Possible LCUB ‘pole’ deal to nix ground tower sites: Zachary

The following statement was released by state Rep. Jason Zachary (R-District 14 including Farragut) last week regarding cell towers being placed in residential areas, it’s implementation or may be done to control or mitigate its proliferation in and near Farragut.

“The last month, I’ve come to realize that this community and I’ve been doing it for 60 years,” Zachary stated.

“I have emailed and spoken with many of you, but thought it was important to provide a community-wide update. I have been in constant communication with the Town of Farragut, Verizon, AT&T and LCUB.

“The No. 1 obstacle for our valuable community to an FCC rule change from 2019 that prohibits locals from stopping the placement of towers.

“LCUT has worked with us and are only placing the small cell towers in commercial areas. However, Verizon has decided that we should be the first market in Tennessee in which they are rolling out 5G in residential areas. In my office, we have consistently pushed back on this. Since the rollout of 5G, I have spoken to families who are concerned about the implementation of the technology.

“I have met with AT&T and LCUB. They have confirmed that they will continue to roll out 5G in commercial areas in our community. I have been in constant communication with them and have been assured that they will not place towers in residential areas.

“I have also been in contact with the Federal Communications Commission (FCC) to express concerns about the placement of 5G towers in residential areas. The FCC has not yet made a decision on the matter.

“I urge you to continue to reach out to me and the Town of Farragut to express your concerns about the placement of 5G towers in residential areas. Together, we can work to ensure that this technology is implemented in a way that is safe for our community.”

See TOWER-ZACHARY, Page 3A

Wacky week of weather: floods, 70s, snowmen

To cap a week of flooding and temperatures in the 70s, Grayson Balista was one of many in Farragut who enjoyed the unexpected snowfall Sat.-Sun. morning.

“I love, love, love the concept. I did a lot of research about the individuals we were going to become,” Balista said about a special coach whose journey started a month ago.

“The biggest thing we can talk about right now is the plan brought to us, to be reviewed, for the old Kroger property,” Williams said. “It will be a Mixed Use development. (Colonn) has quite a bit of commercial going in front and has one very large box — for us — at 25,000 square feet, which will be divided — part will be another type of commercial going in front of an underground hazard from the old Kroger. We are only have one year experience, that is a three-year member, some have one year experience, and eight are novices with zero pom experience, so the first national title in Pom for FMDSU was amazing,” said Keri Fox Stickley, whose daughter, Cassidy Stickley, is among the novices.

The team also includes co-captains Whitney Stidfo and Carson Kramer, along with members Sophia von Wiedel, Mary Aspin Scott, Drew Patterson and Gaynor Mahoney, and choreographer Sarah Harrington. Middle row, from left, are Ainsley Simpkins, Saige Derr, coach Victoria Ogier, team members Sophia von Wedel, Mary Aspin Scott, Drew Patterson and Gaynor Mahoney, and choreographer Sarah Harrington. Bottom row, from left, are Ainsley Simpkins, Saige Derr, coach Victoria Ogier, team members Sophia von Wedel, Mary Aspin Scott, Drew Patterson and Natalie Miller. Middle row, from left, are Ainsley Simpkins, Saige Derr, coach Victoria Ogier, team members Sophia von Wedel, Mary Aspin Scott, Drew Patterson and Natalie Miller. Bottom row, from left, are Ainsley Simpkins, Saige Derr, coach Victoria Ogier, team members Sophia von Wedel, Mary Aspin Scott, Drew Patterson and Natalie Miller.

Old Kroger to be ‘Mixed Use development:’ Williams

Farragut Mayor Ben Williams had some updates he shared with the Town Tourism Advisory Committee Tuesday, Jan. 23, including those involving both the old Kroger and former Ingles shopping center.

Developer Budd Cullom of Cullum Properties, Inc., appeared at the Town Staff Developer Meeting in November and confirmed his company’s attachment to the property. While he is not quite ready to bring full formed plans before Farragut Municipal Planning Commission, Williams is excited about what has been shored up thus far.

“The biggest thing we can talk about right now is the plan brought to us, to be reviewed,” said head coach Victoria Ogier, who along with assistant coach Talim Allen had guided the 16-member team to state titles in both Jazz and Pom earlier this year.

“I give credit to the students,” Ogier added. “They’re all so dedicated. They constantly work out of practice to make sure every- thing is just right.

“We have a very young team — only four girls are eighth graders but they are very hard workers and very mature for their age.”

“This team only has one girl that is a three-year member, some only have one year experience, and eight are novices with zero pom experience, so the first national title in Pom for FMDSU was amazing,” said Keri Fox Stickley, whose daughter, Cassidy Stickley, is among the novices.

The team also includes co-captains Whitney Stidfo and Carson Kramer, along with members Sophia von Wiedel, Mary Aspin Scott, Drew Patterson, NATO- lio Mahoney, Ashley Hopkins, Saige Derr, Mary Elizabeth Nobles, Saydee Bobbe, Kaelin Miller, Gi- anna Nobles, Addison Fink, Blake Walker and Makenna McDonald. Team choreographer is Sarah Harrington.

In addition to hours of weekly practice time, most dances take supplemental classes at Revolu- tion Dance, Knox Dance Works and eight are novices with zero pom experience, so the first national title in Pom for FMDSU was amazing,” said Keri Fox Stickley, whose daughter, Cassidy Stickley, is among the novices.

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Candidates: GOP Primary to decide property assessor

MICHELLE HOLLENHEAD
vincent.hollenhead@tn.gov

Tina Householder Marshall is running for Knox County Property Assessor against incumbent John Whitehead.

Whitehead and Marshall are running in the Republican Primary, and the winner will face one of two Democrats in November’s general election.

Marshall, a 1981 Farragut High School graduate, began campaigning in earnest just after the start of this new year and has been putting out signs, hosting meet-and-greet events and appearing at parties and in city meetings throughout the county.

She has more than 25 years in the construction business, building homes from the ground up throughout Knox County, she said. Marshall also worked for Whitehead in the Property Assessor’s office — and continued to work there even after Whitehead lost his seat in 2015.

Currently, Marshall is a senior specialist at Oak Ridge Associated Universities, where she has worked for eight years, and where “they have taught me to love helping to solve problems,” she said.

She also loves helping to solve problems, “We are a Complete Home Repair, Remodeling & Maintenance Co.,” said Whitehead, a Knottsville native, having grown up in the Carter County community. He began working in the Property Assessor’s office in 1972, following a four-year stint in the U.S. Marine Corps, and worked there for 28 years before being property assessor in 1999.

He served two terms, then term limits put him in the private sector for eight years before he decided to run again in 2018.

“A lot of people call me and ask me to run again, so I did,” he said. “And, in the meantime, I helped a lot of taxpayers, helping them representing 18 homes in the appeal process — including Ms. Marshall’s.”

Whitehead is the only property assessor in the state with the Certified Assessment Evaluator designation, granted by the International Association of Assessing Officers.

From the Tennessee Board of Equalization, he has professional certifications as a Tennessee Master Assessor Level I and a Tennessee Certified Assessor.

“I love the job and I love helping people,” Whitehead said. “I love helping people in their homes.”

Marshall said her campaign is based on “strong leadership, my skills and knowledge.”

See MARSHALL on Page 3A

See WHITEHEAD on Page 3A

KCSOpolicereports

By leading Knee Pain Expert, Dr. John-Mark Checno

How we helped Carrie successfully eliminate her knee pain!

We can help you like we helped Carrie and take YOU from constant, excruciating knee pain to less pain, better performance and a return to your active lifestyle.

Carrie - At this point, we’ve been talking about knee pain for the past 4 weeks, and I want to put the information together for you and show you what a successful recovery from knee pain really looks like. To do this, we’ll list off to you a story about a lady named Carrie…

Carrie came in for physical therapy the first week of January this past year with ongoing knee pain that was keeping her up at night. She started having sleep problems and became extremely irritable. She tried to rest, then tried massage, but her knee pain just wouldn’t go away. She tried some acupuncture, but the results were not very encouraging. She started having some knee pain even if she just stood up. She noticed that she could sit down and stand up without any pain, but when she put weight on her knee, the status of her knee was questionable.

When I first met Carrie, we spent the majority of her session discussing how she was concerned about how to stop participating in her recreational activities, and she didn’t want to wear her knee on her clothing to a knee replacement. I was able to show the major structures of her knee, and we talked about what to expect when she met the orthopedic surgeon and found out what her options were moving forward.

Carrie then reported that her leg felt weak in general. She was 56 years old, Carrie was still very active, but her knee pain was slowing her down. She was at a point where it was hard to figure out the root cause of her knee pain. It was pretty simple really: we took her through the “3 Phases of Recovery”…

The first phase involved for Carrie was to help her reduce her pain and inflammation. Taping was very helpful for Carrie, early on, and we also includ-

ed some massage techniques to loosen up her IT Band, and some other hands-on techniques to help her reduce her knee pain.

