



Photos by Michelle Hollenhead

Town of Farragut officials donated embossed face masks to all four Farragut public schools Friday, Sept. 4. **(Above)** At Farragut Intermediate School were, from left, Town administrator David Smoak; assistant principal Amy Schumpert; Farragut Mayor Ron Williams; principal Deborah Adorante; assistant principal Stacy Hilliard; and Farragut Vice Mayor Louise Povlin. **(Below)** With a cutout of famed Adm. David Glasgow Farragut observing in the background at Farragut Middle School Sept. 4, Williams, left, joined FMS principal Weston Edmonds.



## K-12 masks a Town mission

**MICHELLE HOLLENHEAD**

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With masks currently being required in all Knox County schools, Town of Farragut's staff and its Board of Mayor and Alderman wanted to make sure Farragut's students, teachers and administrators are well covered.

Town administrator David Smoak discussed a staff plan with BOMA last month to provide masks, featuring the Farragut name and an anchor, for those attending in-person classes at Farragut Primary, Intermediate, Middle and High schools.

See **SCHOOL MASKS** on Page 6A

## Cobb's new Concord pitch: no apartments

**MICHELLE HOLLENHEAD**

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One week before a rezoning request was to be considered by Knoxville-Knox County Planning Commission — which could have set the stage for 151 low-income apartments along Concord Road — the applicant and the property owner pulled the application.

Craig Cobb of DGA Capital, LLC, the affordable housing branch of Dominion Development Corporation — listed as the applicant — e-mailed KKCP planner Michelle Portier Wednesday, Sept. 2, asking the rezoning request from Neighborhood Commercial to Planned Residential — a Sept. 10 agenda item for KKCP's regular meeting — be pulled.

"We will no longer be pursuing this project at the proposed location," Cobb added in his e-mail.

Additionally, Portier confirmed the property owner, Laumar Properties, LLC, also asked the request be pulled.

In a separate e-mail, Cobb, who is a Farragut native and 2003 Farragut High School graduate — and a former Admirals and Tennessee Vols standout baseball pitcher — explained why he pulled the request.

"I pulled our application after speaking with Knox Planning," he said. "They indicated that they were not going to recommend approving our proposed re-zoning."

"While the reactions were disappointing to read, we now have a complete understanding of the community's concerns," Cobb added. "I will continue to look for opportunities to build quality affordable housing communities in Knox County and the Southeast, especially in high-opportunity areas where there is a lack of affordable housing options."

"I look forward to having an open dialogue with communities and their leaders in the future."

The proposed project along Concord Road had been a hot discussion point, not only among residents near the proposed apartments unhappy about the proposal, but also among Farragut elected officials, as its Board of Mayor and Aldermen passed a resolution Aug. 13 for-

See **APARTMENTS** on Page 6A

## Free breakfast-lunch news overshadowed by FHS COVID-19 cases

**STAFF REPORTS**

editor@farragutpress.com

On one hand, there was good news last week from Knox County Schools superintendent Robert Thomas, who announced all KCS students, including Farragut's, would receive a free breakfast and free lunch — regardless of family income — for as long as federal funding would last through fall semester.

While this news was announced to Knox County Board of Education during its Wednesday, Sept. 2, meeting, a

sobering announcement came late last week from Dr. John Bartlett, Farragut High School principal.

In an electronic release sent to all FHS parents and guardians, Bartlett said, "We have been made aware of confirmed COVID-19 cases at our school."

He further elaborated as follows: "The Knox County Health Department and KCS Health Services have identified those who were at risk of exposure and they have already been contacted."

"We are taking additional measures to clean and sanitize our building. As

always, the expectation is that everyone wears a mask properly, washes their hands frequently and maintains adequate physical distancing while at school.

"If you exhibit symptoms of COVID-19, including fever, cough, sore throat, chills, shortness of breath and loss of taste and



Bartlett

smell, please call your primary care provider. If you do not have a primary care provider, please contact the (Knox County) Health Department at 865-215-5555.

"I understand that you may have questions and concerns; but as you know, I am not able to provide any additional information due to privacy laws."

However, these cases did not cause the cancellation of in-person classes at FHS Tuesday, Sept. 8 (paper deadline was Tuesday afternoon).

### business

"I definitely love helping people love themselves ... but also choosing better. ... So, it's helping them understand that not looking at other people to compare, looking at themselves and being their best self,"

- Dr. Kimberly Hicks, a Farragut businesswoman, about her new business focusing on "transformation." (Read story beginning on page 6A)

### community

"I am very proud of her, as not only her mother, but as her life-long coach. ... It's not always been easy ... but with tenacity, determination and hard work she has persevered to come out on top,"

- Su Jackson Wagner, a former world-level athlete-turned coach, about her daughter's similar path. (Read story beginning on page 3B)

### sports

"It's because I could not make that physical connection with it. ... You couldn't hear it, you couldn't feel it. ... You don't smell the rubber. ... You don't smell the ethanol that they use for the fuel,"

- Alex Cain, whose favorite hobby is a fourth generation family passion interrupted by the coronavirus pandemic. (Read story beginning on page 1B)

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# \$750,000 playground sought through grant

MICHELLE HOLLENHEAD  
mhollenhead@farragutpress.com

Farragut may finally get its much-desired all inclusive playground if BlueCross BlueShield Foundation approves its recent grant application.

Based on a report by Town Park and Recreation director Sue Stuhl, Farragut’s Board of Mayor and Aldermen approved the application during its regular Thursday, Aug. 27, meeting.

If chosen, Farragut would receive one of 10 \$750,000 playgrounds BlueCross BlueShield Foundation plans to finance and build across the state in honor of its 75th year of service.

“For several years, the BlueCross BlueShield of Tennessee Foundation has given grants to communities in Tennessee for the purpose of providing places for ‘neighbors to get to know one another, form new connections and enjoy healthy activity.’” Stuhl’s report explained. “Generally, they have awarded one or two grants a year. In celebration of the 75th anniversary of Blue-Cross BlueShield of Tennessee in 2021, the foundation will build 10 BlueCross Healthy Places throughout the state. Each project is valued at \$750,000, which includes funds that will be appropriated to a local foundation for the purpose of providing replacement parts as the facility ages.”

She said of the six design options, Farragut chose to pursue the “Thrive and Play” design, “because it provides a fully-inclusive play area (one of the goals of the Town’s Capital Investment Program); swing and freestanding play area; fitness station for teens and adults; and a small pavilion with picnic tables.

Because of the grant’s criteria for a “clear and level” area with “unrestricted access for large construction equipment and materials,” Stuhl said staff recommended the playground be located behind Town Hall, where original plans called for a small community center.

The site also has parking readily available and restrooms in Town Hall.

If approved, Healthy Place grants differ from other grants, in that no money changes hands, and the project would be completely constructed, designed, engineered and installed by and through the Foundation.

“If the Town wanted to add additional elements in the future, it could be done by the Town in a later phase,” Stuhl explained.

She said the grant is “highly competitive” but the Town should be notified by the end of the year if it’s application is approved.

### In other business:

BOMA approved on first reading two related ordinances. The first, 20-09, amends the Class 4 Tavern Permit and creates a Class 7 Brewpub permit. This item has been workshoped by both the Farragut Municipal Planning Commission and BOMA.

The proposed ordinance makes two changes to the Tavern Permit. First, the square footage limit for taverns is increased from 3,500 square feet to 4,500 square feet. Second, it specifies that food sales account for at least 20 percent of gross sales at Taverns.

To match the permitted use of Brewpub in the Zoning Ordinance, it is proposed that a new Class 7, Brewpub permit be created with requirements to include: being housed in building space and/or tenant space that does not exceed 6,500 gross

See **PLAYGROUND** on Page 3A

## correction

Premier Eyecare, 11111 Kingston Pike in Farragut, is open from 7:30 a.m. to 4:30 p.m., Monday through Wednesday; from 9 a.m. to 6 p.m., Thursday; from 7:30 a.m. to 1 p.m., Fridays; and closed on Saturdays and Sundays. Its phone number is 865-966-0100. A story featuring Premier Eyecare in the Business section of our Thursday, Sept. 3, issue listed incorrect operation hours and phone number. We regret the errors.



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# KCSOpolicereports

• **At 7:02 a.m., Monday, Aug. 24, Knox County Sheriff’s Office Task Force Officers** with the Drug Related Death Task Force executed a search warrant at a Towne Road residence with the assistance of KCSO Narcotics and KCSO SWAT Team. Upon entry, officers encountered five individuals in the master bedroom of the residence. Officers located and seized the following: two handguns with numerous rounds of ammunition, about 3 ounces of a substance believed to be methamphetamine (schedule II), about 4 ounces of a substances believed to be heroin (schedule I), about 1 ounce believed to be methamphetamine laced with fentanyl (schedule II), about 11 grams of a substance believed to be marijuana (schedule VI), nine gabapentin pills (schedule IV) and \$2,817 in cash. O f -

ficers also located packaging materials, digital scales and paperwork considered “ledgers.” These offenses did occur within a school zone. As officers came into contact with suspect/victim, they witnessed him put something believed to be narcotics in his mouth. He would not admit to what he ingested. AMR was called to the scene to render aid to suspect/victim.

• **At 1:46 p.m., Tuesday, Aug. 18, a KCSO unit responded to 11507 Kingston Pike, Snappy Tomato Pizza,** on reports of counterfeit U.S. currency. Officer made contact with the complainant/store manager, who said he was counting his cash when he realized two \$20 bills seemed to be fake. He then said the com-

See **REPORTS** on Page 3A



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## Back Pain: The #1 Biggest Mistake Back Pain & Sciatica Sufferers Make

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

**Farragut -** Lower back pain and sciatica are the single most common complaint we help people with in the clinic. If you ever survey your friends on the topic, you’d likely find that nearly all of them have had issues with their back at some point. Not everyone will experience sciatica, which is great, but unfortunately the majority of them will.

To start off this new series, I want to tell you about a patient I worked with not too long ago. **Here’s her story:**

Mary’s pain started when she was rushing to finish off a load of laundry one evening. When she bent down to pick up the basket, she experienced a sharp pain in her lower back that left her hunched over.

Like most of us, she figured a couple days of “taking it easy” would do the trick, and she’d be back to normal in no time. Unfortunately, her couple days of rest turned into several weeks. Not only that, but all of the sitting and resting was actually making her back pain worse, and her pain gradually started to shoot down the back of her left buttocks and into her leg.

We call this shooting pain into the leg “sciatica”. In Mary’s case, her lower back pain and sciatica have been caused by a bulging disc in her spine. Her bulging disc is now putting some pressure on her sciatic nerve, causing pain as well as some numbness and tingling in her leg.

**So what did Mary do wrong? And what can she do to cure her back and sciatic pain?** You may have already picked up on this, but Mary’s biggest mistake is that she tried to ignore her pain and thought that resting would make it better. Many people compound this mistake by taking painkillers, which only mask the pain, and they often make themselves worse in the process.

You may be asking yourself this question: **“Why doesn’t resting help?”** It seems like it should, right? In this case, Mary’s resting was

primarily sitting down. And while sitting down can feel good for brief periods when you have a bulging disc, it’s actually putting a ton of pressure on the disc. If you’ve ever had a bulging disc, you’ve probably experienced this... It feels good to sit, but then when you try to stand up, you feel even worse than before!

Now that we know what Mary did wrong, let’s talk about what she can do to start experiencing pain relief (and what you can do if you have the same type of pain).

**Here are 3 tips to help relieve this type of pain:**

1. **Avoid sitting** for more than 5 minutes (too much pressure on the discs). When you do sit for short periods, make sure your lower back is supported by your chair or by using a small rolled up towel placed in the small of your back.

