

Issue 4 | Volume 4
October-December 2024

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**ECRWSS
RESIDENT**

Southern Valley Boutique

Helping to close a shopping gap in the area

Queen Owensby is TOPS

Hardin Valley resident gains by losing



Hardin Valley LIVING

Sweet Treats

Cold, delicious delights at
Lolli & Bobo's Ice Cream Shoppe

BONUS
**Women in
Business**

Pg. 17

'Lunch with the Super'

A variety of topics presented to
Rysewyk by Hardin Valley parents

The roles of women are more demanding than ever and the women in and around Hardin Valley are meeting the challenge. From CEO's to business owners, certified staff to working out of the home, women are a driving force of our economy. As industries evolve and work expectations take on new parameters, women continue to make strides in not only being a financial resource to their family, but also fulfilling their career goals and accomplishing their dreams. Every year we are honored to highlight some women who are amazing at what they do and geared toward greatness.

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WOMEN in BUSINESS

2024 Hardin Valley Living Edition

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Special thanks to to Jeremy Wiggs for HVA sports photos

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**REALTY
EXECUTIVES**

Great big light

at the end of the tunnel

It's amazing how COVID-19 still rears its head today in so many corners of stories. It is the reason, though, that Hardin Valley today has a little boutique tucked away in its shopping center off Charlevoix Road.

Abbi White opened Southern Valley Boutique last May, after becoming an aesthetician who couldn't find any sort of work in the field because of COVID-19 restrictions.

"I couldn't get a job anywhere," she remembered, "not even as a receptionist or anything because you're just touching people's faces and stuff."

White wound up working for her father, the owner of the Ford dealerships at Parkside Drive and Kingston Pike, working the phones and handling inside and online sales for a year before finding "the boutique world," as she put it.

It proved to be a great big light at the end of the tunnel, from which she now has emerged as the one-woman band currently keeping her very own boutique's brass banging.

"I do every single bit of everything that happens here," she explained. "I deal with the online. I deal with the tax portions. I deal with the bank. I go to market. ... I do the pricing, streaming, the photography — everything.

"It's difficult," White confessed with a smile, "but I've learned my way around it."

It comes somewhat naturally, however, as she — apart from her time at her dad's shops — has worked retail since she was 16 years old. Now 24, she's acquired quite the eye for fashion.

As for opening her own boutique, "I always knew I wanted to do it," she said. "I just didn't think I was going to be able to so early."

So, with October being Women's Small Business Month, we celebrate White and her Southern Valley Boutique, which has just about any southern valley desire a customer could want.

“ I definitely couldn't do it without the customers, ”

~ Abbi White



See **SOUTHERN BOUTIQUE** on Page 7

Southern Boutique

From page 6

And it's her customers who drive her. "I definitely couldn't do it without the customers," she said. "So, I listen to the customers and kind of gauge what they want, and what they see and what they see for here. So, whatever they feel they need, then they don't have to go 20 or 30 minutes away. We try to carry it."

She learned early, "Nothing is going to work if I just try to do my own thing," the owner said.

White's boutique carries everything from room sprays to earrings and other jewelry to lotions and perfumes, purses and, of course, clothing. And there's plenty for the Volunteer fan to choose from for game day.

"Everything so far," she said, "has gone better than expected."

White is hoping to have a helper hired by her first Black Friday and ahead for the rest of the holiday shopping season — somebody else to help carry the boutique's exist-



ing tune she's played since opening the doors.

Southern Valley Boutique, located at 10653 Hardin Valley Road, is open from 10:30 a.m. to 6:30 p.m., Tuesday through Friday; and from 10:30 a.m. to 5 p.m., Saturday; and can be found across all social platforms.

For more information, drop by and talk to White, visit the southernvalleyboutique.com or call 865-253-7210.

Variety awaits customers of Southern Valley Boutique, a new store in Hardin Valley owned by Abbi White, right, who opened her doors to help close a shopping gap in the area.

Photos submitted



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'LUNCH BREAK WITH THE SUPER'

Roughly 20 parents of mostly Hardin Valley kindergarten through 12th-grade students were invited to join Knox County Schools superintendent Dr. Jon Rysewyk for "Lunch Break With The Super" at Stefanos Pizza, 10573 Hardin Valley Road, Thursday, Sept. 26.

A variety of topics were presented to Rysewyk and to Kristi Woods, KCS chief of staff who made notes on various parent concerns at certain tables — where the superintendent was not available due to time limitations — to share with Rysewyk and other KCS staff. The gathering lasted roughly one hour.

One issue of note was special education concerns, while another expressed was safety concerns in light of two evacuations at Hardin Valley Middle School due to threats — allegedly made by students — earlier in the school year.

See **LUNCH BREAK** on Page 9



Dr. Jon Rysewyk (in sport coat, right), Knox County Schools superintendent, and Betsy Henderson (left in white sleeveless top), Knox County Board of Education chair who represents District 6 (which includes Hardin Valley schools), met with parents for "Lunch Break With The Super" at Stefanos Pizza in Hardin Valley Thursday, Sept. 26. About 20 parents expressed their opinions and asked questions during a roughly one-hour event. *(Editor's note: due to the confidentiality of the concerns expressed by parents at this gathering, as reported by farragutpress, none of the comments from these photographed parents are part of our story)*

Alan Sloan



Lunch Break

From page 8

Special education issues

"I mainly wanted to talk about special education, which I know they talk about," said the parent of a special education student.

"... I know that they are doing a lot, that it's been a big topic of discussion," she added. "I do still feel that my son, being very sick and disabled, that a lot of the things we're doing don't apply to him still. Anytime I get a survey, we have a special life survey, it doesn't apply to him at all."

Though the child is in middle school, "cognitively (he's) about 12 months old," the parent said. "He's working on building a friend, learning colors. ... and he also has seizures. He's had three at school today.

"So I know school's for education, but he can't be educated unless his basic needs are met, which are his health and safety."

Though the parent said, "We find that it's such a process to get those needs met, that his education has been just not happening," it was added, "his teacher this year is wonderful.

"She is trying, but the special Ed teachers do not have enough support from the school district in my opinion," the parent further expressed. "I don't think (the child's) teacher

gets a planning period. Sometimes she doesn't get lunch.

"... I know my son's classroom is short-staffed, they don't have enough. I think, actually, staff is the problem. I don't know that there's an open position, but they can't take care of the kids that are in there, the staff they have.

"My son has a one-to-eight (ratio) because it's been in his IEP. So what happens is he, I think, is being taken care of, but not the others. ... One aide has to be with my son, which only leaves a teacher and another aid for five or six kids. So, some of those kids need one-to-one help. So I think that's part of the problem."

In short, "I don't think the staffing is matching the needs of the children, which I think overall there's a lot of issues we can talk about, but I think that would make a huge difference," the parent said. "I don't know that the staff is supported; they're supposed to have modified curriculum.

"My son was getting pulled out into another special Ed room to go to math, but the teacher had multiple kids from there all doing different things in math ... That means she has to lesson plan for eight different kids every day in special Ed. That's not really feasible for a teacher."

Concerning special education teachers, "I think they get burned out," the parent said. "... They pull staff for trainings a lot. Like, his

teacher has been gone three times this year for training through Knox County, but that (leaves) the classroom short staffed, which in special Ed is a big safety issue. ...

"... And again, I know Knox County is making a big effort, and they're sending out all this stuff to parents to get feedback, but none of it is in a way that I can answer (and) explain where we're going."

However, "I am very excited to see there's a virtual option," she said. "I signed up as soon as I saw that. So hopefully, I'll get chosen."

Though it was said, "You have these focus groups of parents," this parent also added, "The parents whose kids are struggling the most don't have any time to come. I can't come to a meeting in the evening — I can't with (her husband's) job. So I think you're missing the experience of the parents of the kids that are at the severe ends because they can't (participate). ... We're literally trying to keep our kids alive day to day. And so we can't attend all these actual things. We're struggling so much. It's survival mode day to day."

"... And so it's very frustrating. It just leaves you feeling like no one cares about your child."

Though the parent said, "His teacher loves him," she added, "The actions of the county

See LUNCH BREAK on Page 10



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FNP

www.PediatricClinicKnoxville.com

Lunch Break

From page 9

are showing me that they do not care about my son.”

Evacuations/special ed

“Things like the evacuations that have unfortunately been happening. It’s scary for everyone,” another parent of a special needs child said, adding, “they don’t understand what’s happening.”

During one of the recent school evacuations — happening due to what turned out to be false threats — “His nurse carried him because (that) child was (disabled), he could barely walk at all, very slowly. He didn’t have a way to evacuate. They evacuated from the middle school to the high school football field. You’ve got all these special ed kids. ... If the threat would have been real and something would have happened, all those kids would have been by the door.”

Rysewyk’s summary

Rysewyk met with local media briefly after hearing the parents.

