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Citizens’ input time for Boring Road corridor

STAFF REPORTS
editor@farragutpress.com

Town of Farragut will conduct a community workshop — open to the public — from 4 to 8 p.m. Monday, Nov. 15, to solicit input on the Boring Road corridor, the southern portion of Smith Road from Boring Road to Kingston Pike and to the west along each side of

Kingston Pike to Virtue Road. The workshop, to be held in Town Hall Community Room, 11408 Municipal Center Dr., will provide walk-up stations where participants will be encouraged to make comments and record their visual preferences for transitional areas and building scale and placement, according to a Town press release. “Visioning workshops give community members

the ability to shape Farragut’s future development by providing feedback that will be used to make land use decisions,” the release continued. It is the next step in the process as officials, staff and Comprehensive Land Use Plan advisory committee members have been working on updating the CLUP and Future Land Use map.

Holding pattern for ‘suit, CCS lights

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

Two agenda items, one regarding proposed ballfield lighting and the other Steve and Ginny Williams’ request for changes to the Town subdivision regulations, were postponed last week at the request of the applicants prior to the regular Thursday, Oct. 21, Farragut Municipal Planning Commission meeting.

Ballfield lighting
Applicant Jeff Jordan asked that a requested Farragut Municipal Code amendment regarding outdoor site lighting, to allow for ballfield lighting custom-designed not to affect neighboring properties, be removed Oct. 18, according to an e-mail provided by Town Community Development director Mark Shipley.



Shipley

“After discussing with the church, we have decided to pull the text amendment agenda item from Thursday’s meeting,” Jordan wrote. The issue had been the subject of two Town Staff/Developer meetings and the September FMPC meeting, during which Jordan and First Baptist Concord officials discussed the possibility of installing ball field lights at the church-sponsored Concord Christian School.

Some area residents have publicly opposed the proposal at both the FMPC meeting and the October Staff/Developer meeting.

It is unclear if or when
See ON HOLD on Page 4A



Feeding & ‘Frightening’



Halloween fun at Farragut Presbyterian Church’s Trunk or Treat event Friday, Oct. 22, saw dozens of children and adults in full costume mode. Fox Den Country Club Fall Festival Sunday, Oct. 24, produced pet-friendly and frightening results. **(Left)** Claire Malone was scary at FPC. **(Top)** Millie Skeens, 3, feeds goats at the FDCC Fest. **(Above)** Samuel Harrop, 3, as The Hulk at FDCC. *(See more Halloween photos on page 5A)*

Left photo Michelle Holldenhead
Above photos Alan Sloan

3 cited by Town Beer Board

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

Two Farragut businesses cited for underage beer sales were assessed fines by the Town Beer Board Oct. 14, while a third had its beer sales licence suspended for 21 days.

Fairfield Inn, 11763 Snyder Road, and Hampton Inn, 11340 Campbell Lakes Drive, had been cited by Knox County Sheriff’s Office for underage sales occurring Aug. 12, while Smart Serve Market, 800 N. Campbell Station Road, was cited March 8 for the same infraction.

KCSO Detective Brian Cole was present during three separate hearings to detail the charges filed, and Town Attorney Tom Hale also was present.

Trent Walker represented Fairfield Inn and Darren Tallent represented Hampton Inn during hearings conducted by the Beer Board. No representative from Smart Serve was present, even though Town recorder Allison Myers stated owner Peter Patel had been served notice of the hearing.

Both Walker and Tallent plead guilty to the charges, and each business was assessed a \$500 fine after being given a choice between the fine and a 14-day sales suspension.

Walker said the individual who made the sale “is no longer with the company,” while Tallent explained, “(Our) assistant manager was new and was covering a shift.

“She looked at the ID (presented), but got the month wrong. (After being cited) we stopped selling beer for over a month, and (all staff) was re-trained or newly trained.”

According to Town records,
See CITED on Page 4A

business

“...When it arrives at their job site, they don’t have to worry about returning anything ... we know our material is the best in town and our delivery is unmatched,”

Randy McCoige, one of the partners in a new business touting a high-quality product. (Read story beginning on page 3A)

community

“In our short time at Farragut, she has developed quite a fan club. I think it is safe to say everyone that has met Hartley has been blessed,”

Taylor Watson, agricultural sciences teacher at FHS whose special friend needs special help. (Read story beginning on page 5B)

sports

“Our kids have played hard. ... It’s just been a couple of plays here and there that we needed to make in the last three to four minutes that we couldn’t make,”

Eddie Courtney, coach of a team trying to change its luck in a big game at week’s end. (Read story beginning on page 1B)



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Teachers gifts from ERC



Michelle Hollenhead

Farragut Education Foundation Committee member Mary Nussbaum helps load teacher and staff goodie bags the group assembled Tuesday, Oct. 19, in Town Hall. Nussbaum had the idea to put together treats and words of encouragement for teachers in each of the Town’s public schools, and between committee, Town, former teacher and community donations, 250 gift bags were assembled and numerous Starbucks gift cards were purchased, all of which were presented for distribution at the schools last week. Each bag also contained a note, “We love our teacher,” from ERC.

towncalendar

- **Farragut Parks & Recreation Department offers free adult education opportunities in Farragut Community Center (239 Jamestowne Blvd.).**
A free community center membership is required for participation in classes and programs. See the full list of scheduled classes at farragutparksandrec.org/programsandevents. Sign up at townoffarragut.org/register. For more information, contact Special Event and Program coordinator Brittany Spencer at bspencer@townoffarragut.org.
- **Making Medicare Easier**, from 6 to 7 p.m., Monday, Nov. 8. Cost is free. Registration deadline is Friday, Nov. 5. Instructor is Bruce Landis of Providence Advisors Group. Learn about enrollment periods, overview of parts A, B, C and D and supplements.
- **Making Social Security Easier**, from 6 to 7 p.m., Monday, Dec. 6. Cost is free. Registration deadline is Friday, Dec. 3. Instructor is Garrett Crawford of Providence Advisors Group. Learn the basics of Social Security so you can make informed decisions about when to file.
- **The Music for Seniors Knoxville November Concert** is from 2 to 3 p.m., Thursday, Nov. 18, in Farragut Community Center. This free daytime concert series will feature Knoxville-based Kukuly and the Gypsy Fuego, with doors opening at 1:30 p.m.

See TOWN CALENDAR on Page 4A

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KCSOreports

• **At 5:56 p.m., Sunday, Oct. 24, an officer observed a silver 2008 Honda Fit traveling east on Parkside Drive at North Campbell Station Road displaying an expired Florida license plate. A traffic stop was conducted and contact was made with the operator, who did not provide her license, registration or proof of insurance.**
Eventual arrestee said her license must have been in her other purse and her registration may be in storage in Florida. “I asked if it could be in the glove compartment, which Dawn stated it was not without attempting to check,” the report further stated. Dawn was looking through her purse for her license before setting the purse on the driver’s floorboard.
A K9 Officer responded to the scene and conducted a plain-air sniff of the vehicle utilizing K9 Manny. Manny gave a positive alert for the odor of narcotics on the rear driver’s side bumper. A probable cause search of the vehicle was conducted. Inside the purse, a glass bottle containing suspected crystal meth was located inside an Ibuprofen bottle. “I was unable to weigh the crystal meth outside of the container. However, the total weight of the crystal meth and container was 7.0 grams,” the report stated.
Throughout the vehicle, multiple glass and plastic smoking devices were located consistent with narcotics use. A small amount of marijuana and THC wax “Dabs” also were located and properly disposed. After the officer ex-

plained Miranda rights to arrestee, who stated she understood her rights, she also said, without prompt, the suspected crystal meth was not her’s. Arrestee was taken into custody and transported to the detention facility.
• **At 6:49 p.m., Oct. 24, an officer spoke with a motorist, who said while he was driving on Fox Road, a vehicle driving in the opposing lane of travel hit his driver’s side mirror. Victim said it was a “black 3500,” but that was all the vehicular information he could give.**
Victim said he knew he was not driving with his mirrors fully extended and that when the unknown vehicle struck his mirror, glass went all through his open window into his truck and onto him. Victim said he pulled over to the side of the road and waited for the other vehicle, but the other vehicle kept driving. Total value of damage was listed at \$700.
• **At 8:12 a.m., Friday, Oct. 22, a complainant called KCSO Teleserve Unit to report a theft from a Painted Turtle Lane residence. Complainant advised the incident occurred between the listed dates and times while awaiting to be put of the roof. He advised the listed items were on pallets outside when an unknown suspect took the listed items without permission.**
The Painted Turtle Lane is part of the new developing subdivision and in CAD had to be listed as a Turkey Creek Road address. Total value of loss was listed at \$2,500 — with \$2,200 of that shingles.

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Seminar shares Town process for business startups

TAMMY CHEEK
tcheek@farragutpress.com

Potential business owners and those looking to expand a business, and others interested in how to get a business started in Town of Farragut attended the Town's first Business Start-Up Seminar, which took place in Farragut Community Center, Wednesday morning, Oct. 20.

Trevor Hobbs, assistant to the Town administrator, and other Town representatives talked attendees through the process, from codes to street signs, during the seminar.

"It does seem like a lot of rules," said Maria Rayas, administrative assistant in Farragut Community Development. "We don't expect everyone to have a professional submit plans for them."

Hobbs said the Town is available to help people through the regulations, emphasizing they need to stay in communication with Town officials and provide accurate contact information so the Town can keep them aware.

"We're in the process of doing a build-out, and (the seminar) answered a lot of my questions about the process; and since we're new to the area, we

were able to meet a lot of the community leaders we haven't met before," said Lisa Atkinson, co-owner/consultant of Zelvin Security in Renaissance Farragut.

"I work for a mortgage firm," said Ashley Quesenberry, loan officer with Movement Mortgage in Knoxville. "I came just to get more familiar with the process. A lot of my clients are moving into the area and are

thinking of opening a business or relocating here from other places.

"It helps to know what is going on in the community," she added.

"It's good information," Mountain Escapes Magazine owner Terry Patterson said about the seminar. "... A lot of people are asking."

See SEMINAR on Page 6A

Euphoric Cheese Shop supports Breast Connect Inc. with donation



STAFF REPORTS
eitor@farragutpress.com

Farragut's Euphoric Cheese Shop owners — both of whom have been personally touched by breast cancer — recently gave back to an organization that has done so much for them.

Amy Burritt and Cheri Intveld, who opened the specialty shop in West End Center just eight months ago, donated 20 percent of all sales and 100 percent of tips raised during business hours Saturday, Oct. 16 to Breast Connect Inc.

"It was the busiest day we have had so far — even busier than our first day open," said Burritt, who relied on social media advertisements and word of mouth to encourage shoppers to help contributions toward the cause.

All together, \$2,750 was presented Tuesday, Oct. 19, to the breast cancer support organization described by Burritt as "a local nonprofit organization created to empower breast cancer patients by connecting them with information, resources and friendships."

Diagnosed in July 2020, Burritt learned about Breast Connect Inc., from her surgeon. "I was 37 years old and totally stunned by my diagnosis and impending double mastectomy," she said. "The Breast Connect group was an incredible network of survivors who could answer questions and provide support."

"But that was just the tip of the iceberg," she added. "Breast Connect helped me find other resources throughout my recovery — and they sent me flowers and a care package after my surgery. It made a huge impact on me at a really difficult time."

Intveld, who was diagnosed in April 2021 at age 38, said she also has found invaluable support through the group.

"It helps you realize you're not alone. I was matched with another survivor who had a similar diagnosis and was able to meet with her and learn about her experience and some of what to expect on my own journey," she said.

