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Possible LCUB 'pole' deal to nix ground tower sites: Zachary

STAFF REPORTS

editor@farragutpress.com

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 and what can or may be done to control or mitigate its proliferation in and near Farragut:

"Over the last month, the No. 1 issue in our community has been the roll-out of 5G," Zachary stated. "I have e-mailed and spoken with many of you, but thought it was important to provide a com-

munity-wide update. I have been in constant communication with the Town of Farragut, Verizon, AT&T and LCUB.

"The No. 1 obstacle for our local community is an FCC rule from 2018 that prohibits locals from stopping the placement of towers.

"AT&T 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

See TOWER-ZACHARY, Page 3A

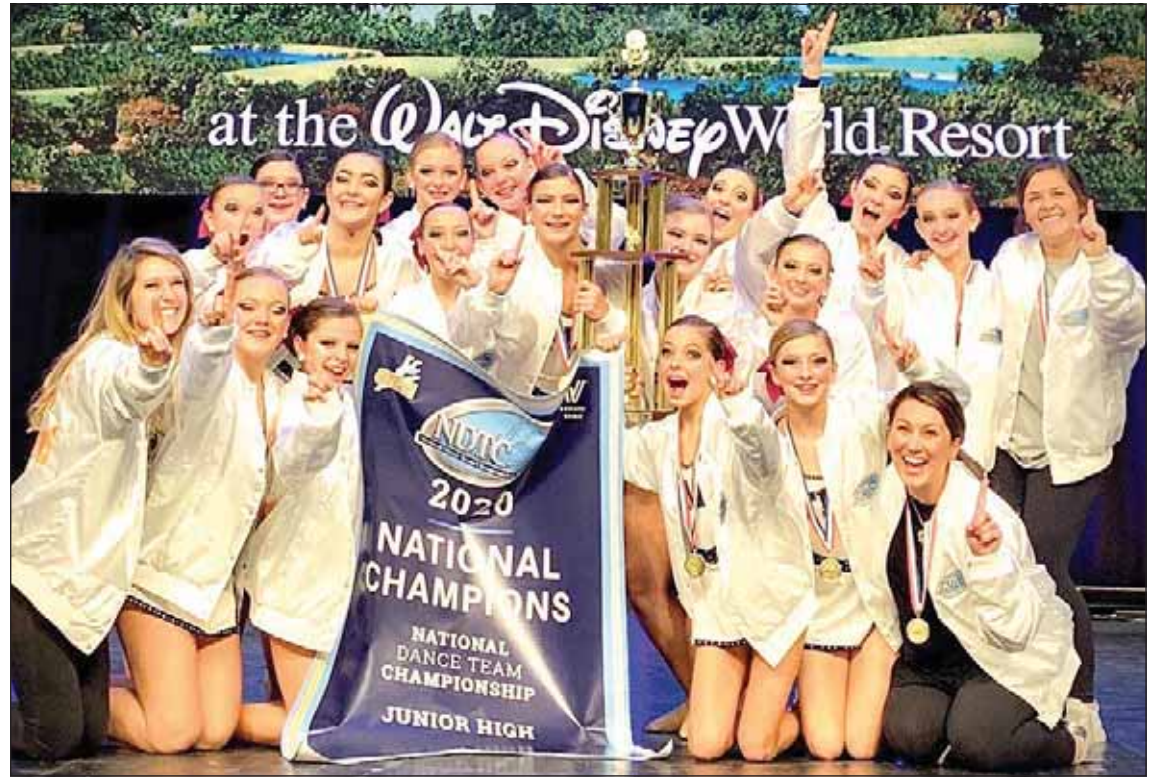


Photo submitted

Farragut Middle School dance team, pictured following their historic win, kneeling from left, are team head coach Victoria Ogier, team members Sophia von Wedel, Mary Aspin Scott, Drew Patterson and Natalie Mahoney, and choreographer Sarah Harrington. Middle row, from left, are Ainsley Simpkins, Saige Derr, co-captain Whitney Gohn and Mary Elizabeth Noble. Back row, from left, are Saydee Riddle, Kaitlyn Miller, Gianna Noble, Cassidy Stickley, Addison Fink, Sibley Walker, co-captain Carson Kraemer, Makenna McDonald and assistant coach Tatum Allen.

Nation's No. 1

FMS dance first-place at UDA in Junior High Pom

MICHELLE HOLLENHEAD

mhollenhead@farragutpress.com

Once again, a Farragut team has danced its way to a national title.

Farragut Middle School dance team was crowned national champions in the Junior High Pom division Sunday, Feb. 2, following a two-day competition in the Universal Dance Associations' National Dance Team Championships in Orlando, Florida.

It was a program first, as FMS had never won top national honors in the Pom division, but did win first place for Junior High Jazz in 2015.

This year's team also earned fourth-place nationally in the Junior High Jazz division.

"It was such a wonderful experience," said head coach Victoria Ogier, who along with assistant coach Tatum 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 outside of practice to make sure everything 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, seven only have one year experience, and eight are newbies with zero pom experience, so the first na-

tional title in Pom for FMSDT was amazing," said Keri Fox Stickley, whose daughter, Cassidy Stickley, is among the newbies.

The team also includes co-captains Whitney Gohn and Carson Kraemer, along with members Sophia von Wedel, Mary Aspin Scott, Drew Patterson, Natalie Mahoney, Ainsley Simpkins, Saige Derr, Mary Elizabeth Noble, Saydee Riddle, Kaitlyn Miller, Gianna Noble, Addison Fink, Sibley Walker and Makenna McDonald. Team choreographer is Sarah Harrington.

In addition to hours of weekly practice time, most dancers take supplemental classes at Revolution Dance, Knox Dance Worx or

See NATIONAL CHAMPS, Page 4A

Wacky week of weather: floods, 70s, snowmen

To cap a week of flooding and temperatures in the 70s, Grayson Batista was one of many in Farragut who enjoyed the unexpected snowfall Saturday morning, Feb. 8, as he puts the finishing touches on his TVA-themed snowman in Stonecrest subdivision.



Michelle Hollenhead

Old Kroger to be 'Mixed Use development:' Williams

MICHELLE HOLLENHEAD

mhollenhead@farragutpress.com

Farragut Mayor Ron Williams had some updates he shared with the Town Tourism Advisory Committee Tuesday, Jan. 21, including those involving both the old Kroger and former Ingles shopping centers.

Developer Budd Cullom of CHM, LLC Cullom 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 fully-formed plans before Farragut Municipal Planning Commission, Williams is excited about what has been shared thus far.

"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. (Cullom) 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 one thing, part will be another.

"Then another building possibly, not as big," on the property. "But right now that is unknown because there is the possibility

of an underground hazard from where the dry cleaner used to be," he added.

Williams later said that portion of the property might ultimately be better suited for parking.

He also noted that parcel, as it fronts Concord Road, has been considered for "a pocket park, and we are really pushing for an amphitheater there.

"So one developer, will be doing

commercial on the front — Budd Cullom — then another, on the backside, will be doing residential," Williams added. "They are planning high-end apartments, and it will be a walkable community with a very large pool, clubhouse, roundabout and fountain.

"It will have a lot of four-story buildings — many with garages.

See OLD KROGER on Page 3A

business

"I love, love, love the concept. I did a lot of online research when I was thinking about starting a business."

- Kelly Longmire, looking to start a local cooking studio with a special emphasis this spring.
(Read story beginning on page 7A)

community

"I remember seeing Donna (that first night) and how she fit very well in the magic of the room."

- The Rev. Robert "Bob" Parrott about the special way he met his wife more than 60 years ago.
(Read story beginning on page 4B)

sports

"(She) was beyond a volleyball coach. She cared about us as people and cared about the individuals we were going to become."

- Reagan Grooms, FHS Class of 2015, about a special coach whose journey has ended.
(Read story beginning on page 1B)



Foundations
40 YEARS OF FARRAGUT

Bob Markli wanted a more pro-business, pro-school Town of Farragut. So he ran for office.

(Part 34 story, page 5A)

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Candidates: GOP Primary to decide property assessor

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

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

Whitehead and Marshall are running in the Republican Primary, and with no August Democratic or Independent opposition, the race will be determined by early voting through Tuesday, Feb. 25, and on Tuesday, March 3, when the County Primary takes place.



Marshall

Marshall, a 1983 Farragut High School graduate, began campaigning in earnest just after the start of the new year and has been putting out signs, hosting meet-and-greet events and appearing at partisan and bi-partisan 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 left due to term limits.

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 be a leader,” she told Concord-Farragut Republican Club during a gathering of candidates Thursday, Feb. 6. She was one of 13 speakers.

“This is my passion, and I have wanted to do it for a long time,” Marshall said of pursuing the property assessor post. “I know property well and am very experienced.”

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



Whitehead

Whitehead is a Knoxville native, having grown up in the Carter 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 2000.

He served two terms, then term limits put him in the private sector for eight years before he decided to run again in 2016.

“A lot of people called me and asked me run again, so I did,” he said. “And, in the meantime, I helped a lot of taxpayers, helping (by) representing 18 homes in the appeals 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 Tennessee Master Assessor, Assessment Level V and as a Tennessee Certified Assessor.

“I love the job and I love helping people,” Whitehead said. “I also love helping to solve problems.”

He also noted a new computer

See **MARSHALL** on Page 3A

See **WHITEHEAD** on Page 3A

KCSO policereports

• **At 11:48 a.m., Tuesday, Feb. 4, a victim called Knox County Sheriff’s Office** to report a burglary inside his 2012 Chevrolet Silverado, taking a Taurus handgun with a listed value of \$650, which victim said occurred sometime between Dec. 3 and Dec. 19. Victim said he looked all over his home and his cabin, located outside of Knox County, and couldn’t find it. Victim said he remembered getting into his vehicle one day during the above time frame and finding it unlocked. Victim advised he always locks his vehicle and couldn’t see any signs of forced entry.

