

Renovations closing Town Hall for 12 to 18 months

MICHELLE HOLLENHEAD
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Farragut Town Hall will be temporarily closing sometime this summer for 12 to 18 months for much-needed renovations, as only minor updates to the building have taken place since it was constructed in 1991.

Many parts of the plan are up in the air — including cost — while officials consider how best to relocate staff and programs. One definite during the closure is Town meetings will be relocated to Farragut Community Center.

“We had a trial run for our meetings at the Commu-

nity Center during COVID,” Mayor Ron Williams explained. “But we will need a place to put 30 to 32 members of our staff and are looking at our options.”

Officials have been discussing potential updates and changes to Town Hall for at least two years, but initial plans would have been constructed in phases, as money and time allowed.

However, with part of the American Recovery Plan Act funds that became usable, the project will occur more quickly



Williams

than originally expected.

The Town fiscal year 2022 Budget listed \$3,527,626 in overall ARPA funding, and the same for 2023.

“Those funds can only be used for specific projects, including stormwater improvements,” Williams said.

The Town already funded multi-year stormwater improvements in current and future budgets, funds which can now be reallocated to other key projects.

Williams was not ready to put a dollar amount on the project due to the ongoing study.

He said Town administrator David Smoak has already been working with a design architect on the

See TOWN HALL WORK on Page 4A

Pro strategic planning help coming to Town through BOMA

TAMMY CHEEK
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In starting a new fiscal year, Farragut Board of Mayor and Aldermen is taking another look at its strategic planning.

While the Board normally has a strategic planning workshop in February, it will be taking on a new tact.

During its Thursday, Jan. 26, meeting, the Board unanimously approved a professional services agreement with Raftelis Financial Consultants Inc. for strategic planning services for the Town.

According to the contract, those services will cost the Town an amount not to exceed \$54,500.

“Back in 2017, our Board got together in a strategic planning session with Novak Consulting Group — Julie Novak was our lead consultant for that,” Town administrator David Smoak said. “She has sold her practice to Raftelis, so they have submitted a (Request for Quotation) for strategic planning services this time.

“We received three RFQ’s,

See PLANNING on Page 4A



Michelle Hollenhead

Susan Horn, 5th District Knox County Board of Education representative, speaks to Farragut Parent Teacher Organization members Friday, Jan. 27, in Farragut Community Center.

‘I have suggested we look at other properties:’ Horn on new Town school

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Discussing a variety of topics, including the Knox County Schools budget and Gov. Bill Lee’s new state education funding formula, Susan Horn, 5th District Board of Education representative, said there might be a new site for the planned Farragut elementary school.

Designed to alleviate long-standing overcrowding in Farragut Primary and Intermediate schools, the planned new school has a multi-acre tract along McFee Road under contract — KCS has approved purchasing the property — but the agreement has not been finalized.

“That property has its challenges, so I have suggested we look at other properties,” said Horn, whose district includes Farragut, while addressing Farragut Parent Teacher Organization members Friday, Jan. 27, in Farragut Community Center. “The problem is, there is not much available land and there are not a lot of good options.”

Other local education issues

Horn said the most recent Knox County Schools’ budget is \$591 million, and 83 percent of that amount goes to fund salaries and benefits for teachers, administrators and support staff.

Broken down by students, Horn said funding for Farragut students is about \$8,500 each, while average funding by student in Knox County is \$9,995.

State monies, along with Knox County property taxes and local sales tax, all help fund Knox County schools to varying degrees.

Since the early 1990s, Tennessee has funded education through a fairly complicated formula provided through the states’ Basic Education Program.

However, Horn said Lee has proposed a new funding plan, Tennessee Investment In Student Achievement, which will change the way schools are funded from the state and will add \$1 billion to the state’s education budget over a two-year period.

See HORN ADDRESS on Page 4A

Johnson retires as fire marshal; Barham steps down at Museum

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After more than 20 years serving Town of Farragut as fire marshal, Dan Johnson resigned at the end of January.

“An opportunity has risen (in the Greater Knoxville area) and I made a decision to depart my 21-plus years with the Town,” said Johnson, a Rural Metro Fire employee contracted with the Town. “I’m looking forward to the new challenges associated with it.”

He is among four Town staff who have taken other opportunities: as-

sistant engineer Brannon Tupper, who has worked with the Town just shy of two years, also has accepted another position, as has Public Works foreman Cameran McGhee, who has been with the Town almost six years, and Joe LaCroix, who has been IT manager for six years. Additionally,



Johnson

See JOHNSON on Page 4A

TAMMY CHEEK
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Town of Farragut staff and friends gathered in Farragut Museum Wednesday evening, Jan. 18, to bid farewell to Julia Barham. Town Historic Resources coordinator

Her last day with the Town was Thursday, Jan. 19.

“I’ve known her for three or four years,” Museum docent Henry Bird said. “She’s a great young lady. We’re going to miss her a lot.”

Barham recently accepted a position at Karns Elementary School, where she

will be working in the office.

“I’m excited about this new chapter in my career, and I am looking forward to learning new things and meeting new people,” she said.

“I have had a wonderful experience working at the Farragut Museum for the past 14 years,” Barham added.



Barham

See PARHAM on Page 4A



Meske

Praise for retiring Meske at Webb banquet

• In summing up an outstanding coaching, teaching and administrative career, in which Webb School of Knoxville has been a 40-year beneficiary, Dave Meske’s praises were sung by his football seniors, assistant coaches and others connected with the program.

On the field, as Spartans varsity football head coach for 38 seasons, Meske led Webb to 291 wins, seven TSSAA state titles and

three state runner-up finishes.

But the praise — during the program’s annual banquet, held this year at Calhoun’s on the River along Neyland Drive in Knoxville Sunday night, Jan. 22 — went much deeper.

Among his seniors, Meske was labeled “a great man ... he’s made me a better man, on and off the field ... I want to say, ‘thank you’ and “... It’s the best time I’ve ever had.”

“Coach, you’re one of the most influential people in my life,” said Joey Bonifacio, stand-out senior linebacker/offensive lineman/tight end. “You transformed me into a better man and better human being overall.

“I just want to say, ‘thank you for everything you’ve done for this team and coaching staff and all the players who are here tonight,’” he added. “I hope you enjoy your retirement.”

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KCSOreports

• At 7:34 p.m., Sunday, Jan. 29, Knox County Sheriff's Office units were dispatched to a Waterslea Lane residence on a report of forced entry. The victim said his residence had been broken into when he wasn't home, through the back door by breaking the glass. Victim said his security system had alerted him that his garage door was opened at 7:04 p.m. Officers proceeded to clear the residence and found evidence that the suspect had gone through drawers, particularly in the master bedroom and kids' bedroom. After the residence was cleared, X-ray was notified and came out to process the scene. Victim walked through the residence and did not notice any items missing. The victim was advised that if something is found to be missing at a later date to call the non-emergency number to add to the report. Estimated cost of repair was listed at \$5,000.

• At 10 a.m., Jan. 27, a complainant called KCSO North Precinct to report a fraud, false pretense, that occurred at his Calloway View Drive residence. Complainant said he knew the suspect due to previous work he had done at his residence. He advised the suspect came to his residence on Tuesday, Jan. 24, and was given a check for \$1,300 for materials needed for the job he was going to be doing. Complainant advised the check was cashed the same day, but the suspect has not showed back up. He advised the suspect will not answer his phone calls and never started any work on the residence.

• On Friday, Jan. 2, 2023, an officer was dispatched to the Holiday Inn Express, North Campbell Station Road, about an alleged fraud incident. Complainant/suspect said that while she was working that night, she was contacted via Whatsapp by a person portraying themselves as the hotel owner, who instructed complainant/suspect to go to the maintenance room, get a crowbar and hammer, break into his office, get the keys to the safe from the white box in the upper left drawer of his desk, gain access to the safe, take cash, put the no clerk sign at the

front desk and proceed, via uber, to the Bitcoin machine at the Exxon convenience store along Wall Brook Drive and deposit the cash into the BitCoin machine.

Complainant/suspect said she followed the instructions, ordered the Uber and proceeded to the Exxon. "There she deposited, based on the receipts she provided, \$3,950," the report stated. "She was then instructed to go to her bank, Regions on Kingston Pike, and deposit \$1,640.00, which she did. She was then instructed to withdraw \$600 from her account, which she later placed back into the hotel bank bag. She explained when making deposits into the Bitcoin machine to supposed hotel owner, she started receiving an error code, so he told her to deposit under another name. Alleged owner provided her with bar codes for the deposits for both names. After it was all said and done, complainant/suspect could not explain how much total she removed from the hotel safe or deposited into the Bitcoin machine; she stated she was counting the money, but the alleged owner told her to stop counting when she got to \$3,000.

Complainant/suspect said she tried to call the hotel general manager but got no answer. He said there had never been an owner by the name used in the phone call. "He began counting the money and determined there was approximately \$6,000 in large denominations missing," the report stated. She used three Ubers during all the transactions and withdrawals. General manager was reviewing the camera footage and would have that available later today. Total value of loss was listed at \$6,000.

• At 10:56 p.m., Friday, Jan. 27, officers responded to a Wood Harbour Road residence for reports of vandalism. Victim said he was driving home when an egg hit the window of his 2019 Toyota Prius, causing a small crack. Victim said this occurred at the intersection of Canton Hollow Road and Woody Drive. Victim said an unknown person threw the egg. Total value of loss was listed at \$75.



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business
briefs

• **Kim Bowling** recently joined Weichert, Realtors – Advantage Plus, 10160 Parkside Drive, Suite 100, Knoxville.
• **Anne Whitehouse, Dalton Compeau, Jessica Harvey and Lacy Kulinich** recently joined EXIT Realty Pros, 9821 Cogdill Road, Suite 1A, Knoxville.
• **ORNL Federal Credit Union** currently is accepting scholarship applications for the 2023-2024 school year.

