

Admiral Landing takes shape: from demolition to renderings

MICHELLE HOLLENHEAD

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The old Phillips 66 convenience store is almost completely gone at the corner of Kingston Pike and Campbell Station Road, thanks to quick demolition work that started last week making way for Admiral Landing, a new restaurant concept receiving site plan approval last month from the Farragut Municipal Planning Commission.

Owners Doug Justus and Carlos Cortez are planning a 9,600-square-foot building complex, with a centerpiece concept of rotating food trucks that would be located in a semi-enclosed space at the east end of the building.

“As proposed, the food trucks will es-

entially act as revolving kitchens for the brewery/restaurant,” noted a report from assistant Community Development director Bart Hose that was included the in October FMPC packet.

Other permanent tenants suggested have included a brewery/beer garden, an as-yet-undetermined restaurant and possibly an ice cream shop.

The property has been vacant for some time and has been the subject of much speculation, but it is a shared parking and access agreement with adjoining property to the north that seems to be a key component to the current plans, as property access has been problematic in the past.

“The shared parking and access provi-

See PLANS on Page 4A



Rendering submitted

Updated images were provided from Doug Justus this week for the planned Admiral Landing development at the corner of Campbell Station Road and Kingston Pike (former Phillips 66 convenience store site). Justus, along with Carlos Cortez, own the property and are developing it.

Thankful to be alive



Photos submitted

This is an interior view of Manuel Garcia's living room after a truck driven by a reportedly drunk driver crashed into the home around 3:30 p.m., Wednesday, Nov. 13.

Garcia running late prevents injury as a truck plows into his home

MICHELLE HOLLENHEAD

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Manuel Garcia was thankful that on Wednesday, Nov. 13, his El Mezcal co-worker had been running late. It probably saved his life.

“I was on break for lunch, and was a little late, because my co-worker was late because of traffic,” Garcia said the day after a truck — reportedly driven by a drunk driver — had plowed into the living room of his Roane Drive home.

“That might have saved my life,” he said. “After I eat, I usually go to the sofa and take a nap, and when the truck hit it came in right where the sofa was.

“Things happen for a reason — it must have been

See CRASH on Page 3A



Rotary gives voice to Wreaths Across America

Public urged to participate to honor fallen vets Dec. 14

TAMMY CHEEK

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Rotary Club of Farragut learned how they could honor fallen veterans through Wreaths across America.

Chris Albrecht, Vietnam Veterans of America Chapter 1078 Communications director, talked to Rotarians during a meeting earlier this fall in Fox Den Country Club about the upcoming laying of the wreaths in Knoxville's veterans' cemeteries.

“The mission of Wreaths across America is simple. It's ‘remember our fallen; honor our veterans and teach our children,’” Albrecht said.

~ **Chris Albrecht**,
Vietnam Veterans of America Chapter 1078 Communications director

Wreaths Across America is a nationwide program, where evergreen wreaths are placed on the graves in veterans' cemeteries on a Saturday in mid-December each year, he said.

This year, Wreaths Across America Day will take place beginning at noon, Saturday, Dec. 14, in Knoxville's three veteran's cemeteries: East Tennessee State Veterans Cemetery along Gov. John Sevier Highway, East Tennessee State Veterans Cemetery along Lyons View Pike and Knoxville National Cemetery along Tyson Street.

This honor is bestowed on the same day at every

See WREATHS on Page 4A

business

“When the opportunity to purchase the building next to us ... occurred, we were very excited about making things happen,”

– **Chris Kittrell**, company partner of **Rather & Kittrell Capital Management**, about having a sister business next door. (Read story beginning on page 6A)

community

“Sometimes, God brings people into your life with such force it changes how you think, act and talk,”

– **Retired Senior Chief Petty Officer Adrian Marsh**, U.S. Navy Operations Specialist, about fellow veterans he's gotten to know through his church. (Read story beginning on page 3B)

sports

“We fought so hard all year. The ups and downs, we battled through it all. ... I can't wait to stay in touch (with fellow seniors) throughout the rest of our lives,”

– **Alec Keathley**, **Farragut High School** football senior who played his final high school game last Friday. (Read story beginning on page 1B)



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Farragut’s Rocky Goode - respected SEC referee, ex-BHS star - fondly remembered by ‘a best friend’

ALAN SLOAN
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A popular Farragut resident, who for years could be seen nationwide on CBS on various Saturday afternoons in the fall refereeing Southeastern Conference Football games, has died.

Rocky Goode, 66, passed away about 2 a.m., Monday morning, Nov. 18, at Parkwest Medical Center from complications involving dementia, pneumonia and internal organ issues, close friend Chuck Cavalaris advised.

“He had been in declining health for a few years,” said Cavalaris, a well-known Tennessee Football and Men’s Basketball TV pundit, journalist and golf expert.

Regarded as one of the best high school running backs in East Tennessee in the early 1970s — a Bearden Bulldog — Rocky was recruited by Alabama coaching legend Paul “Bear” Bryant before choosing to stay at home and be a Tennessee Vol.

Inducted into the Greater Knoxville Sports Hall of Fame in 2012, “He was like a man among boys,” Cavalaris said about Rocky’s rushing success at BHS. “He was just so much bigger and faster than everybody else.

“He was pretty much in a league of his own.”

Most importantly, perhaps, “He loved this

community,” Cavalaris said. “I always respected Rocky for how thoughtful and well-spoken he was. Such an humble, giving person.

“I can honestly say, he’s one of the best friends I ever had,” he added.



Rocky Goode

“He was, without a doubt, one of the most special people I’ve ever known.”

A college football official for more than 30 years who began working full-time in the SEC in 1996, “He liked to tell the story about some friendly jabs he had with Steve Spurrier when Spurrier was (head coach) at Florida,” Cavalaris said about the time Goode refereed one of the “The Ole’ Ball Coach’s” Gator games.

“When Spurrier heard Rocky Goode was going to be the referee of one of his games, his comment was, ‘Oh yeah, it’s that guy from Knoxville,’” he added.

But after the game, Spurrier said to Rocky. ““You did a real good job,”” Cavalaris recalled about the story. “... Rocky took a great deal of pride in making sure everything was done by the rules.”

After retiring from on-the-field officiating,



File photo

Rocky Goode, left, presented Eddie Courtney, Farragut High School varsity football head coach, with the 2017 Pat Summitt Ignite Greatness Award during the Aug. 3, 2017 Greater Knoxville Sports Hall of Fame Dinner and Induction Ceremony.

Rocky became supervisor of Video Replay Officials for SEC Games, with the responsibility of reviewing calls made on the field.

A key volunteer in helping run The Knoxville Open at Fox Den Country Club each year, “He was one of the main people in getting the Knoxville Open moved to Fox Den,” Cavalaris said.

Also an insurance executive, “Rocky was an avid golfer until the last couple of years,” he added.

KCSO reports

While no Knox County Sheriff’s Office “police” reports were received this week, look for these reports in our Nov. 28 farragutpress issue.

Summer 2020 Phase 1 finish; left turn active at week’s end

STAFF REPORTS
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The long-awaited reopening of the northbound left turn lane on Concord Road turning west onto Turkey Creek Road will happen “Friday or Saturday,” state Rep. Jason Zachary (R-District 14) said Tuesday afternoon, Nov. 19.

An issue with the left-turn arrow traffic light will be resolved by the weekend. “The light (arrow) will be on a different pattern than it’s on now,” he said.

See PHASE I on Page 3A

A second chance to be heard: Mayor’s Night Out, part 2, at Water into Wine

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Candace Viox and her restaurant, Water into Wine bistro & lounge, hosted Farragut Mayor Ron Williams’ second Mayor’s Night Out Tuesday, Nov. 12.

“My daughter discussed the high school,” Viox said about topics brought before Williams.

The mayor said earlier this fall he hoped Farragut citizens would taken advantage of the monthly Mayor’s Night Out events to share their opinions, concerns and ideas about Town matters.

Saying he was appreciative of Viox’s hospitality, Williams was joined by his wife, T.C. Williams, Town Vice Mayor Louise Povlin and Town administrator David Smoak.

Vice Mayor Jennifer Wampler of Lenoir City also happened to be at Water into Wine, and she introduced herself to the Farragut officials.

“We are growing so much in Lenoir City, and I am always watching what is happening around us,” she said. “I love seeing what is going on in Farragut.”

The mayor said he likely would hold at least one more Mayor’s Night Out event — hoping to draw a bigger citizen response — but had not planned a location, date or time for December at press deadline.



Farragut Mayor Ron Williams, second from right, held his second Mayor’s Night Out — this month at Water into Wine bistro & lounge Tuesday, Nov. 12. Beside Williams is his wife, T.C. Williams, left, and Farragut Vice Mayor Louise Povlin. Also joining the discussion were Town administrator David Smoak, front left, and Alan Proctor and his wife, Elaine Proctor.

Photo submitted

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Annual ‘Day of Infamy’ presentation Dec. 2 in Town Hall



File photo

Frank Galbraith, former Farragut Middle School history teacher and renowned regional historian, will present his annual “Day of Infamy” lecture beginning at 7 p.m., Monday, Dec. 2, in the boardroom of Farragut Town Hall, 11408 Municipal Center Drive. Light refreshment will be served for veterans and others attending the presentation, which recounts the events leading up to the bombing of Pearl Harbor thrusting the United States into World War II. Galbraith has been hosting the program “for 12 to 13 years,” he said. “It is a blessing to get to do it. It is so important that we remember and honor our vets.” Admission is free.



Photo submitted

Rural/Metro firefighters try to clean up the mess after a truck plowed into the home of Manuel Garcia Wednesday, Nov. 13, along Roane Drive in Farragut.

