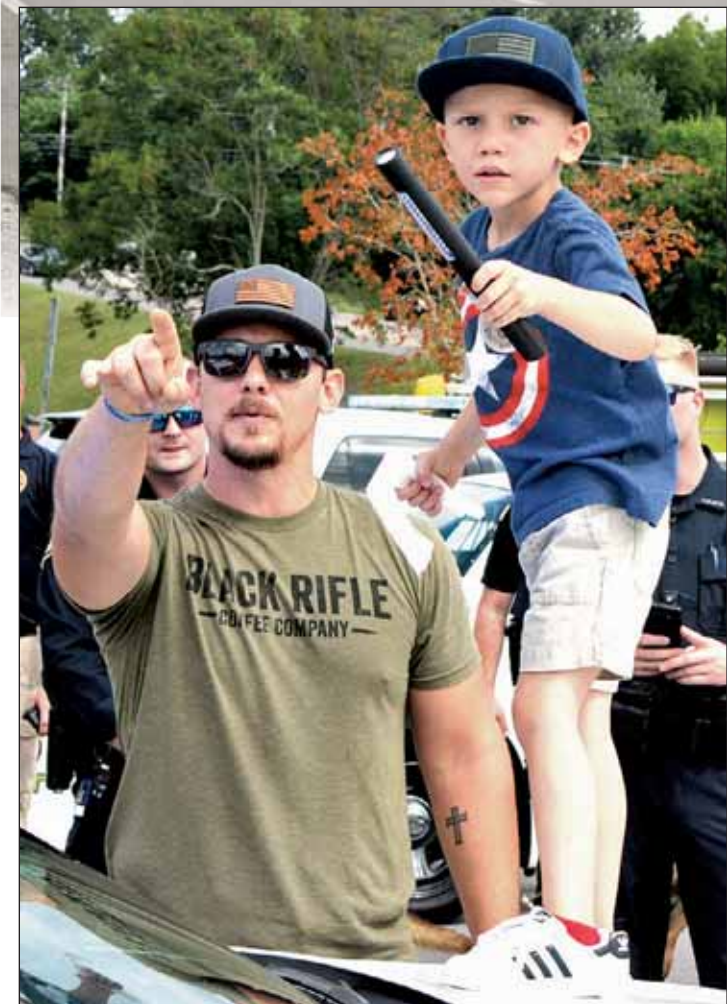


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Alan Sloan

With a look of curiosity from the hood of a Knox County Sheriff's Office cruiser, Cooper Stansbury, 4, alongside his father, Sam Stansbury, follows a Tennessee Highway Patrol Bell 206 Helicopter landing at Mayor Bob Leonard Park during "Cops 4 Cooper" celebration Friday morning, July 31.

Cops 4 Cooper

Massive show of law enforcement support for 'tough as nails' Cooper, 4

ALAN SLOAN

editor@farragutpress.com

When you're forced to battle for your life — at age 4 — you deserve an extraordinary show of support.

Following only four days of planning by area law enforcement and emergency responders, the resulting "Cops 4 Cooper" gathering featured two helicopters, four motorcycle units and roughly 12 patrol cars, which were joined by two Rural Metro Fire Department trucks and one Knoxville Rescue Squad truck.

The resulting convoy, which began at Two Rivers Church in Dixie Lee Junction, came eastward on Kingston Pike to Watt Road and ended in Mayor Bob Leonard Park late Friday morning, July 31 — all to show support for Cooper

Stansbury, 4, as this little boy from Farragut continues a nine-month battle with cancer.

Judging by Cooper's energy and enthusiasm — especially while "at the controls" of a Tennessee Highway Patrol Bell 206 helicopter — he's winning the battle hands down.

"That kid's got everything he needs to have to get through this," said his father, Sam Stansbury, who was joined by Cooper's mother, Lauren Stansbury, along with other family and friends at the park. "He's got a loving family, a huge support system — and he's tough as nails."

"He's battled every day since day 1 (Nov. 4 of last year when diagnosed at age 3)," the father added. "It may have knocked him down from 100 mph to 80, but he's doing fantastic."

Featuring fleets and officers from Knox County and Loudoun County sheriff's offices (including KCSO's "Aviation" helicopter and two TANGO motorcycles) along with THP and the fire and rescue units, two Blount County Sheriff's Office motorcycles and one Anderson County patrol car also were made available.

The new KCSO K-9, "Trip," was on hand entertaining Cooper and the other children by chasing a red ball.

See "COPS 4 COOPER" on Page 4A

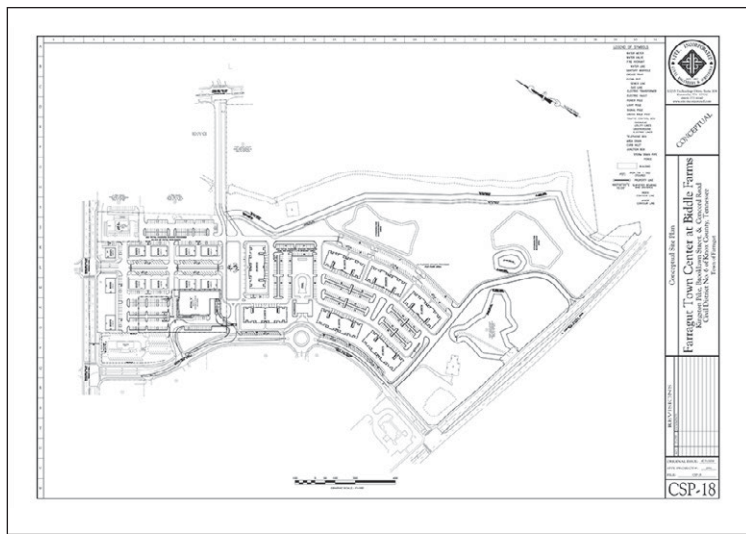
Details emerging on 'Biddle' Town Center

TAMMY CHEEK

tcheek@farragutpress.com

With plans progressing on the Biddle Farms Town Center project at the old Kroger store along Kingston Pike, Farragut's Comprehensive Land Use Steering Committee revisited its Town Center Overlay zoning ordinance during a "brainstorming session" to see what updates needed to be made in a virtual meeting Tuesday, July 28.

The committee continued discussions during a Staff/Developer workshop Tuesday, Aug. 4, in preparation for the



Thursday, Aug. 20, Farragut Municipal Planning Commission meeting.

Regarding the Biddle Farms development, for which the concept plans were approved on July 16, Vice Mayor Louise Povlin said she was "thrilled with the great lawn area" of the concept plans. "I almost wanted to cry when I saw it. I think that's exactly what our community's looking for."

"Something else we talked with the applicant about is

the central space between the commercial and residential and try to make that kind of a mini-market square," said Mark Shipley, Community Development director. "Basically, it would be publicly owned space, (where) the street system could be shut down for events and activities."

"It could be a central gathering space, not only bringing this development together but

See TOWN CENTER on Page 2A



Closing section of Concord Road from 7 p.m. to 6 a.m., Aug. 6, Aug. 9-10

A section of Concord Road (State Route 332) near the roundabout at Northshore Drive will be closed from 7 p.m. to 6 a.m., Thursday, Aug. 6, and from 7 p.m. to 6 a.m., Sunday and Monday, Aug. 9-10, as part of Tennessee Department of Transportation's widening of the road, a Town of Farragut press release stated.

The closure will allow for drilling required to obtain borehole samples.

Southbound detour from Concord Road to Northshore Drive is Turkey Creek Road to Virtue Road to Boyd Station Road to Harvey/Choto Road to Northshore Drive, the release further stated.

Concord Road is being widened to include two lanes in both directions. The project includes construction of a new bridge and demolition of the existing bridge.

business

It was a celebration in style, after 36 years, for "an outstanding person with a quick mind, high character and a very pleasing personality,"

- Doug Horne, prominent Farragut businessman, about a special employee. (Read story beginning on page 5A)

community

"I think we're going to end up with about 50 ... so what we're going to do is we have various places on our campus where we can spread them out,"

- Dr. John Bartlett, FHS principal, about a recent, and special, school addition. (Read story beginning on page 3B)

sports

Phrases were used such as "played extremely well," "really, really impressive," "had moments today" and "good sign to see them stick with it, battle through,"

- Jon Higgins, FHS golf head coach, describing various girls and boys during their first match. (Read story on page 1B)



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KCSO policereports

• **At 8:41 a.m., Monday, Aug. 3,** a complainant called Knox County Sheriff's Office West Precinct to report a motor vehicle theft in the parking lot of Jiffy Lube, 11012 Kingston Pike. Complainant advised his 2003 Chevrolet Silverado was dropped off for an oil change around 4:45 p.m., Friday afternoon, July 31. But he was advised today (Aug. 3) the vehicle was not there Saturday morning, Aug. 1, when the mechanics arrived. He said the vehicle is registered to AJJ Enterprises, which is the franchise owner name for Fish Window Cleaning. Total value of loss was listed at \$3,000.

• **At 2:51 p.m., July 31,** officers responded to a Prince George Parish Drive residence in reference to a domestic dis-

turbance. Victim/complainant said she and her husband (eventual arrestee) had been involved in an altercation involving a handgun. Victim said she and her husband began arguing about their dog. Victim said during the course of the argument, the arrestee presented a silver handgun and pointed it at her. Officers did observe the digital video taken by the victim on her iPad of the incident. The video, which was stamped with the date of 07/31/2020, shows the arrestee presenting the handgun and pointing it at the victim. When officers located the firearm it was loaded to maximum capacity with five rounds of ammunition. Knox County Forensics responded to the scene and took possession of the firearm. Victim was

given a Family Crisis Blue Card and advised of her legal options under the Tennessee Domestic Violence Law. Arrestee was taken into custody and transported to Roger D. Wilson Detention Facility.

