

Un-masking court ruling around Farragut schools



Photos by Michelle Hollenhead

(Above) Ingrid Maddox, right, leads “The Circle” group as it left Farragut High School Wednesday, Sept. 29. The group has been protesting against the recently re-imposed mask mandate since Tuesday, Sept. 28. (Below) Farragut students and parent protesters line a portion of West End Avenue Sept. 29.



day along West End Boulevard with signs and the American Flag. They stood on the sidewalk as cars drove past on their way to school, many honking their approval and support.

Group members then walked their own children to Farragut Intermediate, Middle and High schools just

See PROTESTS on Page 4A

Povlin: proof of Town-FBC agreement on fields in 2008

MICHELLE HOLLENHEAD

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Saying she was curious following a Sept. 16 Farragut Municipal Planning Commission discussion on the neighborhood impact of ballfields First Baptist Concord might choose to build on campus for Concord Christian School, Farragut Vice Mayor Louise Povlin said she uncovered legal documentation pertaining to an agreement in 2008 between FBC and nearby residents.

Povlin, also an FMPC member, heard residents who believed an agreement had been made between the church and the community roughly 13 ago — but had no official documentation.

Povlin said she researched FMPC minutes going back to 2008 and did further research in Town archives, where she found two letters summarizing what took place during a meeting March 12 that same year attended by a number of Town officials and attorneys for both sides.

She went on to note specific numbered items within correspondences between the parties, including one that stated, “All organized outdoor athletic activities will cease at sundown on the ball fields shown on the Long Range Property Utilization Plan (those shown just to the west of relocated Belleaire Drive; there would be no lighting or sound systems utilized for athletic activities on the ball fields described above.”

Povlin shared her findings with several area residents, including Belleaire resident Jeanne Brykalski, who spoke against the potential lighting project on both social media and at the September FMPC meeting.

“Our Vice Mayor, Louise Povlin, stopped by our house and brought me a packet of copies of the minutes of the March 20, 2008, FMPC minutes, which include a letter from FBC confirming their agreements with the TOF and Belleaire and the adjacent neighborhoods,” Brykalski said. “I can’t thank Louise enough for compiling all this information for us.

“This was a lot of hard, tedious work that she did to get to the facts,” she added. “And she is not



Povlin

See DOCUMENTS on Page 4A

Anti-mask-in-school voices sound off locally

MICHELLE HOLLENHEAD

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A group of Farragut parents began openly protesting a federal judge’s masking mandate for Knox County Schools last week, and are vowing to keep “fighting for their children’s rights as long as it takes.”

The group, called simply “The Circle,” first gathered Sunday, Sept. 26, at Bob Leonard Park opposing the Friday, Sept. 24, ruling from Judge J. Ronnie Greer requiring masks for all students and visitors with only two exceptions — students with autism and those with tracheotomies.

After the leadership role fell to Ingrid Maddox, who had taken her Farragut Middle School daughter’s karaoke machine to use in lieu of a PA system, she quickly coalesced the grass roots efforts that started early Tuesday, Sept. 28 — the day KCS implemented the mask order.

About 25 parents and students showed up that first

‘Kingston Pike Subarea’ next area of CLUP consideration

MICHELLE HOLLENHEAD

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Farragut’s Comprehensive Land Use Plan steering committee reconvened last week, and will take part in a “field trip” Monday, Oct. 11, to study the “Kingston Pike Subarea,” which is the committee’s next area of evaluation.

Members will meet on the east side of the old Ingles parking lot and will leave on foot at 9 a.m. They are scheduled to make a loop, walking along Boring Road and Smith Road as the next step in the process.

Led by Community Development director Mark Shipley, the Committee started on the topic Wednesday, Sept. 29 in Town Hall, during which members discussed the current zoning and uses of the subarea, which begins just west of Ingles, and extends eastward to Campbell Station Road, then north encompassing Village Green subdivision and several other neighborhoods.

Both residential and commercial properties exist in the focus area. “Zoning considerations include whether changes may be needed (to potentially both the map and text) to reflect the Future Land Use Map

and community Vision,” Shipley stated in a power point presentation during the hour-long meeting.

“Land Use concepts and considerations include transitioning, increasing connectivity, infrastructure and deciding on desired mix of uses — particularly housing options and whether to encourage liner buildings and more neighborhood scale development along the Kingston Pike Corridor in this area,” Shipley added.

The group also made preliminary plans for a community workshop to be tentatively scheduled later in October.

business

“When we open and get going (on Oct. 11), I’ll be running groups ... We’re making sure that the physical side and mental health side are working together to get the support that they need,”

- Susan Baker, clinical director for a medical group focusing on a specific age group. (Read story beginning on page 5A)

community

“We meet every two years and call them ‘Homecomings.’ We had met every two years (beginning in 2002) until COVID cancelled the 2020 event in Farragut,”

- Thomas Randall, current treasurer and past president for a special group uniting in Farragut. (Read story beginning on page 5B)

sports

“This was his first start and he stepped up and played really well. He loves football and he studies the game. Dawson has really helped him out and they’re good friends,”

- Eddie Courtney, coach of team getting a big boost from a new starter against a rival. (Read story beginning on page 1B)



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Michelle Hollenhead

Sue Stuhl recently received a plaque honoring her 30 years of service to Town of Farragut, as presented to the Parks & Recreation director by David Smoak, Town administrator.

30 years of Farragut service recognized for Stuhl, Town Parks-Recreation director

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Even though she has 30 years of service under her belt — and recently was honored for it by the Board of Mayor and Aldermen and Town administrator — Farragut’s Parks and Recreation director Sue Stuhl is not quite ready to hang up her cleats.

“The job I have is wonderful, so I’m not ready to retire yet,” she said. “There is too much fun in the future. So many projects.”

That was certainly not the case when she came to work for Farragut in September 1991 as Community Programs director. At that time, the Town had only two parks — Anchor Park and Mayor Bob Leonard Park — and Stuhl’s office was located above Rick Terry Jewelry Designs as Town Hall was under construction.

As one of the Town’s longest-serving employees, (Public Works director Bud McKelvey has the honor of being with Farragut the longest at 34 years), Stuhl now oversees what are arguably the Town’s biggest draws — it’s parks and recreational facilities.

Shortly after she was hired, Stuhl helped with Town Hall’s November 1991 opening, and her office remained there until the long-awaited Town dream of a Community Center was realized last year.

Starting as a department of one, she now has nine full-time employees and many part-timers who help oversee the Town’s parks and amenities.

Under Stuhl’s tenure, the desire for “a park at all four corners of Town” has been more than realized. Founders Park at Campbell Station was begun in 1993, followed by the initial acquisition of 26 acres for McFee Park in 1995, which has grown to more than 50 acres.

The Town’s purchase and refurbishing of Campbell Station Inn, along with the design and construction of the Mayor Ralph McGill Plaza, completed late last year, also fell under Stuhl’s jurisdiction.

She also grew Town events, as only the Independence Day Parade and the Bob Watt Fishing Rodeo were in place before she began working for Farragut, adding Freaky Friday Fright Nite and the Shamrock Ball, among others.

She also has overseen a robust ever-growing holiday lighting season, which now begins the week of Thanksgiving and concludes in early January, kicking off festively with Santa, singing and a lighting ceremony revealing a wonderland along the Town’s portion of Campbell Station Road.

Current projects nearing completion include the all-inclusive handicap-accessible Blue Cross Healthy Places Playground behind Town Hall (covered completely by a \$750,000 grant Stuhl successfully applied for last year) along with McFee Park Phase 3, which is the Town’s largest capital project to date.

Regarding Stuhl’s 30 years with Farragut, Town administrator

See **STUHL 30TH** on Page 3A

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Hey Kids!

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Find it on page 8A of this week's paper.

KCSOreports

• **At 9:42 p.m., Wednesday, Sept. 29, Knox County Sheriff’s Office units conducted a knock-and-talk investigation** at a Campbell Lakes Drive hotel, Room 124, after receiving several drug complaints in regard to this room from a confidential source that eventual arrestee was selling heroin out of the room. “All subjects were compliant and came out of the room. (Eventual arrestee) started shoving his hands into his pockets and was detained due to his suspicious behavior,” the report stated. One of the officers advised eventual arrestee he just arrested someone for heroin in the same parking lot in an unrelated investigation.

Eventual arrestee provided consent to search his room and said “there may be some needles and baggies in the room,” the report stated. During a search of the room, officers located 5.5 grams of a white substance believed to be heroin located in a plastic container under the sink, a digital scale, several plastic baggies and multiple uncapped and used needles throughout the room. The arrest was made due to the level of information received in regard to eventual ar-

restee selling heroin out of his room for several days, the room being registered in his name and the illegal narcotics located in the room. He was arrested for possession of a controlled substance with intent to distribute/resale and possession of drug paraphernalia. Arrestee was transported to Roger D. Wilson Detention facility.

• **At 2:50 p.m., Sept. 29, a complainant called KCSO West Precinct to file a theft report** at Ingles, 11847 Kingston Pike. Victim advised while she was shopping an unknown suspect stole her wallet out of her buggy when she wasn’t looking. Value of loss was listed at \$51.

• **At 3:29 a.m., Sunday, Sept. 26, officers responded to a Concord Road address on report of a hit-and-run.** Officers spoke to complainant/victim, who said he heard a loud noise around 3 a.m. When he went outside he saw his mailbox, as well as his neighbor’s mailbox, had been damaged by a vehicle. Neither victim could provide a description of the vehicle or driver. Damage to one mailbox was estimated at \$250 in the report, and \$100 to the other.

towncalendar

• **Get a basic understanding of the process involved in opening a business in Town of Farragut.** “Business liaison Trevor Hobbs teaches from the new Farragut Business De-

velopment Guide,” a Town press release stated about the 90-minute “structured presentation,”

See **CALENDAR** on Page 3A

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As TML 2nd Vice Mayor, Williams wins election

TAMMY CHEEK
tcheek@farragutpress.com

Farragut Mayor Ron Williams has been elected second vice mayor of Tennessee Municipal League board of directors. He was sworn in during TML’s annual conference in Chattanooga Saturday-Tuesday, Sept. 18-21. Williams, who was third vice president last fiscal year, is in line to serve as president. A member of TML since 2016, “There are constantly things happening we try to keep up with – it’s not just while (the General Assembly is) in session – it’s actually all year long,” Williams (see photo on right) said about the TML office he now holds. “There is a lot of information sent out of Nashville, and I try to be the facilitator of it, as far as getting it out to the other elected officials around the area and also to constituents who I have e-mail addresses for who want to know the information,” he added. “So ... they primarily will contact you concerning impeding legislation that would affect your city. We have a (TML) lobbyist, but we also have Anthony Haynes, who is our director and is a really good negotiator.” Town of Farragut also has its own lobbyist, Chuck Layne. “Between (Layne) and Ted Jenkins with TML, we’re able to keep up with what’s going on pretty well,” Williams said.



Michelle Hollenhead

\$120,000 doled out to Town’s 4 public schools

Farragut’s four public schools and Farragut High School Education Foundation receiving annual donations from Town Board of Mayor and Aldermen during the Thursday, Sept. 23, BOMA meeting, with each school receiving \$5,000 more from the Town this school year. Farragut Primary, Intermediate, Middle and High schools each received \$27,000 — and the Education Foundation \$12,000, which is the same amount the organization received last school year. Front row, from left, are FMS principal Weston Edmonds; Mary Cook, Education Foundation president; FPS principal Lynn White; FIS assistant principals Amy Schumpert and Stacy Hilliard; Town Alderman Ron Pinchok; and FHS principal Dr. John Bartlett. Back row, from left, are Town Alderman Scott Meyer, Vice Mayor Louise Povlin, Mayor Ron Williams and Alderman Drew Burnette.

Calendar

From page 2A

which takes place from 8:30 to 10 a.m., Wednesday, Oct. 6. Two 30-minute networkings will take place on either side of this, from 8 to 8:30 a.m., and from 10 to 10:30 a.m., in Farragut Community Center.

- **Farragut Parks & Rec Department is offering ongoing and one-time fitness opportunities.**

Pick Your Own Open Gym is from noon to 5 p.m., Mondays; from 4 to 5 p.m., Tuesdays; from noon to 5 p.m., Wednesdays; from 10 to 11 a.m., most Thursdays; and select Saturdays from 8 a.m. to 4 p.m. Cost is \$2 per person per hour for a half court. When reserving your spot, choose one of the following: basketball, pickleball, kickball, dodgeball, badminton, Imagination Playground or lap walking.