Crash

From page 1A

a miracle or something like it.”

“He must have a guardian angel looking over him,” said Garcia’s nephew, Arturo Leon Jr., who was on the scene of the accident later in the day and went on to cover his uncle’s shift at the family-owned restaurant.

Garcia described the incident itself as surreal. He and his mother, Elva Garcia, who lives with him, were both in the kitchen when the truck hit the house around 3:30 p.m., Wednesday, Nov. 13.

“I was eating, and I felt something that felt like an earthquake because the house was shaking when he hit it. Then I was seeing the TV (which had been on the wall) coming at me, and then I saw the truck,” he said. “It stopped just a few feet in front of me.”

The driver was trapped inside the car, and Garcia said he could hear the driver screaming.

“It was not from pain,” he said. “But he was saying he was feeling bad about what happened.”

“It is my understanding that he got confused, and thought he was at a friend’s house who lived down the street,” Garcia added. “Then instead of hitting the brakes, he

hit the other pedal.”

Garcia and his mother, who were not injured, were able to escape the house through a back door. They called Garcia’s sister, who lives nearby, then contacted 911.

First responders from Rural/Metro, along with officials from Knox County Sheriff’s Office, quickly arrived. The driver of the truck, whose name has not yet been released, was taken to an area hospital with unknown injuries. He reportedly would be charged with driving under the influence, according to Jeff Bagwell, Public Information Officers for Rural/Metro.

Garcia and his mother were still on the scene two hours later where Elva, who does not speak any English, conveyed through the translation of her granddaughter, Jazmin Leon, she was “very frightened, very shocked and very scared,” but added she was “very happy Manuel was alright.”

Garcia and his mom are staying with his sister for now, while damage to their home is assessed before repairs would begin.

An incident report had not yet been released by KCSO as of press deadline Tuesday afternoon, Nov. 19.

Tennessee).

“The widening in this phase will be along the east side of existing (Concord Road) between Summerdale Drive and Fairground Drive and along the west side ... from the beginning of the project to Turkey Creek Road and from Fairground Drive to Northshore Drive.”

Phase I

From page 2A

As for Phase 1 completion of the Concord Road Widening project, “The current schedule shows the anticipated completion date for Phase 1 is Summer 2020,” said Mark Nagi, Community Relations officer for Tennessee Department of Transportation Region 1 (East

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FARRAGUTPRESS THURSDAY, NOVEMBER 21, 2019 • 5A

Landscaping, trails, designs all part of making Farragut unique

ALAN SLOAN

editor@farragutpress.com

Despite earning a Master's degree in Urban and Regional Planning from Virginia Tech, and having about 16 months of experience as a town planner in his hometown of Greeneville, Mark Shipley said he still had a lot to learn about actual Town planning.

"I learned some basics there (in Greeneville), but they didn't really have a planner in Greeneville so I didn't have anybody to learn from. ... I didn't know a lot, I had just come out of graduate school," said Shipley, Town of Farragut Community Development director since 2013 who was first employed by the Town as a planner in October 1996.

"In graduate school they don't teach you the ins and outs of how planning actually works in the real world."

However, once under the direction of then Community Development director Ruth Hawk straight from his 16 months in Greeneville, "I learned a whole lot from her," he said.

"I think one of the first things that Ruth had me work on was developing our pedestrian circulation plan," Shipley added. "Trying to get some policy statements in place to where we could make some amendments to our zoning ordinance and subdivision regulations to try and encourage more sidewalks and walking trails as properties developed."

"Over the years, if you look at the Town now, you can see the results of that. There's a lot of places to walk in the Town. I think it's one of the big selling points of our community — our parks and our walking trails."

"That's one thing I feel good about."

Landscape ordinance

As for taking the lead role, "Working with the landscaping ordinance a lot," he added. "I pretty much wrote our landscape ordinance. We had some basic provisions in place when I first started, but I updated those pretty significantly. ... We've had those in place for probably close

to 20 years. Most of those are still in place now."

"That's something I'm proud of, too. When you come into the Town you visually notice that you're entering the Town, and landscaping is one of the things people notice."

For example, "We don't have any big, huge parking lots without trees," Shipley said. "Just makes it look more attractive; and actually it's better for the businesses because people are more apt to shop in a development that looks attractive and looks inviting."

Moreover, "I think the landscape provisions we have in the Town have been key to marketing the community for the growth we've experienced the last 30 to almost 40 years now."

Anti-business stereotype

"We've always had a reputation I think (as difficult for businesses and developers to work with) ... hopefully in the past, maybe not so much now ... maybe just because we do have standards in the community," Shipley said. "And in order to have standards you have to have processes and regulations, and some people don't like to go through those."

"... I think potentially some of the feelings about the Town come from way back, when the Town was founded, when we started enforcing things that maybe people weren't used to, like the sign ordinance and zoning," he added.

Such a negative reputation "is hard to get rid of once it gets out there," Shipley said. "Hopefully it's gotten a lot better in the last several years," adding he's gotten "some feedback" confirming the improvement. "It's good to hear."

Shipley said he advises staff under his direction to be sensitive about "how they approach people" in such enforcement matters — or any public process.

"You can ask somebody to do something in two different ways," he said. "If you do it the wrong way, people are going to have a negative reaction."

Improving the Town's business-friendly reputation "was important to Dan Olson (Town administrator when Shipley was



Combining the elements of landscaping and recreation is this walking and biking trail from the 1980's.

Photo submitted

hired), and it's been important to David Smoak (Town administrator since 2010) as well," Shipley said.

In fact, "If people are having a bad experience with the Town, I want to know about it — I want specifics so we can look into that," he added. "... Every organization has room for improvement, including ourselves."

"We try to look for ways to simplify the process. ... Giving developers more options and more flexibility on how they develop properties."

For example, "Over the last three or four years we've made a number of changes to our zoning ordinances and subdivision regulations to really, I think, give people more flexibility," Shipley said. "And try to encourage maybe a different way of looking at development. Maybe a more progressive way."

As one example, he pointed to TopGolf coming to Farragut, which required zoning changes along Outlet Drive.

"... We've got the Architectural Design Standards that we adopted in 2015, and those have made a huge difference in our community," he said. "We're getting buildings that look really attractive. They have a timeless character to them."

Greenway connection?

"That's something we work on all the time," Shipley said about greenway connections. "That's going to take decades to get the whole system thoroughly

connected, probably. There's a lot of money that its going to take to get our entire system connected."

In the meantime, "We try to focus on links and gaps that are the most doable," he added.

Mark Shipley

Mark Shipley, Town of Farragut Community Development director since 2013, started in October of 1996 with the Town.

"I was a Planner I-type person. ... My boss was Ruth Hawk (former Community Development director)," he said. "She was always good to me, an excellent person to work for."

"... She is very knowledgeable, really cares about the community," he added.

"It's been a good community to work in."

Before coming to Farragut, "I was a town planner for the town of Greeneville in Tennessee," which is Shipley's hometown, he said. "... I worked in Greeneville for about 16 months."

With a Master's degree in Urban and Regional Planning from Virginia Tech, Shipley's first taste of Knox County came as an undergraduate at the University of Tennessee, where he earned a bachelor's degree in public administration.

"I worked a few years in Nashville between degrees," he



said. "I actually worked at the Federal Reserve Bank. When I graduated from UT I took a job as a manager at the Federal Reserve Bank in Nashville, and I worked there about four years, then I went back to graduate school."

As for his first taste of Farragut, "I had a girlfriend who lived in Farragut, so I was a little bit familiar with Farragut. I liked the Town," Shipley said. "It always had a nice feel to it, a nice look to it. You could tell when you entered the Town."

"It just looked more presentable, an attractive community," he added. "You could tell the people took an interest in their Town and how it looked."

"I thought that was really neat when I was in college."

Listen to his Interview on the Foundations Podcast at www.farragutpress.com



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Get ready, get set: Network business briefs

Chamber event picks up meeting pace

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You may have heard of speed dating, but Farragut West Knox Chamber of Commerce recently took the concept in a completely different direction.

It's Focus Unite Engage and Lead Team — which consists of Chloe Pool, Katie Park, Adrian Hall, Victory Harbin and Cody Barnes — hosted its first "Speed Networking" event Wednesday, Nov. 6, in Milestones Event Center in Farragut.

While FUEL's focus is on "our talented young professionals, entrepreneurs and emerging leaders," as Chamber president/CEO Julie Blaylock explained, the event — described in promotions as "a structured way for anyone NOT comfortable walking into a room/event full of strangers with an opportunity to make high-quality connections in a short amount of time" — was open to all Chamber members.

Dozens attended the event, where chairs were set on either side of a long table in the middle of the room. On one side potential



Photo submitted
Farragut West Knox Chamber of Commerce FUEL committee, from left, Katie Park, Chloe Pool and Cody Barnes, headed up the group's first Speed Networking event Wednesday, Nov. 6, in Milestones Event Center in Farragut.

networkers sat in place, while on the other side individuals would sit down for about five minutes and chat over a provided set of questions, until a buzzer sounded, and the second group would slide one space over to start the procedure again.

"I really enjoyed it," said Trevor Hobbs, Farragut assistant to the Town administrator. "I had never been to a speed networking event like this. Whereas at most traditional net-

See SPEED on Page 7A

• University of Tennessee student entrepreneurs Jeremy Piper, Dalton Maddox, Christopher Mikulec and Michael Richards are making it their business to help others experience the joy of camping outdoors. They recently formed Coonhound Camping, which provides no-hassle campsite set-ups. The company recently received the U.S. Chamber of Commerce Young Entrepreneur Achievement Award in Washington, D.C., as part of the Chamber's annual Dream Big Awards.

