

Issue 2 | Volume 2 | April - June 2022

Cycling Passion

Echelon Bicycles is a specialized and unique bicycle shop

Next Gen Teachers

HVA Seniors heading into the education field

PSRST STD
US POSTAGE
PAID
EDDM
Permit #109
Knoxville, TN

ECRWSS
RESIDENT

Hardin Valley LIVING

Recreation

Dream taking shape in
Hardin Valley community

Summer Activities & Camp Listings



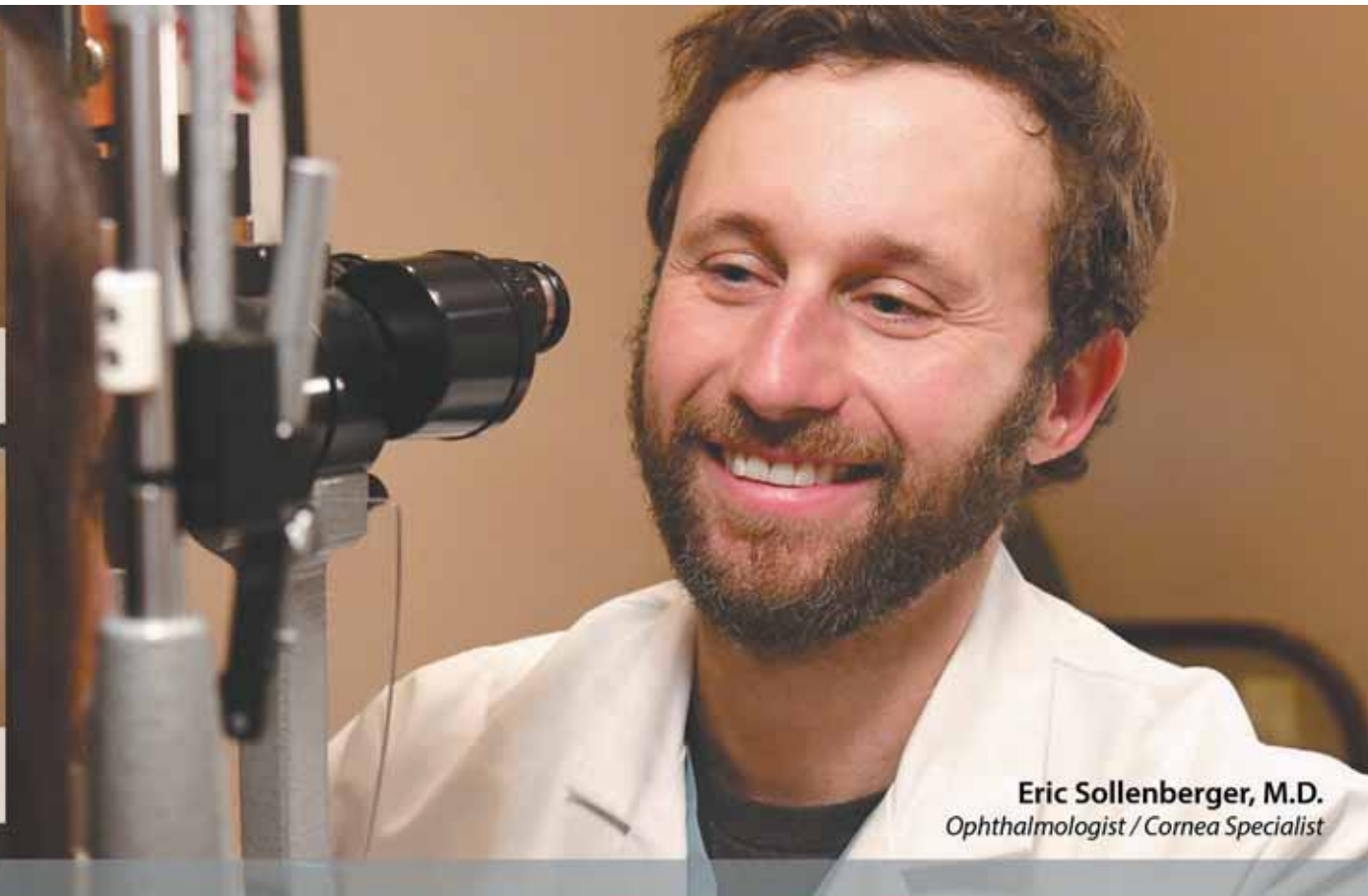
Camp Big Fish: The Summer Fun Experts!



Kathryn Kibler, O.D.
Optometrist



Mia Guillory, O.D.
Optometrist



Eric Sollenberger, M.D.
Ophthalmologist / Cornea Specialist

EYECARE OPTICAL

A Division of Drs. Campbell, Cunningham, Taylor & Haun

EyeCare Optical is quickly becoming the first choice for all things vision in Knoxville and surrounding areas. We're conveniently located right here in Hardin Valley next to Hard Knox Pizzeria and Maple Street Biscuit Company.

Visit EyeCare Optical:

- Comprehensive Eye Exams, Glasses and Contact Lens Prescriptions
- Optical shop with a Large Inventory of Designer and Affordable Eyewear
- Board-Certified Ophthalmologist and Cornea Specialist for Diagnosis, Management and Surgical Treatment of Eye Disease
- New Patients and Walk-Ins Welcome!

EyeCare Optical is a new generation of vision centers designed for the convenience of East Tennesseans, with locations in Hardin Valley, Farragut, Maryville, Fountain City, Sevierville, and Oak Ridge.



Next to Hard Knox Pizzeria and Maple Street Biscuit Company

Proud Sponsor of
Hardin Valley
Athletics!

GO HAWKS!



DRS. CAMPBELL CUNNINGHAM
TAYLOR & HAUN

EYECARE OPTICAL
\$50 OFF
Prescription Eyeglasses

Present this card for a special first-time discount off the total cost of a full set of prescription glasses, including frames and lenses. Offer good for first-time visit only, one per household. Offer good only at EyeCare Optical in Hardin Valley.

Not valid with insurance. Offer expires 12/01/2022

Visit us in Hardin Valley: 10841 Hardin Valley Rd. • Appointments: (865) 761-4248 or eyecareoptical-knoxville.com

Full Exams
& LASIK®
Consultations

Vision Prescriptions

Accepting most insurances, including Medicare,
BCBS, Humana, CIGNA, United, Davis, VSP,
EyeMed, Spectera, Superior, March & more.

Contact Lens Fitting

Glasses &
Contact Lens



THE VILLAGES

OF FARRAGUT

Life doesn't stop after retirement,
why should your lifestyle?

Your next chapter is just beginning
at The Villages of Farragut.

The home you need
for the lifestyle you deserve.

YOUR LIFE. YOUR WAY.



230 Village Commons Blvd | Knoxville, TN 37934 | 865.317.9678
TheVillagesFarragut.com



5



22



16



24



9



12

Hardin Valley LIVING

A Special Publication of farragutpress

Feature	p. 5
<i>Echelon Bicycles</i>	
Business.....	p. 8
<i>HVBCA</i>	
Recreation.....	p. 9
<i>Recreation dream taking shape</i>	
Health & Fitness.....	p. 12
<i>Strategies to lose weight safely</i>	
Chews & Brews.....	p. 14
<i>Farmers Markets, Make your garden more successful, Hardin Valley Nutrition</i>	
College Corner	p. 16
<i>7 gifts for soon-to-be graduates, HVA Valedictorian & Salutatorian, Next Gen Teachers</i>	
Kids' Corner	p. 24
<i>Making memories at summer camp, Find the Hawk, Summer Camps and Activities Listing sponsored by Camp Big Fish</i>	

On the Cover: Camp Big Fish

farragutpress

YOUR TENNESSEE PRESS ASSOCIATION AWARD WINNING NEWSPAPER

Editor email: editor@farragutpress.com **Website:** www.farragutpress.com

Phone: 865-675-6397 **News Fax:** 675-1675 **Advertising Fax:** 675-6776

farragutpress is published weekly at
11863 Kingston Pike Farragut, TN 37934

Passion & knowledge

Kelly Hamm's passion and knowledge of cycling is concisely summed up in the very name of his business.

"I thought about it for years — what kind of name would I want?" said the owner of Echelon Bicycles in Farragut. "I wanted it to be a cool word — not just my name — but something that was really descriptive.

"I finally uttered it out loud, and knew that was it."

While Echelon connotes a certain level of authority or achievement, it is also well-known to racers as a type of formation that might occur under specifically tenuous circumstances.

"When Echelons form, it breaks up the races and it upsets the apple cart," Hamm said with a smile

For the last nine years, Hamm has done just that by creating a specialized and unique bicycle shop, providing sales, repairs, consignment services and even a Tap Room to quench bikers' thirsts both before and after rides Hamm and associates frequently lead.

Admittedly, Hamm says, "Group rides have been disrupted a bit, along with most other aspects of the business, the last two years, but this Spring should be a big step back towards normal.

"Traffic patterns have changed and getting out during rush hour would be much less of an issue if we got out a little further west, maybe Melton Hill Dam. Saturday rides from the shop won't change, but weekday rides after work certainly might.

"For now, we're going to resume the Wednesday rides and see how it goes before making the call on Tuesday/Thursdays."

Opening his own shop was a long-held dream for Hamm and his wife, Tanya, who live about six miles from the West End Center business.

A native of Somerset, Kentucky, Hamm began riding mountain bikes in the late '80's as a teenager.

"There are not a lot of mountain bike trails in that part of Tennessee," he said, noting when he moved to the Knoxville

See ECHELON on Page 6





Echelon

From page 5

area in 2000 he discovered East Tennessee was “bicycle-riding heaven.”

“This part of the country, with the long riding season, the lakes, mountains, the trails — you couldn’t ask for a much prettier place to ride, and I certainly haven’t been any place I’d rather live.

“We really are blessed.”

He moved into road racing on the cusp of its massive proliferation, thanks to “one Mr. LeMond,” he said,

“Over the last 10 to 20 years, the riding scene has really exploded,” he said. “It has been trending in a lot of places but it has certainly grown exponentially here.”

While he enjoys riding and pushing himself, Hamm has never been a professional racer, only an amateur, yet he did follow on the trail of some of the top pros in 2009.

“A few friends and I brought our bikes to France and followed the Tour through the Alps in 2009 and got to ride some of the great climbs we’d all seen on TV for decades — Col du Galibier, Columbiere, Verbier, Mont Ventoux.

“It was the trip of a lifetime. It was really a full-circle moment for me,” he continued. “I remember sitting on my couch, in the late ‘80s, watching the Tour de Force on television. Back then, they only showed snippets of the ride, not like they do today. But I remember thinking, ‘Wow, I would really love to be there. One day, I want to do that.’ And,

almost exactly 20 years later, I did it.”

He even went so far as having a photo taken of the group, as they were descending the Col du Colombiere — the peak which had so fascinated him from half-way around the world.

“I found myself on the exact same piece of pavement I had seen all those years ago,” he said. “It just happened to be the way it worked out, but it was a dream come true. I had to stop on the side of the road, I was just crying. It was just a very good time in my life.”

Hamm is enjoying his current life path, too. At 52, he’s pleased to be able to continue doing something “that just makes you smile.

“The simple act of riding changes your mindset, and you attitude. You can go out and have a great time, and just really be a kid again.”