Phase 2: Carrie’s pain improved, we were able to offer her advice to improve her knee strength and hip strength. Since we loosened up her IT Band and her hips, we were able to help her with her patellar-femoral joint to get it into a good alignment.

Phase 3: Carrie’s primary goals were to be able to get back to playing, and be able to hold and carry her young grandchildren. During her last several treatments, she started working on some of the things that were important to Carrie.

And today, Carrie was done with her PT treatment.

The approach to treating knee pain is essentially the same for all our clients.

Step 1: Figure out the ROOT CAUSE of the pain

Step 2: Design a treatment plan using the 3 phases.

- Phase 1: Reduced knee pain. You really need to know then, who someone is, you can study on a path that won’t take you down. You need to take a good look at the path you are taking and that dedication. Then you need the CONFIDENCE that we take care of our clients, who we want you to take it, even if it does take 10 weeks to get there!

I hope this story helps you envision how we’re able to help many of our clients with excruciating knee pain (even if they are “getting older”).

The author: John-Mark Checno, is a Doctor of Physical Therapy and owner of Simply Physio. He is happy to answer any questions about knee pain by phone or text (at) 861-384-0536 or by email at john-mark@simplyphysio.com

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“Vol For Life” looks to keep Chamber Breakfast S-Series lively

Serving Farragut • Concord
South West Knox County

Your County Commissioner since 2015

Major Accomplishments

✓ New West Knox County Senior Center
✓ New Knox County Sheriff’s Office in Turkey Creek
✓ Northshore Drive road improvements
✓ No “Pill Mill” near Choto neighborhoods
✓ TN Legislative bill filed to save over $1 million annually
✓ $7 million Canton Hollow Road improvement project

Conservative Values

✓ Low Taxes
✓ Education
✓ Business
✓ Neighborhood
✓ Community
✓ Leadership

Never voted for a tax increase
AND NEVER WILL
Supports Knox County teachers and schools
Member of Farragut West Knox Chamber of Commerce
Tina Rasa HOA Board member for 25 years
Resident of the 5th District for over 35 years
President of the 5th District for over 35 years

Endorsed by the Knox County Political Action Committee for Education

REPUBLICAN

TINA SCHOONMAKER

11124 Kingston Pike - Next to Jet’s Pizza

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Early voting for the Presidential/County primary began Feb. 11. John Schoonmaker, running for the re-election for the 5th Knox County Commission, the 5th District includes the Town of Farragut. John has worked very hard for the 5th District and deserves a second term with Knox County Commission.

John worked with the seniors who attended the Strong Senior Center to allow a light atmosphere. It allowed an easy transition for the students to go to classes and not feel overwhelmed with the amount of homework they have to do. 

John also was the Town to work with Knox County to establish a new location for the senior center that solved the space and parking problem and established a community center for the Town of Farragut, something Farragut residents had long desired.

John studied budgets and determined that the Town of Farragut had been paying too much for a parking lot, and they could do our routines better," she added. 

It’s also been a big year for Zaxby’s! We’ve added the 2017-18 FHS national title team.

This year, FMS was ranked 15th in the nation in its division last month.

While John has the experience and knowledge to continue to effectively advocate for the interests of the citizens of the 5th District. Please vote for him in the Knox County primary. Early voting is Feb. 12–25 and primary election day is Tuesday, March 3.

Mary Dorothy LaMarche
Former vice mayor of Farragut

KCSEO
District 2
has never voted for a tax increase.

He has taken the time to help citizens understand how the Knox County Planning Commission works so that they can best advocate for their concerns.

Former Vice Mayor sounds off about Commission field processing fee for local option sales tax collections.

Tennessee Department of Revenue charges a processing fee for local option sales tax collections.

I'm just so proud of them. They are not only a great team, but individually, really helpful.

Finally, meaning you could tell the girls were ready to leave it all on the floor, and that’s exactly what they did.

The good girls in how they each hold one cup and each one on their own.

Having to come from behind on finals morning you could tell that the team was in fourth place going into finals with only .8 separating them. It was the best they had ever performed," she added. It’s been a big year performance-wise for Alliance, a member of the University of Tennessee Dance Team also winning a national title in its division last month.

While Alliance (Farragut High School Class of 15) and Oakes (FHS Class of 13) are long-time friends and dancers, Alliance had the distinction of being part of both the 2017-18 FHS national champion team and the 2014-15 FHS national title team.

Vol For Life

so after he explained to me his story, where he came from, how that translated to the choices he had to make over the course of his career — which now is not football, it’s business — we thought what he had to share about his career would be really, really helpful.

As any Clinton, Gatlinburg, Pigeon Forge resident, you grew up with many challenges, but sports — football, soccer — that meant a lot to him for his life after sports.

Blaylock said.

especially — was “the opportunity, really helpful.”

with our members would be really good ide aways to improve. They also were confident enough to make suggestions to me on how we can improve our routines,” she added.

“Finals meaning you could tell the girls were ready to leave it all on the floor, and that’s exactly what they did.

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Blaylock said.
I was an English major at the University of Tennessee (2000), then went to Law School at Washington & Lee University (2003). Through the work of my parents Jim and Susan Wood who started Wears Valley Ranch, I was introduced to the Sekulow family. For a decade, I worked in various capacities for the American Center for Law & Justice and was mentored by Jay Sekulow. The ACLJ has consistently protected our constitutional rights and boldly proclaims conservative truth in public forums. Jay is one of the most noteworthy constitutional attorneys in the last 30 years, arguing before the Supreme Court to protect and defend our freedom. Mr. Sekulow just successfully defended our President during the impeachment trial. I am proud of his work and grateful to share his endorsement for my campaign with you:

“I have known Clayton since he was a teenager and he served with the American Center for Law and Justice for the longest portion of his professional career. I was in many ways responsible for his decision to enter the legal profession and I was eager to serve as his mentor. He is a passionate defender of the Constitution and an advocate for the rights described within it. Given the legacy of his family in serving, I was not surprised when he was called to ministry. I feel confident he will use his gifts and advocacy to stand up and fight for those he represents in elected office.”

~ Jay Sekulow, 
Chief Counsel, American Center for Law and Justice

I am boldly speaking out against raising property taxes.

“Candidates...were asked about...at what point they would vote for a property tax increase...Mayor Glenn Jacobs has said he will not approve one. Ten of the 11 candidates said—in one form or another—that they would consider or even approve a property tax if the county’s finances required it...District 5 Republican candidate Clayton Wood was the lone voice who said he would refuse an increase, saying he was a "firm no".”

~ Tyler Whetstone, 
Knoxville News Sentinel, 2/5/2020

As a Christian, as a Republican, as an attorney and as a public servant, I will fight for you! I ask for your support and your vote on March 3rd, 2020.

www.claytonforcommission.com
facebook.com/ClaytonWoodforCommissioner

Paid for by candidate | Photo Credit: Andrea Spidell
Markli among new pro-biz, pro-school trio in 2009-2010

ALAN SLOAN

Saying he had a “unique perspective,” former Town of Farragut Alderman Robert “Bob” Markli recalled discovering how he had helped adopt Town, moving here in 1987, needed to become more business-, development- and school-friendly.

Owner of Markli Construction Co., Inc., which specializes in construction of custom homes, Markli was asked by then Mayor Eddy Ford to serve on the Town’s Sound Service Review Board in 2001 (serving four years).

Markli said by 2005 he had become aware there were really some problems (in Town), being on the receiving end of it myself as a builder, developers were really getting gun-shy of Farra-
gut. “We were getting a black eye in the business community. Being in that group, loosely associated with those people, I was honestly surprised I didn’t think that our elected officials could do from the top down,” he added.

As a result, “Somebody needs to do something, somebody needs to say something,” he added.

I had a list of developers, no less than 10, who had told me, “We will never do another project in Farragut,” he said.

The second was “great gas prices, low taxes” and “this Interstate structure,” which featured “very high-powered people,” he added.

Markli Construction Co., Inc. was a builder, developers were all scary places to work. “I used to ride around with the Tax voice said. “I had to fight for him — it was a 4-1 against him.”

Markli turned the Board’s opinion, eventually getting a 4-1 vote for Smoak, who began in February 2010.

Markli’s election as a North Ward alderman coincided with the new Markli era.

A Clinton High School grad-
uate, former Town of Farragut Alderman Robert “Bob” Markli went into business at age 23.

“By the time I was 23, I was contracted with the 84 Lum-
er company, doing their new (Christian) mission in Baltimore. “I ended up moving back (to Oak Ridge) during the bomb project,” said his son, who attended Farragut School and now attends Tulane University.

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Renovations complete for Rick Terry Jewelry Designs

TAMMY CHEEK	tcheek@farragutpress.com

After about three months of construction, Rick Terry Jewelry Designs had an opportunity to show off the results of its newly renovated Farragut storefront, 11320 Kingston Pike, at a Farragut West Knox Chamber of Commerce-sponsored ribbon cutting Friday, Feb. 7.