• **At 11:19 a.m., July 31,** officers responded to a Crown Point Drive residence for a domestic matter. Upon arrival, an officer spoke with the suspect two houses down from the above address. He said he was waiting on a tow truck to get his rental car from the residence where he is not allowed. Suspect is the respondent of a Conditional Release Order and is not allowed to have contact with victim/complainant. Complainant said the suspect was on the property attempting to break in the garage. Officers observed the

complainant's video evidence that did not show the suspect. Complainant said he observed the suspect trying to break in the garage. Suspect said he never stepped foot on the property. Officer called to verify if the suspect was in violation of his Conditional Release Order. Upon speaking with the commissioner it was uncertain if the suspect violated his release order. The Conditional Release Order stated the suspect is not to be anywhere the victim is likely to be. The suspect's intention was not to violate the release order but to retrieve his rental car to turn in, and he never went on the property. Officer stated he had a previous call from the suspect at

See KCSO REPORTS on Page 3A

Town Center

From page 1A

the general community to a space they can identify as being the downtown Farragut area," he added.

"As envisioned right now, it's an open lawn space. To me, that's a good thing because it's not been programmed. It's kind of an organically grown gathering space that can be used in a variety of ways, gives it a lot of flexibility and diversity."

Shipley pointed out another unique aspect of the project is the addition of angled parking along Brooklawn Street.

"That would tie that part of Brooklawn together and give Brooklawn Street itself a more Town Center look and feel that would better tie it into the project being envisioned on the property to the east," Shipley said.

"That's going to be a well-used feature," Farragut Mayor Ron Williams said, but added he thinks the entry should be two-way instead of right-in, right-out.

A couple of committee members questioned the residential aspect of the development and the proposed apartment building.

Committee member Scott Russ recalled plans for a vertically integrated MUPC. With that, apartments would be located above businesses.

"We found out through quite a bit of marketing people that this was not to be in our area," Williams said. "There was no demand for it, and if there's no demand, then you're not going

to have a developer who's going to go there. He's going to go where he knows he can lease space, as far as commercial and residential.

"That was made pretty clear to us by more than one developer — a matter of fact, all of them," he added.

"That was the reason we kind of branched out and started looking at what was desirable and what the developers actually would do. We had the Town Center out there vertically for a long time, and there were no bites on it."

Bud Collum, the developer for the Biddle Farms project, explained the vertical concept would be too costly for developers.

CLUP Steering Committee member Valerie DeBoe criticized the proposed apartment complex in the project's plans.

"I'm not sure that is the future of Farragut," she said. "Apartment complexes are ordinary."

Shipley said the Mixed Use Town Center was formed in 2014 to create a pedestrian-oriented environment.

But Mixed Use Town Center area is "not one cohesive area, per se. Its three or four areas that are generally the Kingston Pike/Campbell Station Road intersection area," he added.



Shipley



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ADVERTORIAL

Balance and Falls Survival Kit Just Released. Only 5 Available...

By - Leading Physical Therapist, Dr. John-Mark Chesney

We have wrapped up our newspaper series this past week. We hope you have enjoyed all the tips and advice on how to improve your balance, stay on your feet, and keep from falling. Did you know that:



- 1 in 4 adults older than 65 fall each year
 - 1 in 2 adults older than 80 fall each year
 - Once you've fallen once, your chances of falling again doubles
- 1 in 4 people who fracture their hip do not return to living in their own home
 - An older adult dies from a fall every 19 seconds

Why is balance important to me? Well- I remember back in physical therapy school 16 years ago my professor telling us that when an older adult suffers a hip fracture- that **1 in 5 don't live past the first year** after the injury. 1 in 5. This caught my attention. Wow! And I have been on a mission since then to help people stay on their feet and regain their balance (and confidence) so that they don't become a statistic.

Are you at risk of falling, or do you know somebody who is? Maybe a parent or a neighbor? What if you could help them stay on their feet, independent and mobile, just by connecting them with our balance specialists?

This article is the last one in the series- and we will be moving on to the topic of low back pain and sciatica for our next series. But before we do I want to thank you for reading, for the emails, for the phone calls, and all those who have attended the "Balance and Falls" workshop the past two weeks.

One lady, Harriet, called us a few weeks ago. She lives by herself, suffered a stroke 5 years ago and recovered around 75%, which isn't bad. But now 5 years later, she has gotten weaker and stiffer, and her remaining deficits from her stroke have put her at a high risk for falling (and becoming a statistic). Now, you wouldn't believe the progress she has made in a short 3 weeks. She left here on Tuesday saying, "I can't believe I waited 5

years to get some help, but I'm so glad I'm here.'

So if you have been holding out, or maybe just now catching up with us. We wanted to offer you one last opportunity to get some help. We have put together 5 "**Balance Guide Survival Kits**". **Each kit includes:**

1. A Fall Risk Assessment with our Balance Specialist (valued at \$149)
2. A recording of our 1 hr long training "Balance and Falls Workshop" (valued at \$49)
3. Our Balance Guide, "8 Ways To Improve Your Balance and Prevent Another Fall: Helpful Tips To Keep You On Your Feet" (valued at \$18)
4. 2 additional printed articles on how to improve your balance
5. And one other TIPS REPORT to choose from (ie. Back pain, Neck pain, Knee pain)

This "Balance Survival Kit" is valued at well over \$249 and today we are offering you one of these kits (only 5 available), first come first serve, for 90% off. **You can get yours today for \$29.** We have never offered this before and I'm not sure when or if we will be having this opportunity in the future.

If you are fearful of falling, maybe you have had some close calls, or just want to make sure that you are doing everything possible to stay in tip top shape- then this "Balance Guide Survival Kit" is for you. Maybe you feel like your balance is "pretty good" but you know your getting to an age where it might start to become a problem- then this "Balance Guide Survival Kit" is for you.

The Fall Risk assessment is well worth the \$29 by itself. During your assessment we will grade you on 4 key balance tests and give you an overall grade, High Fall Risk, Medium Fall Risk, or Low Fall Risk.

Remember we are only offering 5 of these "Balance Guide Survival Kit" for only \$29. So **give us a call or text (865)351-0615 to claim yours today!**

The author, John-Mark Chesney, is a Doctor of Physical Therapy and Owner of Simply Physio. He's happy to answer any questions about balance and fall prevention by phone or text at (865) 351-0615 or by email at john-mark@simplypt.com



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KCSO reports

From page 2A

10:46 a.m., July 31, asking officers to do a standby while he retrieved the rental car. Officer advised the suspect what he needed to do in order to retrieve the rental car without violating his order. Suspect was given the option to retrieve the rental car while officers were there but refused. No arrest was made due to the uncertainty of knowing if the suspect was in violation.

• **At 12:58 p.m., Tuesday, July 28,** a complainant called KCSO West Precinct to report a theft of merchandise at Ingles, 11847 Kingston Pike. He advised the suspect came into the store with a small child and took the various items with a total retail value of \$200. He advised she left in a Chevrolet Silverado.

• **At 7:12 p.m., July 27,** an officer went to a victim's residence at Canberra Drive. A Tennessee license plate had been identified on a silver Honda Accord used in a burglary of a vehicle at an Ebenezer Road

address Sunday, July 26. The license plate was registered to the victim. An unknown suspect had stolen the victim's license plate and attached another license plate to victim's vehicle. Value of loss to victim was listed at \$60.

• **At 3:03 p.m., Sunday, July 19,** a complainant contacted KCSO Teleserve Unit to report his 2019 Ford F-150 pick-up truck was burglarized at the Holiday Inn, 816 N. Campbell Station Road. Complainant said his vehicle was parked at the above location from Tuesday, July 14, to Thursday, July 16, with the doors to the vehicle and the glove box locked. It was discovered to have been broken into and \$620 in items, including a \$400 Kipling purse and contents, taken around noon, July 19. He stated the burglary must have taken place during that time frame because they had been traveling Monday, July 13, and Friday, July 17, and the vehicle was then locked inside of his garage until his discovery. Complainant said he believes way of entry to have been made

through the passenger side door due to damage made to the weather stripping.

• **At 3:54 p.m., July 19,** a complainant contacted KCSO Teleserve Unit to report theft involving merchandise from Best Buy, 11491 Parkside Drive. Complainant said camera times indicated the suspect entered the store around 10 a.m. and ripped various Apple items, including iPhones, from their place on display. Retail value of loss was listed at \$2,800.

• **At 10:33 p.m., Saturday, July 18,** officers responded to a Chapel Glenn Lane residence for domestic assault. Officers made contact with the victim, who said the suspect, her husband, had become angry when victim received a text message from a male client. Victim said the suspect became irate and struck her multiple times in the arm. Suspect also threatened to kill her, the victim said, adding the suspect took the victim's phone when she attempted to call 911. Victim did have bruising on her right arm. Forensics responded to the scene to photograph the victim's

injuries. Suspect was gone upon officers' arrival. Two warrants will be place on file for the husband: simple assault and interference with emergency calls. Victim refused transportation to a safe place but drove herself to a safe place. She also was issued a Family Crimes Card and advised of her Domestic Violence Rights.

