

Two 'Centers of attention' in Farragut

Despite BOMA vote, Horne pursuing a 'Ford' Town Center

MICHELLE HOLLENHEAD

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Farragut businessman Doug Horne added a new wrinkle to the Town Center discussion during the Thursday, Oct. 22, Farragut Board of Mayor and Aldermen meeting when he announced he is pursuing his own Town Center development in Farragut.

Horne's announcement was included among two e-mailed comments addressing the second reading and vote on Ordinance 20-20 amending the text of the Comprehensive Land Use Plan Update as it relates to the Mixed-Use Town Center land use descriptions.

Not only did Horne, who also owns Republic Newspaper, Inc., parent company of farragutpress, ask BOMA to vote against the Ordinance — which reduces the number of Town-approved sites where multi-family residential housing could be constructed from five to one — but also announced his own plans for a Town Center on property currently owned by former Farragut Mayor Eddy Ford and his wife, Linda, along Kingston Pike.

It should be noted the change, which BOMA ultimately approved on second reading, only allows multi-family home construction on the former Biddle Farm property. It currently is being considered for its own Mixed-Use Town Center development by Budd Cullom, who has been working with Town officials for more than a year on the project.

The Ford property had been targeted for a Mixed Use Town Center development more than a dozen years ago, but the economic downturn halted those plans in 2008.

See **CENTER OPTION** on Page 2A



Ford

Tammy Cheek

This view just north of Kingston Pike shows the 68-acre Eddy and Linda Ford property developer Doug Horne — owner of Republic Newspapers, Inc., parent company of farragutpress — is eyeing for a Farragut Town Center.

BOMA gives final 'apartment' approval to CLUP update

MICHELLE HOLLENHEAD

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Despite a plea from Farragut businessman Doug Horne and two Farragut residents who continue alleging "illegal" and improper procedure by Town officials, the Farragut Board of Mayor and Aldermen unanimously passed Ordinance 20-20 on second reading Oct 22.

The ordinance amends the text of the Comprehensive Land Use Plan Update as it relates to the Mixed-Use Town Center land use descriptions and will now only allow high density residential (apartments) to be located on a parcel of land across from Farragut High School, known as the Biddle Farm, and currently under option by developer

See **ORDINANCE** on Page 3A

TopGolf nearing closing?

MICHELLE HOLLENHEAD

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Top Golf officials — who first announced in July 2019 their plans to bring the nationally popular entertainment venue to Farragut along Outlet Drive — are still full speed ahead on their intentions, according to Town Mayor Ron Williams.

Williams confirmed Tuesday, Oct. 27, TopGolf had recently made a payment to property owner Sam Furrow as part of the company's lease-option agreement.

"It is my understanding that they will probably be bringing us a site plan (to approve) before the end of the year," Williams said, noting the concept plan already had been previously approved.

"They also have a grading permit, and their plans are to start grading at that site sometime in the spring, after the winter thaw," he added.



Lafferty



Keeling

Variety in the Valley: House District 89 battle

Kari Keeling

– Democrat

• What are three of the most pressing needs of the 89th District, and/or Knoxville metro area, and/or the state, and how are you going to help solve the issues?

"I believe that if you are working, even if your employer doesn't provide health insurance, you deserve to not have to worry about medical bills driving you into bankruptcy if you or your family are sick. Expanding Medicaid could cover 300,000 working Tennesseans. Nearly 80 percent of states have done it, including Kentucky and Oklahoma, without costing taxpayers extra money. They've saved their rural hospitals from closing down, increased the quality of healthcare they are able to provide for everyone, and ensured that their children grow up healthy and happy. Tennesseans deserve what other states have, but our legislators have failed to help our broken healthcare system, leading to closing hospitals and declining quality of care.

"I also understand our public education system is failing our students and teachers. I understand that we cannot fix it by taking

See **KEELING** on Page 3A

Justin Lafferty

– Republican incumbent

• What are three of the most pressing needs of the 89th District, and/or Knoxville metro area, and/or the state, and how are you going to help solve the issues?

COVID-19: Our hearts go out to all that have lost a loved one. It has disrupted everything. Schools impacted, suicides have increased, drug and alcohol abuse has increased and we still don't know the full impact on the economy. Businesses have closed forever, owners are using their life savings to hang on and feed their families. Employees have been let go or had hours reduced. Homeowners and renters have had their mortgages and rents in forbearance for months. And the new work from home culture will likely impact commercial real estate. As this continues to play out let's remember to be patient with one another and demonstrate the grace we could all stand to receive in this difficult time.

Growing pains: Prepandemic Knoxville and the state were growing. We are still doing pretty good. People come here because they are leaving states where the taxes are

See **LAFFERTY** on Page 3A

business

"It's a passion I have. I really feel it's more than a job. ... So, our goal is to figure out why somebody's suffering the way they are. ... It's very patient-centered."

- Business owner Emily Kopek about the many joys and satisfactions of her chosen profession. (Read story beginning on Page 5A)

community

"Due to COVID-19, Halloween being on a Saturday ... and the presidential election. ... It will be similar to 2001 in people yearning to have a few hours of much needed fun."

- Farragut resident Bill Johns about a special event he and his family are hosting for the 20th year. (Read story beginning on Page 4B)

sports

"I'm excited to see what we can do ... I know what recipe was used for the success of the program. ... (He) was always over-prepared. He had a Plan A, a Plan B, a Plan C."

- Newly-hired Farragut High School boys soccer coach Bradley Culbreth about following in some special footsteps. (Read story on Page 1B)



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Election Day details spelled out for Town

MICHELLE HOLLENHEAD

mhollenhead@farragutpress.com

While volunteers and election workers are finishing up with Early Voting, which concludes with voting today from 8 a.m. to 8 p.m., Thursday, Oct. 29, the next focus will be Election Day next Tuesday, Nov. 3.

"I think Election Day will be quite busy with long lines," Knox County Election administrator Chris Davis said. "Many voters are unsure where it is they vote because they only vote every four or eight years," he added. "Resources such as knoxvotes.org or kgis.org can provide a lookup to tell voters where they vote."

Polling hours are from 8 a.m. to 8 p.m. on Election Day at the following area voting locations:

District 62 - Hardin Valley, Hardin Valley Elementary; 11445 Hardin Valley Road, 37932

District 65-E - Shoreline, Shoreline Church; 9635 Westland Dr. 37922

District 65-N - Concord N - Farragut Primary School, 309 N. Campbell Station Road, 37934

District 65-W - Farragut Town Hall, 11408 Municipal Drive, 37934

District 66 N - Farragut 1 - Farragut Middle School, 200 West End Ave., 37934

District 66-S - Farragut II - Farragut High School, 11237 Kingston Pike, 37934

correction

District 6 Knox County Board of Education candidate Betsy Henderson was incorrectly identified in an Oct. 22 farragutpress story as being from Louisville, Kentucky. She grew up in Louisville, Tennessee (Blount County). We regret the error.

Center option

From page 1A

"We object to the Ordinance 20-20 that amends the text of the Land Use Plan as related to Mixed Use Town Center Land Use," stated the first of Horne's two e-mails. "This proposed change is arbitrary and capricious and discriminates against Eddy and Linda Ford's 68-acre property."

"The Ford property was always listed as the perfect Mixed Use Town Center property just west of the Town Hall," he added. "We are coming to the Town with a fine Mixed Use Town Center proposal with frontage outlots, medical, office and retail pod buildings, multi family and attached condos."

"The current Land Use Plan calls for multi family, up to 15 units per acre, and that's what our plan calls for. The Ford family has owned this property most of the 20th Century and all of the 21st Century, and for the Town to change the

rules arbitrarily for Mixed Use Town Center Land Use Plan is completely unfair and ridiculous and appears to be targeted to deny the Ford property the land use that has been planned for years by the Town itself.

"The Town officials always wanted this property to be Mixed Use Town Center with multi-family condos and medical, office and retail structures."

In his second e-mail, Horne announced "a Mixed-Use Town Center plan we call AGORA — which means a gathering place, named after the historic Greek civilization."

"This is what we are submitting for the Eddy and Linda Ford property," Horne stated.

"Again with this quality Mixed-use Town Center development we are proposing, AGORA, we do not believe it is wise or fair and equitable to make the 'text change in the Ordinance 20-20."

"To limit the Mixed Use Town Center development plan for high density residential to

property located only in the area bounded by S. Campbell Station Road, Concord Road and Kingston Pike is picking winners and losers and legally questionable and will subject the Town to legal action," he added.

Horne's attorney, Christina G. Myer also weighed in.

"I have been involved several times over the last couple of years in aiding (Horne's)



Horne

re-zoning requests to install a multi-family residential development on his own property ... I've personally been in attendance at least twice to hear him or his representatives be told that the 'Town Center' district reflected in the Land Use Plan is the only place the Town would allow the density Mr. Horne needs in order to make such a development financially feasible

"... Finally, Mr. Horne took the Town up on its promise, and he undertook to negotiate the purchase of property belonging to Mr. and Mrs. Eddy Ford, which is in the heart of the Town Center district. He relayed this information to the

Mayor (Ron Williams) and others, so the Town has been well aware of Mr. Horne's intention to bring a mixed-use development plan for the Town Center zoning district to the Commission ..."

Horne has yetto submit an official plan to the Town's Municipal Planning Commission.

"My plan matches the current Land Use Plan wording for the Town Center, which is that it is to be within a one mile radius of the Kingston Pike/Campbell Station Road interchange," he stated Friday, Oct. 23, confirming he still plans to pursue the Town Center plan for the Ford property, which he has an option to purchase.

KCSO policereports

• At 9:22 a.m., Sunday, Oct. 25, a Knox County Sheriff's Office unit responded to 722 Watt Road regarding a hit-and-run. Complainant said a 1998 Volvo tractor-trailer struck his parked 2020 Freightliner, doing an estimated \$10,000 in damage to the front bumper and hood. The suspect stopped, handed over his driver's license and insurance card and offered \$300 cash to pay for damages. Complainant took photographs of the documents, at which point the suspect left the scene. Photographs will be uploaded via Axon Capture.

• At 12:04 p.m., Saturday, Oct. 24, a complainant called KCSO Teleserve Unit to report a theft at Costco, 10745 Lovell Road. Complainant advised the incident occurred at 11 a.m. that day. Complainant advised he met the suspect at Costco to sell him a weedeater off Facebook Market. Complainant advised the agreed upon price was \$140. Complainant advised the suspect handed him cash and the complainant handed the suspect the weedeater. Complainant advised he did not count the money until after the suspect left, discovering the suspect only gave him \$90.

• At 2:43 p.m., Friday, Oct. 23, A KCSO unit was responding to a call at a Westland Drive residence when he observed the eventual arrestee holding a sign on the exit soliciting assistance on the exit ramp of Interstate-140 East. Upon ordering the arrestee to leave the area, he became confrontational stating he did not have to leave because he knew his rights. Arrestee was taken into custody when the second request to leave the area was not followed. A misdemeanor citation was not issued due to the arrestee being homeless and not having a

physical address.