He traveled to Sedona, Arizona, for a week-long biking trip earlier this year, enjoys spending time with his wife, and their daughter, Francesca “Frankie,” and is making plans to fully reopen the Echelon Tap Room in the near future.

“We are looking at being open seven days a week, and my plan is to be working behind the bar,” he said, noting the need for an additional revenue stream as ongoing global supply chain issues have impacted the availability of parts and supplies, but has not diminished his customer base.

“We do a good job, and have a great reputation,” Hamm said. “We treat people like we want to be treated.

“We want our customers to be our friends, and that is how we do business.”

~ Michelle Hollenhead • mhollenhead@farragutpress.com



RE-ELECT CHUCK
CERNY
REPUBLICAN SESSIONS JUDGE

PAID FOR BY THE COMMITTEE TO RE-ELECT CHUCK CERNY, JONATHAN COOPER, TREASURER



Whether you see him sitting on the bench in court or on one in the dog park,

CHUCK CERNY

is interested in people and loves to hear their stories.

That in a nutshell is what makes him a great judge and has guided his career for over two decades – he always makes sure to understand each side of a case as if it were his own before he makes a ruling. This common sense approach to his legal rulings allows both sides to see him as a fair and unbiased judge.

- Chuck has worked tirelessly as General Sessions Judge for 24 years, handling over 100,000 criminal cases and tens of thousands of civil cases.
- Took on leadership of Recovery Court in 2011 when it was in danger of being discontinued. Program is now thriving with over 150 successful graduates over 75 current participants.
- Created Veterans' Treatment Court in 2013 to help criminal justice system involved veterans. Many successful graduates and over 85% do not re-offend.
- 15 Years of experience as an assistant District Attorney and in the private practice of law.
- Married almost 30 years to wife Kim, proud father of daughter Lindsay and son Chase, son-in-law Jarrett and grandkids Connor, Kensie and Collin.

As the fastest growing area in all of Knox County, community members and business owners wanted a way to maintain the Hardin Valley sense of place that longtime residents have enjoyed while creating a welcoming spirit to newcomers.

The idea to create a group where both businesses and community members could come together to share, connect, and serve the Hardin Valley community was born out of a conversation many years ago when locals Sage Kohler and Kim Frazier sat down to talk about what other communities were doing to bring people together.

Fast forward to today and the Hardin Valley Business and Community Alliance is 40 plus members strong and growing. “This group is made up of vibrant, talented people who have a heart to serve Hardin Valley. We’ve done so much in our first year, I can’t wait to see what 2022 brings!” said President, Sage Kohler.

Starting out virtually, enabled community members to define the mission and goals of the group through the creation of an official 501c status, by-laws, officers, and committees.

Now, the group meets monthly at the Hardin Valley Church of Christ on the 3rd Wednesday at 12 noon to discuss ongoing community events, network, hear from speakers, and coordinate service efforts like a recent planting of 63 trees around the LCUB power station, collect needed personal items for the Ben Atchley Veterans Home, and support the “HV Team Up to Clean Up” efforts.

“We will continue to define community needs and work to have a significant presence in our community,” said Kim Frazier, Chair of the Valley Vision Committee. “I would like to invite anyone with a love of this community to learn more about us and how you can get involved by visiting our website (www.HVBCA.org), Facebook page or email us at info@HVBCA.org. We have a place for everyone!” Shelby Brooks, Membership Chair stated.



Website: hvbca.org • **Facebook:** @hardinvalleybusinessandcommunityalliance • **Email:** info@hvbca.org



Recreation dream taking shape

For a number of years, members of the Hardin Valley community have advocated for recreational offerings, and now, with a new Knox County Parks and Recreation director in Joseph Mack, volunteers are finally seeing some headway.

“The influx of new families elevated the need for the social and recreational gathering spaces like parks and community-focused amenities,” explained Hardin Valley Planning Advocates director and co-founder Kim Frazier, who is also a founding member of the Hardin Valley Business and Community Alliance, an organization that has been working with Knox County Commissioner Terry Hill (District 6) and long-time community volunteer Chrys Huston.

“When Knox County hired a new Parks & Recreation Director, HVB-CA saw an opportunity to heighten the awareness of the needs of the Hardin Valley area,” Frazier said. “With the help of both Hill and Huston, we were able to revive old conversations and begin plans to pursue several proposed projects.

“First, we simply asked the County to replace the Community Center at Hickory Creek that was condemned and demolished. It once served our youth athletics league and provided practice fields and a meeting space. We have tremendous athletic participation in the Valley and the loss of those fields really hit our athletic families hard. So rebuilding this facility is a priority.

“Knox County is proposing a two phase project — beginning with a physical structure with concession stand features and outdoor access restrooms and practice fields. Phase two would add a second physical structure that will accommodate 75 and act as a true Community Center where exercise classes, meetings, instructional events and other activities could take place.”

The second project, for an ADA and sensory compliant park, “continues to be the No. 1 requested community need,” Frazier said.

“In working with the County and the community, we looked at every possible option for a park space in Hardin Valley proper beginning with property currently owned by the County and Knox County Schools. There simply is no land that falls within the County budget.

“We knew that funding was the major constraint and that it could be years before any action would be taken, so we reached out to our amazing community partners, like Valley Church, [which] has committed to including a public playground area in their new construction right on Hardin Valley Road.

“After meeting with County officials, we learned there was a real desire to enhance Melton Hill Park, which is one of the most beautiful, yet underutilized, areas in all of Knox County. There have been numerous discussions about the concern of road safety and access to the Park, as well as, the impact on residents living close to the public park.

“It’s important to bring those concerns to the table now, so that the County can take those into consideration when working on a concept plan.

See **RECREATION** on Page 10



Recreation

From page 9

"The plan is to seek grant funds to upgrade and replace playground equipment, provide ADA and Sensory compliant water and land amenities, construct a physical structure with outdoor accessible restrooms, and enhance existing trails.

"This park is in desperate need of attention and its long-term neglect has caused serious public safety concerns. It's incredibly sad to see needles and other paraphernalia lying on the grounds of what should be a family friendly amenity.

"Right now, the swings don't even have seats. It is our hope that the enhancements will create a safe, free, fun public space for our community that will promote healthy living."

Finally, Frazier noted, "The citizens and business leaders in the community have expressed interest in creating a Preserve-type amenity for walking trails



and picnic areas that conserve the natural landscape of the area. HV has beautiful rolling hills and we simply want to preserve a slice of what brought many of us here to the Valley...the landscape. It will be a huge undertaking.

"We have committed to raising \$250,000 for the purchase of a parcel in the heart of Hardin Valley, and have asked the County to match those funds. Everything

is still very preliminary, but we are hopeful that with the help of Legacy Parks, community members, and the County, we can make this happen.

The Hardin Valley Business and Community Alliance has agreed to maintain and upkeep the Preserve should the project go forward. The ball is in the court of the County and the seller, so we are just waiting on the greenlight."

Frazier remains optimistic.

"There is a lot to figure out and a lot of things have to happen, especially funding and approval by County officials, but we are so very hopeful that the stars will align and that our community will have several recreational offerings.

"These residents deserve it."

~ Staff reports
cford@faragutpress.com

Call
or come in
today to
schedule a tour!



CANTERFIELD OF OAK RIDGE

Independent Living,
Assisted Living & Memory Care

200 BUS TERMINAL Rd.
OAK RIDGE

865-425-9966

www.canterfieldofoakridge.com



Canterfield of Oak Ridge
A Retirement Community Rich in Lifestyle





SUNDAYS

WORSHIP 8:45AM & 11:00AM

BIBLE CLASSES 10:00AM

WEDNESDAYS

BIBLE CLASSES 6:45PM

JOIN OUR WEEKLY
LIVE STREAM
WWW.HVCOC.ORG



Vimeo.com/hvcoc



Facebook.com/
HardinValleyCOC



YouTube.com Search
"Hardin Valley COC"

—MAY—

May 7: Mother-Daughter Tea (K-5th Grade)

May 8: Special Mother's Day Services

May 15: Homecoming 16 Year Celebration

May 22: Summer Kickoff (6-12th Grade)

May 25: Block Party (K-5th Grade)



VIEW MORE INFO
AND SIGN UP
BY SCANNING
THE QR CODE
OR BY VISITING
HVCOC.ORG

—JUNE—

June 6-7: Summer Camp (6-12th Grade)

June 13-16: Operation Backyard Service
Project (6-12th Grade)

June 19: Special Father's Day Services

June 18: Father-Son Event (K-5th Grade)

June 20-24: Impact Camp (8-12th Grade)

June 26-29: VBS (K-5th Grade)

—JULY—

July 4: Fireworks & Party!

July 11-14: Domestic Mission Trip to
Nashville (6-12th Grade)

11515 Hardin Valley Rd
Knoxville, TN 37932

www.hvcoc.org

865-824-3078
info@hvcoc.org



Strategies to lose weight safely

The struggle millions of individuals experience in regard to maintaining a healthy weight has led public health agencies to characterize overweight and obesity as a major public health crisis. According to the National Institute of Diabetes and Digestive and Kidney Diseases, nearly one in three adults in the United States are overweight, while more than 40 percent are considered obese.

With so many adults classified as overweight or obese, it's no wonder that fad diets and additional programs to lose weight are so easy to find. Individuals who are overweight or obese should aspire to lose weight, as doing so can lower their risk for various conditions, including some which can be deadly, such as cardiovascular disease and diabetes. But it's vital that individuals lose weight in a safe way that gives them the best chance to keep weight off. In recognition of that, the U.S. Department of Agriculture offers these tips to lose weight safely.

- **Recognize what makes up a healthy weight loss program.** Individuals have all sorts of options that promise to help them lose weight, but that doesn't mean each of those options is safe and/or effective. For example, the American Academy of Family Physicians notes that the typical fad diet is unhealthy and does not result in sustainable weight loss. Some such diets can even be dangerous to your overall health. The USDA describes healthy weight loss programs as those that consist of reasonable and realistic weight loss goals. A reduced-calorie, nutritionally-balanced eating plan is another feature of a healthy weight loss program. Such programs also should encourage routine physical activity and a plan to help people

change their behaviors so they can stay on track and meet their goals.

- **Know what to expect out of a healthy meal.** The USDA notes that calories, portion sizes and nutrition all combine to make a healthy meal. Avoid high-calorie meals by limiting portion sizes. The online health resource Verywell Fit offers a useful breakdown that can help people determine healthy portion sizes:

- 1 palm: a serving of protein
- 1 fist: a serving of vegetables
- 1 thumb: a serving of fats
- 1 cupped hand: a serving of carbs

This breakdown can act as a guideline for individuals, who also can discuss appropriate portion sizes with their physicians or a licensed dietitian.

- **Change your lifestyle, not just your diet.** A successful weight loss strategy will help individuals develop lifestyle habits that help them maintain healthy weights. Fad diets and other quick fixes only provide short-term weight loss, and the USDA urges individuals to avoid programs that they "go on" and "go off" at predetermined intervals. Long-term, healthy weight loss is achieved by changing one's lifestyle, which requires a permanent commitment to physical activity and healthy eating.