• **A complainant working at Kroger, 189 Brooklawn St., received a security call from the front end Thursday, July 16.** The suspect had come through Uscan with a cart full of groceries, paid for two containers of cat food and left the store. Upon video review after the incident, the complainant observed the following: the suspect had purchased her groceries at Uscan and then went back into the store. She selected two items of cat food, two bags of dog food and four storage totes. She went into Uscan and paid for the two bags of cat food but did not present the totes or the dog food to be paid. Total retail value of loss was listed at \$97.22. Suspect was identified by the complainant.

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boardviewmayor

BOMA’s ‘all about Town’ told here

I hope everyone is staying positive as they endure this heat wave and struggle with a new normal. Getting used to mandatory face coverings and physical distancing has been a necessary challenge to keep us all safe. I appreciate those who are willing to set their own physical comfort aside for the protection of others.

Over the past few months, we’ve learned a new way to conduct Town meetings. Virtual meetings, per Gov. Bill Lee’s Executive Orders, have been an unexpected change. It’s been a learning curve that we had no choice but to embrace.

Our No. 1 priority has been to keep our staff, Board, committee members and residents safe from the risk of exposure that comes from in-person meetings.

What we have learned from this virtual experience is that Farragut residents have become very interested in how the Town of Farragut operates. In response to this, the board will work together to better educate the public on the ins and outs of our local government.



Farragut Mayor
Ron Williams

For the next few months, monthly columns by our board members will be part of an educational series about our Town and how it works. We’ll start with our volunteer committees and boards. One of my many goals was to have the mayor or an alderman on each committee, and that has been accomplished. Some of us even participate in more than one committee. By providing more information about volunteer committees, we hope to encourage more residents to step up to serve their community.

We will also cover each of the Town departments and include input from department heads and staff. We’ll explore the work of our Municipal Planning Commission and Board of Mayor and Alderman by explaining ordinances and resolutions. Following that, we’ll move on to the Comprehensive Land Use Plan and then to zoning. Last, but not least, we’ll discuss property rights and how that impacts all of the above. This information will be a brief summary of what’s presented in our annual Introduction to Farragut class.

The deadline for this year’s class has passed, but I hope these columns will give readers some insight into the work of our local government. We’re working hard for you, and we invite you to take a closer look.

All Letters to the Editor and columns, regardless of content, must not exceed 600 words. Letters citing certain information as fact, especially if those points challenge another person’s opinion, may require the inclusion of a researchable source. Thanks for cooperating,

‘Cops 4 Cooper’

From page 1A

“It’s been absolutely incredible,” Sam Stansbury said about the support. “We’re very grateful; we’ve got a huge support system here.

“My wife likes to say, ‘It takes a village,’ and this is our village, everybody right here,” he added. “It’s outstanding.”

As for Cooper’s treatment, “He’s been through five rounds of chemotherapy, about five months, and he’s been through a Tandem Stem-Cell transplant,” Stansbury said. “We’re getting ready to start radiation therapy on Monday morning (Aug. 3), and we’ll do that for two weeks.

“And then six months of immunotherapy, and then hopefully we’ll be ending our treatment process,” he added.

“... It’s mind-blowing for someone that small to go through something like this. It’s heartbreaking, but it’s motivating as well to see him wake up everyday just ready to roll.”



Alan Sloan

Knox County Sheriff’s Office transportation fleet/officers, plus Sheriff office fleets/officers from Loudon, Blount and Anderson counties, Tennessee Highway Patrol, Rural Metro Fire Depart-

As for the parents’ struggles, “It has been life-altering in a lot of ways,” Stansbury said. “But it has brought our family together in such a way that I have no doubt that he’s going to beat this and be a successful, incredible child.

“He already is an incredible

child.” Cooper has twin younger siblings, newborns Colt and Sophia.

Cops 4 Cooper idea

Brainchild of this massive law enforcement gathering was Sgt. Matt Fagiana, Public Information officer at LCSO.

“I started following (Coo-

per’s) story on Facebook through his parents’ postings” based on having “mutual friends,” he said.

Before long, “I just found myself captured by his story and wanted to do something for him,” Fagiana added.

Beginning Monday, July

27, “I sent a group text to the sheriffs of Loudon, Anderson, Blount and Knox, and to the commander of the THP district here and asked them if we could put something together,” Fagiana said.

“They responded back immediately and said, ‘absolutely.’”

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lettertotheeditor

Strong anti-appoint reaction to Jacobs

I would like to give an update to 5th District and Town of Farragut residents per the Knox County Charter Review Committee. Our July 30 meeting was very interesting.

Knox County Mayor Glenn Jacobs spoke during the public forum and stressed he wanted the Mayor’s Office to have the ability to appoint the Knox County Law Director in the future. This was again affirmed later in the meeting through his ownership of this initiative via his mayoral appointees driving the Amendment for a “mayoral appointed” Law Director.

What was most noteworthy (and probably a first in Knox County in recent memory) of the evening was an ever-presence of a robust coalition AGAINST the Knox County Mayor’s desire to take away their right to vote for Law Director.

Members and leadership of the full political spectrum are against this amendment as heard during the public forum, including the chairman of the Knox County Republican Party, the chairman of the Tennessee Conservative Union and the Leader of the local Black Lives Matter chapter.

Likewise, both 5th District County Commissioner John Schoonmaker and I are against having a “mayoral appointed” Law Director.

The KCCRC has a short time line according to the Knox County Election office to put amendments on the November ballot. As such, the KCCRC is targeting for the required two public hearings of the amendments coming this Monday, Aug. 10, at 5:30 p.m., and Wednesday, Aug. 12, at 5:30 p.m.

Immediately following the Aug. 12 hearing there will be the KCCRC meeting to vote on the amendments, including the Law Director.

All of these meetings/public forums are held at the City County Building (you have to go through security and there is a mask mandate), but please check with the Knox County Commission’s website for updates.

Thank you for your attention to this matter and for farragutpress in providing a platform to give these important updates.

~ Bill Johns, MBA, MPA, Farragut

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business briefs

• Nathan Woods, certified financial planner, has joined the firm of Rather & Kittrell Private Wealth & Retirement Advisory in Knoxville as an advisor, working with businesses, business owners and families.

• Are you a young professional looking to grow

yourself and your business? Can you contribute five to eight hours per month for planning and programs? Farragut West Knox Chamber of Commerce's West Under 40 Young Professional committee wants to hear from you. Call the chamber at 865-675-7057 or visit online at www.farragutchamber.com FWKCC for more information.

• Shelbi Ruffino, CFP, has joined Rather & Kittrell Private Wealth & Retirement Advisory in Knoxville as an associate advisor, working with existing advisors.

• Farragut area residents still have a chance to take advantage of the tax-free weekends patronizing Farragut's restaurants or limited-service restaurants between Friday, Aug. 7, and Sunday, Aug. 9.

• Judge Kristi Davis of Knoxville, appointed by Gov. Bill Lee, recently was sworn in as the newest judge on Tennessee Court of Appeals. Davis has been a Circuit Court Judge in the 6th Judicial District (Knoxville) since 2014. She is the second female judge to serve on the Court of Appeals from the Eastern Division and the sixth woman to serve on the state Court of Appeals. Davis fills the vacancy left by the retirement of the Honorable Charles D. Susano Jr.

• Daniel Hereford recently was named executive vice president/chief information officer with SmartBank. He will drive the bank's IT strategy and provide oversight for all the bank's IT services. SmartBank has 36 branches and two loan production offices in Tennessee, Alabama and Florida.



Woods



Ruffino

'Quick mind, high character' highlight Hill's 36 years at Horne Properties, Inc.

ALAN SLOAN

editor@farragutpress.com

It was a celebration in style for "an outstanding person with a quick mind, high character and a very pleasing personality," as Sandra Hill's family, friends and work colleagues at Horne Properties, Inc. filled up Fox Den Country Club's main ballroom.

That quote came from Hill's boss the last 36 years, Horne Properties owner Doug Horne, as her career was celebrated with a retirement reception at FDCC Thursday afternoon, July 30.

You can add toughness to her list of qualities, with Hill being a two-time breast cancer survivor.

Wearing many hats — including manager, executive assistant and accountant — as a trusted and reliable employee for more than three decades, "I was very excited and pleased with it all," Hill said about the reception.

"It's been a job that I have enjoyed, therefore I stayed with it through all these years," she added. "I was so pleased to get to work with Doug and work with his company. ... The people were good to work with, and most of them got along very well.

"It's an interesting business."

"The fact that she's been capable enough and dependable enough to have handled



Alan Sloan

Sandra Hill, left, is joined by her husband, Rick Hill, far left, her boss, Doug Horne, and his wife, Brenda Horne during a retirement reception in Sandra's honor — recognizing her 36 years as a versatile and dependable employee with Horne Properties, Inc. — in Fox Den Country Club Thursday afternoon, July 30.

so many different aspects of this business speaks volumes about her value to this organization," said Christina G. Myer, Horne Properties, Inc. senior vice president/general counsel. "She's never just said, 'I don't know.' She always added, 'but I'll find out,' and she does."

As for the human touch, "She listens to people, cares

about their problems, lives her faith and she knows how to have good clean fun," Myer added. "...We will miss her, but no one deserves to kick up her feet after a job well done more than Sandra Hill."

Background

Salutatorian of her Farragut High School graduating class in 1961, Hill worked at TVA for eight-and-a-half years before

"having the pleasure of being home for 13 years and raising two boys" (Denton and Dustin) in Dixie Lee Junction, she said. But when youngest son Dustin was old enough, Hill sought to re-enter the workforce — with one condition.

"I didn't want to drive further (toward Knoxville) than

See 36 YEARS on Page 7A

FWKCC West Under 40 network in park Aug. 27

TAMMY CHEEK

tcheek@farragutpress.com

West Under 40, which is part of the Farragut West Knox Chamber of Commerce youth emphasis, is taking networking outdoors with Food Trucks In the Park.

