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ISSUE 12 VOLUME 35

FARRAGUT, TENNESSEE

WEDNESDAY, NOVEMBER 23, 2022 • 1A

## Amended ordinance, ballpark lights, 8-1

**TAMMY CHEEK**  
tcheek@farragutpress.com

Farragut Municipal Planning Commission approved revised amendments to the Town's ordinance regarding restrictions on use of ballfield lights, or outdoor site lighting, in the Town in an 8-1 vote during its Thursday, Nov. 17, meeting.

Planning Commissioner Scott Russ cast the lone dissenting vote.

"We'd like to thank the FMPC and Mark Shipley (Community Development director) for listening to our concerns and working with us on the amendments," said Jeanne Brykalski, Farragut Neighborhood Preservation Partnership spokesperson, who added her group supported the revised amendments.

Residents making up FNPP initiated the request to change the outdoor site lighting ordinance, as it sought tougher restrictions on where ballfield lights could be installed.

Shipley said ballfield lighting would only be permitted

**See AMEND on Page 3A**

## Sleigh time



Michelle Hollenhead

Enjoying sleigh time with Santa Claus, brothers Cameron Phillips, left, and Beckham Lear were among dozens who visited with Santa Friday, Nov. 18, at the Pinnacle at Turkey Creek during its All is Bright Holiday Kickoff. Festivities included lighting the tree, Christmas carols from several local groups, such as Tates School of Discovery — and even a scattering of manufactured "snow."

## Site plans revisited by Hy-Vee; Ford site still No. 1

**TAMMY CHEEK**  
tcheek@farragutpress.com

While a number of residents living around the Eddy Ford property along Kingston Pike were prepared for Hy-Vee's request to Farragut Municipal Planning Commission at FMPC's meeting Thursday, Nov. 17, Hy-Vee representatives asked for a postponement.

Those representatives withdrew their requests to amend the Town's Future Land Use Map and zoning ordinance for that property, which fronts Kingston Pike to the south about one-quarter mile west of the Pike intersection with Campbell Station Road.

In a statement e-mailed to farragutpress from Dawn E. Buzynski, APR, Hy-Vee director for strategic Communications: "with the feedback we received from the community, Hy-Vee voluntarily withdrew our application to allow us to go back to the drawing board for the location near Kingston Pike and Campbell Station Road. Our plan is to come forward with a revised proposal for a Hy-Vee store since we see Farragut as a vibrant community that we would like to call home."

"I would recommend they withdraw the application or we vote on it as presented," Commissioner Ed St. Clair said at the meeting.

"That's what we are here to do," said Mayor Ron Williams, who sits on FMPC.

**See HY-VEE on Page 4A**

## Green, black cell poles, 8, get FMPC nod

**TAMMY CHEEK**  
tcheek@farragutpress.com

In its move to expand and improve cell phone service, TeleCAD, on behalf of Verizon Wireless, received unanimous approval and recommendations from Farragut Municipal Planning Commission to add eight small cell poles in the Town during FMPC's meeting Thursday, Nov. 17.

The poles were proposed for the rights-of-way adjacent to 102 Glen Abbey Blvd., 126 West End Ave., 100 Smith Road, 11403 Municipal Center Drive, 11509 Parkside Drive, 101 West End Ave., 100 Brooklawn St. and 11425 Kingston Pike.

"These poles are the first requested since the approval of 11 small cell poles at the Jan. 16, 2020, Planning Commission meeting," Community Development director Mark Shipley said. "At that meeting, four of the 11

**See 8 CELL POLES on Page 3A**



Michelle Hollenhead

## Big 'tater' boy at Crop Drop

Hudson Mosby, 4, was among the volunteers as Concord United Methodist Church hosted one of its quarterly "Crop Drops" Saturday and Sunday, Nov. 5-6, where dozens of volunteers bagged 40,000 pounds of sweet potatoes for 50 area food pantries and feeding agencies, according to organizers.

## Celebrate the Season, 2022 version, Dec. 1

**TAMMY CHEEK**  
tcheek@farragutpress.com

Better watch out ... Santa Claus is coming to Farragut for the Town's annual Celebrate the Season event from 4:30 to 7 p.m., Thursday, Dec. 1, in Farragut Community Center, 239 Jamestowne Blvd.

This event is free and open to the public.

"This is the second year this event will be held at the Community Center," said Merritt Piper, Farragut Recreation and Event manager. "We love having our new, wonderful space to hold the event. Having additional space at the Community Center has allowed us to add more features to the event, such as a holiday-themed movie and an area to write letters to Santa."

Other activities include photos with Santa, crafts and cookie decorating.

**See CELEBRATE on Page 2A**



File photo

Santa Claus chatted with brothers Jack and Harry Powell during last year's Celebrate the Season. The Town of Farragut again will host this annual holiday event, which runs from 4:30 to 7 p.m., Thursday, Dec. 1, in Farragut Community Center, 239 Jamestowne Blvd.

## Inaugural Farragut Christmas Parade details

End, Lendon Welch Way and North Campbell Station Road (Farragut High).

While all entries have not been finalized, a guest appearance by Santa and Mrs. Claus is expected to close out the parade, which is not the only highlight,

as the event also will offer vendors in the interior portion of the high school parking lot, where "Christmas Village Shopping" can take place from 3 to 6 p.m. Organizers also expect food truck vendors. For more info, visit Farragut Christmas Parade Facebook page.



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# KCSO reports

• At 3:55 p.m., Saturday, Nov. 12, a complainant called Knox County Sheriff's Office Teleserve Unit to report harassment at a Windham Hill Road residence. She advised the suspect, her ex-boyfriend, had attempted to reach out through Facebook. Complainant advised she has blocked him numerous times on social media and has told him to stop contacting her, but he continues to create new accounts in order to contact the complainant.

• At 11:45 a.m., Nov. 12, a complainant called KCSO Teleserve Unit to report his 2017 Ford Escape stolen from 11335 Campbell Lakes Drive (a value listed at \$12,000). "Complainant advised he discovered the suspect inebriated and advised he was going to get him a hotel room for the night," the report stated. "He advised he gave his keys to the suspect and told him he could sit and wait in the car while he purchased him a hotel room, but advised he left in the vehicle without permission. He said the suspect asked to be taken home and added he lives off of Northshore Drive." Complainant advised he no longer has the keys in his possession and advised the unknown suspect has never had permission to drive the vehicle.

• At 4:15 p.m., Friday, Nov. 11, a complainant called KCSO Teleserve Unit to report a theft from Costco, 10745 Kingston Pike. He advised the suspects came into the store and proceeded to leave the premises without paying for an Apple iPhone 14Pro. He said the incident was caught on video surveillance. Total value of loss was listed at \$900.

• At 3:25 p.m., Wednesday, Nov. 9, a complainant called KCSO to file a report a theft of her granddaughter's debit card numbers, which occurred at Weigel's, 12001 Kingston Pike. She advised the debit card is connected to her TVA Credit Union account, which is a joint account. She advised on Monday, Nov. 7, she noticed two unauthorized ATM withdrawals that occurred on Oct. 28 — both withdrawals were for \$200. She advised the withdrawals occurred right before she had four wire transfers occur on the same account. At the time of the withdrawals, victim was in possession of the debit card — only the numbers were used.

• At 4:26 p.m., Tuesday, Nov. 8, a complainant called KCSO Teleserve Unit to report a theft of his credit card numbers from an Aspenwood Drive address. He advised while checking his Bank of America statement he discovered several fraudulent charges, including to Sirius XM Radio. He advised he did contact Sirius and was given suspect's name on the account.

## Celebrate

From page 1A

Regarding photos with Santa, Piper said, "When families arrive, they will receive a ticket with a time on it. The time stated ... is the time each family will line up to take their photo

with Santa." After the photo, "they will receive a card with the website where they can retrieve their Santa photo."

Families can park at the Community Center or at Founders Park at Campbell Station and take the short walk from there, Piper said.

# 'RAMing' success: \$13,725



Tammy Cheek

Farragut West Knox Chamber of Commerce presented a \$13,725 donation, which are proceeds from FWKCC's Sept. 29 The Auction, to Remote Area Medical's Knoxville clinic at the Chamber office along Kingston Pike Friday, Nov. 18. On hand for the presentation were, from left, FWKCC board chair Christine Dean (marketing director at AA-Air Co./Central City Heating & Air); RAM board of directors president John Myers; Terry Smiley (FirstBank), Auction co-chair; John Volpe, RAM chief development officer; Farragut Mayor Ron Williams; FWKCC president/CEO Julie Blaylock; and Kevin Parton, senior director of Knox County Health Department representing Knox County Mayor Glenn Jacobs. "No one has ever donated this much — ever," Blaylock said. She pointed out \$5,500 of the donation came from one live auction item: lunch with Williams and Jacobs. The clinic, which provides free dental, vision and medical care, is slated for Friday through Sunday, Jan. 13-15, in the Jacob Building of Chilhowee Park. Volpe said such a clinic costs \$25,000 to operate. He added this donation translates to \$16,000 worth of free healthcare.

ADVERTORIAL

## Traveling for the Holidays? Tips to Ease Your Back Pain

**Question:** *Hi- this is Debbie and I'm concerned about my back. I'm worried I'm going to throw-it-out when we're traveling for the holidays. We are headed up to Cincinnati to see our 3 grandchildren. Last time this happened I wasn't able to pick up my 2 year old granddaughter because of my back pain, and I would hate for that to happen again.*



**Dr. John-Mark Chesney**  
Ask The Physical Therapist

-Debbie, from Farragut

**Answer:** Hey Debbie, back pain always tends to flare-up at the most inconvenient times, so I can understand your concerns. When someone has a history of "throwing-out" their back, I find that most people have recurring episodes of back pain that never gets fully resolved.

Here's how it goes... One morning you're bending over to put on your pants and your back locks-up. You know that you have done it now and for the next few days your back is quite painful with any bending or twisting, or even getting out of bed is quite challenging. You may be in bed for a day or two (sometimes longer) and slowly your back starts to feel better with a combination of heat, muscle relaxer, and or pain medication. For the most part you recover but it may take a few weeks, but if you're honest with yourself, **you never really feel back to 100%.**

Your pain for the most part is gone, but it will still ache and tighten up on you. The worst part is you never know when the next episode is going to occur, and because of that your confidence is lacking. Maybe your husband has to unload the dishwasher, or carry the groceries in from the car, where beforehand you would have no trouble. **Your back feels "vulnerable"**— and you start to become overly anxious for things like an upcoming trip, or when you're babysitting your grandkids.

We see people like this in the clinic all the time and the good thing is there are solutions and things you can do to fully recover. Now that might take some time (to get you back strong and you moving confidently), but in the meantime, let me give you a handful of tips that will at least improve your situation for your upcoming trip.

1. **Lumbar Pillow** can be placed in the small of your back to support and protect your low back. Lumbar pillows reduce pressure on the lumbar region, promote good posture, help to distribute your weight evenly, and prevent you from slouching or leaning forward which can lead to lower back pain. If you don't own a lumbar pillow, any small pillow or a rolled up sweatshirt or towel will have a similar effect. Additionally, readjusting your lumbar pillow or using it in intervals will prevent your position from becoming too stagnant which is key to preventing back pain while sitting for long periods of time. If you can't find one locally, we always keep them in stock, so feel free to call the clinic to request one.

2. **Portable heating pad** can be a huge source of relief. Placing a heating pad between you and the seat back will relieve back pain by boosting circulation; increasing circulation will sooth feelings of stiffness in your joints and muscles. Alternating between heat and cooling can be useful to maximize blood flow, think of it like contracting and then relaxing your blood vessels. This is a great strategy for tense or painful muscles.

3. **Move Around!** It is crucial that you take every opportunity to get up and move! Every time you stop for gas or food, get out of the car and walk around for a few minutes. If you're flying- reserve an aisle seat and walk the aisle when you are able. Additionally, there are various stretches that you can do to best utilize your short breaks. We have filmed a video demonstrating our top recommended stretches to perform when traveling. Just call the clinic and my staff can get that information to you.

Those are just three simple things. I have a **resource guide available with 6 other tips**, that I don't have space to go over here, but just call or text the clinic (865) 351-0615 and I'd be happy to send those to you as well.

Debbie, once you get back from your trip, I'd be happy to chat with you about **our back program and how it's helped so many others overcome nagging back injuries. Feel free to reach out!**

Thanks again for the question and I hope you enjoy your time with those grandkids!

*John-Mark Chesney is a Doctor of Physical Therapy and owner of Simply Physio in Farragut. If you have a question you'd like him to answer, call Simply Physio at (865) 351-0615 or email him at john-mark@simplypt.co*



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## 8 Cell poles

From page 1A

poles were placed within developed residential areas affecting Stonecrest, Farragut View and the Cove at Turkey Creek subdivisions.”

Shipley said those requests drew concerns from residents, but “the Town was ultimately bound by the state of Tennessee parameters that were adopted by the state to facilitate implementation of 4G and 5G coverage with assistance of small cell poles that would supplement macro tower structures.

“Though the state limited the ability of municipalities to regulate certain aspects of small-cell phone installation, it did provide for the opportunity to address the appearance of such structures through an aesthetic plan that would apply to all comparable utility structures within public rights-of-way,” he added.

As such, FMPC members went through each of the poles’ locations, deciding the colors and lighting. For exam-

ple, they asked the company to paint black the poles located in the Mixed Use Town Center from Smith Road to West End Center. Those with lights in that district, they advised TeleCAD to install decorative lighting to complement the Town’s style in that area.

