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January - March 2024

Breaking Ground

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Hardin Valley LIVING

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**FEATURE
STORY:**

Hardin Valley's own
'Turkey Tales'
storyteller

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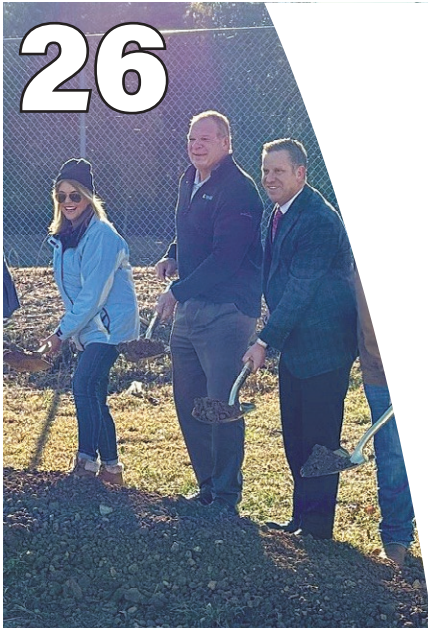
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Special thanks to Jeremy Wiggs for HVA sports photos

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Hardin Valley's own 'Turkey Tales' Storyteller

Already an avid turkey hunter, Fred Dolislager of Hardin Valley was inspired to write down turkey tales that, with a skilled mix of interesting real-life encounters plus actual and embellished humor, have been turned into two books garnering rave reviews.

That spark of inspiration was provided by someone near and dear in relation to his favorite outdoor hobby.

"So, the person that taught me how to hunt, he said, 'you should write down the things that happen and details about what kind of turkey you shot and where it was and what the day was,'" which dated back to around 2015, said Dolislager, a resident of Hardin Valley for 36 years. "So I started doing that, and my first entries into my logbook were rather short, and then they got longer as crazier and crazier things happened in the woods.

"And so, then I started writing them and sharing them with friends via e-mail," he added. "And then one of my buddies said, 'your stories are better than half the books I've read on turkey hunting.' And I pondered that for a while.

"And then, when I had 50 birds under my belt, I decided that I would go ahead and self-publish the first book. My mother, Phyllis Dolislager, is an author, and she nagged the heck out of me for a decade to do it."

Dolislager, who was born in Michigan, "then ended up in Africa for two years as a missionary kid. And then we ended up in Florida for two years, and I went to college in Dayton, Tennessee — Bryan College."

Basic book details

Dolislager's first book, "Turkey Hunting Exposed," published in September 2021, "is 100 percent true," he said. "It's a logbook of my turkey hunting over, like, 10 years or 15 years, actually. ... The first book is factual, with a major focus on the funny things that happen."

After the first book, "People laughed at my true stories, and then I thought, 'well, it wouldn't take much to make them laugh at slightly more embellished stories,' so I wanted to focus on that," Dolislager said.

"Turkey Hunting Tomfoolery" is his most recent book, which was pub-

See TURKEY TALES on Page 8

Near death experience is the focus of Fred Dolislager's third book, "Turkey Hunting Requiem" in his Tennessee Turkey Tales series. With the thought being, "Who knew you could get electrocuted turkey hunting?" Dolislager said this photo could be the cover of the third book.



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Turkey Tales

From page 6

lished in July 2023 in his ongoing Tennessee Turkey Tales series.

“The majority of the (second) book is based on true events with just a little extra imagination added to entertain and make the reader laugh,” said Dolislager, who has spent “all of his career supporting the environmental restoration activities on the Oak Ridge Reservation as well as managing multiple online risk assessment calculators for the U.S. Environmental Protection Agency,” his biography stated.

“I was ready to branch out from my first book and tell some embellished stories that did not make it into the first book,” he added. “The first book focuses on successful hunts and turkey hunting. Tomfoolery focuses on very unsuccessful hunts.” (Read excerpts from ‘Idiot Magnet’ from Tomfoolery beginning on page 10.)

His third book, “Turkey Hunting Requiem,” has a Christmas 2024 publishing target goal.

“So my third book, I’ve got my chapter titles all set. ... I have the chapters ready to go,” Dolislager said. “It’ll be considered fiction, just like the second book.

“The basic theme ... will be near death experiences while turkey hunting,” he added, making the point that laughing at his books “is 100 percent the goal.”

For book No. 3, “I’m going to start writing this month,” he said. “I may take some time and try to get this third book published by somebody else. That way I don’t have to go through the formatting and the editing.”

More about the process

About that six-year gap between friends’ encouragement and finally publishing, “That’s the years where my mother nagged me, and I felt unqualified to talk about turkey hunting in a serious manner,” Dolislager said. “So I wanted to at least have 50 birds under my belt before I dared to try to publish a book about turkey hunting.

“And I was even more terrified to try to talk about turkey hunting tactics,” he added. “So I focused on the unfortunate things that happened to me while I’m out in the woods to try to make people laugh.”

About getting published, “I learned that you can’t go directly to a publisher; you have to go through an intermediate person who approaches a publisher with ideas,” Dolislager said. “So I reached out to these people and I waited six months for them to reply because they all say that they get hundreds of submissions a week and it takes forever. And so I got rejected by everybody.

“So I decided to self publish using Kindle direct through Amazon,” he added. “With both books.

“And after doing the first one, it was such a learning curve. I vowed I would never write a second book. ... Just the hours. And the hours on the computer, formatting, spell checking, having friends and family members read it for other types of errors. It took a very long time.”

However, Dolislager said the process “is like having children. Many people have more than one, despite the difficulties. And it didn’t take but a year.

“The writing is the best part because that’s the creative process,” he added. “It’s the publishing that is so mean.”

Having an impact

About getting the word out about his books, “The primary focus is on the Facebook turkey hunting groups,” he said. “So I’ve been active on those Facebook groups from Pennsylvania to Missouri to Mississippi and all over Tennessee, just trying to make friends and let people know about the book.

“I did get some very positive feedback, and I got to meet other authors who had written highly praised authors, particularly on turkey hunting,” Dolislager added. “I got to meet some of them and talk with them and read some of their books. I had never read a book on turkey hunting be-



Photo submitted

Top left: Fred Dolislager with turkey in hand. **Top right:** A photo of Fred Dolislager “and my spider stick I use to clear the path in the dark to get to my turkey spots,” he says. **Above right:** Humorous photo of Fred Dolislager “on a jet” with his “pet” turkey.

fore, so for me to write one was pretty ostentatious of me, I thought.”

With such nationwide contacts, “I started expanding my repertoire of turkey hunting tools that were handmade by various craftsmen,” he said. “... The history of turkey hunting and historical tools all the way back to the Native Americans using a hollowed out turkey wing bone that you can blow on, and it’ll make a sound like a turkey clucking.”

