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Retreat finds BOMA listing its 2024 priorities

TAMMY CHEEK
tcheek@farragutpress.com

Adding pickleball facilities in Mayor Bob Leonard Park, dealing with traffic and building a greenway under Kingston Pike near Rick Terry Jewelry Designs — at the intersection of the Pike and Campbell Station Road — are among the projects that topped the list of Farragut Board of Mayor and Aldermen priorities in 2024.

The Board mused over Town-proposed projects,

challenges and concerns during its annual retreat, which took place for about six hours in Jersey College, next to Tennova Turkey Creek Medical Center, Friday, Feb. 9.

A new proposed project involved a Christmas ice skating rink in Town.

“Getting started on the pickleball courts (at Mayor Bob Leonard Park)” was one of Vice Mayor Louise Povlin’s priorities, as well as wayfinding signage.

“It would certainly help with newcomers, as well as visitors,” she added.

Other Board priorities included initiating a master plan and public input process for the future park land at McFee Road, implementing wayfinding/placemaking (signs) efforts, beginning renovations on Campbell Station Inn, identifying critical missing greenway connections or needed open/park space, adding sidewalks along spine streets in older subdivisions and enhanced park security, and researching new technology to increase efficiency and management of

See RETREAT BOMA on Page 4A

UT, MLB groundbreakers: Black History Month



Tammy Cheek

Word Players cast during their production of “Jackie Robinson Steals Home” at ESK Tuesday, Feb. 6, as part of Black History Month. From left are Leonard Freeny, Devon Thompson (Jackie Robinson), Jae Campbell and Ethan Norman singing the popular song, “Take Me Out to the Ballgame.” (See related photo and story beginning on page 5B)

Robinson & Robinson

UT’s first Black student shares views on freedom, ‘footprints’ at PSCC

TAMMY CHEEK
tcheek@farragutpress.com

Pellissippi State Community College students, faculty and area visitors had an opportunity to hear from the first African-American student to enroll at the University of Tennessee, Knoxville, which came in January 1961.

Theotis Robinson Jr. shared his experiences and advice as that first student during a “Conversation with a Legend,” as part of Black History Month, at PSCC’s Hardin Valley campus Tuesday, Feb. 13.

“Understand that government, that politics impact your rights very directly,” Robinson advised. “For example, I mentioned tuition and how that impacts you and your families.

“Pay attention to what’s going on in government,” he added. “Right now, our country is really at a crossroads. Are we going to remain a democracy or are we



Tammy Cheek

Theotis Robinson Jr., right, the first Black student to attend the University of Tennessee, Knoxville, speaks with Dr. Anthony Wise, president of Pellissippi State Community College, during Robinson’s visit to PSCC to speak Tuesday, Feb. 13.

going to become an autocratic (government)?”

Sounding a warning, “We need to understand that and how that affects our freedoms,” Robinson said. “You see, many freedoms are being eroded constantly.

“I hope you are leaving your footprints behind,” he added.

Robinson has been leaving footprints behind since he graduated from Austin High School in 1959, when he filed a

See THEOTIS ROBINSON on Page 5A

Part 2: Meet the District 5 candidates

TAMMY CHEEK
tcheek@farragutpress.com

A second round of questions from Farragut West Knox Chamber of Commerce’s Breakfast Speaker Series in Rothchild Catering and Conference Center Wednesday morning, Feb. 7, have been answered by the following 5th District Primary candidates during early voting, through Tuesday, Feb. 27, leading to Primary election day Tuesday, March 5.

County Commission candidates — S. Arthur Moore (Democrat) and Republicans Toni Scott, Dale Skidmore, Brian Walker, Brad Hall and Angela Russell — and School Board candidates Lauren Morgan (Republican) and Terry Whitaker (Democrat).

Russell’s bio, not included last week, is at the end of the answered questions.

What is your specific experience in participating with or serving alongside our local government to date? Commission candidates

Hall

“In my career in law enforcement, I have been a team player, a problem solver, a counselor and managed a lot of crises, so I think that helps. I would bring everyone to the table that’s involved and work on the issues.”

Russell

“Since turning 18, I have been an active voter in all elections, including local elections and Republican primaries.

“When I purchased my first home in Farragut Commons, I was elected to and served on that homeowner association board. Back then, many of the area HOAs sent a representative to the Town of Farragut meetings to report back and keep the HOA informed of local issues. ...

“In 2002, upon moving to the Northshore-Choto area, I continued my service by representing my neighborhood’s concerns to the Knox County government.

“I was one of the founding organizers of the Northshore-Choto HOAs group. ...

“Over the years, I have been involved in opposing several reckless development issues. In 2016, I helped successfully oppose what was commonly referred

See CANDIDATES on Page 2A



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Daddy-Daughter Shamrock Ball once again has afternoon, evening times

TAMMY CHEEK
tcheek@farragutpress.com

Tickets for the popular Shamrock Ball Father-Daughter Dance — offering either a late afternoon or evening session Saturday, March 2, in Farragut Community Center, 239 Jamestowne Blvd. — are selling fast, according to Rachel Malone, Town Recreation and Event manager.

“I’m looking forward to it,” Malone said. “It’s the first time that I’ve experienced it, but I know that it’s a Farragut favorite.

“We’ll have lots of dancing, music, crafts, light refreshments, photo opportunities,” she added. “It’s just going to be a lot of fun for the families who attend.”

Families can choose one of two sessions: from 4 to 6 p.m., or from 7 to 9 p.m.

“Limited tickets remain for the early ses-

sion,” Malone added. In the past, she said the tickets have sold out.

There is a cap of 250 people per session.

Families can purchase tickets — \$25 for a couple and \$5 for each additional family member — by visiting online at townoffarragut.org/register or by dropping by Farragut Community Center through Friday, Feb. 23, or until they sell out. There will be no tickets available at the door.

Ticket sales and sponsorships benefit the Greater West Knox Kiwanis Club, formerly Farragut Kiwanis Club, and their chosen beneficiaries, Girl Talk and Family Promise, two non-profit organizations in Knoxville.

“We partner with the Kiwanis Club (with the event),” Malone said.

For more information, contact Malone at 865-218-3378 or rmalone@townoffarragut.org.

KCSOreports

• At 1:41 a.m., Monday, Feb. 19, a Knox County Sheriff’s Office unit responded to a Belleaire Drive residence in reference to a vehicle burglary. Complainant said he was awakened by his garage door opening. Complainant said when he came out, he observed individuals running away from his vehicles. Complainant said “he then observed a white Nissan Altima leaving his dead-end road at a high rate of speed,” the report stated. Complainant said he then “noticed that all of his vehicles had been burglarized. He said his firearm, a Glock 19, had been taken from his truck”. No dollar value of damage was listed.

• At 8:52 a.m., Feb. 14, a complainant called KCSO West Precinct to report forgery from Farragut Town Hall, 11408 Municipal Center Drive. Complainant advised she received a call on Jan. 22, from Chase Bank in Donaldson, Georgia, inquir-

See KCSO REPORTS on Page 5A

Candidates

From page 1A

to as the “Pill Mill.” In 2023, I was a leader in the successful effort to stop the high-density government-subsidized Choto Landing development. ...

“In addition, I have actively participated in several Knox County government processes over the years. For example, I have been engaged in the Advance Knox process from the initial stages. I participated in the community workshops in hopes that my community would have a voice in this process that could be a ma-

jor change to development in Knox County. I have attended a Growth Policy Coordinating Committee meeting in person and watched others online.”

Skidmore

“My biggest experience for the last four years (is) I have been on my HOA in Village Green subdivision, which is a subdivision in the Town of Farragut with over 450 homes.

