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Meet the '24 5th District candidates

TAMMY CHEEK
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Four candidates seeking the 5th District Knox County Commission seat and two candidates seeking the 5th District Board of Education seat revealed their experience and priorities as part of Farragut West Knox Chamber of Commerce's Breakfast Speaker Series in Rothchild Catering and Conference Center Wednesday morning, Feb. 7.

County Commission candidates — S. Arthur Moore, Toni Scott, Dale Skidmore and Brian Walker — and School Board candidates, Lauren Morgan and Terrye Whitaker, were on hand to field questions during the event. County Commission candidate Brad Hall also was on hand, but he had to leave due to work — however, he submitted information.

"We do our breakfast speaker series about three or four times a year," FWKCC president/CEO Julie Blaylock said. "We try to bring educational programs to membership and the community, which will impart you with the knowledge you need to either help you in your business, help you in your individual lives, and on mornings like this, to make educated decisions about who our elected officials are going to be."

Bios, County Commission 5th District

Dr. Arthur Moore
"I was born in Greenville, Tennessee. Left Greenville, left the scrimmage of my father and went to Vanderbilt instead of the University of Tennessee. Stayed at Vanderbilt and got my undergraduate degree and then my medical degree, and then left Tennessee for a brief while. Went up and did my residency and fellowship at the Mayo clinic in Rochester, Minnesota.

"Always wanted to come back to East Tennessee. It's like I've told my wife, mountains really get into your blood. This is where my family still lives. This is where I always wanted to come and raise my two daughters.

"I have one golden doodle. Her name is Blossom and she's the best dog I've ever had."

Brad Hall
A captain with Knox County Sheriff's Office (serving 29 years), currently directing the West precinct. A life-long Knox County resident with deep community ties.

Thirty-five years in law enforcement who has been honored multiple times as Officer of

See CANDIDATE BIOS on Pages 2A-3A-4A

See CANDIDATE ANSWERS STORY, Page 3A-4A



FMS dance photo submitted

Conquering Disney, Dawgs streak

FMS dance team earns a national championship in Orlando; FHS Lady Admirals earn tourney No. 1 seed, beat Bearden

(Above) Farragut Middle School dance team earned a national championship — in Junior High Pom — at the Universal Dance Association National Competition at Walt Disney World Resort in Orlando, Thursday through Sunday, Feb. 2-4. They also placed second in Junior High Jazz. (See photo and related story, beginning on page 4B). Team members, front row from left, are Rylee Chronis, Mary Ella Wendell, Cate Fowler and Natalee Mack. Second row, from left, are assistant coaches Laura Warrington and Emery Campbell. Back row, from left, are choreographer Sarah Harrington, sponsor Elizabeth Wilson and team members Caitlyn Stickley, Rylee Mack, Ella Marie Lambert, Sarah Shoup, Emma Kate Kilpatrick, Parker Miller, Brooklyn Knight and Audrey McCaleb and head coach Macy Brink.



Photos courtesy of Carlos Reveiz/crfoto.com

Celebrating a 42-38 home win against rival and Class 4A state power Bearden (see action photos and read story starting on page 1B for its importance) Thursday, Feb. 8, are, from left in **left photo**, Annie Priest (4), KJ McNealy (22) and Carly Vining (24). From left in the **right photo** are Trinity Curry (20), Jaci Neubert (1) and a happy fan.

BOMA unanimous on speed cushion bid rejection

TAMMY CHEEK
tcheek@farragutpress.com

Farragut Board of Mayor and Aldermen voted unanimously to reject the bids to install asphalt speed cushions on Sonja Drive, Admiral Road and St. John Court during its meeting Thursday, Feb. 8.

"Sonja Drive, Admiral Road and St. John Court are approved for traffic calming speed cushion installation in accordance with the Town of Farragut Traffic Calming Policy,"

assistant Town engineer Eric Schindler said. "The next step in the process is the scheduling of the asphalt speed cushion installation."

He said a bid reading for Contract 2024-10 for on-call speed cushion installation was held Nov. 29, 2023, but no bids were received.

The installation project was advertised again, and a new bid reading took place Jan. 9, with two bids received, one from PRI totaling \$228,500 and another from APAC-Atlantic Inc. totaling \$254,900.

Those bids were for six asphalt speed cushion

ions on Admiral Road, eight on Sonja Drive and 12 speed cushions on St. John Court.

After the bids were presented to the Board Jan. 25, Vice Mayor Louise Povlin initially moved to investigate completing Sonja Drive and Admiral Road under PRI's bid amounts — at a cost of \$156,500 — but to withhold moving forward on St. John Court. Ultimately, however, the Board voted to table the agenda item until Feb. 8.

See UNANIMOUS on Page 4A



Povlin

Local impact Knox County candidates Early voting begins today, Wednesday, Feb. 14, through Tuesday, Feb. 27

Property Assessor

- Drew Harper, Democrat
- Phil Ballard, Republican
- Jackie Raley, Republican

Criminal Court Judge

Division II, District 6

- Hector Sanchez, Republican

County Commission District 6

- Daniel Greene, Democrat

- Julie Fritts, Republican
- Terry Hill, Republican

County Commission District 5

- Arthur Moore, Democrat
- Brad Hall, Republican
- Angela Russell, Republican
- Toni Scott, Republican
- Dale Skidmore; Republican
- Brian Walker, Republican

Board of Education, District 5

- Lauren Morgan, Republican
- Terrye Whitaker, Democrat

Law Director

- Jackson Fenner, Democrat
 - David Buuck, Republican
 - Daniel Herrera, Republican
- Knox Primary Election
Day Tuesday, March 5

CHECK OUT
the February
Farragut West Knox
Chamber of
Commerce
Newsletter
pg 1D
In this Issue!



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Tammy Cheek

District 5 Knox County Commission candidates, from left, are Dr. S. Arthur Moore, Toni Scott, Dale Skidmore and Brian Walker, plus Brad Hall (smaller photo, right). District 5 Board of Education candidates, above, are Lauren Morgan, second from right, and Terrye Whitaker, at the end, right.

Candidates bio

From page 1A

the Month and distinguished as Detective of the Year in 2007 for outstanding service.

Belongs to Hope for Victims, Send Senior Citizens Love, Town of Farragut Stakeholders Committee, Knoxville Open Championship Committee and was named 2023 Volunteer of the Year.

Toni Scott

"I'm a wife and a mother and a former teacher. I'm actually from District 5. I grew up here. My husband's family is from here as well. And we have three children that are in the Farragut schools just like where we were. And we are excited to be running.

"We have two (teenagers) in high school; we have a senior

and a sophomore, and then we have a seventh-grade boy. So our senior will actually be playing baseball at UT next fall. So we're excited to get to watch him pursue his dream. So coach (Tony Vitello) has a great program there."

Dale Skidmore

"I am a lifelong East Tennessee resident. I grew up in Jefferson County, but I have been in Knox County now for over 30 years. I'm married and I have two children, 13 and 10. My 13-year-old son will keep you on your toes, but my 10-year old daughter's an angel.

"I am a graduate of the University of Tennessee. I have a passion for Knox County. I love this place. I have a vested interest professionally. I own my own business in the Fifth District. I have an insurance

agency, and I've owned that going on 10 years in September."

Brian Walker

"I've been a business owner for over 23 years, primarily in insurance. But over the years I've actually bought and sold some other businesses as well, including property management, real estate.

"My wife and I owned a martial arts studio for five years. I flipped homes. I've actually built homes from the ground up as well, so got a lot of experience in the business world; also in the Chamber of Commerce, too.

"... So a lot of business background for myself. I've been married for over 20 years. We have a son who just finished college, and my daughter is a sophomore at Virginia Tech. ... And she is in the Corps Cadets,



which means when she graduates from Virginia Tech, she'll go directly into the Navy as an officer. So we're very proud of her and her accomplishments, as far as that goes. I have one dog and two cats: Hazel, Larry, and Snoodle.

You miss anything about the northeast? New Hampshire.

"I grew up in New Hampshire. ... a small town, pretty much just like Farragut, right on the river. Same size population, same school system. Moved to Southern California for college, and that's where I met my wife. And then we transitioned over here about four years now."

See BOARD ED BIOS on Page 3A

KCSO reports

• At 9:08 a.m., Friday, Feb. 9, a complainant called Knox County Sheriff's Office North Precinct to file a report on a lost license plate on her 2017 Toyota RAV4 that occurred at a Spinnaker Road residence. Complainant advised the license plate was lost in the mail. She was required to file a report in order to receive a new license plate. Value of loss was listed at \$65.

• At 12:44 p.m., Thursday, Feb. 8, a complainant called KCSO West Precinct to report an attempted vehicle theft at a Wardley Road residence. Complainant advised he is unsure of how the unknown suspect(s) gained entrance to his locked vehicle, a 2015 KIA Soul. Complainant advised his steering column and ignition switch were broken and damaged in the attempt to steal the vehicle. At the time of this report there were no known suspects. Value of damage was listed at \$4,000

• At 1144 a.m., Tuesday, Feb. 6, a complainant called KCSO North Precinct to report a burglary to her 2019 Jeep Cherokee at a Parkside Drive address. She advised an unknown suspect gained entry into her locked vehicle by shattering the front passenger side window. She advised her diabetic supplies were taken from the vehicle. Value of loss was listed at \$1,800.

• At 3:15 p.m., Monday, Feb. 5, a male and a female entered Mountain High Outfitters, 11367 Parkside Drive Suite 926, in Knoxville. "The male subject went to the rear of store and started asking questions about backpacks," the report stated. "The

See KCSO REPORTS on Page 4A

clarifications, correction

Concerning Knox County government offices that are on the ballot for the Tuesday, March 5, Primary election, four points of clarification and one correction should be noted versus what farragutpress published in a page 1A story Wednesday, Feb. 7.

In the Republican Primary race for District 5 Knox County Commission, Michael Bittel is a former candidate, no longer running.

In addition, the paper's use of the term GOP, which is a Republican acronym nickname standing for "Grand Ole Party," should not have been used in connection with four candidates, since the use of GOP — in relationship to the Republican primary — could be confusing for some readers who are potential voters.

Republican primary includes Law Director candidate Daniel Herrera, Criminal Court Judge Division II, District 6 candidate Hector Sanchez, District 5 County Commission candidate Angela Russell and District 5 Board of Education candidate Lauren

Morgan. The complete list of all Knox County primary candidates whose potential duties would, at least to some extent, include Farragut and Hardin Valley are listed on the bottom of page 1A.

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Bios, Board of Education 5th District

Lauren Morgan
“I am from Knoxville. I lived here almost my entire life. My husband and I did spend about two-and-a-half years in the (Washington) D.C. metro area. I did my postgraduate work at the University of Maryland. I went to Knox County Schools K-through-12, and then I went to the University of Tennessee after that.

“Like I said, I went to the University of Maryland where I did my dietetic internship. So I practiced as a registered dietitian for a while before life brought me in a different direction. So now I run a nonprofit. I’m the director for Project Gabriel. We support women who’ve lost a baby through pregnancy loss or infant loss, and I am honored that I get to do that.

“And then my husband, Tommy, and I have three kids that are in Knox County Schools. They’re actually in three out of the four Farragut schools, which makes it impressive that he and I are both here right now after getting them all three dropped off.

“My kids are 12, 10 and 8, and my 10-year-old would want you to know that next week is her birthday.”

Terrye Whitaker
“It’s been a long time since I’ve been to the Farragut Chamber Speaker Series. I used to be very involved in this group. My husband and I have been in Knoxville for roughly 20 years, but over three times. I’m originally from Texas.

“We have one daughter who graduated from Farragut High School in 2005. And so it’s been a while since I’ve been involved in the school system. But as a retired teacher I felt like it was important for me

See CANDIDATE BIOS, Page 4A

Part 1, Candidates react: FWKCC Speaker Series

What is your specific experience in participating with, or serving alongside, our local county government?

Arthur Morgan
“And so the answer is actually very simple. It’s minimal. I kind of see myself as someone who’s a lot like most of the people in Farragut and everywhere else in the county and the country don’t get very involved in local politics. And I think that that’s a shame.

“I think that this is something that’s getting involved in this: Learning about the issues is something that our community should be more engaged with. We should find a way to reach out to those like myself, who prior to this weren’t as engaged. I actually think my wife has always been the better one, and her voting record would support that as well.

“I will tell you that my background as far as bureaucracy and in dealing with large organizations like this, I’ve been mostly involved in my work in the hospital. And so I run the stroke program at Fort Sanders. I just handed that off to a partner of mine. I’ve started a tele-medicine program there. And so one of the things that I always pride myself in is identifying problems and working with administration to find solutions to those problems, even if they may not be obvious.”

Which current Commissioner or School Board member do you most admire or align with and why?

Toni Scott
“I have great admiration for anyone, actually, who is willing to serve in this capacity, and it has been a great honor of mine to get to spend a lot of time meeting our current commissioners. Throughout this campaign process, I’ve gotten to meet with a handful, not quite everyone, and I have benefited tremendously from their generous time and their counsel.

“And so I’m grateful for that. And I think that I would enjoy an opportunity to work with all of them if I am blessed to get to work on that board. That being said, I would say that I agree with probably no one on everything and someone on something, and I think that that’s actually a really valuable position to be in. I think that each district has its own unique needs and desires, and so I think that a collaboration of what we bring to the table is the most beneficial.”