Through the ORNL FCU Scholarship Program, a minimum of three scholarships are awarded each school year to deserving students/members who excel in education and social merit: One Bachelor of Arts Candler Scholarship, one John McKittrick Scholarship and one David Watkins Scholarship.

The \$1,000 scholarships can be used for tuition, books or other school-related expenses. Only members of ORNL FCU and members of their families who are enrolled or plan to enroll at the University of Tennessee, Knoxville, and are pursuing a four-year degree are eligible to compete for the scholarship.

All applicants must complete a FAFSA form for federal student aid coded for the University of Tennessee. The FAFSA must be filed by Wednesday, Feb. 1.

Information about the scholarship and application process can be found online at ORNLFCU.com at the bottom of the Community page. New this year is an online application option, but members still have the option to download the application and submit by mail or e-mail. The ORNL FCU Scholarship application must be received no later than Wednesday, March 1.

• **Clarence Brown Theatre** recently was approved by **National Endowment for the Arts** to receive a Grants for Arts Projects award of \$15,000. This grant will support the hiring of guest artists for CBT's production of "Trouble in Mind." It is one of 1,251 Grants for Arts Projects awards totaling nearly \$28.8 million announced by the NEA as part of its first round of fiscal year 2023 grants.

• **Spectrum** recently awarded **Boys & Girls Clubs of the Tennessee Valley** a \$10,000 Spectrum Digital Education grant and 30 laptop computers for its Digital Connect Program. The grant is part of the broadband connectivity provider's six-year, \$8 million commitment to promote digital education and broadband technology in communities across the country.

Boys & Girls Clubs is using the funding to provide equipment and software to create or expand Spectrum Digital Connect technology labs at three club sites to be used by youth and families for programming.

This is the fourth Spectrum Digital Education grant for Boys & Girls Clubs of the Tennessee Valley, bringing total Spectrum support for the organization to

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Journeys by Joleen leads clients to dream vacations

TAMMY CHEEK

tcheek@farragutpress.com

With people thinking about beaches this chilly time of the year, Joleen L. Dewald of Farragut is ready to help them embrace their dream vacations in her new home-based business, Journeys by Joleen Travel.

"I can book about any type of vacation," she said. However, Dewald noted, "I'm going to be specializing in helping people find military discounts, as well as being able to plan land vacations in Europe, cruises, about anything they are looking for."

"Primarily, my focus is going to be Europe and Alaska," she added. "But, I have a great network of fellow travel professionals who can help if it is an unknown destination for me. I can book most any type of vacations."

"I'd like to help people be able to enjoy their vacations without a lot of stress. I do have a lot of experience in organizing point-to-point travel — rail, air and cruising."

Point-to-point travel is "not a round trip," she pointed out. "It's not like flying to Miami and back. It's if someone wants to fly somewhere and they want to travel to three or four different cities, but not necessarily fly from the same round trip."

"I want to not just put people in a cookie-cutter vacation," she added. "(I want to) make sure they do what they want to do and make it their bucket list or their dream vacation ... or maybe it's just a week with their families."

Dewald launched the travel agency in November 2022 as a side business.

"I was in Washington, D.C., for many years, and organized trips and travel for members of Congress and staff," she said. "Then,



when I moved here (in 2005, after her husband retired from the U.S. Air Force), I was still helping people with their travel plans, and I decided I should do this for a living — but I still have a real job. This (venture) is just part time."

When not making travel plans, Dewald serves as operations coordinator for East Tennessee Veterans Memorial Association.

"I will continue working with ETVMA, but I have started this (business) as a sideline and hope to continue to grow it a little bit at a time because I enjoy travel," she added.

As a result of her work with ETVMA, however, Dewald will focus on companies providing discounts to military veterans.

Anyone seeking a vacation can contact Dewald at her website, journeysbyjoleen.com or on her Facebook page or e-mail at joleen@journeysbyjoleen.com

Sayers
FWKCC
Member
of Month

"Congratulations to Laura Sayers on being nominated and selected as our Member of the Month for January," Farragut West Knox Chamber of Commerce president/CEO Julie Blaylock said in a Jan. 23 Chamber newsletter.

"She is loyal to her clients,

See SAYERS on Page 5A



Photo submitted

Laura Sayers, farragutpress advertising account representative, recently was chosen Farragut West Knox Chamber Member of the Month.



Tammy Cheek

FWKCC New-Member Orientation

Farragut West Knox Chamber of Commerce recently started holding small New-Member Orientations, giving its new members a chance for a more intimate setting to get acquainted with the Chamber. FWKCC president/CEO Julie Blaylock, seated second from left, welcomed new members, Greg Boling, seated far left, with Senior Financial Group; Nina Magill, standing left, Realtor with Mike Fuller Realty; FWKCC ambassadors Marianne Morse, seated second from right, with Mary Kay Cosmetics; and Stephanie Erb, standing center, with Childhelp; and new members Anita Stone Dunford, owner of Knox Massage and Wellness, and Jimmy Huddleston with Hearthside Bank.

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Barham

From page 1A

She first joined the Town June 25, 2008. “I was hired as Museum co-ordinator,” Barham recalled. “I have always been in charge of running the Farragut Museum, which has included managing volunteers, installing exhibitions and many other things. “My title has changed over the years, but my job has stayed the same,” she added. “My favorite aspects of my position have been installing exhibitions and working with my volunteers. “I feel so fortunate to have had the opportunity to work with many of the people who started the Museum and many of the most knowledgeable historians from the community.” Barham said she was grateful for “the opportunity to learn community history directly from those who grew up in this community and those who started the Town of Far-



Tammy Cheek

Julia Barham, left, Farragut Historic Resources coordinator, with retiring Town Parks & Recreation director Sue Stuhl during a farewell reception for Barham in Farragut Museum Thursday, Jan. 19. Stuhl also enjoyed a farewell reception in her honor, for more than 30 years of service to the Town, Thursday, Jan. 26, in Farragut Community Center.

ragut. It was an invaluable experience and one I will not forget. “So many of my wonderful volunteers have contributed

their time and energy to this Museum over the years, and I hope to stay involved in a volunteer capacity in the future,” she added.

Town Hall work

From page 1A

best use of Town Hall space. Shutting down Town Hall and renovating all at once, instead of in phases, “will save money, and also allow the updates to happen more quickly if there is full access to the building,” Williams said. So far, specific planned changes include: • Relocating Knox County Clerk’s satellite office from

the second floor to what is now Town Hall’s Community Room. “What I would love to do is have the Clerk’s office done first,” Williams said. “It already has its own entrance, and we could possibly have it open and ready to go when we have to shut the rest of the building down.” • Relocating administrative offices from the first to second floor. • Expansion of the Board of

Mayor and Aldermen meeting room. • Construction of exterior bathrooms near the Town’s Blue Cross/Blue Shield playground (already approved). “I don’t believe the playground will be shut down while Town Hall is shut down,” Williams said. “We may have to have a one-way in and out during building construction. But it would be good to have the bathrooms built ahead of time.”

Planning

From page 4A

and (Raftelis was) the responsive firm to work with us as well,” he added. “But the strategic plan is important because it really sets the stage for our vision, our mission, our goals and values that we have as a community

and where we want to go in the next three to five years.” Novak would come in “and have various strategic planning sessions,” the Town administrator said. “She would do an environmental scan, really identifying all of the strengths and weaknesses that we may have, things we really need to be working on.”

After Novak gathers all necessary information, “She wants to come back to the Board of Mayor and Aldermen, sit down and talk to you about what the feedback was ...,” Smoak said. “The game plan is that would start in February and we would have that completed near the first of May,” he added.

Johnson

From page 1A

Parks and Recreation director Sue Stuhl is retiring this year. Johnson will be replaced by firefighter Charles Wilson, who has been with Rural Metro Fire for five years and in fire service for 30 years. “It’s great,” Johnson said of Wilson. “He’s been working here ... doing a part-time proj-

ect-specific items.” Johnson has accepted a position at University and Battelle Memorial Institute at Oak Ridge National Laboratories. In his new role, Johnson will remain in the fire protection field — however, not with Rural Metro Fire, he noted. “The opportunity I am moving toward is employment in a similar line of work,” Johnson said. “It will involve fire pro-

tection. However, it will not be enforcing codes from the aspect of municipality, as I have been doing here. “It’s a change,” he added. “I’m filled with excitement and some nervousness, but I’m looking forward to it. And I think, after 20 years, it’s definitely a positive move. “I feel that I have helped facilitate some very positive work in the area of fire safety

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- Thank you for the article (in our Jan. 18 issue) about the (First Utility District) rate hike. But it seems to me that would have been an article that should have been published in December. When I got my bill that is due in January, I thought I had a water leak or some other problem. I called and asked about the rate increase, and got a convoluted answer from a woman. I said, “Well, shouldn’t that have been publicized?” And she very curtly said, “We are not required to do that.” It would just seem to me the better part of public relations to advertise in advance that you are going to have a rate increase.
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 - Libelous and malicious comments will not be published;
 - Profanity will be edited out;
 - Comments will remain anonymous;
 - Names of individuals or businesses may not be published (including public figures) depending on the issue.

Horn address

From page 1A

“The BEP is how we have been funded since, I believe, 1993,” Horn said. “The formula has 46 different components and has been very complicated. It is something we have wanted changed for some time.” Regarding the new TISA plan, “We will know more when Gov. Lee’s State of the State speech happens Feb. 6,” she added. “We don’t know yet what the funds will be, how much will be distributed or how. “And, there is a lot of concern that while these funds are safe for now, we don’t know about funding in future years.” As a school board representative, Horn said she works hard to balance the needs of the Farragut community along with district-level issues.