“I’ve worked with the Town of Farragut primarily with several issues. One in particular, we were having some issues, or the neighborhood-

See CANDIDATES on Page 4A

FMS state champions



Photo courtesy of Aarti Ramanan

Farragut Middle School Science Bowl team was victorious in a huge setting, finishing No. 1 in Tennessee State Middle School Science Bowl in Kingsport Saturday, Feb. 17. Winning \$500 for the school, the FMS team will be representing Tennessee in Nationals, which are being held in Washington, D.C. at the end of April. Team members with their \$500 symbolic check, from left, are coach Emma Rester, Eliana Li, Bochen Jiang, Siri Fukami, Nisha Ramanan, Olivia Wu and coach Kathy Browning. The state contest was sponsored by Eastman Chemicals.

correction

A Farragut High School dance team member, Mary Elizabeth Noble, was inadvertently omitted from the list of dance team members in a story that ran on Page 4B of our Community Section Wednesday, Feb. 14.

We regret the error.

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- Thousands of cases handled
- Defended thousands from forced annexation as attorney for Citizens for Home Rule

Government Experience

- 8 years as Chief Deputy Law Director (2012-2020)
- 4 years as Knox County Law Director (2020-present)

Elected Office

- Overwhelmingly elected Knox County Law Director in 2020

GOP Service

- Life-long East Tennessee Republican party member and supporter

Peer Opinion

- Overwhelmingly recommended by Knoxville Bar Association attorneys in a recent poll



ST. JOHN NEUMANN CATHOLIC CHURCH

Casino Night

St. John Neumann Catholic Church parishioners enjoyed laughs and games during a Casino Night Adult Social, hosted by the Council of Catholic Women, in St. John Neumann Catholic School’s gymnasium, 625 St. John Court, Saturday, Feb. 10.

Council member Megan Vanderhoofven said the event was not a fundraiser — rather, it was just a social event. Attendees enjoyed a potluck buffet before the fun began with poker, Black Jack, a roulette table and even board games.



From left, Jennifer Walker, Pam Hoskins, Linda Larson and her husband, Deacon Greg Larson



Cassie LaFasto



Fom left, Joey and Thomas Wenning and Jeff and Bri Arrowood



Jack Passafiume



From left, Diana Tozzi (seated), Debbi Tozzi (standing) and Maureen Peffers



From left, Bill and Sue Conway and Patty and John Murphy



Maddie Vanderhoofven



Sierra and Jacob Tippens



Ralph Peffers, left, and Mike Tozzi



Seth and Lisa Sinclair



Lisa Beldyk, left, and Megan Vanderhoofven



Tim Puttinger

True Light Bakery is all gluten-free

TAMMY CHEEK
tcheek@farragutpress.com

People who suffer from celiac disease or have a gluten intolerance still can enjoy cinnamon rolls, cookies and more.

Amy Hosier of Farragut recently started True Light Bakery this month in her home to provide all-gluten-free baked goods to the community.

“My main thing is sugar cookies, like decorated sugar cookies, so I just got some Valentine’s Day ones that I’ve made,” she said. “I’ve done a couple of baby shower cookies.”

“I have cinnamon rolls, sweet breads,” Hosier added. “I’ve got a couple orders I will be doing for birthdays.”

She also does chocolate chip cookies — and “everything’s gluten free.”

Hosier chose to go gluten-free for her family.

“My youngest daughter (Sydney) was diagnosed with celiac disease in 2018,” she said. “And, my husband has an intolerance to gluten. We found out not long after” her daughter’s diagnosis.

Hosier explained celiac is an autoimmune disease, where “the gluten (a protein found in foods containing wheat) will (trigger an immune response and) actually attack your (small) intestines.

Gluten also is found in barley and rye.

“In your intestines you have villus, finger-like projections, that help absorb nutrients,” Hosier said. “What happens with celiac, is (the gluten) attacks and causes inflammation there ... smooths out (the villus). You don’t absorb nutrients the way you’re supposed to.”

According to the Mayo Clinic website, over time, the reaction damages the small intestine’s lining and prevents it from absorbing nutrients, a condition called malabsorption.

“My daughter was just having a lot of stomach pains, always complaining of feeling sick,” Hosier recalled. “We thought it was nerves” but realized “something’s not right.”

At the doctor’s office, “they



Photo submitted

Amy Hosier of Farragut has started True Light Bakery in her home to provide gluten-free baked goods to those with celiac disease or have other issues with gluten.

tested my DNA — I’m a carrier,” she said.

On the other hand, her husband has reactions like an allergy. “It’s not attacking him like it does (Sydney),” Hosier said. “He has reactions, like not feeling well.”

Still, “our whole house is gluten-free because we need to keep them safe,” Hosier said about the transition.

With gluten-free, “you have to be careful of cross-contamination,” Hosier said. “It’s like 20 parts per million can cause a reaction to celiac.”

Additionally, “I have a lot of friends and family who have celiac,” she said.

For Hosier, baking comes naturally. “I’ve been baking since I was a kid,” she said. “I’ve always loved baking and cooking. It’s always been a passion of mine.”

Hosier recalled 11 years

ago, even before the celiac diagnosis, she and her husband talked about opening a bakery. But when her daughter was diagnosed, the girl feared she would no longer be able to eat foods such as Little Debbie snack cakes or Gold Fish crackers she enjoyed.

“No, that’s not true,” Hosier said. “So, I just started experimenting with different flours, different cake mixes, different things. Luckily, we’re at a day and age that (flour blends) are starting to become more readily available. Ten or 15 years ago, you had to make your own blends.”

To order Hosier’s items from True Light Bakery, visit the website, www.truelightbakery.com, e-mail to truelightbakery@gmail.com or follow on Facebook at facebook.com/truelightbakery1 or Instagram at truelightbakery

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businessbriefs

• Dr. Craig Pickett Jr. recently was sworn in as the newest commissioner of the Knoxville Utilities Board. He succeeds outgoing commissioner Tyvi Small, who had served on the board since 2017.

Pickett serves as the director for Diversity, Equity and Inclusion at University of Tennessee Medical Center, where he oversees all inclusive excellence programming, DEI-specific recruitment/retention initiatives, employee resource groups and training and development for an organization of 8,000 employees.

Additionally, he serves as a DEI consultant and works with institutions, non-profits and organizations throughout East Tennessee to promote inclusive excellence, authenticity and a greater sense of belonging for stakeholders.

• Weichert, Realtors - Advantage Plus in Knoxville has announced Scotty Ecklind recently successfully completed

the Weichert Real Estate Affiliates Inc. Fast Track training program.

The training helps bring new and existing Weichert-affiliated agents up to speed on the latest information, resources and technology.

• FirstBank has announced Richard Burchfield recently joined its human resources team, serving as senior human resources business partner.

• TDS Telecommunications, LLC, is making its latest investment in Greater Knoxville by supporting the Second Harvest Food Bank. A group of company associates recently presented a check for \$2,000 after volunteering at the non-profit on Feb. 16.

• University of Tennessee, Knoxville rose two spots among all public universities to 51st and rose 10 spots among all public and private institutions nationally to 105th out of 426 in 2024 U.S. News and World Report Best Colleges rankings.



Pickett



Burchfield

Welcome, Chamber



Tammy Cheek

Farragut West Knox Chamber of Commerce ambassadors Dave Prescher, owner of Lending Wise, and Amy Shewmake, owner of Simply Magical Vacations, greeted FWKCC members for its annual meeting held in Faith Promise Church, West End Center, Thursday, Feb. 15.

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SKIDMORE

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Theotis Robinson
From page 1A

lawsuit to attend University of Tennessee.
He and PSCC president L. Anthony Wise talked about Robinson’s decision to attend the university when it was an all-white institution.
Born in Chattanooga, Robinson and his family moved to Knoxville in a house where Knoxville Civic Coliseum now stands near downtown.
“It was a shotgun duplex,” he recalled of his home.

