

Video screen and coach photos courtesy of Carlos Reveiz/crfoto.com/"Rock Pile" photo by Alan Sloan

(Above) A message for ailing coach Eddie Courtney on the Bill Clabo Field Jumbo screen at Farragut High School, prior to the FHS football Homecoming game versus Morristown West Friday evening, Sept. 18, reflecting community support for the Admirals varsity football skipper for the last 25 seasons during his second battle with cancer — this time prostate cancer. (Right) Student support shown on "The Rock Pile." (Below right) His son, offensive coordinator Geoff Courtney, as interim head coach versus MWHs. (Read related story beginning on page 1B)



While elder coach Courtney fights 2nd cancer battle, son fills FHS gap

KEN LAY

Correspondent

Geoff Courtney had his hands full Friday night, Sept. 18. Not only did this offensive coordinator for Farragut High School football have to serve as interim head coach; not only did he have to fill in for a highly respected ailing man and coach ...

He was filling in for his father, as head coach Eddie Courtney, in his 25th season as Admirals skipper, was at home recovering from successful prostate cancer surgery Wednesday, Sept. 16.

It was an emotional time for the

younger Courtney, the coaching staff and the players, but everybody knew the Admirals had to take care of business.

It was unfamiliar territory, as Eddie was missing only his second game during his tenure as either an assistant or head coach at FHS since 1981.

"Personally, coach Courtney is like a father figure to me and I feel like the whole team feels the same way," said senior receiver Matt White, who caught three touchdown passes as FHS routed Morristown West 45-14 in a Region 1-6A game at Bill Clabo Field. "We

See COURTNEYS on Page 4B



Anti-Ivey connector, Anti-Center apts. voices

E-mails, 28, against Town Center apartments read at FMPC meeting

TAMMY CHEEK

tcheek@farragutpress.com

Twenty-eight Farragut residents opposed to apartments being part of the Biddle Farms/Town Center project submitted e-mails for Farragut Municipal Planning Commission's Citizens Forum segment of its Sept. 17 meeting.

"NO-NO-NO!" Joe and Brenda King of Crown Point Drive stated in their e-mail. "I'm in favor of developing the old Kroger property as an up-scale business community. But to add 291 apartments to the already overcrowded Concord Road area opposite Concord Hills is insane."

During the meeting itself, the Board voted



Povlin

See ANTI-APARTMENT on Page 5A

Four Pecos Road residents heard seeking to kill Ivey Farm connector

TAMMY CHEEK

tcheek@farragutpress.com

Four Pecos Road residents voiced their objections to the connection between Pecos Road and the Ivey Farms development in e-mails for Farragut Municipal Planning Commission's Citizens' Forum portion of its Sept. 17 meeting.

"It was my understanding that no traffic would be diverted through Saddle Ridge (subdivision) while Union Road is under construction, as we all know that Pecos Road is not equipped to handle additional traffic from a safety standpoint (no sidewalks and longer straightaway)," Joyce Sayers stated. "I would ask that both the Town of Farragut and Goodall Homes be good neighbors and respect the residents of Saddle Ridge

See ANTI-CONNECTOR on Page 5A

If a Town Center, it's horizontal, walkable; if not, it's 'big-box' time: Povlin

ALAN SLOAN

editor@farragutpress.com

A "horizontal approach," or one-story approach, to building a mixed-use Farragut Town Center at the current old Kroger location is "what they all suggested, what they said would be a great concept" when it comes to developer feedback Town administrator David Smoak said he's received "as I have gone around the country talking to developers about doing that here."

"Having the uses close together, but not just on top

of each other," he added during his Town business update to Shop Farragut/Farragut Business Alliance at its monthly Zoom (electronic) meeting Thursday morning, Sept. 17.

A more "vertical" or multi-story approach, however, resulted "in a lot of 'no's'" from those same developers, emphasizing "there's been a lot of, 'that really doesn't work in suburban communities; it's difficult to finance, it's difficult to find (someone) to do it right, to do it well,'" Smoak said.

He added such developers have said they've found "easier places to that you can go" to make such verti-

cal town center plans work.

However, he maintained the Town would "ultimately love to see ... a vertical component" in overall Town growth, which "we still have on the books in our Land Use Plan."

As for a breakdown of business versus residential for the proposed Center, "I think the current



Smoak

See CENTER CHOICES on Page 2A

business

"It's been brutal. ... when (COVID-19) happened ... it was very difficult. We were closed for two months. ... I was very scared. I told my husband we might have to close, but he said to trust God and it was going to be OK,"

- Heidi De La Rocha, owner, curriculum director and teacher of a local business struggling with effects from the pandemic. (Read story beginning on page 6A)

community

"I think it's one of the reasons I've wanted to stay in Knoxville this whole time. ... I couldn't image being treated like that if I just cold-called Woody Hayes or Bo Schembechler or Bear Bryant,"

- Bob Kesling, Concord resident and "Voice of the Vols," who recalled an early positive influence leading him to this area and attending UT. (Read story beginning on page 1C)

sports

"My younger kids have really grown, they're playing pretty well right now. And my older kids have shown great leadership. I feel like we're playing really (well) now, so we've just got to keep that going,"

- Jon Higgins, a Farragut High School head coach who has two teams — both proving dominant in critically important matches last week. (Read story beginning on page 1B)



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Vendors at capacity, 49, for first Farragut Fall Festival Oct. 4

Ending up “at capacity” in terms of business vendors, with 49, inaugural Farragut Fall Festival is scheduled to run from 3 to 8 p.m., Sunday, Oct. 4, in the Old Kroger Parking lot across from Lendon Welch Way, which leads to and from Farragut High School at Kingston Pike.

As for entertainment, “We have four local bands playing on a stage that will be set up,” said Stephen Krempasky, Shop Farragut/Farragut Business Alliance executive director, during a monthly SF/FBA meeting Thursday, Sept. 17. “We’ll use as much of the old Kroger parking lot as possible, spreading everyone out.”

As for anticipated turnout, Krempasky said he told potential alcohol vendors, “I expected 100 to 200 people per hour.”

Though a tent is to be included, “We’ll have half as many tables and chairs under the tent than we normally would do,” he said, comparing the Fall Festival to recent years Taste of Farragut, which was the original Oct. 4 event scheduled.

David Smoak, Town administrator, said he observed “a lot of names on the list from the businesses participating that I’m not familiar with,” asking Krempasky, “Are these all relatively new businesses that are coming to Town?”

“Some are and some aren’t,” he answered, some of which he pinpointed as Farragut West Knox Chamber of Commerce members that aren’t strictly in Town limits, plus home-based busi-



Krempasky

See FALL FESTIVAL on Page 3A

Center choices

From page 1C

concept shows about 63,000 square feet of commercial,” Smoak said. “That’s actually less than what the old Kroger building is now.”

Feedback, ‘big box’ fear

In terms of planning and citizen feedback, he said, “We’ve done several studies over the years on Mixed-Use Town Centers, and people want to see mixed use in Farragut — it’s something that’s a priority for them.”

In Smoak’s 10 years as Town administrator, “Every time we’ve done a survey — and we’ve done three of them ...

it’s always been one of the top things on people’s list,” he said. “They’d like to have a unique sense of feel, they’d like to have a walkable community, they’d like to have a mix of uses.

“All those boxes are getting checked here,” Smoak added.

In terms of pro-Town Center feedback, Farragut Vice Mayor Louise Povlin said she’s “gotten a lot of positive private e-mails.

“They will not venture onto social media; there are some people locally that are against this,” she added.

Moreover, Povlin pointed out “a pretty vocal group that has disseminated a flyer” in Concord Hills, asking Alliance

KCSO policereports

• At 5:39 p.m., Saturday, Sept. 19, a Knox County Sheriff’s Office unit was dispatched to a Moser Lane residence to investigate a report of a person being injured by a cat that required stitches. Complaint had been checked by an urgent care facility due to one victim requiring 19 stitches. Officer made contact with victim No. 1, a male, and victim No. 2, his wife. Officer asked both victims what happened, and victim 1 advised they had been feeding a stray outside cat for about a year, and decided to bring the cat inside to take it to a vet. I asked how they got the cat inside the residence, and victim 1 advised with a live trap. He then advised he was attempting to place the cat inside a cat carrier, and the cat did swipe at him, causing

a laceration to his left pinkie finger. After this occurred, victim 1 went to the urgent care facility and received seven stitches. While he was gone, his wife, victim 2, attempted to put the cat in the carrier. The cat attacked victim 2 and caused a severe laceration on top of her head, which required 19 staples. I asked if any of the injuries were bites, and both victims advised no. Injuries were caused by the cat claws. Officer advised both parties the cat is most likely feral and unable to be tamed. I did advise them how to properly secure the cat in a kennel, and advised to speak with their vet in regards to the cat. Officer also advised them of the community cat program and advised them to contact the shelter if they have any questions.

Only ‘single digit’ Town sales tax hit: Smoak

ALAN SLOAN
editor@farragutpress.com

Though Town of Farragut experienced sales tax losses versus “previous fiscal years” — due to the effects of COVID-19 and based on “four or five months of sales tax revenues under our belts” — Town administrator David Smoak emphasized, “We are certainly better than we projected in our budget” post-COVID-19.

“From a fiscal standpoint, instead of double-digit losses in sales tax revenue, we’re seeing more single-digit losses,” he added while reporting Town financial news to Shop Farragut/Farragut Business Alliance, during its Zoom meeting Thursday morning, Sept. 17. “That’s been at least somewhat encouraging.”

As for the number of visitors in Farragut staying in one of the Town’s eight hotels, “We have seen the number of hotel stays getting better since April,” Smoak said.

• Smoak said construction on Admiral’s Corner, at the corner of Kingston Pike and Campbell Station Road, “is coming along,” estimating an opening date “sometime in late fall.

“They are actually going to be brewing their own beer” subject to Town Beer Board approval, he added.

• He said about completion of the Town’s newest park, which he called “Campbell Station Park” across from Admiral’s Corner behind historic Campbell Station Inn, “We hope some-

See TOWN UPDATE on Page 4A

clarify/amplify

• We reference a Business section story from our Sept. 17 issue, “Saah family ‘buys the farm’ to open The Julianna venue,” to clarify that Charlie and Suzanne Saah bought 32 acres, which includes the stables, of the former Hunter Valley Farm and renamed their property The Julianna, while Nancy Barger still owns 7 acres of the former Hunter Valley Farms and operates her business, The Pavilion at Hunter Valley Farm.

• In our Sept. 17 issue, a Community section story “Becoming His Bride,” left out the following: for more information or to purchase “Becoming His Bride” directly, visit Karen Wiley’s website, www.karenlundewiley.com.

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chair Candace Viox, a Concord Hills resident, if that is correct.

“I got a thing in the mail ... a group of people are yelling about it,” Viox said.

“They’ve done this with 5G and Sweet Briar (opposition), and filled it up with a lot of scare tactics and mis-information.”

About the anti-Town Center voices, “I don’t think that they’ve read the Land Use Plan,” Povlin said. “I don’t think they understand what the alternative is.”

Concerning the Biddle property where the Town Center is to be located, “If we don’t plan for it, the natural, suburban

development would be another big box with another long strip mall to support it,” she added. “In the numbers that I’ve calculated, that would bring much more traffic in the area than what is currently proposed.”

Such an alternative “is unconscionable...is not walkable, it’s ubiquitous,” she added. “... What we’re trying to achieve is a walkable community.”

Even if a big box retailer were to aid the Town’s sales tax revenue in the short term, “Big boxes tend to have a life span of about 15, 20 years,” Povlin said. “In 15 to 20 years, we would potentially leave future generations with another empty big box sitting where this current

big box (old Kroger) is.

“The last thing we need to do is invite more big boxes into the heart of our Town.”

Povlin said she is hoping more Town residents “do some research because our Town is aging,” hoping they will embrace “this walkable infrastructure.”

Viox said choosing the correct growth plan is vital, given her observation the rate of those moving into Farragut from around the state, region and nation “is insane.”

However, “I hear the other side: ‘we don’t want those people,’” she added. “‘We don’t want people from California moving here.’”

ADVERTORIAL

The Easiest Way To Really Irritate Someone With Back Pain!

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

Today’s article is about a client named Ted that we just recently started working with at the clinic.



When Ted first came into the clinic for a Discovery Visit, he was very irritated. That might be oversimplifying the way he felt... to be more accurate, he was feeling frustrated, annoyed, angry and depressed. All because of his ongoing back pain, and the slow decline in his activity level. Let me

tell you Ted’s story before sharing a couple of insights with you.

Here’s Ted’s story:

His back pain started 3 years ago and attributes it to long hours at the computer and maybe an old football injury. He originally just started taking some Tylenol- which helped until a year ago. That is when he started noticing pain near his left SI joint region. He’s seen several doctors, had an MRI, tried multiple injections, and even tried physical therapy, all without much success.

Over the last year, his activity level has really declined. Ted and his wife enjoy playing pickleball, love to hike, and help take care of their 3 year old grandson. However, Ted can hardly participate in any of these activities anymore, since his back pain intensifies quickly when he stands or walks. During his free consultation, he explains that living just isn’t very fun anymore, and he’s becoming angry with the whole situation. He even mentions that he’s afraid others don’t want to be around him much since he’s often so irritable.

Now that you know Ted’s story, let me try to make a few points:

Point #1: Ted is very irritated with his experience so far! Since I mentioned this in the title, let me tell you why he’s really irritated: one of his physicians told him that his pain was due to him being in his late 50’s. **And that’s the easiest way to irritate someone with back pain:** tell them that they are getting older and have to “slow down”! In Ted’s case, a good deal of his pain was actually coming from his SI joint (SIJ), which he was happy to hear!

Point #2: SI joint pain is often overlooked and under-diagnosed. I mentioned this several weeks

ago in the article about SIJ pain. While Ted had an MRI with some positive findings (degenerative changes), the MRI doesn’t help us diagnose SIJ pain. Dealing with the SIJ pain is a great place to start for Ted, and after that we can turn our attention to any other factors affecting his back pain and mobility.

Point #3: After dealing with back pain for 3 years, along with a gradual decline in activity, Ted now has more than just SIJ pain. His back is now very stiff in all directions, and his overall strength and endurance are very low. These are issues we’ll address after we make Ted more comfortable.

Point #4: We can’t skip pain relief! You’ll notice Ted already “tried physical therapy”. I put that in quotations because “trying physical therapy” and not having a positive outcome doesn’t mean we can’t help Ted. Ted’s experience with PT went like this: he went to 3 appointments, the therapist gave him some stretches, these stretches were painful, so Ted stopped going. **Moral of the story?** You can’t skip pain relief and go straight for exercises and stretches! You’ve heard me mention this before, and I’ll say it until I’m blue in the face!

To wrap up Ted’s story, he’s been working with us for about 3 weeks now. He was able to experience an immediate improvement in his pain after we corrected his SIJ alignment, and now we’re working on helping him improve his flexibility, strength and overall mobility, so he’s able to take longer walks with his wife, play with his grandson, and hopefully get back to pickleball soon. And he’s no longer so irritable!

Ted’s story is a common one we hear: Someone who is suffering from a lingering pain that forces them to sacrifice what they really enjoy, slowly missing out on life due to this lingering pain. I hope you are enjoying this series on back pain and sciatica and have hopefully learned a thing or two. We will continue our discussion about ways to eliminate lower back pain and sciatica next week, so stay tuned!

