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HVES Principals

Jacomen and Scheafnocker
take on new roles

Community Giving

Giving on a local level can start with helping schools

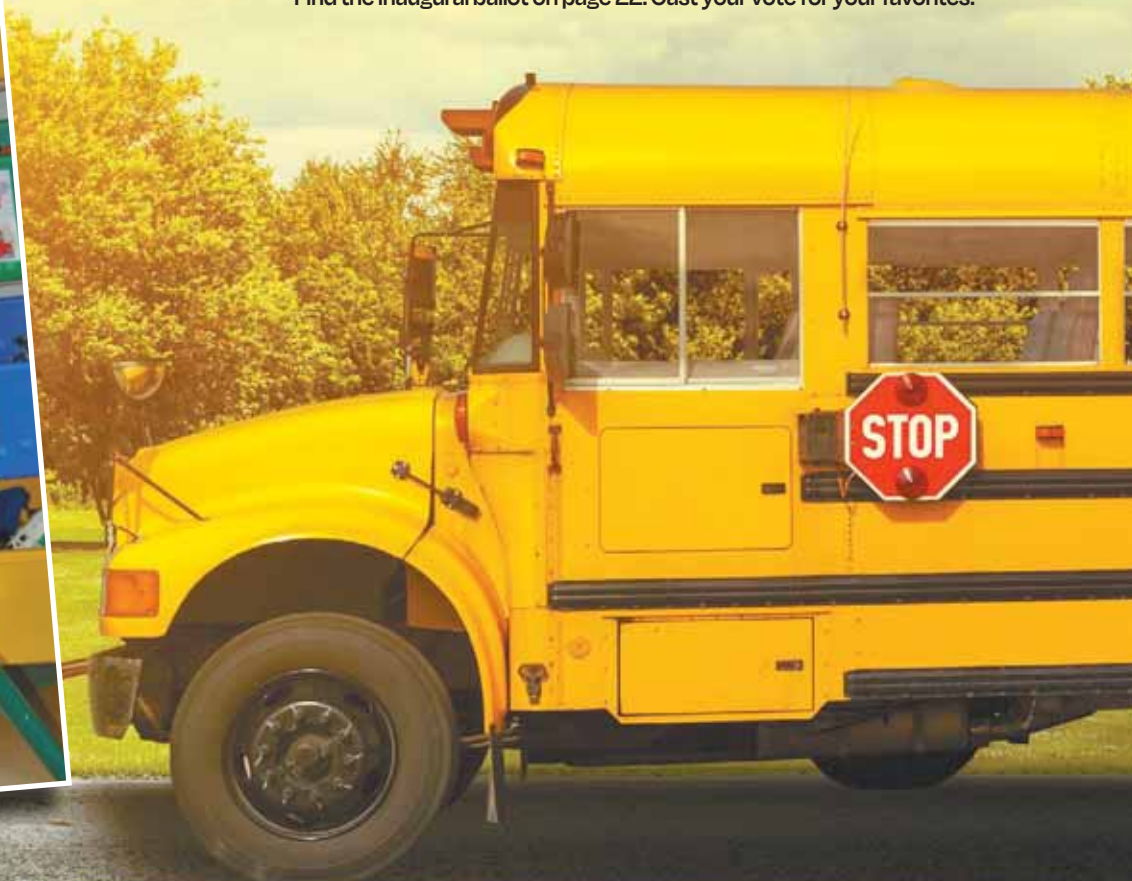
Hardin Valley LIVING

Tips for best
deals on
school clothes

Spirit of the
Valley Band

Hardin Valley Readers Choice Awards

Find the inaugural ballot on page 22. Cast your vote for your favorites!





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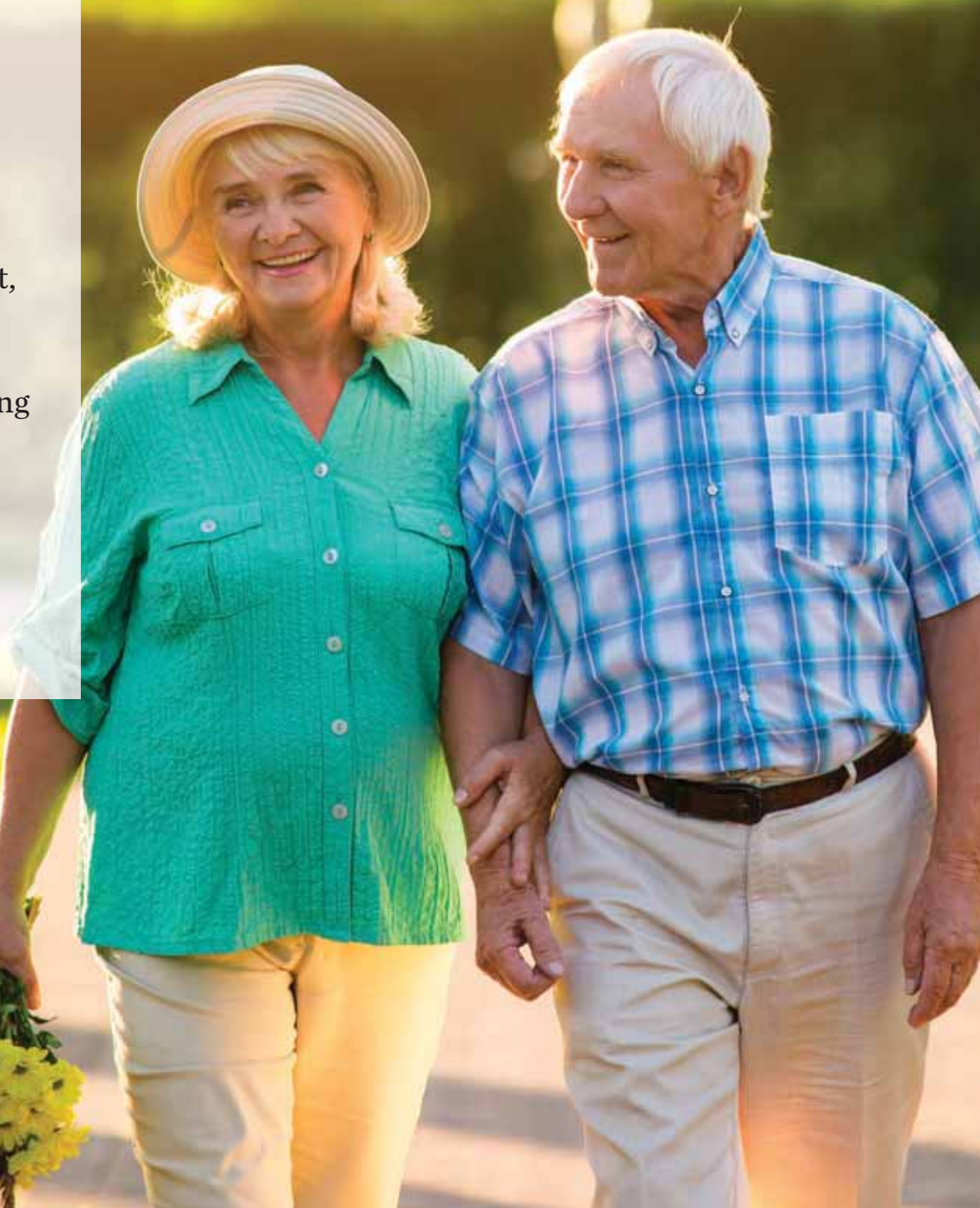
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Hardin Valley LIVING

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On the Cover: Nylah Graham models
Back to School fashion courtesy of JCPenney

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Community giving starts at school

When people want to give back, many look to support national charities and other causes that they hold near and dear. Certainly these are worthwhile causes. However, giving back on a local level is a great way to help the people you see every day.