A significant percentage of adults in the United States is considered overweight or obese. When attempting to lose weight, those individuals can look to a comprehensive approach rooted in healthy eating and routine exercise that can help them shed pounds and keep those pounds off for good.

- ★ - LEADING WITH HONESTY AND INTEGRITY - ★ -

- Over 40 Years of Law Enforcement Experience
 - Joined Knox County Sheriff's Office in 1980 as Corrections Officer
 - Patrol Officer
 - Patrol Supervisor
 - SWAT Team Member
 - Narcotics Officer
 - Director of The Knox County Regional Training Academy
 - Supervisor of Aviation Unit
 - Assistant Chief
 - Chief Deputy under two different Sheriff's Administrations
 - Sheriff
-
- Graduate - FBI National Academy (2004)
 - Honorable Discharge -
United States Air Force (1980)
 - Carter High School Graduate
 - Tusculum College Graduate



VOTE

RE-ELECT TOM SPANGLER

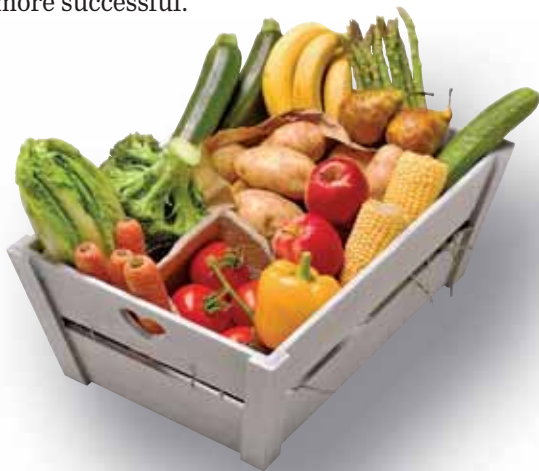
for Knox County Sheriff
TESTED • PROVEN • COMMITTED

PAID FOR BY TOM SPANGLER FOR SHERIFF - DEBRA POWERS TREASURER

6 Ways to Make Your Garden More Successful

Homeowners enjoy gardening for many different reasons. In addition to adding beauty to a property, gardens can offset grocery costs by yielding tasty produce. They also offer important habitats and food sources for both insects and animals.

While growing a vegetable or flower garden can turn into a rewarding hobby, or even a passion, gardening also can be overwhelming — particularly when the results are less than stellar. Novice gardeners have scores of resources at their disposal, including the advice of gardeners who have made mistakes and learned from them. The following guidance can make home gardens that much more successful.



1. START SMALL -

It is smart to start small and build on what you find successful, which includes plants that thrive in your lawn and garden.

2. ASSESS THE SOIL.

Plants need nutrient-rich soil to encourage extensive root systems and produce strong, hardy plants, according to the gardening resource GrowVeg. Nourish soil with organic matter, such as manure, compost, shredded leaves, and natural mulch.

3. ARM YOURSELF WITH KNOWLEDGE.

Do you know how deeply to plant seeds and how far apart to space plants? Are you aware of the sunlight needs of certain flowers or plants? If not, read the packaging and do your research so your plants have the best chance of not only sprouting, but also surviving. Many people prefer to start seedlings indoors in late winter and then transfer those plants outdoors when they are stronger and more established.

4. SIT IN YOUR YARD AND OBSERVE.

Watch the way the sunlight dances over areas of your landscape. Take note of which areas get the most sun and shade. This will help you plan what to plant and where to plant it. Vegetable gardens tend to need ample sunlight to bear pick-worthy produce. You can give plants a leg up by growing them in optimal conditions.

5. CHOOSE HARDY VARIETIES.

Certain plants have been bred to thrive in your climate, including heat-tolerant plants for climates with sweltering summer sun. Consult with a local gardening center to figure out which plant zone you are in and which plants will do best within that zone.

6. USE RAINWATER.

Rainwater contains fewer contaminants and additives than tap water, which can benefit garden plants. Collect rainwater in rain barrels and use irrigation systems to deliver it to the garden. Home gardens can yield many gifts, from flowers to fruit. Beginners can utilize some time-tested strategies to increase their chances of planting a successful garden.

FARMERS MARKETS



Dixie Lee Farmers' Market

12740 Kingston Pike

Knoxville, TN 37934

2022 Market Season:

May 7 - October 29

Saturday Mornings 9am - 12pm

dixieleafarmersmarket.com



East TN Farm Markets

Historic Oak Ridge Farmers' Market

Jackson Square - Oak Ridge, Tn.

Opening Saturday April 9, 2022

Saturdays | 8AM-12PM

Ebenezer Road Farm Market

Ebenezer United Methodist Church -

Knoxville, Tn.

Opening Tuesday April 5, 2022

Tuesdays | 3-6PM

Clinton Farm Market

Commerce Street Parking Lot -

Clinton, Tn.

Opening Thursday May 5, 2022

Thursdays | 3-6PM

www.easttnfarmmarkets.com

SOLD



1405 Dempsey Rd
sold for \$405,500

Sell your home with the Angie Cody Team & EXP Realty,
this year's readers' choice for Best Real Estate Agency!



SOLD



Izzy Mule Ln
sold for \$490,000

Hardin Valley Nutrition is owned by Lauren and Landon Hensley who are a brother sister duo born and raised in Knoxville, TN. They are genuine best friends and are each others biggest fans! They each bring a unique skill set to their business venture. With a lineage of entrepreneurs; Lauren and Landon share a love for missions and serving people around their community.

Visit Hardin Valley Nutrition and check out the 14 new summer drinks!

Summer Flavor Owner Recommendations:

Strawberry Lemonade Tea
Bahama Mama Tea
Pineapple Mango Tea

***Try out our 14 NEW summer flavors!!**



10612 Hardin Valley Road

Hours: 7am - 6pm

(865)722-8605

hardinvalleynutrition.com



"Angie sold my house in one day over list price! She was point on with her marketing strategy to expedite a quick sale while understanding my sense of urgency. Her cheery attitude kept my stress low as I trusted her to close the deal. I appreciated her optimism and confidence of the selling process. I highly recommend Angie for anybody desiring a speedy transaction with prompt communication and honesty. She is a rock star of a realtor!"

ANGIE CODY, REALTOR® CNE, SRS, RCS-D, Coach, eXp Icon

11002 Kingston Pike Suite 103 | Knoxville Tn, 37934 | 888-519-5113 ext 471 Office | 865-755-2639 Sell



7 gift ideas for soon-to-be graduates

It would be an understatement to say that it has been an interesting few years for the Class of 2022. Due to the pandemic, many soon-to-be grads spent a significant portion of their school years adapting to a changing landscape, both at school and at home. While it is an accomplishment to reach graduation in a “normal” situation, students who have succeeded and thrived in the face of pandemic-related adversity are worthy of extra celebration.

Graduation gifts are a great way to show grads how proud you are that they stayed the course in the face of significant challenges. Here are seven gift ideas for graduates.

1. Journal: Graduates are about to start new chapters in their lives. Either a blank journal or one with writing prompts can help grads get their thoughts on paper to document both the many moments that will shape the next few years.

2. Mascot- or school-themed offerings: If a high school graduate will be going on to higher education, then visit the college or university’s spirit shop to purchase anything from sweatshirts to blankets to coffee mugs featuring a school logo or mascot. On the first day of classes, the new student will already feel part of the team.

3. New wardrobe: Graduating means forging new paths, whether in a career or through additional schooling. Grads can look the part with several items from a favorite retailer. Those who are unsure of the graduate’s style can purchase a gift card and let the grad go on a spending spree.





4. Framed school photo or map: A piece of artwork can evoke strong emotions of time spent on campus. Frame a black-and-white or sepia-tone print of the aerial view of campus, or opt for an official school tour map, which indicates buildings and other points of interest. This could become a cherished keepsake.

5. Bedside organizational pouch: Dorm life requires maximizing a small amount of space. An organizational pouch or pocket can keep essentials such as a tablet, book, reading glasses, and remote control close by and organized without taking up a lot of room. Some are designed to rest over a couch cushion or slide between a mattress and bed frame.

6. Automotive essentials: Graduates will be facing all sorts of new expenses, so easing any sort of financial burden can help them in a big way. Vehicles tend to be major financial drains for teens and young adults. Prepaid cash cards, gas station gift cards, vouchers for car washes, and even gift cards to an automotive supply store can help graduates direct their funds elsewhere.

7. Personal coffeemaker: Many people feel coffee is essential to make it through the day. Graduates who will soon be studying for college exams or those waking up early for their first forays into the workforce may appreciate an on-demand pick-me-up. Coffeemakers are much more streamlined these days, and there are pots designed to use loose grounds or special pods to produce cups quickly.

Shoppers can explore many interesting options to commemorate the accomplishments of the class of 2022.



Humbled valedictorian

Hardin Valley Academy senior Emily Haugh was humbled by her designation as valedictorian at HVA.

"I feel good about it," she said. "I'm excited, of course.

"For a long time, I've placed a lot of work and emphasis on academics, so it's nice to be acknowledged in that way."

Still, Haugh pointed out, "I am aware there are some people (at HVA) who deserved it more than me."

She said HVA Principal Dr. Ron Speas, sat down in the conference room [with] Haugh and salutatorian Iris Lee to tell them the news.

"He had us keep on guessing things," Haugh recalled. She and Li both were National Merit Scholars, "so we were guessing it was in relation to that.

"He never really told me I was valedictorian," she recalled. "He told Iris that she was salutatorian, and I jokingly said that I must be valedictorian — either that, or I'm just here for emotional support. I guess it was kind of a joke."

Learning she, in fact, was valedictorian, Haugh, daughter of Arthur and Marea Haugh and sister of Kate, Reed and Alison, of Farragut, recalled she mostly was concerned about other students she felt were more deserving.

"I was obviously very happy because I got to tell my parents about it and thought, 'That's fantastic,' but 'That meant that there were other people who deserved it more than me who didn't get it," she said. "I was worried because I knew they wanted it."

Haugh has been on the Science Bowl team for three years, participated in Project U and volunteered by geometry tutoring with Mu Alpha Theta, although not a member. She also assists in teaching the German class.

As she prepares to graduate from HVA Friday, May 27, Haugh said, "I really, really love Hardin Valley."

When one of her sisters transferred from Farragut High School to HVA, Haugh, then a middle school student, followed, being grandfathered in, subsequently attending HVA.

"People are just so nice [at HVA]," she said. "There's this feeling of 'we can help each other ...'"

Through her school years, Haugh recalled a Farragut Middle School teacher who inspired her to venture into the higher level of honor science classes.

"She really helped me there because she really started pushing me toward those upper-level STEM classes," the senior said.

After graduating from HVA, Haugh plans to attend University of Alabama, which offered her a full-ride scholarship, and major in biomedical engineering with a goal of completing pre-requisites for medical school. Eventually, Haugh said she wants to go into medical research.



Li suprised & honored

Hardin Valley Academy senior Iris Li will graduate Friday, May 27, as the school's salutatorian.

"I was really surprised," Li, daughter of Yuchen Chang and Jan-Mou Li, said of the honor. "I was in my principal's office with Emily (Haugh, the valedictorian) when they told me first.

"My first reaction, realizing that I was chosen for salutatorian, meant that Emily was valedictorian, and I was really happy for her," she said. "I am grateful to be in a graduating class full of people who are extremely academically focused.