Hardin Valley hunting

In the Hardin Valley area, Dolislager said his favorite hunting locations include “a stretch on Buttermilk Road, 10 acres, where I have permission very close to the sewage treatment plant, which took away some good hunting. At the end of the valley at Hickory Creek, the actual creek, not the road.

“There’s a TVA property back there called Hickory Bend. I like to hunt

See **TURKEY TALES** on Page 10

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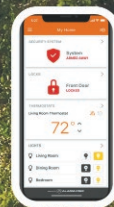
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Turkey Tales

From page 8

on that property, and that gets mentioned in both of my books,” he added. “The TVA property, Hickory Bend, is 250 acres. That’s public access.”

With encouragement from his books, “I just hope other people feel empowered to get out in the woods and get after it no matter what happens,” Dolislager said. “Whether your boat sinks or your gun breaks or you fall down the side of a mountain, it’s worth getting after those turkeys.”

All about family

Dolislager’s turkey hunting passion “mainly centers around my son, who doesn’t get to hunt with me very often, but it seems to be all he thinks about,” he said about Gerrit Dolislager. “And if I can do it through all of the trials and tribulations I face in the woods, then anybody can do it, because it’s truly a joy. And when you hear a turkey gobble in the morning, it vibrates your soul. It’s an amazing experience.”

About his daughter, Carolina, “She’s my number one editor and turkey cook,” Dolislager said.

“Throughout the books, I refer to my kids as ‘oops No. 1 and ‘oops No. 2,” he added, with the help of his wife, Sue Dolislager.

What else is ahead?

After book No. 3, “I think I want to expand out of Knox and Roane and Loudoun counties, you know, East Tennessee, and have more stories out in West Tennessee and central Tennessee,” Dolislager said. “... There’s 95 counties in Tennessee, and I haven’t hunted all of them. So I’m sure I can get lost in more counties than the ones in East Tennessee and fall down more mountains, get stuck in more mud holes and find more adventures in these other counties.”

Loving the Valley

“Let me just say something about Hardin Valley,” Dolislager said. “So, having moved around as a kid myself, I went to three different high schools. I was very happy for my kids to have an anchor in a location, to grow up and have friends throughout their entire (school experience).

“And Hardin Valley provided that with the continuity ... in the elementary school, and (a child in) one of the first graduating classes from (Hardin Valley) Academy,” he added. “They’ve made friends for life, and they are well grounded in this community, and I hope that their roots continue to grow deeper than mine have in my 30-plus years here.

“And once I got here, I never left.”

Getting the books

About getting his books, “They’re both on Amazon, and there’s some excerpts there in details if you wanted to do a little research,” Dolislager said. “In paperback, E-book — and I published hard copies this September.

“The first one, Exposed, is \$17.50 for the paperback, and the second book, Tomfoolery, is \$22.50 for paperback. The hardcover is \$27.50 for Tomfoolery, and for Exposed, the hardcover is \$25.50.”

Excerpts from “Turkey Hunting Tomfoolery,” Fred Dolislager’s second book:

“My ‘good ole days’ were only ten years ago and they centered around a man named Everett Seal, and his one-hundred-and-fifty-acre farm in the middle of Hardin Valley. Everett Seal and I shared one unifying thing in common, we both smoked cigars. What we didn’t have in common were lightyears apart. Although, I doubt that Everett knew what a lightyear was, nor ever needed to know...

...Oh, the turkey tales and the John Seal stories from that period when the valley was as God intended! When John passed away, the rest of the farm was sold, and the greenbriers on every square inch were bulldozed to the ground. I didn’t shed a tear for the greenbriers, but I’ll never forget how the loss of that prominent farm to urban sprawl was the moment that the valley was truly lost. Right where the old barn used to be, there is now an ill-conceived roundabout. How ironic is it that an idiot magnet remains?”

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Breaking Ground

The Lantern at Morning Pointe Alzheimer's Center of Excellence at Hardin Valley expects a early 2025 opening

Morning Pointe Senior Living turned the page of a new company chapter when it broke ground on the new The Lantern at Morning Pointe Alzheimer's Center of Excellence at Hardin Valley, 2433 Reagan Road, Wednesday, Nov. 15.

"The Lantern will be Phase II of the senior living campus, offering a continuum of care services along with Morning Pointe of Hardin Valley, which will transition to an assisted living-only community," stated

Above: Community leaders with Morning Pointe Senior Living brass broke ground for the new facility. From left are Franklin Farrow, Morning Pointe Senior Living CEO; Riley Lovingood, representative of Office of U.S. Sen. Bill Hagerty (R-Tennessee); Mark Field, senior vice president of Investor Development with Knoxville Chamber of Commerce; Cliff Roberts, Cornerstone Commercial Mortgages; Greg Vidal, Morning Pointe Senior Living president; Knox County Commissioner Kim Frazer, Seat 11 encompassing Hardin Valley; Janice Wade-Whitehead, Alzheimer's Tennessee president/CEO; and the Rev. Rodney Hollowman, pastor of Hardin Valley Church.

a press release, which added The Lantern is anticipated to open in early 2025.

"We are 26 years into our company history, and we are excited to be

See MORNING POINTE on Page 14



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Morning Pointe

From page 12

breaking ground on our 40th Morning Pointe community,” said Franklin Farrow, Morning Pointe CEO and one of the senior living facility’s founders along with Greg A. Vital, company president. “The Knoxville area is a great location, and with the tremendous growth of the area population over the last few years, the need for support services for seniors and their families has also grown.”

“It is a phenomenal day in East Tennessee,” he added.

“We’re glad, certainly, to be good neighbors,” Rodney Holloman, pastor of the neighboring Hardin Valley Church, said during the groundbreaking ceremony.

He prayed, “I pray You will show favor, here, with these people.

“... As they engage in the ministry of caring for those who need attention for those who can no longer care for themselves or for families who will make the great deposit of loved ones and entrust them to (Morning Pointe’s) oversight and their encouragement. I pray that they know how special it is to do what they do.”

“The plan is, behind us, is to build a new 60-unit all Alzheimer’s building, transfer the 20 (Alzheimer’s) that are (in the existing facility) to the new building ...”

~ **Greg A. Vital**,
company president

Following the invocation, Hardin Valley Academy Choir provided the opening song, “Hands Are Knocking” by Kyle Pederson, and Anderson County High Navy Junior Reserve Officer Training Corps led a flag ceremony and Pledge of Allegiance.

Vital and Farrow shared their vision for the expanding senior living campus.