• **At 4:02 p.m., Saturday, Feb. 1, a KCSO unit responded to Costco, 10745 Kingston Pike, regarding fraudulent use of a credit card.** Upon investigation, the complainant said an unknown suspect wearing black pants, a white shirt, a yellow shirt, black gloves and a black jacket over his shirts came into the store using a Costco membership card, which was opened Thursday, Jan. 30, and registered to a specific name. The membership was opened out-of-state with a Montgomery, Alabama, address. Complainant said the suspect did not take his gloves off while in the

store and tried to buy a MacBook listed at \$1,749.99, adding the suspect tried to pay using Apple Pay, but the account registered was getting declined for fraud. Complainant said the clerk asked the suspect to produce the actual credit card, and the suspect left the store without the merchandise. Complainant said the suspect saw him follow the suspect out of the store, with the suspect getting into a silver Lexus SUV with a Georgia registration. When leaving Costco, Officer said he noticed a Lexus SUV that matched the suspect’s vehicle traveling north on Lovell Road at Outlet Drive. Driver of the SUV went from the left lane, across the right lane and into a turn lane right onto Murdock Drive. Officer initiated a traffic stop due to the vehicle description matching that of the fraudulent credit card investigation and made contact with the suspect. Officer said he noticed the driver was wearing black pants, a white shirt, had a black jacket in the passenger seat and a yellow traffic-style vest in the passenger seat. Officer said he performed a records check and tried to

See **KCSO** on Page 4A

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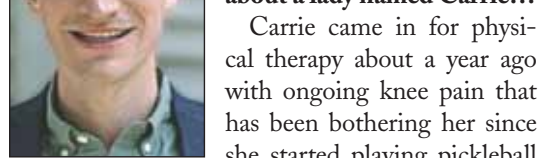
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ADVERTORIAL

How We Helped Carrie Successfully Eliminate Her Knee Pain!

By Leading Knee Pain Expert, Dr. John-Mark Chesney

Farragut - 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 that, I’d like to tell you a story about a lady named Carrie...**



Carrie came in for physical therapy about a year ago with ongoing knee pain that has been bothering her since she started playing pickleball and tennis more regularly. She tried to rest, then tried massage, but her knee pain kept getting worse. **What started as an occasional achy feeling turned into constant pain, and like many people, her pain was more intense when she tried to go up and down her stairs or squat down.** Carrie also reported that her leg felt weak in general. At 56 years old, Carrie was still very active, but her knee pain was slowing her down.

When I first met Carrie, we spent the majority of her session discussing how she was concerned about having to stop participating in her recreational activities, and she didn’t want to create more wear on her knee leading to a knee replacement. I was able to check out the major structures of her knee, the status of her hip, ankle and lower back, and I was confident that her pain was stemming from poor tracking of her knee cap, as well as some underlying arthritis. I was able to offer her some taping to improve her knee cap tracking.

Now let’s fast forward to the end of Carrie’s story...after working with us for 6 weeks, here’s what she had to say, in her own words:

“After having a back and knee injury, I needed some help. I had heard about Simply Physio and liked the idea of the one-on-one more private work on my injury and decided that I wanted to give that a try. I was unable to move very well and after several weeks of coming in and getting treatment with different stretches and hands on techniques and my therapist teaching me what I can do for myself at home, I am now able to move around and do the types of things that I need to do in my normal everyday life without hurting. My goals were to be able to get back to my normal daily routine, pickup and play with my granddaughters, and return back to pickleball, and now I’ve achieved those goals and I can do those things, without pain or difficulty.

Thank you so much!” - Carrie

So how did we help Carrie get from her constant, annoying knee pain to being able to walk over a mile without pain?

It was pretty simple really: we took her through the **“3 Phases of Recovery”**

If you’ve read my previous articles, the “3 phrases” should ring a bell. Let me tell you what each phase involved for Carrie:

Phase 1: our first priority for Carrie was to help her reduce her pain and inflammation. Taping was very helpful for Carrie early on, and we also included some massage techniques to loosen up her IT Band, and some other hands-on techniques to help her kneecap glide better.

Phase 2: as Carrie’s pain improved, we were able to shift our focus to improving her knee/quadriceps and hip strength. Since we loosened up her IT Band and her patella, it was now up to her muscles to keep her patello-femoral joint in good alignment.

Phase 3: Carrie’s primary goals were to be able to get back to pickleball and be able to hold and carry her young granddaughter. During her last several sessions, we focused on making sure that all of her improvements (reduced pain, improved tracking, improved strength) translated into these activities that were important to Carrie.

And 6 weeks later, Carrie was done with her PT and back on the court.

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.

All you really need then is someone, who can keep you on a steady path that won’t take you down too many detours on the way to reaching that destination. Then you need the **CONFIDENCE** that you have the guide who will take you where you want to go, even if it does take 6 weeks to get there!

I hope Carrie’s story helps you envision how we’re able to help so many of our clients with ongoing knee pain (even if they are “getting older”). I’ll talk to you again next week!

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

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‘Vol For Life’ looks to keep Chamber Breakfast S-Series lively

TAMMY CHEEK

tcheek@farragutpress.com

Knox County business owners have an opportunity to hear how University of Tennessee Football “Vol for Life” Derrick Furlow Jr. handled his transition from a football career to business when Farragut West Knox Chamber of Commerce hosts its Breakfast Speaker Series.

The event, which is “open to anyone interested,” is slated for Tuesday, Feb. 18, with the breakfast starting at 7:30 a.m. and the

program starting at 8 a.m., said FWKCC president/CEO Julie Blaylock.

“We’re excited (about the event). We’ve not done anything like this,” she added.

“I’m looking forward to seeing you there,” Furlow said



Furlow

in a video link on the Chamber’s website. “I’m going to be covering some of my tricks and principles that I learned from the game of sports and how to apply those to life and in business.

“I realize this: If it’s good enough for sports, it’s good enough for business,” he added.

Tickets, which are \$30 for Chamber members, \$50 for non-members, \$15 for students from middle school to college, and \$275 for a table of 10 seats, can be purchased online on the Chamber’s website, www.farragutchamber.com.

com.

Furlow, who is author of “What’s Next? How to Transition Like a Champion,” also is a motivational speaker, entrepreneur and founder/owner of his online consulting business, Sports Life Business. His message kicks off the 2020 season of Breakfast Series “on a positive note,” Blaylock said.

When the Chamber was contacted by Furlow via social media about speaking, Blaylock said his message was “a good match.”

She said the Chamber “vets ev-

ery single one of (those requests)” to be “informative, educational, entertaining and uplifting.

“Sometimes it may not be all those things, but when it can be, we like to do that,” Blaylock added.

“The fact that he’s a Vol for Life, a former UT Football player, there’s some attraction in that because we’re all big fans, especially after this past season. We also talked about the fact that our target audience is business,

See VOL FOR LIFE on Page 4A

Whitehead

From page 2A

system is being installed in his office, which would be the first in the county to be cloud-based.

“I hope to stay and make sure it is installed properly and done right,” he added.

Whitehead and his wife, LeVera, have three children and four grandchildren.

Marshall

From page 2A

implementing technology and new energy I would bring to the position.”

Marshall said technology is a key specialty for her, emphasizing she has implemented two new computer systems in her Oak Ridge office.

Marshall’s mother still lives in

Farragut, and she has two grown children, Paige and Seth.

For more information, visit Tina Marshall for Knox County Property Assessor on Facebook.

Old Kroger

From page 1A

This particular developer is local, and does high-end stuff — it is a father-son development team, and they did the Neyland apartments behind the (Women’s Basketball) Hall of Fame (downtown).

“(Cullom) — he’s local, he did the development at UT where Publix is located,” Williams added. “(He) would like to have

mostly restaurants in that area and has hinted there will be a well-known anchor store going in ...”

Williams also shared information about the former Ingles development.

“I’ve had a couple of different companies, from other centers, want to move there, so you will see a little bit of relocation happening because the rent will be cheaper ... and the location is better,” he said.

Tower-Zachary

From page 1A

meetings with Verizon, I’ve made clear that we have fiber to the home in our area, are serviced by both TDS and Spectrum and have great Internet. We do not want cell towers every 500 feet in our front yards throughout our neighborhoods.

“There is a pending co-location agreement that LCUB approved in November that is being reviewed by Verizon legal. I have asked that be expedited. This will allow the small cell sites to be

placed on LCUB poles.

This will alleviate a large portion of our issue. Thanks to the LCUB team for being so responsive to my calls and requests.

“Finally, I have filed legislation to give our local community some ability to check-and-balance cell carriers. We have limitations because of the FCC rulings but will take back every inch of ground possible, legislatively.

“Thank you for your engagement on this important issue. It is making a difference. Please follow my Facebook page and Twitter account for further updates.

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letterstotheeditor

Vice Mayor endorses candidate for County Commission

Early voting for the Presidential/County primary began Feb. 12. John Schoonmaker is running for re-election for the 5th District Knox County Commissioner. 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 Strang Senior Center to shine a light on the woefully inadequate parking situation and lack of space at that building.

Due to his efforts, the Town was able to work with Knox County to establish a new location for the senior center that solved the space and parking problems and establish a community center for the Town of Farragut, something Farragut residents had long desired.

John studies budgets and determined that the Tennessee Department of Revenue charges a processing fee for local option sales tax collections. John authored a bill, currently sponsored by (state)

Rep. Dave Wright (HB 1193), and (state) Sen. Briggs (SB 1126), which would reduce the 1.125 percent fee to 0.5 percent.

Based on last year's collections, the reduction would trim more than \$1 million from the fee charged to Knoxville, Knox County and Farragut. John has taken the time to help citizens understand how the Knox County Planning Commission works so that they can best advocate for their concerns.

John has years of experience representing citizens in the 5th District through the Council of West Knox County Homeowners and he has served on the Board of Zoning Appeals. 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.

**Vice Mayor Louise Povlin
Town of Farragut**

Former Vice Mayor sounds off about Commission field

I am writing this letter to support the re-election of John Schoonmaker, who has served as the 5th District Knox County Commissioner since 2015.

I am very proud of John and all his accomplishments since being in this office. His experience matters, and I particularly like the true fact that he has never voted for a tax increase.

Please vote for John Schoonmaker starting this week during early voting through Feb. 25. Final date to vote is Tuesday, March 3.

**Mary Dorothy LaMarche
former vice mayor of Farragut**

Next week's issue, Thursday, Feb. 20, is the final chance before the Tuesday, March 3, Knox County/Presidential Primary Election to submit a Letter to the Editor or Presstalk in favor of, or against, a candidate on the March 3 ballot. Deadline to submit to editor@farragutpress.com is noon, Monday, Feb. 17.

While we appreciate our readers contributing to our editorial content by submitting Letters to the Editor, we ask you keep your content to a maximum of 600 words. Thank you.

National champs

From page 1A

with Fusion Dance Project, Ogier said.

"They all have great technique, but really, the biggest thing for all of them is their work ethic — it is unmatched. They are always looking at their videos and looking for ways to improve. They were also confident enough to make suggestions to me on how we could do our routines better," she added.