For more information about back pain please visit: <https://simplypt.com/back-pain/>

The author, John-Mark Chesney, is a Doctor of Physical Therapy, owner of Simply Physio. He’s happy to answer your questions about back pain and sciatica. Call Simply Physio at (865) 351-0615 or email Dr. John-Mark at john-mark@simplypt.com

About 900 free flu shots



Tammy Cheek

Carlos Munoz gets a drive-up free flu shot from Jillian Baker, a University of Tennessee College of Nursing student, during The Rotary Club of Farragut-sponsored Free Flu Shot Saturday from 7 a.m. to noon, Sept. 19, at Farragut High School. According to Tom King, RCF media chairman, about 900 citizens received a drive-up shot at FHS. With Baker among a handful of UT Nursing students on hand to administer the shots, 33 RCF members were joined by five members of Hardin Valley Academy Interact Club and three Girl Scouts to coordinate the annual event. (See related photos and more information on West Side Faces page, 6C)

Fall Festival

From page 2A

nesses. “There are definitely non-Town businesses there.” The list of businesses signing up includes: TDS, South-East Bank, Grayson Autos, MLILY Mattress USA, The Admiral Pub, Water Into Wine bistro & lounge, The Farragut Table, Kiki’s Hawaiian Shave Ice, Mucho Gusto, Cruisin Cuisine, Berrylicious Bouquets and Knox Dough. Other Fall Festival vendors are Knoxville TVA Employees Credit Union, Jessica Phillips, CPA, 865LIFE, Premier Martial Arts, Amazing Nails with Kellie, Kat’s Lash Lounge & Wax Studio, Sir Goony’s and Simply Physio. Still other Festival vendors are Snooty Patootie, STAR Riding Academy, Great Clips,

Knoxville Academy of Music, Staybridge Suites - Knoxville West, Faith Promise Church | Farragut, Villages of Farragut, 865 Candle Company and Young Living Essential Oil. Other event vendors are Root Journey, Blush & Bashful, Exodus Chiropractic, First Watch Café, Med Spa at Choto, Josh Hemphill State Farm, Hudson & Harper Designs, Dale Designs, The Snug Suit, Island Hoppers Art, Pure Romance and Isn’t She Lovely Clothing. In other business, SF/FBA: • Voted to bring back Dogs Daze, the Dock Dogs pool-jumping national competition, for a fourth consecutive year in the summer of 2021. It has been located in Village Green shopping center parking lot from Friday through Sunday in mid-August each year.

Allowing Town HOAs to use food trucks recommended by FMPC; goes to BOMA

Does not include individual households being able to secure food trucks

TAMMY CHEEK
tcheek@farragutpress.com

Farragut subdivision homeowners associations soon may be able to “legally” hold events featuring food trucks. Farragut Municipal Planning Commission voted unanimously during its virtual meeting Thursday, Sept. 17, to recommend the Board of Mayor and Aldermen amend its ordinance so HOA would be allowed to have food trucks. Farragut Municipal Planning Commissioners and Town staff discussed the possibility during a Staff-Developer meeting in August, and it was workshopped by FMPC in August as well. “The initial objective of including this item on the agenda was to present the idea of allowing sales from food trucks if (it is) part of an approved special event sponsored or hosted by a homeowners association,” Farragut Community Development director Mark Shipley said. “The existing language only provides for sales from food trucks for commercial, office and not-for-profit entities if part of an approved special event. However, “during the COVID pandemic, more people are staying home and the thought was that food trucks should be permitted as an option for HOAs, provided a permit and filing fee was secured,” Shipley said. “Food trucks can provide a useful service for certain events.” During the August Staff-Developer meeting, he noted some HOAs are using food trucks anyway. Having the amendment would make it “legal.” “This (amendment) would help establish a process and parameters for these activities in residential settings,” Shipley said last Thursday. But, he made clear allowing food trucks is for HOAs, not individual residents. At the same time, “while addressing this item, the staff felt that other language in this section of the zoning ordinance should be updated to reflect current practices and the recent changes related to signage permitted for temporary events,” Shipley said. The proposed language for the ordinance reads: “A special event may include a wide range of activities, such as but not limited to a grand opening, sidewalk sale, fundraiser, yard

sale, Vacation Bible School, holiday pageant or program, etc.” Commissioner Betty Dick did, however, express concerns about the food trucks creating a traffic issue. Shipley said a site plan would be required showing where the HOA’s event would be held to make sure there was adequate space. Shipley also asked about a 10-day period in the proposed amendment. Shipley said the 10 days related to how long the sign (for the HOA’s event) could be erected. The event would only be for three days. “I think that needs to be clarified,” Dick said. On a separate action, the Commission voted unanimously to recommend the Board hand over administration of the grand opening signs to Shop Farragut/Farragut Business Alliance. Town staff has been supplying the signs for businesses to rent for a fee and then return to the Town, but staff has been wanting to get out of the “sign” business. “During the discussion (of the signs last week), the staff mentioned that the Farragut Business Alliance had expressed an interest to be involved in administering the grand opening special events permits in some fashion as an avenue to assist new businesses and entities that have chosen to located in the Town,” Shipley said. “(The signs) would really be under the control of the Business Alliance as opposed to the Town,” he added. “The signs will be smaller – 20-by-20 feet. There wouldn’t be the big void space (on top) of the current grand opening sign.” He said the Alliance’s administering the signs also would provide consistency and branding of the Town. Farragut Vice Mayor/Commissioner Louise Povlin said this would give the FBA an opportunity to explain the sign permitting process to new businesses. “The responsibility is where it needs to be, with the Farragut Business Alliance,” she said. “I agree with FBA being the ones that handles (the signs),” Farragut Mayor Ron Williams said. “It will be consistent that way.”

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letter to the editor

Opposition to Town Center is spelled out

Comments (to) Town of Farragut and the editor of farragutpress (concerning) development of old Kroger site:

I strongly oppose this development as proposed. The area from Campbell Station Road to Concord Road along Kingston Pike and down both Concord Road and Campbell Station road is arguably already the most traffic-congested area of Farragut.

It bounds Farragut High, Middle and Intermediate schools, and adding to this congestion is a hazard to the parents and children going to and from the schools. We have already made a mess of this area with the ugly “food truck” edifice, which looks like some sort of prison to me. The thing makes a mockery of the beautiful park and restoration of the Campbell Station Inn just across Campbell Station Road at Kingston Pike.

According to the US Census bureau’s most recent data, Farragut averages 2.69 persons per household at a density of 1,413 persons per square mile. What is proposed equates to a population density of 123,552 persons per square mile immediately across from the entrance to Farragut High School. If this is permitted here, what is to stop developers from insisting on the

same thing throughout Farragut?

And, this puts 589 more vehicles in this congested area, based on the Farragut average of 2 vehicles per household as reported on the data USA website. This sort of population density may also attract various sorts of crime against persons and property. I submit that this is a for-profit effort on behalf of developers and is definitely not the “highest and best” use of this property, at least not from the perspective of the safety and security of Farragut.

I believe the safety and security of the Town must take precedence over developer’s rights, whether real or imagined. We fought against this sort of thing when the town was being formed, and we should do so now. The overriding issue then was annexation by Knoxville, and we formed Citizens for Home Rule to successfully oppose that effort.

But rest assured, for those of us who were involved, there was also great concern over the types of development that might have come with the increased taxes. Allowing this development flies in the face of the efforts that were made to form Farragut.

Bernard A. Roche, Farragut,

All Letters to the Editor, regardless of context, must not exceed 600 words. Citing certain information as fact, especially if those points challenge another person’s opinion, may require the inclusion of a researchable source.

voting related tips

It is time to make a plan to vote. The League of Women Voters urges all citizens to plan ahead for the November elections.

First — Make sure you are registered to vote by Oct. 5, or confirm your registration status at www.GoVoteTn.com. Next, decide which is the best way for you to vote: in person on Election Day, on Early Voting Days or by absentee by mail voting.

Second — Check to see if you are eligible for absentee by mail voting. Voters 60 and older and those with special vulnerabilities to COVID are among the voters eligible. If you decide to vote absentee by mail, allow plenty of time for the mail. The U.S. Postal Service recommends at least 15 days. Ballot applications can be submitted now; ballots will be mailed in mid-to-late September and should be returned as soon as possible. You can track your absentee ballot at www.GoVoteTN.org. For more details about absentee voting visit www.lwvtn.org.

Third — If your plans are to vote in person, know that state and county election officials have very detailed procedures to make in-person voting as safe as possible during the pandemic.

Poll workers will be wearing masks to protect you. You should wear a mask to protect the poll workers, other voters and yourself. Avoid the crowds if you can by voting during early voting.

Be sure your plans include checking out the location and hours for your local polling place and, of course, a review of what is on the ballot. The League of Women Voters provides all of that information in our non-partisan resource, www.Vote411.org.

If your voting plans include a trip to the polls for early voting or Election Day, remember that poll workers are there to help you. They can show you how to use the voting machines and answer general questions. If there is an issue with your voter registration, you can ask for a provisional ballot. Don’t forget to bring your state or federal ID and a mask.

Thank you for your participation to make democracy work.

Tiffany Foster
President, League of Women Voters of
Knoxville/Knox County

Town update

From page 2A

time in October that’ll be done.”

• While the state “is giving tourism grants ... to all 95 counties ... they singled out a couple of cities, us and Collierville, to also get addition funds from

that,” the Town administrator added. “We’re working with Visit Knoxville and the state of Tennessee. We have to use the money on COVID-19-related marketing.

“And it has to be spent by the end of the year.” He said the Town could get some, or all, of “\$78,000.”

• Thought Light the Park will not be

an onsite physical gathering on a late November or early December Monday evening as during past holiday seasons, “We will certainly have lights, and we’re trying to expand those, to go further out, to get more people to check them out,” Smoak said. “We’re going to do several things up and down Campbell Station Road to try to get people’s

attention. ... Maybe all the way down to Kingston Pike.

• Candace Viox, Alliance chair, also has been named Visit Farragut Committee chair. “You’ve a very committed member of our community, and we greatly benefit from your passion,” Farragut Vice Mayor Louise Povlin, Alliance member, said.

October 1, 2020 it begins!

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or editor@farragutpress.com

• I commend the (farragut)press on the publication on the (four)-page Constitution and Bill of Rights (special section in our Sept. 17 issue). We are seldom reminded of these important documents in these times of terrible political strife. Also, I agree with Mr. (Mike) Mitchell about the Town Center plans to include apartments. Keep this as a civic and cultural center, not a typical residential complex. (Editor’s note: Town elected and non-elected leaders have repeatedly emphasized a Town Center would be mixed use, a combination of commercial and residential)

• While I’m glad to see a local fast-food franchise renovate their facility, I was saddened to see that they removed all the trees surrounding the property, so that now, in essence, we have a whole section of Town that’s nothing but pavement back-to-back-to-back. Conversely, I am very pleased to see what the Town of Farragut has done with their property at the corner of Campbell Station Road and Kingston Pike. The landscaping is starting to look really nice; I love the trees, and that extra greenspace there will really add a lot to our Town and visibility for the people driving through the area.

• I would like to speak on the environmental impact that the trucks have coming up South Watt Road onto Old Stage Road, filled with the dirt and gravel going over to McFee Road. Today I saw, when I was at the intersection of Old Stage and Kingston Pike, dump trucks and gravel trucks coming down Kingston Pike the way they should, and turning onto Old Stage and then onto McFee Road, where they are building these \$1 million homes up there. I live on Old Stage Road, and the other day the diesel fuel smell was just horrendous from these big trucks. ... Can the road not have a load weight limit? People walk on either side of the road, and there’s a bicycle lane. It’s just a two-lane road. I would like to put that out to the community to see if we can put some sort of environmental impact (evaluation) as to weight limits for these big trucks coming from South Watt Road to Old Stage road.

• Last week there was another hearing about the Town Center and apartments and so forth over at the Kroger-Biddle Farm area. The Mayor (Ron Williams) made a statement: “again, this is what the majority of the community I represent wants as soon as possible, and my vote would be for what is best for the majority of our Town, as there will always be a handful who do not like changes and will disagree on what the majority wants.” The fact is, 270 people responded to the survey of approximately 24,000 residents in Farragut. That equates to .01 percent of the residents. How does that possibly come anywhere near to making a majority (who) agree with what the mayor wants? Not what the people want, what the mayor wants.

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Tony Cox,

Publisher..... 218-8883
tc Cox@republicnewspapers.com

Editorial Department

Alan Sloan,
Editor..... 218-8880
editor@farragutpress.com

Tammy Cheek,
Writer..... 218-8873
tcheek@farragutpress.com

Michelle Hollenhead,
Writer..... 218-8890
mhollenhead@farragutpress.com

Advertising Department

Laura Sayers,
Account Executive 218-8879
lsayers@farragutpress.com

Charlene Waggoner,
Account Executive 218-8877
cwaggoner@farragutpress.com

Linda Tirban,
Classified Display,
Service Directory 218-8881
linda@farragutpress.com

Production Department

Tony Christen,
Production Manager..... 218-8872
production@farragutpress.com

Cindy Wilfert,
Designer..... 218-8872

Editor email: editor@farragutpress.com Website: www.farragutpress.com

Phone: 865-675-6397 News Fax: 675-1675 Advertising Fax: 675-6776

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F45 Training ready after recent grand opening

TAMMY CHEEK
tcheek@farragutpress.com

West Knoxville's newest franchise, F45 Training at 9405 S. Northshore Drive, held its grand opening Saturday, Sept. 19.

Built during the March quarantine, F45 launched successfully "during the strangest times in recent history," owner/operator Chip Gibson said.

F45 Training, of which F45 stands for functional fitness 45 minutes, provides a different experience in circuit training with COVID-19 restrictions in mind.

"With exception of (Saturdays), they are all 45-minute classes," he said. On Saturdays, F45 offers a 60-minute hybrid workout.

Stations are spaced apart, everyone gets a temperature

check as he or she walks in the door, and Gibson said a cleaning protocol is in place to keep the areas disinfected.

Additionally, "F45 has created a non-shared equipment solution for in-studio workouts to comply with the strict reopening guidelines of some governments," Gibson said. "This programming will use the majority of the equipment, but members will be assigned

to a fixed station for the entire workout to help maintain social distancing guidelines and eliminate person-to-person contact and sharing of equipment."

He added the equipment is disinfected after every class.

The training is flexible to accommodate everyone, regardless of his or her abilities, Gibson said.

"Our adjusted workouts can

accommodate 18 members," he added. "Each member should be allocated a workout space of 6 feet by 6 feet."

"F45 provides an ultimate modern gym experience by combining cutting-edge techniques with high-grade equipment and friendly, educated, supportive staff."

He has six trainers, half of

See F45 TRAINING on Page 7A

Heidi's Gym seeks support to expand, survive COVID-19

TAMMY CHEEK
tcheek@farragutpress.com

Heidi's Musical Gymnastics, also known as Heidi's Gym at 159 West End Ave. — a gymnastics studio in operation for 25 years in Farragut — is seeking community support to help her students train in competitive gymnastics.

Heidi De La Rocha, owner, curriculum director and teacher, recently started a Pay Pal on her website to receive donations that would help her purchase used uneven bars, so her students can do competitive gymnastics.

While the gym has been non-competitive for 20 years, she started offering a competitive program last year.

De La Rocha noted the students did well last year, but the season was cut short this year because of the pandemic.

To train for future competitive events, though, "the girls desperately need competitive uneven bars," she said.

"If people go to heidismusicalgym.com, there's a Pay Pal, (where) they can (donate)," De La Rocha added.

The used bars and mats package would cost \$3,250 while a new mat and bars together would cost "well over \$5,000," De La Rocha said.

With the pandemic, she said, "It's been very difficult to do any type of fundraiser."

"I feel we should rally together as a community and keep her doors open," said Paula Kerr, who has two daughters enrolled in the gym.

Like many gymnastic studios and fitness centers, De La Rocha has seen her share of hardships during the COVID pandemic.

"It's been brutal," she said. "As a small-run business, we just teach one class at a time, and our prices are very reasonable."

"So, when (COVID) happened, for a lot of gyms, it was very difficult," De La Rocha added. "We were closed for two months."

"We did Zoom, but there weren't a whole lot of kids who were doing that. We're probably down (in enrollment by 40 to 45 percent."

Being "very scared," De La Rocha recalled, "I told my husband we might have to close, but he said to trust God and it was going to be OK."

"It's a little bit better, but it's still not what it was," she added. "We're just trying to do the best we can by providing the service we do in a clean and healthy environment."

Still, "She's struggling financially," Kerr said. "As a parent, I really, really don't want her gym to close."

The pandemic also was brutal emotionally for De La Rocha.

"This — teaching kids — has been my whole life, teaching the heart of gymnastics and creativity of gymnastics, reaching for a goal," she said. "So when you think your business is in jeopardy, you're not going to be able to do what you love ... that's pretty devastating."

De La Rocha said Heidi's Gym provides a nurturing, positive way to train students in gymnastics.

"I know every parent by name and every child by name," she noted. "I never want to lose that."

A gymnast since she was 12, De La Rocha attained a Level 10, the second highest level in gymnastics.



Tammy Cheek

Heidi's Gym student Zahra Khairollahi, 8, gets help with her gymnastics bar routine from Heidi De La Rocha, owner/curriculum director and teacher at the studio in West End Center.