Schools are the heart of many communities. School buildings may serve as gathering spaces for sports practices or meetings for various organizations. Even though schools are likely to receive municipal funding for certain operations, budgets are frequently being cut and schools may need all the help they can get. This year the boundaries of the budget may be pushed even further as schools revamp their spaces and implement certain safety protocols to confront the pandemic. Now more than ever schools may need help. Here's how to do just that.

- **Volunteer your time.** Find out ways you can volunteer time at school. This may be helping teachers make copies of assignments, supervising children at recess or lunch hours, serving as a chaperone at school functions, or being a coach or mentor for afterschool activities.
- **Attend and participate in fundraisers.** Fundraisers are essential to help offset costs for many special events and services for students. Whenever possible, give wisely through fundraisers.
- **Provide supplies for classrooms.** Teachers often have to supplement their classrooms with supplies bought out of pocket. Reach out to teachers to see which items they need and do your best to supply them.
- **Join the PTA or a similar school-sanctioned organization.** Many groups perform functions that facilitate strong connections between home and school. Joining and working with such organizations can improve the school experience for everyone.
- **Buy "Box Tops"-affiliated products.** The Box Tops for Education program donates \$.10 per box top label collected and submitted by schools back to that school. More than 80,000 elementary schools have earned money through the program to buy equipment and supplies. Box Tops can be found on many different food packages.
- **Treat the teacher.** In addition to supporting Teacher Appreciation Days and other school events, send in an uplifting note, snack or another way of showing you appreciate his or her efforts.

Schools play integral roles in many communities, and efforts to give back can begin on campus or through school-sponsored programs.



Graham (left) and Riley Millsaps



THANK YOU TO OUR SPONSORS!

Big "thank you's" go out to JCPenney in Turkey Creek and the Davis Family YMCA for their cooperation with farragutpress in this Back to School issue.

The Davis Family YMCA graciously allowed the use of their campus for our photo shoot.

JCPenney made available their back to school clothing lines for local models, who served enthusiastically, as demonstrated on the pages of this Back to School issue. JCPenney went above and beyond with their time and effort, lending their back-to-school styles to make these young models look ready for the 2022-23 school year.

JCPenney

Modeling Back to School fashions from JCPenney at the Davis Family YMCA are, from left, Lydia Enger and Evelyn Unthank.





Tips for grabbing the best deals on school clothes

Children and parents often look forward to the dawn of a new school year. But before the first homeroom session can take place, parents may need to take their students clothes shopping.

According to a survey by Deloitte, parents spend an average of \$510 per household on apparel, school supplies, electronic gadgets, and other items for their kids' return to school. The back-to-school season runs from July through September, during which American households alone spend \$27.6 billion, which is second only to the holiday season in regard to the most lucrative times for retailers.

Apparel is a large part of back-to-school shopping. Many parents find they need to outfit their kids with a new wardrobes each year. Jeans and leggings that fit like a glove in June may only reach mid-calf by Labor Day. To make the shopping process less harried and more productive, parents can employ these strategies.

1 TAKE INVENTORY

Go through kids' wardrobes and see what can be salvaged and what might need to go. This is the perfect opportunity to put aside gently used, outgrown items that may be passed on to someone else who can use them.

Be sure to make a list of any items that the school requires, particularly in regard to uniforms or dress codes. By knowing what's in stock in the closet, you'll have a clear idea of what you need to buy.

2 CHECK FOR TAX-FREE DISCOUNTS

Some states or cities offer tax-free or discount shopping incentives, which can add up to considerable savings. It may be well worth the effort to stock up on necessities during these times.

Tennessee's traditional sales tax holiday on clothing, school supplies and computers begins

See **CLOTHES** on Page 10

Pictured, clockwise from left: Chance Miller and Willa Brown; Conner Austin; Audrey Enger, Evelyn Unthank and Tegan Brown; Nylah Graham; Lydia Enger

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HV principals take on new roles

Jacomen takes helm at HVES

Hardin Valley Elementary School students will see a new face welcoming them back Monday, Aug. 8, from summer break.

Lynn Jacomen, previously Inskip Elementary School principal, moved into her new role as principal at HVES Monday, Aug. 1. She is replacing the school's current principal, Dr. Sunny Poe Scheafnocker, who will be taking the helm as principal of the new school currently being built in northwest Knox County.



Jacomen

"I am honored to be chosen as principal of HVES," Jacomen said. "It is a wonderful school with an amazing community and a great place that I already call home. My youngest daughter, Norah, will be next door at (Hardin Valley) Academy as a senior, so that's an added benefit."

She found out about her new assignment just prior to school ending in May.

"Of course, I was very excited, but at the same time sad to leave students, staff and my Inskip community," Jacomen said. "I've been principal of Inskip for five years. It is bittersweet, but I feel I am ready for the challenge of a larger school."

The announcement's timing "provided me the opportunity to meet the entire staff at HVES for a brief introduction, as well as say goodbye to my Inskip school and community family," Jacomen said.

This year starts her 29th year as an educator. Before joining In-



Architect rendering submitted

The new 6th District northwest sector elementary school is expected to be open late May/early June 2023. Estimated at \$24.2 million, the new school is designed to hold 1,200 students from Hardin Valley and Karns.

Scheafnocker to move to new elementary school

Dr. Sunny Scheafnocker, who has stood at the helm as principal of Hardin Valley Elementary School for the past 12 years, is heading toward a new horizon as principal of a new elementary school being built in the northwest sector of Knox County starting in 2023.



Scheafnocker

Meanwhile the new school, which is 25 percent complete, is expected to be finished in late May/early June 2023 at 10515 Coward Mill Road, according to Joshua Flory, multimedia specialist with Knox County Schools.

Scheafnocker began her task July 1, and the transition is "bittersweet."

"The opportunity to build a new school, literally from the ground up, is a principal's dream," she said. "This is an opportunity that

will only come around once in my career, and I'm honored to be the one selected to do it."

At the same time, having spent the last 12 years at Hardin Valley Elementary, "leaving the students and staff is hard," Scheafnocker reflected.

"My motivation and drive over the years have been the students and staff that I have served at HVES," she said. "I wanted to continue to lead Hardin Valley Elementary in the direction of academic achievement and to continue to make the community, students and staff proud of the school they are part of. Looking back over the time that I spent at Hardin Valley Elementary as an assistant principal and head principal, this has been achieved and I couldn't be prouder."

"HVES is such a special school," Scheafnocker continued. "I have loved watching the students go from kindergarten to fifth grade and then seeing them continue to grow at the middle school and academy."