Next door in the existing Morning Pointe facility, “we have 73 assisted living and Alzheimer’s Care units,” Vital said. “Fifty-three (currently) are assisted living-oriented care for seniors and 20 is a designated wing

Alzheimer-specialty wing program.

“The plan is, behind us, is to build a new 60-unit all Alzheimer’s building, transfer the 20 (Alzheimer’s) that are (in the existing facility) to the new building and begin to fill up the new building with those folks being our starting group,” he added. “Then backfill the empty 20 units with assisted living. That way we will have an all-assisted living (in the existing site) and an all-Alzheimer’s building (at the new location).

“That’s the format that we’ve done for the last dozen years or so, and it’s worked out beautifully as we come into a market like this, get established and then roll into building a multi-layer campus.

One thing unique about this new 60-unit Alzheimer’s building “is the fact that it will have two areas of care: the first being attending to those who are just getting into the Alzheimer’s area of the spectrum,” Vidal said. “That’s what we call the Lamplight program,”

“Those are for entry-level Alzheimer’s folks,” he added. “Then, our Lantern-specific program will be for those in the advanced stages.”

The Lantern at Morning Pointe of Hardin Valley, located down the street from Pellissippi State Community College and located close to Oak Ridge and West Knoxville, will be the 40th Morning Pointe Senior Living community and the 24th in Tennessee, according to the press release.

Other area campuses are located in Knoxville, Clinton, Powell and Lenoir City.

“This single-level memory care community will be an estimated 45,000 square feet,” Vidal said. “We will have staff here 24/7, with medical care and oversight, food, medication, therapy — all the great things that you are seeing next door will be continued here at the new building.



Top: A rendering of The Lantern at Morning Pointe Alzheimer’s Center of Excellence of Hardin Valley. **Above left:** Franklin Farrow speaks to the gathering. **Above right:** Greg Vidal addresses the groundbreaking attendees.

“In addition, we will have some of our signature programs,” he added. “It will be great for you to come and tour (the existing facility) at the end (of the groundbreaking). I think you will be excited to see some of the things that we’re going to be doing.

“Programming at the new building will adhere to Morning Pointe’s strong focus on clinical care with physical and occupational therapies, life enrichment and wellness offerings and intergenerational activities. It will also feature Morning Pointe’s Farm-to-Table program with local, farm-fresh and seasonal ingredients.

Founded in 1996, Morning Pointe Senior Living operates assisted living and Alzheimer’s memory care communities in five southeastern states.

Other speakers at the event included Jane Jolley, community engagement director for the Office of the Knox County Mayor; Mark Field, senior vice president of investor development with the Knoxville Chamber of Commerce; Kim Frazier, Knox County Commission At-Large Seat 11 representative; and Janice Wade-Whitehead, president and CEO of Alzheimer’s Tennessee.

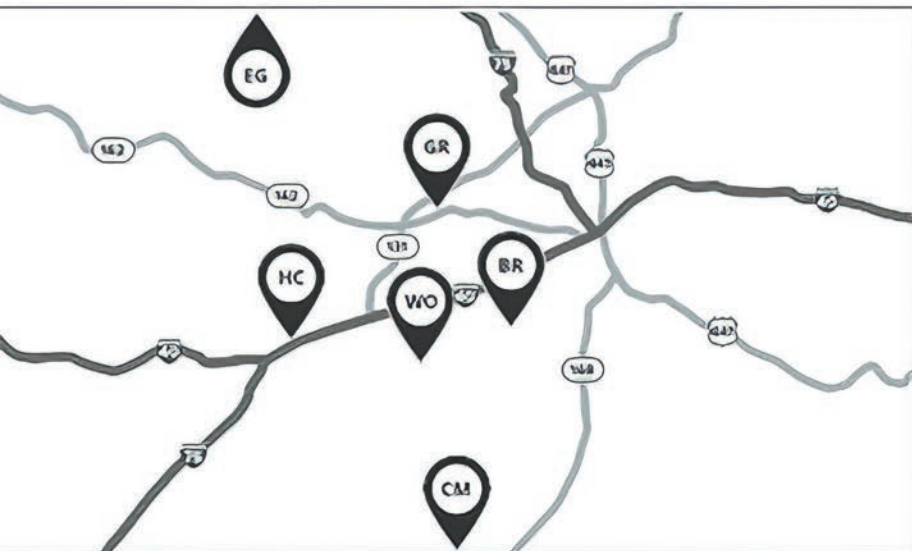


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Prospective homebuyers may find better luck in 2024

After last year's sky-high interest rates, prospective homebuyers may find better luck in 2024. In fact, just last week, the average interest rate for a 30-year fixed mortgage declined to 6.98%, reaching the lowest level since May 2023, according to Freddie Mac.

While mortgage rates are always unpredictable, Vicki Williams, senior loan officer at Movement Mortgage, said this downward trend is expected to continue throughout the year.

"Currently, things seem stable and, fortunately for everyone, they have come down from recent highs," she said.

One major indicator that mortgage rates will likely remain stable throughout the year is the fact that minutes from the Federal Reserve's December meeting revealed "a growing sense among Fed members that inflation is under control," Williams said. This is mostly due to a decline in the PCE price index, which measures the costs for goods and services.

"The Fed also acknowledged that there is a risk to the economy if they remain 'overly restrictive,'" added Williams. "After hiking their benchmark Fed Funds Rate 11 times since March of 2022 to slow the economy and tame inflation, almost all participants indicated that a lowered Fed Funds Rate would be appropriate by the end of this year."

Yet, no further insight was given regarding when rate cuts might occur. Instead, Williams said, "to cover their bases, the Fed noted that there was 'an unusually elevated degree of uncertainty,' and that further hikes to the Fed Funds Rate are still possible."

Nevertheless, those interested in buying a home should generally not wait for rates to drop even further, as the housing market is already experiencing low inventory and elevated home prices.

"Homebuyers should consider purchasing sooner than later because if rates improve, there will be many more homebuyers in the market that they will be competing with," said Williams, noting that, historically, mortgage rates do improve during a presidential election year.

For those contemplating refinancing, Williams explained that it's generally recommended to refinance your home if mortgage rates are lower than your current rate by 1% or more.

"However, in some cases, a .50% improvement could make sense for many reasons, including the removal or private mortgage insurance," she said.

Vicki Williams, Sr. Loan Officer, NMLS# 646431 MOVEMENT-MORTGAGE, LLC SUPPORTS EQUAL HOUSING OPPORTUNITY. NMLS NUMBER 39179. FOR LICENSING INFORMATION, PLEASE VISIT WWW.NMLSCONSUMERACCESS.



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Stations of the Cross - Friday, March 29 | 6:00-8:00 pm
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Easter Sunday - Sunday, March 31 | 8:45 & 11:00 am




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Young Housing market

2024 looks healthier than 2023

In 2023, the East Tennessee Association of Realtors recorded a total of 472 homes sold in the Hardin Valley zip code of 37932 – 53 less homes sold than the previous year.