2. Start to slowly **stretch your spine backwards**. Try standing with your hands on your hips, and then slowly try to bend back and hold for 10 seconds. This may be a bit uncomfortable at first, but ease your way into it.

3. When the pain is severe, **lie flat on your back with your legs supported** by your couch or by several pillows under your knees (resist the urge to curl up into a ball on your side - like sitting, this may feel good at the time but is actually making the disc worse).

If you can follow these 3 tips, you have a good shot at starting to reduce your disc bulge and removing the pressure from your sciatic nerve.

**One word of caution before you start:** these tips and principles work extremely well when you’re treating sciatica pain caused by a bulging disc. However, they don’t work as well for other types of lower back pain. Next week, we’ll discuss how to know if you need an injection..., so stay tuned!

*The author, John-Mark Chesney, is a Doctor of Physical Therapy and owner of Simply Physio. He’s happy to answer any questions about back pain and sciatica by phone at (865) 351-0615 or by email at [john-mark@simplypt.com](mailto:john-mark@simplypt.com)*



# Citizens Forum changes at Town meetings set; don't 'say same thing'

**MICHELLE HOLLENHEAD**  
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Farragut officials have made some changes to Town meeting public comment protocol.

The Board of Mayor and Aldermen discussed the changes during a work session Thursday, Aug. 27, then voted to approve them later in the evening during the regular BOMA meeting.

Changes include: restricting comments to Farragut residents, instead of "anyone" as previously allowed; the timing of the Public Comment period will be at the discretion of the mayor or the Farragut Municipal Planning Commission chair; each speaker will be allowed five minutes, which is not transferrable to other speakers; and speakers also will be encouraged to avoid redundancy in their comments and provide their own original viewpoints.

"We have had a whole lot of people saying the same thing," Mayor Ron Williams said in a separate interview.

The protocol, which is included in all paper and electronic agendas, details requirements for speakers during public meetings. While both BOMA and FMPC provide "Citizen's Forum" options where individuals may speak on any topic, comments also are allowed regarding specific agenda items.

Williams said one reason for making the changes was to align the protocol for both entities.

Currently, all commentary is via e-mail, as public meetings continue to be held electronically due to the latest Executive Order, No. 60, from Gov. Bill Lee, who has extended the State of Emergency through the end of September.

That particular order allows municipalities the authority to conduct electronic meetings.

"We have our choice if we want to keep holding meetings electronically," Williams said. "I don't want to take the chance of submitting our staff, or any of us, to anything that would put us out of commission, so we will keep doing what we have been doing."

"It is better knowing that what we are doing is keeping us all safe," he added.

The new protocol is printed below:

- The Board of Mayor and Aldermen welcomes and invites Farragut residents to participate in public meetings.

At the end of each business meeting, there will be time reserved for public comment under the Citizen Forum agenda item. If you are interested in speaking, please fill out a blue comment card and turn it in to the Town Recorder or staff member. This



Gov. Lee

## Playground

From page 2A

square feet; not producing more than 2,500 barrels of beer or malt beverage per year; and not distribute at wholesale more than 25 percent of its annual production in barrels.

## Reports

From page 2A

pany Snappy Tomato Pizza has had this issue in the past. It was collected and was taken to property at Knox County Jail.

• **At 9:30 a.m., a complain-**

**ant called North Precinct to file a report** regarding a theft, which occurred at a Campbell Lakes Drive residence. According to the complainant, between 10:15 p.m., Wednesday, Aug. 19, and 9 a.m., Thursday, Aug. 20, person(s) unknown

cut a strap on his flatbed trailer and stole a box containing a lift kit. Complainant said the trailer belonged to him, but property he was hauling belongs to his employer, Redeemed By His Grace. Value of loss was listed at \$2,079.75

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See FORUM CHANGES on Page 4A

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may be an allowance for public comment for each agenda item. The Mayor may recognize individuals for public comment based on guidelines, which include: any Farragut resident interested in speaking should fill out a blue comment card stating the agenda item they would like to comment on and turn in to the Town recorder or a staff member.

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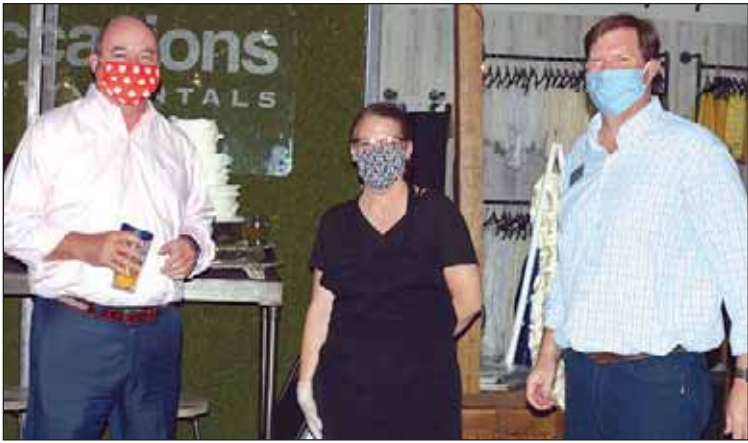
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Tammy Cheek

Tag-team networking

Terry Turner, left, president of All Occasions Party Rentals; Katy Bagdon, co-owner of The Farragut Table; and Tyke Hillmer, president of Tradebank of Knoxville, tag-teamed to host Farragut West Knox Chamber of Commerce’s networking at All Occasions Party Rentals, 5825 Middlebrook Pike, Thursday evening, Aug. 20.

Fixing eating issues is Hicks’ selling point

TAMMY CHEEK  
tcheek@farragutpress.com

Dr. Kimberly Hicks, a Farragut pediatrician, has started a business to coach clients, from pre-adolescents to adults, how to discover a healthier lifestyle.

“Let me teach you how to intuitively eat,” she said about Life Transformation with Dr. Kimberly Hicks, 11221 West Point Drive, in Farragut.

“I definitely love helping people love themselves, be OK with their bodies, but also choosing better so they can have their best God-given body,” she added.

An Eating Disorder Intuitive Therapy-certified coach and nutrition coach, Hicks’ business temporarily is in the office of her husband, Dr. Joseph Hicks, at Epic Orthodontics.

“I’ve actually been doing it for the past two years ...,” said Hicks, who focuses on clients with eating disorders but also helps others.

“I think one of the turning points was I started getting the early teens — 13-, 14-year-olds — that moms were just worried about them. That’s when I realized, especially me being a pediatrician, ‘wow, this is really needed in the community,’” she added.

“If I can catch the girls before they ever go down that path, it would be fantastic.”

Hicks uses her nutrition knowledge as a base for teaching how one’s body works and what the body needs. And, as a certified yoga instructor, she incorporates those techniques into her coaching.

“I loved working with the kids; I loved working with the moms,” she said.

However, Hicks recalled she was frustrated by not having the time to address “red flags” in her patients.

While in college, Hicks herself struggled with an eating disorder, and shared that experience with Bible Study moms, which “was the God moment, the ah-ha moment, because mothers came up to me afterward,” Hicks said.

“They all knew I was a pediatrician and (said), ‘I’m worried about my older daughter’ and began asking for some guidance,” she added.

Then, she learned about HEAL-ED, Healing and Eating Disorder, which is an international organization. She got training through that organization and worked as a coach for it, starting in 2018.

Hicks said she has no set hours of operation (by appointment only). To book an appointment, e-mail drkimberly@epicortho.com or online through her website ta www.lifetransformationwithdrkimberlyhicks.net or at her scheduling app, https://healedcoachingkh.as.me

Hicks was a pediatrician for 17 years, serving in many capacities at Children’s Hospital of East Tennessee. She then worked for Children’s Primary Care before moving to private practice about four years ago.



Hicks

‘Teacher appreciation’ set Sept. 20 at Belleza locations

TAMMY CHEEK  
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Belleza Salon, Spa & Men in Turkey Creek, as well as Belleza Salon and Spa in Bearden, is showing its appreciation to teachers by hosting a “Teacher Appreciation” event.

“We’ll be offering complimentary haircuts, as well as facial waxing,” to Knox County Schools teachers during the one-day event, said Holly Rainey, Belleza marketing director.

The Teacher Appreciation event is from 11 a.m. to 5 p.m., Sunday, Sept. 20, at both the Belleza Salon, Spa & Men Turkey Creek location, 11467 Parkside Drive, and its Bearden location, 6209 Kingston Pike.

“The teachers in our community do so much

for our community, so this is Belleza’s way of giving back,” Rainey said. “With school starting back, we thought it was a perfect time to come in for a little bit of pampering.”

There will be no reservations required, she said, adding this is a first-come, first served event.

All that is required is for teachers to show up at one of the two locations Sept. 20 and show a valid Knox County Schools ID, Rainey said.

She noted the idea for the event came about when the Belleza staff was looking for “ways to impact and be a part of the community.

“And with school starting back, we thought it was perfect,” Rainey added. “This is a little way to say ‘thank you,’ and we want to thank as many teachers as possible.”



Tammy Cheek

TN Valley Pool & Spas grand opening

Tennessee Valley Pool & Spas, 10806 Kingston Pike in I Concord Galleria, celebrated its grand opening Friday, Aug. 14, with a ribbon cutting hosted by Farragut West Knox Chamber of Commerce. Jamie Decker, third from left, social media and marketing manager; Andrew Craig, fourth from left, general manager; owners and twins, Shane Decker (with scissors) and Chase Decker (with sign); and Chase’s wife, Hailey Decker, joined Chamber members and other supporters.



Tammy Cheek

Ribbon cutting at Knoxville Academy of Music

Knoxville Academy of Music, 165 West End Ave, celebrated its ribbon cutting, Monday, Aug. 31, hosted by Farragut West Knox Chamber of Commerce. Owner/director Jeff Comas, center with scissors, joins KAM instructor Marek Rosinski, third from left; assistant director Brandi Clifton-Cowan, fourth from right; office managers Christian Cain (holding sign) and April Henderson, third from right; Trevor Hobbs, fourth from left, assistant to Town administrator; and FWKCC members.

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School masks

From page 1A

“We had the opportunity to purchase the masks through the Tennessee CARES Act, and we wanted to show the schools support, plus give something to the students and staff that they’ll need long term,” Smoak said in a separate interview. “This gives everyone an extra mask and shows our community spirit.”

BOMA approved the purchase of 4,500 masks from TN Mask Supply during its Aug. 27 regular meeting.

The cost is \$11,650, which Town recorder/treasurer Allison Myers said likely would be reimbursed through the Tennessee CARES Act, which “provides payments to state, local and tribal governments navigating the impact of the COVID-19 outbreak, she stated in a BOMA report. Vice Mayor Louise Povlin asked if



Pinchok

the number of masks would be enough, and Smoak said staff had confirmed with administrators that would be a sufficient number, as about one-third of Farragut students chose the off-campus virtual learning option for fall semester.

The Town received the order late last week, then distributed them to all four Farragut schools Friday, Sept. 4. Town staff and elected officials already had the same masks, delivered earlier this year for their own use. Masks also were presented to Town volunteers. Extras also are available free of

charge at Town Hall and the Farragut Community Center during business hours while supplies last. One mask can be obtained per person in either youth or adult sizes.

Among other Town officials publicly displaying the masks were Alderman Ron Pinchok and Town engineer Darryl Smith.



Smith

Apartments

From page 1A

mally opposing the request.

As the property is located in Farragut’s Urban Growth Boundary, KKCP was required to notify the Town of the application to rezone. It is also located in Knox County’s 5th District, represented by Knox County Commissioner John Schoonmaker, who also opposed the rezoning and e-mailed area residents, advising them of the proposal and suggesting they e-mail Portier with their thoughts.