• Realtors Mary-Ann Linkowski, Pamela Dunn Shown and Dan Pastor with Weichert, Realtors — Advantage Plus in Knoxville have been named top agents in the Weichert, Realtors office for October.



Pastor

Linkowski was named overall Top Agent of the Month, and Shown and Pastor were named Top Selling and Top Listing agents, respectively.

• Hickory Hardscapes, a Knoxville-based company, recently received a Hardscapes North America Combination Hardscapes Product Award for its work on the Gatlinburg Ski Lift. Hardscapes partnered with Belgard to support Boyne Resorts as it repaired and renovated the ski lift upper viewing deck following the November 2016 wildfires.

• A University of Tennessee medical team recently performed the first procedure in Tennessee using a new implant designed to restore bladder and bowel function and control for patients suffering from pelvic floor disorders. The procedure uses an implantable, rechargeable device that regulates function for patients with urinary and bowel incontinence issues.

• University of Tennessee graduate student Dennis Belisle has enrolled in UT's School of Music to pursue a new dream as a composer in the midst of a successful career as a commercial musician, music director, teacher and performer. He began working on his Master's degree in composition in spring, and graduates in December.



Shown

Rather & Kittrell brings new tenant to Farragut

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A long-standing partnership is bringing a new business to Farragut.

Tennessee Pension Administrators, LLC, is moving into renovated office space in Farragut Professional Park, 11911 Kingston Pike, Monday, Nov. 25. The location is adjacent to Rather & Kittrell Capital Management, which purchased 90 percent ownership of TPA nearly three years ago with an eye toward eventually moving it closer, explained Chris Kittrell, company partner in both firms.

"We have worked really closely with TPA for years and respected the work of Matt Grabeel and his team," Kittrell said of TPA. "They are exceptional at the details of administering 401k plans, and we are one of the largest area providers of advisory services to business owners on their 401k plans.

"The synergy we had with their firm and the chance to combine our expertise helped us realize early on we wanted to bring them closer to us, if we could, making the end result for our clients even

better," he added.

"When the opportunity to purchase the building next to us and then move TPA into Farragut occurred (earlier this year), we were very excited about being able to make that happen."

TPA, founded in 1998 as Pugh & Company Benefits Consultants, LLC, had previously operated the last seven years at 117 Center Park Drive.

"TPA was established to help lessen the burden of employee benefit administration for employers and to provide a level of expertise and personal service unavailable anywhere else," stated a company press release, which credits its affiliation with Rather & Kittrell as adding "additional depth of knowledge, experience, perspective and leadership" to the company.

Rather & Kittrell, 11905 Kingston Pike, purchased the adjacent building earlier this year and spent the last several months renovating its upper floor, where TPA will be located.

"As everything has grown out

See R&K on Page 7A



Photo submitted
Partner management team of Tennessee Pension Administrators, LLC: Daniel McWhirter, left, Matt Grabeel, Sheila Young and Kim Miller (not pictured). The company is relocating to Farragut Professional Park.

Photo submitted

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Photo submitted

Trevor Hobbs, Farragut assistant to the Town administrator, was among Chamber members taking part in the unusual networking.

Speed

From page 6A

working events, I might have a small handful of conversations while working around the room, the structured set-up of the speed networking offered me the opportunity to get to know about triple as many people.

“And the simple prompt of two questions were really helpful,” he added. “Too often we think of people as their job, as if they are one and the same. But in reality, people are cool, and they are so much more than their job or their title. And this speed networking allowed me to get to know the person behind the job, behind the title. And that’s the person that I really want to meet anyway.”

“I’ve had some great conversations at networking events be-

fore, don’t get me wrong. It just takes a lot longer to get to know people, and so I tend to meet a relatively small number of people at each event.”

Pool said the turnout “was awesome. We couldn’t have had any more people attend, the room was so full.”

“I definitely look forward to more speed networking events,” Hobbs added.

R&K

From page 6A

west, it was an opportunity we couldn’t pass up,” Kittrell said about the acquisition.

“It will be great for us,” he added. “We modified the space. Michael Brady has a construction arm who completed the renovations for us, and they did a great job.”

The building will continue to house three existing businesses, including Edward Jones, Melrose Title and Josh Griffin-Shelter Insurance.

Matt Grabeel, president of TPA, said the company has 10 employees and operates under a four-person management team consisting of himself, Daniel McWhirter, Sheila Young and Kim Miller.

“We are excited about the move and increasing our presence and awareness of our services offering in the Farragut community,” said Grabeel, who added TPA serves many other financial



Chris Kittrell

advisors beyond Rather & Kittrell.

Grabeel, along with several other TPA employees, also are excited about the opportunity to “come home,” as many have ties to Farragut.

“I am a Farragut product,” he said. “I moved to Village Green in 1968 when my parents moved us to Tennessee. We have three (on staff) who are Farragut graduates. I live in Hardin Valley, so moving the office to Farragut is somewhat of a homecoming.”

A ribbon cutting is planned for sometime in January.

‘Motherhood’ raises \$ for ET C-Hospital

STAFF REPORTS

editor@farragutpress.com

Realizing the importance of children’s health, Motherhood Maternity in Turkey Creek currently is hosting a fundraiser for East Tennessee Children’s Hospital. “Everyone who is pregnant sooner or later ends up at Children’s Hospital,” assistant store manager Maryann Griffin said in explaining the event, which will run through the end of the month.

Every person donating will be entered in a drawing for a gift basket.

The store is located next to McAllister’s Deli. Hours are from 10 a.m. to 9 p.m., Monday through Saturday, and from noon to 6 p.m., Sunday.

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ARLINGTON RIDGE

4520 HIGHLAND WOODS WAY. Custom built one owner brick, stone, and hardi plank 4 bedroom plus bonus (with window, closet, and private bath), 5.5 baths, 3 car garage on 2.49 acres. March 2018 appraisal value was \$655,000.00 (copy of appraisal available upon request). That is \$71,000 of instant equity! "The Brookmoore" plan by Garrell & Associates with personal changes by the owners. Great curb appeal with a covered porch and front door with side lights and transom on the level front yard. 18 foot ceilings in foyer and great room. There is a wall of windows in the great room allowing natural light and beautiful ridge views. Open floor plan. Tongue and groove wide plank hand scraped hardwood flooring through out the main level. Large arched window and arched openings in dining room with trey ceiling and chair rail. Detailed 12" crown and dentil moldings on the main and upper level. Fabulous kitchen made for entertaining! Granite counter tops, 2 sinks (one in island), abundance of cream cabinets with pull out drawers and rope molding, custom made vent hood over the range, large pantry. Slate floor in the hallway from the garage to kitchen. Keeping room with wood burning fireplace as well as a wood burning fireplace in the great room. Master bedroom on main with deep trey ceiling. Huge walk in closet. Master bath with garden tub, ceramic tile shower, dual sinks with make up area. Access from the master bedroom and keeping room to the trex deck. The main level laundry with cabinets is plumbed for a utility sink. Stairs to upper level are hardwood with wrought iron balusters. All upper level bedroom as well as bonus with private baths. Please click the details on the MLS photos box to view the virtual tour. Partially finished lower level. Walk out with high ceilings. Fabulous storage in rest of the lower level, Plumbed for a bath. Potential space for boat garage or workshop. Unique upscale architecturally restricted neighborhood with 40+ acres of walking trails that lead to a natural creek area. 400 AMP electric service. Excellent insulation with poured concrete walls. Rear wall with R 19 insulation and 2x6 studs. Security system on all levels. TDS Broadband internet currently available with Fiber Optic internet coming in fall of 2019. **\$584,000** (1087496)



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10606 EAGLE GLEN DR. Charming covered porch all brick 3 bedrooms (master on main) plus bonus, 2 1/2 baths. Mature landscaping on a level lot with fabulous 10.4x19.5 screened porch. Updated eat in kitchen with bay window, gas range, granite countertops., updated kitchen sink and faucets. Hardwood flooring in the last five years in the foyer, dining room, family room, living room, and main level master bedroom. Incredible storage. Very bright and open with skylights. Fireplace with gas logs. Neutral paint. Updated HVAC. 8 year old roof. The subdivision is across from Fort Loudon Lake and boat ramps.. Next door to a par 3 golf course, dog park, hiking trails, Lakeside Tavern and Concord Marina. Convenient to shopping, Pellissippi, 1-40. Zoned Northshore Elementary, West Valley Middle School, and Bearden High. **\$376,101** (1093571)



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12832 EDGEBROOK WAY. Andrew 2 plan. One story with Bonus Room, Two car courtyard side entry Garage. Baths: 2.5, Bedrooms: 3. Brick, stone and siding exterior Large covered front and back porch 9' ceilings on main, 30 Year Roof Hardwood Flooring in Foyer, Dining, Family Room, Kitchen, Breakfast, Hallways, Hardwood Stairs, Ceramic Tile Flooring in Master Bath, Bath 2, Laundry. Carpet in bedrooms, closets, and bonus room. Gas fireplace Stone fireplace surround with built-ins Tray ceiling in Master Bedroom 11' ceilings in Foyer, Great Room, Kitchen and Dining Room Bedroom 2 and 3 have WIC. Granite Kitchen Tops, Granite Bath Tops, Master Bath Tile Shower, Tile Kitchen Backsplash. Large Bedrooms, Solid Closet Shelving Laundry Cabinets with granite tops Laundry Sink. Drop Zone in Garage Hallway. Large finished Bonus Room. Wood porch ceilings. Pella Sliding Door. Irrigation System. Sodded yard. Sentricon Pest Control System. Gas Heat. Gas Water Heater. 2-10 Home Warranty. **\$489,900** (10800442)



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7538 MISTYWOOD RD. Brookstone, One story with Bonus Room Two car side entry Garage All Brick except for gables 9' ceilings on Floor 1, 30 Year Roof 2 Baths, 3 Bedrooms, Hardwood Flooring in Foyer, Dining, Family, Room, Kitchen, Breakfast, Hallways. Ceramic Tile Flooring in Master Bath, Bath 2, Laundry. Carpet Flooring in bedrooms, closets, staircase and bonus room. Gas fireplace Tray ceiling in Master Bedroom Tray ceiling in Dining Room Bedroom 2 and 3 have WIC Granite Kitchen Tops Granite Bath Tops Breakfast area Sentricon Pest Control System Electric Heat Electric Water Heater Electric Range Electric Dryer Crown molding on Floor 1 except for vaulted ceiling areas and closets 2-10 Home Warranty. **\$347,000** (1078751)



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Bulldogs scare KDB, set records

KEN LAY
Correspondent

KINGSPORT — Bearden High School’s football team got off to a fast start in the second round of the TSSAA Class 6A playoffs.