Robinson recalled his parents were “loving, instructional and supportive” of his educational pursuits.
“When he was a senior in high school, Robinson attempted to enroll in an all-white Knoxville East High School and became a plaintiff in a lawsuit to desegregate the city’s public school system in 1959,” stated a press release from PSCC.
He continued his ambitions by enrolling at UT. Initially, Robinson planned to attend Knoxville College, but he

changed his mind.
He applied for UT but was rejected because of his race.
With support from his parents, Robinson met with the university president and threatened to file a lawsuit. He was admitted and began classes on Jan. 5, 1961. He later became one of the first African-Americans to graduate from UT.
“His actions allowed (other) Black undergraduate students to attend,” the press release said.
He didn’t stop there. Robin-

son participated in sit-ins at local lunch counters.
He later served on Knoxville City Council, as vice president of Economic Development for the 1982 World’s Fair in Knoxville and as vice president of Equality and Diversity for the UT system.
“He was a catalyst for change,” said Stella Bridgeman, dean for PSCC’s Magnolia Avenue campus.
As far as his political activities, “I’ll be working until the day I leave here,” Robinson said.

KCSO Reports
From page 2A

ing about a listed check made out to the suspect.
Complainant said after looking at the checkbooks, she noticed the listed check was originally made out to TSW on Jan. 5, 2024. and not the suspect’s name.
“Complainant advised she does not know that suspect and believes it was forged to this suspect,” the report stated. Value of loss was listed at \$10,711.25.



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Brillhart, Brody clutch: BHS earned 4-4A tourney title shot

BILL HOWARD
Correspondent

MARYVILLE — Coaches commonly preach resilience and perseverance to their players.

Friday night, Feb. 16, in the semifinal round of the District 4-4A Boys Basketball Tournament at Maryville High School against Knoxville West, Bearden was the embodiment of both.

Down three with seconds left in regulation, Bulldogs senior Drew Brillhart drained a three from the corner to send the game into overtime tied at 50.

In equally dramatic fashion in the extra period, BHS big-man Brody Smith grabbed a loose ball on a missed shot and made a lay-up with six seconds left to give Bearden, No. 3 seed, a 54-53 lead against the No. 2 seeded Runnin’ Rebels.

On West’s ensuing possession, Devyn Martin’s lay-up attempt at the buzzer was blocked by JaMichael Blair. No whistle sounded and the Dawgs held on to

win, improving its record to 26-6.

The victory set up a championship game against William Blount Tuesday night, Feb. 20, at MHS (after deadline).

“We were trying to go somewhere else with it,” BHS head coach Jeremy Parrott said about the play to Brillhart. “He was an option in the corner, we found him and he knocked it down.”

Rebels head coach Aubin Goporo was visibly angry about the final play, thinking his player was fouled. “He was fouled, it was a foul,” he said. “Same thing all night.”

The game was a close, back-and-forth affair throughout. The Dawgs fell behind 6-0 early, but then outscored West 10-2 to lead 10-8 after one.

Down 15-12 with 4:57 left in the second quarter,



Brillhart

Bearden junior shooting guard King Hubbard led an 11-2 run with three treys to give BHS a 23-17 lead. The Bulldogs’ halftime lead was just two, 23-21.

“They got the best of me last game, so I was just working all day in school preparing for the game,” King said.

Ties and lead changes prevailed in the third, which ended with BHS clinging to a two-point lead, 41-39. The momentum seemed to shift with almost every possession.

West was in a strong position in regulation, leading 50-47 with 17.7 seconds left and guard Maurice Clark shooting two free throws. But he missed both, setting up Brillhart’s regulation-tying three.

At 52-all, Clark missed the second of two free throws with 41.4 seconds left in overtime, allowing Smith’s lay-up to be the game-winner.

Hubbard led all scorers with 19. Smith got 12 and sophomore point-guard Justin Nordin added 10.

Martin and Kevin Jack each tallied 11 for West.

Region No. 1

From page 1B

which had just completed a three-point play to pull within 29-27 at the 4:19 mark of the third quarter.

Webb turned the technical into a five-point possession, held the state’s No. 1 Division II-AA team to just one field goal during the game’s next 10 minutes, and won going away 52-35 in Lee Athletic Center Saturday afternoon, Feb. 17.

“I can’t explain how proud I am,” Webb head coach Ricky Norris said. “I think Baylor’s as good a team as there is in the state of Tennessee. They’re really well-coached, they’re physical, they’ve got good guards.



Alan Sloan

Cam Swearingen of Webb drives on Baylor’s Kevin Sacas.

to go through adversity together.”

Webb will host the winner of No. 3 Middle seed Christ Presbyterian Academy, which plays at No. 3 East seed Knoxville Catholic tonight (Wednesday, Feb. 21). A trip to Cookeville awaits the winner Saturday in Lee Athletic Center.

Baylor perspective

Making it clear he was “not going to talk about the officiating,” Baylor head coach Mark Price said, “It’s a really simple game. We turned the ball over a lot more than we have been, didn’t make shots. Webb took care of the ball. They made shots. ... They played well. We did not.”

A team with lots of size, Baylor was led by forward Zane Restelli’s 15 points. But Restelli, who was the Red Raiders’ main scorer on penetration to the basket, picked up his fourth foul midway into the third quarter and scored just three points thereafter.

Despite this loss, the Red Raiders are just one road win, at No. 1 Middle seed Pope John Paul II Saturday, Feb. 24, from making the Final Four in Cookeville.

“We’ve had a great season,” Price said. “... Our team is good enough when we play like we’re capable of, of winning the state championship.”

Connatser 113 Sectional champ; Murphey seeking state 4-peat

Other locals, 11, also earn wrestling state berths

STAFF REPORTS
editor@farragutpress.com

Two champions each from Hardin Valley Academy and Knoxville Catholic will compete in the TSSAA state wrestling championships in Nashville Friday and Saturday, Feb. 24-25.

In the boys Division I-AA Sectional at Morristown West High Saturday, Hawks junior Brock Connatser improved to 56-2 after capturing the 113-pound class championship.

At Johnson City Science Hill Friday, HVA senior Ella Murphey maintained her perfect career record (31-0 this season) in region, looking

to close out her incredible four years of wrestling with a fourth girls state crown (185).

A pair of Lady Irish regional champs are headed to state: senior Rebecca Deyo (27-2 at 165) and freshman Delilah Queen (31-1 record at 138). Other top six girls finishers headed to state are Gemma Deyo of Catholic (third at 235, 18-10 record), Bearden juniors Sadie Somerville (107, 23-7 record) and Taylor Clifford (126, 17-11 record), both finishing fourth, and Farragut freshman Ayden Stombaugh (sixth and 152).

Other boys state qualifiers were senior Brady

See WRESTLERS TO STATE on Page 3B



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Photo courtesy of Jack Tate/FHS sports information director

FHS's 8 signees

Eight Farragut High School senior student-athletes signed National Letter of Intent papers in FHS's Vickie B Wells Auditorium Wednesday morning, Feb. 7. Seated, from left, are Roger McNeer and Nathan Harville, both to the University of the Cumberland (football); Jack Alley (U.S. Air Force Academy, football); and Michael Delph (U.S. Military Academy, Army, baseball). Standing, from left, are Jackson Bennett (North Alabama, bass fishing); Alli Duenckel (Tennessee Wesleyan, lacrosse); Matteo Tonnos (Furman, track) and Harrison Cunningham (Xavier, cross country/track)

Ads boys hoop season ends in 1st round vs. BHS

BILL HOWARD
Correspondent

MARYVILLE — When Farragut High School and Bearden High met in the first round of the 4-4A Boys' District Tournament at Maryville High Wednesday night, Feb. 14, it was the third time in 12 days the longtime rivals played each other. Unfortunately for the Ads, there was no third-time charm. The Bulldogs' 57-39 win brought the FHS season to a close.

"They're a really good team," Farragut head coach J.P. Burris said. "They're well-coached; they're sixth in the state for a reason. Credit to coach (Jeremy) Parrott for having them ready."

"I'm very thankful for the way we managed that game down the stretch ...," Parrott said.

King Hubbard was high for Bearden with 15 points. Sean Capshaw added 13.

"Our defense got us through this game," Capshaw said. "Our offense started going

on in the third and fourth."