She has continuously advocated for more Response to Intervention positions in the schools, along with increasing the earning wages for non-teacher classified staff. “We have to increase their pay and have got to get them a more livable wage,” Horn said to the gathering. Absentee student issues Among students, absenteeism continues to be an issue. “Chronic absenteeism is crazy,” Horn said. “It was at 27 percent last year. Please, advocate with other parents the importance of students being in school. “At Farragut Intermediate School last year, absenteeism was at 14 percent,” she added. “It used to be something like 4 percent. “COVID and sickness certainly factors in, but kids need to be in school if they are healthy.”



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Making Fresh Impressions with Chamber



Tammy Cheek

Sayers

From page 3A

and everyone loves to see her smiling face,” Blaylock added.

“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.”

“I think the FWKCC is definitely the best in the area,” Sayers said. “I have been involved in several throughout the years.

“FWKCC does a great job giving support to each member and the community, so it is nice to receive recognition from them,” she added. “I am thankful for getting to be involved and working with the Chamber each week.

“It has opened doors to meet new people and work with members on their advertising needs in the farragutpress.”

Briefs

From page 3A

\$80,000 over the past four years.

- **PYA, a national accounting and management consulting firm**, recently was named one of America’s Best Tax and Accounting Firms of 2023 in the Forbes annually published list.

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Networking, ribbon cutting keeps FWKCC members hopping



Photos by Tammy Cheek
(Above) Amy Shewmake, Simply Magical Vacations, and Wil Davenport of More than Memories teamed up to host Farragut West Knox Chamber of Commerce networking in Farragut Community Center Thursday, Jan. 19. **(Above right)** Chamber members, from left, Eric Whitener with Knox Fox Real Estate Group, Realtor Diane Stathakis, and Cody Barnes and Alex Honest with First Citizens Bank, enjoy mingling during an FWKCC networking event hosted by Senior Financial Group, 10201 Parkside Drive, Suite 100, Knoxville, Thursday, Jan. 26.



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KISL double trouble



Alan Sloan

Farragut High School swimmers are excited about a Knox-area Interscholastic Swim League overall first-place finish in UT’s Allan Jones Intercollegiate Aquatic Center Saturday night, Jan. 28. This was the second straight KISL crown for the Aqua Admirals, who captured this year’s “City Meet” in convincing fashion.

Overall No. 1 Aqua Ads; CCS Mid-Level champs



Alan Sloan

Concord Christian School swimmers celebrate a Knox-area Interscholastic Swim League Mid-Level Division first-place finish in UT’s Allan Jones Intercollegiate Aquatic Center Saturday night, Jan. 28. CCS was third overall among a 31-team field during the two-day meet.

HVA is Large Division runner-up; Bearden No. 4; KCHS finishes ninth

ALAN SLOAN
editor@farragutpress.com

KNOXVILLE — It was dominant, with 716 points, and “it was very exciting.” That quote summed up head coach Jessica Abrahamson’s feelings after her Farragut High School swim and dive team ran away with the 2023 Knox-area Interscholastic Swim League Meet (716 points), which ended with a strong finals showing Saturday, Jan. 28, in UT’s Allan Jones Intercollegiate Aquatic Center. “This is the second year in a row we won this meet after an undefeated dual meet season,” the Admirals skipper added. “Prior to last year, FHS had not won a KISL championship in over 14 years — back when I swam with FHS. It’s just so cool to see this program

coming back to life and showing off its full potential.” **CCS Lions Mid-level champs, other teams** Annie Abraham’s Concord Christian School Lions, while finishing third overall, were crowned Mid-Level Division KISL champions Saturday (320). Hardin Valley Academy finished second overall (459), while Bearden took fourth (3.04.50) and Knoxville Catholic ninth (167) among a 31-team field. **Top Lady Ads, FHS boys** The Lady Admirals’ 200-yard medley relay team of Kendall Hudgens, Karley Wolfgram, Aydan Skelton and Grace LaCharite was champs (1:49.94), as was Skelton, Karolina Nosarzewski, Sophie Lu and Wolfgram in the 200-freestyle relay (1:41.02).

See KISL MEET on Page 3B

A sweep of Dawgs

Dominic Vanacker jumper gives Farragut a 52-50 win at Bearden

BILL HOWARD
Correspondent

KNOXVILLE — It was a classic, dramatic basketball finish between bitter rivals that could only intensify the rivalry going forward. With 2.9 seconds left in the game, Farragut High School’s sophomore guard Dominic Vanacker hit a short, running 8-foot jumper to give the Admirals a wild 52-50 comeback win over archrival Bearden at BHS Friday night, Jan. 27. The victory, clinching the Ads’ regular season sweep of the Bulldogs, improved the FHS District 4-4A record to 5-2, 15-10 overall, entering the week. Bearden fell to 3-4, 15-8. “The team had faith in me and I just took the last shot, and it went in,” said Vanacker, who led Farragut with 17 points. Parker Lane, freshman point guard, added 14. Tyson Pirtle, BHS senior post, led all scorers with 19. “It’s definitely exciting for me, but more so for our players and our staff,” Admirals’ first-year head coach J.P. Burris said. “We’ve gone through a lot this year, handled a lot of adversity. They never quit. I think they’re starting to learn each other.” “They made one more play than we did,” Dawgs head coach Jeremy Parrott said. “We just didn’t make enough plays to win a tight ballgame.” The lead see-sawed in the first quarter and ended with FHS leading by two, 15-13. In the second, Farragut maintained its lead until the 4:09 mark, when it led 22-18.

That’s when Bearden went on a 10-0 run that gave them a six-point lead, 28-22, with 2:25 left in the half. It would be the biggest lead either team would have the entire game. Vanacker’s jumper and Claudio Song’s free throw cut the BHS halftime lead to three, 28-25. Nelson Karnowski’s three-point play with 2:52 left in the third gave Bearden its second six-point lead, 39-33. But the Ads scored the period’s final five points, with the Bulldogs up one, 39-38. Back and forth went the momentum in the final period. Four times the score was tied, the last time at 50 with 1:05 left when Bearden freshman guard Justin Nordin hit a short jumper. “Our guys are resilient,” Burris said. “Dom had a great game. Credit to Claudio, he came in and played huge minutes for us.”

Still perfect BHS girls again beat Lady Ads

BILL HOWARD
Correspondent

KNOXVILLE — Against arch-rival Farragut High School Friday night at home, Bearden’s girls basketball team built an eight-point lead at the end of one, then slowly added more. The result was a never-in-doubt 55-40 win Jan. 27 that kept the Lady Bulldogs a perfect 24-0 for the season, 7-0 in District 4-4A, entering the week. Farragut fell to 16-9, 4-3. The BHS win was more pedestrian than pretty: each team committed numerous turnovers. “Definitely not the prettiest of games,” said Justin Underwood, BHS head coach. “A lot of turnovers, a lot of fouls, a lot of free throws. ... I thought our defense was really good tonight.” “I just feel like we didn’t execute offensively,” Jason Mayfield, Lady Admirals head coach, said. “We didn’t do a good job defensively in the first half. We don’t give ourselves much of a chance when we turn the ball over that much.” BHS freshman guard Natalya Hodge led all scorers with 22. Avery Treadwell, BHS senior post, added 13. Junior wing Rachael Wilhoit had 10. “We played really hard and had a good focus on defense, and they just couldn’t score much on us,” Treadwell said. Senior wing Maelyn McNealy scored 14 for FHS, while younger sister, freshman wing KJ McNealy, added 10. Sophomore guard Annie Priest had 10. “We had too many turnovers and weren’t attacking them like we should have,” Maelyn said.

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EMPLOYEES CREDIT UNION

Rally! Knox tourney title for FMS girls

ALAN SLOAN
editor@farragutpress.com

KNOXVILLE — Gabby Vanacker twice was “Johnny on the spot” in a critical situation for Farragut Middle School’s girls basketball team. Her three-point jumper with just eight seconds to play in regulation tied Powell 38-38, sending this Knox County Middle School Basketball tourney title game into overtime. Gabby, an eighth-grade guard, then grabbed the game-clinching steal and lay-up with just five seconds left in overtime, allowing top-seed FMS to finish Knox play undefeated (18-0, 21-1 overall) with a 43-38 overtime victory at South-Doyle Middle School Wednesday, Jan. 25. “That’s what eighth-graders do, that’s what leaders do,” FMS head coach Devan McIntyre said. “We’ve over-achieved. ... What a year.” About the tying shot, “I was actually a little nervous. ... I was surprised I made it, honestly,” Gabby said. “It’s amazing, it’s unreal,” said Reagan Sheridan, eighth-



Alan Sloan
Head coach Devan McIntyre (pink coat) with her Knox County Middle School League/Tourney champ FMS Lady Ads. grade FMS point guard who led all scorers with 22. “We’ve all put such a great team effort into this,” said eighth-grade post Trinity Curry, who scored 10. Julia Tierman added four points while Zoe Porter scored two. Reagan and Trinity were named to the All-Tournament team, while Reagan and Gabby also were members of the regular season All-County team,

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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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KISL meet
From page 1B

Nosarzewski, a sophomore, also was champ in the 100-breaststroke (1:06.40). LaCharite, a senior, was second in the 200-yard freestyle and 100-free, as was Wolfgram, a sophomore, in the 200-IM. Ella Roettger, a freshman, was second in the 500-freestyle, as was the Lady Ads foursome in the 400-freestyle relay. Wolfgram also was third in the 100-butterfly. Top Admirals boys were Camden Gerchar, a senior, who took second in the 50-freestyle. Leo Karnitz, a junior, finished runner-up in the 100-butterfly and 100-backstroke. A pair of Admirals relay teams also were runner-ups: 200-medley and 400-freestyle. **Top Lady Lions, CCS boys** Freshman Anna Whitley was a double CCS Lady Lions champion, finishing first in 50-freestyle (:24.52) and No. 1 in 100-freestyle (:53.26). On the Concord Christian boys side, champions included the 200-medley relay foursome of Logan Hall, Christopher Rector, Charlie Houston and Kolby Leach (1:37.02). The same

Lions foursome also won the 200-freestyle relay (1:28.38). Hall, a junior, also finished first in 50-freestyle (:21.36) and 100-freestyle (:47.13). Houston took third in the 200-freestyle, while Leach was third in 50-free. “This was a remarkable season, and it’s been a great pleasure coaching these CCS middle and high school teams,” said Abraham, in her second season leading the teams. “... I truly believe our swimmers are getting better each year. ...” **Other local champs** Hayden Hall, an HVA freshman, was champion in the 100-butterfly (:51.53), while Hall was a contributor to the Hawks’ 400-freestyle relay team’s top finish, also including Coleman McCay, Ian Estep and Braden Salsbury (3:18.25). Ben Walls, a Webb School of Knoxville junior, finished first in 500-free (4:51.62). Mary Sims, a Bearden senior, was champ in 200-freestyle (1:54.42), while Sims teamed up with Claire Henry, Cama-Jane Richards and Alina Hafner to win the 400-free relay (3:43.96). Gracie Pardue, a KCHS senior, finished first in 100-backstroke (:58.17).