You must call at least one hour before the start time to reserve a spot (865-218-3376). You can pay over the phone or at the

front desk when you arrive. If you are not able to attend the session, call to cancel at least 15 minutes before the session

starts. After two no-show registrations or late cancellations, you will no longer be able to register.

Stuhl 30th

From page 2A

David Smoak said, “It’s rare that you have someone stay with an organization for so long, so it’s definitely a cause for celebration when someone on your team demonstrates that level of commitment. “During the time Sue has been with the Town, our Parks and Recreation program has grown exponentially,” he added. “Her leadership has helped us improve our parks, secure grants to fund improvement and expansion projects and to create a vision for how our parks would expand and grow over time.” Stuhl herself remarked, “It’s really hard to pin down one thing (as my favorite). There have been so many projects, events and people. But if I had

to choose, it would be working with the variety of people over the years. “I’ve been fortunate to work with and for so many extremely talented and fun staff members. It truly is like a family — many of whom have left but I still keep in touch with.” She has said she isn’t much for celebrations, but was surprised with a plaque from BOMA Tuesday, Sept. 23, and again at the annual Town employee picnic Sept. 24. Stuhl and her husband, John Stuhl, have two married daughters, one in San Francisco and the other in Louisville, Kentucky. “They each have one child, so we now have a 4 year old grandson and a 1 1/2 year old granddaughter, and we try to see them as much as we can,” she added.

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In case of inclement weather, check Farragut Parks and Rec on Facebook, Instagram or Twitter for the event's status.



lettertotheeditor

An FBC/CCS light-sound expansion defense

(Concerning) the article about the lighting project at First Baptist Concord and Concord Christian School (page 1A, Sept. 30 issue): There are plenty of neighborhoods next to or near schools, and those schools have lights and sound systems and marching bands and such.

It's the church's and school's land and they can do with it what they need to to enhance their sports programs. The school is growing as are the sports programs, and they can't always play during the day.

One citizen said the church did not hold up many promises. I don't really believe that because our church has a lot of integrity. I'm sure there have been many discussions about the

fields and how it affects the neighborhood, but they've said they are trying to put up lights that will not glare on the neighborhood and putting in a sound system that will not be too loud for the neighbors.

First Baptist Concord and Concord Christian School are great places, and would not do anything deliberate to anger neighbors or bother them with noise and lighting.

I am all for this because it will draw more people to our church and school, and the goal of the church and the school is to spread the Gospel through any means.

~ Michael Burtch, Farragut

Documents

From page 1A

even our alderperson.

"Apparently, Louise does a lot of research in Town records, codes, regulations, etc. when questions come up from our residents concerning town or private projects."

To effectively get the word out, "Please be sure to e-mail the Town Board and FMPC and remind them of this and ask them to vote NO, and deny FBC's request for these lights (and eventual PA system)," Brykalski said.

"We need to make our voices heard for our neighborhood and the other subdivisions adjacent to and near FBC," she added.

David White, another long-time Belleaire resident who spoke at the September meeting, said, "We are not at all opposed to having their fields or their games, nor are we opposed to their ministry," he said. "We just want them to stick to their original agreements, that all games would end before dark, and there would be no lighting."

FBC response

Church leaders responded in a press release covering several paragraphs:

"Our desire to be a good neighbor and friend to all those in the neighborhoods surrounding the church remains strong today as it has always been. First Baptist Concord has gone to great lengths and expense to prove that over the years.

"FBC has even paid to relocate Belleaire's entrance so it could have direct access to Kingston Pike. We also want to thank so many of you who have reached out to us directly

while this has been openly discussed and voiced your support of our ministries and the impact they have had on your families.

"All planning is taking place on property that is owned by the church. While we will not be able to appease all, we will go to great effort to deliver extremely high-quality solutions that have minimal impact on our neighbors.

"It is important to note that we currently do not have a site plan in front of the Town for approval. We will be more than happy to address the Town and our neighbors when we have settled on a plan. It is also important to mention that there have been dramatic improvements in lighting and sound technology since 2008 thus changing our ability to minimize the impact to our neighbors.

"The Town recognizes the advancements in lighting and is currently researching to see if these lighting solutions could be a benefit across all of Farragut. Our research into this has proved useful, and we are pleased to be able to assist our Town in this way.

"This article references documents from March/April 2008. Full context of the discussions which took place cannot be understood from this document alone and we believe will be received differently once all information is known. In addition, the reasons that lighting was an issue in 2008 no longer



Hale

exist in 2021.

"First Baptist Concord will be happy to further discuss our plan and position with the Town and neighbors as appropriate when we have a submitted site plan.

"FBC will continue to commit its energy and resources to inspiring people to follow Jesus by spreading the Gospel in every way possible. We believe that sports (and associated field use) are a key part of reaching the next generation."

Key officials in 2008

At the 2008 meeting referenced, key officials attending included Town attorney Tom Hale; Gary Palmer, then assistant Town administrator; Darryl Smith, Town engineer; Ruth Hawk, then Community Development director; Arthur Seymour, attorney representing Shiloh, Derby Chase and Belleaire; John King, attorney representing First Baptist Church Concord; and neighborhood representatives.

"During this meeting several of the neighborhood representatives' concerns were addressed," Povlin stated in an e-mail.

"On behalf of the neighborhood representatives, Arthur Seymour (who has since passed away) memorialized the discussion and agreements that occurred during that meeting in a letter addressed to Ruth Hawk dated March 17, 2008," she added.

On behalf of First Baptist Concord, John King responded to Arthur Seymour in a letter dated April 7, 2008: "the Planning Commissioners requested that both letters be included and made part of the minutes of the March 20, 2008, FMPC meeting."

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• I believe Judge Ronnie Greer's recent injunction regarding mask mandates to be a clear contradiction to the intentions and clauses of the ADA, with the measure constituting an unreasonable accommodation and a direct threat to the 60,000 students of KCS.

The academic literature amongst the world's medical and psychology journals is replete with studies demonstrating that recognition of facial expressions and vocal tones is fundamental to the proper social and emotional development of children. Study after study, spanning the course of decades, has demonstrated that removal of facial cues and reduction of vocal tones is detrimental to the healthy emotional and social development of children, which may impact them for the duration of their lives.

One study placed the threshold for developmental maturity, regarding social development via recognition of facial expressions, at 11 years of age, with importance of vocal recognition extending into later childhood (<https://pubmed.ncbi.nlm.nih.gov/25492258/>).

When K-5 students are deprived of this critical aspect of emotional and social development, they could be socially and emotionally stunted for the duration of their lives by the authorities responsible for the deprivation. This impact is a very real, and it should terrify every parent in Farragut, and every parent in Knox County. Please reach out to your elected representatives and fight for the well-being of your children in this age of court-mandated child abuse.

Protests

From page 1A

prior to the respective schools' start times.

"We are standing up for freedom, our Constitutional rights and the rights of our children," Maddox said Sept. 29.

"I feel Judge Greer was wrong, and there are no grounds for the injunction," she continued. "The numbers do not support it, and he is causing a county-wide mask mandate for no reason.

"We've had enough. We are tired and fed up with the government telling us what to do with our children.

"It's my child, my choice."

"We are out here to preserve the rights of all kids," Bill Taylor said. "It is not right to infringe on the rights of 60,000 kids — our kids have rights also.

"We are not anti-masks and not anti-vaccine — we just want the autonomy to make the choice for our children."

Jennifer Wilson, who has a son at FIS and one at FMS, said both sons refused to wear their masks the first day, but her younger son decided to wear his mask the second day.

"We gave both of them the choice to decide, and we fully supported their choices," Wilson said.

"We are very proud of both our sons, and we think this is

a good civics lesson for them both to understand that we have three branches of government that provide checks and balances so that one branch does not have more power over another," she added. "But what this judge has done is legislating from the bench, and that is a huge issue for us."

One parent who asked that her name not be used said she was planning to protest "as long as it takes."

The Circle's efforts attracted the attention of producers for Dr. Alan Keyes' national TV show "Lets Talk America," which featured an interview with Maddox on its Friday, Oct. 1 broadcast.

Not everyone was supportive of their efforts, however. A Farragut mom, who asked that her name not be used, said she "had driven past them on the first day, and they seemed peaceful at first, but then when they went up to the schools they went as a pack and crowded around the entrance.

"A police officer told them it was illegal to protest on private property. I think if they want to protest, they should remove it from the schools. It is a big group, and they are scaring some of the children. Personally, I don't have a harsh stance — I have friends on both sides of this issue — but I just want kids and everyone to feel safe."

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business
briefs

• **Danita McCartney** recently was named **Knox Area Rescue Ministries** president. She previously was executive vice president, chief operations officer and vice president of development.

• **Local EXIT Realty affiliates** announce the addition of the following individuals to their teams of real estate professionals: **Alda Watlington**, **Chelsea Ayers**, **Christina Wiebe**, **Jasmine Bonilla** and **Julie Hassmann** with **EXIT Real Estate Professionals Network** at 9821 Cogdill Road, Suite 1A, Knoxville; **Mark Boyd** with **EXIT TLC Realty** in Lenoir City; and **Al Munsey** with **EXIT Atomic Realty** in Oak Ridge.

• **A.J. Heidel, AIA, WELL AP**, a project manager with **BarberMcMurry Architects**, recently earned the credential of **WELL Accredited Professional**. He joins eight other **WELL APs** at **BarberMcMurry**. **WELL** is the world's first building standard focused exclusively on human health and wellness in the built environment.

• **Keep the Tennessee River Beautiful** volunteers recently reached a milestone of removing 100,000 pounds of trash from the Tennessee River watershed in 2021. As **KTRB** heads into **Keep the Tennessee River Watershed Beautiful Month**, its goal is to remove 125,000 pounds this year.

• **The University of Tennessee Medical Center/University Health Center** recently received **Certificate of Need approval** from the Tennessee Health Services and Development Agency for a **Freestanding Satellite Emergency Department** in **Jamestown**, which is in **Fentress County**, to provide emergency care in **Jamestown**.

• **Charter (Spectrum)** recently announced a **\$30 million Spectrum Community Assist initiative** to revitalize local community centers and invest in job training programs across its 41-state footprint. It will support 100 community centers with cash and in-kind donations, including building improvements and job training support.

• **SouthEast Bank** recently presented a **2020 Ford pickup** to **Lenoir City non-profit**

See BRIEFS on Page 6A



McCartney



Heidel

ET scenes inspire Studio 865

TAMMY CHEEK
tcheek@farragutpress.com

Farragut resident **Chloe Garfield** captures families' organic moments into portraits with her new, home-based business, **Studio 865**.

"I just love using the scenery that I have to take family portraits," she said.

Garfield uses natural backgrounds as a backdrop for her portraits, some posed and some candid.

"I have families play together and capture their smiles, their laughs and those organic moments together," she said. She also takes posed shots as families sitting on a blanket or with props.

One of Garfield's favorite shooting locations is **The Cove** at **Concord Park**, but she also photographs clients at **Melton Hill**, **Hardin Valley** and a couple of places in **Farragut**.

"For the most part, I love incorporating the greenery of **Farragut**, natural landscapes and the trees, especially in the fall," she said. "I love incorporating the fall colors."

Garfield currently only does outdoor photography but would like to have a brick-and-mortar studio some day.

For now, though, she meets clients at the chosen location, giving them a couple of options.

"A lot of people love **The Cove** because you have the



Photo submitted

Farragut resident **Chloe Garfield** captures families' organic moments into portraits with her new home-based business, **Studio 865**.

pretty trees and you have the water," Garfield said.

To book a photograph session, Garfield has a **Facebook** page and an **Instagram** page.

"That's the best way people can check in on what I'm doing," she said. However, people also may call 865-361-3210 or send an e-mail to chloegarfield@gmail.com.

A "side gig for 10 years," she decided to make it a business last month then expanded.

"I have a lot of clients, and got in a good position," she said. "Also, my youngest (child) went to kindergarten, so this year was when I could have a lot of time and focus on really building up my business and making it known in **Farragut** and **Knoxville**."

A native of the **Western United States**, Garfield earned a **Bachelor of Fine Arts** degree from the **University of Utah** in 2012.

"I just always loved taking photographs of people and decided to pursue it further in

See STUDIO 865 on Page 6A

Middle Path at GI for Kids opens Oct. 11

TAMMY CHEEK
tcheek@farragutpress.com

The **Middle Path Knoxville** has partnered with **GI for Kids** at 1975 **Town Center Blvd.**, **Knoxville**, to provide pediatric gastroenterology and nutrition services to children and youth from birth to 18 years old starting **Monday, Oct. 11**.