"I'm really excited about it," said Chloe Pool, West Under 40 planning committee chair and First Utility District communications manager, about this special networking — featuring food trucks, games and live music — which is scheduled from 5:30 to 7:30 p.m., Thursday, Aug. 27, at a private park, 4901 Ball Camp Pike right off

Western Avenue.

Admission to the event is free, but WU-40 members are asking attendees to buy food and beverages from the food trucks. Moreover, you don't have to be an FWKCC member to attend.

"We're thinking it will be a really good chance to support local businesses," Pool said.

"It's the most casual and laid-back event that we've had, and I'm just really looking forward to people getting a chance to connect in person," she added.

While the group has held virtual networkings, Pool said, "I'm just really looking

forward to people having a chance to actually meet new people and get to spend some time, even though they will be socially distanced, being able to show up in person.

"I think that will be really refreshing for people," she added.

"I really hope that it's something that people are excited about and embrace and that it goes off well," FWKCC president/CEO Julie Blaylock said.

Because the event is scheduled in a private park, "We're going to have a lot more flexibility to have it be a private event," Pool said. "It's a big space, so we're really excited

about all the space."

Because of the ample space, the group currently is not restricting the number of attendees — but Pool added, "We are kind of letting people know that the Chamber of Commerce will send out information if something changes."

"Of course, we're going to stay attuned to state and county guidelines; and if, for some reason, things change between now and Aug. 27, we'll make modifications as we need to," Blaylock said about planning.

"I would say, if people want to be in the loop on informa-

See WEST UNDER 40 on Page 6A

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Opening of Traci Adams Realty Group ‘meant to be’

TAMMY CHEEK
tcheek@farragutpress.com

Lenoir City native Traci Lynn Adams is venturing out with her own agency, Traci Adams Realty Group, in Renaissance | Farragut.

Adams, the principal broker residing in Blackstone View subdivision along Farragut’s Town limits, opened the agency at 12748 Kingston Pike Suite 204, adjacent to Myers Bros. Holding office, Monday, July 20.

“It’s been great,” she said about her move, but added, “With anything real estate, it’s a little different animal.”

“With all this COVID stuff that we’ve been dealing with, a lot of our in-person things have now been over the Internet or virtual things,” Adams added.

However, she said she just wanted to open a small office with a few good agents.

“I have two now,” Adams said. “I’m trying to bring on a few more. I want to have good, trustworthy, honest agents who are going to look after their clients.”

Adams’ goal is to have a good reputation and to take care of her clients, and “my agents take care of their clients. I want to be set apart from the other agencies.”

In addition to her broker’s license, Adams also has



Adams

four other certifications: a seller’s representation specialist, a credit and buyer’s representative, real estate negotiator and ePRO certification, which is an online virtual presence through the National Association of Realtors.

Adams specializes in residential real estate, using everything from traditional methods to virtual online presence and drones to market for her clients.

“With COVID going on, it only makes sense” to obtain the ePRO certification, she said.

“I love what I do,” Adams added. “I love working with people. I just think it was meant to be for me to go out on my own.”

Her office currently is open by appointment. Adams can be reached at 865-850-0896 or by sending an e-mail to tracilyn-adams@gmail.com.

Adams was a broker for Mashburn Lake & Golf Realty in Tellico Village when “the owner decided it was time to close,” she said.

“So I just decided to go out on my own,” Adams added. “This is something I’ve been wanting to do for a very long time.”

She has been in the real estate business since 2010, remembering that year was “recessionville.” But she jumped in and took advantages of opportunities at the time.

“I survived for a couple years doing that, then the market picked back up,” she said.

Adams worked at Smoky Mountain Realty for eight-and-a-half years before working at Mashburn Lake & Realty for a year as its principal broker.

West Under 40

From page 5A

tion about this event, either follow the Facebook page that we have set up ... or subscribe to Farragut West Knox Chamber of Commerce’s news e-mails,” Pool said.

CJ’s Tacos and Knox Dough — the latter of which has a brick-and-mortar location just outside of Farragut — are among the line-up of food

trucks scheduled.

West Under 40 is a group of professionals under age “40 from the Farragut area and West Knoxville who network.

“We were really looking for something to be able to do, something in person once the quarantine lifted,” Pool said. “We also wanted to be cognizant of the fact that we needed to do something that we could be socially distant and be a lit-

tle bit more careful.

“We really wanted to do live music, as well, and this (date) just felt like the perfect time, with summer and a lot of our young professionals really expressing a lot of interest in being able to build a community in West Knoxville,” she added.

“We just thought it would be fun to do a more casual event, where people could feel more relaxed.”



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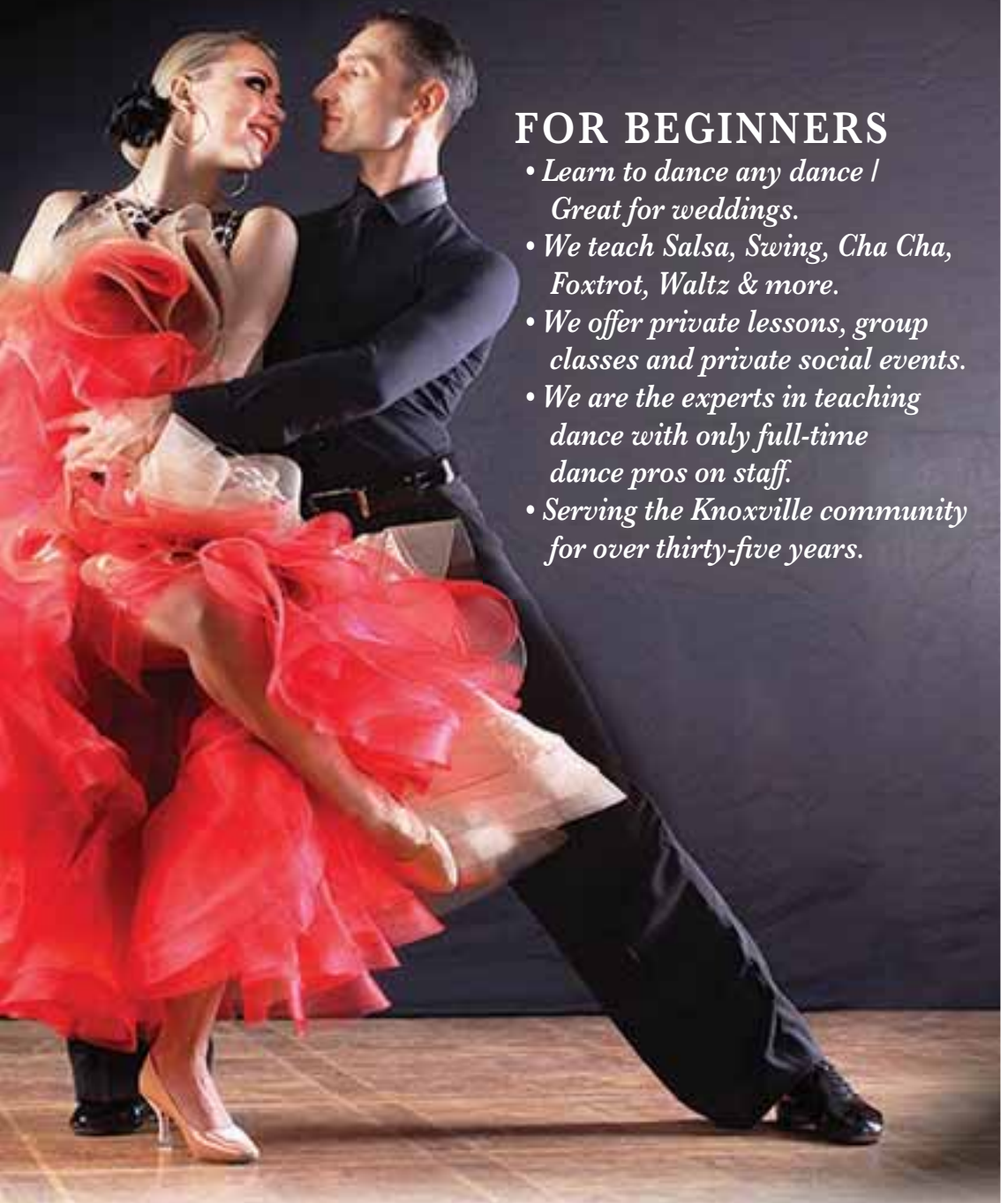
When Marcelle Hazari retired from Walmart after working in management in three states for 31 years, she decided to launch her own business. In April 2015, she opened Postal Annex Service Center, 9255 Kingston Pike in the Kroger Shopping Center. **Recently, the store has MOVED, across the street, to 9234 Kingston Pike in the Cedar Springs Shopping Center (inside the alcove between HoundDogs and The Soup Kitchen).**

The store, the first Annex Brands franchise in Tennessee, offers shipping and supplies, works with all the carriers (USPS, FedEx, UPS and DHL), sells postage stamps and rents private mailboxes, makes copies and passport photos, carries various greeting cards, Naked Bee products and Melissa & Doug toys, and provides digital fingerprinting and notary services.

Marcelle’s years at Walmart taught her the tools she would need to run a business: customers service, management, merchandizing and retail sales. After more than five years, “I know and appreciate all my customers as I always offer them smiles and helpful assistance,” Marcelle said. The store is a one-stop shop for a wide variety of services and local gifts for anyone on your list from newborns to 105 years! “So, come by and you will be surprised by the extra care, excellent personal touch and genuine friendship.”