Nina Reineri, president of



Michelle Hollenhead

Euphoric Cheese Shop owners Cheri Intveld, left, and Amy Burritt are pictured Saturday, Oct. 16, the day the women held an in-shop fund-raiser for Breast Connect Inc., an organization which has impacted them both.

See EUPHORIC on Page 7A

Filling a need for quality product: Legacy Lumber

TAMMY CHEEK
tcheek@farragutpress.com

When a group of Knoxville professionals in the construction business saw a need for quality lumber, they stepped up and started Legacy Lumber Sept. 1 at 2099 Thunderhead Road, Suite 204, above Cazzy's Corner.

Randy McCoige, operations manager and one of the partners, said the company is the "spin-off" of Legacy Construction & Remodeling, LLC., which has been in operation for a number of years. McCoige is joined by partners including Scott McPhearson and Jason Wyatt.

"We were traditional residential-commercial builders, along with industrial," he said. "We've done a lot of different type of work, but we saw a need for high-quality lumber at a fair price."

"We are here to serve builders that are underserved by traditional big-box stores," McCoige added. "We're not so much for mom and pop coming in to buy one board."

"We supply a big majority of lumber for cabinet builders in the Sevierville area, as well as local contractors looking for high-quality lumber. The difference is (as a contractor), you can go a big-box store, and you're going to have to pick through hundreds of boards to find straight lumber."

"We only offer high-quality lumber, meaning it's been graded and it's the top of the mark. Saying the company is "a little bit different," McCoige added, "We're not there to be the cheapest in town; we're there to be the best in town, and that market is just not served until now."

As contractors, "We were tired of the different stores not providing this service that we thought our customers deserved," he said. "There were countless times we had to hold up projects because the lumber being delivered wasn't up to our quality specifications, so we set out to be a difference maker — and that's where we are today."

"We're builders that decided enough's enough," McCoige added.

"I never want to be in competition with Home Depot. My goal is to give contractors a product that, when they call me ... when it arrives at their job site, they don't have to worry about returning anything. They don't have to worry about it being good material."

"We know our material is the best in town and our delivery is unmatched," he added.

Legacy Lumber is made up of nine staff members. "We have an excellent staff," McCoige said.

See TURKEY CREEK on Page 6A

businessbriefs

• **Ben Stiefel recently was named executive director of Morning Pointe of Hardin Valley**, an assisted living and Alzheimer's memory care community, which is set to open at 2449 Reagan Road, off Pellissippi Parkway, in January 2022.

Stiefel comes to Morning Pointe with more than 14 years in senior healthcare, most recently from The Waters of Clinton, where he was administrator.

• **Montay Calloway and Joel Brannon recently joined Tennessee State Bank's team of community banking officers.**

Calloway comes to Tennessee State Bank with more than 14 years of banking experience. He is a graduate of Pulaski Southwestern High School in Somerset, Kentucky, and a graduate of Maryville College with a bachelor's degree in business management.

Calloway, along with his wife

Katie, and children, Tyson, Bella and Layla, attend Pathways Church in Sevierville.

Brannon has more than 18 years banking experience. He is a Sevier County High School Class of 1998 graduate and 2002 Clemson University graduate with a bachelor's degree. He also has an Masters degree in business administration from Carson-Newman University.

Brannon and his sons, Beau and Lawson, are members of First United Methodist Church in Sevierville. He also is a board member of Sevier County Education Foundation.



Stiefel



Calloway



Brannon

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More costumes from Fox Den Fall Festival



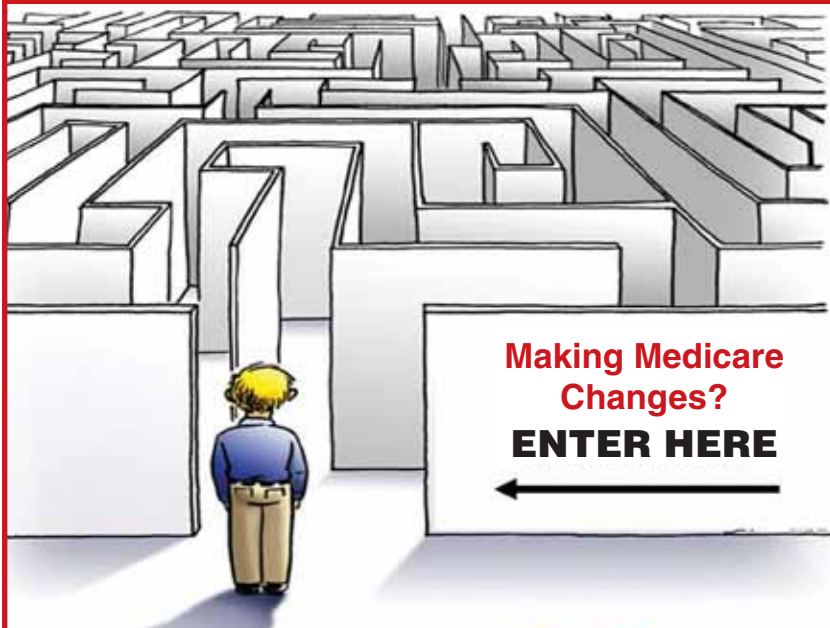
Among youngsters looking to fight crime by using their super powers were these “Wonder Woman” sisters, whose costumes stood out during Fox Den Country Club Fall Festival Sunday afternoon, Oct. 24. Sunnie Hinkle, 7, and Luna Hinkle, 3, begin to display their powers. Scores of Fox Den subdivision families joined club brass to make this Festival a success.



Among the variety of costumes worn by children, youth and adults during Fox Den Country Club’s Fall Festival Sunday afternoon, Oct. 24, on the FDCC driving range, some stood out. That would include the “Sumo brothers,” Thomas Brown, left, 13, and George Brown, 11. This Festival also included hayrides, a bounce house and bounce slide for children, a small petting and feeding zoo plus an air baseball hitting area.

Photos by Alan Sloan

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Photo submitted

Legacy Lumber loader Aaron McBay, left in forklift, loads lumber to a stack for a delivery while local builder John Marx directs the loading.

Legacy Lumber

From page 3A

“Our warehouse manager has been in the building industry for a little more than 30 years.” The company is open from 7

a.m. to 4 p.m., Monday through Friday, or anytime by appointment.

Builders and contractors may call McCoige at 865-898-6767.

Seminar

From page 3A

“I work for Insurance Office of America,” C.J Stevens said. “I’m trying to build a book of businesses and ultimately get a brick-and-mortar business and be an employer.

“I am here to be more proactive in possibly putting a brick-and-mortar in the Farragut area,” she added.

As part of the seminar, attendees received a copy of the Town’s Business Development Guide, a pamphlet describing the Town’s processes and procedures, from submitting a business license to submitting building plans.

“The pamphlet is huge,” Stevens said. “Knowing the regu-

lations, fees and application processes that is necessary.”

Additionally, a panel of real estate professionals – John Haney, agent with NAI Koella | RM Moore real estate firm; Bethany Marinac, Realtor with Exit Realty; and Darryl Whitehead, general manager of The Pinnacle at Turkey Creek – were on hand to provide advice and answer questions about finding real estate in Farragut. Cliff Caudill, a volunteer mentor with SCORE (Service Corps of Retired Executives), which is part of Small Business Administration, and Julie Blaylock, president/CEO of Farragut West Knox Chamber of Commerce, offered advice as well.

Chamber auction benefits charities



Michelle Hollenhead

Farragut West Knox Chamber of Commerce auction, held in September, raised funds for two local non-profits, Volunteer Ministry Center and American Cancer Society and the recipients. Chamber events committee members and local officials gathered in Farragut Town Hall Thursday, Oct. 14, for the official check presentations. The organizations received \$3,250 each. Pictured, from left, are Chuck Chalker of Josh Ellis State Farm; Tom Sharp of viamedia; April Damron of Heritage Financial; Terry Smiley of FirstBank; Ryan Distelberg of TDS Telecom; Stacy Madar of Pinnacle Financial Partners; Kayla Shelby of the American Cancer Society; Bruce Spangler and Zan Schriver of Volunteer Ministry Center; Knox County Mayor Glenn Jacobs; Farragut Mayor Ron Williams; Lenoir City Mayor Tony Aikens; and George Bove, Chairman of Loudon County Chamber “On behalf of the Chamber, we are thrilled that our auction this year allowed us to have such a great financial impact on not one, but two of our member non-profits,” FWKCC president/CEO Julie Blaylock said. “While we’ve always been proud to give whatever we could from each of the past 32 auction fundraisers to a charity, being able to triple the average donation this year is really meaningful to us. Of course, it would not have been possible without the hard work of the events committee, the support of all our sponsors and the steadfast support of our municipal partners.”

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Chamber’s West Under 40 members vie for best Halloween attire



Jessie Sturdivant, left, as Wednesday Addams and Jared Butler as Matthew McConaughey’s “True Detective” character Rust Cohle.



Farragut Alderman Scott Meyer, as the Cowardly Lion, left, and Farragut West Knox Chamber of Commerce president/CEO Julie Blaylock as “The Devil who Went Down to Georgia” at the Chamber’s West Under 40 Halloween Costume Contest, held Friday, Oct. 15, at Admiral’s Pub.



Giving the Halloween attire contest a “sharp” and patriotic feel were Jay Hall, left, as Norman Bates from “Psycho,” and Adrian Hall as Captain America.

Photos by Michelle Hollenhead



Kaylor Hensley, left, was a punk rocker, while her husband, Sean Hensley, came as former University of Tennessee football head coach Derek Dooley.

Euphoric

From page 3A

Breast Connect, met Amy and Cheri prior to the fundraiser and picked up their donation last week. “It came as a shock to all of us when Cheri was diagnosed right after Amy’s recovery, but we were happy to step in and help in any way we could. We are honored that Amy and

Cheri decided to do the Euphoric event,” Reineri said. “And, if you or someone you know and love receives a diagnosis of breast cancer here in the East Tennessee area, it is our hope they find Breast Connect,” she added. “It is our mission to make anyone’s journey and experience of this disease easier than it would be without Breast Connect in their life.”



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farragutpress Halloween Coloring Contest

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Also pictured is Coloring Contest sponsor **Steve Barnas**, Senior Program Director, Davis Family YMCA at Jefferson Park

farragutpress wishes to thank all the participants who submitted entries. We were very impressed with the wide range of creativity!

Don't forget to look for the Easter Coloring Contest next year!

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Going opposite ways: Bearden at FHS for playoff berth

ALAN SLOAN
editor@farragutpress.com

Neither Morgan Shinlever nor Eddie Courtney could remember a regular season Bearden versus Farragut varsity football game where the stakes were so high.

Shinlever’s BHS Bulldogs, despite a 4-5 overall record, will travel to FHS’s Bill Clabo Field riding the wave of beating two outstanding offensive teams — Cleveland Oct. 15 then Anderson County Oct. 22 — with strong defense and clutch plays late in the game from an offense that has struggled often in 2021.

“Any time you can put a win backed up against another win, I think your kids really start believing in what you are doing,” Shinlever said.

For Courtney’s Admirals (3-6), there’s been a flood of disappointing close losses this season, including the past two weeks: late scores have resulted in a

See BHS-FARRAGUT on Page 3B

STRIKING TSSAA GOLD



Photo submitted

With their hard-earned TSSAA Division II-AA state title trophy in hand, Knoxville Catholic High School volleyball players celebrate after sweeping Briarcrest in the championship match Thursday, Oct. 21, in Murfreesboro.