"I'm just so proud of them. They

are not only a great team, but they are good kids in how they hold each other up and love on each other."

Having to come from behind on the final day of competition, "The coaches, girls and parents knew the team was in fourth place going into finals with only .8 separating first from fourth place, so it was anyone's game," Stickley recalled.

"Finals morning you could tell the girls were ready to leave it all on the floor, and that's exactly what they did. It was the best they

had ever performed," she added.

It's also been a big year performance-wise for Allen, a member of the University of Tennessee Dance Team also winning a national title in its division last month.

While Allen (Farragut High School Class of '18) and Ogier (FHS Class of '15) are long-time friends and dancers, Allen has the distinction of being part of both the 2017-18 FHS national champion team and the 2014-15 FMS national title team.

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While there were no Presstalks submitted for this week's issue, we respectfully ask our readers to follow the following Presstalk rules when submitting their opinions:

- Please keep calls to a 90-second maximum (call 865-671-8255 24 hours a day, seven days a week);
- Please keep e-mailed Presstalks to 250 words maximum (editor@farragutpress.com);
- Libelous and malicious comments will not be published;
- Profanity will be edited out;
- Comments will remain anonymous;
- Names of individuals or businesses may not be published (including public figures) depending on the issue.
- Rules for submitting Presstalks about Knox County and Presidential candidates after our Feb. 20 issue are below Letters to the Editor.

KCSO

From page 2A

make contact with complainant to gather more information about the suspect from Costco since this matched the description given. Officer stated he could not get anyone to answer the phone, so he returned to Costco after dismissing the suspect from the traffic stop. Once video footage at Costco was reviewed, the suspect appeared to be wearing a white T-shirt with a yellow traffic-style vest over it and a black jacket over those. With no merchandise taken out of the store, no other action was taken.

• **At 10:24 p.m., Thursday, Jan. 29,** a complainant called KCSO Teleserve Unit to report a stolen wallet from Newk's, 11527 Parkside Drive. Value of loss was listed as \$200 for the wallet, \$125 in currency and \$25 for the driver's license — plus numerous

credit cards stolen. Complainant advised it was while she was in the restaurant when she last saw her wallet, located inside her purse, which was open on the back of her chair. She advised upon returning home her husband questioned her about some suspicious charges on her cards. She advised upon checking in her purse she discovered the wallet had been stolen.

• **At 7:43 p.m., Tuesday, Jan. 28,** a complainant called KCSO Teleserve Unit to report a stolen vehicle, a 2018 Nissan NV-200, from the parking lot of Planet Fitness, 11433 Kingston Pike. Value of loss was listed at \$14,000. Complainant advised he went into the gym when someone stole his bag with the vehicle keys in it. He also advised later finding the bag, with only the keys missing. Complainant advised he then went out to the parking lot to find the vehicle stolen.

Vol For Life

From page 3A

so after he explained to me his story, where he came from, how that translated to the choices he's had to make over the course of his career — which now is not football, it's business — we

thought what he had to share with our members would be really, really helpful."

An Atlanta, Georgia, native, Furlow grew up with many challenges, but sports — football especially — was "the opportunity for him to rise above" adversity, Blaylock said.

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“Freedom lies in being bold”

~Robert Frost

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:

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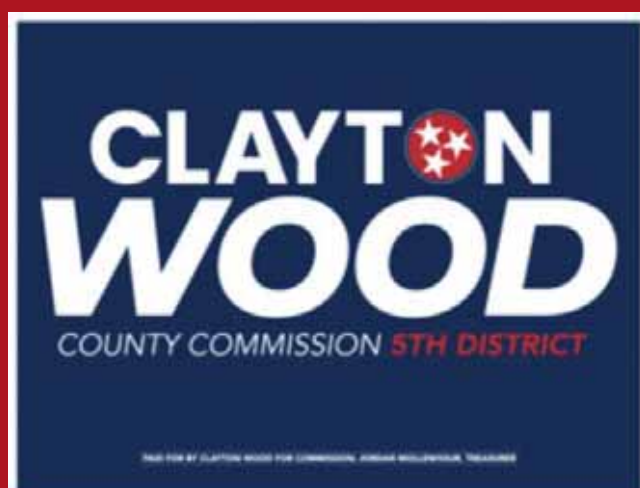
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~ Tyler Whetstone,
Knoxville News Sentinel, 2/5/2020

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6A • FARRAGUTPRESS THURSDAY, FEBRUARY 13, 2020

Markli among new pro-biz, pro-school trio in 2009, 2010

ALAN SLOAN

editor@farragutpress.com

Saying he had a “unique perspective,” former Town of Farragut Alderman Robert “Bob” Markli recalled discovering how his beloved adopted 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 Visual Services Review Board in 2003 (serving six 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 Farragut. We were getting a black eye in the business community.

“Being in that group, loosely associated with those people, I was hearing things that I don’t think that our elected officials could see from the top down,” he added.

As a result, “Somebody needs to do something, somebody needs to say something,” Markli recalled saying. “... I have kind of a unique perspective, I think I can really bring something to the Board,” and that’s when I decided to run.”

He and fellow Alderman Jeffrey Elliott were first elected in 2009.

McGill era

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

A member of Farragut Community Group that founded the Town, which was incorporated in January 1980, Dr. Ralph McGill was elected as Farragut’s third mayor — ending a record 29 years of BOMA service by Ford, one of the original Board members (South Ward) in 1980 who served as mayor from 1993 into 2009.

“I loved working with Ralph — Ralph was a brilliant man,” Markli said. “An internationally renowned fuel scientist. ... He and I didn’t always see eye-to-eye on things, but we were able to

disagree agreeably.

“He was a wealth of knowledge of history. He loved the Constitution and he loved this Town — of course, he was one of the founders.”

While saying Dr. McGill “couldn’t really see what I see,” he added the new mayor “had a sense of it.”

Elected together, “We really formed a bond and a coalition,” Markli said of Dr. McGill, who served as mayor until resigning, just before passing away, in 2018.

Low morale

However, “By the time I was running for office, morale was at an all-time low down at Town Hall,” he said. “There were lawsuits ... just bad things happening, and the development community had just become scared to death to do business here.”

In fact, “I had a list of developers, no less than 10, who had told me, ‘We will never do another project in Farragut, it’s just not worth it,’” Markli said.

Two ‘great’ elements

Pointing out “two things that make Farragut great,” Markli first mentioned “a great business structure,” which featured “very low taxes” and “this Interstate (40/75)...out here that’s a river of gold running through Town.”

The second was “great schools,” wanting to change the “we’re not in school business”

A Clinton High School graduate, former Town of Farragut Alderman Robert “Bob” Markli went into business at age 21.

“By the time I was 23, I was contracted with the 84 Lumber company, doing their new stores,” said Markli, owner of Markli Construction Co., Inc. “... We did lots of them in over 15 states.”

During his nationwide travels, “I began observing the differences in communities,” he said.

For example, “Texas was such a breath of fresh air after leaving the northeast,” he said. “I had lived in Baltimore, Maryland, and we had done projects up in New Jersey, Erie, Pennsylvania, and Chicago — and these were all scary places to work



File photo

With his right hand raised, Dr. Ralph McGill receives the oath of office as Town of Farragut’s third mayor in April 2009 from then Town Judge Jerry Martin as new Aldermen Robert “Bob” Markli, far right, and Jeffrey Elliott observe.

phrase to “Farragut is in the school business,” said Markli, who resigned his alderman seat in 2018 to run for mayor, losing to current Farragut Mayor Ron Williams.

From the business-development side, Markli said he “got together” with Mayor McGill “and we formed the Economic Development Committee to (do) what we needed to do to regain the confidence of the business and real estate and development community.”

Among the EDC accomplishments were “getting some identity,” such as “the markers you see at the Town limits that say ‘Welcome to the Town of Farragut,’” he said.

“I served on that board for the first five years ... we had bankers and architects and engineers and developers ... had some real high-powered people,” he added.

Overcoming ‘silly demands’

“We had people here in Town that were trying to tell international corporations like AT&T what color their logo should be

(in Farragut),” Markli said. “... We were holding projects hostage for these really silly demands.

“... Slowly, gradually we’ve been able to turn that around,” he added. “... I think a lot of progress has been made.”

Despite some strict requirements that remain, “We can leverage that favorable tax structure that we have and say, ‘hey, it’ll be worth your while, come on in and do business here,’” he said.

As a result, “I’ve seen people coming back, and we see businesses coming into Town,” Markli said, which since 2009 have included Costco, JCPenney and Publix.

However, “I think we took a big step back with (voting in favor of) a Hotel-Motel Tax (recently),” this outspoken anti-Hotel-Motel Tax voice said.

Advocating Smoak

“If I had to count my greatest accomplishment on the Board those nine years, it was hiring David Smoak,” Markli said about originally being the lone Board supporter of hiring Smoak as Town administrator. “Because the Town was determined to hire within.

“And I knew we could never regain the confidence of the business community if we were perpetuating their perception,” he added. “We needed to start with a clean slate, we needed to bring somebody in (from outside), and David Smoak was such a breath of fresh air.

“I had to fight for him — it was 4-1 against him.”

Markli turned the Board’s opinion, eventually getting a 3-2 vote for Smoak, who began in February 2010.



Bob Markli

and exciting.”

He moved here in 1987.

Markli and wife, Denise Markli, have daughters ages 32, 31 and 27; a son, 30; and 13 grandchildren.

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

because you just really felt like they were not there to help you, they were there to hinder you any way they could.”

With his parents from Maryland, Markli’s father, scientist Frank A. Markli III, brought the family to Oak Ridge “during WWII to work on the atomic bomb project,” said his son, who graduated from City College of Baltimore. “I ended up moving back there when I was 16. ... I got into business in the Baltimore area,” where his construction company was formed.

“Then I actually took two years (December 1975 to December 1977) and served on a (Christian) mission in France ... preaching the Gospel of Jesus Christ to the French

people,” Markli said. “It’s an experience I’ll never forget ... and one of the best uses of two years of my time that I can imagine.”

Having closely studied “the Constitution (and) the writers of the Constitution,” Markli said he was “23 or 24” when he “really became interested in urban design and development; political science, politics in general, political philosophy: what makes a town great.

“When it came time to settle down and raise a family when I was in my early 30s — after traveling all over the country — ... I chose Farragut because it was an exciting, young Town with big ideas,” he added.