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36 years

From page 5A

Cedar Bluff,” she said.

“I saw the Horne Properties ad in the paper,” and was hired in 1984 “in the accounting department — in fact, I was the accounting department,” Hill

added, as Horne Properties then was located “in the shopping center at Farragut Towne Square.

“Then from the Accounting department I managed shopping centers, managed apartments.”

About 20 years ago, “I started doing insurance for the company,” Hill, a

graduate from Knoxville Business College, said.

Just prior to that, as executive assistant, “I started doing Mr. Horne’s personal business.” Those jobs carried through her final day, which was Friday, July 31.

“I’ve known Doug since high school,”

she added about the prominent businessman who also owns Republic Newspapers, Inc. (parent company of farragutpress).

Having lived “in the Dixie Lee Junction area all of my life,” Hill and husband, Rick Hill, have two grandchildren.

Real Estate **GALLERY**

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Chrissi Rhea named 2020 Woman Of Influence

Mortgage Investors Group President Chrissi Rhea has been named a 2020 Woman of Influence within the mortgage lending industry, company officials announced today.

Rhea co-founded MIG in 1989 and has guided the Knoxville-based company’s growth over the past 30 years to become a respected leader in the residential mortgage lending industry.

HousingWire, an influential source of news and information for the U.S. mortgage and housing markets, recognized her contributions by naming her to its 10th annual Women of Influence list honoring 100 women who are shaping the future of the mortgage, real estate and fintech industries.

“When Chrissi co-founded Mortgage Investors Group in 1989, she set out to create the kind of customer-focused and loan officer empowered company she wished existed in the mortgage lending industry,” MIG Vice President of Marketing Moneek Langston said. “Her investment in employees, clients and the communities we serve has allowed MIG to become a model for how to not only thrive during good times, but also survive economic recessions, housing slumps and, now, a global pandemic.”

The Women of Influence are selected by HousingWire’s Editorial Selection Committee based on their professional achievements within their organizations, but contributions

to the overall industry, community outreach, client impact and personal success also factor into the committee’s decision, according to a HousingWire press release.

“This year’s Women of Influence represent leaders who have faced some of the most unprecedented challenges the housing industry has seen in years,” HousingWire Magazine Editor Kelsey Ramirez said in the release. “Their strength set an example of leadership that impacted not just their teams or companies, but the industry overall. This was one of the most competitive years we have ever seen for the award.”

In the past year, Rhea has spearheaded MIG’s expansion across the Southeast, bringing the firm’s brand of mortgage lending services to borrowers across two new states, including Georgia, and North Carolina, and growing the company’s digital and social media presence with the development of a Digital Consumer Interface team to improve customer interactions.

“Chrissi is a generous mentor, sharing her experience with up-and-coming mortgage professionals and industry peers and reminding them that sometimes, the most valuable lessons are learned during the most challenging of circumstances,” Langston said. “The company’s high employee retention rate, including the number of employees with

more than 20 years of service, is a testament to her leadership philosophy.”

In addition to mentoring members of the Knoxville and Memphis Mortgage Bankers Associations, Rhea serves on the Board of Directors for the Tennessee Housing Development Agency and on the THDA Audit and Budget Committee and its Lending Committee.

In naming her to its Women of Influence list, the HousingWire also recognized her ability to creatively and quickly adapt to economic and market fluctuations, evolving industry regulations and rapidly changing technologies, Langston said, as well as her firm belief that helping people become homeowners is one of the best ways to ensure a bright and vibrant future for tomorrow’s leaders.

“The winners of our 2020 Women of Influence award are truly outstanding,” HousingWire Editor in Chief Sarah Wheeler said in the press release.

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lease. “Their leadership, initiative and innovation have positioned their companies to thrive even in this very challenging time, and have set a new standard for excellence.”

MIG is a growing residential mortgage lender in the Southeast building on a proven track record as a long-time industry leader. The company employs

more than 400 people and has been the THDA’s top lender annually since 2003, as well as Tennessee’s leading USDA lender every year since 2014. As it continues to expand its footprint, MIG remains committed to serving borrowers across the Southeast. For more information, please visit www.migonline.com.

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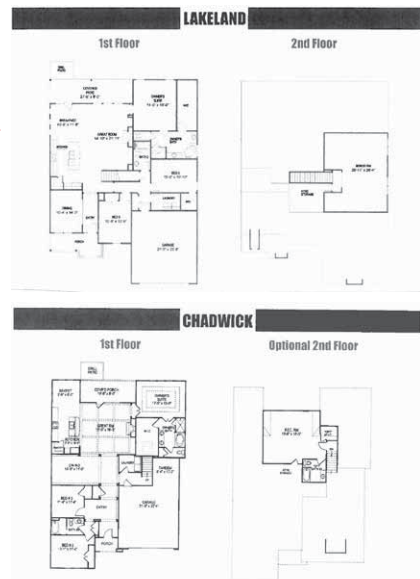
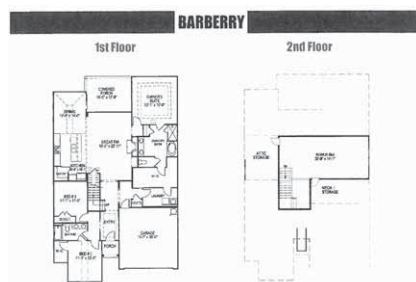
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JOSH HEMPHILL TEAM

Despite TSSAA full-season OK, fball hurdles still real, feared

ALAN SLOAN
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While the path has been cleared, thanks to Gov. Bill Lee's Executive Order 55 going into effect, for TSSAA football and girls soccer teams to begin close contact work — full pads/hitting for football — and includes scrimmages, restrictions remain in place for Farragut High School and other Knox County Schools teams.

"We still can't go in the locker room yet," said Admirals football skipper Eddie Courtney, whose team was scheduled to

begin full-contact workouts Tuesday afternoon, Aug. 4.

"It's kind of day-by-day, wait-and-see," he added.

With the regular season begins as originally scheduled the weekend of Friday, Aug. 21, Courtney's Admirals will host Bradley Central Aug. 21 (open-

ing kick-off, based on recent years schedules, likely would be 7:30 p.m.).

The situation on whether or not fans would be allowed inside the stadiums/fields/gyms for fall sports was still unknown at deadline Tuesday afternoon according to Donald

Dodgen, FHS athletic director — though he expected some news on this following "a big" Knox County Schools meeting today (Thursday, Aug. 6).

"Everybody has three weeks to get it done" to be ready for

See FALL SCHEDULE on Page 2B

Lots of skipper praise after first FHS golf tourney

Combined CAK effort nets boys title, girls 2nd; KCHS 1st

ALAN SLOAN
editor@farragutpress.com

OAK RIDGE — Re-introducing TSSAA high school sports to the Farragut area — for the first time since March 12 — 5 Star Preps Masters 2020 at Oak Ridge Country Club featured more than 12 girls and 12 boys teams to begin last week.

Due to an inadvertent infraction — "a mix-up on some tee boxes" according to Farragut High School head coach Jon Higgins — a resulting 6-stroke penalty during opening-round play Monday, July 27, left Higgins' Lady Admirals (323) finishing the 36-hole, two-day tourney third instead of tied for first.

Medalist Kennedy Noe (+ 9), a senior, led team champ Knoxville Catholic (317), along with Amelia Rechter's sixth-place finish (+22).

The Lady Irish edged out Christian Academy of Knoxville (318). Sophomore Kate Faulkner, who captured second individually (+11), paced the Lady Warriors along with teammates Allie Cooper, fourth (+19), and freshman Malerie Taylor fifth (+21) in her first high school tournament.

On the boys' side, CAK finished as champs (614), barely edging Halls (615), with Farragut 10 strokes behind (624). Webb placed fourth (634) while Bearden took seventh (671).

Harrison Thompson of KCHS finished tops among individual boys at even par, with CAK's Ben Johnston fifth (+2) and Warrior Jackson Hughey 11th (+8), followed by Jack Myers of Webb 12th (+8).

(More details on the FHS boys later in this story)

Lady Admirals in detail

Gabrielle Starling, an FHS junior, would have finished in fourth place (+12) if not for the inadvertent tee box issue. Teammate Vivian Wang, also a junior, actually finished third (+19).

"Gabby Starling played extremely well," Higgins said. "She had two rounds of 78, which was really, really impressive. ... She came on strong at the end of last year and I'm glad to see it continue in the early parts of this year.

"I thought Vivian played well (Monday)," the coach added about his other junior. "She had moments (Tues-

See GOLF on Page 2B

Freshman Malerie Taylor of CAK placed fifth during 5 Star Prep Masters 2020 at Oak Ridge Country Club Monday and Tuesday, July 27-28, and was the highest placing freshman among all girls (82-83-165) in her first high school tournament. Taylor helped lead the Lady Warriors to a second-place team finish.



Photo submitted



All FDCC photos submitted

Sealed with a kiss, 18-Hole Ladies crown 3 club champs

Kissing her 2020 Fox Den Country Club Ladies 18-Hole Championship Flight first-place award is R.J. Whitfield, alongside runner-up Catherine Manning, far right, as Whitfield completed the three-day event by edging Manning 2 & 1 on the final 18 holes Thursday morning, July 30, at the FDCC course. While this was Whitfield's first Ladies 18 Hole Champ Flight top finish, Manning is a two-time champ at this top level (2011 and 2013). Linda Trotter, second from left, was Championship Flight consolation bracket winner, while Tina Sanders, far left, was consolation runner up. Sanders is a six-time Champ Flight top finisher (1982, 1997, 1999, 2002, 2004 and 2012).



