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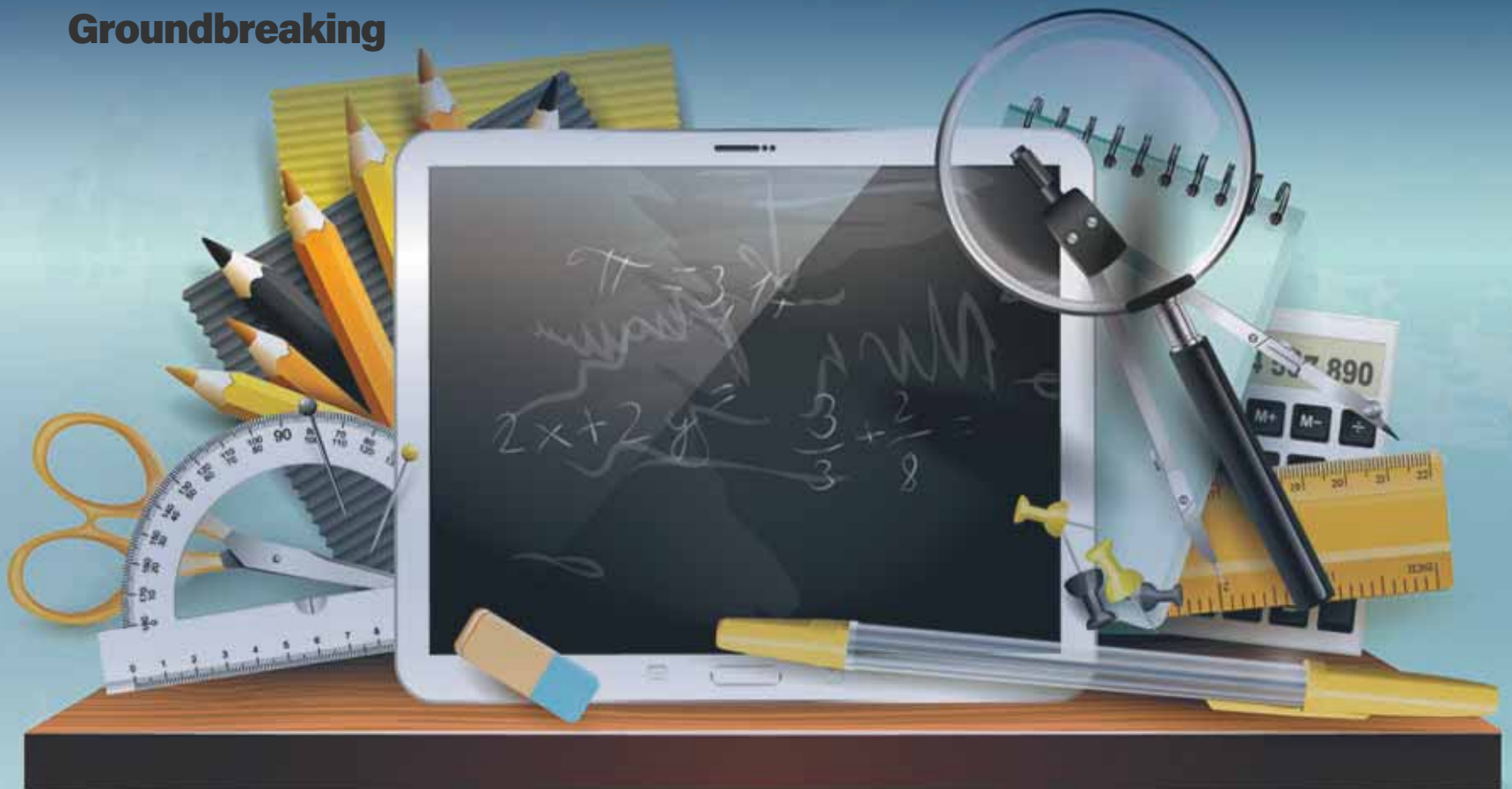
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Fast*

*Galloway
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Hardin Valley LIVING

*Valley
Church*
Groundbreaking





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Ophthalmologist / Cornea Specialist