• On Thursday, October 22, 2020, at 2:38 p.m., Thursday, Oct. 22, a KCSO unit responded to a Broadwood Drive address in reference to a hit-and-run crash with minor property damage. Victim said he was at Mayor Bob Leonard Park from 6:30 to around 7:30 p.m., Wednesday, Oct. 21. Victim said he did not discover the damage until after he left the park calling KCSO the following day to make a report. Value of damage was listed at \$500. The only visible damage to his Ford F-150 pick-up truck was a small dent in the front right fender just above the wheel well. Victim said he does not remember what car he was parked next to when he arrived at the park, but there was a red Jeep next to him when he left. There were no red marks to indicate the jeep had struck his vehicle.

• At 4:18 p.m., Wednesday, Oct. 21, an unknown male suspect entered Belk, 11417 Parkside Drive. The suspect, empty handed, went straight to the Beats/Echo fixture near the main register. The suspect selected one Echo show and one Beats Solo headphones, then went around the store through the Men's moderate/athletic departments. The suspect passed all points of sale and cut through the Columbia department and exited the main entrance with both pieces of unpurchased merchandise, which had a retail price of \$378.99. The sales associate who was operating the main register said the EAS towers went off. She ran to the door and saw the suspect getting into an awaiting vehicle with a female driver. The sales associate could not identify type of vehicle.

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****Important date change** This Virtual Workshop was originally scheduled on election day by mistake.**

We changed the date to the day after the election. See details below.

• Do you have pain in your back, hip, or down your leg?
• Do you feel exhausted all the time because you can't get a full night of sleep or a second of relief?
• Have you tried just resting, stretching, or even chiropractic care or physical therapy?

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If you answered yes to any of these questions (or have a stubborn spouse who is in denial) - our ONLINE "Back Pain and Sciatica" workshop may be a life-changing event for you. It may be the solution you're looking for to help get you back to the life you desire...

• A life where you can go on long walks with your friends and family without worrying about where they are going or how far they are walking.

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• A life where you can stay healthy, active, and independent without having to slow down or miss out on life.

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So by request, we are hosting a: **"Back Pain and Sciatica" VIRTUAL Workshop**

When: Wednesday, November 4th, 2020 @ 1 PM

Where: virtual event- so you will be able to watch from your personal electronic device (computer, tablet, or phone). If you're technically challenged, don't worry- our office manager, Rose is happy to help you get set up!

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Why You Keep Getting Sidelined By That Pain Shooting Down Your Leg

Why Medicinal Care, Injections, Physical Therapy, Or Chiropractic Adjustments Haven't SOLVED Your Problem Yet

How To Finally Get A Full Night Of Sleep Without Being Interrupted By Pain

What Is Actually Causing Your Back Pain

Why Stretching Is No Longer Making It Go Away

How To get back to being Active, Healthy and Confident again without Back Pain

How do I register for the Back Pain and Sciatica Workshop?

Simply call or text our office at **(865) 351-0615** to reserve your spot or register at www.simplypt.com/backpain-workshop

We are limiting access to this event to the first 25 people...and 11 people have already signed up prior to the printing of today's paper.

So, if you would like to attend, be sure to register now by **calling (865) 351-0615**.

How much does it cost to attend?

This ONLINE training is completely FREE of charge for anyone who registers in advance.

Looking forward to seeing you there!

P.S. If you can't attend the workshop- then be sure to request our "Back Pain and Sciatica Pain Relief Guide" by giving us a call (865) 789-8617

The author, John-Mark Chesney, is a Doctor of Physical Therapy and Owner of Simply Physio. He's happy to answer any questions about balance and fall prevention by phone or text at (865) 351-0615 or by email at john-mark@simplypt.com

Ordinance

From page 1A

Budd Cullom, who has an approved concept plan for a Town Center development.

In previous meetings and statements, officials explained the changes would protect existing neighborhoods from abutting high-density residential development. Previously, high density residential could have been located in as many as five Farragut MUTC designated locations including on property owned by former Farragut Mayor Eddy Ford and his wife Linda, along Kingston Pike. In asking BOMA not to approve the ordinance, Horne said he had the Ford property under contract and intends to build his own Town Center (see separate story starting on page 1A), which will feature a high density residential component.

In voting for the Ordinance, Alderman Scott Meyer said, "My decision on this vote is not based on any plan by a developer. I have not seen Mr Horne's plan. I am vaguely familiar with other plan, but the basis of my vote is the CLUP itself and the strategies included in it."



Meyer

Town administrator David Smoak read a statement from Alderman Drew Burnette, who was unable to attend, due to attending his son's middle school football playoff game.

"This (Ordinance) will limit the HDR impact to this area, and require it be part of a MUTC development," Burnette's statement read. "It protects our current residential areas, and puts limits on future HDR in MUTC areas."

However, others in the community against approval via citizen's comment e-mails were about a dozen residents who primarily opposed high density residential construction in general, seemingly unaware the structures were already allowed on the Biddle Farm and the other MUTC designations.

Farragut residents Michael Wilson and Mike Mitchell both alleged the Ordinance changes were "major" and should have had "significant public outreach."

Wilson asked that, "the Board table this item until such time as the appropriate significant public outreach has been completed and incorporated into the amendments."

"The Farragut Planning Commission ignored Farragut law," Mitchell stated in his e-mail. He also later accused officials of "Violating the First Amendment of the U.S. Constitution."

Town Attorney Tom Hale responded to the allegations yet again, for the third consecutive BOMA meeting.

"I guess the third time's the charm," Hale said. "I have spoken at last the two meetings, about suggestions by citizens who have made a point of suggesting that somehow the process used by the town in dealing with this comprehensive land use plan amendment was illegal, unlawful or somehow inappropriate. I have reviewed the circumstances [and believe it has been] I think we completely handled this in the appropriate way — and feel no differently about it tonight."

He said he specifically wanted to address, "One of our citizens — who first claiming we were violating open meetings law, but has shifted focus because there is no violation. Now he is focused on language of the land use plan."

"This particular land use plan provides the language you've heard read, 'when there is a major change in land use plan, there is a suggestion there be substantial outreach to the community. You are dealing with adjectives that have relative meaning. What is a major change or upgrade? I can make a pretty sound argument that these changes are not major. What does substantial public outreach mean? When I look at what has been written, and what the Mayor has put in the paper, I would say there has been substantial public outreach, maybe more than substantial."

"All we are talking about is the amendment to the land use plan," Hale added, noting the irony of the overwhelming public input so far when "we are at the very beginning of a long process ... with a project being studied and developed on the Biddle Farm, that is not even zoned yet. That will still need multiple layers of study. We don't even have final plan ... and now we have a potential other plan — that will have to be studied and vetted, and that property isn't zoned yet either."

"What I want people to understand, is the Town doesn't have the luxury of telling people — without studying what their proposal is — 'You can't develop your property the way you want to.'"

Hale also advised residents to, "Get off the name calling, and get on to the planning."

Keeling

From page 1A

taxpayer money away from the system and investing it in private schools who don't have to follow the same rules.

We need educators in office that can provide perspective on what teachers actually need in order to do better—smaller classroom sizes, resources that make learning more accessible, better pay to ensure we attract the best teachers, less focus on standardized testing, and re-working the broken formula by which funding is determined for schools. Our children deserve the best, and we owe it to them to give them a solid education on which to build a successful future.

"Finally, the state has passed a lot of legislation as of late that takes power from local

communities to regulate their own affairs.

Laws that restrict our local government's ability to make their communities safer and cleaner tie Knoxville's hands when we're trying to spur economic growth. Laws that restrict voting rights and free speech create further divisions between the people and their government.

Laws that take away the power of local boards to demand accountability and financial transparency for taxpayer-funded positions enhance power imbalances. We need to emphasize the rights of local government to create laws that work for them because our local representatives are the people who actually live in our community and understand our needs and concerns best.

(See added info at bottom)

Lafferty

From page 1A

high and they can't find jobs. Growth is good but it does come with headaches. Namely crowded schools and insufficient infrastructure.

An idea I recently shared with the governor's advisors is to temporarily freeze or at least reduce the taxpayer funded handouts used to entice corporations to move here. Sounds crazy right. Consider it. We have grown so much so fast our infrastructure needs to catch up.

The dollars subsidizing corporate relocations could be put into roads and schools. Organic growth will still take place because we are a low-tax, business friendly state. Those high tax states, they have not

changed their ways. We will continue to prosper.

Mental health: A decade ago the state shut down several mental health facilities. Some who abuse drugs and alcohol have underlying mental health issues. Instead of going to facilities designed to address those issues we are filling up our jails with folks that need treatment. Our hospitals regularly receive patients with mental health problems.

They wait days, sometimes weeks for a bed at a mental health facility. I will continue to support initiatives that recognize the need to keep people out of jail and stop crowding our emergency rooms. Mental health is not a crime and it is time, as a state, we admit our mistake."

(See added info below)

Background for Keeling: "I'm a lifelong Tennessean and earned my BA and MA in English from Tennessee Tech and ETSU, respectively.

I am also one of the 1/3 of teachers who burn out within their first five years due to overwork and low pay. I know what it's like to be taught and

to teach in our public school system; I know where we are failing our hard-working students and teachers, and therefore I can provide an educator's perspective in government about what we can do to better support our teachers with the tools they need to provide our students with excellent learning."

Lafferty's beliefs include: "Our Constitution is one of the greatest documents ever produced by man. It laid the groundwork for everything we enjoy today. Things many seem to take for granted. Personal liberty, economic prosperity, freedom of association, freedom of religion, property

rights and the rule of law. "... Somehow we have allowed politicians, for decades, to convince us that if we just vote for them, they will make all of our lives better.

"And yet here we are, at each other's throat as if somehow this time it will be different."

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farragutpress



letterstotheeditor

Amending Town Center portion of CLUP an issue

The issues surrounding the recently approved amendments to the Mixed-Use Town Center (MUTC) portion of the Comprehensive Land Use Plan (CLUP) and the Biddle Farm proposed development are linked together.

First, the recent CLUP MUTC amendments were spurred by the discussions surrounding the Biddle Farm development. Within the MUTC, there are five zoning districts that can be used to develop a multi-family residential property.

During the August Staff Developer meeting, they opted to utilize the Planned Commercial Development Zoning District (PCD). The PCD district does not allow apartments on the ground floor and has a maximum height of 45 feet.

The Town asked the applicant to review the PCD Zoning District and identify any provisions that they "may wish to have revisited and amended." The developer responded asking to remove the "upper floor only" residential requirement, increase building height and some other changes.

The FMPC has agreed to the development concept on Biddle Farm but will need to change the PCD Zoning Ordinance to meet this developers' desires.

This created a problem that the Town addressed with the CLUP text amendments. Without approval of these amendments, the PCD changes would have impacted all vacant parcels within the MUTC. During these discussions, residents asked to pause the amendment process to conduct the appropriate public outreach. These requests were dismissed with various justifications. Then, at the last BMA meeting, the other shoe dropped.

We discovered that another developer had already notified the BMA of his intent to develop the MUTC property next to Kohls. This development includes the type of multi-family residential properties that have been a staple in the MUTC Land Use Area for eight years.

Much was made about what "substantial outreach" means. It is clearly defined and the

CLUP refers people to the types of outreach completed when the Plan was developed. The Town discussed the various meetings emphasizing the CLUP Steering Committee meetings and advised that these met the significant public outreach requirement.