Overall, “Great suggestions ... I heard everything from bus drivers, how we do that, to snow days, how we do that, to individual schools and concerns and celebrations that people had about their school where their student goes,”

Rysewyk said. “Again, stuff that we’ll be able to take back and look at and see if there are things that we can do to continue to serve our students better.”

Dealing with recent threats

“Some of the things that are important right now in education (included) some families wanting to talk about just the increase of threats,” he said about a couple of threats made at Hardin Valley Middle School causing two evacuations earlier this school year. “We’re seeing that nationally right now ... So that was good to talk to them, explain some things with them, hear their concerns and their questions,” he added.

One question was, “Is there any way to communicate to youth who may pull pranks that turn into big deals ... the seriousness; or any solution to avoid what’s happening at the middle school? I’m sure it’s a tough thing.

“I have met with (Knox County) Sheriff (Tom) Spangler and (Knox County Juvenile) Judge (Tim) Irwin as well,” Rysewyk responded. “We’ve had the same conversations. ... There’s a message to the parents to continue to ask your kids questions, be aware of where they are, what they’re doing, what they’re saying.

“Then also for the students — this is an impact on learning, obviously,” he added. “It’s

an impact on your peers. There’s a lot of kids who are anxious for these situations when they happen. ...

“Then finally, laws have changed. This is actually something that law enforcement gets involved with now. It’ll be something that will be on a student’s record and have consequences not just at school, but also in their personal life. It’s a big deal. It’s not a funny prank anymore. These are very seriously taken by the new laws that were passed last year.”



Dr. Smith and her staff are amazing! I've been a patient for about a year and a half. I've had a great experience with routine cleanings. She has also filled a cavity, made me new retainers when I've lost them, and helped me with my TMJ issues! I've recently moved and will happily drive over an hour to continue seeing her!

-Alyssa

Dr. Smith is amazing, her staff is full of sweet ladies, and they have state of the art equipment in the cleanest office. They gave me my smile back. Only dentist in Knoxville I'll recommend.

-Grayson

This was my second visit. Both times they have been incredibly gentle. I feel Dr Smith is genuinely concerned about me and my oral health. Highly recommend!

-Kay



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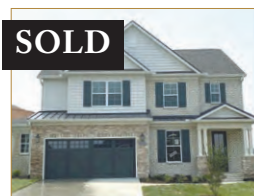
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Chews & Brews

Sweet treats

Ex-golfer, ex-teacher to serve up cold, delicious delights at Lolli & Bobo's Ice Cream Shoppe

Hardin Valley is about to get a sweet treat with Lolli & Bobo's Ice Cream Shoppe when Joe and Sharon Wallman set up shop soon.

The Wallmans, the parents of five — affectionately called Lolli and Bobo by their six grandchildren — started their company a few years ago in Oak Ridge and have been serving up cold, delicious delights since. They are excited about their new location and ongoing success.

Bobo spent 20 years as a PGA golf pro before turning his focus on real estate, retiring from the former before making a successful name for himself in the Delaware, Maryland and Virginia real estate markets.

Lolli spent more than 30 years as a preschool teacher. But when their daughter announced she and her husband were heading south, along with other family members who were moving down to help with a church they were starting, the Wallmans got hit dangerously hard by COVID-19 and decided life was too short not to be around their family. Especially anxious to see their grandchildren, with a seventh one on the way, the couple headed down themselves.

"When the pandemic hit," Bobo said, "my daughter and son-in-

law launched (Heart and Soul Church) here in Knoxville." Ever the realtor, Bobo kept his ear to the ground, hearing of a so-called turn-key ice cream shop in Oak Ridge, which piqued their interest. "We were like, 'We can do an ice cream shop,'" Bobo recounted. And a blessing it was, he said, adding he wound up knowing the listing agent — and the deal was done.

"It wasn't turn-key by any stretch of the imagination," Bobo laughed when referencing their new 10914 Spring Bluff Way location.

They rolled up their sleeves and got to work, initially thinking their catch was going to be coated cones, he said. But as any new owner of an ice cream shop may do, they turned to the Internet asking about the best hand-scooped ice cream. Chocolate Shoppe Ice Cream out of Madison, Wisconsin, was the answer, and from then on has been their exclusive supplier, making Lolli & Bobo's the only licensed distributor of the brand in and around the Knoxville area.

Their ice cream is considered "super-premium" based on a lot of science stuff that's best left to discuss over a cone with Bobo. Today, according to their website, they serve up favorites such as "Fat Elvis," "Just Got Serious" and "Yippee Skippee," along with their



Joe and Sharon Wallman named their ice cream shop Lolli & Bobo's, the names they're called by their six grandchildren: Cash, Kobe and Sadie Coleman and Blair, Brody and Gianna Wallman. The Wallmans are opening a new shop in Hardin Valley soon.

All photos for this story submitted

signature, "The Tennessee Twist" — and all the normal flavors for those just wanting a good dose of, say, vanilla.

For more information and updates about Lolli and Bobo's Ice

Cream Shoppe, visit lollilandbobos.com, where you can find their social channels, or drop by for a scoop in Oak Ridge if you can't wait for their Hardin Valley opening.

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Spiced Apple Cider Margarita

Ingredients

4 oz spiced apple cider, I used Trader Joes brand
3 oz mezcal or tequila, I used Madre Mezcal
1 oz Cointreau, optional
Juice from 1 lime
Ice

Rim:

2 tsp white sugar
1 tsp brown sugar
1 tsp cinnamon
1/4 tsp flakey salt

Garnish (optional):

Lime wedge
Apple slices
Cinnamon stick
Star anise

Instructions

1. First, rim your glasses. On a small plate, mix together the sugars, cinnamon and salt. Using the flesh of a lime, coat the rim of your glass thoroughly then immediately coat in the cinnamon sugar mixture.
2. For the cocktail, add 1 cup of ice to a cocktail shaker. Pour in the apple cider, tequila, Cointreau, and lime juice. Shake until ice cold.
3. Add ice to the rimmed glasses and strain the cocktail over the ice. Garnish with an apple slice, star anise and cinnamon stick if desired.

Courtesy broccyourbody.com

Apple Cider Margarita

This easy apple cider margarita pairs fresh apple cider & apple butter with tequila for the ultimate Fall margarita recipe! Truly the perfect Thanksgiving margarita.

Ingredients

Cinnamon Sugar Rim:

2 Tablespoons sugar
1 teaspoon ground cinnamon
2 lime wedges

Margarita Ingredients:

3/4 cup apple cider 6 ounces
3 ounces tequila
2 Tablespoons apple butter
1 Tablespoon agave optional,
add for a sweeter cocktail
1 ounce cointreau
1-2 cups ice for cocktail shaking
and serving cocktails

Optional garnishes

2 cinnamon sticks apple slices

Instructions

Cinnamon Sugar Rim

1. First, mix the cinnamon and sugar in a shallow bowl. Then, take the lime wedge and run it along the rim of each cocktail glass to moisten it. You can also use an orange wedge or lemon wedge.
2. Dunk the cocktail glass rim into the bowl of cinnamon sugar and swirl it around until coated. Set aside for at least 2 minutes so the rim has time to harden before pouring in the cocktail.

Make the margaritas

1. Add the apple cider, tequila, apple butter, agave, and Cointreau to a cocktail shaker. Then, fill the shaker to the top with ice.
2. Add the lid and vigorously shake until the glass is frosted. Then, strain the cocktail into the two cinnamon sugar rimmed glasses.
3. Serve with optional garnishes including cinnamon sticks and apple slices. Enjoy!

Courtesy shortgirtalldorder.com

Frosty Mint Stardust

Ingredients:

2 oz peppermint vodka
1 oz crème de menthe
1 oz cream
1 oz soda water
Crushed candy cane for frosting
Edible silver stars for garnish

Instructions:

Rim a chilled glass with the crushed candy cane.
In a cocktail shaker filled with ice, combine the peppermint vodka, crème de menthe, and cream. Shake vigorously. Strain the mixture into the prepared glass. Top with soda water.
Garnish with a sprinkle of edible silver stars.

#cocktail #peppermintvodka #cremedemanthe #cream #sodawater #crushedcandycane #eddiblestars #frosty #mintyflavor #sparkling #socialshare



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Clockwise: Preparing to roast a once-hated-turned-new-favorite pan of Brussell sprouts, 2023 TOPS Tennessee Queen Brenda Owensby of Hardin Valley is maintaining her 98.5-pound weight-loss victory by diet and a healthy lifestyle, two habits she has come to love. Owensby maintains her weight-loss success with regular exercise. Named 2023 TOPS Tennessee Queen, Owensby poses proudly following her weight-loss win. Owensby, front center, with fellow TOPS Chapter members.

Queen Owensby is TOPS

Hardin Valley resident gains by losing

Losing weight for some is about like foretelling the future. You have to keep trying to see how close you can get based on the effort you put into the prediction.

