

# living life, loving life...

B O A T S , G R E E N S & S P R I N G

FARRAGUTPRESS WEDNESDAY, MARCH 27, 2024 • 1C



## A healthy way of life

Dixie Lee Farmers' Market's mission to bring local products to the area

After developing rheumatoid arthritis in 2007, Ginger Cannon began looking into alternative means of treating the condition.

"I was trying to deal with this without a bunch of medications," she said.

During her research, Cannon soon learned of the benefits of eating fresh, locally grown foods.

"Some people I knew went to the Oak Ridge farmers markets, and you get really educated when you're surrounded by farmers and producers," she explained. "It changed my outlook on a lot of things, like where our food in the grocery stores comes from."

However, Cannon realized that while there were a few farmers markets throughout the greater Knoxville area, there was nothing of the sort in the Farragut community.

"There was a farmers market downtown and there was one in Oak Ridge, but out in this area, there really wasn't anything," Cannon said.

So, in 2008, Cannon and her husband Jeff, a horticulturist, launched Dixie Lee Farmers' Market.

"We started the market so we could bring better local, organic produce to our area and just try to eat better," said Cannon, noting that the couple quickly discovered the immense amount of local farmers and crafters. "It just really turned into sort of a mission to bring local products to the area and give people



Cannon



See MARKET on Page 2C

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Spring is finally here, which means farmers markets throughout the area are ramping up for the 2024 season. And with numerous markets to choose from, there's no better way to welcome the warmer weather than by getting outside and supporting the local community.

#### Circle Farmers Market

8529 Rutledge Pike,  
Knoxville  
Second Saturday  
10 a.m. to 2 p.m.

#### Clinton Farmer's Market

245 N. Main St., Clinton  
Thursdays: 9 a.m. to 1 p.m.

#### Dixie Lee Farmers' Market

12740 Kingston Pike,  
Knoxville  
Saturdays 9 a.m. to 12 p.m.

#### Eastside Sunday Market

2020 Martin Luther  
King Jr. Ave.,  
Knoxville  
Sundays 1-4 p.m.

#### Ebenezer Road Farmers' Market

1001 Ebenezer Road,  
Knoxville  
Tuesdays 3-6 p.m.

#### Greenback Farmers and Craft Market

6736 Morganton Road,  
Greenback  
Tuesdays 10 a.m. to 1 p.m.  
Second Saturday  
8 a.m. to 1 p.m.  
Last Friday 4-8 p.m.

#### Harriman Farmers Market

401 North Roane St.,  
Harriman  
Saturdays 8 a.m. to noon

#### Kingston Lakeside Farmers Market

203 Kentucky St., Kingston  
Saturdays 8-11 a.m.

#### Madisonville Farmers & Makers Market

305 College St. N.,  
Madisonville  
Thursdays 4-7 p.m.

#### Market Square Farmers' Market

Historic Market Square,  
Knoxville  
Wednesdays 10 a.m. to 1 p.m.  
Saturdays 9 a.m. to 1 p.m.

#### Maryville Farmers' Market

2003 E. Broadway Ave.,  
Maryville  
Saturdays 8:30-11:30 a.m.

#### New Harvest Farmers' Market

4775 New Harvest Lane,  
Knoxville  
Thursdays 3-6 p.m.

#### Oak Ridge Farmers' Market

281 Broadway Ave.,  
Oak Ridge  
Saturdays 8 a.m. to noon

#### Tellico Village Farmers' Market

202 Chota Road, Loudon  
Wednesdays 9 a.m. to 12 p.m.

#### Wharf Street Farmer's Market

410 Wharf St., Loudon  
Thursdays 4-7 p.m.

## MARKET

From page 1C

the opportunity to actually shake the hands of the people who are growing their food."

Since its inception, Cannon said Dixie Lee Farmers' Market has grown exponentially, in terms of both customers and vendors. In fact, the market started out with about 10 vendors and now has more than 30. This is likely due to a shift in perspective brought

about by the coronavirus pandemic.

"It's not a fad anymore," she said of farmers markets. "You know, if you look at 15 years ago, you had these people that were very specifically farmers market goers, but now, I think it's more of a way of life."

#### Opening for the season

Dixie Lee Farmers' Market will open for the 2024 season on Saturday, May 4, and run through the last weekend of October or the first weekend in November. It will be held each Saturday from 9 a.m. to noon at the Renaissance Farragut complex, 12740 Kingston Pike.

Cannon said a wide variety of local products are available, including fresh eggs and produce, grass-fed meats, homemade breads, jams and honey.

