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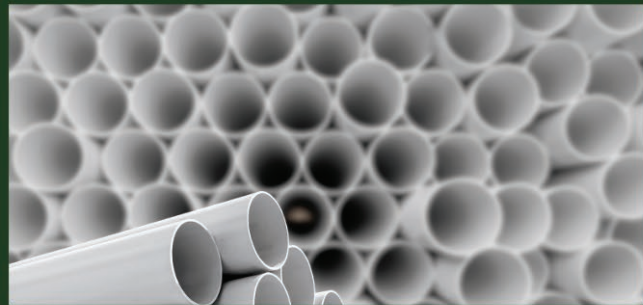
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SEPTEMBER 2024 ISSUE



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Summer turns to Fall

We are so happy this edition of Tellico Village Pulse has found you, and we sincerely hope it's found you good and well and ready for a festive fall now that our simmering summer has at long last passed.

In every issue of our quarterly publication, we strive to bring you some of the goings-on in Tellico Village, highlighting a variety of news and information focused on you, your activities, businesses, interests and more. We, too, hope these pages inform you about any of the so many wonderful things in the area you maybe weren't aware of, from churches to other organizations that may be of interest to perhaps just a new place to take a quiet walk and enjoy the beauty that beats and resonates through the heart of the Village and beyond.

To keep the beat going, we encourage you to send story ideas, press releases, event news, photographs, or even just a line to let us know how you feel.

Keep the pulse going,

Kathy Hartman

Kathy Hartman
General Manager

Sunset photo from dock on Tellico Lake in Tellico Village • Submitted by Julie Haugh

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Four ‘Lovely Homes’

in Tellico Village ‘open up’ for charity

The owners of four Tellico Village properties have generously agreed to open their doors to the community in October to raise money for local charities.

The General Federation of Woman’s Club – Tellico Village will host its 2024 Annual Home Tour Sunday, Oct. 13.

“The tour will include four lovely homes located throughout Tellico Village,” a GFWC-TV press release stated. “These beautiful and unique residences will open their doors from 1 p.m. to 4:30 p.m.

“A Business Expo and reception at the Tellico Village Yacht Club hosted by the GFWC-TV is included in the ticket price of \$20,” the release further stated. “Many of the vendors offer give-a-ways at their booth.”

Home Tour guests will enjoy light refreshments, participate in door prizes and visit with the 2024 Home Tour sponsors to view available services and obtain ideas on home décor, landscaping, financial matters and much more.

Annette Quimper and Kimberly Silvestri are co-chairs for this year’s event, which the club has hosted for 28 years. “There is a dedicated team of volunteers who act as hostesses at each residence and help organize and produce the Home Show reception,” the release stated.

Home Tour tickets are available at the following locations: Sloan’s in Tellico Village, The Village Salon, Tellico Village Welcome Center, Broadway Florist in Lenoir City and from any GFWC-TV member.

One hundred percent of the proceeds from ticket sales are donated. “GFWC-TV accepts applications from local organizations to determine how we can make the most impact in our communities with the dollars earned from this event,” the release stated.

For more information about GFWC-TV or to become a member, visit www.gfwctellico.org

The Homes for this Year's Tour:

Toqua Point

"Situated along the 14th fairway of Toqua Golf Course with Tellico Lake and mountains in the background, this custom-built home is a true masterpiece. ... The lower level is designed for entertainment, offering a home theater, wet bar, family room with fireplace and a hot tub on the covered patio. Additionally, there are three guest bedrooms and two full bathrooms, along with a workshop and plenty of golf cart space."



Toqua Neighborhood

"Adorned with the owner's amazing artwork, this home has a sleek 'art gallery' feel. An open-concept layout, 12-foot high ceilings and attractive large windows allow tons of light to bring a contemporary feel throughout the entire house. ... The backyard oasis, envisioned and designed by the owners, features a tranquil fountain and a covered patio for peaceful relaxation. Combining a prime location, well-planned layout and inviting front porch, this immaculate home is a rare find."

Toqua Neighborhood

"Sophistication and style define this first-built lakefront property in Tellico Village. Featuring high ceilings, exposed beams and breathtaking views, this home radiates elegance. ... Access to the covered patio makes it easy to enjoy the outdoors, while a private boat house provides direct access to the water. With a thoughtfully planned layout and zen-like landscaping, this custom-crafted residence is truly a work of art. This house was the first house on the lake to be built in Tellico Village."



Tanasi Neighborhood

"Welcome to this stunning modern farmhouse, blended with craftsman style, built by Jonathan Wise. With its open-space design and 10-foot ceilings, this immaculate home exudes a sense of spaciousness. ... The side load, three-car garage with textured flooring includes space for a golf cart. A rear-screened patio offers relaxation and a view of the meticulously landscaped yard. Complete with a charming front porch featuring arched French doors, this home is truly impressive."



Fall Roars

with Tellico Village
Lions Club

Tellico Village Lions Club will, once again, celebrate fall with events benefiting charitable organizations while attendees have fun with a German flair.

TVLC will host its annual Oktoberfest from 4 to 7 p.m., Monday, Oct. 7, in Tellico Village Yacht Club, 100 Sequoyah Road in Loudon, for which it is currently selling the 500 available tickets.

“I would encourage people to get their tickets early,” said Bruce Johnson, festival co-chair with Curt Isakson.

The festival features a meal of brats, sauerkraut, German potato salad, beans and cookies, along with beer, lemonade and iced tea combined with German oompah music, dancing and more fun.