Many who attended raised their hands to indicate it was the show off the results of its newly renovated Farragut storefront, 11320 Kingston Pike, at a Farragut West Knox Chamber of Commerce-sponsored ribbon cutting Friday, Feb. 7.

Many who attended raised their hands to indicate it was the very last undeveloped one in the Lovell Place strip mall — will accommodate two working kitchens, where weekly classes and summer camps will take place.

“Terry, love, love the concept,” said Longmire. “I did a lot of on-line research when I was thinking about starting a business, and this one is just fantastic. “I’m so excited I just can’t stand this.”

The space Longmire has found — very fast undeveloped one in the Lovell Place strip mall — will accommodate two working kitchens, where weekly classes and summer camps will take place.

“I love kids, I love working with kids, I love cooking and teaching and I love having fun, and that’s what Flour Power is all about,” said Longmire, whose own background includes stints as a corporate executive assistant and small business owner.

Flour Power began as Lil’ Chef in the Raleigh, North Carolina, home kitchen of Susan Caldwell in 2008 and has grown into a franchise located in seven states. It offers a full slate of activities, classes and camps during which pupils learn a lengthy list of skills, including how to follow recipes, proper food handling, cooking techniques, themed cooking competitions, what ingredients work together and food table etiquette.

“What is great is that the classes are small and are very hands on,” Longmire said.

Additionally, tuition — which starts at $149 per child for four classes — covers supplies, handouts and recipes. While most classes and the summer camps will be held during the day, evening sessions also will be offered.

Flour Power is not just for children, however; as adult cooking classes and networking opportunities also are on the menu.

While the business itself is not ready to open, it’s website is up and running and taking reservations at www.flourpowerstudios.com/Knoxville, and Longmire has also established its presence on Instagram, Facebook and LinkedIn.

Longmire said she also will be hiring as many as 20 full- to part-time employees to staff the business.

For more information, call 865-437-4448.
First time they saw the showroom since the renovation. “(The Chamber is) honored to be able to provide a ribbon cutting to celebrate the re-grand opening of this beautiful, beautiful store,” FWKCC president/CEO Julie Blaylock said, adding owner Rick Terry has been a Chamber member for 22 years. “It is rare for a business to be open that long, period — even more rare for a business to support its community as well,” she also said.

“Thank you so much for doing all of this,” Farragut Vice Mayor Louise Povlin said about the renovation. “I remember being in here several years ago when you were talking about what you wanted to do with that extra space.

“I knew, at the time, we had three dead corners (along Kingstown Pike), and you invested in our Town at a time when it looked like it was done,” she added. “So you’re seeing a lot of growth around you, and I’m so thrilled that you’re here. … You stayed through the rough part and I think you’re just going to do great things here.”

“We’re excited about it, too,” Terry said.

Before moving the business to Farragut, Terry and his parents had a store, The Goldmasters, in Franklin Square shopping center in the mid-’80s.

Call CHARLIE Waggoner at 865 218-8877 to place your ad in the Farragut Press Real Estate Gallery

For more information or to advertise call 877-8397

Sandy Gray, center with scissors, owner of The Yarn Haven, and her sales associate Debi Hammond, with “shop dog” Lola, joined Farragut West Knox County Chamber of Commerce members in celebrating a Chamber-hosted ribbon cutting for The Yarn Haven, 139 West End Center, Farragut, Wednesday, Jan. 22.

In a medical emergency, every minute matters. So, at Tennova Healthcare, you’ll find faster care in the emergency room. We work diligently to have you initially seen by a medical professional* in 30 minutes – or less. And, with a team of dedicated medical specialists, we can provide a lot more care, if you need it.

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Call Charlene Waggoner at 865.218.8877 to place your ad in the Farragut Press Real Estate Gallery
Cardiologists and others in the know about the human heart, on a worldwide scale, finally are recognizing differences in heart attack symptoms between women and men.

“Over the last decade there’s been an increasing focus on this. Now I think a lot more doctors are in tune with the fact that women don’t have typical symptoms frequently,” said cardiologist Dr. Jay Crook, vice president of The Heart Lung Vascular Institute at the University of Tennessee Medical Center.

“What most people think of as severe chest pain, maybe radiating to your jaw or down your arm, many people and many women do not have those typical symptoms of a heart attack,” added Crook, who has been with UT for 10 1/2 years. “Frequently it’s more vague than that.”

Additionally, women should look for “discomfort, sometimes, in the chest or back that can be associated with unusual shortness of breath; potentially some nausea, vomiting,” he said. “Vague symptoms that can be sometimes mistaken for an abdominal process.

“Generally, folks who are having a heart attack, in addition to whatever chest symptoms they are having, they just feel ill,” he added. “It can be overwhelming fatigue, that they may be about to faint, things like that.

“Now that’s not always a heart attack, when women are having symptoms like that, but it raises major concerns.” As a result, Crook said a woman’s symptoms “sometimes may be more difficult to recognize” than with a man. “… The hard part is that many women may be having these symptoms and not really realizing they need to be evaluated.

“Symptoms may be noted with physical exertion or significant activity that may signal that there’s an underlying blockage before there ever is a heart attack,” he added. Thanks to increased public awareness of symptoms, “I

If you are suffering some form of heart disease or have gone through any type of heart procedure — including bypass surgery and stint implants — your chances of avoiding further complications are greatly reduced by doing one critical thing, according to a local exercise physiologist.

Supplemented by a healthy diet, routine exercise and proper medication, those participating in a cardiac-pulmonary rehabilitation program “are 50 percent less likely to have a second event,” said Jon Dalton, an exercise physiologist who is manager of Parkwest Medical Center’s Cardiac-Pulmonary Rehabilitation program at 280 Fort Sanders West Blvd., Kingston Pike.

“Gender symptoms

Saying the information isn’t brand new, but yet still unknown to many, “is women usually have what you would consider less traditional symptoms with heart disease,” Dalton said.

“It starts with educating them on identifying the symptoms,” he added.

For women in general, potential heart attack/heart disease symptoms “can be a wide range of things," Dalton said. “Maybe the middle of their back, or across their shoulder blade, or pain in their upper part of their abdomen.”

In short, “females have less obvious symptoms than a male," he said. “Some of the theories behind that is our anatomy is a little bit different. “The other thing that is talked about, it’s theorized that women just generally have a higher tolerance to pain,” Dalton added. “There’s some schools of thought it goes all the way back to the way women are wired for childbirth.” As for the so-called “traditional” heart attack symptoms, “everybody thinks about left arm (pain), left shoulder and chest (pain),” Dalton said. “Those are

See HEART ATTACK on Page 3B

Heart issues cut by lifestyle changes

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Daily steps to keep your heart healthy

Heart disease is a formidable foe. According to the Centers for Disease Control and Prevention, heart disease accounts for nearly 25 percent of all deaths in the United States each year.

Issues relating to the heart affect both men and women, and an estimated 15 million adults in the U.S. have coronary heart disease, the common type of heart disease. And heart disease is not exclusive to the United States, as the Heart Research Institute says that every seven minutes in Canada someone dies from heart disease or stroke.

Such statistics are disconcerting, but they can serve as a wake-up call that people need to prioritize heart health. Fortunately, heart disease is often preventable and people can employ various strategies to reduce their risk.

• Stop smoking right now.
• Eat healthy fats.
• Adopt healthy eating habits.
• Embark physical activity.
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Heart

Heart From page 1B

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Sugar is often seen as a guilty pleasure that’s only to be enjoyed on rare occasions. But that reputation is not entirely accurate, as sugar is naturally occurring in many healthy foods, including fruit.

Naturally occurring sugars do not pose a threat to overall health. However, added sugar, which the American Heart Association notes can be found in soft drinks, candy, pies, and fruit drinks, can contribute to weight gain. Excessively eating added sugars is a risk factor for heart disease, which means that added sugars can adversely affect heart health.

One of the difficulties with added sugars is that they are often present in foods and beverages generally considered healthy. Fruit juice, for example, seems like a healthy addition to any diet. However, the AHA notes that many juices contain added sugars from high-fructose corn syrup, which can lead to the same health issues as soft drinks or other beverages containing added sugars.

The AHA recommends limiting consumption of added sugars and of-sugar products for both men and women. Men should limit their added sugar consumption to a maximum of nine teaspoons per day, while women should consume no more than six teaspoons per day.

Understanding the dangers of added sugar can help men and women protect their overall health and lower their risk for cardiovascular disease. More information is available at heart.org.

Heart Attack

From page 1B

Think more people are getting tested at an earlier stage,” Crook added. However, “Sometimes the first presentation is the heart attack itself,” he said. Although “structurally women and men, their anatomy are the same,” Crook added, “Women’s hearts may be smaller, sometimes just because of body size.”