"We don't have a lot of size, but I thought Berkley played like a man tonight," Burris said. Naro led FHS scorers with 15. Teammate Dom VanAcker added 10.

Overall this season, "We lost five or six games in overtime, three games off buzzer-beaters, a couple of games to state-ranked teams," Burris said.

About his four seniors, the Ads skip-

See FARRAGUT BOYS on Page 4B

Wrestlers to state

From page 2B

Curns (third at 120, 46-5 record); and Hawk junior Jacob Laws (third at 126, 54-9 record)

Taking fourth place from HVA was junior Evan Clarke (215, 44-12 record).

Also placing fourth were Farragut junior Phillip Stafford-Hedge (157, 31-13 record) and Bearden junior Alexander Rawson (150).

Game-winning shot wouldn't fall as HVA boys finish '23-24

BILL HOWARD
Correspondent

MARYVILLE — It was only fitting that the ball was in Bryson Frey's hands to attempt a buzzer-beating, game-winning three-point shot in the first round of the District 4-4A Boys Basketball Tournament at Maryville High School Wednesday night, Feb. 14.

After all, Hardin Valley Academy's versatile junior point-guard had scored 28 points and had almost single-handedly kept his team in the game against No. 5 seed William Blount.

Down 64-62 with the clock running out, Frey launched the shot that, if good, would win the game in extraordinarily dramatic fashion.

But the ball clanged off the iron, and the season was over for HVA, the No. 4 seed.

After the game, Frey, along with almost every other player in the Hawks' camp, was in tears.

"Just sad," he said. "It just breaks your heart to come up short like that. We fought. We fought to the end, that's all you could ask for."

Hawks head coach Andy Arendt was proud of his squad's effort, especially after falling behind early.

"Two good teams," the coach said. "William Blount does a phenomenal job. I was proud of the way our kids fought back after the first quarter."

After the first quarter, HVA was down 22-10, mostly on poor shooting. The deficit got to 13 on a Blount lay-up with 6:53 left in the second.

Then suddenly the momentum shifted.

The Hawks scored 11 straight to pull within two, and scored the final five in the quarter to lead by one at the half, 32-31.

The entire second half was a nonstop series of lead changes and ties. In the third, Frey was unstoppable, hitting three times from long-range, and tallying 13 in the quarter, which ended with the Hawks up 52-47.

With 7:13 left, the Governors went on a 10-2 run to lead 59-57. With the score tied at 62, Blount's Grady Robertson hit two free throws in the closing seconds to make it 64-62, setting up Frey's

See HVA BOYS on Page 4B

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Lady Irish

From page 1B

“Coach Mains gave us a pep talk at halftime and (senior guard) Sydney Mains got us together and told me ‘Amaya, you’ve got to pick it up,’” said jAmaya Redd, a junior forward who added the exclamation point to the Lady Irish’s third victory over the Lady Spartans this season by scoring the final basket of the contest with 15.9 seconds left in the game.

“After coach Mains gave us the talk and Sydney pulled us together, we really played well as a team,” Redd added.

Just before halftime, the Lady Spartans enjoyed their biggest lead of the contest after Meeyah Green scored on a putback after an offensive rebound to make the score 28-17 with 42 seconds remaining until the break.

After halftime in this physical game, which was sometimes a defensive struggle, the Lady Irish used a 14-6 third-quarter run to pull to within 34-33 heading into the final frame.

In the fourth quarter, Webb opened by committing a turnover and Sydney English cashed in and knocked down a long-range jumper to give the Lady Irish a 36-34 lead and setting the tone for the remainder of the game with seven minutes to go in the contest.

The Lady Irish were able to extend their advantage to 41-36 with five minutes when Sydney Mains scored off an assist from Redd, who finished with six points.

The Lady Spartans regained the upper hand briefly after a 3-pointer from Katelyn Overton made it 42-41 midway through the period, but that would be Webb’s final lead of the game.

By virtue of its region title, Catholic, the defending Division II-AA state champion, earns a bye in the first round of the state tournament. The Lady Irish will play the winner of the Father Ryan-Harpeth Hall game, which was contested Tuesday night. KCHS next will play in the state quarterfinals at home Friday, Feb. 23.

Sydney Mains and Caroline Krueger each scored 14 points to lead the Lady Irish, who were without the injured Logan Connatser. But Catholic picked up a big contribution from English, who came up with nine points, many in clutch situations.

“Sydney English came in today and was huge for us. She doesn’t get to play much, but she was huge when she was called upon,” coach Mains said. “She got big rebounds and made big 3’s for us.

Green, meanwhile, led Webb with a game-high 19 points and Cailyn Taylor added 11 for the Lady Spartans, who hosted a State XII game Tuesday, Feb. 20 (after deadline),

“I give my kids a lot of



Coach Mains

credit,” said Greg Hernandez, Webb’s first year head coach. “These are probably the two best teams, and it sucks that we both have to be in the same region. “They’re the defending state champion for a reason.

“Our goal, like I told the girls, is from here on out, we’ve got to buy our days, so hopefully we give ourselves another chance,” he added.

Hernandez lauded his team’s effort in a tough road environment.

“They left it all out there,” he said. “If they win, it’s on them. If they lose, it’s on me.

“I’ll take the blame for this one,” Hernandez added. “I could’ve put them in better situations and given them a better chance to win the game.”

HVA boys

From page 3B

last-second shot attempt.

Frey’s 28 led all scorers. Shooting guard Isaac Ratliff added 11 for HVA. Senior Caden Windle, the Govs’ do-everything Mr. Basketball Finalist, led Blount with 20.

“Tonight Bryson Frye showed the world how good he is,” Arendt said. “He was all-world tonight.”

After the game, Arendt re-

Farragut boys

From page 3B

per labeled Naro, Aiden VanAcker, Tony Spadafora and Brevin Swartzentruber

flected on his injury-plagued team’s season (14-14 overall, 4-7, district), and his lone senior, forward Tommy Joseph.

“With all the injuries we had, guys played that I never planned on playing,” he said. “I’m proud of their resilience.”

“Tommy is as good as it gets,” the coach added. “He’s the heart and soul of this team. He’s just tough and hard-nosed. He’s a competitor. You could win with five Tommy Josephs.”

a “phenomenal group of four guys. They’re not the most vocal, but they lead by example.”

“It was a rough year, didn’t end like we wanted,” Aiden VanAcker said.

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Above photo by Tammy Cheek

(Above) Word Players Jennifer Lyons Pagnard and Devon Thompson during Word Players’ “Jackie Robinson Steals Home” performance at ESK Tuesday, Feb. 6. **(Below)** An ESK program cover featuring a photo of the legendary Baseball Hall of Famer.

ESK treated to 'Jackie Robinson Steals Home' by Word Players

TAMMY CHEEK

tcheek@farragutpress.com

Episcopal School of Knoxville fifth- through eighth-graders had an opportunity to see the life of Jackie Robinson, the first African-American to play in Major League Baseball (1947), as portrayed in the play “Jackie Robinson Steals Home,” Tuesday, Feb. 6.