Revenge win vs. Briarcrest, in a sweep, gives Carter, Catholic Div-AA state crown

ALAN SLOAN
editor@farragutpress.com

MURFREESBORO — It might have seemed that a five-set loss to Briarcrest in the winner’s bracket of the TSSAA Division II-AA volleyball state tournament would have been devastating.

But Knoxville Catholic head coach Brent Carter was confident there would be a rematch, in the state championship match, against this powerhouse Memphis program Thursday, Oct. 21, at Middle Tennessee Christian School.

There was. Except this time it was a straight-set victory — for Carter’s Irish (25-23, 25-23, 25-21), earning the program’s second state crown in six years (also 2016). Briarcrest lost for just the third time all season (40-3).

“We stuck to our gameplan in the first match, no

matter what the result was going to be,” said Carter, whose team finishes with a 34-10 record. “I felt all along that we were the best team there, and that we would have another shot at them.”

However, when it came time to put up or shut up, “We made a couple of small defensive adjustments in the second match that really proved to be (critical),” he added. “When you have two good teams playing, it comes down to two or three points here or there, you’re not going to have a lot of blowouts.

“And that’s exactly what happened. The girls adjusted very well and we played exceptionally clean in that final.”

Bellamy Parker had 13 kills and nine digs in the title match for Catholic, while Devyn Dunn added 34 assists and seven digs. Alyssa Adams contributed 10

See KCHS NO. 1 on Page 2B

Shutout streak grows as 20-0-1 BHS girls seek soccer state title

ALAN SLOAN
editor@farragutpress.com

BEARDEN — When you score more goals in one playoff game — actually it was about 3/4 of a game — than you’ve given up the entire season (21 games), that’s a compliment to the scoring and defensive prowess of Bearden girls soccer.

Pitching its school-record 17th shutout of the season — having allowed just seven goals in the other four games — the Lady SoccerDawgs stayed unbeaten (20-0-1) and earned yet another trip to this week’s Class AAA state tourney in Chattanooga following a 9-0 drubbing of Jefferson County, District 2-AAA champs no less, at BHS’s Turner-Allender Field Saturday afternoon, Oct. 23.

The game was called — due to the nine-goal differential — with 22:25 left in the second half after Bearden junior Alyssa Ella’s header goal, assisted by SK Bailey.

“We were really excited for this game, we knew there was a lot of pressure on it,” said junior forward Brinley Murphy, who scored three goals.

As for teamwork, “I think the best thing is we do it for each other,” she added.

Other goals scored were two from Becca Roth and one each from Jordan Hellman, Alivia Scott and Alayna Corbitt. Roth also added assists on the game’s first three goals, with Harlie Howard, Breana Mendoza, Corbitt and Bailey also assisting.

These Lady SoccerDawgs also are on pace to set a school record for fewest goals allowed in a season (current record is 12).

Radcliffe said junior goalkeeper Peyton Huber “was talking early in the year that that was one of her goals, was to break the shut-out record (was 16) and least goals conceded.

“When you’ve got a keeper that takes pride in that, I guess it translates and kind of sinks into the rest of the back line,” he added about seniors Howard, Corbitt and Marlee Biggs, along with junior Mary Beth Sheringham and sophomore Nyla Blue.

“We take so much pride in that,” Biggs said. “... And we also want to set the other record of least goals allowed (in a) season.

“It’s the exact same back line as last year,”



Radcliffe



Photo courtesy of Jeremy Wiggs/Jeremy Wiggs Photography

Senior defensive back Ethan Blaylock (3) celebrates with his brother and Hawks teammate, sophomore Adam Blaylock, after Ethan’s interception helped seal the Hawks’ first win of the season, 22-15 versus William Blount, Friday night, Oct. 22, at HVA.



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Top state finishes a Hochevar habit with CCS volleyball



With its fans in the background, Concord Christian School’s volleyball team celebrates a TSSAA Division II-A state runner-up finish Thursday, Oct. 21.

Lady Lions Division II-A state runner-up for 3rd time in last 5 years

STAFF REPORTS
editor@farragutpress.com

MURFREESBORO— A TSSAA Division II-A Volleyball State Tournament runner-up for the third time since 2017, “It was a great run for Concord,” Concord Christian School head coach Carmen Hochevar said about her 2021 team, which finished with a 22-15 record. “If I had to name a few key successes, it would have to be energy, the desire to win and lots of prayers.”

“Coming in as the underdog with a third-place finish in the regional tournament, this team stepped up and peaked at the perfect time,” she added.

The Lady Lions defeated Goodpasture in the state quarterfinals, the defending 2020 Division II-A state champions, earning a “final four” trip to Murfreesboro.

Concord then defeated Northpoint, the No. 1 West Region team, in the “final four” loser’s bracket, and avenged a first-round loss Notre Dame, the No. 1 East

Region squad (29-7), with a thrilling 21-25, 25-21, 24-26, 25-23, 15-9 victory in the semifinal round Wednesday, Oct. 20, to earn its runner-up finish.

Verbally committing to play Division I volleyball at Southern Illinois, Anabelle Sulish, standout senior outside hitter, “had an outstanding match against Notre Dame with a double-double: 32 kills and 25 digs,” Hochevar said.

A four-year starter who has contributed to the three state runner-up finishes — also 2018 and 2019 — as a five-year varsity player, Sulish “has been a key player for Concord,” the coach added.

Lady Lions freshman Lexi Schollaert had a double-double with 16 assists and 13 digs, along with three aces versus NDHS.

Sophomore Anna Birling contributed 22 digs and four assist, while sophomore Lily Richards had 33 assists and four kills.

Senior Sydney Petersen also had 22 digs, while junior Mady Sulish connected 12 kills. Fellow junior Katie Cooper added 10 kills. “And (it was) the team’s

highest hitting percentage with .370 and five digs,” Hochevar said.

Juliana Kuhn had five blocks and assists with two aces. Senior Anna Komistek added three solo blocks and two block assists.

“We seemed to pick up speed as our sets tallied,” Hochevar said.

“We had several girls that played well for us throughout the final (four).”

Battle Ground Academy beat CCS in straight sets in the championship match Thursday, Oct. 21.

Other 5-year players

“Other current Concord team members from the 2018, 2019 and 2021 state championship (match) teams” are Komistek, Kuhn, Petersen and Mady Sulish,” the CCS head coach said.

In her nine seasons as CCS head coach, Hochevar’s teams have reached the state final four six times.

“I want to thank our school, students, parents and community who came out in full force to support us,” she said.

KCHS No. 1

From page 1B

digs while Grainne McGrath connected for eight kills, as did Blair Cherry. Emma Meyer added four digs.

Concerning his 14 players, and including the team manager, “They all played a vital role in us preparing for that moment,” Carter said. “We built for that the entire season. And it paid off.”

As for his seniors going out on top, “They were hungry to be the best that they could be when it came to leadership,” the KCHS coach said. “That really was a difference maker for us because they wanted to learn and they constantly wanted to be better.”

These qualities, which Carter said extended well beyond the volleyball court, “was re-

ally more about life skills and day-to-day operation ... leading by example for the rest of the kids in the program, and leaving a legacy for future kids to come.

“They did that in spades, and I couldn’t be more proud of them and for them,” he added.

Comparing this state crown to his first at KCHS in 2016, “They are very different for me as a head coach,” Carter said. “We’ve been in the finals six teams, we’ve won two.

“There’s humility in losing four.”

Carter’s Lady Irish rebounded from the loss to Briarcrest, fighting off elimination against Father Ryan (18-8) with a 25-16, 15-25, 25-23, 25-18 victory Wednesday, Oct. 20. Catholic also beat this same team in straight sets to begin the tourney Tuesday, Oct. 19.

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Blocked field goal, last-second Neal-to-Winton TD lifts Irish

ALAN SLOAN
editor@farragutpress.com

POWELL — A bad lateral, which turned into a Powell go-ahead 44-yard touchdown with just 3:51 left in the game, almost sent Knoxville Catholic home a loser — having blown a 23-7 half-time lead — in its huge road showdown with Class 5A's No. 3 state-ranked Panthers.

But it was bad snap from center that, ironically, turned into the game-winning play for the Irish in a wild and wet finish Thursday night, Oct. 21.

The game's star offensive player, senior receiver Tommy Winton, and KCHS head coach Korey Mobbs both showered praise on freshman quarterback Jayden Neal for turning a possible turnover, or huge loss of yardage, into a 13-yard touchdown pass to Winton with just 49 seconds left in a 30-29 victory.

"Most guys would have fallen on it there, but he's calm — and he picks it up and throws a touchdown," the Irish coach said.

"He's calm, he's cool and he's collected, and has been since day one" Mobbs added. "He might have cracked a smile tonight because he's an even-keel kind of kid."

"The way he stays calm is amazing," Winton said of Neal.

The winning touchdown was set up after Catholic blocked a 45-yard field goal attempt and took over at its own 46 with 2:20 remaining.

The Neal-to-Winton connection also resulted in TD passes of 29 and 22 yards, as the senior ended with 106 yards receiving yards on seven catches.

Defensive back Jarvis Mynatt's interception near midfield with just seven seconds to play sealed the victory. It was his second of the game.

"We believe in each other. We faced a little adversity, but we stood in there and we kept fighting and we didn't give up," Mynatt said. "We played like a family all the way through."

"I think it shows anything you want to know about our kids, regardless of the circumstance, regardless if it's controversial — we found a way to win with a freshman quarterback that led us down there at the end," Mobbs said. "I'm really proud of the way we handled that."

Having Winton as a main target helps, the coach added.

"Tommy's one of the best players in the state of Tennessee. ... And Tommy's a phenomenal young man and a team captain. He has shown Jayden the way things are to be led."

Defensively, "I thought we did a great job of bottling them up in the first half," Mobbs said. "They've got players," which includes one of the nation's top lineman in senior Walter Nolan.

Senior linebacker Raaphell Mayes' 34-yard interception return for a touchdown, coming with just 14 second left in the first half, made it 23-7 Irish.

Senior linebacker Eli Jones led the Irish in total stops with 15 solo tackles, while defensive back Quincy Pannell added 10.

Though saying his defense was "on the field too much" when the Irish offense couldn't move the football in the second half, "we created turnovers, and that was the difference in the ball-game," the coach added.

Brock Taylor booted a 24-yard field goal for Catholic.

BHS-Farragut

From page 1B

3-point home loss to Bradley Central and a 4-point setback last Friday at Fulton (33-29).

However, it's winner take all — meaning a trip to the Class 6A playoffs as a No. 4 seed — with the loser of this showdown Friday night, Oct. 29, seeing its season end with a below .500 record.

Opening kickoff is 7 p.m.

Bearden 15 ACHS 12

"Our defense, we've been riding them all year," said Shinlever, whose Bulldogs edged ACHS 15-12 at BHS's Bill Young Field last Friday. "They kept us in the game ... prevented Anderson County from taking advantage of some good opportunities."

"We set ourselves up there, with about five minutes to go in the game, and our offense put together probably one of their better drives of the season," he added. "And it materialized into a go-ahead score."

Freshman quarterback Drew Parrott scored both Bearden touchdowns, the last with about five minutes to play ending a 71-yard drive, putting the Bulldogs ahead 13-12. Parrott then found Max Giesecke with a 2-point pass, and the BHS defense again did the rest.

"We were able to consistently execute all the way down the field," Shinlever said.

"The last three weeks we've really started seeing Drew grow," the BHS coach added.

Defensively, sophomore Cody Clough recovered a fumble against the Mavericks, while sophomore defensive back Sam Tummins grabbed a interception.

