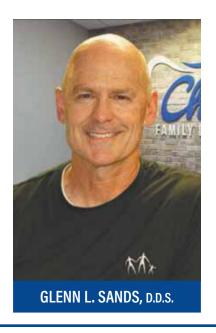




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# business

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### Lee makes mark: Laura Designs

**TAMMY CHEEK** 

tcheek@farragupress.com

Laura Lee is making her own mark in business with Laura Designs, which she launched Sunday, Jan. 1.

This Farragut resident creates gifts and home décor items — such as handmade wreaths, garlands, candleholders, gift bows and Christmas ornaments — and sells them at The Shoppes at Homespun, in Village Green shopping center, 11523 Kingston Pike.

Before starting her own business, Lee partnered "in a small room with two of my friends" with a business called Party of Two, also at The Shoppes at Homespun. "It's right here where we live," she said. "And, we began last July.

"Karen Gonzalez, in that group, is really good at putting gifts together," Lee added. "Our other friend suggested that we should start a business, where we are buying gifts to put together gifts.

"We tried it for a friend and we just wanted sort of a storefront; but with myself not having much business experience, we wanted a little vendor market where we could have a little more foot traffic to sell items."

With the third friend stepping aside, Lee and Gonzalez took the reins and began Party of Two.

However, at the same time, Lee said Gonzalez started working at Two Rivers Church when Lee started thinking about making her own merchandise by hand.

'Just something unique that people don't see anywhere else," she said about making her own items. "It started selling, so I was encouraged."

Moreover, "Karen got busy (at the church), and in



Laura Lee, owner of Laura Designs, brings her own creative flair to home decor items, which she sells in her space at The Shoppes at Homespun, 11523 Kingston Pike. Hours are from 10 a.m. to 6 p.m., Monday through Saturday, and from 1 to 6 p.m., Sunday.

November she decided she needed to step out," Lee said.

Still, Lee wanted to continue the business because "I'm having fun.

"Making something of my own that came out of my head, things I've seen that I can put together, was gratifying," she said. "Thinking 'hey someone has this in her home or his home' made me feel good.

"I feel like I was bringing a little bit of joy to people's lives," Lee added.

"You buy things that you love, that you identify

with, that's your style."

In addition to the foot traffic, Lee said the time she spends on her space at Homespun "is very flexible.

"I can go in either during our vendor work hours, which is twice a month, after the store closes or I can go when the store is open to restock my shelves," she added.

"It's been so pleasant with everybody who works there — the vendors, the owner — they are just good to work with."

### You must live in Farragut;' Complete Suites fills salon needs

**MICHELLE HOLLENHEAD** 

mhollenhead@farragutpress.com

Erica Perry knows how important salon services are, even though she does not come from a salon background.

The Farragut resident, who oversaw the successful opening of Complete Suites, 12748 Kingston Pike Suite 206 in Renaissance | Farragut last fall, realized the need for salon services even before leaving Florida three years ago.

"I don't go to salons myself very often, but I do love what they do," Perry said. "(In Florida) I had neighbors who had very successful sideline salon franchises. I was really impressed with the business model."

As a mom of two — yet with a background in architecture, graphic design, marketing and web design — she realized managing such an enterprise was something she could juggle with her other responsibilities.

Perry, her husband, Christopher Perry, and two sons, Trace and Cade, moved to Farragut after her father

suggested the community.

"You must live in Farragut," Perry said her father told her. "He said he had heard Farragut was a family-friendly place, a place where you want to be, very regulated and very safe.

"We did come here on vacation and were impressed. ... I just loved how Far-

ragut cherished its green spaces," she added.

Since moving to Town, "what I love about here is the level of niceness, where the people are not pretentious," Perry said.

"It is a loving and kind place to be."

She began searching potential

business locations not long after relocating, and found "all of the (prospective) competitors I looked at were fully booked out," Perry said. "I certainly saw the need here."

**Perry** 

noted, "there were no salon suite businesses in either Tellico Village or Lenoir City, and this location would capture this population as well as Farragut's." Renaissance | Farragut was the logi-

As for the specific location, she also

cal locale: this specific location had previously housed a spa, and it also was near her home. Perry said she spent a year looking

for the right site — and almost gave up before finding the availability.

"I saw the Myers Brothers sign and called them," she added. "I could really feel God in all of it and felt so good

bout them from the beginning. Even though it was a two-week wait to hear back that her offer was accepted, Perry said, "God just put it on my heart: 'You're going to get this."

She designed the space, ensuring a reconstruction, which allowed space for a trey-ceilinged fover and added acoustic ceiling tiles to mitigate noise. A security panel also was installed.

Perry elected not to join a franchise, but instead just created her own business, which she may decide to franchise in the future.

"The beauty of not doing a franchise is I can do what I want," she said with

Complete Suites was fully booked when it opened in September, and houses 16 businesses: Lotus Hair Studio; Magnolia Hair Company; Jess Lash; Artistry by Gabs; Glamour; Sage Salon; Bella Mia; Lucky 7's Studio; Lashes with Erika; Kontour Beauty; Beauty by Iris; Skin by Jenn; Modern Faces by Katy; Melt Wax Co.; Boho Wax Company; and Vanity Hair by Lindsay.

We provide the built-out space that small businesses need to be successful — either furnished or unfurnished. Members just need to bring their tools and their talent," Perry said, also noting she "loves the idea" of helping these small businesses.

"Truly it is about property management — being there when they need us and giving support," she added.

For more information, visit www. completesalonsuites.com.



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4A • FARRAGUTPRESS WEDNESDAY, JANUARY 18, 2023

### Father-to-son Christmas gift an **Admiral Farragut 1800s letter**

**MICHELLE HOLLENHEAD** 

mhollenhead@farragutpress.com

Adam Joachim received quite an appropriate Christmas gift from his father, collector Martin antiques Joachim.

Knowing his son lived in the Town named for Admiral David Glasgow Farragut, having been born nearby in 1801, Martin Joachim discovered a letter handwritten by the Admiral at a Florida estate sale and bought the document as

"My dad is an incredible antiques broker and dealer," Adam said. "He found the Farragut letter among quite a collection of artifacts and got it just for me, knowing how much I would appreciate it.

"I love that we live in the

See ADMIRAL LETTER, Page 5A

#### Deal struck

From page 1A

More seriously, "I have been an advocate for a long time for this project," Smith said. "I worked with the (Transportation Planning Organization) and TDOT officials, and I can't tell you how many conversations I've had with those people – and some elected officials.

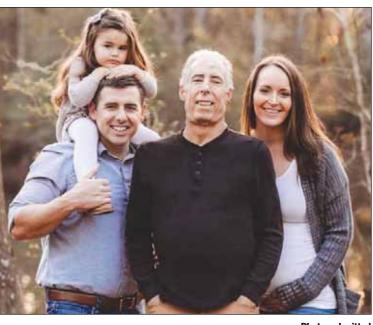
"The last few years, (Farragut) Mayor (Ron) Williams has been a very strong advocate for this project and has worked with local, state and federal elected officials, and I think we're getting some traction now," the Town engineer added. "Last year, Gov. (Bill) Lee's state budget included a line item for several projects. This is one of them.'

"There are other things that are probably going on with this," Williams said. "The plan is to widen the freeway from Lovell Road to the I-40 and I-75 split. That is something that has been on my radar screen for six years.

"It looks like, what Darryl said, it is starting to get traction to go on with what is happening here," he added.

"I just appreciate all the hard work that has gone in over 20 years," Alderman Drew Burnett said.

Smith said about a year-anda-half ago, WSBSA, a consult-



Farragut resident Adam Joachim, left, with his wife, Heather, daughter, Emma, and father, antiques dealer and collector Martin, who gave his son an authenticated letter written by Admiral Farragut for Christmas. (Photo of letter on page 1A)

ing firm, was conducting a statewide corridor study along I-40 across the state, looking for deficiencies when TPO, Knox County and Farragut entered into an agreement and asked that the study be extended to the area of the I-40 and I-75 split to the Lovell Road interchange.

"That additional work did result in interchange modifications studies for both Watt Road and Campbell Station Road interchanges," Smith said. "Since the Watt Road interchange is in Knox County jurisdiction, (the county) will deal with the state with that.

"Campbell Station Road, that's ours," he added. "When we met with (TDOT) Commissioner Paul Degges in June, we talked over the expectations they had of the Town.

"The agreement that we have here includes that the state will be paying for all of the costs for the interchange and half the cost to tie in Campbell Station Road on north and south ends. There's quite a bit of an extension up to the north to tie Campbell Station Road back in (to the interchange), so the Town's portion — the Town's participation — on this is \$8.75 million.'

As for a payment plan, "It's to be paid over five fiscal years with this year being \$500,000, then over the next four fiscal years, \$2,062,500 each year,' Smith said. "All that being said, staff recommends approval of this agreement."

"When you start talking about money, which is real important to me, that piece of property that's on the north side, we don't know the value of that, which would be a deduct from what our portion will be when it comes time to figure the final bills," Williams said. "There is probably a reduction in that (\$8.75 million) cost at some point whenever it does come around."

"TDOT will be handling the right-of-way acquisition, so I imagine we will ask them for an appraisal of that right-ofway that we're donating for this," Smith added.

"So, we hope for that to be a very sizeable amount," Williams said.

#### In other business, the Board:

· Re-appointed Keith Alley as its municipal judge. The judgeship is appointed annually. He has been appointed since 2016.

· Approved a professional services contract with LDA Engineering Inc. to study options to extend the Turkey Creek Greenway from its western terminus, 1,850 feet west of Brixworth Boulevard in Brixworth subdivision, to Virtue Road. Cost of the study is \$23,000.

### presstalk

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· I was just coming out of the Glen Abbey subdivision

(Monday, Jan. 15) and trying to turn left on Kingston Pike. There's no traffic light at Glen Abbey Boulevard, and it's really a problem turning left. So, I really hope the Town of Farragut officials will approve the Hy-Vee development to get the Hy-Vee sales tax for Farragut. We desperately need more revenue for Farragut; otherwise, they'll be a (Town) homeowners property tax coming down the road. We also need to have a traffic light signal for Glen Abbey (Bou-

levard at its intersection with Kingston Pike). So if you move the entrance to the shopping center in Glen Abbey over to Jamestowne Boulevard, giving Jamestowne a traffic signal, then the Glen Abbey people could get out at the Jamestowne traffic sig-

Now we don't have that. It's a real hazard coming out on Glen Abbey turning left on Kingston Pike. ... Hopefully the Town officials will be responsible and consider safety, as well as the sales tax revenue for the Town. (If not) probably in the next year or two they'll be a (Town) property tax on homeowners."

We ask our readers to follow these Presstalk rules:

- No names used, including public figures; Business names may or may not be used depending on the issue;
- Keep calls to a 90-second maximum (call 865-671-8255 24 hours a day, seven days a week); • Keep e-mailed Presstalks to 250 words maximum (editor@farragutpress.com);
- · Libelous and malicious comments will not be published; · Profanity will be edited out;

#### **Healing Hands among Expo 26**



Temis Guzman with Healing Hands, among 26 vendors, applies a neck massage to Joyce Chovancek during Shop Farragut/Farragut Business Alliance's Health & Wellness Expo Saturday, Jan. 14, in Farragut Community Center. (See additional Health & Wellness photos in West Side Faces, page 8B)

#### Quilt show

From page 2A

shows sponsored by the Arts and Beautification Committee," said Town Recreation & Event manager Merritt Piper. "Town staff and the Arts and Beautification Committee are excited for the upcoming show Feb. 18-19.

"We have had a lot of interest in showing quilts so far and are excited to share the collection of quilts with the public."

The event is free and open to the public.

For more information, email mpiper@townoffarragut. org. Additionally, applications may be picked up at Farragut Community Center.

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#### **Admiral letter**

From page 4A

Town named after Admiral Farragut, who had such a storied military career," he added. "And I love that my dad knew what a great gift this would be."

The letter — accompanied by a certificate of authenticity and verification along with a portrait of the Admiral —was given to Adam during the family's Christmas holiday, spent with his wife, Heather, their daughter, Emma, the elder Joachim and other family members in Port Orange, Florida.

Adam said his father "is literally a walking encyclopedia and has been collecting an-

tiques and artifacts from the time he was very young. There is no turn-of-the-century artifact from any time in American history where Martin lacks basic knowledge.

"He has the wet signatures of the 48 signers of the Declaration of Independence, and when he picked up this letter he knew immediately its significance," his son said.

Dated Aug. 25, 1864, aboard the U.S. Flag Ship Hartford in the Gulf of Mexico off Mobile, Alabama, it is addressed to acting commander, Lt. J.W. Smith of the U.S.S. Bermuda, in Mobile Bay, and reads:

"Sir: Proceed to New Orleans via Ship Island. Load what stores you have for the former place. Take in whatever

sick and discharged men there may be waiting transportation. Then return to this place and report to me for further orders.