For Hardin Valley’s Brenda Owensby, like for so many others, the journey to weight loss wasn’t a straight line shown in a crystal ball. It was, and is, a zig-zagging path from the start, from yesteryear to yesterday, to today and to tomorrow.

An “Army brat” most of her youth, who’d been in 12 elementary schools by sixth grade and five high schools after a three-year stint in Italy, she focused more on her studies, always being the new kid wherever her father was stationed, while her parents began in turn to focus more on her weight.

“One of my first memories,” Owensby recalled, “was being four and being on a diet.” Her parents, she knows, were trying to do what was best for their daughter. “So, I don’t have

bad memories of it,” she added, “but I always struggled with weight.”

In June 2021, after much prodding by her sister and niece, Owensby somewhat reluctantly joined the TOPS club—Take Off Pounds Sensibly, a non-commercial weight loss, education and support organization founded in 1948 with chapters across the United States and Canada—a formative summer for her in terms of acknowledgement and more.

Through COVID-19, Owensby worked as a psychologist at a long-term care facility. “I saw how difficult it was,” she witnessed, “for the heavier patients in terms of not only taking care of themselves, but for the nurses taking care of them ... and I wanted to be more independent growing into my later years.”

She set her sights again on losing weight and getting healthy once and for all, beginning at first with the goal of shedding pounds for a necessary knee surgery. About a year later, she had her other knee operated on, which made her journey literally that much easier to walk. Her third boost came, she said, after the news



her daughter was moving back to Tennessee from New York with her husband to start a family broke.

Last year, Owensby was crowned the 2023 TOPS Tennessee Queen, having lost more weight across the state than any other female member of the program, logging a 98.5-pound loss to earn the title.

See **QUEEN OWENSBY** on Page 16

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Queen Owensby

From page 14

“It’s a very humbling experience,” she said of her victory. “My chapter was so happy for me. They were excited. I was excited to represent them. But I honestly,” she confessed, “felt like they should all be up there with me.”

And to that end, at her next chapter meeting, which she continues to lead, she told them, “This is my crown,” which at that moment was sitting on a table before her, “And it’s on the table and not on my head because, to me, it belongs to all of us. Not just me, because, really, I cannot say enough about the importance of the support of the group.”

Owensby advice to others? “Find a reason to lose weight,” she said. “And health, to me, you can’t buy health. Health is so very important. Think about your long-term future and how you want to spend your golden years—whether you want to be disabled and a burden or whether you want to be an ac-



tive, healthy adult, and keep your focus on that.”

Her daughter now home and granddaughter close by, Owensby

reflected, “I would say for the first time I feel like I have the support I need to manage my health for the rest of my life and stay indepen-

All Owensby photos submitted
Brenda Owensby holds her 5-month-old granddaughter, Otille. Other family members, from left, are her son-in-law, John Q. Collins; Cadence Collins, his wife and Owensby’s daughter; and Brenda’s husband of more than 50 years, Rob Owensby.

dent,” affording her the ability to help take care of her granddaughter now, a weight she’s more than happy to carry.



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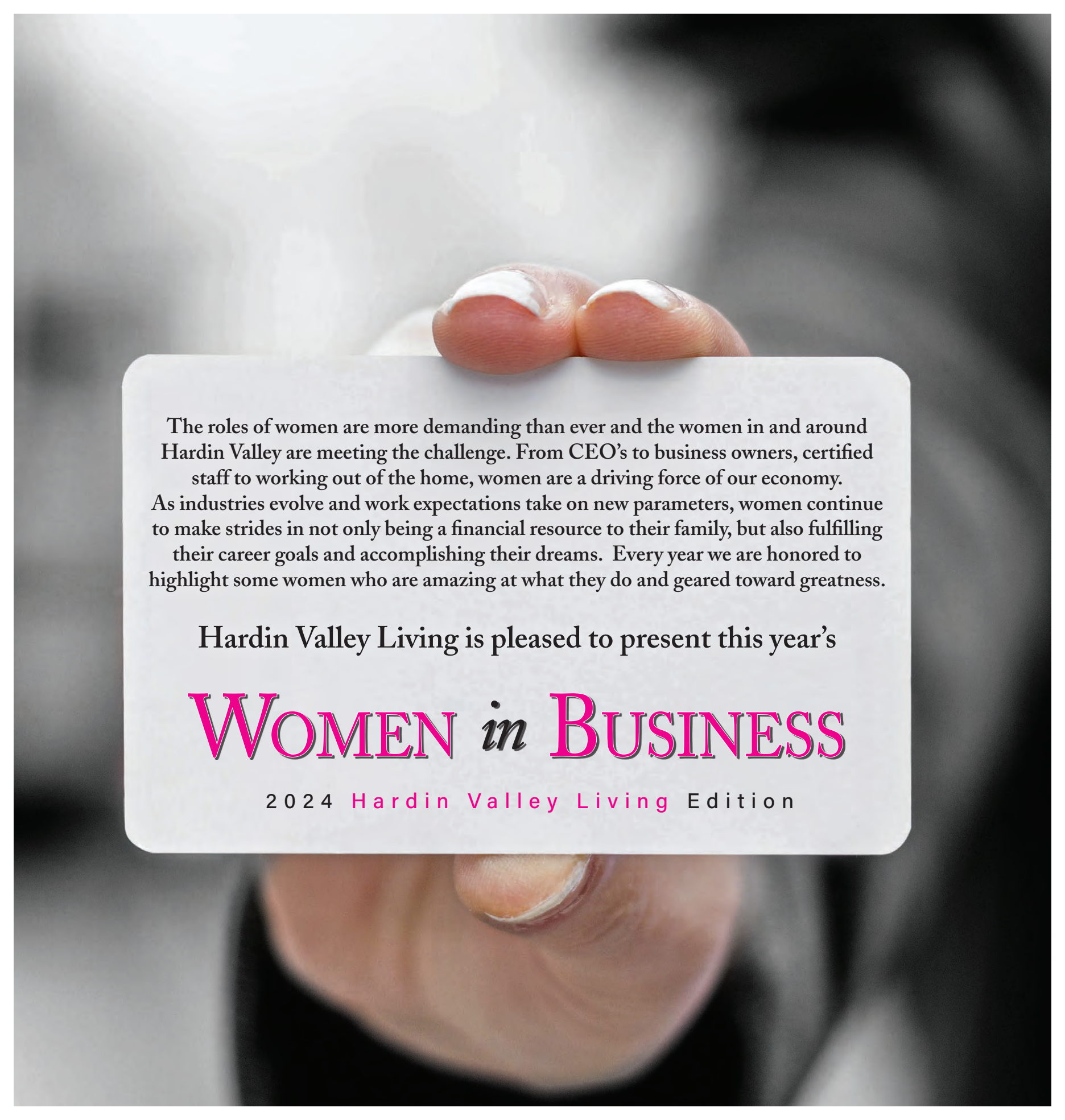
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A close-up photograph of a hand holding a white, rounded rectangular card. The card is held between the thumb and index finger, with the rest of the hand visible in the background. The card contains text about women in business.

The roles of women are more demanding than ever and the women in and around Hardin Valley are meeting the challenge. From CEO's to business owners, certified staff to working out of the home, women are a driving force of our economy. As industries evolve and work expectations take on new parameters, women continue to make strides in not only being a financial resource to their family, but also fulfilling their career goals and accomplishing their dreams. Every year we are honored to highlight some women who are amazing at what they do and geared toward greatness.

Hardin Valley Living is pleased to present this year's

WOMEN *in* BUSINESS

2024 *Hardin Valley Living* Edition



Harriet Amonette

Director of
Marketing Services
NHC Place Farragut
865-777-9000

Connecting with people

Harriet Amonette has been in the Senior Care Industry her entire career, but has worked as the Director of Marketing Services at NHC Place Farragut for the past eight years. Thirteen years ago, she started at NHC as a nurse in rehabilitation before discovering her knack for marketing. Harriet's experience in direct patient care has shaped the way in which she can connect with coworkers, families of residents, and the residents themselves. As a nurse, she realized the exceptional joy that caring for others gave her every day. Today, she continues to embrace the senior care culture in marketing, utilizing her medical background to provide additional insight to families. Her favorite part of the job is assisting families with the "next steps" on NHC Place Farragut's CCRC campus. For the past four years, Harriet has been heavily involved in the CAC Office on Aging's annual "Power of the Purse" event, a fundraiser for their Mobile Meals program. Harriet enjoys giving back to the senior care community in all aspects, making it her mission to empower her community in all walks of life.



Lindsay Barlow

Realtor, Broker

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Lindsay-Barlow.com

Lindsay Barlow first became interested in the real estate industry as a young girl, when her family lost their home to foreclosure.

"I began to watch home sales and follow the industry and was enthralled with the value a piece of property can hold, especially over time," she said.