Adam Wilson, who owns Adam Wilson Realty in Hardin Valley, said prices ranged from \$125,000 to \$2.3 million, resulting in a median sales price of \$520,000 – a decline of 1.3% compared to 2022. Most of these homes – 21.8% – sold for between \$500,000 and \$600,000.

“Overall, our housing inventory remains young,” he said. “202 (42.8%) of the houses that transferred ownership were built in 2022 or 2023. This is a slight increase of 5.3% from last year and represents nearly two out of every five homes sold in Hardin Valley.”

Hardin Valley homes also spent longer on the market in 2023 than the previous year. In fact, according to Wilson, listings were on the market for an average of 25 days. In 2022, homes spent an average of 17 days on the market prior to receiving an accepted offer.

“What feels like a slow and scary market after being on fire the past couple of years is actually a return to the normal,” Wilson explained. “In 2019, resold homes were on the market for an average of 42 days (median of 12 days) and sold

for 97.9% of their list price (\$7,053 off of the list price)... The best way to think of the market is that it is slower but by no means slow.”

Additionally, Wilson said this year’s housing market is much healthier in terms of decision making.

“Buyers have time to think about a property, make an offer and usually retain the appraisal and inspection contingencies,” he said. “On the flip side, sellers are still selling between two to four weeks with the occasional multiple offers.”

East Tennessee market

Wilson said the median sales price for a home is currently \$346,000 in East Tennessee, representing a 10.8% increase from 2022.

“Differing from the national market, Knoxville is not suffering from an inventory shortage,” he said. “While they may not be homes that the market is interested in (or interested in paying 7-8% interest on) there are over 4,200 houses available for sale.”

In Knoxville, however, “there is still pent up demand for housing.” But this could be about to change, as mortgage rates are on the decline.

“If interest rates continue to decrease, be ready for round two of the crazy market that we lived through from 2020 to 2022,” Wil-

son said. “The previously high interest rates prevented out of staters from being able to sell their homes. Once their homes become ‘affordable’ to their markets, the return of cash buyers to Knoxville will commence.”

On top of this, Wilson expects that lower interest rates will encourage local sellers to put their homes on the market to pursue their own purchases.

“The closer we get to 5%, the crazier things will get,” he said of interest rates. “If rates slowly decrease, Knoxville will ease back into a strong sellers market.”

Wilson noted that while interest rates are currently higher than the past couple years, they are “historically lower” than normal. This means prospective homebuyers should take advantage of this year’s decreased mortgage rates.

“If you are waiting for 2-3% interest rates to return, remember that they came following The Great Recession and COVID,” he said. “If we ever get lower rates like that again, it will be after another calamity. In other words, don’t sit around and wait for it unless you are very happy with your current housing.”

For more information about Adam Wilson Realty, adamwilsonrealty.com.

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Small businesses are thriving

Even with unique hurdles that come with entrepreneurship

In Tennessee, small businesses account for 99.5% of all businesses, according to the Small Business Administration's Office for Advocacy. While it's clear small businesses are thriving, there are unique hurdles that come with entrepreneurship.

So, in order to ensure small businesses across the state are able to achieve long-term success, the Tennessee Small Business Development Center (TSBDC) offers comprehensive, high-quality consulting and training solutions free of charge.

The statewide network consists of 15 centers throughout Tennessee, all of which are federally funded by the Small Business Administration (SBA) and hosted by a local university or a community college. The Knoxville center, located at 17 Market Square, Suite 201, for instance, is hosted and grant-match-funded by Pellissippi State Community College.

With this funding, TSBDC is able to provide entrepreneurs and small business owners with a variety of valuable services, including confidential counseling, technical assistance, and resources and research for business plan and financial projection development.

Educational programs are also offered in-person, virtually and on-demand. Gregg Bostick, director of the Knoxville TSBDC, said these classes

generally cover areas such as marketing, I/T, accounting, tax planning, government contracting, franchising opportunities and using QuickBooks.

"We survey our clients and chamber of commerce partners to understand what topics small business owners are interested in learning about, and then partner with subject matter experts in each field to offer relevant and practical content," he said.

Bostick said all services are available for owners of existing small businesses, as well as those still in the process of developing an initial business plan.

"Assisting our clients from the startup phase through their growth cycles, helping them sustain their businesses as their revenues grow and they need access to capital and human resources, and even up to the point when they are ready to sell their business, is part of our mission," he said. "Partnering with business owners and entrepreneurs as they realize their dream of starting their business is something we take great pride in

"The temptation to involve friends and family in the business can be a slippery slope ..."

~ Gregg Bostick,
director of the
Knoxville TSBDC

See **SMALL BUSINESSES** on Page 21

Small businesses

From page 20

as they grow and expand, create new jobs and increase the local tax base.”

Taking the first step

Although many budding entrepreneurs may feel inclined to turn their passions or hobbies into a business, Bostick said it's essential to take “an honest look at where they are, where they want to be, and what it will require to get there.”

“A business is hard work. Hobbies and passions are things people do to unwind, relax or fill a void in their life that is not being filled in their career,” he explained. “However, if someone has a true entrepreneurial spirit, they are willing to do the work to determine if their passion or ‘side hustle’ is a viable small business, nothing will satisfy their longing until they turn their dream into reality.”

If the opportunity is determined to be viable, the challenge then becomes simply taking the first step.

“What is that step? It is developing a solid business plan to understand whether or not the dream is a profitable business venture or an expensive hobby,” Bostick said.

After launching a small business, entrepreneurs should then shift their focus to their customer base, ensuring they can properly evolve to any changes in the market. Having employees that can do their jobs right is another critical component of running a small business.

As a result, Bostick recommends steering clear of hiring close friends or family members. Instead, small business owners should look for people who have the knowledge and expertise required to perform job related tasks.

“The temptation to involve friends and family in the business can be a slippery slope if they do not have the necessary skills to do what the business needs to be successful,” he said, noting that the pandemic has resulted in additional hurdles in terms of labor. “A big challenge small businesses face every day is the availability of reliable labor with the necessary skill set to serve their customers.”

Other major challenges small business owners face involve finding commercial real estate space and navigating the current lending environment. Fortunately, TSBDC, is dedicated to helping small businesses overcome these challenges.

In fact, since 2020, the Knoxville TSBDC alone has served more than 2,400 clients, leading to 114 new business startups and over 300 jobs throughout Knox, Blount, Claiborne, Cocke, Grainger, Jefferson, and Union counties.