"I think HVA has a very unique blend of people," Li continued. "It has all your classic stereotypes, but it has so many opportunities for you to be whatever you want. Starting clubs and joining them are really easy; and while there are 500 people in my graduating class, I wouldn't trade it for the world."

While at HVA, Li said she kept involved through a number of activities.





New Releases COMING SOON



CURRENT INVENTORY:

THE TREND COLLECTION AT BEELER FARMS (GIBBS)
THE RESERVED AT HICKORY CREEK (HARDIN VALLEY)
WESTLAND OAKS (WESTLAND DRIVE)

COMING SOON:

BLUEGRASS RIDGE (BLUEGRASS RD.)
THE GRANGE (ANDES RD)

COMING LATE 2022:

THE TREND COLLECTION AT EMORY GREEN (KARNS)
THE TREND COLLECTION AT CLOVER MEADOW (MARYVILLE)



Kriston Wilson, REALTOR®

10255 Kingston Pike, Knoxville, TN 37922
C 865.388.8768 | O 865.693.3232
kristonwilson@me.com
kristonwilson.com

LIC. #327828 | OFC. LIC. #213347

Li

From page 18

"I've participated in 13 clubs throughout my four years," she said. "Currently, I serve as the founder and president of the aerospace engineering club, a co-executive captain on my robotics team, outgoing state treasurer of (Technology Student Association) and outgoing state vice president of Mu Alpha Theta. I also participated in ethics bowl and scholar's bowl this year."

Among her teachers, Li said, "Mrs. Wanda Walker has inspired me.

"I didn't meet her until sixth grade, but she was my chapter advisor in TSA," she said. "(Walker) pushed me to be a better person, and she was also my first step into the professional world.

"Mrs. Walker was the best advisor I have ever had because she knew when it was right to push me and when to pull me," Li added. "Her influence still runs through my mind as I serve on the state level as a state officer, and I will continue to strive to be like her in the way she delegates tasks and is able to read a room."

After graduating this May, she hopes to attend Carnegie Mellon University in Pittsburgh, Pennsylvania, next year.

"While my original major in mind was aerospace engineering, I am leaning toward material science and engineering instead," Li added.

"I hope to be an inventor one day," she said. "I wanted to mess around in aerospace engineering, material science and engineering, AI, machine learning and neuroscience," she said. "These were all things that I was interested in because I wanted to get into the fundamentals of how machines were made.

"I felt like the movie Big Hero 6 really inspired me with the possibilities of technology," Li said. "The use of nanobots and microbots building structures from their simplicity feel like the next step in the evolution of technology.

"I believe that technology is the future, and it can make the lives of people I need to take care of one day better," she added. "This keeps me driven toward a cleaner and more efficient development."

~ Tammy Cheek

tcheek@farragutpress.com

"A beautiful practice and Dr. Smith and staff are all wonderful! I have received excellent care and all around a pleasant experience every visit."

~ Taylor



"Going to the dentist isn't supposed to be fun or even remotely enjoyable, but maybe I'm wrong about that! The staff at Blue Dog all go out of their way to make you comfortable, they treat you like you're their only patient at that time, and the small talk is honestly so genuine, it leaves me feeling like these are people that I would hang out with on a weekend, lol! And bey, my mouth is clean and my teeth are kept healthy. I'm rethinking my stance on dentistry. You should check these guys out!"

~ Toby

GENTLE. FRIENDLY. GENUINE. SKILLED.

Dr. Tristen Smith and her staff have created an exceptional dental experience in a caring and enjoyable environment.

Whether it's been 6 months or 16 years, we're ready to change your mind about going to the dentist.

**Free Opalescence GO
Whitening for
All New Patients**

Don't have dental insurance?
Pay a one-time fee and get X-rays, cleanings, exams included, and 25% off of your dental care!



**Blue Dog
FAMILY DENTISTRY**

10825 Hardin Valley Rd.
Knoxville, TN 37932

Next to Maple Street Biscuit Company in Hardin Valley!

(865) 338-3098

bluedogfamilydentistry.com



GLOBAL RECOGNITION.
KNOXVILLE EXPERTISE.

WE ARE ENGEL & VÖLKERS.

At Engel & Völkers Knoxville, our real estate advisors are known for their unmatched level of local neighborhood knowledge paired with extensive global resources and personal connections, to provide an exclusive experience tailored to each of our client's unique needs. We dedicate our time, expertise and passion to help you follow your dream, home.

Engel & Völkers Knoxville
11347 Parkside Drive | Knoxville, TN 37934
Office: 865.221.8601 | knoxville@evrealestate.com
Learn more at www.knoxville.evrealstate.com



ENGEL & VÖLKERS[®]

©2021 Engel & Völkers. All rights reserved. Each brokerage independently owned and operated. Engel & Völkers and its independent License Partners are Equal Opportunity Employers and fully support the principles of the Fair Housing Act.

Next Gen Teachers

Ten Hardin Valley Academy seniors heading into the education field signed collegiate Letters of Intent during a Monday, April 11 ceremony in the school's auditorium.

This was the first time the school has had a signing event for Teaching as a Profession students, said Dana Sherrell, HVA instructor for Teaching as a Profession pathway and CTE Department chair of the mentor core team.

Addyson Beams will be attending ETSU as a secondary education English major; Christina Burbar will be attending the University of Tennessee as an English as a secondary language education major; Solomon Davis will be attending Pellissippi State Community College and later transfer to Tennessee State University, majoring in secondary education English or history; and Synergy Dougherty will be attending Tennessee Tech University as an elementary education major.

Additionally, Hope Johnson signed her letter to attend Tennessee Tech as elementary education major; Amelia Lockett, University of Tennessee, Chattanooga, as a secondary education English or history major; Sam Miller, UT, Knoxville, as a history major with a secondary education minor; Amaya Martin, Middle Tennessee State University, for a secondary education English major; Matilyn Moorman, Carson-Newman University for an elementary education major; and Brooke Taylor, C-NC for an elementary education major.

"We're here to honor these young folks," HVA principal Dr. Rob Speas said. "Here at Hardin Valley, we give every kid a chance to find a career pathway. We believe it's important for kids to understand where they're going and why they want to get there."

"When I came here three years ago, I was so excited we had a Teaching as a Profession pathway already in place," he said. As an educator, he said, "I believe teaching may be the most important profession we have in the United States today."

"Every kid who goes to public school needs great teachers in their classroom," Speas continued. "The only way we have great teachers is when we have great talent going into the field, and I'm very proud of our young people today who made that decision to go into the teaching profession."

Some of the students have completed three levels of TAP, such as Dougherty, Johnson and Miller, while students, such as Lockett, Martin and Taylor, completed all four levels of TAP.

~ Tammy Cheek • tcheek@farragutpress.com



Tammy Cheek

Hardin Valley Academy seniors heading into a teaching pathway signed Letters of Intent in the school's auditorium Monday, April 11. Pictured are, front row from left: Amelia Lockett, Hope Johnson, Synergy Dougherty, Brooke Taylor and Matilyn Moorman. Top row seniors, from left, are Sam Miller, Christina Burbar, Addyson Beams, Solomon Davis and Amaya Martin.

New Active Senior Living The Morning Pointe Way



**NOW
OPEN!**

Why Choose Morning Pointe?

- Licensed nurses oversee health, wellness and medication management
- On-Site Physical Therapists for continued strength and independence
- Best Friends Approach™ Certified for Memory Care
- Caregiver Support Groups
- Keep an active lifestyle while maintaining independence and dignity
- Engaging Socialization Programming
- Exercise Classes, Walking Club, Regular Outings
- Farm-to-Table Fresh Dining Program

HARDIN VALLEY
Morning Pointe
Assisted Living & Memory Care

2449 Reagan Rd.
Knoxville, TN 37931
(865) 343-0081
morningpointe.com



Kids' Corner



Presented by



Summer Camp

Making memorable experiences

As hours of sunlight increase, thoughts may turn to summer vacation. For many children, summer vacation wouldn't be the same without camp.

Adults may have their own fond memories of going to summer camp when they were children because of the opportunities it presented to be independent and meet new people. Campers often bond over shared experiences, whether they

are planned activities or unexpected "disasters" like a rainstorm washing out a canoe trip. That is why so many parents choose to carry on the summer camp tradition when they have their own children.

However, some kids may not be ready to jump right into the summer camp lifestyle. Such youngsters may need extra reassurance and support to make the most of their time at camp. The following are some tips for making summer camp an enjoyable experience.

Plan ahead

Families can visit the camp in advance and get a lay of the land. Knowing what to expect in terms of facilities and activities can assuage some anxiety. It also will help campers hone in on what to pack and what to expect over the summer.

Try many new activities

Summer camp is about expanding boundaries and interests. Campers should sign up for many activities, including those that normally may be out of their wheelhouse. A camper may be pleased to learn that a new craft activity or a sports game piques his or her interest.

Connect with fellow campers in advance

If the camp has a social media presence, follow the camp's posts and connect with other like-minded campers even before they arrive. Talking with others who share similar interests can help campers feel more comfortable about meeting up once they arrive at camp.

Develop a rapport with camp counselors

The saying "you only get one chance to make a first impression" extends to campers meeting camp counselors. When campers interact with counselors for the first time, they should be outgoing, polite and open to new ideas. Counselors will appreciate easy-going campers and could be good resources of useful information, such as how to score an extra dessert at mealtime.

Follow the safety rules

While campers may spread their wings a bit at summer camp when not under the watchful eyes of parents, any mischief should not come at the expense of safety. Campers should stick to the safety protocol so that camp is not memorable for the wrong reasons.

Change another camper's experience

A camper who recognizes a fellow camper is reserved and shy can invite that person to come sit with other friends at meals or to participate in an activity. This can help build a lasting friendship and make camp that much more enjoyable for someone in need.



What's the Difference?

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

A



B



Answers: 1. Bird on nest 2. Missing egg 3. Bird house in back 4. Extra blossoms bottom center

Find the Hawk WINNER

The winner of the Find the Hawk contest for the January 2022 edition of Hardin Valley Living is

Mark Marion II

Mark received a gift card from Hard Knox Pizza!

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



Find the Hawk

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

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

Name: _____ **Age:** _____

Parent Name: _____

Phone Number: _____

Email: _____

If correct, you will be entered in a drawing for prizes to be held **June 3, 2022**. Winner to be announced in the next edition of Hardin Valley Living. (Ages 12 and under are eligible.)



KNOXVILLE SUMMER CAMPS

Cedar Bluff Campus

Christian Academy of Knoxville

529 Academy Way, Knoxville, TN 37923

May 31st-July 29th

Farragut Campus

Knoxville Christian School

11549 Snyder Rd, Knoxville, TN 37932

May 31st-August 5th

Open 7:15 am - 6 pm

Drop-off is from 7:15 to 8:45am | Pick-up is from 4:30 to 6:00 pm

Rising Kindergarten-exiting 5th Grade

(To attend a camper must be eligible to enter Kindergarten in Fall of 2022).