"The past 12 years that I have been there have been so rewarding both professionally and personally," she added. "Hardin Valley Elementary will always hold a special place in my heart. I continue to look forward to being part of the Hardin Valley community in the capacity as a parent."

Moving ahead, "the new school will be a mixture of Hardin Valley Elementary students and Karns Elementary students, so the new school will allow me to serve both of these communities."

Meanwhile, she has been working on closing the school year at HVES and helping Lynn Jacomen, the new HVES upcoming principal, transition into her new role.

Once at the northwest sector school, Scheafnocker's main goals for the first year are to "successfully transition students and families from two different schools into a new one and then lead that school to academic success."

As an educator in her 20th year,

See JACOMEN on Page 10

See SCHEAFNOCKER on Page 18

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Clothes

From page 6

at 12:01 a.m. on Friday, July 29, 2022, and ends at 11:59 p.m. on Sunday, July 31, 2022.

During this time clothing, school supplies and computers may be purchased tax-free. Certain restrictions apply. Items sold online are also eligible. Items must be purchased for personal use, not for business or trade.

General apparel that costs \$100 or less per item, such as shirts, pants, socks, shoes, dresses, etc., are tax exempt during this holiday.

Visit www.tn.gov/revenue/taxes/sales-and-use-tax/sales-tax-holiday.html for more information.

3 SIGN UP FOR LOYALTY PROGRAMS

If yours is a child who prefers certain brands, sign up early in the year for such brands' loyalty clubs. For example, the popular retailer Hollister has Club Cali that, with each purchase, grants points toward discounts. Plus, you may be privy to sale advertisements before the general public.

4 GET ENOUGH TO GET BY

While certain clothing sales happen between July and August, oftentimes the real savings begin in October, according to the budgeting resource Money Crashers. Wait until that time to buy the bulk of kids' school clothes. After all, the first weeks of school are usually warm, and summer clothing will still suffice with a few new items thrown in to freshen up wardrobes.

5 INVEST IN QUALITY SHOES

Sneakers and other shoes can be expensive. However, investing in quality brands can help you avoid having to buy shoes frequently. Watch for shoe sales and stock up on coupons. Many stores offer "buy-one, get-one half off" during the back-to-school season.



Photo by Cara Ford

Modeling Back to School fashions from JCPenney at the Davis Family YMCA are: Back row, from left, Tristan Carino, Evelyn Unthank, Audrey Enger and Tegan Brown; front row, from left, Lydia Enger, Nylah Graham, Conner Austin, Riley Millsaps, Chance Miller, Graham Millsaps and Willa Brown.

Jacomen

From page 8

skip, Jacomen moved back home to Tennessee in 2016 after spending 23 years in Virginia, where she served as an educational assistant, classroom teacher, VA state project coordinator, district RTI coordinator, instructional coach, assistant principal and a principal.

As such, "I have many diverse experiences that benefit me as a principal," she added.

Concerning her new role at HVES, "Obviously, the size and space concerns will continue to be a challenge since the new school will not open until the following year," Jacomen said. "However, I have

been spending my days this summer meeting one-on-one with staff in a 'Meet and Greet.'

"This not only allows me to get to know them on a personal level, but most importantly, hear from them on areas they feel I should approach this coming school year," she said. "My main goal for the first year is building relationships with students, families and staff and supporting staff in their important work."

"The previous and current administration team have done an amazing job and will be working closely alongside me," Jacomen added.

Reflecting on her years at Inskip Elementary, she said, "We have es-

tablished many programs for students to lead and be a vital part of.

"Students are recognized by staff and celebrated weekly for exhibiting leadership habits and character traits," Jacomen added. "We were able to add STEM and Theater Arts in the encore rotation and integrate a social and emotional curriculum in all classrooms."

"We have a strong partnership with our feeder middle and high schools. This provides a positive mentoring program for our fifth-graders."

"I have also provided opportunities for my staff to grow in their professional learning and lead through various roles and responsibilities."

~ Tammy Cheek



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— AUGUST —

Aug 10: Youth Worship Night & Bruster's Truck
Aug 14: Area Wide Congregational Singing
Aug 21: Congregational Meeting & Dinner
Aug 27: Fall Ladies' Day

— SEPTEMBER —

Sept 7: GriefShare Classes Begin
Sept 8: MINT Meeting
(Mother's In Network Together)
Sept 13: Ladies Bible Study Begins
Sept 30- Oct 2: Family Fall Retreat

— OCTOBER —

Oct 20: MINT Meeting
(Mother's In Network Together)
Oct 30: Fall Festival Celebration!
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How to approach nutrition when feeding children away from home

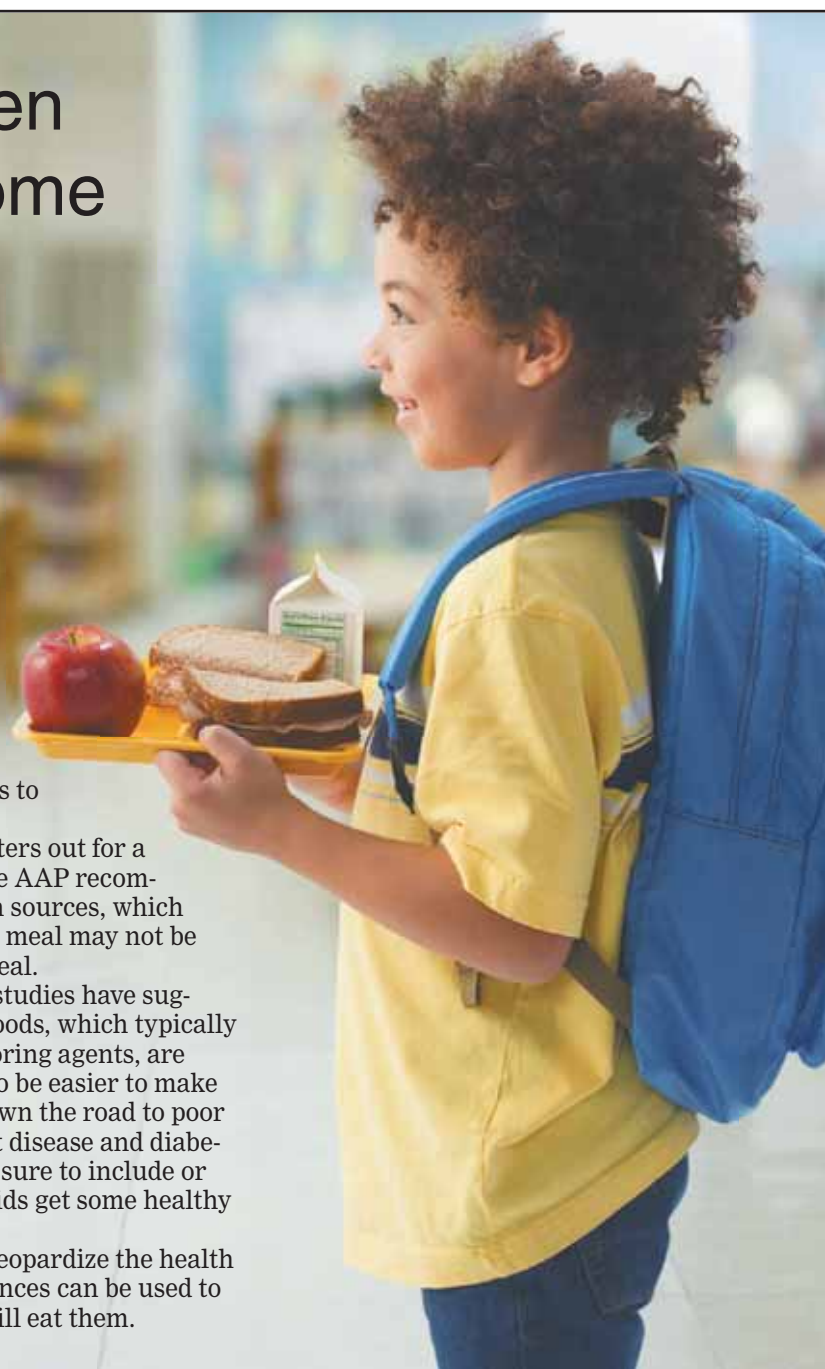
Children can be picky eaters. Parents know that getting kids to eat anything, much less healthy foods, can sometimes make the dinner table feel more like a battlefield than a place to break bread. That's especially so when the dinner table is in a restaurant, where savvy youngsters might know less nutritious dishes like macaroni and cheese or fried chicken fingers are on the menu. But the benefits of a healthy, balanced diet are so numerous for youngsters that it's worth doing whatever it takes to get kids to embrace nutrient-rich foods, both at home and when dining out.