Leading 14-7 at halftime, things came unraveled quickly for the Bulldogs, and the collapse resulted in a 28-14 loss at top-seed Kingsport Dobyns-Bennett Friday night, Nov. 15.

“It was a tale of two halves, really,” said BHS head coach Morgan Shinlever, who team finished 5-7 after starting 0-5.

“Our offense was playing well, and defensively we were doing the things that we were supposed to do. But in the second half we were missing some pieces to the puzzle. Offensively, we weren’t executing.”

Leaving Bearden ranked 10th in completions in Tennessee high school football history according to Shinlever, senior quarterback Collin Ironside threw two touchdowns passes versus KDB (10-2).

His first was a 9-yarder to Hayden Candela, who had the most productive season for a re-

See RECORDS on Page 2B

Irish rally falls short at MUS

KEN LAY
Correspondent

MEMPHIS — Knoxville Catholic High School saw its 2019 football season come to an abrupt end Friday night, Nov. 15.

A 27-7 halftime deficit, three turnovers and other assorted self-inflicted adversities proved too much to overcome in a 35-28 Division II-AAA playoff loss at Memphis University School (10-1).

“We sleepwalked through the first half,” KCHS head coach Steve Matthews said.

Kaden Martin rumbled 46 yards for a score to pull the Irish to within 7-6 later in the first quarter. Paxton Robertson would add the first of four extra points.

Catholic showed signs of life after the break as Nicklaus Iver-son had a 4-yard scoring plunge to help the Irish claw their way back into the contest.

KCHS would pull even closer, 27-21, when Martin connected with Tommy Winton on a 14-yard scoring strike with 9:30 left in the fourth quarter.

“We came alive in the second half, but it was just too little, too late,” Matthews said, as his Irish were flagged for 13 penalties (103 yards).

Catholic (7-4) pulled to within 35-28 when Martin connected with Jack Jancek on a short 3-yard touchdown pass midway through the final frame.



(Above) Alex Farkas, FHS senior receiver, grabs what turned out to be a 40-yard catch. (Right) Dawson Brown (61), Ads junior defensive end, and Camden Kuhn, junior defensive back, make a stop.



A not-so-close Ads photo finish



All FHS photos courtesy Carlos Reveiz/crfoto.com

(Above) Jackson Fontenot (12), Farragut senior defensive back, shows the football after recovering a Maryville fumble alongside teammate Trey Nesbitt.

(Below) Corey Walker, Admirals sophomore defensive tackle, stops an MHS Red Rebel runner stone cold.



Mighty Red Rebs roll; Farragut season ends 6-6

ALAN SLOAN
editor@farragutpress.com

MARYVILLE — The good news for Farragut against mighty Maryville was three trips into the Red Rebels’ red zone, and another to the MHS 25.

The bad news was a 42-0 second-round Class 6A playoff loss at undefeated Maryville Friday, Nov. 15, which ended the Admirals’ season at 6-6.

Positive Farragut plays included receptions of 16 and 11 yards from Gavin Wilkinson to Alec Keathley, both seniors; runs of 52 and 12 yards by junior Eli Purcell; and a 40-yard reception from Wilkinson to senior Alex Farkas.

With two victories against a strong Bradley Central team plus wins against rival Bearden and Johnson City Science Hill this season, “We fought so

See FHS on Page 6B



Looking to protect Farragut senior quarterback Gavin Wilkinson (in back) from the Maryville pass rush are Admirals junior linemen Carter Schuermann, left, and Eli Harville. The undefeated Red Rebels, No. 2 state-ranked in Class 6A entering the playoffs, won this second-round playoff game at MHS 42-0 Friday night, Nov. 15.

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FMS hoops teams sweep Northwest

Defense paces McIntyre’s girls

KEN LAY
Correspondent

A stifling defense and a balanced offensive attack were the ingredients in a winning recipe for the Farragut Middle School girls basketball team in a home victory late last week.

The Lady Admirals got off to a fast start and posted a dominant performance in a 56-8 win versus Northwest (0-3) Thursday, Nov. 14, at FMS’s Bobby J. Henry Gymnasium.

“We have to have that in-your-face intensity on defense and we have to work hard and get these girls ready for the high school level,” first-year Farragut head coach Devan McIntyre said. “We’re really working hard to improve our defensive intensity.”

Hannah Enderson led the way with 13 points for the Lady Ads. Addison Pressley scored eight points, while Sydney English, Kaitlyn Atwell and Madelyn Murphy added six points each.

Annie Priest scored five, while Malena Maier and Carly Vining each popped in four. Riley Kate Ragan and Josie Tarantino scored two apiece.

Farragut (3-0 starting the week) routed Holston 42-15 Thursday, Nov. 7, then went to Halls and captured an in-school victory over the Lady Demons 38-28 Friday, Nov. 15.

2nd-half surge fuels boys

KEN LAY
Correspondent

Farragut Middle School’s boys basketball team had to overcome a slow start in its game against Northwest last week.

The Admirals, who were playing without injured two-time all-Knox County Middle School Conference center Alex Doerger, an eighth-grader, fell behind the Rangers (0-3) early but were able to come from behind and capture a KCMSC 55-46 victory Thursday, Nov. 14, at FMS’s Bobby J. Henry Gymnasium.

“We were without our big guy, and I told the kids that everybody is going to step up, so we’ll see what happens,” longtime head coach Randy Swartzentruber said. “We got off to a sluggish start, but it’s better to do that than to be sluggish in the end, I suppose.”

“Free throws and rebounding just killed us.”

Farragut got a boost from Eli Evans in the second quarter. He scored five points in the final minute and tied the game on the final bucket.

“We got a lift from Eli and that really helped us,” Swartzentruber said.

After the break, Farragut opened a 32-26 advantage on a 3-point basket by Tony Spadafora.

Parker Hall led FMS (2-1 starting the week) with 15 points. Davis Goss and Eli finished with 10 points each. Braylan Hall added seven.

Records

From page 1B

ceiver in BHS history. The other was a 19-yarder to James Adkins.

Ironside threw for more than 7,100 yards in his career. He had 595 completions, including 61 touchdowns.

Candela finished the season with 77 catches for 923 yards and 10 touchdowns.

“Collin was riddled by injuries this year, but he was still able to come back and lead our team for the second half of the season,”

Shinlever said. “I’m really proud of him. We knew coming into the season that he already held all of our school passing records.

“Hayden had the best single season for any receiver ever in our program. And those are just two of our seniors,” he added.

Overall, “I’m extremely proud of this senior class,” Shinlever said. “After we started 0-5, it could’ve been an abysmal season.

“But these kids believed in each other,” he added. “They never quit and they believed in their coaches.”

University/college choices made



Alan Sloan

Making their favorite university or college choice official, 12 Farragut High School student-athletes signed National Letter of Intent papers in FHS’s Vicki B. Wells Auditorium during a National Signing Day ceremony Wednesday morning, Nov. 13. Sitting from left are Aynsleigh Martin, golf, Carson-Newman University; Katie Tuggle, softball, Lincoln Memorial University; Devon Weller, softball, University of South Carolina Beaufort; and Claire Wyatt, basketball, High Point University (North Carolina). Standing, from left, are Roane State Community College Baseball signees Hunter Caywood, Ben Zybert and Matthew Delph; and baseball signees Carter Gillette, Tusculum College; Drew Patterson, University of Tennessee; Adam Birkholz, East Tennessee State University; Ryan Hagenow, University of Kentucky; and Cal Stark, Navarro College (Texas).

It’s that time of the year: 12 sign at FHS, 11 at HVA

KEN LAY
Correspondent

HARDIN VALLEY — In addition to boasting a top academic reputation, Hardin Valley Academy also has had its share of great athletes come through the HVA doors in its brief history.

“We have 10 girls and one boy, and this morning I told my wife that Title IX is alive and well at Hardin Valley,” athletic director Bryan Brown said about having 11 HVA student-athletes who finalized their decisions to continue their education and athletic pursuits in college Wednesday morning, Nov. 13.

Signing National Letters of Intent papers in the school’s auditorium were Ellie Bachmann (Alabama); Kylie Cutcher (Carson-Newman); Abbey Aycock (Oakland University); Rachel Aycock (Michigan State); Lukas Cook (South Carolina); Olivia Snyder (Lincoln Memorial University); Maddi Allen (Bryan College); Kiana Lane (UT Chattanooga); Karly Livingston (Charleston Southern); Lauren Smyth (Tennessee Wesleyan) and Mariah Hall (Union College).

Bachmann, a track and cross country standout in Hardin Valley’s tradition-rich track program, is “our

most decorated female track athlete and Alabama is getting a great student-athlete,” Brown said.