Prevention Tips

As with men, women more predisposed to having a heart attack include, according to Crook, are those with diabetes, high blood pressure, high cholesterol, a family history (such as a parent or sibling) who had a heart attack, obesity and smokers.

“…The best way to reduce the risk of a heart attack is to avoid smoking, by eating healthy, by exercising, by controlling your blood pressure and controlling your cholesterol,” he added.

“It’s really important for people to get an annual checkup with their primary care provider, to know their blood pressure, to know their cholesterol.”

Structural cause

“Heart attacks are typically caused when somebody has plaque building up in an artery over time,” Crook said. “At some point that plaque ruptures, and when that plaque ruptures and a tiny clot goes to the heart, that’s what causes a heart attack.”

“There can be warning signs before that, and sometimes that’s called angina,” he added. “Crook also said, “It doesn’t change treatment” as to whether the heart attack victim is female or male.

UT program

Crook promoted “HeartWise,” an upcoming UT program at the Heart Lung Vascular Institute, 2124 Alcoa Highway, which runs from 7:30 a.m. to noon, Saturday, Feb. 22.

“People can come and get a general screening,” Crook said. “Get their blood pressure checked, get their cholesterol checked, and see what’s going on.”

“…And it’s not just for people who are in the office, who have periodontal disease, or those who are already sick,” he added. “It’s for anybody who’s curious about the risk of heart attacks and strokes.”

“…The best way to reduce the risk of heart attacks is to avoid smoking, by eating healthy, by exercising, by controlling your blood pressure and cholesterol,” he said. He also noted that heart attacks are typically caused when somebody has plaque building up in an artery over time. While such bacteria actually causing heart issues hasn’t been proven, is someone already has heart problems, that bacteria is going to make it worse.

“However, a correlation seems to exist between many patients who have periodontal disease and also have heart disease.”

Electric toothbrushes can assist in better cleaning of teeth, able to better reach difficult areas of tooth and gum.

When brushing, instead of bringing bristles straight in, you want to tilt them up a little bit on the upper teeth, and down a little bit on the lower. The recommendation is to hold the bristles at a 45 degree angle toward their gums so it includes that gum line.

Brushing gums will stimulate the gums and will keep plaque off the gum line.

However, once inflammation and bone loss starts, regular cleaning won’t be sufficient to reverse the problem — you would need to see a dentist. If this problem is advances, a dentist may need to recommend a patient specialist or periodontist to that patient.

The first stage of gingivitis where the tissue is inflamed. But when it starts to destroy the bone, that is periodontitis, or gum disease.

If you have a heart valve that’s defective, or blood is not circulating properly, such bacteria can live on the heart valve and cause a vegetated growth on the heart valve, causing that valve not to work properly.

In addition to proper brushing — including brushing gums and your tongue — flossing of teeth and maintaining a healthy lifestyle, is also, in addition to seeing your dentist every six months.

Dentists often measure a patient’s gums. If you start having pockets in your gums, periodontal pockets, that’s where bacteria can live.

However, a patient’s overall health neglect — smoking, limited exercise and poor diet — where periodontal disease is just one of many issues, could be a bigger contributing heart risk factor.
Lack of sufficient sleep is a problem for millions of people across the globe. But what about too much sleep? Though busy men and women might think it’s impossible to get too much sleep, excessive sleep is nothing to joke about.

According to the National Sleep Foundation, most adults need between seven and nine hours of sleep per night (the NSF notes that a small percentage of people may need 10 hours of sleep per night). People who routinely sleep more than seven to nine hours may have an underlying health concern. For example, the NSF notes that a recent study found that routinely sleeping more than 10 hours per night can be linked to metabolic syndrome. The Mayo Clinic says metabolic syndrome refers to a cluster of conditions that occur together and increase a person’s risk for serious health issues, including heart disease, stroke and type 2 diabetes. Obesity, headache and back pain are some additional potential side effects of excessive sleep.

The Division of Sleep Medicine at Harvard Medical School notes that genetics and age are significant factors in determining the amount of sleep healthy individuals need. However, young adults should resist the notion that they need less than seven hours of sleep per night because they’re young, while older adults should similarly avoid thinking that they need more sleep simply because they’re aging. As the NSF guidelines suggest, the sweet spot for healthy adults is typically between seven and nine hours of sleep per night.

A good night’s rest is an essential component of a healthy lifestyle. But adults must recognize that excessive amounts of sleep can be just as detrimental as inadequate sleep. Individuals can speak with their physicians to determine their specific sleep needs.

Too much sleep can be harmful

Atrial fibrillation, commonly known as AFib, is a heart condition characterized by a quivering or irregular heartbeat, called arrhythmia, says the American Heart Association. Millions of people across the globe currently live with AFib.

When a person has AFib, the heart’s two upper chambers, known as the atria, beat chaotically and do not coordinate with the two lower chambers, states the Mayo Clinic. AFib can cause heart palpitations, shortness of breath and weakness. AFib is not often life-threatening, and symptoms may come and go. However, side effects of the condition can be dangerous.

AFib often results in poor blood flow, which can cause pooling of blood in the atria. The enlarged atria can cause clotting, which may lead to a clot in the atria, it can be pumped out of the heart and reach the brain, potentially blocking off the blood supply to an artery in the brain. This is known as an embolic stroke. AFib also can reduce the heart’s pumping capacity. An otherwise healthy heart may be able to compensate for this reduction in efficiency. But those with damaged heart muscle or valves cannot. AFib can trigger breathlessness and exercise intolerance and potentially coronary artery disease, offers Harvard Medical School. Other problems from poor pumping can cause blood to back up into the pulmonary veins, the vessels that return oxygen-rich blood from the lungs to the heart. This can cause fluid in the lungs. Fluid also can build up in the feet, ankles and legs.

There are various potential causes for AFib, including the following conditions:

- high blood pressure
- abnormal heart valves
- previous heart attack
- congenital heart defects
- overactive thyroid
- exposure to stimulants
- previous heart surgery
- lung disease

Some people with AFib do not have any heart defects or damage, and the cause is unclear.

The Mayo Clinic says treatment goals for AFib include resetting the rhythm or controlling the rate of the atrial valves, known as cardioversion. This can be done electrically or through the use of drugs. Sometimes, other therapies to control atrial fibrillation do not work. In these cases, a doctor may recommend a procedure to destroy the area of tissue that’s causing the erratic electrical signals and restore the heart to a normal rhythm. Medication is prevent blood clots and reduce the risk for stroke often are prescribed.

Atrial fibrillation can be scary, but it’s manageable and the life-threatening side effects that may accompany it often can be mitigated.
Led by swim state champ Houk, HVA 4th; King, FHS girls top 8

Knoxville — Several Farragut area high school swimmers had a big weekend at the Tennessee Aquatics Center on the UT-Knoxville campus Friday and Saturday, Feb. 28-29. Among the 26-member Farragut High School Aqua Admirals, the FHS girls team finished eighth (104th combined with boys). The Admirals were led by Harper Houk, state champ in the 100-yard individual medley (1:05.75), who came in fourth in the 100-butterfly. Overall, they medaled in four events.

While Zack Edgell was third in the 100-butterfly, touching at the finish just ahead of Bearden’s Colin Maupin, with both posting 56.42-second times.

Maupin finished third in the 100-backstroke (50.95 seconds) and was a part of the Bulldogs’ 200-free relay team that captured fourth, teaming with Brecik Herbert, Ryan Barcley and Josh Lollis (1:39.25). The Aqua Dwarves boys finished 12th.

Aligui King of Farragut won three medals over the weekend. She finished fourth in the women’s 100-backstroke with a time of 55.62 seconds. She also took fifth place in the 100-butterfly.

Relay-wise, King was part of the Lady Admirals’ 200-medley freestyle finishing fourth, teaming with Sarah Walker, Grace LaCharite and Mara Spadafora (1:48.45).

The Lady Admirals picked up a pair of medals in the relays.

See STATE SWIM on Page 3C

The lady as head coach of the Lady Admirals in the fall of 2010.

Sisk, a Hall of Fame member herself and current Farragut High School of Knoxville Middle School and Webb School of Knoxville Middle School — adding up to 16 years of leading a team — Farragut’s overall career record is 238-142.

“I would say that coach David was beyond a volleyball coach. She cared about us as people and cared about the individuals that we were going to become,” said Reagan Grooms, a standout outside hitter (Class of 2015) who went on to become an NCAA Division II All-American outside hitter at Armstrong State University, Savannah, Georgia.

“She left an impact on my playing career as well as my personal journey,” added Grove, an assistant coach at LaSalle University (NCAA Division I in Rome, Georgia).

See DAVIDSON on Page 2C

Davidson’s decade

Resignation ends ‘excellent decade’ coaching FHS volleyball to 3 state run-ups

Successfully carrying on a storied high school volleyball tradition started by former head coach David Moore, Susan Davidson began as Farragut Lady Admirals head coach in the fall of 2010. “David Moore has been an excellent mentor to me, and a great friend,” Davidson said about a fellow FHS sports Hall of Famer and an assistant with her as head coach.