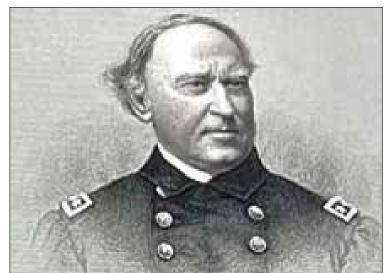
"Very respectfully, your servant D.G. Farragut

Rear Admiral"

"It is very exciting," Adam said of the gift. "I grew up in a house filled with antiques and artifacts, dating back to before the Civil War.

"It is so cool to see this piece of history, which has lasted for so long," he added, "and it's cool to think, as a person holding this letter today, that it was written by the Admiral, in his own hand, at his desk with a quill pen in hand.

"It is certainly a looking glass into the past."



Dhoto oubm

A photo of Admiral David Glasgow Farragut that accompanied his 19th century letter, which Martin Joachim bought and gave to his son, Town resident Adam Joachim, as a Christmas present.









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#### **COPPERSTONE**



**1336 Turning Leaf Lane.** Frank Betz, Burnside plan. 3438 SF. 4 bedrooms plus bonus. 3 1/2 baths. Fabulous open plan. Huge island in kitchen. Floor to ceiling stone fireplace, master on main, master bath with free standing tub, ceramic tile shower, walk in closet. Hardwood steps. Large screen porch. Lawn maintenance included in \$167/month HOA fee, clubhouse w/kitchen, exercise room, salt water pool. Close to lake and park. Northshore Elementary, Farragut Middle and Farragut High School. **\$756,000** (1191442)

#### **COPPERSTONE**



**1214 Carmel Rd.** Master on the Main Plan, Two car side entry Garage, Corner lot, Brick and Fiber cement siding, 9' ceilings on Floor 1, 9' ceilings on Floor 2. High ceiling in Family Room, 30 Year Roof, 4 Baths, 5 Bedrooms, Large Laundry. Hardwood Flooring on Floor 1 except for Bathrooms, Laundry, Garage Entry, and Floor 2 Hallway. Ceramic Tile Flooring in all Bathrooms, and Laundry. Carpet Flooring in Bedrooms 3, 4 & 5 and Bonus Room 1. Hardwood Steps, Gas fireplace with stone surround, Built-ins. Tray ceiling in Master Bedroom, Large Master Closet, Large Master Shower, All Bedrooms have a WIC. Granite Kitchen Tops, granite bath tops, granite laundry tops. Breakfast area. Natural gas heat and water heater. Electric Dryer connection. Electric Range (Gas connection available). Crown molding on floor 1 except for vaulted ceiling areas and closets. Covered Porch Front Porch and back Porch. PWSC Home Warranty \$300 initiation fee. Architect Restricted, Club House, Exercise Room, Lawn Care, Sidewalks, Swimming Pool, Master Bedroom on Main, Side entry 2-car Garage. **\$796,800** (1202609)

#### ANDOVER PLACE



**832 Andover Boulevard.** Classic elegant home with circular drive. 4 bedrooms plus bonus, 4 1/2 baths, and 3 car back entry garage. Dramatic double door entry with huge window above allowing natural light as you enter the 2 story foyer. Hardwood on the main in entry, office, kitchen, formal dining room. Detailed crown moldings, french doors, and transoms through out. Extremely bright and gracious home ideal for entertaining. All rooms are a generous size. Large eat in kitchen with island, tile back splash, double ovens, pass through to family room. Huge family room with double trey ceiling and fireplace. French doors lead to screened porch with brick pavers and a ceiling fan. Master bedroom on the main with a lighted double trey ceiling. Master bath with dual sinks and make up area, whirlpool, and separate shower. All bedrooms are ensuite with walk in closets. 29 x 24 bonus with wet bar, refrigerator, and skylights. Granite counter tops in kitchen and guest bath. Unfinished walk up attic with great storage Level back yard. Marvin windows on the front of the house. Very well maintained with neutral tones. Dual staircase. Tankless water heater. Large deck off the screened porch. Harley Davidson light in bonus room does not convey. At the back of the subdivision close to the pool, pickle ball, and tennis courts. All Farragut schools. Minutes to Turkey Creek and the interstate. **\$885,000** (1212758)

#### **ANDOVER**



**12112 Southwick Circle.** Stately 4 bedroom 3 1/2 bath 2 car garage brick 2 story w/ circular drive. Two story marble entry. Wonderful light through out. Primary suite on main and second level. Kitchen with 42" cherry cabinets. island, jenn-air smooth top range, updated quiet dishwasher, tile backsplash, solid surface counter tops, pantry and bay eat in area. Formal dining room w/ detailed molding and panelling. Great room w/ brick fireplace + gas logs. Main level primary suite, primary bath w/ dual sinks, whirlpool tub and walk in shower. Large walk in closet. Laundry room w/ utility sink. Cherry cabinets through out the house. Fabulous sun room 384 sq ft not included in square footage w/ portable heat and air conditioning. 5 ceiling fans + 2 in sun oom. Sealed crawl space. Guest bath w/ lifetime Delta brass faucet and pedestal sink. Many ceiling fans. Detailed moldings and transoms. Dual staircase. Primary suite on the second level with hardwood floor, primary bath a whirlpool and walk in shower. Walk in closet. Bedroom 3 is also hardwood. Bonus room and loft on upper level. Wrought iron fenced level back yard with mature landscaping. Great storage. Doors by Decor custom mahogany door and side lights. Front and back windows have been replaced. Updated HVAC. Central vacuum system. Irrigation front and back. Washer, dryer, and refrigerator convey. The doggy door in the kitchen can be replaced with a Pella glass door which conveys with the house. Zoned HVAC Heat pump first floor ( dual heat-gas below 40 degrees-heat pump above 40 degrees. Humidifier for the first floor. The neighborhood connects to he Farragut Greenway. Farragut schools. Close to Turkey Creek shopping, restaurants. Community amenities include large swimming pool plus baby pool, club house, tennis courts, basketball courts, and picnic/barbeque area. **\$699,000** (1202461)

#### COPPERSTONE



**1422 Turning Leaf Lane** 5 bedrooms, 4 baths, covered front and back porches. 3981 sf. Breakfast Room; Eat-in Kitchen; Formal Dining Area. Architect Restricted; Club House; Exercise Room; Lawn Care; Sidewalks; Swimming Pool. Master bedroom on main. Side entry 2-car garage. Scheduled to be completed by end of year. **\$787,900** (1178057)

#### WEST HILLS

**8017 NW Hayden Drive.** Great potential mid century rancher in a neighborhood tucked away in west Knoxville. 3 bedroom with 1 1/2 baths and a 1 car garage. 2 fireplaces. Hardwood floors. Updated HVAC and water heater. Curtains do not convey. Mature trees and large back yard. This is an estate sale. West Hills Elementary, Bearden Middle and High School. Fabulous location minutes to Westown Mall. Convenient to shopping, interstate, and restaurants. Present tenants have a lease with a rent of \$1545 per month until March 24, 2023. Tenants require 48 hour notice and prefer Friday showings between 11:00 AM-2:30 PM. Per Knox County Health d=Department sewer hook up is available. **\$310,000** (1207455)



#### 9901 WESTLAND DRIVE



Nestled in the heart of West Knoxville with close proximity to Ft. Loudon Lake. Authentic Carolina White Pine log home with great charm and an in ground swimming pool with water fall. Rare find of 7.58 level acres with mature trees and gated solar power entry. 3 bedrooms 3 1/2 baths 3 car detached garage. 40' foot covered front porch. In 2021 the kitchen was remodeled with all new appliances, cabinet refinishing, flooring, and light fixtures. Front door replaced in 2021. Master bath remodeled in 2019 with a walk in tile shower with frameless glass door, new vanity with double copper sinks, toilet, lighting and plumbing fixtures. Solid wood doors. 3 stone fireplaces, lower level fireplace with wood burning stove and hardwood floors. Vaulted upper level. Large lower level family room with fireplace. Ideal additional living guarters on the lower level with 2020 improvements including a walk in tile shower and frameless glass door, vanity, plumbing, light fixtures, and flooring. Huge walk in lower level storage. In 2019 upgrades include engineered hardwood for upper level, new toilets, 1/2 bath vanity and copper sink, interior and exterior painting, a/c for the lower level, log staining and 3 car detached garage with 12x30 upstairs bonus/ office. Main level a/c and water heater in 2020. Fabulous screened porch to take advantage of the peaceful country setting with a stone patio in the back yard. See the total list of improvements in documents. \$1,250,000 (1212316)



FARRAGUTPRESS WEDNESDAY, JANUARY 18, 2023 • 1B



### Late push lifts HVA past No. 4 WB

**ALAN SLOAN** 

editor@farragutpress.com

**MARYVILLE** — The most noticeable thing about A.J. Gray's performance against No. 4 state-ranked William Blount was, to a casual fan, his clutch fourth-quarter shooting — five three-point baskets and 19 points overall — in helping Hardin Valley Academy rally past the Govs to win 65-61 at WBHS.

But there was a lot more this hot-handed wing did to help secure a huge District 4-4A road victory Friday night, Jan. 13.

"I'm pleased with A.J.'s defensive effort and rebounding most of all," said HVA head coach Andrew Arendt, whose team took over first place in the district at 3-0 while improving to 17-3 overall, while the Govs fell to 18-3, 3-1. "He got some really clutch rebounds and defended extremely well.

"He shot it well — but we have a lot of players who can shoot it," the first-year Hawks coach added. "I firmly believe that if it wasn't A.J. who made those shots, it would have been somebody

"Friday it was A.J.; tomorrow it could be any number of

As a team, Hardin Valley trailed most of the game by single digits, often seeing a rally fall short of taking the lead, until mid-



way into the final quarter.

"Most of all I'm happy with our intensity and our effort," Arendt said. "That's what won us the game.'

Trailing 37-30 at halftime thanks to an 8-0 Govs run in the last 90 seconds of the second quarter, the Hawks were behind 49-44 going into the fourth quarter.

Gray's third three-point basket of the final eight minutes, followed by a 5-foot spinning shot in the paint by senior post Jack Smith gave HVA a 55-54 lead with 4:19 remaining.

Smith's fastbreak tip-in upped that lead to

57-54 about 30 seconds later.

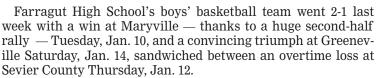
A three-point jumper from WBHS 6-foot-6 star Caden Windle (17 total points to lead his team) tied the game 59-59 with 2:13 to play, but Hardin Valley junior guard Nic Hodge's drive-then-pass to Smith for a lay-up made it 61-59 Hawks at the 1:54 mark.

Tied at 61-61, HVA senior wing Hakeem Rashid hit one free throw with just 35.8 seconds left, but Hawks senior wing Amadou Seck rebounded the missed toss. Thirteen seconds later, Rashid

See HAWKS SOAR on Page 2B

### Ads rally at MHS, stuff Greeneville

**BILL HOWARD** Correspondent



Farragut 61 Maryville 49

In a game that appeared headed for an Admirals' loss — down 48-34 late in the third — Farragut suddenly went on a 20-0 run to lead 54-48 with 4:30 left in the game. A 7-1 close-out from there gave FHS 27 of the final 28 points scored.

Junior wing Dominic Vanacker was high for Farragut in points with 18. Senior post Dallas Carbaugh, making his first start since a knee sprain Dec. 2, scored 17. Freshman point guard Lane Parker got 10 while junior forward Berkley Naro added 10.

"We played defense really well," first-year head coach J.P. Burris said. "I'm proud of my guys for understanding that you can get back in the game by just getting stops. They did a great job of that when we went on that run."

See ADS RALLY, ROLL on Page 7B

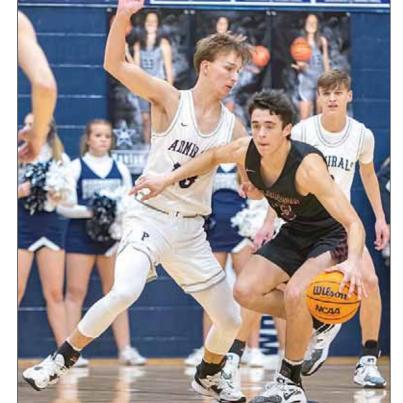


Photo courtesy of Carlos Reveiz/crfoto.com

Dallas Carbaugh, Farragut senior post, closely guards a Bearden ballhandler during this Dec. 2 showdown at FHS's Lynn E. Sexton Gymnasium/Donald Dodgen Court, won by the Ads, who face rematches on the road next week against rivals Hardin Valley Academy (Tuesday, Jan. 24) and the BHS Bullodgs (Friday, Jan.