“This has been a sold-out event in Tellico Village for over a decade,” said club member Mark Williams.

While open to the public, tickets are sold by individual Lions Club members, Sloan’s Village Home Center in Tellico Village and United Community Bank.

“This year, we have two prices (for tickets),” Williams said. “We’re doing both dine-in and take out (meals). The cost is \$17 for dine-in dinners and \$15 for take-out dinners. Dine-in includes all the brats, German potato salad, (other) fixings and lots of draft beer.”

“Generally speaking, people are responsible (when drinking),” Johnson said, adding that for the \$15 take-out, customers “get good helpings, but we don’t do beer with take-out.”

Johnson pointed out the time for picking up take-out meals is from 5 to 6 p.m.

“Normally, people drive through and we will hand it to them,” he said. “They won’t even have to get out of their car.”



“We also usually have a DJ who plays Top 40 music and a lot of German oompah music,” Johnson added. “Some dress in traditional German outfits while others come to enjoy the sunshine.”

As for weather possibly affecting things, “it will go on rain or shine,” Johnson said.

He gave a shout to fellow chairman Isakson. “This is his last year being primary co-chair. He has been a blessing to us,” Johnson said.

The festival was first headed up by Mike Kittl, who was of German heritage and came up with the idea of having an Oktoberfest as a fundraiser.

“It is one of our flagship fundraisers,” Johnson said about Oktoberfest. “It’s always a big hit with people in the Village. We have tried to keep our admission prices low because we like to try to give back to the community because the community gives so much to us, which in turn, we give to charity.”

Money raised from Oktoberfest goes into a general donation fund, for which the club has a list of 20 to 30 charities to which the club gives donations, both local and national.

For more information about TVLC, e-mail tvlions1@gmail.com.

~ Tammy Cheek

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Tellico Village Lions Club focuses on charitable work



At 60 members, Tellico Village Lions Club is part of Lions Club International, “the world’s largest community service organization with over 1.4 million members and about 4,500 clubs covering over 200 countries,” said club member Mark Williams. “We’re just one of those many clubs.

“The Lions Clubs around the country and around the world generally sponsor events to solicit donations that they give to other charities generally,” he said. “But more importantly, Lions Club International has multiple worldwide goals, and the biggest one that we’re known for is vision care.

“Back in 1925, when the Lions Club was a small organization, a group of people in and around Chicago, Illinois, and some up in Canada, (a vision-impaired American author) Helen Keller came to a national convention and challenged the Lions Club to be her crusaders for the fight against blindness,” Williams said. “They accepted that challenge and, from that point to where we are today, the Lions have been known for helping with vision correction.”

As an example, he said TVLC and other clubs around the Knoxville area generally run vision programs.

“In general, we provide about \$20,000 in services — eye testing, diabetes testing and vision correction (eyeglasses and other professional services) each year,” Williams said. “We provide about \$35,000 in annual donations to national, regional or local charities.

“The Lions go out to the kindergartens and elementary schools to scan — using digital scanners (Plusoptix Vision Screeners) — the eyes of the children,” he said. “These digital scanners can identify, within an 85 to 90 percent accuracy any of six particular eye issues they might have.

“Typically, people are familiar with near sightedness or far sightedness, (and) there’s stigmatism and lazy eye, the four main categories,” Williams said. “So in this particular area, particularly in Loudon County, where we’re located, about 15 percent of the kids don’t pass the test (screen).”

In that case, “we refer them to an optometrist to take a look at their eyes or, if they have a serious issue, they may go to an ophthalmologist (an eye care specialist),” he said.

Additionally, Johnson said, the club provides free vision screenings for indigent people in the area.

“If they need glasses, we pay for the glasses,” he said.

To provide these vision care programs and to support a variety of other charitable organizations, the club solicits donations.

Among about 20 charities TVLC supports, it has provided donations to East Tennessee Children’s Hospital; School for the Deaf and Blind; Tellico Village Fire Department; and Our Place, an adult dementia care center, giving caregivers an op-

portunity to take the people for which they are caring to the center so they can break away and take care of errands.

“Another big objective for Lions Club International is what we call diabetes awareness ... it’s an epidemic in the country,” Williams said. “What we promote are diabetes walks. The whole idea is to get people out walking.”

Williams said most of TVLC’s members are retired people from a variety of walks of life and from different places in the country.

“A lot of people like to move to Tellico Village,” he said. “It’s a nice place down here.”

For more information about TVLC, e-mail tvlions1@gmail.com.

~ Tammy Cheek

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Tennessee Wine Country

A long rich history of wines, over 30 licensed wineries, producing award-winning wines

Tennessee's thriving wine industry dates back to the mid-1800s, when German immigrants settled across the region and began growing grapes along the Mississippi River. This quickly became a fruitful endeavor, with the U.S. Department of Agriculture reporting 1,128 acres of vineyards and 64,767 gallons of wine produced in Tennessee in 1880.

Prohibition, however, put a temporary end to the state's booming wine industry, until the founding of the Tennessee Viticultural and Oenological Society (TVOS) in 1973. This coalition of private citizens worked to encourage commercial grape growth across the state, ultimately leading to the inception of the first licensed Tennessee winery – Highland Manor in Jamestown – in 1980.

Then, just a few years later in 1982, the Tennessee Farm Winegrowers Alliance (TFWA) was formed to further the mission of supporting “the production of commercial wines and grapes within the state as viable agricultural industries within Tennessee,” according to their website.