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See DAVIDSON on Page 2C

Hitting the boards, ‘D’ lift Ads at HVA

Knoxville — After dropping a close contest at HV A Friday night, Feb. 7. “I think our biggest thing was rebounding. We’ve struggled getting out-rebounded,” said FHS sophomore wing Isaiah Smith, leading his team’s rebound third quarter of divoting and crisp execution with 14 points, scoring a team-high 22 at game’s end. In practice and before the game, coach Higgins was really on us about rebounding.”

See FARRAGUT-HVA, Page 2C

CSC ‘All-time scoring’ duo honored

While recognizing 16 seniors on Concord Christian School Senior Night from its boys basketball, girls basketball, cheer, swimming & diving and marching band Tuesday, Feb. 4, two career-scoring milestones were recognized as CCS hoops teams swept Tennessee Christian Preparatory School. Alongside girls head coach Scott Graham, left, Ashley Pearson scored her 1,000th point Friday, Feb. 4. and was recognized as the all-time leading scorer for the girls program. Alongside boys head coach Mike Wilkins, Bryce Baxter was recognized as the highest scoring player in boys basketball program history.
"I thought Isaiah played pretty well. When he gets hot and he gets going, it opens up the floor for us a little bit," Higgins said.

"Farragut was able to get Smith going again, which hurt us," HV A head coach Shane Chambers said.

About that huge Ads third quarter, pushing a 37-30 halftime lead to 65-42 after three frames, "We know we can score, and so we decided to get a little momentum, and some of our shooters hit shots," said senior guard Robby Geron, who scored 17.

"Robby was moving. He wasn't a point guard this game, and I think that helped us," Smith said.

"Carter (Mayfield) played really well," he added about the FHS sophomore point guard (16 points).

Mayfield's solid play at the point "and attack from positions that are closer to the basket," Higgins said. "... I thought Robby played extremely well tonight. I thought he rebounded well."

"I thought Carter Mayfield played an excellent game — especially for 29 minutes," he added.

Overall, "In the first half we just couldn't get going offensively," he added.

Seven Farragut High School senior student/athletes made their college choices official during a National Signing Day ceremony Wednesday morning, Feb. 5, in FHS’s Vickie B. Wells Auditorium.

Sitting, from left, are Brenna Bocik, dance (The Ohio State University); Bailey Myers, softball infielder (University of Tennessee); and Sararah Walker, swimming (Southern Illinois University)

Standing, from left, are football standouts Alec Keathley, tight-end/linebacker (University of Dayton); A’koiyea Johnson, lineman (Union University, Kentucky); Gavin Wilkinson, all-time FHS passing yardage leader as a quarterback (University of the Cumberlands, Kentucky) and Colin Ross, infielder (Duke University).

Farragut-HVA

From page 1C

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Seven Bulldogs, three warriors choose National Signing Day colleges

KEN LAY
Tennessean

KNOXVILLE — Seven Bearden High School student-athletes officially finalized their respective college plans on National Signing Day.

Three football players and four baseball players made things official at two separate signing ceremonies Wednesday, Feb. 5, at Bearden.

Football players who signed in the gym in an early morning ceremony were Garvin Campbell, Andrew Kegel and Kenneth Parker-Smith.

Baseball players signing a short time later in the Bearden library were Jacob Balsley, Brandon LeJeune and Braden Kregel.

Bearden is not the only high school in Knox County signing students Wednesday, as several other schools also had their respective college plans on National Signing Day.

“Right now, it’s a pretty chapel, and I really liked that,” Boles said. “I’m going to major in nursing, and I liked the student-to-teacher ratio.”

Kregel said, “I felt like they really wanted me at Maryville. They care about me as a person and a player. They really care about me. They care about my future after football.”

“One thing is that it’s close to home. I wanted to stay close to home,” he added. “The other thing is that I met the staff there and the teachers all have an open-door policy.”

Boles said Georgetown is “a smaller school in a better deal for me. I wanted to play, but the coaches told me to go a degree. My first goal is to get my degree. That’s the most important thing.”

“I’m uneducated about what I want to do, so the coaches told me to take a semester and take some classes and decide what I want to do,” he added. “I’m looking at something in business, maybe.”

Boles said Georgetown is “a Christian school and they have a pretty chapel, and I really liked that, I’m going to major in nursing and they have a really great program.”

LeJeune said, “The plan is for me to go on and play baseball after I’m done there. That’s my goal.”

“I like the academics at Cleveland State and I’m going to major in exercise science,” he added.

Lady Ads strike quickly, roll past Hardin Valley minus Grice

STAFF REPORTS
athletereports.com

HARDIN VALLEY — An all ready tough task, trying to beat a talented Farragut team, got much tougher for Hardin Valley Academy girls basketball after learning its top inside player, senior post Makala Grice, would sit out with an illness.

Though the Lady Admirals bounced to a 240 first quarter lead, the Lady Hawks didn’t quit actually keeping pace with PHS from that point forward despite losing 61-59 Friday night, Feb. 7, at PHS.

Improving to 16-6 overall, 10-2 in District 4-AAA after the game, Farragut was led offensively by Avery “Ace” Strickland, explorers-wing, with 18 points. Claire Wyatt, senior post-wing, added seven while Addie Sheridan scored eight. Calli Willis and Kenleigh Rogers added seven each, Madie Boekweg and Samiyah Smith a three-point basket.

Maddie Tubb’s 11 points led the Lady Hawks (8-16, 3-9 against the game), Kate Bass added eight while乙烯 Boss, Allie Sexton and Tori Adams each scored four. Avery Laugherty hit a three-point basket while Emma Rockwood and Samiah Smith scored two apiece.

Bull to finish seventh in the 400-yard freestyle relay (3:23.60). As for BVA men’s relays, Booth and Topky teamed with Locman, Stash and Edge McCoy to take fifth in the 200-medley relay (1:43.79). In the 400-yard freestyle relay, Booth, Topky and McCoy joined Saun Warr to finish eighth.

Christian Academy of Knoxville received three senior student-athletes who signed National Letter-of-Intent papers during a ceremony in the CAK library on National Signing Day Wednesday, Feb. 5. From left are 2018 Alaskan football kicker Zander Torbin, signed with the nation (Elon University, North Carolina); Luke Etherton, Al-assist track & field 2015 in decathlon, discus and 400-meter run (St. Miss); and Josh Whitaker, pole vault state runner-up in 2019, third in 2018 (Carson-Newman University).

Kate Salsbury and Rachel Aycock combined with Abbey Aycock, Avery Laugherty and Cass Allit at 1-meter high, as Rachel Aycock took fourth in the 3-meter diving, Aycock took fifth in the 200-free relay, Houk, six in the 200 medley relay. In the 400-yard freestyle relay, Hall to finish seventh in the 400-yard freestyle relay (3:23.60). As for BVA men’s relays, Booth and Topky teamed with Locman, Stash and Edge McCoy to take fifth in the 200-medley relay (1:43.79). In the 400-yard freestyle relay, Booth, Topky and McCoy joined Saun Warr to finish eighth.
A Farragut High School senior who helped raise more than $3,000 for breast cancer awareness last fall — with an incentive to shave his head — is at it again, this time to help raise money for the Special Olympics.

Garrett Howe set a $15,000 goal for this fundraiser, and if he met it and several other students, along with PBS teachers and administration calling themselves the “Iced Out Admirals,” will jump into freezing cold water Saturday, Feb. 22, at World’s Fair Park in downtown Knoxville as part of the Knoxville Polar Plunge for Special Olympics.

At deadline, the group was more than halfway to its goal. Half of the money raised will go to the Special Olympics parent organization while the rest will be used to purchase uniforms, backpacks, water bottles and other paraphernalia for participants calling themselves the “Iced Out Admirals,” will jump into freezing cold water Saturday, Feb. 22, at World’s Fair Park in downtown Knoxville as part of the Knoxville Polar Plunge for Special Olympics.

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Here, an enthusiastic section leader for his grade, is equally passionate about Special Olympics, as it impacts many of the students with whom he interacts as one of about 70 FHS Peer Tutors.

For someone who has experienced Special Olympics firsthand, I know how important the organization is because of the passion he has for it. He is one of about 70 FHS Peer Tutors with whom he interacts.

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FEBRUARY/MARCH

To launch a pickleball program for Farragut and West Knox County seniors, West Knox County Senior Center is hosting a Pickleball/Open House from noon to 3 p.m., Thursday, Feb. 13, in the gym, 239 Jamestowne Blvd. Anyone interested in trying out the courts and learning how to play pickleball is invited to stop by anytime during these hours. Players are invited to come to the courts and learn or practice at their own pace.