How will you make yourself part of a greater team and negotiate conflicts when working through issues?

Dale Skidmore
“Well, any time you’re a part of a team or being on the commission, you want to definitely build relationships within that organization and work together because at the end of the day, I think each commissioner or each elected official has Knox County’s best interest in their heart.

“So we want to make Knox County the best place that you can live and work and raise a family. I would use kind of the same approach that I do in business. I would be a good listener. I would work with integrity. I would use my communication skills to be the best possible public servant I can be.

“And with conflicts of the issues, I think that you would want to make sure that you’re hearing both sides of the story and to see if you can find some kind of common ground to move forward. But as an elected official, decisions have to be made. I think that’s the hardest thing of politics, that when you make a

decision, people don’t like some of the decisions that are made, and they can be mad at you, but you just have to serve again with honest and integrity.”

How will you make yourself part of a greater team and negotiate conflicts when working through issues?

Brian Walker
“The biggest thing in any relationship, and we’ve got to look at the council, look at our commissioner as a relationship is communication and a little bit of understanding as well. Taking in everybody’s different viewpoints. We’re not going to agree on everything 100 percent. We’re not going to agree on all the issues that come across the board.

“But at the same time, we need to look at what the sake of the people are, what’s the best benefit for the most people we can look for and how we can help them. And as long as we have that goal up there, that’s all that really matters. Because we could disagree about small things, but the larger thing, that’s what we need to agree on. So, communication, understanding, listening to others, understanding all sides.

“And I promise you, I’m going to do my homework on every single issue that comes across. I’m going to deep dive and read everything I can possibly read and talk to before I make my decision, go with an open mind. At that point, we can move forward to help our community.

What is the biggest opportunity that Knox County can take advantage of in the next four years and why?

Brad Hall
“Unified Development Ordinance, updating existing ordinances and regulations related to development in Knox County, including but not limited to: zoning ordinances, buildings and building regulations, stormwater, traffic, fire prevention, roads and bridges, traffic and vehicles, floods, subdivision regulations, leveraging business (creating opportunities) and investment in them.

“Everyone loves the region, which invites businesses to put down roots in a welcoming community,” he said. “Due to attractions, such as Smoky Mountains, the climate, UT sports, Oak Ridge Lab, Smokies Baseball and the newly renovated downtown area.”

What can be done to improve student achievement and ensure every student who graduates is ready for career or secondary education — college or technical training?

Lauren Morgan
I think for improving student achievement, we have to focus on the basics. So we’ve got to get back to making sure that literacy is a focus. One of Dr. Rysewiyk’s priorities is making sure the foundational skills are in place. So early reading, early literacy rates. We’ve got to improve those math skills specifically. I know they’re looking at middle school math as a target, and it is really important that we’re teaching our kids phonics in the classroom.

“We’ve got to do that early and young for them. And we need every teacher on board, and we need everybody to buy in, from the parents to the teachers, to make sure that we’re getting our kids where they are reading well before they even get to third grade. So that’s really important.

See MORGAN, WHITAKER RESPONSE, Page 4A

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ELECTION DAY - MARCH 5TH

Unanimous

From page 1A

“Based on the bids received, we are recommending rejection of bids due to excessive cost,” Schindler said.

Since the bids were rejected, he listed the following options:

- “Consider rubber bolt-down speed cushions similar to those installed on Thornton Drive and Clover Fork Drive. Staff has obtained quotes indicating cushions for all three roads (Sonja Drive, Admiral Road and St. John Court) would cost approximately \$22,000 plus staff time to install with a product delivery time frame of one to three weeks.
- “Consider adding asphalt speed cushions to the annual on-call roadway maintenance contract, which will begin July 1.
- Consider terminating the current maintenance contract (held by PRI Inc., which runs through June 30) and rebid immediately with asphalt speed cushions included.

“If we receive a reasonable bid, this might allow installation as early as mid- to late-April, primarily being weather dependent,” Schindler said. “While this potentially expedites installation by up to three months, it might be considered poor business practice and could still result in similar excessive bids for the asphalt speed cushions.”

Gary Steimer, Prestwick Place HOA’s traffic and safety chairman, said one of the tasks has been traffic control at corner of St. John Court and Grigsby Chapel.

“It helped our board with your changing the rules in how you determine where you can put traffic cushions and who decided,” he said. “Everyone on the street voted to have them installed.”

He said the asphalt cushions would work for his neighborhood.

“Two weeks ago, I found out maybe the money was not there to do it and the Board was looking at bolt-down cushions, such as at Thornton Road,” Steimer added. “Nobody would want those on the road. Those things belong in parking lots.”

With St. John’s Court speed limit at 25 mph, “we’re trying to keep it as close to that, with the speed cushions, as we can,” he said. “We’re asking two things: No. 1, that we be included with the other two neighborhoods in any bid that comes up and we request the asphalt cushions be the choice of installation.”

Kim Frasch asked about coat-tailing a bid so the Town doesn’t need new bids.

“I want the residents to get what they asked for — they went through the process ...,” Alderman Drew Burnette said. However, “we have to be responsible with our money.”

KCSO Reports

From page 1A

female subject stayed at the front and kept a visual on the complainant’s location as he continued asking questions. As the complainant moved out of her view, she rolled out a Yeti cooler and left the store.” Value of loss was listed at \$500.

FHS Sports Hall of Fame Class of 2024



Above photo courtesy of FHS Sports Hall of Fame Committee

A group shot of Farragut High School Hall of Fame Class of 2024, and this year’s Service Award winners, prior to the annual ceremony, held this year on Saturday evening, Feb. 10, in the school’s Commons. Far left, seated and standing, are Dr. Tom and Kippie Lowry, Service Award winners. Others seated, from left, are Hall of Fame inductees Lori Simerly Propst (Class of 2003), Mimi Slagle Rust (Class of 2005), Danielle Spetar Ashley (Class of 2001) and Julia Hse (Class of 2010). Others standing, from left, are Brad Jones (Class of 2006), Ben Bosse (Class of 2005), Craig Humbert (Class of 1989) and Danny Vest (Class of 1990). Photo on the left is coach inductee Dennis Lindsay (girls soccer, boys soccer, track & field, who could not attend the ceremony. (Also see photos, West Side Faces, page 8B)



Morgan/Whitaker answers

From page 3A

“And then we all know that every student who can read is going to be successful in what they can do later on. Also, I am a big supporter of Dr. (Jon) Rysewyk’s priorities, and one of those is career preparation and empowerment. And I know at Farragut High School, Dr. Bartlett has done a great job of making sure that students have exposure to things in their education and their time there at the high school.

“So whether that is working on vocational skills while they’re there in high school and being prepared to go on to technical training afterward or being exposed to their interest in the healthcare field or whatever it may be, it’s important that they have that exposure in their time as students in Knox County.”

What can be done to improve student achievement and ensure every student who graduates is ready for career or secondary education — college or technical training?

Terrye Whitaker

“Definitely children need to be taught to read earlier, and they need to learn how to infer things, because I think that’s part of

Candidate bios

From page 3A

to try to give back. I’ve always been a believer in public service, and I think if you work in an organization like the school

system that that’s exactly what you’re doing. When we first moved here, I worked for the ’82 World’s Fair, so had a great time doing that.

“We have lived all over the country. It seems like we lived

the problem with some of the standardized testing. It’s not that they can’t read, it’s they can’t infer as to what they’re meaning in the questions. But yes, starting early, that includes parents.

“Hopefully, they are very involved in their children’s education. I remember early on working at UT, I talked with someone who said she was amazed at how few parents actually knew their children’s teachers and got involved. And that bothers me, but that’s a personal decision within a family.

But if you have the right support staff within a classroom, then you can help those kids who don’t have the family support at home, learning to read and to be able to decipher things to make sure it makes sense to them. I also like the fact that Dr. (Jon) Rysewyk (Knox County superintendent) has four basic principles in the school, one of which is to make sure that kids are successful. And if you give a school the opportunity and the resources to be able to provide that for students, then they will be successful, whether that’s going to college or a trade school.

“And the WIOA, which was passed several years ago, provides an opportunity for the kids in school to work with businesses, with training. And that’s something that’s really important and gives the kids options as to where they want to go when they are out of school.

in New Jersey, we’ve lived in Virginia. ... We lived in Colorado and we’ve lived in Washington state. So I love East Tennessee.

Her favorite subject growing up was “history, I loved his-

tory, and I did a lot of reading about previous presidents and things of that nature. So you would think I would have majored in history ... but ended up with education. And then I have an MBA on top of that.”

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Tammy Cheek

Chuck Wilson, third from left (maroon jacket), and Preston Garland (with scissors), two of the co-owners of HumanAI along with Erich Necherle (not pictured) cut the ribbon on their new business as part of a Farragut West Knox-Chamber of Commerce-sponsored home-based ribbon cutting event in Farragut Community Center Tuesday, Jan. 30.

HumanAI founded

Business brings together technology, human intuition to provide marketing needs

TAMMY CHEEK

tcheek@farragutpress.com

HumanAI brings the human element to using artificial intelligence in marketing companies.

The home-based business was featured in a Farragut West Knox Chamber of Commerce-sponsored ribbon cutting in Farragut Community Center Tuesday, Jan. 30.

Long-time friends Chuck Wilson and Preston Garland of Farragut, as well as Erich Necherle, founded the Farragut-based business in May 2023.

Artificial intelligence has “been a buzz word pretty much since Chat GPT came out,” Wilson said. “It’s just never been available to everyone. Now it is.

“What we do, at HumanAI, is we focus to help small- to medium-sized businesses with marketing content,” he added. “A lot of people are anxious about AI, and we believe the best solution is using the powerful capabilities of AI matched with human intuition — hence, HumanAI.

“We’re able to use our proprietary software with AI and generate marketing campaigns. Those are all reviewed individually by the companies, our customers. It’s kind of putting that human intuition touch to present the final product for them.”

“The thing that excited me so much with the technology, when we started to see it and see what was possible, is you’ve got every single business — smallest to largest — (having) something special and unique about them,” Garland said. “They have a story to tell. They have an audience, they have customers. They care about that story.

“I’m sure there are people who are like their customers that don’t know their story,” he added. “That’s what we saw: ... a number of them,

they can’t really get that message out. They can’t share that message very easily.

“Just taking that core content of what makes them special and be able to share that in their voice, I think, is probably the piece that’s most important.”

“Our content is for any kind of digital content,” Wilson said. “Primarily we focus a lot on social media outlets — all platforms.

“We can provide content for someone’s newsletter or if someone is looking to put blogs on their site and even a press release,” he added. “What is unique about that is we’re able to present that in their voice and tone.

“We’re able to get the personality of the owner, founder and/or company and how that needs to be perceived on those marketing platforms.”

Wilson and Garland met in 2004, working in the same location, and quickly became close friends. Always bouncing ideas off one another, the two worked together again at another company, GRIDSMART. They partnered with Necherle to start the company.

“All three of us have a lot of things in common,” Garland said. “We bring those things, from the standpoint of being very customer-focused and being focused on solutions that actually help people at the end of the day. You can have the most amazing technology in the world, but if it doesn’t help anyone, who cares?”

He said they also are driven to “bring something to go from zero to one.”

At the same time, they bring different experiences and viewpoints. Necherle has prior marketing experience, Wilson brings sales experience and Garland brings technical experience.

After nine months, Wilson said the business is going well.

See HUMANAI on Page 6A

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businessbriefs

• **Rather & Kittrell** recently hired Alex Thompson and Dixie Bartee as client service specialist, Alisha Grant as accounting manager and Collin Ironside as associate advisor.

Thompson and Bartee will be working with the RK Operations team to serve clients as they pursue successful financial futures.

Grant will be responsible for providing timely, accurate financial reporting to management and ensuring the efficiency of day-to-day accounting tasks. Ironside will work with clients as they pursue their financial futures.



Bartee



Grant

• **Weichert, Realtors - Advantage Plus** in Knoxville has announced Jacqueline Burg, Ashley Pilburn and Richard Rackley recently were named the top agents in the office for January.

Burg earned the overall Top Agent Award, while Pilburn and Rackley were named the Top Selling Agent and Top Listing Agent, respectively.

• **Heartland Financial Consulting Group of Wells Fargo Advisors** recently was named as one of **Forbes Best-in-State Wealth Management Teams** in 2024.

This accolade represents a list of professionals who come to work with one goal on their minds — helping their clients succeed.

• **Shawna Carr, Ryan Tomlinson and Mark Underdown** recently joined as agents at Weichert, Realtors - Advantage Plus, 10160 Parkside Drive, Suite 100, Knoxville.

• **Knoxville TVA Employees Credit Union** celebrates its anniversary Thursday, Feb. 15. The anniversary marks 90 years of serving East Tennessee with innovative financial services and

See BUSINESS BRIEFS on Page 6A

Networking, education



Tammy Cheek

Shop Farragut/Farragut Business Alliance executive director Steve Krempasky, left, chats with Farragut High School principal Dr. John Bartlett during a Farragut West Knox Chamber of Commerce networking, hosted by FHS Education Committee, in the school’s library Thursday, Feb. 8.

BRIAN WALKER

Small Business Owner for District 5 County Commissioner

Brian Walker steps forward as a compelling candidate for District 5 County Commissioner, bringing a wealth of experience and a deep commitment to preserving the integrity and freedoms of Knox County. A strong advocate for local businesses, Walker aims to reduce governmental overreach, and advocates for increased parental involvement and transparency in educational matters.