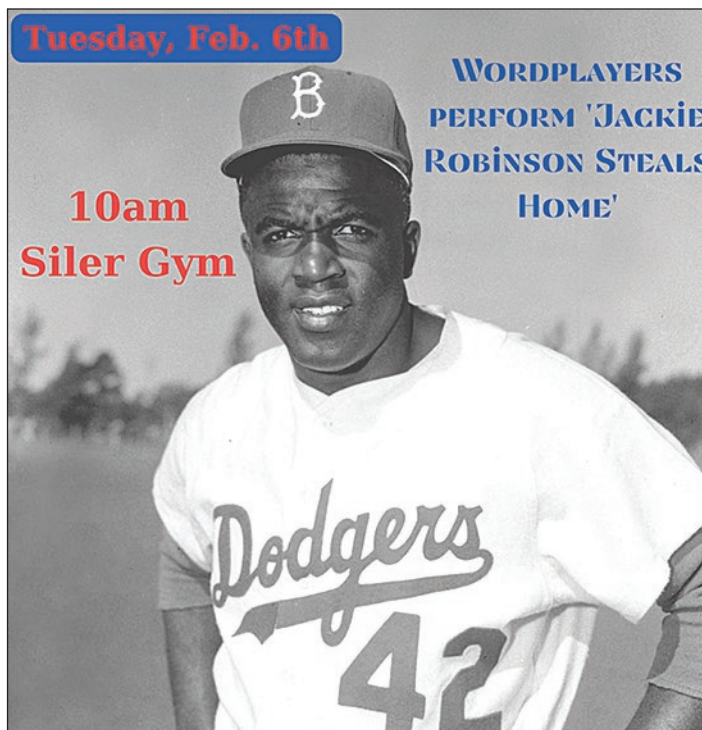
As part of Black History Month observance, ESK Middle School director Mary Lovely organized the performance by Word Players, a non-profit Christian theatrical touring company.

"We definitely want to expose them to good plays and performances that deliver a positive message, and we love things that deliver historical messages, especially Civil Rights ... we want them to be well-rounded citizens when they grow up," Lovely said.

The performance is part of Word Players' annual history tour, "where we go around school systems all 'round East Tennessee," said Ethan Norman. WP's artistic director and actor.

He said plays, such as "Jackie Robinson Steals Home," "promotes the message of equality."

Norman was joined by fellow cast members Devon Thompson, who portrayed Jackie Robinson; Jennifer Lyons Pagnard, a Farragut resident and FHS Class of 1985 graduate who portrayed an



**Above
ESK
program
photo
of
Jackie
Robinson
submitted**

announcer and reporter; Leonard Freeny, who played multiple roles; and Jae Campbell, who portrayed Mr. Robinson's mother and his wife, Rachel.

In the play, Thompson depicts Mr. Robinson's start in the Big Leagues as he stood at first base.

See MR. ROBINSON, ESK on Page 7B

35-N, Visit Farragut partner: Songwriters Showcase Feb. 22

STAFF REPORTS

editor@farragutpress.com

Visit Farragut and 35 North are partnering to present a Songwriter's Showcase from 6 to 8:30 p.m., Thursday, Feb. 22.

"The event will be held at 35 North Bar and Grill, 11321 Kingston Pike, and the music will feature a bluegrass vibe with performances by host David Haley Lauver, Karen Bowles and Savannah Swatland," a Visit Farragut website stated, as all three artists belong to Knoxville Songwriters Association.

Tickets are free, but register at [Eventbrite.com](https://www.eventbrite.com) to receive a free Visit Farragut Songwriters Showcase commemorative gift and priority seating. Guests also may register at the door.

Haley Lauver is a Farragut resident who serves as education and public relations director of KSA. Songs he has co-written include the Grammy-nominated "Appalachian Blue," recorded by Kristy Cox, and Ali Shumate's "Jezebel," "which reached No. 1 on the Bluegrass charts," the release stated.

Karen Bowles lives in West Knox County and is a KSA board member.

"She writes Gospel, country, blues, Bluegrass and children's songs," the release stated. "Karen was a co-writer of 'Appalachian Blue,' a

See SHOWCASE SET on Page 7B

Korda, CCS senior, takes first-place in TSDAR U.S. History Essay contest

TAMMY CHEEK

tcheek@farragutpress.com

Concord Christian School senior McKenna Korda recently earned first place in The Tennessee Society Daughters of American Revolution 2023 American History Essay competition, Patriots of the American Revolution, for middle and high school students.



Korda

Her winning essay on Alexander Hamilton was titled "Defending Hamilton's Legacy." Korda will be honored with a medal, certificate and monetary award during TSDAR's Youth Awards program on Statehood Day, Friday, May 31, in Tennessee State Library and Archives in Nashville.

Samuel Frazier Chapter DAR, established in the Bearden area in 1951, sponsored Korda's entry.



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• **St. Elizabeth’s Episcopal Church, 110 Sugarwood Drive, “is asking for support of the Vine Middle School Golden Bears Store** as our February Gift of the Month,” a SEEC press release stated. “The store is a place for students to cash in points earned for good behavior, completing work, being kind, considerate and a good role model. Vine is an inner-city, low-income neighborhood school. A variety of age-appropriate incentive items are offered.” Currently, the following are most needed: sketch books and pencils, basketballs, footballs, word puzzle books and UT Volunteers gear.

Drive-by drop off will be from 1 to 2 p.m., Sunday, Feb. 25.

“You don’t even have to get out of your car — just drop off the items you have for VMS Golden Bears Store,” the release further stated. “As always, thank you for your support.”

• **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 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: concordyachtclub.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 warning signs, show compassion and offer support for those having suicidal considerations.

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.

• **Jubilee Community Arts presents Blakeley Burger at the Laurel Theater, beginning at 8 p.m., Friday, March 1.**

Burger is a classically trained Louisville fiddler with roots in Lexington and Eastern Kentucky. She was a 2023 Berea College Media Archive Fellow, researching the musical techniques and lives of Kentucky fiddlers, such as Doc Roberts, Ed Haley, Emma Lee Dickerson, Lella Todd and Buddy Thomas, through field recordings and oral histories.

She performs nationally and in South America and has recorded on June Appal and Dolceola Recordings. She frequently performs with Kentucky Wild Horse and in a duo with banjo player/singer-songwriter Grace Rogers.

Burger also teaches fiddle for the Happy Hollow Hootenanny, the Kentucky Arts Council, Louisville Country Dancers and Cowan Creek Mountain Music School. She has studied with mentors such as John Harrod, Daniel and Amy Carwile and Jesse Wells.

See PLANNER on Page 7B

Lyle is new Virtue Church senior pastor

TAMMY CHEEK
tcheek@farragutpress.com

After four years without a full-time pastor, Virtue Church has welcomed the Rev. Bill Lyle as its new pastor, and he has hit the ground running.

“I’m back in my wheelhouse,” the new pastor said. “I love being here. This is a wonderful church. They just needed someone to kind of get at the helm and say, ‘hey,



Lyle

See NEW PASTOR on Page 8B

Four from Town on Samford Dean’s List

Samford University in Birmingham, Alabama, recognized four students from Farragut among the 2,122 named to the Dean’s List for the Fall 2023 semester: Kirsten Jennings, Jonathan Poston, Shelby Justice and Mary Slaughter.

To qualify for Dean’s List, a student must have earned a minimum 3.5 grade-point out of a possible 4.0 while attempting at least 12 credit hours of course work.



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Planner

From page 6B

She will be joined by Lexington-based banjo player Nadia Ramlagan, a documentarian and member of the Possum Queens, and Josh Oliver, a Knoxville-based songwriter and member of Watchhouse.

• **Girl Scouts of the Southern Appalachians has kicked off the first Great Cookie Competition that will crown “East Tennessee’s Favorite Cookie.”** Local community and business leaders will represent one of the beloved cookie flavors to become a Cookie Competitor and will earn votes by raising money.

“The Great Cookie Competi-

tion creates an exciting fundraising experience for a good cause,” said Lynne Fugate, GSSA CEO. “It costs \$750 per girl per year to fund the Girl Scout experience, and 70 percent of that amount is covered in cookie sales, and the other 30 percent comes from the generosity of donors.”

All proceeds raised “will be used to bridge the Girl Scout experience funding gap, as well as enrich program offerings and support regional GSCSA camps and community troops.”

The East Tennessee Region competitors are Craig Pickett Jr., representing Thin Mints; Tavis Bailey, Samoas; Taylor Boyer Redmond, Tagalongs; Colleen Cruze Bhatti, Do-si-

dos; Kevin Swider, Trefoils; and Whitney Kent, Adventurefuls.

Voting is open now through Friday, March 15. Competition will take place mainly on social media or via letters and phone calls. Cookie Competitors will share their stories on why they love their cookie and talk about the cookie’s history.