Portier notified Schoonmaker of Cobb’s Sept. 2 decision, and the Republican Commissioner — recently elected

vice chairman of the Knox County Commission — shared an e-mail Thursday, Sept. 3, to his constituents with the “good news” that there would be no apartments. He also thanked them for their efforts on getting the word out, and asked comments to Portier cease.

While negative feedback may have ultimately impacted the KKCP vote, Schoonmaker said it was his understanding the developers “did not do their due diligence preliminarily” dur-



Schoonmaker

ing the application process.

“In general, applicants try to gain as much information about property rights and restrictions before filling out the application— much of which can be gleaned from KGIS (Knoxville Geographic Information System),” he said.

“First of all, they put down the wrong commission district on the application,” Schoonmaker added, noting it incorrectly listed the property as being in the 9th District.

“In talking with Town of Farragut officials, the applicant also apparently was not aware that Concord Road is under the jurisdiction of Farragut or that it was in their Urban Growth Boundary.”

In addition, “They spent \$2,642 on the application, but they may not have done all their homework first,” he said.

Schoonmaker also said fast action by BOMA “put the KKCP on notice” regarding the project’s potential ramifications. “Taking that action really helped.”

Town Mayor Ron Williams said he was “very pleased” the project was scuttled. “It was the wrong place and the wrong zoning. It was not the right project at all.”

With its Neighborhood Commercial zoning, this property could lend itself to small shops, similar to those occupying The Markets at Choto, off Northshore Drive.



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Sweep under 45 minutes for FHS volleyball

KEN LAY  
Correspondent

The Farragut High School volleyball team returned to the win column late last week when it made short work of its District 3-AAA match against South-Doyle.

It took less than 45 minutes for the Lady Admirals to sweep the Lady Cherokees 25-10, 25-8, 25-10 Thursday, Sept. 3, in FHS's Lynn E. Sexton Gymnasium.

The victory came on the heels of Farragut's tough district loss at Maryville two days earlier.

Early on against struggling South-Doyle (2-8, 0-3), the Lady Admirals ( 5-3 overall, 2-1) in the district after the win, set the tone to made sure they would take care of business.

After falling behind 1-0 to open the inaugural set, the Lady Ads quickly seized control of the game as Megan Carlton served up six consecutive points, including an ace.

Farragut also got big service runs in the opening set from Meg Frank, Ira Au, Livi Holley and freshman Kennedy Holley.

"We had great serving tonight," Jo Madden, Lady Admirals' first-year head coach, said. "We played well and we took care of business.

"Our girls are really working hard, and we came in and did what we wanted to do. We've won both of our district matches at home," she added.

In Game 2, the Lady Cherokees again scored first, but Farragut would quickly respond as it did in the first set.

Livi Holley helped the Lady

See FHS VOLLEYBALL, Page 2B

Last-minute win at Invitational from host BHS

KEN LAY  
Correspondent

KNOXVILLE — Brinley Murphy helped Bearden High School's girls soccer team capture a comeback victory Saturday night, Sept. 5, at home.

Murphy, a sophomore forward, scored a goal and had an assist on the eventual game-winning marker as Ryan Radcliffe's Lady Bulldogs outlasted Chattanooga Baylor 3-2 in the Bearden Invitational at Turner-Allender Field.

"We're almost a completely new team this year. I think we only have three of our starters back from last year," said Murphy, one of the area's top scorers as a freshman in 2019.

The Lady Bulldogs (6-1) saw-Baylor (1-2) score first when in the 22nd minute for the half's only score. Bearden's Zneyah McLaughlin had a shot hit the goalpost in the sixth minute.

McLaughlin would find her shooting touch, as she knotted the game in the 50th minute (Rylie Lucas assisted). Murphy would give the Lady Bulldogs a 2-1 lead approximately five minutes later when she put a shot past Lady Red Raiders' goalkeeper Addison Yelton.

With Baylor tying the game in the 78th minute, junior Kailyn Scott scored the game winner in the 78th minute on a pass from Murphy.



Radcliffe



(Above) Michael Cain (with yellow headset), his son, Alex Cain (head-set left), both from Farragut, and their cousin, Jay George of Indianapolis, during an Indy 500 race in the family's regular J Stand, Section 29, turn 4, seats.

(Right) Michael Cain (red) alongside open-wheel racing legend A.J. Foyt, a four-time Indy 500 champion.



Photos submitted courtesy of the Cain family

Cains able Dad, son extend decades-long Indy 500 streaks

ALAN SLOAN  
editor@farragutpress.com

Having an "Aunt Frieda" view of the Indianapolis 500 way back in 1947, held up to watch the open-wheel race cars zooming around Turn 2 as a 7-month old, Michael Cain of Farragut built his favorite hobby and profession around race cars.

He's now center-stage among a four-generation love of this 500-mile jewel of open-wheel racing: the sporting event most associated with Memorial Day weekend nationwide.

With family streaks of attending the Indy 500 at "The Brickyard," Indianapolis Motor Speedway, anywhere from 44 straight years to 55 out of 56 entering 2020, "My grandfather (Thomas Chaushoff) had a first cousin (Helen Giroff) that lived in Indianapolis, and my grandfather went to the race sometime in the late '30s," Michael said. "After World War II, my grandfather encouraged my father to go.

"Mom and dad (Eva and Floyd Cain) and I traveled by Greyhound bus from Detroit (living in Dearborn, Michigan) to attend the 1947 race," he added.

Four years later, at 4 1/2, Michael remembered the 1951 race as "hot, crowded and ...

running almost six hours — but I loved it."

Moreover, "My father had the racing bug really bad and he enjoyed the 500 as much as my brother, Tom, and I did," said Michael, who went on to become a Motorsports Marketing manager with General Motors Pontiac Division who, in 1989, was in charge of pace car operations for the 73rd 500.

"The 1989 Pace Car program was the highlight of my life up to then," he added.

Also quite knowledgeable about NASCAR, which tied into his managerial work, Michael subsequently has formed close relationships with the famed Penske racing team family and three-time Indy champ Bobby Unser, among many other celebrated open wheel and NASCAR personalities.

If you count all relatives and close friends of the Cains who annually descend upon Indianapolis and the historic Speedway each year, "I would say there's about 50 of us," said Alex Cain, Michael's son, whose unbroken streak of Indy 500 attendance dates back to age 5 in 1976.

"I have 32 tickets in my name," Michael said. "... I still have cousins, aunts and uncles that attend races with us, some of them have

See INDY 500 CAINS on Page 3B

Robinson, Spartans snap back, beat Bucs

KEN LAY  
Correspondent

KNOXVILLE — Even though Charlie Robinson said Webb School of Knoxville's 2019 football game at Boyd Buchanan wasn't on his mind when the two regional foes tangled last week, the sophomore sure played like he wanted to avenge a tough loss to the Buccaneers.

"We didn't think about it. We just came out and did what we do," said Robinson, who threw four touchdown passes and added an interception on defense in the Spartans' 45-28 win on Senior Night Friday, Sept. 4, in Webb's David Meske Stadium.

"We just came out and executed," he added. "We just did what we had to do. We just did great."

Robinson went 5-for-10 and amassed 120 yards through the air as the Spartans (2-1 overall, 1-0 in Division II-AA East Region) avenged last year's 28-21 loss to the Bucs in Chattanooga.

The victory also proved Webb is resilient, as the Spartans bounced back from a 55-0 Week 2 loss to defending Division II-AAA state champion Chattanooga McCallie.

"Our kids put McCallie behind them," Webb head coach David Meske said. "They came in this week and they were enthusiastic, and tonight we played hard and we gave a great effort.

"We made plays on offense, we made plays on defense and we made plays on special teams. We flipped the field on special teams. This was a big win for us because it was our first region game and they beat us last year," he added.



Robinson

Robinson got Webb on the scoreboard first when he threw a 30-yard scoring strike to Jackson Baker late in the first quarter. Kicker Otto Niendorff added the extra point to give the Spartans a 7-0 lead.

"Charlie is a great player, a great kid and a great leader," Meske said. "Joseph (Moore) is also a great kid. You couldn't ask for a nicer kid," the coach added about his senior safety and starting quarterback in Meske's system.

"Joseph has stared all three games for us and we've been switching them back and forth and it's working out well for us," he added.

The Spartans picked up a defensive touchdown early in the second stanza when Bradee McCoy picked off a pass from Bucs' quarterback

See WEBB REBOUNDS on Page 2B

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# Hawk hits on ‘The Hill’



**Photo courtesy of Ron Weaver/Ron Weaver Photography**  
Dolan Walker (39), Hardin Valley Academy sophomore defensive back, lays a big hit on a Science Hill ballcarrier Friday night, Sept. 4, in Johnson City. The Hilltoppers pulled away in the second half of this Region 1-6A contest to win 48-21. *(Read game details in PureMagic How the West Was Won round-up on page B4)*

## Kicking past Mo West



**Photo courtesy of Carlos Reveiz/crfoto.com**  
Lauren Leslie (28), Farragut freshman, looks to steal possession from a Morristown West player. Leslie and her Lady Ads breezed by MWHS 4-1, Tuesday, Sept. 1, in Farragut Soccer Stadium.

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### FHS volleyball

From page 1B

Admirals take control by serving up five consecutive points for a 6-1 lead. The advantage grew to 11-3 lead thanks to consecutive service aces by Kennedy Holley, a freshman.

Livi Holley, Reese Schroeder and Ashley Hibelink also constructed big service runs for Farragut, closing out the second set when Livi Holley aced a serve on the set point.

### Webb rebounds

From page 1B

Eli Morris and returned the ball 60 yards to the end zone for a touchdown to make the score 14-0 with 10:22 remaining until halftime.

That was the first of two interceptions for McCoy and one

of five turnovers forced by the Spartans.

Robinson and Baker hooked up again on a 44-yard touchdown pass to make the score 21-7 midway through the second quarter.

A short time later, Robinson threw a 28-yard touchdown pass to Ford Wagner.

Livi Holley also had three consecutive aces late in the third game before Au served up the point to clinch the match.

“This was big for us because we’ve really been down on ourselves after our last couple of matches,” Kennedy Holley said.

“And we have some big matches coming up,” she added.

“We knew that this was going to be a tough match, but our kids fought,” Lady Cherokees head coach Haven Anderson said.

That duo would connect for a 9-yard touchdown in the third quarter. Webb would go up 38-7 when Niendorff kicked a 34-yard field goal with 10 seconds left in the third frame.

Spartans freshman Marcus Roberts had a touchdown run with 2:14 remaining in the game.

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# Athlete OF THE Week

Farragut High School Student Athlete of the Week is  
**LANCE SIMPSON**

Lance is a Senior on the Farragut golf team. He has committed to continue his education and golf career at the University of Tennessee next Fall. Last week, Lance shot a 35 at Beaver Brook Country Club, including a Hole-In-One, in the Admirals wins over Halls, CAK, and Alcoa. On Thursday, Lance was victorious in Match Play as the Admirals defeated Knoxville West.

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Photos submitted courtesy of the Cain family  
**(Above)** Alex Cain (light blue) behind 2015 Indy 500 champ Juan Pablo Montoya among a group of “invitation only” guests. **(Right)** Cain is all smiles behind the wheel of the 1971 Coyote A.J. Foyt drove in that year’s Indy 500. He is with Rick Duman, legendary car restorer and former IndyCar race-winning crew chief.