"We get all of our produce and all of our meat from the market in the summertime, and so do thousands of other people," she said.

Not only are foods purchased from a farmers market fresher than grocery store products, they are also currently about the same price, thanks to inflation.

"In the beginning, it was a bit more expensive, but people didn't mind because they know that the money they're spending is staying in our region," Cannon explained. "But since inflation, it's really comparable. It's really not that much more than going to the grocery store."

In addition to food items, many of the market's vendors offer homemade products such as organic soaps, skin oils and clothing detergents.

"We have people that specialize in herbs and essential oils, as well as woodworkers, furniture makers and glass blowers," said Cannon, noting that several vendors have been with the market since its launch. "We've got about 20 permanent vendors, but every year we get new artists."

Anyone interested in becoming a Dixie Lee Farmers' Market vendor should submit an online application. The only requirements, Cannon said, are to be a producer or crafter in the state of Tennessee.

For more information, visit [dixieleefarmersmarket.com](http://dixieleefarmersmarket.com).

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# Golf is a full-fledged passion for Leahy

With his father in the golf industry, it seemed only natural that Corey Leahy would also find himself with a golf club in hand.

“We were definitely a golfing family,” remembers Leahy, noting frequent trips as a child to the driving range and visiting his dad at the golf course. “Golf easily became a family-oriented activity for us.”

For Leahy, the sport eventually transformed from a familial hobby into a full-fledged passion. Little did he know, however, that this passion would someday become his career.

“I started playing competitive golf when I was introduced to school sports in middle school,” he explained. “This was really when I caught the ‘golfing bug.’ After graduating college, I decided to take this passion and make it into a career.”

The avid golfer went on to spend the next decade in the golf business, serving as a club professional at various golf clubs in Florida before relocating to Tennessee to take a job at a top-rated course.

“What was considered work, was not work at all,” Leahy said.

#### A lifelong sport

Unlike other sports, golf is perfect for nearly all ages. In fact, Leahy says he’s worked with golfers as young as 3 years old, as well as those into their 80s.

“Whether you are finding your forever sport or just looking to stay active, golf doesn’t care what age you are,” he said. “It is never too soon or too late to pick up the game... As soon as a child is able to hold onto a club and they are showing an interest in wanting to learn, give it a try.”

But for younger kids first starting out with the sport, Leahy added that safety is key.

“Golf has always been known as a ‘game of etiquette,’” he said. “Safety and etiquette were always the first points I would cover when introducing juniors to the game – it’s the foundation for creating a safe and inviting learning environment.”

Leahy said that junior camps are a great way to learn more about golfing etiquette and become better acquainted with an instructional setting. Camps also help foster a sense of camaraderie.

“With golf being mainly considered an individual sport, it can also be a team sport,” explained Leahy. “These camps help to create that team-oriented environment and provide an opportunity to develop friendships both on and off the golf course.”

The main goal, after all, is to simply have fun with the sport.

“The biggest advice I can give you is to be open to everything,” Leahy said. “Both good and bad shots are going to happen, but just have fun with it! Look at today’s greats we see on TV; even they have tough days playing the game.”

Along with camps, young golfers can also participate in leagues and tournaments offered by local golf organizations like First Tee of Greater Knoxville, PGA Jr. League and the Tennessee Golf Foundation. These initiatives are open to golfers of all experience levels.

“Golf is a sport you can play your entire life,” added Leahy. “Why not start today?”



Leahy



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# Playing golf offers valuable benefits

Since the age of 14, golf has been an integral part of Keith McElroy's life.

"I've worked in the business for almost 30 years," said McElroy, who's held jobs at various local courses, including Three Ridges Golf Course, Concord Park Junior Golf Course and the Golf Academy of Tennessee. He's also served as Gibbs High School's golf coach for the past six years.

McElroy said golfers in the area are fortunate to have access to a variety of prime courses.

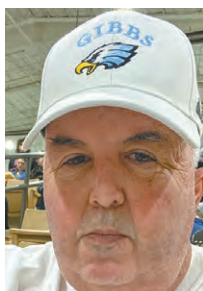
"There are many great courses in Knoxville," he said, noting public courses like Three Ridges, Willow Creek Golf Club and Dead Horse Lake Golf Course.

In terms of private courses, McElroy recommends Holston Hills Country Club, Beaver Brook Golf Country Club and Fox Den Country Club.

"The main difference between public and private courses is that public courses have daily fees to play and anyone can make a tee time and go play there," he explained. "Private courses have a monthly fee and you cannot play there unless you are allowed to join and start paying the monthly dues."