For more information and to register, visit:

www.campbigfish.org



2022

Local



Events and Activities Listing

ANGELA FLOYD SCHOOLS

- Barbie Ballet Camp – Dance, Story time, crafts, and snack – 6/6 to 6/9/2022, ages 2-6
- Dolly Day Camp- (baby doll inspired) Dance, story time, crafts, and snack 7/25 to 7/28/2022, ages 2-6
- Fun in the Sun Camp – Dance, Story time, crafts and snack 6/20 to 2/23/2022, ages 2-6
- Hair Up Camp – (inspired by Trolls) – Dance, Music, crafts, and snack 7/18 to 7/21/2022, ages 2-6
- Ice Princess Camp (inspired by Frozen) – Dance, Story time, crafts, and snack 6/27 to 6/30/2022, ages 2-6
- Preschool Ballet/Tap – wear dance attire or any comfortable clothing 7/7 to 7/28/2022, ages 2-4. Also 6/9 to 6/30/2022; 6/8 to 6/29/2022 and 7/6 to 7/27/2022
- Princess Camp (inspired by Disney Princesses) – Dance, story time, crafts and snack – 7/11 to 7/14/2022, ages 2-6
- Sparkle Party Camp (inspired by My Little Pony) – Dance, story time, crafts and snack 6/13 to 6/16/2022, ages 2-6
- Dance Sampler - wear dance attire or any comfortable clothing 6/8 to 6/29/2022, 7/6 to 7/27/2022, ages 5-7
- Ballet Workshop – Intermediate/Adult/Teen ballet students 6/20 to 6/23/2022 and 7/11 to 7/14/2022, ages 8 and up
- Broadway Bound Workshop – Musical Theater, Vocals, acting and dance 6/20 to 6/23/2022, ages 8 and up
- Dance Sampler - wear dance attire or any comfortable clothing 7/7 to 7/28/2022 and 6/9 to 6/30/2022, ages 8-12
- Jumps, Leaps and Turns – Strength and Flexibility – 6/13 to 1/16/2022, ages 8 and up
- Strength and Conditioning – 6/13 to 6/17/2022, ages 8 and up
- Beginning Pointe Workshop – Teacher recommendation only. 7/11 to 7/14/2022, ages 10 & up
- Pointe Workshop – Dancing en pointe for a full year or more 7/11 to 7/14/2022 and 6/20 to 6/23/2022, ages 11 and up

**West location: 10845 Kingston Pike,
Knoxville, TN 37934**

865-320-0584

Register:

www.angelaflroyschools.com

ATOMIC ROWING - OAK RIDGE ROWING ASSOCIATION

ROWING CAMPS

Ages 11-17, Boys & Girls / No Experience
Necessary

Five 1-Week Introductory Camps, 10 AM - 1 PM

June 20, June 27, July 5, July 11, July 18

**For more information,
call 865-482-6538**

Sign Up Today at

www.atomicrowing.com

AVALON COUNTRY CLUB

Discovery Members enjoy full club privileges including access to our top-rated 18-hole golf course, clubhouse, two fine dining experiences, outdoor pool and pavilion, as well as a calendar of golf and social events. Avalon pool memberships: a summer of fun & relaxation at our resort style pool with outdoor dining.

865-389-5998, info@h3sports.org

**700 Turnberry Circle, Lenoir City, TN
37772, avalongolf.com**

CAMP BIG FISH

Christian Summer Day Camp for rising Kindergarten through rising 5th grade children

• KCS Farragut Campus

May 31 – August 5, 7:15 am-6pm

• CAK Cedar Bluff Campus

May 31 – July 29; 7:15 am-6pm

Main Office Phone: 423-400-1504

Farragut 865-247-3762

Cedar Bluff 865-386-0779

office@campbigfish.org

www.campbigfish.org

CEDAR BLUFF RACQUET CLUB

Summer Fun Camp

June 6-9, June 13-16, July 11-14, July 25-28,
and Aug. 1-4

Cost: \$210, Grades: 1st-8th

865-690-5700

info@cbrctennis.com

Register online at cbrctennis.com

CHRISTIAN ACADEMY OF KNOXVILLE

SPORTS CAMPS

• Baseball Camp, July 8 – 11, Ages 6-12

• Basketball Camp, May 28 – 31 K – 8th grade
boys and girls

• Cross Country Camp I June 17-21 Rising 3rd
to 8th grades

• Cross Country Camp II MWF Weeks of July
1 to July 19 Rising 3rd to 8th grades

• Football Skills Camp, June 3 – 6 Rising K –
8th grade

See **CAMPS** on Page 28

CAMPS

From page 27

- Girls Volleyball July 22-25 rising 3rd to 8th grades
 - Specialty Girls Volleyball July 29- Aug 1 Rising 3rd to 8th grades – focus on serves and receives and/or jump and hit
 - Soccer Camp, June 10-13 Rising 2nd -to 8th Grades boys and girls
 - Camp Big Fish, Rising K – Rising 6th, May 28 – August 2nd, 7:15 am – 6 pm
- 529 Academy Way, Knoxville, TN 37923**
865-690-4721
www.cakwarriors.com/summer_camps/

CONCORD CHRISTIAN SCHOOL

CCS will offer summer camps in volleyball, soccer, basketball, cheer, softball, and football.

- Volleyball
June 13-15 (Rising Grades 2-4), 9am-11 am \$65
June 15-17 (Rising Grades 5-8), 9am-12pm \$100
June 13-17 (Rising Grades 9-12), 2pm-4pm \$100
- Basketball, June 6-7
Boys & Girls (Rising Grades 2-5) 6:00-7:15 pm
Boys & Girls (Rising Grades 6th-8th) 7:30-8:45 pm
\$65 (includes a camp t-shirt)
- Soccer
June 6-9, June 13-16, July 18-21, 9:00 am – 11:30 am, \$100 (includes a camp t-shirt)
Rising Kindergarten-8th grade – Boys and Girls
- Cheer, July 25-29
Pre-K (4 Years Old) – Rising 5th Grade
9:00 am – 12:00 pm, \$100
- Softball
June 8-10 9 am – 12 pm Offense Skills
Rising Grades 6-8 – \$75
June 27-28 9 am – 12 pm Pitchers/Catchers
Rising Grades 6-8 \$75
June 30-July 1 9 am – 12 pm Defense Skills
Rising Grades 6-8 \$75
July 19-22 9 am – 12 pm All Skills
Rising Grades 1-5 \$100
August 4-5 9 am – 12 pm Pitchers/Catchers
Rising Grades 6-12 \$75
Held at the Eaton Ruritan Field in Lenoir City.
- Football, June 13-15, Ages 5-13
June 13 – 3:00-5:00 pm Registration
June 14 – 9:00 am-9:00 pm 3 practice sessions (lunch included)
June 15 – 8:00 am-12:00 pm practice session and Lion Ball championship
- HS Football, June 15-17, Ages 14-18

June 15 – 3:00-5:00 pm Registration
June 16 – 9:00 am-9:00 pm 3 practice sessions (lunch included)
June 17 – 8:00 am-12:00 pm
All camps (except softball) will be held at the Concord Christian School campus, 11704 Kingston Pike, Farragut, TN 37934.
865-966-8858
www.concordchristianschool.org/athletics/summer-camps.cfm

CONCORD PARK PAR THREE GOLF

Bronze Level Camp, ages 5-12 May 31, June 6-8, June 13-15, June 20-22 ages 8-13, June 27-29, July 5-7, July 11-13.
Silver Level Camps, intermediate golfers ages 8-13, July 18-20. June 20-22
10909 Northshore Dr. Knoxville, TN 37922, 865-966-9103
www.concordparkgolf.org/camps

COOL SPORTS

Facility for Turf, Hockey, Skating, and Parties/Rentals
1105 Watt Road, Knoxville TN 37934
865-218-4500

THE CUTTING EDGE CLASSROOM

Students experience new foods and preparation techniques, learn valuable life skills, and hone their cooking abilities while working in a state-of-the-art instructional kitchen (ages 9-15)
All classes 9 am to 1 pm.

- Learn to be a Real Chef Kids Summer Camp, 6/13 to 17 and 7/18 to 22
- The French Patisserie Kids Summer Camp, 6/20 to 24 and 7/25 to 29
- International Culinary Journey Kids Summer Camp, 6/27 to 7/1
- The Basics of Baking Kids Summer Camp, 6/27 to 7/1
- The Bake Shop Kids Summer Camp, 7/11 to 15
- Foods from Around the World Kids Summer Camp, 6/20 to 24
- Learn to be a Pastry Chef Kids Summer Camp, 6/13 to 17 and 7/18 to 22
- USA Regional Food Favorites, 7/11 to 15
- Favorite Foods from Italy 7/25 to 29

www.thecuttingedgeclassroom.com
150 N Martinwood Rd, Ste 402, Knoxville TN 37923;
(865) 335-9370

THE EPISCOPAL SCHOOL OF KNOXVILLE

Summer on the Hill

- All Day Preschool Camp, Ages 3-Rising Kindergarten
- Athletic Camps for K-8th Grades, Basketball, Lacrosse, Dance
- Outdoor 'Acorns to Oaks' Camp, Grades 1-3

950 Episcopal School Way, Knoxville, TN 37932
865-777-9032
shop.esknoxville.org

FLOUR POWER KIDS COOKING STUDIOS

Chef Shop 5/30-6/3
Culinary Baking Boot Camp 6/6-6/10
Food Truck Rodeo 6/13-6/17
Flavor Town Express! 6/20-6/24
Kitchen Superheroes! 6/27-7/1
Movies and Munchies 7/4-7/8
Celebrations! 7/11-7/15
Test Kitchen: Confidential 7/18-7/22
The Chocolate Factory 7/25-7/29
The Chocolate Factory 8/1-8/5

117 Lovell Road, Knoxville, TN 37934
865-437-6488
www.flourpowerstudios.com/knoxville

HUNTINGTON LEARNING CENTER

Tutoring and Test prep. ACT/SAT test specialists. Math, Reading and Study Skills for all ages. Subject tutoring in a variety of subject areas.

117 North Peters Road, Knoxville, 37923
865-691-6688
www.huntingtonhelps.com

KNOXVILLE CATHOLIC HIGH SCHOOL

Every summer has a story at Camp Irish! Imagine summer experiences where your child grows in mind, body and spirit. Camp Irish 2022 is open to everyone and provides a safe place to explore interests, make new friends and sharpen skills. With arts, academic and athletic camps to choose from, there's a camp for you!