The Town's Agenda Center does not include the CLUP Steering Committee. Why, because it is a Steering Committee reporting to the FMPC. Checking the Town Hall Sunshine Board is the only way a citizen would know of these meetings. This notification meets the Sunshine Law requirements but fails to meet examples of "significant public outreach."

Finally, the Town has said that the main reason for the changes is to protect existing neighborhoods. This is a strawman argument. There are currently two protections for existing neighborhoods — transitions in density and building height restrictions in the multi-family zoning ordinances. They do not allow an apartment building within 100 feet of the residential property lines. Members of the BZA confirmed these protections during the meeting.

Regardless if you support apartments in the MUTC or not, as a citizen, the revelations that the Town was aware of the second developers' plan while pursuing amendments to effectively eliminate key portions of the CLUP is concerning. Moreover, these changes negatively impact the CLUP Strategies 1 & 3 and the Intent and Uses sections in the MUTC Land Use Description.

These constitute a "major update" to a key portion of the CLUP, one that has been adopted into the Zoning Ordinance. I now understand why the Town had no desire to conduct this outreach and provided various rationalizations to not do so. There was an approval deadline; one we were not aware of.

The citizens of Farragut should have real concerns about these events and our voice regarding future changes to the CLUP.

Michael Wilson, Farragut

presstalk

671-TALK (8255)

or editor@farragutpress.com

• **Just curious: was it not about this time a year ago that the Concord Road widening was originally supposed to have been finished? And then they announced it would be about another year, which is now? And they just now switched to the other side to complete paving and widening of it. Will it ever end?**

• **Today is Thursday, Oct. 22. I see, as of yesterday morning — Wednesday the 21st — after tearing out the steps at least once (concerning the new park construction behind and beside historic Campbell Station Inn), the steps and sidewalk at the northwest corner of (North) Campbell Station (Road) at Kingston Pike look all complete and nice and neat. Oh, wait, I just drove by and part of the sidewalk going into the lot on Campbell Station is all broken up and torn up. Apparently a two-section piece of the sidewalk has been torn out again. One of these days, the Town of Farragut will get a contractor to get things right the first time. Maybe.**

• **Why are the Mayor and Aldermen fighting so hard to put the new Town Center on the worst possible building site? Last Thursday (Oct. 22), we learned that Horne Properties is under contract to develop (former Farragut Mayor) Eddy Ford's land ... Half of the Biddle Farm (property) is in the FEMA 100-Year Floodplain. Why on earth move the Town Center to a site that is undevelopable? Remember when Aubrey's wanted to enlarge their parking lot and patio, and (a former) Mayor and Aldermen said "no" because it was in a floodplain? Now building in a floodplain is a good idea?**

We respectfully ask our readers to follow the following Presstalk rules when submitting their opinions:

- Please keep calls to a 90-second maximum (call 671-8255 24 hours a day, seven days a week);
- Please keep e-mailed Presstalks to 250 words maximum (editor@farragutpress.com);
- Libelous and malicious comments will not be published;
- Profanity will be edited out;
- Comments will remain anonymous;
- Names of individuals or businesses may not be published (including public figures) depending on the issue.

letterstotheeditor

Ex-alderman supports BOMA on Town Center

As a member of the former Farragut Community Group, I would like to make it known that I fully support the Farragut Board of Mayor and Aldermen and what they are attempting to accomplish with the proposed (former) Kroger (property) development.

This concept is not new.

It was a dream of my late husband (former Mayor Dr. Ralph McGill) to see this come to fruition. When he was mayor, he and myself visited at least four areas of the country where this has been successfully done.

We came away with very positive feelings about the residential/commercial concept being proposed. I have full faith in our Town planners and their abilities to make this a

great community spot.

When we incorporated many years ago, many said they wanted things to stay the same and that what was proposed could not be done. They were proven wrong, and I suspect that would be the case in this situation.

As for the increased traffic load, I understand that in upcoming school plans we will be losing approximately 200 students in our schools. This would make a significant difference.

I say we need to be proactive in what we develop, especially considering our competition with Turkey Creek and surrounding areas and the economy as it is today.

Marianne McGill, former Farragut alderman

Biddle Town Center 'excellent option'

I feel the proposed Town Center Development is an excellent option for the inevitable development of the Biddle Farm property.

Personally, I prefer the open land but I don't think that is a realistic option.

I believe the proposed mixed use concept adds diversity and high value to Farragut by including the ability to walk to services, the option to rent versus buy and new restaurants with outdoor seating and less traffic noise.

My view is that the alternative is more cookie-cutter subdivisions and strip malls, which offer the same benefits as what we have today and will not enhance living in Farragut.

Bill McAdams
Farragut

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Tammy Cheek

Shae Seeber, right, owner of Shae Design Studio, joins one of her stylists, Cyntia Morris, in presenting part of her showroom in her new space in Franklin Square.

RFM opens doors in Century Plaza



Photo submitted

Emily Kopek, owner and certified functional medicine physician assistant, opened Restorative Functional Medicine, LLC., Monday, Oct. 5, in Century Plaza, 10820 Kingston Pike Suite 9, to help people get to the root of their illnesses.

TAMMY CHEEK
tcheek@farragutpress.com

Emily Kopek, certified functional medicine physician assistant and owner, opened Restorative Functional Medicine, LLC., Monday, Oct. 5, in Century Plaza, 10820 Kingston Pike Suite 9, to help people get to the root of their illnesses.

“Functional medicine is a branch of medicine that tries to get to the root cause of illness rather than just give, as you hear it, ‘a pill for every ill,’” Kopek explained.

“So, our goal is to figure out why somebody’s suffering the

way they are,” she added.

Kopek, who has been practicing functional medicine for seven years, said one of “the unique things about what we do is we have longer visit times, so we spend an hour with patients, getting history.”

Additionally, “It’s very patient-centered ... which I think is also really important,” she added.

“We do use medications and prescriptions, but we also use natural things when possible. We do a lot with nutrition, supplements and gut health.”

See RFM on Page 6A

On the move

SDS finds new home at Franklin Square

TAMMY CHEEK
tcheek@farragutpress.com

Shae Design Studio, a full-scale interior design firm, has a new location at 9700 Kingston Pike Suite 11 in Franklin Square, giving her a more intimate space to serve her clients.

However, SDS’s boutique, Southern Style Market, recently rebranded to Willow Mae, still is located at 10420 Kingston Pike in Lovell Heights shopping center.

The firm moved to Franklin Square the last week in August.

“We love it,” owner Shae Seeber said about

the Franklin Square locale. “It gives us a really intimate space and allows us not to overwhelm the clients.”

She said the move was made “to put our focus on interior design projects, renovation design, 3-D plans and renderings and helping our clients achieve the look that they want for their space.”

Seeber’s previous location in Lovell Heights shopping center encompassed more than 10,000 square feet, which included an on-site warehouse, while her new location has 3,000 square

See SDS on Page 6A

businessbriefs

• Realtor Pamela Dingess recently joined Weichert, Realtors – Advantage Plus at 10160 Parkside Drive as a team member. Dingess previously worked as an account representative in the healthcare industry.



Dingess

• At Lake Home Realty along Tellico Lake, Realtors Brian Kincaid II and Karen Packett recently won the Aqua Award as top producers at the 7th Annual Lake Homes Realty National Agent Virtual Summit. The award is presented to Lake Homes Realty agents who closed a minimum of \$3.5 million and up to, but not including, \$10 million in to-

tal transaction volume between Sept. 1, 2019, and Aug. 31, 2020.

• Realtor Rebecca Price recently joined Weichert, Realtors – Advantage Plus at 10160 Parkside Drive as a team member. Price was a dental hygienist for 35 years before becoming a Realtor.



Price

• King University will offer Bachelor of Science in accounting accelerated degrees starting with its spring semester 2020 at its Hardin Valley campus. The full-time, accelerated program is designed for students who have received

See BRIEFS on Page 6A

Becky Duncan Massey
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Briefs

From page 5A

an associate's degree, wish to return to school and complete their degree or want to earn a second degree. Incoming transfer students with 76 approved credit hours from an accredited college can earn a Bachelor of Science in accounting degree in four semesters, with classes meeting one night per week and online.

• **SmartBank in Knoxville**

recently promoted **Becca Boyd** to executive vice president/chief people officer. Boyd will lead the human resources department and all aspects of people management.



Boyd

• **Spectrum recently announced a \$25,000 Spectrum Digital Education Grant** for its Digital Connect Program was awarded to Boys & Girls Clubs in Tennessee. The grant is part of the company's multi-year, \$6 million cash and in-kind national commitment to digital education in Spectrum communities across the country.

• **SmartBank recently promoted Tanner Harris** as senior vice president and Knox County market executive. With more than 17 years of banking experience, Harris has been with SmartBank since 2012 as a relationship manager. In his new role, Harris will oversee Knox County's three offices and lead the bank's efforts for continued growth and development.

Cutting ribbon on The Julianna



Tammy Cheek

The Julianna venue and events, 9111 Hunter Valley Lane, held a ribbon cutting, hosted by Farragut West Knox Chamber of Commerce, Sept. 22. Suzanne Saah, with scissors, co-owner, was joined, from left, by Knox County Mayor Glenn Jacobs; Mona Vecchiuzzo; Radia Saah; Jessica and Sandy Saah; Julianna Saah; Haley Saah; and FWKCC board chairman Terry Rutherford among others.

SDS

From page 5A

feet. While somewhat smaller, she observed "it's a lot of work to do the large-scale furniture showroom. This allows us to really focus on project-based clients."

However, "We still have an amazing showroom full of furniture and accessories, but our price points are a lot better (by) not having that extremely large space," Seeber added.

She has outsourced its warehousing with a company that is handling all of her warehousing, along with deliveries for her clients, giving her more time to focus on design work.

Since the move, Seeber said her clientele and design projects increased more than 32 percent.

"We're excited about that," she added. "We're adding two more designers, as we speak, just to handle the workload."

The two additional designers will join the seven, including Seeber, at SDS.

The firm does design work for mostly residential clients, but also has taken on some commercial clients. She pointed out SDS still is doing kitchens, cabinetry and 3D plans for people who want to renovate.

And, "we're still doing entire house design," Seeber said, noting most of SDS's business is design projects, such as a living room redo.

Seeber said SDS "also takes clients' spaces that are mainly done and accessorize (the spaces) for them."

Another benefit of the move, she said, is the aesthetics of the location.

SDS is open from 8:30 a.m. to 5:30 p.m., Monday through Friday; from 10 a.m. to 2 p.m. on Saturday; and closed Sundays.

For more information, visit its website at shaedesigns.com or call 865-313-2656.

RFM

From page 5A

Kopek was drawn into the field as a result of her own experiences as a teen.

"I was diagnosed when I was 13 with an auto-immune condition and suffered lots of years because the pill that they gave me didn't fix all my problems," Kopek said. "It's kind of led me to search more into medicine and to go into PA school."

After PA school, she was in family medicine, then women's health when she was introduced to functional medicine through her pharmacy teacher.

"He took me to a conference, and I started to realize this was the missing link, the type of medicine I knew I wanted to practice," Kopek said.

After training in the field, a year later, she was practicing functional medicine full time.

"I was just seeing that the

results with the patients were good, and it was working very well," Kopek said.