Some of the most notable small businesses that have worked with the TSBDC include the Tennessee Theatre, Drop Zone Distilling, Ancient Lore Village and Tennessee Riverboat Company, which was recognized as the 2022 SBA Woman Owned Small Business of the Year for the Tennessee District.

“We are proud to have been a part of each of these businesses’ success stories,” Bostick said, adding that the TSBDC seeks to collaborate with local organizations and chambers of commerce to further expand the area’s small business community. “Our goal is to work together to support and grow the small business ecosystem, as these businesses create 63% of all jobs in the country.”

For more information about the Tennessee Small Business Development Center, visit tsbdc.org.

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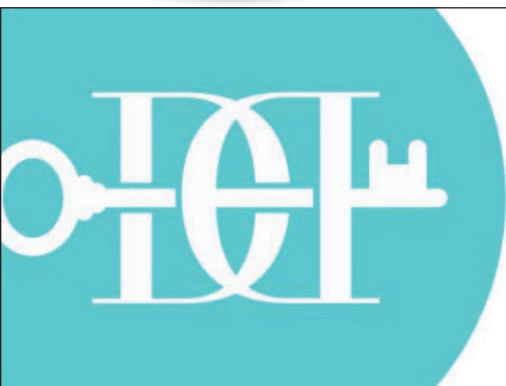
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Healthy habits

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

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

For this, hiking is an excellent option, one that's actually more effective than merely walking.

"You've got some sort of incline and decline, so you're going to activate type II muscle fibers, which don't get used in just walking," said Steve Barnard, who owns The Exercise Coach in Farragut.

In addition to hiking, families can play sports together like soccer or tennis or go for a neighborhood bike ride. During times of inclement weather, indoor options like ice skating, roller skating or visiting a trampoline park will provide a way for families to get their bodies moving while enjoying each other's company.

Water intake

When it comes to a healthy lifestyle, adequate water intake is just as important as routine exercise. This is because proper hydration is essential for energy production, muscle function and

See **HEALTHY HABITS** on Page 25



Healthy habits

From page 24

endurance. It also keeps your joints lubricated, helps regulate body temperature and plays a key role in cardiovascular, immune, and skin health.

In fact, Kat Mahn, who owns Kat’s Lash Lounge in Farragut, said one of the best ways to hydrate your skin is by hydrating your body.

“Staying hydrated in winter months will help your skin,” she said. “Make sure you are getting your water intake in.”

However, recent research from Pittsburgh-based Civic Science reveals 47% of Americans aren’t drinking enough water. But, how much water do we really need?

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

“Your water intake needs will vary depending on your age, health conditions, climate, physical activity, and pregnancy, but the 8x8 rule is a general rule for healthy individuals,” she said, noting that electrolytes like sodium, magnesium and potassium are also crucial when it comes to staying hydrated. “These electrolytes allow for your ion channels to be opened and the water to enter the cell, replenishing the cell’s hydration needs.”

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

“Set reminders on your phone and listen to your body,” she said.

“Drink when you are thirsty, and eat fruits and vegetables to add to your overall hydration.”



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www.PediatricClinicKnoxville.com

Park prep



Knox County officials and other dignitaries had to brave unseasonably cold temperatures to break ground on what will become one of county's newest parks.

But cold weather didn't temper the enthusiasm as Knox County Mayor Glenn Jacobs, Knox County Commissioners Terry Hill (District 6), Larsen Jay (At-Large Seat 10) and Kim Frazier (At-Large Seat 11) and Knox County Board of Education chair Betsy Henderson, who represents District 6, were among those on hand to break ground on Hardin Valley Community Park Wednesday, Nov. 1.

The future park, 12734 Hickory Creek Road, will open by the summer of 2024, according to Hill.

"It's great to be here today," Hill said to the gathering. "We'll have a playground and a community center, and this will all be ready next summer."

In addition to the community center, the park will be home to athletic fields and an accessible playground.

Frazier, who has lived in Hardin Valley for nearly three decades, expressed gratitude to those in the community.

"Hardin Valley has been my home for 27 years. My husband and I have formed countless friendships here that will last a lifetime," she said to those gathered. "Without the support of the community, this wouldn't be possible."

"There's a wonderful spirit of community here, and this will give us room to grow," she added.

Jacobs said the park would give the community's youth an outlet for physical activity.

"This project will be an asset to Knox County and to the community," he said to the gathering. "This will enhance the quality of life."

"The focus is on our kids, and this park will give them the chance to get outside like we used to do, and get off their (smartphones and computer) screens. I want to give a big thanks to the County Commission," Jacobs added.

~Ken Lay

Photo courtesy of the Office of the Knox County Mayor

Knox County officials and other dignitaries broke ground on what will become one of Knox County's newest parks, Hardin Valley Community Park, Wednesday, Nov. 1. The future park, 12734 Hickory Creek Road, will open by the summer of 2024, according to Terry Hill, Knox County Commissioner representing District 6 (which includes Hardin Valley). On hand to break ground, from left, were Chrys Huston, Hardin Valley community member; Kim Frazier, At-Large Seat 11 Commissioner; Betsy Henderson, Knox County Board of Education chair who represents District 6; Joe Mack, Senior director of Knox County Parks and Recreation; Hill; Knox County Mayor Glenn Jacobs; Kevin Paton, senior director of Knox County Health Department; Jason Halliburton, Knox County Parks Maintenance director; and Larson Jay, At-Large Seat 10 Commissioner.



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‘Go & vote!’

Pellissippi State comes in first in voter registration effort

Pellissippi State Community College finished No. 1 among all Tennessee junior colleges thanks to its voter registration success in September. The school celebrated with a cookout and a tip-of-the-hat from Nashville.

The on-campus, mid-day celebration took place on Wednesday, Nov. 8, with Tre Hargett, Tennessee Secretary of State, on hand to recognize the accomplishment by presenting PSCC the Tennessee College Voter Registration Competition Award.

Center-stage was the PSCC Student Government Association, which spearheaded the voter registration effort — featuring a strong one-week push — numbering a state-best 264 new registrants.

“Thank you guys for your turnout in the month of September. ... We decided that, as a community, we were going to come out and we were going to get as many people registered to vote as we could,” SGA vice president Paul Fisher said during the ceremony. “And boy, did you all answer the call. You guys flooded to our booth, flooded to our tables. You guys were engaging. You guys talked to us. And we did win the statewide competition of having the most

students register to vote.”

“First and foremost, I want to congratulate everyone here on just being first (in) registering to vote,” said Morgan Johnson, SGA speaker of the house. “You guys won this cookout because so many of you did take the initiative to register.”

“We definitely made records and we definitely made progress in getting students engaged,” SGA president Michael Dowsey II said.