Visit www.FavoriteCookie.org to vote on the Great Cookie Competition website.

The competition will wrap with The Great Cookie Tasting, at Yee-Haw Brewing Co., 745 N. Broadway in Knoxville, from 6 to 8 p.m., Tuesday, March 26.

Event registration is at girlscoutcsa.org/en/support-us/fundraising-events/great-cookie-tasting.html.

Showcase set

From page 5B

Bluegrass hit for Kristy Cox that earned a Grammy nomination.”

Savannah Swatland, a Sevierville resident, “was a small-town farm girl when she won the national ‘Mountain Soul Vocal Competition,’” the release stated.

“She has opened concerts for nationally known recording artists, released an album and sings with the Rebel Mountain Band.”

“We are glad to celebrate music with live performances and to celebrate local songwriters and their art. We are also thrilled to host at 35

North, a vibrant restaurant and live music venue in the Farragut community,” said Hallie Riddle, Visit Farragut manager.

The event is being held in conjunction with Tennessee Department of Tourism’s Tennessee Songwriters Week.

“The goal of Tennessee Songwriters Week 2024 is to support music venues, support songwriters with live performances, drive visitation and inspire travelers to experience the state’s music stories, history, attractions and venues,” the release stated.

For more info, follow Visit Farragut on Facebook and Instagram or e-mail visitfarragut@townoffarragut.org.

Mr. Robinson, ESK

From page 5B

ready to steal second, in his first MLB game April 15, 1947.

Although hearing boos from many fans, he persevered.

The play took the audience through Mr. Robinson’s memories, including his mother packing for him and his siblings as they leave Atlanta and head to California. They showed his mother’s lessons on how to treat others, other people in his life who influenced him and his years in the military — where he made it to officer training school and became an officer before he was court-martialed for sitting next to a white woman on an Army bus. Eventually, he was honorably discharged.

Mr. Robinson also played football and lacrosse as a stu-

dent at UCLA, and starred in the Negro League before he was discovered by Branch Rickey, general manager of the Brooklyn Dodgers. The Dodgers’ signing Robinson heralded the end to segregation in professional baseball, which relegated black players to the Negro League dating back to the 1880s.

Mr. Robinson, who played in the Majors through 1957, was inducted into the Baseball Hall of Fame in 1962. He also won the Rookie of the Year Award in 1947, was an All-Star six straight seasons — 1949 through 1954 — and won the National League Most Valuable Player Award in 1949 — the first Black player to do so.

Work Players, which opened at Christian Academy of Knoxville, will perform in seven counties at 16 venues.



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PUBLIC HEARING

The Board of Mayor and Aldermen of the Town of Farragut will hold a public hearing on March 14, 2024, at 6:00 PM, at the Farragut Community Center, 239 Jamestown Blvd, to hear citizen's comments on the following ordinance:

I. Ordinance 24-03, Ordinance to amend the General Fund Budget and Capital Investment Program Budget for FY23-24, passed by Ordinance 23-07.

It is the policy of the Town of Farragut not to discriminate on the basis of race, color, natural origin, gender, gender identity, sexual orientation, age, religion, disability or veteran status pursuant to Title VI of the Civil Rights Act of 1964, Public Law 93-112 and 101-336 in its hiring, employment practices and programs. To request accommodations due to disabilities, please call 865-966-7057 in advance of the meeting.



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FARRAGUT VISUAL RESOURCES REVIEW BOARD AGENDA

Farragut Community Center Medium Classroom


Tuesday, February 27, 2024 7:00 p.m.

1. Approval of minutes for the January 23, 2024, meeting.
2. Staff report - wall signs approved in the past month.
3. Review of an individual tenant panel sign for DW Designs, located at 11521 Parkside Drive.
4. Review of a primary permanent ground sign (reface) for Westgate Christian Fellowship, located at 416 N. Campbell Station Road.
5. Review of a primary permanent ground sign (reface) for Anthem Memory Care, located at 901 Concord Road.
6. Review of a primary permanent ground sign for Extra Space (storage), located at 11825 Snyder Road.
7. Review of a landscape plan for the N. Watt Road / Kingston Pike Commercial Center, located at the Northwest corner of Kingston Pike and North Watt Road.

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LEGAL NOTICE

The Board of Mayor and Aldermen of the Town of Farragut, at its meeting on Thursday, February 8, 2024, adopted the following ordinances on second and final reading:

I. Ordinance 24-02, Ordinance to amend the ARPA Fund Budget for Fiscal Year 2023-2024, passed by Ordinance 23-07

It is the policy of the Town of Farragut not to discriminate on the basis of race, color, natural origin, gender, gender identity, sexual orientation, age, religion, disability or veteran status pursuant to Title VI of the Civil Rights Act of 1964, Public Law 93-112 and 101-336 in its hiring, employment practices and programs. To request accommodations due to disabilities, please call 865-966-7057 in advance of the meeting.



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FARRAGUT BOARD OF MAYOR AND ALDERMEN

Farragut Community Center, 239 Jamestowne Blvd

AGENDA I February 22, 2024

WORKSHOP 4:30 PM

Growth Policy Plan-Presentation from Knox County

General Fund Revenue/Expenditure Projections Budget Workshop

BEER BOARD 5:55 PM (See Beer Board Agenda) | BMA MEETING 6:00 PM

I. Roll Call

II. Approval of Agenda

III. Approval of Minutes

A. February 8, 2024

IV. Mayor's Report

V. Ordinances

A. Public Hearing and Second Reading

1. Ordinance 23-20, an ordinance to amend the Farragut Zoning Map to rezone the property located at 209 N. Watt Road from R-1 to C-1, 1.70 Acres (Debra Wilkerson, Applicant)

B. First Reading

1. Ordinance 24-03, Ordinance to amend the General Fund Budget and Capital Investment Program Budget for FY23-24, passed by Ordinance 23-07.

VI. Business Items

A. Approval of Approval of Professional Services Agreement with Thompson Engineering, Inc. for Design Services for Watt Road

Roundabout project

B. Approval of professional services agreement with Brewer, Ingram & Fuller for design of interior renovations to the Campbell Station Inn

C. Approval of First Amendment to Response Agreement for Fire, Emergency and Environmental/Hazardous Materials between Rural/Metro-Tennessee, L.P. and the Town of Farragut

D. Approval of the Town of Farragut Emergency Management Plan, supplementing the Knoxville-Knox County Emergency Operations Plan

E. Request for approval for utility easements in Founders Park associated with the Turkey Creek B-Line Sewer Replacement Project (First Utility District, Applicant)

VII. Citizens Forum


VIII. Town Administrator's Report

IX. Town Attorney's Report

This meeting can be viewed live on the Farragut YouTube Channel and the Town of Farragut website www.townoffarragut.org/livestream.

The meeting will be held at the Farragut Community Center, 239 Jamestowne Blvd

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FARRAGUT BEER BOARD

Farragut Community Center

239 Jamestowne Blvd

February 22, 2024

5:55 PM

I. Approval of Minutes

A. February 8, 2024

II. Beer Permit

A. Approval of Class 6, Special Occasion Beer Permit for Southern Tequila & Taco Festival

This meeting can be viewed live on the Farragut YouTube Channel and the Town of Farragut website www.townoffarragut.org/livestream. The meeting will be held at the Farragut Community Center, 239 Jamestowne Blvd

It is the policy of the Town of Farragut not to discriminate on the basis of race, color, natural origin, gender, gender identity, sexual orientation, age, religion, disability or veteran status pursuant to Title VI of the Civil Rights Act of 1964, Public Law 93-112 and 101-336 in its hiring, employment practices and programs. To request accommodations due to disabilities, please call 865-966-7057 in advance of the meeting.

New pastor
From page 6B

here’s what we’re doing.”