De La Rocha and husband, Ashley, started Heidi's Musical Gym 21 years ago to provide a creative enrichment program for students from 18 months to 13 years old using music and movement to develop physical, emotional and social skills in a nurturing, no-pressure environment.

"For the first 12 years, I did it on my own, coaching by myself," she recalled. "Then, my daughter, Savannah (De La Rocha), has been coaching with me for about 10 years."

The gym is open from 9:30 to 8 p.m., Mondays; from 10

See HEIDI'S GYM on Page 7A

Don't let new SECURE Act rules take 40 percent of your IRA

A gentleman in his late 60s came to see me recently and told me that his beloved father had left him an IRA worth just over \$1 million.

He told me how he already had filled out the forms to withdraw the money and use it to pay off his house, take a trip and give some money to his own kids and grandkids. And then, he wanted help investing the rest of the money for his own retirement.

I asked him a question that caught him by surprise: "Did you budget for the \$400,000 in taxes you just triggered by taking a lump sum withdrawal of the entire account?"

Sadly, he had not realized that the IRA withdrawal was taxable income. I had to tell him that the IRS doesn't allow us to "un-ring" the bell, put the money back and draw it out more slowly instead. There

are no do-overs with inherited IRAs.

I can see the potential for new tax mishaps under the SECURE Act that was enacted in 2019, which now requires beneficiaries to empty the inherited IRA account by the end of 10th year following the year of death. Within that 10-year period, there is total flexibility — withdraw it all or withdraw none.

I fear that the years might blur and heirs inadvertently lose track of how long it's been and accidentally miss



Financial Planning
Yvonne Marsh

the deadline. Because if they empty the account on the first day of the 11th year, there is a 50 percent penalty on the late withdrawal PLUS income tax owed.

A \$1 million IRA would have a \$500,000 penalty and a \$400,000 income tax bill, leaving the heirs with \$100,000. Crazy, isn't it?

On the plus side, the 10-year period is a great tax planning opportunity, allowing an heir to take large distributions in some years and none in others, using the flexibility allowed within that time period to their advantage, minimizing the amount of tax ultimately paid.

The SECURE Act has raised the urgency of tax planning and ongoing advice. First, IRA account owners need their

See SECURE ACT on Page 7A

businessbriefs

• Nearly 15 years after opening his first Firehouse Subs restaurant in Knoxville, Firehouse Subs Franchisee James Blake has been presented with an Axe Award in the Mid-Atlantic Franchisee of the Year category by Firehouse of America. The Blake family's franchise owns and operates Firehouse Subs restaurants in Farragut, Knoxville, Lenoir City, Oak Ridge, Maryville and Pigeon Forge.

• Pinnacle Financial Partners, which has a branch in Farragut, recently was listed in FORTUNE magazine and Great Place to Work as the nation's fourth Best Workplace for Women for the way women associates view their experience in terms of fairness and equity.



Blake

• Knox County Juvenile Court Judge Tim Irwin of Knoxville recently was elected president of Tennessee Council of Juvenile & Family Court Judges. In that role as president, he said in a press release he is eager to put his knowledge, skills and experience to work for others. Irwin has been Juvenile Court judge since 2005, when he was appointed and then elected to that office the following year.

• BarberMcMurry Architects of Knoxville recently was named an AIA Tennessee Outstanding Emerging Professional Friendly Firm. Emerging professionals are architecture students, architectural gradu-



Irwin

See BRIEFS on Page 7A

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SECURE Act

From page 6A

named beneficiary designations set up correctly to give heirs the option of the 10-year window; and second, the heirs need professional ongoing advice to minimize their tax bill and avoid needless penalties.

Navigating the nuances of inherited IRAs is not for the faint of heart — and there are no do-overs.

Yovonne Marsh is a financial advisor whose columns appear regularly in the Business section of farragutpress.

Financial Planning & Investment Advisory Services are offered through Marsh Wealth Management, LLC (“MWM”), an independent investment advisor registered with the state of Tennessee. Marsh is an investment advisor representative of MWM in Tennessee.

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For a detailed discussion of MWM and its investment advisory fees, see the firm’s Form ADV on file with the SEC at www.adviserinfo.sec.gov.

F45 Training

From page 6A

whom have college degrees in physiology, and all are certified.

The gym training includes three days a week of strength resistance-based training and three days that are cardio based.

Located next to Anaba on the hill behind Dunkin Donuts, Gibson said the gym is “super convenient for many in the West Knoxville area, as it’s .5 mile off of Pellissippi Parkway.”

Gibson graduated with a degree in exercise physiology, working his way up at a couple of gyms before finding the F45 Training franchise. With an MBA in healthcare, he also worked in the healthcare field.

Encouraged by other business owners, he decided to open his own business.

“I went with a franchise,” he said. “It’s just a safer business model. Then, I found this company. Love it.

“I just wanted to bring something that wasn’t in Knoxville, something I could see myself doing every day,” he added.

A former college football

player who suffered many injuries, Gibson said he understands the difficulties some have with exercise and have worked with people who have limitations.

“I want to help as many people as possible,” he said. “The highly efficient and effective sessions are designed to help customers of all ages and fitness levels improve their health, lifestyle and well-being.”

Whether a client has limitations or is an athlete, Gibson said, “Our goal is to motivate you during a tough workout while evaluating your physical and emotional needs in order to help you reach your exercise and wellness goals.

“We know how to best establish a healthy client-trainer relationship to have fun and help you reach your potential,” he added. “But if you want to get in and out, no frills, that’s fine, too.”

The gym is open from 5:15 a.m. to 7:30 p.m. Monday through Friday; from 8 a.m. to noon on Saturdays; and one class at 10 a.m. on Sundays.

Appointments can be booked at f45training.com. For more information, call 865-498-3136.



Tammy Cheek

F45 Training owner/operator Chip Gibson was on hand to welcome the community to its grand opening, 9405 S. Northshore Drive, Saturday, Sept. 19.

Briefs

From page 6A

ates and licensed architects with less than 10 years of experience. BMA employs 15 emerging professional architects and five emerging professional interior designers. The designation of “outstanding” is an honor BMA shared this year with only four other architecture firms across the state.

• Dr. Michael J. Blackwell, director of the Program for Pet Health Equity, College of

Social Work at the University of Tennessee, recently received the Avanzino Leadership Award. Thanks to Maddie. It recognizes Blackwell

for his “outstanding efforts and dedication to preserve the human-animal bond” His research



Blackwell

days; from 9:30 a.m. to 7 p.m. Fridays; from noon to 3 p.m., Saturdays; and closed Sundays.

For more information, call 865-671-4116.

led him to develop a new healthcare system, AlignCare.

• King University, with a branch in Hardin Valley, recently was named one of the best regional universities in the South by U.S. News and World Report, as part of the publication’s newly released 2021 Best College Rankings. The 2021 designation marks King’s 31st consecutive appearance in the annual publication.

secutive appearance in the annual publication.

• Jesse A. Lehn, executive vice president of operations at Mortgage Investors Group (MIG), has been selected to be a member of the key executive peer advisory board in Knoxville by Vistage Worldwide Inc. He joins more than 200 senior executives, business owners and

CEOs across Tennessee who are Vistage members. Lehn joined MIG in 2007, lending his experience as a mortgage loan trader to the company’s secondary marketing efforts. Today, MIG benefits from the nearly two decades of industry experience he relies on to strengthen the company’s business practices at every level.

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Talk *of the* Town

8A • FARRAGUT PRESS THURSDAY, SEPTEMBER 24, 2020



A Publication of the Town of Farragut • Fall 2020

The summer Talk of the Town has been condensed due to the postponement/cancellation of several events.

Please see townoffarragut.org and farragutparksandrec.org for updates on Town events, programs and meetings.

Holiday festivities in Farragut with a 2020 twist

It is definitely a year no one could have planned for; however, the Farragut Parks & Rec staff have dedicated time and effort to creating safe events for the community to enjoy. These events may not look the same as they generally do, but one thing is for sure – they will be a fun way to safely bring the community together.

The popular Freaky Friday Fright Nite is changing to Freaky Friday Drive-Thru Boo from 5-7 p.m. on Friday, Oct. 30. Participants will trick-or-treat from their cars on Jamestowne Boulevard from N. Campbell Station Road to Village Green Parkway. Aside from being a drive-through event, the biggest change is that preregistration is required. Participants must register for a specific time slot and indicate how many children (12 and under) will be in the vehicle. Costumes are encouraged, as always! Registration begins Thursday, Oct. 1, at townoffarragut.org/register.

townoffarragut.org/register.

Registration is currently open for returning Freaky Friday vendors to pass out treats. New vendors can register Oct. 1-23 as space permits. There will be a maximum of 20 vendors this year. Register at townoffarragut.org/register.

The Town still plans to Light the Park for the community and visitors to enjoy! There will not be a Countdown to Light the Park event at Founders Park at Campbell Station this year due to social distancing limitations; however, the lights will be on by Tuesday, Nov. 24, through Sunday, Jan. 3. During Light the Park, a slate of socially-distant activities will be offered at Founders Park, including grab-and-go crafts. A calendar detailing activities will be posted on farragutparksandrec.org closer to the event. Park restrooms will be open until 10 p.m. during the six-week light display, except on Dec. 25.

Another tradition that will



continue this year with social distancing is photos with Santa. Families can have photos taken with Santa Claus on Thursday, Dec. 3, in the Assembly Hall at the Farragut Community Center. Preregistration is required at townoffarragut.org/register.

Since children won't be sitting on St. Nick's lap, this could be a tear-free photo for nervous tots! Participants will choose a time slot at the time of registration.

Santa's mailbox will continue to usher all wishes directly to the

North Pole! Nov. 24 through Dec. 21, drop your letters in the mailbox, located in Founders Park at Campbell Station, and they will be delivered by elves to the North Pole. Include a return address and you may receive a response from Santa!

Public showing scheduled for "Birth of a Town"

There will be a public showing of a new history film, "Birth of a Town: The Incorporation of Farragut," at 6 p.m. on Wednesday, Oct. 28, in the Assembly Hall at the Farragut Community Center. Seating is limited due to social distancing and masks will be required. Call 865-218-3376 to reserve a spot or register at townoffarragut.org/register.

"Birth of a Town" features interviews with several residents who were instrumental to the founding of Farragut in 1980. The movie was produced by noted documentary filmmaker Keith McDaniel, who also produced the video "A History of Concord and Farragut" in 2018. Copies of the new documentary will be sold in the Parks & Recreation office at the Farragut Community Center starting Oct. 28. Cost is \$10 for DVD or \$15 for Blu-ray.

Presidential and Federal/State General Election on Nov. 3

The General Election on Tuesday, Nov. 3, will fill the offices of President and Vice President of the United States, U.S. Senate, U.S. House of Representatives - District 2, State Senate - District 6 and State House of Representatives - Districts 13, 14, 15, 16, 18, 19 and 89. Farragut Middle School, Farragut High School and Farragut Town Hall are all voting precincts on Nov. 3.

Early voting at Farragut Town Hall is Oct. 14-29. Hours are 10 a.m.-6 p.m. Monday through

Friday and 11 a.m.-5 p.m. on Saturdays. From Monday, Oct. 26 through Thursday, Oct. 29, hours are expanded to 8 a.m.-8 p.m.

Voter registration forms are available at the Knox County Clerk's satellite office on the second floor of Town Hall. You can also register online at ovr.govote.tn.gov. For up-to-date voting information, including information about who is eligible to vote via absentee ballot, visit the Knox County Election Commission website at knoxcounty.org/election or call 865-215-2480.

Anonymous donor gifts Red Mill Dam to the Town

The Town of Farragut received a 6.43-acre parcel on the west side of Concord Road, just north of Turkey Creek Road, from an anonymous donor in August. Turkey Creek runs through the property and the historic Red Mill Dam is located there.

"We certainly appreciate the generosity of the donor," Town of Farragut Town Administrator David Smoak says. "It will be great for generations to come to have the opportunity to get close to water."

The donated parcel is steep and the underbrush is heavy, but the town has a goal of expand-



ing its greenways along waterways, Smoak says, and the gift will provide an opportunity to do that when funding becomes available through the budgeting process. The Red Mill Dam will also be a component of a future

history walk.

Restrictions on the gift require that the property be used as a passive park and/or open space, rather than for sports fields or other recreational facilities.



Town of Farragut purchases masks for students, staff and residents

We have all had to make adjustments to our routines due to Covid-19, and with Knox and many surrounding counties currently under a mask mandate, the Board of Mayor and Aldermen and Town Administrator David Smoak wanted to be sure that all Farragut students attending in-person classes had a vital school supply – a mask. On Friday, Sept. 4, masks were delivered to all students and staff at Farragut Primary, Farragut Intermediate, Farragut Middle and Farragut High School.

Town residents are welcome to stop by Town Hall or the Farragut Community Center during regular business hours to pick up a free mask. Masks are available in youth and adult sizes while supplies last. One per person, please.

A Farragut-themed mask design was created and more than 4,500 masks were purchased through the TN Strong Mask Movement. The movement is an initiative of the Tennessee Economic Recovery Group; it encourages Tennesseans to mask up to help prevent the spread of Covid-19.

From the Desk of the Mayor...

If there's one good thing about 2020, it's that we've all learned to be more flexible. We've adapted the things we can and given up the things we can't. It hasn't been easy, but I'm proud of how we've managed so far. As of this writing, our schools are still open and we've kept our COVID numbers low by wearing masks and social distancing. And through it all, Farragut elected officials and staff have stayed hard at work to keep development and town projects moving.

Speaking of elected officials, two of our aldermen were reelected in August—Louise Povlin and Drew Burnette—and the Presidential and Federal/State General Election will be here before we know it. Read the above article for more information about early and absentee voting. It's more important than ever to vote, so plan ahead to do it safely.

Virtual town meetings have been extended through the month of October. Check the Town's social media and townoffarragut.org to learn about future meetings. Governor Bill Lee may, once again, issue an executive order to extend virtual meetings.

This is usually the time of year when everyone is anticipating the upcoming holiday season, but it should be no surprise that our Town events will look different this year. Freaky Friday will be a drive-through event, and while we won't be able to gather to turn the lights on at Founders Park, we can still enjoy Light the Park from the week of Thanksgiving through the end of the year. Read more about our plans in this issue of Talk of the Town.

In spite of ongoing frustrations, fall is always a wonderful time in East Tennessee. I recommend getting outside to enjoy the cooler weather and our glorious fall colors. It will remind you how lucky we are to live in Farragut.

Mayor Ron Williams



October 1, 2020 it begins!

2020 farragutpress
HALLOWEEN
Coloring Contest

Look for it in next week's
farragutpress



FHS girls, boys grab 4-AAA golf titles

ALAN SLOAN

editor@farragutpress.com

BLOUNT COUNTY — Though Jon Higgins described Egwani Farms Golf Course in Rockford as “a tough course,” his Farragut High School girls and boys golf teams tamed Egwani well enough to win a pair of District 4-AAA crowns going away Wednesday, Sept. 16.

Led by medalist Lexanne Halama (70) and runner-up medalist Lindsey Ott (75), the Lady Admirals were 20 strokes better than runner-up, and rival, Bearden (145 versus 165) for 18 holes (top two scores taken).

As the top two finishes in the field, “That’s all you need to know about the girls. They played exceptionally well,” the FHS coach said.

“I was really proud of Lindsey because, for a while there, she struggled a little bit at the beginning — but she played really, really well coming down the stretch,” he added.



Higgins

Higgins’ FHS boys bested runner-up William Blount by 10 strokes (300 versus 310, top four scores taken), as low scorer Lance Simpson took second in the medalist contest (71), while A.J. Rinehardt finished fourth (73).

Teammate Connor Price shot a 77, followed by freshman Owen Queener with a 79.

As for his boys’ effort, “I thought we played pretty well considering (the course) was set up tough,” Higgins said. “I thought my guys handled the conditions pretty well.

“I was really proud of all of them.”

Season reflections, what’s ahead

Looking back over the last roughly seven weeks of tournaments, duals and multi-team events, “It’s been a good season,” Higgins said about both teams.

“My younger kids have really grown, they’re playing pretty well right now, and my older kids have shown great leadership,” he added. “I feel like we’re playing really good golf right now.”

The Region 2-AAA Tournament is next Monday, Sept. 28, at Windriver Golf Club in Lenoir City versus the top three teams in each gender from District 3-AAA.