"And our defense turned them over on downs twice," Shinlever added. "Sam Nicaud, our nose tackle, had a big game. He had his work cut out for him for sure."

Facing the Admirals

"Farragut's always a well-coached football team in all aspects," Shinlever said. "The



Photo courtesy of Carlos Reveiz/crfoto.com

Senior Jerome Brekken, Farragut outside linebacker, puts a textbook hit on a Fulton ballcarrier. But the Falcons held serve at home and won 33-29.

other thing that always impresses me about Farragut is how hard their defense plays. They've got guys that really fly to and pursue the football.

"Offensively, they can put up points."

Realizing the Admirals have lost four games by four points or less, Shinlever said FHS "could easily be an 8-1 football team. ... They're a hair away from having a tremendous year."

As for the bottom line, "On paper this has the makings of being one of those classic Bearden-Farragut matchups," the BHS coach said.

Fulton 33 Ads 29

"Our kids have played hard all year long," Courtney said. "It's just been a couple of plays here and there that we needed to make in the last three to four minutes that we couldn't make."

Dawson Moore, Ads senior quarterback, completed 15-of-19 passes for 173 yards and three touchdowns (one interception) at Fulton.

Senior receiver Trace Corum

caught four passes for 83 yards and two touchdowns, plus a 2-point conversion grab, while also scoring on a 6-yard run.

Noah Gunter's two receptions for 26 yards included a TD. While the Ads out-passed the Falcons 175 versus 67, Fulton out-rushed Farragut 388 versus 85.

Defensively, sophomore linebacker Jack Alley led in total tackles with 12 (seven solo), two for minus yardage, followed by senior linebacker Sam Moses with eight (five solo).

Facing the Bulldogs

"Their defense had played well all year long," Courtney said about Bearden. "I think the difference is Bearden now has found an identity on offense. ... They've gotten better as the season's gone along."

Courtney also warned "not to get too hyped up in this game; we just need to be even-keel with it. Just be focused enough to make a few big plays."

"The kids will be ready to play on both sides," he added. "It's Senior Night, and that will add a little more emotion."

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Hardin Valley Academy Football Senior Night highlighted athletes and other performers who are in the spotlight each Friday night in the late summer and fall.

From the Class of 2022, Hawks football players and Spirit of the Valley Marching Band performers joined dance team members and cheerleaders for special recognition.

Twenty-nine band members and 23 football players joined one cheerleader and one dance team member to be introduced with their parents, siblings and other relatives prior to the Hawks' varsity football home game versus William Blount.

One other treat for all HVA seniors: a 22-15 Hardin Valley victory against the Governors — the program's first win of the season

All photos by Jeremy Wiggs Photography



Natalie Aldrich, escorted by Stephanie and David Aldrich



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Adam Hart, escorted by Carol Hart, and sister, Anna



Jesse Hernandez, escorted by Stacy and Tom Hernandez



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Caleb DeLong, escorted by Amy and Jeff DeLong



Harry Dunn, escorted by Amy and Gregg Dunn



Mason Sandidge, escorted by Gretchen and John Doug Sandidge, and sister, Peyton



Addyson Beams, escorted by Angela Beams, right, and grandfather, David Beams, with an unidentified supporter.



Peighton Cox, escorted by Jayme and Matthew Cox, and sister, Ellery

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Eric Rodriguez, escorted by brother, Jose Rodriguez



Ethan Blaylock, escorted by Kristy Bush, Chris Blaylock and brother, Adam



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TOWN SAMPLER

Raising funds for Hartley



Photo submitted

Farragut High School agricultural sciences teacher Taylor Watson is pictured with her beloved golden retriever, Hartley, who has been diagnosed with chronic renal failure and is the subject of a current collaborative fund-raiser.

MICHELLE HOLLENHEAD

mhollenhead@farragutpress.com

Farragut High School's Key Club is taking an active role to help raise money for a teacher's beloved pet's medical expenses.

The club, under the guidance of sponsor Elizabeth Toth, began a fundraiser Tuesday, Oct. 19, for 3-year-old Hartley, a golden retriever owned by agricultural sciences teacher Taylor Watson, as the canine recently was diagnosed with chronic renal failure.

Harley is certified a Human Animal Bond In Tennessee canine, and as such has been in Watson's classroom since she began teaching at FHS last

See HARTLEY on Page 10B



Trunk or Treat



Photos by Michelle Hollenhead

Halloween activities kicked off this past weekend, with both Farragut Presbyterian and Concord United Methodist churches hosting Truck or Treat events.

(Top) At FPC Friday, Oct. 22, were, second from left, Amanda Hill with daughters, Heidi, left, and Haisley; on the right, Kim Forehand with daughters, Annika, left, and Naomi.

(Above) Sisters Marly Smith, left, and Rory Smith.

(Right) Remington Smith in his Paw Patrol best at CUMC Sunday, Oct. 24.



Webb National Merit honors told

STAFF REPORTS

editor@farragutpress.com

Reflecting the National Merit Scholarship Corporation's goals of encouraging the pursuit of academic excellence and honoring the nation's scholastic champions, NMSC has announced four Webb School of Knoxville seniors have been named National Merit Semifinalists for 2022, while three other members of Webb's Class of 2022 have earned National Merit Commended Student honors.

The National Merit Scholarship Program recognizes individual students who show exceptional academic ability and potential for success in rigorous college studies.

High school juniors entered the National Merit Scholarship Program by taking the 2020 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT). Less than 1 percent of the nation's high school seniors have been designated National Merit Semifinalists for 2022.

Webb's 2022 National Merit Semifinalists — Reed Bishoffberger, McClain Cameron, Katherine Perkinson and Owen Roesch — are among about 16,000 academically talented seniors to earn Semifinalist distinction, representing the highest scoring entrants in each state.

Webb's National Merit Semifinalists are eligible to continue in the competition for some 7,500 Merit Scholarship awards, worth nearly \$30 million, to be offered in the spring.

About 95 percent of the Semifinalists are expected to attain Finalist standing, and about half of the Finalists will

See WEBB on Page 9B

Freaky Friday Fright Nite set at MBL Park

TAMMY CHEEK

tcheek@farragutpress.com

Get out those ghouel costumes for 25th Annual Freaky Friday Fright Nite, a free event that returns and will take place from 5 to 7 p.m. Friday, Oct. 29, at Mayor Bob Leonard Park.

"We are so excited for Freaky Friday Fright Nite again," Farragut Special Events and Program coordinator Britany Spencer said. "Having it at Mayor Bob Leonard Park is great because it lets all of the vendors and participants spread out throughout the park."

"We are also able to do Game Land and cookie decorating," she added. "This is also a great way for the public

to come to the park for something other than sports or walking on the trail, and it is fun for the whole family."

Children ages 12 and under are invited to "trick or treat" on the walking trail while local businesses, community groups and Town of Farragut volunteers hand out treats and offer games with prizes and cookie decorating.

"We will have 27 treat stations — 30 vendors total," Spencer said. "Game Land and cookie decorating are sponsored by First Baptist Concord."

"New this year are two food trucks, Hot Dog Hut and Kona Ice of West Knoxville, that will have drinks and snacks available for purchase — with cash or card payments accepted -- by the main

entrance to the trail, she added.

Freaky Friday Fright Night has been taking place for more than 20 years at MBLP, but last year, it was affected by the COVID-19 pandemic.

"We always held Freaky Friday at MBLP except for last year, in 2020, when we did the Freaky Friday Drive-Thru Boo on Jamestowne Boulevard," Spencer said.

Although the festivities are free, Spencer said participants are asked to bring items benefiting the Knoxville Ronald McDonald House, which provides a "home away from home" for families with critically ill children who are being served by area hospitals.

"We're honored and delighted to once

again partner with the Town of Farragut for their Freaky Friday event, as we're always happily overwhelmed to receive the outpouring of loving support from our community ... support that ultimately touches the lives of so many in need," said Sue Beverly, director of the local Ronald McDonald House.

"Collection stations will be located next to the cookie decorating area off the main parking lot on Watt Road and next to the entrance from the Harrison Lane parking lot," Spencer said.

Suggested donations include individually wrapped snacks, such as

See FREAKY on Page 9B

65-year reunion for FHS Class of 1956



Photo courtesy of Josh Martin

Farragut High School Class of 1956 held its 65th reunion Saturday, Oct. 9, at RiverView Farm, the home of former classmate Lafayette Williams, who recently passed away. His widow, Janice hosted the reunion in the farm's recently constructed gift shop. FHS classmates who graduated in years other than 1956 were welcomed, too. Pictured, from left, are Earl Hall (1956); Jim Jackson (1955);

Joyce Jackson (1956); Sam Humphrey (1956); non-FHS graduates Deloris Humphrey and Janie Watt; David Watt (1956); Laura Mae Farabee (1956); Carroll Grubbs (1953); Jane Black (1956); Jay Lowe (1956); non-FHS graduate Jewel Shell; Malcolm Shell (1956); David Kirk (1956); non-FHS graduates Louise Kirk, Kim Graham and Carolyn Graham; and event hostess, Janice Williams.



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• **Knoxville Children’s Theatre’s “The Scarlet Letter”** will be performed in the KCT Theatre, 109 E. Churchwell Ave., Knoxville, beginning at 7 p.m. each Thursday and Friday; 1 and 5 p.m., each Saturday; and 3 p.m. each Sunday beginning Friday, Oct. 29, through Sunday, Nov. 14. Performance is based on the classic novel by Nathaniel Hawthorne. Tickets are available on the KCT website at knoxvillechildrenstheatre.com.

• **Girl Scout Council of the Southern Appalachians** will host its annual **Fall Festival** from 10 a.m. to 2 p.m., Saturday, Oct. 30, at Girl Scout Leadership Center of East Tennessee, 1567 Downtown West Blvd. Everyone is invited to enjoy autumn-themed activities, celebrate strong women and connect with East Tennessee leaders.

• **Tennessee Valley Machine Knitters Club** will hold its next monthly meeting starting at 10 a.m., Tuesday, Nov. 2, in Alcoa First United Methodist Church. Visitors are welcome. Program will be a demonstration on using the Needle Beetle on the LK150 machine. For more information, contact Marie Hickson 865-457-0960.

• **University of Tennessee Arboretum Society for “Let’s Get Ducky For Winter”** virtual program with First Thursday Nature Supper Club starting at 7 p.m., Thursday, Nov. 4, to learn about over-wintering waterfowl.

“With all of our many lakes, East Tennessee attracts an array of waterfowl that are only here during the colder months,” a UTAS press release stated. “In this program you’ll learn about a bevy of birds ... that can be found floating on our wintertime waters.”

Register for this free Zoom program at www.utarboretumsociety.org. It will be recorded, and closed captioning is available. Contact Michelle Campanis at mcampani@utk.edu with any questions or registration issues.

• **Knoxville Bar Association, in partnership with Legal Aid of East Tennessee, will host a Debt Relief Legal Advice Clinic** for pre-screened individuals beginning at 9 a.m., Saturday, Nov. 6, in Knox County Public Defender’s Community Law Office, 1101 Liberty St., Knoxville. Individuals must be pre-screened and must contact LAET’s Knoxville office at 865-637-0484 to go through client intake. Deadline to call is Friday, Oct. 29. Those who qualify will be asked to provide a copy of their credit report and must complete a short survey by phone.

Clients accepted for the clinic should arrive no later than 8:55 a.m. U.S. Bankruptcy Judge Suzanne H. Bauknight will begin the clinic with an overview about debt issues, the bankruptcy system and reasons why someone may not need to file bankruptcy. Clients will then be paired with KBA volunteer at-

torneys to discuss debt relief options, which might include pro bono representation in bankruptcy for those who qualify.