### Hot shooting after cold 1st quarter propels Lady Hawks to road victory **ALAN SLOAN** editor@farragutpress.com

MARYVILLE — Trailing by as many as eight points in the first quarter, Hardin Valley Academy's girls took a while to get on track at William Blount High School Friday night, Jan. 13. Down 14-11 after eight minutes and behind 25-24 at halftime,

the visitors in Navy and powder blue made a second-half statement — particularly in the fourth quarter — to win going away 52-36. The Lady Govs fell to 9-10 overall while still winless in District 4-4A at 0-4.

Seven three-point baskets from Hardin Valley after halftime perhaps was the biggest reason for the decisive win, as head coach Jennifer Galloway's Lady Hawks improved to 14-6 overall while grabbing its first district victory (1-2).

Lexi Hall, HVA sharpshooting senior wing, scored a game-high 19 points — 15 of that on five three-pointers — as Hardin Valley pulled away after taking a 37-32 lead entering the fourth frame.

A huge factor in that fourth-quarter surge was wing Lily Adkisson, who connected on a trey of three-point jumpers in the final eight minutes. Kyndra West, HVA sophomore point guard, scored 11 and had one three-pointer in the fourth quarter.

Kamiyah Love, Lady Hawks sophomore post, scored six points while Gracie Waite, junior wing, added five and Rather three points.

West and Adkisson combined for four three-pointers in the final quarter, the last making it 49-32 with three minutes left.



Photo courtesy of Carlos Reveiz/crfoto.com

Kamryn Butcher, HVA sophomore guard (5), closely guards Lilly Mullins, Farragut freshman point guard, during this Dec. 13 rivalry showdown at FHS. The Lady Hawks travel to defending Class 4A state champ Bearden Friday, Jan. 20, before hosting the Lady Ads looking to get revenge at HVA Tuesday evening, Jan. 24.



Chelsea Osborne

### Osborne a USTFCCCA Tennessee Coach of the Year

**STAFF REPORTS** 

editor@farragutpress.com

Chelsea Osborne, head coach of the 2022 Division I Class AAA state champion Farragut High School boys cross country team, has been selected as 2022 Boys High School Cross Country Coach of the Year for Tennessee by U.S. Track & Field/Cross Country Coaches Association, it was announced earlier this month.

Osborne's FHS boys team also was Southeast Region champions while earning a Top 10 finish at the Nike Nationals in Oregon.

"This honor is based upon your leadership and the success of the Cross Country team throughout the season" last fall, a USTFCCCA press release, sent to Osborne, stated. "It's also a reflection of your hard work and the dedication of the student-athletes, the coaching staff, as well as the administration of the school."

The U.S. Marine Corps is sponsor of the honor, which has been awarded annually since 2014.

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# Texas prep AD, Gill, to replace Meske as Webb AD July 1

STAFF REPORTS

editor@farragutpress.com

Webb School of Knoxville announced the appointment of Dan Gill as the school's new director of athletics, succeeding David Meske, who will be retiring at the end of the 2022-2023 school year. Gill will begin his duties July 1.

"With a proven record of effectively mentoring and developing coaches and student-athletes both on and off the field, Dan has the experience, drive and bold vision for excellence to build on our tradition of athletic success at Webb School," Webb president Michael McBrien and president-elect Ansel Sanders stated in a joint message to the Webb community.

Gill currently is director of athletics at The Episcopal School of Dallas (Texas), "an independent, coeducational preparatory day school where he provides strategic administrative leadership, direction and oversight of the school's athletic and physical education programs for grades kindergarten through 12," a Webb press release stated.

"Committed to promoting a culture of character, integrity and positive sportsmanship to all constituents — including student-athletes, coaches, administration, parents and fans — Gill also sits on the school's senior executive team and works with division heads and department leaders to advance the school's mission through its athletic programs," the release further stated.

"His experience, character, leadership and philosophy all mesh with the mission of Webb School, our Spartan athletics program and the school's commitment to fitness and wellness for all students. His values, competence, experience, confidence, approachability, candor and creativity make him an exceptional fit to lead Webb athletics into our next chapter."

"Webb is a very special place where the mission, philosophy and priorities for the institution are fully aligned and supported," Gill said, "and I look forward to continuing to pursue competitive excellence with a dedicated group of student-athletes, coaches and staff."

#### Also Ohio, Florida, New York stints

Gill's professional career also includes serving as director of athletics at Central Catholic High School in Toledo, Ohio, and associate director of athletics at University School at Nova Southeastern University in Davie, Florida, where his duties involved athletics team operations, program development, public relations, marketing, communications and event management.

He also served as athletics director and head boys basketball coach at St. Mary's High School in Lancaster, New York, and led his team to 72 wins in four seasons, including two New York Class B state titles and the program's first appearance in the Manhat-



Photo courtesy of Cathy Dowhos O'Gorman/Webb School

Dan Gill, currently director of athletics at The Episcopal School of Dallas (grades kindergarten through 12), will become athletic director at Webb School of Knoxville effective July 1.

tan Cup League Championship.

Along the way, Gill was named 2012 Boys Basketball Coach of the Year for Western New York by the Basketball Coaches Association of New York, and picked up 2009 and 2012 Boys Basketball Coach of the Year kudos from the Lancaster Depew Bee and Buffalo Sports Daily newspapers, respectively.

#### **Education background**

A graduate of The Ohio State University with a Bachelor of Science degree in education, Gill also holds both a Master of Science degree in sports administration and a Master of Science degree in physical education from Canisius College.

"In 2019, Gill received The Ohio State University College of Education and Human Ecology New Leader Award and the President's Council on Sports, Fitness and Nutrition Community Leadership Award," the Webb press release stated.

#### Tip of cap to Meske

He also recognized Meske, "whose contributions to high school athletics are unrivaled," Gill said. "Coach Meske has built one of the premier athletic programs thanks to his unwavering competitive edge, tireless attention to detail, family-first approach and remarkable compassion and care for all those around him."

#### Victory at Maryville in three tries for Lady Ads

BILL HOWARD

Correspondent

Farragut High's girls basketball team opened a threegame road stretch last week with a District 4-4A win over Maryville Tuesday, Jan. 10.

The Lady Ads then lost to Sevier County Thursday, Jan. 12, and versus Greeneville Saturday, Jan.

#### FHS 55 MHS 41

14.

A strong second quarter by the Lady Admirals, a 19-7 edge, turned a one-point lead after one frame



Mayfield

to a 13-point halftime lead. Despite giving up 16 in the third, FHS was never seriously threatened.

Freshman wing KJ McNealy led Farragut with 13 points. Older sister Maelyn McNealy, a senior wing, added 10.

"The defense played pretty well in the first half, and we were making some shots, too," Jason Mayfield, Lady Ads head coach, said. "It was a good road district win."

FHS led 29-16 at half and 42-32 after three. Mayfield was able to substitute in the fourth. "We gave up 16 in the third, but only nine in the fourth," he said. "We try (to hold teams) to single-digit quarters."

Sevier Co. 35 FHS 28

See FHS GIRLS on Page 7B

#### **Hawks soar**

From page 1B

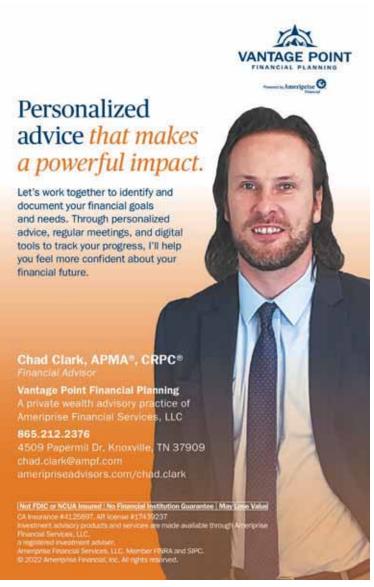
nailed two free throws for a 64-61 Hardin Valley lead.

After William Blount missed a tying three-point attempt, Smith hit one free throw with just 3.8 seconds on the clock to seal the victory.

Smith scored 13 for Hardin Valley while Rashid ended with eight points, followed by Ben Brophy and Hunter Frey each scoring seven. Hodge had six points.









The 2023 Fireside Chat Series with **Dr. Monica K. Crane**The 2nd Tuesday of each month, 6:30 - 7:30pm

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Dr. Monica Crane is currently the Director of the Genesis Neuroscience Clinic at Dowell Springs in Knoxville. She has participated and led clinical trials focused on Alzheimer's disease and the related neurodegenerative dementias.

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### FHS Carnegie Hall trip aided by BINGO Jan. 28



**MICHELLE HOLLENHEAD** 

mhollenhead@farragutpress.com

A group of dedicated Farragut High School students who will be performing at Carnegie Hall in March are planning a fun community event to help offset the trip's

FHS Advanced Mixed Choir is hosting a Night of Bingo in two sessions: from 4 to 5:30 p.m. and from 7 to 8:30 p.m., Saturday, Jan. 28, in the school's Commons.

Admission is free, but Bingo cards will be sold for \$10 each per session with a four-card limit.

Concessions also will be sold for \$2

Aimee Klenske, secretary for the FHS CTE building and mom of advanced mixed choir member Virginia Klenske, is among parents working with FHS choir director Mitchell Moore on the upcoming event.

'A bunch of the choir moms got together with Mr. Moore and we brainstormed about fundraisers," Aimee said. "We thought a Bingo night would be something fun and different.

"We will also have live music in between games and have been soliciting prizes from the community to give away," she added.

"It should really be a fun night. We are hoping a lot of families and students will attend, and we are really excited about

Virginia said the Carnegie Hall performance will be comprised of students from all across the United States who either auditioned for the opportunity or were invited to participate.

"We were invited to attend outright instead of having to audition," she said, noting the invitation was extended based on the choir's own performances and "superior" honors received during previous years' competitions.

"We found out we had been invited around July of last year," Virginia added. "So it was something we had to work up to under Mr. Moore's leadership."

The students will be in New York City for three days, rehearsing and planning some sightseeing before the actual performance March 27.

Estimate costs for each student is about \$2,000, Virginia said the choir has been

See BINGO FOR TRIP on Page 5B

### **At 100, Mary** still passionate about sharing **love of Jesus**





**Photos submitted** 

(Left) The Knoxville Christian Women's Club honored its very first chairman, Mary Hutchison, during its December meeting, marking her 100th birthday. (Above) A statuesque 5-foot-9 3/4 inches, Mary worked as a model early in her career.

**MICHELLE HOLLENHEAD** 

mhollenhead@gmail.com

Mary Hutchison didn't believe she would live to see

"I thought when I was 90 that I was done, and I gave away my fur coat," she said with a laugh. "I thought, 'I won't need it where I'm going.'"

But the Bearden resident did mark that milestone,

before, her close friends in the Knoxville Christian Women's Club festively marked the occasion with gifts, a very large cake and a celebration of Mary's terrific life — and a Christian testimony that has encouraged many to come to know the Lord.

"She just has a way to connect with people that is very sincere and honest," said Pam Wilson, her friend and fellow KCWC member. "She has a passion for

See MARY AT 100 on Page 6B

### Current, former FHS choir directors leading 1st Alumni Reunion Concert

MICHELLE HOLLENHEAD

mhollenhead@farragutpress.com

Farragut High School has a rich musical history stretching back decades, thanks to the efforts of a number of choir directors and the passion they inspired in their students.

Four of those directors: Carey Crowe, Ginny Carroll Herrick, Kenton Deitch and current director Mitchell Moore will be leading the first Alumni Reunion Concert beginning at 4:30 p.m., Saturday, Feb. 18, in FHS's Vickie B. Wells Au-

Registration currently is open for former choir members who wish to join what is planned as a day-long slate of activities, including a catered lunch, a scavenger hunt school tour and rehearsals prior to the concert itself, which will be followed by a reception.

Farragut resident Elizabeth Plewniak, who was a member of the FHS ensemble and sang under Crowe's direction in the late 1990s, is helping Moore with the event.

"We met today to do some choir reunion planning and the mission was, 'Make this a really special day for everyone involved,' Plewniak shared Saturday, Jan. 14, on the event's Facebook page. "We are so excited that so many people from different decades are coming.

"I'm really excited for Mr. Crowe to be with

**See ALUMNI CONCERT on Page 5B** 



Mitchell Moore, left, Farragut High School choir director, welcomed former FHS choir director Carey Crowe to campus earlier this school year. Crowe will be among three former directors leading the first FHS Alumni Choir Concert Feb. 18.

**Photo submitted** 

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• Knoxville Writers' Guild ship from authors who have will host Building a Short Story Collection with Michael Knight from 7 to 8 p.m., Thursday, Feb. 2, in Addison's Bookshop and Event Center, 126 S. Gav St. in Knoxville. Knight, director of the Creative Writing Program at the University of Tennessee Knoxville, will discuss making a short story collection and read from a work in progress.