CCS Middle School hoop girls: 20 wins



Photo submitted

Concord Christian Middle School’s girls hoops team won its 20th game of the season at St. John Neumann Thursday, Jan. 26, as Palin Patterson’s jersey indicates. Other team members, in no order, are Elizabeth Reed, Gracie Harrill, Emory Thomas, Draydee Armstrong and Presley Horst, Jalyn Sherritze, Mariya McGrew, Piper Haun, Kalia Henderson, Kiran Keeton and Hayley Hamilton.

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FARRAGUT PRIMARY SCHOOL Kindergarten students 100 days

Farragut Primary School kindergarten students marked 100 days of school in a variety of fun ways Thursday, Jan. 26, from dressing up as 100-year-olds to wearing shirts sporting 100 items and making 100-day headband crowns. “We counted by 10s and 5s, had a special 100-day snack and did 100 exercises,” said kindergarten teacher Katie Beal, who was among those joining the fun by dressing in her grandmother’s warm-up suit.

All photos by Michelle Hollenhead



Students in Amber Roberts’ class included, from left, Easton Higson, Olivia Chandler, Foster Rickerson and Lena Bell Chesney.



Students in Theresa Guetzloff’s class included, in no particular order, Ashton Platt, Clara Ewan, Dillon Emmerick, Dylan Venczel, Ella Canner, Eli Matheney, Ema Zulovic, Evelyn Crowe, Griffin Lowrey, Hudson Smith, Hyorim Song, Isaac Pavon-Ocampo, Killian Jones, Leo Lyons, Oliver Nicholson, Sean Yan, Saijal James and Shelby Browne.



Kindergarten teacher Kara Malone with dressed-up students, from left, Sulli Samples, Cade Hollingsworth, Sarah Hammond and Elora New.



Mandy Kincaid, kindergarten teacher, is pictured with students, from left, Hadley Mason, Cora Daniel, Bryce Beatty and Marvin Tack.



Kindergarten teacher Katie Beal is pictured with her class. Seated from left are Matthew Gano, Izzie Locke, Harrison Formont, Christopher Botello Avila and Naina Eskew. Standing, from left, are Cora Ketschke, Mia Pope, Gage Wright, Max Martinez and Chloe Cagle.




Kindergarten teacher Laura Proffitt’s students included, from left, Ethan Matheney, Amelia Whitelaw, Ford Sullivan, Bodhi Scheve, Thomas Scott and William Shelyakov.



Mandy Kincaid’s students Austin Warren, left, and Mateo Vasquez, enjoyed being part of the “mustache club” with school security officer Marcelino Tuico.



Students in Christy Raines class included, from left, Claire Colgrove, Lukas McManigal, Alex Roberts, Allie Barczak, Skye Jarrard and Nolan Wright.

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HVES STEM steams ahead

TAMMY CHEEK
tcheek@farragutpress.com

Hardin Valley Elementary School’s STEM program recently paid off for some fourth- and fifth-graders who were part of a countywide elementary and middle schools robotics competition, hosted for the first time by HVES, Saturday, Jan. 21.

They plan on capitalizing on that win with an upcoming STEM Night from 5 to 7 p.m., Friday, Feb. 17, in HVES gym.

“We have one team going state that won the Excellence Award, and we have another team that won the Design Award, and they beat out even middle school teams,” said Jessica Everitt, HVES STEM teacher.

Members of the Excellence Award-winning team included Ellie McNeeley, Reya Lamichhane, Harrison Everitt, Chase Bonds and Silas Moyer.

The Design Award winning team included Ashton levy, Mack Cherry, Anneka Gomatam, Mason Killingsworth and Cynthia Li.

“I was surprised that our teams beat some middle (school)-level schools, but then, I’m not surprised because everyday, I see that level of thinking in our STEM classes,” said Lynn Jacomen, HVES principal. “That’s very encouraging because we don’t know what we’re preparing our kids for. We don’t know what the future will look like, but we do know there will be some high level of thinking involved.”

Building from the bottom up, the teams designed a robot to

See STEAM AHEAD on Page 4C



Photo submitted

Candace Viox, right, spent a moment with her half siblings, from left, Kristy and Jason Hemphill and Miranda Hemphill Wheeler, at the grave of her birth father, the late Ronnie Hemphill, during a recent trip to Monroe, Louisiana.

Family united

Viox finds missing pieces through Louisiana relations

TAMMY CHEEK
tcheek@farragutpress.com

Farragut resident Candace Viox’s quest to find the parents who gave birth to her has finally been accomplished.

Last week, Jan. 21-28, she went to Monroe, Louisiana, to find the missing piece — her father — and met her siblings, uncles, aunts and cousins. With a broad smile. but a crack in her voice, she said, “They are amazing.

“I don’t know how to explain the love,” Viox added. “They just accepted me immediately ... they just acted like they knew me my entire life.

“They’re just a good, hard-working, loving family.”

Viox, who owns Water Into Wine bistro & lounge, said “the really cool part was meeting the uncles (Jeff and Damon). Uncle Jeff has the

biggest heart you’ll ever meet. He’s 5-(foot)-7. He smiles big as sunshine, loves everybody.

“Uncle Damon owns his own roofing business,” she added.

Viox also has another uncle, Gary Hemphill, a car salesman who lives in Alabama, and had an aunt, Donna, who died in 2018.

Most of the family still lives in the same area of Monroe, Louisiana.

Upon arriving, the first person she met was her Uncle Jeff.

“He just said, ‘Take your glasses off. I want to see your face,’” she recalled. “So I took my glasses off, and he said, ‘Look, you’re my mama.’”

He pointed out Viox bore a strong resemblance to his mother, which includes the black, curly hair.

In reference to her late father, “I got to go by

See FAMILY FOUND on Page 3C



5th-grader FIS Spelling Bee champ

With his trophy in hand, and wearing a big smile, fifth-grader Jack Morgan won the Farragut Intermediate School Spelling Bee Friday, Jan. 20, and will advance to the Knox County Bee at a date to be determined. Also pictured is his teacher, Bobi King, left, and his parents, Mr. and Mrs. Morgan.

Photo submitted



Michelle Hollenhead

Poetry in motion

Farragut High School junior Ian Torgerson won the school’s Poetry Out Loud competition Thursday, Jan. 19, besting seven other finalists over two rounds in the Ferguson Theater. Second place went to sophomore Tiyanndra Dudley, and senior Don Davis Jr. won third place. Torgerson, who also is an FHS wrestler, will represent the school March 3-4 at the state Poetry Out Loud finals in Nashville.



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• **Knox County Health Department has launched a new weekly segment on social media** titled “Wellness Wednesdays.” Each week, the segment offers tips and expert resources, including easy recipes, practical exercises and stress-reducing techniques, all designed to improve the mind, body and overall health. “KCHD is filled with experts in a variety of public health fields,” a KCHD press release stated. “With nutritionists, nurses, dentists and environmental health specialists, they bring credibility and authenticity ...”

Follow along on KCHD’s social media platforms, including Twitter, Facebook and Instagram to receive weekly health tips from experts. Tune in Wednesdays to learn from Mikaela McIver, nutritionist at KCHD, about how to turn daily goals such as eating healthier or exercising more, into S.M.A.R.T. goals.

• **Knoxville Writers’ Guild is accepting submissions during February for a poetry contest.** Submissions must be received electronically by 11:59 p.m., Tuesday, Feb. 28. First prize is \$300 and second prize is \$100. The first-prize winner will read at the April 6 KWG meeting — “A Celebration of Poetry.” Guild members benefit from one free submission. For submission guidelines and to submit, follow this link: <https://knoxvillewritersguild.org/contests/poetry-contest-2023/>

• **An Evening With Baseball Hall of Famer Andre Dawson,** Presented by Secret City and the Hardin Valley Academy baseball program, is from 5 to 8 p.m., Thursday, Feb. 9, in The Venue at Lenoir City, 7690 Creekwood Park Blvd.

Autographs with the former Chicago Cubs and Montreal Expos Hall of Fame outfielder only are allowed with a VIP ticket purchase.

The Meet & Greet with Dawson begins at 5:05 p.m. To purchase tickets, go to www.eventbrite.com/. “A one autograph per ticket rule will be strictly enforced,” an event press release stated. Each ticket will have an assigned seat.

Dinner starts at 6 p.m., courtesy of Brown Bag. “Purchase a general admission ticket to ensure your party can sit together,” the event press release further stated.

The Leadoff Dinner Ceremony runs from 6:45 to 8 p.m. Event also features a silent auction. No refunds given.