“... I just found that intriguing and interesting

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Tammy Cheek

Rick Terry, center with scissors, owner of Rick Terry Jewelry Designs, celebrated the re-grand opening of his newly renovated Farragut store, 11320 Kingston Pike, with a Farragut West Knox Chamber of Commerce-sponsored ribbon cutting Friday, Feb. 7. Also on hand, from left, were administrative assistant Ashley Gilman; Rick's son, designer Matthew Terry; Rick's wife, Patty Terry; Rick's oldest son, gemologist/designer Blake Terry; designer Paula Stafford; and a host of Chamber members and other supporters.

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 showroom,

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

See RENOVATIONS on Page 8A

Zaxby's networking



Tammy Cheek

Eric Whitener, front left, with The Knox Fox, chats with Pamela Milliken, marketing specialist for Zaxby's in Turkey Creek, during a Farragut West Knox Chamber of Commerce networking hosted by Zaxby's, 11636 Parkside Drive, Farragut, Thursday, Jan. 30.

Something's cooking in May

Longmire to start youth-focused cooking studio

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

Kelly Longmire is cooking up a brand-new concept for Farragut.

The Blaine entrepreneur is busy putting the finishing touches on her new business, Flour Power, a children- and teen-focused cooking studio, which will open in Lovell Place next door to Costco in May.

"I love, love, love the concept," Longmire said. "I did a lot of online research when I was thinking about starting a business, and this one is just fantastic.

"I'm so excited I just can't stand it."

The space Longmire has found — 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.

"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,



Michelle Hollenhead

Kelly Longmire is opening Flour Power, a cooking studio for children, teens and adults, in Lovell Place strip shopping center next door to Costco, just off Lovell Road. Renovations are under way, and the new business will open in May.

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, its 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 865-437-6488.

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Cliff Barber Shop

In 1946, Clifford Gronda finished barber school, but Clifford was more than a barber. He was a community supporter. He drove the local school bus, called Square dances, was a member of the local fire department and threw the biggest party on Grosse Isle every year called the "The Indian Corn Feast."

Cliff and wife, Ernestine had 13 children. One of their sons, Michael, followed in his father's footsteps and became a barber in 1964. Michael moved to Roane County in 1978 and began barbering.

In 2011, Cliff Barber Shop was called "46 Central" after the year Cliff graduated from barber college. In 2015 the business moved into its first stand alone building, rebranded and established as Cliff Barbershop, Inc. The second location was established two years later and by 2019 another shop opened in Knoxville.

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Renovations

From page 7A

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 so well," she also said.

"Thank you so much for doing all of this," Farragut Vice Mayor Louise Povlin said about the reno-

vation. "I remember being in here several years ago when you were talking about what you wanted to do with that extra space.

"I know, at the time, we had three dead corners (along Kingston 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.

Ribbon cutting at West End



Tammy Cheek

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.

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FARRAGUTPRESS THURSDAY, FEBRUARY 13, 2020 • 1B

Heart attack symptoms different between the sexes



Alan Sloan and Michelle Hollenhead
 editor@farragutpress.com

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

See HEART ATTACK on Page 3B

Heart issues cut by lifestyle changes

Alan Sloan
 editor@farragutpress.com

If you are suffering some form of heart disease or have gone through any type of heart procedure — including bypass surgery and stent 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 Cardio-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

the 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 anatomies are 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 on Page 2B



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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 most 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 compels people to prioritize heart health. Fortunately, heart disease is often preventable and people can employ various strategies to reduce their risk:

• **Stop smoking right now.**

One of the best things to do to protect the heart is to stop smoking. The Heart Foundation indicates that smoking reduces oxygen in the blood and damages blood vessel walls. It also contributes to atherosclerosis, or a narrowing and clogging of the arteries.

• **Eat healthy fats.**

When eating, choose polyunsaturated and unsaturated fats and avoid trans fats as much as possible. Trans fats increase one's risk of developing heart disease by clogging arteries and raising LDL (bad) cholesterol levels. Read food labels before buying anything at the store.

• **Keep your mouth clean.**

Studies show that bacteria in the mouth involved in the development of gum disease can travel to the bloodstream and cause an elevation in C-reactive protein, a marker for blood vessel inflammation. Brush and floss twice daily, and be sure to schedule routine dental cleanings.

• **Get adequate shut-eye.**

Ensuring adequate sleep can improve heart health. One study found that young and middle-age adults who regularly slept seven hours a night had less calcium in their arteries (a sign of early heart disease) compared to those who slept five hours or less or those who slept nine hours or more.

• **Adopt healthy eating habits.**

Changes to diet, including eating more fruits, vegetables, whole grains, and lean protein, can help you lose and maintain a healthy weight, improve cholesterol levels and reduce blood pressure — leading to a healthier heart.

• **Embrace physical activity.**

Regular moderate exercise is great for the heart. It can occur at the gym, playing with the kids or even taking the stairs at work.

Heart

From page 1B

more common in males — I'm not saying it can't happen in females. ... Whereas with a male it's more likely to be the traditional sensations of heaviness in the chest, shortness of breath, pain in the left arm, left shoulder," he added.

Individual symptoms

However, "I can't make a scientific claim to this, but generally what we have learned is that lot of times symptoms are individual," Dalton said, "Meaning for some person it could be a pain in the jaw, they may have what they think is tooth pain; sinus pressure, there may be neck pain."

Repeat symptoms

Regardless of the gender pattern of symptoms, Dalton said one thing seems to be common with both females and males with heart disease/heart attacks.

"If I had a heart attack and my symptoms were A, B and C, and you have a heart attack and your symptoms were X, Y and Z, chances are if I ever have another heart problem, I'm probably going to have very similar symptoms to what I had the first time," he said. "And you would, too."

"So, if you feel those sensations again, your mind should automatically think 'heart' because more than likely it's the way you are wired," Dalton added. "... That's what I have experienced, in prac-

tical terms, in cardio rehab. I've been doing this for 18 years and that's generally what we see."

Genetic component

"One of the biggest things that we talk to people about is there's definitely a genetic component," Dalton said. "If you have a mother or father, or sister or brother that has heart disease — especially if their heart disease develops at an early age."

"Early age" is defined by this exercise physiologist "is (under) 55 for men and (under) 65 for females. ... That's an early onset of the disease."

If any of your immediate family members have fallen into this category, "You should automatically be thinking: 'you know what, I probably need to pay closer attention. I probably need to be proactive with getting annual physicals, with regular exercise and a healthy diet,'" Dalton said. "Most likely you have a genetic component that's going to contribute to the likelihood of the disease."

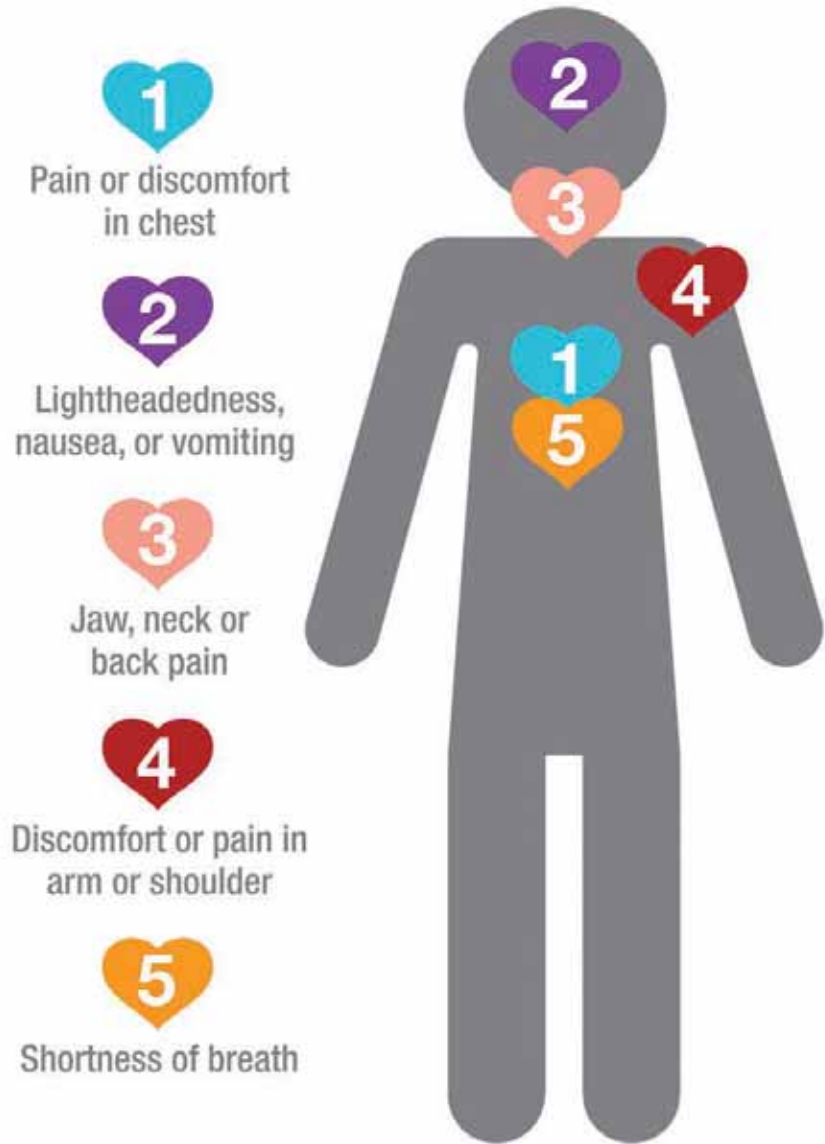
Program help

The Parkwest/Fort Sanders West program features a "multi-discipline team here of nurses, exercise physiologists, nutritionists and a respiratory therapist," Dalton said. "Along with our medical director, we work together to develop rehab programs for cardiac and pulmonary patients."

For more information, call Dalton at 865-531-5560.



Common Heart Attack Warning Signs



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The dangers of added sugars

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 sugars, which the American Heart Association notes can be found in soft drinks, candy, pies, and fruit drinks, can contribute to weight gain. Obesity is a risk for cardiovascular 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 fruit juice concentrates. Such juices may not be seen as such, but they can be as compromising to one's overall health as soft drinks or other beverages generally considered to be unhealthy.

The AHA acknowledges that part of the difficulty with navigating one's way through added sugars is that these unhealthy additives go by many names. The Harvard Medical School notes that added sugars are not currently listed on Nutrition Facts labels, though they are listed among the ingredients on food packaging. Both the AHA and the HMS recommend scanning ingredients lists for words that end in "ose," such as fructose, dextrose, glucose, and maltose. Those are some examples of added sugars, as are high fructose corn syrup, molasses, corn sweetener, syrup, and honey.