The program kicks off Tuesday, Feb. 18, open play. Those days and times host designated times for public seniors will be featured from 9 a.m. to 3:30 p.m. each Tuesday and Thursday to 3:30 p.m. Pickleball for seniors will be open for those who don’t bring their own. There is no cost for play to those students (must present ID) and West Knox County seniors, West Knox Country Club, 12284 N. Fox Den Drive in Farragut. Cost is $40 for non-members. A table rental 10 seats is $275. (No refunds will be made by calling 865-681-9989 before Feb. 14.)

Pellissippi State Community College will celebrate the music and poetry of outstanding African-American artists by hosting the chamber music theatre work “Tell Every Ember Violetine of the Harlem Renaissance” as one of its Black History Month events. The work, which features one actor accompanied on stage by an instrumental trio, will be performed beginning at 7 p.m. Friday, Feb. 21, in Clayton Performing Arts Center on the college’s Hardin Valley Campus, 7001 Hardin Valley Road. The performance is free and open to the public. For more information about Pellissippi State’s upcoming Black History Month events, you can visit psc.edu/blackhistory or contact Wood at 865-612-7100 or gwellesde.pstcc.edu.

Join instructor Kristi Kelsey of Tennessee Dance for the ultimate “Essential Oil: Abundance” as one of its Black History Month events. This is a free class; however, registration is required. To register, visit www.pstcc.edu/continuation or by phone at 865-756-1373.

Stop the Bleed training and certification is from 1 to 2:30 p.m. Saturday, Feb. 23, in the large classroom at Farragut Community Center (239 Jamestowne Blvd.). All things girls from fashion and beauty to skin care and emotions will be the topics of discussion. Participants will make support rollers. This is a free class; however, registration is required. Register by Monday, Feb. 24, at townoffarragut.org/register, in person at the community center or by phone at 865-218-3375.

“Sweetie,” my sweet little cat, just had her annual visit. My vet recommended that we check my cat’s blood pressure I have never heard of such a thing, You Sweetie is getting older, and you know that my vet did find a few changes on her exam and tests. Do cats really get high blood pressure? Dr. Farragut A.

No (and don’t have hypertension, more commonly known as high blood pressure. High blood pressure in cats can be primary or secondary hypertension means that there is no known cause or disease causing the hypertension. Secondary hypertension is far more common. Causes of secondary hypertension include kidney disease, diabetes, thyroid disease and adrenal disease. Certain medications can also cause hypertension.

On physical exam, there are several things that could have prompted your veterinarian’s recommendation. Cats with hypertension can have cardiac or neurologic abnormalities, and occasionally, the physical exam is normal. Certainly, we understand that some cats don’t enjoy the trip to the vet. If your pet seems especially nervous, your veterinarian may recommend recheck the blood pressure again in a week to confirm the diagnosis. "White coat hypertension" can be a challenge. See ASK VET on Page 6C

RCF new member

Tammy Cheek

Rotary Club of Farragut welcomed Jonathan Jackson, center, sponsored by RCF past president Jim O’Brien, during an induction ceremony at RCF’s meeting in Fox Den Country Club Wednesday, Jan. 22. Also pictured are Staci Wilkerson, far right, RCF president, and Arlene Weinstein, RCF membership chairwoman.

FARRAGUTPRESS
THURSDAY, FEBRUARY 13, 2020 • 5C

fp 10-Day-plus Press Planner

Send your events to editor@farragutpress.com — For more Press Planner visit www.farragutpress.com

FERRAGUT/MARCH

For members at noon, Wednesday, Feb. 19, in Bearden Banquet Hall, 5806 Kingston Pike. Ladies are invited who are new to the area or who just want to make new friends. Come and join us for lunch and a program about Mobile Media Reservations can be made by calling 865-864-0000 before Friday, Feb. 14.

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St. John Neumann Catholic School’s students and some adults gave the “gift of love” in the school’s gymnasium Wednesday, Jan. 29 when they had their hair cut for wigs going to children and young adults who do not have hair, its annual Ponytail Drive.

Now in its ninth year, 13 girls and three women sat in a row waiting for a haircut from family members or friends while the entire student body watched and cheered. After the cuts, local stylists from Bella’s Fix and Salon styled the donors’ hair for free. “It was just a generous gift from the heart,” SJNCS learning lab teacher Michelle Dougherty said.

Ponytail donors said they gave their hair “because some people don’t have hair.” Dougherty remembered the drive was started as a class project to teach students about giving back, but then the drive became more personal. On Oct. 5, 2018, she was diagnosed with breast cancer and underwent chemotherapy treatments.

During last year’s ponytail drive, Dougherty stood before students completely bald. “As somebody who, this thin last year, didn’t have hair, thank you because it makes a difference,” she told donors. “The first year we had 25 hair donors.” Dougherty recalled, adding since then more than 350 people have participated in the event and donated 750 ponytails to two charitable organizations.

Ponytails are being donated to Children with Hair Loss, a non-profit organization headquartered in South Bendwood, Michigan, that “freely gives hair replacements, wigs and hair care kits to children and young adults who, for medical (or burn) reasons, do not have hair,” Dougherty said.

For that child, having hair means “you can walk out and be treated normal.”

During last year’s ponytail drive, Dougherty presented a video of a child with alopecia who received a hair care kit last year. The girl in the video said, “I just want to be treated normal!”

Elena Lemmons gets a haircut from mother, Jennifer Lemmons, Wednesday, Jan. 29.

Donations of hair are being accepted at SJNCS, located at 6200 Kingston Pike. The deadline for donations is Jan. 31.

College GPA honorees told

• During the 2019 fall semester at The University of Alabama in Tuscaloosa, three undergraduate students from Farragut were named to the President’s List with an academic record of 4.0 (all As).

Jonathan S. Borchman, Laura V. Boy and Frank Grady Stauffer were named to the UA Presidents List.

LaShae Hooper of Farragut has been named to the Dean’s List at Roane State Community College for the 2019 fall semester. She is a graduate of Farragut High School.

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Planner

From page 5C

bleeding in emergency situations. Class and certification are free, however, registration is required. Register by Monday, Feb. 24, at townsquarelibrary.org. In person at the community center, or by phone at 865-516-0172.

• Farragut Health & Wellness Expo, presented by Turkey Creek Medical Center, will run from 10 a.m. to 3 p.m., Saturday, March 28, in Farragut Community Center gym, 239 Jamestowne Blvd. Free of charge, this Expo will include all aspects of health and wellness, from health organizations to fitness businesses to financial experts — “and even a jewelry store, which has crystals and healing beads,” said Stephen Newman, executive director of Shop Farragut/Farragut Business Alliance. “It’s a tabletop health trade show. … It’s all about living well.”

Ask vet

From page 5C

syndrome” happens with cats and dogs just as it does with people, thus causing artificially high readings. Using a special ma-

If Sweetie ends up having high blood pressure, please know that there is medication to treat it. It is important to know if a concurrent disease is present or not, as she will need to have both conditions treated for optimal health and blood pressure control.

Best of luck to her.

If you have questions about your pet, you may e-mail Dr. Myers at lenoircityac@gmail.com.

Give your Valentine a special gift...

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DAVID S. REXRODE

Attorney At Law, Tuesday, Feb. 18, 10 a.m. - 3 p.m.

102 Chacho Road 865.866.1004

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TAMMY CHEEK

knowsifit'sgonnaexist.com

Annual ‘gift from the heart:’ SJNCS Ponytail Drive

Photos by Tammy Cheek

(Left) Lily Edwards, 8, shows her ponytail, which was cut by her mother, Aileen Edmands, at St. John Neumann Catholic School’s annual Ponytail Drive in the school gymnasium, Wednesday, Jan. 29. (Middle) Sharon Peterson and daughter, Anna Peterson, show off Anna’s ponytail after it was cut. (Above) Jennifer Lemmons gives a haircut from mother, Jennifer Lemmons, during St. John Neumann’s annual Ponytail Drive.

Photos by Tammy Cheek

Dolley presented a video of a child with alopecia who received a hair care kit last year. The girl in the video said, “I just want to be treated normal!”

For that child, having hair means “you can walk out and people won’t pick on you.”

Relief from ELIUD STREETs!

Find out more and LISTEN to

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Relief from ELIUD STREETs!

Want to know more? LISTEN to
FIS Admiral Awards for 3rd-, 5th-graders

STAFF REPORTS
editor@farragutpress.com

Farragut Intermediate School rewarded its students in each grade for exhibiting “Admirable” traits of honor, courage and steadfastness during a recent assembly in FIS gymnasium.