Addressing specific concerns, Walker acknowledges the challenges posed by rapid population growth in District 5. He is committed to prudent budget management and a comprehensive review of transportation and infrastructure needs to ensure the district’s development is both thoughtful and sustainable.

Walker’s unique blend of business acumen and commitment to community values makes him a standout candidate for District 5 County Commissioner. Residents seeking a leader with a fresh perspective and a proven track record of overcoming challenges in the business world will find a promising option in Brian Walker.



Early Voting:
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Farragut Lions celebrate joining FWK Chamber



Farragut Lions Club marked joining Farragut West Knox Chamber of Commerce with a FWKCC-sponsored ribbon cutting in Farragut Community Center Tuesday, Jan. 30. Founding member Jim Hart (with scissors) cut the ribbon. Joining him are, on the front row starting third from left, Tyler Hunsaker, Norvell and Kathy Burrow, Tom Nitz, Hart, Julia Hart, Jerry Grifit, Wayne Stormer and a host of Chamber members.

Tammy Cheek

Business briefs

From page 5A

community outreach programs. KTVAECU continuously seeks ways to support its membership and community, and this anniversary event is no exception. This February, it contributed \$45,000 toward member credit card balances to kick off the year-long celebration. The credit union randomly selected 90 members to receive a \$500 credit toward their credit card balance.

• **Keith Kall recently joined Peachtree Planning in East Tennessee** as managing direc-

tor for the Knoxville team. His role is to build the Peachtree Planning brand in his market area.

• **University of Tennessee Medical Center recently selected Lynette Clinton, MBA, CHCIO, CDH-E**, as senior vice president/chief information officer, leading all information technology efforts in the health system.

Clinton joins the medical center with more than 25 years of experience within the healthcare industry, most recently serving as vice president/applications and interim CIO with BayCare

Health System in Clearwater, Florida.

• **Lee Barrett, president at Nisus Corporation, has been selected to be a member of a chief executive peer advisory board in Knoxville by Vistage Worldwide Inc.** He joins almost 400 senior executives, business owners and CEOs across Tennessee who are Vistage members. Barrett was named president of Nisus in 2021, culminating nearly three decades in the pest control borate industry, including the past 24 years with Nisus.

• **Rather & Kittrell has announced the promotion of**

Chase Kerby, CPF, AIF, to senior advisor and **Daniel Maupin, CPR, and Sam Paganelli, CFA, CFP**, to advisors.

• **Mountain Commerce Bancorp Inc, announced eight promotions: Kevin Horne**, executive vice president/chief credit officer/chief operating officer, now chief banking officer; **Tim Topham**, executive vice president and regional president for East and Middle Tennessee; and **David Bright**, executive vice president, chief financial officer and chief administrative officer.

Other promotions were **Josh**

Marsh to senior vice president and market president; **Tom Jensen**, executive vice president and city executive who's now team leader for Bearden Financial Center; **Connie French**, senior vice president and senior relationship manager who's now team leader for the bank's West Knoxville Financial Center; **Brice Chapman**, senior vice president and relationship manager who's now senior vice president, senior relationship manager and senior deposit officer; and **Wesley Lemon**, first vice president and assistant controller who's now controller.

HumanAI

From page 5A

"We feel like we understand how (how) we fit in to someone's marketing budget, how we bring that need (for quality of content) they have to them," Wilson said. "We feel

like we really are preparing for a large expansion. "There's a lot of things out there with AI," he added. "To be very specific to what we're doing, I'm not sure that there's a lot that's still believing in the

human touch. A lot of tools are being created, but we believe in the value of a person being connected to clients." Since the company is not limited to social media platforms, "our content can be created for

each platform," Wilson said. "Each platform is different (so) the content is uniquely designed for that platform. It has the same message but it's for each platform." Wilson said the customer

can jump into the customer portal to approve any and all messages. "Nothing actually gets posted until it is approved by the customer," he added. The company can be reached by visiting usehumanai.com

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Photo courtesy of Nate McLaughlin

8th National crown: Dawg dance

The 2023-2024 Bearden High School dance team has brought home yet another national title trophy. The 27-member team received first place in the Large Varsity Pom division during the Universal Dance Association National Dance Team Championships in Orlando Feb. 2-4. This is Bearden's fourth straight season of winning a national title in at least one division — having now earned eight UDA National Championships in program history — and its first Pom national title since 2020. The program holds 18 TSSAA state championships, "making it the most successful dance program in Tennessee," a BHS press release stated. The team is led by head coach Hannah Keathley and team sponsor Rebecca Nutter. "I'm unbelievably proud of this team for coming together and improving each round of competition to peak at the right time in Finals," Keathley said. "It truly shows our athletes' pride for our school and respect for the legacy of the program." Also in Orlando, Bearden received the bronze medal in Large Varsity Division I Game Day. Team members, front row from left, are Jordan James, Eli Keziah, Avery Duncanson, Kenzie Bankes, Maddie Taylor, Marian Mitchell, Abigail Abrams and Keathley. Second row, from left, are assistant coach Sydney Schriver, Kaelyn Martinez, Maclain Brown, Whitley Sams, Mallory Simpson, Cadance Eastman, Brielle Pickett, Abigail Standifer, Kelsi Wright, Lana Nelson and choreographer Katie Fear Lane. Back row, from left, are Nutter, Baylor Brown, Sofie Lewis, Ansley Brown, Ella McLaughlin, Avery Lemoncelli, Piper Gould, Emily Carver, Addie Duggan, Kaitlin Ramey, Cate Smithey and Mallory Haskins.

Bruce named a TCCA All-State '23-24 Cheerleader

Kate Bruce recently was selected to the 2023-2024 Tennessee Cheerleading Coaches Association All-State cheerleading squad. Bruce, a senior at Farragut High School, was nominated by her coach, Dana Jacobs, and was required to submit an application, coach's recommendation and an essay. From these applications, 40 finalists from across the state were selected to participate in both an interview and a formal tryout. Following the tryout, 17 TCCA All-State cheerleaders were selected based on academic performance, honors and achievements, community service, essay and scores from the interview and tryout. Bruce and her All-state squad colleagues recently were presented with a medal of recognition at the 2023 TSSAA State Cheerleading Championships at MTSU's Murphy Center. Her parents are Brian and Kristy Bruce.

Photo submitted



District 4-4A Hoops Tourney at Maryville High

Boys, Wednesday, Feb. 14

- 6 p.m., No. 4 Hardin Valley vs. No. 5 William Blount
- 7:30 p.m., No. 3 Bearden vs. No. 6 Farragut

Girls, Thursday, Feb. 15

- 6 p.m., No. 1 Farragut vs. No. 4 HVA or No. 5 W-Blount
- 7:30 p.m., No. 2 Bearden vs. No. 3 Maryville or No. 6 West

Boys, Friday, Feb. 16

- 6 p.m., No. 2 West vs. Bearden or Farragut
- 7:30 p.m., No. 1 Maryville vs. HVA or William Blount

Girls, Monday, Feb. 19

- 6 p.m., consolation game
- 7:30 p.m, title game

Boys, Tuesday, Feb. 20

- 6 p.m., consolation game
- 7:30 p.m, title game

4-4A co-champ FHS ends streak, rallies past BHS



Photo courtesy of Carlos Reveiz/crfoto.com

Mya Johnston (11), Farragut senior wing, looks to drive against Natalya Hodge, Bearden sophomore point guard, during this District 4-4A showdown.

BILL HOWARD

Correspondent

It was a fittingly exciting game between two long-time rivals. It included numerous scoring streaks, an ejected coach and a down-to-the-wire finish.

When it was over, Farragut High School's girls' basketball team came from behind to defeat Bearden 42-38 Thursday night, Feb. 8, in FHS's Lynn E. Sexton Gymnasium, earning the upcoming District 4-4A Tournament's No. 1 seed, finishing 9-1 as regular season 4-4A co-champs with the Lady Bulldogs.

It was the first time in more than six years the Lady Admirals (17-11 overall) prevailed over their district rival, which ended a 19-game losing streak.

Down 38-37, Farragut responded, as junior guard Annie Priest drained a three with 24 seconds left in the game to give Farragut a 40-38 lead. Bearden then missed two threes, and when the Lady Ads rebounded, BHS had to foul junior guard Jaci Neubert.

Neubert calmly sank both free throws, and the Lady Admirals had the Bearden monkey off their backs.

"Our girls just battled," FHS head coach Jason Mayfield said. "We got stop after stop after stop (down the stretch). Annie makes a huge three there to take the lead. Jaci finished it off with free throws. It was a great team effort."

"We have a lot more work to do, but this definitely gives us a lot of confidence going forward," Priest said.

In a span of 27 seconds in the third quarter, Lady Dawgs head coach Justin Underwood received two technical fouls and had to leave the gym. He thought it might have affected his team's play.

"For our kids that's a tough situation to play through," Underwood said. "We gotta come back around and get ready for playoff basketball."

Scoring streaks dominated the game's first three quarters. Down 2-0, Farragut scored seven straight to lead 7-2. Bearden (25-2 starting the week) came right back with nine in a row to

See CO-CHAMPS on Page 3B

Free throw work pays off for Frey, HVA, in last-second win vs. West

ALAN SLOAN

editor@farragutpress.com

HARDIN VALLEY — Last season, then sophomore point guard Bryson Frey wasn't a very good free throw shooter. That's his assessment.

Now a Hardin Valley Academy junior, Frey said he put in lots of off-season work at the charity stripe. He estimated it's improved his free throw shooting roughly 20 percent during the 2023-24 season.

It went up, at least a tiny bit more, in the most dramatic of situations — with the Hawks' Senior Night game at HVA against District 4-4A foe Knoxville

West hanging in the balance.

Though West (6-4 finish in 4-4A) blew a first-half nine point lead, the Runnin' Rebs rallied from a late 47-41 deficit to lead 52-50 — and rebounded a Hawks missed shot with just 5.5 seconds to play in regulation. In addition, HVA was out of timeouts as West guard Jailon Hill went to the free throw line.

He missed both, and Frey got the ball just beyond half court and flung up a desperation shot that wasn't close — but he was fouled in the act of shooting with just 0.5 seconds left.

"Well, the first thing I thought was, 'no way — he just fouled me?' Why would they foul?" Frey recalled after

successfully handing all the pressure and nailing all three free throws, giving Hardin Valley the 53-52 win.

"And then I said, 'Well, God, this is a lot of pressure,'" added the junior, who scored six overall. "But then I think of last year; I didn't shoot too well from the free throw line, but I've spent so much time shooting free throws in the gym and stuff, so I knew I didn't feel any pressure at all right there. I knew I was going to hit all three."

"He looked really confident when I saw him step up — and be honest with you, I only watched the first one. The last two, I just watched his dad (Justin Frey)," said HVA head coach Andrew

Arendt, whose Hawks finished the regular season 14-13 overall, 4-6 in District (No. 4 seed in 4-4A Tournament; see breakdown above).

"Bryson's been huge for us, especially the second half of the year when we've had all these injuries and Bryson's had to step up and be our primary ball handler," the coach added.

Post Tommy Joseph, the Hawks' lone senior, scored 12. "We haven't won here on senior night in, like, four years," he said. "It's the greatest feeling ever."

Two HVA junior wings stepped up: Ben Brophy had a game-high 18 points while Isaac Ratliff scored 10. Guard Maurice Clark led West with 16 points.



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Webb's Eckerman TN Gatorade CC 'Player of Year'

Webb School of Knoxville senior Colin Eckerman (**left**) recently was named the 2023-2024 Gatorade Tennessee Boys Cross-Country Player of the Year. "Regarded as the most prestigious award in high school sports," the award "honors the nation's top high school student-athletes in 12 varsity sports for their athletic excellence, academic achievement and exemplary character," a Webb press release stated.

Hodge, Mains are state Miss Basketball Finalists

Two Farragut-area girls basketball stars have been named TSSAA Miss Basketball Finalist statewide.

Natalya Hodge, Bearden Lady Bulldogs sophomore point guard who led her team to a 26-2 regular season record, is a Division I-4A Finalist.

She is joined by Sydney Mains, Knoxville Catholic senior wing, a Division II- Class AA Finalist for a second straight season.

BHS boys hold off Farragut

BILL HOWARD

Correspondent

It was a rough first half for Farragut High School's boys basketball team at home Thursday, Feb. 8.

Against archrival Bearden, the Ads won the second half — but the first-half hole was too deep. The result was a 52-39 loss, which coupled with Farragut's 82-72 setback to Kingston on FHS Senior Night Friday, Feb. 9, put its final regular-season record at 7-21 overall, 1-9 District 4-4A.

"I think the way we played in the second half was more indicative of how we can play," Ads head coach JP Burris said. "They had a really big lead, but it's a positive to take away that we won the second half."

Farragut's deficit started with 5:13 left in the first quarter when BHS's Jamichael Blair's three ignited a 10-0 run to give Bearden a 13-4 lead. The Dawgs scored the quarter's final 10 points to lead 23-7. At intermission it was 34-12.

The lead was still 16 at the 6:18 mark of the fourth. Six straight by the Admirals made it 45-35. They'd get no closer.

Bulldogs' big-man Brady Smith led all scorers with 13.