- All-Sports Camp – Skills covered—Football, Basketball, Baseball/Softball, Soccer, Tennis, Volleyball, Track. 6/20 to 24 (9:00 am – 4:00 pm), \$275, Rising K-8th grade
- Theatre Camp (Junior) – 101 Dalmatians

6/1 to 15 (9:00 am – 2:00 pm), \$325, Rising 3rd – 6th grade

- Theatre Camp – Frozen Jr, 7/11 to 30 Rising 7th to 12th grades 9am to 2pm 450.00
- Robotics Camp: Lego Mindstorm – May 31–June 3 (9:00 am – 2:00 pm), \$250, Rising 5th – 9th grade
- Boys Basketball Camp – 6/6 to 8, \$100
Rising K – 5th grade: 9:00 am – 11:30 am
Rising 6th – 8th grade: 12:30 pm – 3:00 pm
- Baseball Camp – 6/6 to 8 (9:00 – 12:00 pm), \$100, Rising 2nd – 8th grade
- Lady Irish Basketball Camp – 5/30, 31 to 6-1, \$100
Rising 1st – 5th grade: 9:00 am – 11:00 am
Rising 6th – 8th grade: 11:30 pm – 1:30 pm
- Lady Irish Volleyball Camp – 7/11, 12, 13
Rising 2nd grade thru 6th 9am – 12 noon 125.00
Rising 7th thru 9th grades 1pm to 4pm 125.00
Serving and Passing: 7/14 to 15th Rising 2nd thru 9th 9 am to 12 noon 50.00
Setting and Hitting 7/14 to 15 1pm to 3pm Rising 2nd thru 9th grade 50.00.
- Math Camp – 7/18 to 22, Four 120-minute sessions of various levels of Calculus between 9am to 2pm.
Five 90-minute sessions 5th grade math through Pre-Calculus between 9:00 am and 2:00 pm
Cost: \$200 per student
- Band Camp – 6/6 to 9 (9:00 am – 12:00 pm), Rising 5th – 12th grade, cost \$200 Rising 5th to 12th grades
- Volleyball Camp – July 12-14, \$125
Rising 2nd – 6th grade: 9:00 am – 12:00 pm
Rising 7th – 9th grade: 1:00 pm – 4:00 pm
- Volleyball Camp: Serving & Passing – July 15-16 (9:00 am – 12:00 pm), Rising 2nd – 9th grade, \$50
- Volleyball Camp: Setting & Hitting – July 15-16 (1:00 – 4:00 pm), Rising 2nd – 9th grade, \$50
- Dance Camp – 6/9 to 11 (9:00 am – 12:00 pm), Rising 1st – 8th grade, \$120
- Soccer Camp – Three-day camp, 7/11 to 14
Ages 11-18 \$260, Boys and girls
- Girls Lacrosse Camp – 6/6 to 9, Rising 3rd – 7th grade (8:30 am – 11:30 am), Rising 8th – 12th grade (8:30 am – 2:00 pm). Cost: Players on the KCHS lax team -- \$50, rising 8th – 12th grade (non-KCHS team members) - \$125, rising 3rd – 7th grade - \$100

9245 Fox Lonas Road Knoxville TN 37923 865-560-0313
Visit camps.knoxvillecatholic.com

See CAMPS on Page 29

CAMPS

From page 28

KNOXVILLE CHILDREN'S THEATRE

- Tiny Thesians Summer Sing-Along, ages 3-5, June 6th-10th
- Page to Stage: Monster Academy, ages 6-7, June 20th-24th
- Song to Stage: That's showbiz, baby!, ages 6-7, July 11th - 15th
- Acting 101, ages 8-10, June 6th-10th
- Improv 101, ages 8-10, June 13th-17th
- Acting 202, ages 8-10, June 20th-24th
- Voice 101, ages 8-10, June 27th - 30th
- Acting 101, ages 10-12, June 6th-10th
- Character 101: Murder Mystery Party, ages 10-12, June 13th-17th
- Acting 202, ages 10-12, June 20th-24th
- Musical Theatre Audition Prep, ages 10-12, July 18th- 22nd
- Acting 101, ages 12 and up, July 11th-15th
- The Art of Play, ages 12 and up, June 13th-17th
- Audition 101, ages 12 and up, June 13th-17
- Musical Theatre: Move, Sing, Act!, ages 12 and up, June 27th - 30th

• Theatre Arts: Stagecraft: Puppets, Props, and Pizzazz; Lighting design; Stage Makeup: Glitz, Gore, and Glamor; dates TBA
109 E. Churchwell Avenue,
Knoxville, TN 37917
865-208-3677
knoxvillechildrenstheatre.com

KNOXVILLE CHRISTIAN BASKETBALL CAMP

Future Champs Basketball Camp
 Ages 6-17 - weekly options from June 6 to July 29 9AM-3PM. Held at Farragut Middle School. Boys and Girls. \$140.00.
Application on website
Knoxvillechristianbasketballcamp.com
200 West End Avenue
Farragut TN 37934
865-388-1262

KNOXVILLE MUSEUM OF ART

Summer Art Academy, June 6 to July 29
 130.00 for members and
 145.00 for non-members.
 The Knoxville Museum of Art's Summer of

Art's Summer Art Academy offers quality educational opportunities that will ignite your child's imagination through drawing, painting, sculpture and more!
Call 865-25-6101 ext 241
info@knoxart.org
1050 World's Fair Park Drive
Knoxville TN 37916

LONG VIEW RANCH

Summer Camps for Ages 6-17. Games, fun activities, awesome food, engaging worship music, and Christ-centered messages.

• DAY CAMP

Ages 6-10 / Monday, June 27 - Friday, July 1
 Camp is Monday-Friday starting at 9:00am and ending at 4:30pm. Day Camp Cost: \$199

• ADVENTURE CAMP

Ages 6-12 / Monday - Saturday
 This overnight Adventure Camp is designed especially for ages 6-12. Campers arrive between 4:00pm-5:00pm on Monday and pick up is at 10:00am on Saturday. Weekly Cost: \$545

• ACTION CAMP

Ages 13-17 / Monday - Saturday
 Our overnight Action Camp includes the very best of Adventure Camp plus paintball, campouts, white water rafting, wood shop,

campfire prepared meals and more. Campers arrive between 4:00pm-5:00pm on Monday and pick up is at 10:00am on Saturday. Weekly Cost: \$645
 Session 1 - July 4-9
 Session 2 - July 11-16
 Session 3 - July 18-23
 • Retreats and Camps available for your church or school group
423-636-0032

Register online: longviewranch.com

MORNING STAR CHILD DEVELOPMENT CENTER

Camp Morningstar has summer programs for children ages 5-12 years, operating during the summer with part-time and full-time programs available. May 26 to August 5, 2022

10614 Flickinger Lane
Knoxville TN 37922
865-671-0244

www.morningstarchild.com

See **CAMPS** on Page 30



**ALL DAY
PRESCHOOL CAMP!**
**AGES
3 - RISING KINDERGARTEN**



**ATHLETICS CAMPS FOR
K-8TH GRADES
BASKETBALL,
LACROSSE, DANCE**

**The Episcopal
School of Knoxville**
950 Episcopal School Way
Knoxville, TN 37932





SUMMER ON THE HILL



**OUTDOOR
'ACORNS TO OAKS' CAMP**
GRADES 1-3

SIGN UP NOW!
shop.esknoxville.org
865-777-9032

CAMPS

From page 29

NATIONAL FITNESS CENTER IN KNOXVILLE

Ages 5-12 will learn fitness, safety, science and art in action-packed summer camps.

May 31 to August 4.

865-470-3600

8511 Walbrook Drive Knoxville TN
37922

cassiewalker@nfc1.com

www.nfcgymknoxvillewest.com/kids/
summer-camps/

OLYMPIC ARROW

Summer Archery Camps June 6 to July 17.

Ages 10-15. 8:30 am to 12 noon. 195.00.

Weeklong camps are designed for junior novice or archers with experience. Participants will learn safety, archery rules and basics as well as playing archery games.

Classes will be held at Club Place in
Hardin Valley Knoxville TN 37932.

865-719-7543

olympicarrow@hotmail.com

www.theolympicarrow.com

SAMURAI DRAGONS

Weekly classes year-round.

- Iaido (Japanese Sword); Sundays at 3pm (ages 14 and up) 50.00

- Isshin Ryu Karate: Fridays at 5pm & Sundays at 4pm (Ages 9 and up)

- Self Defense and Situation Awareness Thursday 7 pm (Ages 16 and up)

- Kobudo Ages 14 and up – call for details

Classes held at Davis Family YMCA.

12133 South Northshore Drive

Knoxville TN 37922, 865-300-2318

www.samuraidragons.com

SCHOOL OF ROCK, KNOXVILLE

Camp choices for all ages and skill levels.

Beginner camps to songwriting and themed

camps available. Summer music camps are

performance-based, meaning students learn to

play by rehearsing and performing together in a

fun environment.

101 Sherlake Lane, Suite 101

(Kingston Pike & Sherlake)

(865) 247-4038 (school),

(865) 919-0699 (cell)

Knoxville.SchoolofRock.com

www.facebook.com/

SchoolofRockKnoxville

STUDIO ARTS FOR DANCERS

Don't miss out on all SAFD has to offer this summer! We've got a full schedule of Camps, Classes, Workshops and Intensives for all ages, including opportunities to work with guests' artists from other cities in our region.

1234 Rocky Hill Road,

Knoxville, TN 37919, 865-539-2475

Register: www.studioartsfordancers.net

SYLVAN LEARNING OF KNOXVILLE/FARRAGUT

Tutoring programs for math, algebra, reading, writing, study skills and more! In center or online. Aid in helping teens with individual SAT and ACT test prep. Summer workshops ages 4 and up.

10969 Kingston Pike, Knoxville TN
37934

865-672-6943

Locations.sylvanlearning.com/us/
west-Knoxville-TN

TATE'S DAY CAMP

Weekly themes add a primary focus that helps keep camp new and refreshing for campers attending multiple weeks. All weeks are packed with swimming, games, songs and exciting activities, so we recommend choosing those that work best with your summer schedule and when possible, sign up for consecutive weeks.

Ages 3 to age 14.

May 31 to August 5.

9215 Bob Gray Road

Knoxville TN 37923

865-690-9208

info@tatescamp.com

tatescamp.com

TOWN OF FARRAGUT

- Bob Watt Youth Fishing Rodeo on Saturday, May 14

- Movies at McGill on Saturday, May 21, and Saturday, June 18

- McFee Park ribbon cutting and Fun Day on Saturday, June 11

- Independence Day Parade on Monday, July 4

- Fun with Farragut's Fleet on Saturday, Aug. 20

See CAMPS on Page 32

Good things happen when you
combine your home and auto
insurance with State Farm®.

Like saving an average of **\$761**.* Plus, you'll have a
good neighbor like me to help life go right.

Call, text, or click-in.

Josh Hemphill, Agent

Farragut | 865-675-3999 | www.sfagentjosh.com | Se habla Español



FIND THE RIGHT SOLUTION FOR YOUR HOME

PAINTING

• Interior and Exterior • Commercial and Residential

PRESSURE WASHING

• Kitchens • Bathrooms • Interior Remodels
• Home Improvements • Painting and More

BUILDING INNOVATORS

MAKING YOUR HOUSE A HOME

www.buildinginnovators.net | Phone: (865) 455-3631 | buildinginnovatorstn@gmail.com

Graduation 2022



Graduation
Time is Here, Class of 2022

Make Another Memory
with farragutpress!

Parents, Join **farragutpress** in
celebration of your graduate!

Spotlight your graduate with a photo and a
CONGRATULATIONS celebration announcement
published in the farragutpress' special
Graduation section on **May 12, 2022**.

Deadline for reservation is **May 6**; Artwork is due **May 9**.

Cost is only \$50!

Please contact us today to
reserve your placement!