He is the author of three novels: "Divining Rod," "The Typist" and "At Briarwood School for Girls;" three collections of short stories: "Dogfight and Other Stories," "Goodnight, Nobody" and "Eveningland;" and a book of novellas, "The Holiday Season."

"The Typist (2010) was listed as a Best Book of the Year by several publications, including The Huffington Post and Kansas City Star, and was included on Oprah's Summer Reading List," an event press release stated. "Eveningland (2017) was selected as an Editor's Choice Pick by The New York Times and as a Southern Book of the Year by Southern Living Magazine. His fiction has appeared in magazines and journals such as Esquire, Narrative and The New Yorker. ...'

· Authors Guild of Tennessee will hold its monthly meeting beginning at 11 a.m., Thursday, Feb. 2, in Faith Lutheran Church, Jamestowne Boulevard, Farragut. Social time and book exchange begins at 10:30 a.m. Published authors are invited to attend. "AGT is now accepting applications for associate member-

Medicare. Long Term Care. Life.

written a book but are not yet published," an AGT press release stated. Serious authors only. In the event of inclement weather, check the AGT website for updates and information: authorsguildoftn.org.

• MEDIC Regional Blood Center has a critical need for O Negative blood im**mediately** — less than a oneday supply of O Negative in the last few days — "with only about 30 units to be labeled," a MEDIC press released stated.

Donation locations include 11000 Kingston Pike in Farragut. "MEDIC is the primary blood product provider for 24 hospitals in 22 counties. including Blount Memorial, Covenant Health, East Tennessee Children's Hospital, Tennova Healthcare and UT Medical Center. For more information, visit www.medicblood.org

· Knoxville Children's Theatre, 109 E. Churchwell Ave., Knoxville, in partnership with the Clayton Foundation, will present a live production of "Sherlock Holmes and the First Baker Street Irregular."

The play is being performed five times weekly through its final performance starting at 3 p.m., Sunday, Jan 29. Performances during the remaining 12-day period will begin at 7 p.m., each Thursday and Friday; at 1 and 5 p.m., each Saturday; and at 3 p.m. each

"On a dare from her fellow street urchins, 14-year-old Wiggins tries to pickpocket a strange old man. Not only is

Wiggins unsuccessful, but the old man, who is actually Sherlock Holmes in disguise, manages to take the gold ring that was in Wiggins' pocket and leave behind a note directing her where to go to get it back,' a KCT press release stated about the plot.

"When Wiggins goes to 221B Baker Street to retrieve the ring, she is shocked to find out how much Holmes knows about her," the release further stated. "After Wiggins sees Holmes use the ring to solve a case, Wiggins proposes to work as his assistant. Intrigued by her potential, Holmes agrees to begin training Wiggins on a trial basis.

"Wiggins and Holmes must learn to trust each other as Wiggins and her group of street urchins help him solve two dangerous mysteries. ...

"The play is performed by 18 talented young actors from ages 9 to 16: KCT veteran Elijah Clemes will portray Sherlock, with Xavier Truman playing Dr. Watson and Caroline Alley portraying Wiggins. For more information, including ticket availability and prices, visit knoxvillechildrenstheatre. com or call 865-208-3677.

### \$10,000 STEM, CTE grants awarded to FMS

STAFF REPORTS

editor@farragutpress.com

Tennessee Department of Education recently awarded Farragut Middle School with a \$10,000 STEM Expansion Grant and \$10,000 CTE Start Up Grant, according to Cathy Ginel, FMS science department chair and instructional coach.

"The focus on these grants is to expand student opportunities in STEM and career exploration and awareness," she said. "The CTE Start Up Grant funds will be used to provide more exploration to our career readiness curriculum so that more students are cognizant of their career paths.

We are focusing on bridging the gap between student interests and student awareness of different career fields," Ginel added. "In particular, we will be empowering students to learn about potential science, engineering, construction, manufacturing and math-related careers through this grant.

"The grant funds will be used to purchase 3D printers, associated computers and filament. Students will have the opportunity to problem solve and create three-dimensional products through computer software and development."

Ginel said the STEM grant "is building on a grant that FMS was awarded last school year ... students will have the opportunity to build, code and manipulate their own technological design to apply innovative ideas that improve existing processes.

'Aside from improving these skills, students will have the opportunity learn about potential STEM-related careers," she added. "The grant funds will be used to purchase Sphero bolts, Vex robotics arena and iPads to control the associated robots.

"We are excited about these opportunities for our students to increase their career awareness, career exploration and STEMbased skills at Farragut Middle School."

#### Bonenberger on SNHU President's List

• Garrett Bonenberger of Farragut has been named to Southern New Hampshire University's Fall 2022 President's List (September to December). Full-time undergraduate students who have earned a minimum grade-point average of 3.7 for the reporting term are named to the President's List.

Full-time status is achieved by earning 12 credits during each 16-week term or paired 8-week terms grouped in fall, winter/ spring and summer.



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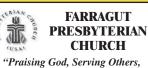
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#### **Alumni Concert**

From page 3B

us," she added. "He made such an impact on our class, and me personally. As an adult, I look back on his investment of time and energy and personality, and it was a formative time in my life. I have taught students (for years), and many of his teaching techniques actually shaped the way I teach and coach.

"I'm really grateful we will get to be directed by Mr. Crowe one last time. I'm also excited to see old friends — I have some very good friends flying in from California."

Actually putting on an Alumni Concert was Moore's idea, she said, adding, "It's actually something I had a wish to do for many years."

Plewniak said former FHS student Mark Gagliardi, now an actor and comedian living in Los Angeles, will serve as emcee for the event.

Organizers are hoping registrants will sign up by Saturday, Feb. 4, "but the sooner the better, so we can get a feel for numbers and catering and such." Plewniak said.

While cost is \$50 per person, "we don't want the cost to be an obstacle, so if anyone wants to contact me, I will make it happen for them," she added.

As of Jan. 14, about 30 alumni in addition to current students are planning to participate, Plewniak said.

"There are a bunch of people who have said they are planning to come who have not signed up, however, and if they do I believe we will be at around 50," she added. "I'd love for each of them to bring a friend as well.

"One hundred would be lovely. We don't have a cap."

Those interested may register through Alumni Concert Facebook page, or by visiting https://knoxschools. schoolcashonline.com/Fee/ Details/31702/231/False/True.

For more information, contact Plewniak at eplewniak@ gmail.com.



#### Bingo for trip

From page 3B

fundraising through other efforts, including coupon books sales, popcorn sales and a

poinsettia sale earlier this school year.

"Music is a huge passion for all of us, and we are all really excited about being chosen and being able to share our love for

music in a different state," Virginia added.

more information, For contact Aimee Klenske at aimeek1229@gmail.com

Photo submitted

Members of the Farragut High School Mixed Advanced Choir pictured in a formal shot taken Saturday, Jan. 14.



Dr. Dan Lovely, Jr. & Dr. Frank Prout

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#### **Mary at 100**

From page 3B

leading others to Jesus."

"I want people to know I love the Lord and that Jesus really did change my life," Mary said, noting it took the loving guidance of a "Godly neighbor" to help bring that about.

Having to re-evaluate her Faith, "I thought I was a Christian," she said. "I read the Bible and had been baptized. I gave money and I went to church, but I never had the assurance of heaven until I was born again at 37, when the Holy Spirit sealed me."

Her life had seemed idyllic in many ways up to that point. She was born in North Knoxville Dec. 14, 1922, to Ira and Nettie Akridge, and grew up with an older sister, Elizabeth, and a younger brother, Rob-

Mary grew tall, and by age 13 was "5-foot-9-and-34 inches," she recalled, which led to her doing some modeling locally. She graduated from Central High School in 1941, then took a few classes at the University of Tennessee before traveling to New York with a girlfriend

to try her hand at professional modeling gigs.

She even interviewed with the John Robert Powers modeling agency. While that move didn't pan out — "my family didn't look very favorably at the profession" — she did end up modeling for Rich's Department store in the 1960s.

She married Robert Hutchison, who she met in 1948 and married in 1949. He had been a prisoner of war during World War II for two years, leaving him severely malnourished.

The couple adopted two girls, Holly and Robin.

Robert went on to became vice president for the Institute for Public Service at the University of Tennessee, and the family lived in Holston Hills.

In addition to family, Mary's calling became her evangelistic work through the KCWC, which formed in 1969. She was the group's first chair.

"We first met at Deane Hill Country Club," she recalled of the organization, which now meets the second Thursday of every month in Bearden Banquet Hall. "We had about 300 women who attended that first year, and 50 women came to know the Lord."

Not only has she witnessed to area women, but Mary also has traveled to 29 states sharing the Gospel.

Her beloved husband passed away in 1987, and Mary now lives with her grandson, Jason, while both daughters live out of state. She also has a granddaughter, Erin.

She has slowed down some during the last 15 years since she bought a convertible BMW she no longer drives. A long-time member of Cedar Springs Presbyterian Church, she no longer attends because it's difficult to move around as well as she once did.

"I read, pray and watch a little TV," she said. "I get a lot of phone calls, too. I have been blessed in my life with so many friends."

Beyond speaking with people she knows, Mary said she gets "a lot of telemarketing calls, and I don't hesitate to ask them if they know the Lord. God lays it on my heart to talk to these strangers about Him.

"The sweetest thing to me is how she truly cares," Wilson said. "She is the most natural evangelist I ever met."



Mary Hutchison, left, who turned 100 Dec. 14, with Pam Wilson, one of her many friends from Knoxville Christian Women's Club who helped her celebrate the milestone occasion.



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#### FARRAGUT MUNICIPAL PLANNING COMMISSION AGENDA

January 19, 2023 • Farragut Town Hall - Board Room • 7:00 p.m.

For questions, please e-mail Mark Shipley at mshipley@townoffarragut.org or Bart Hose at bhose@townoffarragut.org.

Applicant)

- 1. Approval of agenda
- 2. Proclamation to honor Betty Dick and her service on the **Planning Commission**
- 3. Approval of minutes December 15, 2022
- 4. Discussion and public hearing on the installation of underground fiber optic cable for Comcast from Kingston Pike along the east side of Concord Road and under Concord Road to the Town Center at Biddle Farms access along Concord Road to service 170 Brooklawn Street (Comcast, Applicant)
- 5. Discussion and public hearing on the installation of underground fiber optic cable for Zayo along the south side of Outlet Drive from the western Town limits across the frontage of 11220 Outlet Drive with termination to the east in Knox County (Apex Advanced Technology, Appli-
- **6.** Discussion and public hearing on the installation of underground fiber optic cable for TDS Telecom along the south side of Outlet Drive from the western Town limits across the frontage of 11220 Outlet Drive with termination to the east in Knox County (TDS Telecom, Applicant)
- 7. Discussion and public hearing on the installation of 8-inch HOPE sanitary sewer force main in the center of the southbound lane of Virtue Road from Virtue Cumberland Presbyterian Church to the intersection of Turkey Creek Road to service current and future developments

- in the southwest quadrant of the Town (Russell Rackley,
- 8. Discussion and public hearing on a concept plan for the Virtue View Farm Subdivision, Parcels 33.03 and 33.04, Tax Map 152 033.03 and 152 033.04, 44.09 Acres, 13 Lots, Zoned R-1 (Steve Williams, Applicant)
- 9. Discussion and public hearing on a site plan to remove selected retaining walls, regrade the common area, relocate the trash compactor and accessible parking on the west side of Building 2, and add a fenced dog park area for Phase I of the Kingston Pike Village, 13120 Royal Palm Way Update (SITE Inc., Applicant)
- 10. Discussion and public hearing on updates to the Farragut Sign Ordinance (Town of Farragut, Applicant)
- 11. Discussion and public hearing on an amendment to the Farragut Municipal Code, Chapter 22., Article 5. - Driveways and Other Access Ways, Section 22-149.
- Permit approval. (a) to permit access for a single-family residential lot proposed onto a non-local street to be reviewed by engineering staff, unless a concern is identified regarding the requested access in which case such request shall be presented to the Planning Commission and Board of Mayor and Alderman for approval (Town of Farragut, Applicant)
- 12. Approval of utilities
- 13. Citizen forum

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#### **PUBLIC HEARING**

The Board of Mayor and Aldermen of the Town of Farragut will hold a public hearing on January 26, 2023, at 6:00 PM, at the Farragut Town Hall, 11408 Municipal center Drive, to hear citizen's comments on the following ordinances:

1. Ordinance 23-02, Ordinance to amend the Tourism Fund FY23 Budget, passed by Ordinance 22-09

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#### **Farragut Town Hall Board Room** Tuesday, January 24, 2023, 7:00 p.m.