The native of South Carolina went on to earn a psychology degree from Belhaven University, as well as a master's in education from Nova Southeastern University, but eventually returned to her long-time interest in real estate.

Currently serving as a broker at Wallace Real Estate, Barlow has earned several industry achievements, including the Military Relocation Professional (MRP), At Home With Diversity (AHWD), and Accredited Buyer's Representative (ABR) designations. Barlow earned a spot in the 2023 Top Producer circle as well.

"I followed my passion of tracking that value and helping clients do the same and helping them through the process of investing, selling or buying," she said.

For more information, visit Lindsay-Barlow.com.



Laura Ash

Agent

State Farm

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Laura Ash loves her role as a State Farm agent and has been doing it successfully for almost 18 years! She treats her team members and customers like family and you can tell when you walk in her office. Even on the most stressful days, Laura and her team welcome you in with open arms to help write a policy, talk about a claim or just to chat about what has been going on with your life.

Laura moved to Farragut 22 years ago from Kodiak, Alaska. Being a native Floridian, she was happy to get back down South for some sunshine. She lived in Alaska for 11 years and she and her husband decided they wanted to raise their children in a place they could permanently call home. She is definitely happy they made the move.

Laura's son and daughter graduated from UT and they are both furthering their education. Her son is getting ready to graduate with his doctorate in chiropractic and will be opening his own clinic. Her daughter is hoping for a career in law.

Laura is a die-hard Vol fan and you can find her at Neyland Stadium cheering on the Vols each fall. You will also see her on Thursday night Rivalry Football where she'll cheer on the teams, give out T-Shirts, and donate to the schools.

Laura is a very devoted Agent to State Farm and to her community in general. Give her a call if you need help with your home, car or life insurance. She also specializes in business insurance as well. Laura and her team are ready to help you and would love to have you in their State Farm family.



Christine Drimalla

Realtor, Broker

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christinedrimalla.com

With a wealth of local market knowledge, Christine Drimalla is dedicated to helping individuals and families reach their real estate goals throughout the greater Knoxville area.

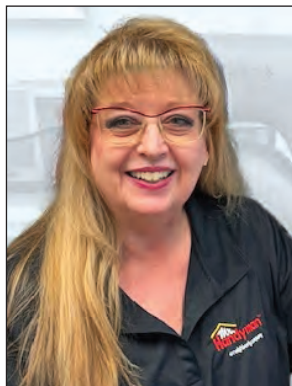
The relocation specialist at Wallace Real Estate combines her extensive experience in construction, design and renovation with a unique ability to visualize a property's true potential to provide first-class service and deliver impressive results.

From finding your dream home to preparing your home for the market, Christine's top priority is to thoroughly attend to all your real estate needs and guide you toward the best long-term decision for your specific situation.

"I take great care to educate and advise my clients with an informed and comprehensive assessment of their specific requirements," she said.

Covering and clearly anticipating every angle found in the multitude of details in each transaction, Christine's client-focused approach ultimately ensures her clients' goals are achieved, even when met with the most difficult challenges.

For more information, visit christinedrimalla.com.



Penny Ellison

Owner

Mr. Handyman

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westknoxville@mrhandyman.com

Penny Ellison, a shining example of entrepreneurial spirit and resilience. Growing up in Jefferson County, Penny began her career with a flooring paint and wall-paper store in Newport. before making a bold move to Knoxville. There, she and her husband launched a Mr. Handyman franchise, marking a significant milestone in her professional journey.

In 2019, Penny faced a profound personal challenge with the passing of her husband. Rather than stepping back, she embraced the opportunity to lead with renewed vigor and commitment. For the past 15 years, Mr. Handyman of West Knoxville has been a trusted name in the community, providing top-notch repair and maintenance services.

Penny's customer-first philosophy is at the heart of her business. As she puts it, "Today's customers often find themselves short on time, tools, or talent for home repairs. They need a trustworthy company they can rely on." Her dedication to addressing these needs has driven outstanding success. Under her leadership, Mr. Handyman of West Knoxville has earned numerous accolades throughout the Mr. Handyman franchise.

Penny attributes this remarkable success to her exceptional team, which delivers unparalleled service and customer satisfaction. Her unwavering commitment to excellence and her passion for her clients are the cornerstones of her business.

For unparalleled repair and maintenance services in Knoxville, trust Penny Ellison and her award-winning team at Mr. Handyman of West Knoxville. Discover more at www.mrhandyman.com/west-knoxville.



April Finster

Specialist /
Agent / Owner

Cyan Insurance Solutions

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Help navigating medicare and long term care insurance

You can be confident that you've selected the right Medicare plan by meeting with April. For over 20 years, she has assisted clients with Supplements, Advantage Plans, and Prescription Drug Plans.

"People often remark that they're highly educated, but they can't figure out Medicare", comments Finster. "I always reassure them that it's not them – it's just inherently complicated!"

April first explains how these programs work. Then she outlines alternatives so that you can make informed choices. Once Medicare is taken care of, it's good to review Long Term Care (LTC) options, as Medicare does not cover most LTC costs.

As an independent agent, April offers many high-quality plans. She does not charge for her services, as insurance carriers compensate her for time spent. April welcomes new clients and offers appointments by phone or video, or in her Farragut office at 11826 Kingston Pike, Suite 230.

"It's a family business," says April. "We love helping people, and this is a business where we can do just that."

Debby Funk is proud to continue her mother Laurae Hathaway's legacy through Embroidery Boutique, a second-generation women-owned business specializing in unique gifts and custom embroidery. While originating in 1989 as Designs for You, INC in Boca Raton, Florida, the business moved to Tellico Village in Loudon, TN in 2005 and later to Farragut, TN in 2014, when the company was rebranded as Embroidery Boutique by Designs for You. Debby began her career with the family business in 2006 and purchased the business from her mother in 2020, before the pandemic forced businesses to close their doors.

During the covid shutdown, Debby began brainstorming options and opportunities that would help reinvigorate her business and bring more people in the door once the lockdowns were lifted. That was when Funky's Meat & Funky's Snacks was born. Today it is a thriving side business and addition to the gift shop, featuring a variety of jerky, jellies, honeys, and mustards. These items can also be purchased online at funkyssnacks.net.

As the owner, Debby strives to fill the gift shop with never-before-seen items while also offering a variety of services, including monogramming, embroidery, and laser etching. While Embroidery Boutique specializes in custom embroidery, including bulk pricing for corporate logos, there are no minimums for embroidery orders. Debby and her staff pride themselves on being the highest quality local embroiderer with the quickest turnaround times, whether you need one item or hundreds of items customized.

Stop in the shop Monday-Friday from 10-6pm for personalized embroidery, unique gifts, and delicious snacks.



Debby Funk



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www.embroideryboutiqueknox.com





Stephanie Grubbs

Realtor

Heritage Realty

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heritagerealtyknox.com

A native of East Tennessee, Stephanie Grubbs grew up in Chattanooga and Morristown, and moved to Knoxville in 1997 after graduating from East Tennessee State University.

A realtor since 2014, she currently serves as a realtor and property manager at Heritage Realty, where she specializes in residential sales and commercial listings.

The best part of the role, Grubbs says, is helping clients fulfill their real estate dreams.

"I love working hard to find my clients the perfect property," she said. "There is nothing better than helping a family or individual find a place to call home."

In addition to real estate, Grubbs is a mother of two, with one child attending UT and another building their career.

Stephanie is an active member of the community. She frequently works with local organizations that strive to keep the Knoxville area beautiful, charities and local golf tournaments.

"I invest back into this community with volunteer work often because this is my home," she explained. "I believe in keeping Knoxville one of the best places to live."



Nicole Jones

Practice Manager

Village Veterinary Medical Center

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Nicole Jones, originally from Ohio, has made Farragut, Tennessee, her home after moving to Knoxville to attend the University of Tennessee. She later graduated from East Tennessee State University, which set the foundation for her extensive career in veterinary medicine. Nicole's journey into the field began at the young age of 14 but officially started at Bluegrass Animal Hospital in 2003 and has since evolved into a fulfilling career dedicated to animal care and management.

Nicole currently serves as the Practice Manager at Village Veterinary Medical Center, where she skillfully handles a variety of responsibilities. Her role includes overseeing daily operations, managing HR and business functions, and addressing client concerns. She also plays a crucial part in recruitment and retention and maintains strong relationships with vendors. Nicole's comprehensive expertise ensures that the practice runs smoothly and efficiently.

Outside of her professional life, Nicole is a dedicated mother to her son Aiden and manages a household full of pets. Her commitment to animals is evident not only in her career but also in her personal life. Her previous experience at Bluegrass Animal Hospital and Hardin Valley Animal Hospital highlights her longstanding passion for veterinary care and her dedication to motherhood, by taking a step back and not working while Aiden was young, showcases her ability to balance a demanding career with family responsibilities.