• **More than 100 photorealistic dinosaurs are ready to delight families when Jurassic Quest** opens at in Knoxville Convention Center Hall A and B, 701 Henley St., in downtown Knoxville, from 9 a.m. to 8 p.m. Friday and Saturday, Nov. 5-6, and from 9 a.m. to 6 p.m., Sunday, Nov. 7.

Tickets are timed entry and start at \$19 for youth, \$22 for adults and from \$18 to \$20 each for seniors — reserve online to ensure desired date and time at www.jurassicquest.com — or are available on-site, and include a 100-percent ticket guarantee that in the event of a show cancellation or postponement for any reason, ticket purchases will be automatically refunded for the full purchase amount. Strollers are permitted. Some venues may have wheelchairs for use, but contact the venue in advance to make arrangements.

General admission tickets include access to the dinosaur and marine exhibits, arts and crafts activities and dinosaur shows. There are rides and activities requiring activity tickets, which are available on site for \$5 each, or guests can upgrade to the Kids Unlimited Rides ticket (the best value for children ages 2-12). Green screen photography and animal art tattoos are

available at a separate cost. Entry is free for children under age 2.

• **2021 Bearden Baseball Annual Golf Tournament and Silent Auction** begins with a shotgun start at 11 a.m., Monday, Nov. 8, at Gettysvne Country Club. Registration opens at noon. Food will be provided. Silent Auction to be held in clubhouse. Cost is \$125 per person or \$500 per team. Individual players welcome. Price includes 18 holes, cart, greens fees, range balls, meals and gift bag. Prizes awarded for Closest to the Hole, Hole-in-One and Longest Drive plus first-, second- and third-place teams. Mulligan packages and raffle items also available. For more information, visit Bearden Baseball Dugout Club Facebook page or follow on Twitter @beardenbaseball

• **“The Musical Comedy Murders of 1940” by John Bishop** will be performed in Pellissippi State Community College Clayton Performing Arts Center beginning at 7:30 p.m., Friday and Saturday, Nov. 5-6 and Nov. 12-13, and starting at 2 p.m., Sunday, Nov. 7 and Nov. 14. Audience members will be required to wear masks.

Tickets are free, but obtain one at www.pstcc.edu/tickets, as seating capacity will be capped at 250 for each show to allow for social distancing. To request accommodations for a disability at any campus event: 865-539-7401 or accommodations@pstcc.edu.



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Freaky
From page 6B

crackers, nuts, granola bars and chips; small pudding, applesauce or jello cups; air freshener sprays; Lysol or any disinfectant sprays; 8.5-by-11 copy paper; postage stamps; packing tape; Sharpie markers; LED light bulbs and LED 25-watt small-base candle-bra bulbs; individual packets of coffee creamer and sugar; disposable coffee cups; dish-washer detergent; pump-style hand soap; and gift cards, such as Walmart, Target, Food City, Kroger, Lowe’s, Home Depot, ACE Hardware, gas stations or phone cards.

“Cash donations are always gratefully accepted,” Spencer said. “No gift is too small to make a big difference.”

Learn more about the Ronald McDonald House of Knoxville at knoxrmhc.org

For more information about Freaky Friday, contact Spencer at bspencer@townoffarragut.org or 865-218-3378.

She said the event will be held rain or shine; however, in the case of severe inclement weather, check Farragut Parks & Rec on Facebook, Instagram or Twitter for status of the event.



(Above) Webb School of Knoxville Class of 2022 National Merit semifinalists, front row, are Owen Roesch, left, and Reed Bishofberger. Back row are McClain Cameron, left, and Katherine Perkinson. (Right) Webb senior National Merit Commended students are, from left, Zac Yu, Liam Riley and Cooper Wood.

Webb
From page 6B

win a National Merit Scholarship, earning the Merit Scholar title.

Webb’s Class of 2022 National Merit Commended Students — Liam Riley, Cooper Wood and Zac Yu — are among roughly 34,000 high performers to earn

Commended Student honors for their exceptional academic promise.

Although not eligible to continue in the competition for National Scholarship awards, Commended Students placed among the top 50,000 highest scorers who entered the 2022 competition by taking the 2020 PSAT/NMSQT.



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Hartley

From page 6B

year, creating a unique learning environment and involving Watson’s students much more personally.

“A few of my students have Mrs. Watson and Hartley for a class ... and she notified students of Hartley’s newly discovered illness,” Toth said. “Some students (who are members of Key Club) and parents wanted to reach out to see if we could do anything to help.

“Since Key Club (a student organization affiliated through Kiwanis International) is centered around leadership and volunteer opportunities, we are excited to be able to help out Hartley and Mrs. Watson.”

For her part, Watson was touched and overjoyed with the Club’s generous offer.

“We can’t thank you enough for loving our girl so much,” she said. “Since Hartley was a tiny pup, she has been bringing joy to so many lives. As soon as she was old enough, she became HABIT-certified through the University of Tennessee. Her therapy dog certification allowed me to

bring her to school with me and share her amazing personality and infectious love with everyone.

“In our short time at Farragut, she has developed quite a fan club,” Watson added. “I think it is safe to say everyone that has met Hartley has been blessed. Not only does she provide smiles, wags, licks and stress relief, but she also serves as a key learning tool in our animal science classes. She loves each and every one of ‘her kids.’ It is almost as if she can tell who needs her love and attention most.”

Of Harley’s condition, Watson explained, “Her doctor believes it is a congenital kidney problem that she has had her whole life. In her case, having kidneys that have little to no function is causing her body to basically poison itself.

“Unfortunately, there is no cure, and it cannot be reversed, but progression may be slowed,” she added. “Hartley’s kidney values were extremely elevated, and after IV fluids, medications and a prescription kidney diet her levels were improved some.

Above all else, “if you could keep her in your thoughts and

prayers, we would truly appreciate it,” Watson said. “We are praying that the treatments help, her appetite remains and that she feels good and happy for as long as possible.”

Farragut High School Education Foundation is offering assistance, too, by helping the Key Club raise funds for Hartley’s medical bills.

“All funds donated to the Foundation during this campaign will be paid directly to Hartley’s vet,” Toth said.

The fundraiser runs through Friday, Oct. 29. By the second day of donating, \$895 had been raised. Those wishing to donate can visit givebutter.com/Hartley

Those wishing to use the apps Venmo or Apple Pay, must do so from a mobile device, Toth said.

“We will e-mail you a receipt for your donation,” she added. “All others payment methods (PayPal and credit card) will automatically receive a receipt from Givebutter.

Anyone wishing to donate to Hartley’s vet bills may continue to do so after Farragut

For more information, e-mail elizabeth.toth@knoxschools.org.

Grandparents Day at Morning Pointe



Photo submitted

Morning Pointe of Knoxville residents recently enjoyed a parade on Grandparents Day to kick-off National Senior Living Week.

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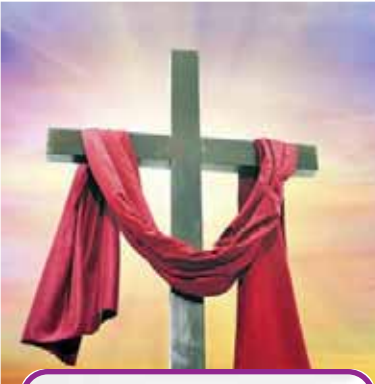
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FARRAGUT MUNICIPAL PLANNING COMMISSION STAFF/DEVELOPER AGENDA
Tuesday, November 2, 2021 • Community Room – Farragut Town Hall

10:00 a.m. Discussion and public hearing on a site plan for improvements mostly on the property at 13127 Kingston Pike in association with the Ag-Pro (formerly Farragut Lawn and Tractor) at 13131 Kingston Pike, Zoned C-1 (Stewart Ritchie, Applicant)
10:30 a.m. Discussion and public hearing on a site plan for an expansion to the dining room area at the Big Kahuna Wings, 12828 Kingston Pike, Zoned C-1 (R2R Studio, LLC., Applicant)
11:00 a.m. Discussion and public hearing on a final plat for the Brookmere Subdivision, Phase 4, 18.8 Acres, 11 Lots, Zoned R-1/OSR (Lynch Surveys, LLC, Applicant)

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



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FARRAGUT BOARD OF MAYOR AND ALDERMEN
Farragut Town Hall, 11408 Municipal Center Drive | Thursday, October 28, 2021
BLUECROSS HEALTHY PLACE RIBBON CUTTING 5:00 PM
BEER BOARD MEETING 5:15 PM | BMA MEETING 6:00 PM

BEER BOARD MEETING 5:15 PM

I. Approval of Minutes A. October 14, 2021 **II. Discussion of request by SmartServ, located at 800 N. Campbell Station Road, to vacate the decision by the Farragut Beer Board on October 14, 2021, that issued a 21-day suspension of SmartServ’s beer permit for selling beer to a minor.**

BMA MEETING 6:00 PM

I. Roll Call II. Approval of Agenda III. Approval of Minutes A. October 14, 2021 **IV. Mayor’s Report** A. Karen Pershing, Executive Director, Metropolitan Drug Coalition **V. Ordinance** A. Public Hearing and Second Reading 1. Ordinance 21-18, Ordinance to amend the Equipment Fund for the Fiscal Year 2021-2022 budget, passed by Ordinance 21-13 **VI. Business Items** A. Approval of Resolution R-2021-12, FY2022 Fee Schedule **VII. Town Administrator’s Report VIII. Town Attorney’s Report IX. Citizens Forum**

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ORDER

IN THE MUNICIPAL COURT FOR THE TOWN OF FARRAGUT, TENNESSEE

Pursuant to Chapter 12, Section 12-1 of the Code of Ordinances for Farragut, Tennessee, it is ORDERED that the Town of Farragut Municipal Court will convene for the purpose of conducting hearings on any citations issued for Automated Traffic Enforcement and Code violations. In addition to the regularly scheduled court dates for 2021, the Farragut Municipal Court will convene on November 29, 2021 at 6:00 PM.

Any cancellations or delays to the court schedule will be posted to the Municipal Court page of the Town of Farragut website at www.townoffarragut.org/court.

It is the policy of the Town of Farragut not to discriminate on the basis of race, color, natural origin, gender, gender identity, sexual orientation, age, religion, disability or veteran status. It is also the policy of the Town of Farragut to reasonably accommodate all qualified individuals with disabilities in admission to, access to, or operation of its programs, services and activities, unless such accommodations would cause an undue hardship. Should anyone have a concern or question about the application of these policies, please contact the Director of Human Resources and ADA Coordinator, Michelle Pence, by e-mail at mpence@townoffarragut.org or phone 865-966-7057 or in person at Town Hall.



Jeremy Wiggs/Jeremy Wiggs Photography

Travyn Morelan, Hardin Valley Academy junior running back, breaks tackles for a nice gain against William Blount at HVA Friday, Oct. 22, The Hawks won their first game of 2021, 22-15.

HVA wins

From page 1B

About being motivated, "I felt like the crowd helped us and the coaches just kept it all together," Passafume added. In the second half, "We started spreading the ball more around, and we were able to beat up on their defense," he said. "It just worked out for us."

"I was motivated because my upperclassmen wanted me to turn it up, so I did," Morelan said. "That's what I had to do."

About his offensive line, "They blocked really good," Morelan said. "They gave me some good holes."

Whenever a hole wasn't there, "I went on the outside,"

the junior running back added.

About finally winning in 2021, "It feels great," Morelan said.