Tennessee is now home to nearly 80 wineries and numerous wine trails, which have significantly impacted agriculture, manufacturing and tourism across the state over the years. In fact, a recent study by WineAmerica found that the Volunteer State's wine industry generated more than \$3 billion for the American economy in 2022 alone, while also creating thousands of jobs for Tennesseans.

“The Tennessee wine industry directly employs as many as 12,053 people, and generates an additional 4,270 jobs in supplier and ancillary industries,” the report said. “Ultimately, 22,016 jobs are created and supported by the wine industry.”

Known as Tennessee Wine Country, East Tennessee

alone has over 30 licensed wineries – more than any other part of the state, producing countless award-winning wines. The area's massive wine industry is attributed to the cool mountain air and rich soil that have proven to elevate the complex flavors found in wine.

Muscadine grapes are also native to the Appalachian region, making the area even more appealing for those looking to start a winery or vineyard. Madisonville's Tsali Notch Vineyard, for instance, is Tennessee's largest Muscadine vineyard, with six different varieties of Muscadine grapes grown across 35 acres.

In Loudon, Tennessee Valley Winery – one of the oldest operating wineries in the state – also produces many wine selections from Native American Muscadine grapes; however, Jenny Bradford, the winery's manager/events coordinator, says that its sweet Concord wine seems to be the most popular.

Other grapes that grow well in the Tellico Village area include Cabernet Sauvignon, Chardonnay, Riesling, Sangiovese and French hybrids like Chambourcin. These grapes are typically planted between late winter and early spring and harvested by October.

This means that, with fall now upon us, there's no better time to visit some of our local wineries, taste their unique wine selections and perhaps even witness the farm-to-table process of harvesting, sorting and crushing the grapes.

Educational tours and wine tastings also present the opportunity to better understand your wine preferences and learn how to properly pair your favorite selections with different meals and food items. The area's natural beauty further enhances the wine-tasting experience, especially in orange-red hues of autumn.

~ Rachel Totten



Tennessee Valley Winery

Tennessee Valley Winery, 15606 Hotchkiss Valley Road East in Loudon, “is a small, family run business, but we are one of the oldest operating wineries in the state; we’ve been here for 40 years,” said Jenny Bradford, manager/events coordinator. “We distribute across the state of Tennessee and ship” to places beyond.

“We have over 900 medals and awards for our wines,” she added. “Our best seller is a sweet Concord wine, but we also have a big award-winning dry Riesling.

“... We use local farmers as much as we possibly can.”

As for special events, “We do a summer concert series,” Bradford said. “We do a big Customer Appreciation Oktoberfest every year (Saturday, Oct. 26, this year).”

Operating hours are from 10 a.m. to 6 p.m., Monday through Saturday, and from noon to 5 p.m., Sunday.

For more information, including buying Oktoberfest tickets, call 865-986-5147.



Blue Goose Vineyard

A family run company “started by my dad (Mark Griffith, now company president) as a retirement project” is Blue Goose Vineyard, 3334 Old Niles Ferry Road in Maryville, said Kat Griffith-Benson, director of operations.

“He planted the first vines around 2006,” she added. Less than 10 years later, “We opened our tasting room,” which began “the winery aspect.”

As for quality, “All of our award winners are extremely popular,” Griffith-Benson said. “So we have about five labels that are very popular, but it’s predominantly our muscadine wine. And then we have a couple of really nice dry labels as well.



Tsali Notch Vineyard

Second to none as a picturesque location for a wine sampling, a special lunchtime venture or an office picnic — with a wonderful view of the Great Smoky Mountains — is the 208 acres of Tsali Notch Vineyard, 162 Harrison Road just outside of Madisonville, about 1.5 miles from Hwy. 68 (follow the signs).

Thirty-five of those acres make for 202 rows of vineyard muscadine grapes — six varieties (Noble, Nesbit, Magnolia, Sterling, Doreen and Carols) — from which their wines are made. That includes a wine that won a State Best competition in 2016.

Moreover, “We’re the largest muscadine vineyard in the state of Tennessee,” said Tsali general manager JD Dalton, who knows his way around quite well— after all, he and his family (wife, Julie Dalton) “live here on the grounds” of the vineyard.

Speaking of the vineyard, Tsali produced a vineyard record 214 tons in 2023.

On site, they feature 13 in-house wines, in addition to those made for numerous area wineries.

Tsali’s Tasting Room, for those age 21 and over with proper ID, is popular with locals. “Eight to 10 percent of my wholesale fruit is done out of that tasting room,” Dalton said.

“But the biggest thing we do is we sell to wholesale customers like other wineries across the state,” he added. “They use our fruit under their label.”

Dalton said he works with roughly six wineries statewide who buy his vineyard product.

“My big processor for me is up in Pigeon Forge,” he said. “...

Some of the wine is made at Pigeon Ford for me.”

Customer hours are from 10 a.m. to 6 p.m., Friday through Sunday, and from noon to 6 p.m., Wednesday and Thursday.

For more information, call 423-506-9895. Website is www.tsalinotch.com and e-mail is info@tsalinotch.com.

“So we produce a finite amount for a year, and we also handpick everything,” she added about their roughly 4.5 acre vineyard, in addition to four acres they lease from their winemaker in Charleston (Bradley County). “So we’re not picking out any undesirable grapes or branches or leaves that we don’t want in there. So we get a really nice high-quality small batch boutique wine.”

Operating hours are from 1 to 6 p.m., Wednesday through Sunday (they are closed in January).