"We are accepting referrals now in preparation for starting our first group on **Oct. 11**," said **Hope Reneau**, founder/owner/director of **Middle Path**.

"When we open and get going, I'll be running groups from 4:30 to 7:30 p.m. **Monday, Tuesday and Thursday**," said **Dr. Susan Baker**, clinical director for the practice.

The **Middle Path** is a mental health intensive outpatient program serving **Knoxville**, **Chattanooga**, **Maryville** and **Tri-Cities**.

"We're making sure that the physical side and mental health side are working together to get the support that

they need," Baker said.

"Studies have shown a strong correlation between gastrointestinal issues and mental health," said **Joshua Russell**, **The Middle Path** business operations manager. "In a recent article in **Harvard Medical Publishing**, **Harvard Medical School** stated 'The brain has a direct effect on the stomach and intestines.'

"For example, the very thought of eating can release the stomach's juices before food gets there," Russell said. "This connection goes both ways."

"A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut," he added. "Therefore, a person's stomach or intestinal distress can be the cause or the product of anxiety, stress or depression."

"That's because the brain and the gastrointestinal system are intimately connected."

"We focus on mental health, and our patients will come to



Photo submitted

Dr. Susan Baker, left, clinical director of **Middle Path at GI for Kids**, and **Hope Reneau**, founder/owner/director of **The Middle Path Knoxville**, eagerly await the opening of **Middle Path at GI for Kids** at 1975 **Town Center Blvd.**, **Knoxville**.

us with a diagnosis, typically an order or diagnosis of something along the lines of a medical condition," Baker said. "Typically, what we're looking at is a medical condition related to the **GI tract**."

"Our hope is that we can get (the mental and medical components) merged together, so we're making sure their needs are met medically and also with mental health," she said. "So we can teach our kids

the skills to be able to ... work through anything they are going through that could be related to their mental health condition and also the **GI**."

Baker said they will be working on nutrition, exercise, energy therapy, meditation and yoga.

"In addition to that, we will have a lot of parent involvement, as well," she said. "Our

See MIDDLE PATH on Page 6A

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Middle Path

From page 5A

hope is that we will have all that we do at The Middle Path at GI for Kids that they can carry over to their everyday life.”

“We are specifically a higher level of care,” Reneau said. “We are an intensive outpatient program.

“We run these groups three hours a day, three days a week, for six-and-a-half weeks,” she added. “The Middle Path, before we joined with GI for Kids, has been open to provide this service to adults and adolescents since 2016, and we’re in the community to provide intensive treatment to either to keep people from going into a psychiatric hospital or a residential program.

“Or, when they come out of the hospital or residential treatment, we’re there to provide step-down level of care. We have psychiatrists on staff, nurse practitioners and therapists.”

While licensed with the state as a mental health facility, she said this is the first time it has been a pioneer in “taking this intense level of care and combining that with the GI medical piece.”

While doctors’ having therapists in their offices is not a new concept, Reneau said what is

new is “our level of care, as an intensive outpatient program, being in a medical facility.

“That is very unusual, and we believe we are the only ones in the country, thanks to (GI for Kids’) Dr. (Dr You-hanna) Al-Tawil’s vision to have full care — psychological, nutrition, holistic and a medical piece — for children,” she added.

The Middle Path also will provide inpatient and outpatient services at East Tennessee Children’s Hospital, Turkey Creek Medical Center and University of Tennessee Medical Center, Russell said.

“The Middle Path are pioneers in mental health, and the opening of this new gastrointestinal-focused IOP facility is the first known in the United States,” he added.

“Working in conjunction with their medical care under Dr Al-Tawil at GI for Kids, patients at The Middle Path’s Intensive Outpatient Program will receive dialectical behavioral therapy that includes mindfulness training focused on nutrition, food and mood, meal preparation and planning with nutritionist and executive chefs and physical exercise routines.”

For more information about The Middle Path, visit www.themiddlepath.life.

Cutting ribbon for Scooters



Michelle Hollenhead

Scooter’s Coffee owners Greg Gering (wearing sunglasses) and Stacey Gering (holding scissors), along with their daughter, Madison (left of Stacey), celebrated the Farragut West Knox Chamber of Commerce-hosted ribbon-cutting recently at the coffee shop, 10512 Kingston Pike. FWKCC members and Ambassadors also attended the event.

Studio 865

From page 5A

college,” she said.

The Garfield family moved from Utah to Florida, where she started taking family photos on the beach.

Then, five years ago, she traded the beach for the mountains when the Garfields moved to East Tennessee. She moved to Farragut three years ago.

Taking family photographs came about after trying different styles, such as weddings and newborns, while Garfield was trying to find her niche.

It came down to “I just really love families,” she said.

And, as a mother of three, she saw the appeal of photographing children and families.

Briefs

From page 5A

Horse Haven, which rehabilitates injured and abused horses from across Tennessee. Horse Haven sent out an appeal for help when its 2005 model work truck broke down, which stranded a group of volunteers mid-rescue mission and left the Horse Haven team without a vehicle. But SouthEast Bank’s executive management team saw an opportunity to assist.

• **University of Tennessee, Knoxville’s, 2021 Class of Peyton Manning Scholars** recently were honored for their academic, civic and leadership accomplishments at an event attended by Manning **Aug. 24**. This year’s scholars were freshmen **Sidney Bennett, Obinze Nwokoah, Olivia Upchurch and Madison Williams**. They join a legacy of 45 recipients, bringing the number of Peyton Manning Scholars to a total of 49. Manning has endowed the four-year scholarship since 1998.

• **Bill Lyons has been selected to join University of Tennessee, Knoxville’s, Howard H. Baker Jr. Center for Public Policy staff** as its inaugural director of policy partnerships.

A professor emeritus of political science at UT, Lyons began in his new role **Monday, Sept. 20**.

• **Garrison Holmes recently was named East Tennessee crop insurance specialist with Farm Credit Mid-America**, serving customers in East Tennessee. He previously served as a crop insurance specialist and financial officer at Farm Credit Mid-America. He graduated with a Bachelor of Science degree in business administration from Tennessee Technology University in 2016.

• **Cherokee Health Systems recently received four Community Health Center Quality Recognition awards**, distributed by the Health Resources and Services Administration. The CHQR awards recognize health centers that have made quality improvement achievements in areas of access, quality, health equity and health information technology during the 2020 Uniform Data System reporting period.

Additionally, COVID-19 awards recently were introduced to recognize health centers’ contributions to the public health emergency response for data collection, testing and vaccinations.

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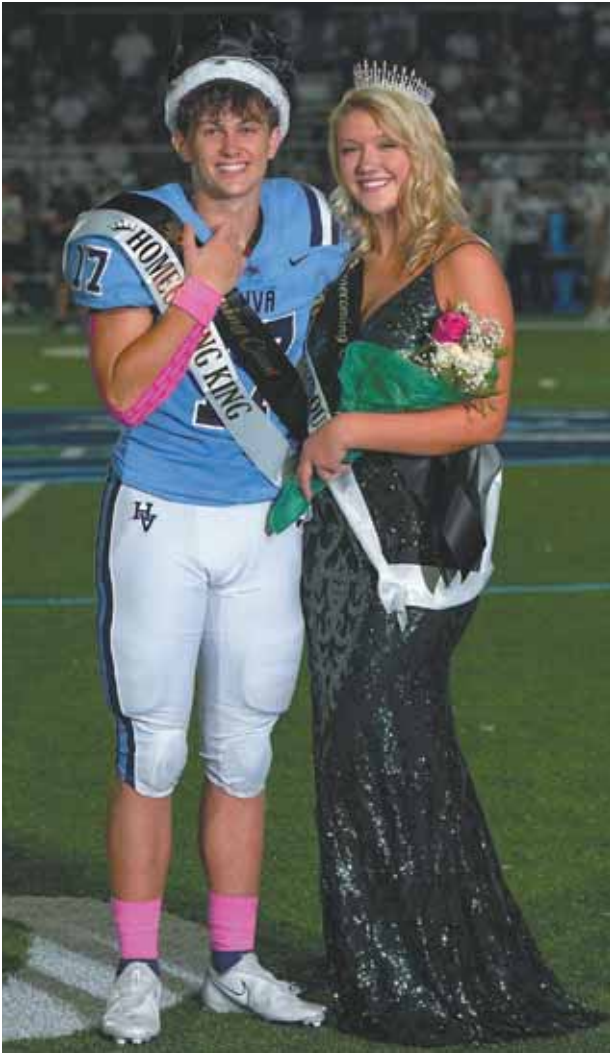
Hardin Valley Academy

Homecoming

FARRAGUTPRESS THURSDAY, OCTOBER 7, 2021 • 7A



Hardin Valley Academy crowned a 2021 Homecoming Queen and King, which came during HVA Homecoming Night activities at halftime of the Hawks’ varsity football home game versus rival Farragut in the HVA stadium Friday evening, Oct. 1.



(Left) Jacob Green and Alee Hyatt, HVA King and Queen 2021.

(Far left) Moments after she was announced as 2021 HVA Homecoming Queen, Alee Hyatt, left, reacts with joy alongside her mother, and escort, Cara Cahak.

(Below) Hardin Valley Academy Homecoming Court and escorts.

Photos courtesy of
Jeremy Wiggs/jeremywiggs.com



Alex Summey - escorted by Matthew Malone



Jackson Sharp - escorted by his mother - Katina Sharp



Jenna Hall - escorted by Hayden Bryant



Jillian O'Dell - escorted by her brother - Harrison O'Dell



Kendall Fisher - escorted by her mother - Heidi Fisher



Leah Busby - escorted by her father - Jeremy Busby



Alexandria Glover - escorted by her father - John Glover



Conner Clarke - escorted by his mother - Jodi Clarke



Jacob Greene - escorted by his sister - Sarah Katherine Greene



Peighton Cox - escorted by her sister - Ellery Cox



Ragan Sanders - Escorted by Michael Spurgeon



Sam Miller - escorted by his mother - Amy Miller



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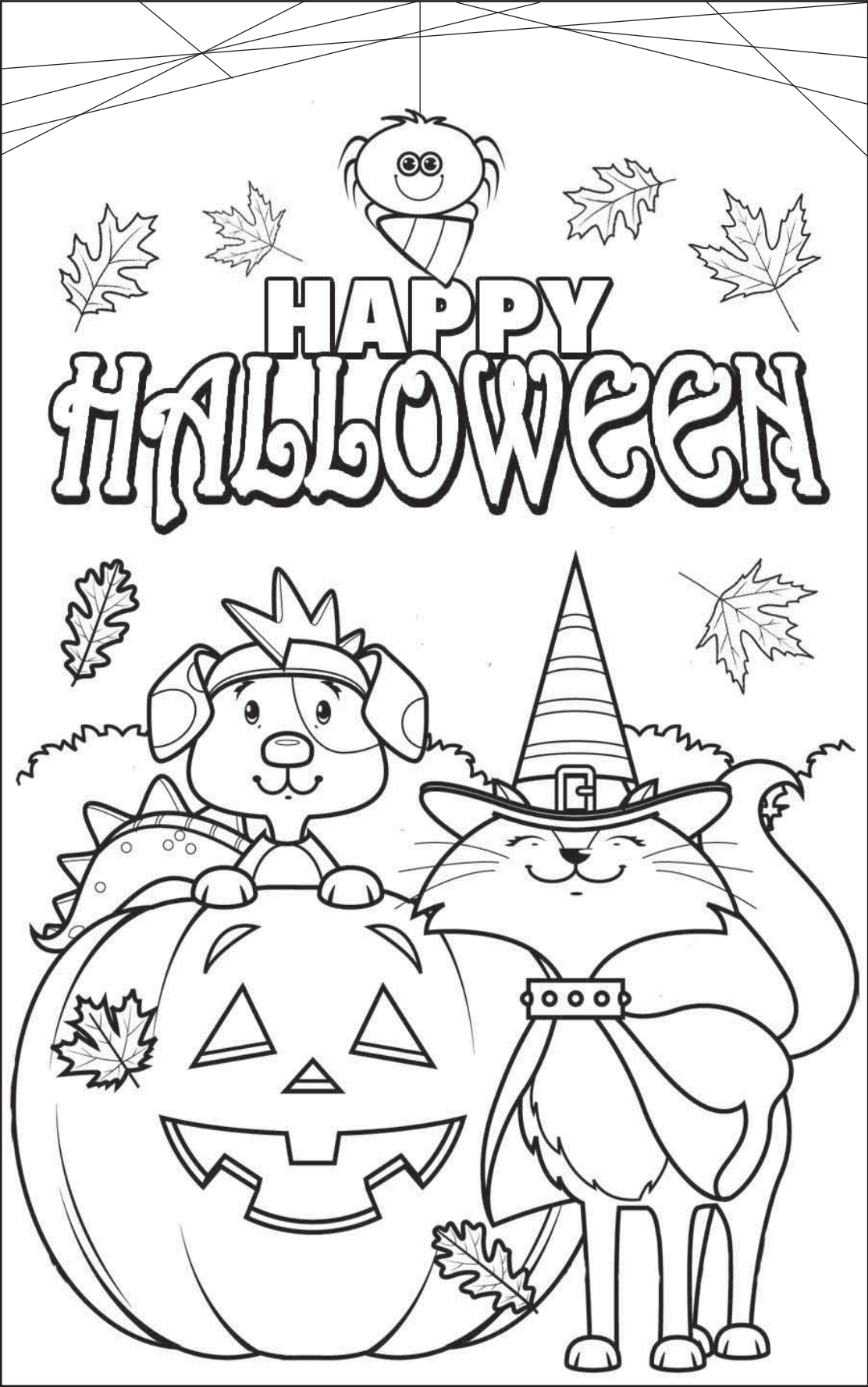
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1. Entries will be judged on a basis of originality and creativity. Decisions of the judges are final.
2. Prizes awarded: 1st, 2nd and 3rd
3. Winners will be selected in five categories:
Ages 4-5, Ages 6-8, Ages 9-11, Adults 12-112 and Special Needs
4. No entries accepted for judging after 4 p.m. EST on
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JOSH HEMPHILL TEAM



Photo courtesy of Preston Jones

Charlie Robinson, Webb junior quarterback, prepares to fire downfield while teammate Leo Bonifacio (59) pass protects.