The AHA recommends limiting consumption of added sugars and offers guidelines for both men and women. Men should limit their added sugar consumption to a maximum of nine teaspoons per day, while women should not consume 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 www.heart.org.

Heart Attack

From page 1B

think more people are getting testing at an earlier stage," Crook said.

However, "Sometimes the first presenting symptom is the heart attack itself," he said.

Although "structurally women and men, their anatomies 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's had a heart attack, obesity and smokers.

"... The best way to reduce the risk of a heart attack is by not smoking, by eating healthy, by exercising, by controlling your blood pressure and controlling your cholesterol and controlling diabetes," he added.

"It's really important for people to get an annual check 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 of platelets sticks on that plaque that has ruptured and blocks off a heart artery, 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, 1924 Alcoa Highway, which runs from 7:30 a.m. to noon, Saturday, Feb. 22.

"People can come and get a general screening: get their blood pressure checked, get their cholesterol checked," he said. "There is also a screening test that is helpful for some people — not for everyone — called a coronary calcium score that can be an assessment of how much plaque you have in your heart arteries."

In addition, "We have (a) questions-and-answers (session) with doctors, so people can really turn their attention to their health and prevention," Crook said.

Cost is \$35. To sign up, call 865-305-6970.



Could your TEETH be tied to your HEART?

Because gums are so vascular, they bleed, and bacteria resulting from poor brushing of teeth and gums enters the bloodstream. There's very thin skin between the oral cavity, the mouth and the bloodstream. As a result, it can cause inflammation of the arteries, which can cause hardening of the arteries, heart attacks and blockages

Plaque is basically a bacteria build-up on your teeth, being right next to the bloodstream. ... The mouth cavity goes directly down into the heart

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 advanced, a dentist may need to recommend a gum specialist or periodontist to that patient.

The first stage of gingivitis is 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 rinsing with mouthwash is wise, 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 that 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.



THE SKIN WELLNESS CENTER



The staff at The Skin Wellness Center want to remind you to learn about heart health and your risk for heart disease. Small changes such as diet and exercise can go a long way in the prevention of heart disease. Schedule a physical with your primary care provider today to find out if you are at risk and how to keep your heart healthy.



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Too much sleep can be harmful

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.

Dangers associated with Atrial Fibrillation

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 AHA notes that the risks of clotting increase as blood pool. If a clots forms 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 heart tissue that's causing the erratic electrical signals and restore the heart to a normal rhythm. Medication to 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 oftentimes can be mitigated.



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Led by swim state champ Houk, HVA 4th; King, FHS girls 8th

KEN LAY
Correspondent

KNOXVILLE — Several Farragut area high school swimmers had a big weekend at the Tennessee State Championships.

As a team, Hardin Valley Academy's combined boys and girls teams finished fourth (boys fifth, girls ninth) in the familiar waters of Allan Jones Intercollegiate Aquatic Center on the UT-Knoxville campus Friday and Saturday, Feb. 7-8.

Among the 26-member Farragut High School Aqua Admirals, the FHS girls team finished eighth

(16th combined with boys).

The Hawks were led by Harper Houk, state champ in the 200-yard individual medley (1:50.76) who came in fourth in the 100-breaststroke. Overall, he medaled in four events.

HVA's Zack Telep was third in the 100-butterfly, touching at the finish just ahead of Bearden's Colby Maupin, with both posting 50.62 second times.

Maupin finished third in the 100-backstroke (50.95 seconds) and was a part of the Bulldogs' 200-freestyle relay team that captured fourth, teaming with Breck Richards, Ryan Barclay and Josh

Leslie (1:20.25). The Aqua Dawgs boys finished 12th.

Abigail King of Farragut won three medals over the weekend. She placed 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 foursome finishing fourth, teaming with Sarah Walker, Grace LaCharite and Mara Spadafora (1:48.43).

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

See STATE SWIM on Page 3C



Abigail King, front left, joined FHS swimming 200-yard medley relay teammates Sarah Walker, Grace LaCharite and Mara Spadafora after earning state fourth-place medals.

Photo submitted



Davidson's decade

Resignation ends 'excellent decade' coaching FHS volleyball to 3 state runner-ups

ALAN SLOAN
editor@farragutpress.com

Successfully carrying on a stellar 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 a few days after she decided to resign, looking back on her 10 seasons of averaging almost 45 wins. "He left a super foundation.

"It was an excellent decade," Davidson added about her coaching career at FHS, earning TSSAA Coach of the Year honors while a six-time District 4-AAA Coach of the Year choice.

Davidson's FHS record was 448-100, highlighted by Class AAA state runner-up finishes three years in a row (2014-2016) and five state tourney appearances.

She led the Lady Admirals to eight substate showdowns, five Region 2-AAA crowns, seven District 4-AAA regular season championships and five 4-AAA Tournament titles.

Seventeen of her players have gone on to play college volleyball, while six former Lady Admirals earned Prep-Extra Player of the Year honors.

Without being specific about why she resigned, "I loved the kids, loved the program," she said. "I'll continue coaching at some point."

Also a head coach in North Carolina and South Carolina, at

Farragut Middle School and Webb School of Knoxville Middle School — adding up to 36 years of leading a team — Davidson's overall career record is 1,564-142.

"I would say that coach Davidson 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 Grooms, an assistant coach at Shorter University (NCAA Division II in Rome, Geor-

See DAVIDSON on Page 2C



Photos submitted

(Top left) Susan Davidson, left, FHS Lady Admirals volleyball head coach, reacts to a positive momentum shift during a 2019 season match. (Above right) Davidson, left, alongside fellow FHS Sports Hall of Fame board member Natalie Sisk, a Hall of Fame member herself and current teacher. (Above) Davidson with members of her 2014 Class AAA state runner-up Lady Ads team.

Hitting the boards, 'D' lift Ads at HVA

ALAN SLOAN
editor@farragutpress.com

HARDIN VALLEY — During Farragut's undefeated November hoops stretch to begin the season, "We were defending and rebounding really well," Admirals skipper Jon Higgins said.

With much emphasis on rebounding in practice, his FHS varsity boys re-discovered their November formula on the road, against rival Hardin Valley Academy no less, and the result was a 23-point lead after three quarters.

"For three quarters we were

doing both of those things awfully well," Higgins said about hanging on for a 79-69 District 4-AAA victory at HVA 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 red-hot third quarter of shooting 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 boxing out."

See FARRAGUT-HVA, Page 2C

CCS 'All-time scoring' duo honored



Photo submitted

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 Penland 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.

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Davidson

From page 1C

gia) who is seeking a master's degree there.

"She was super-sweet. She got me in contact with the college coach (at Tennessee Wesleyan University). ... She was very influential," said Tia Madden, a standout setter (Class of 2016) who was a three-year starting setter at TWU, where she currently serves as assistant coach.

A Student Affairs assistant at Hardin Valley Academy who formerly worked in the Guidance department at FHS, Davidson has worked for Knox County Schools for 17 years.



FHS senior signing choices include UT, Ohio St., Duke

Seven Farragut High School senior student/athletes made their colleges 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 Sarah 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, linebacker (Duke University).

Alan Sloan

Farragut-HVA

From page 1C

"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," HVA 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 allows Geron to operate at the wing "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.

"... His inexperience showed

right there in the last three minutes. But he's never been in that position before where he's the lead guard trying to finish a game."

"Coach Higgins has been telling us weekly in practice, we need to work on getting the rebound and pushing it," Mayfield said. "I felt we did a good job securing the rebounds so they didn't get those second-chance points."

While Farragut improved to 13-14 overall, 6-6 in district, after the win, HVA fell to 12-12 overall while also starting the week 6-6 in district.

FHS senior wing Kaleb VanAcker scored 10 points, Jake Wallace six, Noah Pack five and Saish Maluri three points.

While Hardin Valley senior wing/post Jack Niezgoda led all scorers with 27 points, Hawks junior guard Justin Sharp was quite effective driving to the basket in the fourth quarter, scoring 12 of his 16 points in the fourth to lead a rally.

"Justin Sharp, when he gets going offensively like that, that really opens up things," Chambers said.

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

Former Public Defender **Mark Stephens** joins with former First Lady of Farragut **Marie Leonard** and asks for your vote and support for **Eric Lutton** for Public Defender.

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Farragut residency is not required for participation in community center programs and classes, but all users need a membership card. Drop by during business hours (Mon.-Fri. 8 a.m. -5 p.m.) in February to set up a free account! Programming begins in March.

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Find everything you need to know at farragutparksandrec.org!

Upcoming events

The home page has details about upcoming events like the inaugural Farragut Photography Show on Feb. 21-22, Songwriter Showcase on Feb. 29 and Shamrock Ball on March 7!

Programs and classes

New programs include challenge court basketball, open gym volleyball and pickleball, and toddler open gym. See the Programs & Events page for a complete list of programs as well as our winter class list!

Rental opportunities

The Community Center page has details about renting classrooms, the Assembly Hall (which includes a pre-function room and a catering kitchen) and the gym.

The website also includes info about Farragut parks and greenways, pavilion rental, field use and much more! Visit today!



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Seven Bulldogs, three Warriors choose National Signing Day colleges

KEN LAY

Correspondent

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 BHS.

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

Baseball players signing a short time later in the BHS library were Jacob Balsley, Brandon LeJeune, Patrick Boles and Braden Caldwell.

Campbell, an offensive and defensive lineman, signed with East Tennessee State University. Kregel, also a lineman for the Bulldogs, will play his college football at Maryville College. Parker-Smith, a wide receiver and defensive back, signed with Union College in Kentucky.

Balsley will play college baseball at San Diego State University. LeJeune will take the community college route, signing with Cleveland State Community College. Boles will attend Georgetown College in Kentucky and Caldwell will play in Maryville for the Scots.

For Campbell, who said he will major in business and finance, "The coaches there showed me

a lot of love. It's a nice campus, and I just enjoyed it. It's close to home and it's a small campus, and I liked the student-to-teacher ratio."

Kregel said, "It 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."