At Village Veterinary Medical Center, Nicole Jones plays a pivotal role in ensuring that the practice continues to provide exceptional care to the community. The Medical Center is renowned for its commitment to animal health and well-being, offering comprehensive services and compassionate care to every patient. Under Nicole's management, the practice not only meets the high standards of veterinary medicine but also actively engages with and supports the local community. Her dedication helps foster a nurturing environment where both pets and their owners feel valued and cared for, embodying the core mission of Village Veterinary Medical Center to enhance the lives of animals and their families.



Kelsey Hartsook

General Manager/Owner

Bumble Bee Blinds

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An East Tennessee native, Kelsey Hartsook served as an accountant for over 15 years before following her dreams of opening her own business.

"I felt I needed a better work/life balance for my family, and I wanted out of the corporate world," said Hartsook, noting her passion for leadership. "I realized that I needed to build the company and culture that I envisioned rather than waiting on other companies to get on board."

After being introduced to HorsePower Brands, a portfolio company of franchise brands in the home services industry, Hartsook finally took the leap, purchasing Bumble Bee Blinds of Knoxville in May.

"They had the exact culture and resources that matched me for my new adventure," she said of the franchise umbrella company. "Honestly, it was HorsePower Brands that I fell in love with, but since I have been working in this industry, I have truly fallen in love with the way I get to help others."

In fact, for Hartsook, working with homeowners to elevate their home with custom window treatments has quickly become the most rewarding part of the job.

"You would be surprised at how much a window treatment can affect or mean to someone. It not only beautifies their home, but also gives them a sense of peace," she said. "Whether it's privacy or energy efficiency, there is a true need for the product. It's meeting those individual needs and seeing the joy that matters to me."

For more information about Bumble Bee Blinds, visit bumblebeeb blinds.com/knoxville-tn.



Kerri A. Kor

Realtor/Broker

**The Blankinship Group
Wallace Real Estate**

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Real estate runs deep in Kerri's life story. Her mother broke barriers by investing in real estate as a young woman. "As a child, I spent hours with her looking at open houses, sketching out floorplans, and walking new-build construction lots," says Kerri. The joy of those early experiences never left her and she chose a career in real estate.

From residential sales she soon pursued land development, then opened her own commercial full service brokerage, providing detailed attention to her clients in all aspects of real estate. It has never been just a job to her. "Real estate has always been my outlet of service to others and a way to put into practice those virtues that keep us whole and joyful," says Kerri. "Private property ownership requires good stewardship and values human dignity, and I don't take either of those principles lightly."

Kerri and her family recently relocated to the Knoxville area where she is now deeply embedded in the Farragut community. She's a graduate of the Intro to Farragut program and sits on the Farragut Tourism and Visitors Advisory Committee. A parishioner at St. John Neumann, a member of Fox Den and the Fox Den Women's Club, she's also a team member of top-producing The Blankinship Group at Wallace Real Estate's Farragut office.

Says Kerri, "I feel gratitude for the leap of faith we took in driving across the country to make Farragut our new home. Diving deeply into the service of real estate in this community feels like the perfect summation to that spark my mother started in me so long ago."

You can reach Kerri at kerri.kor@wallacetn.com



Melody Matney

Executive Director

Villages of Farragut

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Passionate about her community & the people in it

Melody Matney, Executive Director of The Villages of Farragut, is genuinely cut-out for her line of work. Born in Knoxville and a life-long resident of East Tennessee, Matney is passionate about her community and the residents she serves. After losing her father unexpectedly to a terminal illness, Matney took a particular interest in Long-Term Care, and attained her license in LTC insurance. She began her career as a sole proprietor and business owner, selling the business after 14 years, and then managed businesses for a nationally known hospitality corporation, growing through the experience. Her love for people would eventually lead her to her true passion of serving seniors. Matney was recruited to work at a senior living community in Sevierville. She was promoted to Executive Director after only 15 months, and remained with that company for several years. "My heart was still in Knoxville," she explained. So, when The Villages of Farragut announced their ground-breaking, she applied and joined their team before opening in 2019 to serve as Executive Director. "I'm extremely fortunate to be working for this company and serving seniors in this community. We truly want to be part of the fabric of Farragut, and what we do is all about love for our residents." It's clear that Melody Matney has a heart for people and service to her community.



Dana Moser

Realtor

Realty Executives Farragut

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Fifteen plus years of listening to her customers

Dana has a high level of expertise in the local market from 15 plus years of experience and has a remarkable track record of delivering results. She has lived in the Knoxville area for more than 30 years and graduated Summa Cum Laude from the University of Tennessee. Having raised two children here, she believes this is a great place to live and work.

Whether you are a First time Buyer, moving up or down, or an experienced investor, Dana can help you in finding the property of your dreams or simply what fits your needs now. Dana will be your resource for any questions you may have about Real Estate or the Community.

"She listens intently, responds quickly, and follows up."

"My goal is to make your next move.... Your Best Move EVER!"



Jennifer McKinnish

Attorney

McKinnish Law

865-229-9854

www.mckinnishlaw.com

Jennifer McKinnish received her bachelor's degree in Political Science from the University of Tennessee and attended law school at the University of Memphis. After working for a year in Memphis at boutique domestic relations firm, she returned to Knoxville to pursue her love of family law.

McKinnish, who also practices disability law, says the best part of the job is helping others in their darkest times and getting to know clients on a personal level.

"My motivation is to see each client as an individual," she said.

This focus on relationships has certainly paid off as in the last five years along, the firm has expanded to cover all of East Tennessee, while still maintaining a personal touch with every case.

In addition to being a successful small business owner and attorney, Jennifer is an active member in the community including serving on the Concord Christain School Board. Her greatest accomplishment of all is at home where she is single mom to two amazing children.



dori pavlovsky

"The House Lady"

Realtor

Wallace Real Estate

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With over four decades of experience in the real estate industry, dori pavlovsky, affectionately known as "The House Lady", has been a trusted name since 1978. Her deep knowledge and passion for listing and selling houses make her a go-to expert for clients looking to sell their homes or purchase a new one.

Specializing in fine properties, dori combines professional expertise with a friendly upbeat approach, ensuring a seamless and enjoyable experience for every client.

Throughout her illustrious career, she has won numerous awards for production and continually enhances her skills through extensive training and classes. She is a Broker, a Relocation Specialist and a Certified Stager. Most recently she has earned The Certified Luxury Home Marketing Specialist designation and is certified with Luxury Portfolio and Leading Real Estate of the World.

Her dedication to excellence and client satisfaction sets her apart in the competitive real estate market. She loves her job!



Joan Pinkley

Realtor

Wallace Real Estate

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I am a native Tennessean, born and raised in Loudon. Both my bachelor of arts and master of science degrees were earned at the University of Tennessee in Knoxville. After college, I taught in public school systems for eight years; then I began investing in real estate. Fourteen years ago, while living in Nashville, I obtained my real estate license in order to help others make the most out of their real estate investments and to guide them through a complicated and rapidly growing Nashville market. I have represented buyers and sellers in both residential and commercial transactions. In 2023, after several years as an affiliate broker at Parks Realty, the largest privately owned real estate company in the south, I joined the Farragut office of Wallace Real Estate. I belong to the East Tennessee MLS and the Nashville MLS. In addition to being a REALTOR®, I am an Accredited Buyers Representative (ABR®), Seller Representative Specialist (SRS®), Accredited Staging Professional (ASP®), and a Preferred THDA agent. I am continually taking courses to further my real estate knowledge and stay on the forefront of an ever-changing industry. I feel that the East Tennessee market is changing very rapidly and I hope to assist buyers and sellers in making wise decisions here just as I did in the exploding Nashville market.



Tracy Rose

Personal Lines Manager

Tate Insurance

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Born and raised in Miami, Tracy Rose fell in love with East Tennessee during her time studying management at the University of Tennessee. Although she briefly returned to Florida for a sales role following her graduation in 1995, Rose quickly realized that Knoxville was her home.

“I moved back and ended up getting married, having children, and building a life in this beautiful college town,” she said.

After several career changes, including a three-year stint as a stay-at-home mom, Rose accepted a receptionist position at an independent insurance agency in West Knoxville and soon obtained her Property & Casualty license.

She went on to work for various local agencies as commercial lines account manager before landing a personal insurance job at Tate Insurance Group in 2017. She served as account manager until two years ago, when she was promoted to personal lines manager.

“The best part of my job is working with some of the best and brightest in the industry, transforming the role of the independent agency as it pertains to asset management,” said Rose, noting the agency’s emphasis on forging lasting relationships with clients. “We strive to excel in customer service by taking the customer purchasing experience to new levels by just being there for our clients – in good times and bad.”

After all, she said, “no one ‘needs’ insurance until they need it.”

“That’s why I encourage everyone to read their policies and ask pertinent questions when they don’t understand something,” she said. “When you file a claim, it is too late to ask those questions, and many find out the hard way that they don’t have the coverage they desperately need.”