- 1. Approval of minutes for the November 22, 2022, meeting.
- 2. Staff report wall signs approved in the past month. 3. Review of a primary ground mounted sign for the Farragut Chris-
- tian Church, located at 138 Admiral Road. 4. Review of a primary ground mounted sign for Farragut Golf and
- Games, located at 164 West End Avenue. 5. Review of a landscape plan for Chase Bank, located at 11242
- Kingston Pike

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#### Ads rally, roll

From page 1B

#### Sevier Co. 56 FHS 53 (OT)

Despite cold shooting — one of 20 from three-point range – the Admirals had a chance to win the game in regulation, but Aiden Vanacker's shot from the corner was off the mark.

Burris blamed himself for the loss, saying his boys were overworked heading into the game.

"That one's on me," he said.

"Our guys chose to come in and shoot Sunday. I chose to have them lift on Wednesday morning. After the Maryville game, I think our legs were dead."

FHS trailed 26-22 at half. It was 50-all at the end of regulation.

"We played well; you hold them to 50 points in regulation, I can't complain about that," Burris said. "I think tired legs cost us at the free-throw line and we didn't shoot well from



Vanacker

was

for

high

Far-

ragut with 14 points. Carbaugh added 12 for the Admirals.



**Burris** 

than 14.

"My guys went through one of the toughest weeks you could have, with three games on the road, all against quality oppo-

nents."

FHS 70 Greeneville 55

nicely two nights later, build-

ing a 20-point halftime lead,

then never leading by fewer

resilient they are," Burris said.

"This is a testament to how

The Admirals bounced back

Farragut's balanced offense had four double-digit scores: Dominic Vanacker led with 16, Carbaugh added 14, as did Lane, while senior post Tyson Jackson scored 11.

"We shared the ball, we played together," Burris said. "This is a really good Greeneville team that's gonna go on a run. They went on a run but we stayed together."

The week left the Admirals at 12-9 overall, 2-1 in District 4-4A. "I think we're one of the best 12-9 teams in the state,' Burris said.

#### FHS girls

From page 2B

Mayfield said he got an excellent defensive performance. His girls' shots, however, just weren't falling.

"We didn't shoot the ball well at all," he said. "Our defensive effort was about as good as it was all year. We gave up 35 points to a team that returned everybody from last year."

For the game, the Lady Admirals shot 27 percent from the floor and under 20 percent from three-point range.

"Just one of those nights where we got good looks, but it wasn't falling," Mayfield said. FHS trailed 28-19 after three,

then cut it to one with four minutes to go. A decision to trap late in the game left an SCHS player wide open for a successful three-point jumper. Farragut couldn't catch up.

KJ Mcnealy led FHS in scoring with nine.

Greeneville 69 FHS 57

The game was wide open well into the fourth. The difference came in the final few minutes, when Greeneville went to the line 16 times and converted 14.

"We weren't very good in transition," Mayfield said about his team's first-half de-

fense, as FHS trailed at half 40-31. "I told our girls at halftime, 'If you just decide to play defense it'll change the game."

A 16-8 third-quarter edge by Farragut got them back in it. Greeneville scored just five field goals in the second half.

"Our girls did everything they could to get back in the game," Mayfield said. "A young team on the road against a team that's ranked in the state."

Annie Priest, sophomore point guard, led the Lady Admirals with 14 points. Maelyn McNealy added 13. Farragut finished the week 14-7 overall, 2-1 in District 4-4A.

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# westsidefaces

8B • FARRAGUTPRESS WEDNESDAY, JANUARY 18, 2023

Shop Farragut/Farragut Business Alliance's  $3^{rd}\,Annual$ 

### Health & Wellness Expo

A little more than 500 attendees of Shop Farragut/Farragut Business Alliance's 3rd Annual Health & Wellness Expo had a gamut of 26 vendors from which to learn how to better care for themselves during the Expo, which took place Saturday, Jan. 14, in Farragut Community Center.

"It's excellent," FBA executive director Steve Krempasky said about the Expo. "I've seen a steady stream of people here, and we have a great mix of venders here today.

"Standing beside us is physical therapy, financial and how to eat well," he added. "It's something I think the community learns from."

"Our vendors were pleased with the turnout and thanked Shop Farragut for

hosting it in such a lovely setting at the Community Center," Krempasky said. "Look forward to doing more events with you," Jason Scott with The Lee Company stated in an e-mail to Krempasky.

Attendees milled about, stopping at booths to talk to vendors about how they could better improve their wellbeing, whether that be health, home or financial. "It's a good group this year," said Stacy Hondel with Garde Bien Spa Salon and

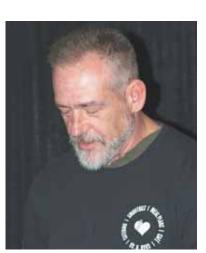
"It's a good group this year," said Stacy Hondel with Garde Bien Spa Salon and Knoxville Heart Scalp Clinic. "We're very pleased with the turnout, and I met some other businesses here.

"I love to come to these events and meet like-minded people with whom we can collaborate," she added.

"I did (the Expo) last year," said Cory Gerlach with Edward Jones. "It seems busier than last year."



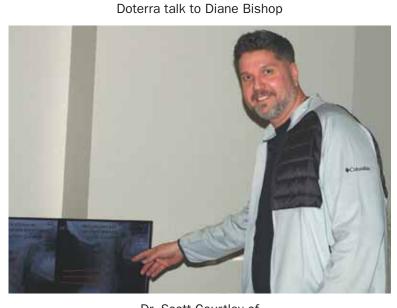
Stephanie Saylor of Amare



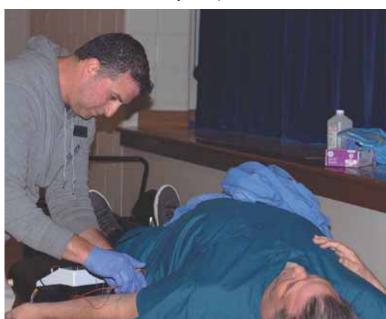
Tim Hudgins with Clean Eatz



From left, Meg Campbell and Jill Hahn of



Dr. Scott Courtley of Courtley Chiropractic





Ashley Quesenberry and Jason Scott with The Lee Company



Lauren Juarez, left, and Kate Juarez from Baby Otter Survival Swim Academy



Stacey Handel (left) of Garde Bien Spa & Salon and Knoxville Hair & Scalp Clinic talks to Terri Johnston

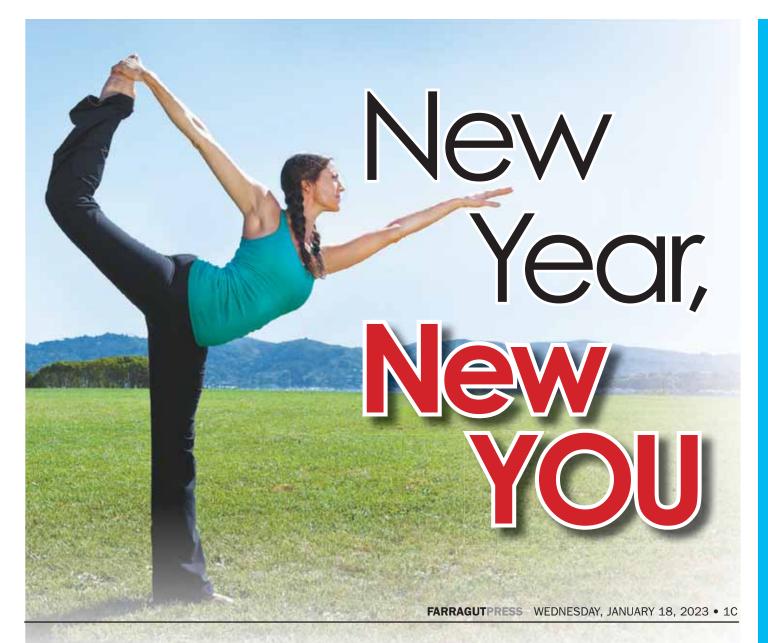


Kristen Ferguson, left, and Ingrid Duncan with Jazzersize



From left, Becky Purkey, Tonya DeGuira and Stephanie Austin from Tennova Healthcare presenting sponsors

Left: Dr. Joseph Smith, left, of Thrive Physical Therapy treats Paul Justice



### Be your own hero at unique gym

Shamir Peshewa wants her clients to be their own heroes — and gives them the tools to do just that.

Owner of Hero Athletics, the personal trainer and professional Mixed Martial Artist fighter has worked for a number of years honing her own fitness goals, and is sharing her knowledge with her clientele in a business she says "is set up differently than any gym in Knoxville."

Peshewa said she has worked the last 20 years with a number of health and fitness strategies "that are based in science.

"We have one set fee, \$150 per month, which covers membership, access to our gym and personal training," Peshewa said of the unique business, located at 11214 Outlet Drive. "Everyone needs personal training, but normally you would have to pay extra for that

"It is set up at the client's comfort level," she added "It could just be me and that person, or it could be more. It's all about coming together, no matter who you are or where you are starting from, and going on a shared journev.



Shamir Peshewa, personal trainer and professional Mixed Martial Artist fighter, is the owner of Hero Athletics.

"Everyone's journey is different. You might have a different goal than mine. That is why typical gyms that have a 'one size fits all approach' don't usually work."

"My goal is to meet you where you

Peshewa means that literally.

See GYM on Page 8C

#### Counseling with a Christian perspective at Christ Covenant

In reaching its goal to make an "impact" in the community, Christ Covenant Church P.C.A. is opening a counseling center, Compass Counseling and Consulting — Finding Direction in a Fallen World, to help its community deal with anxiety, depression and other concerns.

Counselors already are starting to counsel some people, but Jim Coffield, who wears two hats: CC director of counseling at the center and director of the church's adult ministries, said

he expects the center — 12915 Kingston Pike, that is part of Presbyterian Church of Americas — to be fully operational this month.

The Rev. Seth Hammond, CC's pastor, said the center provides services on a number of issues.

"Jim said the No. 1 issue he's dealing with is anxiety," Hammond said. "People are just plagued with anxiety. I think some of it is post-COVID, some of it is just the economy and just the daily stressors of life.

"We see our culture is very anxious," Coffield said. "It seems like anxiety is through the roof in our culture right now: depression is significant: divorce rates are high: and suicide rates are high, so it's a time for the church to be the church and step into those areas that our neighbors are struggling with.

"We're just hoping to meet the needs of the people around here in Farragut and the larger community around," he

See COUNSELING on Page 7C

### resolutions that are easy to keep

Resolutions to get in shape, exercise more and eat healthier foods are popular each January. Optimism reigns when making resolutions, but for many, the difficulty lies in keeping them. Individuals looking to get healthier in the year ahead can try these strategies to stay the course.

Wake up earlier. Waking up a half hour

earlier each day can have a substantial impact. That small amount of extra time can be devoted to meditation, deep breathing exercises or even some yoga stretches.

### Move around more frequently.

Many people with office jobs spend hours sitting in front of computers. A sedentary lifestyle can have an adverse effect on overall health. Set a timer or use a reminder on a fitness tracker to remind you to get up and move around for a little bit every hour.

#### Eat more vegetables.

Vague goals like "eating better" are difficult to maintain because there is no specific goal to achieve. Rather, a resolution like eating a fruit or vegetable each day at every meal is something measurable. Vegetables can be hidden in favorite foods, such as desserts. Swap pasta noodles for spiralized zucchini as another

Stand straighter.

Posture tends to decline with age, advised AARP. This can cause the spine to lose flexibility. Stretches to maintain an heln anvone stand straighter and improve long-term

#### Add "bursts" to your walk.

Researchers at the Mayo Clinic tout the benefits of interval training. While high-impact workouts may not be appropriate for everyone, adding little speed bursts to a daily walk can provide significant health benefits. Aim for 30 to 60 seconds of rapid walking at regular intervals to shake up the workout.

**See RESOLUTIONS on Page 8C** 













Ty Prince, MD



### DREAMING OF SPRING?

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Joseph Wisniewski, MD





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### Saah Salon Suites

### Offering services to meet various wellness needs

Although many think only of hair salons in a salon suite, locations such as Saah Salon Suites, owned by Suzanne Saah, at 102 S. Campbell Station Road, have more to offer to complement people's desire for various kinds of wellness.

"We are lucky," Saah said. "We have a little bit of everything. We have (hair) stylists (and) we have hair salons.

"We have massage spas; we have nail techs that have their own nail salons; we have estheticians who have their own spas," she said. "Everyone is so unique and special and excellent at their work.

"And, it's so great to support small businesses," Saah said. "Each person comes in and opens their own business. I just make sure everything runs smoothly.