Kathryn Kibler, O.D.
Optometrist



Mia Guillory, O.D.
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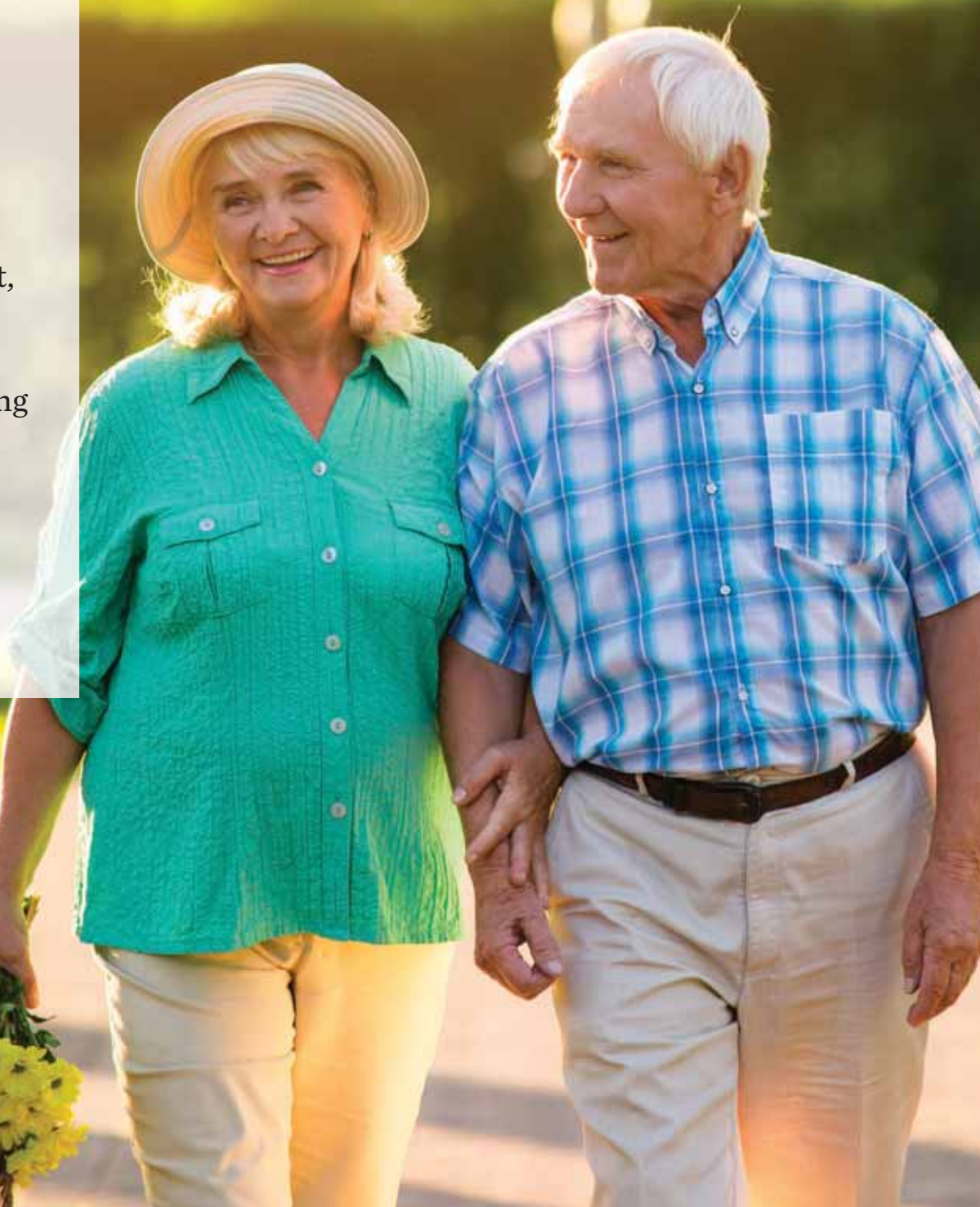
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Hardin Valley LIVING

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Community Focus

Growing Fast

Showing no signs of slowing down



The Brooke at Hardin Valley is another one of four communities Ball Homebuilders' is constructing in what is the fastest growing area in Knox County.

Photos submitted

It's no secret Hardin Valley is the fastest growing area of Knox County and showing no signs of slowing down.

Over the last 30 years, the population has swelled to around 40,000 residents from around 5,000 in the early 1990s.

Knox County Planning's 2019 Mobility Study noted nearly 1,800 people moved to Hardin Valley every year since 2014. That same study showed on average 220 homes are being added annually to keep up with ongoing demand.

"Based on historic trends as well as anticipated development constraints, it's forecasted that an additional 19,500 residents will call the Hardin Valley study area home by 2030," the Planning report further noted, noting the 30-year growth rate of 3.9 percent has been more than three times the year to year growth rate of Knox County as a whole, which has grown at a rate of 1.2 percent annually.

Angie Cody saw first-hand Hardin Valley's explosive development when she lived in the community from 2003 until 2009.