SAMPLE

Congratulations
*Sarah
Jones!*

WE LOVE YOU!
Mom & Dad



Ad size: 3.2 inches wide by 2 inches tall

Contact Cara Ford • 865-218-8878 • cford@farragutpress.com



GOING THE EXTRA MILE FOR YOU

Pay your way! To best serve you we have several bill payment options available:

In Person: Cash, check or money order payments. Locate service centers and payment only locations at LCUB.com

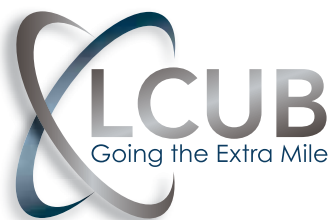
By Mail: Mail check or money order payments to LCUB, P.O. Box 449, Lenoir City, TN 37771

By Phone: Call (800) 731-7564 and follow the prompts

Recurring Electronic Payments:

Establish automatic, recurring payments from your checking or savings account

Online: A one-time electronic funds transfer or credit card payment can be made online



Please visit us at **LCUB.com** for details and start paying your way today!

A COMMUNITY DESIGNED WITH YOUR LOVED ONE IN MIND



Assisted Living | Memory Care | Respite | Rehab



*Visit our
award-winning
campus today!*

(865) 777-9000

WWW.NHCFARRAGUT.COM

CAMPS

From page 30

• Farragut Community Center activities: classes, Open Gym, Toddler Takeover, Tween Takeover and more (see website for schedule)
Learn more about these and other upcoming events at farragutparksandrec.org

TENNESSEE ELITE GYMNASTICS

Modern equipment and first class instructors make TEG a place where you can learn OR excel at gymnastics, have fun and meet new people. With the guidance of a dedicated staff, each child will develop the necessary strength and skills to achieve his or her full potential and accomplish their own personal goals in the sport. Staff is committed to providing a safe, fun, and changing environment for every child to learn and to grow through the sport of gymnastics.

**230 Interchange Park Lane
Lenoir City TN 37772 865-816-3031
info@tnelitegymnastics.com
www.tennesseelitegymnastics.com**

UT KNOXVILLE COLLEGE OF ARCHITECTURE AND DESIGN

Summer Design Camp: July 10 to July 16. Monday thru Friday. Camp will offer a glimpse into the world of design, covering topics from graphic, industrial and interior design to architecture and the city. In this format, campers will meet remotely with award-winning faculty and upperclassmen students who will help guide them through design exercises and projects. A kit of supplies will be shipped to each camper prior to the start. This kit will include materials and tools to make and create. \$675.00 for the course. Additional: Full room and board

400.00 or Commuter Camper 200.00
**1715 Volunteer Blvd. Knoxville TN
37996 865-974-5265
Archdesign.utk.edu/study/summer-design-camp/**

UNIVERSITY OF TENNESSEE KIDS U

40+ Camps to choose from June 6 to July 18. Grades 3-12 (rising). Kids U features weeklong day camps during June and July for area youth. These camps provide a wonderful opportunity for students to work with University staff, faculty, and graduate students, while exploring their interests in fields ranging from computers, creativity, careers, discovery, ACT prep, science, STEM to LEGOs, and much more.

- Explorations in Psychology (Grades 9-12, rising)
- Learn to Be a Real Chef: Introduction to Culinary Arts (Grades 9-12, rising)
- The Wild World of Bugs (Grades 4-6, rising)
- Revealed: Balloon Twisting & Magic Secrets (Grades 4-7, rising)
- Discover the Top Secrets of Magic (Grades 8-10, rising)
- Hands-On STEM (Grades 9-12, rising)
- Molecules & Biomolecules in 3D (Grades 4-6, rising)
- Telling the Stories of Appalachia with a Theatrical Twist (Grades 4-5, rising)
- Pat Summitt Definite Dozen Leadership Program (Grades 9-12, rising)

See full catalog and other important forms and information at www.utkidsu.com

Register at www.utkidsu.com or call 865-974-0150 for more information.

ZOO KNOXVILLE

Zoo Camp for ages 4-13 years.
May 25 to August 3.
Camp activities include animal interactions,

games, crafts, fun activities, excursions through the zoo and trips behind-the-scenes to learn how we care for zoo animals. Specific camps for different age groups.
Monday through Friday each week except for 3-day camps. 9AM to 3PM.
215.00 per week for passholders or Circle of Friends. 245.00 per week for non-pass holders.
3 Day camp is 140 for passholders and Circle

of Friends – 160 for nonmembers.
Optional add on is for Lunch and snack daily for one week 35.00 and for 3-day camps 21.00.
**zkfamily@zooknoxville.org
www.zooknoxville.org/experience/zoo-camp/
865-637-5331 ext 1363
3500 Zoo Knoxville Drive,
Knoxville TN 37914**



A daily dose of joy

In-Home Care Services

- Personal care
- Companionship and housekeeping
- Grocery shopping and meal preparation
- Medication management
- Dementia and Alzheimer's care
- Respite care

Always Hiring Great Care Givers!

(865) 670-9339

Uplifting In-Home Care | ComfortKeepers.com
2575 Willow Point Way, Suite 107, Knoxville, TN 37931

Comfort Keepers
Elevating the Human Spirit

AFN American Financial Network

ELIZABETH POWERS
NMLS #198633
Senior Loan Officer
865.640.5605
epowers@afncorp.com
www.afncorp.com/elizabethpowers
Co NMLS# 237341
Financing the American Dream

ENJOY A BOOST FROM DUNKIN'



FREE
**Any Medium
Beverage**



NO PURCHASE NECESSARY. Not valid on mobile app or delivery orders. Limit one coupon per customer per visit. Offer must be presented at the time of order. Shop must retain coupon. May not be combined with other offers or promotions. No substitutions. For Coffee and Espresso products, Non-dairy alternatives, cold foam and Espresso shots may be an additional charge. Espresso beverage offers exclude Signature Lattes and Specialty Lattes unless otherwise noted. Tea beverage offers exclude specialty teas unless otherwise noted. Consumer must pay applicable tax. Void if copied, transferred, sold or prohibited by law. Cash Value 1/20 of 1c.

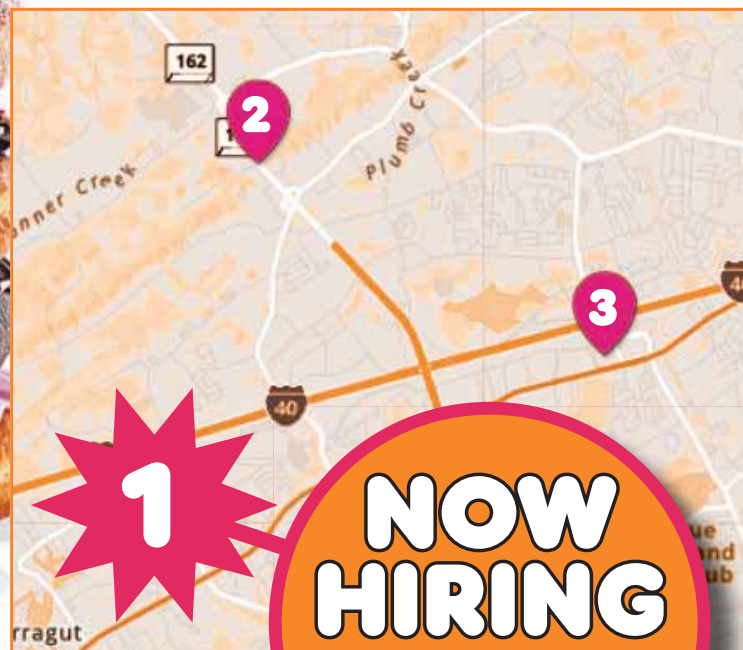
DUNKIN'

GOOD AT Any Knoxville Location

EXP: 12/31/2022



99565143517690961466



**NOW
HIRING**

**712 N. CAMPBELL
STATION RD.**

Hardin Valley's Original Auto Repair Facility



We service all Makes & Models

Specializing in Toyota, Lexus, Honda and Acura.

10635 Braden Dickey Ln.

Knoxville, TN 37932

Hours: Monday – Friday 7:30am – 5:30pm

865-670-0787 • www.protoyauto.com



PRO TOY is now an authorized used car dealer!

Let us help you find your next used Toyota or Lexus.

LOANER CAR OR SHUTTLE SERVICE AVAILABLE. (See advisor for details)

WHERE THE TRUTH IS ALWAYS FREE!

Just *whistle* & we'll come running!™

Russell & Abbott
HEATING AND COOLING

(865) 982-5133

russellandabbott.com



Providing Worry-Free Living™

TRUST ~ LOYALTY ~ COMMITMENT



Patti Whalen, Owner/Broker
865-228-9421



Sherrie Zaring, Training Broker
865-388-4546

~ MEET OUR TRUSTED TEAM ~



Johnny Ashbrook
865-696-6138



Brittany Ashin
865-851-5581



Mark Boyd
601-805-8057



Melissa Browder
865-696-6138



Malissa Eller
865-660-9319



Sarah Goins
865-888-6755



Susie Hamilton
801-865-2928



Haley Harb
865-202-5775



Debbie Haugan
865-816-3094



Chip Hicks
865-406-3359



Susan Hicks
865-406-3362



Kerri Johns
865-314-4391



Jaime LeBlanc
423-252-9166



Nathalia Peña
865-898-7774



Jamie Reynolds
865-223-4114



Jessica Saah
203-623-5632



Julie Schulze
913-530-1544



Brittany Singh
239-285-5039



Kyle Whalen
865-228-9422



Katie Wolf-Dalton
865-599-2626



EXIT TLC REALTY
Trust - Loyalty - Commitment

149 Kelsey Lane S 102 | Lenoir City, TN 37772 | 865-816-3094



"I'm glad I called Climatize!"

Replacing your Heating and Cooling system shouldn't be expensive!

Climatize
Heating & Cooling LLC

Loudon County Office:
5139 Hwy 321 N • Lenoir City, Tn 37771
(865) 816-6477 • (865) 230-5079
ClimatizeTn@gmail.com



www.ClimatizeTennessee.com

— *Serving* —
HARDIN VALLEY



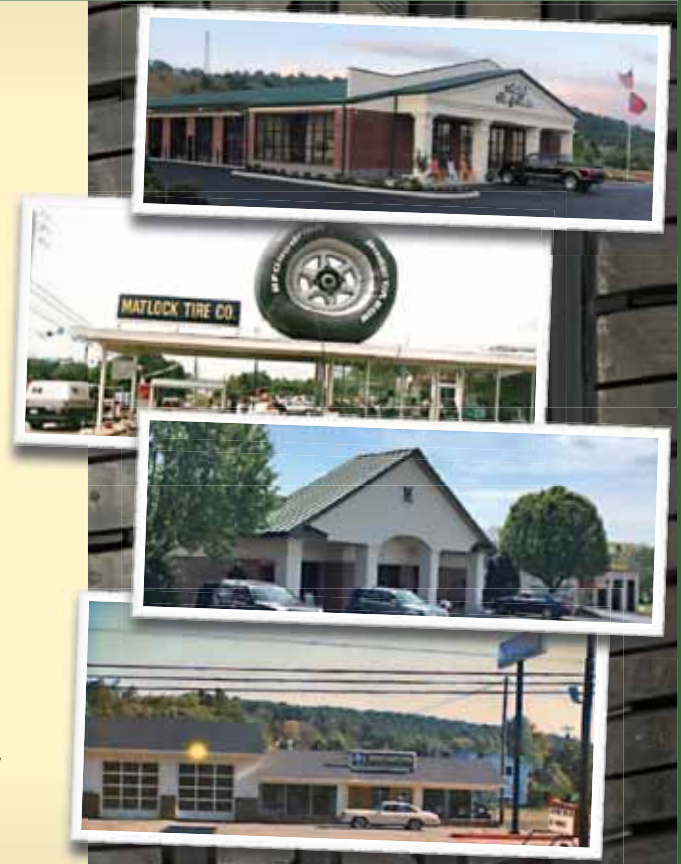
10838 Hardin Valley Rd. | 865-248-2340

KNOXVILLE
10730 Kingston Pike,
37934
865-966-0425

LENOIR CITY
1301 Hwy. 321 N,
37771
865-986-6533

MARYVILLE
723 S Foothills Plaza,
37801
865-983-0741

ATHENS
201 S Congress Pkwy,
37303
423-744-9828





**THE BEST
EVENTS
ARE ON THE
WATER!**



KNOXVILLE'S PREMIER DINING VESSEL

865.247.6584

VIEW OUR PUBLIC CRUISE SCHEDULE AT

VolunteerPrincess.com

956 Volunteer Landing Lane, Knoxville, TN 37915

Get your paycheck up to **three days faster!**



Member
FDIC

Ask for Details

Available for Thrive, EDU
and Rewards Checking!