Other areas would be painted gray or green, especially if in a residential area. However, Shipley said, “as encouraged in the Aesthetic Plan, all eight poles are proposed in areas zoned commercial.

“Five of the eight poles are Type 2 replacement poles that swap existing light poles with new light poles that also accommodate small cell antenna,” he added. “The other three poles are Type 3 new freestanding poles.

Gene Cowden with TeleCAD said the poles could accommodate other carriers; however, he doubts other carriers would use Verizon’s poles.

In a similar action, FMPC unanimously approved Fiberlink installing underground fiber optic cable to service the eight new small cell poles.

## Amend

From page 1A

in areas where it is “directly associated with such government functions.

“We talked about the differences between ballfield and

tennis court (lights),” he added. “We also talked about lighting that is allowed in certain zoning districts, like Topgolf.

“We also talked a little bit about clarifying where ball-field lighting would be permitted. The applicant (FNPP) has



Tammy Cheek

## Roundabout ribbon cut — in the Valley

Knox County government officials and a community member cut the ribbon on the recently completed Hardin Valley roundabout, named after the Seal Family Barn that once stood there, at 12136 Hardin Valley Road, Monday afternoon, Nov. 14. On hand for the event were, from left, Connie Musllami, the resident who initiated the project; Betsy Henderson, 6th District Knox County School Board representative (includes Hardin Valley); Kim Frazier, At Large Seat 11 County Commissioner from Hardin Valley; Terry Hill 6th District County Commission vice chair, encompassing Hardin Valley; Knox County Mayor Glenn Jacobs; Public Works senior director Jim Snowden; Andy Rodabaugh, Harrison Construction president; and David Hudson, construction superintendent with Harrison Construction. “(Knox County government, utility agencies and developer) were able to implement an improvement here that, I think, will be good for many, many years,” Snowden said. “This (\$1.2 million) project (started in May) was completed ahead of schedule and under budget,” Jacobs said.

requested to have it, essentially, not outside government properties, and that basically is what is in the Ordinance 22-12.”

However, Alderman David White asked, “Why do they want to amend an ordinance

that is darn near perfect?

“You read the old ordinance — no lights,” he added, noting the changes have weakened that ordinance.

Sounding a warning, “You are giving permission to the (Board of Mayor and Alder-

men) to violate the code,” White said. “They already violated it with the lights at McFee Park, then asked the Town attorney to find a case law.

“They’re asking you to violate the code,” he added, asking FMPC to “follow the codes.”

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## Volunteer Holiday Appreciation



Photos by Tammy Cheek

Town of Farragut treated its volunteers to an evening of fun and refreshments during a drop-in Volunteer Holiday Appreciation event in Farragut Community Center Thursday, Nov. 17. “We had around 50 volunteers attend,” said Merritt Piper, Farragut Recreation and Event manager. “We served refreshments, offered games with prizes, had live music entertainment and gave volunteers an opportunity to kick off the holiday season with us. Additionally, volunteers enjoyed a holiday ornament exchange and music performed by Kim Frasch” (top left), a recent Intro to Farragut graduate who is part of Quiet Music Ministry at Faith Lutheran Church. (Top right) Volunteer Jo Nell Kocisko, donned in her holiday finery, treats herself to whipped cream on her hot chocolate. (Above left) Volunteer William Cabaniss tries a snowball game. (Above right) Town volunteers Sue Edwards, left, and V.J. Ewing take part in the ornament exchange.

### Hy-Vee

From page 1A

After Hy-Vee representatives withdrew their proposals, residents applauded.

Hy-Vee initially has been asking to replace the current Mixed Use Town Center portion on the Land Use Map to Commercial for a 156,000-square-foot grocery store development, and also Parks and Recreation and Low Density Residential. The current Medium Density Residential part in the back of the property would be replaced with Very Low Density Residential.

In a previous FMPC meeting, John Brehm, Hy-Vee Site Planning director, said behind the store there could be a pocket park, which they could dedi-

cate to the Town; then a 46-unit small-lot, single-family townhomes complex, backed by a 52-unit general single-family residential development. The residential sections would be sold to another developer to be developed.

Community Development director Mark Shipley said Hy-Vee’s requested amendments would abandon the Town’s vision for a Mixed Use Town Center.

“I agree with the staff’s position,” said Vice Mayor Louise Povlin, an FMPC member. “All of our actions have been an effort to establish a sense of place.”

“We have been working through this request for quite some time,” Hy-vee attorney Ben Mullins said. “With the

feedback we received, we are looking to try to partner with a local developer to work on the concepts for other parts of this property, not just the Hy-Vee that we’re looking to put on the property, but how we can make the other concepts, especially the residential, work.

“We are really close to working something out with a local developer to try to come up with maybe a way to change the concept that would reconfigure the way we want to put this store on (the property) and how that would work with the park and open space, and how that would integrate with the residential,” he added.

“You’re changing the gameplan on the fly,” St. Clair said. “We need to take time (to look over the changes).”

## presstalk

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or [editor@farragutpress.com](mailto:editor@farragutpress.com)

• We have talked to numerous people about the Hy-Vee merchandise store proposal for Farragut, and most people are favorable to it because the density of the residential is lower density than Glen Abbey or Park Place. They are proposing residential on the southside of the (sought) property that is lower than Glen Abbey, lower than Park Place. Plus, they have a park they are proposing, a walking trail and a new (traffic) signal at (the Kingston Pike intersection with) Jamestowne Boulevard.

That will allow Glen Abbey people to come out at that traffic signal to avoid the traffic jam that’s now there when they come out of Glen Abbey Boulevard. That’s a great second access out of Glen Abbey.

Also, I want to point out that when Glen Abbey was built, (the landowner of the property on which Hy-Vee wants to build) saved the Glen Abbey development. Also (this same person) saved the Kroger development. So (this landowner) should have every right to develop this great development.

• My family and I are lifelong residents of Farragut, and we are excited to have the possibility of a great concept Hy-Vee to come to Farragut. It would be a wonderful addition to our community, and the walking trails, the park, the low-density development will be another plus. So we are hoping that it will pass (Town regulations and evaluations) and get through, and we’re not worried about any added traffic. There shouldn’t be any problem with that, so we are definitely supporting it.

• Thursday, Nov. 17, at the FMPC meeting, Hy-Vee learned that the Town of Farragut is not like many of the small towns that they have pushed their stores into against residents’ wishes in residential areas. The Town of Farragut listed to its citizens. We may not always agree with them, and they may have to go a different direction than the citizens want, but they do listen.

One takeaway I had from last night was, the one representative from Hy-Vee kept saying, “the neighborhood,” referring to Glen Abbey. Yet, Hy-Vee has been told repeatedly there are multiple neighborhoods: (also) Park Place, Derby Chase, Shiloh, Bel-leaire, Farragut Crossing, Village Green that will be negatively impacted by the traffic, the pollution, the noise from having a store bigger than Costco in the middle of a residential area.

But they don’t really seem to care. They just want to put a store there, even if it means knocking it down a few thousand (square) feet. There are other places on Kingston Pike at Watt Road—or even on the north side of Campbell Station—that are much more appropriate where land is available.

• It’s Thursday, Nov. 17, 2022. In reading about the meeting in (the Nov. 16 issue) of the farragutpress with (Board of Mayor and Alderman) about relieving/alleviating the traffic issues of Kingston Pike and Campbell Station Road, in Tammy Cheek’s article on page 1(A), I cannot actually believe I just read that a Town (official) actually suggested that one way to help pay for the work may come from building a Hy-Vee store on (property along Kingston Pike near its intersection with Campbell Station), creating more traffic. Someone please come and pick up the pieces, my head just exploded.

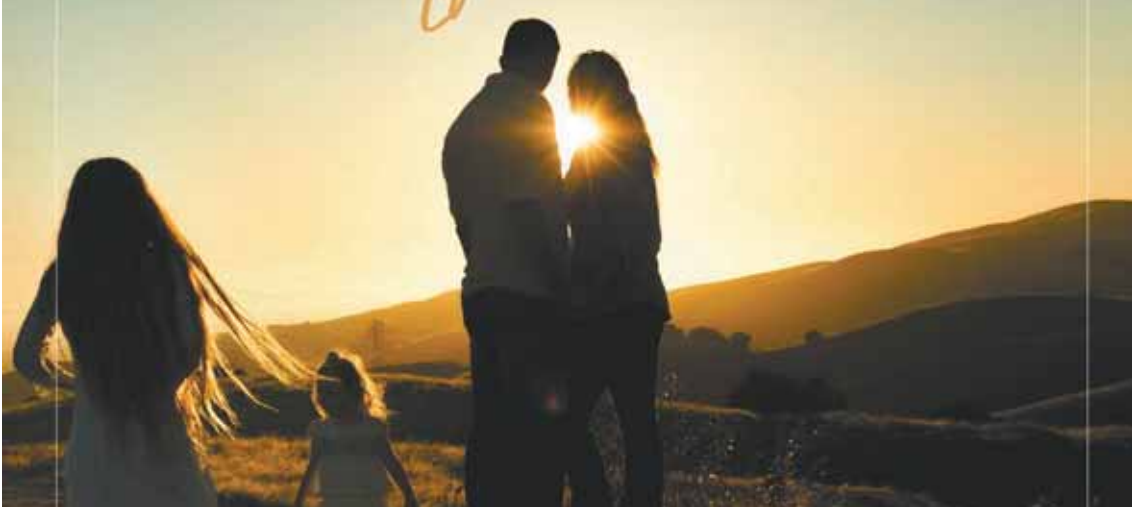
(Editor’s Note: this apparently is the statement the caller has questioned in Tammy Cheek’s story: ... He pointed out one possibility is when the (Hy-Vee-sought) property develops, the developers would be required to pay for some of those improvements. ... Does this statement amount to suggesting that building a Hy-Vee store is “one way to help pay for the work?”)

We respectfully ask our readers to follow these Presstalk rules when submitting their opinions: • No names will be used, including public figures; • Please keep calls to a 90-second maximum (call 865-671-8255 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; • Business names may or may not be used depending on the issue.



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Farragut West Knox Chamber of Commerce member Kathleen Holman was decked out for the holidays at last year's FWKCC Holiday Open House. This year, the event will take place Tuesday, Dec. 6, at its office, 11826 Kingston Pike in Farragut, in two sessions — from 8 to 10 a.m. and from 4 to 6:30 p.m.



File photo

## FWKCC hosts Holiday Open House

**TAMMY CHEEK**

[tcheek@farragutpress.com](mailto:tcheek@farragutpress.com)

Farragut West Knox Chamber of Commerce is decking the halls and showing appreciation to its members with its annual Holiday Open House Tuesday, Dec. 6, at its office, 11826 Kingston Pike in Farragut.

As it had last year, the Chamber again will have two sessions for its members, their guests or prospective member businesses

See **OPEN HOUSE** on Page 6A

## businessbriefs

• **EXIT Realty affiliated offices announced Corina Huerta and Renzo Huerta** recently joined EXIT Realty Pros, 9821 Cogdill Road Suite 1A, Knoxville.

• **ORNL Federal Credit Union board of directors** recently approved a \$5 million special dividend to be shared across the membership. This was the fifth consecutive year a special dividend was issued to members, and since 2018 ORNL FCU has returned more than \$21 million in value to the membership.

• **Bank of America** recently named Boys and Girls Clubs of the Tennessee Valley as

**Neighborhood Champion** in Knoxville. Program provides \$50,000 in grant support and an opportunity for virtual leadership training. Grant will address the city's workforce shortage and lack of affordable childcare.

• **Marble City Insurance** will celebrate the grand opening of its new location, 6700 Baum Drive Suite 5, Knoxville, with a ribbon cutting ceremony by Knoxville Chamber at 11:30 a.m., Dec. 1. There will be an open house from 11 a.m. to 1 p.m., during which light refreshments will be served.

Company officials ask all attendees "to please bring a toy to donate to Toys for Tots."

## Progressive Martial Arts opens in West Knoxville



Tammy Cheek

Bruce Corrigan, left, and his son, David Corrigan, owner of Progressive Martial Arts Academy, spar during a practice session at PMAA's center, 215 Center Park Drive near Silver Dollar Candle Co.

**TAMMY CHEEK**

[tcheek@farragutpress.com](mailto:tcheek@farragutpress.com)

**KNOXVILLE** — David Corrigan followed in his father's footsteps by opening Progressive Martial Arts Academy in Oak Ridge.

Now he has expanded to open another location closer to Farragut, at 215 Center Park Drive along Kingston Pike.

David recently took over the lease for the new location, where his father, Bruce Corrigan, had a martial arts club that provided private martial arts lessons to a small number of students.

"It has been very exciting for me because one of the things that separates us from other martial arts schools is we have a very strong lineage in the martial arts that we teach," David said.

"I've run a school in Oak Ridge that offers large classes for all ages," he added. "We've been in Oak Ridge since 2005."

David said students often asked him when he was going to open another school.

"And the answer has always been 'when we have more instructors who are ready to teach,'"

See **PROGRESSIVE** on Page 6A

### Medicare Open Enrollment 2023

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— BUSINESS SPOTLIGHT —



### 2022 Mary Gilmer Foundation Giveaway Contest

Richard Gilmer, owner of Eco Heating & Air Solutions, Inc, started a foundation in the honor of his late mother, Mary Gilmer. Richard knows how much having a reliable vehicle meant to Mary. A reliable car was her freedom and in her memory he wishes to pay it forward by donating a reliable vehicle to an individual in need of one each year. This year the 3rd annual Mary Gilmer Foundation Giveaway is taking nominations now through November 30th. You can nominate an individual truly in need of reliable transportation by emailing their story and how they will benefit from this giveaway to [marygilmerfoundation@gmail.com](mailto:marygilmerfoundation@gmail.com) by the deadline. The Giveaway will happen on December 7th.