"I have witnessed the growth, and been amazed by it," said the eXp Realty real estate agent, who's office was recently voted No. 1 in the farragutpress Readers Choice Awards.

"When we first lived there, we couldn't even get pizza delivered and we only

had dial up internet," she added. "I remember when they built the Wendy's near the interstate, then Food City came — we were so excited!

"I really saw it take off when the new school [Hardin Valley Academy] was built [in 2008]."

Cody said initially, more residential homes were being built in Hardin Valley "because at that time it was more affordable than Farragut but it was nearby. Then, it was just a lot of farmland, and homebuilders were able to buy the land to build new communities."

A combination of its convenient location between Knoxville and Oak Ridge, along with more shopping and restaurant options has made the area increasingly attractive to potential homebuyers.

"You don't have to go to Turkey Creek or Oak Ridge to shop or eat now," she added. "I work with a lot of relocation buyers, and they are very excited about what Hardin Valley offers."

Kathleen Cornett is a real estate agent for Realty Executives and sales manager for Ball Homes, one of the largest homebuilders in the Knoxville area.

Their Hardin Valley communities include The Brooke at Hardin Valley, Laurel Ridge, Waterstone, and its newest planned development, The Reserve



Cody

See GROWING on Page 6

at Hickory Creek.

Cornett said build-outs are continuing in the current developments, and between 120 and 150 lots will be available in The Reserve.

“Ball Homes loves building in Hardin Valley,” noting the increasing local market demand also sees the developer currently building in Karns, Gibbs and Maryville.

She said while the overall construction industry has experienced supply troubles that began during the Covid-19 pandemic shutdowns, Ball Homes “has become more flexible and adaptable to keep up with demand.

“It has impacted the building process to some degree, but not so much regarding the number of homes,” Cornett added. “Builders just have to be more flexible with the process. For example, Ball Homes has had to find new vendors for some of its products — just as many builders have — so it’s just becoming familiar with new items and time frames.

“The real estate market is always changing,” Cornett continued. “But Ball has been in business for a long time and has a very good strategy for staying current, with updated floor plans and updated building processes, making sure it can offer what it has always been able to offer — high quality products for prospective home buyers.”

District 6 Knox County commissioner and former Knox County Board of Education representative Terry Hill has lived in the Hardin Valley/Karns area for 13 years, and said she decided to move to the County Commission role “to help make a bigger impact” for her fast-growing district.

“Even though the School Board controls 60 to 65 percent of total county revenue spent, I felt like I needed to ‘go across the street’ if I really wanted to help make an impact with everything the budget allotted.”

That includes ensuring infrastructure needs of the district are properly addressed.

Hill, who took office on County Commission last September after six years as a BOE representative, points out several ongoing or upcoming projects that are addressing some of those concerns, from a Tennessee Department of Transportation undertaking designed to address deficiencies with the nearly 50-year-old Hardin Valley/Pellissippi Parkway interchange, to a new West Knox Utilities wastewater treatment plant which opened over the last year and a new TVA/Lenoir City Utilities Board substation being planned for the intersection of Hardin Valley and Hickory Creek roads.

“All of that has been the direct result of growth and development here,” she said.

She said the last decade alone has really shown tremendous growth.

“It’s interesting to me that when HVA first opened, they needed to stretch the school zone to make sure it had enough students, because then, the population wasn’t there,” Hill said.

Now, both a middle and elementary school about the HVA campus, with plans to build another elementary school along Coward Mill Road between Hardin Valley and Karns in the coming years — a move for which Hill was a driving force during her BOE tenure.

That project will also lead to much-needed Coward Mill Road improvements, funded by the County. A separate County road project, the extension of Cherahala Boulevard, will connect to Coward Mill and help mitigate traffic, as well.

Other planned road/traffic improvements include a roundabout at Hardin Valley and Hickory Creek roads and one planned for the intersection of



Hill

See GROWING on Page 8

Hardin Valley is **Movin’ on Up**

Over the last 30 years,
the population has swelled to around
40,000 Residents
from around 5,000 in the early 1990s.

Knox County Planning’s 2019
Mobility Study noted nearly
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has been more than three times
the year to year growth rate of
Knox County as a whole,
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of 1.2 percent annually.

Knox County Planning’s
2019 Mobility Study



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Growing

From page 6

Carmichael and Valley Vista Drive, near Pellissippi Parkway.

“Those improvements should help pull at least a little bit of traffic off of Hardin Valley Road, and contribute to better traffic flow,” Hill said. “Unfortunately, it takes a lot of money to do these projects, which is not always readily available.”

She said another issue has been the costs associated with securing right-of-way easements.