Defense ‘great,’ Webb rips GCA

ALAN SLOAN

editor@farragutpress.com

KNOXVILLE — While the Webb School of Knoxville offense relied on “some big plays,” the Spartans defense “played great the whole time.”

Those quotes, from Webb head coach Dave Meske, reflected how his first-team defense shut out Division II-AA East Region rival Grace Christian Academy in the stadium named in Meske’s honor Friday evening, Oct. 1.

“We made enough plays to win the football game,” added Meske, whose team improved to 4-1 overall, 3-0 in region, after the 24-6 win. Grace fell to 1-4, 0-2.

“We’ve got to continue to become consistent as far as moving the ball down the field.”

“I think it was a great game by the whole defense,” said sophomore defensive end Ari Klasky, whose fumble recovery early in the third quarter helped seal GCA’s fate.

Leading individual defensive efforts for Webb start with junior linebacker Joey Bonifacio’s 15 tackles (8 solo), followed by senior linebacker Cooper Cameron’s 12 stops (seen solo), including a sack for a 12-yard-loss.

Knox Foss, senior defensive end, ended with tackles (four solo), including a minus-3 yard stop, and Leo Bonifacio, senior defensive end with six stops (3 solo) including two sacks for minus-17 yards.

Building the lead after a mistake

A dropped touchdown pass came before a red-zone interception in the final seconds of the first half, as the Spartans offense failed to cash in and settled for a 10-0 lead at the break.

However, after Klasky’s fumble recovery at the Grace 45 just a few plays into the third quarter, it took just one play to make it 17-0.

“Coming out in the second half and having that beautiful pass to Markeis (Barrett) from Charlie (Robinson), that was a game-breaker,” Meske said about his junior quarterback hitting the Spartans standout sophomore receiver in stride



Joey Bonifacio

Finally: win at HVA



Farragut-HVA photos courtesy of Carlos Reveiz/crfoto.com

Griffin Mashburn (white-gray), FHS junior defensive back, brings down Hawks receiver Ty Gentry.

Back-up QB leads Farragut’s 49-3 dominance heading into open week

KEN LAY

Correspondent

HARDIN VALLEY — Luke Johnson got a chance to start for the Farragut High School football team Friday night, Oct. 1, in its Region 2-6A game against rival Hardin Valley Academy.

He made the most of it.

Johnson, the Admirals’ junior quarterback, answered the call from FHS head coach Eddie Courtney and had a big game in Farragut’s 49-3 victory that spoiled Homecoming Night for the Hawks — while Ads’ starting quarterback, senior Dawson Moore, was nursing an injury.

“This was his first start, and he stepped up and played really well,” Courtney said of Johnson. “We all know about Luke. He loves football and he studies the game. Dawson has really helped him out and they’re good friends.”

Johnson finished the contest against HVA (0-6 overall, 0-3 in Region 2-6A) with three passing touchdowns. He went 18-for-24 with 190 yards and added a 9-yard scoring run as the Admirals (3-4, 1-2) notched their first league win of the



A Luke Johnson pass versus HVA.

See SPARTANS on Page 2B

See ADS-HAWKS on Page 2B

With breaks, pk, No. 8 Lady Admirals blank HVA 3-0

ALAN SLOAN

editor@farragutpress.com

A couple of good bounces off the posts and a penalty kick helped make a close game a 3-0 Farragut girls soccer victory, beating rival Hardin Valley Academy in Farragut Soccer Stadium Thursday evening, Sept. 30.

Emmie Harville scored the first goal for the Lady Admirals, most recently ranked No. 8 in the state among all

classifications, public and private.

The senior then iced things with her successful penalty kick in the 61st minute

Farragut improved to 10-2-2 overall and 2-2-1 in District 4-AAA after the win. The Lady Hawks fell to 3-3 in the district (head coach Jessie Stephens was unsure of her team’s overall record)

With her first goal assisted in the box by senior Maddie Blum in the 12th min-

ute, “Blue had a great ball in and I just turned and put it in,” Harville said. “It was a really good way to set the tempo.”

Overall, “I thought we came out really strong,” she added. “I thought we played really quick and moved the ball around fast.”

The Lady Ads made it 2-0 in the 29th minute. After Ava Linginfelter’s free kick hit the crossbar, junior Brittany Crafton buried the rebound.

“It’s a very good scoring line against a very talented, physical, strong team,” FHS head coach Kristen Lyons said. “We had been struggling a little bit with putting the ball in the back of the net. We work so hard, so it’s nice to see us capitalize on that work we’ve been putting in.”

“It showed on the field tonight,” she added.

See GIRLS SOCCER on Page 2B

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Girls soccer

From page 1B

Hardin Valley, meanwhile, had a great scoring chance in the 17th minute.

One open shot from inside 10 yards hit the right post, while two other chances in close were turned away by standout FHS senior goalkeeper Caroline Ekern.

“We just didn’t get lucky tonight,” Stephens said. “... When you hit the (post) and things like that — and you’re playing against such as strong goalie as Ekern — it’s tough.

“A lot of times I thought we got ourselves into a lot of good situations, and I think we worked hard to get there,” she added. “But the little things we weren’t clean on ... we didn’t help ourselves technically.”

Spartans

From page 1B

down the middle of the field.

On fourth-and-2 at the GCA 3, Robinson found tight end Garrett Carnathan, and the seinor made a nice catch over a

Pink Out for Lady Admirals, ORHS v’ball



Photo submitted

Annual Faragut versus Oak Ridge volleyball Pink Out — to support the end of breast cancer — was held late last month at FHS’s Lynn E. Sexton Gymnasium, It featured a joint photo after Jo Madden’s Lady Admirals won the match.

Rams defender to build the lead to 10-0 with 3:28 left in the first half.

In addition to going 3-of-3 on extra points, Webb senior kicker Otto Nien-dorff booted a 39-yard field goal.

A 2-yard touchdown run by Spartan senior Dominic Vance, the game’s rush-

ing workhorse (82 yards on 14 carries) made it 24-0 in the fourth quarter.

Unbeaten Silverdale next

Looking ahead, “Next week is going to be a challenge. Silverdale is probably going to come in undefeated,” Meske said about the Chattanooga region ri-

val, which indeed brings a perfect 6-0 record, 3-0 in region, to David Meske Stadium Friday, Oct. 8.

“We’re going to have to play great to win that football game,” the Webb coach added.

Opening kickoff is 7 p.m.



Photo courtesy of Carlos Reveiz/crfoto.com

Corey Walker, Farragut senior defensive lineman, stacks up a Hardin Valley Academy runner Friday evening, Oct. 1. The Admirals dominated and won 49-3.

Ads-Hawks

From page 1B

2021 season. It’s also the Admirals’ first-ever win at HVA.

Johnson had a big night, but he didn’t take much credit.

“This was my first start and I’m just thankful to all my teammates for making me look good,” Johnson said. “Dawson and I are really close, and he’s my best friend on the team.”

While Friday was Johnson’s night, Courtney said he expects Moore to be back when the Admirals return to action Oct. 15 for a key regional showdown against Bradley Central at FHS’s Bill Clabo Field.

“Next is our bye week,” Courtney said. “And we’re hoping Dawson will be back in our next game in two weeks.”

With Moore on the sideline, Farragut set the tone early, engineering a long drive that was capped when Johnson connected with Noah Gunter on a short 6-yard touchdown pass with 7 minutes, 40 seconds remaining in the first quarter.

The Hawks pulled to within 7-3 late in the frame when John Aragon kicked a 30-yard field goal.

HVA head coach Mike Potter said the Hawks played well in

the opening stanza, but noted they pretty much self-destructed thereafter.

“I thought we played pretty well in the first quarter,” he said. “But after that, we couldn’t get lined up right, we missed tackles, we missed blocks and we dropped balls.

“We did all the things that you can’t do if you expect to win a ballgame,” he added. “But we just have to go back to work and try to win a ballgame. We’ve got a tough one next, against (Jefferson) County. They’re a much-improved football team — and the one thing we can’t do, we can’t quit.”

After Aragon’s first-quarter field goal, it was all Farragut.

The junior connected with Chance Vann from 15 yards out midway into the second frame. Johnson also threw a 26-yard scoring strike to Zach Keasling just before halftime to make it 28-3.

In the third quarter, Elijah Gibbs had an 8-yard touchdown run to make it 35-3 at the 3:01 mark.

Andrew Celeste had a 2-yard TD plunge in the fourth quarter. Jerome Brekken returned a blocked punt 30 yards to score with 4:04 left in the game.



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FYF 10-U action



Photos by Alan Sloan

(Above) Raleigh Miller (33) reaches for a long pass as his Farragut Youth Football 10-U team eventually lost to the Falcons Thursday evening, Sept 30, at John Tarleton Park Fields. (Below) FYF center Colt Newby (green shoes) and left guard Ilar Valedon (right) prepare to block the Falcons defensive line.



After 2nd win vs. Bearden this season, it's FYF 8th-graders vs. Alcoa for MAC title

STAFF REPORTS
editor@farragutpress.com

Roy Stone has been building a “faith then football” approach with his Farragut Youth Football eighth-grade MAC team this season. With just one game remaining — a trip to Alcoa Thursday night, Oct. 7, to play for the Eighth-Grade MAC championship — the blessings and the victories have been plenty. “The biggest thing about this team: we implant God first,” said Stone, whose team has a 7-1 record (only loss to top seed Alcoa). “Football victories are great, but I think the Lord puts coaches in position to where they should be mentors, leaders and set a great example.” Most recently, these mini Admirals enjoyed a second victory against rival Bearden in 2021, this time in the MAC semifinals at Farragut High School’s Bill Clabo Field Thursday, Sept. 30. Led by quarterback Gage Kirby’s three touchdown passes — two to Ethan Farhat, one covering roughly 40 yards — No. 2 seed Farragut beat



Gage Kirby

No. 3 seed Bearden 20-8. Gage’s other TD toss went to Britton Lewis. “I’m pleased the way we came out in the second half. ... We dominated the second half on offense and defense,” the FYF Admirals skipper said. “I think the most important thing about this team is, of the 43 or 44 players we have, not a one of them has quit,” Stone added. “A lot of them don’t get to play that much, but it speaks well about being teammates — they put the team in front of themselves as far as playing time — and they love being at practice and helping us get better. “This team really cares about each other, loves each other.” Having beaten the Mini Bulldogs convincingly at Bearden High School’s Bill Young Field during the regular season, “They have gotten a lot better,” Stone said of his opponent.

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Despite rain on Sunday, Oct. 3, hundreds turned out to browse the four-dozen retail and promotional booths and hear live music from three bands during inaugural Harvest Fest in Village Green Shopping Center parking lot along Kingston Pike.