“It really paid off, the information he told us,” Dowsey added about taking a trip to meet Hargett in Nashville earlier in the year. “We got students to register to vote. ... Student activities board just hunting down people and asking, ‘like, hey, did you register?’”

“Now, the next and most important part is actually getting out to the polls,” Dowsey said. “It’s actually getting out and voting.”

“How about these great student leaders?” Hargett said to the gathering. “They’re fantastic.”

The Secretary of State said he was on hand to “recognize the hard work of the Student Government Association and the work that the students here at Pellissippi State put in and taking the first step into being engaged citizens in this community.

“One of the things that concerns me is that Tennessee is among the bottom states when it comes to voter registration, voter participation,

and we’re trying to turn that around,” he added.

However, “It’s also key that you go and exercise a right to vote,” Hargett said. “Registering to vote without voting is kind of like going to a UT football game where you’re in the stands and you’re stomping, you’re screaming, you’re cheering, but you’re a spectator at that point.

“If you want to get in the game, you got to put on the helmet, the pads on, actually go and vote and be an educated consumer with your vote,” he added. “And if everyone here who is a registered voter would take the opportunity to go and vote and also convince someone else to be a registered voter and go and vote, we would go from the bottom 25 percent to the very top when it comes to voter registration, voter participation. So I encourage you to do that.”

“I know you’re interested in food, not a lot of long speeches, but I do want to commend a few other people,” Hargett added. He recognized Dr. Sharon Couch, a PSCC English professor and Student coordinator. “I want to thank you for your leadership,” he said. “And, Dr. (Anthony) Wise (PSCC president), I want to commend you for having the wisdom to hire Dr. Couch.”

“We have an unbelievably passionate Student Government Leadership Board,” said Couch.

Hargett then presented PSCC “the award for the Two-Year Category for this year’s voter registration drive,” which featured a plate and large plaque.





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PSCC celebrates first-generation students

During Pellissippi State Community College's cookout to celebrate voter registration on Wednesday, Nov. 8, the school also celebrated First Generation Day.

Kat Johnson, PSCC Student Government Association treasurer, spoke to the gathering. "I know that today is also our First Generation Day, so I would like to congratulate everybody that's here that is a first-generation (college) student. That means you are the first in your family to go to college and pursue a degree.

"I myself am a first gen on one side of my family. My father died. He never had any kind of college education in his family before I got into college, so he's very proud of me. And I'm sure everyone in your family is very proud of you guys," Johnson added.

A handful of current and former first-generation college students to speak during the celebration.

"... If I detect that a student is struggling, I lead them in the right direction, but I make myself available," said Crystal Duncan, a PSCC adjunct professor of English especially sensitive to helping struggling students as a first-generation college student herself. She developed a strong desire to help students based on her own experiences at the University of Illinois. "I spent two years struggling and I didn't have to struggle," Duncan said after her address. "... It took me a couple of years to figure out what I needed to do to graduate."

Dr. Sharon Couch, a PSCC English professor and Student coordinator, said she struggled as a first-generation college student. "That failure ... allowed me to help others so they don't have to repeat" struggling in college, she said.

Luke Fekete, a PSCC staff member "who works in Student Services" as a "navigate administrator" also spoke to the gathering about his own struggles as a first-generation college student.

"... I work with the more vulnerable students that aren't necessarily on track to graduate," Fekete said after his address. "I try to help them break down those barriers. A lot of those students are first-gen students."

"I was the first person in my family who went through a traditional four-year experience," said Tre Hargett, Tennessee Secretary of State. "I just want to be an encourager to you. Don't be shy about advocating for yourself. Be willing to find other people and ask questions. I know one of the scary things when you step on a college campus is you think that everybody else has everything figured out, and you're the only one that doesn't. And I assure you that's not the case.

"And also find something great, like the Student Government Association Student Activities Board, and get involved, because I'm a firm believer that college is what you make out of it," Hargett added. "The more involved you are, the better your experience is going to be."





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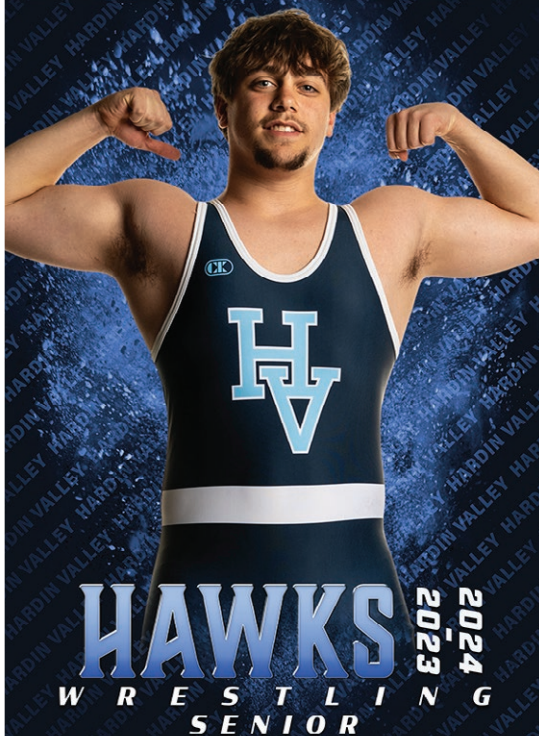