“There is and has been so much building going on, it runs into having to purchase more right-of-ways, which then adds to the costs of the road improvements,” she said.

Hill points to others in the community who are helping navigate the growth and expansion in Hardin Valley, from newly-elected BOE representative Betsy Henderson, to Kim Frazier, co-founder and leader for Hardin Valley Planning Advocates.

“It is so important that we keep our focus not only on the present, but the future, too,” she said. “We want to make it better today so our kids and grandkids will love it as much as we do, and want to stay and raise their families here.

“We want them to say, ‘This is where I want to be also.’”

~ Michelle Hollenhead



Photos submitted

Laurel Ridge, a Ball Homebuilders development, began building in Phase 3 in Hardin Valley earlier this year.



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A new place to call home

After a nearly two-year wait — while COVID raged and its congregation grew — Valley Church will have a new place to call home sometime next year.

Officials, including Knox County Mayor Glenn Jacobs, will take part in a groundbreaking on the church's planned Community Center, beginning at 9 a.m. Thursday, July 29, at the 20-acre church campus site, just off Hardin Valley Road.

Church pastor, the Rev. John Gargis, said construction should take about a year for the 1,200-square foot building, which will include worship space for up to 400 congregants, a commercial kitchen, offices and multi-purpose rooms and a lobby with "a coffee shop-like set up."

"The Community Center is the initial construction and it is our hope the building will become just that," Gargis said, adding, "The location of this building is placed strategically for campus growth."

A future Phase 2 plan includes a playground, a community garden, and an area for food trucks, with the pastor noting, "We have already cut a quarter-mile trail through the woods."

The property was actually purchased more than 20 years ago by the Holston Conference, which oversees more than 1,000 United Methodist Churches in East Tennessee and portions of Southwest Virginia and Georgia, as a site for a future church plant. Originally proposed about 10 years ago to start an offshoot of Cokesbury United Methodist Church, the idea was set aside until a little over two years ago, when Gargis was appointed pastor of what was ultimately called Valley Church.

He and his wife already had ties to the community, as their sons attended Hardin Valley Academy, and was hosted by Concord United Methodist Church while Valley Church plans progressed.

Initially, he said he "was mindful that we were planting a church during an election year, but would have never anticipated a pandemic. It is our prayer that our current cultural realities will motivate those in our area to come join us."

"As Hardin Valley grows, Valley Church hopes to be part of the developing of this new community culture."

Currently and until the Community Center is completed, Valley Church worships in The Clayton Center at Pellissippi State Community College Sunday mornings beginning at 11 a.m.

For more information, visit the church's Facebook page or call 865-310-4783.

~ Michelle Hollenhead

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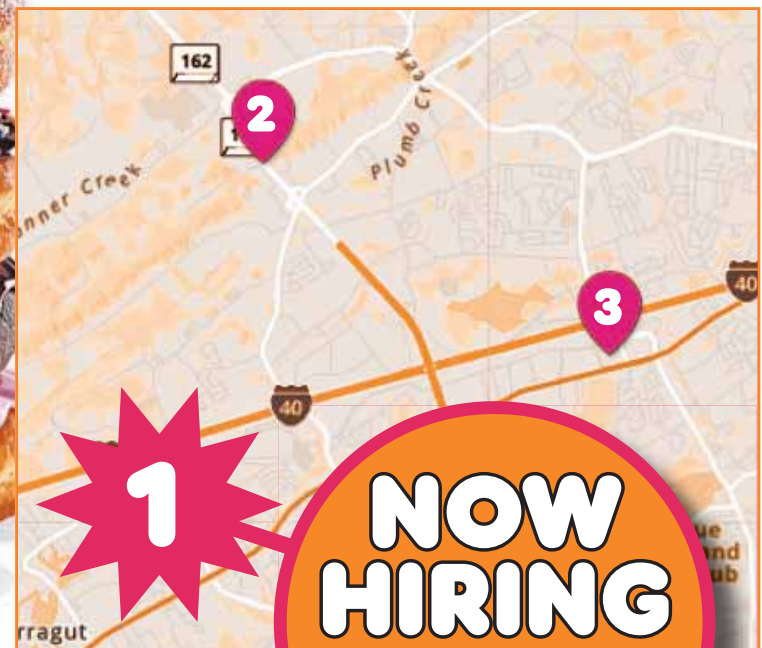


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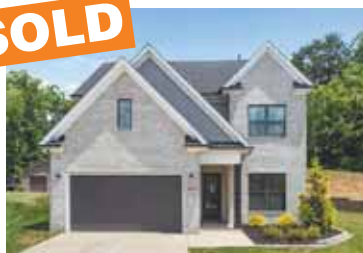
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Factors to consider before enrolling in college prep courses

High school students, particularly juniors and seniors, spend a considerable amount of time contemplating their academic futures. Students typically feel pressure to set themselves apart from the millions of other teenagers who apply to college each year, and many look to college prep courses as a potential game-changer.