The American Academy of Family Physicians notes that a healthy diet can stabilize children's energy levels, help them maintain healthy weights and potentially prevent mental health conditions, including anxiety and attention deficit hyperactivity disorder, or ADHD. But recognizing the importance of a healthy diet and getting kids to embrace one are two different things, especially when kids are dining out and being tempted by unhealthy alternatives. In recognition of that, the American Academy of Pediatrics recommends the following strategies to parents who want their kids to eat healthy when they're away from home.

- **Make meals all-inclusive.** When preparing school lunches or taking youngsters out for a night on the town, make sure to offer a mix of foods from the five food groups. The AAP recommends parents offer vegetables, fruit, grains, low-fat dairy, and/or quality protein sources, which can include meat, fish, nuts, seeds, and eggs. Offering each of these foods at every meal may not be feasible, but kids should eat foods selected from the major food groups at every meal.

- **Avoid highly processed foods.** The National Institutes of Health notes that studies have suggested there's a link between highly processed foods and health problems. Such foods, which typically contain ingredients such as hydrogenated oils, high-fructose corn syrup and flavoring agents, are typically high in calories, salt, sugar, and fat. While highly processed foods tend to be easier to make and readily available at restaurants, serving them to youngsters can start kids down the road to poor dietary habits, potentially increasing their risk for obesity and diseases like heart disease and diabetes. When packing snacks for school lunches or taking kids out to restaurants, be sure to include or bring along healthy whole foods, such as fruits and vegetables. This can ensure kids get some healthy fare during mealtime.

- **Enhance foods if necessary.** While high amounts of sugar, salt and fat can jeopardize the health of adults and youngsters alike, the AAP notes that small amounts of these substances can be used to enhance kids' enjoyment of healthy foods and increase the likelihood that they will eat them.



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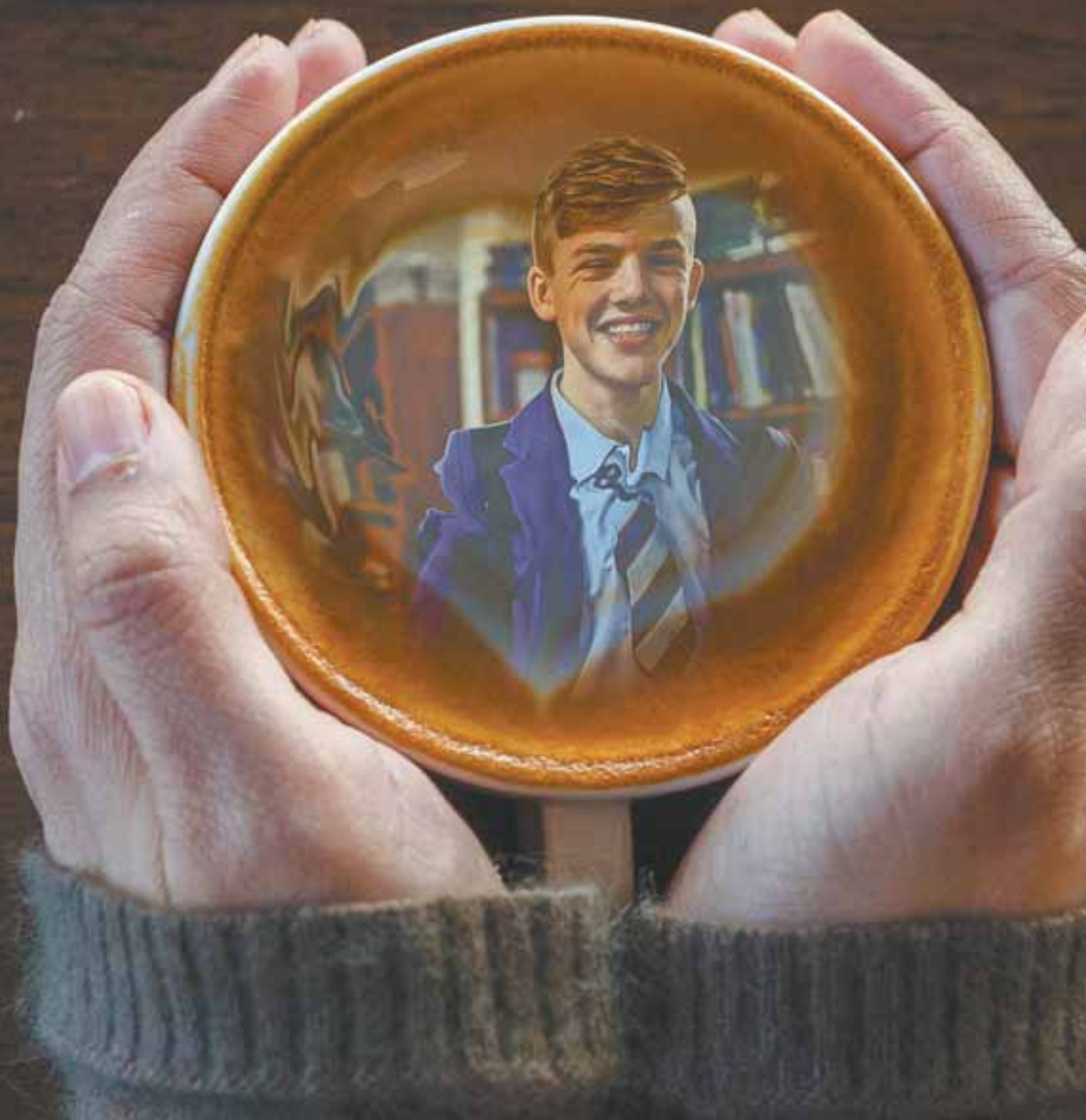
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Get kids on a healthy track

Tegan Brown, left, and Tristan Carino model clothes from JCPenney at the Davis Family YMCA

Childhood obesity is a serious medical issue affecting children around the world, but notably in North America. While the issue has been around for decades, the Centers for Disease Control and Prevention says American children and teenagers have witnessed a significant increase in weight gain since the COVID-19 pandemic began.