She practiced at a clinic for four-and-a-half years, then another clinic for a year, but she said, "I had this dream of having my own clinic."

"It's a passion I have," Kopek added. "I really feel it's more than a job."

"I'd say (knowledge of functional medicine) has really started to boom in the last five to 10 years. I definitely want to get the word out and education out."

The practice is open from 9 a.m. to 3 p.m., Monday, Wednesday and Thursday, and telemedicine from 10 a.m. to 2 p.m. on Fridays.

To book an appointment, people can visit online at restorativefunctionalmedicine.com, call 865-367-9506 or send an e-mail to support@restorativefunctionalmedicine.com



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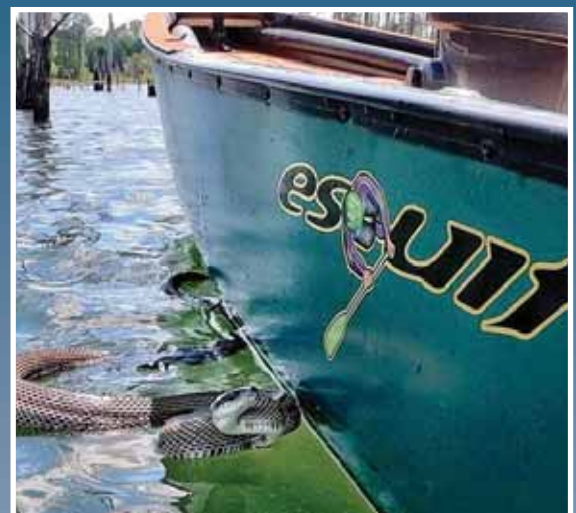
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McAlister said the business now provides products and information for those "looking to get outdoors in any form, whether it be climbing, boating, backpacking, camping, footwear or outdoor lifestyle apparel."

"We've continually expanded our offerings based on what consumers were asking for," he noted. "We're supplying a need and expertise."

For McAlister, running a small, local business has proven to be both fulfilling and challenging.

"It's very rewarding to be able to start a business and take care of the local people and everything that comes with that, but on the other side, it's also difficult competing against online sales and box stores that have multiple locations and have a bigger influence with the vendors than you do," he explained.

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Due to the current pandemic, McAlister added that River Sports is now offering delivery, curbside pickup and personal shopping appointments. Customers can also make purchases on locally.com.



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He has stated that his opposition to a "Mask Mandate" had ZERO to do with masks, but his opposition to the Board of Health was because they were UNELECTED.

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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 our Easter Coloring Contest in the Spring!

2020 Winners

Ages 4-5:	Ages 6-8	Ages 9-11	Special Needs	Adults 12-112
1st - Matthew Carriker, 5 2nd - Eliza Callais, 4 3rd - Sydney Roberts, 5	1st - Evan Martin, 6 2nd - Morgan Cressman, 8 3rd - Ella Skidmore, 7	1st - Karis Kim, 11 2nd - Liam Dunn, 9 3rd - Grace Heal, 10	1st - Asher Watson, 12 2nd - Pamela Balint, 50 3rd - Lauren Dake, 38	1st - Claudia Dunn, 39 2nd - Ellery Rogers, 14 3rd - Sue Suter, 68



'Confident' BHS girls eye state title run

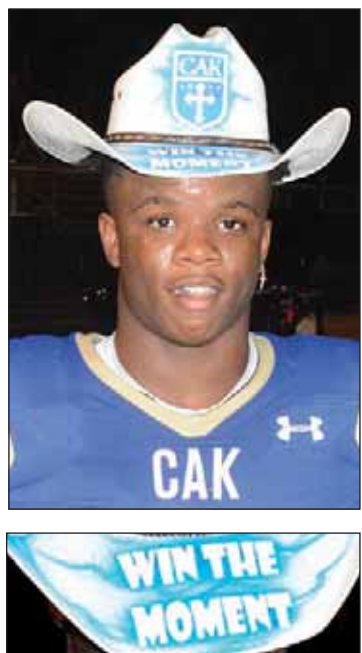
ALAN SLOAN
editor@farragutpress.com

KNOXVILLE — Hungry for a return trip to Murfreesboro and the Class AAA state tourney after last season's substate loss to Maryville, Bearden found a new level of confidence last week.

Which is a scary thought, since head coach Ryan Radcliffe's Lady Bulldogs only suffered one loss, and no ties, the entire regular season and post-season leading up to an-

See **BEARDEN** on Page 2B

Getting it 'Dunn' at CAK, cowboy-style, to go 9-0



Photos by Alan Sloan

JD Dunn Jr., CAK standout junior running back, wore the Warriors "WIN THE MOMENT" Cowboy Hat, a new sideline ritual when making big plays, after several big runs versus Grace Christian en route to a 48-21 win Friday, Oct. 23.

ALAN SLOAN
editor@farragutpress.com

Getting it "Dunn" with Christian Academy of Knoxville high school football for the ninth time, without fail, in 2020 featured an added cowboy element on the CAK sideline last Friday night.

The cream-colored cowboy hat encribed "WIN THE MOMENT" often was worn on the sideline by JD Dunn Jr. — electric junior running back who rushed 35 times for 305 yards

See **CAK 9-0** on Page 3B



Photos by Alan Sloan

(Above) Members of head coach Dustin Bolen's Farragut Admirals 12-U football team, Knox County Middle School-Aged Conference Junior Varsity champs, celebrate — with the gold trophy — after slipping past rival Bearden 8-6 in the title game at Bearden High School's Bill Young Field Thursday evening, Oct. 22. (Below) Admiral defenders Moses Burnette (44), Jackson Plumlee (middle in dark jersey) and Hunter Bolen (left in dark jersey) fight off blocks attempting to tackle Bearden ballcarrier Antonio Vega — in Moses' case forcing a direct hit.



MAC JV champs

Bolen's FMS team holds off Bearden 8-6 on the road

KEN LAY
Correspondent

KNOXVILLE — Farragut Middle School's junior varsity football team won another Middle-School Aged Conference Championship late last week.

The MAC was conceived in 2019 in an effort to bring middle school football to Knox County, and the Admirals won the inaugural title last season by beating Halls in Alcoa.

Farragut claimed its second consecutive title when it edged rival Bearden 8-6 at Bearden High School's Bill Young Field Thursday evening, Oct. 23.

In the JV games in the MAC, games are divided into 20-minute halves with a running clock. The second-seeded Admirals, who finish the season with a 7-2 record, started things in dramatic fashion when they successfully executed an onside kick on the opening kickoff.

Farragut, which was playing against the top-seeded and previously unbeaten Bulldogs, closed the opening half with a flourish.

The Admirals scored their lone touchdown of the contest when quarterback Gage Kirby connected with Colin Crider on a 21-yard touchdown pass with 35 seconds remaining before halftime. Farragut kicked the two-point conversion to move ahead 8-0, and the successful kick would prove to be the difference in the contest.

The Bulldogs (8-1) pulled to within 8-6 with seven minutes remaining in the game when quarterback Connor Hall hit Jack Brillhart on a 15-yard scoring strike with 7 minutes left in the game. Bearden's conversion, however failed.

Farragut first-year head coach Dustin Bolen has been coaching in Farragut youth football for several seasons.

"It feels great to win and I'm happy for these kids. They've worked really hard," Bolen said. "I coached our sixth-grade team last year and I've known these kids and coached these kids for several years."

"We've had 12 new kids this year, but I've had several of these kids for five or six years," he added.

For Bearden head coach Daniel Henry, "It was a tough night for us tonight. I was an assistant with this team last year and we had a lot of the same kids back, and we only won two games last year."

However, "We went from going 2-5 last year to going 8-1 this year and I'm excited for these kids moving forward," he added.

Bradley seeking 'like father, like son' results

But new Culbreth head coach with FHS soccer his own man

ALAN SLOAN
editor@farragutpress.com

Bradley Culbreth surely would welcome a "like father, like son" result for Farragut High School boys soccer some 14 years from now.

The new hire as Admirals skipper — introduced to his 2021 players during a ceremony in the FHS Commons Friday, Oct. 23 — comes a little more than five years after the super-success at FHS of his late father, Wally Culbreth, who from 2002 through 2015 won a national championship (2004) and four Class AAA state titles.



Culbreth

"It's good to be back around the program, back around the school," said Culbreth, an assistant coach under his father for almost 10 years who helped the Ads win the '07 and '09 state championships and finish state runner-up in 2014.

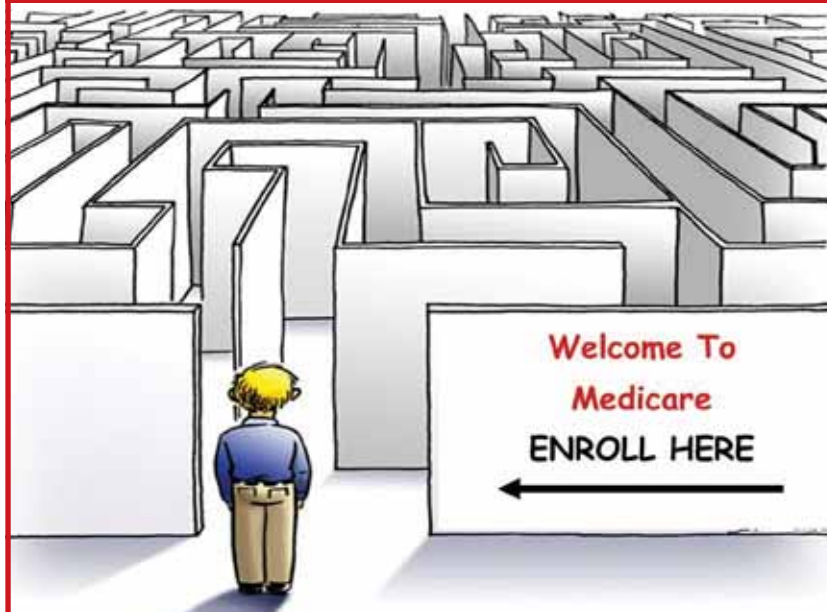
"I'm excited to see what we can do," he added. "... I know what recipe was used for the success of the program. ... My father was always over-prepared; there was plan A and plan B and plan C."

Central to that recipe was "relationships — communication is key," he said.

However, "I have my own mentality on playing to my strengths," Bradley added.

With his final season as a multi-position All-region and All-district honoree, FHS Class of 2002, it marked his father's first season at Admirals skipper. "I've got a lot of history and memories here," said Bradley, who went on to play college soccer at Tusculum.

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'Setting tone' quickly, Ads dominate rival HVA

KEN LAY
Correspondent

Going into last week's game, Farragut High School football head coach Eddie Courtney knew his team had to get off to a fast start.

"We knew that we had to come out and set the tone," Courtney said after the Admirals routed Region 1-6A rival Hardin Valley Academy 42-7 Friday night, Oct. 23, at FHS's Bill Clabo Field. "That team is well-coached and they're extremely physical."

"You have to be able to match their physicality," he added.

The Admirals (6-3 overall, 4-1 in the region) avenged last year's one-sided loss to the Hawks on a rainy night at HVA, and football players have long memories.

However, "Last year it was tough and it was raining over there, but we didn't even talk about that," said Courtney, in his 25th season as FHS head coach. "We just talked about executing and getting better."