**Indy 500 Cains**  
*From page 1B*

been attending races since the 1960s.” Looking back, “I would like to thank my Aunt Helen Giroff for fostering my racing interest,” Michael said about his late relative. “She lived about a mile from the Indy Speedway and I was always expected to stay with her.” While her father, Thomas Giroff, owned a popular bar/pub/restaurant near the Speedway, “Helen often had a big get-together race weekend,” Michael said. Helen’s niece, Deborah Giroff, is carrying on the family tradition of hosting the Cains and other family and friends each year at her home “about 5 miles from the Speedway,” Alex said. The family tradition of annual attendance actually began in 1964 before the Cains discovered a special combination in 1965. “My father was very excited about

Ford and Lotus teaming up and winning the 500 with (driver) Jim Clark in 1965,” Michael said. “Jim Clark was our favorite. He always was in contention.” More than 50 years later, the Cain family can still be found — during a regular year — on row 6 of Turn 4 (J Stand, Section 29). Michael and his wife, Marti Cain, also passed on the Indy 500 tradition to their daughter, Karen Cain Harmon, who “always attended the race from an early age,” her father said. Meanwhile, Alex got started rather young — only 6 weeks old. “My mother and Aunt Frieda brought (Alex) to the Speedway during the 1971 race like they did me in 1947,” Michael said. Locally for Michael, Marti, Alex and other family members, their trek from Farragut begins about 10 days before the race to watch qualifying and enjoy other Indy 500-related events. **Adjusting at home, in August** Meanwhile, race officials exempted

the Cain family from “missing” the 2020 Indy 500 — in which no fans were allowed due to coronavirus concerns, as the 500 was moved from its annual place on Sunday afternoon before Memorial Day to Sunday, Aug. 23. As a result, the family streak of attending the 500 at Indianapolis Motor Speedway is now 45 straight for Alex, while Michael’s streak improves to 26 straight and 56 of the last 57. Though forced to observe this year’s 104th running of the 500 at Michael and Marti’s Wyndham Hall home, decades-long traditions continued. “We make the same type of sandwiches we did in 1964,” Michael said. “They are made the night before and everyone is assigned a job for correct construction.” Alex, an assistant football coach at Farragut High School and criminal justice teacher at Gibbs High School, said the 2020 Indy 500 “was good because we were all together as friends, family.”

However, “it was very difficult to enjoy the race,” he added. “It’s because I could not make that physical connection with it on the television screen. “You couldn’t hear it, you couldn’t feel it, you couldn’t smell it. ... You don’t smell the rubber from the tires and the exhaust. ... You don’t smell the ethanol they use for the fuel.” A huge fan of A.J. Foyt, four-time Indy 500 champ, Alex’s love for the 500 was so strong, “I drove to Indianapolis to be at the Speedway on Memorial Day weekend” this year despite no race. Comparing the Speedway and the 500 to another famed venue, “I can’t tell you how many University of Michigan football games I’ve been to in the ‘Big House,’” Alex said about the 107,000-seat Michigan Stadium in Ann Arbor. “But it’s still not the same as going to the Speedway with a half-million people there,” he added, with one piece of advice thrown in: “everyone needs to attend the Indy 500 at least once.”



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<b>Farragut</b>	<b>(1-1)</b>	<b>32-51</b>	<b>-19</b>
<b>Bearden</b>	<b>(0-1)</b>	<b>7-40</b>	<b>-33</b>
<b>HVA</b>	<b>(0-3)</b>	<b>33-126</b>	<b>-93</b>

## Defensive CAK 3-0, offensive Webb rolls in region

A pair of PureMagic How the West Was Won Division II-AA East Region rivals, Christian Academy of Knoxville and Webb School of Knoxville, found different ways to reach the same winning conclusion during Week 3 action Friday, Aug. 28.

Dave Meske's Webb Spartans (2-1, 1-0) climbed into second place in this week's Scoreboard, opening region action with a convincing 45-28 victory against Boyd-Buchanan (0-1) in David Meske Stadium. (Read details in Sports beginning on page 1B).

Remaining the only PureMagic Scoreboard unbeaten at 3-0, Travis Mozingo's CAK Warriors used defense — highlighted by a fumble recovery for their only touchdown — to edge White County 10-7 in a challenging non-region road test.

A field goal by senior Ross Badgett was the difference versus WCHS (1-1).

Logan Sims, CAK senior defensive end, scored on the fumble recovery while also blocking a punt and recording 12 tackles (solo and assisted), including a sack and another tackle-for-loss.

Luke Myers, junior middle linebacker, led his team in stops with 18 (solo/assisted), including a tackle-for-loss,

while intercepting a pass.

Grant Sterchi, junior outside linebacker, blocked a field goal while ending with 10 total tackles.

Malachi Harrison, junior defensive tackle, also had 10 total stops.

### Region 1-6A

Meanwhile, Region 1-6A rivals Hardin Valley Academy and Bearden each headed north up Interstate 81, with the Hawks making the right turn east to Steve Spurrier Field versus Johnson City Science Hill, while the Bulldogs turned left and headed west.

Morgan Shinlever's BHS team had it especially tough, with a trip to region favorite Kingport Dobyns-Bennett (3-0, 1-0) being his team's season opener due to COVID-19. The result was a 40-7 loss.

"They're defending region champs and they return 18 starters, so they've got quite a lot of talent and ability over there," Shinlever said about the Indians. "With us, we've only had 10 padded practices this football season

going into that game.

"To go against a team that has not missed any padded practices and played two football games already, that was a tall order," he added.

A short TD run by junior Nicco Young represented the lone Bulldog touchdown. "We did some nice things that gave us encouragement," the coach said.

While Mike Potter's Hawks were able to create a bit more offense against the SHHS Hilltoppers (2-1, 1-0), "We gave up too many big plays and had too many turnovers," the head coach said following a 48-21 loss, dropping HVA to 0-3, 0-1. "This is two weeks in row.

"But I'm still proud of my team for not quitting," he added. "I still think we're getting better."

A 22-yard pass from sophomore quarterback Caleb Smith to senior Braden Schloff, then a 19-yarder to senior Michael Spurgeon, set up the first of two Ryan Nichol TD runs, as the Hawks kept things close in the first half.

The senior scored from 5 yards out, then hit paydirt from 3 yards following a recovered punt fumble. A 26-yard Smith-to-Schloff connection helped set up the second tally.

Smith added a late 2-yard scoring run. "I thought he handled himself pretty well," Potter said of Smith. "He will grow from this."

Junior kicker John Aragon converted all three extra-point attempts.

### Week 4 schedule

It will be Senior Night at Farragut High School, as the Admirals (1-1) come off a bye week to host non-region rival Oak Ridge (2-1) beginning at 7:05 p.m., tonight, Thursday, Sept. 10, at Bill Cla-bo Field.

Hardin Valley stays on the road facing yet another tough test: two-time defending Class 5A state champ Knoxville Central (3-0) will welcome the Hawks into Dan Y. Boring Stadium beginning at 7:30 p.m., Friday, Sept. 11.

Bearden also stays on the road, heading south down Interstate 75 to face Bradley Central (2-1). Opening kickoff is 7:30 p.m., Friday.

Christian Academy also remains a road Warrior, traveling to Stone Memorial (1-2) in Crossville. Opening kickoff is 8:30 p.m. EDT, Friday.

Webb heads up Interstate 81 to face David Crockett (1-2) with opening kickoff at 7:30 p.m., Friday.

Knoxville Catholic (1-1) will have its second straight bye week.



Potter

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Soph. QB

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Quick is Teacher of Year at HVA

TAMMY CHEEK  
tcheek@farragutpress.com

Hardin Valley Academy faculty recently chose Dr. Travis Quick, HVA's chemistry teacher, as the school's Teacher of the Year for 2019-20.

Quick initially was chosen as one of six candidates, five teachers and one school counselor.

"I was selected by my peers in the building for this honor," he said. "Every day, each teacher in our building gives their best to make sure our kids are OK."

"We also are trying to assure that they are learning from us about whatever subject we are teaching," Quick added. "I am humbled by being chosen by my peers for this honor. I feel that on any given day, any one of us could be just as good."

He learned about the honor by an all-staff e-mail from principal Dr. Rob Speas Friday, Aug. 27.

"My first reaction was a moment of shock," Quick recalled. "Knowing the other five colleagues that were nominated with me, I truly didn't think I would win."

"I do not know why I was chosen," he added. "I think my colleagues recognized the fact that I try to teach my kids chemistry no matter what their situation is."

See QUICK on Page 4C

Champion pair



Photos submitted

(Above) Aimee Wagner shows the judge's high scores and comments from her third U. S. Figure Skaters Association gold medal, which she won July 31. (Right) Wagner with her mother, Su Jackson Wagner, who competed in the 1984 Winter Olympic Games representing Great Britain.



Like mom, Aimee 'gold'en

MICHELLE HOLLENHEAD  
mhollenhead@farragutpress.com

Aimee Wagner seemed destined to skate.

The daughter of British Olympic, World and European competitor Su Jackson Wagner, Aimee said she "has been at the ice rink since I was 7 months old — I was raised at Cool Sports," and started skating at age 3. In recent years, the Farragut High School 2020 graduate has more than come into her own, earning three Senior-level gold medals of achievement from the U.S. Fig-

ure Skating Association and is on her way to earning a fourth.

It is not only a significant personal accomplishment, but Wagner also is the first member of Knoxville Figure Skating Club, based out of Cool Sports Home of the Icearium, to earn three gold medals in three different disciplines.

"It is a pretty big deal when you realize how very few skaters — less than 1 percent — actually achieve one gold medal," Su said.

"I am very proud of her, as not only her mother, but as her life-

See AIMEE on Page 3C



Photo courtesy of Tina Fox

Farragut High School Marching Admirals trumpeters, from left, Mason Fox, Evind Granroth, Thomas Nagy and Gabby Brown, during a recent practice.

Adjusting to difficulties, limits, Marching Admirals plug ahead

MICHELLE HOLLENHEAD  
mhollenhead@farragutpress.com

The Farragut High School Marching Admirals may look a little different this year, but enthusiasm remains high for the program despite hurdles it has overcome during the last several months, including scuttled in-person band camp and a leadership change.

Their program, "1ne," will

only be performed at home football games this year. Members will not be wearing their official uniforms, but will be dressed informally in their "summer uniforms" of polo shirts and khaki shorts.

"But we will still be playing fun music, and if all they can do is stand there and play, it will be enough," said assistant band director Elizabeth Gott, who is in her third year with the program.

"This is their passion, it is what they do and where they belong. Just being able to get back to their safe space has meant everything to these kids."

Barring unforeseen circumstances, the band will perform this Thursday, Sept. 10, during the Admirals game versus rival Oak Ridge on Bill Clabo

See BAND on Page 3C

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• **Knoxville Bar Association announces a Virtual Legal Advice Clinic** for veterans, as an attorney will contact a participating veteran from **noon to 2 p.m., Wednesday, Sept. 16.** Contact Legal Aid of East Tennessee at 865-637-0484 to request a preferred date to be contacted for clinic intake. Available intake dates are **Thursday and Friday, Sept. 10-11,** and **Monday and Tuesday, Sept. 14-15.**

• **MEDIC Regional Blood Center continues to screen all donors** for COVID-19 Antibodies, through **Wednesday, Sept. 30,** an effort to identify COVID Convalescent Plasma donors to increase inventories to meet the demand of regional hospitals. MEDIC continues to screen donors at all of its regional locations, including 11000 Kingston Pike in Farragut. Visit [www.medicblood.org](http://www.medicblood.org) for locations and screening times.

• **Knox County Health Department 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.**

• **Non-profit Smoky Mountain Service Dogs needs the public's help** to meet its goal of pre-selling 1,000 specialty plates, the proceeds of which will fund SMSD training of mobility assistance service dogs for veterans with service-connected physical and psychological disabilities. To purchase the plate, visit [www.smokymountainservicedogs.org/](http://www.smokymountainservicedogs.org/).