But no matter the type, McElroy said Knoxville's courses are perfect for beginner golfers, as well as those more experienced in the sport.

"All these courses are set up to have several sets of tees to challenge the best golfers and to make beginner golfers have a course that they would enjoy playing," he said.



McElroy

## Benefits of golf

Playing golf offers a slew of valuable benefits, from strengthening heart endurance to improving muscle tone. As a result, regularly playing the sport can significantly boost your overall health, keeping you fit and encouraging weight loss. Golf is also an excellent way to reduce stress, enjoy the outdoors and meet new people.

But perhaps one of the greatest advantages of golf is the fact that it can be played by people of all ages. However, for those just starting out, McElroy suggests taking the time to truly understand the sport.

"The most difficult part of learning to play golf is to realize that you are learning to make a swing with a club and not trying to hit the ball," he said. "Once you begin making a swing under control then golf becomes more enjoyable to play."

Area Golf Courses  
Beaver Brook Golf Country Club  
6800 Beaver Brook Drive, Knoxville  
865-689-5178

Centennial Golf Course  
101 Centennial Blvd., Oak Ridge  
865-483-2291

Concord Park Golf Course  
10909 S. Northshore Drive, Knoxville  
865-966-9103

Dead Horse Lake Golf Course  
555 Frank Gardner Lane, Knoxville  
865-693-5270

Egwani Farms Golf Course  
3920 S. Singleton Station Road,  
Rockford  
865-970-7132

Fox Den Country Club  
12284 N. Fox Den Drive, Knoxville  
865-966-9771

Green Meadow Country Club  
1700 Louisville Road, Alcoa  
865-982-0391

Holston Hills Country Club  
5200 Holston Hills Road, Knoxville  
865-523-4119

Island Pointe Golf Club  
9610 Kodak Road, Knoxville  
865-933-0100

Knoxville Municipal Golf Course  
3925 Schaad Road, Knoxville  
865-691-7143

Lambert Acres Golf Club  
3402 Tuckaleechee Pike, Maryville  
865-982-9838

Oak Ridge Country Club  
150 Gum Hollow Road, Oak Ridge  
865-482-2436

Tanasi Golf Course  
450 Clubhouse Point,  
Loudon  
865-458-4707

Three Ridges Golf Course  
6101 Wise Springs Road, Knoxville  
865-687-4797

Whittle Springs Golf Course  
3113 Valley View Drive, Knoxville  
865-525-1022

Williams Creek Golf Course  
2351 Dandridge Ave., Knoxville  
865-546-5828

Willow Creek Golf Club  
12003 Kingston Pike, Knoxville  
865-675-0100

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# Tennis

Fun for young and old

Keith McElroy has spent nearly three decades in the golf business. The avid golfer has worked at a variety of local driving ranges and courses, including Three Ridges Golf Course, Concord Park Junior Golf Course and the Golf Academy of Tennessee.

But in addition to his golfing expertise, McElroy is also an experienced tennis player. In fact, his background in tennis goes all the way back to his childhood.

"I started playing tennis at a young age when my mom took me when she was getting some lessons," McElroy said. "I played throughout my teenage years with my friends."

McElroy now serves as both the golf and tennis coach at Gibbs High School. In a way, he said, the two sports are actually quite similar.

"Tennis and golf are both sports that can be played for a long time as you get older," he explained. "Both can also be enjoyed no matter what your skill level is from beginner to advanced."

And, like golf, tennis can also be introduced at any stage of life. "Tennis is best if you start at a young age, but it can easily be picked up at a later age," said McElroy, noting the physical benefits of tennis. "You receive a great workout while playing tennis. It will give you a great cardio workout."

The Knoxville area is also home to several excellent tennis courts – both public and private. For public courts, McElroy suggests Tyson Park, 2351 Kingston Pike, and West Hills Tennis Center, 7624 Sheffield Drive.

"These are maintained by the city and are great places to play," he said.

Private courts, which require a membership, are located at Cedar Bluff Racquet Club, 701 Racquet Club Way, and Knoxville Racquet Club, 5535 Lonas Dr, Knoxville.

For more information about local tennis courts or to sign up for lessons, leagues and clinics, visit [playtennisknoxville.org](http://playtennisknoxville.org).

"I started playing tennis at a young age when my mom took me when she was getting some lessons,"

~ Keith McElroy

## New Spring Menu Available Now

## Explaining the wildly popular sport of pickleball

Crowded pickleball courts are a testament to the popularity of a sport that has taken many communities by storm. A 2023 report from the Sports & Fitness Industry Association indicates just under nine million people played pickleball in 2022, which marked a stunning 159 percent increase in participation over just a three-year period.