• **Knoxville Bar Association and the U. S. Bankruptcy Court for the Eastern District of Tennessee,** in partnership with Legal Aid of East Tennessee, will host a Debt Relief Legal Advice Clinic for pre-screened individuals beginning at 8:45 a.m., Saturday, Feb. 11, at the Public Defender’s Community Law Office (1101 Liberty St., Knoxville).

Advice clinic will be available to those qualified in Knox, Blount, Loudon and Sevier counties. Volunteer attorneys will conduct initial meetings with clients to discuss their situations and options. Qualification for the free services will be income-based, with pre-screening by LAET. Clients also may be eligible for free bankruptcy services. Sign up by calling LAET at 865-637-0484. Registration cut-off is Friday, Feb. 3.

• **A fine arts being exhibited is planned for St. Elizabeth’s Episcopal Church** (110 Sugarwood Drive, Farragut) from 8 a.m. to 1 p.m., each Sunday morning from Feb. 26 through March 26. “We seek to provide a place where pieces of art may be displayed for the enlightenment, inspiration and enjoyment of the viewers,” a church press release stated. “We have a fine arts committee that will select artwork that would be appropriate for a church venue. Art will not be sold at the church; it is for exhibit only.”

Individual exhibits will be on displays in Tharp Hall, the church’s parish hall. Featured artist is Karen Buck, an oil painter, long-time Farragut resident and a St. Elizabeth’s member.

“We are very interested in displaying art from the community: painting, sculpture, quilting, textiles or photography,” the release stated.

Exceptional service earns Smith, Butler annual awards

STAFF REPORTS

editor@farragutpress.com

Two Knox County master gardeners — Mike Smith, who leads the Community Garden at Concord United Methodist Church in Farragut, and John Butler — received annual awards in January for exceptional service.

Smith, a master gardener since 2015, received the KCMG Meritorious Service Award. He is project leader of the Community

Garden at Concord United Methodist Church.

The garden regularly provides more than 10,000 pounds of organic produce annually to multiple area food pantries.

Butler, a master gardener since 2010, received the Virginia Raskin Award for his length and breadth of service. The award was named after the first KCMG president. Butler

routinely volunteers in excess of 100 hours at Knox County gardens and contributes to administrative tasks for the organization.

In addition, it was announced by Knox County Extension agent Rylan Thompson the 201 KCMG members contributed more than 17,800 volunteer hours in Knox County gardens and projects during 2022.

Komistek, Whited on Belmont Dean’s List

• **Anna Komistek and Joshua Whited** of Farragut achieved the Dean’s List at Belmont University, Nashville, for Fall 2022 semester. Eligibility is based on a minimum course load of 12 hours (exclusive of audit and pass/fail courses this semester) and a quality grade-point average of at least 3.5 with no grade below a C (inclusive of audit, pass/fail and zero-credit courses).

Girl Scout cookie time in Farragut

STAFF REPORTS

editor@farragutpress.com

For some, the best season of the year has arrived.

“It’s Girl Scout cookie time in Tennessee,” said Lynne Fugate, CEO of the Girl Scout Council of the Southern Appalachians. “A beloved tradition for Girl Scout troops, their supporters, families and cookie lovers across East Tennessee, the Girl Scout Cookie Program is sweeter than the standard fundraiser.

“Girl Scouts utilizes cookie sales to teach young women about business management, sales and e-commerce, financial literacy, logistics, technology, marketing and communications,” Fugate added. “All

See SCOUT COOKIES on Page 3C

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Wed: Prayer Meeting & Bible Study (6:45 PM)
Wed: Cultivate (7:00 PM)

“Winning Souls and Changing Lives for Jesus Christ is a Total Family Ministry”

Family found

From page 1C

and see Ronnie’s old house, where they all grew up,” she said. “I went to their church. Come to find out, my grandfather was a Pentecostal preacher. That was kind of funny to me because I was raised Pentecostal.”

Viox experienced their humor, warmth and graciousness.

“I’m an aunt,” Viox said. “I’ve got a niece and a nephew ... Miranda has two children, Hayden, 16, and Ariana, 5.”

Viox was adopted at birth in 1976. Always wondering where she came from and seeking answers about some medical conditions, she contacted a private investigator.

“I found my birth mother, Brenda, in 2000,” Viox said. “Because of life’s circumstance, we lost contact after we met.

“I was later reached out by my (half) brother, Scott ... and he came to Knoxville in 2018. That’s kind of what started the conversation, again (about her birth father), because I asked Scott, ‘can you please ask Brenda who my birth father was?’” she added.

“Back in 2000, (Brenda) gave me several possible names, and the investigator was not able to confirm which one of the names was my father. There was no DNA testing at that time.”

In 2000, “One of the names she gave was Ronnie Hemphill,” she said. “That was the first time I ever heard that name.”

Eighteen years later, Brenda again said, “It absolutely is Ronald Hemphill.”

“(The detective) found him,” Viox said. “She said, ‘I’m sorry to tell you this, Candace, but he died in 2016. I’m 95 percent sure that he is your birth father, but I don’t have any genetic DNA testing to confirm that.’”

Viox asked the detective to reach out to the family.

“My investigator contacted someone named Debbie,” she said. “I had no idea, at the time, who this was.

“Debbie said, ‘There’s no



Photo submitted

Candace Viox is flanked by her uncles, Damon Hemphill, left, and Jeff Hemphill while taking a recent trip to Monroe, Louisiana to meet her birth father’s family. Viox, of Farragut, was told she bears a resemblance to her grandmother — her father’s mother — Lorraine Rita Buford Hemphill.

way Ronnie had relations with a 13-year-old girl back in 1975. You must be mistaken.”

Viox had learned that her birth father was 22 when he had relations with Brenda, who was 13 — but who lied to him, telling him she was 17.

She learned from her family members on her father’s side that he loved Brenda, knew about the child and planned to marry her, but Brenda’s grandmother and mother whisked her off to California to have an abortion.

But Brenda didn’t want, nor did she have, an abortion.

The detective told Viox she could not pursue the search further without DNA evidence.

“Of course, I’m crying and trying to figure out ‘is he my dad or is he not my dad,’” she recalled. “I just let it go.”

But in 2019, her now husband, Richard, bought her a 23andMe genetic kit.

“I spit in the little cup, and I sent it off to wherever land of genetic DNA testing,” Viox said. “About two months later, I get my report. There’s no connection yet ... it wasn’t a match, so I just closed my app, COVID happened in 2020, Richard and I got married ... life kind of moved on. ...

“I let it go until my 20-

year-old daughter, Sydney, on Thanksgiving Day, asked, ‘Mom, have you checked 23andMe?’” Viox added.

She replied she had not, but Sydney picked up Viox’s phone and pulled up the app, which needed a refresh, which Sydney did and “within minutes, I have a ping,” Viox said.

Viox scrolled through the names, saying “there are a ton of Hemphills listed.

“I knew in that moment that my private investigator had found the right man, and I also knew at that point that they couldn’t deny that I was genetically connected to them — but that still didn’t mean they were going to accept me. “

Viox said the app lets you know who you are genetically related to and it lets you contact those people.

“I clicked on Tiffany Taylor — the cousin that linked us — on Nov. 26, 2022, and wrote ‘Hi Tiffany. I’m Candace. Ronald Hemphill was my birth father. How are you?’” she said.

“We start talking and I share my whole story,” Viox added. “She started sharing

with me information. Then cousin, Tiffany, calls her dad, who is Jeff Hemphill, and tells her dad this story. “I didn’t know if Uncle Jeff is going to be OK with me or mad that I’m around. I didn’t know what to expect.

The next day “Uncle Jeff calls me, and he was so excited. He shared so much stuff with me,” Viox said.

“He told me he remembers Brenda. He knows the house that she lived at. He told me that Brenda lived with her grandmother,” she added. “He told me that Brenda told Ronnie that she was pregnant, and Ronnie was in the Navy.”

When Ronnie came back from the Navy, “Brenda was gone and no one in the family knew what happened to Brenda,” Viox said. “They never again were in contact with any of Brenda’s family. Even the grandmother moved.”

Hemphill died in 2016, leaving behind three children, Jason Hemphill, born 1982; Miranda Wheeler, 1985; and Kristy Hemphill, 1987 — and now a fourth.

Scout cookies

From page 2C

proceeds from cookie sales stay local to help fund life-changing programs and experiences throughout the year.”

There are several opportunities to purchase cookies and support the program:

- “Cookie orders through local Girl Scouts start now,” Fugate said. “Each scout has her own ‘virtual cookie booth’ link to a digital ordering system through which you can order your favorite cookies to be delivered at a later date, and your purchase will support that specific scout and her troop.”

- Pre-order cookies will be delivered starting early February. Distribution days — when Girl Scout troop members, leaders and volunteers pick up cookies from warehouses to fulfill their orders — are scheduled to continue throughout East Tennessee in early February. Cookie orders then will be delivered personally by each Girl Scout following distribution days, as soon as early February.

- Girl Scout troops will be at retail and community locations throughout East Tennessee, selling cookies directly to the public from Friday, Feb. 10, through March 5. To find nearest cookie booth, visit iwantcookies.org.

- Order the new raspberry cookie. Digital sales of the new Raspberry Rally cookie kick off Feb. 27. These online-exclusive cookies are crispy, filled with raspberry flavor and dipped in chocolaty coating. Order through your local Girl Scout or by visiting iwantcookies.org.