Judy Strandquist, far left, is 2020 Fox Den Country Club Ladies 18 Hole Club First Flight champion. Strandquist slipped past runner-up Annette Stevens, second from left, 3 & 2 during the title showdown Thursday morning, July 30, at the FDCC course. Debbie Siddons, third from left, was First Flight consolation match winner, while Sally Hedgepeth was consolation runner-up.



Smiling after earning the 2020 Fox Den Country Club Ladies 18-Hole Club Second Flight championship is Janet Greene, third from left. She edged runner-up Betty MacDonald, far right, 1 up on the second playoff hole in the title match Thursday morning, July 30, at the FDCC course. Barbara Reynolds, far left, was Second Flight consolation bracket winner, while Grace Mutz was consolation runner-up.



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Golf

From page 1B

day).” Senior Lindsay Ott “played exceptionally well on the back nine both days,” Higgins said. “... I thought it was a good sign for her to stick with it and battle through.”

FHS boys in detail

“Brady Harville, he’s a freshman, he played extremely well both days,” Higgins said about his 14th-place finish (+8).

“Owen Queener, another freshman, played exceptionally well (Tuesday), he shot a 75,” the coach said about him finishing 17th (+11).

“I thought A.J. Rinehart played well (Monday)” with a round 74 before finishing 22nd (+16).



Alan Sloan

Jackson Hughey, a CAK junior, sinks this putt at No. 10 green, Oak Ridge Country Club, during final round play in 5 Star Preps Masters 2020 Tuesday, July 28. Hughey finished 11th (+8).

Fall schedules

From page 1B

the opening regular season game, Courtney said Tuesday.

However, about the TSSAA’s decision to play a full schedule as allowed by Lee’s order, which was announced last week, “I personally thought we were planning to do the hybrid (reduce the regular season number of games to eight and reduce the 32-team Division I, or public school teams,’ playoff format down to 16),” Courtney said, “Which would have meant (the season began the week of Friday) Sept. 18 (fifth week).

“And that gave you more weeks to kind of see where we’re going as far as all the precautions and things that might be lifted,” he added. “It gave you seven weeks to get ready to play the first game — not three weeks.”

This shorter time frame to prepare is made more difficult by all the necessary, yet time-consuming, COVID-19-prevention steps required to be followed, Courtney added.

Add protocol uncertainty to the list of difficulties.

“There’s just a lot of things, still, day-by-day we’re getting answers on,” he said.

However, the bottom line for a crazy 2020, “We’re glad we’re playing, and we’re going to try and take care of each other,” Courtney said.

Doors are opening in Farragut's Turkey Creek Shopping District!

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Doors are open in Farragut and we invite you to enjoy shopping, dining and playing all year round.

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Ex-teacher still ‘educates’ as KW Realtor

TAMMY CHEEK
tcheek@farragutpress.com

After being a Realtor for 24 years and a Farragut High School teacher for four years prior to that, Farragut resident Gina Johnson still sees herself as an educator.

“As a realtor, you are still educating your clients,” said Johnson, a Realtor with Keller Williams Signature in Bearden. “Every day, you’re researching new materials.

“Part of being a Realtor is you have to educate buyers and sellers on the process,” she added.

“There are a number of teachers in the real estate profession. The pay is better.”

Johnson, a Knox County native,

taught math to ninth through 12th graders at FHS then went to teaching adults at the Computer Learning Center and being a microcomputer consultant at the University of Tennessee. She ventured into real estate in 1996.

As an educator, she said the most rewarding experience was teaching a student, then later seeing that child become successful and want to give back to the community.

“I’ve had students who have found me on Facebook and say, “Mrs. Johnson, you wouldn’t believe what I’m doing now — I’m a teacher,” Johnson recalled.

On the flip side, she has helped first-time homebuyers obtain ownership of a home, helped people in

hardship and seniors make that transition of selling their homes.

“The reward is just knowing that you’ve done the best that you can do, you’ve represented their interests well and you’ve helped them achieve the goal of either purchasing or selling a home,” Johnson said.

While noting she loved teaching, Johnson wanted more of a challenge.

“I just think I needed a change in routine,” she recalled. “I loved working with the kids but the (curriculum) was always the same.

And, “I’ve always been interested in technology and computers,” Johnson said.



Gina Johnson

See GINA on Page 8B

‘Responding’ before closing

Cotton Eyed Joe honors ‘still out there’ First Responders, Essential Employees

ALAN SLOAN
editor@farragutpress.com

It was one last hurrah at Cotton Eyed Joe in Farragut, before the doors had stay shut for a little while, as first responders and essential employees were honored.

First Responders and Essential Workers Appreciation Party was held at this well-known Town establishment Friday evening, July 31.

Listening to one of those honorees on hand, Vanesia Cohan, RN — who is “front line in taking care of COVID-19 patients” — such recognition has been limited during the past two months.

After having “a lot of pizza coming our way ... there was a lot of attention” from an appreciative community “in

the beginning” — mid-March through May — “That’s kind of all died down since the first of June,” she said.

“We’re greatly appreciative of (owner) Chuck (Ward) to honor us in this way,” Cohan added. “We’re still out there doing this every day. And cases are rising in our area.”

Ward’s motivation

“My daughter is a nurse, and that’s motivation enough,” Ward said about working in co-operation with a radio station to present the party. “We invited people from Knox County, Blount County, Sevier County, Loudon County. ... I’ve got really good friends that work at Rural Metro and really good friends that work at Knoxville Fire Department.”

See RESPONDERS on Page 7B



Tammy Cheek

Maria Hartsell, standing, the Farragut High School mom who drove a campaign to get picnic tables for FHS, joins Ken and Katy Bagdon, owners of The Farragut Table, 10943 Kingston Pike in Farragut, who recently donated a picnic table for the cause. At 4 p.m., Thursday, July 30, the school received 44 tables, with 21 assembled and placed on school grounds including adjacent to the school’s main entrance.

FHS ‘Picnic’

To fight COVID-19 lunch fears, mom begins campaign resulting in 44 campus picnic tables

TAMMY CHEEK
tcheek@farragutpress.com

A Farragut High School parent’s recent call-out to businesses and others in the community to donate picnic tables to the school, to make lunch time safer, received an overwhelming immediate response from the community last week.

By 4 p.m., Thursday, July 30, 21 tables were set up on the school lawn adjacent to its main entrance while 23 more were inside the school waiting to be assembled.

“I think we’re going to end up with about 50 tables altogether, so what we’re going to do is we have various places on our campus where

we can spread them out,” FHS principal Dr. John Bartlett said.

“Oh, my goodness, I’ve been blown away by so many people from all walks of life who wanted to donate,” said Maria Hartsell, the mother of a senior and a freshman at FHS who took it upon herself to send letters to businesses, parents and organizations requesting tables.

“It’s been everything from large businesses and small businesses to families that went in together to donate,” she added.

Among them, The Farragut Table, a restaurant at 10943 Kingston Pike, donated a table after seeing Hartsell’s request on the Shop Far-

See FHS ‘PICNIC’ on Page 9B

Dog Daze Aug. 14-16



Photo submitted

DOG DAZE IV @ Village Green Shopping Center is presented by TDS Telecom Friday, Aug. 14, through Sunday, Aug. 16. This three-day festival of fun, food and national competition is in Village Green Shopping Center parking lot just south of Stein Mart and Planet Fitness. (For details, see PIlanner on page 4B)

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• **DOG DAZE IV @ Village Green Shopping Center is presented by TDS Telecom Friday, Aug. 14, through Sunday, Aug. 16.** This three-day festival of fun, food, shopping and competition in Village Green Shopping Center parking lot just south of Stein Mart and Planet Fitness, is made possible through the leadership of Shop Farragut/Farragut Business Alliance and Town of Farragut official who have teamed up with Smoky Mountain Dock Dogs (<http://www.smokymountaindockdogs.com/>) and Ricki's Pet Depot (<http://rickispetdepot.com/>) to bring a nationally sanctioned regional canine aquatics competition by Dock Dogs International (<http://dockdogs.com/>), which is expected to feature about 150 competitors. Big Air competitions Saturday run from 9 a.m. to past 5 p.m. Sunday's final

round runs from 9 a.m. through Big Air Wave Speed Retrieve, which starts at 3 p.m. Big Air Finals begin at 5 p.m. Marking its third annual visit to Farragut, Dog Daze in Farragut is even more important this year due to cancellations of so many springtime and early summer DockDog events. Registrants will be able to gain qualifying points toward attendance at the World Championships in October. Last year there were more than 30 competitors and more than 5,000 visitors during the event's second visit to Farragut. Festivities begins with a free "Pooch Plunge" Dock Dive for local and area dogs that are not competitors, underwritten by K9 Center of East Tennessee, on a first-come, first-served basis from 4 to 7 p.m., Aug. 14. Onsite registration begins at 3 p.m. This event will utilizing the COVID-19-

prevention guidelines: If you feel sick, stay home. Facemasks are encouraged throughout the venue and wherever it is not possible to social distance. Masks will be available onsite. Bring your own hand sanitizer. There will be hand washing stations provided. Food trucks and other vendors will be on hand. Smoky Mountain DockDogs also will conduct a silent auction, which will benefit the B.A.A.R.K. foundation, which helps the DockDogs community in its time of need. Learn more at <http://www.dockdogs.com>. • **Town of Farragut officials stated "our plan now is"** to open Farragut Museum from **11 a.m. to 2 p.m., each Tuesday, Wednesday and Thursday beginning Tuesday, Aug. 11**, according to a Town press release. A special exhibit, "The Making of a Town Cele-

brating 40 years," will feature artifacts and photos "from the early years." • **Knox County Community Action Committee is seeking volunteer drivers** for its Volunteer Assisted Transportation program. Volunteers will utilize agency-owned hybrid sedans while accompanying seniors or persons with disabilities to appointments, shopping and other errands. Training provided. If interested, contact Nancy Welch: 865-673-5001 or nancy.welch@cactrans.org • **Second Saturday Concert Series, free to the public, continues this weekend** from 6 to 8 p.m., Saturday, Aug. 8, at The Cove at Concord Park, 11808 S. Northshore Drive. Featured group is Left Foot Dave and the Magic Hats, who combine a brand of blues and original