Cutcher, Abby Aycock and Rachel Aycock are all swimmers for the Lady Hawks.

Cook, a baseball player headed to Columbia to play for the Gamecocks, is one of the top pitchers and offensive players in District 4-AAA.

“I like the young coaches there and they have a great program,” Cook said. “I have two friends who are also committed there.

“When you play in the SEC, you see and play against some of the best completion in the country.”

Snyder, a volleyball player, is headed to Harrogate to play for the Lady Railsplitters. “I coach at Club Unite and I coached Olivia when I was helping out at Cedar Bluff, and I knew that she was going to be a great player and I look forward to seeing what she can do at LMU,” HVA head coach Joy Waller said.

On the soccer field, the Lady Hawks won the District 4-AAA Tournament title and had four of its players sign: Allen, Lane, Livingston and Smyth.

Hall will play softball at Union College in Barbourville, Kentucky. “She’s a leader and everybody loves her,” HVA head coach Whitney Hickam-Cruze said.

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FHS to be alive with ‘Sound of Music’ Dec. 12-15

TAMMY CHEEK
tcheek@farragutpress.com

Farragut High School's theater students will herald in the holidays when they present their “Sound of Music” production for the Farragut community.

The musical will take place beginning at 7 p.m., Thursday, Dec. 12, through Saturday, Dec. 14, with doors opening at 6:30 p.m. There will be a matinee performance

starting at 3 p.m., Sunday, Dec. 15, with doors opening at 2:30 p.m. All performances in FHS's Vickie B. Wells Auditorium, 11237 Kingston Pike.

Tickets are \$10 for adults and \$5 for students, and they may either be purchased at the door or in advance online for the same price on the school's website: knoxschools.schoolcashonline.com/Fee/Details/3861/231/False/True

FHS theater teacher Tony Wooley said

the site was set up for convenience of people preferring to pay online or by phone.

Show details

“I chose this show because our show, last year, was a very high-energy rock ‘n roll show, but not a lot of people were familiar with it,” he said. “I wanted to make sure that we had an audience to come see the incredible talent.

“We do a late autumn, early winter show,” Wooley added. “The Sound of Music’ kind

of blends in naturally and beautifully with the holidays, and lots and lots of people know it ... they relate it to their childhood, they have connections to it.

“I want to give these students an opportunity to be seen because no matter what production they do, they’re going to be marvelous.”

While producing “Sound of Music,” he

See ‘SOUND OF MUSIC’ on Page 5B

Veterans honored by HV Church of Christ

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

Hardin Valley Church of Christ honored its veterans Friday, Nov. 8, with its Fourth Annual Veterans Day Appreciation Dinner.

Several dozen veterans, their spouses and guests attended the event, which was coordinated and founded by church member and retired Senior Chief Petty Officer Adrian Marsh, U.S. Navy Operations Specialist, and his wife, Lisa Marsh.

“I love veterans. I think all churches should do this,” Marsh said. “I believe it is Biblical and honorable to honor them, and kids need to be reminded as much as the adults do, who our veterans are and what being a veteran means.”

The South-Doyle Junior Reserve Officer Training Corps Color

Guard “Presented the Colors” and demonstrated the 13 folds of the American flag for the audience.

Guest speaker was Capt. Dennis Worley, U.S. Navy, retired, who currently is in full-time ministry in Morgan County, where he lives with his wife, Ann Worley.

“I absolutely adore this young man,” said Marsh in introducing Worley, who is well-known in the Farragut community: Naval Science instructor for Farragut High School's NJROTC from 1996 to 2004, he also coached the girls cross country team (1996 TSSAA state champs) and NJROTC air rifle. “Sometimes God brings people into your life with such force, it changes how you think, act and talk.”

“That is what this [Worley] did for me ... and I know you will be

See SERVICE on Page 5B

Retired Senior Chief Petty Officer Adrian Marsh, U.S. Navy Operations Specialist, and his wife, Lisa, coordinated the special Veteran's Day dinner and program honoring members of their church.



FLC Cookie Walk Dec. 7

Addison Burmaster sampled one of the hundreds of cookie varieties for sale at last year's Faith Lutheran Church Cookie Walk & Craft Sale.

The church again invites members and the community to this year's event, scheduled from 9 a.m. to noon, Saturday, Dec., 7, at Faith Lutheran, 225 Jamestowne Blvd. in Farragut.

The holiday cookies are hand-baked by church members, and crafts are hand-made by local crafters.



File photo

Seventh Annual Lights Up

STAFF REPORTS
editor@farragutpress.com

The Pinnacle at Turkey Creek kicks off the holiday season this Friday, Nov. 22, when hosting its Seventh Annual Lights Up event from 5 to 9 p.m.

Activities and treats planned include live music, photos, food trucks, games, vendor booths, train rides and a visit from Santa.

See LIGHTS UP on Page 6B

STAFF REPORTS
editor@farragutpress.com

Once again, Farragut schools are stepping up to provide gifts and shopping opportunities for less fortunate families this season with Project Giving Tree.

“It is a program designed to benefit families in our community that may need a little extra help at the holidays,” event coordinator LeighAnna Colgrove explained. “Each family served has a student at one of our

See GIVING TREE on Page 4B

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NOVEMBER/DECEMBER

- **Join Second Harvest Food Bank** beginning at **11:30 a.m., Thursday, Nov. 21**, for Thanksgiving Aboard the “Mayflower.” Thirty-six individuals will have Thanksgiving lunch aboard the “Mayflower” at Calhoun’s on Bearden Hill, 6515 Kingston Pike.
- **To commemorate the 156th anniversary of the Siege of Knoxville and Battle of Fort Sanders**, Mabry-Hazen House will host Civil War Living History Day on Mabry’s Hill from **10 a.m. to 3 p.m., Saturday, Nov. 23**. A “talk on Women during the Civil War” begins at **11 a.m.**, and infantry demonstrations from **noon to 2 p.m.** The historic house museum will be open for self-guided tours. Admission is a suggested \$5 donation per adult.

Members are free.

- **All active military and veterans in need of food are invited to join Second Harvest Food Bank** from **10 a.m. to noon, Saturday, Nov. 23**, at the Blount County Veterans Affairs for a Mobile Pantry, 305 Court St., Maryville. Food distribution will take place in the parking lot. Second Harvest will require all veterans and active military to bring a military/veteran identification card in order to receive food that day. For more information about distribution, or if you would like to volunteer, contact Rhea Kenney at 865-243-8205.
- **More than 60,000 thousand twinkling, multi-colored Christmas lights** will illuminate Founders Park at Campbell Station. Annual Light the Park festivities

begin at **5 p.m., Monday, Nov. 25**.

- **Knox County’s 21st Annual Holiday Festival of Lights** at The Cove at Concord Park, 11808 S. Northshore Drive, kicks off **Monday, Dec. 2**, with Knox County Mayor Glenn Jacobs hosting a meet and greet and passing out free candy “Kanes.” The family-friendly event starts at **6:30 p.m.** with a ribbon cutting. The festival, which is free and open to the public, runs from **6 to 9 p.m. through Tuesday, Dec. 31**, excluding Christmas day.
- **Town of Farragut will host**

a **free class on Making Social Security Easier** from **6 to 7 p.m., Tuesday, Dec. 3**. Registration deadline is **Friday, Nov. 29**. Register at townoffarragut.org/register, in person at Town Hall, 11408 Municipal Center Drive, or by phone at 865-218-3375.

- **Authors Guild of Tennessee will hold its regular monthly meeting** beginning at **11 a.m., Thursday, Dec. 5**, at Faith Lutheran Church, 225 Jamestowne Blvd. in Farragut. Theme for December will be “Random Thoughts, Christmas or Otherwise.” Light

refreshments will be served. Visit info:authorsguildoftn.org.

- **First Farragut United Methodist Church**, 12733 Kingston Pike, will host its 12th Annual Christmas Community Day from **1 to 3 p.m., Sunday, Dec. 8**, with a meal, photos with Santa and free shopping for children’s gifts, books and gently used clothing and coats. It serves about 150 families per year. Each family receives bags with groceries and household necessities. For more information, contact Jill Wolverton at marketing@ffumc.org or 865-405-6347.

Giving Tree

From page 3B

Farragut schools. We aim to provide new clothing plus two toys or gifts for every child in the family, from birth to age 18. With this model, we serve children and families at all four of the Farragut public schools.”

The program began in 2010 and served six families, she added.

“Based on current applications, we will serve about 80 families again this year, totaling over 200 children,” Colgrove said.

Printed gift tags will be distributed all this week at Farragut Primary, Intermediate and Middle schools.

“We are also piloting a digital tag sign-up option this year with FMS families and FHS teachers and staff,” she said. “We hope to reach as many people as possible to help support the gift drive this year.”

On Dec. 16, the Giving Tree families will come to pick up the

collected clothing and to select or “shop” for their children’s other gifts, where gift wrapping will be provided.

Project Giving Tree is jointly administered through FPS and FIS Parent Teacher Association and FMS Parent Teacher Organization.

While Colgrove serves as the overall coordinator between the Farragut schools and serves as co-chair of FMS Giving Tree with Beth Munk, Christy Davis and Ginger Phillips lead the FIS Giving Tree, and Jessica Barksdale coordinates the FPS Giving Tree.

“Our team also includes Kelley Neal with FMS PTO and our school social worker, Jelena Browning.

Anyone wishing to donate toys or gift cards to cover additional clothing needs may contact farragutgivingtree@gmail.com.

Donations also may be taken to the Farragut school offices through Friday, Dec. 6.

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Service

From page 3B

blessed by him.”