For more information, visit bluegoosevineyards.com, e-mail bluegoosevineyards@gmail.com or call 865-456-7815.



Spout Spring Estates Winery and Vineyard

Spout Spring Estates Winery and Vineyard, 430 Riddle Way in Blaine (Grainger County), is operated by a couple who were Farragut-area residents for roughly 20 years before getting into the winery business.

"We grow almost all of our fruit (on) seven acres," said Alice Belt, co-owner with husband, Chuck Belt. "Our best-selling wine is our Cabernet Sauvignon. ... We have Sangiovese. So your Cabernet Sauvignon is a French grape. The Sangiovese is an Italian grape. ... We also have German grapes, and that's Riesling (wine)." Moreover, "We weren't going to have muscadine, but everybody in the South loves muscadine," Belt said. "The two muscadines that we have are Magnolia and Noble."

Operating hours are from noon to 6 p.m., Tuesday, Wednesday and Thursday; from noon to 8 p.m., Friday and Saturday; and from 1 to 5 p.m., Sunday.

When it comes to special events, "We've got a Trivia Night, a Tomorrow Night and, on the 28th (of September), we have a Low County Boil,"



Rocky Top Wine Trail

Along with cideries, Rocky Top Wine Trail is the production element/"parent company" of three wineries: Hillside Winery, 229 Collier Drive in Sevierville; Mountain Valley Winery, 2174 Parkway in Pigeon Forge; and Apple Barn Winery, 220 Apple Valley Road in Sevierville.

"We don't have our own vineyards. ... We try to get (product) all locally within the state of Tennessee for the most part," said Katie Hart, RTWT Social Media manager. "We're proud to get all of our fruit locally, or most of our fruit locally. So we support local farmers.

"But we press, crush and ferment everything on site," she added. The bottom of line of success, perhaps: "We've won a lot of awards for a lot of different wines and ciders," Hart said.

As for most popular wines, "At Hillside Winery, the best seller is called Black and Blue; it's a Blackberry and Blueberry wine," she said.

At Apple Barn, "It is Red Lemonhead," Hart said. "It's a strawberry apple and lemon."

At Mountain Valley, "the best seller is call Mountain Valley Red; it's a sweet Concord grape wine."

As for events, they are defined as trails: "we just finished up one trail called the Souvenir Summer Wine Trail, which was where you went around to all the different wineries and you got a little prize at each one," Hart said.

Tours are both "self-guided" during business hours, "but we also have VIP tours where we take people around in a nice van, and we take them to our properties, and we can give them a tour of where we make the wine," Hart said. "They get a tasting, and then a bit of an education about the wines and everything like that."

Customer operating hours are: at Mountain Valley, it's from 9 a.m. to 7:30 p.m., Sunday through Thursday, and from 9 a.m. to 8:30 p.m., Friday and Saturday.

Hillsaide is open from 10 a.m. to 8 p.m., seven days a week. Apple Barn is open from 10 a.m. to 7 p.m., Sunday through Thursday, and from 10 a.m. to 8 p.m., Friday and Saturday.

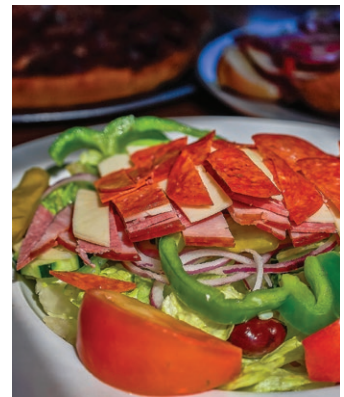
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To Receive, One must Give



In order to receive anything, the owner of Lenoir City's Gondolier believes one must first give.

And so, Dimitri Lolis is doing just that with Gondolier Gives Back, prepping a side of benevolence by way of a "generous" discount on orders the first Monday of every month for those they've highlighted in various service industries each time to say "Thank you" for their time, support and dedication.

"I just feel that we need to give back to our community because the community supported us ... and we want to give back," Lolis said. "We know these people.

"They've given to us all these years and are continuing to give to us," he added, "either individually with their families or through their work. So I feel every month I want to take the opportunity to give back."

Lolis' business consultant, Joanna Chanis, reiterated this sentiment. "The main purpose behind this is to really be embedded in the community," she said. "Especially in a time where food prices are so astronomically high and the grocery stores are more expensive than ever."

The whole methodology," Chanis continued, "is because this is a family business, and families thrive in community."

Started in the 1970s by Gondolier's founder Vasilios "Bill" Sioutis, a Greek immigrant according to the company's website, he set up shop in Cleveland (Bradley County) and later brought in his sons to help spread the Italian cuisine to many Tennessee communities, as well as others in Kentucky, Georgia and Florida.

By way of Athens, Greece, the Lolis family settled in Massachusetts back in the '70s, where Lolis grew up and went to school. His father was in the restaurant business and actually knew Sioutis, who was the reason Lolis found himself in Tennessee.

Sioutis opened the Lenoir City location at 744 Highway 321 in 2001, which Lolis bought the following year. "He's the one who brought me here," Lolis reflected, "and I've been here

ever since,” a staple in the community for 23 years.

“We have a great following,” he added. “We have a lot of loyal customers who come in every week,” serving some 200-to-250 people a day, he estimates.

Through all that reflection, giving back just felt important.

“He really wanted to do something,” Chanis said, so Gondolier Gives Back was born, kicking off in August, the first Monday of which welcomed nurses. Labor Day was for teachers.