"I have a standard of who I let in here," she said. "My standard is high, (and) "I only want professionals in

In addition to the Farragut suites, Saah also has another Saah Salon Suites at 8915 George Williams Road, Knoxville. The Farragut location has 26 salon owners, and the George Williams location has 27.

At each of the salons and spas, "(customers) have one-on-one with their salon owner," Saah said. "It's private; it's professional.

"(The suite owners) are rock stars—everyone of them," she said. "They're seasoned.

"They're up to date, knowledgeable, the highest quality that you can get in a salon ownership," Saah added.

Each salon suite owner schedules his or her own appointments. Customers can go to the Saah Salon Suites website at saahsalonsuites.com to get the phone number of the salon owner they

Once on the site, "they can read the bio (of the salon owner) and go from there," Saah said. "Or, they can walk in and see, but a lot of times, they're by appointment only."

With a cosmetology background, she said operating the salon suites is her passion.

"(Cosmetology, aesthetics and nail technician) is what I was doing since I was 16 years old," she reflected. "I love it, and it's my passion."

As such, Saah said she wants to see others in that profession to succeed.

~ Tammy Cheek tcheek@farragutpress.com





Above photo by Tammy Cheek

Suzanne Saah, standing third from right, owner of Saah Salon Studios, 102 S. Campbell Station Road, joins some of her salon studio owners, standing back row, from left: Connor Hill, Knoxville Massage and Bodywork; Tammy Phillips, Hair Maintenance Salon; Seirra Rial, Lilac Nails; Saah; Farrah Byrd, Salon Euphoria; and Chelsea Waagmeester, THAIRapy Hair Studio. Kneeling are DeDe Wallis-Dede Salon, and Chesie Little, and Honeycomb Hair Studio.



# Four-legged workout partners welcome Smoky Mountain Service Dogs allowed to train at Anytime Fitness Farragut

Michelle Hellewheed

Laurie Birt, long-time Smoky Mountain Service Dogs volunteer, with her dog, Hooligan, shows just one of the ways Anytime Fitness in Farragut helps support the organization.

# Healthy benefits of pet ownership

Pets bring much joy to the lives they touch, so it should come as no surprise that the 2019-2020 National Pet Owners Survey, which was conducted by the American Pet Products Association, found that about 85 million families in the United States own a pet.

Pets offer companionship and unconditional love. The organization, A Place for Mom, which helps match families with senior living residences, says pets provide a comfort system that produces measurable health results. Caring for pets and being around them can produce a chemical chain reaction in the brain that may help to lower stress hormones while also increasing production of the feelgood hormone serotonin.

This is not the only health benefit pets may provide. A recent study from the Mayo Clinic, which looked at 1,800 people between the ages of 25 and 64 who had healthy hearts, found that almost half owned a dog. Having a dog was likely to spur heart-healthy behaviors, like exercising with the pet, eating well and having ideal blood sugar levels.

Pets also provide emotional support and companionship that can help people feel more secure and happy. The National Poll on Healthy Aging found, among respondents who had pets, 88 percent said their pets helped them enjoy life, and 86 percent said their pets made them feel loved.

A 2012 study published in Pain Magazine found therapy dogs provided "significant reduction in pain and emotional distress for chronic pain patients."

Ongoing research from Harvard Medical School has found dog owners have lower blood pressure, healthier cholesterol levels and lower risk of heart disease than those who don't own a dog. You won't see many gyms welcoming fourlegged workout partners, but Farragut's Anytime Fitness isn't just any gym.

The Farragut franchise formed a unique relationship with Smoky Mountain Service Dogs about two years ago. The SMSD mission statement is "to enhance the physical and psychological quality of life for wounded Veterans by providing customtrained mobility assistance service dogs (at no cost to the Veteran)."

Anytime Fitness Farragut wanted to support them any way possible — even by allowing the animals to train onsite.

"We have opened our doors to them completely," said Estella Nelson, who co-owns Anytime Fitness with Jay and Louise Povlin. "When they are training the dogs or just need to keep them active, they bring them in.

"We are happy to work with the trainers and the veterans," she added. "If they have a need, we do what we can to figure out how to meet it. We really appreciate and love what they do."

"The ability to take our service dogs in training to Anytime Fitness is a wonderful resource for us," said Laurie Birt, long-time SMSD volunteer. "The dogs we supply to veterans are custom-trained mobility assistance service dogs, and most of them will have to visit physical therapy centers, orthopedic clinics and gyms as part of their life with a wounded veteran, so the ability to get them familiar with all the equipment is very helpful in their training program.

"I am not aware of any other gyms in the area that extend that courtesy to us, and we are very grateful to Estella and her team at Anytime Fitness," she added.

Nelson said the partnership with SMSD began with an internal "'My-Zone Challenge,' with four tiers and four coaches," she recalled. "Each coach chose a local charity, and we all learned more about these local charities, while also raising money for them."

In addition to SMSD, the other charities were The Love Kitchen, which serves meals to homeless, elderly and homebound; Keep Knoxville Beautiful, which works to keep Knox County "green, clean and more beautiful" according to its website; and the Alzheimer's Association of Tennessee, which helps those with Alzheimer's and their families.

"SMSD raised the most money, and since then we have maintained a partnership with them," Nelson said. "We are all animal lovers here and are also very supportive of our military and our veterans."

She said they share information about SMSD not only internally with its members, but also through social media posts, and regularly raise funds for the organizations' efforts.

Most recently, as part of its 10th anniversary celebration, Anytime Fitness made a monetary donation to SMSD

For more information about SMSD, to learn about becoming a volunteer or to check qualification requirements, visit www.smokymountainservicedogs.org.

For more information about Anytime Fitness Farragut, visit https://www.anytimefitness.com/gyms/3136/Knoxville-Farragut-TN-37934.

 ${\small \sim Michelle\ Hollenhead}\\ mhollenhead@farragutpress.com$ 





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#### The Novis Health Difference!



### Novis Health of Knoxville,

a Functional Medicine Center in West Knoxville has been helping the people of East Tennessee get their health on track with a more natural approach. Since opening in 2021 they have helped hundreds of people reach their health goals. Focusing on Type 2 Diabetes, Low Thyroid Issues, Gastrointestinal Problems and Autoimmune Diseases, Novis Health can help you achieve real, life changing results.

Schedule a Free Consultation to learn more about how finding the root cause of your health concerns may be your solution to real, long-lasting health change.





### Functional Medicine Offers a New Approach for Those Suffering from Diabetes

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

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

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

Blood glucose is a symptom of diabetes and not the cause of diabetes. So, it is important to understand that treating only the symptoms will not be helpful in alleviating diabe-

tes. It is imperative to detect the primary cause of diabetes,

which Functional Medicine does. Reversing Type 2 Diabetes is now possible! People all over the country are finding relief from diabetes using Functional Medicine. Functional Medicine provides a holistic approach towards managing diabetes and reducing the complications associated with it. More people are now looking for a way to take a more active role in their diabetes. Functional Medicine has skyrocketed as the premier way to regain control of health, including diabetes. Poor diet, a sedentary lifestyle, inadequate sleep, chronic stress, gut dysfunction, environmental toxins, genetics and changes in mitochondrial function play a significant role in causing diabetes. As a patient-centered, science-based approach to preventing and treating diabetes, Functional Medicine is successful in not only optimizing glycosylated hemoglobin (HbA1c) and blood glucose levels, but also reversing diabetes completely. It is now the most effective first-line strategy for managing Type 2 Diabetes. Functional Medicine can effectively prevent, treat and manage Type 2 Diabetes.

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

### Health Risks from Diabetes:

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

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

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# MIDS COMERCIAL CONTRACTOR OF THE PROPERTY OF T



Find the fruits and veggies hidden in the picture:





Answer: Stethoscope

### Dental Care Word Find

Find the hidden words in the puzzle.

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F	В	C	E	U	Q	A	L	P	$\mathbf{X}$	D	Н	
L	K	O	L	G	E	H	J	Q	F	E	T	
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S	S	Y	R	T	X	N	U	W	K	I	E	
Η	Η	Y	G	I	E	N	Ι	S	T	S	H	
R	T	L	W	Η	N	D	Z	N	Q	T	C	
F	Y	A	T	N	C	G	E	Z	G	A	Η	
J	U	E	E	J	D	W	F	C	V	L	E	
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V R K P M A Y V H P L L

BREATH DENTIST HYGIENIST
CAVITY FLOSS MOUTH
CLEANING GUMS PLAQUE
DECAY HEALTH TEETH

DID-YOU-K-MOW?

High cholesterol levels are often associated with adulthood. However, children also may experience high cholesterol, which can affect their long-term health. Pediatric high cholesterol, like its adult counterpart, refers to high levels of low-density lipoproteins (LDL), also known as "bad" cholesterol. Elevated LDL can lead to fatty deposits that cause hardening of the arteries. Complications such as heart attack, stroke and early severe diseases are possible, according to Children's Health. John's Hopkins All Children's Hospital warns that heart disease has its roots in childhood. Therefore, it is important to be aware of children's cholesterol levels, as high levels can increase kids' chances of heart disease and stroke as adults. Childhood obesity, eating a diet high in trans fat and saturated fat, and having a parent or close family member with high cholesterol are risk factors for children. A pediatrician can be consulted and a lipid profile prescribed to check cholesterol levels. Lipid profiles are recommended between ages nine and 11, and again between ages 17 and 21.

### Kids can set the pace for longterm health

Long-term health is not something that many young people routinely consider. After all, it's easy to feel invincible during one's childhood and adolescence. But the steps that young people take early on can affect their health as they get older.

According to the Centers for Disease Control and Prevention, establishing healthy behaviors during childhood and adolescence is more beneficial to long-term health than trying to change poor behaviors in adulthood. The following are some ways young people can set the course for healthy outcomes throughout life.

#### PRIORITIZE HEALTHY FOODS

According to the childhood recreation group Mountain Kids, habits and actions performed subconsciously are hard to break because repeat habits trigger dopamine in the brain, causing pleasurable feelings that reinforce the behavior. So grabbing a slice of cake after school for a snack becomes rote. Instead, stocking the refrigerator and pantry with sliced fruits and vegetables, low-fat yogurt, lean protein like hummus and whole wheat dipping crackers can set the course for more responsible eating behaviors.

#### EAT MEALS AND SHOP TOGETHER

Kids can learn what healthy eating and portion control looks like if it is modeled by their parents. Children should be involved with reading nutrition labels and understanding the ingredients that comprise the foods they commonly eat. When dining out, choose restaurants that utilize menus that indicate the caloric content of meals. Children will learn to recognize and embrace nutritious foods and that can continue into adulthood.

Eating as a family also benefits mental health. Stanford Children's Health says eating together as a family can encourage children's confidence in themselves and improve communication. Children who regularly converse and interact with their parents may be less likely to engage in substance abuse or act out at school.

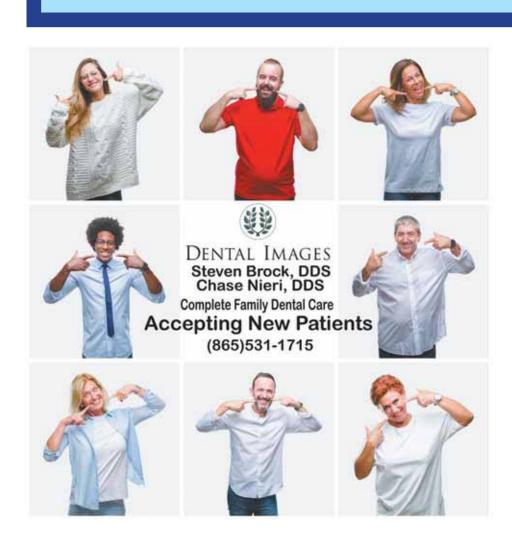
#### INCREASE PHYSICAL ACTIVITY

The CDC says 21 percent of adolescents aged 12 to 19 are obese, and two in five students have a chronic health condition. A sedentary lifestyle may be one contributor to these statistics. At home and in school, adults can encourage physical activity as an effective means to prevent obesity. The Department of Health and Human Service recommends that children and adolescents age six and older get at least one hour a day of moderate or vigorous aerobic activity, such as running or biking. Muscle- and bone-strengthening activities also are recommended. Kids who learn early on to appreciate physical activity reap long-term benefits that extend well into adulthood.

#### AVOID TOBACCO

Tobacco and nicotine vaping products can contribute to many negative health conditions. Youngsters who avoid these products throughout their lives may improve longevity and reduce their risk for various illnesses.

Children who learn healthy behaviors at a young age are more likely to continue those good habits into adulthood, which ultimately benefits their long-term health.





#### **Counseling**

From page 1C

added.

"There will be individual counseling dealing with anxiety, depression and those sorts of things."