Patrons also enjoyed food and drink from various businesses, such as The Admiral Pub, Water Into Wine bistro & lounge, Mucho Gusto, Lulu’s Liquor Cakes, Cruisin Cuisine and Knox Dough.

Free of charge, Harvest Fest was produced by Shop Farragut/Farragut Business Alliance, led by executive director Steve Krempasky.

See related photo on Page 6B.

Photos by Tammy Cheek



Beverly Sellers, left, and granddaughter, Kayla Roberts



Courtney Wilson, left, and Nicole Vesco



Fred Kyle



Johnnie Stringfield



Don and Susan Dally



Tiffany Mapus, left, and Kathleen Prendergast



Nadia Hamdi, left, and Layla AHEAD



Dr. Josh Rucker and Jessica Glass



Stacy Rector, left, and Andrea Hagood



Steve Krempasky

Photos Tammy Cheek

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FHS National Merit Semi-Finalists # could be record



Michelle Hollenhead

With 16, Farragut High School had an impressive number of recently-announced National Merit Semi-Finalists. They are, seated from left, Selene Tan, Shravya Tathineni, Micah Brooks, Lily Eddins, Rena Liu and Alice Tang. Back row, from left, are Joshua Lin, Michael Qi, Nathan Stewart, Jacob Nieman, Caleb Wanca, Paul Kronzer, Keara Tibbs, Raymond Jin, Kelly Su and Cole Given. It is believed to be among the highest number of honorees in one school year. Katie King, FHS College and Career counselor, said Knox County Schools’ semi-finalists (not including Farragut) had 19 district-wide.

Sailors invade Farragut

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

For the very first time, USS Farragut sailors are bringing their bi-annual reunion to the birthplace of their ships’ namesake, Admiral David Glasgow Farragut, next week.

Thomas Randall, current treasurer and past president for Farragut Ships’ Association Inc., and the group’s reunion committee has been working with Town Tourism coordinator Karen Tindal to bring the event to Farragut for three years. It had been planned for 2020 but was cancelled because of COVID-19 concerns.

“We meet every two years and call them ‘Homecomings.’ We had met every two years (since 2002) until COVID cancelled the 2020 event in Farragut,” said Randall, who was assigned to the USS Farragut DDG-37 during a portion of his Navy service. “We are determined to be there for the Oct 15 Farragut High School Admirals’ varsity football home game (versus Bradley County).”

PM & MT Catering of Lenoir City will cater the group’s tailgate party prior to the game.

At least 50 members of the Association have booked hotel rooms in the Staybridge Suites Knoxville West hotel in Farragut, and are due to be-



Photo submitted

Farragut Ships’ Association Inc. ’s 2018 reunion brought together dozens of former USS Farragut crew members in Norfolk, Virginia. Next week will mark the first time the group has met in the Town of their ships’ namesake.

gin arriving in Town starting Wednesday, Oct. 13. Randall said at last count more than 80 had committed to attend.

In addition to the FHS football game, the group will hold its business meeting on Saturday, Oct 16, in Town Hall’s council room (which was offered to them by Town Mayor Ron Williams) and will also visit Farragut Folklife Museum.

“We have been working with

Difficult disease, yet hope stressed at RCF

TAMMY CHEEK
tcheek@farragutpress.com

Parkinson’s Disease is the “fastest growing neurological disease in the world,” PJ Parkinson’s support group executive director/founder Isabell Senft-Daniel told Rotary Club of Farragut members during their meeting in Fox Den Country Club Wednesday, Sept. 29.

“Approximately 1 million in the U.S. of America have Parkinson’s disease. That’s the official number, but the true number is much higher,” she said, noting there is no real test for the disease and its initial symptoms are very similar to other ailments.

“It’s really hard to diagnose Parkinson’s disease,” Senft-Daniel added.

Parkinson’s never really got a lot of attention, but in the last couple of years, there has been more money put forth toward research, she said.

“We call this a snowflake disease because every case and every person who has it is different,” Senft-Daniel added.

“There’s still no cure for it.”

Parkinson’s disease is a progressive disease that impacts people’s mobility. For that reason, she pointed out people diagnosed with it need to “keep moving.”

Arising out of research has been a key discovery: “there is a genetic component to the disease, but we believe (the cause) is environmental, from the use of chemicals, such as herbicides,” Senft-Daniel said.

However, Parkinson’s disease is not a death sentence. Many patients, such as RCF member Phill Bradbury, live long and productive lives.

“People don’t die from Parkinson’s; they die with it,” she added.

“(Bradbury) is cared for at his home by wife, Judith, and the few caregivers they can find to help support them,” Tom King, RCF publicity chairman, stated in the club’s Oct. 3 newsletter.

“Parkinson’s will not be the cause of death for those with this disease,” Senft-Daniel said. “They will die because of conditions that happen because of Parkinson’s, like pneumonia, other infections, injuries from bad falls and even blood clots.”

See REUNION on Page 7B

See PARKINSON’S on Page 6B

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• **Knoxville Symphony Orchestra** is starting its 2021-22 Knoxville News Sentinel Pops Series with star-studded performances to honor the “Queen of Soul.” Join KSO beginning at 8 p.m., **Friday, Oct. 8**, in Tennessee Theatre for a tribute to Aretha Franklin, featuring Broadway star Capathia Jenkins and Grammy-nominated R&B artist Ryan Shaw.

• **Knoxville Bar Association and Legal Aid of East Tennessee** are offering an in-person, free Legal Advice Clinic from **noon to 2 p.m., Wednesday, Oct. 13**, in the Knox County Public Defender’s Community Law Office.

Any veteran seeking legal help is encouraged to attend. Masks are required for all participants. Veterans who are not able to attend the clinic in person are encouraged to continue to use the telephone clinic option. Pre-registration is required for telephone clinic and veterans are asked to call Legal Aid of East Tennessee at 865-637-0484 to pre-register.

This is a general advice clinic with a wide variety of legal issues: family law, landlord/tenant, bankruptcy, criminal defense, consumer protection, contract disputes, child support and personal injury among other issues.

• **In accordance with new recommendations from the FDA and the CDC**, Knox County Health Department is offering booster doses of the Pfizer vaccine. Per the CDC, people must meet the following qualifications to receive a booster dose:

Previously received the Pfizer vaccine series at least six months prior AND fall into one of the categories: individuals 65 and older; or residents in long-term care settings age 18 years and older; or individuals 18-64 years old with underlying medical conditions; or individuals 18-64 years old who are at increased risk for COVID-19 exposure due to where they work or live (ex: health care worker, teacher, first responder, worker/resident in congregate settings).

Those who are eligible may schedule an appointment by calling the KCHD Public Information Line at 865-215-5555. Individuals need to bring their vaccination card to their appointment to ensure they have previously received the Pfizer vaccine. If individuals do not have their vaccination card, team members will look up their vaccination record prior to adminis-

See PLANNER on Page 8B

Parkinson’s

From page 5B

Senft-Daniel started the organization, which serves 300 people and their families in Knox and five surrounding counties — Blount, Loudon, Anderson, Jefferson and Sevier — in 2014.

She said the support group was named after Peg Trotten, one of her first patients in the United States.

“Peg asked if I would like to help organize a support group,” Senft-Daniel recalled. “She passed away a couple of weeks before the first meeting.”

In that first support group meeting, she recalled there were more than 40 people who attended, while she expected only three or four to attend.

For more information about Parkinson’s or to offer support, call 865-621-7666 or e-mail to info@pjparkinsons.org

Rain can’t stop ’Fest fun



Tammy Cheek

Patrons, such as Kathy Holmes, were in good spirits despite showers during Harvest Fest in Village Green Shopping Center parking lot Sunday, Oct. 3. Even her Shih Tzu, Pippin, was prepared. (See more ’Fest photos in West Side Faces, page 4B)

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Benefit sale for Alzheimer’s TN held in Wentworth

STAFF REPORTS
editor@farragutpress.com

Senior industry companies in Knox and Loudon counties are jointly hosting a Holiday Décor Auction and sale benefitting Alzheimer’s Tennessee. The event, “Front Porch Décor &

More,” is taking place inside the Wentworth Subdivision Clubhouse, Gwinhurst Road, all this week. Hours are from 10 a.m. to 5 p.m., Wednesday, Oct. 6 and Thursday, Oct. 7, and from 10 a.m. to 4 p.m., Friday, Oct. 8. All during the week, patrons may bid

on items on the auction list up until 4 p.m., Friday, Oct. 8, according to a press release. Additionally, “Cash & Carry” items — including pumpkins, mums, jewelry and clothing — will be available for purchase each day. Event sponsors include Avalon Hos-

pice, Morning Pointe Senior Living, SR Medical Services, Westmoreland community, Home Instead and Alzheimer’s Tennessee. Refreshments will be served at 3 p.m., Friday, Oct. 8. Auction winners, if not present, will be contacted, the release stated.

Reunion

From page 5B

Tindal said. “This is the 11th homecoming reunion for these shipmates and their families. We look forward to finally welcoming them to town. “With our museum housing one of the largest collections of Admiral Farragut’s artifacts and the high school football (stadium) proudly displaying an anchor once used on the ship, it is appropriate for these proud veterans to reunite in the Town of Farragut.” The group formerly was known as the USS Farragut (DLG-6/DDG-37) Association and founded in 2002, but at that time it was only open to former crew members from that ship. Randall made the motion in 2006 after commissioning of the present USS Farragut (DDG-99, Homeport Mayport Naval Station, Florida) to include “any U.S. Navy personnel assigned to any ship named Farragut.” “I was proud to make (that) motion to change our name,” he added. “Our group is a very cohesive one, and we all look

forward to seeing each other every two years.” Five ships have been named for Admiral Farragut: Torpedo Boat 11 in 1898-1919; DD-300 1920-1930; DD-348 1934-46; DLG-6, which had a designation change to DDG-37 in 1975, and served through 1989; and the newest one, DDG-99, was commissioned in June 2006. “Most members are from the DDG-37 — including me,” said Randall, who noted the group’s oldest member is 100 years old and was on the DD-348 during World War II. Previously, the Homecomings have taken place in locations including Jacksonville, Florida, and Norfolk, Virginia, where the Farragut-named ships had been located. Randall said one of the group’s members and current president, Kurtiss “Zippy” Hullinger of Rhode Island, had driven through Farragut in 2016, “and he had the idea for us to visit the Town named for Admiral Farragut, and we talked about going to a fall Farragut football game and visiting the museum and thereby honoring the man for whom our ships were named.”



Photo submitted

Farragut Ships’ Association treasurer Thomas Randall, left, and president Kurtiss “Zippy” Hullinger hold a flag signed by various USS Farragut crew members during the group’s 2018 reunion. Randall and other reunion committee members have been working with Town officials on next week’s visit.

One reason the group wants to attend the FHS football game is that the anchor on display at FHS’s stadium is from the DLG-6/DDG-37. “I was the ‘brakeman’ on the anchor windlass in 1979 and ‘washed,’ that anchor (dropped

in the sea) many times,” Randall said, adding it was “rescued from being scrapped in Texas by a miracle of timing — at the time of that ship’s scrapping, permission was given by the Navy and someone in Farragut had a flatbed truck

in the right place (Brownsville, Texas) at the right time. “That holds a lot of memories for me, and it will really be neat for me to attend this Farragut reunion and see a part of my favorite ship (and I served on many).”

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obituary

Carollyn Jean Wood Brown, age 59, passed away on Sept. 24, 2021, following a massive stroke three days earlier in her home in Rio Rico, Arizona.

She and her husband, Richard Lee Brown Jr., recently relocated to southern Arizona following 20 years of residence in the foothills of the Smoky Mountains in East Tennessee.

Carollyn is survived by her spouse, Richard, and their four children (and spouses): Connie Brown (with Michael Fackrell), Richard Weston Brown (with Whitney Brown), Belinda Jonas (with Bryan Jonas) and Keirnan Brown (with Katie Brown).

Carollyn leaves behind nine grandchildren, as she joins one grandchild — Ollen Lee Brown, who passed as an infant in 2008 — in heaven.

She also is survived by one brother, Andrew Wood. Carollyn is the youngest of four in her family; she joins her two other brothers and both her parents who have gone on before.

Carollyn truly lived a life of service and compassion. She volunteered at her church, the Church of Jesus Christ of Latter-Day Saints, in various capacities after joining the faith at age 14, including Sunday school teacher for infants and children, the ladies' society (Relief Society) activity leader and teacher and mid-week activity leader for 14- to 18-year-old girls.

Most recently, she worked with Richard as a Sunday school teacher for youth in their congregation in Nogales, Arizona.