"He's learning to play the post," BHS head coach Jeremy Parrott said of the sophomore. "Learning to play with his back to the basket; we gotta utilize him more."

Bearden improved to 24-6 overall, 6-4 in the district.

Berkley Naro, senior post, was high for FHS, scoring 11.



Photos/illustration courtesy of Jack Tate, FHS sports information director

No. 4 state finish for FHS Aqua Ads; Bearden's Griffith state diving No. 1

Boys diving 2nd, 3rd, 4th with locals; HVA, CCS get top-4 event finishes

The combined efforts of Farragut's boys and girls swim & dive teams against Tennessee's best high school talent during the TISCA meet Friday and Saturday, Feb. 9-10, in Nashville, resulted in a fourth-place finish — second best statewide among public school teams. Individually, Bearden freshman Sarah Griffith was girls 1-meter diving state champ (420.55), with HVA senior Mackenna Peterson fourth. Boys diving finished second (Webb School of Knoxville junior Brooks Barber), third (senior Jonah Mann of HVA) and fourth (freshman Garrett Bailey of Bearden). On top of helping the FHS girls' 200-yard medley relay team finish fourth (1:47.81), junior Karley Wolfgram captured second place in the women's 200-IM (2:04.95). Her medley relay teammates were Kendall Hudgens, Karolina Nosarzewski and Ayden Skelton. The Aqua Admiral boys' 200-medley relay also placed fourth (1:33.61): Leo Karnitz, Evan King, Elliot Mandl and Noah Roettger. Concord Christian School's boys 200-free relay team took third (1:23.66): Kolby Leach, Landon Hall, Christopher Rector and Logan Hall. HVA's boys 400-free relay finished fourth (3:08.83): Landon Coleman, Cleland McKay, Braden Salsbury and Hayden Hall.

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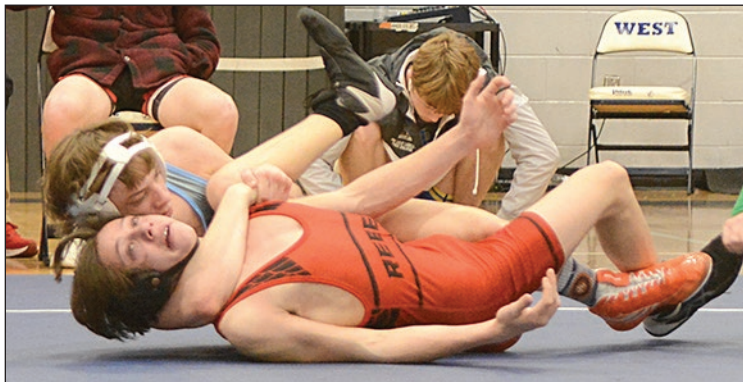
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Wrestling photos by Alan Sloan

Pair of HVA Region II-AA wrestling champs; three are 2nd, 14 to sectional

Winning the Region II-AA championship in dramatic fashion, HVA senior **Brady Curns** (above) used points earned in the match's final few seconds to edge Karns' Zach Matthews 12-8 in the 120-pound class final and improve his record to 43-3. On the other hand, Hawk junior **Brock Connatser** (53-2) (below) needed just 61 seconds to pin Maryville's Beau Bailey in the 113 title match and claim a Region championship. HVA junior **Jacob Laws** (50-8) earned second at 126. Other HVA sectional qualifiers (top four in Region) were **Nathanael Hobson** (106) and **Evan Clarke** (215, 41-10), third, and **Raed Abu Shehadeh** (132), fourth. All advance to this weekend's Sectional at Morristown West. Top four in sectionals advance to the state tourney in Williamson County in late February.



Farragut junior **Jonathan Laney** (above, 40-8 record) takes control versus HVA junior Raed Abu Shehadeh in this Region II-AA third-place match in the 132 weight class at Knoxville West High Saturday, Feb. 10, eventually winning 10-3. Admiral junior **Phil-lip Stafford-Hedge** (157, 29-10) finished second, along with Bearden senior **Jesse Burgess** (215). Other BHS qualifiers (top four finishers in Region) for this weekend's Sectional at Morristown West are **Ambrose Contreras** (113) and **Alexander Rawson** (150), both third; and **Jack Cardwell** (106), **Blake Clifford** (144) and **Jasstin Chandler** (165), all fourth. Top four in sectionals earn a state tourney berth to Williamson County in late February.

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WVMS boys 3rd in state

West Valley Middle School finished third in TMSAA boys basketball AAA state tournament in Murfreesboro last weekend. The Wolves, completing an outstanding season with a 32-2 record, lost to Blackman 61-49 in the semifinals Friday, Feb. 9, but bounced back to defeat Mt. Juliet 60-46 in the consolation game Saturday, Feb. 10. The story below details how WVMS made it to state.

KEN LAY
Correspondent

CLINTON — A stifling defense helped the West Valley Middle School boys basketball team punch its ticket to the 2024 TMSAA Class AAA State Tournament. The Wolves earned their spot at state with a 40-30 victory over John Sevier in the state sectionals before a spirited crowd in Clinton Middle School's Joe Hollingsworth Jr. Gymnasium. The Wolves and Warriors (20-4) were locked in a 10-10 tie at the end of the first quarter.

Co-champs
From page 1B

lead 11-7 early in the second. From 6:25 to 2:54 in the second, FHS reeled off 12 straight to lead 19-11, only to see the Lady Bulldogs retake the lead, 20-19, with another nine-point run. Bearden led at half, 22-21. Underwood's technicals gave Farragut four free throws, but it made only one. The third quarter ended with BHS leading 31-28. Twice Bearden led by six in the fourth. Guard Natalya Hodge's lay-up with 3:59 left gave the Lady Dawgs a 38-33 lead. Neubert then made consecutive lay-ups, cutting the

But in the second stanza, West Valley stepped up the defensive pressure and held John Sevier off the scoreboard. The Warriors scored just 20 points over the final 18 minutes, manufacturing most of their offense after the game's outcome was already determined. "It was all about defense," WVMS head coach Noel Landrum said. "When this group was on (junior varsity) and in the seventh grade, they scored and they scored a lot, and they made a lot of threes. But this year, they realized that they were going to have to play defense, and these boys don't want to lose." Porter Dickinson, Tournament Most Valuable Player, had a game-high 19 points for West Valley. Teammates Cullen Heck added eight and Jacob Griffin had five. Seaton Moffett scored four points, all in clutch situations in the second half. Avery Davis nailed a big shot in the fourth quarter. Schuyler Huck, also an All-Tournament honoree from WVMS, made a free throw down the stretch.



Photo courtesy of Carlos Reveiz/crfoto.com

Annie Priest of Farragut, left, a junior point guard, closely guards BHS junior wing Kendall Anne Murphy at FHS Thursday, Feb. 8. BHS edge to 38-37, setting up the dramatic finish. "It gives us a lot of momentum going into the postseason," Mayfield said. Neubert and senior wing Mya Johnston each scored 13 for Farragut. The Lady Bulldogs were led by Hodge with 13 points.

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TOWN SAMPLER

Sun FMS chess champ

TAMMY CHEEK
 tcheek@farragutpress.com

Farragut Middle School student Yi Sun won first place in the Farragut High School Chess Club Winter Scholastic Championship Tournament, which took place in FHS Saturday, Jan. 27.

John Nguyen, also of Farragut Middle School, took home second place, and Rehan Galle of West Valley Middle School placed third.

See **CHESS** on Page 7B



Photo submitted

Meritorious Service Award for Bunting

Long-time master gardener Barbara Bunting of Hardin Valley recently earned the Knox County Master Gardeners' Meritorious Service Award for her leadership in the organization. Bunting, who became a master gardener in 2009, has had numerous leadership roles in the organization, including president, founder of its speaker's bureau, coordinator of its organic gardening class and other contributions. Knox County Master Gardeners has 205 members who contributed more than 20,000 volunteer hours in Knox County gardens and projects in 2023. It is a University of Tennessee Extension program.

Telling the story of an FMS dance national title

FHS dance team also in Orlando off a dominant state performance



Farragut High School dance team 2023-24, front row from left, are Cassidy Stickley, Natalie Mahoney, Mary Elizabeth Noble, Sadie Floyd, Piper Belcher, Makenna McDonald and Lydia Finnegan. Second row, from left, are assistant coach Victoria Ogier, head coach Macy Brink, Sadie LaFrance, Mary Aspin Scott, sponsor Amy McWhirter and choreographer Josh Escover. Back row, from left, are Whitney Gohn, Caroline Seagraves, Sydney Derr, Addison Fink and Drew Patterson.

Photo submitted

TAMMY CHEEK
 tcheek@farragutpress.com

Farragut Middle School showed its talents, winning a national championship, while competing in Universal Dance Association National Competition at Walt Disney World Resort in Orlando, Florida, Feb. 2-4.

FMS won Junior High Pom and placed second in Junior High Jazz.

"I am extremely honored that we placed as well as we did at the competition for both the middle school and high school

team," said Macy Brink, head coach of both middle and high school teams.

Being Brink's third year coaching, the middle school has won Junior High Pom national crown the last three years.

"Honestly, it is incredibly humbling," she said. "Since I have been coaching, we have been national champions each year, and it's a testament to the hard work of the dancers and just the program in itself of the legacy of Farragut dance."

Brink said 6,090 dancers and 403 teams — middle school and high school combined — at the nationals.

FMS dance team has 13 members in grades sixth through eighth. Team members are Mary Ella Wendell, Cate Fowler, Rylee Chronis, Natalee Mack, Sarah Shoup, Emma Kate Kilpatrick, Ella Marie Lambert, Parker Miller, Caitlyn Stickley, Emery Campbell, Brooklyn Knight, Audrey McCaleb and Rylee Mack.

FHS team also in Orlando

Also competing nationally in Orlando and coming away with a top-10 finishes, Farragut High School team members are

See **NATIONAL TITLE** on Page 6B

'Beauty & the Beast' at FHS Feb. 28-March 1

TAMMY CHEEK
 tcheek@farragutpress.com

Farragut Middle School musical theater class will present the musical "Beauty and the Beast" beginning at 7 p.m., Wednesday, Feb. 28; Thursday, Feb. 29; and Friday, March 1, in the Studio Theater at FMS, 200 West End Ave.

The performance is open to the public, and tickets are \$5 per person, according to Ruth Ann Bendy, one of the chorus directors at FMS, along with Hailey Coburn.

"Tickets do go very fast," she added.

There are about 30 eighth-grade cast

members, as well as other committees, such as business, which helps design T-shirts and sells tickets; costume committee; sound and lighting committee that runs microphones, new lighting board and spotlights; and dance committee that help choreograph the show.

The cast consists of Olivia Smith as Belle, Sawyer McAvoy as the Beast, Paxton Wilson as Maurice, Hayes Sharp as Gaston, Paxton Pitts as Lefou, Brock Allen as Cogsworth (the clock), P.T. Mayfield as Lumiere (the candelabra), Finlee Ozias as Mrs. Potts (teapot), Katherine Buchanon as Babette, Gracie Hamlett as Madame de

la Grand Bouche and Anderson Glover as Chip (teacup), among others.

"I feel amazing," Smith said about playing Belle. "It's really just an honor to be chosen for such a great role."

This is her second opportunity to perform, as she played a pirate in "Peter Pan" musical while attending Northshore Elementary School.

"It's a little bit nerve-racking, but it's fun," Sawyer said about playing the Beast. "It's a different personality playing this role."

See **BEAUTY-BEAST** on Page 6B



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Knoxville Jazz Youth Orchestra welcomes guest artist Greg Moody at its concert Thursday, Feb. 15, at Pellissippi State Community College.

The free event, which is open to the public, will start at 7 p.m. in Clayton Performing Arts Center on the college's Hardin Valley Campus, 10915 Hardin Valley Road, Knoxville.

Moody is a composer, arranger and multi-instrumentalist who had one of his published works included as one of Bandworld Magazine's Top 100 compositions for 2023. As a saxophonist and woodwind specialist, Moody has performed with groups, such as the Temptations, the Tommy Dorsey Orchestra, the Salsa group Bio Ritmo and is a member of the Vosbein Magee Big Band.

The Knoxville Jazz Youth Orchestra is an honors band under the direction of Knoxville Jazz Orchestra lead trombonist Tom Lundberg. The 2023-2024 roster includes 20 members and six alternates from high schools, including Farragut, Hardin Valley Academy, Bearden and Concord Christian School.

For the full list of PSCC spring 2024 concerts, visit www.pstcc.edu/arts.

• **The public is invited to the 2024 Diabetic Social Health Fair, hosted by its founder and CEO, Chaka Jackson**, from noon to 4 p.m., Saturday, Feb. 17, in Community Evangelistic Church Multi-Purpose Building, 2650 Boyds Bridge Road, Knoxville. This year's theme, "Understanding Your Journey with Diabetes, promises a wealth of information and support tailored to anyone navigating life with diabetes," an event press release stated. "Don't miss out on the chance to deepen your understanding of diabetes care, connect with the community and access valuable resources. Register at diabetic-social.org

• **Tennessee Artist's Association will hold its regular monthly meeting starting at 7 p.m.**, Tuesday, Feb. 20, in Westminster Presbyterian Church, 6500 Northshore Drive. This meeting is free and open to anyone interested in the arts in East Tennessee.