College prep courses can improve students' standing in the eyes of college admissions officers, but it's imperative that high schoolers consider a host of factors before enrolling in such courses.

1. • Time:
Today's high school students are busier than ever. The 2019 American Time Use Survey from the U.S. Bureau of Labor Statistics found that the average high school student spends a little less than 90 minutes each day participating in an extracurricular activity like playing sports, working or volunteering. Coupled with their existing academic responsibilities, high schoolers' time may already be stretched thin. That's a significant factor to consider before enrolling in college prep or advanced placement courses, which tend to require more work outside of the classroom than standard classes. Students whose schedules are already full may need to choose between their extracurriculars and college prep courses to avoid being overextended.

2. • Ripple effect:
Students who have the time to take on the extra work of AP or college prep courses must consider the potential ripple effects of such a decision. It's true that many institutions view students who excel in AP classes more favorably than their peers who excel in conventional classes. However, students should be sure they can handle AP coursework without adversely affecting their performance in other classes. Students' grade point averages will likely drop if a strong performance in an AP class comes at the expense of strong performances in other classes. That dip in GPA could negate the benefits of performing well in an advanced course.

3. • Graduation/admission requirements:
A strong performance in an AP class will not negate the basic requirements students must meet in order to graduate high school or be accepted into the college of their choice. Students must confirm that including a college prep or AP course in their class schedules won't prevent them from taking another course that will help them fulfill their requirements to graduate or enroll in college.

College prep and advanced placement courses can help students stand out during the college application process. But students must consider various factors prior to enrolling in such courses.

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Classes Begin	Monday, August 23
Add Classes/ Change to or from Audit - Last Day	August 25
Schedule Confirmation and Fee Deadline	August 31
75% Refund Deadline	September 3
Waiver or Discount Forms Deadline	September 3
Saturday Classes meet (before Labor Day)	September 4
Drop a Class Without a Grade of "W" - Deadline	September 5
Holiday, Labor Day, College Closed	September 6
Release of Financial Aid Refunds Begins	September 13
25% Refund Deadline	September 17
"I" grades change to "F" for Spring and Summer	October 8
Saturday Classes will meet	October 9
Fall Break	October 11-12
Registration Begins for Spring 2022	October 20
Deadline to Drop/Withdraw with a "W" Grade	October 29
Classes do not meet	November 24
Holiday, Thanksgiving, College Closed	November 25-28
Last Day of Classes	December 4

KING UNIVERSITY 2021-2022 ACADEMIC CALENDAR

Classes begin for all students at 8 AM (Module A ,D, E and G)	23-Aug
Labor Day, Campus and Offices CLOSED	6-Sep
Information Session (1)	TBD
Classes and Examinations end for Module A	24-Sep
Classes begin for Module B	27-Sep
Last day to drop a Module B	1-Oct
Final Grades Due for Module A by 8 AM	1-Oct
Classes and Examinations end for Module G	8-Oct
Mid-point of semester	11-Oct
Fall Break	15-Oct
Mid-semester grades due by 5 PM	15-Oct
Final Grades Due for Module G by 5 PM	15-Oct
Classes and Examinations end for Module/Term E	15-Oct
Classes begin for Module F	18-Oct
Last day to drop a Module F	22-Oct
Advising Week	18 to 22-Oct
Module D	22-Oct
Last day to change a course to Pass/Fail status for Module D	22-Oct
Final Grades Due for Module E	22-Oct
Registration begins for Spring semester	25-Oct
Experience DC	28 thru 30-Oct
Classes and Examinations end for Module B	29-Oct
Classes begin for Module C course	1-Nov
Last day to drop a Module C course	5-Nov
Final Grades Due for Module B by 8 AM	5-Nov
Thanksgiving Break for ALL students beginning at 8 AM	22 thru 28-Nov
*Campus and Offices Closed	24 thru 26-Nov
Classes resume at 8 AM	29-Nov
Last day to withdraw from a course for Module D	3-Dec
Classes end for Traditional undergraduates	3-Dec
Examinations begin for Traditional Students	4-Dec
Information Session	TBD
Residence halls close at Noon	10-Dec
Classes and Examinations end for ALL students	10-Dec
Fall Commencement Ceremony	11-Dec
Residence hall will close for graduating seniors	11-Dec
Fall Final Grades due for Module C, D, and F by 8 AM	14-Dec
December Conferral Date for Graduates	24-Dec

Anxiety & Depression among College Students

The moment young people arrive on college campuses and begin their lives as college students marks a significant milestone. College provides many young people with their first taste of independence, and that newfound freedom can sometimes feel overwhelming, especially when it's coupled with academic challenges that are much more rigorous than they were in high school.