With such significant increases in participation, pickleball undoubtedly has piqued the curiosity of millions more who have not yet picked up a paddle. Individuals whose curiosity has compelled them to give the sport a try can consider this rundown of pickleball so they're as prepared as possible upon picking up their paddles.

### The sport

Pickleball, invented by a congressman from the state of Washington and two friends in the 1960s, combines components of badminton, ping-pong and tennis. A ball made of plastic is used in pickleball, and the ball is slightly larger than a tennis ball. Tennis courts, which many communities have now re-designated as pickleball courts, are still widely used as playing surfaces for pickleball players. The nets for pickleball are lower than for tennis, and that's due to science. According to the paddle and apparel manufacturer Paddletrek, after the first bounce a tennis ball retains about 60 percent of its

bounce, which means it can reach a height of nearly 46 inches. A pickleball retains between 38 and 44 percent of its energy after bouncing, which means it peaks around 30 to 34 inches. That's why tennis nets are typically lowered for pickleball competitions.

### Is pickleball a team sport?

Socialization is one of the foremost health benefits of pickleball, potentially helping to reduce feelings of loneliness that can increase risk for depression and other conditions. Pickleball can be a team sport if players prefer doubles competitions, but it's also played in one-on-one settings as well. But even players who prefer singles competitions can reap the socialization benefits of pickleball by engaging with their competitors and the wider community of local players.

### When does a pickleball game end?

Debate is ongoing as to whether professional pickleball should institute a shot clock to increase the pace of play, but no such clock currently governs the game. According to USA Pickleball™, games are normally played to 11 points, and players must win by two. Tournament games may play to 15 or 21 (win by two).

The popularity of pickleball has exploded in recent years. Non-players who are curious are urged to give this beloved sport a try.

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# Choto Marina

dedicated to ensuring an enjoyable boating experience

A Farragut staple, Choto Marina is dedicated to ensuring a convenient and enjoyable boating experience on Fort Loudoun Lake.

The full-service marina offers covered dry stack storage, wet slips, and trailer storage, as well as a fuel dock, ship's store and onsite service and boat dealer – Rockingham Marine. Visitors also have access to the property's popular restaurant – Cheers at Choto, which boasts great food, live music and an inviting atmosphere.

Situated directly across from Prater Flats, one of the most popular coves on Fort Loudoun Lake, it's easy to see how Choto Marina has become an ideal destination for the area's boating community.

In fact, owner Justin Church has many fond memories of frequenting Choto Marina throughout his childhood – so much so that he and his wife Shanna decided to purchase the marina in 2021.

"I grew up next to this marina and boating on Fort Loudoun," he explained. "It has been a big part of our family's life."

After purchasing the marina, the couple sought to further elevate its offerings with Carefree Boat Club. Church says this provides an alternative to boat ownership, enabling members to enjoy Choto Marina's impressive fleet of more than 20 first-class boats.

All members have to do is use the marina's online reservation system to select their desired date for their outing and choose from Choto Marina's premium lineup of boats, ranging from tritoons to bow riders to wakeboard and surf boats.

"You reserve your boat, which has a full tank of fuel, take the boat out, have a blast, and when you bring it back all you have to do is take your belongings

that you brought, and you are done," said Church, noting that Choto Marina also handles all boat maintenance. "We will refill your boat, clean the boat, and wait for you to come visit us again. You do not have to pay for a slip, boat insurance, or deal with the overall maintenance of a boat. Basically, we take care of all the headaches."

With over 140 Carefree Boat Club affiliates across the world, members also have the opportunity to visit different club locations. This includes numerous locations throughout the United States and Canada, as well as those in the Caribbean, Panama and the Philippines.

"For example, if you frequently visit Hilton Head, S.C., Carefree has a boat club there where you can reserve a boat," said Church. "It is as easy as it sounds."

Choto Marina's Carefree Boat Club even offers varying membership tiers to accommodate all boating preferences and budgets. Church said anyone interested in learning more about the club should contact the marina's office at 865-320-3040 to set up a visit.

"We want you to come and see what we have to offer. We want to get to know all of our members so that we can provide the first class experience that you are paying for," he said. "Our marina is family owned and operated and that is how we will treat you when you are on property... Whether you are a member of the marina or boat club, our team will help you make the experience you have at Choto Marina the easiest and most fun possible – and "Carefree" of course!"

For more information about Choto Marina, visit [chotomarina.com](http://chotomarina.com).



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