The program will feature artist Katie Romba. Romba will talk about the story behind her own art and how it has transformed through the years from documenting her life with food allergies to her love of food now, and how she captures that on social media. She also will cover

some easy types of posts that are universal between all kinds of artists for social media.

Katie Romba is the Website Committee Chairperson of TAA and also works on the Social Media Committee.

More on the Tennessee Artist's Association can be found on the web at <https://tnartists.org>, on Instagram at @tn_artists, and on Facebook at TNArtistsAssociation.

• **Concord Sailing Center, 11600 S, Northshore Drive, is providing a Boating Safety Class** for the community on from 5 to 8 p.m., Thursday, Feb. 21. It is required you bring your Type 600 Boating Safety Exam Permit.

You must be at least 12 years old to take the exam. After studying the boating safety material, you must first purchase, for \$10, a Type 600 boating safety exam permit from any business (license agent) that sells hunting and fishing licenses (WalMart sporting goods, bait stores, etc.). You will need your Social Security number and driver's license if applicable.

Take this permit to the class/exam as it will be validated when you pass the exam and serve as your temporary certification until the card is mailed to you. TWRA will provide study materials or you can study online at <https://www.boat-ed.com/tennessee/studyGuide/10104402/>

Request home study materials by e-mailing your address to Canella.G.Cole@tn.gov or by calling 615-781-6566 and leaving your name and address. Registration will be from 3 to 5 p.m., Feb. 21. You must bring your Type 600 Boating Safety Exam permit with you.

Concord Sailing Center (CSC) is a 501(c)(3) non-profit founded in 1995 and dedicated to providing educational outreach activities that promote sailing and sailing-related seamanship skills. For more information, visit: concord-yachtclub.org/concord-sailing-center

• **First Farragut United Methodist Church, 12733 Kingston Pike, will host Hope Rises**, a community event featuring the Tennessee Suicide Prevention Network, from 2 to 4 p.m., Sunday, Feb. 25.

This event's conversation is intended for adults and teenagers. It includes information about suicide awareness and prevention with separate breakout sessions for adults and youth. Participants will learn how to recognize

See PLANNER on Page 7B

Treat dog's dry eye to avoid vision loss, blindness; can be controlled

Q: The vet just told me that my Pug, "Lilly," has dry eye. Coincidentally, I have dry eye, too. Can I just use my Restasis drops on her? A.W., Farragut

A: Cyclosporine, the medication in Restasis, is the same drug we use for dogs with dry eye. Interestingly, dogs require a higher concentration of that drug for it to be effective, and that is the difference in human and canine dry eye medications. It is simply a species difference. So Restasis would not hurt Lilly at all, but it is unlikely to be strong enough to help her.

"Dry eye," or keratoconjunctivitis sicca (KCS), does occur with increased frequency in certain breeds, including Pugs. The medication can take 8-to-12 weeks for adequate tear production to peak. Some dogs will require a higher concentration of cyclosporine, and this can be formulated by a compounding pharmacy, made specifically for an individual patient.

Clinical signs to watch for in Lilly include yellow or green discharge, red eyes or dry/dull appearing corneas. Secondary bacterial infections can occur. Untreated KCS can decrease vision and cause eventual blindness. Although dry eye requires life-long treatment with the potential for future dosage adjustments, this disease can be managed. Best of luck to you and Lilly.

If you have questions about your pet, you may e-mail Dr. Myers at lenoircityac@gmail.com



Stephanie Myers
Ask the Vet

Town Dean's List honors from Ga. Tech, Tampa, Roane St. CC

• **Susannah Gordon of Farragut** has earned Dean's List honors at Georgia Tech for Fall 2023 semester. This designation is awarded to undergraduate students who have earned a 3.0 or higher academic average for the semester.

• **Adam Cieslik of Farragut** earned Dean's List honors at The University of Tampa for the Fall 2023 semester. Cieslik, a junior majoring in marine science-biology, maintained a grade-point average of at least 3.75 to earn the honor.

• **Broden Barlow of Farragut** was among students on Roane State Community College Dean's List for Fall 2023 semester. The Dean's List recognizes full-time students (those completing 12 or more semester hours of college-level courses) who attain a quality point average between 3.50 and 3.99.

Reserve for Newcomers by Feb. 16

• **Ladies who are new to the area, or who just want to make new friends, come and join Newcomers Club** for lunch and a program Wednesday, Feb. 21, in Bearden Banquet Hall, 5806 Kingston Pike. Speaker will be Juvenile Court Judge Tim Irwin. "We will be collecting new stuffed animals for the Juvenile Court," a NC press release stated. For reservations, call 865-705-0309 by Friday Feb. 16.

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Beauty & Beast

From page 4B

He has played in a couple of commercial advertisements and a couple of musicals, "The Little Mermaid" and "Willie Wonka" when he was younger. "This is a very student-run (musical theater) class of 91 students," Bendy said. "They design everything."

"We try to step back," she added. "We think it's good for them to really learn what's in making a production and what the directors would have to cover by themselves."

"This way we can delegate to our stage managers who are in charge of different committees, and they can get a sense of leadership and teamwork."

At the beginning of the year, "We put them in groups," Bendy said. "They do presentations on different musicals and then they ultimately decided (by vote) to do 'Beauty and the Beast.'"

"Because if they're for the show, then we're going to be for the show," she added. "It's going to be so much better for them. They're going to be more into it because they feel like they got to choose the show."

"We are actually the only middle school in the county to have a musical theater class during the school day. All other musical theater classes either happen before school or after school, so it's a real blessing to have it during the school day instead of trying to get 91 students to come before or after school."

Confident FMS can grow its musical theater program, "We do singing rehearsals during class," Bendy said. "We try to learn the music before we start putting it all together."

"Then we have solo rehearsals in the morning," she added. "We pull out small groups."

To purchase tickets, contact Bendy at ruth.bendy@knox-schools.org or call the school, 865-966-9756.



Tammy Cheek

Farragut Middle School eighth-graders Olivia Smith and Sawyer McAvoy will portray "Belle" and "the Beast" in the school's upcoming production of "Beauty and the Beast," scheduled to take place beginning at 7 p.m., Wednesday, Feb. 28; Thursday, Feb. 29; and Friday, March 1, in FMS' Studio Theater.

National title

From page 4B

Whitney Gohn, Addison Fink, Makenna McDonald, Sadie LaFrance, Mary Aspin Scott, Drew Patterson, Cassidy Stickley, Natalie Mahoney, Sadie Floyd, Lydia Finnegan, Sydney Derr, Caroline Seagraves, Piper Belcher and Mary Elizabeth Noble.

"I am just surrounded by an extraordinary coaching staff," she said. "We have assistant coaches (Laura Warrington for FMS and Victoria Ogier for FHS), as well as school sponsors (Elizabeth Wilson for FMS and Amy Whirter for FHS), and we just have incredible choreographers that join us and come up with routines that they compete."

Both the FMS and FHS teams were dominant in state competitions in November.

"Both teams competed in Jazz and Pom and both teams won both titles for Pom and Jazz," Brink added. "My biggest thing is state titles, national titles — those are all incredibly rare and huge accomplishments for these teams."

"It's something they should be so proud of. But as a coach, what I'm more proud of is just the humility and the work ethic and type of young women that these girls are."

Key ingredients

"The entire Farragut coaching staff, we center our program around just empowering young women to succeed and to grow and just to be humble competitors," Brink said. "So, I think more than anything I am beyond proud of their accomplishments and their placements throughout the entire season and at nationals."

"But more than that, I am just proud of the young women they are and the way they are continuing to soar way beyond their years, as far as maturity, and the way they handle themselves in competition settings, as well as just day to day," she added.

"More than anything, we are proud of what we are building as a program, the culture we are creating and the atmosphere for these kids in a world where there is a lot of pressure for these kids with social media. ... We are really focusing on cultivating an environment that just allows them to succeed and to grow."

Looking ahead, other roles

With the season now ending, the teams gear up in April with auditions for the upcoming season and hit the ground running.

The teams also perform at school football and basketball games and other events.

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Chess

From page 4B

They were among 40 participants in the tournament.

"I loved the experience," said Alex Lin, a club member. "It really gave me a chance to show off my chess skills and have a place to interact with people who share my passion for chess."

"The tournament was successful in many aspects," said Stephen Xiao, am FHS sophomore and vice president of competitions for the club. "We were very prepared and organized, which resulted in a smooth tournament."

"A fun and unique experience was handing out the trophies," he added. "Watching the kids smile was fulfilling, not only for us but for the parents and players as well."

"Looking back, it was a great tournament, where everyone had a great time."

Lots of participants

The tournament also had participants from Lenoir City High School, Farragut Primary School, Lenoir City Middle School, Hardin Valley Middle School and many home-schooled students.

"We usually hold one (U.S. Chess Federation) tourna-

ment annually, and this year's tournament was at FHS," Xiao said. "We are looking to expand that number to two tournaments a year, with one in the fall and one in the spring."

"Additionally, we host several fun blitz tournaments for our members during meetings throughout the semester, he added.

Of the consistent 15 to 20 members, FHS Chess Club had 41 participants in the Jan. 27 tournament.

"FHS has had a chess club for around five years now," Xiao said.

Planner

From page 5B

warning signs, show compassion and offer support for those having suicidal ideation.

Panelists include Emily Hager of the Governor's Office of Faith-Based and Community Initiatives; Scott Payne of Contact Care Line and Advisory Council member of Tennessee Suicide Prevention Network; Collin Zimmer of Sources of Strength; and Farragut High School Hope Squad students.

Sources of Strength and Hope Squad is a peer-to-peer suicide prevention program for high school students and young

adults. Hope Squad members are nominated by their classmates as trustworthy peers and trained by advisors.

"Suicidal thoughts can happen any time to anyone -- any age, race, gender or socioeconomic background," a Hope Rises press release stated. "In the Knoxville area, suicides increased 30 percent in 2022. There is hope: suicide is preventable, and you can make a difference. ..."

For more information or to register, visit <https://ffumc.org/event/hope-rises-a-conversation-that-could-save-a-life/> or call the church office at 865-966-8430.

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FHS HALL OF FAME '24 & SERVICE AWARD COUPLE

Eight former Farragut High School star athletes and one coach were inducted into FHS Sports Hall of Fame, the Class of 2024, during the Hall's annual ceremony, this year falling on Saturday evening, Feb. 10, in the school's Commons.

Though **Dennis Lindsay** couldn't be at the ceremony, this highly successful Lady Admirals soccer and FHS boys soccer head coach also was a Class of '24 inductee.

Serving 26 years as FHS girls soccer skipper, Lindsay compiled 447 wins and led five of his teams to finish as a TSSAA state runner-up. "He was named the District Coach of the Year nine times, the Region Coach of the Year 12 times and in 2004 was honored as the State Coach of the Year," event Emcee Erik Gerhardt said during his ceremony address of Lindsay's accomplishments.

Moreover, "Dennis was instrumental in Farragut getting a dedicated soccer field and making it the first-class facility it is today," Gerhardt quoted Natalie Sisk, who coached with Lindsay and who's also an FHS Hall of Famer, as saying.

Service Award honorees Kippie and Dr. Tom Lowry (right photo: center and right), volunteered hundreds of hours for years on end helping the highly successful Farragut track & field program — led by multi state championship-winning coach Bill Parker (left in the photo), an FHS and Greater Knoxville Sports Hall of Famer — along with the couple's equally passionate service with cross-country teams.



Left: Ben Bosse, right (2005-basketball), honored by Donald Dodgen, his former Admirals basketball skipper and current FHS athletic director who's also a Hall of Fame member.



Right: Julia Hsu, right (2010-tennis), honored by former FHS coach Susan Davidson, a Hall of Fame Committee member.



Left: Craig Humberd, left (1989, baseball), honored by John Heatherly, his former FHS baseball head coach who's also a Hall of Fame member.



Right: Brad Jones, right (2006-swimming), honored by Bill Parker, FHS Hall of Fame Committee co-chair.



Left: Lori Simerly Propst, right (2003-track, basketball, volleyball), honored by Kellie Ivens, her former Lady Admirals track & field head coach who's also a Hall of Fame member.



Right: Mimi Slagle Rust (2005-volleyball), honored by David Moore, her former Lady Admirals volleyball head coach who's also a Hall of Fame member.



Left: Danielle Spetar Ashley (2001-softball, basketball), honored by David Moore, her former FHS softball head coach and Hall of Fame Committee co-chair.



Right: Danny Vest, right (1990, baseball, football), honored by former FHS coach Benny Lyle, Vest's former Ads football offensive coordinator.

Photos by Alan Sloan

HeartHealth

Finding new rhythm

A year after open-heart surgery, Sherry Wilfert has adjusted to the new rhythm of living with heart disease.

“I had CABG [coronary artery bypass grafting] on December 23, 2022,” she said. Before that point she had no history of coronary issues and was in good health apart from a recently diagnosed case of diabetes. The warning signs—arm pain and shortness of breath on exertion—began suddenly, and within two weeks she had surgery to bypass two blockages in her heart.

“Recovery took a couple of months, which began with rest and very short walks around the house,” Sherry said. Cardiac rehab began about three weeks after the surgery. “At first I thought I would just go to rehab for a bit, not the whole six weeks recommended, but soon I began to enjoy my time there. I went every weekday and attended their educational classes two days a week. I made new friends, one of whom I’m still in touch with.”