Through next July, the restaurant will use those first Mondays to continue not only to give back, but continue to give thanks, to those at the Lenoir City Utility Board, veterans, police, social and postal workers, firefighters and emergency medical workers, graduating seniors and senior citizens as well as cosmetologists and active military members.

Putting it simply, Chanis said, “This is his baby.”

Lolis employees about 35 in his restaurant, which boasts a menu of, give or take, 50 options for guests hungry for fresh Italian food, much of which is made from scratch.

Not from scratch, though, is the community he’s prepared for himself — the ingredients of which where there before, and still find themselves in the mix.

“I love the area, and I just wanted to have a future here. I’m just happy ...,” Lolis said, happy to be in a place to give instead of receive.

~ Brandon L. Jones

Dimitri Lolis, owner of the Gondolier at 744 Highway 321 in Lenoir City, began “Gondolier Gives Back,” a program that during the first Monday of each month gives a discount to various community service members in many fields—from law enforcement to nurses, teachers and more.



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Christy Fitzgerald's

Passion for cabi became a career she truly loves.

The Asheville area native found the women's wear in-home business as a customer herself in the early 2000's,

after living abroad in Ireland for a few years.

"I longed for the boutique shopping experience I found there," she recalls. "I went to my first cabi show more than 15 years ago, and fell in love with the fabrics and quality."

The company's attention to detail in providing a personal stylist "to help fit and style me" was an added bonus Fitzgerald could not resist.

She began by hosting 13 seasons of cabi shows before joining the company as a stylist herself in 2015 — around the same time she moved to Lenoir City.

"I believe in the relationships of the business, the opportunity to serve other women, and the chance to support my family, all at the same time," she said.

Now, she has been in the role for nine years — 19 seasons — working with women locally, in surrounding counties and even across the country.

"I travel several states to do shows (women gathering their friends to shop) and I also offer personal one-on-one appointments to clients in my cabi boutique," she said. "Both shows and appointments can be done in personal or virtually."

Her husband Ciaran and sons, Jack and Colin, which Fitzgerald refers to as her "cabi guys, (who are awesome)" help out behind the scenes, from loading clothes and taking pictures for social media, to labeling her books and any other assistance she needs, which enables her to reach a wide and enthusiastic clientele.

"I really love my job," she said. "I get to help women feel confident and beautiful, while finding a style they love and build a wardrobe over time. I have seen clothes change lives with my clients, and helping them feel empowered brings me great joy and fills my heart."

Not only that, but helping realize "the relationships and connections that create energy among women which builds each other up, is just incredible."

Beyond the local connections Fitzgerald makes, she is also thrilled with her company's mission to helping local communities through the Heart of cabi Foundation.

"Each season we have a top where a portion of the net proceeds will enable more than 60 local disaster relief and Love Local Events every year where we serve thousands of vulnerable women throughout the U.S., Canada, and the U.K.," she said. "To date, we have been able to give more than \$67 million in clothing and monetary contributions at home and around the world."

For more information, contact Fitzgerald, independent cabi stylist, by calling 828-712-8516 or emailing chollow18@hotmail.com. The current cabi Collection can be viewed at christinafitzgerald.cabionline.com, which also offers for "the latest styling tips, trends, and outfit ideas. She also has a blog, christinafitzgerald.cabionline.com/blog, and can be reached via social media, through facebook.com/Christyfitzcabi and instagram.com/Christyfitzcabi.com.

~ Michelle Hollenhead

Breakthrough Laser Neuropathy Treatment

If You're Suffering With Peripheral Neuropathy There Are Exciting New Solutions

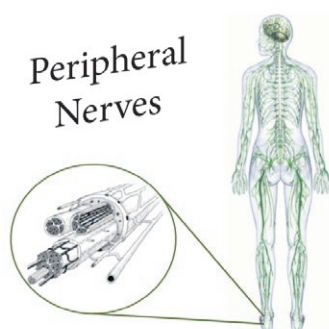


Figure 1: Notice the very small blood vessels surrounding each nerve.

Maryville Tn-The most common method your doctor will recommend to treat your neuropathy is with prescription drugs that may temporarily reduce your symptoms. These drugs have names such as Gabapentin, Lyrica, Cymbalta, and Neurontin, and are primarily anti-depressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects. Peripheral neuropathy is a result of damage to the nerves often causing weakness, pain, numbness, tingling, and the most debilitating balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet which causes the nerves to begin to degenerate due to lack of nutrient flow.

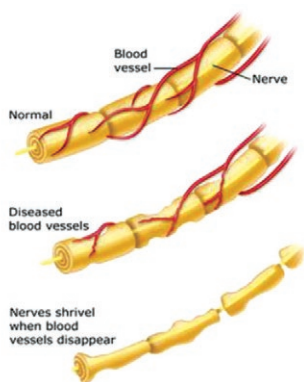


Figure 2: When these very small blood vessels become diseased they begin to shrivel up and the nerves begin to degenerate.

As you can see in Figure 2, as the blood vessels that surround the nerves become diseased they shrivel up which causes the nerves to not

get the nutrients to continue to survive. When these nerves begin to “die” they cause you to have balance problems, pain, numbness, tingling, burning, and many additional symptoms.

The main problem is that your doctor has told you to just live with the problem or try the drugs which you don't like taking because they make you feel uncomfortable. There is now a facility right here in Maryville that offers you hope without taking those endless drugs with serious side effects. (see the special neuropathy severity examination at the end of this article)



Figure 3: Class 4 laser therapy that helps fight neuropathy pain

In order to effectively treat your neuropathy three factors must be determined.