While earlier in her life she lived by the motto *whoever has the most fabric when they die wins*, in recent years the achievement of the most tating thread and shuttles became her goal.

Carollyn had a creative spirit, mastering a variety of arts and crafts including, but certainly not limited to, wa-

tercolors, calligraphy, acrylics and poster art, leather work, sewing, quilting, decoupage, pen and ink, basket weaving, porcelain, clay, jewelry, beadwork, tatting and embroidery.

More important to her than the mastery of any art or craft was Carollyn's desire to bless lives with these gifts through sharing artistic creations and teaching others.

Carollyn never met a stranger. With the sincere gift of compassion, she provided a lending ear and cheerful voice to the mournful and lost. She regularly visited those in nursing homes with her little black Pomeranian Blackbeary when she lived in Knoxville. She checked in regularly on the homebound and sick.

She brought her famous easy-on-the-cinnamon-big-on-taste cinnamon rolls to neighbors and those hired to help in the yard. Her banana bread has been called the best in the world, which has been substantiated by many since she's handed out so much of it to the world!

Her legacy is love, the love she poured into her family. She celebrated 41 years of marriage this year to her first sweetheart.

Carollyn's attention to detail, in feelings and words, shaped her family eternally. As a grandmother, she tucked little goodies and gifts into her purse always, for the next time she would see her grandchildren or put together a care package.

She was always thinking of others and finding ways to show love to God's children. She devoted her life to bringing up her children in light and love. She loved the Lord and exemplified forgiveness and charity.

A memorial service in Carolynn's honor was held beginning at 10 a.m., Wednesday, Sept. 29, 2021, at the Church of Jesus Christ of Latter-day Saints, 621 West Green Place, in Nogales.



The late Carollyn Jean Wood Brown and husband, Richard Brown Jr.

Planner

From page 6B

tering the booster dose. For questions, KCHD recommends speaking with primary care provider.

• **Knoxville Opera is accepting submissions thru Sunday, Oct. 31, for a Mefistofele Poster Competition.** Winner's work will be featured as official poster of Knoxville Opera's March 4 and 6, 2022 production of Mefistofele, in addition to a \$750 cash prize. Visit the competition website <https://www.knoxvilleopera.com/postercontest/> for submission guidelines and eligibility requirements.

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HOW THE WEST WAS WON

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<i>School</i>	<i>Win-Loss</i>	<i>Points</i>	<i>Net Difference</i>
Knoxville Catholic	(4-1)	188-105	+83
Webb	(4-1)	130-69	+61
CAK	(4-2)	169-112	+57
Farragut	(3-4)	195-18	+11
Bearden	(2-5)	97-151	-54
HVA	(0-6)	52-205	-153

Irish defense clutch, Webb stays almost even

Two huge defensive plays for Knoxville Catholic resulted in 14 clutch points in the third quarter — and a third stop denied Father Ryan a chance to tie with a 2-point conversion attempt in the closing seconds.

Throw in Keondre Jarmon’s 156 rushing yards on 19 carries for three touchdowns — highlighted by an 80-yard TD scamper early — and the Irish grabbed a huge Division II-AAA East Region win, 35-33, in Nashville Friday evening, Oct. 1.

Catholic also kept atop the Pure Magic How the West Was Won Scoreboard standings at 4-1 (2-1 in region) — thanks to point differential — after Week 7.

Spencer Margolis’ third-quarter hit not only created a fumble, but the senior linebacker recovered it and scampered 34 yards to give Catholic a 21-20 lead — KCHS had trailed 20-7 in the second quarter.

Not to be outdone concerning defensive touchdowns, Javis Mynatt, senior defensive back, picked off a pass and raced 37 yards to build the Irish lead to 35-27.

As for leading tacklers, senior linebacker Eli Jones was tops with 18, 12 of those unassisted. Defensive lineman

Antori Hamilton actually led in solo stops with 14, including three tackles for loss and two sacks. Defensive lineman Trevor Duncan added 10 unassisted tackles, including a tackle-for-loss and a sack. Defensive back JaVaree Roebuck tallied eight unassisted stops.

Father Ryan fell to 4-3, 0-3.

Thanks to a dominant defensive effort, with Webb School’s first-string defense pitching a shutout, the Spartans stayed tied with Catholic record-wise at 4-1 following a 24-6 Division II-AA East Region home win versus Grace Christian Academy in David Meske Stadium. (Read game details beginning on page 1B)

While Christian Academy of Knoxville’s defense blanked Daniel Boone 24-2 on the road — the only Pioneer points coming on a safety — CAK junior running back Dario Love ran 19 times for 144 yards, while teammate J.D. Dunn, a senior, rushed 20 times for 106 yards and a touchdown. Walker Strange added a 4-yard TD run.

Quarterback Thomas Simpson was 9 of 13 passing for 104 yards and one touchdown for the Warriors, who improved to 4-2 overall. Daniel Boone fell to 2-4.

Senior defensive back Denzel Jack-

son’s three tackles for loss and an interception led the CAK defense, tallying seven total tackles. Senior linebacker Luke Myers led in total tackles with 14, 11 of those assisted. Outside linebacker Chi McNeil-Harrison added six total stops and a fumble recovery.

Farragut improved to 3-4 in the PM-HWWW standings after a resounding 49-3 Region 2-6A win at rival Hardin Valley Academy. (See story beginning on page 1B).

Despite a breakout performance by freshman quarterback Drew Parrott — completing 17-of-28 passes for 251 yards, two touchdowns and no interceptions — Bearden lost 28-16 at Region 2-6A rival Bradley Central Friday. Senior running back Seth Arana caught both touchdown tosses. Senior Nicco Young hauled in a 52-yard reception.

Defensively, leading tacklers were linebackers Young and Arana (six each), Kai Young (five) and Ethan Ford and Kam Smith (four each). Ford intercepted a pass, with Eric Lyttle recovering a fumble.

As the team’s kicker, Ford nailed a 29-yard field goal.

The Bulldogs fall to 2-5 overall, 1-2 in region. The Bears stays unbeaten at 6-0, 3-0.



Photo courtesy of Carlos Reveiz/crfoto.com
FHS senior Zach Keasling returns a punt versus HVA

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Cancer Awareness

Everyone has a story

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farragutpress Thursday, October 7, 2021 • 1C

Not losing HOPE

Michelle Hollenhead

mhollenhead@farragutpress.com

After many years of careful planning and study, Debbie Konopka finally attained her dream job as a Turkey Creek Medical Center nurse in March.

Unfortunately, her joy was cut short just two months later when the Farragut resident was diagnosed with a rare form of bile duct cancer that had already spread to her liver, putting her on the receiving end of the care she so tenderly — yet briefly — provided.

Unable to work, Konopka remains upbeat, even with a grim diagnosis of a 2 percent, five-year survival rate.

“There has just been one blessing after another, and I just have to hold on to that,” she said, as she prepared for a trip to Memorial Sloan Kettering Cancer Center in New York City, where she received a Hepatic Arterial Infusion pump just last week.

That implement will enable chemotherapy drugs to be sent straight to Konopka’s liver.

“I’m really lucky,” she said. “I could be dying. It is a very rare micro-cancer and there is no cure.”

Now recuperating at home, Konopka will be traveling to Lexington, Kentucky, every two weeks to alternately flush out the pump and fill it with more chemo.

“That was another blessing, that Sloan Kettering had trained a doctor to do this procedure and he works just three hours from me, rather than 12,” she said.

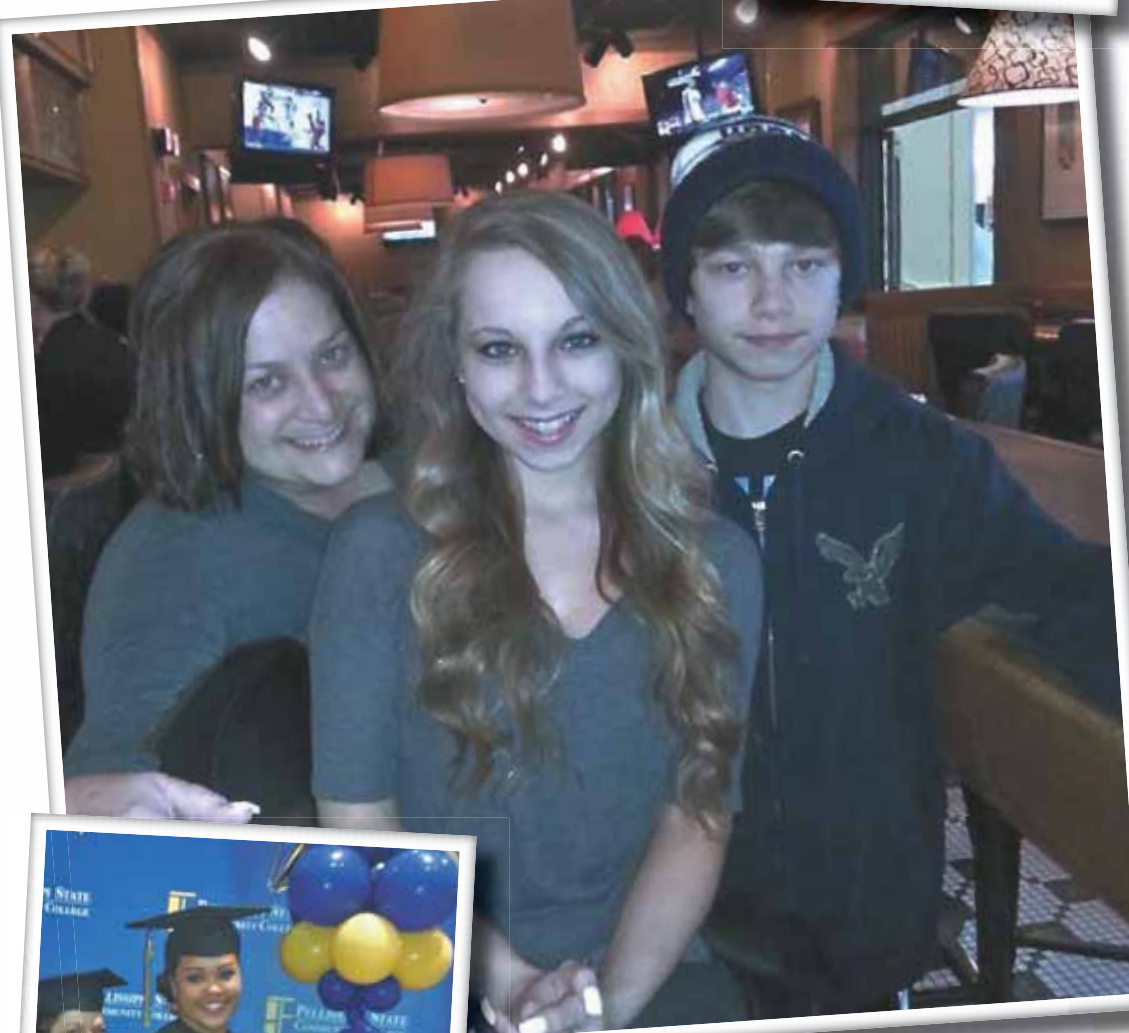
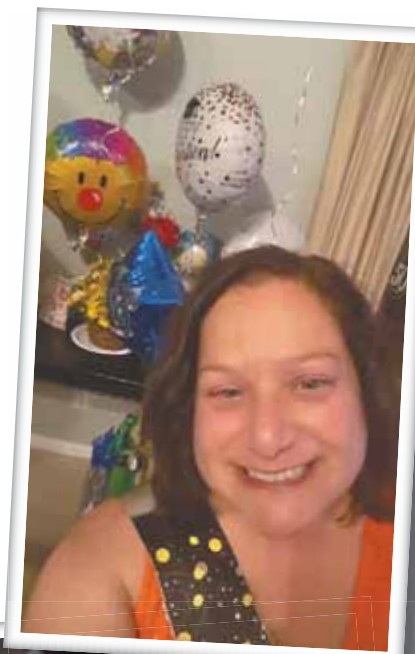
Konopka has also been on systemic chemotherapy, which will continue alongside the HAI treatment.

“The chances are very good for the treatment to shrink the tumors enough so they could possibly do a resection on my liver,” she said. “Although, even if that does happen, the cancer may eventually come back.”

“I could be dying. It is a very rare micro-cancer and there is no cure.”

~ Debbie Konopka

See HOPE on Page 4C



Photos submitted

Debbie Konopka, left, and her children, Amanda and Michael.