But FHS wide receiver Matt White, a senior, wanted to make sure there wasn't a repeat performance against the Hawks (1-8, 1-4).

"Bearden and HVA are our big rivals, and even though they've struggled you have to play hard against them," said White, who had four receptions for 90 yards and a touchdown. "You have to play hard because these games are so emotional."

The Admirals wasted little



(Top) Farragut quarterback Dawson Moore, far left, hands off to Sam Moses as Ads tight end Jake Wallace prepares to block an HVA Hawks defender. (Above) Brice Fontenot, FHS sophomore defensive lineman, makes a tackle.



Photos courtesy of Ashley Wathen/crfoto.com

Junior Trace Corum, left, Farragut receiver, puts distance between himself and Jonah Smith, HVA senior defensive back, finishing a 67-yard touchdown reception.

time taking control of the game. Farragut scored on all five of its possessions in the first half and opened a 35-0 lead by halftime.

In the opening quarter, FHS quarterback Dawson Moore threw a pair of long touchdown passes. The first was a 54-yarder to White.

Moore then found Trace Corum on a scoring strike from 67 yards out.

Like his coach, Moore said the fast start was a necessity against Hardin Valley.

"This was still a regional game and you have to play hard," said Moore, who completed 11 of his 13 pass attempts and amassed 218 yards while throwing three touchdown passes and rushing for 53 yards and a touchdown on nine carries.

"You have to play hard in this game. You have to play them like you play Maryville or West or any other big team," he added. "You have to do that so you can get some younger players in the game."

The Admirals picked up where they left off in the second quarter, as Eli Purcell and Moore had short touchdown runs and Hank DeVault was on the receiving end of Moore's final touchdown pass of the contest, a 17-yard strike that made it 35-0 at halftime and set the mercy rule in motion.

The Hawks scored on a 4-yard run by Ryan Nichol with 4:11 left in the third stanza. Nichol finished the game with 37 yards and a TD on eight carries.

Farragut's Dion Williams

closed out the scoring with a 1-yard plunge with 8:32 to play.

Defensively, the Admirals had three interceptions, as Mason Collins, Griffin Mashburn and Logan Foody all picked off HVA passes.

For Hawks' head coach Mike Potter, it was another rough night.

"There's really not a lot to say," he said. "Farragut came out and they were firing on all cylinders."

"They're a solid ball club and they really took it to us."

Bearden

From page 1B

other win-or-go-home substate battle, this time against rival Farragut at BHS's Turner-Alender Field Saturday, Oct. 24.

"We came into this like really confident, which I think is a good thing because before now, we weren't as confident as we should be," said sophomore Brinley Murphy, who scored her 20th goal of the season, a header, on "a great cross from Janie" Lewis to help earn a 3-1 win against the Lady Ads, who finish 13-6-3.

"I think that after winning (4-1 in the Region 1-AAA semifinals against) Science Hill, that was a big game, that really got us prepared for this game," Murphy added.

Bearden improved to 20-1. According to BHS statistics, the Lady Bulldogs finished with a 7-2 edge in shots-on-goal. Total shots favored Bearden 18-5.

With the Lady Bulldogs breaking on top 1-0 in the seventh minute, "It's what we've been trying to do this whole season: we try to set the tone early," said Lewis, a senior,

who scored from about 12 yards out on a nice pass from senior forward Zneyah McLaughlin. "She did an excellent job. She got the ball and found me."

"I'm just glad to have a bunch of teammates that are willing to do whatever it takes and are willing to work their butts off," McLaughlin said.

About some of her team's top qualities, McLaughlin said, "I think it's our intensity and our willingness to work hard and work for each other."

Junior Harlie Howard's crossing pass to freshman Alivia Stott, who scored from about 10 yards out, put Bearden up 3-1 in the 66th minute.

"It feels great, I'm so excited to go to state," Howard said.

The bottom line: "Getting to state, you have to put in the work. And we've put in the work this year, and we're ready to go all the way," Lewis said.

Praising his opponent, "That's not the same Farragut team we played earlier (in the regular season)," BHS head coach Ryan Radcliffe said. "They changed styles, and I thought they were very solid defensively."

"Honestly, I thought they won the physical battle," the coach added about FHS. "We've very been successful this year being the more physical team."

"But I thought they took it to us ... which was nerve-wracking there, and we kind of had to make some adjustments at

halftime to get through the second half and get our forwards more involved," he added.

Especially in the second half the forwards kind of came alive a little bit more."

The Lady Bulldogs are making their fourth trip to state under Radcliffe, who is finishing his seventh season as Bearden girls head coach.

"I've never been to a (state) championship (game) with the girls," the BHS coach said.

Less than a minute after Bearden went up 2-0, the Lady Ads drew a penalty in the box, which resulted in a penalty kick. Lexi Foley, standout junior forward, converted.

About the FHS 2020 season, "This is like a comeback sea-

son for us," Foley said. "... Our seniors were the best seniors we could have asked for, their leadership was amazing."


About playing more aggressively, FHS head coach Kristen Lyons said, "I thought our midfield helped with that in winning more balls versus the first time we played them."

Individually, "Overall in the last few games Shayne King has played fantastic," Lyons said about his senior center-fullback.

"Our entire back line in these last two games (including a 1-0 loss at Maryville in the Region 2-AAA title game), has played very, very well," she added.

"They have no fear against top players."

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Title game win gives 10U Reds 17-0 season

Head coach Mark Haun's Reds capped a perfect 17-0 "Super Season" with a 2-1 victory against the No. 2-seeded Dodgers in Farragut Baseball, Inc.'s Willie Mays 10-U Tournament championship game. Reds pitching got a game-ending strikeout with the tying runner on third base to win a nail-biting title game. "I've never seen a group of kids on a rec team work so hard to win every single game," Haun said about his team. "Through all the COVID-19 restrictions, all the hard work and late nights practicing, these guys came through." Team members, kneeling from left, are West Cardel, Cael Schupp, Drew Smith, Mason Haun, Jack Harmon, Bentley Morgan and Tate "Tater" Campbell. Players standing, from left, are Gage Willis, Manny Mcnish, Laith Kassira and Evan Rivera. Coaches, from left, are Haun and assistant coach Andy Smith. Not pictured is assistant coach Michelle Haun.

Photo submitted

Catholic vball 3rd in state

KEN LAY
Correspondent

MURFREESBORO—Streaks are made to be broken, and last week the Knoxville Catholic High School volleyball team had a five-year string of state championship match appearances end.

Though the Lady Irish made it back to Murfreesboro to the Division II-AA State Tournament, "For us, we view anything less than a state championship as a big disappointing," KCHS head coach Brent Carter said after falling 25-22, 25-

20, 25-19 to Baylor Thursday, Oct. 22, in the loser's bracket at Middle Tennessee Christian School. Catholic finished third, ending its season 22-9.

"We lost a class of six great seniors last year, but we have 14 kids on our roster and we had some you girls really step up for us," Carter added.

It was the final match in an illustrious four-year career for senior libero Cassie Kueerschen, a Penn State commitment (formerly Tennessee).

"Cassie is our leader. She's a great player and she's a great kid," Carter said.

CAK 9-0
From page 1B

and four touchdowns while breaking numerous tackles for long yardage.

He and other Warriors could be seen wearing the cowboy hat on the sideline during an eventual 48-21 victory against region rival Grace Christian Academy to go 9-0, 5-0 in Division II-AA East Region play.

"Basically, if you score a touchdown or make a big play, you get to wear the cowboy hat," Dunn said.

"We just started that this week," said Grant Sterchi, CAK junior wide receiver who caught six passes for 81 yards, about this new tradition. "Miami (Hurricanes have) 'The Chain,' so we've got our cowboy hat."

As for Dunn's success, "My line got it done; I couldn't have got it done without them," he said. "(The coaches said) 'trust your blockers,' I trusted them.

"My quarterback, he caught on fire," Dunn added.

"I think Ryan Degges did a great job tonight just finding the open guy and making good reads. That really helped take the pressure off J.D. and the offensive line, making those plays down the field," Sterchi said about his senior quarterback, who completed 14-of-20 passes for 201 yards and two touchdown tosses to senior re-

ceiver Caleb Sparkman. Degges also had a 5-yard rushing TD.

"We count on J.D. Dunn a lot to run the ball and make those plays for us," Sterchi added. "It takes a lot of pressure off our receiving corps."

"He gets a lot of yards after contact. ... We run him between the tackles," CAK head coach Travis Mazingo said. "... He'll take a hit, he'll spin; never gives defenders a full shot.

"With our O-line, we were able to pass block, run block," Degges said. "They were opening up holes, keeping the pocket. It was really easy for us."

While Thomas Simpson passed to Lane Roberts on a 2-point conversion, Warriors kicker Ross Badgett converted four extra points.

Defensively, "Everybody did what they were supposed to do," said linebacker Chi McNeil-Harrison, who had an interception. Cornerback Kanye Harris also picked a pass.

Cornerback JD Presley led CAK in tackles with seven solo (nine total). Linebacker Luke Myers added seven, four solo

"Up front I think our rushmen did a great job pressuring the quarterback just enough to get him uneasy back there," Mazingo said. "Our linebacking corps picked up some of that slack" when scrambling "I'm proud of our secondary."

The Rams fell to 7-2, 3-2.

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Adding Bazillion Blooms

STAFF REPORTS

editor@farragutpress.com

It may not be well-known, but the Dogwood Arts Festival and its volunteers are active year-round.

Farragut resident Hana Rothenberg, who is co-chair of the Farragut Dogwood Trails, is busy getting the word out for the organization's Bazillion Blooms Program 2020, and is asking area residents to participate.

"We are encouraging homeowners in Farragut, especially those who live on the Dogwood Trail, to pay special attention to the beauty of our surroundings now that we are spending a little bit more time at home," Rothenberg said. "Bazillion Blooms is a program that offers the opportunity to buy small, bare-root Dogwood trees at a fair price while also supporting Dogwood Arts."

"You can buy trees for your own yard, gift to friends and/or neighbors or even donate your purchased tree(s) to be planted along the trails in memorium or celebration of someone you love," she added.

"Dogwood trees can be fragile, so we encourage homeowners to nurture small trees by planting shortly before the first freeze of winter. They are more likely to thrive if planted young. Order now through Nov. 18 for pickup or delivery the first week of December. Pickup location is TBD, and we will do our best to arrange

See BLOOMS on Page 5B



Photos submitted

(Above) The Fort West yard of Bill and Margaret Johns offers spooky Halloween décor for the community through Saturday, Nov. 7. (Right) Leilani Johns, the couple's daughter, stands in front of one of many Halloween and "Stranger Things"-themed displays in her family's yard, where the Johns have hosted Haunted Farms for the last two decades. The event is open to the public, and Leilani also is collecting donations for Second Harvest Food Bank of East Tennessee.



Haunted Farm helps Harvest

Johns' 20th Halloween of family fun assists well-known ET foodbank

FROM STAFF REPORTS

editor@farragutpress.com

Fall is a very special time for Bill and Margaret Johns and their daughter, Leilani, all of whom love the season and the activities it brings — especially in the weeks leading up to Halloween. However, it is their Haunted Farm™ attraction that brings it all together for them, their friends and much of the community. This year is the 20th anniversary display of Haunted Farm, located at the dead end cove of Sundown Road in Farragut's Fort West subdivision.