- 1) What is the underlying cause?
- 2) How Much Nerve Damage Has Been Sustained.

NOTE: Once you have sustained 85% nerve loss, there is likely nothing that we can do for you.

- 3) How much treatment will your condition require?

The treatment that is provided at Maryville Spine and Laser has three main goals:

- 1) Increase blood flow
- 2) Stimulate small fiber nerves
- 3) Increase balance and coordination.

The treatment to increase blood flow utilizes a specialized infrared light therapy using light emitting diode technology. This technology was originally developed by NASA to assist in increasing blood flow. The low level light therapy is like watering a plant. The light therapy

will allow the blood vessels to grow back around the peripheral nerves and provide them with the proper nutrients to heal and repair. It's like adding water to a plant and seeing the roots grow deeper and deeper.

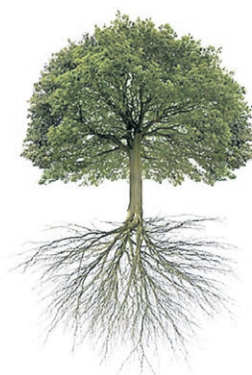


Figure 4: The blood vessels will grow back around the nerves much like a plant's roots grow when watered.

We combine this when medically necessary with Class 4 laser therapy to decrease pain and accelerate nerve healing.

The amount of treatment needed to allow the nerves to fully recover varies from person to person and can only be determined after a detailed neurological and Sensory Evaluation. As long as you have not sustained at least 85% nerve damage there is hope!

Dr. Douglas Sanford DC at Maryville Spine and Laser will do a neuropathy severity examination to determine the extent of the nerve damage for only \$57. This neuropathy severity examination will consist of a detailed sensory evaluation, Treatment if you are a candidate for this type of therapy, and a detailed analysis of the findings of your neuropathy.

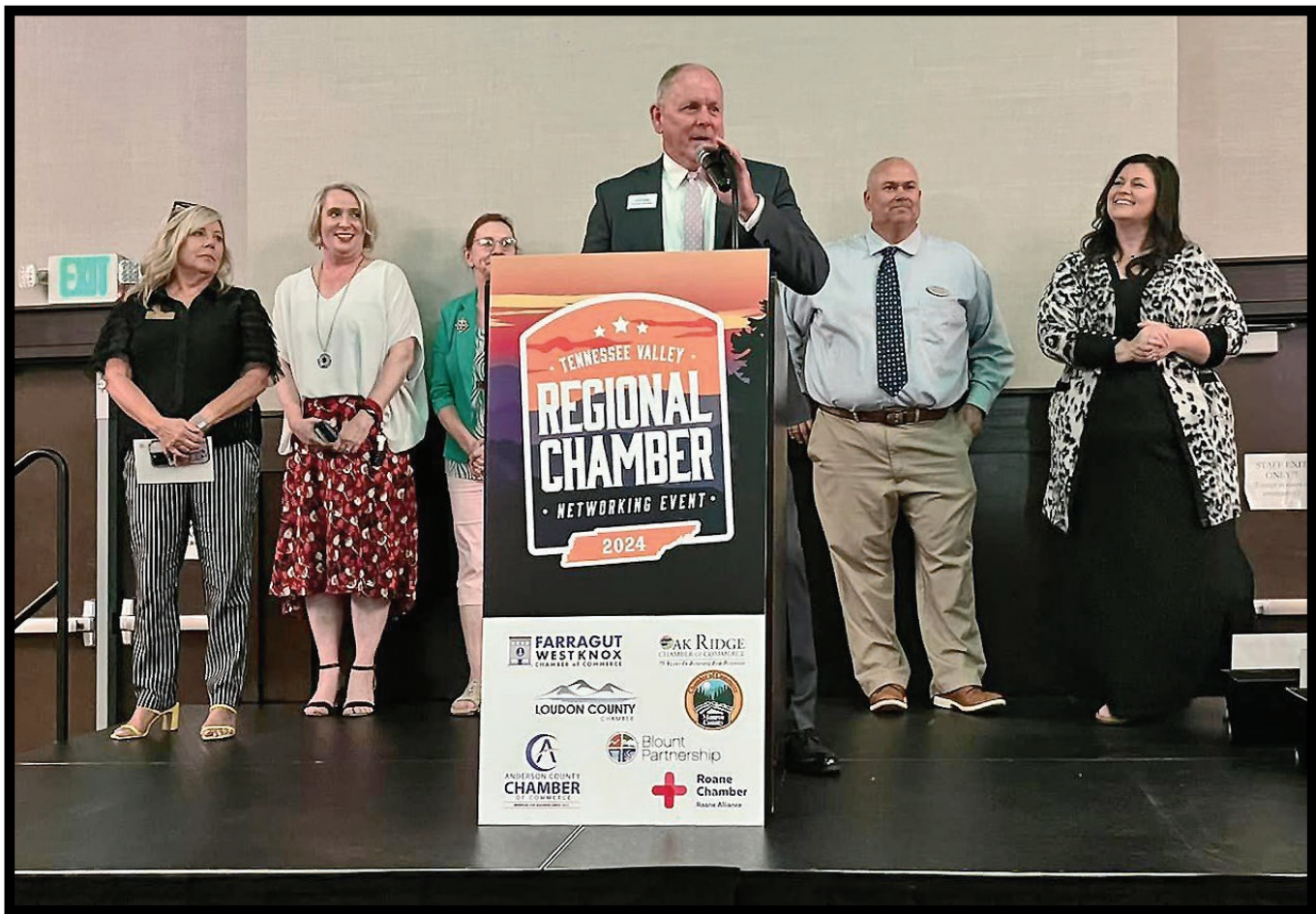
Call 865-466-6500, option 1 to make an appointment with Dr. Sanford to determine if your peripheral neuropathy can be treated.