According to data from the National Alliance on Mental Illness, 80 percent of college students feel overwhelmed by their responsibilities as a student. NAMI data also indicates that 50 percent of college students rate their mental health as below average or poor. Anxiety and depression are two mental health issues that affect many college students as they try to juggle the various demands associated with being students. Anyone who suspects they or a student they know is experiencing either of these issues should reach out to a mental health professional immediately.

Depression


Depression among college students may have been exacerbated during the COVID-19 pandemic. A 2020 survey conducted by the Healthy Minds Network in collaboration with the American College Health Association found that the rate of depression among college students has increased since the onset of the pandemic. Though students typically have readily available access to mental health professionals on campus, that access has been compromised during the pandemic as students, counselors and educators learn and work remotely. College mental health counselors were available via video conferencing during the pandemic, but students may not be aware of that, while others might be uncomfortable discussing their mental health in dorm rooms or apartments they share with fellow students. Symptoms of depression include feelings of sadness or hopelessness, loss of motivation, sleeplessness, trouble concentrating, changes in appetite and body weight, and loss of interest in social activities.

Anxiety

A 2017 report from Penn State University's Center for Collegiate Mental Health found that anxiety is one of the two most common reasons college students seek mental health services (the other is depression). In fact, the Anxiety and Depression Association of America reports that 13 percent of college students have been diagnosed with a mental health condition linked to anxiety. Anxiety among college students can be triggered by social and/or academic pressures. Being in constant fear, experiencing frequent headaches, exhibiting shortness of breath, difficulty concentrating, constant feelings of stress or irritability, irregular heartbeat, and muscle pain or tension are some symptoms associated with anxiety.



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Galloway shines

Jennifer Galloway's dedication to Hardin Valley Academy shines through her drive to serve the community in various capacities.

Galloway acts as the dean of the Freshman Academy at HVA, girl's basketball coach and algebra teacher. While her dean position is more recent, she's been a teacher and basketball coach at HVA since it opened in 2008. Her husband, Keith Galloway, also began teaching and coaching boy's basketball when the school opened but has since stopped teaching. Together, the Galloways built the HVA basketball programs from the ground up.

Galloway said she's always wanted to teach. Before teaching at HVA, she held a position at Cleveland Middle School in Cleveland, Tenn. Since a young age, she's felt a passion for helping kids and impacting their lives in positive ways.

Teaching and coaching at HVA since its conception have offered Galloway a "very exciting" but

"very challenging" experience in starting new traditions while building relationships with team members and students, she said.

"I have a unique perspective on Hardin Valley Academy, because my family lives here, too," she said. "I've got three kids that are all in Hardin Valley Schools, and my husband, obviously, was part of the school when it opened, and he helps run the Hardin Valley youth basketball league. We've been able to see firsthand through the eyes of educators and people that live in the community and people that have kids in the community—we've just been able to see how much this community has grown."



Knox County Schools Calendar | 2021 - 2022

knoxschools.org



AUGUST

August 2 (Monday) First Day for Teachers - In-service (Building)
August 3 (Tuesday) In-service Day (PreK - 12 System-wide)
August 4 (Wednesday) Administrative Day (Teacher Work Day)
August 5 (Thursday) In-service Day (1/2 day-School based);
..... Administrative Day (1/2 day-Teacher Work Day);
..... Orientation for 6th and 9th graders
August 6 (Friday) Administrative Day (Teacher Work Day)
August 9 (Monday) First Day for Students (1/2 day for students)

SEPTEMBER

September 6 (Monday) Labor Day - Holiday
September 8 (Wednesday) End 41/2 Grading Period
September 17 (Friday) Constitution Day (Students in school)

OCTOBER

October 8 (Friday) End First 9-weeks Grading Period (44 days)
October 11-15 (Monday-Friday) Fall Break

NOVEMBER

November 2 (Tuesday) In-service Day (PreK-12 System-wide) (Student Holiday)
November 16 (Tuesday) End 41/2 Grading Period
November 24-26 (Wednesday-Friday) Thanksgiving Holidays

DECEMBER

December 17 (Friday) 1/2 day for students; End Second 9-weeks Grading Period (41 days);
..... End First Semester (85 days)
December 20-31 (10 Days) Winter Holidays