Open to the public for viewing, the yard surrounding their home offers a spooky collection of life-sized figures, creatures and displays. In recent years, an enormous "haunted couch" was made for people wanting to capture a great Halloween picture in addition to several "Stranger Things" show-themed displays including a Scoops-Ahoy ice cream booth.

Leilani and Bill work together on the decorations and get help every year with arranging the displays, thanks to help from the Farragut High School football team, it's varsity head coach, Eddie Courtney, and his staff.

The event takes on a very altruistic aspect, too, being in con-

junction with Leilani's upcoming birthday, she is once again — as she has since 2013 — holding a food drive. Specifically "requesting canned/dry foods in lieu of birthday gifts," designating Second Harvest Food Bank of East Tennessee as beneficiary, she said. Leilani will continue collecting food for a few weeks just prior to Thanksgiving.

The Johns first started their Haunted Farm six weeks following the 9-11 attacks, hoping to offer an opportunity to "get out and be normal." This year, Bill Johns anticipates a similar interest.

"Due to COVID-19, Halloween being on a Saturday this year and the presidential election being held the following week, [I] predict this Halloween will be similar to 2001 in people yearning to have a few hours of much needed fun," he said.

For a few years, Haunted Farm was one of the most visited Halloween/tourist attractions in West Knox County with thousands attending through parties and stopping by often during the years of 2004 through 2008. In 2008, Bill and Margaret welcomed Leilani, who missed actually being born on Halloween by just a few hours. As a result, Haunted Farm took on a completely new meaning for the family.

See HAUNTED on Page 5B

Teacher resources available through ETHS: Oakley

TAMMY CHEEK

tcheek@farragutpress.com

As Knox County's teachers struggle with online learning during the COVID-19 pandemic, Lisa Oakley with East Tennessee Historical Society shared with Rotary Club of Farragut members, during their virtual meeting Wednesday, Oct. 14, resources that can help teachers and students.

Oakley, ETHS's curator of education, told RCF members about a Facebook educational initiative and other programs available.

ETHC is part of the Knox County Libraries System, housing the Knox County Ar-

chives and Calvin M. McClung Historical Collection. Its East Tennessee Museum of History re-opened Aug. 1 while the library opened the middle of July, she said.

With COVID restrictions, Oakley said the center has about 75 percent fewer visitors than before COVID.

"We are limited to doing things virtually, which has been a challenge, but we've



Oakley

been trying to address that challenge and meet that challenge as much as we can," Oakley said. "Even if you can't get to the museum, you can enjoy some of our programming online, but I hope you will visit."

The Facebook page offers insights into ETHC's current features, such as its Voices of the Land signature exhibit, "Black and White Knoxville in the Jim Crow Era" and Streetscape exhibit on Marching to Victory — East Tennessee's Role in Votes

for Women" 100 years ago.

"We are getting some teachers who are using the (Facebook) page, but we'd like to see a lot more of them take advantage of this to help them develop their virtual lessons," she said, adding families helping their children at home or home schooling also can use this page.

"Many teachers are working hard and don't have to look for and develop content," she said. "We have it."

ETHC is open from 9 a.m. to 3 p.m., Monday through Friday; from 10 a.m. to 3 p.m., Saturday; and from 1 to 4 p.m. Sundays.

For more information about ETHS's resources, visit its Facebook page at <https://www.facebook.com/ETHSeducation/>

Along with its Facebook page, ETHC also has its own YouTube channel at: <https://www.youtube.com/user/EastTNHistory>

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• **Professionals under 40 and others can learn more about leadership skills, as Farragut West Knox Chamber of Commerce's West Under 40 presents an online webinar, Taking Charge When You AREN'T in Charge.** The webinar, featuring Knox County Mayor Glenn Jacobs and the county's Community Engagement director Jane Jolley is slated from 10 to 11 a.m., today, Thursday, Oct. 29, and is free and open to everyone. Adrian Hall, a founding member of the West Under 40 committee, will facilitate the discussion and moderate the forum.
"Julie (Blaylock, FWKCC

president/CEO) also is taking questions ... at julie@farragutchamber.com," Hall said. Any questions received before the event will be added to the formal questions already planned. A question-and-answer segment will take place the last 10 or 15 minutes of the webinar, and questions may be asked during the live chat.

The event is sponsored by BarberMcMurry Architects, Heritage Investors, The Knox Fox Real Estate, Town of Farragut, Knox County and The Social Brand, which hosted the webinar. In order to register and log on to the event, go to farragutchamber.com web-

site and go to its West Under 40 page, where there will be a registration link.

• **Knox County Health Department COVID-19 Information Line** is 865-215-5555, or call toll-free, 888-288-6022, from 8 a.m. to 4:30 p.m., Monday through Friday.

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

College honors earned by Farragut residents

The following former high school students from Farragut recently earned special honors at their college of choice:

• **Tristan M. Hightower** recently earned a Love of Learning Award worth \$500 from The Honor Society of Phi Kappa Phi, the nation's oldest and most selective collegiate honor society for all academic disciplines. Hightower is a Ph.D.

student at the University of Maryland.

• The University of the Cumberland's recently named its 2019-2020 Daktronics-NAIA Scholar-Athletes. Among those were Edmond Ceausu and Nicole Ceausu.

• **Kathleen V Brothers** was named to the University of Alabama Deans List for summer 2020 with an academic record of 3.5 or above.

Haunted

From page 4B

It is also interesting to note that both Bill and Leilani have even been recognized for their Halloween creations at past Tennessee Valley Fairs through being awarded numerous ribbons.

"Pretty much anyone can come by to visit Haunted Farm to check out the displays," Bill said. The last day to visit Haunted Farm will

be Saturday, Nov. 7. Many visitors come during daylight for pictures for their social media and for family fun, but also return in the evening to see it fully illuminated, where it takes on a completely different feel, he added.

Anyone interested in visiting Haunted Farm or to find out more about Leilani's annual food drive, may contact Bill Johns, "The Hawaiian Shirt Guy," at hauntedfarm@sundowncountry.com.

Bloom

From page 4B

for delivery if preferred."

Orders for Bazillion Blooms trees can be placed through the Dogwood Arts website at

www.dogwoodarts.com or by calling the downtown office at 865-637-4561.

For any additional landscaping needs, Rothenberg said, "We encourage Farragut homeowners to visit our Dogwood

Trails garden partners at El-lenburg Nursery, Mayo Garden Centers, Stanley's Greenhouse or our newest partner, Northshore Nursery, located on Northshore Drive just outside of Farragut in Lenoir City.

Breaking new ground at FHS: all-female NJROTC Color Guard



Photo courtesy Ashley Wathen/crfoto.com

The first all-female Farragut High School Navy Junior ROTC Color Guard presented the colors for The Star Spangled Banner at FHS's Bill Clabo Field Friday night, Oct. 23, as the Admirals varsity football team hosted Region 1-6A rival Hardin Valley Academy. From left are Robin Curry, Petty Officer 2nd Class; Emily Haddad, Chief Petty Officer; Adilynn Walker, Master Chief Petty Officer; and Ava Wetherby, Chief Petty Officer.

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Trunk-or-Treat

Treats were certainly on the menu Sunday, Oct. 25, when two Farragut churches hosted drive-through Trunk or Treat activities. Christ Covenant Church, 12915 Kingston Pike, hosted its event for special needs children and their families, while Concord United Methodist Church, 11020 Roane Drive, held a community-wide event.



At CCC: Tim Hawkins, right, as Charlie Brown, along with, from left, his wife, Lee Ann, daughter, Mollie and son, Jacob, helped bring the Peanuts gang to life.



At CUMC: Nedra Cook brought her pet, Andy, and granddaughter, not pictured.



At CUMC: The church's assistant director of music, Haley Retterer, was a fun yellow condiment.



At CUMC: Stella Quinley is ready for Trunk or Treating.



At CCC: Jey Stamps, right, and her daughter, Libby, were ready to share their treats.



At CCC: Jana Carbaugh, right, gives Halloween treats to Rebekah Hooks.

Photos by Michelle Hollenhead



At CCC: Waiting for car loads of trick-or-treaters are, from left, Brad Rector, his daughters, Edie and Julia; family friend Jana Carbaugh; wife, Stacy Rector, and son, Teague (T-Rex).



At CUMC: Dressing as Nintendo World characters were, from left, Lisa Howard, Carrie Hopper, Austin Henley and Lori Hopper.



At CCC: Kelley Jones, right, her daughter, Sydney, and family pet, Penny, channeled "Despicable Me."



At CCC: Kandis Burney, right, and her son, Jaylen of the Autism Society of East Tennessee, joined the effort.



At CUMC: Monsters Inc. "employees" Courtney and Aaron Young, along with "Mike Wazowski."

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STAFF/DEVELOPER AGENDA

Tuesday, November 3, 2020 • November 19, 2020 FMPC Items

This meeting can be viewed live on Charter channel 193 and TDS channel 3. The meeting will be held virtually, authorized by Governor Lee's executive orders regarding the COVID19 pandemic.

9:00 a.m. Discussion on a rezoning of the property at 318 N. Watt Road from General Commercial (C-1) to General Single-Family Residential (R-2), 5.1882 Acres (OBO Homestead Land Holdings, Applicant)
9:30 a.m. Discussion on a rezoning of property situated around the eastern intersection of McFee Road and Boyd Station Road, Parcels 50, 50.01, 54.01, and 9.01, Tax Map 162, 12611 Boyd Station Road, from General Single-Family Residential (R-2) to Open Space Mixed Residential Overlay (R-1/OSMR), 131.25 Acres (OBO Homestead Land Holdings, Applicant)
10:30 a.m. Discussion and public hearing on a concept plan for the Meadows on McFee, 933 and 1013 McFee Road, Zoned R-1/OSR, 32 Acres, 59 Lots (Homestead Land Holdings, LLC, Applicant)
11:30 a.m. Discussion and public hearing on a site plan for the property located at 13036 and 13038 Kingston Pike, Zoned C-1, 2 Acres (GBS

Engineering, Applicant)
1:30 p.m. Discussion and public hearing on a re-subdivision plat involving nine lots in the Easton Park Subdivision located on the north side of Turkey Creek Road across from a portion of Anchor Park, Zoned R-3, 2.37 Acres (SITE, Incorporated, Applicant)
2:00 p.m. Discussion and public hearing on a final plat for the Ivey Farms Subdivision, Unit 1, Phase 1, located on the north side of Union Road, Zoned R-1/OSR, 6.26 Acres, 26 Lots (SITE, Incorporated, Applicant)
2:30 p.m. Discussion on a submittal package associated with Zoning Map and Future Land Use Map amendments associated with the Farragut Town Center at Biddle Farms project, 11230 and 11240 Kingston Pike and 133 Concord Road, Parcels 3.02, 3.03, 3.10, and a portion of 3.19, Tax Map 143, 43.63 Acres (Budd Culom, Applicant)

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Knoxville Catholic	(3-4)	204-169	+35
Bearden	(3-5)	170-254	-84
HVA	(1-8)	102-375	-273

Webb looking for its own 'PureMagic' vs. CAK

While Webb School of Knoxville no longer is in the running for the PureMagic How the West Was Won Scoreboard Contest crown, Dave Meske's Spartans can grab another juicy prize away from the 2020 Scoreboard champs themselves this Friday night.