**Progressive**

From page 5A

he said. “We decided to expand and take over this location so we could open up programs for everyone — not just (Bruce’s) small club of students — last October.

“One of the problems in martial arts is that often schools expand and open more locations before they have instructors qualified to teach their martial art,” David added. “Often, then, the art gets watered down over time.”

Progressive Martial Arts Academy offers classes for all ages: 4 to 7 years old, known as Little Dragons; 8 to 12 years; teens; and adults. He said his oldest student is 77.

With more than 10 instructors, the core martial art PMAA teaches is kenpo, a style of karate.

“Our method of teaching kenpo is called filkenjutsu, which integrates the most effective techniques from all of the other martial arts that we teach,” David said.

The academy also teaches Brazilian jiu jitsu, which teaches students to grapple on the ground; jeet kune do, Bruce Lee’s style of martial arts; the Filipino martial arts, which primarily focuses on using weapons — sticks and

knives — and kickboxing.

“We offer classes throughout the day for private lessons, but most of our group classes happen after school (for younger students) and in the evenings for adults — after work,” David said.

“The first step for anyone interested in getting started is a free private, introductory lesson to learn more about our school and our method of teaching,” he added. “They can call 865-481-8901 to schedule a lesson or visit pmaknoxville.com/.

Bruce Corrigan opened his first school in the late 1980s in Virginia Beach, Virginia.

“I come from a military family,” as both parents served in the U.S. Navy, David said.

“My dad retired from the Navy after 22 years — served during (Operation) Desert Storm,” his son added. “We moved around a lot, but we settled here in West Knoxville in 1998.”

Bruce started training in martial arts in high school and “stuck with it his entire life,” David said. His dad continued training in the Navy.

While David was not in the military, he “just did martial arts my entire life,” he said. “My siblings and I grew up on the mats, training in martial arts.”

**Open House**

From page 5A

“who want to meet us and our business community,” FWKCC president/CEO Julie Blaylock said. There will be a breakfast from 8 to 10 a.m. and an after-hours open house from 4 to 6:30 p.m.

“We got such positive feedback from attendees of last year’s breakfast and after-hours open houses who were extremely thankful that we offered two options to attend, and also to contribute to our Holiday Giving Tree project,” she added.

This year, “our very own Santa and Mrs. Claus will make appearances and be available for photos at both open houses, and we are finalizing details

for some special local musical performance,” Blaylock said. “Like last year, we’ll focus on spotlighting just one beverage and one refreshments provider for each time slot.

“Restaurants continue to fight uphill battles with staffing and workforce ...,” she added. “We’re looking at ways to bring more of our restaurants back into this event in the future; but for this year, it made it easier to keep it simple.

“We’re delighted to spotlight Dixie Lee Wines & Liquors as a sponsor of the after-hours open house.”

While at the event, members can “pay it forward” by participating in the “Gold Giving Tree,” which will benefit the soon-to-be new residents of Volunteer Ministry Cen-

ter’s Caswell Manor. Chamber members and guests can adopt and be a “Santa” to those residents.

“Chamber members can bring individual, new, unwrapped items from the resident profile wish lists or from VMC’s master wish list to either of the FWKCC Open Houses on Dec. 6,” Blaylock said.

The Chamber CEO/president said guests can park in either of the lots behind FWKCC’s rear staff parking, behind its neighbor, FirstBank, or across Kingston Pike near the old Ingles building.

“Please walk down to the lighted crosswalk to cross safely,” she added.

“Please do not park in front (of the bank)—that’s for bank customers.”

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# Trent, Meadows partner to open Ivory & Sage Hair Studio in Town

**TAMMY CHEEK**  
tcheek@farragutpress.com

Emily Trent of Morristown and Faith Meadows of West Knoxville have partnered to open Ivory & Sage Hair Studio in Saah Salon Suites, 102 S. Campbell Station Road. Their first day was Saturday, Nov. 5. Trent and Meadows offer cut and color for men and women. While Trent serves the women, Meadows cuts and colors hair for both men and women. Trent said what sets them apart is “no judgement and a safe home environment.” The two women were “beauty school besties, and then we worked at another salon

for three years,” Trent said. “Then we decided we couldn’t work without each other, so the two went into business together.

They chose a salon suites environment because “we wanted to go above what we thought we could do, and do the stuff we wanted to do and expand,” Meadows said. “We wanted to open up more and be free.” Meadows said she used to



Meadows

cut and color her mother’s hair, which led to friends asking her to “do their hair.”

After graduating high school, she went right into beauty school.

Trent recalled she always “liked being” at the hair salon

with her mom as a youth.

She started taking cosmetology classes in high school. After graduating, Trent said she went to beauty school, where she met Meadows.

The salon is open from noon to 7 p.m., Tuesdays and Fridays;

from 10 a.m. to 5 p.m., Wednesday and Thursdays; and from 9 a.m. to 2:30 p.m., Saturdays.

Appointments can be booked online through Instagram and Facebook, by e-mail at ivoryandsagehairstudio@gmail.com or by calling 865-443-5650.

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## Daddy-Daughter Dance

Farragut High School's dance team hosted a Daddy-Daughter Dance fundraiser earlier this fall in the FHS Commons. Hundreds of fathers and daughters attended, enjoying dancing, photos and treats from Kona Ice. Sponsors for this first-time event were EPIC

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All photos by Michelle Hollenhead

**Left from top:**

Jordan Stridde and his daughter, Reagan.

Brandon Hawk and his daughter, Adelyn, left, enjoyed treats with Heath Hodges and his daughter, Harper.

William and Sydney Goley



John and Elizabeth Byrne.

Ryan Carpenter and his daughter, Tennley, left, with Patrick Beeler and his daughter, Easton.

Will and Charlotte Laing.



**Right from top:**



## Grandparents Day

Farragut Intermediate School third-graders celebrated Grandparents Day earlier this fall, with hundreds of children enjoying lunch with their extended family members.



**Top Row from left:** Bacila Paraschiva joined her grandson, Edward Garbulet. Barbara Martin joined her granddaughter, Bethan Martin. Alan and Mia Betz joined their granddaughter, Teresa Betz. **Middle Row from left:** Braden Rawlings filled in for out-of-town grandparents when he joined his son, Jules. Grandparents Bobby LaDage and Teresa LaDage, right, joined their daughter, Chante Hensley, and granddaughters Sydny, left, and Ava Joy. Sam McCorkle joined his grandson, William McCorkle. **Bottom Row from left:** Chandrakala Patel and her husband, Shashi Patel, joined their grandson, Koen Bhakta. Senoia McCarty joined her granddaughter, Skye Carpenter. Shane and Nikki Frank joined their daughter, Adriana.

All photos by Michelle Hollenhead



## A lifelong Aggie, Johnston inks with Texas A&M

Seven Farragut seniors sign for the next level on National Signing Day

**ALAN SLOAN**

[editor@farragutpress.com](mailto:editor@farragutpress.com)

Jett Johnston gets to go home, play in the prestigious Southeastern Conference and suit up with his favorite college team.

A native Texan who's a "big" Texas A&M fan, the standout Farragut High School infielder/relief pitcher will fulfill a lifelong dream and suit

up for the Aggies after making it official during National Signing Day in FHS's Vickie B. Wells Auditorium Wednesday morning, Nov. 9.

Johnston was one of seven FHS senior student/athletes to sign with a college or university Nov. 9.

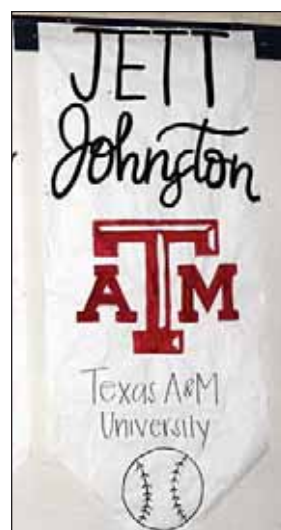
"I was so excited; they were one of the first

**See SIGNING DAY on Page 3B**



Photos by Alan Sloan

Jett Johnston prepares to sign with Texas A&M during a National Signing Day ceremony Wednesday, Nov. 9, in Vickie B. Wells Auditorium at FHS.



## Hall of Fame roundup: 5-1 for Farragut

### Strong boys start despite loss at Carter

**ALAN SLOAN**

[editor@farragutpress.com](mailto:editor@farragutpress.com)

**KNOXVILLE** — A 2-1 week to begin the season included a weekend doubleheader for Farragut High School boys basketball.

A game-high 23 points from senior post Dallas Carbaugh led the Admirals to a 65-55 victory against Karns in Carter's Jim Williams Gymnasium Saturday afternoon, Nov. 19, which was the second of three Hall of Fame Games played last week.

Dominic Vanacker, a sophomore guard, scored 14 in the win, followed by senior post

**See FHS BOYS on Page 4B**



Alan Sloan

Parker Lane, FHS freshman guard, finishes off a layup at Carter versus the Hornets Saturday, Nov. 19.

### 'Sharing the ball' a key factor in resounding Lady Ads wins

**ALAN SLOAN**

[editor@farragutpress.com](mailto:editor@farragutpress.com)

**KNOXVILLE** — Out of the gate with a roar, Farragut's Lady Admirals chalked up three resounding Hall of Fame victories last week to begin the season.

A trip to Athens opened the campaign Thursday night, Nov. 17, as FHS ripped McMinn County 71-39 behind 13 points from senior guard Annalise Bishop and 12 from sophomore guard Annie Priest. Mya Johnston, Hannah Enderson and Maelyn McNealy each scored eight while K.J. McNealy had seven.

Then came a doubleheader romp at Carter High School two days later.

Farragut first disposed of Karns 74-50 Saturday afternoon, Nov. 19, then came back just a couple of hours later to put the clamps on Carter's offense,



Mayfield

winning 51-12.

"I'm really pleased with the way that we share the ball," Lady Admirals skipper Jason Mayfield said. "We've had more than 17 assists every game. At McMinn it was 19 assists on 24 made field goals."

"And in all three games we've been able to use our depth, which is really good."

Versus Carter, Enderson scored 11 followed by Bishop with 10.

Against Karns, Maelyn McNealy led the Lady Ads with a game-high 21 points. K.J. McNealy, Maelyn's sis-

**See LADY ADS on Page 4B**

## HVA 91 minus #1 guy

**ALAN SLOAN**

[editor@farragutpress.com](mailto:editor@farragutpress.com)

**POWELL** — Despite not having what is projected to be the team's leading scorer, wing Hakeem Rashid, Hardin Valley Academy nonetheless went on the road and scored 91 points.

The Hawks pulled away in the second half at Powell and won 91-57 Thursday, Nov. 17, improving to 2-0 on the season.

"I'm most pleased with our defensive intensity and the way we pushed the pace" in the first, third and fourth quarters, HVA head coach Andrew Arendt said. "In the second quarter, I don't understand what happened, but we fixed it."

"A.J. Gray didn't score as much as he probably wants to, but we're a different team on the court defensively when he's in the game," the new coach added.

Offensively, "When we move the basketball and it doesn't stick, we're tough to guard," Arendt said. "When we did that we were really good."

Individually, "It's hard to pick out just one kid," Arendt said. "Ben Brophy was amazing (17 points, a trey of three-pointers), Bryson Frey was great (14 points, four three-pointers). Barron Sheetz came off the bench and did a great job (13 points)."

**HVA 71 Halls 64**

Turning back a late Halls rally, HVA won 71-64 in its season opener at home Tuesday, Nov. 15, led by Rashid's 24 points.

"He's our best shooter and kind of leads us on offense," Arendt said. "In the Halls game he really led us; big play after big play."

Sheetz's offensive rebound and score, off a missed free throw in the closing seconds, "was kind of the play of the game," the coach added. Nic Hodge added 15 for the Hawks, while Brophy scored 10, which include a trey of three-pointers.



Alan Sloan

Kamayah Love, HVA sophomore post, looks to make a move near the basket despite heavy defensive pressure from three Powell Lady Panthers. The Lady Hawks pulled away in the second half and won 57-33 Thursday night, Nov. 17, at PHS.

## Lady Hawks bounce back, win at Powell with hot touch

**ALAN SLOAN**

[editor@farragutpress.com](mailto:editor@farragutpress.com)

**POWELL** — Getting red-hot shooting from long range in the second half, Hardin Valley Academy's girls ended last week 1-1 after a 57-33 victory at Powell Thursday night, Nov. 17.

The Lady Hawks did this without one of the team's projected leading scorers, junior forward Gracie Waite.

In the second half, "We were able to knock some shots down (and) we made some defensive adjustments," HVA head coach Jennifer Galloway said. "We got some stops, which led to transition points."

Individually, "Lexi (Hall) had a good shooting night,

**See LADY HAWKS on Page 4B**



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# Meske's 38-year era ends after 'a great year,' 10-1

**BILL HOWARD**  
Correspondent

It was a disappointing end to a storied career.

Friday night, Nov. 18, at David Meske Stadium, Webb School of Knoxville's perfect season came to an abrupt end with a 44-7 loss to nationally ranked Lipscomb Academy in the semifinal round of the TSSAA Division II-AA State Playoffs.