Worley, who served in the Sports Ministry with His Passion Ministries from 2005 to 2009 after he left teaching, also worked with the Fellowship of Christian Athletes International from 2010 to 2012.



Worley

His military career began with a qualified alternative appointment to the U.S. Naval Academy in 1968, from where he graduated in 1972 before being commissioned as an ensign with surface warfare as his designated service selection. He served in Vietnam from 1972 to 1975, then spent an additional 21 years in the service, which included deployments in the Medi-

terranean and Guam, and served in Desert Shield and Desert Storm before retiring in 1996.

Worley discussed the topic of “service” when addressing the veterans.

“There are four choices on this earth of who, or what, you will serve,” he said. “Satan, the world itself, self or God. And you have to decide who you are going to serve.”

He discussed the Biblical marking of bond slaves and bond servants, which set them apart and made them known to others.

“Are you so marked that people can look at you and see who you serve?” Worley asked. “God loves you, those of you who are the elect, who are saved.

“What are you going to do with that?” he concluded. “You have to make that decision every moment — that’s where the challenge is.”

The program concluded with Marsh handing out “Challenge Coins” while saying, “Find what you need to be doing and serve God.”

Sound of Music

From page 3B

said there has been “a very warm greeting to the show.

“I’m hoping we’re going to get an excellent turnout for the kids,” Wooley added.

“We have three leads (in the musical),” he said of Amara Pappas as Maria, Conner Allan as Captain Von Trapp and Madison Hullett as Mother Abbess.

In all, the production involves more than 30 students on stage and another 30 “in the pit” — the orchestra.

“Our orchestra for this is made up entirely of high school students, which is very exciting,” he said. “They are under the direction of Elizabeth Gott, one of FHS’s two band teachers.

“She has been gracious enough to work with the pit to find our vision of an all-inclusive, student-based production,” Wooley added. “I am very proud that the band has so graciously been working with us; so not only will you be able to see the talents of my actors and the singers, you also will be able to hear the talents of the band players because it’s not easy

music.”

The students have been working steadily since August.

“It’s a very large undertaking. ... We meet every morning for an hour-and-a-half,” Wooley said. “The kids actually get a grade for this.”

He also has a set design class, whose students designed and built all of the stage work.

“I’m very impressed with the hard work they have put in because we have a very large set, and it’s all moveable,” Wooley said.

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FHS
From page 1B

hard all year. The ups and downs, we battled through it all,” said Keathley, also a standout defensive end.

As for his fellow seniors, “I love every one of them. It’s a great group of guys, and I can’t wait to stay in

touch throughout the rest of our lives,” Keathley added.

“It’s been a pleasure and an honor playing with these guys,” said Wilkinson, who ends his FHS career as the school’s all-time passing yardage leader.

“And playing for coach (Eddie) Courtney and the coaching staff has been an honor as well,” he added.

“I’m so proud of these kids for never giving up; we’ve been through a lot of injuries this year,” Courtney said.

“These seniors never quit,” he added. “We’re not used to losing six games, but if we had quit as a football team a few weeks ago, it could have gotten really ugly this year.”

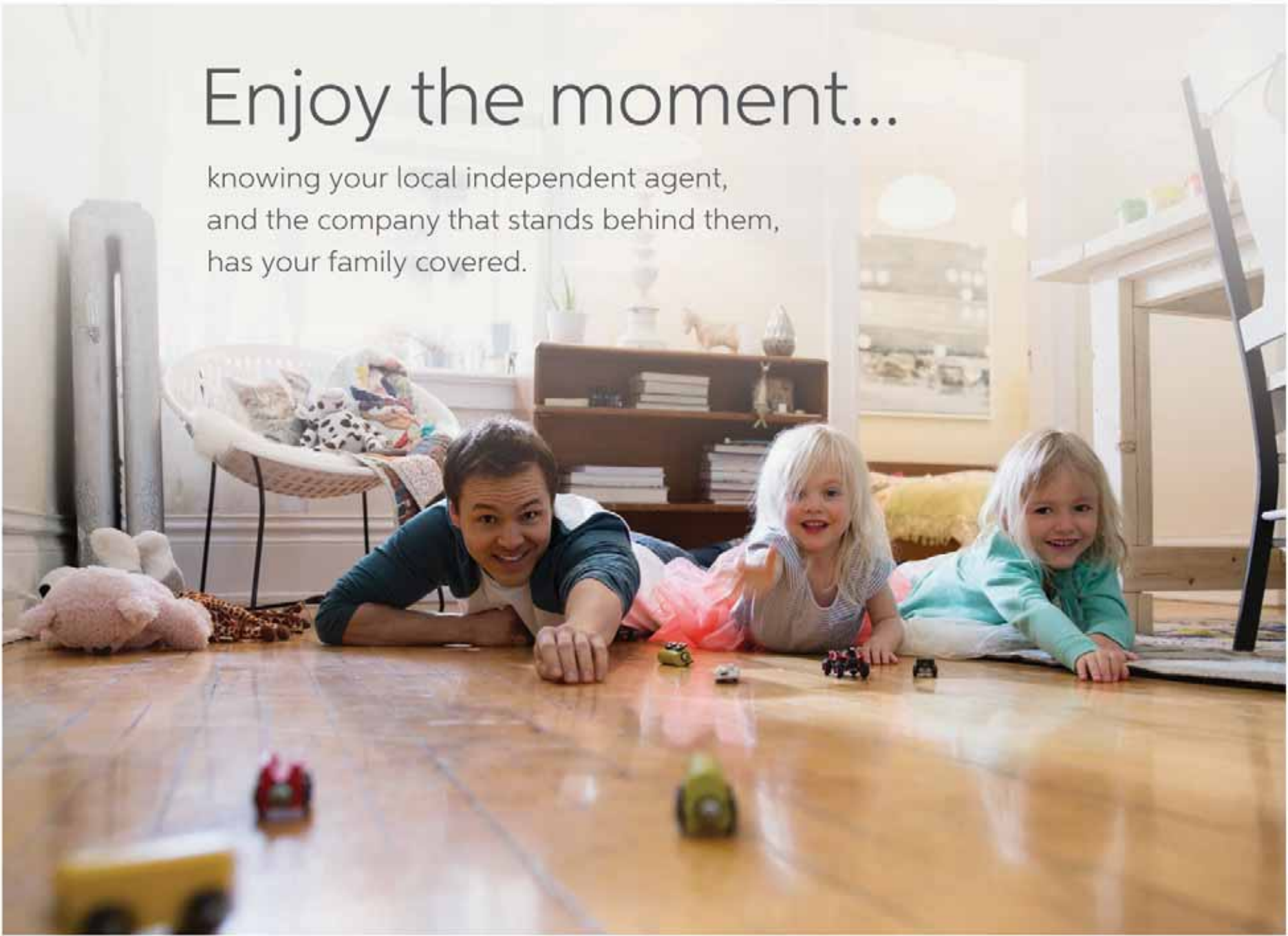
Lights Up
From page 3B

Immediately following the tree lighting ceremony at 6 p.m., Santa will be available for photos for \$5 per child, and a maximum cost of \$15 for groups of three or more.

Lights Up also is the kickoff event for 2nd Annual “Be a Santa

to a Senior Program,” which in partnership with Home Instead Senior Care collects holiday gifts for homebound seniors.

This year’s goal is more than 1,000 gifts. Gift tags will be available on trees throughout Pinnacle. For more information, visit The Pinnacle at Turkey Creek on Facebook.



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AGENDA FARRAGUT VISUAL RESOURCES REVIEW BOARD Farragut Town Hall Board Room, Tuesday, November 26, 2019, 7:00 p.m.
1. Approval of minutes for the October 22, 2019 meeting.

2. Review of a ground sign replacement (reface) for the Farragut Oral Surgery & Implant Center located at 11213 West Point Drive. **3.** Review of a landscape plan for a parking lot expansion located at

11242 Kingston Pike, behind the Azul Tequila restaurant. **4.** Review of a landscape plan for the Admiral Landing development located at 11321 Kingston Pike. **5.** Sign Ordinance Committee update.

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Rotary Club of Farragut

DINING ON THE DOCK

More than 100 Rotary Club of Farragut members and guests braved the Oct. 25 rain to attend the club's biggest fundraiser of the year, Dining on the Dock, held this year at Concord Marina. The event featured both a silent and a live auction, hors d'oeuvres by Special Tee Cookies & Catering, wines and other beverages from Dixie Lee Wines & Liquors, a DJ and lots of laughs.



1. Alex Bash, left, and Eric Whitener
2. Teri Jo Fox, left, and Megan Belcher
3. From left, Pam Kerbs, Logan Dockery and Cody Barnes
4. Andrew Henderson and Hillary Dewhirst
5. Linda Taylor, left, and Staci Wilkerson
6. Mary and Stephen Krempasky
7. Sam Mishu, left, Dr. Stephanie Myers and R. Knick Myers
8. Joe and Peggy Wilson
9. Lucas Shouse, left, and Scott Brockamp
10. Alaine McBee, left, and Janice Mitchell
11. Auctioneer Jason Deel



SENIOR

Living

"I live in that solitude which is painful in youth, but delicious in the years of maturity."

~ Albert Einstein

FARRAGUTPRESS THURSDAY, NOVEMBER 21, 2019 • 1C

New 'leash' on life

Veteran receives help from Smoky Mountain Service Dogs

TAMMY CHEEK

tcheek@farragutpress.com

U.S. Army veteran Jim Cardwell of Clinton has been suffering the effects of Agent Orange for years.

The tactical herbicide used in chemical warfare in Vietnam between 1961 and 1971 resulted in having five disabilities — Parkinson's Disease, diabetes, neuropathy, rheumatoid arthritis and Post Traumatic Stress Syndrome.