In addition to her role as personal lines manager, Rose prides herself on her strong work ethic and determination, which enabled her to raise four wonderful children and also beat kidney cancer.

“I believe in working until the job is done and giving 150% to everything I do,” she said. “I have juggled a career and a family for 30+ years and don’t plan on stopping anytime soon.”



Jessica Ronning

Owner & Stylist

Beauty and the Beard

865-392-1107

Beautyandthebeardknox.com

Jessica Ronning embarked on her cosmetology journey during her junior and senior years of high school, discovering her passion early on. After graduating, she began working in a salon at the age of 18, dedicating 25 years to honing her skills. Alongside her fiancée, Jessica decided it was time to branch out and create something of their own, leading to the birth of “Beauty and the Beard.”

Initially, they operated in a salon suite for seven months, but in May 2022, they seized the opportunity to take over a larger lease. In just six short months, the salon expanded remarkably from two stylists and seven stations to nine stations and 13 stylists. Today, they proudly have 15 talented stylists.

In addition to her work at the salon, Jessica has been an educator for Keune Hair Cosmetics for 15 years, sharing her expertise in the hair color and product line they proudly carry at Beauty and the Beard. She has traveled extensively throughout the U.S. and Canada to spread her passion for hair care and education.

Jessica finds immense joy in providing a supportive and vibrant environment where stylists and clients thrive. She cherishes the feedback from clients who feel the positive energy in the salon, leaving not only looking beautiful but also feeling uplifted. For Jessica, creating this community is as rewarding as the artistry of hairstyling itself.



Holly Schultze

Realtor

Wallace Real Estate

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Originally from California, Holly Schultze became acquainted with the real estate industry at a young age, with both of her parents serving as agents/brokers in the Bay Area.

“I feel like I’ve been in the industry in one form or another all of my life,” said Schultze. “I’ve seen much of how the industry works in both residential and commercial real estate, and was also fortunate to start out as a transaction coordinator a few years ago so that I could understand all sides of the transaction.”

After relocating to the Farragut area, Schultze recently joined The Blankinship Group at Wallace Real Estate, a top-producing, award-winning real estate team that works with clients across East Tennessee. So far, she says the best part of the role has been connecting with others and helping them navigate the intricacies of purchasing a home.

“I love being able to advocate for someone on their journey to finding a new home or selling one,” she said, noting that she always strives to maintain a positive and gentle attitude, no matter the circumstances. “The most important thing in my life and the source of who I am is my faith, so it’s always a joy to get to connect with others on that.”

As an artist, Schultze also leverages her eye for home design to ensure clients can see a property’s full potential.

“Home staging is something I have quite an interest in, as well as helping others envision what their home could look like when searching for a new home that needs a bit of work,” she said.

For more information, holly.agent.wallacetn.com.



Shelly Scoggins

OWNER

Reckless Hippie

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A longtime entrepreneur, Shelly Scoggins has owned and operated numerous small businesses, from hair and make-up salons to tattoo parlors. The Illinois native is now leveraging her experience and expertise to help her 22-year-old son Seth achieve his dream of owning a high-end CBD shop.

“He’s always wanted to own a dispensary, so after he graduated from high school, I decided to retire from hair to help him create a future for himself doing what he’s passionate about,” explained Scoggins. “We also really wanted to help people in the Farragut area learn the benefits of CBD products, and we knew we could keep it classy and top-notch – so that’s what we did.”

The mother-and-son duo officially opened Reckless Hippie in January of 2022, offering high-quality hemp products to help individuals of all ages improve their physical and mental health.

“These products provide an alternative for people who suffer from pain or anxiety and don’t want prescription pills,” said Scoggins, adding that breaking the stigma surrounding hemp has been one of the greatest aspects of starting the business. “It’s been so rewarding to help educate and inform people who come into the shop and absolutely have no idea about these products because they’re so villainized by the media and by public perception.”

Located at 139 Brooklawn St., Reckless Hippie has earned several local accolades, including being named Best CBD Shop and Best Tobacco/Vape Shop in this year’s Farragut Press Readers Choice Awards. The store was also recognized by Google as a Top Rated Smoke and Vape Shop in 2023, as well as the area’s Best CBD Store in the 2022 Knox Stars Community’s Choice Awards. For more information, visit recklesshippieknox.com.



Sandi Simpson

Community Relations
Director

The Villages of Farragut

865-671-2500

Sandi Simpson graduated from the University of Tennessee in 1980 with a degree in Child and Family Services with plans to become a Social Worker. Prior to working in senior living, Sandi worked as a stay-at-home mom for 20 years. When her mother fell ill with Alzheimer’s, she dropped everything to make sure she gave her mother the care that was needed, and then, she realized her calling; helping seniors live a happier and healthier life.

After their children were grown, she became one of the first active volunteers at her church, Concord United Methodist Church’s adult daycare program, Concord Adult Day Enrichment Services (CADES).

Simpson then started working part-time at a local assisted living community for three years and spent another six years at an independent living community as Lifestyle Director, and later, as the Leasing Director. During her time as leasing director, she was able to keep the community 99% leased, which led to her recruitment by The Villages of Farragut.

“I fell in love with taking care of seniors,” she said, noting that she initially joined the Villages team as the Resident Event Director. Simpson took over her current position just before COVID-19 pandemic began. At the time, the community was 50 % occupied. Even through the restraints that were put into place to keep the residents safe, she has been able to increase the occupancy to a current 98%.

So far, Simpson’s favorite part of the job is helping families navigate through life’s transitions and bringing joy to residents and their families.

“I hope to bring smiles to the residents’ faces and make life for their family easier every day,” she said.

Simpson’s dedication to her company, her career, and most importantly, the seniors she serves is unsurpassed. In addition, she has shown that it is never too late to find your passion, and for her, it was helping senior citizens stay connected with their community and ensuring the quality of life they deserve.



Amy Shewmake

Owner

**Simply Magical Vacations
by Amy**

www.alwaysmagicallyyours.com

Amy Shewmake’s love of travel began when she was a young girl, adventuring across the United States with her family.

“I grew up loving to travel and making memories with my own family,” said Shewmake, noting that this passion ultimately sparked a desire to assist others in planning their own vacations. “I wanted to help others have similar experiences.”

In 2014, after spending years planning travel as a hobby, Shewmake joined Simply Magical Vacations, a group of travel advisors that focus on making vacations as stress-free as possible.

“We want to make your vacation simple and magical,” said Shewmake, who specializes in planning family vacations in North America, South America, Europe and the Caribbean. “Vacations should not be stressful, but a time to make memories with your family.”

In addition to easing the planning process, Shewmake added that Simply Magical Vacations’ client-focused approach also ensures travelers get the best value for their investment.

“The biggest misconception people have about travel agents is that using one is going to cost them time and money, but the opposite is true,” she explained. “Whenever you book a cruise, all-inclusive, theme park, hotel, or car rental the cost of a travel advisor is already included. If you do not use one, the company keeps the money. If you do, then you get a travel advisor included complimentary in your package price! The best thing is that travel advisors do not work for those companies that pay them – they work for their clients.”

For more information about Simply Magical Vacations by Amy, visit www.alwaysmagicallyyours.com.



Candace Viox

Owner

**Water Into Wine
Bistro & Lounge**

865-392-1586

W2wknoxville@gmail.com

9 Years in Farragut full of relationships, support, and community!

Candace Viox opened the popular Farragut destination, Water into Wine Bistro & Lounge, in May 2016, and her restaurant is still going strong. The community support has been overwhelmingly appreciated. The extension of her lease has ensured she will be operating in Farragut for a few more years. Catering, community events and private parties have allowed her brand to grow in the Knoxville area. While Candace’s team is already gearing up for the holiday season, she has begun booking business luncheons and holiday parties. She loves hosting members of the business community who enjoy showing their appreciation to their team members, so if you are looking for a way to tell your staff thank you for their hard work, Water into Wine is the perfect place for your private party!

Water into Wine is a different kind of restaurant and lounge. 9 years of beautiful people and relationships. Connections are made by the locals who stop in on a regular basis to the visitors just passing through who have been told about the beauty of the Farragut area and the lounge known as the “Farragut Cheers” by some locals and the “Bible Study Bar” by others. Candace says it is a “community gathering place where people talk, share, and care about one another.”

Candace serves as the President of the Farragut Business Alliance and works closely with local elected officials advocating for small business support, as well as serving on the Farragut Tourism & Travel Board. She contributes to many non-profits including Isaiah’s House, St. John Newman, Farragut and Hardin Valley Academy teams and local clubs in the community.

“Everything is in God’s plan, purpose and timing and I will go where He leads next,” said Candace. “Seems God still wants me in Farragut because I am still here.”