At rehab, Sherry also met with a dietician. While she already ate a healthy diet, she was actually underweight and had to develop a plan to meet the dietary restrictions of both heart disease and diabetes while still getting the nutrition she needs.

Sherry also found that her new diagnosis brought a slew of new medications. “My daughter picked up ten prescriptions when she brought me



Sherry Wilfert with her dachshund, Pippin



home from the hospital!” she said. Some of those were discontinued as her recovery progressed, but others—like the statin drug to reduce cholesterol—are now part of her new routine.

“The American Heart Association recommends LDL cholesterol [known as the ‘bad’ cholesterol] to be below 70 after a heart event. My LDL went from 96 down to 45! But the high dosage of statin also adversely affected my thyroid, HA1C, and liver functions,” she said.

She went through a period of adjusting medica-

tions to manage cholesterol, blood pressure and blood sugar while balancing her entire body’s needs and reactions. She learned the importance of being her own advocate and coordinating between multiple doctors. She is also monitoring her blood sugar more closely, correlating higher readings with certain foods or activities and adjusting accordingly.

Tests in preparation for the CABG also showed a blockage in Sherry’s carotid artery. The vascular

See NEW RHYTHM on Page 2C

How to promote heart health in 2024



February is Heart Health Awareness Month, and according to the CDC (Centers for Disease Control and Prevention), heart disease is one of the leading causes of death in the United States. How can we lessen our chance of developing heart disease?

Here are 5 ways you can promote heart health in 2024.

- 1. Focus on Your Diet-**
One of the biggest ways to keep your heart healthy is to focus on a healthy diet. Add colorful fruits and vegetables to your plate, eat more Omega-3 Fatty acid-rich foods such as Salmon and nuts, and keep your sugar intake low. It is also important to keep your fiber intake high and your animal fat intake low. One way you can do this is by swapping your butter with olive or avocado oil. Fort Loudon Medical Center in Loudon County has a team of dieticians who can help you get on track with your health goals.
- 2. Don’t Smoke or Stop Smoking-**
Nicotine causes blood vessels to tighten and narrow, which can increase your risk of heart attack. Not only is smoking dangerous for heart health, but being exposed to secondhand smoke is also dangerous for your heart health. According to the National Heart, Lung, and Blood Institute, cigarette smoking causes 1 in every 5 deaths in the United States every year. Talk with your doctor about a plan to quit smoking.

See HEART HEALTH on Page 2C



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Save A Heart

Educational organization helping others learn the basics of CPR

When Mike King’s son stopped breathing at 6 weeks old, the longtime firefighter and paramedic had to initiate CPR. Now, at 11-years-old, King’s knowledge of CPR ultimately saved his son’s life.

“My youngest son is here today thanks to me knowing CPR,” he explained. “I got him back only to have him stop breathing again at the hospital and again be revived. He is a healthy and amazing young boy today.”

Because of this eye-opening experience, King is dedicated to helping others learn the basics of CPR through his educational organization, Save A Heart. Founded on Feb. 17, 2006, the organization brings high-quality professional training to businesses and individuals with a variety of classes that cover CPR, AED, first aid, bloodborne pathogens

and bleeding control. King said that classes range from about two to four hours, and everyone gets their own manikins and devices to ensure optimal hands-on training. “In CPR classes, you will do 10 minutes of CPR throughout the class,” he said, noting that different CPR classes are available for adult, child and infant training. “That includes CPR, AED, choking, rescue breathing and opioid overdose.” King said first aid classes generally focus on learning how to manage illness and injuries before help arrives. “First aid classes are more of recognition of problems with life-saving techniques prior to trained first responders arriving,” he said. “For example, bleeding control, seizures, heart attacks, allergic reactions, strokes, and environmental emergencies.” All students who complete a class will receive a certification from the American Heart Association that’s valid for two years.



‘Saving lives one class at a time’

As the Tennessee-based organization’s overall mission is “saving lives one class at a time,” Save A Heart’s classes are offered to any groups or businesses that require training. Non-certification classes are also available at a discounted rate for anyone simply wanting to expand their knowledge. King said the \$20 discount is meant to encourage individuals to take a class so that they can be well equipped in the event of an emergency. “If you are looking to be informed and gain knowledge to save a life, my classes are

for you,” he said. “I have had so many people call or email me over the years letting me know they themselves or one of their employees saved a life after my class.” In fact, just last week, King said a student completed a class on Monday and ended up having to use their new skills only five days later while on vacation in Florida. “They had to do CPR on a drowning victim for 25 minutes until the Coast Guard showed up,” he said. “This is what drives me to do what I do – I love seeing the impact my classes have on people’s daily lives.” Training classes can be

booked by emailing King at saveaheartinc@gmail.com or by calling 309-314-2912. For those who may be interested in taking a course on certain dates, King recommends booking at least two months in advance. “I commonly have classes on my schedule a year in advance for recurring customers,” he said. “If groups or businesses are flexible we can work them around other classes. We also offer evening and weekend classes.” For more information about Save A Heart, visit saveaheartinc.com. ~ Rachel Totten

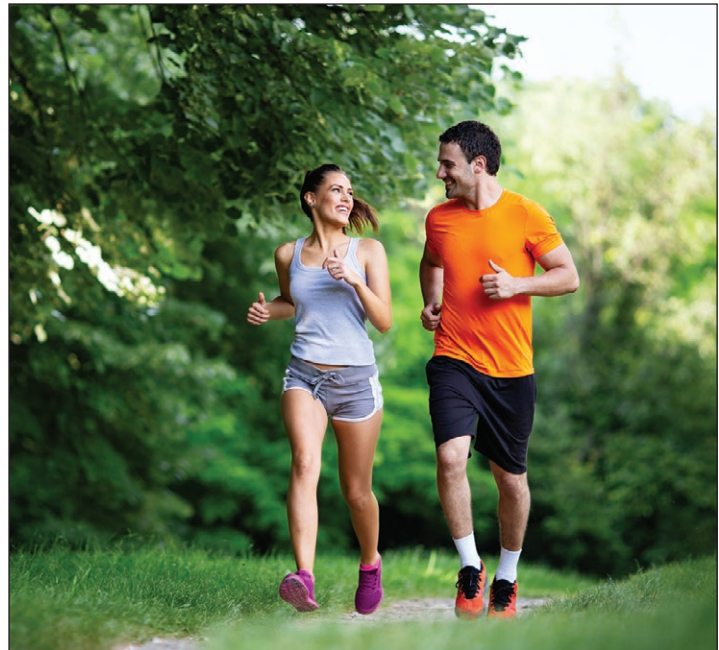
New Rhythm

From page 1C

surgeon preferred to give her heart time to mend before addressing the issue, so she waited until June of 2023 before returning to the hospital for a carotid endarterectomy. “After the first surgery, this one was easy,” she said, referring to the overnight hospital stay (versus ten days for CABG) and the weeklong recovery time. When she had recovered from this second surgery, Sherry wanted to continue the physical fitness routine she’d begun in cardiac rehab. She now makes sure to take an exercise walk each day. Sometimes that includes pushing her 30-pound senior dachshund in his pet stroller! She tries to be very active and get over 10,000 steps every day. She also joined a local gym. “I began going for the strength exercises ... I try to go three times every week, for 20 minutes or so each time.” The only time she broke this schedule was during the week of snow and ice when she was unable to get to the gym. But she did get out and shovel snow from the driveway. She was able to do so with no difficulty, suggesting that her fitness regimen is paying off. “Through exercise—both cardio and strength training, trying to eat well, and having follow-up appointments with my doctors, I try to follow a good plan to stay healthy,” Sherry said. “God has blessed me by giving me more time on this earth to be His follower and share my story with others,” she added. “I want the way I take care of myself to reflect His goodness to me.” After her ordeal, Sherry wanted to give back. For Christmas in 2023 she chose to give a donation to Samaritan Purse’s Children’s Heart Project. “I always look for ways that God is working in my life,” Sherry said. “I wanted to honor the healthcare workers and caregivers who helped me, and also pay it forward and play a small part in helping to heal someone else’s heart.” ~ Cindy Wilfert



Photos submitted
Sherry Wilfert is pictured carrying her dachshund Pippin (above) and enjoying a visit to Zoo Knoxville (right).



Heart Health

From page 1C

- 3. Exercise-** Moving your body is a great way to get your heart pumping. Starting a new exercise program, with the guidance of your healthcare provider, can help you promote heart health. Medical experts recommend about 2.5 hours of exercise a week and encourage starting with as little as ten minutes of exercise a day. Gradually, you can increase the length and intensity of exercise as your body adjusts.
- 4. Blood Pressure-** Normal blood pressure is

- under 120/80 mmHg. Managing your blood pressure ensures that your heart is not working too hard and increasing your risk of a heart attack. You can check your blood pressure using an at-home blood pressure monitor or visit your doctor to monitor your blood pressure.
- 5. Maintain A Healthy Weight-** According to the American Heart Association, being overweight or obese increases your risk of high blood pressure which, in turn, increases your risk of heart disease and stroke. Healthy eating and exercise habits can help keep your weight managed and

your heart healthy. Heart health is important for children and adults alike, and these healthy habits can be started early in life. Throughout Heart Health Awareness Month, make it your goal to focus on keeping your heart healthy and happy. To learn more about heart health visit The American Heart Association and join their free program to get tips on how to take control of your health in 2024. ~ Jordan Burchette



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The impact of heart disease on women

Heart health is vital. Despite widespread recognition of the importance of a healthy heart, cardiovascular disease (CVD) is the leading cause of death around the world. CVD includes coronary artery disease and other issues affecting the heart or blood vessels. e.

Even though heart disease affects both men and women, it's often mistakenly seen as a condition that mostly affects men. The Centers for Disease Control and Prevention says that heart disease, namely coronary artery disease, is the leading cause of death for women and those assigned female at birth. It occurs when plaque develops in the walls of the arteries and slows down the flow of blood supply to the heart and other parts of the body. Women are particularly at risk because, after menopause, hormone changes like a reduction in the production of estrogen can cause higher risk of coronary heart disease, especially in smaller blood vessels.

In addition to hormonal changes after menopause, the risk factors for heart disease in women include:

- **Diabetes:** Women with diabetes are more likely to develop heart disease than men with diabetes. There's also an increased risk of silent heart attack since diabetes can change the way women perceive pain.

- **Mental health:** Emotional stress and depression can affect women's hearts more than men's, as depression may compromise a woman's ability to maintain a healthy lifestyle.

- **Smoking:** Smoking is another risk factor for heart disease.

- **Inactivity:** A sedentary lifestyle increases heart disease risk.

- **Inflammatory diseases:** Individuals with arthritis, lupus and other inflammatory conditions may be at an elevated risk for heart disease.

Learning about the warning signs of heart attack and stroke can help women stay on top of their health. Here's what to look for, courtesy of GoRedForWomen.org.

Heart attack

- Uncomfortable pressure, squeezing, fullness, or pain in the center of your chest. It lasts more than a few minutes



or goes away and comes back.

- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

- Shortness of breath with or without chest discomfort.

- Cold sweats, nausea or lightheadedness.

- Chest pain or discomfort.

Stroke

- Sudden numbness or weakness in the face, arm or leg, especially on one side of the body.

- Sudden confusion or trouble communicating.

- Sudden trouble walking, dizziness, loss of balance or

coordination.

- Sudden severe headache with no known cause.

Women mindful of the risk factors of heart disease as well as the symptoms of heart attack and stroke may be better positioned to protect their long-term heart health.

Fill up on healthy eating pointers

Diet and exercise are the key components of maintaining a healthy weight and protecting yourself against chronic disease. According to the Missouri Department of Health & Senior Services, eating smart and being active have similar effects, including reducing risk for heart disease, high blood pressure, stroke, some cancers, and diabetes. In addition, these healthy living strategies can

improve personal appearance and improve overall well-being — helping people live longer and maintain their independence.

People may wonder how to eat better when faced with many diets, each of which promises great results. It can be confusing when navigating all of the options, and there is no magic formula to eating better. Common sense can come into play when attempt-

ing to eat better, and individuals also can consider these strategies to make diet work for them as they seek to live healthier.

- Eat colorful, varied, nutritionally dense foods. Medical News Today says each meal should be 50 percent fruit and vegetables, 25 percent whole grains, and 25 percent protein. Select an array of colorful foods that will provide most of the nutrients needed.

- Choose fiber-rich foods. Fresh fruits and vegetables, whole grains, nuts, and legumes are good sources of fiber. Fiber helps people maintain digestive health and can help you to feel fuller longer, reducing the potential for overeating, according to the Centers for Disease Control and Prevention.

- Note how you feel after eating. Create a food journal where you jot down notes

about how you feel after eating certain foods. If you notice that certain foods or ingredients trigger adverse reactions, it may be worth avoiding that type of food or looking for an alternative. Stomach upset or bloating after eating dairy, for example, may indicate an intolerance for lactose.