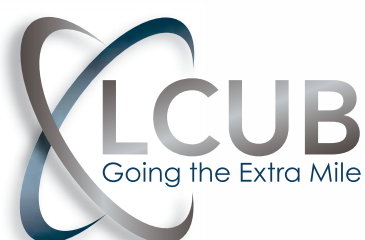


Debbie Konopka, left, with classmate Bre Hunter during their 2016 graduation ceremony from Pellissippi State Community College.

LCUB encourages women everywhere to know the signs and symptoms of breast cancer, get regular screenings and seek help early.

We pray for everyone who has lost a loved one or for those who are currently going through treatment, and we celebrate those whose lives have been saved.

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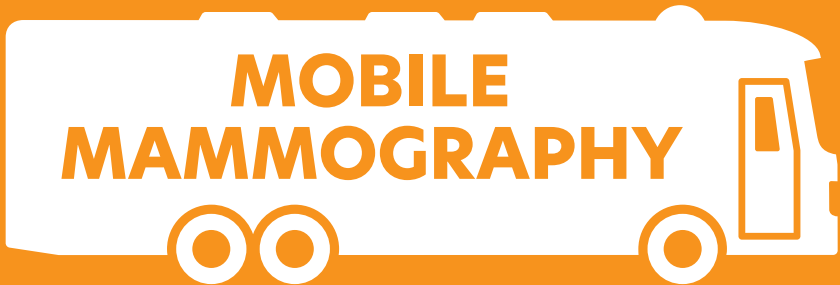
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Stepping up, wearing pink

Michelle Hollenhead
mhollenhead@farragutpress.com

Two Farragut men are stepping up to raise money through the American Cancer Society’s Real Men Wear Pink campaign during October, which is Breast Cancer Awareness Month.

Scott Brockamp, co-owner of His Security & Technology, is marking his sixth year participating, while Dr. Aaron Margulies (teaming up with his wife, FNP Imelda Margulies, whose mother died of the disease) is marking his seventh. They are just two of 13 Knoxville area men participating. The overall goal for the group is \$100,000. Brockamp’s personal goal is \$35,000 and Margulies’ goal is \$2,500.

Brockamp’s story
While no one in his immediate family has been touched by breast cancer, Brockamp does have friends and customers who have battled this disease, which strikes one in eight women.
“If you ever wonder why Scott wears pink, THIS is why,” he stated in a Facebook post earlier this year, remarking on the passing of Lisa Lynn Best. “She is not the first of our His Security customer family to lose her fight with breast cancer, but we sure pray that she could be the last. Lisa was the creative owner behind Kitchen Connection.
“All of our staff that interacted with her loved her. She will be missed in our community.”

In addition to having sponsors and taking donations at www.scottwearspink.com, Brockamp is hosting two public fundraisers: “Putt for Pink,” from 6 to 9 p.m., Thursday Oct. 7, at Sir Goony’s Family Fun Center; and the Second Annual “Real Men Wear Pink Golf Tournament” Friday, Oct. 29.



Cost for Putt for Pink is \$12 per person per round. The golf tournament, sponsored by HIS Security & Technology will be held at Egwani Farms in Blount County. Registration is open to teams and sponsors. Those interested may register at RealMenGolf.givesmart.com. Players receive a round of golf, swag, breakfast and lunch plus drinks. To donate to Brockamp’s campaign, visit www.scottwearspink.com

Margulies’ story
The breast surgical oncologist is himself a cancer survivor, and also treats breast cancer in his practice, located in Turkey Creek Medical Center Powell and TCMC in Jefferson County.
“Everyday we treat breast cancer and we aim to cure,” he said. “That’s what my team and I do. We heal women.”
Additionally, “I am a cancer survivor, having defeated a melanoma that was trying to ruin my life. I had a great surgeon who cut it out and threw it away,” Margulies added. “I do the same for my patients: I cut out their cancers and throw the cancers away.

Dr. Aaron Margulies and his wife, Imelda Margulies, again are teaming up for the Real Men Wear Pink campaign. They both have very personal reasons for supporting the cause — Aaron is a breast surgical oncologist and cancer survivor, and Imelda lost her mother to the disease.

Photo courtesy of Colby McLemore



Photo submitted

Scott Brockamp, co-owner of His Security & Technology, is again raising money during the American Cancer Society’s Real Men Wear Pink campaign. He also is among the top 10 fundraisers nationally for the cause.

and husbands and sons and daughters that breast cancer can be defeated; that life will go on, for a long time, after breast cancer.
“We will win.”
Imelda Margulies has been counseling and testing high-risk persons for the BRCA genetic mutations, which can predispose women to develop breast or ovarian cancers or men to develop male breast cancer and prostate cancer.
Since 2006, this dynamic Surgery/Genetics Team has been fulfilling a personal passion to finish the fight against breast cancer as Imelda’s mother herself battled valiantly but died

from breast cancer recurrence.
To donate to Margulies, visit main.acsevents.org/goto/margulies. Those donating \$15 or more will receive a Pink Ribbon stainless steel 20-ounce tumbler. Aaron and Imelda are inviting interested golfers to join their team Oct 29 for Real Men Wear Pink Golf Tournament at Egwani Farms and help drive out breast cancer.
For more information, e-mail ImeldaFNP@AaronMD.com or call 865-692-1602.

Hope

From page 1C

A New Jersey native who has been in Knoxville since 2004, Konopka already was suffering from non-alcoholic fatty liver disease when she began experiencing pain last October.
“My doctor told me it was just my fatty liver, and I needed to lose 50 pounds, even though I asked for an ultrasound, which was denied,” she said.
His refusal sent Konopka to Dr. Gregory Moffitt, an endocrine specialist, who finally got the ball rolling on finding the correct diagnosis.

“I can’t say enough good things about Dr. Moffitt,” she said. “He listened to me. You have to advocate for yourself. This should never have happened.”
Her friend, Becky Thomas, recently started a Go Fund Me account to help Konopka with bills and travel expenses as she goes through treatment.
Thomas said she met Konopka “10 years ago in a Bible study group and quickly learned that she was a woman that loved life, travel, God and her family. She is quick to offer words of advice when needed or just brighten up the room with her smile.
“She has inspired many women at church to believe in themselves and

to not be afraid to change and better themselves no matter where they are in life,” Thomas added.
More than 20 individuals have donated nearly \$2,000 to the cause so far.
Konopka knows she can’t work right now but hopes to be able to return to her dream job sometime in the near future.
“The most important thing I want to convey is my love for nursing,” she said. “It has certainly been an adjustment, being on the other side of the healthcare team, but I have been extremely grateful for the nursing care I’ve gotten.
“I still want to be a nurse, I still want

to go to work,” Konopka added. “It’s heartbreaking, being so close, yet not being able to be there.”
She is very hopeful for her treatments.
“I have a lot to look forward to,” said the mother of two adult children who is a member of Cokesbury United Methodist Church.
“By God’s grace, I have not been terminated from my job and I am just relying on Him and His blessings.”

To donate, visit <https://www.gofund-me.com/f/debbie-needs-your-help-fighting-terminal-cancer>

Profile: UT Medical Center

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“The Cancer Institute at UT Medical Center offers comprehensive, compassionate cancer treatment under one roof,” says Shawna Chaney, RN-BSN, OCN, an oncology nurse at The University of Tennessee Medical Center. “Our patients and their caregivers appreciate the care provided by our team — and so do I.”

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Long-term side effects of Cancer treatment

Cancer is a complex disease that affects people from all walks of life. Millions of people across the globe have survived the disease, and millions more are currently in treatment. No two people will experience cancer in the same way, and some may even find themselves confronting side effects of the disease long after undergoing successful treatment.

According to the American Society of Clinical Oncology, many people who have undergone cancer treatment are at risk of developing long-term side effects. These side effects may occur within months or even years of concluding treatment.

What are late effects of cancer treatment?

The Mayo Clinic describes late effects of cancer treatment as those side effects that become apparent after treatment has ended. These side effects can occur after undergoing various forms of treatment, including chemotherapy, hormone therapy, surgery,

targeted therapy, and immunotherapy.

What are some common late effects of cancer treatment?

ASCO® notes that different treatments can cause different late effects. Late effects may even be linked to the type of cancer a person had. So someone who had surgery for one type of cancer may experience a late effect related to that surgery that differs entirely from the late effect associated with a different surgery employed to treat another type of cancer. For example, ASCO® notes that people who underwent radiation surgery to remove lymph nodes may develop lymphedema, a condition in which swelling and pain develop due to a buildup of lymph fluids. Others who had surgeries to their pelvis or abdomen as part of their cancer treatments may be unable to have children in the future. Even though they are very different, each of these are considered late effects associated with cancer surgeries.

Heart problems are another potential late effect of cancer treatments. Cancer survivors who underwent both chemotherapy and radiation therapy may have a higher risk of coronary artery disease, arrhythmia and congestive heart failure after treatment ends. In

addition, ASCO® notes that drugs administered as part of cancer treatments may cause heart problems. Cancer patients are urged to ask their physicians if their treatments may affect their hearts, both in the near future and down the road. If so, doctors may recommend certain behaviors designed to reduce that risk.

Hormonal changes are another potential late effect of cancer treatments. For example, ASCO® notes that the symptoms of menopause caused by cancer treatment may be worse than the natural symptoms of menopause. This is because the decrease in hormones resulting from certain cancer treatments happens more quickly than it naturally would. So women undergoing hormonal therapy may have lighter and fewer menstrual periods, while women older than 40 who underwent hormonal therapy are less likely to have their menstrual periods return at all.

Late effects can catch some cancer survivors off guard, especially when they appear years after successful treatments have ended. Cancer patients are urged to speak to their physicians about potential late effects during or upon the conclusion of their treatments.

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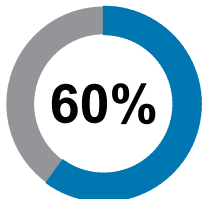
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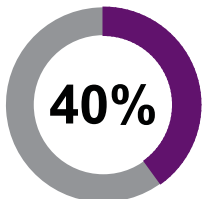
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will develop some form of cancer in their lifetime.



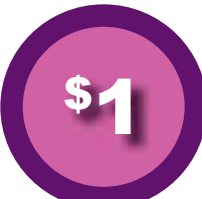
of cancer patients are **65 and older**.



probability men in the U.S. will face an invasive **cancer diagnosis**.



Avg. **annual cost** of cancer treatment.



Daily cost of avg. cancer policy.

How to catch CANCER EARLY

SCREENING TESTS:
Scheduling screening tests for common cancers, even if there are no symptoms present, is an effective way to detect cancer in its early stages. The American Cancer Society recommends the following tests.

BREAST CANCER:
Women between the ages of 40 and 44 can begin to schedule annual breast cancer screenings if they so choose. The ACS recommends women between the ages of 45 and 54 schedule annual screenings, after which mammograms can occur every two years.

COLORECTAL CANCER:
Regular screenings for colorectal cancers can begin at age 45 with stool-based or visual exams that look for signs of cancer.

CERVICAL CANCER:
This cancer screening should begin at age 25 and continue until women are 65. Pap tests and human papillomavirus tests are recommended at various intervals, typically between three and five years for healthy women.

SKIN CANCER:
All people regardless of age are advised to check their skin regularly for any changes that may indicate the presence of skin cancer. Screenings for prostate cancer, lung cancer, endometrial cancer, and some others may be important for those with a family history of these cancers or those who are at higher risk due to various behaviors. People are urged to speak with their physicians about cancer screenings and any additional steps they can take to lower their risk for cancer.

LOOKING FOR MICROVESTICLES:
To detect cancers earlier, doctors may employ blood tests that examine the presence of microvesticles in the blood. Harvard Medical School says cells shed microvesticles, but the amount shed by tumors is substantial. However, finding these very small particles requires a powerful device and complicated lab process. Newer innovations at the Center for Systems Biology at Massachusetts General Hospital have led to the development of a handheld device that uses a nanotechnology sensor to detect tumor microves-ticles in a drop of blood in roughly two hours. This technology has the potential to diagnose cancer much earlier, according to Dr. Ralph Weissleder, director of the center and developer of the technology.

FEELING “OFF”:
Individuals are their best advocates for early cancer detection. Any symptom that is out of the ordinary and persists should be treated as a red flag. Lumps, pains, the presence of blood in stool or urine, persistent coughs, fatigue, abnormal vaginal discharge, sores that do not heal, and a loss of appetite all could be early signs of cancer. People are urged to schedule appointments with their primary care doctors to discuss any abnormalities.
As cancer spreads, it can affect the effectiveness of treatment. This also may affect chances of survival. The earlier one detects cancer, the greater his or her chances of surviving the disease.