Only the region champs advance to the Division I Large State Tournament at Willowbrook Golf Club in Manchester Tuesday and Wednesday, Oct. 6-7.



FHS football photos by Carlos Reveiz/crfoto.com

(Top) Joe Maine, Farragut defensive lineman, rambles for yardage after an interception against Morristown West on FHS Homecoming Night, Friday, Sept. 18, at Bill Clabo Field. **(Above)** Trace Corum on an FHS scoring pass from Dawson Moore. **(Below)** A TD catch by Admiral Zach Keasling.



Pouring it on

Pulling away late in the first half, Ads honor their ailing head coach, beat M-West 45-14

KEN LAY

Correspondent

On a night when the Farragut High School football team didn’t have its head coach, it did exactly what longtime head man Eddie Courtney would’ve loved to see. While Courtney was home recovering from prostate cancer surgery, his team notched a homecoming victory.



White

The Admirals scored early and often en route to nabbing a 45-14 victory over Morristown West in their Region 1-6A opener Friday night, Sept. 18, at Bill Clabo Field. (See related story on page 1A)

FHS (3-1 overall, 1-0 in the region) darted out to a fast start and took a 14-0 lead by first quarter’s end, as junior quarterback Dawson Moore had a record-setting night.

Moore, who was making just his fourth career start, threw for a school record six touchdowns against the Trojans (2-1, 1-1). Moore said the Ads took what the Trojans

gave them.

“We started off running to see how it went, and we weren’t really consistent with the running, so we went to the passing,” said Moore, who went 13-for-21 for 321 yards through the air. “Obviously, there were a lot of holes open so we kept attacking, attacking and attacking until we couldn’t anymore.

“We ended up racking up as many points as we could, scoring with passing, and it ended up real well,” he added.

Moore made his receivers happy, as he spread the wealth.

Matt White had five receptions for 119 yards and three touchdowns. Zach Keasling pulled in three catches for 87 yards and a touchdown. Trace Corum finished with a pair of receptions and amassed 61 yards and scored a TD, and Alex Taylor was on the receiving end of a 29-yard touchdown pass that gave the Ads a 35-14 with 9.4 seconds remaining in the first half.

White caught Moore’s first two scoring strikes of the contest. His 6-yard TD got Farragut on the board. Kicker Reese Keeney

See FARRAGUT WINS on Page 2B

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‘Frustration speech’ helps Bearden hand FHS first soccer loss

KEN LAY
Correspondent

KNOXVILLE — For the first time this season, the Bearden High School girls soccer team was able to use its locker room. The facility was opened before the Lady Bulldogs had their annual meeting against Farragut.

But the room, which had been closed due to the COVID-19 pandemic, wasn’t a very pleasant place to be at halftime of the match between the two Kingston Pike rivals.

Bearden head coach Ryan Radcliffe had to stir up his team a bit at the break, despite holding 2-1 lead, and it seemed to work: the Lady Bulldogs won 3-1 Thursday evening, Sept. 17, at BHS’s Turner-Allender Field.

He took select players into the room at the half for a pep talk.

“It was the first time we’ve gone in our locker room this year and I only took a few of them,” Radcliffe said. “I gave them a frustration speech.

“I had to give them some pump-up music, I guess you could say,” he added.

Though scoring just one

second-half goal, the players seemed to respond to the speech by outshooting Farragut 10-0 during the final 40 minutes.

An unexpected rain shower morphed into a downpour midway through the first half with Bearden leading 1-0. The Lady Bulldogs (8-1) didn’t handle the rain well according to their coach.

“I was frustrated,” Radcliffe said. “I felt like it started raining on us and we shut down and quit playing, just because it was a little bit of rain and we let too much of who we were playing determine how we were going to play that first half.”

The Lady Bulldogs took a 1-0 lead when sophomore midfielder Becca Roth fired a shot past Farragut goalkeeper Caroline Ekern in the fourth minute.

It was Roth’s second game in the Bearden-Farragut rivalry, “I love the rivalry, just the spirit that goes on between the teams,” she said. “It just brings the competitive spirit out of me, out of my teammates.

“It makes me better in my opinion,” she added.

The Lady Admirals (7-1-2) pulled even when Annabelle

Ekern scored the equalizer in the 34th minute when she took a cross from Lexie Foley and buried it in the back of the Bearden net.

Roth helped the Lady Bulldogs regain the lead in the 38th minute when she scored off an assist from forward and fellow sophomore Brinley Murphy.

Bearden outshot the Lady Ads 6-3 over the first 40 minutes of the match, but Radcliffe didn’t like what he saw late in the half.

The Lady Bulldogs extended their advantage to 3-1 when first-year senior Hali Parker tallied in the 65th minute.

Radcliffe was disappointed Bearden didn’t finish more of its chances.

“The second half I thought we played better, but I thought we left too many chances,” he said. “Their keeper is a great keeper and we made her look even better.”

For the Lady Ads, it was the second rivalry match of the week — and both were on the road.

They played at Hardin Valley Academy Tuesday, Sept. 15, and salvaged a 2-2 draw in a key District 4-AAA game.

“That was a big tie for us be-



Photo by Carlos Reveiz/crfoto.com

Bearden’s Harlie Howard (4) battles Farragut’s Chloe Chase for ball possession during this showdown at BHS’s Turner-Allender Field Thursday evening, Sept. 17. The Lady Bulldogs won 3-1.



Harville’s last-second goal ties HVA

A celebration erupts after a goal by Farragut’s Emmie Harville (8) with just 9.6 seconds left in the game, which allowed the Lady Admirals to tie rival Hardin Valley Academy 2-2 Tuesday, Sept. 15, at HVA. Joining the celebration around Harville is, from left, Madilyn Stark, Savannah Noble and Annabelle Ekern.

Photo by Carlos Reveiz/crfoto.com

Farragut wins

From page 1B

added the extra point to make the score 7-0 less than three minutes into the contest.

The duo connected again late in the opening frame, this time from 25 yards out, to extend the Admirals’ advantage to 14-0.

After the Trojans pulled to within 14-7 in the inaugural stages of the second stanza, Farragut responded when Moore connected with Keasling from 55 yards out.

Morristown West pulled to within 21-14 on a 16-yard scamper by Hunter Delaney with 4:33 left until halftime.

From there, the Ads would take control by scoring the last 14 points of the opening half. White caught a 68-yard touchdown pass and Taylor had his scoring reception to give Farragut the lead it enjoyed at halftime.

In his father’s absence, FHS offensive coordinator Geoff

Courtney served as interim head coach.

“I just thought we needed to do what’s best for the kids to get ready to get a victory,” the younger Courtney said. “That’s what coach would’ve wanted.

“He preaches eliminate distractions, especially on Friday night,” Geoff added.

“He did not want to be a distraction in any of this. The extra emotion, whatever it was, we just had to compartmentalize that and put it off to the side, just go do what we needed to do as a staff and players and execute on Friday.”

Defensively, Trey Nesbitt recovered a fumble and Joe Maine had an interception for FHS, which went up 42-14 when Moore had a 55-yard touchdown strike to Corum midway through the fourth quarter.

Maine’s interception late in the third quarter led to points when Keeney kicked a 41-yard field goal with 11:49 left in the final frame.

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Athlete OF THE Week

Lexanne Halama

Golfer

Farragut High School Senior

Parents: Scott and Sherry Halama

Stats: Lexanne won the Individual District Title last Wednesday by shooting a 68 at Egwani Farms Golf Course. Farragut’s Boys and Girls teams also won District titles.

Kelsey Miller

Soccer

Knoxville Catholic High School Junior

Position: Midfielder

Parents: David and Tracy Miller

Stats: Kelsey had 2 goals and an assist last week in big wins over Maryville and Chattanooga Christian School.

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Rachel Farhat, a senior, and her father, Remon Farhat, as part of the Farragut High School 2020 Football Homecoming Court Friday night, Sept. 18, at FHS's Bill Clabo Field. (See photos below for others in Homecoming Court).

The Crowning of a Queen



After being crowned 2020 Queen, FHS senior Rachel Farhat is all smiles alongside her proud father, Remon Farhat.



Rachel Farhat, left, being crowned 2020 FHS Homecoming Queen by 2019 FHS Queen Janine Morris (Class of 2020)



Abby Mahoney, a junior, and her father, Ryan Mahoney.



Anna Reiman, a freshman, and her father, Chad Reiman.



Carly Atkins, escorted by her father, Dale Atkins.



Emma Ramsey, a senior, and her father, Chris Ramsey.



Erin Mee, a senior, escorted by her father, Robert Mee.



Kendall Thompson, a sophomore, with mother, Brandy Thompson.

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Courtneys

From page 1A

prayed and prayed and prayed that he would have successful surgery, and it came out successful. We're so happy.

"We just want to see him again. He's a big deal to us."

"I'm feeling a whole lot better," Eddie said Monday, Sept. 21, in a phone interview.

The support "has just been overwhelming," he said. "I feel it from the standpoint of people who are so sincere reaching out to me with numerous texts and e-mails, phone calls and cards.

"Words can't say enough of my appreciation for all these students and players and families in the community, and people I've known throughout the years who have been with me again," added the coach, who is facing his second battle with cancer, having battled Hodgkin's disease more than a decade earlier.

Saying he talked to his team a day before his surgery last week, Eddie emphasized he "was very serious about this" when recalling his address to them about not wanting "this to be a distraction to them, their season, their chance to play football."

About his team's decisive victory, "The staff did a great job of picking up extra duties," Eddie said.

With his son at the reigns as an interim coach for the first time in his career, "I was proud of him. He's been around this program since he was a ball-boy," the elder Courtney said.

About his team, Geoff said, "I was so proud of the way our kids handled it this week. They were a little down leaving practice Tuesday when coach told them. We, as coaches, knew several weeks ago.

"But they came back ready to go on Wednesday," he added. "They handled it well Wednesday, Thursday and here tonight."

Following his father's wishes, "I just thought we needed to do what's best to get ready to get a victory. That's what coach wanted," Geoff said. "He preaches eliminating distractions, especially on Friday night."

"Coach Courtney really means the world to me," said senior defensive lineman Joe Maine, who had an interception, seven solo tackles, four assisted stops and two tackles for loss in the contest.

"He is like a father figure to me, and I hope he coaches here

for as long as he wants.

"I hope he coaches here until he can't walk," he added. "I hope he coaches here for the rest of his life."

The elder Courtney said he is planning on traveling with the team to this Friday's game, Sept. 25, against Class 6A powerhouse Maryville at MHS.

While he doesn't anticipate being able to once again coach on the sidelines "for another five, six, seven weeks," Eddie said he hopes to occupy the vis-

itor's pressbox at Maryville's Renfro Field Friday evening.

(Read related story, and view game action photos, on page 1B)



Eddie Courtney

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STAFF / DEVELOPER AGENDA

Tuesday, September 29, 2020

October 15, 2020 FMPC Items

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.

10:00 a.m.

Discussion on a rezoning of the property at 933 McFee Road from Agricultural (A) to Open Space Residential Overlay (R-1/OSR), 7 Acres (Rackley Engineering, Applicant)

10:30 a.m.

Discussion and public hearing on a final plat for a re-subdivision of the property located at 204 Boring Lane, Zoned R-1, 7.57 Acres (Benjamin Moorman, Applicant)

11:00 a.m.

Discussion on Zoning Map and Future Land Use Map amendments associated with the Farragut Town Center at Biddle Farms project, 11230 and 11240 Kingston Pike and 133 Concord Road, Parcels 3.02, 3.03, 3.10, and a portion of 3.19, Tax Map 143, 43.63 Acres (Budd Cullom, Applicant)

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A sweep of West improves 7th-grade Ads to 5-0; eighth-graders now 3-1

STAFF REPORTS
editor@farragutpress.com

Both Farragut Middle School football teams were able to secure late leads against West, and then hang on to stay at or near the top of the Knox area Middle School-Aged Conference football standings.

While running its perfect record to 5-0 and stay atop the MAC seventh-grade standings, Dustin Bolen’s Admirals beat West 14-6 Thursday evening, Sept. 17, at FHS’s Bill Clabo Field.

While firing a 12-yard touchdown pass to Moses Burnette, on fourth down, to add an insurance TD late in the fourth quarter, FMS quarterback Gage Kirky has bounced back quite well from a cruel form of adversity. “He’s the one that was diagnosed, a couple of years back, with a brain tumor,” Bolen, head coach, said about Gage. “That kid, he puts forth all the effort he can.”

Ethan Farhat’s 3-yard run on fourth-and-goal early in the fourth quarter broke a scoreless tie. Ryan McCue added a two-point conversion kick.

Eighth-grade Ads win

Following an impressive early defensive stand after West returned a fumble to the FMS 14, the eighth-grade Admirals improved to 3-1 with a 26-22 victory Thursday night at FHS.

“Our defense stepped up big,” FMS eighth-grade head coach D Smith said. “They had some big backs, but we came out and made some big stops when we needed to.”

“Our offense came out and made plays when we needed to.”

A 42-yard Jaylen Pompey run set up quarterback Jayden Neal’s 12-yard scoring scamper. Ryan McCue’s two-point conversion kick made it 8-0 with 3:13 left in the opening quarter.

Jayden’s 15-yard scoring strike to Jaylen increased the lead to 14-0 on the first play of the second quarter.

A 65-yard Admirals drive, highlighted by Jayden’s 28-yard pass to Collins, an 18-yard toss to Kent Carbaugh and a 25-yard pass to Jaylen set up Vincent Blum’s 4-yard TD run late in the first half to make it 20-8.

A 35-yard pass to Dominic VanAcker set up a second-half Admirals scoring chance.

While West’s powerful running game kept the visitors close, Farragut’s defense set up a key TD in the final two minutes.

The FMS defense held West deep in its own territory. And thanks to a bad snap, the home team took over at the West 5 late. Vincent’s 5-yard run made it 26-16 with only 1:57 to play.

A Pacetti moment



Photo courtesy of Nancy Pearsall

With congratulations from Bearden defensive teammate Nicco Young (17), a junior linebacker, Asa Pacetti, sophomore linebacker, celebrates a fumble recovery against Maryville at BHS’s Bill Young Field Friday evening, Sept. 18. The unbeaten Red Rebels, the state’s No. 2-ranked Class 6A team, won 28-0.

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Bearden	(0-3)	27-103	-76
HVA	(0-5)	61-225	-164

Emotional week for Ads; 2nd shutout for CAK

It was an emotional evening at Bill Clabo Field Friday, Sept. 18, on top of it also being Homecoming Night, as Farragut entered Region 1-6A action hosting unbeaten Morristown West.

With long-time Admirals skipper Eddie Courtney missing on the FHS sidelines for just the second time since 1981, having had successful surgery two days earlier in his second cancer battle in less than 15 years — this time prostate cancer — the 25-year FHS head coach had to be especially proud of a 45-14 win last Friday, Sept. 18.

(See more coach Eddie and game story details beginning on pages 1A and 1B)

Improving its record to 3-1, 1-0, Farragut stays in solid control of second place in the PureMagic How the West Was Won Scoreboard contest. The Trojans fell to 2-0, 1-1.

Traveling to Chattanooga Friday evening and blanking Silverdale Baptist Academy 35-0 in Division II-AA East Region action, Travis Mozingo's Christian Academy of Knoxville Warriors not only recorded the team's second straight road shutout, but remain in firm control of the PureMagic Scoreboard top spot at 5-0. Silverdale fell to 2-2, 1-1.

Outside linebacker Chi McNeil-Harrison grabbed an interception, forced a fumble, recovered a fumble, broke up two passes and had three tackles for lost yardage.

Defensive tackle Malach Harrison led in total stops with 10, followed by defensive tackle Austin Delp with eight total, including a sack.

So close to taking defending Division-II-AAA state champ McCallie down to the wire, Knoxville Catholic's failed third-quarter red zone possession, with a 31-28 lead, a late-game interception and the Blue Tornado's grinding fourth-quarter running attack allowed the visitors to prevail.

The Irish fell to McCallie 45-31 last Friday in KCHS's Blaine Stadium.

"Tommy Winton (junior receiver) had a really good night. He's huge for us as far as being able to move the ball and put it in the end zone," KCHS head coach Steve Matthews said.

Winton hauled in a 34-yard scoring

pass from quarterback Kaden Martin, who also found Sam O'Leary on a 45-yard scoring strike.

Along with Martin's 1-yard scoring run to open Catholic's scoring, Nicklaus Iverson added a 59-yard TD run in the second quarter to help rally Catholic from a 28-14 deficit for a 28-28 tie at halftime.