When turning into the Blount Medical Complex, we are in the building on the right. Pull around back and park in the lower parking lot.

Blount Medical Complex
1131 East Lamar Alexander Parkway

865-466-6500 Option 1

Tennessee Valley Regional Chamber Networking Event



Tennessee Valley Regional Chamber Networking Event. The event was held on Tuesday, June 11th at The Venue at Lenoir City, and featured seven dynamic Chambers of Commerce – Loudon County Chamber, Farragut/West Knox Chamber, Anderson County Chamber, Oak Ridge Chamber, Monroe County Chamber, Roane County Chamber, and Blount Partnership. A great night of networking for over 400 people in attendance, featuring delicious appetizers from Classy Caterer, a cash bar, and a 360-photo booth by Turning Knox Rental.

The Loudon County Chamber



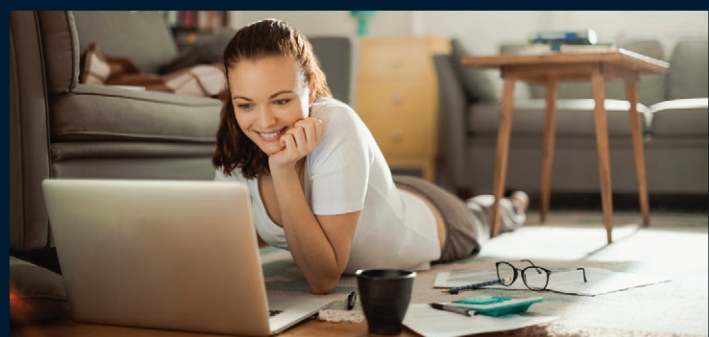
The Loudon County Chamber hosted a Non-Profit Spotlight on Tuesday, July 9th at The Venue at Lenoir City, featuring 35 of our not-for-profit Chamber members. Our Non-Profit organizations contribute significantly to our community, and our goal was to help our membership and the community learn more about these essential organizations and meet them in person. Those in attendance were able to network with one another and the Non-Profit organizations, enjoy great appetizers from The Venue Crew, and beverages from our Social Sponsor, Granite Business Solutions.



Share your Fall photos!

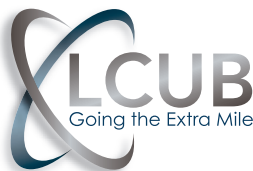
Send us your pictures of fall foliage/photos from the water/how you spent your Fall 2024 in the Tellico area to be published in the next issue of Tellico Village Pulse!

Email photos to khartman@farragutpress.com



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Tellico Village Contacts

Tellico Village Main Numbers

TV Property Owners Association (POA).....	(865) 458-5408
TV Homeowners Association (HOA)	(865) 657-1405
TV Townhouse Association.....	(865) 657-3044
TV Network.....	(865) 657-6278
TV Public Library	(865) 458-5199
TV Welcome Center	(865) 458-7061
TV Phone Directory	amanda.kimbrell@news-herald.net
.....	(send email for updates)
Public Works Department	(865) 458-4522
STAYinTV Requests.....	(865) 458-7084
The Neighborhood Assisted Living	(865) 408-0211
Premier Residences	(865) 408-4583
Our Place Adult Day Center	(865) 657-7222
Yacht Club	(865) 458-4363

Tellico Village Recreation Centers

Chelsea Golf Reservations.....	tellico.chelseareservations.com
Chota Recreation Center	(865) 458-6779
Kahite Activity Center	(423) 884-6353
Kahite Pro Shop.....	(423) 884-6108
Tanasi Pro Shop	(865) 458-4707
Toqua Pro Shop	(865) 458-6546
Wellness Center.....	(865) 458-7070

Tellico Village Area Restaurants

Blue Heron at the Yacht Club.....	(865) 458-4363
Kahite Pub and Grill	(423) 884-2159
Little Italy.....	(865) 657-6224
Lorenzo's Mexican Grill.....	(865) 458-4655
Tanasi Bar and Grill.....	(865) 458-9392
Thai Bistro	(865) 657-6440
Toqua Cafe.....	(865) 458-1330
Subway at Marathon.....	(865) 458-8011

EMERGENCY INFORMATION

Law Enforcement - Dial 911 for an Emergency

Loudon County Sheriff's Office.....	(865) 986-4823
Monroe County Sheriff's Office.....	(423) 442-3911
Loudon Local security, non-emergency (solicitors, hunting on common property, etc.)	(865) 458-9081
Citizens Observer Patrol (COPs)	(865) 458-5193
Monroe County Sheriff's Office.....	(423) 442-4357
Monroe Local security, non-emergency (solicitors, hunting on common property, etc.)	(423) 442-3911

Boater Rescue

Tellico Boaters Assistance Response (T-Bart)	
Dial 911 and the dispatch will contact Tbart.....	911
Towboatus Fortloudon Tellico Wattsbar	(865) 414-1626
Boat Police Region 4.....	(865) 322-0900

Fire Departments

Tellico Village Volunteer Fire Department.....	(865) 458-5733
Hopewell Volunteer Fire Department.....	(423) 442-2074