"We wanted to establish the running game," Nichol said. "That's the thing we've wanted to do all year, and tonight it finally clicked."

"Tayvon's a great runner," he added. "In the passing game, we've just got to get our play-makers the ball in open space, and we did that tonight."

"It's been a rocky season, that's for sure, but this is the greatest feeling in the world," Nichol said.

In addition, "Isaac Hillis did a great job running the football," Potter said.

"Hats off to the offensive line. Without them there wouldn't

be holes to hit and we wouldn't be that successful," he added.

"And hats off to our coaches, they put a lot of time and effort into it."

Senior John Aragon booted a 22-yard field goal in the third quarter to give HVA its first lead at 9-7.

Potter described William Blount "as a heavy pass team, so we had to scheme things against the pass. I thought we did a very good job with that."

Forcing three interceptions while recovering a fumble, "Hats off to them," Potter said about his defense.

With last Friday also being HVA Senior Night, "You couldn't have asked more for the seniors," the coach said. "They've worked so hard, they've stayed the course."

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Webb	(6-1)	199-102	+97
CAK	(6-2)	249-134	+115
Knoxville Catholic	(5-3)	251-214	+37
Bearden	(4-5)	126-173	-47
Farragut	(3-6)	252-248	+4
HVA	(1-8)	84-323	-239

Webb has PM-HWWW title in sight, CAK close

It's down to the Spartans versus Warriors for PureMagic How the West Was Won Scoreboard supremacy in 2021. Because of Webb School of Knoxville's late rally to edge Christian Academy of Knoxville, 24-23, a few weeks ago at CAK, the Spartans control their destiny as Scoreboard leader with the final week of regular season games approaching.

Improving to 6-1 overall, Webb rolled past Division II-AA foe Boyd-Buchanan 38-14 in Chattanooga Friday night, Oct. 22, during Week 10 action.

Dave Meske's Spartans also look to win the region crown, taking a perfect 5-0 region record to Chattanooga Christian School Friday, Oct. 29.

The Warriors stayed a half-game behind, improving to 6-2 (4-1 in region), by also winning in Hamilton County against a region opponent last Friday, blasting Notre Dame 38-3.

Webb Spartans stats

Top Spartans offensively last week included quarterback Charlie Robinson, completing

27-of-39 passes for 293 yards and three touchdowns. He also ran six times for 48 yards.

Receiver Brandon Winton grabbed eight passes for 89 yards and one TD (15-yarder). Receiver Markeis Barrett had seven receptions for 76 yards. Shavar Young's three catches included a 19-yard scoring grab.

Running back Garrett Carnathan added a 15-yard touchdown catch, while running back Dominic Vance added an 8-yard scoring jaunt.

Defensively, linebacker Joey Bonifacio led with 19 total tackles (nine solo) and a fumble recovery he returned 25 yards.

Linebacker Cooper Cameron also had 19 stops (10 solo), which included a sack and a tackle-for-loss.

Along with his seven total tackles as a linebacker, Carnathan forced a fumble, recovered a fumble and returned an interception 45 yards for a touchdown.

Linebacker Ari Klasky ended with 13 tackles (nine solo),

including two sacks and a forced fumble.

Kicker Otto Niendorff nailed a 20-yard field goal, was five-of-five on extra points and had six kickoff touchbacks.

CAK Warriors stats

Defensively for the Warriors, defensive end Chi McNeil-Harrison had 10 total tackles, an interception, a forced fumble and a blocked extra point.

Defensive back Caleb Hoke added seven total stops while also returning an interception for a touchdown.

Linebacker Eli Etherton also had 10 total tackles, while linebackers Luke Myers and McKrae Guinn each recorded eight tackles.

Offensively for CAK, running back J.D. Dunn Jr. once again had a special game, rushing 18 times for 154 yards and three touchdowns.

Receiver Lane Roberts caught three passes for 17 yards, but two of those went for touchdowns.

Quarterback Thomas Simpson completed 11-of-14 passes for 100 yards and two touch-



Photo by Carlos Reveiz/crfoto.com

downs.

Final PM-HWWW week

Webb looks to wrap up the PM-HWWW Scoreboard championship on the road Friday, with East Region rival CCS (4-4, 3-2) hosting the Spartans. Opening kickoff is 7 p.m.

Christian Academy closes the regular season at home this week — but with a much tougher task on paper — as the Warriors host region rival Silverdale Baptist Academy (8-1, 4-1). Opening kickoff is 7:30 p.m.

The winner will finish as the region's No. 2 seed heading into Division II-AA playoff action Friday, Nov. 5.

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senior Living

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FARRAGUT PRESS THURSDAY, OCTOBER 28, 2021 • 1C

Maintaining a level of independence

Helping Farragut and area senior citizens maintain a level of independence — while staying in their homes — is at the core of Knoxville/Knox County Community Action Committee Office on Aging’s Mission Statement.

“I feel like the most important thing that we do is help seniors stay independent in their own homes,” said Samantha Reddick, Lead Retired and Senior Volunteer Program coordinator within Knox CAC Office on Aging. “... I try to keep people active in their own homes.”

Moreover, upon closer examination of the term “helping,” CAC Office on Aging encourages all seniors ages 55 and older who are able and willing to join the volunteer effort and help fellow seniors less able.

CAC Senior Angel Tree

Mission Statement of annual CAC Senior Angel Tree: “Through volunteer efforts, we strive to bring Joy and Happiness during the Holiday Season to Knox County’s seniors most in need.”

Who are the seniors served?

“Each of the seniors on the CAC Office on Aging-Senior Angel Tree is clients served by the Knoxville-Knox County Community Action Committee,” Reddick stated in a press release. “Each senior is nominated based on their dire need by their program or case manager.”

Many fall into many of the following life circumstances:

- A victim of a crime;
- Had to return to work to support themselves and living on a very limited income;
- The primary caregiver for an adult or child;
- Have little to no community support;
- Recently suffered a loss;
- Are frail, homebound;
- or experiencing a recent and significant decline in their health.

How do I get involved?

These Trees, from which anyone can pick a given senior in need and fill their request as a Christmas gift, will be located at all seven Knox County Senior Centers, including 239 Jamestowne Blvd. Suite 101 (lower floor) in Farragut.

“Santa Shoppers do four stocking stuffers — ... under \$15 ... it could be denture cream and a bag of chips — and one main gift,” Reddick said, adding main gift requests “usually run around \$50 or so on average. Many are a lot less than that,” though the main gift amount could be a bit higher than \$50.

“You can look and see which bios speak to (the gift giver). They’ll take that senior’s gift tag and go shopping for that senior.”

• To pick a gift tag and shop for a senior, visit any Knox Senior Center during regular business hours from Nov. 12 through Dec. 3. Other locations and calendars/times of operation can be viewed at <https://www.knoxcounty.org/seniors/>

To learn more about a specific senior’s needs, shoppers can sign up to shop for a senior.

“When they sign up, they’ll receive information about their senior, a little bio, and the wish list that was on that senior’s needs list,” Reddick said.

Sign up at <https://forms.gle/funs5xJEExwigmLAE7>

• If any group or organization wishes to donate, they also are asked to e-mail seniorangel-tree@knoxseniors.org.

See INDEPENDENCE on Page 10C

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Charitable organizations rely on the efforts of volunteers to meet their missions every day. People of all ages can volunteer, and a great number of volunteers are seniors.

A 2016 survey from the U.S. Bureau of Labor Statistics found that nearly one-quarter of American volunteers are age 65 and over. That was never more apparent than during the COVID-19 pandemic, when many nonprofit organizations were suddenly forced to confront a volunteer shortage due to the adoption of social distancing guidelines that were designed to keep vulnerable populations, such as seniors, as safe as possible. One study from Fidelity Charitable found that two out of three volunteers decreased or stopped contributing time during the pandemic.

The rollout of various COVID-19 vaccines has allowed vaccinated individuals to return to a certain degree of pre-pandemic normalcy. However, the threat posed by strains of the virus like the Delta variant has made some seniors apprehensive about returning to volunteering. Though each individual should consider various factors before returning to volunteering during the pandemic, the following are some options seniors can consider as they aim to safely pitch in once again.

- Look for contactless opportunities.**
Interactions with the people they help and work alongside is what drives many volunteers to lend a helping hand. That's especially so for seniors whose children have grown up and moved out. In person interactions may be too risky during the pandemic, but seniors can still volunteer via contactless opportunities. For example, in lieu of delivering meals by hand, seniors who work with organizations such as Meals on Wheels can deliver prepackaged meals outside recipients' residences.
- Pitch in with fundraising.**
A report from Giving USA released in 2021 revealed that Americans gave more to charity in 2020 than in 2019. That increase came in spite of an economic downturn that saw millions of people lose their jobs or take pay cuts as companies scrambled to deal with lost revenue related to the pandemic. Though giving might have increased in 2020, many nonprofit organizations, including local community theaters, likely suffered due to cancellations and audience restrictions. As a result, many local nonprofit organizations are in need of financial support. Seniors who want to pitch in but stay safe can volunteer to help local organizations raise funds. Seniors can participate in fundraising efforts from the comforts of their own homes.
- Offer professional expertise.**
Many seniors retired after spending decades mastering their crafts, and that experience can be an invaluable resource to local nonprofit organizations. Seniors can offer professional advice and mentor youths remotely via apps like Zoom without putting their physical health at risk.

Seniors concerned for their safety can still lend a hand by volunteering with their favorite nonprofit organizations.

Safe ways for seniors to volunteer



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Evaluating seniors’ biggest expenses



Individuals may be surprised to learn about where they’ll be spending the bulk of their money when they get older. Here’s a look at some key categories.

• **Housing:**

According to data from the Employee Benefit Research Institute, in 2017, the most recent year for which data is available, housing accounted for roughly 49 percent of all spending for seniors. Focus should be centered on lowering those costs when a fixed income is imminent. The possibilities include paying off a mortgage; downsizing a home to have a lower rent or mortgage payment; refinancing a home to a fixed-rate loan so that costs are predictable; and taking on a tenant to offset costs.

• **Food:**

The cost of food will not change dramatically, but it can eat into your budget. Even though food costs may decline when there’s only two mouths to feed, food and beverage spending may go up due to more leisure time and dining out. Utilize senior discounts by shopping on days when stores offer percentages off purchases. Save money on restaurant spending by eating out at lunch instead of dinner, splitting plates or skipping appetizers.

• **Healthcare:**

Experts warn that while many expenses decline in retirement, health care spending increases. According to Fidelity, the average 65-year-old couple retiring in 2020 in the United States needed roughly \$295,000 just to cover their retirement health care expenses. Those with family histories of severe illnesses or those with preexisting conditions will need even more. It’s also important to realize that roughly half of the population will need long-term care at some point, offers The Motley Fool, and that requires advanced budgeting as well. Many people find that Medicare supplement plans can bridge the gap in expenses that government-run plans will not cover. Saving through a health savings account (HSA) when employed also can create extra cash on hand for retirement expenses.

Understanding which retirement expenses will be high can help people plan better for the future.

New parents may not be able to visualize that one day their largest expenditures won’t be centralized around providing necessities for their children. Adults go through many years of paying for diapers, toys, clothing, food, and education for their children. Yet, when the children have flown the coop, spending patterns change, and even more changes await come retirement.

According to a 2020 survey from the financial services firm Edward Jones, 68 percent of workers soon to retire said they had no idea how much they should be setting aside for expenses, particularly health care and long-term care. Professionals approaching retirement would be wise to analyze the Consumer Price Index - Elderly (CPI-E). It is a good reference to estimate which future expenses will cost the most after retirement. The Bureau of Labor Statistics looks at consumer spending and uses various data to determine the rate of inflation in key areas that apply to older adults starting at age 62.