• **From 3 to 8 p.m., Sunday, Oct. 4,** “Shop Farragut will assemble vendors from all across the Farragut Business Community for the first Farragut Fall Festival,” said Stephen Krempasky, Shop Farragut/Farragut Business Alliance executive director. “The Festival will feature three dozen retail and promotional booths including food and beverage vendors. They will showcase their products and services in the former Kroger Parking lot, 11240 Kingston Pike.” With admission free to the public, “Participating businesses include a wide variety of retailers,” Krempasky said. “Patrons can get food and drink from The Admiral Pub, Water Into Wine bistro & lounge, The Farragut Table, Kiki’s Hawaiian Shave Ice, Mucho Gusto, Cruisin Cuisine, Sof-Tee Serve Ice Cream and Berrylicious Bouquets.”

Also available will be “information, discounts or merchandise from the Farragut area businesses,” he added, listing the following: Great Clips; Jessica Phillips, CPA; 865LIFE Wearables; Premiere Martial Arts; Amazing Nails with Kellie; Kat’s Lash Lounge & Wax Studio; Sir Goony’s; Simply Physio; Snooty Patootie; STAR Riding Academy; Knoxville Academy of Music; Staybridge Suites - Knoxville West; Faith Promise Church | Farragut; Villages of Farragut; 865 Candle Company; Young Living Essential Oil; Root Journey; Blush & Bashful; Cool Sports Home of the Icearium; Exodus Chiropractic and First Watch Café.

Parking can be found on the “north or east sides of the old Kroger parking lot, at Farragut High School (including along Lendon Welch Way) and at West End Center,” Krempasky said.

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**A:** I’m sorry to hear about Lady. Glaucoma is disease of the eye in which the pressure inside the eye gets too high. Glaucoma affects many species of animals, including dogs, cats, horses and cattle. Untreated, it eventually leads to blindness.

The pressure increases, then the normal fluid (called aqueous humor) inside the eye does

not drain properly. This can occur for several reasons, such as obstruction or clogging near the drainage area or structural changes that prevent normal function. In these cases, the disease typically occurs in both eyes eventually. Other eye diseases,



**Stephanie Myers**  
**Ask the Vet**

cancer or trauma can also lead to secondary glaucoma.

As you mentioned, glaucoma is not just a disease of elderly dogs. We have unfortunately seen glaucoma in patients younger than Lady. Although glaucoma may occur in any breed, certain breeds are predisposed, including pugs, cocker spaniels, basset hounds and beagles.

Glaucoma is diagnosed with a small handheld instrument called a tonometer. The eye is temporarily numbed for the exam, and the process is not painful. Treatment consists

**See ASK VET on Page 4C**

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Wed: Cultivate (6:45 PM)

**Relevant Word Broadcast**  
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Aimee

From page 1C

long coach,” the former Olympian added.

Su, who coached her daughter through her Senior-level Moves in the Field and Free Skate noted Marcia Little of Cool Sports was Aimee’s coach for her third medal accolade in Senior Solo Free Dance. “She has worked very hard, and I am thrilled for her accomplishments,” mom said.

“It’s not always been easy, figure skating is hard, but with tenacity, determination and hard work she has persevered to come out on top,” she added.

To earn a medal, skaters must complete up to eight tests per level. Aimee achieved her third medal July 31 in Nashville and currently is working toward a fourth gold in Partnered Pattern Dance. “I do like competing,” said Aimee, comparing herself to siblings, Chloe and Ian, who also skate. “I’ve always been the one on the more competitive side.”

Su, who skated professionally after her competitive career

with international touring companies for many years before settling down in Farragut and coaching at Cool Sports, said even though all three of her children have a love for the ice — Ian plays hockey at the facility — she never forced their decisions.

“From the time they were little, I didn’t want them to feel pressured to skate just because I did,” she stated. “They did many other activities — both Aimee and Ian did gymnastics, while Chloe was involved in musical theater and chorus, but eventually all of them gravitated to their favorite sport, skating.”

Aimee, who currently is attending Pellissippi State Community College online with future plans in the medical field, has auditioned for Disney on Ice, a professional route Chloe successfully pursued until COVID-19 brought her back home.

Working as a Junior Skating coach for Cool Sports’ Learn to Skate program, Aimee also works at Longhorn Steakhouse in Turkey Creek.

Band

From page 1C

Field. The band was scheduled to play at the opening game against Bradley Central Friday, Aug. 21, but thunderstorms prevented field access.

Gott stepped into the interim band director role earlier this summer when director Ken Carrico took a leave of absence for family reasons.

“I was happy to step in and do what needed to be done,” Gott said. “He and his wife are expecting, and I want him to do what he needs to do for his family right now.”

It was just one more challenge for a program that has overcome its share this year.

While the Marching Admirals had planned to host in-person band camp this summer, plans were dashed at the last minute due to COVID-19 concerns. But the nearly 150 band members soldiered on, participating virtually from

home. Organizers and parents ultimately were able to provide on-campus practice sessions.

“There won’t be the band competitions we have had in the past, but we are looking for other opportunities to perform in the community, maybe for the opening of businesses or restaurants,” Gott said.

Darbi Flaherty has been working with Gott as her program assistant. “She is phenomenal,” Gott said.

In addition, “Parents have rallied around me, and have been so kind, understanding and supportive,” she added. “I’m just so thankful to be part of this program.”

“We stand behind Mrs. Gott 110 percent,” said Tina Fox, band parent and chaperone coordinator whose son, Mason, is a sophomore trumpet player and whose husband, Brian, is co-vice president of fundraising with the FHS Band Boosters. “She is a trouper and just took the ball and ran with it.”

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Ask vet

From page 2C

of lifelong medications. Surgery may be an option, depending on the exact cause of the glaucoma.

Pets with early glaucoma may appear

normal to owners, and since pets can not verbalize their feelings, the disease can go undetected for a while. Some dogs present with advanced disease, with a red, bulging, painful eye. Unfortunately, some of these patients have permanently lost their vision. Sadly,

surgical removal of the eye (called enucleation) is a last resort for cases when the medication is not controlling the pressure, the eye is terrible painful or there is a tumor present.

Hopefully, Lady will respond well to her new medications. Glaucoma is a

serious condition, so please follow your veterinarian’s recommendations for treatment and follow up visits.

If you have a question about your pet, you may e-mail Dr. Myers at lenoircity-ac@gmail.com

Quick

From page 1C

“I try to make it approachable and fun at the same time.”

This is Quick’s 10th year teaching chemistry, all at Hardin Valley. “I owe my Teacher of the Year honor to many people, but there are two in particular,” he said. “First is Dr. Christiane Barnes, the professor I was a (teaching assistant) for at (University of Tennessee) while in grad school.

“She helped me discover my passion for actually ‘teaching’ chemistry,” Quick said. “She was also, I found out later, the pivotal recommendation in my getting the job at HVA.”



Quick

The second “is Mrs. Sallee Reynolds,” he added. “She took a huge chance on hiring me, a Ph.D. in chemistry, with zero high school teaching experience.

“Ten years later, I’m doing what I love, at the place I’m supposed to be,” Quick added. “I can’t think of a better situation to be in at this point in my career.”

Before becoming a teacher at HVA, he was in a post-doctoral position at Oak Ridge National Laboratories for two years, which started after earning a Ph.D. in organic chemistry from UT.

“While I was in graduate school at UT, I was a teaching assistant for the freshmen chemistry classes,” he said. “I began to realize that many students were unprepared for chemistry coming out of high school.

“While working at ORNL, I was chatting with folks, asking ‘what’s next?’ For a Ph.D., that usually means college/university academia or industry,” Quick added. “I knew I didn’t want to work in industry and going to academia was not desirable to me.

“I reflected back to my time as a TA and then realized that teaching high school chemistry was where my talents could be best utilized.”

Reflecting on his chosen career, Quick said, “Every kid that walks through my door, I have one hope for: that by the end of their time with me, they will have learned some chemistry, figured out how to become a better student and that they are able to think critically about things when presented new ideas.”

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FARRAGUT BEER BOARD  
September 10, 2020 • 6:55 PM

I. Approval of Minutes  
A. August 27, 2020

II. Beer Permit Request  
A. Approval of Class 1, On-Premise Beer Permit for Cracker Barrel Old Country Store 716 N. Campbell Station Road

It is the policy of the Town of Farragut not to discriminate on the basis of race, color, national origin, age, sex, or disability pursuant to Title VI of the civil Rights Act of 1964, Public Law 93-112 and 101-336 in its hiring, employment practices and programs. To request accommodations due to disabilities, please call 865-966-7057 in advance of the meeting.

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FARRAGUT BOARD OF MAYOR AND ALDERMEN AGENDA  
September 10, 2020  
WORKSHOP - Short-Term Rentals 6:20 PM • BEER BOARD - 6:55 PM • BMA MEETING - 7:00 PM

I. Roll Call

II. Approval of Agenda

III. Approval of Minutes  
A. August 27, 2020

IV. Mayor's Report  
A. Daughters of the American Revolution & Constitution Week Proclamations

V. Ordinances  
A. Public Hearing & Second Reading  
1. Ordinance 20-09, An ordinance to amend Chapter 4, Alcoholic Beverages, Article 2, Beer, to amend the Class 4 Tavern Permit and to create the Class 7, Brewpub Permit.  
2. Ordinance 20-16, an ordinance to amend the Town of Farragut Zoning Ordinance to permit for Brewpubs in commercial zoning districts  
B. First Reading  
1. Ordinance 20-12, an Ordinance to

rezone the property at 11824 Kingston Pike, Parcel 025, Tax Map 152C, Group J., 1.81 Acres from Office (O-1) to General Single-Family Residential (R-2) (Troy and Evangella Stavros, Applicant)  
2. Ordinance 20-13, an Ordinance to rezone Parcel 021.03 and a portion of Parcel 021.01, Tax Map 153, from Rural Residential (R-1) to General Single-Family Residential (R-2), 7.35 Acres (Rackley Engineering, Applicant)  
3. Ordinance 20-14, an Ordinance to amendment to the Farragut Municipal Code, Chapter 22., Article 5. – Driveways and Other Access Ways, Section 22-150, Specifications; permanent access, (2) Access to and from property being developed, as it relates to circular drives on corner lots with more than 350 feet of total street

frontage (Town of Farragut, Applicant)  
4. Ordinance 20-15, an Ordinance to amendment to the Farragut Municipal Code, Chapter 113 – Tree Protection, Section 113-4. – Applicability, as it relates to provisions for utilities (Town of Farragut, Applicant)

VI. Business Items  
A. Approval to Close Jamestowne Blvd on Friday, October 30 for the Freaky Friday Event  
B. Approval of Amendments to the Town of Farragut Traffic Calming Policy  
C. Approval of Appointments to the Education Relations Committee  
D. Approval of 2020 Parade of Homes Directional Signage  
VII. Town Administrator's Report  
VIII. Town Attorney's Report  
IX. Citizens Forum

This meeting can be viewed live on Charter channel 193 and TDS channel 3. The meeting will be held virtually, authorized by Governor Lee's executive orders regarding the COVID-19 pandemic. Meeting comments, including your name and address, may be emailed to comments@townoffarragut.org and must be received by 12:00pm on September 10 to be included in the record of the meeting.

It is the policy of the Town of Farragut not to discriminate on the basis of race, color, national origin, age, sex, or disability pursuant to Title VI of the civil Rights Act of 1964, Public Law 93-112 and 101-336 in its hiring, employment practices and programs. To request accommodations due to disabilities, please contact the ADA Coordinator at jcurry@townoffarragut.org or 865-966-7057 in advance of the meeting.





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**FARRAGUT MUNICIPAL PLANNING COMMISSION AGENDA**

September 17, 2020 • 7:00 p.m.