"I have so many disabilities over Agent Orange," said Cardwell, who served in the infantry in Vietnam between 1966 and 1967. "With all the problems I had, I qualified for a (service) dog."

He had looked for one for two years, so when his 14-year-old grandson, Hunter Evans, found Smoky Mountain Service Dogs of Lenoir City on the Internet and talked to Suzy Kitchens, the chair emeritus who heads its client application team, Cardwell recalled he was tickled to death.

"Suzy called me because (Hunter) gave her my number," Cardwell said. "Everything just worked out from there."

"They were very gracious and kind, and I cannot say enough good about (SMSD)," he added.

Cardwell received Tracker, his service dog, Aug. 10, during a "passing of the leash" ceremony.

"He's been a terrific help," Cardwell said. "He's devoted to me and me to him."

SMSD acquires the dogs as 7- to 8-week-old puppies, raises them and then donates them to military service men and women who have mobility issues, SMSD volunteer chairman Mike Kitchens said.

"The type of dog we train and provide is a mobility assistance service dog," he

explained. "Our recipients have service-connected physical disabilities."

"Typically, that may be limb loss, traumatic brain injury or other injuries where balance and stability were compromised," Kitchens added.

"With my Parkinson's, I have a tendency to fall a lot, and (Tracker has) been a big asset with me there," Cardwell said. "He helps me keep my balance."

"He's been a terrific help. He's devoted to me and me to him,"

~ Jim Cardwell,
U.S. Army veteran,
in reference to his
service dog, Tracker

See VETERAN on Page 4C



Photo submitted

Jim Cardwell of Clinton with his service dog, Tracker

'Fun Fitness' class offered for seniors

MICHELLE HOLLENHEAD

mhollenhead@farragutpress.com

A group of seniors are having a good time and making friends, while also bettering their health at Anytime Fitness in Farragut.

Senior fitness specialist Pennie Sena, who describes herself as having "a passion" for wellness, began the "Fun Fitness" class at the facility about four years ago.

"I want to get people moving," she said.

Its 20-plus members, ranging in age from 55 to 82, meet three times a week as schedules allow.

"It's a good, friendly bunch of ladies, and it's easy, and it's fun," said Carol Weaver, who travels from Ball Camp to attend.

Lesley Hardin comes in from Lenoir City, and has been part of the group for about eight months.

See FITNESS on Page 6C

New West Knox Co. Senior Center opening 'fully anticipated' before mid-January

ALAN SLOAN

editor@farragutpress.com

The unofficial word given to those Farragut and West Knox County seniors who currently use Frank R. Strang Senior Center for various recreational activities is: "your parking frustrations and program limitations are about over. Be patient until early January."

The first month of the new decade is expected to coincide with the opening of "West Knox County Senior Center," with the finishing touches being completed on the new facility along Jamestowne Boulevard in Farragut — which will offer about three times the



Work continued on the future home of West Knox County Senior Center along Jamestowne Boulevard in Farragut Friday afternoon, Nov. 15

parking space and roughly twice the space for activities versus Strang.

Not to mention a new exercise machine room with free weights,

new pool table, new ping-pong table, separate arts, crafts, playing card and game rooms plus a gym

See SENIOR CENTER on Page 5C

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Veteran

From page 1C

“He’s always there, and he kind of senses I’m going to (fall), he will usually stop and kind of bow his back up a little bit to reinforce himself, and I’ll just lean on the handle (of the dog’s harness) and get my balance. Then we’re off again.”

Tracker also retrieves his diabetes medications.

“When my sugar drops — it drops very quickly — I just tell him ‘meds’ or ‘medicine,’ and he goes and gets my little bag I keep my medication and brings it to me,” he said. “And, if I fall or cannot reach and get the stuff, he gets my wife.

“Over the three months I’ve had him, he’s become very adept at anticipating what I’m going to say,” Cardwell observed. “I’m still elated over it.”

Since it started in 2010, SMSD has paired 33 dogs with disabled service men and women as of last month.

“We will do five to seven dogs a year,” Kitchens said, adding it takes two years to prepare a dog.

“We do a lot of drop-item training because, on prosthetics, when bending over, they fall,” he said.

The dogs are trained to respond to 30 to 40 specific commands, he said.

Besides drop-item training, SMSD also trains dogs on such tasks as retrieving the telephone; opening and closing doors and drawers; going to the refrigerator, opening it with a rope, reaching in, getting a bottle of water, closing the door and taking the water to the veteran; and they will carry medicine bags to the veteran.

“We started in the living room of our home in October 2010,” Kitchens said. “We placed our first dog, Copper, with a wounded veteran in Niota in January 2013.” That recipient had suffered a traumatic brain injury.

“We are about 50 percent complete with construction of SMSD Veteran-K9 Training Center in Lenoir City,” Kitchens said, adding he expects work to be completed by late spring or early summer 2020.

“It’s going to be a wonderful, wonderful place,” he said. “It will have an 18-dog kennel and the training center on our property.

“That will allow us to essentially double the number of veterans we can serve.”

The recipient doesn’t just receive the dog immediately, Kitchens said: the dog and recipient must go through a 10-day joint training and pass a public access test as a team before the “passing of the leash.”

He said that ceremony legitimizes them as a service dog team.

Assistance Dogs International accredits SMSD, which Kitchens said is important because ADI requires service dog organizations to subscribe to very high sets of standards and maintain those standards, and it allows the veterans to be eligible for service dog benefits under the Veterans Administration.

“We’re very proud of that accreditation,” he said.

While most applications are received from SMSD’s website at www.smokymountainservice-dogs.com, it also receives referrals from the VA, Wounded Warrior Resource Center and other veteran recipients, Kitchens said.

SMSD operates primarily with its 160 community volunteers, who assist with puppy raising, socializing and fostering the dogs and all the administrative functions.

“The only paid people in our organization are our professional trainers,” he said. “When a donor gives us a dollar, 95 cents of it goes toward the care and training of the dog and the wounded veteran and family who receives the dog.”



Photo submitted

Tracker, Jim and Brenda Cardwell.



Morning Pointe Choir Unites Residents through a Shared Love of Music



Over the past two years, the Morning Pointe of Lenoir City (TN) choir has grown from a small gathering of senior music enthusiasts to a significant point of pride for the assisted living community. The choir was born when a weekly resident sing-along group decided to perform at an upcoming family night and now boasts 25 members who regularly sing at local churches, senior centers, and other assisted living communities. Lenoir City’s First Baptist Church even donated robes for the choir to wear during special performances. “Not only does the choir allow the residents to participate in a favorite hobby and bond with others over a love of music—singing together also provides them with a sense of purpose and belonging,” says Morning Pointe life enrichment director and choir director Camie Entrekin. “It has been an honor to be able to share this experience with them.”

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MEMORY CARE OPEN NOW!

Senior Center

From page 1C

with markings to play pickleball — none of this available at Strang, which opened in the late 1990s.

Farragut Mayor Ron Williams and Knox County Mayor Glenn Jacobs “are going to do a ribbon-cutting on 16th of January at 10:30 (a.m.) at the facility,” said Buzz Buswell, director of Veterans/Senior Services for Knox County, about the facility the County will share with the Town, which will house its new Community Center there in the former home of Faith Lutheran Church at the corner of Jamestowne and North Campbell Station Road.

“I fully anticipate we will occupy the building prior to that time, but that will be the official opening,” he added.

“The conversations I’ve had with people all center around more space and more convenient parking.”

Regular Strang participant David Mays, who estimates he’s enjoyed activities at Strang “about 10 years” and who currently visits “about three times a week,” labeled Strang’s parking issues as “horrendous.”

“When seniors plans their day, on Tuesday at 10 o’clock they’re going to an aerobics class at the Strang Center. And they get there at 9:45 and they’re circling the building (no parking), and then they circle the building again, and then they circle the building again, and they still can’t find a parking space — and then they go home, and we’ve now ruined that person’s day,” said 5th District Knox County Commissioner John Schoonmaker, who helped broker a deal in the summer of 2018 between the Town and County on how to proportion purchasing, construction and operational costs.

Enjoying activities including “yoga and Feldenkrais (a stretching class),” Mays said about the new facility, “We’ve been looking forward to it for several years.”

To operate out of the lower level of the two-story structure, leaving Farragut Community Center in the upper portion, the new Senior Center will have “roughly 12,000” square feet, Buswell said.

In addition, “there’s a lot more handicapped access than we had a Strang from a parking standpoint,” he said. “We’re looking forward to people not having any difficulty not getting into the building.

“No matter how good the programing is,

if you can’t get parked and into the building it doesn’t matter what we’re doing for programming.”

Once parked and inside the new center, “For those few people who need it, there’s also an elevator in the building to get to the lower level where we’ll be most of the time to the upper level where the gymnasium is,” he said.

Activities/special kitchen

About the separate activities rooms, “They can have art classes all day and they can have crafts all day because they’ll have separate rooms,” said April Tomlin, Senior Services manager of Knox County.

“We’ll also have a nice meeting room and computer room,” she added.

Also new will be a “working kitchen,” Buswell said. “We anticipate lessons as far as food preparation.”

While Buswell said seniors often talk about “downsizing” in terms of their home, “that actually happens at meals.

“It’s difficult cooking for one when you’re used to cooking for two, and it’s difficult cooking for two when you’re used to cooking for more,” he added about how kitchen and cooking experts at the new center can teach about meal downsizing.

“We have people quite often to talk to us about two things they don’t like: one is preparing a meal for one and the other one is eating a meal for one. To some degree we’ll address both of those things.”

Overall, “We anticipate that the instructional part of the kitchen will also lead to the use of the kitchen in terms of pot-luck (meals) and soforth,” Buswell said.