The game also closed the book on Spartans head coach Dave Meske's stellar 38-year career as Webb's head coach (seven state championships, three runner-up finishes and 291 wins).

Unsurprisingly, emotions ran high after the game. Hugs and tears were in abundance.

"I love you guys," Meske told his team in the post-game huddle. "This is the last football game I'll ever coach. And I'm proud it was with you. We're out there to win, but there's gonna be more important things that you do."

For a quarter-and-a-half, it was a tight game, and Meske's boys had reason to believe they could give their coach a shot at an eighth state championship.

The Mustangs, who are coached by former NFL quarterback Trent Dilfer, took the opening kick and drove 80 yards for a 7-0 lead when workhorse running back Drew Patterson took it in from the 14.

On Lipscomb's next possession, Webb's Steven Beaty recovered a fumbled lateral and the Spartans were in business on the Mustangs' 36.

On the 11th play, quarterback Charlie Robinson went around left end for the touchdown on fourth-and-1 seconds into the second quarter.

It tied the game at 7, but it



Meske

would be the last offensive highlight for the Spartans (10-1). Lipscomb's swarming defense continually pressured Robinson, both on keepers and pass attempts.

Lipscomb (12-0) added two more touchdowns in the quarter — a 13-yard pass from Hank Brown to Mark Johnson and a 12-yard run by Maureice Sherrill — and led at half 20-7.

"For sure, they're a good team," Robinson said. "That's what's hardest about this game. Just wish we could have brought coach a state championship."

"They're a really good foot-

ball team, but we did some good things," Meske said. "We had chances in the first half but things didn't go our way."

Twice Webb had chances to keep it close: the last possession of the first half and the first of the third quarter.

But the first ended with an interception as the half expired, the other on a fourth-down incompletion with 8:33 left in the third. The Mustangs pulled away after that.

For the game, Robinson was 15 of 31 passing for 73 yards and an interception — far below his season's averages.

"Late in the half ... all of a

sudden it's 20-14 (if Webb had scored) and you're in a position to take the lead (with the second half kickoff), but it didn't work out at the end of first half," Meske said.

Looking back, "It's been a great year," he said, not trying to hide his emotions. "I love these kids. I've been fortunate to coach football for a long time. I'll miss them. I couldn't have asked for a better group of young men to be around."

"Winning is important, but it's not good enough," Meske added. "It's got to be more than that. Changing this world makes you successful."



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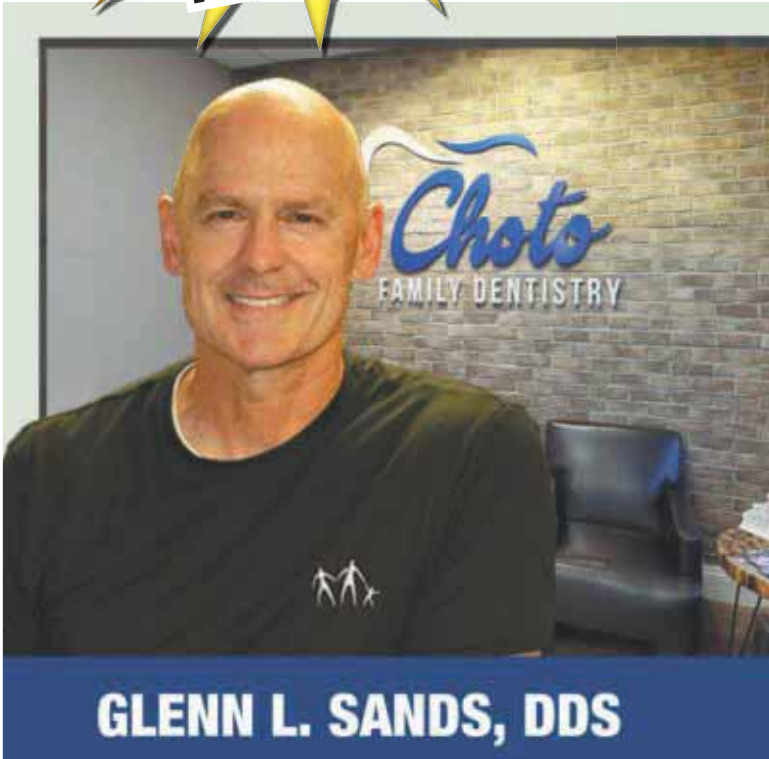


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Dr. Sands is the father of four beautiful children and two grandchildren. His hobbies include physical fitness and enjoying the beautiful golf courses.



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Alan Sloan

Seven Farragut High School Class of 2023 student/athletes signed with a university or college during a National Signing Day ceremony Wednesday morning, Nov. 9, in the school's Vickie B. Wells Auditorium. Seated, from left, are Annabelle Ekern, soccer, Bellamine University; Kennedy Reynolds, track & field and cross country, University of Tennessee, Chattanooga; Ava Guzowski, softball, Kennesaw State University; and Jett Johnston, baseball, Texas A&M. Standing, from left, are Mackenzie Turner, volleyball, Centre College (Kentucky); Madison Neeley, volleyball, Roane State Community College; and Brooke Simpson, gymnastics, LSU.



**Signing day**

*From page 1B*

calls that I got," said Jett, who helped lead his 2022 Admirals baseball team to a Class 4A state crown. "It was a surreal feeling for sure."

Johnston said he's projected as a third baseman at A&M, though "I'll possibly play a little second (base), too."

About the SEC, "It's a crazy conference to play in ... it's a big-time conference," the FHS senior said. "Big Leaguers, they want SEC bats, and that's exactly why I'm doing it (at A&M)."

"If you go produce in the SEC, hit .330 and 20 home runs, and you're getting drafted in the first three rounds," he added.

"I can't wait to get out and play all the awesome competition. You get to travel everywhere, to all the big schools."

An All-District 4-4A third baseman/first baseman/

pitcher who hit .325 with seven home runs, six doubles and 30 RBI, Jett said, "I've gotten my feet a little bit better and gotten faster" since his junior year with the Admirals.

Playing his first season with the Admirals last spring, "Jett was a huge part of what we were able to do last spring," FHS head coach Matt Buckner said. "He had a big postseason. I'm really proud of what he's been able to do."

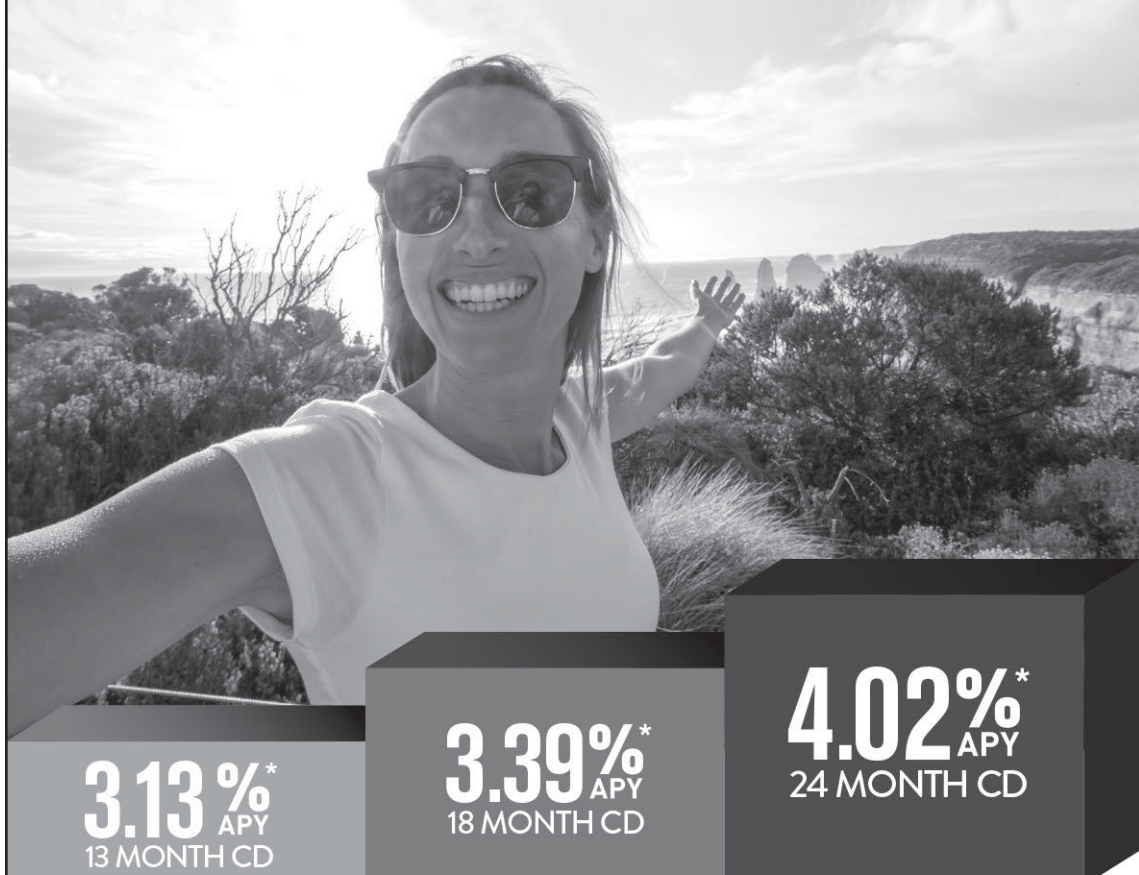
"We had a pretty magical run. ... I'm looking forward to this spring."

**Other signees**

The other signees were Brooke Simpson, gymnastics, LSU; Annabelle Ekern, soccer, Bellamine; Ava Guzowski, softball, Kennesaw State; Kennedy Reynolds, track and cross country, University of Tennessee, Chattanooga; Mackenzie Turner, volleyball, Centre College (Kentucky) and Madison Neeley, volleyball, Roane State.

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**FHS boys**

From page 1B

Tyson Jackson and freshman guard Parker Lane who each added 10 points. Tony Spadafora scored six.

The Admirals' 18-15 lead after one quarter grew to 33-30 at the half. Farragut led 46-41 after three quarters before ending with a 19-14 edge in the final frame.

**Farragut 67 McMinn 55**

Carbaugh (16 points), Lane (15) and Vanacker (12) led the Admirals in a season-opening Hall of Fame Game victory, beating McMinn County 67-55 Thursday night, Nov. 17, in Athens. Preston Fuller scored eight for FHS, followed by seven from Luke Johnson

**Carter 63 Ads 49**

Carter used a strong second quarter to hand Farragut its first loss of the season, 63-49 at CHS in the second game of that Saturday doubleheader.

Lane led the Ads with 11 points. Vanacker scored eight — all in the first quarter, as FHS led 15-13 after one frame.

But the Hornets outscored FHS 16-6 in the second quarter, taking a 29-21 lead it would not relinquish.

A Claudio Song driving basket cut the CHS lead to 33-30, but an 11-2 Hornets run made it 44-32 after three quarters.

Carbaugh added seven points for Farragut, while Berkley Naro scored six and Brevin Swartzentruber added five points.

**Lady Hawks**

From page 1B

she had six threes," Galloway said, as the senior guard scored a game-high 18 points. "And we had some inside play from Kamiyah (Love, sophomore post who scored 11) that helped open up some of the outside stuff. Our box-outs were a lot better tonight, too."

Ava Claire Wrather also scored 11. Madison Smith, a freshman, added eight. The Lady Hawks led 14-7 after one quarter and 23-15 at halftime before HVA's shooting heated up. It was 39-25 Hardin Valley after three quarters.

Galloway said she did not know when Waite would return to the lineup. Her reason for being out of action was not disclosed.

**Halls 51 HVA 46**

"It was a close loss. Halls is a good team and a very veteran team," Galloway said about the Tuesday, Nov. 15, season opener at HVA. "Some of the things we want our identity to be offensively, and some of the things we want our identity to be defensively, we kind of got away from."

Love led Hardin Valley in scoring with 15, followed by Hall with 12 and Smith scoring eight.

**Lady Ads**

From page 1B

ter, scored 13. Priest added 11 points.

Looking ahead, "I think we have some more competition down the road," Mayfield said, "starting with our Thanksgiving Tournament this week (Monday and Tuesday, Nov. 21-22, and Friday and Saturday, Nov. 25-26)."

Despite an outstanding first week of basketball, "It's still early," the Lady Admirals skipper said.

In the annual FHS Thanksgiving tourney, "There's some really good girls teams, and there's some really good boys teams," Mayfield added.

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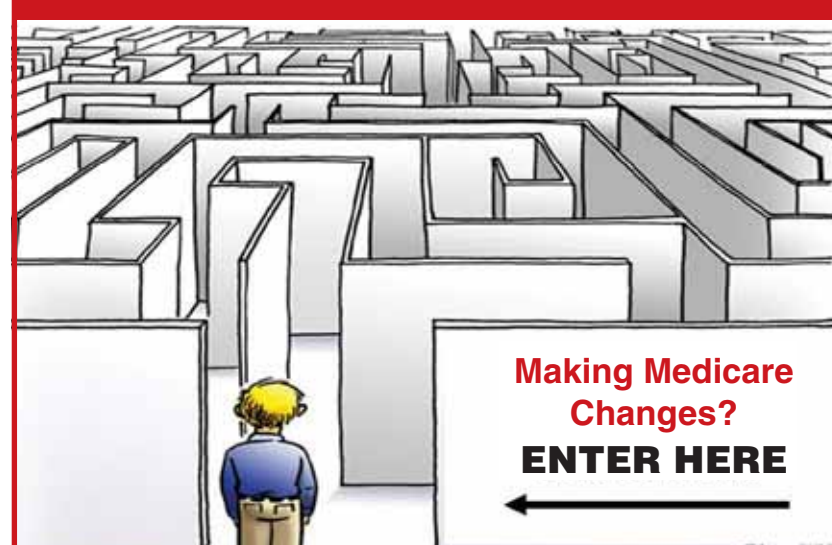
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For more information, contact Tony Christen at 865-218-8872, email [production@farragutpress.com](mailto:production@farragutpress.com) or come by the farragutpress office at 11863 Kingston Pike, Farragut, TN 37934

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## ‘Godsend’ 20.6k cans from five public schools

### Love Kitchen food supply once again bolstered by FHS SGA leadership

**MICHELLE HOLLENHEAD**  
mhollenhead@farragutpress.com

Despite donations being down somewhat, Farragut High School’s Student Government Association did not disappoint The Love Kitchen this year.