Matthews also praised kicker Brock Taylor (a 37-yard field goal, all four extra points converted plus touchbacks on kickoffs).

Senior linebacker Luke Davenport "had a few mistakes, but I thought he had a nice game overall," the coach added.

The Irish fall to 1-2, 0-1, while the Blue Tornado improve to 3-1, 1-1.

Thought the final score wasn't close, Bearden's defensive effort earned respect — it's not easy to hold Maryville, perennial Class 6A power and defending state champ, under 30 points.

"The defense played really well, especially early on. I just like how our defense flew to the football," Bulldogs head coach Morgan Shinlever said following a 28-0 loss to state's No. 2-ranked Red Rebels (4-0) on BHS Senior Night at Bill Young Field last Friday.

Senior linebacker Ty Seritt "had a

tremendous game," added Shinlever, whose team fell to 0-3. "Defensive end James Milazzo had a very good game — probably the best game he's had this year. And Christian Spinning was a very secure tackler."

Knowing it had a mountain to climb going against unbeaten region rival Kingsport-Dobyns Bennett, Hardin Valley Academy's struggles continued following a 46-7 loss at HVA last Friday.

Having already played a brutal schedule, the Hawks fell to 0-5, 0-2. The Indians improved to 4-0, 2-0.

The lone HVA score came on a 58-yard fourth-quarter drive, which featured two connections from sophomore quarterback Hayden Bryant to junior wide receiver Ty Gentry.

Bryant's 33-yard pass to Gentry set up his 13-yard grab for a touchdown. Junior John Aragon added the extra point.



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Tents for performing



Photo submitted

Before COVID-19 hit in March, Hardin Valley Academy choir members had a chance to perform in Disneyworld in February. The future for performances this school year remains uncertain, but HVA fine arts music teacher Teresa Scoggins is hoping to hold an outdoor concert.

Wanting to sing, HVA choir has solution

TAMMY CHEEK
tcheek@farragutpress.com

Hardin Valley Academy fine arts music teacher Teresa Scoggins is reaching out to the community to raise money to let her choir students sing.

“I opened a DonorsChoose (online account),” Scoggins said. “It is for super-sized wedding tents to put outside so we can sing.”

Scoggins is looking to purchase three Ergodyne SHAX 6000 10-by-10 foot heavy-duty commercial pop-up tents.

“Basically, research has said it’s not safe to sing inside for more than 30 minutes,” she said. By doing so, “you have to have a 20-minute span afterward to clear the room (of aerosols), which, obviously, is not possible.

“The research says you can sing outside for

30 minutes, but you only need five minutes of clear space — with nobody there — so the aerosols (from the mouth) can diminish or go away.

“We still stand socially distanced, and we still wear masks, but the aerosols that come through the mask are gone a lot quicker outside,” she added.

“When all of this (COVID) started, we were all just really sad because we couldn’t do our musical, we couldn’t do our end-of-the-year concert. It was like everything came to a screeching halt. As I was watching the research come out ... it became evident that outside was safer, so I had started thinking.”

She remembered the grassy space outside of her classroom. Then she started looking at cover and started looking for the tents.

See CHOIR SOLUTION on Page 5C

Grahams come to Town on a multi-state mission for God as Mormons

TAMMY CHEEK
tcheek@farragutpress.com

W. Brett Graham and his wife, Sara Pingree Graham, are coming to Farragut to serve as mission leaders at The Church of Jesus Christ of Latter-day Saints for the Greater Knoxville area.

The Grahams have been called by the First Presidency of TCJCLdS to serve as the Tennessee-Knoxville Mission, according to Kimberly Montierth, communication director for the church’s Tennessee Knoxville Coordinating council.

The Grahams are looking after the more than 200 mission-



Photo submitted

W. Brett Graham and his wife, Sara Pingree Graham, are coming to Farragut to serve as mission leaders at The Church of Jesus Christ of Latter-day Saints for the Greater Knoxville area.

See GRAHAMS on Page 5C

9/11 Remembrance, thanking KCSO



Photo submitted

Lenoir City Cash Express employees Emily Bergin, left, and Justice Baker, third from right, wanted to show their appreciation for Knox County Sheriff’s Office law enforcement Friday, Sept. 11, commemorating the anniversary of 9-11. The pair brought patriotic cupcakes for the KCSO West Precinct along Parkside Drive. Accepting the treats were officers, from left, Aaron Allen, Nathan Stansberry, Albert Kidwell, Jeremiah Catlett. Chris Reichert and Capt. Brad Hall. “They wanted to show their appreciation to our officers,” Hall said. “It is so great that this community supports our offices and lets us know they care about us. I know it makes a lot of difference to our guys to know, with everything going on today, there are those who support them.”

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• **MEDIC Regional Blood Center is now at the critical level for O Positive, O Negative and A Negative blood types.** Donate at 1601 Ailor Ave. in downtown Knoxville or at 11000 Kingston Pike in Farragut. Location hours, directions and mobile blood drive list at medicblood.org/. MEDIC is requiring all donors to wear a mask or face covering. If a donor does not have a mask or face covering, MEDIC will provide one. Appointments can be made online at www.medicblood.org using the donate link. Appointments also can be made by calling 865-524-3074.

• **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** has a 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, visit www.smoky-mountainservicedogs.org/.

• **Tee It Up Fore Suede Knox Area Rescue Ministries Golf Tournament** is set for Avalon Golf & Country Club, with a shotgun start at **9 a.m., Monday, Sept. 28.** You can participate as an individual. For more information, call 865-230-3398.

• **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 49 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.” Admission is free to the public. 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.

• **Tennessee Theatre will hold its first semi-public event since the pandemic** closed the venue six months ago with the screening of a concert by Drew Holcomb and the Neighbors to celebrate the theatre’s 92nd birthday with “Stars on Stage Virtual Concert: A Streaming Fundraising Event,” which begins at **8 p.m., Thursday, Oct. 1,** the same day as the theatre’s birthday. For more information about “Stars on Stage,” visit tennesseetheatre.com/starsonstage.

• **Knox County Community Action Committee is seeking volunteer drivers** for its Volunteer Assisted Transportation program. Volunteers will utilize agency-owned sedans while accompanying seniors or persons with disabilities to appointments, shopping and other errands. Training provided. Contact Nancy Welch: 865-673-5001 or nancy.welch@cactrans.org

• **Prioritizing community health and safety, the 16th Annual Covenant Health Knoxville Marathon events**

are moving to a virtual format to avoid the potential spread of COVID-19 and allow runners to safely participate while achieving their personal goals in 2020. The virtual races will allow registrants to participate within a flexible time frame throughout the week from **Nov 7 to Nov. 15.**

The virtual event will include the Covenant Kids Run, 5K, half marathon, marathon and relay events, and participants will be able to upload their results via the Covenant Health Knoxville Marathon website. In early November, the start line, mile markers and finish line for all courses will be painted. Registrants can use the markers to run the actual route during the 9-day virtual race period, or they can complete their run or walk at their preferred location such as in a neighborhood, on a greenway trail or on a treadmill. Connect with Covenant Health Knoxville Marathon on Facebook, [@chknoxmarathon](https://www.facebook.com/chknoxmarathon) on Twitter and via [@knoxvillemarathon](https://www.instagram.com/knoxvillemarathon) on Instagram. As additional details of the event are confirmed, updates will be posted to the race website at www.knoxvillemarathon.com.

New participants can register for the virtual event at knoxvillemarathon.com Health Knoxville Marathon may participate in 2020 virtual event, defer their registration to 2021 race (the date is not yet confirmed), receive a refund for the registration fee or donate the registration fee to the Knoxville Track Club, a 501(c)(3) nonprofit.

For more information about the marathon, visit www.knoxvillemarathon.com or call 888-217-5635.

Notice to those in need: Farragut Christian Church pantry open each Thursday

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

Farragut Christian Church is showing how much it “CARES” for the community every Thursday evening, through its Christians Actively Reaching Everyone food pantry.

The church, located at 138 Admiral Road, has been steadily providing the service since 2004, but has recently stepped up efforts to publicize its offerings.

Linda Coombs, church member and food pantry director, along with her husband, Dick Coombs, have worked at the food pantry since it started. Dick put out an announcement on social media last week to help spread the word.

“We never closed, even during COVID, when we held it outside” Linda said. “But our numbers have recently gotten really low, so we wanted to get the word out.”

Linda said one issue has been “our regulars started hearing that so many children were going hungry during this time, and they were so unselfish and thought they had enough for themselves already, so they stopped coming.”

“They were afraid they were going to be taking food away from children, but that is just not the case,” she added.

The food pantry was started by the Ted and Sandy Bumbalough Family Group that met at the church.

Joining the couple are about 20 church volunteers, which regularly include Laura Noles, who typically brings her grandson, Brayden Kizer, and Ryan and Jennifer Crabtree.

Although there are other food pantries currently helping serve the area, at the time it began, FCC was the first one west of Lovell Road, Linda said.

The church has a dedicated side entrance for the food pantry,

See PANTRY OPEN on Page 4C

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Michelle Hollenhead

Farragut Christian Church members and CARES Food Pantry volunteers who helped distribute items to those in need Thursday, Sept. 4, included, from left, Jennifer Crabtree, Dick Coombs, Ryan Crabtree, Linda Coombs (food pantry director), Brayden Kizer and his grandmother, Laura Noles.

Pantry

From page 2C

which is open from 6 to 7:30 p.m., every Thursday evening. Staples such as canned goods and boxed meals are provided through Second Harvest and donations. Linda also shops locally to help fill the shelves of the dedicated pantry. “We try to keep different things, such as chicken, Hamburger Helper, tuna, chili beans and pasta,” she added.

The week Dick put the word out, letting people know that the food pantry serves residents in the 37922, 37934, 37931 and 37932 ZIP codes, nearly a dozen individuals stopped by. “We want people to know they don’t have to be unemployed to come here. ...” Those in need are allowed one visit a month, and must provide an ID. Linda said the church also provides for other needs, such as prayer, or service options if needed.

Kesling

From page 1C

freshman running back room,” where coaches “put on some film and started showing me how the fullback worked in their offense. “I was just amazed I was getting this type of treatment,” he added. Upon walking back to Battle’s office, “He handed me a workout sheet, and he said, ‘... If you get into school we’d love to have you as a Tennessee Volunteer,’” Kesling said. “I couldn’t image being treated like that if I just cold-called Woody Hayes or Bo Schembechler or Bear Bryant (legendary college head coaches),” he added. “But coach Battle was so gracious and kind and nice. “Next thing I know, I’m on the Tennessee Football team.” Referencing freshman team opponents “Alabama and Notre Dame and Georgia Tech and Kentucky,” Kesling added, “I did carry the ball nine times for 40 yards.” About enrolling at UT, “What a great move it was for me,” Kesling said. “I would never trade that one year of wearing the Orange jersey and playing in Neyland Stadium. “It was a great experience.” **Ward’s warning as a broadcaster** As for kicking off his sports broadcasting career, “I got involved at WIVK when I was in school, and I started calling Lady Vols Basketball,” said Kesling, then named WIVK sport director who would become a long-time sports anchor at WBIR-TV, which started in 1980 and ran roughly two decades. A piece of advice from then Voice of the Vols John Ward would serve as a career turning point. Anxious to accept “a weekend sports anchor” job offered him at a station in Lexington, Kentucky, which came as he neared his senior

year at UT in 1976, Kesling said his girlfriend — and eventual wife, Tami Kesling — told Bob “you need to go talk to John Ward.” Thinking Mr. Ward (recently deceased) would rubber stamp the move “as a great idea,” Kesling visited Ward’s Fox Den home beside the Country Club golf course’s No. 1 hole. Mr. Ward “looked up at me and he goes, ‘Are you crazy, are you absolutely out of your mind,’” said Kesling, who for years would serve as a spotter for Ward during UT Football broadcasts. “He said, ‘That’s the dumbest idea I’ve ever heard in my life.’” Kesling said Mr. Ward told him he would “get so involved in your work that you’re not going to concentrate on your schooling, and you’re not going to get your degree” as a transfer to the University of Kentucky, which Kesling said he planned to do. “Enjoy your senior year. If you’re any good, you’ll be able to find a job when you graduate next year,” he added about Mr. Ward’s advice. Graduating from UT in 1977, “I’ve never really had any ideas of leaving” after the Lexington offer, Kesling said. Also the TV play-by-play voice for Jefferson Pilot’s SEC Football Game of the Week for years, “I’ve been so blessed that I’ve been able to do so many different things,” said Kesling, who will begin his 22nd season on the Vol Network working alongside color analyst Tim Priest this Saturday, Sept. 26. He and Priest will be in the Palmetto State, as the Vols open the 2020 football season at South Carolina (opening kickoff 7:30 p.m., on Vol Network, radio, and SEC Network, TV). Beginning in late November, as currently scheduled, Kesling will do double duty on the Vol Network, calling UT Men’s Basketball games alongside analyst Bert Bertelkamp, former Bearden High School star (Class of 1976) and Vols standout guard (Class of 1980).

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FARRAGUT BOARD OF MAYOR AND ALDERMEN AGENDA

September 24, 2020
BEER BOARD 6:50 PM Please see Beer Board Agenda • BMA MEETING 7:00 PM

I. Roll Call

II. Approval of Agenda

III. Approval of Minutes

A. September 10, 2020

IV. Mayor's Report

V. Ordinances

A. Public Hearing & Second 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)

B. First Reading

1. Ordinance 20-19, an Ordinance Amending the General Fund and State Street Aid Fund for the Fiscal Year 2020-2021 Budget, Passed By Ordinance 20-07

VI. Business Items

A. Approval of Amendments to the Town of Farragut Traffic Calming Policy

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 24 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 BEER BOARD AGENDA

SEPTEMBER 24, 2020 • 6:50 PM

I. Approval of Minutes

A. September 10, 2020

II. Beer Permit Request

A. Approval of Class 7, Brewpub Permit for 35 North LLC, 11321 Kingston Pike (Admirals Corner)

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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Grahams
From page 1C

aries serving in the Tennessee Knoxville Mission, which includes Farragut.

“Currently there are two missionaries serving in the Farragut ward, a congregation of the church located at 11837 Grigsby Chapel Road, Montierth stated in a press release. “We have the added blessing that the Grahams will reside in Farragut, which is where the mission headquarters for the church, is located at 11320 Station West Drive, Suite 101.

The mission covers East Tennessee, also including Chattanooga, Cookeville, Kingsport, Asheville, North Carolina and parts of Kentucky.

“More than 1,400 Latter-day Saints reside in the Farragut area and are part of some 7,500 members of the Church

attending 18 congregations in Greater Knoxville,” Montierth stated. “More than 25,000 Latter-day Saints live in the mission boundaries.

She added more than 200 missionaries currently are assigned to the mission.

“Mission presidents, like missionaries, are not paid for their services, and mission presidents do not apply for the role; they are called.”

At the time of his call, Brett was a partner and chief strategy officer at Leavitt Partners, LLC, a healthcare-focused strategy and investment firm in Salt Lake City, Utah. He also was serving on the Holladay City Council. Brett Graham holds a master’s degree in business administration from Harvard Business School, a master’s degree in public administration and a bachelor’s degree in accounting from the

University of Utah.

He previously served as a missionary in the California Anaheim Mission.

Sara Graham holds a master’s degree in educational psychology with an emphasis in autism. She has been working at home, raising their three sons and two daughters, who range in age from 13 to 23.

“When you commit your time and energy to serving the Lord, you feel incomparable joy,” Brett said. “This is a calling from The Lord, and we consider our move a tremendous blessing.”

The Grahams may be contacted at <https://www.facebook.com/rep.jesuschrist.knox> or <https://www.instagram.com/rep.jesuschrist.knox/> or visit the Tennessee Knoxville Mission office at 11320 Station West Drive, Knoxville, off Campbell Station Road.

Choir solution
From page 1C

“I knew that we needed to sing together for as long as we could,” Scoggins said.

With that, she also is seeking donations for a portable sound system.

“Talking through a mask so everybody can hear you — even inside (the school — is difficult, especially at the end of the day, so I’m trying to get a little help there,” Scoggins said.

Total cost of the tents and sound system combined is \$1,300. While she has \$650 toward the purchase, Scoggins said she still needs \$650 more.