This meeting can be viewed live on Charter channel 193 and TDS channel 3." The meeting will be held virtually, authorized by Governor Lee's executive orders regarding the COVID19 pandemic. Meeting comments may be emailed to [comments@townoffarragut.org](mailto:comments@townoffarragut.org) and must be received by 12:00 p.m. on September 17 to be included in the record of the meeting. Anyone that wishes to provide comments must include their name and address. For questions please e-mail Mark Shipley at [mshipley@townoffarragut.org](mailto:mshipley@townoffarragut.org)

1. Approval of agenda
2. Approval of minutes – August 20, 2020
3. Discussion and public hearing on a re-subdivision plat for Lots 17-19 in Unit 2 of the Split Rail Subdivision, Zoned R-1/OSR (Adam Schmeing Land Surveying, Applicant)
4. Discussion and public hearing on a rezoning of the property at 1013 McFee Road from Agricultural (A) to Open Space Residential Overlay (R-1/OSR), 24.85 Acres (Rackley Engineering, Applicant)
5. Discussion and public hearing on a preliminary plat for the Brookmere Subdivision, Phase 2, 52 Lots, Zoned R-1/OSR,

6. Discussion and public hearing on a preliminary plat for Goin Property Subdivision, 11 Lots, Zoned R-1 (current) with R-2 (pending), 7.09 Acres (Rackley Engineering, Applicant)
7. Discussion and public hearing on an amendment to the Farragut Municipal Code, Appendix A., Zoning, Chapter 4., Section XXIV. – Special Events Permit, to allow for food trucks for special events sponsored by a homeowner's association (Town of Farragut, Applicant)
8. Discussion and public hearing on amendments to the text of Comprehensive

- Land Use Plan Update as it relates to the Mixed-Use Town Center and use descriptions (Town of Farragut, Applicant)
9. Discussion on an amendment to the Farragut Municipal Code, Appendix A., Zoning, Chapter 4., Section XXIX, - Grand Opening Special Events Permit, to provide for different sign related provisions (Town of Farragut, Applicant)
10. Discussion and public hearing on Public Comment Protocol for Planning Commission meetings
11. Approval of utilities
12. Citizen Forum

It is the policy of the Town of Farragut not to discriminate on the basis of race, color, national origin, age, sex, or disability pursuant to Title VI of the Civil Rights Act of 1964, Public Law 93-112 and 101-336 in its hiring, employment practices and programs. To request accommodations due to disabilities, please call 865-966-7057 in advance of the meeting.

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# Ladies 18-Hole Club Ryder Cup

The Red Team’s 21-9 win versus the Blue Team capped the Inaugural Ladies 18-Hole Club Ryder Cup, featuring members of Fox Den Country Club, a two-day tournament with 24 golfers — 12 Red, 12 Blue — at the FDCC course Wednesday and Thursday, Aug. 26-27.

A black cup with gold trim, which included a gold-plated inscription “Fox Den Country Club Ladies Ryder Cup Champion 2020,” was presented to Catherine Manning, Red Team captain, by Danny Ackermann, FDCC head PGA professional.

Individually, Red Team member Karen Jones provided added excitement by nailing a hole-in-one on No. 13 hole. “It was Ms. Jones’ fourth career hole-in-one,” said Debbie Siddons, a teammate of Jones and event spokeswoman.

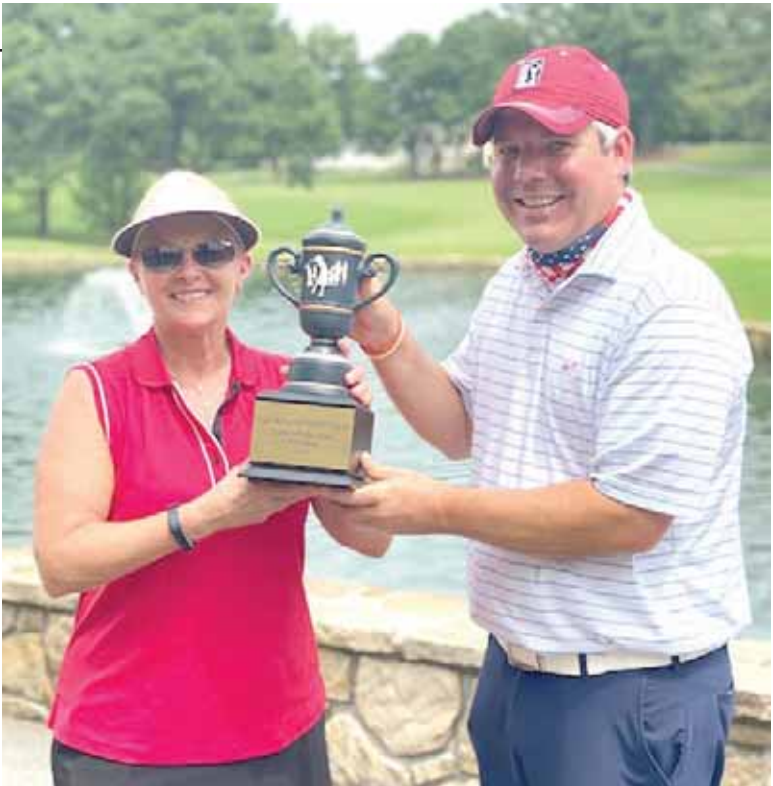
The first day consisted of net best-ball play on the front nine holes, with scramble match play on the back nine. Day two was select drive/one net best-ball on the front nine and singles match play on the back side.

Each match win was worth one point, with a tie a ½ point.

“A great time was had by all who participated, and we look forward to next year’s competition,” Siddons said. “There were many close matches between the two teams.”

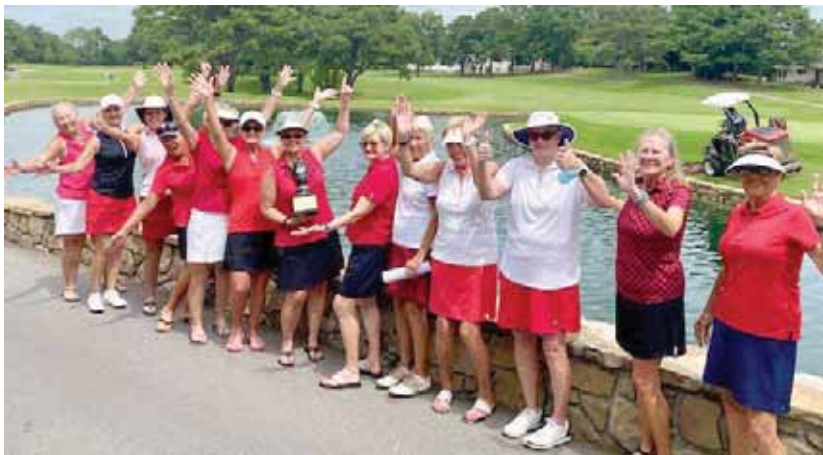
Manning and Kathy Jackson, Blue Team captain, chose teams according to golfer handicaps to create a balance of talent.

A celebration luncheon inside FDCC concluded the event Aug. 27.



Catherine Manning, representing the Red Team as its captain, receives the Inaugural Ladies 18-Hole Club Ryder Cup trophy from Danny Ackermann, Fox Den Country Club head PGA professional.

Photos submitted



Red Team celebrates Ladies 18-Hole Club Ryder Cup title



Karen Jones at No. 13 green after nailing her hole-in-one



From left, Jamie Knowling and Barbara Reynolds of the Blue Team, versus Debbie Siddons and Betty Thomas of the Red Team



From left, Carol Hornstra and Linda Hopkins of the Blue Team, versus R.J. Whitfield and Brenda Curtis of the Red Team



From left, Jill Tomlinson and Betty Dick of the Red Team, versus Mary Christofferson and Grace Mutz of the Blue Team



On the ends are Red Team members Tina Sanders, left, and Karen Jones, versus Blue Team members Kathy Jackson, left team captain), and Donna Farinella.



Annette Stevens, far left, and Betty Macdonald, third from left, of the Red Team, versus Judy Strandquist, second from left, and Sally Hedgepeth of the Blue Team



From left, Janet Greene and Kathy Metcalf of the Blue Team, versus Marty Cox and Pat Krogmann of the Red Team





# CHAMBER LIFE

"MISSION: TO STRENGTHEN, PROMOTE, AND CREATE BUSINESS OPPORTUNITIES THROUGH RELATIONSHIPS AND EDUCATION THAT ENCOURAGE MEMBER SUCCESS."

VOL. 34, NO. 9

A PUBLICATION OF THE FARRAGUT WEST KNOX CHAMBER OF COMMERCE

SEPTEMBER 2020



## Pandemic Style

### HOW TO NETWORK

COVID-19 has changed a LOT about the way we live, work, and connect, but one thing hasn't changed: the need to network. Even though the chance to meet people in person hasn't been as frequent (or maybe you're a little rusty, since good networking needs practice like any skill) there's no reason you can't make the most of your networking opportunities. A lot of these points are techniques we've gleaned through industry professionals, articles, past and current chamber members, and the 120+ business events and programs the Chamber offers every year. Much of this is classic advice, with a pandemic patina.

- **Update your profiles**—all of 'em. Make sure your social media, professional and email profiles have your current role, office hours and how best to reach you. Make it EASY to potentially do business with you. This is also a good time to update your headshot with a fresh photo since others may not have seen you in a while.

- **Maintain relationships.** Check on people. Go for coffee, then DON'T talk business. This is the concrete foundation of good networking and where the value lies. (People do business with those they like, they trust and who CARE about them.)

- **Be certain about how YOU want to network.** And then be POSITIVE about it. Don't apologize for or over-explain why you cannot meet in person

(you can share this info during your meeting if the topic arises). Do be clear about how you're taking meetings and say it with a smile. i.e. "I'd love to learn more about your work! I'm happy to do a ZOOM meeting or a phone call this Friday after 1pm. Which one works best for you?"

- **Be FLEXIBLE** with how OTHERS want to network. And mean it. Really, truly, be okay with their varied comfort levels right now.

- **In person OR online, you must be present to WIN.** We're not talking door prizes here. Commit to being fully engaged in the networking sessions you attend. In person: Put your phone on silent for 30 minutes, or leave it in the car. If protocol calls for masks, people won't have the benefit of your FULL facial expression to READ. We know 55% of communication is facial/body language and 38% is tone, which may also be harder for some people to pick up on through the mask (haven't we all realized how hearing impaired we are these last months?). That leaves very little to go on, so give those you meet your FULL attention. Online: Treat online networkings or ZOOM calls the same as an in-person meeting. Dress how you want to come across, at least from the waist up. Look at your device camera as much as you can to make the other person(s) feel you're looking at THEM. If waiting your turn to speak, don't do things on camera that would

be considered rude or unprofessional in person; if you must do something else while waiting to speak, turn your video OFF (you should already be muted if not speaking), and have your business logo or a great photo of you as the placeholder. Keep close track of what's going on so you can be ready to introduce yourself when it's time. Don't be the kid who "fell asleep in class."

- **Know WHY you go,** and be consistent with it. COVID has taught many of us how precious time is, and how badly we need a good work/life balance. Your time is sacred, so when you choose to spend it networking, figure out and know why you go to each event you make time for (Socializing? Meet potential clients/referrals? Meet someone from a specific industry?). Whatever the reason, strategize, and then remember your purpose.

- **Seek out people you DON'T already know.** If you're naturally shy, go to a live event with a friend or attend an online event hosted by someone who knows you pretty well, but don't let that support become a shield. Tell your friend their job is make SURE you talk to 2-3 people OTHER than them, and ask them to hold you to it. Online, strike up a chat with people you don't know who you're curious about. Ask for an email or followup meeting.