The group delivered the equivalent of 20,600 cans of food Monday, Nov. 14, to the Martin Luther King Jr. Ave. location in East Knoxville, capping off a donation season that, this year, not only included all four Farragut public schools, but also for the first time included Northshore Elementary.

“I was just blown away,” said Martin Riggins, Love Kitchen’s new executive director, who took over leadership of the organization following the unexpected death of his brother, former executive director Patrick Riggins, in December 2021. “Every single table was completely covered.”

While Martin had helped out here and there when his brother was in charge, “I had never seen the Farragut SGA donations be delivered before,” he said.

Love Kitchen Board president Ernie Roberts, who helped unload more than a dozen vehicles filled with donations, described it as “a Godsend.”

“It really is a blessing what they do for us.”

Even with fewer donations — last year the FHS SGA gave an equivalent of 33,000 cans — SGA president Kate Ford said she was “pleased” with how things went.

“We had just had two back-to-back fundraisers, and with the economy being down, we knew it might not be what it had been in the past, but we were very thankful for what we were able to raise,” she said.

See **LOVE KITCHEN** on Page 7B



Michelle Hollenhead

Annie Priest, Farragut High School Student Government Association member, helps organize donations at The Love Kitchen under a mural of former executive director Patrick Riggins, who passed away unexpectedly last December.

## A message about Knox Wreaths Across US 2022 goal

**CHRIS ALBRECHT**  
Wreath Program ambassador

If you have ever seen one of our Veterans’ cemeteries with its row upon row of white marble headstones adorned with a fresh evergreen wreath in mid-to-late December, it’s a beautiful sight you’re not likely to forget. This vista is made possible through the efforts of Wreaths Across America.

Wreaths Across America is a grassroots effort to honor those Veterans in our Veterans cemeteries with fresh Balsam Fir wreaths. There is no government funding for this project.

It is made possible through donations from individuals and businesses. And on Saturday, Dec. 17, national Wreaths Across America Day, more than 2.4 million wreaths will be placed to honor Veterans across the country and overseas at more than 3,137 locations. It is all accomplished

See **WREATHS** on Page 9B

## Children, 250, await Town-PGT



Photo submitted

Nikki Hickman, left, and LeighAnna Colgrove at Farragut Primary School’s Winterfest Thursday, Nov. 10, helped kick off Project Giving Tree’s donation season. It runs through Monday, Dec. 5.

**STAFF REPORTS**  
editor@farragutpress.com

A new partnership with the Town of Farragut is helping Project Giving Tree lead the way in asking for community help to fulfill its goal of gifting Christmas to 250 children.

The program, sponsored by all four Farragut public schools’ PTO/PTSOs, gives gifts to families in need of extra help during the holidays.

The gift collection, which began Thursday, Nov. 10, at Farragut Primary School during its Winterfest celebration, runs through Monday, Dec. 5. Families will receive their gifts Thursday, Dec. 8, according to Project Giving Tree coordinator LeighAnna Colgrove.

Trees currently are located in the lobbies of all four schools adorned with tags sharing how to help. “All four Giving Trees are up, and we are excited to share in the joy of giving this holiday season,” Colgrove said. “We hope our Farragut schools family and the broader Town of Farragut community

See **GIVING TREE** on Page 6B



Korotych

**MICHELLE HOLLENHEAD**  
mhollenhead@farragutpress.com

While war continues to rage in Ukraine, a group of local women are doing their part to help.

Ukraine natives Olena Korotych, Olha Popova and Tania Chernenko, along with Farragut residents Oksana Gerlits, a USSR native, and Ivy Lalonde, have formed the non-profit 501 (c)(3) organization koloHUB and are hosting their first fundraising event, “Taste of Ukraine in Farragut,” from 5 to 8 p.m., Saturday, Dec. 10, in Farragut Community Center.

The event offers a chance to enjoy a Ukrainian-inspired dinner buffet prepared by Chef Eric Zarycki (grandson of a Ukrainian immigrant) from

See **TASTE OF UKRAINE** on Page 8B

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• **Arrive early for Pellissippi State Community College's hugely popular Holiday Spectacular**, as seating is limited and only one show will be performed this year. The annual concert, featuring eight college ensembles both vocal and instrumental, will be held beginning at 7 p.m., Thursday, Dec. 1, in Clayton Performing Arts Center on the Hardin Valley Campus, 10915 Hardin Valley Road. This year's theme is "Merry and Bright!"

The Holiday Spectacular highlights the talents of more than 150 Pellissippi State students and employees performing classic winter tunes and carols. "Hark, the Herald Angels Sing!" "Greensleeves" and "Sleigh Ride" are among the seasonal selections.

Tickets are free and will be issued at the door on a first-come, first-served basis. However, donations are graciously accepted at the door to benefit the Music Scholarship fund.

To request accommodations for a disability for this or any Pellissippi State event, call 865-539-7401 or e-mail [accommodations@pstcc.edu](mailto:accommodations@pstcc.edu).

• **Knoxville Children's Theatre**, 109 E. Churchwell Ave.

in Knoxville, in partnership with the Clayton Foundation, will present the world premier live production of "The Carol!" The play will be performed beginning at 7 p.m., Thursdays and Fridays; from 1 to 5 p.m., Saturdays, and 3 and 6 p.m., Sundays, Dec. 2-18. There will be school matinees Friday, Dec. 9.

Tickets available online at [knoxvillechildrenstheater.com](http://knoxvillechildrenstheater.com)

The play is performed by 18 talented young actors, from ages 10 to 18. KCT veteran Conard Belitz will portray Scratch with Maxwell Collins playing Fred. Lily Segars will portray Laura and Annika Kallstrom plays CJ. Joining the cast is Eden Carnes (playing Debbie), who is making her KCT debut in this production. They will be joined by KCT veterans Truman Ball, Jenna Blumberg, Sybella Crane, Jake Javors, Lena Kennedy, Henry Lubke, Thomas Ludwig, Katie Moon and Avery Waller. Making their KCT debuts in this production are Madisyn Beckman, Weston Bucher, Isabella Mollenhour and Connor Watters.

Show is directed by KCT Artistic director Steve Sherman.

## Giving Tree

From page 5B

will join together to help support our students and families this holiday.

"In response to recent increases in the cost of goods, we set our fundraising goal at \$100 per child," she added "We expect to serve around 250 children again this year. If we can reach our goal, we plan to allocate \$50 for clothing and \$50 for toys, gifts or any special needs, like a new coat or pair of shoes."

Additionally, "Holiday food assistance will be provided through partnerships with local pantries," Colgrove said.

In addition to the trees, those

wishing to contribute may do so online at [givebutter.com/FarragutGivingTree2022](http://givebutter.com/FarragutGivingTree2022), where credit/debit cards, Venmo and Paypal are all accepted.

Those who wish to donate directly via Venmo can give to @FarragutMiddleSchoolPTO.

"For those with students attending Farragut schools, (parents/guardians) can send gift cards to school in an envelope marked 'Giving Tree,'" Colgrove said. "We recommend \$25 gift cards to local stores such as Kohl's, Marshalls, Old Navy and Target, but any/all gift cards are appreciated."

"New this year, we are excited to receive toy donations at the Farragut Town Hall rotunda and at the Farragut

Community Center lobby," she added. "Hopefully, the toy drive will provide a great way for those who wish to shop directly for a child to support Project Giving Tree."

"We know some donors enjoy choosing a special toy or gift to donate as part of their holiday shopping. I like to imagine these gifts as a beautiful expression of gratitude, with friends and neighbors sharing goodwill to brighten the holidays for another family in our community."

"We will match the donated toys to children on the Giving Tree based on their hobbies and interests."

For more information, e-mail [farragutgivingtree@gmail.com](mailto:farragutgivingtree@gmail.com)



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**Love Kitchen**

From page 5B

“We had all four (Farragut) schools this year, and Northshore Elementary for the first time, and they went above and beyond, giving about 6,000 cans alone.”

Ford said the group had 18 drivers, not counting parents, to help get the tables cleared, which filled all available tables to near overflowing.

“We had volunteers come in at 6:45 a.m. the next morning to help get the tables cleared off so we could prepare meals for Tuesday,” Martin said. “It took all of us until 9 a.m. just to get everything organized and moved.”

He said it was hard to determine how far those donations will go, but estimated it would feed homebound Love Kitchen recipients “for several months.”

FHS social studies teacher Elizabeth Blankenship, who sponsors SGA along with fellow teachers Angela Breeding and Shasta Todd, said the unique partnership between FHS SGA and The Love Kitchen began around 2013.

“A Godsend. It really is a blessing what they do for us,”

-**Ernie Roberts**, The Love Kitchen Board president, about FHS SGA/five school food drive.

“It is very cool, but it is all on the kids,” Blankenship said. “Literally, I turn them loose and they make it happen. It is truly a student-driven organization.”

“If you just set them free, they will do amazing things and do it with a smile,” she added.

Blankenship also singled out Ford for her organizational skills. “Kate is phenomenal — I truly don’t have to do anything. She keeps me up to date,” she said.

(Above right) Sophie Dotson, left, and Rani Patel, Farragut High School Student Government Association members who are seniors, help bring in donations Monday, Nov. 14, at The Love Kitchen.

Michelle Hollenhead



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## Taste of Ukraine

From page 5B

Aramark Catering, featuring golubtsi, (vegetarian and pork cabbage rolls), pepper rubbed pork loin with roasted vegetables, deruny (potato cakes), Ukrainian cheesecake and apple cake, along with white and red wine and non-alcoholic beverages.

Several musical performances will entertain guests, including one from noted violinist and current University of Tennessee student Markkian Lukyniuk, who only recently left Kyiv, Ukraine for the United States.

All participants are donating their time and efforts for the cause. Cost is \$75 per adult ticket, with 144 total being available, and must be purchased in advance.

Children are part of the fes-

tivities, with those between ages 4 and 15 being admitted free of charge. They will be treated to a chaperoned pizza party, educational crafts and other activities.

All proceeds will go to koloHUB, and directly fund three specific Ukraine charities with immediate needs: Children of Heroes (targeting children who have lost one or both parents during the war), Tabletochki (helping support Ukrainian families whose children are battling cancer) and Happy Paw (providing food, fosters/adoptions and medical assistance for struggling qualified pet shelters in Ukraine). Organizers are hopeful they will raise at least \$10,800.

"We aren't funding large organizations, but instead are funding thoughtfully selected, smaller qualified ones that support children and ani-

mals," Lalonde said.

She became aware of these needs during a Ukraine Benefit Gala held earlier this year. It was sponsored the Marek Maria Pienkowski Foundation and founded by her allergist,

Dr. Marek Pienkowski.

Through that connection she met Korotych, who has lived with her husband in the United States since 2014, but still has many family members and friends in Ukraine — which is

why she is working to help.

For more information, e-mail [contact@koloHUB.com](mailto:contact@koloHUB.com), visit [koloHUB.com](http://koloHUB.com), or follow koloHUB on Facebook (@koloHUB) and Instagram (@kolo.hub).




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Monday-Saturday 9:00 AM-7:00 PM | Sunday Closed



**Wreaths**

From page 5B

by volunteers. More than two million of them – and one third are children.

In the Knoxville area, there is a National Cemetery at 939 Tyson Street NW. It was started in 1863 during the Civil War and is the final resting spot for a little more than 9,000 Veterans. Many of Knoxville's luminaries have been laid to rest here, including University of Tennessee coaching legend Gen. Robert Neyland.

We also have two Tennes-

see State Veterans cemeteries. One is located at 5901 Lyons View Pike, with 5,292 graves; the other is at 2200 East Governor John Sevier Highway. The latter location is the area's "active cemetery," with 15 to 20 funerals per week.

There are some 4,000 currently buried here. Veterans interred in these three local cemeteries number more than 18,000. And at noon on Saturday, Dec. 17, hundreds of volunteers will be at these locations to honor the Veterans by respectfully placing wreaths on each headstone. There is

no requirement for volunteers to sign up; they just need to be there shortly before noon.

It is said that a person dies twice: the first time is when they draw their final breath. The second time is when their name is no longer spoken. That is why volunteers placing the wreaths are asked to carefully place the wreath against the headstone, then stand and say that Veteran's name aloud — so they will not be forgotten.

The mission of Wreaths Across America is simple: "Remember, Honor and Teach, Remember our fallen, Honor

those who serve and Teach our children."

Last year the goal of honoring EVERY Veteran in our cemeteries was met for the first time.

Sponsorship of a wreath is \$15. Donors are welcome to sponsor as many as they wish.

This is the inaugural year for the Stem to Stone Society. The name represents the shearing of the Balsam Fir stem tips that are then used to create the wreaths that will be placed against the headstones.