• Third grade: Niki Adams’ class — Grant Jester, Emma Katara, Erick Gomez and Eli Schramek; Linda Clancy’s class — Elijan El-Shehht, Sarah Franklin, Jackson McLenny and Alayn Koenig; Teresa Cupps’ class — Jazmin Jang, Cara Amundson, Maddle Franklin and Liana Lips; Jessica Duby’s class — Baylor Lewis, Siying Li, Mason Byrd and Estrella Martinez-Sandoval; Theresa Ganghwar’s class — Sara Marie, Gavin Angelton, Sunny Sherman and Boston Delver; Christine Gerlach’s class — Arabelle Way, Charlotte Fowler, Ryan Smith and Preston Dorsey; Carley Green’s class — Enzo Mina, Matthew Winsett, Kaiden Hardin and Sky Hammond; Sylvia Ballard’s class — Margaret Compton, Emma Schriver, Anya Souza and Marquette Tilley; Andrea Hamilton’s class — Mollie Erickson, Leann Schrader, Joseph Gass and Stella Rich; Jana Herst’s class — Dyllan Bark, Mo Chynh Nguyen, Victoria Owen and Owen Miller; Ashley Mancini’s class — Elena Wu, Sami Park, Kidsi Dent and Tony Anderson; Breanna King’s class — Oliver Jones, Aiden Lee, Kade Mostall and Elina Phanwar; Tara Oskar’s class — Ayden Rhys McHenry, Kelly Grinn, Berlrett Humphrey and Charlotte Basel; Emily Pegg’s class — Hannah Gao, Brehon Brown, Sunny Zuney and Ben Asberry; Tori Peterson’s class — Sebastian Gannaway, Dean Chabough, Silanica Vampier and Nacho Vardhan; Amy Shoobram’s class — Sam Deary, Donya Crede, Deidra Dyer and Jana Geyer; and Natalie Wells’ class — Carly Bowen, Austin Bryce, Max Franklin and David Admonier.

• Fifth grade: Jill Yi’s class — Blide Merren, Ryan Vincil, Luke Harvey and Thomas Lecue; Alyse Cardoza’s class — Mary Gregg, Conner Deaton, Wesley Saurer and Braxton Shooker; Sarah Eldredge’s class — Jamie Smith, Sarah Mac, Leah Alli, Cooper Direr, Darca Marriott-Hay’s class — Almudena Summone, Anton Ballet, Evan Thomasen and Ismael Scipio; Deb Wulff’s class — Ben R годинаков, noodkiv Pac, Jack Parrett, Anna Guiney; Bob King’s class — Sawyer Hattan, Luke Moore, Anwesha Pahi and Jessie Ortega; Susan Mann’s class — James Curtier, Hunter Lammers, Brandylove Love and Lillian Naylor; Angie Mancini’s class — Ava Kincaid, Grant Carroll, Caroline Zhao and Lucas Bilder; Mike’s class — Mikol Patel, Sophie Shragh, Gabriel Lin, Ellis Pachur, Aden Garrett’s class — Brian Salmon and Willy Stuesse, Kyle Ercoline and Gabble Vandeback; Leonard Shaffer’s class — Caroline Arthur, Madison Gao, Lina Nguyen and Joanna Gruen; Nicole Treadwell’s class — Mario Almashahghi, Alia Ahmad and Gabe Arom; Phillip Taylor’s class — Hunter Trichard, Estepa Sherkan, Brie Britt and Graham Britt; Kyle Trichard’s class — Sophie McDonnell, Jacob Ellis, Linda Cusano and Isabella Hines; and Lindsey’s class — Jordan Davis, Evan Farnum, Josh Cay, Marlowe Marks and Van Anda.

Young visitor a treat at Lantern, M-Pointe

Young visitor Alex Sartin brings a big smile to resident Ruth Walters’ face at The Lantern at Morning Pointe Alzheimer’s Center of Excellence, Lenoir City, recently. Alex is the son of Carilyn Sartin, a resident assistant at the memory care community. “Resident families and staff often bring babies to visit to The Lantern, and our residents love it,” Lantern program director Kayla Robinson said.

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PHOTO SUBMITTED
Webb service medals

Webb Upper School recently recognized several members of its ninth-through-twelfth grade student body for their demonstrated exemplary commitment to community service with the presentation of this year’s national President’s Volunteer Service Award. It is no order with plaque; Gold Medal, for 150-plus hours (ages 11-15); 250-plus hours (ages 16-19); Zach DiBiase, senior; Nefele Fuchs, junior; Tanner Houston, junior; Caitylynn Jenkins, freshman; Jane Kelly, junior (two-time Gold Medal recipient); A.C.

Maddox, sophomore; Henry Partridge, junior; and Bianca Tailor, freshman. Silver Medal, for 75-to-99 hours (ages 11-15); 175-249 hours (ages 16-19); Anna Beth Lee, senior (two-time Silver Medal recipient); Michael Nichols, senior; and soprano Katherine Pinkenson, violinist, and Ford Wagner, Bronze Medal, for 50-74 hours (ages 11-15); 100-174 hours (ages 16-19); Addie Dovenhart, senior; Christian DiBiase, senior; Lia-Hardy Hughes, junior; Sahil Jamani, junior; Parker Nowell, senior; Yash Pradhan, junior; Maggie Tipton, junior (two-time PVSA Medal, Gold and Bronze, recipient); and Anusha Vora, senior.

Farragut schools to learn women’s suffrage at 100

Knox County Schools students have been challenged to show what they know about women’s suffrage, as 2020 marks the 100th anniversary of the passage of the 19th Amendment, giving women the right to vote. It was the birthday of 10th-grade social studies and science teachers, Angie Mungo and Sarah Eddings, and humanities librarian Holly Matthews, Suffrage Coalition secretary, who said the Suffrage Coalition Centennial Celebration Contest, sponsored by the Suffrage Coalition, to “educate students in kindergarten through the 12th grade about the ratification of the 19th Amendment in the U.S. Constitution, which took place on Aug. 18, 1920,” according to state Code 4-6-103. As part of the statute, the teachers also are required to educate students on State of Tennessee’s fundamental role in guaranteeing all women the right to vote.

The contest, open to all Knox County Schools students, includes three individual categories, literacy, through a poem or essay, visual arts, which may encompass the commemorative button, parade advertisement, cancel stamp design and commemorative envelope, and media, which involve creating a documentary. “After judging all entries at the building level, each KCS school may submit first and second place winners per category and per grade division for final collegiate competition,” said Matthews.

The theme is “Celebrate a Century of Women’s Suffrage.” Entries must be received, along with a signed entry form, by Tuesday, Feb. 25, an extension of its original Feb. 14 deadline.

Since state statute requires instruction on the 19th Amendment, Mungo said she and Eddings also have been creating and re-creating monthly video presentations called “Time Caps” while in suffrage costumes during their morning new program, Farragut News Network.

Book drive hosted at FMS thru Feb. 21

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

Knox County Council Parent Teacher Association is hosting a gently-used book drive through Friday, Feb. 21, at Farragut Mid-

dle School. The “For the Love of Books” drive is being conducted by Farragut Middle School teacher, Angie Maxey and Sarah Eddings, as part of the Knox County Council Parent Teacher Association is hosting a gently-used book drive through Friday, Feb. 21, at Farragut Middle School. The “For the Love of Books” drive is being conducted by Farragut Middle School teacher, Angie Maxey and Sarah Eddings, as part of the Knox County Council Parent Teacher Association’s Read City USA initiative, by Knox County Schools students, in conjunction with Knox County Council PTA special events coordinator and also is a member of the PTA Parent Teacher Organization. She said the drive is being

Call Linda at 216-8881 to place your ad in the farragutpress Worship Directory!
opportunities and memories it provides for thousands of people with and without disabilities,” he said.

“For me, the opportunity to see what they are able to do is just amazing,” he added. “They are able to compete and have a good time doing it, and it is a great opportunity for us, as peer tutors, to help them and enjoy it as well.”

Peer Tutors work throughout the school year with special needs students, spending time with them in class, taking them to job locations and enjoying social outings with these students.

“I know I do, and have, learned more than they have. I really have a great time with them, every day,” Howe said of his fellow FHS students.

“It is the highlight of my day, every day.”

Michelle Hollenbeak

Farragut Press
determined," she added. Lynda met surgeons, physical therapists, nurses and African volunteer day workers, one of whom "radiated happiness."

"We change the individuals one life at a time," surgeon Lynda Parker said in a MercyShips online video. The Primkas first learned about MercyShips, founded by Don Steadman in 1980, while they were on a trip to Ghana. "He would come back from MercyShips with the power, water, surgeries and other support staff to correctly operate on patients," said Crit, who also noted, "How they met and their life-long love is so beautiful in a world where faithfulness and commitment seem so much shorter to be valued and complement each other."

"It sounds like a fairy tale, but it is reality," he added. "When they met and their life-long love is so beautiful in a world where faithfulness and commitment seem so much shorter to be valued and complement each other."

"It has been a life that was truly meant to be," Donna added. "It has flourished, since that day."
The Farragut Press is not responsible for errors in advertising. If not corrected before the week after the ad is placed, this newspaper is not responsible for the accuracy of any classification or real estate advertisements. We do not attest to or guarantee the truthfulness of any product, service, company or individual that chooses to advertise in this newspaper, and we reserve the right to refuse any advertising we deem inappropriate or unacceptable by our company standards.
Cool Sports, Home of the Icearium, in conjunction with the Town of Farragut, offered Free Skate Day to the community Monday, Jan. 20.