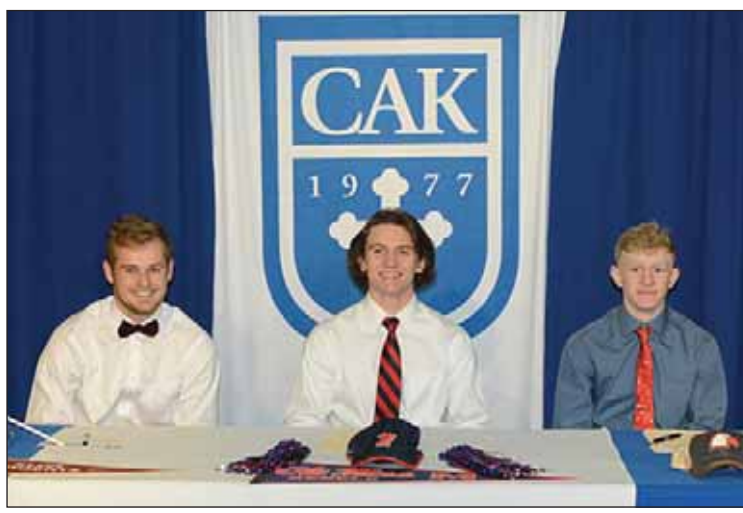
Parker-Smith said "the smaller school is a better deal for me. I wanted to play, but the coaches want me to get a degree. My first goal is to get my degree. That's the most important thing."

"I'm undecided about what I wanted 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 good program."

LeJeune said, "The plan is for me to move 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.



Alan Sloan

Christian Academy of Knoxville recognized 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 2019 All-state football kicker Zander Tonkin, ranked 50th in the nation (Elon University, North Carolina); Luke Etherton, All-state track & field 2019 in decathlon, discus and 400-meter run (Ole Miss); and Josh Whitaker, pole vault state runner-up in 2019, third in 2018 (Carson-Newman University).

Lady Ads strike quickly, roll past Hardin Valley minus Grice

STAFF REPORTS

editor@farragutpress.com

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

Though the Lady Admirals breezed to a 24-0 first quarter lead, the Lady Hawks didn't quit, actually keeping pace with FHS from that point forward despite losing 66-38 Friday night, Feb. 7, at HVA.

Improving to 19-6 overall, 10-2

in District 4-AAA after the game, Farragut was led offensively by Avery "Ace" Strickland, sophomore wing, with 18 points. Claire Wyatt, senior post/wing, added 17, while Ashlyn Sheridan scored eight. McCall Willis and Keeleigh Rogers added seven each, Madison Hodge six and Gabi Duncan a three-point basket.

Maddie Norris' 11 points led the Lady Hawks (8-16, 3-9 after the game). Kate Bass added eight, while Evelyn Hess, Allie Sexton and Tori Adams each scored four. Avery Laugherty hit a three-point basket while Emma Boekweg and Samiyah Smith scored two apiece.

Hall to finish seventh in the 400-freestyle relay (2:35.60).

As for HVA men's relays, Houk and Telep teamed with Leonard Staab and Ridge McCay to take sixth in the 200-medley relay. In the 400-yard freestyle relay, Houk, Telep and McCay joined Sam Warnock to finish eighth.

State swim

From page 1C

The team of Abbey Aycock, Aubrey Hall, Cass Allit and Rachel Aycock took fifth in the 200-freestyle relay (1:39.98).

Rachel Aycock combined with Kylie Cutcher, Kate Salisbury and

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'Iced Out Admirals' fundraiser goal \$5k

MICHELLE HOLLENHEAD
 mhollenhead@farragutpress.com

A Farragut High School senior who helped raised 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 \$5,000 goal for this fundraiser, and if met he and several other students, along with FHS teachers and administrators 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 participating FHS students.

Howe, 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

See 'ICED OUT' on Page 9C



Above photo Michelle Hollenhead/left photo submitted

(Above) Donna and the Rev. Robert "Bob" Parrott have been married 61 years. The couple, who currently reside in Autumn Place, Farragut, only saw each other a dozen times before they married but had forged a special bond during their very first meeting. (Left) Donna and Bob are pictured on their wedding day June 19, 1958 — exactly one year after they had met aboard the Queen Mary.

Queen Mary + 365 = 61

Meeting while crossing Atlantic Ocean, Autumn Place couple marry in June 1958

MICHELLE HOLLENHEAD
 mhollenhead@farragutpress.com

The Rev. Robert "Bob" Parrott and Donna Parrott have been richly blessed during their lives, perhaps never more so than when they met crossing the Atlantic Ocean on the Queen Mary in 1957.

Though their first meeting wasn't on Valentine's Day, the couple's romance aboard that ocean liner has made every day special since.

From the moment they met,

"I knew there was something special about her," Bob said last week when the couple was interviewed in their cozy apartment in Farragut's Autumn Place senior community.

Bob, a Methodist minister from Louisiana, and Donna, a Snyder, Texas, school teacher, each were traveling with friends when they set sail on the deluxe ocean liner in June 1957, ready for a summer abroad.

"We each had been saving money and were on a tight budget,"

Donna said.

The ship was traveling from Newport, Virginia, to Cherbourg, France, and the couple met in the dining room their first night at sea.

"I didn't go on the trip to find someone else, but I was certainly open to it," Bob said in a short but sweet YouTube film, "A Queen Mary Romance" the liner's parent company made about the couple in 2016.

"We were originally supposed to sail on the Queen Elizabeth, but

at the last minute we were able to get on the Queen Mary. The Queen Mary had a name and a history ... it was the fulfillment of a dream," he added. "I was astounded by the size and the glamour ... and I remember seeing Donna (that first night) and how she fit very well in the magic of the room. I can still see Donna in that lovely black dress.

"This was my dressy outfit, for the ship," Donna said. "It was a

See 61 YEARS on Page 10C

Primka support of MercyShips ministry up to 20 years



Photo submitted

Alex Primka, second from left, and mom, Dr. Lynda Primka of Faith Lutheran Church in Farragut, were joined by shipping company owner Henrik Klinga, left, as they talked to a ship engineer on the bridge of the MercyShip.

TAMMY CHEEK
 tcheek@farragutpress.com

Faith Lutheran Church members Dr. Lynda Primka and Edward Primka have supported the MercyShips ministry for about 20 years, so when Lynda had a chance in October 2019 to see first-hand what the ministry does, she jumped at the chance.

Then Lynda, a retired physician, brought the ministry to the congregation at Faith Lutheran, 225 Jamestown Blvd. in Farragut, and its members have embraced it.

"(The church is) involved in prayer ... and spreading the word

to find other volunteers," she said.

Primka recalled church members were "very surprised at the conditions people were living in ... but they were also really happy to hear about the work that was being done.

"Basically, at the end of the meeting, they said, 'We want to support this ministry, and let's have it as one of our ministries.'"

She now spearheads the church's efforts, seeking volunteers for the ministry. People can learn more about volunteer opportunities at MercyShips at mercyships.org or by calling Faith Lutheran Church, 865-966-9626.

Primka's mission to bring the ministry to her church followed a trip to Senegal, where she and son, Alex Primka, visited one of MercyShips' vessels the end of last October.

"If I was going to support this (ministry), I wanted see for myself if they were doing what they said," she said. "They are doing the work they say they do, and they do it with the model of Christianity.

"It was all very inspiring," Primka added, tears welling up in her eyes. "You're just giving a life-changing gift to someone.

"The people on the ship are just

See MERCYSHIPS on Page 10C

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Who: New and prospective students

When: Tuesday, March 3

Time: 6:30 pm - 8:00 pm

Where: Christian Academy of Knoxville

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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 3:30 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 use the courts to play games at the Open House. Paddles will be provided for those who don't bring their own. There also will be instructors to explain the game. There is no cost for play to those who qualify (ages 50 and over) and play during the senior-designated times. Pickleball for seniors will be featured from **noon to 3:30 p.m. each Tuesday and Thursday**, with play beginning **Tuesday, Feb. 18**. Town also will host designated times for public open play. Those days and times will be announced separately.

• **Farragut West Knox Chamber of Commerce 2020 Breakfast Speaker Series: Champion's Cheat Code for Sports, Life & Business** will feature former Tennessee Volunteer Football "Vol For Life" Derrick Furlow beginning at **7:30 a.m., Tuesday, Feb. 18**, in Fox Den Country Club, 12284 N. Fox Den Drive in Farragut. Cost is \$30 for FWKCC members, \$15 for students (must present ID) and \$40 for non-members. A table with 10 seats is \$275. (No refunds for no-shows or cancellations after **Friday, Feb. 14**. Tickets can be purchased online at info@farragutchamber.com).

• **Newcomers Club meeting**

begins 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 Meals. Reservations can be made by calling 865-681-9989 before **Friday, Feb. 14**.

• **Pellissippi State Community College will celebrate the music and poetry** of outstanding African-American artists by hosting the chamber music theatre work "Of Ebony Embers: Vignettes 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, 10915 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 www.pstcc.edu/events/black-history, or contact Wood at 865-539-7160 or gwood@pstcc.edu.

• **Take a deep dive into Farragut history.** Former state representative and local historian Robert Booker will speak at a free event in honor of Black History Month in Farragut Museum, Housed in Farragut Town Hall, 11408 Municipal Center Drive, **Sunday, Feb. 23**. A reception and museum tours begin at **1 p.m.**, and the presentation starts at **2 p.m.** For more information, visit farragutparksandrec.org/historicresources or contact His-

toric Resources coordinator Julia Barham at jbarham@townoffarragut.org.

• **Learn when and why to be concerned about identity theft**, and what to do if you become a victim, from **6 to 7:30 p.m., Tuesday, Feb. 25**, in the medium classroom at Farragut Community Center (239 Jamestowne Blvd.). Class is taught by Robert Tardio, H&R Block master tax advisor. This class is free. Register by **Friday, Feb. 21**, at townoffarragut.org/register, in person at the community center or by phone at 865-218-3375.

• **Join instructor Kristi Hulsey of Tennessee Thyme** for the ultimate "Essential Oil: Girls' Night Out" from **6 to 7:30 p.m., Wednesday, Feb. 26**, in the medium classroom at Farragut Community Center (239 Jamestowne Blvd.). All things girly 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.

• **Stop the Bleed training and certification** is from **1 to 2:30 p.m., Thursday, Feb. 27**, in the large classroom at Farragut Community Center (239 Jamestowne Blvd.). This class is part of the American College of Surgeons Committee on Trauma's effort to save lives by teaching the civilian population to provide vital initial response to stop uncontrolled

See **PLANNER** on Page 6C

Cats, dogs can get high blood pressure

Q: "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. Yes, Sweetie is getting older, and yes, my vet did find a few changes on her exam and blood tests. Do cats really get high blood pressure? P.L., Farragut

A: Yes, cats (and dogs) can have hypertension, more commonly known as high blood pressure. High blood pressure in cats can be primary or secondary. Primary 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 ocular, cardiac or neurologic abnormalities, and occasionally, the physical exam is normal.