Younger school-aged children have been among the hardest hit during the pandemic. A study published in September 2021 found the percentage of obese children and teens increased to 22 percent compared with 19 percent before the pandemic. The CDC looked at the BMI of study subjects between March 1, 2020 and November 30, 2020. One of the study's authors, Dr. Alyson Goodman of the CDC's National Center for Chronic Disease Prevention and Health Promotion, described the results as "substantial and alarming."

Being less physically active, overweight and eating the wrong foods can start children on a path toward problems that once were only considered conditions of adulthood, namely hypertension, diabetes and high cholesterol, offers the Mayo Clinic. To reverse course, parents, guardians and educators can focus on helping children become more physically fit. The following are a few ways to do so.

- **Encourage participation in sports or other physical activities.** Sports practices, games, competitions, and other activities may keep children moving for an hour or more several days per week. However, the American Academy of Pediatrics states that only 25 percent of children

get the recommended 60 minutes of physical activity per day. Emphasize a fun activity with a focus on movement that produces shortness of breath, body warmth and sweat. These are indicators that the heart rate is really pumping.

- **Use exercise as a reward and not a punishment.** Make exercise something kids can look forward to. Reward a job well done on a test with extra time biking with friends or a hiking trip to a scenic national park. Kids will begin to associate exercise with fun.

- **Offer a variety of foods.** Kids who eat a variety of foods are more likely to get the nutrients the body needs, according to Kids Health® by Nemours. These healthy foods should include at least five servings of fruits and vegetables a day, with an emphasis on vegetables.

- **Limit screen time.** Children may be inclined to entertain themselves by heading for the television, mobile phone or tablet first, especially after a year-plus of being stuck indoors. But parents can make a concerted effort to limit kids' screen time in favor of more physically challenging pursuits.

- **Teach healthy eating habits.** A Harris Poll survey conducted on behalf of the American Psychological Association found that 61 percent of respondents age 18 and older reported a median weight gain of 15 pounds during the pandemic. Teach children that weight loss is accomplished when more calories are burned than consumed. Pay attention to portion sizes and explain how beverages like fruit juices can be sneaky sources of extra calories.

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College Corner

Academic Calendar Fall Semester 2022



August 22	Classes begin for all students at 8 AM (Module A, D, E and G)	October 21	Last day to drop a Module F *Last day to withdraw from a course with a grade of W; WP/F recorded thereafter for Module D
August 26	*Last Day to add a class for Module D * Last day to drop a class for Module A, E and G without a grade of "W"	October 24	Last day to change a course to Pass/Fail status for Module D Final Grades Due for Module E Registration begins for Spring semester
September 2	*Last day to drop a class for Module D without a grade of "W"	TBD	Experience DC
September 5	Labor Day, Campus and Offices CLOSED	October 28	Classes and Examinations end for Module B
September 17	Constitution Day and Citizenship Day	October 31	Classes begin for Module C course
TBD	Information Session (1)	November 4	Last day to drop a Module C course
September 23	Classes and Examinations end for Module A	November 4	Final Grades Due for Module B by 8 AM
September 26	Classes begin for Module B	TBD	Nov Open House
September 30	Last day to drop a Module B Final Grades Due for Module A by 8 AM	Nov 21 - 27	Thanksgiving Break for ALL students beginning at 8 AM
October 7	Classes and Examinations end for Module G	Nov 23 - 25	*Campus and Offices Closed
TBD	Open House	November 28	Classes resume at 8 AM
October 10	Mid-point of semester	December 2	Last day to withdraw from a course for Module D
October 14	Fall Break		Classes end for Traditional undergraduates
	Mid-semester grades due by 5 PM	December 3	Examinations begin for Traditional Students
	Final Grades Due for Module G by 5 PM	TBD	Information Session
	Classes and Examinations end for Module/Term E	December 9	Residence halls close at Noon
TBD	King Fest (Family Weekend)	December 9	Classes and Examinations end for ALL students
October 17	Classes begin for Module F		
Oct 17-21	Advising Week		



August 22	Classes Begin
August 24	Last Day to Add Classes/ Change to or from Audit
August 30	Schedule Confirmation and Fee Deadline
September 2	75% Refund Deadline Waiver 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 12	Financial Aid Refunds, Begin Releasing
September 16	25% Refund Deadline
October 7	"I" grades change to "F" for Spring and Summer
October 8	Saturday Classes will meet
October 10-11	Fall Break (Subject to change)
October 19	Registration Begins for Spring 2023
October 28	Drop/Withdraw with "W" Deadline
November 19	Graduation Application Deadline (Failure to meet this deadline means your name will not appear in the Commencement ceremony program)
November 23	Classes do not meet
November 24-27	Holiday, Thanksgiving, College Closed
December 3	Last Day of Classes

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Scheafnocker

From page 8

"I can't think of a better way to celebrate two decades of service," she said.

She has been a Knox County School student, teacher, assistant principal and principal. Scheafnocker is a graduate of Halls High School and holds a bachelor's degree in psychology and a master's degree in education, both from the University of Tennessee, as well as an Educational Specialist degree in educational administration and supervision and a doctorate degree in executive leadership, both from Lincoln Memorial University.

She began her teaching career as a fourth-grade teacher at Fountain City Elementary, where she served for six years. She then was promoted to assistant principal at Hardin Valley Elementary, which she served for five and a half years, and at Amherst Elementary for one and a half years.

"I have spent the last seven years as head principal at Hardin Valley Elementary," Scheafnocker said.

She will be heading to a school larger than that school.

"Not counting the temporary classroom buildings, Hardin Valley Elementary was designed for a capacity of 800 students," Flory said. "The

new school has a designed capacity of 1,200 students."

"This new school is critical for our growing community and I'm proud to support it," said Betsy Henderson, school board member representing District 6, which covers Hardin Valley. "It will help alleviate overcrowding at both Hardin Valley and Karns elementary schools.

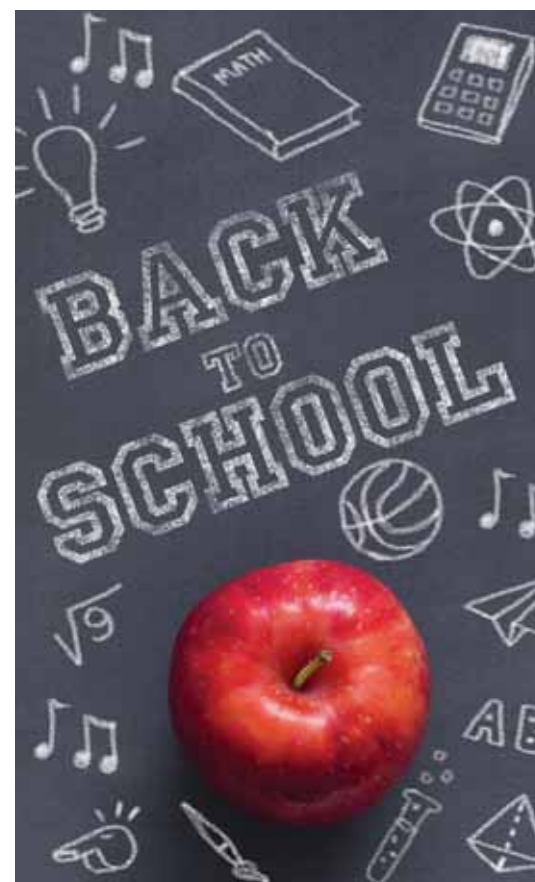
We have to have planned growth and this is a step in the right direction," she added.