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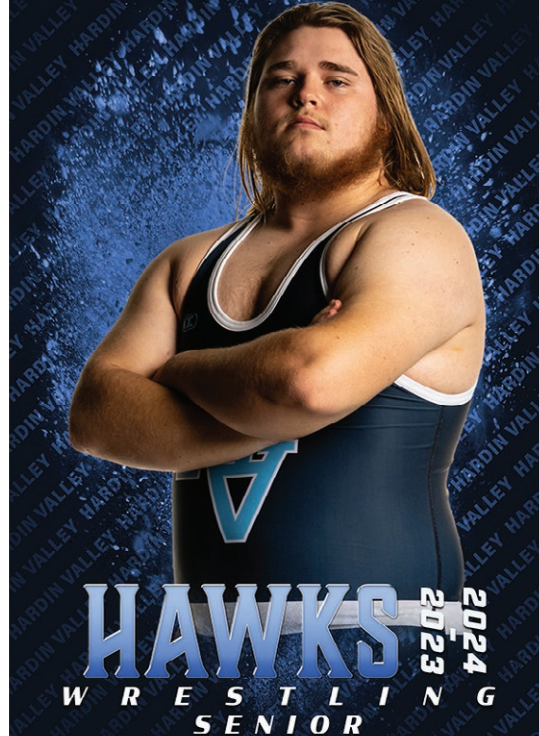
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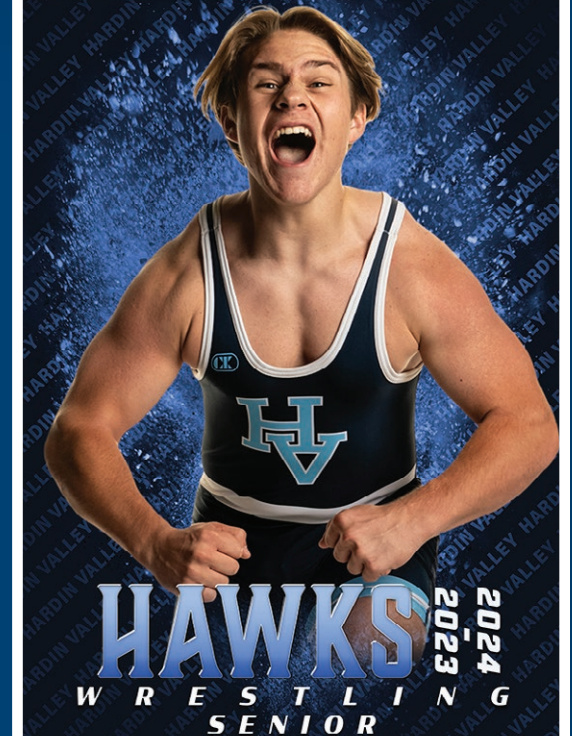
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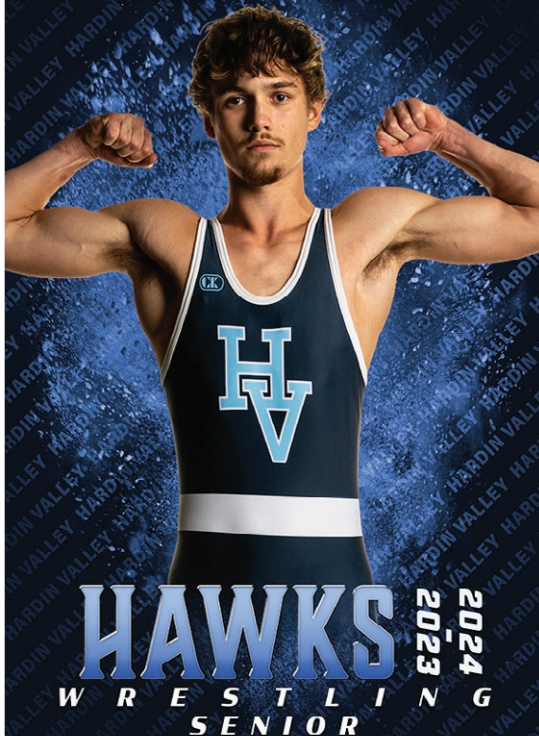
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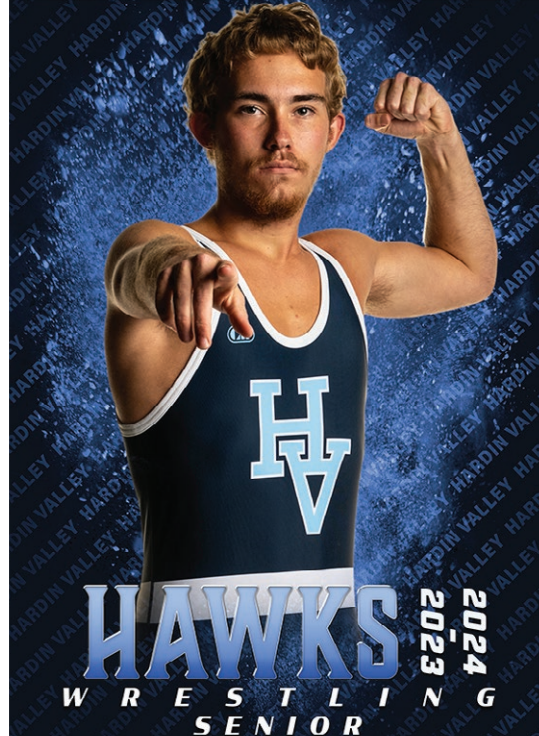
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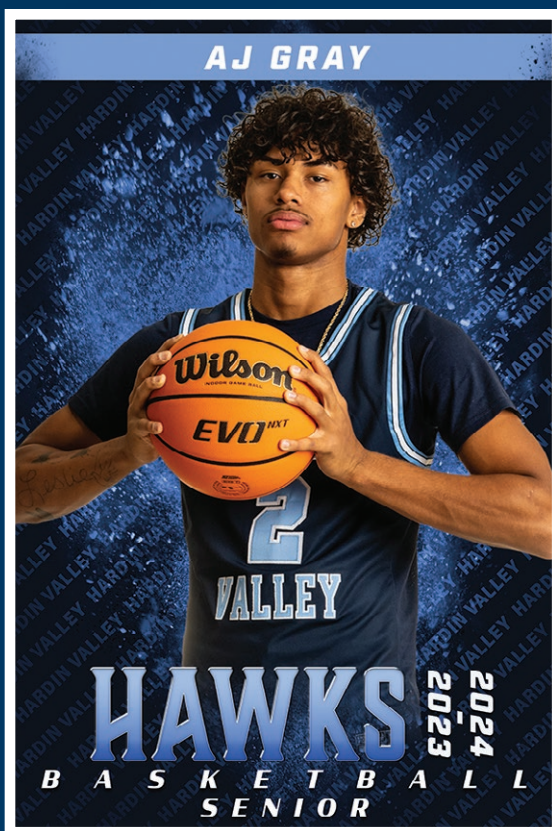


ZACHARY TUTTLE



Having a strong senior class of Hawks boys grapplers for the 2023-24 wrestling season, one HVA senior has completely dominated her competition statewide for three years — having never lost a match through her junior campaign, with three state championships resulting from excellence on the mat. Ella Murphey is looking to make it a clean sweep of state titles, seeking No. 4 in February.

Photos by Jeremy Wiggs/Jeremy Wiggs Photography



HAWKS HOOPS



Coach Andrew Arendt's HVA boys have battled several key injuries so far in the '23-24 season, but just came off an impressive road win versus a powerful District 4-4A foe, William Blount, to improve its overall record to 11-9. Arendt's Hawks are looking to get some guys healthy to make strong late-regular season run and build momentum for the district tournament, which starts Feb. 13 at Maryville.

Clockwise from Top Left

- 2. A.J. Gray, Senior Wing
- 33. Will Fellers, Junior Post
- 22. Tommy Joseph, Senior Forward
- 0. Jace Burum
- 3. Issac Ratliff, junior wing/forward



LADY HAWKS HOOPS

Meanwhile, the future looks bright for head coach Jennifer Galloway's HVA Lady Hawks basketball team. Without a senior on the squad, Galloway's girls have nonetheless been quite competitive, sporting an 11-9 overall record while still unbeaten in District 4-4A at 3-0 entering play Tuesday, Jan. 30.