See PLANNER on Page 6B

Going virtual: BHS band

TAMMY CHEEK
tcheek@farragutpress.com

In light of the last surge of COVID-19 cases, many Knox County schools cancelled their band camps this year. However, Bearden High School Marching Band directors took their camp virtual. "We really wanted to do something," said Megan Christian, BHS's co-band director with James Wilson. "We're glad to have the opportunity to do it. "It's not the same (as the regular band camp), but it's something," she added. The school held its camp from July 20 through July 31. "We're so fortunate to live in a time where we have tools through the use of technology that will allow us to still rehearse where the kids can actually be at their homes, and we're not all meeting in person," Christian said. "We're doing all our sectionals and rehearsal times through Zoom. "Usually we have a two-week camp, and we still had camp this year," she added. "We just modified the time so that students wouldn't be sitting and looking at a screen for the same amount of time. "Twelve hours on a video screen might become overwhelming for somebody, but we also wanted them to practice things we want them to learn, so we've adapted some things.

In addition to "some Zoom sessions where we're doing things together," Christian added, "We've also made some videos and recorded some things that students are practicing on their own time. Moreover, BHS students "are also submitting videos to us, and as directors and instructors, we give them feedback," she said. "They are also doing some buddy systems, kind of reviews or help for each other. "We might have a section leader who might be a buddy to a freshman student, so they'll talk and they can use Facetime or some of them use Snapchat," Christian added. "The students) kind of help each other and walk through the steps. Some of our student leaders have even made videos for our freshmen to watch and learn from, so it has been pretty cool to see lots of really great problem solving occurring, which is so fundamental and important to learning." Focusing on the positives, "I think it's really neat to see kids explore their creativity and find little ways to (do things differently)," Christian said. "And we have had some technical moments that (de-

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See VIRTUAL CAMP on Page 5B

Virtual camp
From page 4B

vices) have not worked,” she added and laughed. “There have been challenges, but everybody has been so positive and so on board with everything. It’s been great.”

With seniors and leadership students voting on the theme of their 2020 show, Christian said this year’s show is called “The Ultimate Mixed Tape.”

“You think of those cassettes, where people would make you a mixed tape of songs,” she added.

Reflecting on competitions and football games during which the band performed, Christian commented, “This is such an interesting time we live in.

“We are all trying to move forward with as much of a normal expectation as possible, (but) because of the guidelines that the county provided, there is a little bit of a concern about taking field trips,” she added. “So right now we’re just taking everything about two weeks to a month at a time.

“We still have everything on our schedule, and if those things don’t get to happen, we’re going to find creative solutions to still offer performances for our students.”

One of those ideas is to put together virtual concerts, where students could independently share their performance from their home and those performances could be compiled virtually into a larger performance.

They also are looking at a way of holding an outdoor performance where everyone could spread out in a safe manner.

“With the governor’s announcement (last week), we’re thinking there might be football games,” Christian said.

“We’re kind of getting geared up for those,” she added. “We’ve planned for a normal year, (but) it may just not happen that way.”



Photo submitted

Benjamin Cline, Bearden High School Marching Band student, practices his trumpet at home during this year’s BHS Band Camp, which took place virtually from Monday, July 20, through Friday, July 31.



Photo submitted

Emily Stewart, a Bearden High School Marching Band ninth-grader, practices her trombone at home during this year’s BHS Band Camp, which took place virtually from Monday, July 20, through Friday, July 31.



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Planner

From page 4B

material that spans seven decades from Chicago, the Muddy Ole Mississippi Delta, Texas and a bit of Cajun spice. Attendees are encouraged to bring their own blankets, lawn chairs and food. However, no alcohol is allowed. Crowds can

gather in groups of up to six, but must remain at least 6 feet apart from others. For any cancellation updates, go to Parks and Rec Facebook page <https://www.facebook.com/knoxcountyparks/> and the Park’s Twitter page <https://twitter.com/knoxcountyparks>.

• **MEDIC Regional Blood Center continues to have a**

critical need for A-negative, A-positive and O-positive blood types. Farragut Donor Center, 11000 Kingston Pike, is now open from **8 a.m. to 2 p.m., each Saturday through Aug. 29**. For more information, visit the website at www.medicblood.org.

• **MEDIC Regional Blood Center** is seeing a significant

increase in demand for COVID Convalescent Plasma and is encouraging those who have had a positive COVID-19 diagnosis via confirmed lab test to donate as soon as possible. Donors must have had the positive lab test and must be symptom-free for 28 days. For questions, call 865-524-3074.

• **Knox County Health De-**

partment COVID-19 Information Line is 865-215-5555, or call toll-free, 888-288-6022, from **8 a.m. to 4:30 p.m., Monday through Friday**.

• **Taste of Farragut is from 4 to 7 p.m., Sunday, Oct. 4**, in old Kroger Parking lot across from Kingston Pike entrance to Farragut High School.

Local biz effort, 36 strong, leads Wellness Expo Aug. 8

TAMMY CHEEK

tcheek@farragutpress.com

Featuring 36 Town and local businesses specializing in the care of the human body, providing products for comfort and well-being and healthy lifestyle tips, inaugural Farragut Health & Wellness Expo is just two days away.

It runs from 10 a.m. to 3 p.m., Saturday, Aug. 8, in Farragut Community Center, 239 Jamestowne Blvd. just north of Village Green Shopping Center and Planet Fitness near Campbell Station Road.

Shop Farragut/Farragut Business Alliance is the backbone of this new event, free of charge, which is sponsored by SouthEast Bank.

“We have a few new businesses that have to do with your mental health,” Stephen Krempasky, Alliance executive director, said. “Amramp will show how it is a leader in mobility access. ACTFAST Inc. specializes in CPR training and other emergency techniques.

“Kat’s Lash Lounge & Wax Studio, International Flair

Jewelry, Young Living Essential Oil and Ease Into Life, LLC, will feature stress-relieving lifestyle choices,” he added. “Clean EatZ and Clean Juice are providing area households with healthy diet choices.

“Fitness Together, Orange-theory Fitness, the Neighborhood Barre, Anytime Fitness, Apogee Fitness & Training, Gold’s Gym and Campbell Station Jazzercise will give you information on how they approach your daily and weekly exercise regimes.”

Edward Jones and Cyan Insurance Solutions will be on hand to talk financial wellness, while STAR Riding Academy will discuss its special health programs.

Other participants include members of the University of Tennessee Medical Center Advanced Orthopaedic Center & Bariatric Program, East Tennessee Spine & Sport Physical Therapy, Dignity Knoxville, Knoxville Aging In Place, PT Solutions and OsteoStrong of Farragut and even some den-

See WELLNESS on Page 8B

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Responders

From page 3B

"These people risk their lives day in and day out, so we felt like there was a need to do it," he added. "... We have two (from Knox County Sheriff's Office) that work here every weekend. They work our security Saturday and Sunday nights."

In addition to dancing and enjoying the entertaining, "We'll feed them, buy them something to drink, pay their way in and give away some really cool prizes," Ward said.

While a stage manager at Knoxville Civic Coliseum, Ward said he developed an extra appreciation for Knoxville Police Department. "They were our security at the Coliseum," he said.

Another forced close

Cotton Eyed Joe and all other "bars" in Knox County, per the order last week from Knox County Board of Health, once again had to close its doors — effective Monday, Aug. 3, until at least Thursday, Aug. 20 — due to COVID-19 concerns prohibiting any on-premises food/drink sales.

"We were shut down for 10 weeks, and it was very detrimental to our income," Ward said. "We lost several hundred thousand dollars in revenue."

"Not only did we lose it, the city of Farragut lost it," he added about the Town losing a percentage of sales tax revenue. "Knox County lost it, the state of Tennessee lost it."



Photos by Alan Sloan

(Above) These were just early arrivers among scores of Knox area First Responders and Essential Employees on hand to enjoy an Appreciation Party at Cotton Eyed Joe Friday night, July 31.

(Below) Making sure there's plenty of social distancing inside Cotton Eyed Joe is Vanesia Cohan, an RN who has been "front



Moreover, "We can have as many as 35, 40 employees at a given time, so they take the hit," Ward said.

"I would be able to swallow it a little bit better if it were a

few more people — but it's just the bars, it's not restaurants, it's not gyms ... it's not hair places like it was before," he added.

"And that's a little tough."

line in taking care of COVID-19 patients." She was among the scores of First Responders and Essential Workers honored Friday night. Bubba Jones, a server and dance instructor for more than 20 years at Cotton Eyed Joe, joined Cohan in the demonstration.