Profile: Morning Pointe Senior Living

Making spirits bright

Morning Pointe Senior Living communities welcome you this holiday

Morning Pointe Senior Living continues to provide the best care for residents throughout East Tennessee. This holiday season, we encourage friends and family to come by and visit with their loved ones. From festive cooking sessions to crafts and trips into town, the holidays are about spending time together and we’re so grateful to our community partners for making our residents part of their families! We are excited for festivities to come. In November, Morning Pointe communities will create their own Thankful Trees, fostering a mindset of gratitude in residents, and in December, residents will become judges in a Christmas tree decorating contest, with trees donated by families and community partners.

“The holidays bring back the best memories for our residents and it’s so important they know how appreciated and loved they are,” said Rob Pollard, Morning Pointe regional vice president of operations. “Morning Pointe associates know that just spending time with a resident can make all the difference in the world and they work every day to provide that friendship with our residents.”

Morning Pointe has six area communities in the greater Knoxville area with a brand new campus soon to open in Hardin Valley. Visit morningpointe.com to find your nearest location and to learn how you can help make the holidays bright for seniors.



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How active seniors can protect their vision

Retirement may be seen as a time to slow down and enjoy some well-earned rest and relaxation, but today’s seniors clearly did not get the memo. Modern seniors look and act a lot different than traditional depictions of retirees.

The shift in attitudes regarding aging is noticeable in the growth of active retirement communities, which are designed for aging men and women who want to engage in activities where no chairs are required. Active seniors may not fit outdated stereotypes of cardigan-clad grandparents shuffling about dusty retirement homes, but even the most energetic retirees may still be vulnerable to age-related health complications. For example, the American Optometric Association notes that men and women over the age of 60 may be vulnerable to age-related vision problems. A certain degree of vision loss is natural as men and women age, but that doesn’t mean active seniors have to sit idly by. In fact, there are many ways for active seniors to protect their vision so they can continue to get up and go without having to worry about losing their eyesight.

• Make your diet work for you.
The AOA notes that a number of eye diseases can develop after an individual turns 60, and some of these conditions can be minimized with wise lifestyle choices. For example, a healthy, nutrient-rich diet can protect vision over the long haul. The National Coun-

See VISION on Page 8C



What to expect from cataract surgery

Cataracts are a clouding of the lens of the eye that can cause blurry vision and increase glare from lights. The Mayo Clinic indicates that cataracts can make it difficult for people to carry out their normal activities or interfere with treatment of other eye problems. In such instances, doctors may recommend cataract surgery.

The American Academy of Ophthalmology says cataract surgery involves removing the lens of the eye when it’s cloudy. A cloudy lens can make people feel like they are looking through a foggy or dusty car windshield. That’s because a cataract-plagued lens cannot refract light rays effectively. Many images appear hazy and blurry, or less colorful. Surgery is the only way to effectively treat cataracts. The cloudy lens is replaced with an artificial clear lens called an intraocular lens, or IOL, says the AAO. Cataract surgeries have become routine and most operations are successful. The National Institutes of Health says as many as 95 percent of people who undergo cataract procedures experience an improvement in the sharpness of their vision. Replacement of the damaged lens is the goal, but there are different types of cataract surgery that vary based on the size of the incision and the technology used to remove the cataract. Phacoemulsification is one popular procedure during which a surgeon will make a two- to three-millimeter-long incision in the front of the eye for an ultrasonic probe. The probe utilizes vibration to break up the cataract

and removes the fragments with suction. A foldable lens is then inserted through the incision. Here are some things to expect from cataract surgery.

- A week or more before the surgery an ultrasound test will measure the size and shape of the eye. This helps to determine which type of IOL will later be inserted and become a permanent part of the eye.
- IOLs can come with different features, such as blocking ultraviolet light or being monofocal or bifocal in nature. Others correct astigmatism. An eye doctor will discuss which type of lens is best.
- Medicated eye drops may be prescribed before surgery to reduce the risk for eye infections.
- Patients may need to stop taking certain medications prior to surgery, particularly if they can increase bleeding risk. Also, doctors may advise patients to avoid solid food several hours before surgery and avoid drinking alcohol for a day prior.
- You will be awake for the procedure, but your eye will be numbed and you won’t be able to see what the surgeon is doing. Some doctors provide a sedative to help with relaxation.
- Typically the surgery is an out-patient procedure, meaning you’ll be able to return home the same day. However, you will not be able to drive, so arrange for transportation.
- Medicated eye drops may be prescribed, and recovery may include limiting activities for a few days. Any eye discomfort should disappear after a couple of days. Eye patches and protective sunglasses also may be recommended.

Cataract surgery can give people a new lease on life through improved visual clarity. The procedure is relatively easy and successful for the majority of people who undergo it.



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Losing interest in an exercise regimen is a situation many fitness enthusiasts have confronted at one point or another. Overcoming a stale workout routine can be simple for young athletes, whose bodies can typically handle a wide range of physical activities. That flexibility allows younger athletes the chance to pursue any number of physical activities when their existing fitness regimens grow stale. But what about seniors who have grown tired of their workouts?

Even seniors who have lived active lifestyles since they were youngsters are likely to encounter certain physical limitations associated with aging. According to the Centers for Disease Control and Prevention, the likelihood of dealing with one or more physical limitations increases with age. CDC data indicates that 8 percent of adults between the ages of 50 and 59 have three or more physical limitations. That figure rises to 27 percent among adults age 80 and over.

Physical limitations may be a part of aging for many people, but such obstacles need not limit seniors looking to banish boredom from their workout routines. In fact, many seniors can successfully engage in a variety of exercises that benefit their bodies and are unlikely to grow stale.

• **Water aerobics:** Sometimes referred to as “aqua aerobics,” water aerobics may involve jogging in the water, leg lifts, arm curls, and other activities that can safely be performed in a pool. The YMCA notes that water aerobics exercises are low impact, which can make them ideal for seniors with bone and joint issues like arthritis.

• **Resistance band workouts:** Resistance band workouts can be especially useful for seniors who spend a lot of time at home. Resistance bands are inexpensive and don’t take up a lot of space, making them ideal for people who like to exercise at home but don’t have much space. Resistance bands can be used to strengthen muscles in various parts of the body, including the legs, arms and back. Resistance bands can be pulled or pushed in any direction, which allows for more versatility in a workout than weight machines and dumbbells. That versatility allows seniors to spice up their workout regimens when things get a little stale.

• **Pilates:** Pilates is another low-impact exercise that can be ideal for seniors with bone and joint issues. According to SilverSneakers®, a community fitness program for seniors that promotes living through physical and social engagement, Pilates can help seniors build overall strength, stability and coordination. SilverSneakers® even notes that seniors can experience improvements in strength and stability by committing to as little as 10 to 15 minutes of daily Pilates exercises.

• **Strength training:** Seniors on the lookout for something more challenging than a daily walk around the neighborhood should not overlook the benefits of strength training. The CDC notes that seniors who participate in strength training can stimulate the growth of muscle and bone, thereby reducing their risk for osteoporosis and frailty. In fact, the CDC notes that people with health concerns like arthritis or heart disease often benefit the most from exercise regimens that include lifting weights a few times each week.

Physical limitations are a part of aging. But seniors need not let such limitations relegate them to repetitive, boring workouts.



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Did you know?

According to the Alzheimer’s Association, people with a parent or sibling with Alzheimer’s disease are more likely to develop the disease than those who do not have a first-degree relative with Alzheimer’s. In addition, those who have more than one first-degree relative with Alzheimer’s are at an even greater risk of getting Alzheimer’s. Though family history is not necessary for an individual to develop Alzheimer’s, the AA notes that researchers have identified hereditary Alzheimer’s genes. For example, researchers estimate that between 40 and 65 percent of people diagnosed with Alzheimer’s have the APOE-e4 gene. APOE-e4 is characterized as a risk gene because it increases the likelihood of developing Alzheimer’s but does not guarantee it will happen. The gene is inherited from a parent, and people who inherit two copies of APOE-e4 from their mother and father have a higher risk for Alzheimer’s than those who inherit one copy of the gene from their mother or father. The AA also notes that researchers have found deterministic genes that cause Alzheimer’s. However, these genes are rare and have only been found in a few hundred families across the globe, accounting for 1 percent or less of all Alzheimer’s cases.

Early warning signs of Alzheimer’s disease



Alzheimer’s disease is an insidious illness that slowly robs individuals of their memories, personalities and relationships. The Mayo Clinic says Alzheimer’s is a progressive neurological disorder that causes brain atrophy and cell death, which contributes to continuous decline in thinking, behavioral and social skills. This eventually affects a person’s ability to live independently.

The most common form of dementia is Alzheimer’s disease, which is believed to affect approximately 5.8 million Americans age 65 and older. While there currently is no cure for Alzheimer’s disease and other dementias, there are strategies that can help mitigate symptoms. An ability to recognize dementia symptoms early can help millions take proactive steps to improve quality of life. Below are some early warning signs of Alzheimer’s disease, courtesy of notable health organizations, including MJHS® Health System, the Alzheimer’s Association, Alzheimer’s New Zealand, and the Mayo Clinic.

- **Recent memory loss that affects daily life.** *While it is normal to forget where you left keys, names or even telephone numbers from time to time, a person with dementia may have difficulty remembering recent events or where they live.*
- **Personality changes.** *Individuals may begin to show*

subtle differences in their personalities, including mood swings. For example, a person who is easygoing may become reluctant to interact with others.

- **Difficulty with familiar routes.** *A person with dementia may have regular difficulty driving familiar routes or finding the way home.*

- **Trouble finding the right words.** *Finding words to converse freely can be difficult for people with Alzheimer’s. Such individuals may experience particular difficulty finding the right words to express their thoughts or identify objects.*

- **Disorientation with time.** *Someone with Alzheimer’s disease may be confused about the time of day and what is appropriate for that time.*

- **Decreased or poor judgement.** *Individuals with dementia may make consistently poor decisions and may start paying less attention to their physical appearance.*

- **Difficulty following a plan.** *A person with Alzheimer’s disease may have challenges solving problems, such as working with numbers, following a recipe or keeping track of finances.*

Early signs of dementia may be confused as normal age-related changes. However, when such signs present themselves, it is critical to speak with medical professionals to get a clear diagnosis.

Vision

From page 6C

cil On Aging notes that studies have found that omega-3 fatty acids, which can be found in foods like spinach, kale and salmon, can reduce individuals’ risk for age-related eye diseases. Seniors can speak with their physicians about other ways to utilize diet to combat age-related vision problems.

- **Protect your eyes and look cool at the same time.**

Active seniors spend lots of time outdoors, and that may have an adverse effect on their vision. The NCOA notes that lengthy exposure to the sun’s ultraviolet rays can cause both short- and long-term eye damage. Thankfully, such issues are easily avoided if seniors wear sunglasses with UV protection when going outside. Brimmed

hats also can protect the eyes from harmful UV rays.

- **Be mindful of screen time.**

Much has been made of how much screen time is healthy for young people. But seniors also are not immune to the potentially harmful effects of spending too much time staring at their phones and other devices. The NCOA recommends seniors employ

the 20-20-20 rule in regard to screen usage. Every 20 minutes, look about 20 feet away for 20 seconds. This quick exercise can reduce eye strain.

An active lifestyle benefits seniors in myriad ways. Seniors should take steps to protect their vision so they can continue to get up and go long after they retire.