In a showdown of the top two teams in Division II-AA East Region, Webb will host undefeated Christian Academy of Knoxville with the Division II-AA East Region title at stake.

Opening kickoff in David Meske Stadium is 7 p.m., Oct. 30.

Rallying from a 14-7 deficit early in the fourth quarter against region foe Chattanooga Christian (3-3 overall, 3-2 in region) last Friday, Oct. 23, the Spartans pulled out a 17-14 victory. Now 5-3 overall, Webb improved to 4-1 in region action.

After recovering a Chargers fumble, a 25-yard field goal by junior kicker Otto Niendorff with just five seconds to play broke the 14-14 tie.

Charlie Robinson, Webb sophomore quarterback, had

15 carries for 127 yards rushing while completing 4 of 10 passes for 64 yards.

As a defensive back, Robinson had 15 total tackles, including six solo.

Brandon Winton, freshman running back/defensive back, rushed nine times for 67 yards while catching two passes for 49 yards. As a defensive back, Winton had three solo tackles (four total).

Elijah Bane, senior runner, scored both Spartans touchdowns on runs of 14 and 1 yards (43 rushing yards on six carries).

The Bonifacio linebacking brothers once again shined for Meske: Leo Bonifacio, a junior, ended with 13 total stops — six solo, including a sack, a tackle for loss and a forced fumble.

Joey Bonifacio, a sophomore, also had 13 tackles — seven solo, which included a sack.

Joseph Moore, a senior defensive back, had a key late first-half interception to kill a Chargers drive. "That was huge," Meske said.

The Warriors, meanwhile,

were dominant in a 48-21 home victory against region power Grace Christian Academy. Coach Travis Mazingo's team improved to 9-0, 5-0, while the Rams of former CAK head coach Rusty Bradley fell to 7-2, 3-2 (see story beginning on page 1B).

Following its 42-7 home win against rival and Region 1-6A opponent Hardin Valley Academy (1-8, 1-4) last Friday, Farragut (6-3, 4-1) needs only to beat region opponent Jefferson County this Friday at JCHS, winless at 0-9, to secure a second-place PureMagic Scoreboard finish and keep alive hopes of hosting a first-round region playoff game (see HVA-Farragut story beginning on page 1A).

Knoxville Catholic stormed into Knoxville West's Bill Wilson field, this being a last-moment-scheduled game, as the Irish (3-4) defeated the previously unbeaten and state's No. 1-ranked Division I-Class 5A Runnin' Rebels 35-7.

Kaden Martin, KCHS junior quarterback, fired touchdown

passes of 49 yards to Braylen Harmon and 29 yards to Tommy Winton while going 12-of-18 passing for 251 yards. Winton caught six of those for 154 yards.

Keondre' Jarmon had a pair of touchdown runs, 7 and 9 yards, while Martin got the game's scoring under way with a 1-yard TD run.

Defensively for Catholic, Javis Mynatt led in total tackles with 12 (five solo), followed by JT Quinones with 10 total stops, including a sack, and Raaphell Mayes with nine, including a tackle for loss. Broderick Gipson had an interception.

Josh Turbyville punted once for 48 yards, while Martin punted once for 43 yards.

The Irish more than doubled West in total yards, 397 versus just 158.

Bearden (3-5, 3-2) secured a Region 1-6A playoff berth (as either the No. 3 or No. 4 seed) after traveling to Hamblen County and dominating Morristown West 49-20 last Friday. The Trojans fell to 3-6, 1-4.

A pair of Bulldogs stood out on both sides of the ball.

Makai Williams, senior running back/defensive back, rushed for 261 yards and three touchdowns — and scored a fourth by recovering a fumble and taking it about 65 yards for six points. His all-purpose yards were 325.

As a team, BHS rushed for 334 yards.

Sam Tummins, a freshman receiver/defensive back, caught three touchdown passes from sophomore quarterback John Carlevato, totaling 131 receiving yards, while also grabbing an interception and forcing a fumble.

Christian Spining, senior linebacker, also had an interception.

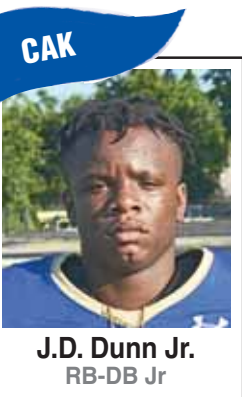
Shinlever's Bulldogs will look to close out its regular season home slate with a big win on Homecoming Night versus red-hot Johnson City Science Hill (7-2, 4-1). A Hill-toppers victory will win Region 1-6A. A loss, however, could send SHHS down to the No. 4 seed.

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Living

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~ Albert Einstein

FARRAGUTPRESS THURSDAY, OCTOBER 29, 2020 • 1C

Jones brings technology to seniors

Generous in fees, 'Teacher of the Year' nominee, this retiree teaches multi-computers skills

ALAN SLOAN

editor@farragutpress.com

Having a generous business philosophy, Dan Jones of Oak Ridge has owned Computer Helpers "for over 25 years," doing just what the name implies when it comes to senior citizens: helping seniors in Farragut, Oak Ridge and as far away as LaFollette and Greenback learn all about computers.

To be exact, however, "The teaching part started about 15 years ago," said Jones, 68, a retired City of Knoxville Information Systems employee who was IS executive assistant after first serving as a help-desk official. "When I first opened up (Computer Helpers), it was just repairs, sales, things like that."

In addition to holding classes either in his office in Oak Ridge or at the home of a senior in one-on-one sessions, Jones said he would "do classes at the Holiday Inn here in Oak Ridge periodically — maybe once

or twice a year.

"It was a very expensive process, even though we only charge people a minimal fee," he added. "It was a one-day class. ... Sometimes a three- or four-hour class, sometimes an all-day class."

As for the generous part, "It wasn't done to make money; it was more to help people and teach people," he said.

"That's what we've been about ever since we've started."

Discovering ORICLE

In terms of exposure, volume of students and assistance "to help set up classes," a revolutionary aspect



Jones

of Computer Helpers came "about three years ago" when he began teaching within the Oak Ridge campus of Roane State Community College in a program known as Oak Ridge Institute for Continued Learning.

This came about when a pair of his former Holiday Inn "Windows 10" students, Dick and Beth Paul, told Jones, "You need to come and teach at ORICLE," he recalled. "They had taken other classes there."

"I had never heard of ORICLE."

Each weekly class lasts "about 70 minutes" within a semester schedule featuring weekday class offerings each winter, spring, summer and fall to seniors — and even some non-seniors.

With the ORICLE teaching a major boost to his Computer Helpers business, "It's blossomed into this bigger business where I now have over 500 clients," Jones said.

See JONES on Page 8C

Knox Country Senior Services takes things one day at a time

TAMMY CHEEK

tcheek@farragutpress.com

Knox County Senior Services staff is taking things one day at a time as all senior centers in the county are closed until further notice, according to April Tomlin, Knox County Senior Services senior services manager.

West Knox County Senior Center, 239 Jamestowne Blvd. in Farragut, opened on Jan. 6, but then closed two months later because of the COVID-19 pandemic.

Now, "We're just trying to get open," Tomlin said.

Center coordinators across the county are still working on schedules for their centers but she said they do not

have any schedules at this time.

"We're getting prepared, but we don't know when that's going to be yet," Tomlin added. "We don't have an opening date ... who knows how long it will be before we can even do normal things again?"

"We're not putting anything out until we're open."

Until then, Tomlin said KCSS has been providing virtual programs for the last three months.

"We're doing trivia; we're doing Bingo; we're doing line dance, tai chi classes," she said. "There's a whole catalog (of programs) on our website (at www.knoxcounty.org/seniors)."

Virtual programs include: cooking/recipes from noon to 1 p.m. on Tues-

days, line dancing with Tara and Rebecca from noon to 1 p.m. on Mondays, Trivia Tuesdays with Darrell Gooding, West Knox County Senior Center coordinator, at 10 a.m., What Are You Watching Wednesdays with Lisa from 10:30 to 11:30 a.m., and Name That Tune at 12:30 p.m. on Thursday, Oct. 29.

During the two months the center

was open, Tomlin said, "pickleball was just starting to get going, (and) our exercise classes were growing."

The computer lab also was popular, and the center was hosting a lot of presentations, she added.

"The exercise room was starting to get well-used. We had great feedback from the seniors when (the center) opened — more space, able to have more programs."

"Our attendance doubled the first month we moved from the (Frank) Strang (Senior) Center to here."

Concerning any future additions to the program, Tomlin said, "We're just planning for the near future

See SENIOR SERVICES on Page 8C



Tomlin

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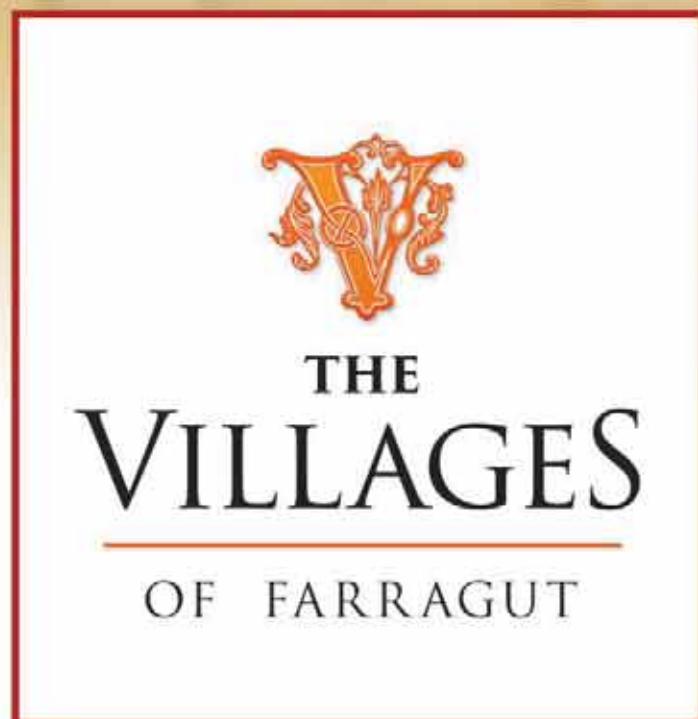
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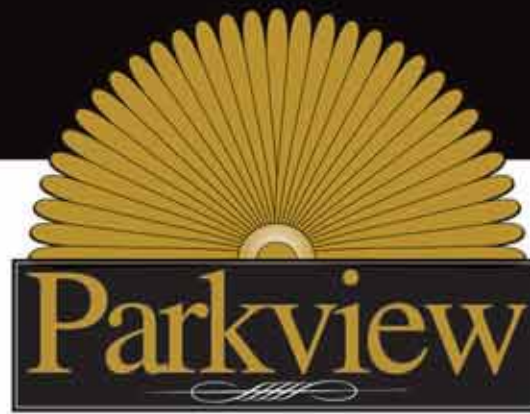


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What causes cataracts?