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 Big Air WAVE # 1 – 11:00 am
 Big Air WAVE # 2 – 1:00 pm
 Big Air WAVE # 3 – 3:00 pm
 Extreme Vertical WAVE # 1 – 5:00 pm

Sun Aug 16, 2020

Onsite Registration/ Practice – 8:00 am
 Extreme Vertical WAVE # 2 – 9:00 am
 Big Air WAVE # 4 – 11:00 am
 Big Air WAVE # 5 – 1:00 pm
 Speed Retrieve WAVE # 2 – 3:00 pm
 Big Air Finals start at 5:00 pm
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Gina
From page 3B

Johnson already had two degrees – in medical technology and computer science — that gave her the opportunity to teach at the Computer Learning Center, later called Horizon.

“We did a lot of the training for people who worked in Oak Ridge,” she said. “Corporations would hire us to teach their clients how to use software packages, so I did software training for several years.”

Still, though, the material being taught was always the same. It had become routine, so Johnson sought another challenge.

“I’ve always wanted to be a Realtor,” she said. “It’s always been an interest of mine. I just thought, ‘you know, I think I’m just going to get my real estate license.’”

Johnson was with Coldwell Banker Wallace in Farragut for 22 years before she went to work for Keller Williams Signature two and a half years ago.

“I just like to be challenged, and I like technology,” she said. “I had an opportunity to

go to Keller Williams (Signature), and their technology is phenomenal, so I made that decision to move.

“I love selling real estate,” Johnson added. “I love working with people. I love forming relationships with the buyers and the sellers.

“I’ve sold people houses, now I’m selling their children houses. That’s pretty neat ... I can’t imagine doing anything different.”

Johnson also found “every day in real estate is completely different.

“You never have any two clients, two houses, any two things that are alike,” she added.

And Johnson loves the challenge.

“You’re always learning how to find solutions and put pieces together,” she noted. “That’s exciting.”

Reflecting on her teaching days, Johnson said both teaching and real estate requires self-discipline, energy and commitment to get the jobs done.

“In either one of those positions, you don’t have someone standing over you all the time,” she said.

Wellness
From page 6B

tists. MEDIC will be on hand, but it will not have its mobile unit on site, he noted.

Following all COVID-19 prevention steps, “We will ask everybody to wear a mask – I’ll have masks on hand,”

Krempasky said, requesting non-family members “not to congregate at any point. We’ll have a one-way traffic (flow)” from the ... gym, circling the gym, then down the hallway to the assembly room.”

For more information, e-mail to steve@farragutbusiness.com or call 865-307-2486.

Certified Practitioners at M-Pointe



Photo submitted

Morning Pointe of Knoxville and The Lantern at Morning Pointe Alzheimer’s Center of Excellence, Knoxville, recognized three associates named Certified Dementia Practitioners by National Council of Certified Dementia Practitioners. From left are Holly Smarr (Lantern program director), Kristy Ritch (Morning Pointe Knoxville executive director) and Anita Estes (Lantern executive director).

ADVERTORIAL

STRONG BONES:
STRONG YOU

I hope you learned a lot from last week’s article on understanding the results of a bone density test (DEXA) and a QUS bone density screening.

We all know our muscles need exercise to stay strong and healthy, but your bones need exercise too. Your skeletal structure provides a frame of support that protects internal organs, assists movement, stores minerals, produces blood cells and has endocrine functions. With that many jobs to do, keeping your bones healthy is an important part of overall health and well-being.



Dee Matchett,
Osteogenic
Technician of
OsteoStrong Farragut

BONE AND MUSCLES ARE IN A RELATIONSHIP

Bones and muscles communicate with each other through the Central Nervous System (CNS), which places a limit on how much muscle can be added. It will not permit the muscular system to become stronger than what your skeletal system can support. This is one reason athletes reach a plateau. No matter how much they pump iron, additional muscle mass doesn’t occur until the bones increase in mass. The strength of your skeletal frame determines the strength of your muscles. When bone density increases, then the CNS opens the way for more muscle growth. In recent years, scientists studying bone loss have placed more significance on this connection. They no longer separate osteopenia (loss of bone density) from sarcopenia (loss of muscle density).

Curr Opin Clin Nutr Metab Care. 2016 Jan; 19(1): 31–36. PMID: 26418824

In last week’s article we described how bone elasticity affects your fracture risk. Muscle density is another factor. Muscle acts like a shock absorber padding the bone. Insufficient muscle density creates a lack of cushioning that reduces the bone’s ability to withstand impact.

SHIVER ME TIMBERS

The far reaching effects of bone loss are enough to send shivers up your spine. Loss of height results in Kyphosis (better known as hump back), pinched nerves and disc degeneration. Balance is affected and daily activities are hindered as reaching up or bending over becomes more difficult. Eventually, swallowing and breathing become compromised. That can become a contributing factor to death from pneumonia. The more height is reduced, the more internal organs become compressed and functionality decreases, especially digestion. Poor digestion results in poor mineral absorption resulting in an unending cycle of more bone loss. Decreasing bone density in the jaw leads to gum recession and dental problems. Loss of bone density in the ball

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joint of the femur can lead to hip fractures that are disabling and even life threatening. The first year mortality rate from hip fracture is 20-25% (statistics vary). The “all-cause” mortality rate doubles for elderly patients after a hip fracture for at least 8 years. (<https://doi.org/10.1111/joim.12586>)

DOWN TO THE BONE

Increasing bone density requires high impact activities like running, gymnastics, playing basketball, etc. These kinds of high impact activities can create joint stress. It is with that factor in mind, that the program at OsteoStrong® was designed. Our Robotic Musculoskeletal Development System (RMDS) was developed to emulate impact and enable users to experience the benefits of high impact activity without the risks. No weight has to be lifted. No perspiration has to drip!

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Planning on attending the Farragut Health and Wellness Expo? Come to the Town of Farragut’s new Community Center on Saturday, August 8th from 10am to 3pm. OsteoStrong® will be there serving the community with bone health information and doing complimentary bone density screenings. Stop by our table and register for a give away prize!

Complimentary screening and consultation can be scheduled by calling **423-839-6600** or use our convenient online calendar: <https://OsteostrongFarragut.as.me/>

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FHS 'Picnic'

From page 3B

ragut website.

"We felt it was a GREAT idea, therefore, (we) contributed and sent a table to the Farragut High School," Ken Bagdon stated in an e-mail to Steve Krempasky, Shop Farragut/Farragut Business Alliance executive director.

"We just like giving back, for one," Bagdon said Thursday, July 30. "Related to eating and table, it kind of fit with our theme of The Farragut Table in general.

"The small monetary money they were requesting, compared to what it's going to do for the school, was a great benefit ... it's definitely do-able," he added, also noting he was impressed a parent — not the school — made the request.

"She's worked awfully hard at this," Bartlett said of Hartsell's efforts. "She's been a blessing through trying to get these picnic tables, She's headed this up and has done a fantastic job contacting businesses and getting on it.

"I can't speak highly enough of the work that Maria has done on this," he added, also

noting he was pleasantly surprised.

"I expected a good turnout of tables — it's the Farragut community; they are always quick to respond to needs ... but she has taken it to a different level. I really, really do appreciate her hard work in this."

"Last week was particularly challenging time to be a parent or somebody who just cares about Knox County," Hartsell said. "We had to make that decision about our kids going to virtual school.

"I felt (getting the picnic tables) was a little something that we could do that was good and it was positive, she added. "It kind of took away that stress of worrying about our kids, no matter what we chose."

The campaign started after Hartsell received an informational e-mail from Bartlett, in which he listed items the school needs — among them were picnic tables — so he could space out students at lunch.

"I was taking a walk with a friend of mine, and we were talking about how it would be so nice to have some normalcy at lunch for the kids," Hartsell recalled. "So, we said maybe we could see if Dr. Bartlett would let us talk to businesses to see if they wanted to donate. I e-mailed him, and he said, yes, we could run with it."

She stated in her community letter, sent out July 21, "While all schools are struggling with how to return to school amid this pandemic, Farragut (High

School) has a plan to make lunch feel more 'normal' for the students and we need your help.

"Our principal, Dr. Bartlett, has requested a 'picnic table garden' outdoors," Hartsell further stated. "He would like to set up as many outdoor tables as possible so the students could eat outside and more socially distanced.

"We are asking local businesses if they would like to contribute," she continued, noting the tables could be ordered at Walmart.com.

"We had trouble finding tables that were available because of COVID. We found a table for \$220 on the Walmart website that could be delivered straight to the school. Dr. Bar-

tlett approved it, we typed up a letter and started with moms.

"It just kind of blown up." With four students to a table — 44 tables — 176 students would be able to eat outside and get fresh air, Hartsell said.

"Probably, I'd say they would allow (the students) to be outside more than just for lunch."

About other uses, Bartlett said, "Our teachers have the flexibility to move them around campus if they need to. The picnic tables would be a good addition to extra instructional space also.

"And we have so many tables I think we're going to give teachers a chance to sit at some tables in teachers's areas, too," he added.



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Playtime *in the* Park

About 50 children with mothers, grandmothers and babysitters swarmed Founders Park at Campbell Station, along North Campbell Station Road, Wednesday, July 29, just to get out and enjoy the sunny weather and park creek.

The swarm was not planned — individual mothers simply had the same idea: take their youngsters to the park.

Playing in the creek was popular among many children, with some trying to catch crawdads with nets. Lunch on a blanket, enjoyed by some, was an added treat.



1



2



3



4



5



6



7



8

1. Emery DeBord
2. Paxton Newby and grandma Laurie Newby
3. Ronan Battles
4. Keller Mincer
5. Fiona Battles
6. Xavier Willis with crawdad
7. Leslie Wallace, center, with sons, Jackson, 10, left, and James, 6
8. Jake DeBord, 6

Photos by
Tammy Cheek