Profile: Parkwest Medical Center

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It's a little like the Good Housekeeping seal, but the American College of Radiology's shiny gold seal is much tougher to get. In fact, of the 186 mammography facilities registered with the ACR in Tennessee, only 27 have earned the distinction of being an ACR Breast Imaging Center of Excellence. Parkwest's Comprehensive Breast Center is one of them. The designation is one reason – and perhaps the best – that more and more women are choosing Parkwest for screening and diagnostic mammograms. The center also offers bone density testing, breast ultrasound, MRI breast imaging, and breast biopsies with stereotactic, MRI and ultrasound guidance, and genetic testing. Physician referral is not required for your annual screening mammogram. For more information or to schedule your annual mammogram, call (865) 373-7010.



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Have You Scheduled Your Annual Mammogram at the Parkwest Comprehensive Breast Center?

The American College of Radiology recommends annual mammograms for women over the age of 40.

To help you take charge of your breast health, the Parkwest Comprehensive Breast Center offers complete breast imaging services, including:

- Advanced digital screening mammography, including 3D tomosynthesis technology, which allows the radiologist to better detect smaller cancers – even with dense breast tissue
- Bone density scans
- Breast ultrasound
- Genetic testing
- Stereotactic biopsies
- Ultrasound biopsies
- Cyst aspirations

We are part of Covenant Health, the region's largest cancer-fighting network. That means more breast centers, more physicians and more cancer centers closer to where you call home. When it comes to cancer, Covenant Health fights to win.

The Parkwest Comprehensive Breast Center is located at 9330 Park West Boulevard, Suite 103 (inside Physicians Plaza), adjacent to Parkwest Medical Center.



Accredited as a Breast Imaging Center of Excellence by the American College of Radiology

To schedule your annual mammogram, please call (865) 373-7010.





Physical activity has long been known to increase a person’s chances of living healthy well past retirement. The benefits of physical activity are numerous and include everything from a lower risk for overweight and obesity to improved mental health. Physical activity also has been linked to a lower risk for various diseases, including an assortment of cancers.

The National Cancer Institute notes that the evidence linking physical activity to lower cancer risk comes from observational studies. Observational studies are a type of study in which individuals are observed or certain outcomes are measured. In observational studies examining physical activity, participants will report on their levels of physical activity and are then followed for years. During these studies, no attempt, such as treatment, is made to affect the outcome. The NCI notes that observational studies cannot prove a causal relationship, though they still are invaluable to cancer researchers. Such studies also illustrate the important role that physical activity can play in preventing various types of cancer.

- Bladder cancer:**
A 2014 meta-analysis of studies published in the British Journal of Cancer found that the risk of bladder cancer was 15 percent lower for individuals with the highest level of recreational or occupational physical activity than in those with the lowest level. That information may be especially valuable to individuals over 55, as the American Cancer Society notes about nine out of 10 people with bladder cancer are 55 or older.
- Breast cancer:**
A meta-analysis published in the European Journal of Cancer in 2016 found that the most physically active women had a 12 to 21 percent lower risk of breast cancer than those who were the least physically active. Similarly, additional studies have linked physical activity after menopause to a lower risk of breast cancer. That’s important to know, as the NCI indicates that doctors most often diagnose breast cancer in women between the ages of 55 and 64.
- Esophageal cancer:**
Cohort studies are used by researchers to investigate the causes of disease and to establish links between risk factors and health outcomes. A 2014 meta-analysis of nine cohort studies and 15 case-control studies, which compare patients who have a disease or outcome of interest to patients who do not have the disease or outcome, found that the individuals who were the most physically active had a 21 percent lower of risk of esophageal adenocarcinoma than those who were the least physically active. Such findings are significant, as the Mayo Clinic reports that adenocarcinoma is the most common form of esophageal cancer in the United States, while the NCI notes the condition is not curable.
- Kidney (renal cell) cancer:**
A pooled analysis of more than one million individuals published in JAMA Internal Medicine in 2016 found that leisure-time physical activity was linked to a 23 percent reduced risk of kidney cancer. Leisure-time physical activities can include anything from jogging to dancing to gardening.

Physical activity benefits the body in myriad ways and has been linked to significantly lower risks for various cancers.

Did you know?

Women diagnosed with breast cancer who want to speak with someone who has survived the disease can do so thanks to a unique program sponsored by the American Cancer Society. The Reach to Recovery program from the ACS connects current cancer patients with breast cancer survivors via an online chat. Patients, regardless of where they are in their cancer journeys, can connect with volunteers for one-on-one support. Volunteers can help patients cope with treatment and side effects while also offering advice on speaking with friends and family, working while receiving treatment and more. Even people facing a possible breast cancer diagnosis can sign up. The program works by asking patients and volunteers to join the program and create profiles on the Reach to Recovery website (www.reach.cancer.org). Patients then look for a match by searching volunteer profiles, filtering through suggested matches and sending an online chat request to volunteers. Patients and volunteers can then schedule a chat and discuss any concerns patients may have. Volunteers with the Reach to Recovery program are breast cancer survivors who have been trained by the ACS to provide peer-to-peer support to people facing a breast cancer diagnosis. Volunteers can provide support to patients, but are prohibited from offering medical advice. More information about the Reach to Recovery program, including how to join as a patient or volunteer, is available at www.reach.cancer.org.

Profile: Covenant Health



Don’t Delay Your Mammogram

Early detection saves lives. Mammograms can help find breast cancer early, before symptoms appear. When diagnosed and treated early, the five-year survival rate for breast cancer patients is 99 percent.

One in eight women will experience a breast cancer diagnosis in their lifetime. Breast cancer strikes regardless of lifestyle or family history. That’s why the American College of Radiology recommends that all women who are age 40 and above conduct monthly self-exams and get an annual screening mammogram.

With 10 Covenant Health Breast Centers located throughout our region, you can schedule a mammogram at a time and location convenient to you.

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Early warning signs for breast cancer

Breast cancer affects millions of women across the globe every year. According to the World Health Organization, breast cancer is the most frequent cancer among women, affecting 2.1 million women each year. As daunting as that may seem, the WHO also notes that early diagnosis can greatly reduce a woman’s risk of dying from breast cancer.

Women can be proactive in the fight against breast cancer by learning to identify early warning signs of the disease. The nonprofit breast cancer advocacy organization Susan G. Komen® notes that the warning signs for breast cancer are not the same for all women, but the most common signs include a change in the look or feel of the breast or a change in the look or feel of the nipple. A discharge from the nipple is another common warning sign of breast cancer.

Physical changes in the breast can vary, but Susan G. Komen® advises women who notice these changes to bring them to the attention of their physicians immediately:

- Lump, hard knot or thickening inside of the breast or underarm area
 - Change in the size or shape of the breast
- Swelling, warmth, redness or darkening of the breast
 - Dimpling or puckering of the skin

Women with breast cancer also may notice physical changes in their nipples, including:

- Itchy, scaly sore or rash on the nipple
- Pulling in of the nipple or other parts of the breast

It's important that women recognize that physical changes in their breasts are not necessarily indicative of breast cancer. In fact, the American Breast Cancer Foundation notes that not all lumps in the breast cause cancer and that many such lumps are benign. Fibroadenomas and intraductal papillomas are examples of benign lumps, though it's important to note that even benign conditions such as these may put women at greater risk of developing breast cancer.

Susan G. Komen® notes that breast tissue naturally has a lumpy texture. If lumpiness can be felt throughout the breast and it feels like your other breast, then it’s likely that this is just the normal texture of your breasts. However, women concerned by a lump or lumpy texture are urged to discuss those concerns with their physicians immediately.

Discharge from the nipple is another potential sign of breast cancer, but Susan G. Komen®

notes that such discharge is rarely a sign of cancer. Discharges that occur without squeezing the nipple, occur in only one breast or are bloody or clear are potentially indicative of more serious conditions, including breast cancer.

Breast cancer is a formidable foe. But women who arm themselves with knowledge of the disease, including its early warning signs, are in better position to overcome it.



THE SKIN WELLNESS CENTER



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Did you know?

Prostate cancer is the second most common cancer across the globe. According to the World Cancer Research Fund, age is a considerable risk factor for prostate cancer. The WCRF reports that 97 percent of all prostate cancers in the United States are diagnosed in men who are 50 or older. Incidence rates vary significantly depending on geography. For example, rates are highest in Australia, New Zealand, northern and western Europe, and North America. But the WCRF notes that the variation in incidence rates can likely be traced to differences in screening practices. That might explain why the five- and 10-year survival rates are high in Europe and North America, where prostate cancer screenings are more openly discussed, but lower in some Asian and African countries, where screening is not as readily available as it is elsewhere.



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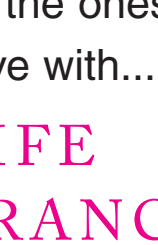
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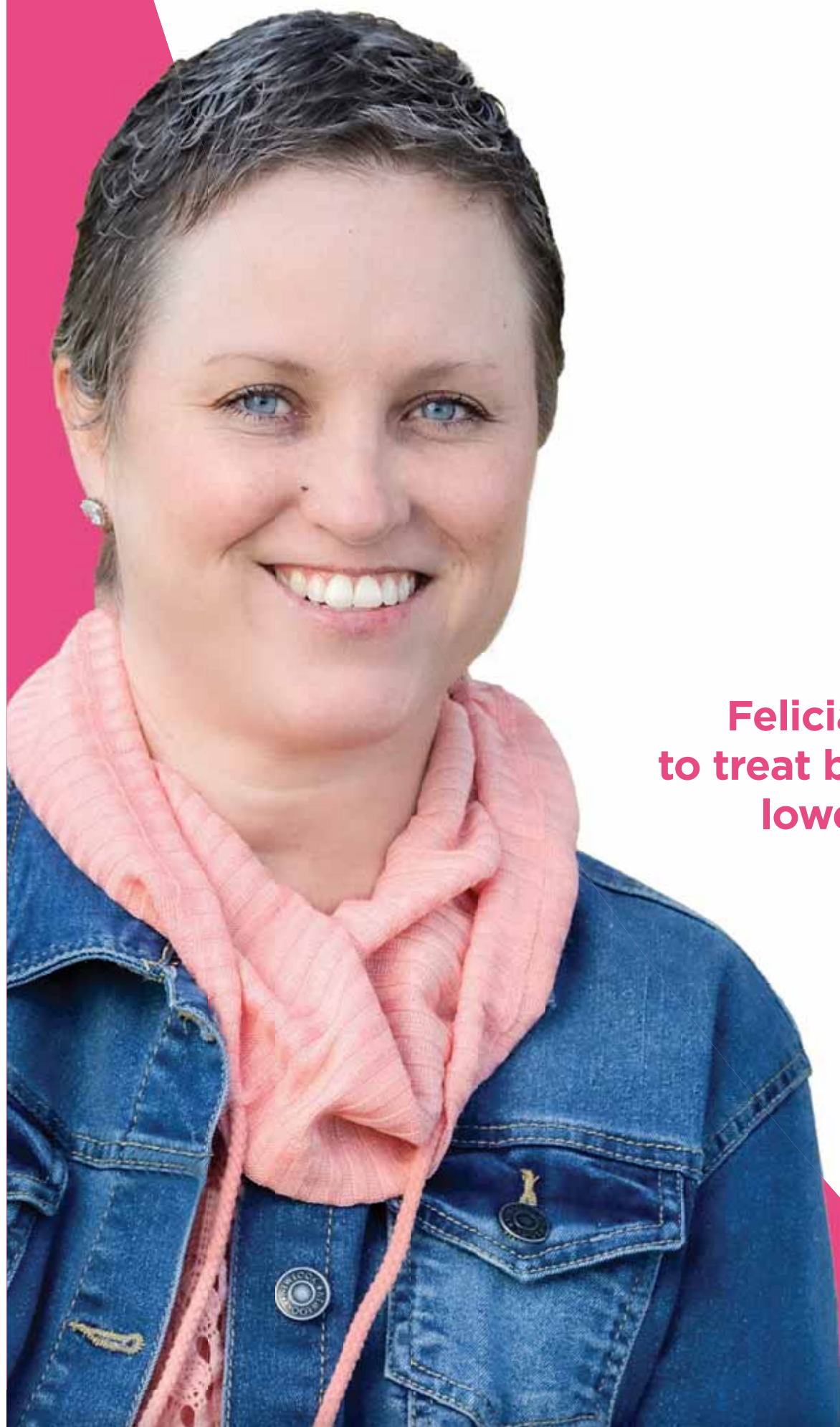
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