Society membership is made up of individuals and busi-

nesses who have stepped up to ensure that all of our Veterans will be honored with a wreath. Membership in the Society can be had with an annual tax-deductible gift of \$1,000.

No matter the amount you wish to donate, you may write a check payable to Wreaths Across America and mail it to Wreaths Across America, Post Office Box 50054, Knoxville, TN 37950. Donations may also be made through the website [www.knoxwreaths.org](http://www.knoxwreaths.org). Donating either way assures that your wreaths will be delivered to our local cemeteries.



# Explore Lenoir City

**Helping senior homeowners stay in their homes longer**

Loudon County  
**Habitat for Humanity** (865) 458-0704  
[loudoncountyhabitat.org](http://loudoncountyhabitat.org)

**Honey Blossom**  
BOUTIQUE

865-393-2107  
109 E. Broadway Street  
Lenoir City, TN 37771  
Mon - Sat | 10 am - 5 pm  
HoneyBlossomBoutiqueLC

Owner - Angie Monahan Gordy

Join us in welcoming  
**Linda Kelly**

to our EXIT TLC Realty family!

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[linda@knoxvilleandbeyond.com](mailto:linda@knoxvilleandbeyond.com)

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149 Kelsey Lane, Ste. 102, Lenoir City, TN 37772  
Each Office Independently Owned and Operated



Support local business by shopping locally at  
**Small Business Saturday**  
Saturday, November 26th

**2022 Mary Gilmer Foundation Vehicle Giveaway Contest**

For our 3rd annual giveaway, we will be giving away a reliable vehicle to an individual truly in need.

Rules:  
Email us a letter nominating an individual in need to [marygilmerfoundation@gmail.com](mailto:marygilmerfoundation@gmail.com) by **November 30th, 2022**. Tell us their story and how they will benefit.

**Giveaway December 7th, 2022**  
**Deadline to Nominate November 30th, 2022**



Richard Gilmer, owner of Eco Heating & Air Solutions, Inc, started a foundation in the honor of his late mother, Mary Gilmer. In her memory he wishes to pay it forward by donating a reliable vehicle to an individual in need of one each year.

5139 Hwy 321 North • Lenoir City, TN 37771  
865-272-5888 • [www.ecoheatingandair.com](http://www.ecoheatingandair.com)  
License #71790

**HEATING & AIR SOLUTIONS, INC.**

This year the 3rd annual Mary Gilmer Foundation Giveaway is taking nominations **now through November 30**. You can nominate an individual truly in need of reliable transportation by emailing their story and how they will benefit from this giveaway to [marygilmerfoundation@gmail.com](mailto:marygilmerfoundation@gmail.com)

# classifieds

**Classified Advertising Rates**  
**Line Ads**  
 Private Party 15 words \$47/4 weeks  
 Commercial 25 words \$57/4 weeks  
 Each additional word 25¢ per week  
**Display Ads**  
 \$11.25 per column inch

**Classified Advertising Deadlines**  
**Line Ads**  
 Mondays, 11:00 am  
**Display Ads**  
 Space & Copy: Fridays, noon

**Classified Payments**  
 Payments may be made by cash, check or credit card. Prepayment is required on all classified advertising.  
**These Cards Gladly Accepted:**

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Our family farm has been in the beef business for over a century. Buy direct for best value. East Tennessee grass-fed, grain-finished beef. Stock your freezer. Taking reservations for whole or half beef from Valley Home Farms. Call for details at 865-255-2285.

## employment zone

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**PART-TIME VEGAN FOOD PREPARATION**  
 For disabled senior. Utensils provided. Work from home using your kitchen. Experience unnecessary. \$25/hr. Please leave voice message: **888-937-8343**

**203 HELP WANTED**

**MOTOR ROUTE CARRIERS NEEDED**  
 Deliver farragutpress newspapers on Wednesdays or Thursdays in the Farragut area. Must have valid Tennessee Driver's license, reliable transportation and proof of automobile insurance. Contact Tony Christen at 865-675-6397 for more information.

**Loudon County Habitat for Humanity**  
 An equal opportunity employer, is currently seeking a full-time

### CONSTRUCTION DIRECTOR

responsible for all areas of house construction planning and oversight. Must be well versed in residential construction practices, highly organized, and a heart for helping others. Good interpersonal and communication skills. Bilingual in Spanish is a plus.

Send resume with salary expectations to: **tony@loudoncountyhabitat.org** by 12/10.  
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 is looking to fill the following position:  
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11408 MUNICIPAL CENTER DRIVE | FARRAGUT, TN 37934 | 865.966.7057 | WWW.TOWNOFFARRAGUT.ORG

### FARRAGUT MUNICIPAL PLANNING COMMISSION STAFF/DEVELOPER AGENDA

Tuesday, November 29, 2022 • Back of Board Room – Farragut Town Hall

- 9:00 a.m. Discussion on a zoning map amendment request for a portion of Parcel 069, Tax Map 142, north of the Ingles, from Office (O-1) and Rural Single-Family Residential (R-1) to Community Service (S-1), 10 acres (Joe Conner – Smith Packett, Applicant)
- 9:30 a.m. Discussion on a future land use map amendment request for a portion of Parcel 069, Tax Map 142, north of the Ingles, from Office/Light Industrial and Medium Density Residential to Civic/Institutional (Joe Conner – Smith Packett, Applicant)
- 10:00 a.m. Discussion and public hearing on a revised preliminary plat for the Bridgemore Subdivision, Phases 3B and 4, Parcel 025.03, Tax Map 152, 70.28 Acres, 102 Lots, Zoned R-1/OSR (Carter McCall – Ardurra, Applicant)
- 10:30 a.m. Discussion on a concept site plan for Planning Commission feedback on parking and vehicular connectivity associated with an envisioned Japanese restaurant on Parcel 184.03, Tax Map 130, adjacent to Hampton Inn and Suites, 1.04 Acres, Zoned C-2 (Anna Katherine Kittrell – R2R Studio, LLC., Applicant)
- 11:00 a.m. Discussion and public hearing on a site plan for parking lot modifications and display/storage area associated with Current Watersports in a portion of the old Outlet Mall building at 11221 Outlet Drive, Zoned C-2-R/W (Savannah Greco – R2R Studio, LLC., Applicant)
- 1:30 p.m. Discussion and public hearing on a site plan for JPMorgan Chase Bank, 11242 Kingston Pike, 1.32 Acres, Zoned PCD (Nicholas Bender – JPMorgan Chase, Applicant)
- 2:00 p.m. Discussion and public hearing on a site plan for a new fieldhouse and athletic field improvements at First Baptist Church of Concord, 11704 Kingston Pike, Zoned R-3 and R-1-S-A (Izic Jeffers - MBI Companies, Applicant)

11408 MUNICIPAL CENTER DRIVE | FARRAGUT, TN 37934 | 865.966.7057 | WWW.TOWNOFFARRAGUT.ORG  
 It is the policy of the Town of Farragut not to discriminate on the basis of race, color, natural origin, gender, gender identity, sexual orientation, age, religion, disability or veteran status pursuant to Title VI of the Civil Rights Act of 1964, Public Law 93-112 and 101-336 in its hiring, employment practices and programs. To request accommodations due to disabilities, please call 865-966-7057 in advance of the meeting

# service directory

The farragutpress is not responsible for errors in an advertisement if not corrected by the first week after the ad appears. This newspaper is not responsible or liable whatsoever for any claim made by an ad or for any of the services, products or opportunities offered by our advertisers. We do not endorse or promote the purchase or sale of any product, service, company or individual that chooses to advertise in this newspaper, and we reserve the right to refuse any/all advertising we deem inappropriate or unacceptable by our company standards.

**Service Directory Advertising Rates**  
 1 Block.....\$60/mo.  
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 3 Block.....\$170/mo.  
 4 Block.....\$225/mo.  
 6 Block.....\$335/mo.  
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**Service Directory Advertising Deadlines**  
**Display Ads**  
 Space & Copy: Fridays, noon

**Service Directory Payments**  
 Payments may be made by cash, check or credit card. Prepayment is required on all classified advertising.  
**These Cards Gladly Accepted:**

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Call Linda at 218-8881 to place your ad in the farragutpress Service Directory

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Advertise your lawn care business in farragutpress!  
 Call Linda at 865-218-8881

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farragutpress

# GIVING BACK

A supplement to farragutpress

**NOV.**  
**23**  
**2022**





# A time to give

Readers asked to step up, show thankfulness, help Knox charities

For a third year, farragutpress is shining a Thanksgiving-week spotlight on Knox County and Knox metro charitable organizations.

Our prayers and hopes are that you will take the time to read the various profiles of these organizations and reflect on their needs — and respond to one or more, either with a monetary donation and/or volunteering your services in some capacity.

After all, it's the Thanksgiving season — such giving would be a demonstration of thankfulness: "I have been given so much, I feel a need to give something back."

The charitable organizations profiled are: Alzheimer's Tennessee; American Cancer Society Knoxville; Big Brothers Big Sisters of East Tennessee; Childhelp Children's Center of East Tennessee; Emerald Youth Foundation; East Tennessee Kidney Foundation; Family Promise Knoxville; Girls Inc. of Knox County; Interfaith Health Clinic; Iva's Place Lenoir City; Mission of Hope; MEDIC Regional Blood Center; Random Acts of Flowers Knoxville; Remote Area Medical; Second Harvest Food Bank of East Tennessee; Salvation Army Knoxville Area Command; Shangri-La Therapeutic Academy of Riding; The Arc Knox County; and Volunteer Ministry Center.

Each organization's profile includes various ways to contact: in most cases by phone, website or e-mail.

*Please step up during this time of need.*

# ONE DAY. ONE GIFT.



 **DYD**   
DOUBLE YOUR  
DONATION  
\$1 = 6 MEALS

# DOUBLE THE IMPACT.

## DECEMBER 8

SECONDHARVESTETN.ORG



# Alzheimer's Tennessee

“To serve those facing Alzheimer’s disease and related dementias, to promote brain health through education and to champion global research, prevention and treatment efforts. “Alzheimer’s Tennessee, Inc. provides family support, offers community and professional education, and advocates for the needs and rights of those with Alzheimer’s disease and related dementias, as well as research for its prevention, cure and treatment.”

### Outreach

Among its outreach efforts are Caring & Coping caregiver workshops, which are “designed by Alzheimer’s Tennessee, Inc. to help the community better care for those with Alzheimer’s disease. Plus, participants learn skills and strategies to cope with the challenges of caregiving for dementia. Sessions feature various keynote speakers who are nationally-renowned and/or local experts in the field.

“These day-long educational events provide valuable and prac-

tical training for family-care partners, volunteers and professional-care providers who deal with Alzheimer’s disease and other forms of dementia.”

### Donate

On the website page, [www.alztennessee.org](http://www.alztennessee.org), click the GIVE heading at the top, then click the Donate Now button.

### Volunteer

Call 865-544-6288 or visit web page, [www.alztennessee.org](http://www.alztennessee.org), and click on the Volunteer heading near the top of the page, then click the Become a Volunteer heading. Volunteers help with community outreach, assist with support groups and serve on committees essential to our mission.

### Contacts

East Tennessee Office number is 865-544-6288; 24/7 helpline is 1-800-259-4283; toll-free hotline is 1-888-326-9888; visit [www.alztennessee.org](http://www.alztennessee.org); Knoxville office, 5801 Kingston Pike, Knoxville, TN, 37919

# American Cancer Society

“The American Cancer Society is a nationwide voluntary health organization dedicated to eliminating cancer. Established in 1913, the society is organized into six geographical regions of both medical and lay volunteers operating in more than 250 Regional offices throughout the United States.”

### Encouraging news

“The year 2021 marks the 50th anniversary of the National Cancer Act of 1971, which designated defeating cancer as a national priority. The Act allocated substantial resources to the National Cancer Institute, which has seen a 25-fold annual budget increase since the law was enacted, from \$227 million to \$6.01 billion.

“... The new analysis, appearing in ... JAMA Oncology, found that as of 2019, mortality rates for all cancers combined dropped by 27 percent since 1971 and by 32 percent since 1991, when mortality rates were highest. Mortality rates have dropped since 1971 for 12 of 15 investigated cancer sites, including by as much as 70 per-



cent for cervical and stomach cancer.

### Donate

Go to [www.cancer.org](http://www.cancer.org) and read the various ways to donate, then click the red Donate button at the top to make an online contribution.

### Volunteer, Fund

Go to [www.cancer.org](http://www.cancer.org), scroll down to Volunteer and Fundraise heading, then look for the Volunteer Opportunities subhead and click. Or on the Home page, click Get Involved at the top.

### Contacts

Visit [www.cancer.org](http://www.cancer.org); Live chat, 1-800-227-2345.



# Big Brothers Big Sisters of East Tennessee

### Mission

“To create and professionally support one-to-one mentoring relationships that ignite the power and promise of East Tennessee youth.

“Our vision is that all children achieve their full potential.

### History

“Big Brothers Big Sisters of East Tennessee has been transforming the lives of children since 1970. We are a member agency of the oldest and largest youth mentoring organization in the United States, consisting of more than 350 agencies nationwide.

### By the numbers

“... Mentoring works — and the

statistics back it up. (Youth) involved in our program are more likely to: achieve the avoidance of risky behavior by 97 percent, achieve socio-emotional competencies by 94 percent and achieve educational success by 88 percent.”

### Donate

To donate, go to the website and click the Donate box at the top, or call 865-523-2179.