- Explore the Mediterranean diet. While you should avoid

See **HEALTHY EATING** on Page 5C

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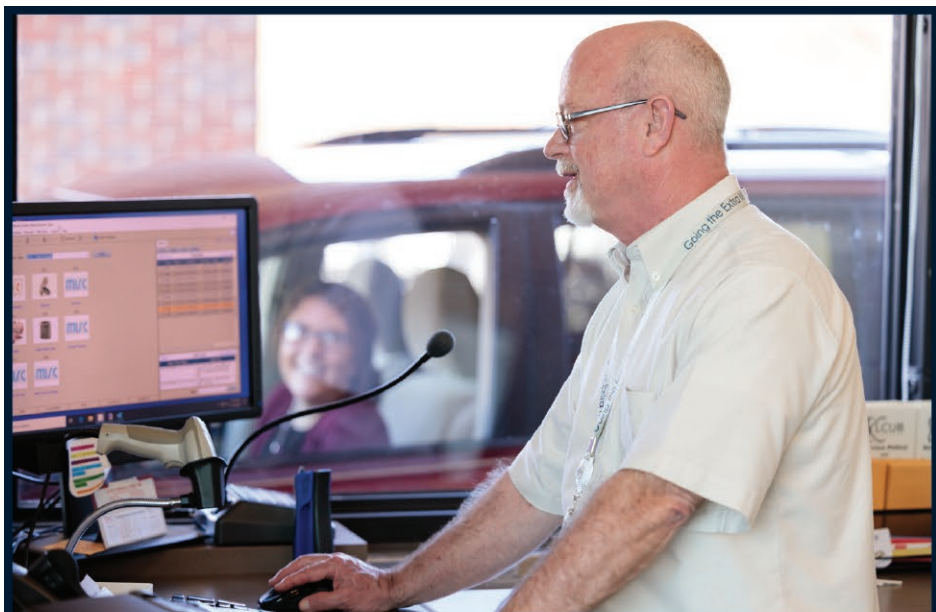
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Activities to strengthen the heart

The heart is a vital component of the human body. Without a functional heart, life is simply not possible. As with other muscles in the body, it is important to give the heart a workout to improve its strength and vitality. Inter-mountain Health says an individual who does not exercise is more than twice as likely to get heart disease as someone who does. UCI Health says heart disease is the No. 1 cause of death worldwide.

Exercise is an ideal way to strengthen the heart and reduce your risk for heart disease and other conditions. Certain activities are prime for boosting heart health.

- **Aerobic exercise:** Aerobic exercise raises heart rate and gets the blood pumping throughout the body. Aerobic activity improves circulation, and over time it ensures the heart does not have to work as hard to pump blood, thus potentially lowering blood pressure. Also, aerobic exercise can reduce the risk for type 2 diabetes and can help those with diabetes to control blood glucose more readily. Aerobic exercises include brisk walking, running, swim-

ming, cycling, playing tennis, and other activities that get the heart pumping. Aim for 30 minutes each day, for at least five days a week.

- **Resistance/weight training:**

Building muscle can help the body burn fat and boost metabolism. This type of training can use weights or the body's own resistance. Improving muscle mass while reducing body fat and excess weight are heart-healthy steps to take. Strength training can be incorporated into a routine two to three days a week.

- **Balance and flexibility exercises:**

A person may wonder what flexibility and balance has to do with heart health. While there isn't a direct correlation to how the heart works, these types of activities will help reduce the risk of falls or injuries to muscles and joints while working out. Inactivity is dangerous for the heart, so ensuring that physical activity can continue is important. Flexibility and balance exercises keep the body limber, and can be incorporated into daily workouts. Stretching, tai chi, yoga, and pilates can be



included two or three times a week.

- **Healthy eating:**

The foods people eat can affect heart health. Opt for lean protein sources and foods that include healthy fats. Salmon, avocados and olives are some options. Balance these foods

with whole grains that are full of fiber, which can help a person feel fuller longer. Fiber also is essential for preventing atherosclerosis, a condition that causes hardening of the arteries.

- **Meditation:**

Slowing down, performing

deep-breathing exercises and meditation can reduce stress. That, in turn, can help prevent damage to the heart.

Strengthening the heart and maintaining its health involves various activities that can be incorporated into daily routines.



Healthy eating

From page 4C

fad diets that often produce short-term but unsustainable results, a Mediterranean diet has stood the test of time. According to the authors of a new study published in JAMA Network Open in October 2023, middle-aged and older adults with overweight or obesity and metabolic syndrome lost visceral fat (belly fat) and showed a greater reduction in the percentage of total fat

while adhering to a Mediterranean diet. They also had delayed loss of lean body mass, which often comes with aging. Mediterranean diets prioritize legumes, seafood, vegetables, and "good" fats like olive oil.

- **Control portion sizes.**

Sometimes it's not what you eat but how much you eat that affects health. Weighing and measuring food can help you control portions and understand how many calories you're consuming each day. The National Institutes of

Health says eating plans that favor 1,200 to 1,500 calories per day for women and 1,500 to 1,800 for men are good targets to lose weight at a healthy pace when combined with moderate exercise.

Balanced eating is a major component of a healthy lifestyle. While there are many fad diets, eating plans with a proven track record that are supported by the medical community may be your best bet.

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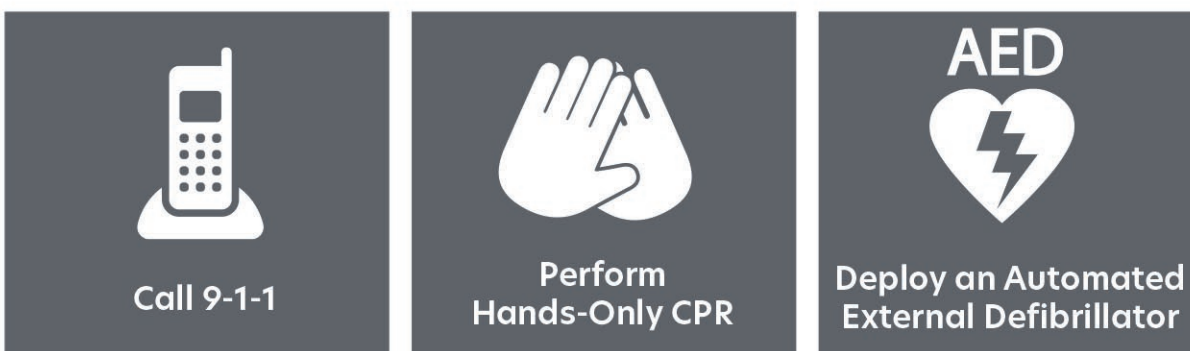
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Know the Early Signs & Symptoms of a Heart Attack.

Someone might have one or more of these common symptoms. When they start, they can be mild or come and go. Over time, the symptoms and pain become more intense. Stay alert and always pay attention to chest pressure.



Save a Life. If someone collapses...



How to Give Hands-Only CPR

If you see a teen or adult suddenly collapse, follow these steps:

- 1) Call 9-1-1
- 2) Push hard and fast in the center of the chest. The beat of the disco song "Stayin Alive" is the right speed for hands-only CPR.

For a video demonstration of hands-only CPR, visit heart.org/handsonlycpr

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VOL. 38, NO. 2 A PUBLICATION OF THE FARRAGUT WEST KNOX CHAMBER OF COMMERCE FEBRUARY 2024

Chambers *present* Legislative Agenda

The Farragut West Knox Chamber was honored to be the host organization this year for the Regional Legislative Agenda Breakfast, taking place on Friday, January 26 at Bridgewater Place. The event was capped at 370 attendees and included Congressman Tim Burchett, state senators, representatives, and area elected officials.

The chamber is thankful for the event to be presented by Slamdot, and also supported by event sponsors First Horizon Bank and TDS Telecom.

The Keynote Speaker was Dr. William "Bill" Lyons, Professor Emeritus of the Institute of American Civics at the University of Tennessee's Baker Center of Public Policy and Affairs spoke on the theme, "Our Region is Growing: Doing it Together AND Getting it Right." He touched on multiple historical aspects of growth in our region, emphasizing the assets of our area, namely the people who work and live here and the spirit of volunteerism that makes our community more likely to seek out commonalities versus differences.

The full legislative agenda is below:

For three decades the Chambers of Commerce of Oak Ridge, Blount County and Knoxville have worked together to develop a regional legislative agenda to identify state issues of importance and increase job and business growth in the region. In 2021, the Farragut West Knox and Anderson County Chambers of Commerce joined this initiative.

The following items will be the primary focus of this joint effort, with a specific emphasis on points affecting the most currently critical issues of Workforce, Housing, and Childcare.

ECONOMIC DEVELOPMENT

- To attract, retain and expand business in our region, we:
- Support local governments' continued ability to promote economic development and affordable housing through public/private partnerships (TIF, PILOT, and Housing Tax Credits) and encourage the State of Tennessee to enhance these efforts.
 - Support the enhancement of infrastructure and training incentives, and the establishment of technology-driven incentives to recruit and retain

high-skilled high-wage jobs that further the region's reputation for innovation.

- Advocate for McGhee Tyson Air National Guard Base to receive and deploy the K-46 Pegasus refueling aircraft, and its associated Air Force personnel, to capitalize on recent investments at the base.

EDUCATION & WORKFORCE DEVELOPMENT

To ensure a high-quality, capable workforce in the future, we:

- Encourage the State of Tennessee to implement an initiative to attract skilled and educated workers to our State to meet the needs of our existing and future employers.
- Support an accountability model for Tennessee school systems that includes seamless pathways and a measure of quality career and technical education, including industry-recognized certifications, work-based learning, dual enrollment and expand post-secondary opportunities, to help reach the state's goal of 55 percent of Tennesseans by 2025 holding post-secondary credentials.
- Support efforts to expand college access and affordability for all Tennesseans, including funding for short-term training that meets the region's specific workforce demands.
- Oppose any state action that would result in mandating the election of school system superintendents.
- Support processes and policies to ensure funds allotted to the state and region through the federal Workforce Innovation and Opportunity Act are administered equitably, efficiently, and creatively by



FWKCC board directors and staff were honored to have Dr. Bill Lyons speak at the January 26 breakfast. L to R front: Julie Blaylock-FWKCC President/CEO, Angela Harvey-Board Vice Chair, Dr. Bill Lyons, Christine Dean-Board Chair; L to R back: Cory Beilharz-Board, Ken Finster-Board Treasurer, Aaron Spencer-Board Secretary, John Haney-Board.

the East Tennessee Local Workforce Development Board.

CHILDCARE

Because the lack of childcare is impeding our workforce, resulting in lost earnings and revenue of \$2.3 billion in Tennessee, we seek to:

- Support efforts that increase access to quality and affordable childcare by incentivizing businesses to co-invest in childcare with their employees and/or community, including through business tax credits.
- Strengthen the early childhood education workforce by reexamining requirements to become a

See AGENDA on Page 3

EXPO brings BOOT CAMP to business members!



The chamber's Business EXPO returns in 2024 on Wednesday, May 1, from 2pm to 6pm at Rothchild Event Center, but it will ALSO offer a special add-on program for chamber members in the form of a pre-Expo BOOT CAMP! Booths are still available to chamber members through February 29th for \$250 with a 10% early bird discount.

The Expo BOOT CAMP will take place on Tuesday, February 27 from 3:00 to 5:00pm at the brand-new training space at ServPro West Knoxville just off Pellissippi Parkway. Members who offer products or services to businesses to prepare them for an event like a trade-show or expo can sign up to

See BOOT CAMP on Page 4

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35°
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West Young Professionals
SouthEast bank
Summer Moon COFFEE

YPs planning Coffee for a Cause

After a successful speed networking in February, West Young Professionals is proud to start the month of March with a morning networking that includes coffee, but for a great cause.

Venue sponsor 35 North will host the networking space on Friday, March 8 from 7:30-9:00am, while next door neighbor

Summer Moon will offer attendees a discount on coffee that day.

But most importantly, attendees are asked to bring items to help benefit the Knox Area Rescue Ministries shelter, including new toiletries, new socks or undergarments (especially for females as there has been an uptick in the fe-

male homeless population), and clean lightly used bedding or sleeping bags. Winter in East Tennessee often offers a last blast in March, and cold snaps in April or even May, so these items are most needed.

Register for this YP program at farragutchamber.com > Events.

Enterprise Club

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

ADMIRAL ELITE



ADMIRAL



COMMANDER



CAPTAIN



ANCHOR



SENIOR FINANCIAL GROUP



TRUIST



PROPELLER

- Christian Brothers Automotive
- FASTSIGNS
- Knoxville Health Plans
- More Than Memories • Slamdot



Advice for buying a franchise

By your Knoxville Small Business Development Center

There are three ways to start a business: Start from scratch, buy an existing business, and franchising. In many instances franchising is by far the most successful option. According to FranNet, "Buying a franchise is a great option for business owners as it provides a proven business model. However, it's important to research and understand the specific requirements of each franchise before entering into an agreement. Consulting with legal and financial advisors, as well as a franchise consultant, is recommended to make an informed decision."

Before buying a franchise, it's important to consider the following requirements:

- #1 - Financial Requirements:**
- Initial franchise fee
 - Ongoing royalty fee
 - Advertising fees
 - Estimated initial investment
 - Minimum net worth requirement
 - Minimum liquid capital requirement

Research the specific requirements of the franchises you're interested in and create a thorough business plan to secure financing.

- #2 - Legal and Contractual Obligations:**
- Franchise agreement
 - Grant of Franchise
 - Territory restrictions
 - Renewal and termination clauses
 - Non-compete and confidentiality agreements
 - Operation and quality standards
- #3 - Training Programs:**

Franchises provide training programs that include initial training and ongoing support. Understand the training expectations and goals of the franchise.

- #4 - Site Selection and Approval:**
- Franchise locations must meet certain criteria. Consider factors like demographics, market research, accessibility, and zoning regulations.