"Hardin Valley and Karns are growing rapidly, and a new elementary school is an important investment for the families who live in these communities," former superintendent Bob Thomas stated in a press release. "This state-of-the-art school building will help students in northwest Knox County achieve academic success and support the work of our outstanding educators."

While a name for the school has not yet been announced, the new facility will feature: 56 classrooms, three teacher work areas, two special education classrooms, and support spaces, a library, two music rooms, two art rooms, a 6,700-square-foot gym with a stage and a storm shelter, which would be able to hold about 1,320 people.

The Christman Company is the general contractor for the \$24.2 million project while the architect is Lewis Group Architects.

~ Tammy Cheek



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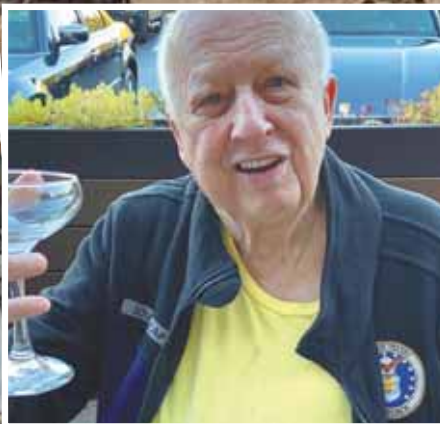
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15. Best Fast Food _____
16. Best Milk Shake/Ice Cream _____
17. Best Bar-B-Que _____
18. Best Kids Party Venue _____
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20. Best Handyman _____
21. Best Auto Dealer _____

Welcome to the inaugural Hardin Valley Readers Choice awards!

Winners must be located within the Hardin Valley Living readership area: Turkey Creek at Campbell Station to Lovell Road, Middlebrook Rd. from Lovell Road to Hardin Valley and over to Watt Road.

Winners will be announced in the
October 2022 edition of Hardin Valley Living.

All Ballots Due Friday, September 23 by 5:00 p.m.
NO LATE ENTRIES ACCEPTED
All Ballots Must Be Signed & Have Votes in 25 Different Categories to be Counted!

OFFICIAL BALLOT

BUSINESS NAME

22. Best Car Repair _____
23. Best Paint And Body Shop _____
24. Best Tire Dealer _____
25. Best Oil Change _____
26. Best Boat Dealer _____
27. Storage Facility _____
28. Best Gifts And Collectibles _____
29. Best Antique Store _____
30. Best Drug Store _____
31. Best Sale Phone Sales/Service _____
32. Best Dry Cleaners _____
33. Best Hearing Center _____
34. Best Convenience Store _____
35. Best Barber Shop _____
36. Best Beauty Salon _____
37. Best Tanning Salon _____
38. Best Nail Salon _____
39. Best Furniture _____
40. Best Heating And Air _____
41. Best Appliance Store _____
42. Best Pest Control _____

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SEPTEMBER 23, 2022 Please include both pages of the ballot.

All Entries Subject to Approval. • Judges Decisions Are Final.
One entry per person. No copies allowed, use official form only (this page). Extra copies of Hardin Valley Living may be purchased at the farragutpress office.

OFFICIAL BALLOT

BUSINESS NAME **BUSINESS NAME**

43. Best Grocery _____	63. Best Vision Center _____
44. Best Paint/Wall Covering _____	64. Best Child Care _____
45. Best Liquor/Wine _____	65. Best Pediatrician _____
46. Best Insurance Agency _____	66. Best Nursing Home _____
47. Best Tax Service _____	67. Best Memory Care Facility _____
48. Best Mail And Package Center _____	68. Best Assisted Living _____
49. Best Home Mortgage Company _____	69. Best Senior Lifestyle Facility _____
50. Best Real Estate _____	70. Best Fitness Center _____
51. Best Real Estate Agent _____	71. Best Martial Arts _____
52. Best Pet Grooming _____	72. Best Lawn Tractor/Mower Facility _____
53. Best Veterinarian _____	73. Best Jewelry Store _____
54. Best Full Service Bank _____	74. Best Customer Service _____
55. Best Credit Union _____	75. Best Caterer _____
56. Best Financial Advisor _____	76. Best Home Cleaning Service _____
57. Best Car/RV/Boat Loans _____	77. Best Security Service _____
58. BEST Medical Facility _____	78. Best Produce _____
59. Best Physician _____	79. Best Hardware Store _____
60. Best Dentist _____	80. Best Law Firm _____
61. Best Orthodontist _____	81. Best Physical Therapy Clinic _____
62. Best Chiropractor _____	82. Best Car Wash _____

Spirit of the Valley



Marching band excited for fall competitions

Hardin Valley Academy Spirit of the Valley marching band held its annual Band Camp Tuesday through Thursday, July 12-14; and Monday through Friday, July 18-22 and July 25-29.

Camp culminated with a performance for parents at noon, Friday, July 29. Director Alex Rector said the camp "has been going well."

Training will continue with rehearsal camps during the year. The first public performance will be during an HVA football game in Morristown (versus Morristown West) Friday, Aug. 26.

A local competition takes place Sept. 24 before the band hosts the Spirit of the Valley Invitational Marching Band Contest in October.

Last year, the band finished 38th in the nation in the Bands of America Grand National Championships, with a record-high score for HVA, while also earning regional finalist honors in BOA Regional competition in Jacksonville, Alabama, Oct. 16, and in Johnson City Oct. 30.

"We had a very successful competitive season for sure," Rector said. "We are very proud of all their accomplishments this year, and the competitive success is an enjoyable byproduct of the high standards they maintain in rehearsals."

It was the first time HVA was named a Regional Finalist twice in the same season.

This year, the band is slated to compete in the BOA Regional contest Saturday, Oct. 29, in Jacksonville, Florida. The BOA Grand Nationals are scheduled for Nov. 10 through Nov. 13 in Indianapolis.

1 - From left, Allie Wilson, junior; Kamryn McGlothlin, sophomore; and Nallely Somoza, sophomore
2 - Sam Brengle, senior
3 - Aiden Molter, senior
4 - Patrick Howard, senior
5 - Rebecka Jones, left, sophomore, and Kylie Robertson, junior
6 - Lucas Byrd, junior
7 - Landon Ribbs, junior



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Hardin Valley Academy Cross-Country Champions

Is it any wonder why Hardin Valley Academy's boys cross-country team won its second consecutive TSSAA Division I-AAA state championship last November?