JANUARY

January 3 (Monday) In-service Day (1/2 day--School-based);
..... Administrative Day (1/2 day-Teacher Work Day); (Student Holiday)
January 4 (Tuesday) First Day for Students after Winter Holidays
January 17 (Monday) Martin Luther King, Jr. Day - Holiday

FEBRUARY

February 4 (Friday) End 41/2 Grading Period
February 21 (Monday) Presidents Day - 1/2 day PreK-12 System-wide; 1/2 day School-based;
..... (Student Holiday)

MARCH

March 11 (Friday) End First 9-weeks Grading Period (Third 9-weeks Grading Period) (47 days)
March 14-18 (Monday-Friday) Spring Break

APRIL

April 15 (Friday) Holiday
April 18 (Monday) Holiday
April 22 (Friday) End 41/2 Grading Period

MAY

May 3 (Tuesday) In-service (School Based) (Student Holiday)
May 25 (Wednesday) Last Day for Students (1/2 day for students);
..... End Second 9-weeks Grading Period (Fourth 9-weeks Grading Period);
..... (45 days) End Second Semester (92 days)
May 26 (Thursday) Administrative Day (Teacher Work Day) - Last Day for Teachers

Hardin Valley Schools Hawks Principals

Hardin Valley Academy
- Rob Speas
11345 Hardin Valley Road •
Knoxville, TN 37932
Phone: 865-690-9690 fax: 865-690-9260
2102 Students,
165 Staff

Hardin Valley Middle School

- Cory Smith
2280 Steele Road •
Knoxville, TN 37932
P: 865-539-7827 fax: 865-539-7829
1004 Students,
76 Staff

Hardin Valley Elementary
- Sunny Scheafnocker
11445 Hardin Valley Road •
Knoxville, TN 37932
P: 865-470-2088 fax: 865-560-1480
1215 Students,
115 Staff

A refresher course in school bus safety

The dawn of a new school year is a time marked by change and fresh opportunities. For many children, school marks the first time they are away from their parents for an extended period of time. It also may be the first time they ride in a vehicle other than their parents' cars.

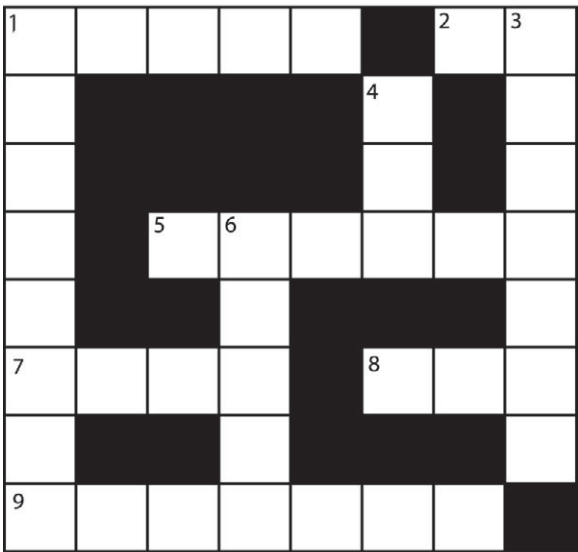
Each school day, 25 million children ride a bus to school in the United States. A school bus is among the safest modes of transport and one of the most regulated vehicles on the road, according to the National Highway Traffic Safety Administration.

Riding a school bus can be a novel experience no matter a student's age or grade. Kindergarteners may be introduced to the school bus on their first day of school, while older students

are no doubt familiar with life inside a school bus. But all students and families can benefit from a refresher course on school bus procedures to ensure this school year begins on safe footing.

- **Be a smart pedestrian.** Riding the school bus is very safe, but injuries can occur walking to and from the bus stop. Watch for cars backing out of driveways and always look both ways multiple times before crossing streets.
- **Remember school bus laws.** Most areas of the country have specific school bus laws that include stopping when red lights are flashing on the school bus. Cars must stop whether they're

See SAFETY on Page 25



ACROSS

- 1. Place to eat
- 2. Type of computer
- 5. Teachers write on these
- 7. Refers to two or more of things
- 8. Witness
- 9. Study of the physical and natural world

DOWN

- 1. Those who give lessons
- 3. Courses in school
- 4. Belonging to more than one
- 6. Yellow, brown or red color

Answers on Page 26



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 **August 27, 2021**. Winner to be announced in the next edition of Hardin Valley Living. (Ages 12 and under are eligible.)



Can you guess what the bigger picture is?



Find the Hawk WINNER

The winner of the Find the Hawk contest for the April 2021 edition of Hardin Valley Living is
Alexandra Fout

Alexandra 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 Alexandra!