“Reverend Lyle’s extensive experience, deep faith and commitment to community outreach make him an exceptional addition to Virtue Church,” 725 Virtue Road in Farragut, said Terry Kerbs, chairman of the search committee. “We are excited to welcome him to our church family and look forward to the sound Biblical preaching and strong spiritual leadership he will provide.”

The church appointed Lyle, a Knoxville native, six weeks ago. With more than 25 years in pastoral experience, his journey of faith began at Cedar Springs Presbyterian Church, where Dr. Donald Hoke mentored him from 1980 through 1985.

Lyle graduated from Bearden High School in 1980 and earned his bachelor’s degree from the University of Tennessee, Knoxville. He holds a Master of Divinity degree from Reformed Theological Seminary in Jackson, Mis-



Photo submitted
Lyle and his wife, Laura Lyle.

issippi, and studied at New Geneva Theological Seminary in Colorado Springs, Colorado, where he completed doctoral coursework.

Additionally, he holds an honorary degree from Seminario Evangélico de Teología in Matanzas, Cuba.

Lyle was adjunct professor of Bible at Birmingham Theological Seminary and is a partner in missions with East/West Ministries in Dallas.

He has served congregations across Alabama, Georgia and

Florida with a ministry characterized by a passion for local ministry partnerships, foreign missions and “seeing the Gospel change lives,” he said.

For the past four years, Virtue Church has been led by an interim pastor from Maryville who would come over every Sunday.

Then, “one of the members here posted a note on the Next Door app ... that they had been without (a pastor), and they wanted some help,” Lyle said.

After the first meeting with

church leaders, he talked to them about how he could help them find a minister.

However, after the second meeting, “they kind of flipped the script on me and said, ‘why don’t you consider it?’” Lyle said.

“My wife (Laura) and I really prayed about it, and it seemed at every junction, God kept giving us green lights, and it worked out that we’re here now,” he added.

“We’re really getting involved. In the six weeks we’ve

(been) here, we already are involved with Angelic Ministries in the city of Knoxville and are getting involved in a church planning ministry in Cuba.”

Lyle was involved in developing ministries in Cuba for 14 years, traveling once or twice a year to Cuba, and started about 45 churches in the central part of that nation.

“So, I have people lined up to go with me there,” Lyle said. “They just needed somebody to point them in a direction.”

“This is a great church.”

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farragutpress

February 21, 2024

Know Your Choices

PROFILES OF AREA MEDICAL PROVIDERS

While selecting a medical provider can be daunting, careful consideration is crucial, as the decision directly impacts your health care treatments and overall quality of life. Fortunately, the internet has eased this process, offering online reviews and first-hand accounts that provide valuable insights into what potential patients can expect from a particular provider.

In fact, according to Reputation, a business-to-business online reputation management and customer experience management company, 70% of consumers rely on patient reviews when selecting a health care location or provider.

The company's 2022 Healthcare Trends Report, which was conducted in partnership with the international market research firm YouGov, also revealed that 72 percent of consumers will only choose a doctor with 4- or 5-star ratings.

On top of this, the number of reviews plays a large role in many consumers' health care decisions, with 80% of respondents saying that at least five positive reviews are needed to prove a health care provider is trustworthy. 64% of responders noted that they believed health care providers should actively and public respond to patient reviews, as well.

"For decades, patients had incredibly close relationships with their doctors and for many, this bond spanned years and even generations. The days of brand loyalty are gone, especially as the pandemic continues, and we continue to see rapid change in care delivery models as well as consumer expectations," Annie Hafner Haarmann, Head of Strategy and Consulting, Healthcare and Life Sciences at Reputation, said in the press release. "This is the same shift we have seen in other industries, where it's become common to read reviews before buying a new product or review a restaurant's menu before making a reservation. Healthcare consumers are using this information to make decisions about the services and providers that are the right fit for them."

Tips for choosing a doctor

Like the survey respondents, the Office of Disease Prevention and Health Promotion (ODPHP) says that finding a health care provider you can trust is essential. This is because your doctor will be who you turn to for preventative services, physical and mental health treatments, and referrals to other health specialists.

As a result, to ensure you and your provider can truly work together to better your health, ODPHP emphasizes looking for a doctor that treats you with respect, values your opinions and concerns, and fosters a collaborative partnership in which you are encouraged to ask any questions you may have. It's also important that your doctor strives to explain complicated health terms in a way that you can easily understand.

In addition to reading online reviews, ODPHP

See CHOOSE on Page 7

Choosing a Medical Provider



DR. KATE PHILLIPS



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Dr. Phillips earned her medical degree from the Edward Via College of Osteopathic Medicine in Blacksburg, Virginia, completed her residency in Family Medicine at UT Medical Center in Knoxville and is board-certified by the American Board of Family Medicine. Originally from Georgia, Dr. Phillips fell in love with the Knoxville area when she moved here in 2019, and now lives on a farm with her husband and two children.

Dr. Phillips would be pleased to introduce you to the personalized care and outstanding service provided at UT Family Physicians in Hardin Valley.

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Dr. Eberting has been a dentist for over 25 years, with more than 20 of those years in orthodontics. He chose dentistry, and then the orthodontic specialty, following a great experience with his own orthodontist. The positive changes in his life, as a result of treatment, inspired him to help others achieve the same lasting improvement in their self-esteem.

Receiving his Bachelor of Arts in History, Duke University, Doctorate of Dental Medicine (DMD), Kornberg School of Dentistry at Temple University, Advanced Education in General Dentistry (AEGD) Residency, U.S. Navy Dental Corps, Master of Science (MS) in Oral Biology and Certificate in Orthodontics, Kornberg School of Dentistry at Temple University, Dr. Eberting is also a Board-Certified Orthodontist and a Diplomate of the American Board of Orthodontics.

Since completing his Orthodontics residency and training, Dr. Eberting has constantly sought to further his knowledge of the specialty. In broadening the services he offers to patients, he ensures each receives the high-quality experience and results they deserve.

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Heather is a Board-Certified Family Nurse Practitioner and a Certified Medical Esthetics Provider, has a Master's and Bachelor's degree in Nursing, has a Bachelor's degree in Psychology with independent studies in behavior modification, a Bachelor's degree in English with a certification in Technical Writing and Communication, and has a diploma in Nutritional Counseling and Weight Loss. She has been an advanced aesthetics provider for almost eleven years. Heather is a member of the Obesity Medicine Association and the Obesity Action Coalition, because she feels it is important to advocate for her patients and the recognition of obesity as a chronic disease. She is a member of the American Association of Aesthetic Medicine and continues to educate herself and others on the safety and technique of aesthetic procedures. When she is not working, she is spending time with her family, traveling, cooking, and gardening. She is the owner and lead Nurse Practitioner at Be Well and is excited to help patients achieve their weight loss, aesthetic, and overall health goals. Heather believes in building strong provider-patient relationships through honesty, integrity, and trust. Partnering with her patients on their personal journeys to wellness is fulfilling and rewarding. Each day she and her staff get to help someone gain back their self-confidence, accomplish a goal, and give life longevity to patients. Every day she leaves work knowing she has been a positive influence in someone's life. She has been helping others become healthy for over 17 years and looks forward to helping you.

DR. ANDREW WILLS

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Dr. Wills, a Knoxville native, studied Biomedical Engineering at the University of Tennessee in Knoxville. After completing his undergraduate degree, he worked for the American Red Cross in Southern California. He completed medical school at the Edward Via College of Osteopathic Medicine in Blacksburg, Virginia and returned to UT Medical Center in Knoxville for his residency in Family Medicine.

Dr. Wills is proud to serve the community of Knoxville and surrounding areas by personalized care and outstanding service.

Preventive Care Guidelines for women 40 and older



It may seem like adolescence is the time in a woman's life when most of the biological changes she will experience take place. After all, puberty brings with it hormone fluctuations that can affect both physical and emotional health in various ways. However, as a woman enters mid-life and beyond, she may notice that she has to reevaluate her lifestyle to accommodate the evolution of her body and health.

Preventive health screenings and additional strategies can keep women fit and well as they reach age 40 and beyond.