With DonorsChoose, “you come up with a project that you need, and they walk you through,” she said. “It’s kind of like a grant-writing thing ... Anybody can go up there and

donate. Our project is called ‘Let them sing.’”

People can go to donorschoose.com and “it walks you through how you can do it, and it’s a tax-deductible donation,” Scoggins said.

“I’m trying to think outside the box,” she added. “A lot of my kids wanted to come to school, rather than do it virtually, because of choir. It’s something that they love to do.”

However, “what’s the point if they’re just sitting there doing bookwork,” Scoggins added. “That’s not necessarily why they come to my class or why we are together.

“Music is a great way to build community and confidence, and we’re like a family,” she added. “It’s been really difficult for us not to be around each other.

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Flu Shot Saturday 2020

A chilly morning and corralling the cars arriving to get their free flu shots kept 33 Rotary Club of Farragut members — as well as five members of Hardin Valley Interact Club and a trio of Girl Scouts — busy from 7 a.m. to noon, Saturday, Sept. 19, at Farragut High School.

According to Tom King, RCF media chairman, 900 shots were administered. Of those, 365 were given to people 65 and older.

Headed by event chairman Mark Bialik, FHS was one of four sites where Rotary Club provided flu shots, given by 35 University of Tennessee College of Nursing students and professors.

“The four sites combined gave 2,239 shots,” King stated in his weekly newsletter. The event also served as a fundraiser for Knoxville News Sentinel’s Empty Stocking Fund, which collected \$5,364 from FHS’s location.



David Smoak, left, and RCF Free Flu Shot Saturday chairman Mark Bialik



Cindy Kraus



University of Tennessee College of Nursing seniors Taylor Turner, left, and Addison White



Sonya Ford and Tom Marsh



Dr. Stephanie Myers and Howard Vass



Meghan Wolfanger (front)



Damen and Meghan Belcher



Tom King and Denise Bash



Dr. Charlie Barnett



From left, Leah Berry and daughter, Orly Berry and nursing student Faith Mysliwiec



From left, nurse Shirley Crisp, Preston Belcher with mom, Meghan Belcher



YOUTH FARRAGUT FOOTBALL



September 2020 | Supplement to farragutpress | Photography by Tony Cox and Alan Sloan

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#GoTeam

Farragut Youth Football 9-and-Under cheerleaders for 2020, sitting from the left, are Harper Jones, Stella Quinley, McKenna Jackson, Lochkyn Peek, Haven Booth, Ryker Bumgarner, Lillie Palmer, Journey Bumgarner, Sydney Newby, Mia Ottinger, Hallie Holmes and Lucy Sullivan. Second row, standing from the left, are Gracie Grimes, Evie Donsbach, Julie Friar, Reagan Teague, Lillie Jones, Lilly Pope, Stella Kemp, Harper Seivers, Elyse Burton, Shelby Pistole and Kennedy Hedrick. Back row, from the left, are coaches/sponsors Alison Peek, Lauren Jones, Megan Jackson, Wendy Bumgarner and Ashley Holmes.



Mia Ottinger



Sydney Newby



Ryker Bumgarner



Journey Bumgarner



Evie Donsbach

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#FutureAds

Clockwise from left: Gavin McClurkin (11) breaks up a pass with help from teammates. Colt Newby passes instructions along the offensive line. Defensive line is ready to make contact. Offense huddles.



Asahel Cabrera is ready to go.



Colin Hale lined up at corner.



Hudson Connard between plays



Harrison Holmes makes a tackle.

ROSTER - 9U

- | | |
|-----------------------|---------------------|
| 1 Hayes Quinley | 15 Marvin Wyrosdick |
| 2 Harrison Holmes | 16 Hudson Connard |
| 3 Ayden Lee | 17 Colin Hale |
| 5 Dylan May | 19 Ayden Mcghee |
| 7 Cruz Azambuja | 22 Asahel Cabrera |
| 8 Ben Cook | 26 Cody Tompkins |
| 9 Christain Neal | 33 Raleigh Miller |
| 10 Dominic Christofek | 45 Colt Newby |
| 11 Gavin McClurkin | 52 Will Johnson |
| 13 Ty Wilson | |

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#FastFeet



Clockwise from left: Asher Phillips makes a tackle. Eli Pickard running clear. William Scott scrambles for yardage. Jaksen Hargis (26) congratulates Preston Acheson for a good tackle alongside Brendan Kutz (34) and Nicholas Stewart (12).



Nate Shilling gets yards.



Brendan Kutz checks sideline.



Logan Wright gets airborne.

ROSTER - 10U

- | | | | | | |
|----|-----------------|----|------------------|----|-----------------|
| 2 | Brenton Haag | 12 | Nicholas Stewart | 26 | Jaksen Hargis |
| 3 | Grelyn Gordon | 13 | Anderson Glover | 34 | Brendan Kutz |
| 4 | Asher Phillips | 15 | Will Keener | 38 | Reed Holmes |
| 5 | Cade Fugate | 17 | Nathan Harvey | 41 | Max Hilton |
| 6 | Hayes Sharp | 18 | Caleb Floyd | 42 | Camden Cross |
| 7 | Maddux Martin | 19 | Brody Kulisek | 56 | Rock Munyan |
| 8 | Preston Acheson | 21 | Nathan Jacobs | 73 | Luke Brown |
| 9 | Eli Pickard | 23 | Logan Wright | 77 | Chase Cantrell |
| 10 | William Scott | 24 | Bode Benevicz | 80 | Jeremiah Wilson |
| 11 | Carter Beard | 25 | Nate Shilling | 81 | Tate Sweet |

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#Touchdown

ROSTER - 11U

1 Johnny Skinner	16 Chase Morrison
1 Maddox Craft	18 Chase Swaggerty
2 Kaden Renfro	21 Isaac Maine
3 Corbin Hobson	22 Joel Knapper
4 Quinn Beck	24 Darrien Hensley
6 Hayden DeLorenzo	25 Logan Holbrook
7 Nicholas Toth	28 Jackson Willis
8 Luke Duenckel	30 James Swaggerty
9 Carter Collier	35 Zakry Posey
10 Shawn Douglas Raines	44 Parker Pressley
11 Bennett Wright	55 James Brown
12 Lucas Sanford	84 Brody Wilks
13 Braylen Gibbs	87 Ayden Shipley
14 Colt Brooker	88 Drew Nuchols
15 Bennett Barcroft	99 Max Stiles

Clockwise from left: Carter Collier breaks free. Max Stiles (99) is among the offensive linemen ready to make holes. Isaac Maine checks the sideline for instruction. Bennett Barcroft, left, and Maddux Craft (1) are ready to make a stop. Bennett Wright hands off to Braylen Gibbs.



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#BigPlay

Clockwise from left: Gage Kirby passes to Maxwell Garfield. Defensive line is in position. Britton Lewis finds running room. Collin Crider runs around left corner. Waiting on the coin toss, from left, are Owen Petoskey, Gavin Jones, Britton Lewis, Moses Burnette and Zaxton Roberts.



Franky Lopez Jr. is ready to play. Jackson Plumlee finds the ball. Hunter Bolen reacts to a tackle.

ROSTER - 12U

1 Collin Crider	11 Gavin Jones	23 Jake Mink	45 Hunter Bolen
3 Westin Carbaugh	12 Blake Morrow	24 Kemp Avans	46 Kaylynn Wood
4 Jackson Plumlee	13 John Haskins	25 Ryan McCue	50 Franky Lopez Jr
5 Connor Frynkewicz	14 Tyler Martin	26 Adriel Garcia	54 Noah Haag
6 Fletcher Haddad	15 Maxwell Garfield	27 Zaxton Roberts	55 John McWhirter
7 Austin Phillips	16 Luca Hofer	28 Zack Taylor	66 MJ Keener
8 Ethan Farhat	18 Gage Kirby	29 Jackson Smith	75 Aaron Heatherly
9 Britton Lewis	19 Johnny Jacobs	33 Will Hussar	93 Reid Vining
10 Brock Lockhart	20 Harrison Smith	34 Hayden Duncan	99 Michael Ullian
	21 Jameson Pieper	39 Charlie Noble	
	22 Owen Petoskey	40 Chase Penn	
		44 Moses Burnette	

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ROSTER - 14U

1	Cody Pinkston	18	Noah Eaker	43	Randon Miller
2	Harrison Kilpatrick	19	Grant Fields	52	Bryce Thompson
3	Dominic VanAcker	21	Jonathon Higdon	56	Christian Campbell
4	Samuel Bobich	22	Vincent Blum	57	Noah Root
8	Jayden Neal	24	William Dodson	62	Grady Brown
10	Zack Langley	25	Garrett Light	63	Aaron May
11	Brady Hawk	27	Kent Carbaugh	74	Tyler Carswell
12	Jaylen Pompey	28	Nicholi Gahagan	76	Jacob Cabrera
13	Isiah Fontenot	30	Robbie Jacobs	77	Christopher Jardt
15	Jacob Shoup	35	Dane Skinner	78	Connell Driver

#FutureAds

Clockwise from top left: Offensive line is ready to charge at the snap. A Collins pass reception for big yardage. Harrison Kilpatrick looks for running room. Quarterback Jayden Neal throws deep. Garrett Light finds daylight.

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#GoTeam

Above:

Farragut Middle School football cheerleaders (12-U teams) for 2020 on front row, left to right, are Isabella Ellam, Adriana Ellam, Gabrielle Puterbaugh, Addison Gohn, Caity Penn and Khloe Capps. Back row, left to right, are Ellison Wilson, Kinzey Talarico, Ella Shock and Madyn Williams.

Top right:

Farragut Youth Football 10-and-under cheerleaders for 2020, front row left to right, are Brooke Price, Piper Jones, Hailey Grace Keener and Luna Perez. Middle row, left to right, are Arlyn Biering, Molly Estep, Cate Bridges, Marley Bryan, Sumalee LaRue, Kate Palmer and Emerson Goodrich. Back row, left to right, are Alex Wetherington, Danity Hicks, Karis Wright, Maggie Brown, Ella Jackson, Berkley Hargis, Kallie Jacobs and Paisley Little. Not pictured are Amelia Smith, Olivia Smith, Emma Hedge and Ava Patel.

Right:

Farragut Youth Football 14-U cheerleaders, front row left to right, are Kennedy Chevalier, Jazlyn Pompey and Sunny Shirooni. Back row, left to right, are Liberty Doleans, Jessica Fuentes and Eva Rowe.



Farragut Youth Football 11-and-under cheerleaders for 2020 (left photo) on the front row, from left, are Katie Beth Swagerty, Ella Belcher and Taylor Lunn. On the second row is Kendall Hurley. In back, from the left, are Emma Casey, Krystin Dalton and Abigail Casey. *Right:* Kendall Hasan, left, and Maddy Belcher. Middle row are Aubrey Jones, left, and Ansley Parrott. Back row are Anna Emelkina, left, are Madison Rains. Not pictured are coaches Kristi Casey and Leah Swagerty.



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At the heart of our hometown

If home is where the heart is, it is only fitting that The Villages of Farragut lies in the very center of our hometown.

Farragut's senior living community, which combines luxury and comfort, opened in late December of 2019 at the top of Village Commons Boulevard, where its staff has warmly welcomed a great number of residents — including Billie Zimny — to the neighborhood. “I was one of the first four to move in, and I wouldn’t live anywhere else,” said Zimny, a still youthful 85 years young. “The staff is friendly, the food is wonderful, and the environment is so lively. “These girls take the best care of me,” she added, of Executive Director Melody Matney and Community Relations Director Sandi Simpson. “I haven’t needed anything they haven’t provided.” “I love it — I’m just crazy about it,” said resident Geraldine Watson, who was also among the first to arrive. “Everybody is great, the

meals are fabulous, and it is just so homey. We are just one big happy family here.” “We love it, we love it, we love it.” “The response from the community has just been overwhelming,” said Simpson. “It is just what Farragut has been needing.”

The vision for The Villages took several years of planning and nearly three years of construction to become a reality, as married couple Gary and Ricki Keckley — owners of GoodWorks Unlimited LLC — along with several local investor partners, worked on every detail.

The community is adorned with portraits, pictures, and artifacts reflecting not only the Town of Farragut, but also the beauty of East Tennessee. The 25-acre campus provides breathtaking views of the Smoky Mountains, along with a dog park and walking trails that lead to shopping opportunities and through the walkable community that is Farragut.

See VILLAGES on Page 6



“This is similar to a ‘bed and breakfast’ lifestyle for seniors, only better”

~ Melody Matney, Executive Director



Villages

From page 5

Spacious apartments, in a wide variety of floorplans (from 529 to just under 1,500 square feet, many with balconies, sunrooms, or screened in porches), surround the main three-story palatial shared living spaces that include an expansive dining area complete with a grand piano for live musical concerts. Residents have a variety of activities literally at their fingertips, from interpersonal social and creative opportunities to a wellness center, billiard parlor, and courtyard with putting green, along with a spa, on-site salon services, and a chapel room, among its many amenities.

“This is similar to a ‘bed and breakfast’ lifestyle for seniors, only better” said Matney. “The people who come here, want a happy, safe environment, providing great food, friends and a family atmosphere — and that is exactly what we offer. And our goal is to help residents remain in the community by offering on-site personal care services as the need may arise.” Matney and Simpson make sure all residents feel free to bring

their ideas and customs to The Villages under the slogan “Your Life. Your Way,” which they incorporate into prominent social events, such as Mardi Gras celebration and parade, weekly live entertainment with local musicians, and much more.

The Admiral’s Club is their way of giving back to the Community. The club recently raised \$1600 for the Shepherd of Hope Food Pantry and is currently working with local ministers to begin hosting monthly prayer meetings to pray for our Country.

They are also working hard on establishing partnerships with area churches and non-profit groups, and have also begun an internal leadership and hospitality group in The Admiral’s Club, where residents can volunteer and give back to the community where they live. While the Villages’ independent living community is thriving, it has a 10-year building plan. Additional phases of construction will include an assisted living and memory care community, and 66 independent living villas with attached garages, for which construction will begin later this year.

For more information, call 865-671- 2500, or visit The Villages of Farragut online at thevillagesfarragut.com.

Housing market stronger than virus

TNBANK President and CEO Mark Holder says Knoxville's housing market has remained strong even in the midst of the coronavirus pandemic.

"Our mortgage lenders are very busy helping local consumers buy homes or refinance their current mortgages to save money," said Holder. "Interest rates being low has certainly helped."

Holder added that the Federal Reserve and Department of the Treasury have been working to keep these rates at "historic lows" through a variety of initiatives, including the Small Business Administration Paycheck Protection Program, which the local bank system is currently in the forgiveness portion of.

"I am happy with the way our TNBANK team responded, communicated and helped small businesses get funded in the East Tennessee community," he said, noting the bank's "exceptional" service. "We made over \$16 million in SBA PPP loans and helped support over 2,000 jobs right here in East Tennessee."

Founded in 1995, TNBANK is based in Oak Ridge, but has branches in Farragut, Knoxville and Maryville. The Farragut branch is located at 11200 Kingston Pike.

"We are a true hometown bank, operating exclusively in East Tennessee," said Holder. "Hometown banking means you always get a live person when you call a branch. Hometown banking means you know your banker."

It also means that deposit account funds stay in the East Tennessee community.

"When you bank with TNBANK, your checking account helps fund local small businesses in Farragut, Oak Ridge, West Knoxville and Blount County," Holder explained. "Your deposits help folks buy or build homes in East Tennessee. That's what hometown banking is all about."

But being a hometown bank, a term that TNBANK even has a registered trademark on, doesn't make the local bank inferior to larger banking companies.

"We offer robust banking technology for personal and business customers," Holder said. "We have all the bells and whistles that super regional banks offer."

For more information about TNBANK, visit tnbank.bank or contact the Farragut branch at 865-675-9444.





Keeping Knoxville Area Homes Safe for More Than 12 Years

A fireplace is a wonderful, warming addition to any Knoxville home. But homeowners also deserve access to the best maintenance and repair options to protect their households. That's where TN Fireplace & Chimney comes in.

Founded in 2008 by Josh Cate, TN Fireplace delivers industry-leading service based on technology, training and a full line of fireplace and chimney maintenance, repair, installation, cleaning and remodeling options. The TNFC team takes pride in being leading chimney care company in the Greater Knoxville area.

Proud to call Knoxville home and a very proud supporter of University of Tennessee athletics, TN Fireplace exclusively employs highly trained and certificated technicians, who use advanced technology and techniques to provide the highest level of customer service throughout its service area. Homeowners in Knox, Blount, Loudon, and Jefferson Counties can depend on TNFC.