When a brand new car is driven off a dealership lot, its plastic headlight lenses are clear and pristine. Over time, due to contaminants in the environment and oxidation from ultraviolet rays, those same lenses can become cloudy, yellow and opaque. Cloudy headlights can decrease visibility and potentially put drivers at risk.

Similar scenarios sometimes unfold involving the human eye. Starting around age 40, proteins in the eye may begin to break down and cause lenses to become cloudy. UV rays can be damaging to the eyes and contribute to this natural protein degradation. While pronounced vision problems may not occur immediately, the American Academy of Ophthalmology says vision can be impaired later in life. The organization All About Vision states cataracts are the most common cause of vision loss in people over age 40 and also are the principal cause of blindness in the world.

Unprotected exposure to the sun is just one contributor to cataracts. Certain medical problems, such as diabetes, also can cause cataracts. An eye injury, eye surgery or radiation treatments on the upper body also can cause cataracts, as can corticosteroids, advises the AAO. Congenital cataracts, which occur when infants are born with cataracts, may be caused by infection, injury or poor development in the womb; otherwise, they can form in childhood.



Cataracts form in various regions depending on the cause, according to AAV.

• Subcapsular cataract:

A subcapsular cataract occurs at the back of the lens. People with diabetes or those who take high doses of steroid medications have a greater risk of developing this type of cataract.

• Nuclear cataract:

This cataract forms in the central zone of the lens and is often associated with aging.

• Cortical cataract:

This cataract is characterized by opacities that are white and wedge-like, which form on the periphery of the lens. Eventually they work to the center in a spoke-like fashion. Cortical cataracts can result from aging.

Symptoms of cataracts often can be slow to form, so people may not even notice they have cataracts until they start to block light, while others may learn of their presence during vision exams. Cataracts may cause vision that is filmy, blurry or foggy, indicates WebMD. In older adults, nearsightedness may be attributed to cataracts. Glare, both during the day and at night, also may affect vision due to cataracts. Double vision or changes in the way one sees color can be symptoms of cataracts as well.

Eye professionals can diagnose cataracts and make recommendations on the course of treatment. Cataract removal surgery is highly effective. More than 95 percent of people who have undergone the surgery experience improvements. Such surgeries are often performed on an outpatient basis.

Prime West Knoxville

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Choices for long-term care

Being able to care for oneself independently can be a source of pride. However, illness or age can affect people in ways that require them to seek assistance with medical needs or daily activities for an extended period of time. In such instances, long-term care services can fill a need.

Long-term care assists people in their homes, in the community or in various types of facilities with various daily and medical requirements. According to WebMD, research shows that many people are unaware of long-term care options or may be misinformed about what's out there.

HOME CARE

Various services can be utilized in the comfort of home. According to the Knoxville-Knox County Community Action Committee Office on Aging, services can include home-delivered meals, pest control, minor home modifications, or visiting nurses and health aides. Other benefits may include shopping or physical therapy.

COMMUNITY CARE

Community services can include adult day care centers, meal programs, senior centers, community transportation, and others. Community services enable people to continue to live in the community with some support. They also may help family or friends serving as caregivers enjoy a break from the assistance they have been providing.

CARE FACILITIES

Long-term care may be mistaken as strictly nursing homes, but facilities extend to places that provide other services. Here's a look at the care facilities.

- **Independent senior living:** *Independent living facilities may provide assistance only when needed. Amenities are designed to make things easier and more convenient for residents. Fitness centers, pools, dining venues, and transportation may be included. These facilities tend to provide the most independent form of senior living. Some independent living facilities are part of larger continuing care retirement communities that have staged care that goes from independent to skilled nursing.*
- **Assisted living:** *These homes provide 24-hour supervision, meals, health-care services, and other forms of assistance in a home-like setting. Types of services include laundry, housekeeping, medication dispersal, and dressing.*
- **Skilled nursing homes:** *Nursing homes provide care for those who cannot care for themselves at home or in the community. These facilities offer many services all under one roof, like rehabilitative services, meals, activities, and around-the-clock care. Some skilled nursing homes offer temporary care after an injury or illness and are used in lieu of an extended hospital stay.*

It is never too early to begin planning for elder care that may include long-term care possibilities. Individuals are urged to work with an elder care lawyer to help navigate the complexities of planning for medical care and their potential financial needs.



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Did you know?

With more free time on their hands, retirees may spend a portion of that time dining out at local eateries. While it's commendable to want to support local businesses, eating out can quickly devour a budget if those on fixed incomes are not careful. Certain strategies can be used to help retirees save money while dining out.

- Shop to-go meals at supermarkets or specialty food stores, which can be heated at home or enjoyed as a picnic at a scenic spot.
- Dine out for breakfast or lunch when meals tend to be less expensive than they are during dinner hours.
- Consider splitting meals or ordering appetizers instead of entrees.
- Stick to one course rather than filling up on an appetizer, salad and then having too much leftover food for the main course. This can help keep the bill lower.
- Drink at home whenever possible. Enjoying a glass of wine, beer or cocktails at a restaurant will almost always cost you more than if you have drinks at home. Stick to the meal only, then enjoy a nightcap once you return home. It's also a safe way to reduce the risk of drinking and driving.
- Look for coupons or special discount days when seniors can enjoy a percentage off the tab.
- Explore venues that offer tasting menus. These establishments provide small bites of various dishes and enable patrons to try out various foods before committing to one dish that may be costly.
- Opt for inexpensive foods and save the high-end meals for special occasions.



Morning Pointe of Lenoir City

Making the holidays bright

Morning Pointe Senior Living communities collaborate with local partners & families

This year, Morning Pointe Senior Living communities throughout East Tennessee are striving to make the holidays shine especially bright for residents! In addition to their usual activities, Morning Pointe life enrichment directors are collaborating with local community partners and families to host two new events sure to kindle the spirit of the season while remaining safe and socially distant. 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.

"Now more than ever, senior living residents need to feel the warmth and connection associated with the holiday season," said Rob Pollard, Morning Pointe regional vice president of operations. "Morning Pointe associates are working especially hard to find innovative ways to lift residents' spirits while continuing to follow social distancing guidelines."

Morning Pointe has six area communities in the greater Knoxville area. 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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Jones

From page 1C

“I stay pretty busy. It’s more than I ever thought it would be.”

Recognized success

Recognized for his teaching abilities at ORICLE, “I was nominated for ‘Teacher of the Year,’” he said. “It made me cry — it just blew me away.”

As for positive feedback, Jones said a top ORICLE official “came to my office and begged me to do more classes.” He said, “We have had more out-crying from the people, and they just love what you’re doing.”

More ORICLE basics

In terms of greater convenience, “With ORICLE it changed things because, for one, I didn’t have to do all the work as far as setting it up,” Jones added about the campus-based classes. “We could do five or six classes on one subject. Like (teaching) Windows 10, it would take us about six weeks to go through everything.”

“... Regardless of your knowledge of Windows 10, we start out with the basics. ... Then we start teaching about how to actually use it.”

As the only computer teacher with ORICLE, “I had about nine different classes, and two of them were about six weeks; and the others were anywhere from two to four weeks,” he said.

His most typical teaching time with ORICLE is “Tuesday mornings from 9:30 to 10:40,” Jones added. “We’ve done other days if we’ve had repeat classes or something

like that.”

Jones’ popular classes within ORICLE can be repeated “if there’s a wait list of at least 10 people willing to take the class,” he said.

Using analogies

In getting through to seniors, many of whom begin taking his classes with no knowledge about computer operation or programs, “A lot of stuff that we do is with analogies,” Jones said about his teaching process. “... If I have to describe something in a computer, a lot of times I’ll use a car, car parts or a record player ... and they can all understand what that is. It makes it simpler than trying to get into it technically.”

His teaching also includes “buying a computer, what do you look for?” he said.

Post-ORICLE: pandemic

Although the pandemic has shut down ORICLE — except for Zoom classes — since March, ironically, “COVID-19 has made me four times busier than I ever was,” Jones said.

Though saying “Zoom would not work for me,” Jones has used the positive exposure from ORICLE to build his “in-office” and “home visit” teaching.

Those classes are roughly one hour long because “no matter what their age, they can only assimilate so much information at one time,” he said. “... Sometimes I’ll go two hours, but it depends on what I’m doing.”

As for the “home visit” teaching, “That is a big thing for a lot of seniors because they can’t get out and they can’t get around and they can’t carry their computers,”



Jones said.

As for a return to ORICLE, “We’re scheduled to have two classes in the winter,” Jones said.

Even if a given senior only wishes to have Jones repair his/her computer — no classes — “I’ll take half-an-hour or so with them, sometimes longer, and try to explain some of the things to them of why some things happen to their computer, so they understand a little bit better,” he said. “Or teach them to do things, like backing up.”

Biggest challenges

In fact, “Backing up is the biggest nemesis as far as cli-

ents not doing it,” Jones said about not “backing up” information and photos to lighten the load on the computer’s hard drive storage capacity — risking loss of information.

“About 95 percent of the time we can save (information), but sometimes we can’t,” he added.

Another key teaching point: “I find a lot of the seniors don’t have a clue as far as how to use a thumb drive or flash drive,” Jones said. “So we’ll spend one or two days, sometimes, just teaching them how to use a thumb drive.”

Jones’ staff, basic info

Within Computer Helpers, “I

have two part-timers,” he said, detailing the duties of employee Rob Dobson.

“Rob is a registered Apple tech, so he comes in and does some of my Apple stuff,” Jones said. “But he also knows how to do Windows and things like that.”

“So when I get a lot of business, and it’s more than I can handle to be able to turn stuff around in a timely manner, I give him a call,” he added.

To sign up for a Jones computer class, e-mail computerhelpers@live.com or call 865-250-9709.

Senior services

From page 1C

right now.”

The 15,000-square-foot facility, which is located un-

der Farragut Senior Center, had offered such amenities as a kitchen, library, multi-purpose room, computer lab, lounge, pool table and exercise room with three treadmills, an

elliptical machine, two stationary bikes and a transitional seated elliptical machine.

Additionally it shares the gymnasium with the Community Center participants.

Although the center is closed to the public, its business hours are from 7:30 a.m. to 4 p.m., Monday through Friday.

For more information, call 865-288-7805.

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FROM OUR KITCHEN TO YOUR TABLE

APPLE-CRANBERRY PIE

<p>FILLING:</p> <ul style="list-style-type: none"> • 5-7 Apples (Granny Smith peeled and cut up preferred, or canned apples) • 1 egg • 1 1/2 Cups Sour Cream • 1/4 Cup Sugar • 1/2 Teaspoon Vanilla • 1/4 Cup Flour • 1/2 Cup Cranberries 	<p>CRUMBTOPPING:</p> <ul style="list-style-type: none"> • 1/2 Cup Brown Sugar • 1/2 Cup Sugar • Teaspoon Cinnamon • 1/2 Cup Flour • Salt • 1 Cup Chopped Walnuts • 6 Tablespoons Melted Butter
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DIRECTIONS:
Use pre-made pie shell

Pour filling mixture into a pie shell. Press crumble mixture on top of pie. Dot with melted butter and bake at 350 degrees for 40-45 minutes, or until toppings are golden brown and you see slight bubbling from the liquids in the pie. The apples will have a slight bite left in them and this normal.

Let sit prior to serving. Serve slightly warm with a side of vanilla ice cream.

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