### Volunteer

To volunteer, go to Home page and click the Get Involved box at the top.

### Contact

Visit [www.tennesseebig.org](http://www.tennesseebig.org) or call 865-523-2179; 318 N. Gay St., Suite 100, Knoxville

# Childhelp

## Mission statement (quotes from Eddie Smith, director of Organizational Advancement)

Since 1995, the fully accredited Childhelp Children's Center of East Tennessee has served victims of child abuse and neglect through advocacy, treatment and investigation services.

"Our Foster Family Agency serves 17 counties in East Tennessee. Last year we expanded, fairly largely, our Mental Health Services," where these services for abused and neglected children has expanded from helping 30 per week to helping 125 per week.

"We've had 11 kids who have been adopted in the last two months."

Another new service launching in January, which looks to help between 6,500 and 10,000 children in

Knox County annually, is "Speak Up and Be Safe." It teaches abused and neglected children from pre-kindergarten through 12th-grade how to communicate the hardships they suffer to better identify their home environment problems. "It's the only program like it in the country."

That 17-county service area also will have a new program, beginning in January, to financially assist grandparents and other relatives who are legal guardians of children abused or neglected by their parents.

In addition to year-round needs of these children, "We want to make sure we're taking care of those kids' wish list for Christmas."

To contact Childhelp (623 Lindsay Place, Knoxville, 37919) for help, or to donate, call 865-637-1753 or e-mail [info@childhelp.org](mailto:info@childhelp.org)



**2022 Mary Gilmer Foundation Vehicle Giveaway Contest**

For our 3rd annual giveaway, we will be giving away a reliable vehicle to an individual truly in need.

Rules:  
Email us a letter nominating an individual in need to [marygilmerfoundation@gmail.com](mailto:marygilmerfoundation@gmail.com) by **November 30th, 2022**. Tell us their story and how they will benefit.

**Giveaway December 7th, 2022**  
**Deadline to Nominate November 30th, 2022**



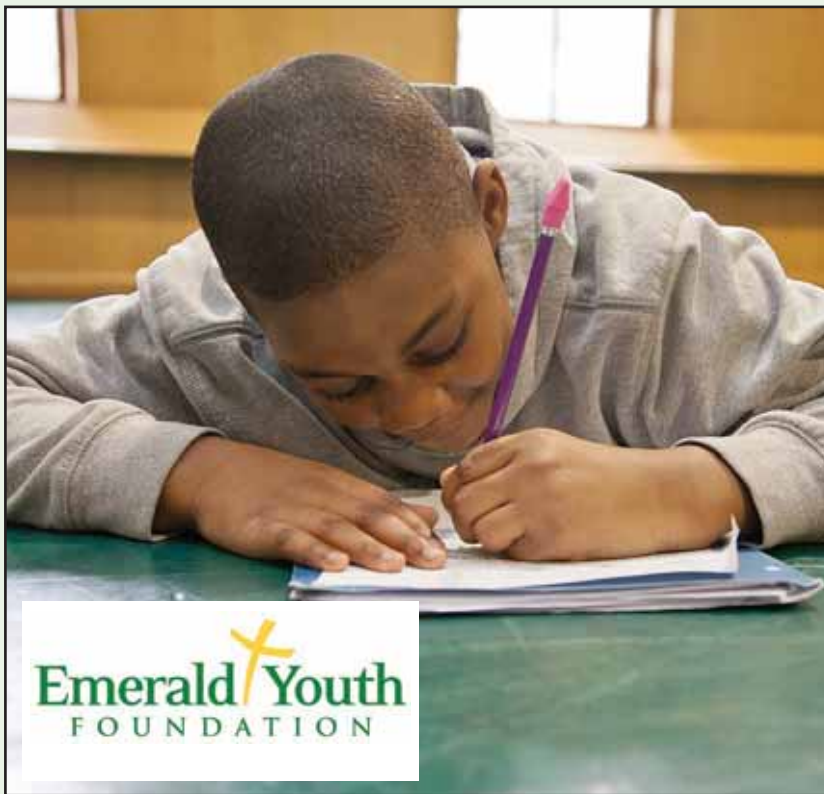
Richard Gilmer, owner of Eco Heating & Air Solutions, Inc, started a foundation in the honor of his late mother, Mary Gilmer. In her memory he wishes to pay it forward by donating a reliable vehicle to an individual in need of one each year.

This year the 3rd annual Mary Gilmer Foundation Giveaway is taking nominations **now through November 30**. You can nominate an individual truly in need of reliable transportation by emailing their story and how they will benefit from this giveaway to [marygilmerfoundation@gmail.com](mailto:marygilmerfoundation@gmail.com)



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865-272-5888 • [www.ecoheatingandair.com](http://www.ecoheatingandair.com)  
License #71790

5139 Hwy 321 North  
Lenoir City, TN 37771



# Emerald Youth Foundation

“Emerald Youth Foundation is a Christian, urban youth and community ministry in Knoxville serving more than 2,300 young people annually. The Foundation serves through satellite churches and recreational centers throughout Knox County.”

## Mission

“Our mission is to raise up a large number of urban youth to love Jesus Christ and become effective leaders who help renew their communities. We’ve been working closely with the community since the late 1980s, when we began a summer outreach ministry designed to support urban youth.”

- Areas of concentration are Faith, Relationships, Learning and Health.

## Donate

Click on the green DONATE button in the upper right corner of the web page.

## Volunteer

To volunteer coaching a team, be a mentor or help students prepare for college, there are many ways in which you can help make a meaningful difference. E-mail [volunteer@emerald youth.org](mailto:volunteer@emerald youth.org) for more details. Also click the Get Involved and/or Key Endeavors choices at the top right of the web page

## Contacts

Address is 1014 Heiskell Ave., Knoxville, 37921. Visit [www.emerald youth.org](http://www.emerald youth.org) or call 865-637-3227 or e-mail [volunteer@emerald youth.org](mailto:volunteer@emerald youth.org)

# East Tennessee Kidney Foundation

## Mission

East Tennessee Kidney Foundation, Inc. focuses on directly improving the lives of patients suffering from kidney disease.

## Programs

Programs feature Dianne Hagey Dialysis Transportation Program, which “provides financial assistance to help patients reach their life-saving dialysis treatments;” Dental Assistance Program, which “provides low-cost dental work for dialysis patients whose last barrier to placement on the kidney transplant waiting list is dental work;” and Nutritional Supplement Program, which “provides free nutritional supplements to dialysis patients in 16 East Tennessee counties.”

## Donate

To donate monetarily, click on the red Donate button on the front web page.

## Volunteer

Volunteers are needed throughout



the year (see contact information above) for activities including: Lucky Kidney Run every March in downtown Knoxville, Healthy Living Expo in April at Knoxville Convention Center downtown and various health fairs and events.

“ETKF is run by volunteers and contributions of the community. You can help us by volunteering and becoming an advocate for the health and well-being of East Tennesseans affected by kidney disease.”

To volunteer, use the contact information below.

## Contacts

Contacts are: <https://www.etkidney.org> or call 865-288-7351 or e-mail [admin@etkidney.org](mailto:admin@etkidney.org); P.O. Box 22072, Knoxville 37933

# Family Promise Knoxville



## Mission

“To provide a community-based response that empowers and equips families experiencing homelessness and housing instability to achieve sustainable independence.”

## Our Vision

East Tennessee, “where each and every child knows the safety and security of home, and each parent has the chance to build a better future for their family.”

FPK “served 126,000 parents and children last year, giving them the ability to realize their potential. ...”

## Grim statistic, hope

“This year in America, more than \$2.5 million children will experience homelessness.”

Yet, “on average, 88 percent of the people served in (FMK) Shelter Pro-

gram secure housing within nine weeks.”

## Donations

Donations can be made online at <https://familypromiseknoxville.org/>

## Volunteer

“From serving meals to providing financial literacy training to assisting with fundraising events.”

To learn more about how you can volunteer, contact FPK at 865-584-2822.

## Contact

FPK Day Center at 3545 Middlebrook Pike, Knoxville, 37921. Call 865-584-2822 or visit <https://familypromiseknoxville.org/>



# Type 2 Diabetes

## It's time to take back control

There is a common misconception out there that Insulin Resistance, and its counterpart Type 2 Diabetes, is a life-long condition that slowly deteriorates your health.

There is another misconception that diet and exercise alone can reverse it. Sometimes it can, but, often the underlying cause of diabetes is not addressed. In that case, diet and exercise do little to change your health, leaving you feeling discouraged enough to give up the diet.

Allowing Diabetes to remain uncontrolled can lead to:

- Kidney Disease
- High Cholesterol
- Weight Gain
- Neuropathy
- Mood Changes
- Increased Inflammation
- Heart Disease

Here are some tips to help lower your blood sugar:

### Eating a diet rich in whole nutrient dense foods

Meat, poultry, non-starchy vegetables, low sugar fruit (*blackberries, raspberries, strawberries, lemons, and limes*), and healthy fats (*coconut oil, avocado oil, and olive oil*)  
Reducing dairy and sugar

### Exercising daily

Find some form of movement you enjoy (*hiking, swimming, walking, dancing, etc.*) and do it everyday!

### Manage stress

Stress can wreak havoc on your blood sugar levels. Some ways you can manage your stress levels include meditation, going for a walk, getting out in the sun, spending time with friends and family, and deep breathing practices.

But, if you've tried these things and are still struggling, there may be something else going on. We can test to find if there is another cause for your diabetes, and create a plan to address that cause. We know change can be overwhelming. That's why along with a personalized care plan, every member has regular appointments with our health coaches to guide you step-by-step, providing practical solutions and accountability to help you reach all your health goals.

**If you have diabetes and would like help reversing the root cause, contact Novis Health of Knoxville for a free consultation!**



8870 Cedar Springs Lane | Suite 104, Knoxville

**865.748.7000**

**NovisHealthKnox.com**

Stop treating the **symptoms** of your chronic health issues and fix the **root cause**.

# Girls Inc. of Knox County

## Mission

“To inspire all girls to be strong, smart and bold. ... Our vision (is) to be recognized as the premier organization that helps all girls realize their potential and exercise their rights.”

## Programs

Girls Inc. now offers Community Based Outreach programs within Knox County: “... Outreach staff present intentional programs and hands-on activities within the after-school hours where girls live and go to school.”

Girls Inc. National Programs offered in Knox County include Girls Inc. Operation Smart, “a program designed to provide hands-on experiences with math, science and technology,” Magic Within, where “girls learn to set goals for themselves and their futures, make action plans in achieving those goals and build overall self esteem,” and Girls Inc. Eco-



economic Literacy, which “provides girls with the skills and confidence they need to contribute to the economy.”

## Donate

To donate, click on the red Donate button at the top left of the front web page.

## Volunteer

Volunteer with reading, homework assistance, math tutoring and classroom aid, call 865-482-4475.

## Contacts

Call 865-482-4475 or visit <https://www.girlsinctnv.org>



Phone: 865-986-1777

• Free Medical Clinic of Oak Ridge  
116 East Division Road  
Oak Ridge, Tennessee 37830  
Phone: 865-483-3904

Website: <http://www.fmcor.org>

• Peoples Clinic of Volunteer Ministry Center  
103 South Gay St.  
Knoxville, Tennessee 37902

Phone: 865-546-5579

## Donate/Volunteer

To donate money, volunteer, become an NAFC member or find out about upcoming charitable events, click the Get Involved green box at the top of the page and follow the choices just below the Get Involved heading.

Or donate over the phone by calling 865-243-3038.

## Contact

(See above). Also call 703-546-7330, e-mail [info@interfaithhealthclinic.org](mailto:info@interfaithhealthclinic.org) or visit [interfaithhealthclinic.org](http://interfaithhealthclinic.org).

Other information can be found within the Education Corner heading at the top of the website.

# Iva's Place, Lenoir City

## Mission

“To provide a comprehensive system of support and services to victims of domestic violence so healing can begin.”

## Process

Iva's Place has continued to expand its program and services to victims of domestic violence through any one of our multiple levels of care: Safe Haven Shelter, Transitional Apartments and Transitional Housing.

“Safe Haven Shelter provides immediate placement to victims of domestic violence that are in eminent danger and must flee their homes in order to avoid continued acts of domestic violence.

“... Helping survivors of domestic violence of all ages (is) at no cost.”

## What to do if you have just experienced domestic violence

- Get to a safe place.
- Contact someone who can help you:

IVA'S Place



a friend, the police (911), 24-Hour Crisis Hotline for Domestic Violence,” 1-866-239-0871, Child Abuse Hotline, 1-877-237-0004, Loudon County Sheriff's Office: 865-986-4823 or Knox County Sheriff's Office: 865-215-2243.

• “Get medical attention. You or possibly your children may have hidden injuries that are in need of medical treatment.”

• “Write down everything that you remember happening, with as much detail as possible. This can help with your own healing process and in any legal action you might decide to take.”

## Donate

Visit the website, click on the How to Help headline and find the Donate button at the top of the page, call 865-816-3481, or by mail to: Iva's Place, P.O. Box 71, Lenoir City, TN, 37771

## Volunteer

Call 865-816-3481 or e-mail to [cevans@cac9jd.org](mailto:cevans@cac9jd.org)

# Interfaith Health Clinic

Interfaith Health Clinic was founded in 1991 to help hard-working people in our community who don't have health insurance coverage.

## Mission

“To provide accessible, affordable and quality health care to the low-income, working uninsured and underserved, primarily through the support of the religious, health care and business communities.

“These services are provided within the capacity of the Clinic regardless of race, sex, creed, age, religion, national origin or ability to pay.