Education and training

This commitment to excellence is why TN Fireplace invests heavily in the ongoing education and training of team members. This means our chimney sweeps participate in about 50 hours of continuing education annually as well as certification through the Chimney Safety Institute of America (CSIA) and as members of National Chimney Sweep Guild (NCSG).



In order to be certified by the CSIA, a chimney sweep is required to go through a rigorous training program as well as pass practical exams confirming their ability and knowledge to maintain and repair chimneys safely. This gives homeowners the assurance that any chimney sweep that visits their house has technical expertise to eliminate the threat of carbon monoxide poisoning, chimney fires and other threats.

Services

The mission of TN Fireplace & Chimney is to protect the safety and comfort of our Knoxville-area neighbors. Whether restoring a historic fireplace and chimney, installing a cutting-edge or traditional fireplace, or a wood stove, we're here to help. Our company will make sure that every comprehensive fireplace and chimney service we offer is free of mess and hassles. In respect of health concerns related to the pandemic, TN Fireplace also offer contactless and virtual assessments.

An independent, local bank

Everything is better with a personal touch. SouthEast Bank, headquartered in Farragut, is an independent, local bank where modern amenities are blended with hometown service and decision-making. And when it comes to mortgages, being local matters, as customers can expect faster loan closings and reliable service, with great rates and terms.

“Our goal is to offer customers a personal relationship with exceptional service and meet them on their terms. Whether customers connect with us at one of our 14 locations or online, we strive to be the bank that’s good to know,” says Jackie Windham, senior vice president of Mortgage Lending.

The knowledgeable mortgage consultants at SouthEast Bank have solutions for every financial need – whether building or purchasing a new home, refinancing an existing home, or exploring home equity options. They know the East Tennessee market and put their expertise to good use for you, the customer.

In addition to home mortgage financing and commercial lending, SouthEast Bank is a full-service bank offering customers access to mobile banking, online bill pay, person-to-person payments and a variety of checking, savings and IRAs for every stage of life.

Reach out to one of their trusted mortgage consultants today! SouthEast Bank is Member FDIC and an Equal Housing Lender.



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The pandemic has been a serious concern for senior citizens. The staff at all three Parkview Senior Living facilities recognizes the danger the coronavirus poses to the elderly and has been taking ALL necessary precautions to protect their residents.

Visitation has been limited and all necessary protocols have been implemented to protect the safety and wellbeing of both the staff and the residents, so everyone can continue to live in comfort and with peace-of-mind. Temperature checks are performed when you enter the building, masks are required and social distancing is practiced.

Residents still enjoy scheduled activities, exercise outside on the gorgeous campus and walking trail, and in a state-of-the-art fitness center on site. Each community provides healthy, chef-prepared meals twice daily in a beautiful dining room, a salon and barbershop are on premises, and the comforts of a private apartment appointed with safety handrails and other safety equipment. If you or your loved one requires pill manage-



ment this service is available.

If you are looking for an independent, active senior living community in West Knoxville, Maryville or at our newest location in North Knoxville on Emory Road, please be sure to schedule your personal tour today. We feel certain you'll love what you see. A fourth location is scheduled to open in Tullahoma, TN in late fall.


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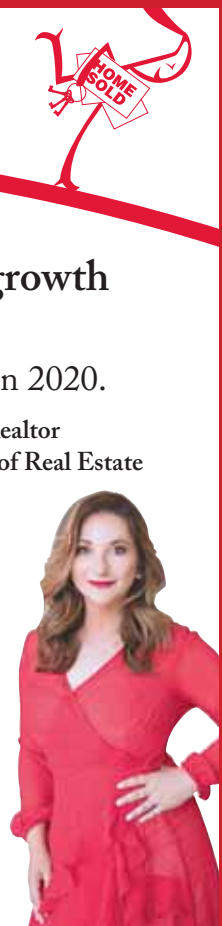
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Angie Cody

Charming, Vivacious, Humble and Endearing

When you spend more than a few minutes with Angie Cody, you instantly become her friend. Charming, vivacious, humble, and endearing, Angie is a force to be reckoned with in the Knoxville, TN real estate community.

Most people know Angie to be the lady that is always there to help; the agent you can turn to (whether on her team or not!) for real estate advice, to bounce ideas off, or to shoot straight with when negotiating a deal, because you know she will not stab you in the back. However, few people know about her accolades, accomplishments and struggles. She simply never talks or brags about herself.

Angie Cody, Team Leader/Owner of the Angie Cody Real Estate Team at EXP Realty, has lived in the beautiful Knoxville area for over 24 years. Angie's robust career began in sales and marketing and eventually led her to obtain her real estate license in 2006. She started small and learned the business from the ground up, weathering even the toughest of times during the Great Recession in late 2007.

Angie accomplished her goal of starting a team in 2017. She dreamed of a team that would assist buyers, sellers, investors, and commercial players and that would ensure at all times that their clients would have a thorough road map of the buying and selling process. She has accomplished this dream and then some.

Leading a team has allowed her to spend more time delegating and selling, rather than spinning her wheels in paperwork. More importantly, having a team has allowed Angie to focus on her son and her volunteer activities. She is a familiar face at Tristan's school, Knoxville Christian School (Go Knights!) and volunteers both time and resources to her favorite local non-profit, Adopt-a-Golden Knoxville.

Angie is also a Real Estate Coach with Club Wealth, which perfectly matches with her drive, her intolerance for laziness, and her belief that life is best lived happy.

Contact Angie at 865-755-2639 or by email at angie@angiecody.com

Time to relax on the porch

Diversified Enclosures & Screen offers custom sunrooms

It's a beautiful night, low humidity, slight breeze, great time to relax on the porch. It's East Tennessee so grab the mosquito repellent and don't forget the fly swatter. That is unless you have the Eze-Breeze or WeatherMaster system from Diversified Enclosures & Screen. Then you can sit back, relax and laugh at the bugs!

Mike and Stacy Pfeffer are owners and have been in business since 2000. They can transform your existing porch into a bug-free zone or build a screened porch or sunroom from the ground up. What makes their system different is it uses memory vinyl, not glass, cutting the cost in about half from traditional systems.

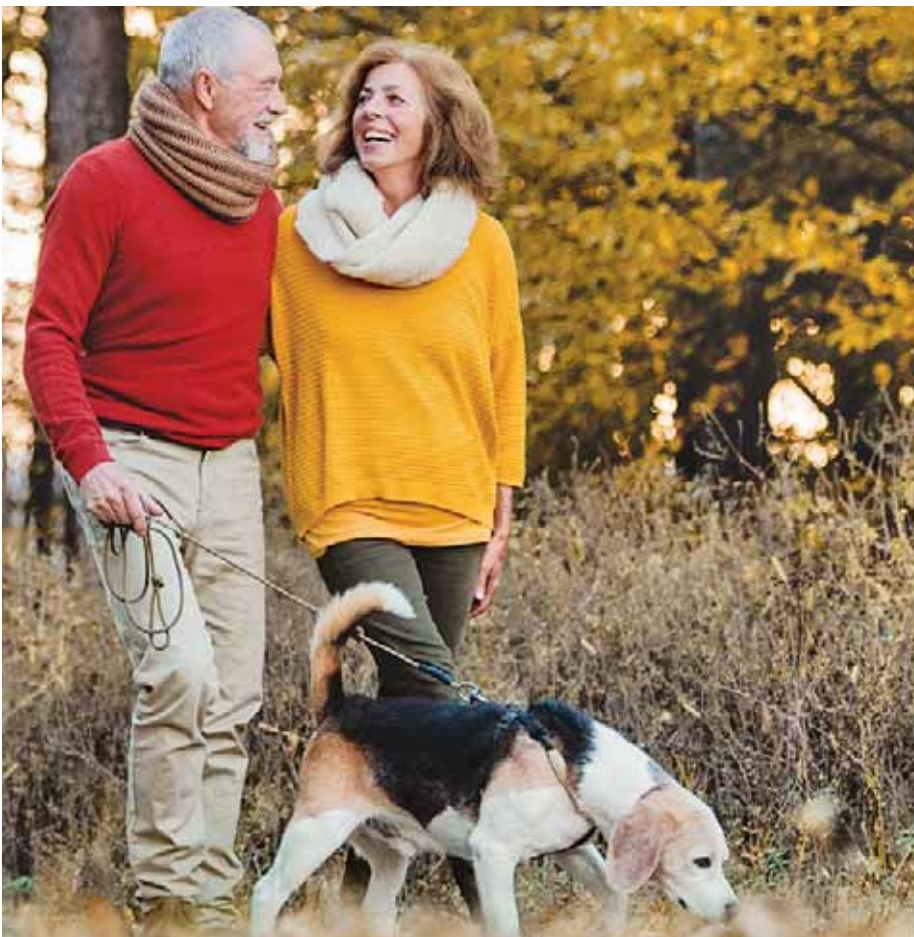
With our mild winters, Eze-Breeze or WeatherMaster rooms can be used nearly year round. A sunroom with glass windows becomes a permanent structure but their system allows homeowners to still use the sunroom as an outdoor porch. The advantage is when you want to let the breeze in you can collapse the vinyl windows for 75 percent ventilation, leaving a screened porch. "We probably do 200 to 300 a year," says Stacy Pfeffer of the Eze-Breeze and Weather-



Master systems. "Most people use them like a normal sun room putting their TV and patio furniture in one. It's all sealed against the weather."

The company also offers powder coated aluminum handrails in bronze or white. Handrails are custom built for each project and can be done to any height or length. Custom gates are built to match. They also use custom built screen doors from PCA Products, a sister company.

The office number is 865-453-6780. Check out the Web site at sunandscreen.com or visit the show room at 110 Flat Creek Rd. in Sevierville, TN.



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September 24, 2020 | A Place Called Home 15

Judy Teasley

Judy has been practicing real estate for the last 30 years and obtained her broker license in 1995. She obtained her broker license to help create and develop Plantation Springs along with Duncan Construction, Sentinel Builders, and Oliver Smith Realty. The subdivision earned an award as one of the best from the Metropolitan Planning Commission. Judy is one of the original founders of Keller Williams Realty in Knoxville which started here in 2008. Judy served on the Leadership Council for Keller Williams for eight years and many committees. She was briefly the Principal Broker of my market center. She has consistently been a top individual agent for the state of Tennessee for 30 years. Judy was in the top 20 individual agents for the Southeast Region of Keller Williams for December 2019 and was awarded the KW Quadruple Gold Award for sales in 2019. Judy was named to the Best Real Estate Agents in Tennessee for 2020, and Americas 100 Top 1% Real Estate Agents for Greater Tennessee. Judy has four subdivisions and many individual listings. For over 20 years she has been involved in new construction of spec and custom homes and the development of subdivisions. She has represented Sentinel Builders for over twenty years. Repeat clients are the foundation of her business. Customer service awards have made her especially proud. She is truly an individual agent who writes her contracts, personally takes all her listings and writes her own ad copy. She appreciates other Realtors and knows that our clients are best served when we work well together. "It is a great profession that gives you a chance to meet people from all walks of life."





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As an established builder of quality homes in East Tennessee for over 16 years, Sentinel Builders, Inc. has built a solid reputation on the foundation of security and excellence. Your home is one of the single largest investments you will make in your lifetime, and knowing you are working with professionals you can trust is the first order of business. Building a place that you and your family can call home is next. Whether you are interested in a new home in one of their premier communities or their "Build on Your Lot" program, we look forward to the opportunity to speak with you face to face. Sentinel Builders have built many custom homes while achieving the Metropolitan Planning Commission's Excellence Community Award and the 2015 Best of Houzz.com Award.

Judy Teasley is the exclusive listing agent for Sentinel Builder's developments. Judy and Gary Duncan, of Sentinel Builders, often help home Buyers locate a lot to custom build on even if it is not in one of their subdivisions. When building with Sentinel, every Buyer works with their interior designer at Sentinel Builders Design Center to make the process smooth and satisfactory to the Client. The Clients and agents are kept up-to-date with the building process from start to finish. We welcome other agents and their Client's to contact us. Clients are welcome to also bring their own plans to build a custom home. Every home is backed by the 2-10 Home Warranty.



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Square Footage	
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HOA Dues: \$150 per month **HOA Initial Dues:** \$250
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 Hardwood Flooring in on Floor 1 except for Master Bedroom, WIC, Master Bedroom and Laundry
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 2-10 Home Warranty

Most importantly in every project, we value each of our Clients. This is, after all, your home. We value the time it takes to listen to your needs and answer your questions at every stage of the process. If you are interested in building a custom home, or joining one of our neighborhood communities, we look forward to hearing from you and providing you an overview of our services.



Patti Whalen

is a Realtor on a mission.

“I love what I do, and am always looking to help people,” said the owner/broker for Exit TLC Realty in Lenoir City.

That desire applies not only to her company's clients, but also her 20 agents — and counting.

“If they are happy, I am happy,” Whalen said of her agents, which has actually increased during the months since Covid-19 shut down much of the country. “I thought I would lose agents, but real estate has not stopped.”

Four agents have joined the firm, and she is welcoming four more in the coming weeks.

“Actually, we could use a few more,” she added.

Whalen says inventory across the state is low, not just in the East Tennessee market her company serves. Low mortgage interest rates have also been contributing to the hot market.

“We are always looking for people wishing to sell their homes, because we get calls every week from people wanting to move here; to relocate or to retire to the area,” she said. “Typically, a listing will go under contract the day it goes on the market often with multiple offers.”

Whalen's company, whose initials stand for “Trust, Loyalty and

Commitment,” works hard with sellers to ensure they receive top dollar for their properties.

“We begin a marketing campaign from the very beginning,” she said. “We work with John Becker Photography — he is really good. And one of my agents, Mary Pat Ferrio, stages homes, and has a whole storage unit of furniture to use.

“We cover the property with a home warranty, in case anything breaks while it is under contract — we do that with every listing. We also encourage owners to conduct pre-inspections, so they can address any potential issues ahead of time.”

A Realtor for more than 15 years, Whalen said she knew she had found a permanent home with Exit Realty when she purchased the franchise three years ago.

“I love this company,” she said. “It truly puts people before profit, which has always been my way of doing things.

“They want their agents to take care of themselves and their families and the rest will come. I am here to mentor them, to help them to be the best they can be. If they are happy, they will stay right here.”

She also gives credit to her sister, Deborah Haugan, the company's licensed transaction coordinator, with “keeping us all in line — we wouldn't be this successful without her.”

Whalen also stresses generosity, by donating to various charities quarterly, including Toys for Tots, the Good Samaritan Food Pantry and the Loudon County Animal Shelter, among others.

For more information, call Exit TLC Realty TLC at 865-816-3094.



Fall vegetables

Tips for planting

Tending to backyard vegetable gardens can fill many hours of enjoyable downtime in the great outdoors. What's more, the bounty produced by such gardens provides healthy, fresh foods to gardeners and their loved ones.

Although spring and summer are widely seen as the peak of gardening season, the mild temperatures of autumn can be a prime time for planting vegetables as well. Certain late-season treats like carrots, kale, spinach, and turnips can thrive in fall gardens. Many different foods are quick crops that can go from seed to table in about six weeks. When sown in early fall, these vegetables will be ready to put on the table for mid-October feasts. Beets, green onions, broccoli, and cabbages can be planted in late summer for fall harvest. Gardeners who live in hardiness zones eight through 10 (the southern portion of the United States) can plant fall vegetables as late as December. Many of these plants can tolerate light frost, which may even help sweeten the vegetables.

See **VEGETABLES** on Page 26



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Affordable features to consider when revamping your kitchen

Kitchens are popular gathering spots in many homes. That popularity is reflected in various ways, including how many homeowners choose to remodel their kitchens.

A 2019 report from the home renovation and design resource Houzz found that kitchens were the most popular room to renovate in 2018. Homeowners considering kitchen remodels should know that the Houzz report also indicated that spending on kitchen remodels increased by 27 percent in 2018.

Homeowners concerned by the cost of remodeling a kitchen should know that there are ways to give kitchens a whole new feel without breaking the bank.

Appliances

Consumer Reports notes that luxury home buyers expect high-end features, including professional ranges and built-in refrigerators that match the surrounding cabinetry. However, many mainstream brands offer “faux pro” features that can equal more expensive alternatives. Consumer Reports even notes that many budget-friendly faux pro appliances outperformed their high-end counterparts in terms of reliability.