Certainly, we understand that some cats don't enjoy a trip to the vet. If your pet seems especially nervous, your veterinarian may recommend rechecking the blood pressure again in a week to confirm the diagnosis. "White coat



Stephanie Myers
Ask the Vet

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.

Join us for **Hallerin Hilton Hill ON LOCATION** at the event, **Monday, February 17, 3-7 PM** **NewsTALK 98.7**

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Annual 'gift from the heart:' SJNCS Ponytail Drive

TAMMY CHEEK

tcheek@farragutpress.com

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 Belleza Spa 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 time last year, didn't have hair, thank you because it makes a differ-



ence," she told donors.

"The first year we had 25 hair givers," Dougherty recalled, adding since then more than 208 people have participated in the event and donated 730 ponytails to two charitable organizations.

Ponytails are being donated to Children with Hair Loss, a non-profit organization headquartered in South Rockwood, 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.



Dockery 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."



Photos by Tammy Cheek

(Above left) Lilly Edmands, 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) Elena Lemmons gets a haircut from mother, Jennifer Lemmons, during St. John Neumann's annual Ponytail Drive.

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 A's).

Jonathan K Buchanan, Lauren V Joy and Frank Grady Standaert 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.

Planner

From page 5C

bleeding in emergency situations. Class and certification are free; 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.

• **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 and fitness businesses to financial experts — "and even a jewelry store, which has crystals and healing beads," said Stephen Krempasky, 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

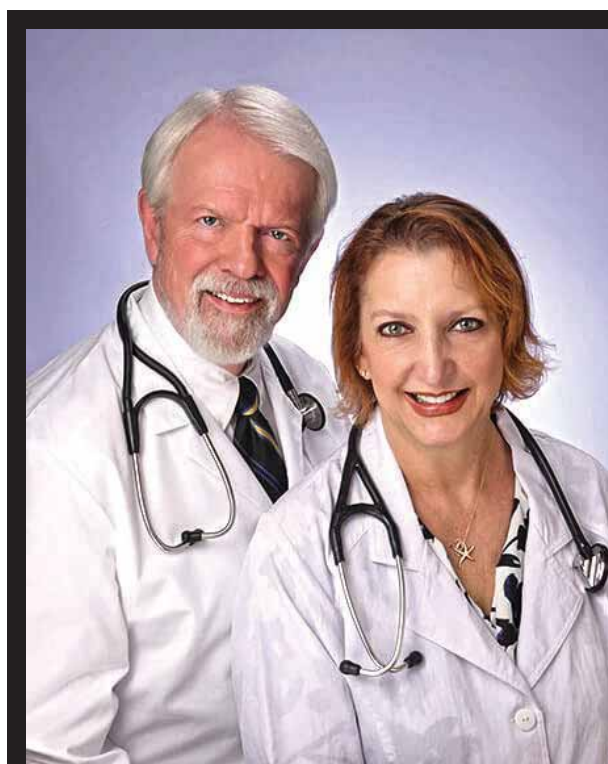
syndrome" happens with cats and dogs just as it does with people, thus causing artificially high readings. Using a special machine made for animals, readings for cats should be under 150/95 mmHg.

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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.

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40 YEARS OF FARRAGUT

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, Emina Katana, Erick Gomez and Elsie Schmardebeck; Linda Cline's class — Ethan Elliott, Sarah Franklin, Jackson McKinney and Allyson Kissiah; Tonya Cupp's class — Jason Jiang, Cruz Azambuja, Maddie Franklin and Liana Lipka; Jessica Duby's class — Baylor Lewis, Siying Li, Mason Byrd and Estrella Martinez-Sandoval; Theresa Gaughan's class — Sara Matic, Gavin Angleton, Sunny Shiroomi and Boston Tetlow; Christine Gerlach's class — Arabelle Wray, Charlotte Fowler, Ryan Smith and Preston Dreiser; Carley Givens' class — Eros Mina, Matthew McKenna, Kaitlyn Maddalena and Skye Hammond; Sylvia Halford's class — Margaret Compton, Emma Scheve, Anya Soans and Maverick Tilley; Andrea Hankins' class — Mollie Hickman, Liam Scharer, Joseph Gahagan and Stella Rich; Irma Howley's class — Sullivan Buck, My-Duyen Nguyen, Victoria Owen and Owen Miller; Ashley Massey's class — Elena Wu, Samhita Paila, Eldin Denic and Trip Anderson; Becca Moore's class — Olive Jesse, Ayden Lee, Rafae Moetasim and Eliana Plawchan; Taryn Olafson's class — Ayden Rhea McGhee, Kely Gromis, Beckett Humphrey and Charlotte Rachlin; Emily Pegg's class — Hannah Goforth, Hudson Brown, Emmy Zimmer and Bree Jamison; Toni Peterson's class — Sebastian

- Ganancial, Knox Clabough, Surihely Vazquez and William Scott; Amy Stedham's class — Sam Duby, Chris Guo, Jenna Crowley and Jax Pieper; and Natalie Well's class — Carly Reeves, Autumn Bucco, Max Franklin and David Johnston.
- **Fifth grade:** Kayla Burks's class — Blake Morrow, Ryan Vincill, Luke Javors and Thomas Locke; Kaley Carillon's class — Macy Gregg, Conner Sexton, Wesley Seaver and Bianka Bukovska; Sarah Eddins's class — Eric Smith, Sarah Kos, Leah Daili, Cooper Dicus; Dacia Maxwell-Hix's class — Alexandra Summie, Admir Zulovic, Ian Thomasson and Rosie Toops; Deb Holly's class — Ben Redmon, Meredith Pace, Jack Parrott, Anna Guiseppe; Bobi King's class — Jaycee Hatton, Lucy Moore, Aneesh Pingali and Jose Ortega; Susan Mann's class — James Carter, Hunter Lorusso, Emmeline Loos and Lillian Nicholson; Angie Maxey's class — Ava Kincaid, Grant Carswell, Caroline Zhou and Layla Baker; Miles' class — Moksh Patel, Sophie Sturgill, Gabriel Lim, Ella Schoch; Ashley Paquette's class — Brian Gant, Carly Trout, Riley LeVesque and Gabbie Vanacker; Leonard Stark's class — Caroline Arthur, Malcom Gao, Lina Nguyen and Arman Oguz; Nicole Thorley's class — Nora Al-mashharawi, Rafika Amlani, Grey Andresen and Callie Hill; Phillip Tucker's class — Marley Ortega, Reagan Sheridan, Ben Brettin and Graham Hurt; Cathy Varga's class — Sophia McDonnell, Jacob Ellis, Landon Correa and Isabella Bingham; and Lindsey White's class — Sheen Marie Castro, Erin Frey, Aydon Boze and Musashi Ward.



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.

Photo submitted



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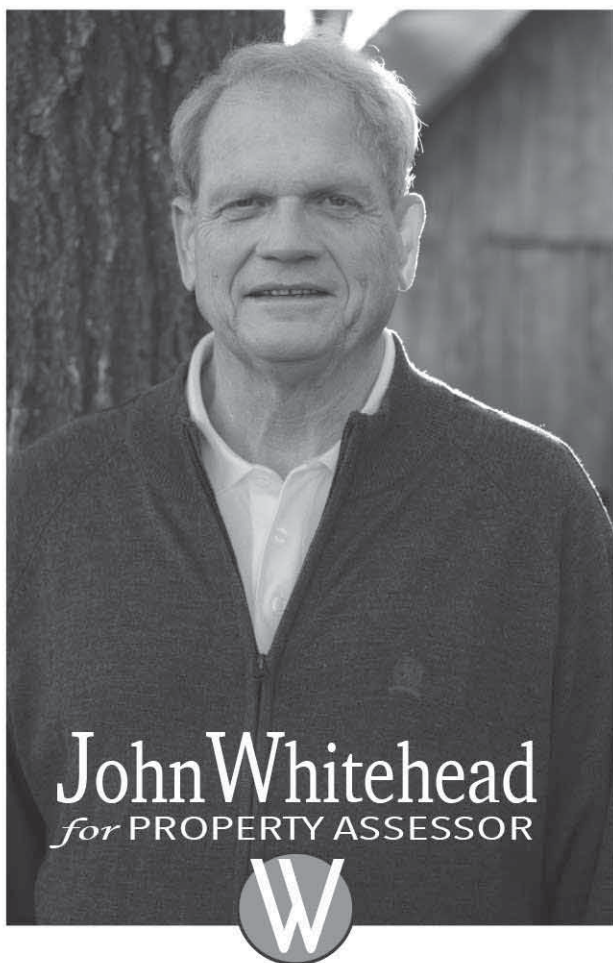
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Farragut schools to learn women's suffrage at 100

TAMMY CHEEK
tcheek@farragutpress.com

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 brainchild of fifth-grade social studies and science teachers, Angie Maxey and Sarah Eddins, and humanities librarian Holly Matthews, Suffrage Coalition secretary, who created 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 to the U.S. Constitution, which took place on Aug. 18, 1920," according to state Code 49-6-1028.

As part of the statute, 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 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 consideration," a contest flyer stated.

The theme is "Celebrate a Centennial 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, Maxey said she and Eddins also have been creating and recording monthly video presentations called "Tea Time" 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 Middle School.

The "For the Love of Books" drive is being conducted by Farragut resident Gerand Saffles, who serves as the Knox County Council PTA special events coordinator and also is a member of the FMS Parent Teacher Organization. She said the drive is being

held in conjunction with Knox County Mayor Glenn Jacobs' Read City USA initiative, by Knox County Council PTA and FMS PTO, and is being helped along by FMS principal Weston Edmonds and school staff.

"We are looking for books geared for fifth- through 10th-graders, which will then be donated to Vine Middle School," said Saffles, who placed a box in the school lobby to collect books Monday, Feb. 10.

For more information, contact Saffles at gdsaffles@gmail.com.

Webb service medals



Photo submitted

Webb Upper School recently recognized several members of its ninth-through-12th-grade student body for their demonstrated exemplary commitment to community service with the presentation of this year's national President's Volunteer Service Award. In no order with photo: Gold Medal, for 100-plus hours (ages 11-15); 250-plus hours (ages 16-19): Zach DiBiase, senior; Noelle Fuchs, junior; Tanner Houston, junior; Caitlyn Jenkins, freshman; Jane Kelly, junior (two-time Gold Medal recipient); A.C. Maddox, sophomore; Henry Partridge, junior; and Bianca Taylor, freshman. Silver Medal, for 75-to-99 hours (ages 11-15); 175-249 hours (ages 16-19): Anna Beth Lee, junior (two-time Silver Medal recipient); Michael Nichols, senior; and sophomores Katherine Perkinson, Will Stokes and Ford Wagner. Bronze Medal, for 50-to-74 hours (ages 11-15); 100-to-174 hours (ages 16-19): Addie Dewhirst, senior; Christian DiBiase, senior; Liza-Handly 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.