Marcia Little, skating director, said the annual event also marks the U.S. Figure Skating organization’s designation of January as National Skating Month.

“We always hold it on the Martin Luther King Jr. holiday, because schools are out,” she added.

Cool Sports offered a free skating session, along with a free adaptive skating class and a free “Stick and Puck” course, all of which brought dozens of skaters to the facility.
Get a Whodunnit Dinner & Auction

A Whodunnit Dinner & Auction

It’s a mysterious evening in spring, and you’ve been invited to an upscale dinner party at the Chamber mansion... You’re not sure why the host specifically wants you there, and you don’t particularly know the other guests.

The evening begins nicely as everyone goes missing. Whodunnit? Attend our 31st annual auction on April 23rd and find out...

Join us for the Chamber’s largest fundraising event of the year! Our Annual Silent & Live Auction, now in its 31st year! The event sees an average 250 attendees and represents approximately 190 member businesses via sponsorships, silent and live auction donations, table purchases and individual attendees. This event is integral to making sure the Chamber continues to provide the maximum quality and quantity of programs and services to its business members and the communities they work and live.

Tickets are $80 each for members, $55 for non-members, or $50 for a table of 10. Tables of 10 are recognized by name and logo! All tickets include entertainment, food and at least one drink (cash bar available at event).

Tickets are available at www.farragutchamber.com/breakfast or by calling 675-7057. For reservations, please call 675-7057. This year we are proud to do...
Restaurants.

Cedar Bluff; and the Front Desk Supervisor for the Copper Cellar West award: Chas Belloit, General Manager for Tourism Association's 2019 Stars of the Industry mission of Knox County, Tennessee, honoring the vice.com/
ons. (865) 299-3259 or visit https://knoxroomser-
Tea Light Candles, all for $64.99. *Ask about add-
tion's Day Greeting Card; 4 Red Roses in a vase; 3
Covered Strawberries; 2 Champagne Flutes; Valen-
Champagne or Freixenet Brut; ½ Dozen Chocolate
includes: Butler Delivery and Presentation; Almond
of beverages. *Valentine's Day Special Package in-
in the eyes of Valentine's, there's Room for all kinds
to taste. There are few things in life as romantic
think to buy themselves. Knoxville Room Service
too, especially if it's something they wouldn't have
that you not only know them, but care about them
unto pre-register.

member items!

The right bottle of wine or liquor can show someone
that you not only know them, but care about them
to try something new? There's a selection ready for
you to taste. There are few things in life as romantic
alone or with your loved one. Knoxville Room Service
and you'll have gained valuable knowledge that
can help you prepare for the future. For planning
purpose please call the Center at (865) 288-7805 to
pre-register.

Pellissippi State Community College offers a
time was very successful. Attendees enjoyed good
networking event of the

The Chamber’s first

Enjoy a romantic Valentine’s Getaway at the Hilton Knoxville Airport, 2001 Alcoa Highway, Alco 37701, for $129. Executive Club Level King
room with plush Hilton Robes, evening appetizers,
and most private nonprofit organizations that Feb.
and you’ll have gained valuable knowledge that
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Pellissippi State Community College offers a
Ribbon Cuttings

Calculating Minds Math Achievement Center - January 13, 2020

Standing side-by-side are owners Dee Morgan (fifth from left) and Amy Fisch (holding scissors) as Amy’s sister, Laura Palenkas-Senior Helpers of Greater Knoxville (standing beside Amy) and brother-in-law, Tim Palenkas (between owners wearing glasses), family member Sandy Strehlein (red hair, behind Laura). Assistant Vice Mayor Louise Perlin-Town of Farragut (second row, behind Dee, grey sweater), members of the community, neighbors and friends gather to participate in the celebration.

The Yarn Haven - January 22, 2020

Assembling together on a chilly morning to participate in the ceremonial ribbon cutting to owner Sandy Gray (center, holding scissors), staff member Deb Hammond (fifth from left, holding shop dog, Lula). Assistant Vice Mayor Louise Perlin-Town of Farragut, Chamber board members, ambassadors, members of the community, family and friends.

The Pizza Kitchen - January 29, 2020

(L-R) John Boyack-Farragut West Knox Chamber of Commerce (front row, grey jacket), Commissioner Hugh Nystrom-Knox County (front row, red tie), owner Travis Redmon (beside Commissioner Nystrom, blue shirt), Kate Alley (blue sweater, beside Travis); Joe Kilpatrick (black shirt and blue jeans, standing beside Kate), Travis’ son, Emmery Redmon (front row, holding scissors), Commissioner John Schoonmaker-Knox County (second row, behind Travis and Kate); Chamber ambassadors, members, family and friends joyfully gather for photographs.

Guest Column

Going Back to School as an Adult

By Jenny Zino

Going back to school after the typical “college” age can feel overwhelming no matter when you decide to go back. The process of attending school as an adult can feel unfamiliar. I found the following to be helpful in my journey to completing my bachelor’s degree in no particular order of importance: knowing your resources, seeking support, and having a reason to be persistent.

For me, the most important aspect when beginning any life endeavor is to know what this goal demands of you. Knowing what your resources are will help you get to where you need to be that much faster. The internet of course is a huge resource. However, as with anything on the internet, make sure that your sources are credible. Additionally, your professors will be one of your top resources. Learning how to learn requires you to step outside of your comfort zone and ask questions. I made sure to utilize my campus’ resources, including the writing center, as they are free and designed to set you up for success.

Additionally, having personal and professional support was of significant value. During times of stress, support will help to keep your spirits up. The people who were the most supportive to me were also, at times wonderful resources. You will have mock interviews, surveys, and projects where the people’s roles will intertwine to help you complete your assignments. It is also helpful to remember that you will need to help others and pay it forward.

Lastly, you need to remind yourself of your reason for going to school and be persistent. Attending class, finishing assignments, and communicating with faculty takes focus. Therefore, it helps to remember your reason. Why do you want to complete your degree? If you know that in mind, it will propel you forward, and you will succeed.

Jenny Zino is a graduate of King University’s Communication program.

For more information on King University programs of study, contact Enrollment Counselor, Anthony Langston at allangston@king.edu.
Welcome New Members!

The Chamber welcomes these businesses which joined us recently in the month of January. Did you know businesses/organizations can submit an application & payment online? Visit www.farragutchamber.com and click ‘Join the Chamber!’

Citizens Insurance Solutions
Heather Magku
http://www.citizensinsuranceresolutions.com
Eyes on Northshore
Susan Carter
2653 Thunderhead Road
Knoxville, TN 37922
http://www.nseyecare.com

Flour Power Knoxville
Kelly Longmire
117 Livell Road
Knoxville, TN 37914
http://www.floournorthshore.com/knoxville
Knoa Valley Dental
Idora Zaceri
11840 Kingston Pike, Suite A
Farragut, TN 37934
http://www.knoavalleydental.com

Welcome Back Renewing Members!

The Farragut West Knox Chamber welcomes back these businesses which have joined or renewed their membership in the Chamber as of this past January. We proudly recognize to our members:

A special thank you goes to these renewing members who are continuing their support of our chamber and the businesses it serves through their above and beyond membership:

AAA East Tennessee
Adrenaline, Inc.
ABC Urgent Care / Family Care Farragut
Alan Dobin
Amaa Insurance
Brightworks Insurance - The Swiss Agency
Buttermilk Pie Shop
Concord Veterinary Hospital
Dial Live Wines & Liquors, Inc.
Edward Jones - Financial Advisor
Ready Shop
Farragut Intermediate School
Fifth Third Bank
Frisco Bank & Trust, a division of Storage
Graham and Cook Insurance
Holiday Inn Knoxville – Cedar Bluff, Inc.
Boli McKay Home Marketing Group
Kelley Williams
HomeTown Leasers
Knox County Housing Authority of East TN, LLC

Ontario
Thank you for your Anchor Chamber Member Support!

Farragut Chamber of Commerce office (865) 675-7057 or email info@farragutchamber.com for a link to create your account! Visitors/Guests can register by clicking the links on the Chamber Calendar section of the website. Members can quickly RSVP for events in their Member Portal at http://members.farragutchamber.com/login.

Auction

This auction helps to support the Chamber activities. Items may include radio & television advertising along with print, social media and recognition at multiple chamber events. All sponsorships levels include complimentary tickets to the event.

For more information on how to participate, email Julie@farragutchamber.com or call (865) 675-7057. Sign up by April 24 to “Discover Whoosh!” at the Chamber-mania event.

Calendar of Events

Members can quickly RSVP for events in their Member Portal at http://members.farragutchamber.com/login. Call 865-675-7057 or email info@farragutchamber.com for a link to create your account! Visitors/Guests can register by clicking the links on the Chamber Calendar section of the website. Members can quickly RSVP for events in their Member Portal at http://members.farragutchamber.com/login.

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