- **Spend 3 seconds on your "What", and the rest on your "WHY."** Most everyone has a good idea of what a

CPA, Branch Manager, or Marketing Associate does. Tell what you do but spend more time on WHY you do it. Even if this isn't your dream job, it likely has aspects that are setting you on your way to it. Talk about your passions. Passion is what engages us.

- **Use cards more sparingly** (but always have them). ASK only for cards you want (you control the follow up this way). Don't try to give out all of yours, because—"shockingly"—not everyone wants your card.

- **Stop selling.** Just stop. Networking is not a sales meeting. Use networking time to network. Set up the sales meeting outside of it.

- **Talk less. Listen more.** People love to talk about themselves. Try the questions-only trick: Sit down with a friend, family member or coworker and only ask them questions for two minutes. Listen to their answers; ask related follow-up questions. Be curious and sincere. Do not be tempted to inject your own commentary. You'll be pleasantly shocked—as will they if they don't know what you're doing—at what they'll share, their response, and what you'll learn about even people you think you know.)

- **Be of service.** Introduce others. Connections = Magic. (1) It rarely fails to feel good when you're in a mindset to help others. That feeling shows, and

See PANDEMIC-STYLE on Page 2

## In-Person Orientation Scheduled for October

It's official; the Chamber will host an in-person orientation for new business members on October 13 from 11:30am to 1:00pm at the Farragut Community Center. Unlike prior orientations, attendance will be limited to approximately 60 people to ensure each attendee maintains adequate social distance.

The Fall Orientation will still allow for pre-program networking, individually wrapped refreshments, and an introduction to Chamber staff, board, ambassadors and chamber partners, while teaching businesses how to best take advantage of the chamber's many benefits, several of which have expanded and been added onto amid COVID-19. Newly joined members, members with newer staff, and businesses curi-

ous about chamber membership can all register to attend. Links will be available on the Chamber's website ([www.farragutchamber.com](http://www.farragutchamber.com) > Events, select the event on October 13) or on the Chamber's Facebook Event page set up for the orientation. Attendees should plan to bring business cards for meeting fellow businesses and for door prizes. Touchless temperature checks will be performed at check in, and masks are required upon entering/exiting or moving around the building.

Sponsorships for this program are industry inclusive at \$300 and provide excellent marketing exposure plus a presence at orientation. Contact [julie@farragutchamber.com](mailto:julie@farragutchamber.com) or call (865) 675-7057 for details.

## Tech Offerings On the Way

Do you need help with technology or wish you knew which digital platforms to concentrate on? What ARE Google Adwords, anyway and why do they matter? Isn't LinkedIn just another resume site? The chamber is partnering with several tech-forward entities to provide businesses with a series of courses aimed at helping them increase their digital/online presence and explore other key topics like Google advertising, DIY web design (and when NOT to "DIY"), social media and more.

The first in the "FWKCC Tech Topic" series will feature Epic Nine Marketing on Wednesday, Sept. 30 from 8:30-10:30am at Milestones Event Center in Farragut. Epic Nine Marketing Consultant & Social Media Expert, Tonia Latham, will walk attendees through how to "Leverage Your Linke-



dIn", discussing current trends for how to make the most of the platform, and also give hands-on help with their own individual and business profiles. All at-

See TECH OFFERINGS on Page 4

## ENTERPRISE CLUB

These Chamber members generously contribute to the Chamber and the Continuing Education Grant Program above and beyond their annual dues.

<p><b>ADMIRAL ELITE</b></p>	<p><b>ADMIRAL</b></p>
<p><b>CAPTAIN</b></p>	<p><b>ADMIRAL</b></p>
<p><b>ANCHOR</b></p>	<p><b>PROPELLER</b></p>



## Member Briefs

Looking for more details on a specific event, special or job? Go to [www.farragutchamber.com](http://www.farragutchamber.com) to see these and other member items!

Maribel Koella, Owner, director, and principal broker of the commercial real estate firm **NAI Koella RM Moore** was recently chosen by [GlobeSt.com](http://GlobeSt.com) as a Standout for its Women of Influence Awards for 2020. Koella was one of 45 women nationwide to receive the honor, which is given annually to accomplished and impactful leaders working in commercial real estate. Congratulations Maribel!

Congratulations to **Mortgage Investors Group's** Chrissi Rhea, Co-founder, and President, for growing southeast residential lender! Visit [www.migonline.com](http://www.migonline.com) for more information.

Backlog at the IRS. Due to a COVID-19 related backlog, some taxpayers' checks may still be unopened. You may find that the IRS has not given you credit for payments made on time, even well before the deadline. Do not be alarmed. The IRS will post these checks on the date received rather than the date the IRS processed them. **Kruggel Lawton CPAs** is here for you! If you have concerns about your tax bill and IRS account contact them immediately at (865) 310-7244 or visit <http://www.klcpas.com> for more information.

**Pellissippi State** is now offering a variety of noncredit online classes and certificates allowing flexible scheduling so you can learn when it is convenient for you: Accounting & Finance, Management, Customer Service, Data Science, Communication, and Marketing. Searching for a topic or online class? Call them at (865) 539-7167 or visit <http://www.pstcc.edu/bcs/workforce.php> for more information.

If your business already relies on fast Internet from **TDS**, keep your competitive edge by upgrading to even more speed with 250x50Mbps fiber Internet. You will pay only \$20/mo. more for three years! Upgrading from your current 25Mbps TDS Internet speed means you will get greater efficiency for your employees, more responsiveness with your customers, and incredible value for your business. Priority technical support is available 24/7 for business customers. TDS also offers limited-contact appointments, to help keep everyone safe. Call 1-833-409-7378 to speak with a specialist about upgrading to faster fiber business Internet speeds with TDS.

Signs and visual graphics are an important part of germ protection; protect your employees, customers, and your business. They communicate the importance of hand washing and cleaning procedures as well as traffic flow and directions to make your business run smoothly and efficiently. From building access signs to safety and social distancing cues **FASTSIGNS®** has the solutions to keep your business going. Call (865) 558-0180 or visit <http://www.fastsigns.com/134> to learn more.

Do not cancel. Create. See how you can save your event with a dynamic virtual experience. They love being around people... at networking events, at fundraisers, trade shows, and pretty much any other opportunity to meet new people and socialize with old friends. Since large in-person events are on hold for a while, they have launched a new service to help business, nonprofits, and professional organizations save the events that your marketing and budgets depend on. **EpicNine Marketing Outfitters** introduces **Epic Virtual Events**, or **EVE**. To inquire, call (865) 240-0297.

Plan now for less hassle at the holidays! Join the growing number of property owners who have hired professionals to handle one of the toughest holiday chores: outdoor lighting and decorating. Wendell Redmond of **Christmas Decor of Knoxville** is ready to offer property owners a "flip the switch" solution to holiday decorating. For more information on having Christmas Decor decorate your home or business, or to schedule an appointment for a consultation or installation, contact Wendell at (865) 769-0039. You can learn more at [www.christmasdecor.net](http://www.christmasdecor.net).

# Ribbon Cuttings

## Southern Safety Supply Aug. 11, 2020



Sara Sizemore, center, gathers with her daughters Bailey Galloway and Madison Bolden and son-in-law Rick Bolden as she cuts the ribbon with various Chamber members who are on hand to help celebrate.

## Tennessee Valley Pool and Spa Aug. 14, 2020



Pool and spa season is not over yet as, 3rd from left, Jamie Decker, Andrew Craig, Shane Decker- with scissors, and Chase Decker officially open their store!

## Knoxville Academy of Music Aug. 31, 2020



Waiting with owner Jeff Comas- center, for the countdown to cut the ribbon is instructor Mr. Marek Rosinski, Town of Farragut Assistant Town Administrator Trevor Hobbs, Brandi Clifton-Cowan, April Henderson, Christian Cain, Steve Krem-pasky- *Farragut Business Alliance*, Chamber members and guest.

### Pandemic-Style From page 1

helps bolster confidence in networking setting where you may feel unsure of yourself. (2) Sometimes, you'll make what becomes a valuable connection for someone ELSE... and then that person or BOTH people will be on future lookout to help YOU. We can always use more allies in our business corner.

- **Get comfortable with technology** and use this time to polish your presentation (including your emails). Mobile and voice-to-text communication aside (iffy at best), don't waste the opportunity of presenting yourself well digitally. Would you show up for a meeting with your shirt unbuttoned? Overly careless errors or the absence of punctuation in electronic communication looks the same way. Be

on the lookout for typos or errors or use a spellcheck. If it's more than a line or 2, READ the communication aloud before you hit SEND to be sure it makes sense. If digital communication is all we have, let's be clear and clean with it. (It IS okay, in my opinion, to add a disclaimer stating: "Sent from my AppleJackPad device; please forgive unintended typos or errors" or "This is a mobile message that may have been created using voice-to-text while traveling; forgive errors." So long as you know this only gives you a pass for minor stuff when responding briefly to very time-sensitive messages; it does NOT excuse you from sending clean and clear messages the other 95% of the time.)

- **Be impeccable in word;**

**See PANDEMIC-STYLE  
on Page 3**

## MEET the BOARD

*The Farragut West Knox Chamber board is comprised of a broad spectrum of corporate and community leaders and is governed by an Executive Board. These volunteers provide support and guidance to ensure the fulfillment of the chamber's mission. Please thank them when you meet them!*

### Board Member Name/Role:

Matthew Bryan / Director (as of July 2020)

### Member Business/Role:

Bryan Insurance (Farragut & Maryville offices), President/Principal Agent

### How you benefit from our Chamber?

Met a lot of people, great networking, and events

### What is your greatest business success to date?

Owning my own business

### What has been your greatest business frustration?

Also owning my own business (LOL); staffing issues are always the most challenging

### Most positive trend facing businesses today?

Growth and technology

### Most negative trend facing businesses today?

COVID, work from home, political risk, and economic bubbles that seem to be rising

### Job/career you wanted when you were 10 years old?

I wanted to own a baseball card/sports card store

### Last book you enjoyed?

Traction by Gino Wickman



## Matthew Bryan

### Favorite genre of music?

Country

### Favorite hobby/activity?

Investing in real estate; riding motorcycles

### Favorite movie? Forrest Gump

### Favorite place to visit?

Maui, HI

### Most influential person in your life?

My father, Darrell Bryan

Greatest lesson you have learned? "Kill 'em with kindness!"

### Greatest lesson you teach?

Everyone has a story. Listen.



# Networkings

## Milestones Event Center, Abuelos, & Knoxville Room Service – Aug. 6, 2020



Tonya Alsobrooks- Milestones Event Center, Haley Krotz- Knoxville Room Service, and John Volpe- Abuelo's team up for their annual triple-hosted networking.



Young-Williams Animal Center representatives Grace Bennett and Stephanie Eastman Voza happily wait for refreshments.

## TradeBank, All Occasions Party Rentals, and The Farragut Table – Aug. 20, 2020



Terry Turner- All Occasions Party Rentals, Katy Bagdon- The Farragut Table, and Tyke Hillmer- TradeBank of Knoxville host the evening's event.



New members Amanda and Brad Spencer- Bin There Dump That get acquainted with FWKCC President Julie Blaylock.

## West Under 40: Foodtrucks in the Park – Aug. 27, 2020



First Utility District sponsored singer/songwriter, Slade Adams (right) plays and sings a medley of acoustic music at Tristar Park.



Above: West Under 40 committee member, Cody Barnes-First Citizens Bank, takes care of the check-in tent and touch-free temperature checks.

Left: Chamber board director, Teri Jo Fox-The Knox Fox Real Estate Group, pauses for an in-line photo with Kim Hohman, Realtor-The Knox Fox Real Estate Group, while waiting for a frozen cookie dough confection from the Knox Dough foodtruck.