SouthEastBank.com/accelerate

HARDIN VALLEY

10870 Hardin Valley Road
(865) 824-1234

SouthEast
b a n k



EXIT REALTY PROS

Each office is independently owned & operated.

9821 Cogdill Road, Suite 1A
Knoxville, TN 37932
865-383-3948

OUR AGENTS ARE THOROUGHLY TRAINED,
PASSIONATELY COMMITTED & ALWAYS ON YOUR SIDE.

**We Have a Full Service
Property Management Division**

*We are growing and looking to add more
rental properties to our list!*

YOU CAN COUNT ON US EVERY STEP OF
THE WAY FOR RESIDENTIAL, NEW
CONSTRUCTION, COMMERCIAL &
PROPERTY MANAGEMENT.

www.findknoxvillehouses.com



Got Medicare?

Jerold Johnson President of Senior Financial Group

I have a neighbor who asked me to look into his Medicare Advantage Plan. He was taking a drug to treat the symptoms of an enlarged prostate. His copay at the time was \$97 a month because his Medicare company had the drug classified as a Tier 4. We did a quick check and were able to find very similar benefits with a different company in Tennessee. This new plan covered each of his doctors, kept him in-network, but classified this same drug as Tier 2, with only a \$10 copay per month.

He was very quick to make the change and ended up saving approximately \$85 every month - over \$1,000 of savings annually.

This is an example of why Medicare beneficiaries should periodically review their coverage, preferably with someone local. Even if you're happy with your coverage and your circumstances haven't changed, plans and premiums change every year. We've helped over 30,000 people in East Tennessee with their Medicare options, and we would love to help you too. Give us a call!



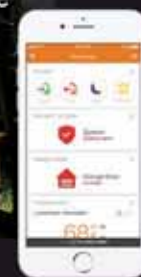
HARDIN VALLEY CHURCH

a home for your family

10415 Hardin Valley Rd Knoxville, TN 37932
(865) 670-4188 | www.hardinvalleychurch.com

"In GOD we trust, all others we monitor."

Smart Home Security ...and So Much More



**SMART TECHNOLOGY
CUSTOM SOLUTIONS**

MONITORING • ENERGY & AUTOMATION
INTERACTIVE SECURITY • VIDEO SURVEILLANCE
REMOTE ACCESS • SMART HOME INTEGRATION
STRUCTURED WIRING & CABLING
HOME THEATERS & AUDIO

His
SECURITY
& TECHNOLOGY

**ALWAYS A FREE QUOTE
LOCALLY OWNED & OPERATED**

STOP BY & SEE OUR SHOWROOM LOCATION
AT 11426 KINGSTON PIKE IN FARRAGUT

(865) 474-9495

TN Lic # 1545

RESIDENTIAL & BUSINESS SOLUTIONS • WWW.HISSECURITY.COM

May You Have Many Reasons to

Smiles

this Spring Season!



**Straighten Teeth *Faster*
and More *Discretely***

Braces • Clear Aligners • Esthetic Braces



Jeffrey J. Eberting, DMD, MS

865-983-3570 • www.EbertingOrtho.com

Follow Us on Facebook @MaryvilleOrthodontist

Eric G. Hatten, DDS



Eberting Orthodontics

Jeffrey J. Eberting DMD, MS
Eric G. Hatten DDS

Knoxville

10792 Hardin Valley Road • Knoxville, TN 37932

Maryville

619 Smithview Drive • Maryville, TN 37803

Morristown

920 West Main Street • Morristown, TN 37814



ALL-INCLUSIVE COMMUNITY

All the care you need at ONE
great price point!

No levels or point systems necessary.



Pinnacle Assisted Living
10520 Waterville Lane
Knoxville, TN 37932
(865) 444-1451

*Call our Marketing Director,
Dana Watkins, to
schedule your personal
community visit today!*

We are inviting you to join our family here at
Pinnacle Assisted Living!



OUR MISSION

*At Hardin Valley we believe that our
customers deserve the best repairs and
“like new” quality and service that we
can provide.*

SERVICES:

- Auto Collision Repair from fender benders to maintenance
- Brake Pads • Suspension • Alignments
- Air Conditioning repair and maintenance
- Frame repairs

Mark & Sonya Ogle, owners

Family-Owned Business

Serving our community for over 30 years

1831 Marietta Church Rd. • Knoxville, TN 37932 • 865.693.9166 • hardinvalleybodyshop.com



CHANGING THE **STANDARD** OF CLEAN

bioPURE Shield Service is a hospital-grade disinfectant that is EPA registered and approved to kill germs, bacteria, viruses, mold, and mildew effectively in the air and on surfaces. Our Shield Service is the most affordable, simple, but very effective solution to improve air quality without the expense of purchasing and installing an air filtration system. Here at **bioPURE** we want to ensure that your family, employees, customers, and pets are safe so we use products that are environmentally, pet, and child friendly, but still have 2.6 times the disinfecting power of bleach without the side effects that bleach products can create.

bioPURE Shield Service eliminates up to 99.999% of viruses, bacteria, mold, mildew, and odors.

We provide innovative solutions for a healthier environment where you LIVE, WORK, & PLAY.

Please call us today to schedule your free consultation and learn more about how **bioPURE** can assist you in maintaining the safest, cleanest environment possible.



Jennifer Wilson

865-317-0920

www.biopureservice.com/hardinvalley

jenniferw@biopureservice.com



bioPURE

bioPURE can provide a fast, affordable, and effective treatment to kill germs in classrooms, playrooms, gyms, offices, and buses.

Give us a call today!

#bioPURE

Call us today for more information and a free estimate.

865-317-0920



Service Directory

Advertise in the next Hardin Valley Living service directory!

Call Linda at 218-8881

HOME IMPROVEMENT

Howard Mitchell
Painting & Drywall

 **Interior & Exterior**
30 Years experience
Pressure Washing
▪ Honest • Reliable
▪ Neat & Clean
Licensed & Insured
References Available
865-202-8350

LAWN & LANDSCAPING

 **Dream Gardens**

Beautiful & Affordable Landscape Designs • Professional Installation
Exciting Outdoor Lighting • Bed Remodeling
Top-notch Weeding, Pruning & Mulching
Reed Strozier • 865-258-1844 • www.dreamgardens.us

Service Directory Advertising Rates

1 Block	\$60/mo.
2 Block.....	\$115/mo.
3 Block.....	\$170/mo.
4 Block.....	\$225/mo.
6 Block.....	\$335/mo.

Spot color \$5/mo.

Process color \$15/mo.

Service Directory Payments

Payments may be made by cash, check or credit card. Prepayment is required on all classified advertising.

These Cards Gladly Accepted:



The **farragutpress** is not responsible for errors in an advertisement if not corrected by the first week after the ad appears. This newspaper is not responsible or liable whatsoever for any claim made by an ad or for any of the services, products or opportunities offered by our advertisers. We do not endorse or promote the purchase or sale of any product, service, company or individual that chooses to advertise in this newspaper, and we reserve the right to refuse any/all advertising we deem inappropriate or unacceptable by our company standards.



At **Tate Insurance Group**, we believe that we can accomplish great things for our customers; therefore, we consistently strive to find new solutions for your insurance, risk management and financial service needs. Whether you're protecting business or personal assets, Tate Insurance Group can help you identify new ways to strengthen your future and improve your bottom line.

If you are looking to increase the value you are getting from your insurance provider, give us a call today.

Peace of Mind

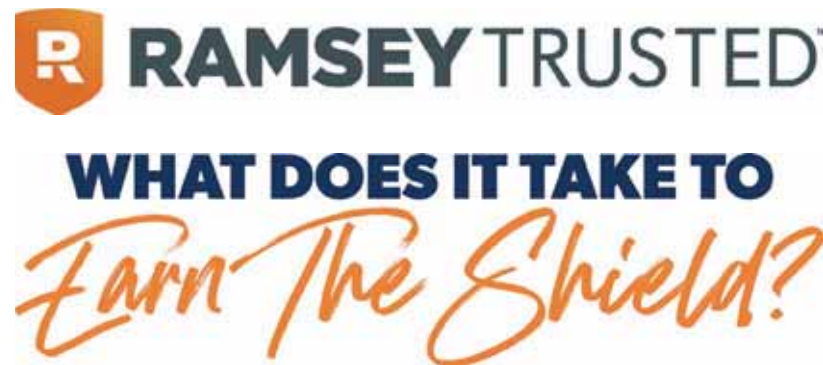
At Tate Insurance Group, we make sure you have the right coverages in place to protect your investments and loved ones. If a catastrophic loss occurred at your home or you had an auto accident, would you be adequately covered? In the event of death, would your family be taken care of? It is our commitment to assure you that you will be financially secure in the event of a loss. At Tate Insurance Group, we take the time to sit down with you to make sure you understand what you are buying as well as making sure we have you and your family properly covered.



6423 Deane Hill Drive

865.862.8233

www.tateinsurancegroup.com
scott@tateinsurancegroup.com



Tate Insurance Group Follows the Ramsey Mission:

Ramsey Trusted providers are advocates for Ramsey's financial and business principles. They know their job is to serve—not sell.

Tate Insurance Group is Fully Vetted by the Ramsey Team:

Trust is an unbreachable contract. Each provider must earn Ramsey's trust and the Ramsey Team makes sure they keep it through an ongoing relationship.

Tate Insurance Group Provides Service You Can Count On:

The Ramsey Trusted shield stands for excellence. When you see someone with it, you know they're determined to help you win.

Call us for a comprehensive insurance review • Home • Auto • Life • Business • Health

ASK US ABOUT OUR
TRUSTED HORMONE
REPLACEMENT
THERAPY SOLUTIONS
FOR WOMEN & MEN

FEEL LIKE
YOURSELF
AGAIN



VOLUNTEER
PHARMACY

Retail & Compounding Pharmacy

(865) 560-0135

Conveniently located in Hardin Valley at

2559 Willow Point Way

<https://volunteerpharmacy.com>