Safety

From page 24

behind the school bus, next to it or on the opposite side of the street facing the bus. Stopping allows passengers to enter or exit the bus safely.

- **Stand away from the curb.** The National Safety Council advises keeping six feet, or three giant steps, away from the curb while waiting for the bus. Young children should be carefully supervised.

- **Be visible.** Always cross in front of the bus, making eye contact with the driver so that he or she knows your intentions before crossing. If you drop something, do not bend down to pick it up. Tell the driver instead.

- **Remain seated.** Find a seat promptly and remain seated for the duration of the ride. Do not stand up and proceed down the center aisle until the bus has stopped.

- **Minimize distractions.** Always speak softly and behave so that you do not distract the driver.

School buses are very safe vehicles, but passengers need to do their part to avoid injury.



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~ Taylor



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~ Brenda

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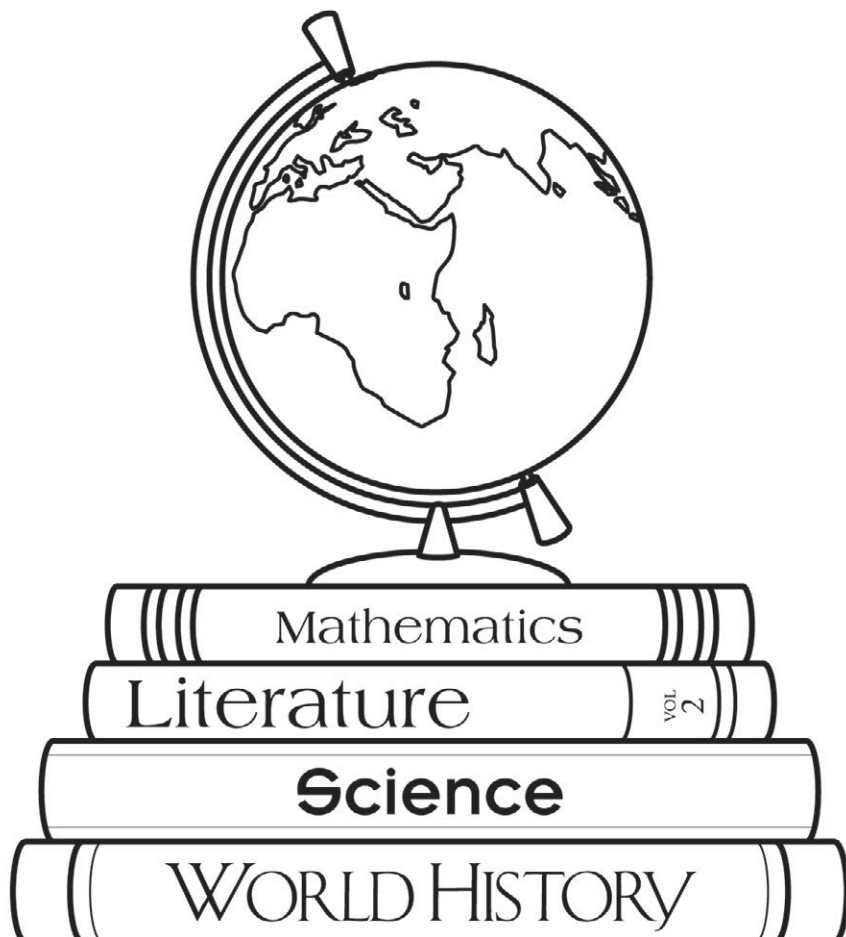


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Kids Corner Answers

Crossword Puzzle:

- Across*
1. Table
 2. PC
 5. Boards
 7. Each
 8. See
 9. Science

Down

1. Teachers
3. Classes
4. Our
6. Ochre

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is a collection of business owners and community influencers dedicated to the mindful growth of the Hardin Valley Community of every month. Stay current on all things Hardin Valley.

Each meeting expect special speakers who share the most current information about our community. local events, new businesses, updates on traffic flow and so much more.

To learn more about the organization and register for meetings VISIT US at www.hvbca.org or send an email to info@hvbca.org.

Do YOU have a great idea for our next issue?

We love to hear from our readers!

We are looking for:

- Events in the Hardin Valley area • “Hidden Gems” – your favorite businesses others might like to discover • Special Stories – People from the Hardin Valley community with unique stories to tell • Kid’s Corner – Stories of kids who have started businesses or made special accomplishments

Contact Cara Ford @cford@farragutpress.com



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Inside Back	515	495	475	450
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Half Page	300	288	275	265
Quarter Page	200	192	185	175
Eight Page	115	110	105	100

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