The talent of head coach Bryan Brown is one huge reason. Beginning his 15th season at HVA as the only track & field and cross-country head coach the program has ever had — the school opened in August 2008 — his HVA boys also are two-time indoor track and field defending state champs.

In addition to a slew of top five state finishes over the years for both genders in track and field and cross-country, Brown also led his Lady Hawks to the 2012 TSSAA outdoor track and field state crown and the 2010 HVA boys cross-country team to a No. 1 state finish.

But the Valley also has a dominant cross-country feeder program.

Harken back to Victor Ashe Park in late summer 2021 — Saturday, Sept. 4, to be exact — where an almost unheard-of accomplishment by one community's cross-country programs took place.

All eight team champions crowned during 2021 Victory Ashe Park Classic came from Hardin Valley — which featured teams third- through 12th-grade from the Nashville area, Tri-Cities and Chattanooga in addition to locally, almost 40.

In addition to Hardin Valley Academy's varsity girls and boys taking first place, HVA's junior varsity teams, plus Hardin Valley Middle School's and Hardin Valley Elementary School's boys and girls, all were crowned meet champs.

In fact, the HVA junior varsity boys were even more dominant than their older counterparts — earning the top seven finishes individually.

There's no reason to think much will change during the upcoming cross-country season, as Brown looks for a varsity boys state title "threepeat."



File photo

Hardin Valley Academy and head coach Bryan Brown celebrated the program's second consecutive Division 1-AAA boys cross-country state championship at Sanders Ferry Park in Hendersonville Thursday, Nov. 4, 2021.

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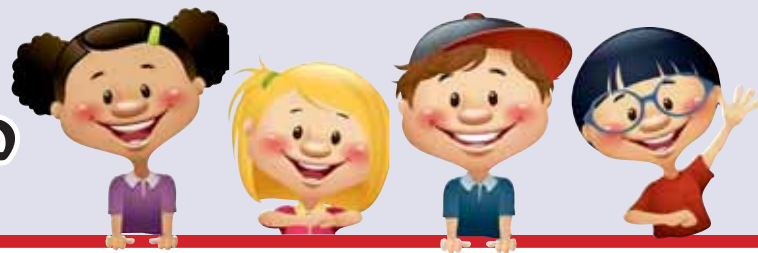
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Kids' Corner



How to prepare children for kindergarten

The first day of kindergarten is a milestone moment for children that their parents will remember forever.

Data from the U.S. Census Bureau indicates that around five million children attend an organized preschool or daycare facility in the United States, while Statistics Canada reports that roughly 52 percent of children in non-parental child care are in a daycare center, preschool or childcare center. Children who attend preschool or daycare may make a relatively seamless transition to kindergarten. However, it's still a good idea for parents to take steps to prepare youngsters for kindergarten in advance of the first day of school.

- **Attend orientation or related events.**

Elementary schools typically are housed in much larger buildings than preschools or daycares, and that size can be intimidating for children. Attending kindergarten orientation or related events as a family can help children see their classrooms, meet their teacher and potentially their classmates.

- **Meet other kids in the neighborhood.**

Some children attend preschools or daycares close to home, while others may go to facilities near a parent's office. Regardless of where kids go to daycare or preschool, they're likely to meet new youngsters in kindergarten. Introducing them to other kids in the neighborhood who will be going to kindergarten as well can calm children's nerves. Seeing a familiar face on the bus and/or in class can put youngsters at ease.

- **Avoid lengthy goodbyes.**

Parents may get a little teary-eyed on their children's first day of kindergarten, but



drawing out goodbyes as kids get on the bus or walk into school will ultimately make it harder on children. Limit your goodbye to a hug and kiss and some words of encouragement. Keep the emphasis on the positive and the fun that's to be had so kids arrive at school in a good frame of mind.

- **Remind youngsters you'll be there to pick them up at the end of the day.**

Let children know that, just like daycare and preschool, mom or dad will be there to pick them up at school or the bus stop at the end of the day. This sense of the familiar can calm kids' nerves and reassure them that a smiling face will be there at end of the school day.

The first day of kindergarten is a big moment for young children. Parents can take steps to calm first-day jitters and ensure children have a memorable day.

What's the Difference?

A

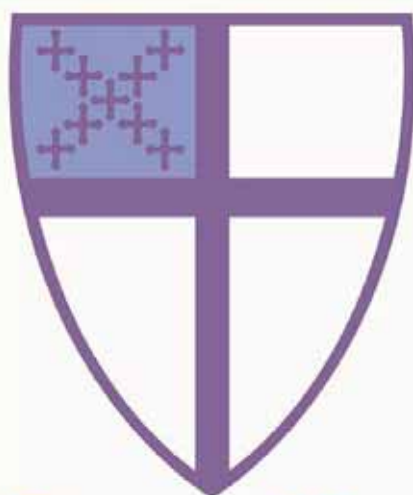


B



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

Find Answers on Page 30



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M	T	T	N	E	D	U	T	S	F	Y	I	B	M	E	G	U	K	H	G
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C	S	E	D	Y	L	L	N	O	I	T	C	U	D	O	R	T	N	I	D
I	T	V	P	I	P	D	K	D	H	E	T	A	L	U	P	I	N	A	M
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C	S	T	D	U	M	F	R	I	E	N	D	S	F	U	I	E	H	L	V
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P	D	N	A	L	I	S	T	G	N	I	D	A	E	R	V	N	Y	D	M

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

ART
CHILDREN
CIRCLE TIME
CLASSMATES
CUBBY
CURRICULUM
DESKS
FIRST
FLASHCARDS
FRIENDS
INTRODUCTION
KINDERGARTEN
MANIPULATE
NERVOUS
PLAY
READING
RECESS
SCHOOLING
SIGHT
STUDENT
SUPPLIES
TABLES
TEACHER
VOCABULARY

What's the Difference answers: 1. Extra books on head 2. Missing button from sweater 3. Black stripes missing on sleeves 4. Empty shelf of books



Find the Hawk

If correct, you will be entered in a drawing for prizes to be held **September 2, 2022**. Winner to be announced in the next edition of Hardin Valley Living.
(Ages 12 and under are eligible.)

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:

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

Name: _____ *Age:* _____

Parent Name: _____

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Email: _____

Knox County Schools Calendar

2022 - 2023

knoxschools.org

AUGUST

August 1 (Monday).....First Day for Teachers - In-service (Building)
 August 2 (Tuesday)In-service Day (PreK-12 System-wide)
 August 3 (Wednesday).....Administrative Day (Teacher Workday)
 August 4 (Thursday)In-service Day (1/2 day -- School-based);
 Administrative Day (1/2 day -- Teacher Workday)
 August 5 (Friday)Administrative Day (Teacher Workday);
 Orientation for 6th and 9th graders
 August 8 (Monday).....First Day for Students (1/2 day for students)
 August 17 (Wednesday).....Early Release Day for Students

SEPTEMBER

September 5 (Monday).....Labor Day – Holiday
 September 7 (Wednesday).....End 4½-weeks Grading Period (22 days)
 September 17 (Saturday).....Constitution Day
 September 21 (Wednesday).....Early Release Day for Students

OCTOBER

October 7 (Friday).....End First 9-weeks Grading Period (44 days)
 October 10-14 (Monday - Friday).....Fall Break