### Pandemic-style

From page 2

honest in errors; and give GRACE (it comes back to you). Follow up is more important now than ever. Inboxes are overloaded. Technology is not perfect. Neither are you. If you don't intend to follow up with someone you meet, don't tell them you will. Simple. If you follow up and it's not a fit, be honest/clear so no one's time is wasted. If you follow up and don't get a response, check back in a week in a different format, like a phone call or text message (so many of us are landing in SPAMland!), but then leave it be, and move on to the next contact. Be kind if people are a bit scattered right

now juggling schedules they never imagined, like home-school.

For future in person or virtual offerings, follow the Farragut West Knox Chamber on Facebook (@farragutwestknox-chamber) or check our calendar at [farragutchamber.com](http://farragutchamber.com) > Events. Members receive bi-weekly e-newsletters giving the most up to date information on networking events through our chamber and through our partners.

(Sources for tips: David Horsewood, Fire by Light LLC at [www.firebylight.com](http://www.firebylight.com); "10 Rules for Sucking Less at Networking", Terry Bean on LinkedIn; "3 Tips for Networking Amid COVID-19," Pushing the Envelope Marketing & Public Relations at [www.getpushing.com/blog](http://www.getpushing.com/blog).)

## TSBDC

by Laura Overstreet,

Small Business Specialist and  
GrowthWheel® Certified Advisor

Need assistance in Accounting,  
HR or Marketing?

Let our consultants help.

Have you experienced supply chain disruptions, staffing challenges, a decrease in business or a business closure as a result specifically due to COVID-19? Through the CARES Act the TSBDC has received funding to hire industry professionals to provide consulting at no cost for our clients. If you need assistance in the areas of accounting, marketing and human resources contact our center!

Visit our website to register for consulting services!  
[www.tsbdc.org](http://www.tsbdc.org)

Let our consultants help navigate the complexities of business ownership during a Pandemic.

### Did you know?

The TSBDC offers On-Demand Training!

The Small Business Survival Training System designed On-Demand training courses addressing FAQ's in the areas of:

Taxes/ IRS, Business Planning, Financing, Legal Structures, Online Marketing, Marketing Research, Entrepreneurship, Buying a Business, Exporting, Contracting and more!

Who can use this free resource?

Those interested in learning how to start a business and established business owners who may need a few tips, tricks or reminders.

### September 2020 Classes

• *Business Start-Up: The Essentials*  
Thursday, September 17,  
9:00-10:30 am, ONLINE

This is an opportunity for anyone who is thinking about starting, buying or have already started their own business! An expert from our center will answer FAQ's that every business owner has. Our business specialists will discuss different forms of business organization, tax requirements, business licenses, provide an overview of business planning and financing options (including SBA loan guarantees)

Speaker(s): TSBDC Knoxville Center: Laura Overstreet, Director Teresa Sylvia, Senior Business Specialist

• *Government Contracting Part 1*

Wednesday, September 23, 10:00- 12:30 pm, ONLINE

Contracting with the Federal Government can open the door to many opportunities for your small business and can aid your business' growth. This seminar covers the basics of government contracting, what it takes to be a government contractor, and an overview of the steps to get started. Discover if government contracting is right for you and your business.

The University of Tennessee Center for Industrial Services has provided these services since 1986. PTAC (Procurement Technical Assistance Center) is funded, in part, by the U.S. Department of Defense.

• *Using Social Media to Reach More Buyers during COVID*

Thursday, September 23,  
9:30- 11:00 am, ONLINE

Learn 10 ways to use social media to add more to your bottom line. In this class, you will learn: The must-have tricks to re-engage interested visitors, Clever ways to educate your customers on your products and services, The secret to keeping your followers engaged. We will talk in broad terms about using social media but you will also leave this class with an action plan on what to post, when to post and how often. Be effective and efficient.

Speaker(s): Victory Harbin: Owner of The Social Brand

• *Government Contracting Part 2*

Thursday, September 24,  
10:00- 12:30 pm, ONLINE

Contracting with the Federal Government can open the door to many opportunities for your small business and can aid your business' growth. This seminar covers the basics of government contracting, what it takes to be a government contractor, and an overview of the steps to get started. Discover if government contracting is right for you and your business.

The University of Tennessee Center for Industrial Services has provided these services since 1986. PTAC (Procurement Technical Assistance Center) is funded, in part, by the U.S. Department of Defense.



## September/October 2020 Calendar of Events

Members can quickly RSVP for events in their Member Portal at <http://members.farragutchamber.com/login>. Call 675-7057 or email [info@farragutchamber.com](mailto:info@farragutchamber.com) for a link to create your account! Visitors/Guests can register by clicking the links on the Chamber Calendar ([www.farragutchamber.com](http://www.farragutchamber.com) > "Events") and registering under "Not a Member?".

*NOTE: Events continue to be modified in compliance with national/local guidance. In-person networkings include touchless temperature checks at check-in. Per Knox County mandate, masks are required and will be supplied in any indoor space where social distancing cannot be consistently maintained. Check or SYNC our calendar for details or changes!*

**September 10, 2020 • 5:00pm-6:00pm**  
**Networking – Calhoun's at Turkey Creek**  
625 Turkey Cove Lane, 37934

**September 17, 2020 • 8:00am-9:00am**  
**Networking –**  
**The Village at Westland Cove (limit 30)**  
9635 Westland Cove Way, 37922

**September 21, 2020 • 4:00pm**  
**Ribbon Cutting - Postal Annex**  
9234 Kingston Pike, 37922

**September 22, 2020 – 4:00pm**  
**Ribbon Cutting – The Julianna**  
9111 Hunter Valley Lane, 37922

**September 24, 2020 • 5:00pm-6:00pm**  
**Networking –**  
**Holli McCray Home Marketing Group,**  
**Keller Williams**  
420 Bearden Road, 37919

**September 30, 2020 • 8:30am-10:30am**  
**Education –**  
**Leveraging Your LinkedIn (with Epic Nine)**  
Milestones Event Center, 11909 Kingston Pike, 37934

**October 1, 2020 • 8:00am-9:00am**  
**Networking – His Security & Technology**  
11426 Kingston Pike, 37934

**October 8, 2020 • 8:00am-9:00am**  
**Networking – Park Place of West Knoxville**  
10914 Kingston Pike, 37934

# Groundbreaking

## Goodall Homes Campbell Crossing – Aug. 26, 2020



Campbell Crossing brings a classic and cozy aesthetic to suburban Knoxville with homes from Goodall's popular carriage collection. Homes in this community will feature brick exteriors in one-level or two-story elevations. FWKCC President Julie Blaylock joins Goodall Homes representatives Guy Skoy, Carly Ponzurick, and Samantha Shoemaker for the ceremony.

## Goodall Homes The Village at Ivey Farms – Aug. 27, 2020

The Village at Ivey Farms is a new community of one-level, maintenance free cottages in Farragut by Goodall Homes. Jane Jolley- Knox County Mayor's Office, Christine Gilbert- Goodall Homes, Farragut Mayor Ron Williams and Vice-Mayor Louise Povlin lend a hand as they get ready to turn over the dirt.



# Welcome New Members!

The Chamber welcomes these businesses who joined us recently in the month of August!

*Did you know businesses/organizations can submit an application & payment online? Visit [www.farragutchamber.com](http://www.farragutchamber.com) and click "Join the Chamber!"*

**Bank of England Mortgage**  
**Bert Burgett / Sandra Parsons**  
857 Ebenezer Rd.  
Knoxville, TN 37923  
(865) 691-0514  
Website:  
<https://www.boetennessee.com/>

**CarePatrol of East Tennessee**  
**Patrick Bowen**  
PO Box 23501  
Knoxville, TN 37922  
(865) 333-0933  
Website:  
<https://www.facebook.com/CarepatrolEastTN/>

**Classy Caterer**  
**Trisha Kelly**  
PO Box 23522  
Knoxville, TN 37933  
(865) 406-5477  
Website:  
<http://www.classycaterer.com>

**First Choice Automotive - Northshore**  
**Nathan Colona**  
10117 S. Northshore Drive  
Knoxville, TN 37922  
(865) 392-1700  
Website:  
<https://www.firstchoicenorthshore.com/>

**Now CFO**  
**Shelby Allmon**  
**9111 Cross Park Dr.**  
Knoxville, TN 37923  
(865) 599-2810  
Website:  
<https://nowcfo.com>

**Sevierville Convention Center**  
**Tammy Hawkins**  
202 Gists Creek Rd.  
Sevierville, TN 37862  
(865) 679-0924  
Website:  
<http://seviervilletn.org/index.php/about-us.html>

## Tech offerings

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tendees should bring a mobile device with them and their LinkedIn credentials. Registration for this in-person event is limited to accommodate social distancing. Future series topics will include web-based and in-person offerings.

The class is INCLUDED as no extra cost for current Chamber members. Non-members can register for \$15. Visit [farragutchamber.com](http://farragutchamber.com) > Events for the event link on Sept. 30.



**Tents / Tables / Chairs**  
**Linens / Inflatables / Concessions**  
**Wedding Arches / Lighting / Drapery**

Event Rentals by Rothchild  
Call: 865-531-0269  
[www.eventrentalsbyrothchild.com](http://www.eventrentalsbyrothchild.com)

**Event Rentals for Every Occasion!**



**Slamdot®**

**Marketing that works.**

# Welcome Back Renewing Members!

The Farragut/West Knox Chamber welcomes back these businesses who have renewed their investment in the Chamber as of this past August. We are privileged to count them as Farragut/West Knox Chamber of Commerce members! We urge members to patronize one another when the goods or services a member can provide are needed. It is also our hope that area residents recognize the commitment a business makes to its community when it becomes part of its local chamber of commerce and reward that commitment with their patronage.

A special thank you goes to these renewing members who are continuing their support of our chamber and the businesses it serves through their above and beyond Enterprise Membership:



Thank you for your Admiral  
Enterprise Membership!



Thank you for your Admiral  
Enterprise Membership!



Thank you for your Anchor  
Enterprise Membership!

Admiral Veterinary Hospital  
Americomm  
Angela Floyd School for Dance and Music, LLC  
BarberMcMurry Architects  
(Charter member – THANK YOU!)  
Big Kahuna Wings  
Blaze Pizza – N. Peters  
Blaze Pizza – Turkey Creek  
C&J Wealth Advisors  
Campbell Station Wine & Spirits  
(Charter member – THANK YOU!)  
Candlewood Suites  
Colby's Photos & Videos  
Crown Title Insurance Agency, Inc.  
Cumulus Media/WIVK, WOKI, WNML  
El Mezcal Mexican Restaurant  
Farragut Intermediate School  
Goodwill Industries - Knoxville, Inc.

Holli McCray Home Marketing Group Keller Williams  
Holy Cross Anglican Church  
Kids First Child Advocacy Center  
Matlock Tire Service & Auto Repair – West Knox/Farragut  
(Charter member – THANK YOU!)  
Mercedes Benz of Knoxville  
Myers Bros. Holdings, Inc.  
OsteoStrong of Farragut Wellness Center  
Petree Arbor, Lawn & Landscape  
Rather & Kittrell Capital Management  
Rocky Top K9, LLC  
Smyrna Ready Mix Concrete  
Tennova Primary Care - Choto  
uBreakiFix Turkey Creek  
University General Dentists  
Y-12 Federal Credit Union - Cedar Bluff  
Y-12 Federal Credit Union - Hardin Valley

## Farragut West Knox Chamber of Commerce

11826 Kingston Pike, Suite 110 | Farragut, TN 37934

865-675-7057 | 865-671-2409 Fax

e-mail: [info@farragutchamber.com](mailto:info@farragutchamber.com) | [www.farragutchamber.com](http://www.farragutchamber.com)

This newsletter is published monthly by the Farragut West Knox Chamber of Commerce.