“Interfaith has served more than 24,000 individual patients by providing affordable medical, dental and mental health care and access to prescription medications.”

## Location information

315 Gill Ave., Knoxville, TN, 37917.  
Call 865-546-7330.

Related centers of help

• The Good Samaritan Center of Loudon County, Lenoir City  
119 A St.

Lenoir City, Tennessee 37771

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# Mission of Hope

**Mission statement (quotes from Emmette Thompson, long-time executive director of Mission of Hope who is soon retiring)**

Based in West Knoxville since its inception in 1996, Mission of Hope helps grade school-age children in “the most distressed and poorest areas of rural Appalachia that are classified as such by the Appalachian Regional Commission.”

Specifically targeted for assistance — which in recent years has included scholarship dollars for hard-working high school students with excellent grades “who otherwise wouldn’t get a scholarship” — are children and their families in 29 schools in Northeast Tennessee, Southeast Kentucky and Southwest Virginia.

Currently serving more than 13,000 “children, siblings and family members ... God has blessed us with resources and volunteers and opportunities more than anyone ever imagined.”

In addition are “Mountain Ministry Centers,” which add Mission of Hope resources to assist “individuals or couples in these rural areas that have been heartbroken to help the poor. ... But they don’t have a lot of help locally.”

As for the Scholarship Program, “It’s really impacted some lives. I think there’s now 79 graduates from 2- or 4-year (colleges)” who received a scholarship, helping make their college experience possible.

To contact Mission of Hope (6030 Industrial Heights Drive NW, Knoxville, 37909) for help, to donate or to volunteer, call 865-584-7571 or visit [missionofhope.org](http://missionofhope.org) (check for opportunities to order Christmas gifts for Appalachian children)





**MISSION of HOPE**  
Serving Rural Appalachia

**CYBER BARREL CHRISTMAS DRIVE**  
NOV 1 - DEC 5

**Scan the code to help us make Christmas special for students and their families in Rural Appalachia.**




**THANKS For Helping Extend The HOPE**

865-584-7571 — [missionofhope.org](http://missionofhope.org)

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# MEDIC Regional Blood Center

## Mission

“To enhance the well-being of the community by providing a safe, adequate and economical supply of blood and blood-related products.”

## History

“Medic was established in 1958 by Carl Nelson M.D. under the sponsorship of the Knoxville Academy of Medicine.

“Area physicians supported the not-for-profit blood center because they wanted a source of blood from volunteer donors, and they desired centralization of blood collection, testing and distribution.”

## Uniqueness, range

“... MEDIC is the only U.S. blood center that has a Blood Coverage Pro-

gram covering members’ blood supplier processing fees at any hospital in the country.

“... Today, MEDIC Regional Blood Center is the sole provider of products” for 25 hospitals in Knox and 21 other surrounding counties.

## Shortage updates, contacts

On a weekly basis, MEDIC will update the severity of need for certain blood types and asks the public to visit its website at [medicblood.org](http://medicblood.org) or call 865-524-3074 to get the latest updates on shortages.

*All blood types, however, are needed.*

## Donation locations, process

To donate blood, visit the Farragut location, 11000 Kingston Pike Suite 4, Farragut TN, 37934, or in downtown



**MEDIC**  
REGIONAL BLOOD CENTER

Knoxville, 1601 Ailor Ave.

However, appointments are preferred: visit [medicblood.org](http://medicblood.org), e-mail

[contact@medicblood.org](mailto:contact@medicblood.org) or call 865-524-3074.

# Random Acts of Flowers

## Mission

“To bring moments of kindness in the form of a beautiful floral bouquet. Our recipients’ joy is enough to justify our work, but these deliveries also have clinically proven to have a positive effect on health and well-being.”

Random Acts of Flowers “improves the emotional health and well-being of individuals in healthcare facilities by delivering recycled flowers, encouragement and personal moments of kindness.”

## Proven effectiveness

“A study conducted in early 2016 by the University of Tennessee Graduate School of Medicine confirms the positive impact that deliveries from Random Acts of Flowers have on the emotional wellness of medical patients.”

## By the numbers

There have been 142,000 “Deliveries of Hope” in the Knoxville/Knox County area, and 79,000 volunteer hours given.

## Donate

To donate monetarily, scroll to the bottom of the home webpage and click



the Donate button. To donate flowers or vases, find the Donate button, then click either the Donate Flowers or Donate Vases selection underneath.

## Volunteer

To volunteer, scroll to the bottom of the webpage, find the Volunteer heading and click on the home web page.

“Throughout the week, our volunteers prepare donated flowers, create beautiful bouquets and make personal deliveries of hope and encouragement to neighbors in hospitals, hospices and health care facilities.”

## Contact

Call 865-633-9082, visit [www.rafknoxville.org](http://www.rafknoxville.org) or e-mail [info@rafknoxville.org](mailto:info@rafknoxville.org); 2936 Middlebrook Pike, Knoxville, TN, 37921.

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# Second Harvest Food Bank of East Tennessee

### Mission

"Second Harvest Food Bank of East Tennessee, a member of Feeding America, has worked to compassionately feed people facing hunger since 1982.

"In fiscal year 2020, Second Harvest distributed 21 million pounds of food across 18 East Tennessee counties. Through feeding programs and 630-plus non-profit partners, SHFBET provides food to more than 134,000 children, adults and seniors each month."

### Sad statistic

"One in five people in East Tennessee lives in poverty and has difficulty meeting basic needs. At

Second Harvest Food Bank, we are trying to change that statistic. ..."

### Donate/Volunteer

To donate time, money or food, go to the website and scroll to Donate Time, Donate Food or Donate Money logo and click. There also is a donate option for specific programs when clicking "Programs" on the home page, and a "Give" option on the home page for donations.

### Contact

For more information, call SHFB (136 Harvest Lane, Maryville, TN, 3780) at 865-521-0000 or visit [www.secondharvestetn.org](http://www.secondharvestetn.org) or e-mail [info@secondharvestetn.org](mailto:info@secondharvestetn.org)

## Enjoy the act of charity.

Cindy Doyle,  
Agent

248 N Peters Rd Ste 4  
Next to Nama's at Cedar Bluff Rd.  
**865-690-6300**  
[www.cindydoyle.com](http://www.cindydoyle.com)



# Remote Area Medical

**Mission statement (quotes from John Volpe, Chief Development officer)**

Based in Rockford (2200 Stock Creek Blvd., 37853) after Remote Area Medical was founded by Stan Brock in Knox County in 1985, the mission “is to prevent pain and alleviate suffering throughout the United States.”

Using an “all volunteer” array of physicians, dentists and opticians nationwide, “We provide free, basic medical, dental and vision care for the uninsured and underinsured ... all over the United States” over the weekend. “Anybody can come and sign up and get treated.”

RAM welcomes those who qualify to its local weekend clinic early next year: from 6 a.m. to 6 p.m., Friday and Saturday, Jan. 13-14, and from 6 a.m. to 1 p.m., Sunday, Jan. 15, in the Jacob Building in Chilhowee Park (3301 E Magnolia Ave., 37914). All registration is done on-site. Those seeking help generally number “anywhere from 500 to 1,200.”



“They should be prepared with their own food, water, medicine. They usually line up in the parking lot about midnight the night before the clinic. About 3 o’clock in the morning we go out and assign them their position in line.”

Also sought are non-medical volunteers “to work the parking lot ... to do registration” and “to help people get their glasses” among other such jobs.

*To contact RAM for more information, to donate or to volunteer for the Chilhowee event, call 865-579-1530 or visit ramusa.org*

**We love to support our community!**

**Thank you for letting us be a part of the community for 2022!**

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# Salvation Army Knoxville Area Command

Mission statement (quotes from Maj. Cameron Henderson, Area commander, The Salvation Army Knoxville)

“To preach the Gospel of Jesus and to meet human needs, whatever we see in our area, in Jesus’ name.

“Our goal is to raise \$300,000 ... it all stays local. ... With that, we will

help a little

over 1,600

children

or seniors

with gifts

for the

Christmas

season. ...

Usually

they’ll get

three or

four gifts

inside their

package.”

Those current donation drive

funds also go to year-round SAKAC

needs.

SAKAC’s famous Red Kettle

Campaign will start, or has started,

in or near Farragut at Hobby Lobby,

JCPenney, Belk and Walmart along

Parkside Drive in Turkey Creek.

“We’ll start Kroger (Brooklawn St.)

on Black Friday (Nov. 25). Dec. 2.

(Friday) we start at Ingles.”

To donate Angel Tree gifts to a

specific child or senior, call SAKAC

at 865-971-4901 and ask for Janine,

who will inform the caller of specific



ways to gift, or visit [salvationarmy-knoxville.org](http://salvationarmy-knoxville.org)

After purchasing the gift(s), “You bring it to our office (409 N. Broadway, Knoxville, 37917) and we get them to the families.” Submit from 9 a.m. to 4 p.m., Monday through Friday. Last day to submit a gift is Wednesday, Dec. 7.

“Or they can shop online for gifts at Spark For Good Registry and they will mail them to us:” <http://Walmart.com>

*To contact SAKAC for help, to donate in other ways or to volunteer, call 865-525-9401 or visit [salvationarmy-knoxville.org](http://salvationarmy-knoxville.org)*

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## Shangri-La Therapeutic Academy of Riding

### Mission

“To foster personal achievement by providing therapeutic experiences using horse-related activities for persons with disabilities or other special challenges. “STAR is a 501(c)3 organization and holds premier accreditation from the Professional Association of Therapeutic Horsemanship International.”

### Programs

To participate, call 865-988-4711 or e-mail [star@rideatstar.org](mailto:star@rideatstar.org)

- Therapeutic Riding: with some riders we position them so the movement of the horse can relax tight muscles, increase range of motion and improve trunk stability and balance;
- Therapeutic Riding and Equine Assisted Learning program for Veterans with disabilities or other special challenges; and
- Changing STRIDES Life Skills “provides the tools for at-risk youth (ages 13-21) and adults to better manage their lives and

foster positive relationships.”

### Volunteer

Call 865-988-4711 or go to [www.rideatstar.org](http://www.rideatstar.org) and scroll to the bottom of the home page, click the Volunteer box or Donate box.

Click Volunteer tab on home webpage. Volunteers “work directly with riders and horses during lessons. Assist participants with grooming and tacking, then side-walk beside the rider during the mounted portion of each lesson

“Minimum commitment of one hour per week. Same day and time for the entire session; ... positive attitude; able to work independently; able to walk for 30 minutes. Some jogging required; ... no horse experience necessary.

### Donate

Go to [www.rideatstar.org](http://www.rideatstar.org) and scroll to the bottom of the home page, click the Donate box

### Contacts

Visit [www.rideatstar.org](http://www.rideatstar.org), call 865-988-4711 or e-mail [star@rideatstar.org](mailto:star@rideatstar.org); 11800 Highway 11E, Lenoir City

# The Arc Knox County

### Mission

“The Arc Knox County has been serving the needs of individuals with intellectual and developmental disabilities since 1953.

“The Arc Knox County is, and always has been, concerned about the right of all persons with disabilities to participate in programs and receive services as needed to achieve maximum personal, social, educational and vocational development. ...”

### Services

“With an emphasis on community integration and competitive employment, the Sunshine Community Program provides activities for individuals interested in learning about the many options available to them, including job exploration, volunteering opportunities and leisure activities during the week. ...”

Sunshine Early Intervention services “offers a home-based educational program for Knox County families with children age newborn



**The Arc**  
Knox County

to the 3rd birthday who qualify as having a learning problem or delay in development under Department of Education criteria. ...”

### Donate

To donate, see Donate box at the very top of webpage ([www.sunshinekarc.com](http://www.sunshinekarc.com)) and see Fundraisers choice in upper right portion of webpage

### Volunteer/Contact

Visit [www.sunshinekarc.com](http://www.sunshinekarc.com), call 865-546-9431 or e-mail [sunshineind-jobs@gmail.com](mailto:sunshineind-jobs@gmail.com); 3000 N. Central St., Knoxville TN 37917

## Volunteer Ministry Center

### Mission

Volunteer Ministry Center “facilitates permanent supportive housing for those who are homeless and to provide services to prevent homelessness.”

The Center offers “specialized services to individuals experiencing homelessness and those within our community who are in crisis. VMC’s programs support its two-fold mission of facilitating permanent supportive housing for those who are homeless and providing services to prevent homelessness.”

### Programs

VMC operates four main programs: the VMC Resource Center “is a case management program that assists people in their efforts to work their way out of homelessness.”

Bush Family Refuge “serves individuals who are in crisis and who may be at risk of losing their housing.”

Minvilla Manor are 57 apartments “each inhabited by a former chronically homeless and disabled individual” offering “case management ser-

VOLUNTEER MINISTRY CENTER

**VMC**  
*Opening Doors for a Better Tomorrow*

vices on-site and 24-hour staffing.”

VMC Dental Clinic “uses professional dental clinicians to provide dental care and treatment to the homeless and low income of Knox County.”

### Donate

To donate, click the red Donate button at the top middle of the web page.

### Volunteer

To volunteer, click the Get Involved heading on the home web page. As an initial step, schedule a “Get acquainted with VMC” session by contacting Chloe Johnson at [cjohnson@vmcinc.org](mailto:cjohnson@vmcinc.org) or by calling 865-524-3926, extension 230.

### Contacts

Visit <https://www.vmcinc.org> or call 865-524-3926; 511 North Broadway, Knoxville 37917





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