Over the years, Coffield has focused on counseling leaders, whether they be pastors, missionaries or community leaders. Marriage and family will be another aspect of counseling, and the center will serve teenagers who are dealing with issues.

"What's unique about clinically based but Biblically formed counseling is there's a set point," Coffield said. "There's something that's standard that you can look at ... there's a way the brain works and the way trauma affects people."

The center "is going to be unique in that it is going to be clinically effective and Biblically rooted, so all of our counselors will have a clinical training side to that ... but also because it's in the church, it's going to provide that spiritual support that people ultimately need," Hammond said. "So, all of our counselors will have both as their emphasis.

"They will have it as a spiritual component to it and also really as an emotional component," he added.

Coffield described the types of counseling as having thinking-based, feeling-based and behavior-based counseling

ing.
"This center's going to combine all three elements," Hammond said.

"What I love about it is I think the church needs to lead the way in being a support for the community," the pastor added. "This is a way the church can lead the way: by providing counseling and support of ministries to help who are hurting.

"I would say that every person is hurting. Every person has something that they're dealing with, and I have found that counseling is a very effective way to help people deal with life's struggles and burdens.

As for why the church wanted to "invest a lot of money" in this counseling center, it's "because we see the value," Hammond said. "And, we've also seen how people receive great peace and healing after meeting with counselors who are fully trained and equipped.

"I think it goes back to the verse: 'To seek the peace and prosperity of the city to which God has carried us,' and we want to seek the peace and prosperity of Farragut and the surrounding community," he added. "One of the best ways to do that is counseling."

"It's a counseling center that will follow that mission for the church to be concerned with its neighbors," Coffield said.

"And, to provide hope and healing and peace that we're all longing for," Hammond added.

"We don't think we're the only people doing good counseling," Coffield said. "There's places like Ebeneezer (Baptist) and First Baptist (Concord) have a counseling program, so we don't think we're the only people doing that in the community, but we do think that's part of the way the church needs to respond to our changing culture is to serve our neighbors."

Opening the center was part of Christ Covenant's strategic plan.

"We want to become a church that clearly impacts the community within a 20-mile radius, and one of the strategic points to it is to provide counseling and supportive ministries to impact our community," Hammond said.

So, "every year, Christ Covenant has one big goal that we want to accomplish, whether it's for the surrounding community or the world, and the one big goal (for 2022) was to build a counseling center," he said.

"It's really part of our strategic plan to impact our local community here by providing counseling and supportive ministries," the pastor added. "The counseling center was one piece of that bigger strategic focus.

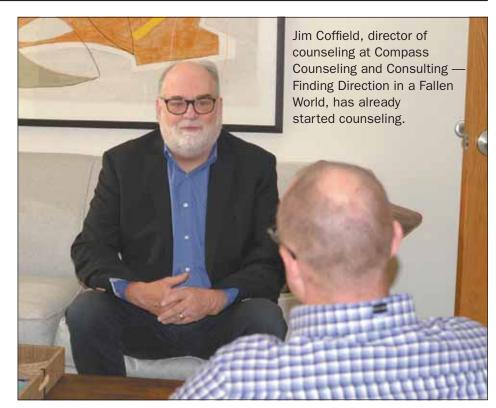
"They've put together a beautiful place," Coffield said.

The center "was just an empty room," Hammond recalled. "We had a temporary classroom in here, but our elders at the church, we had a vision to complete our existing facility and when we hired (Jim) over four years ago, he brought his expertise in counseling.

"(Coffield) had run a counseling center in Orlando, Florida, for 14 years, and we thought this would be part of our future planning, when we hired him, to build a counseling center," he added.

"The good news for our church is that our whole facility is now complete, and we're looking at future expansion. That's exciting. That was a big deal for our church to get this center here once we had Jim here."

e nad Jim nere. Coffield's vision for counselors "is



to have around five," Hammond said.
"Right now, we have three: Coffield,
T.J. Hindman and Melissa Snyder."

The counseling center is only one of the church's ministries in which it tries to make an impact.

"We do a lot of local outreach," Hammond said.

Working with Knox County Church Network, CC helped spearhead Renew Clinic, a substance abuse clinic in downtown Knoxville as part of its 2021 goal. It opened in May 2021.

The church also partners with the neighboring Cornerstone Church to do a food pantry for people in need; packages and delivers food on the weekends to seniors who receive Mobile Meals during the week; provides counseling and support services to Choices Resource Center, a pregnancy center; established Grief Share Ministry to help people within the church and community coping with the death of a loved one; provides support to Street Hope to work with young women who have been trafficked; partners with a truck stop ministry, for which it recently packaged 700 care bags for truckers coming through Watt Road; and provides a program for adults with intellectual disabilities.

And, the church also participates in world missions, supporting 25 missions around the world.

"Even though the message in the



Photos by Tammy Cheek

The Rev. Seth Hammond, pastor of Christ Covenant Presbyterian Church, goes over counseling plans with Jim Coffield.

Gospel is timeless, I think we are trying to be timely in the way that we live out that call to love our neighbors and love God," Coffield said.

~ Tammy Cheek tcheek@farragutpress.com



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### Suicide prevention aims to reduce risk

Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. There are many factors that contribute to suicide. The goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience.



Many adults think about suicide or attempt suicide 12.2 million Seriously thought about suicide 3.2 million Made a plan for suicide 1.2 million Attempted suicide

If you or someone you know is in crisis, please contact the 988 Suicide and **Crisis Lifeline** 

· Chat at 988lifeline.org

#### Do you know the warning signs for suicide?

If someone is at risk for suicide, you can watch for warning signs, including:

- Talking about being a burden
- Being isolated
- Increased anxiety
- Talking about feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide

Read CDC's Feature, #BeThere to Help Prevent Suicide, and CDC's VitalSigns to learn more about the warning signs and how to help someone at risk. (www.cdc.gov/suicide/index.html)

#### **Need help? Know someone who does?**



Contact the 988 Suicide and Crisis Lifeline if you are experiencing mental healthrelated distress or are worried about a loved one who may need crisis support.

#### **Circumstances that protect** against suicide risk

#### **Individual Protective Factors**

These personal factors protect against suicide risk:

- Effective coping and problem-solving skills
- Reasons for living (for example, family, friends, pets, etc.)
- Strong sense of cultural identity

#### **Relationship Protective Factors**

These healthy relationship experiences protect against suicide risk:

- Support from partners, friends, and family
- Feeling connected to others

#### **Community Protective Factors**

These supportive community experiences protect against suicide risk:

- Feeling connected to school, community, and other social institutions
- Availability of consistent and high quality physical and behavioral healthcare

#### **Societal Protective Factors:**

These cultural and environmental factors within the larger society protect against suicide risk:

- Reduced access to lethal means of suicide among people at risk
- Cultural, religious, or moral objections to suicide

#### Call or text 988 - Chat at 988lifeline.org

Connect with a trained crisis counselor. 988 is confidential, free, and available 24/7/365. Visit the 988 Suicide and Crisis Lifeline for more information at 988 lifeline.org

Visit www.cdc.gov/suicide/index.html for more information and resources. Source: www.cdc.org

#### Gym

"One lady could not get up and get out, so I am going to her," she said, noting she did that in many cases during the COVID pandemic. "I am here to help people live a healthier life, for themselves — whatever that means and whatever it takes.

"We aren't really a weight-loss gym, but if your goal is to lose weight, I will help you," Peshewa added. "Our concern is that you be healthier."

Starting with attitudes toward fat. "It's not healthy to have zero fat on your body," she said. "If you don't have

any fat on you, you are dead." "We try to teach balance, and take

Peshewa added. "The gym is the most honest thing I know. If you put work in, you will get something out."

With a background that, beyond MMA, includes roller derby, kickboxing, jujitsu and wrestling, Peshewa nevertheless said she knows she can't be all things to all her clients, and has others on staff to fully offer a variety of fitness options, including fitness boot camps, yoga and flexibility, strength, body building and flexibility, kickboxing, Brazilian Jujitsu (Gi and No-Gi); dance fitness, cabaret and jazz and adults mixed martial arts and kids martial arts.

Additional services offered include nutrition and meal consulting, in af-

the toxic attitudes out of the gym," filiation with Eddie's Health Shoppe, located at 455 Union Ave. in downtown Knoxville.

> Peshewa, who now lives in West Knoxville, is originally from Strawberry Plains; and, as a Native American Shawnee, also grew up in Catawba, North Carolina.

> In addition to Hero Athletics, she also operates a marketing firm, Next Level Creative, with her fiancé, Caleb Miller, his mother, Denise Miller and Ken Wilson.

For more information, visit https:// marvel-my-fitness-llc.triiib.com/freetrial// or call 865-640-6611.

> ~ Michelle Hollenhead mhollenhead@farragutpress.com

#### Resolutions

**6. Drink more water.** Increasing water intake can help you feel fuller, thus reducing the likelihood that you will overeat. Gradually increase your water intake by adding a few ounces each day until drinking water becomes rote.

7. Take a workout outside. Switch up your normal routine by making use of the great outdoors to exercise. Instead of three miles on the treadmill or elliptical machine at the gym, opt for three miles on a local hiking trail.

Healthy resolutions are easier to keep when you have firm ideas and choose reasonable goals.



The 2023 Fireside Chat Series with

Dr. Monica K. Crane

The 2nd Tuesday of each month, 6:30 - 7:30pm

Please join us at Avenir Memory Care. FOR RESERVATIONS AND INFORMATION CONTACT: knxreception@avenirseniorliving.com P. 865-777-1500

Dr. Monica Crane is currently the Director of the Genesis Neuroscience Clinic at Dowell Springs in Knoxville. She has participated and led clinical trials focused on Alzheimer's disease and the related neurodegenerative dementias.

AVENIR MEMORY CARE 901 Concord Road Knoxville, TN 37934 AvenirSeniorLiving.com







Lead by Rev. A.D. Baxter

Are you struggling with post-holiday blues? Have you lost someone special?

Come and learn ways to rediscover balance and a normal routine again after the Holidays!

Tuesday, February 21, 2023 • 12pm - 1pm

Light Lunch will be served

Please RSVP to 865-777-1500

Avenir Memory Care Knoxville | 901 Concord Road | Knoxville, TN 37934

### New 'Community Care Nights' at CUMC help deal with grief

Concord United Methodist Church, one of the community's oldest churches never stops looking for ways to serve.

From partnering with three area churches on the Shepherd of Hope Food Pantry in Faith Lutheran Church, to building more than 20 Habitat for Humanity Homes, hosting its annual Mission Blitz during the Martin Luther King holiday weekend, maintaining and offering a Community Garden along with many other daily and weekly projects in

During the last year, the church has added yet another new focus, "Community Care Nights."

"In the fall of 2021, we started asking the question of what our community is and what it needs," said the Rev. Brooke Hartman, CUMC pastor of Discipleship. "We talked with staff and members and others about what that might be, and realized the community is all of us, both inside and outside the church, and what we needed, after the pandemic and shut downs, was connection."

Prior to the COVID closures, CUMC, 11020 Roane Drive, had hosted Wednesday night meals (which remain from 5:45 to 6:30 p.m.) and programs (6:30 to about 7 p.m.), but staff decided to take it a few steps beyond what had been offered previously.

"We wanted to open our doors — no strings attached — to members, nonmembers and at no cost, meaning the meals would be free, too," Hartman said, adding, "Food is a very leveling experience. We all need to eat."

As of Jan. 11, a new Grief Structured Group began under the direction of Dr. Ann O'Conner, who is one of the

counselors working through the church's Concord Counseling Center.

Topics covered will include: defining grief; acknowledging grief; grief vs. suffering; taking care of our insides; taking care of our outsides; and now what?

services," she added.

CUMC programs, visit

www.concordunited.org

For more information about

'The grief series will be structured and covers many life experiences," Hartman said. "Every one of us has grief in our lives. It is not just death, but also loss, through divorce or other life changes. Our sermon series, "Good Grief," also ties into the

"It is also all part of us keeping our ear to the ground, ensuring we are hearing what the community needs, and working to provide that," she added.

"It is also part of just caring for each other and loving each other, as God tells us to do."

Small adult group meetings such as the grief counseling, which include both men's and women's recovery groups, also culminate the evening's events each week.

After the meal, a worship service begins at 6:30 p.m. — while children and youth programs begin at the same time — as the Rev. Larry Trotter, senior pastor, and Mike Stallings, choir director, lead the music, then Hartman typically delivers a 10-minute message, she said.

"We just asked people to show up, and it became a beautiful picture of God's love," Hartman said. "Families came with young children; single adults came, along with couples and widowed men and women.