Gymnasium

“The other feature we have is we share a gymnasium (top floor) with the Town of Farragut,” Buswell added “Our agreement is both entities get to use the gym about half the time.

“Cleary one thing Farragut and our folks have talked about is pickleball. ... The floor will be marked where seniors can participate in pickleball.”

“That’s going to be something I think that’s going to catch on really quick,” Tomlin said, adding this will be the first of the County’s six senior centers to offer pickleball.

See SENIOR CENTER on Page 9C

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Instructor Pennie Sena leads an enthusiastic “Fun Fitness” group at Anytime Fitness in Farragut on Monday, Wednesdays, Fridays and Saturday.

Fitness
From page 1C

“I love this group,” she said. “And the class rocks!”

Terry Oaks, who not only takes the class, but also works at Anytime Fitness, agrees, but adds, “It’s not just a fitness group — it is a group of people who are friends and take care of each other.”

Sena designed the class — which she also offers on-site at area businesses, churches or other locations as requested — to help participants with a variety of needs such as balance, flexibility, strength-training and footwork, along with overall health information and nutrition.

“We take care of ourselves so we can take care of other people,” Sena said.

It is especially inviting for those who have not attempted a structured fitness program before, Sena explained, as it is low impact and low pressure, but high on enthusiasm and encouragement.

Classes start out slow, with warm-ups, then gradually increase their movements as they are able, as exercises are designed to be individually tailored. For example, some members may exercise from a seated position in chairs, while others may be working out from the studio floor.

“I have vertigo, so I can’t get down in the floor,” Weaver said.

“Everything is designed so you can mod-

ify as you need to,” Ginger Zerrip of Lenoir City, said.

“When I first started here two years ago, I had just had shoulder replacement,” said Farragut resident Ivy Cooke. “I was so stiff when I started, but I was really impressed with the classes. They helped so much. You just have to make sure you don’t hurt yourself, and have fun.”

While Sena watches members closely, to see who might need further instruction or assistance, she is also credited with fostering close relationships and keeping tabs on them outside of class.

“You feel accountable here,” said Weaver. “You know Pennie will be calling on you if you don’t show up.”

“She gives us a lot of love — she is just the best.”

“She’s good to us,” Cooke agreed. “I’m a nurse and I know when people are good to you.”

The admiration works both ways.

“These ladies inspire me every day,” Sena said,

Fun Fitness meets at 10 a.m. Monday, Wednesday and Friday, and a just-added 10:30 a.m. class Saturdays. Cost is free for club members, or \$5 for non-members, and also accepts Silver Sneaker memberships, too.

For more information, contact Sena at www.gotapulsefitness.com or via e-mail at gotapulsefitness@gmail.com.



Bev Bishop strikes a pose while instructor Pennie Sena works with another group participant in the background.

Photos by Michelle Hollenhead



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TheVillagesFarragut.com

Home security tips for seniors

Seniors are often targeted by criminals. Though many criminals target seniors from afar via telephone or internet scams, criminals seek to enter seniors' homes. The Bureau of Justice Statistics offers that, between 2003 and 2013, the ratio of property crime to violent crime was higher for the elderly and persons between the ages of 50 and 64 than it was for younger persons between the ages of 25 and 49.

Home security is important for people of all ages, but especially so for seniors and aging individuals living alone. By following certain safety tips and developing a home security plan, seniors can feel safer at home.

• **Lock windows and doors.**

It may seem like common sense, but failure to repeatedly lock windows and doors can, and often does, give burglars easy entry into the home.

• **Think about a smart doorbell.**

Technology now enables doorbells to provide a video feed to a person's smartphone or tablet over WiFi. This allows residents to see who is at the door and speak to this person without having to open the door. Some products like Ring® will even register motion activity and record short videos from outside of the house.

• **Don't share or leave keys.**

Avoid leaving keys under a mat or in a

See SECURITY on Page 8C



Open NOW Premier Residences at Tellico Village

As The Neighborhood at Tellico Village expands their Senior Living Campus with an Independent Living resort, we continue to provide quality care to seniors in Loudon County.

Owned by Five Star Senior Living, the company operates 280 communities in 34 states in the areas of Independent Living, Assisted Living, Memory Care, Skilled Nursing, and Physical Therapy. The addition of the Premier Residences of Tellico Village demonstrates Five Star's commitment to Senior Living in Loudon County and a response to the demand for quality Senior Living within Tellico Village.

The 84 unit, 3 story, luxury apartment building features upgraded services and amenities, such as nine different floor plans from studio to 2 bedroom, full size kitchen appliances, washer/dryer in each apartment, 24 hour concierge, dining room with meal plan, private dining room, library, lounge, salon and spa, hot tub, outside living spaces, garages and covered car spaces, housekeeping services, and much more.

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Causes of adult hearing loss

Hearing loss is quite common and can impact people's lives in profound ways. Although there are some treatments that can improve one's ability to hear and communicate, many people are interested in learning about the ways they may be able to prevent hearing loss in the first place.

Medical experts from the American Speech-Language-Hearing Association advise that hearing loss can be caused by different factors. Learning about these causes can help individuals make smart decisions to prevent future hearing loss when possible. In certain circumstances, hearing loss may be unavoidable. In such instances, audiologists, or doctors specializing in hearing, can help.

Conductive hearing loss

Conductive hearing loss to problems with the ear canal, ear drum or middle ear and its bones, states the Hearing Loss Association of America. Some of the causes of conductive hearing loss include:

- Otitis media is an infection of the middle ear in which fluid accumulation can interfere with the movement of the eardrum and ossicles.
- Impacted earwax also can cause hearing problems.
- Fluid in the middle ear may obstruct

hearing.

- Otosclerosis, which is a middle ear disease, can make it difficult for the tiny bones in the middle ear to move. Surgery can correct the problem.
- Malformation of the outer ear, ear canal or middle ear structure can impact hearing as well.

Sensorineural hearing loss

Sensorineural hearing loss, or SNHL, occurs due to problems of the inner ear. It is often referred to as nerve-related hearing loss.

- Aging is a common cause of hearing loss that may not be reversible. Age-related hearing loss is called presbycusis and is marked by muffled or unclear speech. Treatment with assistive hearing devices can help improve hearing.
- Trauma to the ear or head may impact hearing. Wearing protective gear during sports or other activities can protect against neurological damage that may cause hearing loss.
- Damage to the inner ear can result from prolonged exposure to loud noises, states the Mayo Clinic. These noises cause wear and tear on the hairs or nerve cells in the cochlea that send sound signals to the brain. When these hairs or nerve cells are damaged or missing, electrical signals aren't transmitted as efficiently, and hearing loss occurs. Using hearing protection and turning down the volume can help.
- Ménière's disease is an inner ear problem of unknown origins. It usually starts in people between the ages of 30 and 50. Dizziness and ringing of the ear are common, and hearing loss comes and goes. Some loss can become permanent.
- Viruses and diseases as well as family history also may play a role in SNHL.

In some instances, hearing loss may be the result of a combination of factors. Anyone finding their hearing has become less acute should visit with an audiologist. One resource to visit is www.asha.org/profind. The doctor can then prescribe a treatment plan to help improve hearing.



Security

From page 7C

flower pot. Others may be watching your actions and gain access to your home while you are away.

- **Ask for ID.**

When service people or other individuals come to the door, verify their credentials by asking to see some identification.

- **Get a home security system.**

The best protection against burglars is a home security alarm, states HomeSecurityResource.org. Such an alarm often deters burglars from breaking in.

- **Install a lockable mailbox.**

Locked mailboxes restrict access to sensitive information, such as bank account numbers, sent in the mail. Make sure retirement checks or other payments are deposited directly into bank accounts instead of having them sent by check.

- **Use home automation.**

Home automation, or a "smart home," can be utilized to turn on lights, set the thermostat, lock doors, and much more.

- **Adopt a dog.**

Dogs can be an asset to seniors. Dogs provide companionship and can bark or alert seniors if someone is around or inside of the home.

Home security is serious business for seniors who are vulnerable to criminals.



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Senior Center

From page 5C

Wellness space

Also to be included “is a wellness space,” Buswell said. “We anticipate (having) some of the vendors that we deal with on a regular basis that do blood pressure checks and offer inoculations like flu shots and soforth.

Previously, “We’ve carved out a space for them wherever programming permitted it,” he said. “We’re going to have a space that we’ll be able to dedicate specifically for that purpose.”

Basic information

Buswell said any such facility is available without charge — except for special classes — to any Knox County resident age 50 and over.

For those seniors who wish to use users of Strang or the new facility, “The only thing we ask people to do is fill out an emergency notification form,” Buswell said, giving the following site to visit for

more information: www.knoxcounty.org/seniors. Currently at Strang, Buswell estimates about 2,500 visit monthly (that includes repeat attendees, not 2,500 separate people).

Darrell Gooding, currently the coordinator at Strang, will assume the same role at the new location, and will have one other full-time and one part-time staff person.

“We have people come from other states that tell us they don’t have anything like any one of our centers,” Tomlin said.

New center history

“Mayor (Tim) Burchett was here several times, and we always got on him about it,” Mays said about the former Knox County mayor now U.S. House Representative (R-2nd Congressional District) visiting Strang and hearing the need for a new cener.

Responding to such demand, finding a new center “was one of my three goals as County Commissioner” upon first taking office in January 2015, Schoonmaker said.

“... The Town has been fabulous to work with.”



Alan Sloan

David Mays, a regular participant at Frank R. Strang Senior Center for roughly the last 10 years, prepares for Feldenkrais (a stretching class) at Strang. Mays said he looks forward to the new center opening in Farragut.

www.farragutpress.com



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