Hospitals

Fort Loudoun Medical Center	(865) 271-6000
550 Fort Loudoun Medical Center Drive, Lenoir City, TN 37772	
Parkwest Medical Center.....	(865) 373-1000
9352 Park West Blvd., Knoxville, TN 37923	
Turkey Creek Medical Center	(865) 218-7011
10820 Parkside Drive, Knoxville, TN 37934	
Fort Sanders Regional Medical Center	(865) 541-1111
1901 Clinch Avenue, Knoxville, TN 37919	
Physicans Regional Medical Center	(865) 545-8000
900 E. Oak Hill Avenue, Knoxville, TN 37917	
Tennova Riverside	(865) 632-5011
137 Blount Avenue, Knoxville, TN 37920	
The University of Tennessee Medical Center	(865) 305-9000
1924 Alcoa Highway, Knoxville, TN	
Sweetwater Hospital.....	(865) 213-8200
304 Wright Street, Sweetwater, TN	
Blount Memorial Hospital	(865) 983-7211
907 East Lamar Alexander Parkway, Maryville, TN	
NHC Farragut, 120 Cavett Hill Lane, Knoxville, TN	(865) 777-4000
Blount Memorial Occupational Health Center at Tellico West	
110 Deer Crossing, Vonore, TN	(423) 884-1921

Churches

Community Church at Tellico Village.....	(865) 458-1516
130 Chota Center, Loudon, TN 37774	
www.tellicochurch.com	
First Baptist Church of Tellico Village.....	(865) 408-0110
205 Chota Road, Loudon, TN 37774	
www.fbctellicovillage.org	
Shepherd of the Lake Lutheran Church.....	(865) 816-4756
143 Chota Center, Loudon, TN 37774	
shepherdofthelaketn.org	

TELLICO VILLAGE HOA
events.

October • November 2024

Hand & Foot & Carry-In

Tuesday, October 15 • 5 - 8 p.m.

Chota Rec Center - Room A

Please bring a small appetizer, snack, or dessert to share, as well as your own non-alcoholic beverage of choice.

Singo

Wednesday, October 16 • 7 - 9 p.m.

Yacht Club at Tellico Village, Lower Level

Join us for an evening of laughter and the love of good music while playing this new and exciting spin on the game of Bingo! No singing required.

Dining Out at The Mudpuppy

Thursday, October 17 • 5:30 p.m.

721 Hwy 411, Vonore, TN

Bunco

Wednesday, October 23 • 2 - 4 p.m.

Yacht Club at Tellico Village, Lower Level

Supplies and snacks provided, door prizes

Chili Cookoff

Wednesday, October 23 • 4:30 - 6:30 p.m.

Tellico Village Family Park (Tugaloo Pavilion)

Tugaloo Drive, Loudon, TN 37774

\$11 per person

The Art and Science of Snowmaking

Friday, October 25 • 2 - 4 p.m.

Yacht Club at Tellico Village, Lower Level

Presented by the Ober Mountain Team

Monster Mash Costume

Dinner Dance Party

Thursday, October 31 • 6 - 9 p.m.

Yacht Club at Tellico Village

\$25

Cost Includes:

Baked Potato Bar with toppings,

Brownies and Cookies,

Games and Prizes and

Dancing with DJ Mikey D.

Biltmore Candlelight Christmas

Wednesday, November 6 • 9:45 a.m.

Biltmore Estate,

One Lodge St, Asheville, NC 28803

Gardens & Chihuly Exhibit

\$144.50

Cost Includes:

Exhibit Admission,

Candlelight Audio Tour

Stand Up Comedy:

Greg Schwem

Sunday, November 10 • 5:30 p.m.

Yacht Club at Tellico Village

\$33.50

Cost Includes:

Evening of laughter and Tellico Humor,

Plated Dinner (choice of Meat Lasagna

or Eggplant Parmesan or Chicken Piccata),

\$1 admin fee

All HOA activity events require registration* through
www.TellicoLife.org.

**In order to register, you must be a member of the HOA. Not currently a Member?*

You can sign up to become a member on www.TellicoLife.org as well.

Email bjfortune@hotmail.com if you have any questions



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- + Second Harvest serves more than **188,000** of our neighbors each month
- + **8** Hunger Relief programs including:
 - + **Senior Outreach** provides for homebound seniors
 - + **Food for Kids** provides for **15,412** children at **304** public schools
 - + **Food Rescue** minimizes waste by rescuing food that is served to families within hours of pick-up
- + Four-Star rating (highest possible) with Charity Navigator
- + **\$0.95** of every dollar donated goes directly towards our hunger relief programs
- + **1 in 6** children in East Tennessee are experiencing food insecurity

Visit <https://qrs.ly/m8g5n2b> to donate, or scan:



1. Open the camera app or QR code reader
2. Hover over the code
3. Tap the link that appears on the screen

Learn more at www.secondharvestETN.org or at **(865) 521-0000**



Loudon County
Habitat
for Humanity®



AGING IN PLACE

As we age, maintaining the dream of homeownership can become difficult. If you can't afford to add grab bars to make your bathroom safe or replace a leaking roof, how can you continue to live safely in the place you've called home for so long?

Loudon County Habitat's Critical Repair Aging In Place (AIP) Program makes critical home repairs that enable senior citizens to move around safely inside their homes, and continue to maintain their independence.

Applications are now being taken for our Critical Repair Program.

Call for more information.



(865) 458-0704

loudoncountyhabitat.org