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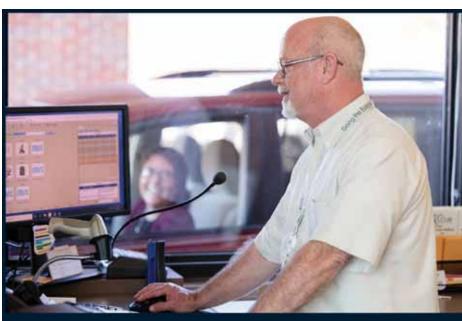
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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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



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

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

#### **Benefits of Membership**

At the Knoxville area Y we provide:

- Exceptional fitness, personal training, sports, and aquatic programs.
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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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- Sports
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- Wellness
- Fitness
- Martial Arts

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

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#### **LINDSAY YOUNG DOWNTOWN YMCA**

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#### PILOT FAMILY YMCA

West Knoxville 865.690.9622

#### **DAVIS FAMILY YMCA**

Farragut 865.777.9622

#### **C.W. CANSLER FAMILY YMCA**

East Knoxville 865.637.9622

#### **TENNOVA FAMILY YMCA, POWELL**

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YMCAKnoxville.org



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

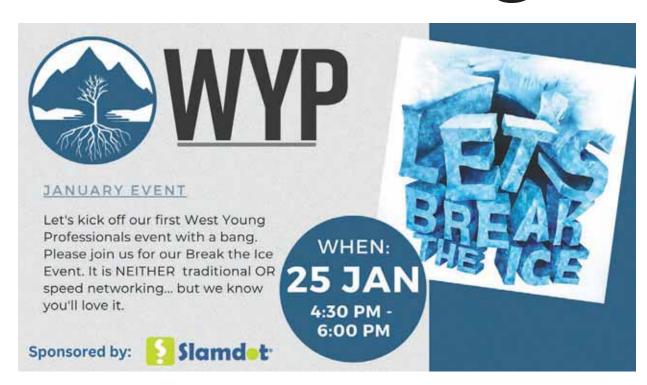
VOL. 37, NO. 1

A PUBLICATION OF THE FARRAGUT WEST KNOX CHAMBER OF COMMERCE

JANUARY 2023

### West Young Professionals KICK OFF 2023

Officially rebranded as of December 2022, the chamber's West Young Professionals (WYP) have already begun planning their 2023 calendar of events and invite young professionals from every industry to attend and connect.



January will see the return of a popular event created by them and last offered in 2020. Their "Break the Ice: Icebreaker Networking" will take place on Wednesday, January 25 from 4:30pm to 6:00pm and will consist of multiple fast and fun icebreaker games with more casual networking time in between. Attendees will be able to arrive at any time and jump right in. The location host will be MBI Companies, located at 299 N. Weisgarber Road.

For February, WYP will offer a professional education opportunity taking place on Wednesday, February 22 from 8:00am-9:30am at the University of Tennessee Ag-Extension office located at Downtown West Blvd.. In keeping with the theme of Valentine's Day, this program will feature Melissa Spangler of KEPA Consulting in a workshop on "Emotional Intelligence" or EQ. Attendees

will learn how the emotional brain interacts with the thinking brain to better handle emotional situations, as well as go through the critical aspects of EQ and strategies to immediately implement to improve EQ for work or just life. Accountability materials to help attendees stay on track are included.

More information is coming for a casual networking event on March 8th and a service opportunity on Saturday, April 22 for Earth Day. Registration for all events is available on the chamber calendar at www.farragutchamber.com >

Sponsorship opportunities are available for all of these young professional events, as well as for their entire calendar year. Contact the chamber at info@ farragutchamber.com for details.

#### Member of the **Month - January: Laura Sayers**

Congratulations to Laura Sayers, of the farragutpress, for being nominated and selected as the Member of the Month for January 2023! Laura works at the farragutpress as an Advertising Account Executive and serves different parts of the Farragut area. She is loyal to her clients, and everyone loves to see her smiling face. She is an active community member, attending Chamber and community events alike, and is so deserving to be the first Member of the Month for this calendar year. Congratulations, Laura!



## Board applications open through Feb. 3

Reminder: Board applications will be open and available through the deadline of 4:00pm on Friday, February 3. Members in good standing who are looking to actively participate on and lead as a team as part of a very active board are invited to apply.

The Board of Directors is the governing body which provides guidance to the chamber, ensuring that it continues to evolve and make strategic progress under its mission to strengthen, promote and create business opportunities through relationships and education that encourage member success. The board also meets monthly but individual directors are asked to take on additional responsibilities as committee or programming liaisons, serve on limited time taskforces, and also be visibly present at chamber events. Board applicants go through a multistep application process which does involve an interview with the Nominating Committee.

Any member interested should send questions to Julie@farragutchamber.com.





#### Seats limited for Regional Legislative Breakfast

Seats are available on a limited basis for the upcoming 2023 Regional Legislative Agenda update, presented by the five participating chambers of commerce:

· Anderson County Chamber of Commerce

See BREAKFAST on Page 3

### **Enterprise Club**

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













CAPTAIN



















FAIRFIELD







Gone





CENTRIWORKS



















# West Young Professionals Downtown Holiday Party | December 19, 2022



The West Young Professionals Board poses for the camera.



Young professionals from all over Knoxville having conversation during the evening networking.

### 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!"

Wealth Management is a relationship between you and a trusted financial partner who understands your priorities and values and has a personal interest in seeing you attain the future you want for yourself. Baird strives to provide you with

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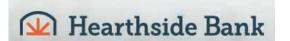
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In February 2021, Home Federal rebranded to Hearthside Bank, reflecting the warm, comfortable family-style atmosphere that Home Federal has always



provided- integrity, drive, and commitment to serving our customers, still offering the same dedicated, dependable service our customers expect while striving to provide the ultimate banking experience. Inquires to Jimmy Huddleston at (800) 354-0182 or visit http://www.hearthsidebank.com

support to help individuals reach their financial goals. There's the Standard Package and the 6-month minimum commitment period with packages



that renew on a month-to-month basis; is perfect for those looking for a semi-hands-on approach with accountability. For more detail, call Joey Ruffalo at (510) 871-3328 or visit http://www.jrfinancialcoaching.com

Robin McNabb of McNabb law offers comprehensive legal advice and counsel. She has a reputation for creative litigation approaches and achieving exceptional results where other lawyers fall short. Specializing in Business, Banking & Commercial Law, Real Estate, Probate, Constitutional Law, Conservatorship, and Estate Planning. Robin can be reached at (865) 444-4370 or by visiting https://www.robinmcnabblaw.com/



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tion, and mold remediation services. Find out more by calling Frankie Stephens

## Networking

#### **HomeTrust Bank**

**December 1, 2022** 





Top: Chamber members and business owners and employees gather at HomeTrust Bank and enjoy breakfast and conversation with each other.

(L-R): Alex Carver, **Simpay**, Rick Staples, and Jared Green, **HomeTrust Bank Farragut**, smile for a quick photo at the morning networking.

### **Ribbon Cutting**

### **Knox Massage and Wellness December 7, 2022**





The Chamber welcomes **Knox Massage and Wellness** to the community! The grand opening of this business was celebrated with a ribbon cutting with Chamber members, ambassadors, and community members. Owner Anita Dunford (center) has been a licensed massage therapist since February 2015 and started Knox Massage and Wellness Her work is therapeutic and she works on restoring functionality and improving quality of life. While incorporating different modalities based on the need of the client, she is sure you will get the restoration and therapy you need with her and her team's care. Modalities include deep tissue, trigger point therapy, Ashiatsu, SMRT, hot stone massage, and table stretching. Congratulations, Knox Massage and Wellness!

### 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!

**FirstBank Farragut** has deposit specials for the new year! Now, you can lock down a great rate on a CD with your choice of maturity dates. The longer the term, the higher the rate. Build security with a powerful savings tool from a bank that gives you power to choose. Contact them at 865) 288-3307 for more information!

ActFast CPR offers CPR classes to the whole community! CPR skills are an important skill to have, and ActFast wants to make sure you are properly trained. The team at ActFast will come to you and train your staff to make sure you know what to do, should you have to use those skills. Contact them at info@actfast-cpr. com or call them at 865-671-0657.

Remote Area Medical is hosting their free Knoxville clinic January 13-January 15 at the Jacob Building. All services are free and open to the public, and no ID is required. You can find out more information on their Facebook page.

**Olympus Car and Coach** is offering an early bird discount of \$50 off per person for anyone who pays their deposit on a multi day tour for 2023. Their tour schedule can be found on their Facebook page at Olympus Car and Coach.

The Farragut Business Alliance is partnering with Turkey Creek Medical Center/Tennova for the Farragut Health & Wellness Expo! The expo will take place on Saturday, January 14 from 10am-3pm in the Farragut Community Center. This event is free to the public.

Bert Burgett, **Bank of England Mortgage**, is a Senior. Reverse Mortgage Specialist. Using products from the top reverse mortgage companies, his clients have peace of mind knowing they are working with a credible national mortgage banker. When seniors decide to proceed with a loan, Bert helps them navigate the entire process from counseling to closing. Contact him at 865-691-0514 or email him at bburgett@boemortgage.com

**ProLift Garage Doors** is offering a \$9 Garage Door Tune Up to celebrate their ribbon cutting happening this month, as well as one year being in business. They are honoring this the entire month of January. Visit proliftdoors. com or call 865-317-4827 for more details.

Solomon IT is proud to announce the newest addition to their team, Lee Chamberlin, for their spring internship. Lee is a recent graduate of Oak Ridge High School, and is finishing his degree at Roane State. Very interested in Cybersecurity, he often tinkers with Ethical and White Hat Hacking in his spare time. Join Solomon IT in welcoming Lee Chamberlin to the family!

#### **Breakfast**

From page 1

- Blount Partnership
- Farragut West Knox Chamber of Commerce

• Knoxville Chamber

• Oak Ridge Chamber of Commerce

The event features keynote speaker, Stuart McWhorter, Commissioner of the Department of Economic & Community Development.

To register for the January 27 breakfast event beginning at 7:30am, and taking place at the First Baptist Church Family Life Center in Clinton, visit the link here: www.tinyurl.com/Bfast23. Tickets are \$35 each.



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.

### Welcome New Members!

#### **New Members**

From page 2

at (865) 999-7876, or visit https://www.puroclean.com/knoxville-tn-puroclean-south-knoxville/

**Ramon DeGennaro**, Emeritus Professor, University of Tennessee, Knoxville, (865) 567-0954. Specialties in financial markets and institutions, investments, small-firm finance, corporate valuation, and speaking engagements.

Jennifer Jarrett is a licensed Esthetician for over 9 years providing results-driven facial treatments, including chemical peels and microdermabrasion. She loves helping her clients look and feel their best. To view services and book an



appointment, visit http://skinbyjenn.com or call (925) 640-7770.

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### 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 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:



Thank you for your Anchor Enterprise Membership!

Blaze Pizza - N. Peters
CedarBrook Outreach
Cyan Insurance Solutions
Epic Nine
Farragut Cleaners
Holiday Inn Express - Campbell Station
Huntington Learning Center
Keller Williams Realty - The Cooper Group
Kumon of Farragut
Mary Kay - Marianne Morse,
Independent Senior Sales Director
Northwestern Mutual
Park Place of West Knoxville
Postal Annex

REO, LLC
Rick Terry Jewelry Designs
Rotary Club of Farragut
Shangri-La Therapeutic Academy of Riding
Sonesta Simply Suites
Tennessee Smokies Baseball
Tennessee Strategies
Tennessee Valley Fair
The Insurance Group
The Venue at Lenoir City
Waste Connections
Woolf, McClane, Bright, Allen

& Carpenter, PLLC

# Calendar of Events: Calendar of Events: January – February 2023

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

Tuesdays at the Chamber: FREE Business Mentoring for ANY business with SCORE Greater Knoxville.

MUST Email Clifton.Caudill@SCOREvolunteer.org to pre-schedule

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

Thursday, January 19, 2023 8-9a

Networking – Simply Magical Vacations by Amy AND More Than Memories 239 Jamestowne Blvd. Farragut 37934

Wednesday, January 25, 2023 4:30-6p

West Young
Professionals –
Icebreaker Event
MBI Companies
299 N. Weisgarber
Knoxville 37919

Thursday, January 26, 2023 4:30-6p

Networking – Senior Financial Group 10201 Parkside Dr. Suite 100 Knoxville 37922

Thursday, February 9, 2023 4:30-6p

Networking –
Farragut High School
Education Foundation
Farragut High School Library
11237 Kingston Pike
Farragut 37934

Thursday, February 16, 2023 4:30-6p

Networking –

Tennessee Artists Association
Chamber Lobby and
Conference Room
11826 Kingston Pike
Farragut 37934

Thursday, February 23, 2023 4:30-6p

Networking – A-Z Office Resource 5920 Middle View Way Knoxville 37909

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 2023 year!