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Steam ahead

From page 1C

meet VEX’s challenge. “Every year, VEX comes out with a challenge (task),” Everitt said. “This year, they had to release pucks (discs) out of three different types of dispensers. “The challenges get harder every year,” she added. “They always rise to the occasion.” She said the students started in August, meeting at least two times a week, but “most of the students come to our other optional practices, so they’re meeting three to four times a week. “And they’re doing work outside,” Everitt added. “They will come in with ideas, ready to go with it and talk to their team. That’s another great skill that comes out, the collaboration piece.” “(The win) doesn’t really just speak about the school. I think it’s a compliment to the community because the robotics team is an alliance with

our school, the county and with our families. “They chipped in on that competition. We had volunteers, lots of support from the school — lots of teachers came in and gave time for that.” In general, “If our teams are doing well, it’s because they have support here at the school level, but they also have parents who want to see them successful, along with community members,” Everitt said. The tournament included 25 schools from around Knox County that competed in VEX IQ Robotics, she said. There are five students on each team. Watching the action were, TVA reps and officials from Tennessee Robotics Association. “We also have a junior robotics team (second- and third-graders) that is not competitive yet,” Everitt said. “Knox County came out with grants about four years ago, and we had just started our STEM program and were looking for opportunities for students and getting into career

fields, and robotics was one of those growing fields we really want our students to have a hands-on experience with,” she added. “When those grants became available, we took them up on the opportunity. “We started a team that year, and we had a team that went to state, and we’ve had at least one team go to state every year since then.” “In Knox County, there are only three or four elementary schools that have robotics teams that can compete,” Everitt said. After the competition, HVES will host its annual STEM Night Friday, Feb. 17. Event is free and open to the public. “We have over 20 presenters coming to share about their careers and what they did to get there,” Everitt said. “This year, we’re adding a big truck area, so we’ll have (Tennessee Department of Transportation) with a snow plow and a hazard truck. (Knoxville Utilities Board) is sending out a bucket truck to show off.”



Photo submitted
Hardin Valley Elementary School Robotics team, recently winning the Excellence Award at a Knox County competition, included, from left, fifth-graders Ellie McNeeley, Reya Lamichhane, Harrison Everitt and Chase Bonds and fourth-grader Silas Moyer.

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New CCC counseling center cuts ribbon

Christ Covenant Church PCA held a ribbon-cutting ceremony Sunday, Jan. 29, to mark the opening of Compass Counseling and Consulting, which officially opens Wednesday, Feb. 1. From left are CCC lead pastor Seth Hammond; project superintendent Thomas Perry; counselor Melissa Snyder; church pastor and Compass Counseling director Dr. Jim Coffield; counselor TK Hindman; church administrator and project manager Todd Kohlbusch; and church director of production and design Chris Blake. “Christ Covenant has partnered with Compass Counseling to provide pastoral and clinical counseling for members of the church and the general public,” stated church officials in a press release. “Compass Counseling is available to assist with clinically trained and Biblically grounded professional therapists.” For more information, visit <https://www.christcov.org/compass-counseling->

Photo courtesy of Eric Manneschmidt

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Moore responds to Illinois tragedy; honored by Gov.; bestows CAREacter to 12 at FHS



Photo submitted
David Moore, right, visited members of law enforcement during his mission of mercy to Highland Park, Illinois, after seven were killed in a mass shooting during the city's Fourth of July Parade.

STAFF REPORTS
editor@farragutpress.com

Whether its honoring local high school football athletes — 12 from Farragut High School's 2022 team — or helping a community in Illinois find healing after an Independence Day mass shooting tragedy, David Moore continues on his never-ending nationwide Christian-inspired "Truckster" USA CARE Tour missions of mercy, founded in 2019, and local CAREacter Star Athlete recognitions, founded in 2002.

As an added challenge for this former Farragut resident, 68, Moore was diagnosed with prostate cancer last summer. Though the cancer remains

in his body despite surgery removing his prostate, Moore hasn't slowed down in his mission to comfort those suffering coast-to-coast in his locally famous "Christmas Vacation Truckster" station wagon.

Highland Park, Goodwill

In addition to dozens who were injured during the mass shooting at the Highland Park, Illinois, parade, seven were killed. Moore responded by visiting the city while bearing gifts (photo, left).

Recognition for Moore's years of long-distance service came from Tennessee Gov. Bill Lee last fall, as Moore was named a Tennessee Ambassador of Goodwill. State senators also recognized Moore.

CAREacter Star Athletes

FHS CAREacter Star Athlete honors went to senior defensive back John Duncan; senior wide receiver/cornerback Tyson Hunt; senior quarterback Luke Johnson; senior quarterback Barrett Smith; senior running back/free safety Jackson Fisher; senior strong safety Aidan Enters; senior strong safety Jacob Farhat; senior linebacker Daniel Williams; senior wide receiver/free safety Hudson Kraemer; junior offensive lineman Roger McNeer; junior offensive lineman Nathan Harville; and junior free safety Danny Orrico.

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HeartHealth

FARRAGUTPRESS WEDNESDAY, FEBRUARY 1, 2023 • 1D



Wilfert's life-changing diagnosis can teach us all about health, life, faith

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On December 23, she had CABG. The acronym stands for Coronary Artery Bypass Graft. In other words, she had a triple bypass open heart surgery.

It was unexpected. Sherry, a 66-year old Farragut resident, had never experienced cardiac issues before. She'd been diagnosed with Type 2 Diabetes only a few months prior; it was a borderline case that did not even require daily blood sugar testing. Overall, she was in good health. She ate a healthy diet and was not overweight. She exercised most days and was very active, often getting over 15,000 steps each day.

Sherry taught three- and four-year olds for over twenty years and now works as Curriculum Specialist at Concord Christian Preschool. Friends were shocked when she needed heart surgery, expressing that she was the healthiest among them.

The trouble started two weeks before Christmas. “I felt God was telling me to go to Alabama to visit my 92-year-old Dad,” Sherry said. This was odd because she already had plans to see him on Christmas Eve for a family celebration. But she also wanted to see some extended family members she would not get to see on the planned visit.

Then she learned that the mother of one of her friends had passed away suddenly. “This

was my sign to go to Alabama the next day. I said, I don't know what might happen ... to my Dad, to either of my aunts or my uncle, or even to me.”

She made the four and a half hour trip on Saturday morning. On Sunday, she experienced her first symptoms. “I was on my daily morning walk when I began to have discomfort in my upper arms, mostly in the left,” she said.

She had no other symptoms that day as she went to church with her father and later drove home. But as the week went on, the symptoms persisted. “I would feel the discomfort in my arms upon less and less exertion. Later in the week, just a short walk would bring on

the discomfort and also shortness of breath, but it would go away in five minutes.

“I was on my daily morning walk when I began to have discomfort ...”

The next day, she contacted her doctor. But her Primary Care physician was out of the office for a few days, so the nurse instructed Sherry to go to the emergency room. “I worked the rest of the morning, went home and had lunch, and drove myself to Parkwest ER,” she said.

An initial EKG showed nothing of concern, so Sherry was put through a simplified version of a stress test with a short walk around the emergency room area until she felt the pain. A second EKG then showed irregularity. A

See FAITHFUL on Page 2D



Sherry Wilfert holds the heart pillow given to her after open heart bypass surgery at Parkwest. Many of her caretakers signed it.

Daughter, friend, graphic designer, writer ...

Caregiver

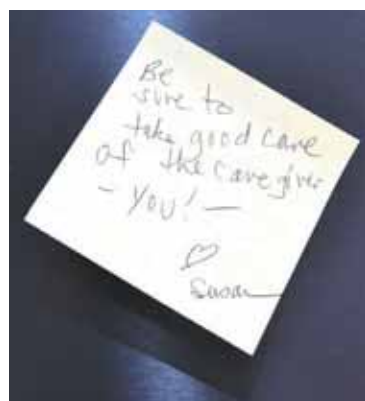
My name is Cindy Wilfert. I work in the farragutpress Production department, and I am Sherry's daughter.

Mom and I share a Farragut condo and a beloved 30-pound Dachshund named Pippin. He knows her as his “Grammy.”

We each work full-time and have our own pastimes, but we also spend time together and share responsibilities around the house. We enjoy visiting Tennessee state parks and like cooking new recipes. We love Christmas and had plans to visit family.

Then, of course, those plans were disrupted. I remember sitting in Mom's hospital room, listening to the surgeon explain the procedure that she needed and realizing this would be a long ordeal.

She spent 10 days in the hospital. I visited at least once every day and spent a few hours with her. Most of the weekdays I also spent part of the day at work. I had to come home at lunch and



See CAREGIVER on Page 5D



Whittemore

Balance can help reduce your risk

“I know that asking for help losing weight is hard for some patients, but obesity is a chronic disease, like heart disease,” said Heather Whittemore, family nurse practitioner/certified advanced medical esthetics practitioner/owner of Be Well, 10918 Kingston Pike.

“Balanced food intake can help reduce the risk of heart disease by lowering cholesterol and blood pressure, as well as by helping you lose weight,” she added. “Eating a nutritious, well-balanced diet offers one of the simplest, most effective ways of reducing your risk of heart disease, cancer, obesity and other health problems.

“Some examples of food that is good for the heart are fish high in omega-3 fatty acids, such as salmon and tuna; eggs; nuts; seeds; olive oil; whole grains; leafy greens and legumes, such as kidney beans, lentils, and chickpeas.”

On the other hand, “Foods that should be avoided have the words ‘trans,’ ‘saturated,’ ‘hydrogenated’ or ‘partially hydrogenated’ on the label,” Whittemore said, adding examples are doughnuts, cookies and chips.

“Foods high in fat, salt and sugar can all contribute to heart disorders and obesity,” she added. “The key to making bet-

ter nutrition decisions is by making small, gradual changes.

“Small changes over time add up to produce big, positive results. I talk about moderation in my practice every day. To say that you're never going to eat chocolate cake again, because we know it's not the healthiest choice, is ludicrous.”

One example of “a meal that I particularly like is grilled or roasted salmon seasoned with fresh herbs and a side of halved, roasted Brussels sprouts drizzled with olive oil and fresh lemon squeezed on

See BE WELL on Page 5D



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Sherry was reunited with her ‘grand-dog,’ Pippin, on the day she came home from the hospital.