NOVEMBER

November 8 (Tuesday).....In-service Day (PreK-12 System-wide)
 (Student Holiday)
 November 16 (Wednesday).....End 4½-weeks Grading Period (22 days);
 Early Release Day for Students
 November 23-25 (Wednesday-Friday).....Thanksgiving Holidays

DECEMBER

December 21 (Wednesday).....½ day for Students
 End Second 9-weeks Grading Period (44 days)
 End First Semester (88 days)

December 22 – January 5 (11 days).....Winter Holidays

JANUARY

January 6 (Friday).....In-service Day (1/2 day -- School-based);
 Administrative Day (1/2 day -- Teacher Workday)
 (Student Holiday)
 January 9 (Monday).....First Day for Students after Winter Holidays
 January 16 (Monday).....Martin Luther King, Jr. Day – Holiday
 January 25 (Wednesday).....Early Release Day for Students

FEBRUARY

February 8 (Wednesday).....End 4½-weeks Grading Period (22 days)
 February 15 (Wednesday).....Early Release Day for Students
 February 20 (Monday).....In-service (PreK-12 System-wide)

MARCH

March 10 (Friday).....End First 9-weeks Grading Period
 (Third 9-weeks Grading Period) (43 days)
 March 13-17 (Monday-Friday).....Spring Break
 March 22 (Wednesday).....Early Release Day for Students

APRIL

April 7 (Friday).....Holiday
 April 10 (Monday).....In-service (Building) (Student Holiday)
 April 21 (Friday).....End 4½-weeks Grading Period (23 days)

MAY

May 24 (Wednesday).....Last Day for Students (1/2 day for students)
 End Fourth 9-weeks Grading Period (46 days)
 End Second Semester (89 days)
 May 25 (Thursday).....Administrative Day (Teacher Workday)
 Last Day for Teachers

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School bus safety

A refresher course

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 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.



Photo Submitted
Izzie Griffin is ready to go Back to School!

- **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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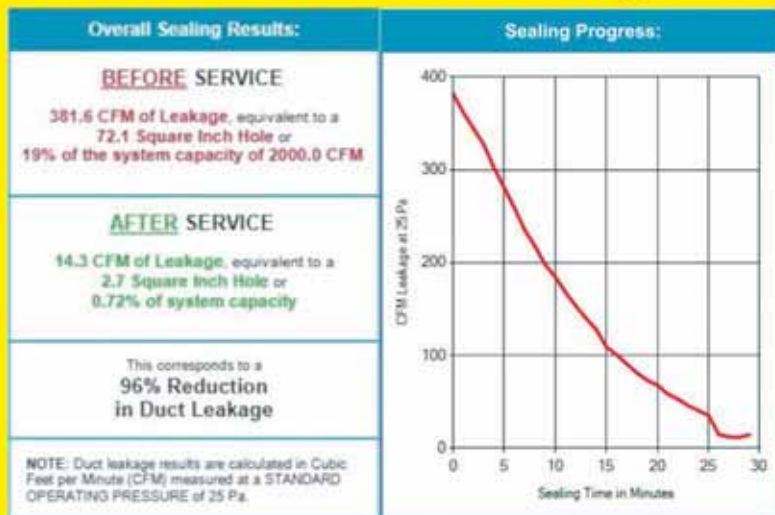
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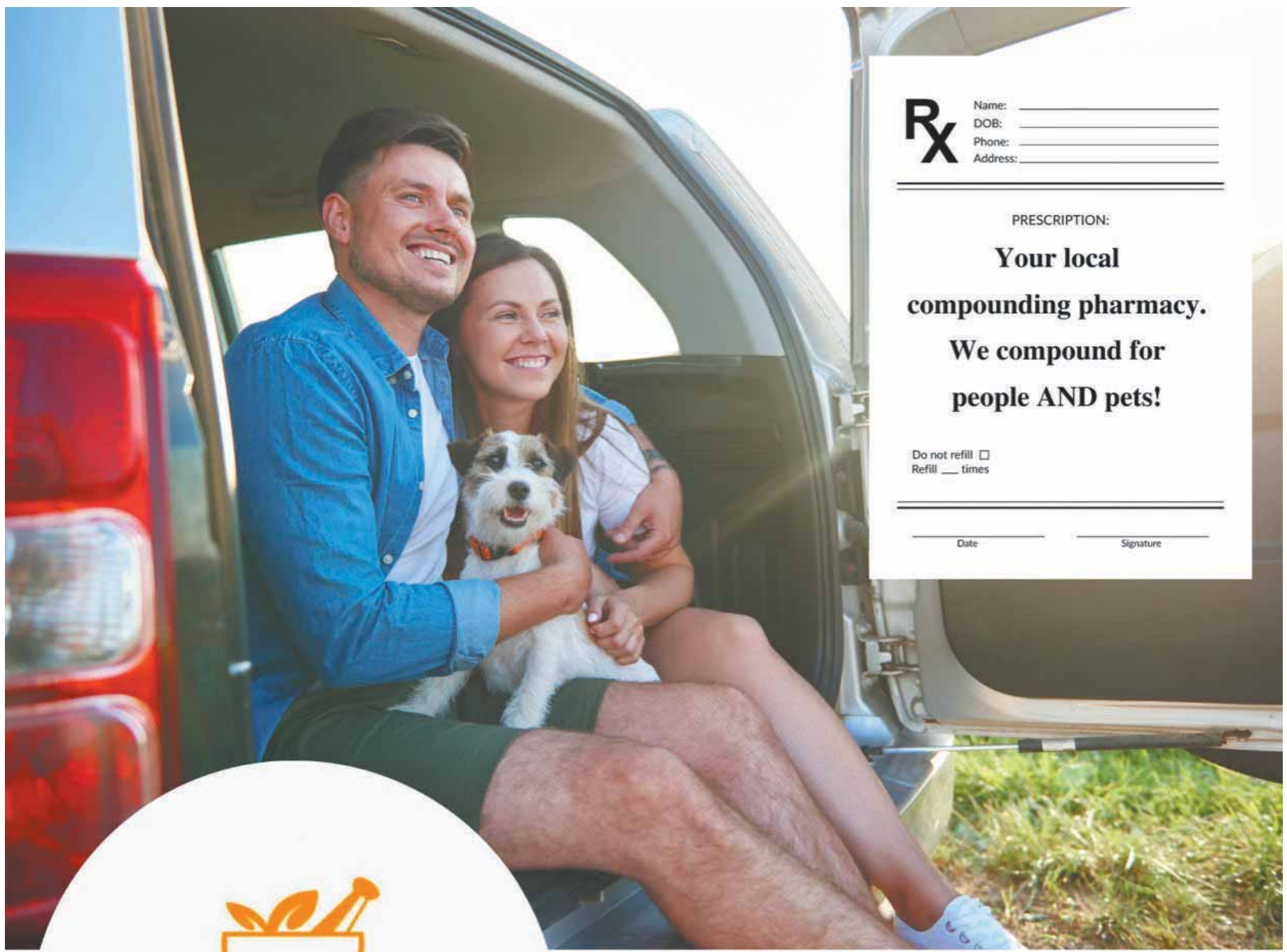
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