Profile: The Villages of Farragut



Thriving lifestyle

Residents at The Villages of Farragut have not slowed down, the campus is thriving! While everyone associated with our senior living community is following every safety precaution, residents enjoy all The Villages has to offer, from bicycle rides along the walking trails, to the weekly Happy Hour gatherings with live entertainment and fine dining. “This is a great place to live, especially for those who plan to continue an active way of life. “This is similar to a bed and breakfast lifestyle for seniors only better”, said Melody Matney, executive director. Resident Gloria Mahr speaks highly of the restaurant style dining stating “The food is spectacular with flavor and presentation. We have the most amazing menu with so many choices”. The Villages is conveniently located at 230 Village Commons Blvd., just off Kingston Pike. Call Sandi to schedule a tour today, 865-671-2500.

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HOW THESE RETIREES FOUND A PRIMARY CARE DOCTOR THEY LOVE



Pat and Dick Ionelli of Knoxville, Tennessee

When Dick and Pat Ionelli moved to East Tennessee from Massachusetts five years ago, they were excited about being closer to their daughter in Knoxville and other family in Florida. But they were also apprehensive about finding new physicians, especially one to replace their beloved primary care physician of more than 40 years, Dr. Bob.

So, they asked friends for recommendations and did an extensive web search. Their research led them to Harrison McGrath, MD, a primary care physician with Rocky Hill Family Physicians in west Knoxville, part of UT Medical Center's Primary Care Collaborative.

"Dr. McGrath stuck out," Dick said. "He got five-star reviews online and had good references, too."

"It's important for me to get an explanation that I understand," Dick said. "We want to trust our primary care doctors because they're the ones that steer you in the right direction."

Good Communication Is Important
Being comfortable and trusting their doctor are vital parts of the relationship the Ionellis have with their primary care physician. "You have to be able to tell them what's wrong with you, and some things are not always easy to talk about," Pat said.



Harrison McGrath, MD with patients Pat and Dick Ionelli.

"It's important for me to get an explanation that I understand," Dick said. "We want to trust our primary care doctors because they're the ones who steer you in the right direction."

The Ionellis clicked with Dr. McGrath in their first conversation and were grateful that they'd found someone they could trust. They've been patients at

Rocky Hill Family Physicians for two years, and in that time, they've found the professional staff – the nurses, PAs (physicians assistants), and front desk – to be "right on top of it," said Dick.



WISDOM FOR YOUR LIFE

Easy Access to Services and Specialists
In addition, they've appreciated access to all of UT Medical Center's services and specialists. Dick said, "We've had positive experiences with all the specialists Dr. McGrath has referred us to." For instance, after analyzing the results of an ultrasound, McGrath recommended Pat for gallbladder surgery with University General Surgeons, one of the medical center's specialty practices.

Despite the surgery taking place during the height of 2020's COVID-19 pandemic, Pat said, "I felt very comfortable that everyone put my safety first. From checking in to discharge, it was all very thoughtfully organized."

A Doctor Who Really Cares
Of McGrath, Dick said, "He comes across with the same attitude and knowledge as our former primary care physician. He's about as close to my old doctor as I could get. He was a very good find."

"He's called us personally to discuss issues we're having," Pat said. "It's Important to me that he calls us himself. It tells me that he really cares."

The University of Tennessee Medical Center's Primary Care Collaborative includes Rocky Hill Family Physicians and 18 other practices. It offers personalized primary care services focused on preventive medicine.

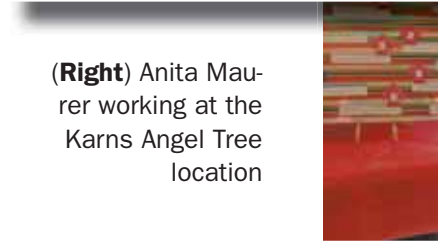
Encompassing a variety of services and compassionate care, the practices in the collaborative have a goal of providing a long-term relationship with a single doctor who understands a patient's health needs and coordinates their care throughout their lifetime.

To learn more about the Primary Care Collaborative or make an appointment with a primary care doctor, call Healthcare Coordination at 865-305-6970.





(Above) Sam Reddick, left, and Cheri Doane at work gathering Senior Angel Tree gifts



(Left) Kate Sultan organizing information at the Office on Aging



(Right) Anita Maurer working at the Karns Angel Tree location



Independence
From page 1C

“We did have a group last year that asked, ‘Can we do hiking kits for all of your seniors?’ And I went, ‘Oh my gosh, that would be fabulous,’” Reddick recalled.

- If anyone is interested in donating money for the Senior Angel Tree, they can e-mail the Office on Aging’s team of elves at seniorangeltree@knoxseniors.org.

Senior Angel Tree “would never be possible without our amazing corps of RSVP “elf” volunteers,” Reddick said.

Other Office on Aging services

- For an overview of the programs provided by the Office on Aging, visit <https://www.knoxseniors.org/services/>

In addition to “food insecurities,” Reddick said another significant need of the at-home seniors they service involves being crime victims, calling into action “our Rise Above Crime program,” she said.

Led by manager Sasha Hammett, this program “works with seniors who, and I hate to say it, have been scammed or are victims of some sort of crime,” Reddick said. “It could be fraud, neglect — at really kinds of runs the gambit.”

If a senior, or someone related to or perhaps knows of a senior that has been a victim of a crime — or might have been — contact Hammett at Sasha.Hammett@knoxseniors.org and/or visit <https://www.knoxseniors.org/rise-above-crime/AmeriCorpsSeniors>

The Office on Aging supports National Service programs of AmeriCorps Seniors.

“We engage and support volunteers 55 years of age or older in service throughout our community,” Reddick said.

In fact, “in order to volunteer with us, you have to be over 55,” she added.

- Those age 55 or older interested in serving their community can reach Reddick at rsvp@knoxseniors.org or by calling her at 865-524-2786.

Learn more about ways seniors can serve their community through National Service in the AmeriCorps Seniors programs at the following sites:
Visit Foster Grandparent Program site at <https://www.knoxseniors.org/foster/>
Visit Senior Companion Program site at <https://www.knoxseniors.org/companion/>
Visit RSVP program site at <https://www.knoxseniors.org/rsvp/>

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Profile: Parkview Senior Living

Seniors Value Connections as they Shift into Retirement

As we age our values may tend to shift. According to the second annual United States of Aging Survey, 4 in 10 seniors put relationships with family and friends ahead of financial concerns, which is a shift in priorities from earlier, wage earning years. The elderly population believes staying connected is most important to maintaining a high quality of life.

This sentiment is front and center at all four Parkview Senior Living communities. Our residents enjoy a full, active lifestyle complete with numerous activities and events designed for connecting with other residents and staff members.

With beautifully appointed and comfortable indoor and outdoor spaces for gathering, plus spacious, private apartments, our residents can nurture relationships at their leisure.

The goal of ownership and staff of Parkview is to provide a place our residents can proudly call home, live their lives on their own terms, all while knowing they are safe and secure.

See for yourself everything Parkview has to offer for a burden-free, active and independent retirement!



Profile: Senior Financial Group

It’s time to compare

Medicare plans change every year, and so do our personal circumstances. Have you experienced changes to your health, medications, or income? Medicare’s Annual Enrollment Period is the time to compare options and make changes to your plan without penalty. Senior Financial Group will help you:

- Review your current plan.
- Look at changes effective 2022 that may affect your premium, network, or drug formularies.
- Update your coverage accordingly without penalty.

There is no cost, and no obligation. Schedule a call with our licensed, independent benefits consultants this AEP at 865-302-3678.

We will simplify the process, give your plan its annual check-up and leave you with the peace of mind knowing you have the most complete coverage for your lifestyle, family, and budget.

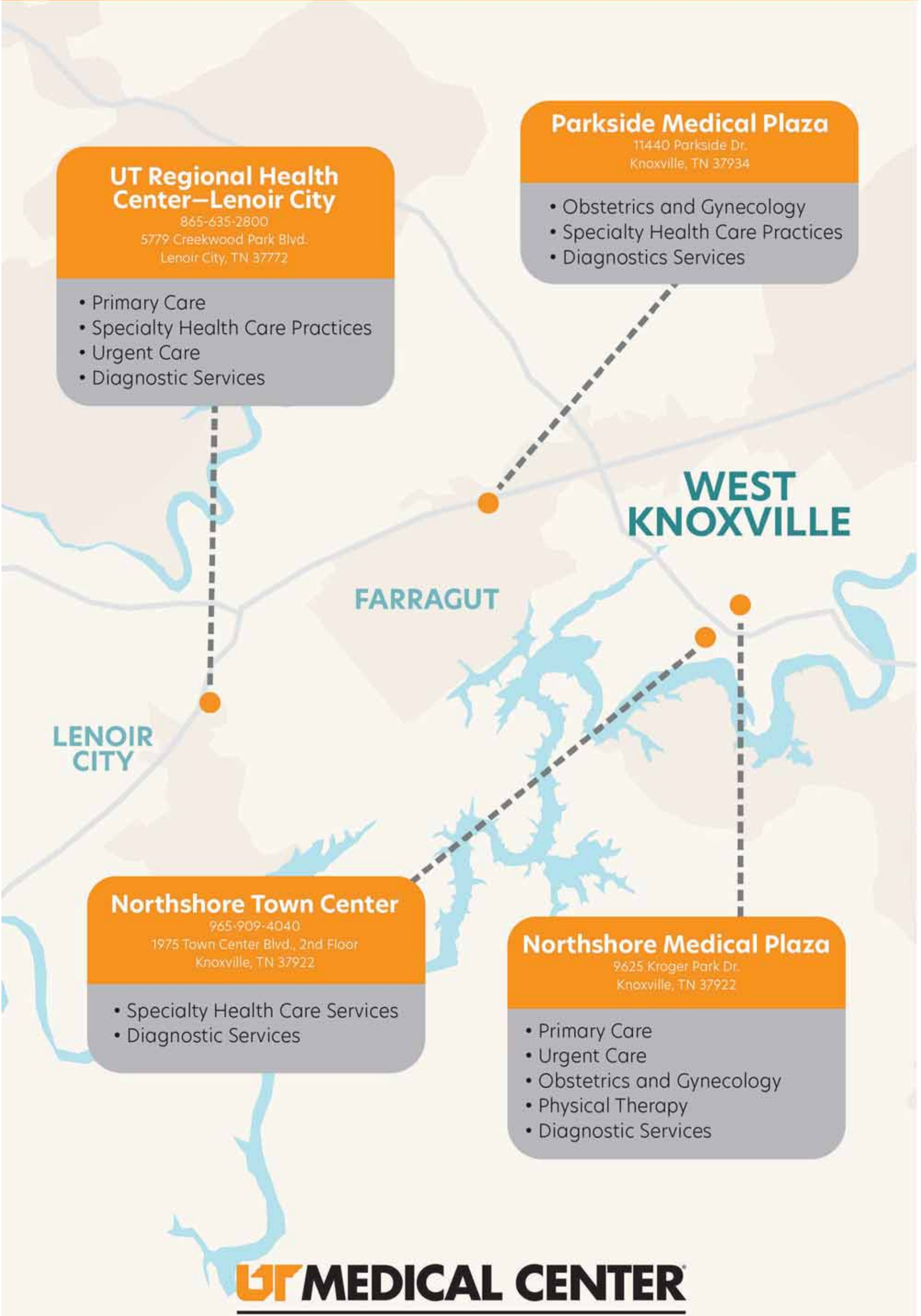


Jerold Johnson, President

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