Several of the get-well cards and notes Sherry received are displayed, including some from the children at Concord Christian Preschool where she works.

Faithful
From page 1D

cardiologist was called in, and a heart cath was scheduled for the next day.

The hope was that it would be a simple blockage and a stent could be done during the cath procedure.

But that was not the case for Sherry. “My cardiologist told me I needed bypass. I had a 95% blockage on the right side which could have been stented...but I also had an 80% blockage on my main left descending artery which required bypass surgery.”

“It wasn’t what I wanted to hear, but I accepted it as God’s will for me,” Sherry said. “It was the 95% blockage that was causing the symptoms. It got me to the ER, but God wanted me to also know about the 80% main artery blockage before it caused any damage. God is so good!”

It was Tuesday; the surgery was scheduled for Friday morning. In the meantime Sherry had to stay in the hospital, and pre-surgery testing began. “The first test showed my heart valves were good,” she said.

Then an ultrasound of the carotid arteries in the neck threw another curveball into the situation. It showed an 80% blockage on the left side. A CT scan confirmed it. So another surgical team came to discuss options with Sherry. Since she was not experiencing any stroke symptoms, they decided that the heart took precedence. Carotid surgery would wait until after she’d healed from CABG.

Vein mapping was done on her legs to determine which vein would be used for the grafting. This too was a complication, and Sherry was told that she has very small veins. They then mapped her arms as well. She learned that her surgeon would use an arm vein if needed, if she was okay with it. “I told him to use whatever he needed; that I wasn’t ‘vain’ about my veins!” she said.

In the pre-dawn hours of December 23, as a cold front moved through and temperatures outside plummeted into the single digits, Sherry was moved from her room and prepped for surgery. The procedure took about four hours. The initial stages went longer than expected as the team harvested the vein from her leg, but found it unusable and had to take the vein from her left arm as well. The bypass stage went smoothly and the surgery was successful.

Sherry, of course, knew nothing of this until later. “I don’t remember the breathing tube at all,” she said, referring to the initial stages of waking in Critical Care.

Best case recovery scenario laid out by the hospital would have seen her in the Critical Care unit for only a day or two, but Sherry spent the entire long holiday weekend there. “I originally told people that my Christmas gift would be to be out of CCU and into a room on the Cardiac floor by Christmas Day,” she said. “But God had other plans for me. I stayed in CCU 2 days past Christmas because I had problems with nausea and a few episodes of AFib.”

The extra time to recoup strength was a blessing. “The staff in the CCU were so good to me. After everything, I was glad to be there the extra days! My Christmas present was receiving the care I needed. God knew what was best for me.”

Sherry was moved out to a room on December 27 and progressed rapidly after that point. She regained her appetite and walked the hallways with physical therapy staff. She was released and went home on December 29, ten days after she’d first gone to the emergency room.

That was perhaps the hardest part of the recovery journey, but it was still just the beginning. There was a plethora of prescriptions to keep straight, breathing exercises to keep her lungs clear, and lots of rest needed and precautions to take. But she progressed a bit each day, soon regaining more and more independence. She began cardiac rehab two weeks after her release and is now attending every weekday morning. She just began to drive again.

She’s very grateful for the care she received at Parkwest and for the community of friends and family who reached out in support.

“Through all of this process, God gave me such a peace that I wasn’t afraid or apprehensive about anything. I could see His hand in every step,” Sherry said.

Next up is another surgery for the blockage in the carotid. She’ll surely face it with the same peace and assurance as dealt with the CABG.

“In the past, I’d sometimes found it difficult to share my faith,” Sherry said. “But throughout this experience, I was able to share my story and witness to most all of the staff at Parkwest that I interacted with. And once I got home, I talked to many friends, family and neighbors.

“I feel like God had me take this journey to build my faith and to give me a testimony to go and tell others.”

~ Cindy Wilfert, production3@farragutpress.com

Best ways to deal with daily stress, improve circulation, blood pressure

According to Baptist Health’s website, stress is “a condition in which your body reacts to a ‘threatening’ situation and prepares to deal with it.”

“Sometimes called the ‘fight or flight’ response, it produces a series of events kicked off by the release of adrenaline,” the website stated. “This hormone increases your heart rate, quickens your breathing and raises your blood pressure.

“Stress is a natural short-term reaction; however, when it happens too often or is maintained for too long, it can be harmful to the body,” the website added.

“The AHA has released a scientific statement on ‘Psychological Health, Well Being, and the Mind-Heart-Body Connection,’ as stress can contribute to maladaptive behaviors – e.g., smoking, over-eating, inactivity, poor diet, obesity and medication nonadherence,” said Stephen Miller, APN, MSN, ACNP, acute care nurse practitioner and doctor of nursing candidate with Tennova HealthCare’s Heart department.

“Stress can lead to depression, anxiety and anger,” he said. “The impact of these behaviors can have adverse effects on blood pressure, blood sugar control, inflammation and cholesterol levels.

“We recognize the importance of regular exercise, sleep (seven to nine hours at night), relaxation techniques and meditation on cardiovascular health and recommend behavior modification to support cardiovascular health,” Miller added.

“My 23-year practice in cardiology as an acute care nurse practitioner has shown me that there are no cookie-cutter approaches to diet, exercise and stress reduction. Patients need to engage in an open and honest conversation and coaching with their providers regarding the best approach for their individual needs.”

These issues are also “significantly impacted by the Social Determinants of Health – economic stability, education and access to quality healthcare access and quality neighborhood and built environment and social and community context,” Miller said. “Our cultural influences, government and personal misplaced priorities challenge us.

“I urge patients to self-advocate, ask ques-

tions and focus on sustaining health,” Miller said. “I strive to meet my patients where they are, discover their barriers to care and establish an individualized plan of care that meets their needs.”

Still, one way to help relieve stress is therapeutic massage. There are several massage studios in Town, one of which is Knox Massage and Wellness, 9320 Kingston Pike.

“I’ve been a massage therapist for eight years,” said Anita Stone Dunford, Knox Massage and Wellness owner. “Over the years, I have seen many clients and many different types of clientele. The most prevalent clients that have consistently stuck with me over the years are ones that have a lot of stress in their lives currently or have dealt with a lot over the years and are ready to start taking better care of themselves.

“Massage has been a big help and a stress relief for those clients,” she added. “Massage is great for increasing circulation and blood flow, which can bring down blood pressure; so for those who deal with high blood pressure, massage is a helpful resource.

“I often recommend to those clients who have lots of stress and anxiety different ways to deal with stress that is a more holistic approach as well. One simple way is just getting some form of exercise. It doesn’t have to be a heavy workout at the gym or an exercise class even.”

It can be as simple as “going for a walk or a hike or some form,” Dunford said. “Exercise can increase blood flow and release endorphins, both of which are great for the cardiovascular system.”

Additionally, “I encourage my clients to take care of themselves outside of getting regular massages,” she said. “I personally get on average two massages a month. I see a chiropractor as needed, get dry needling done once a month and have recently started acupuncture regularly.

“These all work together for my self-care to keep me healthy and feeling good in my body,” Dunford added. “You only get one body, and we should be good to it and take care of it.”

~ Tammy Cheek
tcheek@farragutpress.com



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American Heart Association in Knoxville encourages the public to ‘Be the Beat’

During February – American Heart Month – the American Heart Association, the leading voluntary health organization devoted to a world of longer, healthier lives for all, is urging at least one person in every household to commit to learning Hands-Only CPR.

Cardiovascular disease remains the leading cause of the death in the United States. This year’s American Heart Month 2023 activities are designed to help motivate people to “Be the Beat” needed to keep someone alive by learning the two simple steps it takes to save a life – call 911 and push hard and fast in the center of the chest.

CPR doubles, triples chances
According to American Heart Association data, more than 350,000 out-of-hospital cardiac arrests occur in the United States each year. CPR, especially if performed immediately, can double or triple a cardiac arrest victim’s chance of survival – which is key since about 90 percent of people who suffer out-of-hospital cardiac arrests die.

And, because about 70 percent of cardiac arrests happen at home, odds are the person who needs CPR will be a family member or friend. Hands-Only CPR is quick and simple to learn and can be performed by any family member or bystanders.

Saving loved ones
“If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love,” said Beverly Miller, executive director of American Heart Association in Knoxville. “This February during American Heart Month, we are spotlighting the importance of knowing Hands-Only CPR through our ‘Be the Beat’ campaign. This year’s heart month theme urges people to ‘Be the Beat’ it takes to keep someone alive by learning the two simple

steps it takes to save a life.”
“We are excited to support the American Heart Association’s Hands-Only CPR campaign and bring awareness to the importance of knowing CPR this Heart Month,” said Dr. Michelle A. Albert, president of the American Heart Association and Walter A. Haas-Lucie Stern Endowed Chair in Cardiology and professor of Medicine at the University of California, San Francisco. “We encourage people to be prepared for a cardiac emergency by learning Hands-Only CPR to help save lives.”

Two lifesaving steps
Hands-Only CPR involves two simple steps and anyone can learn it from a 60-second video available at heart.org/handsonlycpr.
• Step 1: If a teen or adult in your home suddenly collapses, call 911 immediately.
• Step 2: Place one hand on top of the other as shown in the video and push hard and fast on the victim’s chest.

Pick a song
According to the AHA, people feel more confident performing Hands-Only CPR and are more likely to remember the correct rate when trained to the beat of a familiar song.

All songs in the AHA “Don’t Drop the Beat” playlist are between 100 and 120 beats per minute, the same rate at which rescuers should perform compressions when administering CPR. The beat of any of several songs — including “Stayin’ Alive” by the Bee Gees, “Crazy in Love” by Beyoncé featuring Jay-Z, “Hips Don’t Lie” by Shakira” or “Walk the Line” by Johnny Cash — can “Be the Beat” to save a life.