Annual mammograms

Most doctors now recommend that women get annual mammograms starting at age 40. Mammograms can detect breast cancer early on at its most treatable stage. Manual breast exams conducted at home and by a doctor also can be vital tools.

Colorectal cancer screenings

A colonoscopy is recommended for all women between the ages of 45 and 50 (on the earlier side of that spectrum for African American women). This test can reveal the presence of polyps and cancerous growths.

Vision

Annual eye exams should be a part of everyone's vision care strategy. The American Optometric Association says that, between ages 41 and 60, people may notice differences in their vision. Some changes may happen more frequently, requiring new prescription eyeglasses. Therefore, it helps to visit an eye care professional to take corrective steps. It's also important to note that, as one ages, the vitreous (clear jelly) in the eye can thicken, leading to increased floaters and flashes that should be checked by an ophthalmologist, as they may lead to retinal tears or detachment that can threaten vision.

Cholesterol screening

Heart disease is the leading cause of death among women, says the Centers for Disease Control and Prevention. Cholesterol screening and other cardiovascular screenings can detect the presence of heart disease or indicate a person's risk for it. Annual physical exams likely will include cholesterol checks as well as tests investigating other lipids in the blood.

Vitamin D check

Deficiency in vitamin D is a recognized pandemic. People are not naturally producing enough vitamin D from sun exposure, nor absorbing enough from the foods they eat. Vitamin D deficiency can be a serious concern in adult women, particularly those above the age of 40. Vitamin D deficiency can adversely affect mood, and an article published in 2018 in the *Journal of Family Medicine and Primary Care* found vitamin D determines the pattern of post-menopausal bone loss and age-related osteoporosis. Verywell Health also says vitamin D is an important nutrient for preventing diabetes, cancer and age-related weight gain.

Routine gynecological screening and Pap/HPV testing

The American College of Obstetrics and Gynecologists say that it is important to visit a gynecologist annually for a woman's health checkup. New guidelines emerged some time ago that indicate it is not necessary to get a Pap test at each visit. The recent guidance indicates women between the ages of 30 and 65 can opt for both a Pap and HPV test every five years; have a Pap test alone every three years; or only get the HPV test every five years. After age 65, cervical cancer screenings can cease if there has never been an indication suggesting the presence of abnormal cervical cells.

Moving into middle age brings about changes. Women should evolve health care plans accordingly to stay as healthy as possible.

The effects of chronic stress on overall health

Stress poses a significant public health problem. Though work is often cited as a primary cause of stress, in 2022 socioeconomic issues contributed to a spike in stress levels, which serves as proof that there's no shortage of potential stressors.

According to the Stress in America Survey 2022 from the American Psychological Association, 81 percent of respondents indicated they were stressed out due to issues affecting the supply chain. Inflation proved even more troubling, as 87 percent of participants in the survey indicated they were stressed out by the rising cost in living. That's especially noteworthy, as it marked a nearly 30 percent increase from the year prior.

Stress is more than an inconvenience. Though the APA notes the human body is well-equipped to handle stress in small doses, chronic stress poses an entirely different problem, affecting various parts of the body.

Musculoskeletal system

The APA reports that muscle tension is almost a reflex reaction to stress. However, muscle tension for long periods of time can trigger a host of problems, including tension-type headache and migraine headaches, which are each associated with chronic muscle tension in the shoulders, neck and head. The APA notes that work-related stress in particular has been linked to musculoskeletal pain in the lower back and upper extremities.

Respiratory system

Stress can present problems affecting the respiratory system as well. Shortness of breath and rapid breathing can occur when a person is feeling stress. Though the APA acknowledges this is often not a problem for people without respiratory disease, the group notes it can exacerbate breathing problems for people with preexisting respiratory conditions, including asthma and COPD.

Cardiovascular system

Chronic stress can contribute to long-term problems affecting the heart and blood vessels, which the APA notes are the two elements of the cardiovascular system that work together to provide nourishment and oxygen to the body's organs. Chronic stress has many hallmarks, including a consistent and ongoing spike in heart rate. As a result, long-term ongoing stress increases a person's risk for an assortment of cardiovascular problems, including hypertension, heart attack and stroke.

Gastrointestinal system

The APA notes that hundreds of millions of neurons in the gut are in constant communication with the brain. This is why feelings of nervousness or anxiety often produce the sensation of butterflies in the stomach. When a person is dealing with chronic stress, that can affect communication between the gut and brain, potentially leading to pain, bloating and other discomfort in the gut.

Stress is a public health problem that affects people from all walks of life. Individuals feeling excess levels of stress are urged to speak to their physicians and visit [apa.org](https://www.apa.org) for more information.



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How to be a better health care consumer

Health care can be a difficult world to navigate. Health insurance plans often change just as individuals grow accustomed to them, prompting many people to wonder if there's anything they can do to gain a stronger grasp of the health care industry.

The American Institute of Preventive Medicine reports that Americans spend more time researching which cars and appliances to buy than they do health plans. Much of that is undoubtedly due to the belief that employers do much of the legwork in picking health care plans, leaving individuals with less responsibility and facing a relatively simple decision of picking the best employer-sponsored plan offered to them. But there's more than that to being a wise health care consumer, and individuals can embrace these strategies so they have a better understanding of their plans and coverage.

- **Attend information sessions.** Health insurance providers and employers typically schedule enrollment meetings whenever a plan is up for renewal and/or being changed. Such meetings can easily get lost in the hectic fray of modern business environments, but professionals should find the time to attend them. Enrollment meetings explain benefits in detail and provide a great opportunity to speak directly with an insurance provider without having to go through the often time-consuming customer service hotline.

- **Do your homework.** Prior to an enrollment meeting, ask for information about the plans an employer is offering, then go through those plans and jot down any questions you may have and ask them during the meeting. Un-

derstanding benefits is an essential trait of a wise health care consumer, so don't hesitate to ask questions about what is and isn't covered under each plan you're considering.

- **Avoid overemphasizing cost.** Cost is a big consideration for health care consumers. According to the Kaiser Family Foundation, the average annual cost of health insurance in the United States is just under \$7,500 for an individual and more than \$21,000 for a family. Though it may be tempting to choose the least expensive plan you're offered, avoid overemphasizing cost, especially at the expense of coverage. Adequate coverage that will help individuals and their families avoid financial difficulties in the case of emergencies or significant medical events should be a bigger priority than the cost of the plan.

- **Learn about the benefits associated with preventive care.** Many health insurance plans offer rebates to consumers who have memberships at fitness facilities and use those memberships a certain number of times in a set period of time. These benefits aren't just ways to save money. They're also powerful motivators to engage in preventive health care, which is one of the best ways for health care consumers to save money over the long haul.

The steps to becoming a better health care consumer are simple and can ensure individuals get the most out of their medical benefits.

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suggests asking family and friends about their current providers or if they know other doctors that might be a better fit for your specific circumstances.

It's also a good idea to check with your health insurance company, as you may need to choose from a list of certain doctor's in your plan's network. However, some plans may allow you to see a doctor outside your network for a higher cost. After finding which doctors take your insurance, you will then need to call the providers' offices to confirm that they take your plan. From there, you should narrow down your top choices, considering its location and how easy it will be to get there for in-person appointments. Then, call their offices to learn more about their services. ODPHP recommends asking these questions:

- Are you taking new patients?
- Is this a group practice? If so, who are the other doctors that might help care for me?
- Who will see me if my doctor isn't available?
- Does the doctor have experience treating my medical conditions?
- Does the doctor have special training or certifications?
- Are weekend or virtual appointments available?
- What is the cancellation policy?
- How long will it take to get an appointment?
- How long do appointments usually last?
- Can I get lab work and x-rays done in the office?

After your first visit, you should then reflect on the experience, especially in terms of your comfort level during the appointment and if you felt heard and respected by the office staff. If you felt that you weren't valued as a patient, then you should likely keep looking.





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