Clockwise from left: 22. Lily Adkisson, Junior Guard | 3. Kyndra West, Junior Guard | 42. Kamiyah Love, Junior Post | 12. Bella Buccola, Junior Forward

Photos by Jeremy Wiggs/Jeremy Wiggs Photography



Save the Date

Vendor spots are filling up for our inaugural NEST FEST to benefit our athletic program! Over 50 local artists, crafters, and vendors will be in our gym for this event.

Apply here: <https://forms.gle/PrCKyFf3pvVKnoR86>

We want as much variety as possible for shoppers, so apply now to increase your chance of securing a spot. Direct sales vendors will be limited to one per company.

#HVBHawkNation #NestFest

Welcome Coach!

Please join us in welcoming Tyler Wynn as our new head football coach! Coach Wynn brings fifteen years of coaching experience to the valley, with seven of those as a head coach in Georgia. He also has college coordinating experience and comes to us from the winningest high school football program in America, Valdosta High School, where he served as running backs coach.

A graduate of Carson Newman, Coach Wynn earned his bachelor's degree while playing football and baseball for the Eagles. Coach Wynn, his wife Brittany, and their three children are excited to join the HVA family. A meet-and-greet will be scheduled at a later date. Welcome, Coach Wynn!

#HVBHawkNation

Photos Hardin Valley Academy/facebook





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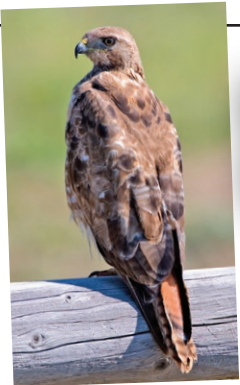
Find the Hawk WINNER

The winner of the Find the Hawk contest for the October 2023 edition of Hardin Valley Living is

Madison Garrison

Madison received a gift card from Hard Knox Pizza!

Thank you to Hard Knox Pizza for their sponsorship of the Hawk contest, and congratulations to Madison!



Find the Hawk

This hawk has been hidden in this issue of "Hardin Valley Living!" Search through the pages to find the hawk. When you do, fill out this form and mail or bring it to: **farragutpress, 11863 Kingston Pike, Farragut, TN 37934**

Location of Hawk (page number, description of hiding place):

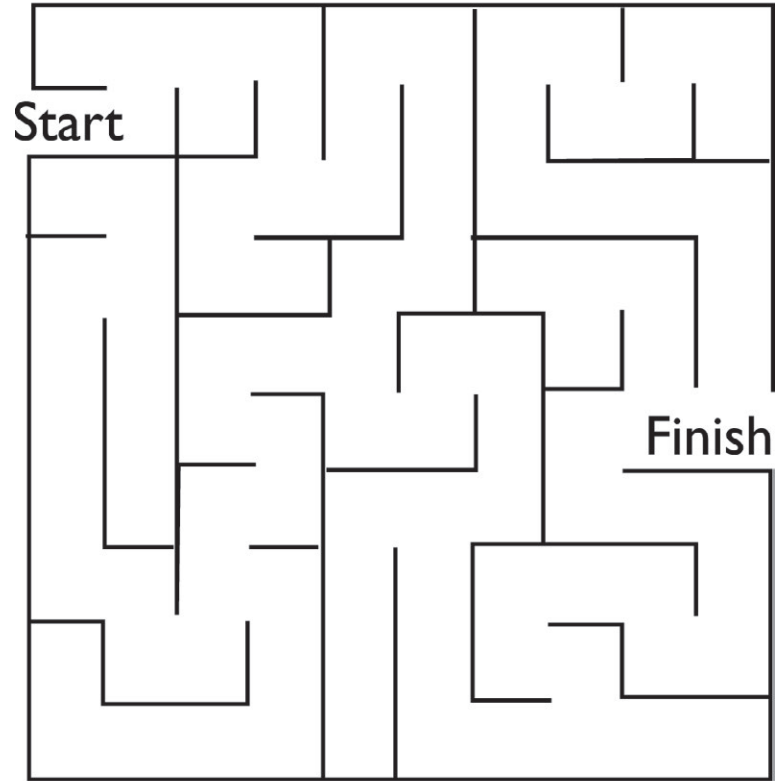
Name: _____ **Age:** _____

Parent Name: _____

Phone Number: _____

Email: _____

If correct, you will be entered in a drawing for prizes to be held **March 1, 2024**. Winner to be announced in the next edition of Hardin Valley Living. (Ages 12 and under are eligible.)



Unscramble the cat words to reveal the sentence.
(Answers on page 40)

TLAI
1 2

WSAP
5

UPENOC
8 7 6 4

KIREHSWS
3

1 2 3 4

5

6 2 1

7 2 8

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EASTER

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What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?

A



B



Cat Word Scramble Answers:
Tail, Paws, Pounce, Whiskers; Take a cat nap.
What's the Difference Answers:
1. Dirt on wall 2. Large rip is repaired
3. Missing pottery on rug 4. Photo frame is blank



Brownies for Valentines

Valentine's Day is steeped in tradition, and perhaps no custom is more indulgent than exchanging sweets! Those who want to go the extra mile for that special someone recognize that nothing sends that message more loudly than a homemade treat.

Baking novices need not feel intimidated when whipping up something this Valentine's Day. This recipe for "Chewy Brownies" courtesy of The Food Network is easy to prepare and produces a delectable treat that can make any sweetheart swoon this February.

Chewy Brownies

Yields 8 to 10 servings

Nonstick cooking spray, for spraying the baking pan

1 cup granulated sugar

1 cup dark brown sugar

2 teaspoons vanilla extract

1/2 teaspoon kosher salt

2 large eggs plus 2 yolks

1 stick (8 tablespoons) unsalted butter, melted

8 ounces semisweet chocolate chips

1/2 cup vegetable oil

1 1/4 cups all-purpose flour

1/4 cup cocoa powder

1. Preheat the oven to 350 F. Line a 9-by-13-inch baking pan with parchment paper and spray with cooking spray.

2. Combine the granulated sugar, brown sugar, vanilla, salt, whole eggs and yolks in a large bowl; set aside.

3. Melt the butter and chocolate in a double boiler, then whisk together until fully combined. Mix in the vegetable oil. Pour the chocolate mixture into the sugar mixture and mix until fully combined. Fold in the flour and cocoa.

4. Pour the batter into the prepared pan and bake until a toothpick inserted in the center comes out clean, 30 to 35 minutes. Let cool completely before slicing.

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