Visit heart.org/handsonlycpr to watch and share our Hands-Only CPR instructional video. Be the beat and help save a life. The American Heart Association’s Hands-Only CPR campaign is nationally supported by the Elevance Health Foundation.

Local entities ready for school cardiac issues

You’re in good hands, if a cardiac incident ever occurs, at any Farragut High School-hosted sports contest.

And in terms of the largest high school sports crowds, Friday night football games, you’re in good hands around Knox County.

Think about it: there are tens of thousands of fans and hundreds of players who gather each Friday night in Knox County for high school football games in late summer and fall.

Just from the standpoint of possible cardiac incidents, consider how a so-called “heart-stopping” finish, or other such emotional reactions during the game, could trigger a dangerous situation.

Actually, a Carter High School football fan’s life was saved after such an incident in the CHS stadium in Strawberry Plains a few years ago. You can thank Rural Metro Fire — having two EMTs and one paramedic at each Knox County Schools football game — and AMR, with one paramedic, for their quick response.

“At Carter High School, I want to say it was three years ago, there was a man in the stands who went into cardiac arrest — he had a heart attack,” Jeff Bagwell, Rural Metro Fire Public Information officer, said. “He had two doctors, four paramedics — two on the

ambulance and fire truck and two who were off duty — they got an AED from the concession stand, they shocked him and they brought him back into a normal (heart) rhythm before they ever left the football stadium.

“And that man’s alive today.”

People with any number of actual, or potential, cardiac issues come “from all over the community, maybe outside our community, and you don’t know who they are, what their medical conditions are,” Bagwell said. “Do they have heart problems? Is there a potential for strokes?”

Concerning the National Football League’s Damar Hamlin cardiac arrest emergency during his Buffalo Bills game at Cincinnati Monday night, Jan. 2, that drew national attention — where Hamlin’s heart stopped beating after Bengals wide receiver Tee Higgins collided with the Bills’ defensive back, having to be revived by first responders on the field — “we’ve spent a lot of time talking about what caused that incident; and listening to doctors, etc.,” Bagwell said.

However, “That was pretty much a very unique case,” the PIO said. “That case doesn’t happen very often. You have to be hit in exactly the right place

in the chest, at the right heart-beat, to go into cardiac arrest.

“That’s a rare event, in my personal opinion,” he added, not being able to recall Rural Metro Fire having its paramedics /EMTs responding to anything similar in recent years.

A Knox County high school football coach echoed that reaction.

“I’ve had people tell me that that is just such a rare deal for the contact to be made right when the heart chamber is opening and closing,” he said, adding that Higgins’ blow to Hamlin’s chest “wasn’t all that much contact.

“One of them was an emergency room doctor, and he said he’s only seen that one other time,” the coach added about a source.

Bagwell said a Rural Metro Fire/AMR response, should a “Hamlin-type” cardiac arrest happen at a local high school football game, would be “equal or better” to what was seen from the emergency responders on nationwide television Jan. 2.

Specifically, Bagwell said the RMF and AMR units are designated as “advanced life support” units.

“The ambulance I saw on that Monday Night Football game looked like it was older

28-Day Healthy Heart Challenge from Tennova

Tennova Healthcare – Turkey Creek announces a system-wide plan to help the community reduce its risk of heart-related issues this month, with February recognized as American Heart Month since 1964 – a time of year dedicated to increasing awareness about heart health and highlighting steps to take to create a heart-healthy lifestyle.

Heart disease is a leading cause of death in the United States, claiming the lives of more than 650,000 people each year.

“In many cases, heart disease is preventable,” said Neil Barry, D.O. Tennova Healthcare - Turkey Creek interventional cardiologist. “By adopting a healthy lifestyle, including not smoking, exercising regularly, maintaining a healthy weight, controlling blood sugar and cholesterol and treating high blood pressure, we can all reduce our risk for heart disease.”

This year, Tennova Healthcare is taking the entire month of February to help people in the community learn ways to reduce

their risks with the 28-Day Healthy Heart Challenge. Participants will receive a daily e-mail with short, informative articles, quick tips and a daily challenge to promote heart health.

“At Tennova Healthcare, we are committed to helping people live healthier, and for most of us, there’s no better place to start than taking better care of our hearts,” said Tony Benton, CEO Tennova Healthcare - East Market. “People who join us for this challenge will find the content takes only a couple of minutes to read each day. It is fun, sometimes surprising, always informative and it can be life-saving.

“I hope everyone will sign up for the challenge and join us on a 28-day journey to a healthier heart,” he added.

The 28-Day Healthy Heart Challenge includes 28 challenges that can help participants eat healthier, get up from a sedentary lifestyle, relieve stress and lower blood pressure.

To sign-up for the 28-Day Healthy Heart Challenge, visit tennova.com/heart-challenge.



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Sherry, left, and Cindy Wilfert are pictured with their dachshund Pippin at Norris Dam in 2021.

Caregiver
From page 1D

in the evening to take care of Pippin, who didn't understand why his Grammy had not come home and needed some extra TLC. All other tasks, like laundry and grocery shopping, had to be squeezed into whatever space I could find. The schedule quickly became tiring.

Things grew even more hectic when Mom came home. I no longer had to commute to the hospital, but the everyday tasks that all fell on me were now compounded with caregiving tasks.

I remember asking friends to pray specifically that I would not be squeamish, as I have never been good with blood or medical issues. God did not call me to be a nurse! But He did call me to be a caregiver in this season. Day by day He gave me the strength and support to accomplish what needed to be done.

I felt Him teaching me to trust Him more fully. I'm a person who likes things planned out. I get anxious at the unexpected, or at being unable to complete tasks. But I had to learn to take things step by step, to simply tackle the next most important thing in front of me. Priorities took precedence and everything else would wait. The things that did get done would not be perfect. And that was okay.

I learned quickly that I had to prioritize my own rest and

quiet time with God. My days felt much more manageable when I'd taken time to sit in the predawn hours and snuggle with Pippin as I wrote in my prayer journal, and when I'd made time in the evening to read and decompress.

I'm so grateful for our network of support, for our community of family and friends. Trusted friends handled concerns at work and helped with Pippin so I didn't have to worry. Several friends ventured out in the frigid temperatures to be with me at the hospital during her surgery. My Dad was a huge help and comfort throughout the hospital stay and beyond. Friends and family members brought food. And so many people reached out to let us know they were praying. This meant the world to us!

I'm also thankful for all the doctors, nurses, and other medical personnel we interacted with at Parkwest. I was confident they were taking good care of her.

Mom's birthday was January 31st, and it is still Christmas in the Wilfert household. The trees are still up; the clock still plays carols on the hour. We didn't get to celebrate the holiday like we'd planned, but we were always safely in God's plans. And it's all right if those trees stay up until June! We take each day as it comes and we tackle what must be done, trusting God to supply our needs and direct our steps.

~ Cindy Wilfert

Practicing yoga can help beat stress, help heart

Today's world casts obstacles and stress along our path every day, but time practicing yoga can offer relief.

"Yoga helps reduce stress levels, which could have an overall effect on your health and well-being," said Jessica Mishu, owner of Blue Ridge Yoga, 623 N. Campbell Station Road. "According to John Hopkins Medical research, there are multiple studies lasting from eight weeks to three months that have studied the improvement of blood glucose levels, waist circumference and inflammation in patients.

"According to Harvard Medical School, yoga can help lower blood pressure, decrease heart rate and increase airflow to the lungs. All of these physiological reactions encourage a state of calm and well-being in the body," Mishu said.

Several people "have told us that their doctor is always amazed at how much better

their blood pressure is after starting a yoga practice," she added. "We offer classes for all shapes, sizes and fitness levels at Blue Ridge Yoga. Our warm and inviting atmosphere will put you at ease from the moment you walk in.

"If this is your first time trying yoga, we recommend starting with a Gentle Flow class. We also offer Chair Yoga if you have joint issues and cannot get on and off of the floor easily."

Blue Ridge Yoga will have been in operation eight years this summer.

"Many of our teachers and staff having been with us from the beginning," the owner said. Practicing and studying yoga throughout India, England, Spain, Singapore, Costa Rica and Nicaragua, "I hope to bring everything I have learned from around the world to my yoga studio," Mishu said.



Photo submitted
Vickie Gross, a Blue Ridge Yoga student with heart issues, relaxes in a yoga pose.

For more information about Blue Ridge Yoga, call 865-288-3562.
~ Tammy Cheek
tcheek@farragutpress.com

Be Well
From page 1D

everything," Whittemore said.

"I have seen so many patients that have never had the encouragement, resources or opportunity for help like we

offer at Be Well," she added. "For this reason, patients feel overwhelmed and do not know where to start.

"... Each day, I walk out of my office feeling beyond fulfilled with the opportunity God has given me to help people

help themselves change their lives."

For more information about Be Well, call 865-288-7100.

~ Tammy Cheek
tcheek@farragutpress.com

School
From page 4D

than I was," he added. "It did not look like as good a shape as what we have in Knox County. I was surprised.

"The only thing that we would not have that I can think of (versus the NFL Jan. 2 situation), is we would not have as many doctors and highly paid people on the football field."

Rural Metro Fire contrib-

utes its EMTs/paramedics to Knox County Schools football programs (public schools) free of charge, Bagwell said, adding Knox County private schools pay to have RMF and ARM on hand.

As for Farragut High School's athletic facilities being ready for a cardiac incident, "I've got two AEDs in the gymnasium; I have an AED at soccer (stadium); I've got an AED between baseball, football and softball — and we're

getting ready to buy another one for there," Donald Dodgen, FHS athletic director, said. "And the wrestling team practices up at the CTE (building), and we've got (an AED) at the CTE.

"And all of my head coaches have gone through CPR training (certified)," he added. "We're working on getting all the assistant coaches certified, too."

~ Alan Sloan
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