Countertops

Countertops tend to capture the eye’s attention when walking

into a kitchen. Outdated and/or damaged countertops grab that attention for all the wrong reasons, while updated countertops made from today’s most popular materials provide that wow factor homeowners seek. If granite is a must-have, Consumer Reports notes that homeowners can save substantial amounts of money by choosing granite from remnants at the stone yard. If marble is your ideal countertop, save money by choosing a domestic product as opposed to one imported from overseas.

Cabinets

Custom-built cabinets may be a dream, but they tend to be a very expensive one. Such cabinets are designed to adhere to the dimensions of the kitchen, and Consumer Reports notes that they can cost tens of thousands of dollars. If that estimate would bust your budget, examine the current layout of the existing cabinets. If the layout is fine but the cabinets need work, you can give them a whole new look by refinishing them. If the cabinets must go, stock units or semi-custom cabinets can provide a new look without busting the budget.

Kitchen remodels can be expensive. But there are many affordable ways to revamp a kitchen.



Improve storage at home

Homes are getting bigger, but it seems like people are still lamenting a lack of storage space.

National Public Radio says the average American home has nearly tripled in size during the last 50 years. Despite that, 10 percent of Americans still need to rent off-site storage, according to a report in the New York Times Magazine. Self-storage facilities are one of the fastest-growing commercial real estate segments, and the Self Storage Association says there are more than 50,000 storage facilities in the U.S. alone. The commercial real estate company CBRE, Ltd., says there are roughly 3,000 self-storage facilities across Canada, and 65 to 85 percent of self-storage tenants are residential users.

Improving storage at home can be a cost-effective alternative to renting storage space. With these easy tips, homeowners can maximize space immediately.

Utilize track storage systems

Closets may be plentiful, but if not efficiently utilized, space may still seem lacking. Track closet storage systems often make greater use of closet space than traditional shelf and hanging rod systems. Customizing closets using track systems or other modifications

See **STORAGE** on Page 26

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Customers best interest is ‘Essential’

Knoxville native Allen Burchell founded Energy Essentials Windows and More to offer quality window products at competitive prices.

Burchell, who's been in the exterior home remodeling business in East Tennessee for 28 years, said the emphasis “is on not only the best vinyl window, but also a guaranteed price that is unmatched for a comparable product.” The company also provides transferable limited lifetime warranties that even cover glass breakage.

“We always have our customers’ best interest at heart, whether it be the quality of our products or the prices of our products,” he said. “The goal is to give everyone a fantastic product at an affordable price.”

Burchell has purchased his products from the same Tennessee-based company since 1994, and has forged a lasting relationship with the family that owns the company. He’s also worked with the same crew for the last 10 years.

“We believe in the honest, respectable approach,” he said, noting that Energy Essentials is not a ‘one-call close’ company. “We do not push anyone into buying anything ... We feel like you, the homeowners, are smart enough to make up your own mind without being beaten into submission just to get rid of a salesperson.”

Burchell added that he doesn’t consider himself a salesman, but a consultant who knows “what it takes to make every homeowner smile.”

“I find out what the homeowner doesn’t like about their windows and we discuss how to solve their issue,” he said.

Burchell and his crew have won several local, regional and national awards, and have yet to receive a bad review.

“Energy Essentials wants value to take precedence, and knowing you are getting the best window at the best price,” said Burchell. “So many people think that once you’ve seen one vinyl window you have seen them all, well nothing could be further from the truth. Quality is huge.”

For more information about Energy Essentials, contact Allen Burchell at 865-343-2266 or energyessentialsusa@gmail.com.

“The goal is to give everyone a fantastic product at an affordable price.”

~ **Allen Burchell**,
Founder Energy Essentials
Windows and More



Listening Is The Key

Tracye Jahn decided on a career in real estate after buying her first home. “The thought of home buyers and sellers allowing me into their lives and trusting me to make such a large decision is always such an honor,” she says.

While she enjoys helping people find their perfect home the harder times are when someone has to sell due to some difficulty in their life. As a Realtor, she looks at each story for why someone wants to buy or sell. The local market might be cooling a little as it is now a seller’s market but all that means for her is digging deeper to find that perfect house. The key is “truly listening” to client’s needs and wants and then being honest about

their choices.

The U.S. Air Force veteran, wife and mother of two does not have any problem selling clients on the Knoxville area. “What is there not to like about Knoxville?” she asks. “The university adds the culture piece and then within an hour you can be trail-side or creek-side to a little piece of heaven.”

The United Real Estate Solutions agent has several real estate designations including certified new home specialist and residential construction certified.

Contact Tracye at 865-776-8518 or by email: tracye@tracyejahn.com.



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Re/Max

preferred by the readers

RE/MAX Preferred Properties is Farragut's favorite real estate agency, according to this year's farragutpress Readers Choice Awards.

"It was a real honor to win this award, and we are very thankful for this community and their support," said broker and RE/MAX owner Ryan Levenson.

Levenson attributes the company's success to its focus on agent productivity, in-depth training and professionalism -- "a trait that seems to be waning in this business."

"We still uphold the highest standard for our agents to meet or exceed, and make sure everyone is representing us and themselves in the best manner they can in this market," he said.

Founded in 1987 by Levenson's parents, Rich and Patti, RE/MAX Preferred Properties currently has four offices and more than 50 agents that service several counties, including Knox, Blount, Loud-

on and Sevier. Levenson said the company's "bread and butter" is Farragut, where the company began.

"We still remain prominent in the Farragut and West Knoxville markets," he said, noting that RE/MAX has its agent hub in Farragut, as well as a processing hub on Chapman Highway.

Levenson, who was named best real estate agent in this year's Readers Choice Awards and the Knoxville Area Association of Realtors' Realtor of the Year in 2019, added that his career first began as a child, when he accompanied his father in the office and his mother hauled him around to various showings, open houses and inspections.

After receiving his real estate license 14 years ago, he then purchased the company in 2013.

"I would like to thank the Town of Farragut and the people who live here for their constant support and trust," he said. "It is a pleasure to serve this market and we hope to continue to do so for as long as we can."

For more information or to make an appointment with RE/MAX agents, call 865-694-8100 or visit remax.com.



Laundry room renovations

Does it seem like your hamper is always full and the washing machine is running constantly? You may not be imagining it. Laundry Butler for You, a wash, dry and fold service, says the average household washes 50 pounds of laundry a week and 6,000 articles of clothing every year. Families with children at home are doing laundry most often, and those with pets may find there is ample laundry to wash as well.

With so much laundry being generated, homeowners may want to consider paying extra attention to the space in the house where their clothing is being cleansed. Laundry room renovations may not top homeowners' priority lists, but it may be time to give these rooms another look.

Assess your equipment

If your appliances are aging, a laundry room renovation can start with an investment in new appliances. New models have large capacity loads, tend to be energy-efficient and could have innovative features that help fit with your laundry lifestyle. Purchasing front-loading models also can free up design space, as

See **LAUNDRY ROOM** on Page 31



Time to relax on the porch



- Screen Enclosures
- Sunrooms
- Eze Breeze Rooms
- Custom Handrails
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Vegetables

From page 19

A handful of unique factors need to be taken into consideration when planning fall vegetable gardens.

- The summertime location of the garden may still be adequate, but be sure to choose a location that gets eight full hours of sunlight per day.

- If using an existing garden site, clear out any detritus from summer plants and any weeds that have sprouted. If you are planting a new garden, remove any turf before tilling the soil.

- Amend the soil with sand, compost, manure fertilizer, and any other nutrients needed depending on the types of vegetables you intend to grow.

- While fall vegetables can be grown successfully from seeds, it may be more time-friendly to work from larger transplants, advises the Texas A&M Agrilife Extension.

- Some plants may need a little protection as they grow if temperatures begin to dip. Cover with a blanket, cardboard box or plastic tunnel to insulate.

Remember to water according to the vegetables planted and to keep an eye on readiness for vegetables. Turnips, beets, rutabagas, and carrots can be dug out when the roots are plump and crisp.

Vegetable gardens need not cease when the last days of summer vanish. Fall produce is delicious and can be easily planted and harvested even after the first frost.

Storage

From page 21

can improve utility of all closets in the house.

Invest in storage beds

Storage beds typically feature cubbies or drawers within a platform-style bed frame. It's a practical home storage solution, and does not require any building.

Think vertically

Maximize spaces by looking up and down for storage possibilities. Items that are not used frequently, such as seasonal decorations or travel suitcases, can be stored in high spaces. Shelving on walls can go as high as necessary and be put to use in awkward wall areas, such as in corners or under eaves.

Invest in storage benches/ottomans

A stopping area inside the front door replete with a storage bench can house shoes, umbrellas, hats, backpacks, and other items, keeping them tidy and out of sight. In living rooms, look for chests or ottomans that are decorative and functional. Store throw blankets or board games inside.

Recess drawers or shelves

Gain more storage by recessing a chest of drawers into what is called the "knee wall" of homes that have sloped ceilings in attics and upstairs bedrooms. Utilize these short walls in an efficient manner by sinking drawers or shelves into them, without taking up floor space.

Rafter shelving

While in the attic (or a garage), add hanging shelves to rafters or exposed beams to create off-the-floor storage as well.

These are just a few of the handy ways to improve the interior storage space in a home.

Two facilities on the NHC Place Farragut Campus take care of residents varied needs

Striving to make every moment count for the residents and patients at NHC Place Farragut it top priority because they believe in celebrating life at all stages.

The residents and patients arrive for a variety of reasons. Many are short-term, having left a hospital needing skilled nursing and/or rehabilitative care to get them back home. Others have chosen NHC Place as their home with assisted living care or memory care.

The NHC Place Farragut's private and spacious campus is home to a 100-bed post-acute Health Care Center, an 84-apartment Assisted Living Center and the 60-bed Cavette Hill Assisted Living & Memory Care Center. The campus amenities include a walking trail, courtyards with gazebos and recreational amenities like a putting green.

NHC Place is dedicated to offering their residents and patients the independence wanted with the support that is needed. In fact, all NHC partners prepare for their work day by reciting one of the organizations 20 promises each morning. The goal is to provide the best rehabilitative and clinical services based on the activity and care needs of each of our residents.



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How to design a fitness room at home

People exercise for many different reasons. Exercise can improve one's appearance, reduce the risk for illness, alleviate stress or anxiety, and even help pass some time. Exercise is often a social activity, but in the wake of social distancing guidelines issue in response to the COVID-19 outbreak, many people have found themselves looking for ways to exercise at home.

Building a home fitness room has never been a more timely project, and such a project can continue to provide rewards even when life returns to some semblance of normalcy. Here's how to successfully stock a home gym.

- **Find a dedicated space.** A home gym will be limited by the amount of space that can be devoted to workouts. Possible fitness room locations include a spare bedroom, a garage, a basement, or an enclosed patio. Measure the space so you can pick and choose equipment that will fit. Leave some floor space empty for movement exercises or mat activities.

- **Keep the space bright.** Darkness can sap energy levels, so invest in mirrors and adequate overhead lighting to make the space inviting. Natural light can make the exercise area more enjoyable.

- **Consider the flooring.** New flooring can protect against damage and make an area more conducive to working out. Rubber mats can offset echoes and reduce the noise of running on a treadmill or setting down heavy weights.

- **Use space-saving equipment.** A home gym space will likely not be as expansive as the space inside a traditional fitness

center. Thankfully, many activities do not require a lot of space or equipment. Classic exercises like squats, lunges, push ups, and sit ups require little gear but still produce results. Figure out which equipment you like the most and invest in two or three key pieces. Dumbbells of various weights, a medicine ball and a yoga mat can be all you need to create a versatile, effective workout. A TRX system and a door-mounted pull-up bar also are great space-saving options.

- **Have a TV hookup.** A home gym may benefit from a smart TV that you can use to stream workout videos or catch up on the latest news while running the treadmill or using the stationary bike.

A home gym is beneficial year-round, and can be especially valuable when social distancing guidelines are put in place.

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photographers and other professionals to give her clients the very best customer service. "I am fortunate to work in a field I love! Working with buyers, sellers, investors, builders, and developers has given me the opportunity to gain experience in many aspects of the business," said Terri. These connections and experiences bring clients valuable information which greatly benefits their decision making.

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Exterior renovations

that can improve home value

Renovating a home to improve its value can be a smart investment. Interior improvements, such as updating kitchens and baths, offer good return on investment, but there are plenty of exterior renovations that can add value to a home and give it that coveted “wow” factor.

Landscaping

Abundant and well-planned landscaping can instantly boost curb appeal. According to the landscaping company Lawn Starter, 71 percent of prospective home buyers say a home’s curb appeal is an important factor in their buying decisions. As buyers use the internet to look for their dream homes, there’s no denying a beautifully landscaped, nicely photographed property can entice buyers to click and read more about a house.

Address insects and minor repairs

Improving home value may come down to fixing areas of the home that can negatively affect its appeal to buyers. Hire an inspector to look at key components of the house and recommend what needs to be fixed. This way it is discovered before home buyers come in and do their own inspections. Termite infestations, deteriorating roofs and hidden water leaks are some things that might need fixing.

Improve the entryway

The front door is the focal point of a home’s exterior. Invest in a new door or paint it a striking color to add appeal. Remodeling magazine’s “Cost vs. Value Report 2019” indicates changing an entry door to a steel replacement can offer 74.9 percent ROI. Such a door provides visual appeal and added security — things buyers look for. In addition to the front door, make sure that the entryway has a level walkway, steps that are in good repair, accents that are free from rust or tarnish, and decorative plants.

Outdoor lighting

Outdoor lighting can add to the ambiance of a property and serve as a security feature. Utilize different lights, such as a bright light by the entry, uplighting in trees and shrubs for drama, a light-lined path to the door to improve visibility, and motion-detection lights to improve the security of the property.

Repaint (or reside) the exterior

A fresh coat of paint or new (or cleaned) siding can instantly give homes a facelift. Neutral, warm and inviting colors tend to have the widest appeal. Adding manufactured stone veneer to the home can offer a 94.9 percent ROI, says Remodeling. And after doing the front door and siding, investing in a garage door replacement offers the highest ROI of all exterior projects listed on the “Cost vs. Value Report 2019.” This improvement returns 97.5 percent when selling.

Knowing which improvements add value to a home can help homeowners tailor their efforts to those that are most financially beneficial.





The value of mulched leaves

Homeowners who don't look forward to dusting off their rakes each fall might be happy to learn that mulching fallen leaves with a mower may be a healthier and less labor intensive way to confront a yard covered in leaves. For 20 years, turfgrass specialists at Michigan State University studied how lawns reacted to having ground up leaves left on the lawn and the results were overwhelmingly positive. Researchers found that tiny pieces of mulched leaves eventually sifted down through the turf and provided the lawn with essential nutrients. Mulched leaves also served to control future weed growth by covering up bare spots between turf plants. Such spots typically provided openings for weed seeds to germinate and ultimately infect lawns. In fact, researchers found that mulching leaves for just three years could produce a nearly 100 percent decrease in dandelion and crabgrass growth. Homeowners with mulching mowers that also have bags can even help their gardens by alternating using the mower with and without the bag on once leaves begin to fall. When mowing with the bag on, mulched leaves can then be used as mulch in landscape beds and vegetable gardens.



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Laundry room

From page 25

you can install a counter directly above the units, saving room for other items like drying racks.

Figure out your room needs

A laundry room need not be limited to laundry only. Many homeowners make large laundry rooms catch-all spaces that can serve as utility or mud rooms, pantry overflows, or off-season storage areas. Consider the functions you want the room to serve and include those ideas in your designs.

Add some natural light

If possible, include a window in your laundry room. Natural light can help make the room more enjoyable. It also can help you identify stains on clothes that need to be addressed and make it easier to fold matching items like socks.

Think about a utility sink

Many washing machines drain out directly to waste pipes in the floor or wall, but you also can opt to have them empty into a utility sink. This sink also provides a convenient place to handwash items, clean tools or paintbrushes, or store items that perhaps you do not want to bring into a bathroom or kitchen sink.

Include some flair

This utilitarian space need not be boring or bereft of design elements. Mirror your home's style in the laundry room, and include wall hangings, plants, accent items, and even task lighting. Play up certain features with a bold floor tile or brightly colored walls.

Updating laundry rooms can be a great way to make doing laundry more enjoyable and efficient.

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