Cathy Warmbrod

Attorney
McDonald, Levy & Taylor

865-966-4343
888-419-0433
10805 Kingston Pike, Suite 200
Knoxville, TN 37934

From physical therapist to practicing law

Cathy Warmbrod spent years as a physical therapist before graduating from Lincoln Memorial University's Duncan School of Law in December and joining the team at McDonald, Levy & Taylor.

"I needed a change from the very physical demands of therapy," said Warmbrod, noting the similarities between law and healthcare. "You meet with your client/patient and identify their problem; you determine what their goal for their legal representation/therapy is; and then you devise a plan to achieve that goal for your client/patient."

So far, Warmbrod said the transition to practicing law has been both enjoyable and interesting, as she gets to work on a variety of tasks each day.

"It is never boring," she said.

Warmbrod, who graduated first in her law school class, is a proud mother of two adult children and three rescue dogs. She and her husband currently live in Oak Ridge.



Heather Whittemore

FNP-BC, MEP-C/Owner

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www.BeWellKnoxville.com

Heather is a Board-Certified Family Nurse Practitioner and a Certified Medical Esthetics Provider, has a Master's and Bachelor's degree in Nursing, has a Bachelor's degree in Psychology with independent studies in behavior modification, a Bachelor's degree in English with a certification in Technical Writing and Communication, and has a diploma in Nutritional Counseling and Weight Loss. She has been an advanced aesthetics provider for almost twelve years. Heather is a member of the Obesity Medicine Association and the Obesity Action Coalition, because she feels it is important to advocate for her patients and the recognition of obesity as a chronic disease. She is also a member of the American Academy of Aesthetic Medicine and is certified by the American Academy of Anti-Aging Medicine and continues to educate herself and others on the safety and technique of aesthetic procedures. When she is not working, she is spending time with her family, traveling, cooking, and gardening. She is the owner and lead Nurse Practitioner at Be Well and is excited to help patients achieve their weight loss, aesthetic, and overall health goals. Heather believes in building strong provider-patient relationships through honesty, integrity, and trust. Partnering with her patients on their personal journeys to wellness is fulfilling and rewarding. Each day she and her staff get to help someone gain back their self-confidence, accomplish a goal, and give life longevity to patients. Daily she leaves work knowing she has been a positive influence in someone's life. She has been helping others become healthy for almost 20 years and looks forward to helping you.



Susan Worthington

President

Southern Market

Office: 865-588-2260

Cell: 865-455-5588

www.southernmarketshops.com

Susan Worthington and her mother, Frances Sexton, founded The Southern Market more than two decades ago with the vision of creating an upscale interiors market that showcased local vendors featuring strictly stylish merchandise.

With more than 200 current vendors, Worthington said that The Southern Market offers a variety of products that range from home decor, gifts, boutique fashions, and art. We are always looking to enhance our market with exceptional new merchants and artists.

"We pioneered a new breed of marketplace in an era of antique and craft only malls" said Worthington. "Neither Knoxville -- nor any Southern city we visited for that matter -- had anything like us at the time. We traveled more than 20,000 miles throughout the Southeast hand-selecting our first merchants over several years. We built our building entirely for this concept as well."

Having built this Knoxville staple and entrepreneurial legacy literally from the ground up and on the pages of Veranda magazine before they ever opened, these ladies were destined for success.

Decades later, The Southern Market, located at 5400 Homborg Drive, is still going strong winning Best Gift Shop and Best Interior Design by Knoxvilleans year after year, and will be celebrating its 27th year in business.

Worthington says the market's lengthy success is a result of its focus on recruiting quality, small businesses from the local community, servicing those businesses' needs, and garnering mutually successful relationships that last for many years. We aim to minimize turnover and maximize our merchants' successes.

"Southern Market has been promoting 'shop local' for 27 years," she said. "Shop Local is not new to us. We have loved and embraced shopping local and small businesses since 1996. We are small business. We are shopping. We are local. Come shop local at Southern Market."



Debbie Yankey

Realtor

Wallace Real Estate

865-966-1111

865-414-8818

debbie@debbieyankey.com

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With 29 years of experience and a wealth of knowledge, deep-rooted connections, and a compassionate approach, Debbie stands apart as a trustworthy and valued guide for individuals seeking to navigate today's real estate market.

Debbie has strong ties to her community. Over the years, she has cultivated meaningful relationships with fellow real estate professionals, local businesses, and residents. This network of connections not only facilitates Debbie's ability to access off-market opportunities but also helps her stay attuned to the pulse of the community and its evolving real estate needs.

Family holds a special place in Debbie's approach. She understands that real estate transactions often carry significant emotional weight, and she approaches each deal with a compassionate and empathetic demeanor. She treats her clients with the same care and respect she would extend to her own family members, fostering trust and long-lasting relationships.

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November 1

Celebrate and enjoy holiday cheer at Pellissippi State Community College's hugely popular Holiday Spectacular Musical Concert, offered in one performance starting at 7 p.m., Friday, Nov. 1, in Clayton Performing Arts Center on the Hardin Valley Campus, 10915 Hardin Valley Road.

The Holiday Spectacular is free, and the community is encouraged to attend. Parking is free. Because space is limited, complimentary tickets will be issued at the door to the first 480 guests. Arrive early to ensure you receive a ticket. "The concert features the talents of more than 150 Pellissippi State students and faculty in eight different musical ensembles performing classic winter tunes and carols," the PSCC website stated.

While the performance is free, donations are accepted at the door for the Pellissippi State Foundation on behalf of the Music Scholarship fund.

The Holiday Spectacular is part of The Arts at Pellissippi State, which brings to the community cultural activities ranging from music and theatre to international celebrations and the fine arts. For additional information about The Arts at Pellissippi State, call 865-694-6400 or visit www.pstcc.edu

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Knoxville, TN 37933**

865-694-6400 | www.pstcc.edu

November 16

**WCD-Ukelele: Holiday Inspired Music
at PSCC's from 10 a.m. to noon, Saturday, Nov. 16.**

"Spread holiday cheer and play some of your favorite songs for family and friends during this two-hour class — learn as many popular seasonal songs as class time allows," the PSCC website stated. Cost is \$25. "You will need to provide your own ukulele and have some beginner level experience. Register at: www.pstcc.edu Location is shared after registration.

December 1

**Pellidays Around the World & Breakfast
With Santa 36th annual event!**

Saturday, December 7, 2024, 9 AM – 12 PM

Student Engagement and Leadership and our Student Activities Board welcomes to 36th Annual Pellidays Around the World & Breakfast With Santa, a free event that is open to the public from 9 a.m. to noon, Saturday, Dec. 7, "throughout our Goins Administration Building," the PSCC website stated. "This grand event is open to our community, students, families and staff.

May Christmas be evergreen in your heart."

No registration is required.



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Devo 6:00-8:00pm

Mondays

High School Bible Study—7:00-8:30pm

Wednesdays

Class & Worship 6:45-7:30pm

CANDLELIGHT
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DECEMBER 18 @ 6:30 PM



The **Christmas Play and Pancakes with Santa** will be December 6th at 5:00pm!
Everyone is welcome to this free event!



**KINGDOM
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Valley's half-century school: PSCC 50th

From less than 50 to more than 11,000 students

Pellissippi State Community College, the pride of Hardin Valley with its main campus at 10915 Hardin Valley Road, adds a 50th candle to its collegiate birthday cake this year.

With less than 50 students and only three associates degree programs when the school was born back in 1974, PSCC today boasts more than 11,000 students with campuses stretching from Hardin Valley, main campus, to its other Knox campuses along Division Street, Magnolia Avenue and Strawberry Plains — and along state Highway 321 in Blount County.

From those three associates degree programs, PSCC has become “one of 46 institutions in the Tennessee Board of Regents system (and) the sixth largest system of higher education in the nation,” according to its online history review, with more than 500 full-time faculty and staff and another 400 who are part-time.

“This year marks a significant milestone in the college’s history and presents an opportunity for us to say thank you to all of those who have been a part of Pellissippi State throughout the years,” PSCC president Dr. L. Anthony Wise Jr., stated in a press release.

“We have a long history of serving the community from our academic offerings, workforce partnerships, Lifelong Learning courses and more,” Wise added. “This year’s celebration allows us to give back to our community, visit with our alumni and convey our appreciation for all who have made Pellissippi State the great place it is.”

Specific events

Pellissippi State kicked off its 50th anniversary celebration with Found-

er’s Day Friday, Sept. 6, which was “a time to honor and celebrate our past, beginning with a convocation event in the Clayton Performing Arts Center,” a school press release stated.

In the PSCC courtyard was a Founder’s Day Music Festival featuring performances from The Fine Colombians, The JaByrdz and Julius Blue.

Other celebration events included Friday, Oct. 25 — Make A Difference Day: 50 Service Projects in Honor of 50 Years.