- #5 - Marketing and Branding:**
- Franchises have specific marketing and branding strategies that you must follow. This ensures consistency and a strong brand image.

- #6 - Performance Metrics and Reporting:**
- Sales and financial reporting requirements
 - Key performance indicators (KPIs)
 - Consequences for not meeting performance standards

To learn more about franchising as an option to start a business, your Tennessee Small Business Development Center invites you to join our class on March 19th at 9:00 a.m. as Jerry Bird from FranNet leads us in "Franchising as a Career, an Investment, or Both!". You can register for this virtual class by visiting our center website, www.tsbdc.org or with this registration link, <https://clients.tsbdc.org/workshop.aspx?ekey=21430074>.

Networking

Drop Zone Distilling January 11, 2024



Master Distiller Ross Miller and CEO/Founder Rod "Sarge" Parton flash a smile for the camera at the evening networking



Master Distiller Ross Miller pours samples of Drop Zone favorites to a few event attendees. (L-R) Martin Smith Tennessee Children's Home, Patrick Rodriguez US Small Business Administration, and Gregg Bostick Tennessee Small Businesses Development Center

Ribbon Cuttings

Kick & Fit Club January 3, 2024



Owner and Master Trainer Paulie Baio brandishes the giant scissors in preparation to cut the ribbon on his new fitness club.

Peach Cobbler Factory January 31, 2024



Komeisha Rodgers and Ericka Toms, co-owners, get ready to cut the ribbon at their soft launch, joined by their team, the community, and Chamber members/ambassadors in the celebration.



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e-mail: info@farragutchamber.com | www.farragutchamber.com

This newsletter is published monthly by the Farragut West Knox Chamber of Commerce.

SLIM DOWN WELLNESS
IN FRANKLIN SQUARE

- WEIGHT LOSS INJECTIONS
- APPETITE SUPPRESSANTS
- VITAMIN INJECTIONS
- CUSTOMIZED DIET PLANS

CALL (865) 909-SLIM (7546)
EMAIL: FRONT.DESK@SLIMDOWNKNOX.COM
WWW.SLIMDOWNKNOX.COM

Ribbon Cuttings

Home-Based Businesses

January 30, 2024



The Farragut Lions Club 50th Anniversary

Longest standing member Jim Hart prepares to cut the ribbon with fellow Lions, community members, and Chamber members/Ambassadors to welcome them and their new business.



HumanAI

CEO Preston Garland holds the scissors, and CRO Chuck Wilson helps steady the ribbon as everyone gathers for the ribbon-cutting.

Agenda

From page 1

preschool teacher and recognizing credentials from other states.

- Support efforts that increase the reimbursement rate for childcare vouchers to individuals in need to reflect the true cost of care.
- Make high-quality pre-K an option for more families and develop a mixed delivery system to optimize parental choice.

HEALTH CARE

To encourage a healthy workforce, we:

- Support health policies, particularly those addressing mental health, youth substance abuse prevention, substance misuse, abuse, and addiction, which improve the welfare of the state's workforce.
- Support efforts that will increase the pipeline of health care workforce by supporting Work in Tennessee initiatives, including an emphasis on growing workforce numbers in the mental health sector.
- Support state-sponsored trade schools that include paths for healthcare fields.
- Support increase in the Medicare-wage index to raise pay of health care workers in the Knoxville area.

INFRASTRUCTURE & TRANSPORTATION

To provide the infrastructure needed for economic growth, we:

- Support continued efforts at the local, state, and federal level to increase investment in wired and wireless broadband networks, as well as efforts to

improve digital literacy, to improve education, medical care, and economic opportunities for all Tennesseans.

- Support short- and long-term solutions for interstate congestion and regional arterials that ensure connectivity and mobility for commuters, deliverers of goods and tourists.
- Support efforts to ensure water, sewer, and gas infrastructure is maintained and expanded to accommodate a growing population and economic development opportunities.
- Support efforts to increase the capacity of and expand and upgrade the infrastructure of electrical utilities to meet growing demands of electric vehicles in an equitable manner to all taxpayers.
- Support efforts to recruit air carriers and additional flights to and from key markets out of McGhee Tyson Airport and continue support for capital improvements at the airport to support the future needs of air travel in East Tennessee.

ENTREPRENEURSHIP & SMALL BUSINESS

- To create a healthy ecosystem for business start-ups, growth, and longevity, we:
- Support efforts that increase the availability of capital by leveraging funding sources to invest in technology-based firms to foster innovation and the creation of high-skilled, high-paying jobs.
- Support efforts that increase access to capital for entrepreneurs and start-ups, particularly those aligned with business and scientific assets in the region.

Member Briefs

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

Go to

www.farragutchamber.com

to see these and other member items!

Carol Frederick, a recently retired cost estimator from **The Christman Company**, has been honored with the prestigious Iris Award by the Associated General Contractors (AGC) of Tennessee. Frederick received recognition at the Build Knoxville Awards on Jan. 25, celebrating her exemplary career and contributions to the construction industry, particularly in championing the role of women. View their full list of services at www.christmanco.com.

Mid-winter is prime time for expensive home repair emergencies. An Alarm.com powered temperature sensor from **His Security & Technology** in your basement or crawlspace can give you early awareness of an imminent winter washout through temperature alerts! Call His Security today at 865-474-9495 or visit them online at www.hissecurity.com.

Slim Down Wellness assists you in achieving your weight loss and wellness goals. They'll start by evaluating your current health status, understanding your objectives, and crafting a plan tailored to your needs. They offer Weight Loss Injections, Customized Diet Plans, Vitamin Injections, and more. To begin your journey call 865-909-SLIM.

With freezing weather, you may see an increase in your utility bills related to energy use and costly damage to your plumbing. **KUB** helps customers in need through Project Help, which offers emergency heating assistance, and their Water Savers program, which provides emergency plumbing repairs. Learn more about how they can help you this winter at www.kub.org/assistance.

KTVA recently celebrated 90 years as a Credit Union! They believe their philosophy of "People Helping People" has impacted lives within the Credit Union and their commitment to improving the communities and lives they serve! Bank with them today and call 865-544-5400.

Graphic Creations, Inc. is excited & humbled to announce they have been named on Printing Impressions' 2023 Top 300 Printing Companies in the US and Canada! They are so proud of the GC team and would not be where they are today without their amazing customers. Stop by today at 213 E 4th Avenue in Knoxville.

Y-12 Credit Union continues to build upon its 74-year-old East Tennessee financial legacy by proudly announcing the launch of its bold new look. Although the logo has a new design and color scheme, the integrity of the past remains intact, signifying homage paid to the rich history of the Credit Union and its name. Check out the new look here at www.y12fcu.org.

Welcome New Members!

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

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

865 Alliance brings high-level Men's and Women's Soccer to Knoxville with professionally run and operated NPSL and UPSL Teams. 865 Alliance Men's and Women's teams are led by Jon Schneider (President/GM) and Josh Gray (Vice President). The NPSL and UPSL team is owned by one of the most successful Youth Soccer Clubs in Tennessee, FC Alliance) who have a successful track record of developing great players, coaches, and teams. Their mission is to provide excellence in training, development and the teaching of life lessons through the game of soccer. The club's number one priority is to develop players to their full potential and help them attain future opportunities to continue their soccer careers. For more information, visit <http://865alliance.com>.



Every DW design is created in-house by owner/designer Dan Wilson. Since 2014, DW has been built on creating the most original and unique TN-inspired apparel available. From hats, tees, fleece, and more, every item available has been



hand-picked and created for individuals, local businesses, schools & churches. From decals to home goods, hats, and apparel DW can help. Visit <https://thedwdesigns.com/> or call (865) 288-0301.

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Offering microblading, blade & shade, ombre/powder brows, tiny tattoos, and paramedical services. Visit <http://song-sinkstand.com> or call (470) 920-3031.



See NEW MEMBERS on Page 4

Welcome New Members!

New Members

From page 3

Create, edit, and review PDFs. E-sign documents and collect signatures. Collaborate with your team. Adobe is changing the world through digital experiences by helping customers create, deliver, and optimize content and applications. Visit <https://www.adobe.com/>.



Their friendly and professional staff is committed to guiding you through your weight loss and wellness journey by assessing your current health condition, understanding your personal goals, designing a plan specifically for you, and supporting you every step of the way. Call (865) 909-7546 or visit <https://slim-downknox.com/>.



Their team has years of experience in the industry and uses cutting-edge pest control technology that's backed by science, so much so that they have a 100% satisfaction guarantee for all their customers. If you're bothered by pests in between treatments, they'll send a technician to your home as soon as possible to perform a follow-up assessment and treatment – free of charge. Call (678) 824-4562 or visit <http://pestauthority.com>.



The taco restaurant company specializes in original tacos with fresh toppings, margaritas, and a premium assortment of tequilas. Condado Tacos takes an individualistic approach to both its menu and the restaurant environment. The Knoxville restaurant worked with local artists to create a one-of-a-kind mural highlighting local attractions. Visit <http://condadotacos.com>.



Save A Heart is a Tennessee-based educational organization that brings training to you. At Save A Heart you get one manikin per student which gives you more hands on time. Licensed Paramedics certified through the American Heart Association instruct all classes. Professional, educated, and experienced let Save A Heart instruct your next class. Call (309) 314-2912 or visit <http://www.saveaheartinc.com>.



Welcome to a pub where every drink is served with wit and sass. Bartenders will provide you with your drink of choice and proceed to debate your strongest opinions. Catering to those who require a certain cozy yet swanky ambiance. Serving drinks that bring back old memories or unique tastes curated by our friends at local craft breweries. This is where the greatest minds come to collaborate for the greater good. Visit <https://marblecitypub.com/> or call (865) 254-7401.



Established in 1950 to provide financial services to the employees of the Oak Ridge Gaseous Diffusion Plant (K-25), enriched uranium as part of the Manhattan Project. In 2003, they converted to a community charter which expanded their field of membership to include citizens of the following counties: Anderson, Blount, Claiborne, Knox, Loudon, Morgan, Roane, Scott, and Union. In 2007, they changed their name to Enrichment. This name was significant because it was a tribute to the work done at the now closed K-25 plant, and placed an emphasis on their ongoing pledge to “Enrich” members’ lives by giving them Financial Solutions Made Easy. Visit <https://www.enrichmentfcu.org/> or call (865) 482-0045.



Thank You for Renewing Your Membership!

The Farragut/West Knox Chamber thanks these businesses who have renewed their investment in the Chamber as of February 2024. We can count them as Farragut/West Knox Chamber of Commerce members! We urge members to patronize one another when the goods or services a member can provide are needed. We also hope that area residents recognize a business's commitment to its community when it becomes part of its local chamber of commerce and reward that commitment with its patronage.

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



The Eye Group
Thank you for your Anchor Enterprise Membership!



Senior Financial Group
Thank you for your Anchor Enterprise Membership!

7 Title
AAA East Tennessee
Aloft Knoxville West
Alzheimer's Association TN Chapter
Amish Elegance
Ampt Electric
Avenir Memory Care at Knoxville
CADES
CharlieSlagle.com
ChildHelp - N. Cedar Bluff Location
Concord Veterinary Hospital
Corrigan & Williams
Cyan Insurance Solutions
Edward Jones - Financial Advisor:
Wendy Schopp

El Mezcal Mexican Restaurant
Emory Valley Center
Express Employment Professionals
Greystone Pointe Apartments
Hampton Inn - Turkey Creek
Junk Galaxy
Keller Williams Realty - The Cooper Group
Kendall Investigations
Knox County Commission - 5th District
Knoxville Aging In Place, Inc.
Knoxville Real Estate Professionals Inc.
Kumon of Farragut
Lakeview Home Improvement
Mary Kay - Marianne Morse,
Independent Senior Sales Director

McNabb Law, PLLC
Professional Jewelers
Seeds of Change, LLC
Summer Moon Tennessee, LLC
The Julianna
The Kitchen LinK
The Venue at Lenoir City
The Village at Westland Cove
The Web Mavericks
UPS Store #2381
Window Hero West Knoxville
Women's Basketball Hall of Fame
Y-12 Federal Credit Union -
Middlebrook Branch

Boot Camp

From page 1

have a display table to market their services. This includes printing services, promotional items, photography, business marketing strategy and similar.

The boot camp will include networking time and a panel discussion offering tips, tricks, and best practices to maximize your exposure at any tradeshow, as well as how to follow up with leads. Any chamber member can attend, whether or not they plan to showcase

at the May 1 Expo. There is no cost for members to attend the boot camp or for members to reserve a display table. However, space is limited so anyone interested should register now. The 2024 EXPO is presented by Slamdot. Other sponsorship levels remain in

limited quantities. For the Boot Camp display table form, email julie@farragutchamber.com. To sign up to attend the boot camp or the EXPO, go to farragutchamber.com > Events.

Calendar of Events: February/March 2024

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

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

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

February 15th
4p

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

February 22nd
8a

Salon Biyoshi
10412 Kingston Pike, Suite 10
Knoxville 37922

February 29th
4:30p

ADS Phoenix
4624 Chambliss Ave.
Knoxville 37919

March 14th
4:30p

Triple Hosted:
Signature Storage at Choto,
Johnny Brusco's NY Style Pizza,
and Van Edom's Wine Bar
1620 Choto Markets Way
Knoxville 37922