Other celebrations ahead include:

- *Throughout November: Donors, Scholars and Month of Giving*
- *Dec. 3 - Giving Tuesday*
- *Dec. 5 - Holiday Spectacular*
- *March 2025 - The Arts at Pellissippi*
- *April 2025 - Pellissippi Around the World*
- *April 3, 2025 - Our Vision in Gold 50th Anniversary Gala*

To learn more about Pellissippi State’s 50th anniversary events throughout the school year, visit pstcc.edu/50years



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EVELYN MCCOWN



HARDIN VALLEY
ACADEMY
**Girls
Soccer**

Featuring four seniors,
Hardin Valley Academy's 2024
girls soccer team earned a No. 3
tournament seed in always
rugged District 4-AAA.

A dramatic Lady Hawks penalty kicks
victory against No. 6-seed Heritage
in the tourney quarterfinals, at HVA,
came before having its season ended
in the semifinal round, on the road,
versus No. 2-seed Knoxville West.

Photos courtesy of
Jeremy Wiggs/
Jeremy Wiggs Photography

TAYLOR RIETMANN



LEXI ROSKIND



BELLA BUCCOLA



RAEGAN HUFFAKER



HARDIN VALLEY ACADEMY Volleyball

Lead by seven seniors, Hardin Valley Academy's 2024 volleyball team proved to be quite competitive in a district, 4-AAA, where two of the Lady Hawks' opponents, Farragut and Maryville, not only earned TSSAA State Tournament berths, but made deep runs in state tourney play.

Photos courtesy of
Jeremy Wiggs/
Jeremy Wiggs Photography

GRACY LASIG



TORI MALDONADO



CALLEIGH RINGLE



HAWKS 2024
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Hardin Valley Academy football

2024 has been a learning experience for a young Hawks football team and its first-year head coach, Tyler Wynn, who says he's confident that hard times this season will, with the experience gained, turn into victories in 2025 and beyond.

Photos by Kevin Lemere



Above: The Hardin Valley Academy football team charges onto the field during a Hawks road game.

Far left: Chance Sharp (24), Hawks defensive end, makes a tackle against Bearden.

Left: Cruize Furman (17), HVA wide receiver, finds room around the left side of the BHS Dawgs defense.

Below left: HVA cheerleaders and a flag corps trio prepare a tunnel for the Hawks football team to run through prior to the game at Bearden's Bill Young Field Friday evening, Sept 20.

Below right: Jayden Sheard (19) and Brody Lamb (6) gang tackle a BHS Bulldog as HVA linebackers Nathan Holbrook (41) and Grady Estep (36) look to help.



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CREDIBILITY

Pam Owen is an accomplished sales and marketing professional with over 30 years experience.

Before becoming a Real Estate agent, Pam was a business entrepreneur, corporate leader and national sales manager. Pam received her Real Estate License in 2009 and joined Realty Executives Associates. She quickly became one of the top real estate producers in the area.

“Every career has led me to this one,” Pam states. “The best attributes of each career are rolled into Real Estate. It is the hardest and most detailed of all, but the one that I love the most.”

Pam quickly became a Multi-Million Dollar producer and continues to reach that goal each year. She has earned the Accredited Buyer’s Representative and Seniors Real Estate Specialist designations. When choosing your Realtor®, choose someone who loves Real Estate...choose Pam.

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**REALTY
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Hardin Valley Youth Football • 3rd Grade

Though losing to top-seed Alcoa in Knox Area Youth Athletic Conference Playoff action, 3rd Grade variety, several players for the 8th-seeded Hardin Valley team played well during this quarterfinal game Saturday morning, Oct. 19, at Hardin Valley Academy.

Above: Sillas Mazonas (10) of Hardin Valley blocks well during a running play. Top right: Mini Hawks defensive linemen Aiden Stringer (5), Daylen Jackson (0) and Isaac Barfield (9). Right: Paxton Ginn looks for room to run against Alcoa. Far right: An impressive tackle by Weston Albright against the Mini Tornados. Below: Malachi Morrow (1), Josiah Gutierrez (00), Cooper Morelock (17) and Ginnel Raught (36) are among the Hardin Valley players nearby after these Mini Hawks force an Alcoa fumble.

Photos by Alan Sloan



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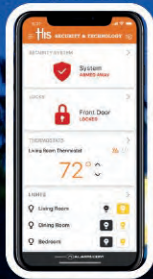
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Hardin Valley Youth Football • 4th Grade

Earning a No. 4 seed in the Knox Area Youth Athletic Conference 4th-Grade playoffs, Hardin Valley hosted No. 5-seed and rival, Farragut, on the Hardin Valley Academy field late Saturday morning, Oct. 19. Despite losing in a close game, several Mini Hawks played well against the Mini Admirals.

Above: Keimar Harshaw (0), Hardin Valley running back, finds open room to roam versus Farragut.

Top left: Braxton Hendersn (14) is among the Mini Hawks team members getting coaching tips during a timeout.

Middle left: Kaycin Grate (6) finds a big hole to run through, thanks in part to blocking by his Hardin Valley teammates.

Bottom left: Among the Mini Hawks defenders versus Farragut were Oliver Leitao (2), Cam Wynn (9) and Bo Galloway (12).

Below: Quarterback Cooper Clark (29) runs a reverse to Carter Johnson (8) versus Farragut.

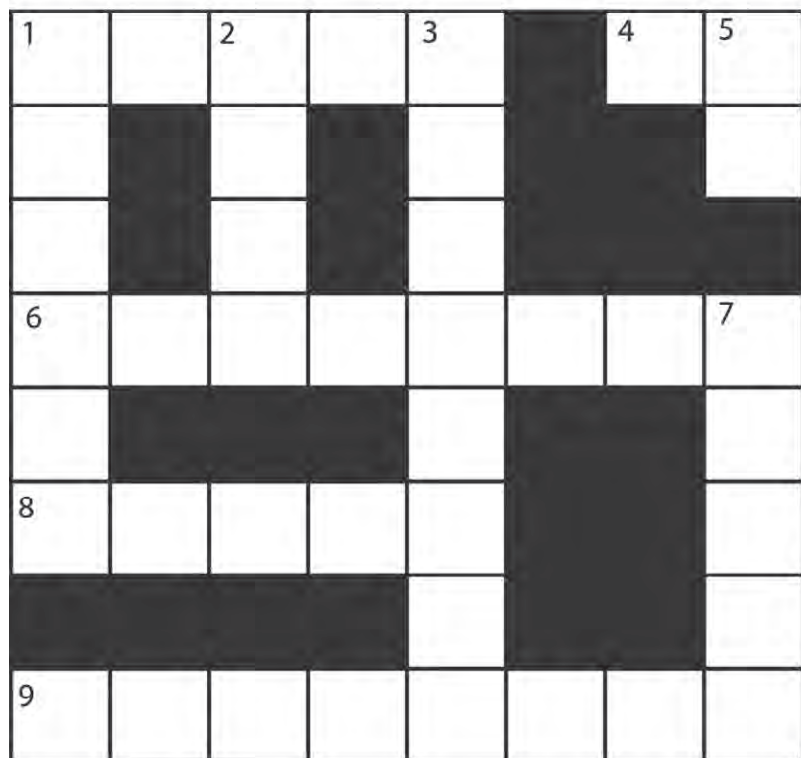
Photos by Alan Sloan



Kids' Corner



Crossword Puzzle



ACROSS

- Collection of writings
- Movie rating
- Timing of events
- Jewish religious leader
- Newspapers or magazines

DOWN

- One who creates a written piece
- A space in a home
- Green onion
- Start to move
- Corrections

Answers:
 Across: 1. Works 4. Pg 6. Timeline 8. Rabbi 9. Journals
 Down: 1. Writer 2. Room 3. Scallion 5. Go 7. Edits

Find the Hawk

WINNER

The winner of the Find the Hawk contest for the August 2024 edition of Hardin Valley Living is

Ivy Edwards

Ivy received a gift card from **Chick-fil-A!** (Turkey Creek and Overlook Center locations)

Thank you to Chick-fil-A for their sponsorship of the Hawk contest, and congratulations to our winner!



Find the Hawk

This hawk has been hidden in this issue of "Hardin Valley Living!" Search through the pages to find the hawk. When you do, fill out this form and mail or bring it to: **farragutpress, 11863 Kingston Pike, Farragut, TN 37934**

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

Name: _____ **Age:** _____

Parent Name: _____

Phone Number: _____

Email: _____

If correct, you will be entered in a drawing for prizes to be held **December 30, 2024**. Winner to be announced in the next edition of Hardin Valley Living. (Ages 12 and under are eligible.)

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If you are looking to increase the value you are getting from your insurance provider, give us a call today.

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WHAT DOES IT TAKE TO
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Ramsey Trusted providers are advocates for Ramsey's financial and business principles. They know their job is to serve—not sell.

Tate Insurance Group is Fully Vetted by the Ramsey Team:

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