★

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Susan Royster

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'Iced Out'
From page 4C

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, too, 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 offsite 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 Hollenhead

Farragut High School senior and Peer Tutor Garrett Howe, second from right, is working to help raise \$5,000 for the Special Olympics. With him are several students in the Peer Tutoring program, many of whom also participate in Special Olympics: Standing are Sarah Kohn and Joseph Dicus. Seated alongside Howe, from left, are Rylee Troop, Max Pham, Bailey Myers and Megan Ramsey.



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Alex Primka and mom, Lynda Primka, prepared to board a MercyShips vessel in Senegal last October, where they walked with the ship's chaplain to visit physical therapy and other areas.

Photo submitted

MercyShips

From page 4C

dedicated," she added.

Lynda met surgeons, physical therapists, nurses and African volunteer day workers, one of which "radiated happiness."

"We change the individuals one life at a time," surgeon Dr. Gary Parker said in a MercyShips online video.

The Primkas first learned about MercyShips, founded by Don Stephens more than 40 years ago, from a dentist in their church in Ohio.

"(He) would go periodically and spend two weeks on MercyShips doing dental work," Primka recalled. "He would come back from those trips and talk about the experience, about the need and about working with the people of MercyShips."

She explained the whole idea of the ministry is to bring the hospital — with the power, water, surgical supplies or dental supplies — to places in need.

All the people providing services, from surgeons to housekeeping and kitchen help, are volunteers, and the surgeries and other services are free to the patients, Primka said.

While MercyShips have gone to many places where there was a need, she said it has "settled on Africa lately because that's where some of the deepest poverty is," she said.

In Senegal, Primka said 38 percent of the 100,000 population

live in absolute poverty.

However, she said 2.7 million lives are impacted by MercyShips from the 100,000 surgeries and 665,000 dental visits at 597 port visits.

MercyShips also bring in dental staff, ophthalmologists and head and neck specialists, and they train African surgeons, nurses and other support staff to correctly operate on patients.

The ministry starts planning five years before it goes into a country.

"The country has to invite them, and they look and see what the need is," Primka added. "Then, they essentially will be parked (in a port) for a school year in a country."

"They bring in people from all the outlying areas to screen them for the surgeries (MercyShips) can accomplish," she said.

Those surgeries correct cleft lip and palette, wind-swept legs and "head tumors" resulting from dental infections that spread to the jaw, as well as removing cataracts and burn contractures.

Primka noted those ailments are easily treated in developed countries, such as the United States, but under-developed countries, such as Africa, do not have the surgeons or health care infrastructure necessary for treatment.

MercyShips also bring physical therapists and make a hope center for the patients to heal, be fed and receive physical therapy following the surgeries.

61 Years

From page 4C

special dress for a special occasion — I just didn't realize how special it was going to be."

There was sadness on both sides when they parted, even though they had made plans to meet in Paris and Salzburg, Austria, before returning stateside.

"But we were confident we were at the beginning of something, not the end," he said.

"It was as though we knew each other immediately," Donna added. "We just spoke the same language, from the very beginning, and had so much to talk about."

The couple traveled separately back across the ocean, but made plans to drive to their respective homes together from the East Coast.

"By the time we returned to the states we knew sometime was happening here," Bob recalled.

The distance mattered little, and the couple married in Dallas, Texas, on June 19, 1958, exactly one year to the day of that first

shipboard meeting.

"Counting our wedding day, it was only the 13th time we had seen each other," Donna said.

So began a long and vibrant marriage for the couple, who have been married for 61 years.

They came to Knox County in 1964 for Bob's job, and have been here since.

While Bob — who also is an author and genealogist — took the helm at the Wesley Foundation on the University of Tennessee-Knoxville campus, becoming its longest-serving minister, Donna took some time away from teaching to raise the couple's children: son, Robert Crittington, nicknamed "Crit," and daughter, Leslie.

Donna ultimately returned to her career, and was an administrator with Knox County Schools, serving as principal at Rocky Hill, Oakwood, Pleasant Ridge and Sequoyah elementary schools before retiring in 1999.

The couple also have four grandchildren.

The Parrotts don't really see it

as a "secret," the key ingredients of their marriage that have made it such a great and lasting partnership.

"From the very beginning we did not allow the idea to even be considered that marriage was not going to work for us," said Bob, who similarly has counseled many other young couples during his career. "We had rough times, but everybody has rough times. We respect each other, love each other and complement each other."

"It sounds like a fairy tale, but it is all very real," he added.

"How they met and their lifelong love is so beautiful in a world where faithfulness and commitment seem to no longer be valued," said Crit, who also noted, "They are perfectly matched."

"Shipboard romances do last," Bob said. "Ours has lasted, and has flourished, since that day."

"It has been a life that was truly meant to be," Donna added. "It was a chance encounter, but one that turned into something worthy of a lifetime together."

My how far the Town has come!

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Foundations Podcast

40 YEARS OF FARRAGUT

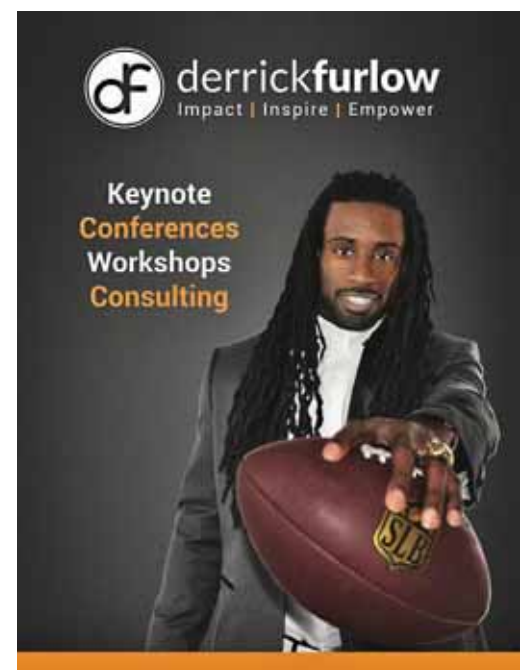
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WHEN:

Tuesday, February 18, 7:30 to 9:00AM

WHERE:

Fox Den Country Club, 12284 N. Fox Den Drive, Farragut #7934

TICKETS:

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ORDER IN THE MUNICIPAL COURT FOR THE TOWN OF FARRAGUT, TENNESSEE, Pursuant to Chapter 12, Section 12-1 of the Code of Ordinances for Farragut, Tennessee, it is ORDERED that the Town of Farragut Municipal Court will convene for the purpose of conducting hearings on any citations issued for Automated Traffic Enforcement and Code violations. Farragut Municipal Court will convene on the following dates and times:

January 13 at 6:00 PM	July 13 at 6:00 PM
January 27 at 6:00 PM	July 27 at 6:00 PM
February 10 at 6:00 PM	August 10 at 6:00 PM
February 24 at 6:00 PM	August 24 at 6:00 PM
March 9 at 6:00 PM	September 14 at 6:00 PM
March 23 at 6:00 PM	September 28 at 6:00 PM
April 13 at 6:00 PM	October 12 at 6:00 PM
April 27 at 6:00 PM	October 26 at 6:00 PM
May 11 at 6:00 PM	November 9 at 6:00 PM
May 26 at 4:00 PM	November 23 at 6:00 PM
June 8 at 6:00 PM	December 14 at 6:00 PM
June 22 at 6:00 PM	December 28 at 6:00 PM

This will be the regularly scheduled court dates for the Town of Farragut beginning January 1, 2020. Any cancellations or delays to the court schedule will be posted to the Municipal Court page of the Town of Farragut website at www.townoffarragut.org/court.

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

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AGENDA FARRAGUT BOARD OF MAYOR AND ALDERMEN
February 13, 2020 **MCFEE PARK PROJECT WORKSHOP**
6:00 PM **BMA MEETING** 7:00 PM
I. Silent Prayer, Pledge of Allegiance, Roll Call II. Approval of Agenda III. Mayor's Report IV. Approval of Minutes A. January 23, 2020 V. Ordinances A. Public Notice and Second Reading 1. Ordinance 20-02, Ordinance to Amend Chapter 14, Nuisances, of the Farragut Municipal Code B. First Reading 1. Ordinance 20-03, Ordinance amending the Capital Investment Program and ADA Capital Projects budgets of Fiscal Year 2019-2020 budget, passed by Ordinance 19-22 VI. Business Items A. Approval of Contract 2020-13, Town Hall Restroom ADA Renovations B. Approval of Contract 2020-14, 817 Virtue Road Demolition C. Approval of Contract 2020-15, Debt Collection Services VII. Town Administrator's Report VIII. Town Attorney's Report IX. Citizens Forum

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It is the policy of the Town of Farragut not to discriminate on the basis of race, color, national origin, age, sex, or disability pursuant to Title VI of the Civil Rights Act of 1964, Public Law 93-112 and 101-336 in its hiring, employment practices and programs. To request accommodations due to disabilities, please contact the ADA Coordinator at jcurry@townoffarragut.org or 865-966-7057 in advance of the meeting.



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AGENDA FARRAGUT MUNICIPAL PLANNING COMMISSION
February 20, 2020 7:00 p.m. Farragut Town Hall. For questions please e-mail Mark Shipley at mshipley@townoffarragut.org or Bart Hose at bhose@townoffarragut.org
1. Citizen Forum
2. Approval of agenda
3. Approval of minutes – January 16, 2020
4. Discussion on a draft of the update to the Farragut Sign Ordinance
5. Discussion and overview of the Comprehensive Land Use Plan Update 2012 and land use descriptions for select residential land uses
6. Approval of utilities

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12C • FARRAGUTPRESS THURSDAY, FEBRUARY 13, 2020



Cool Sports, Home of the Icearium
& Town of Farragut

Free Skate Day

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.



Denise Short and her daughter, Zoe



Grace Williams, left, and Laci Brill



From left, sisters Natalia and Nicole Miraflores and their grandmother, Gloria Cortes



Lucy Page



From left, Brianna Alzate, Kirstyn Settle and Andi Ellison



Brothers Caleb, left, and Daniel Yang



From left, Liam Sitton, Luke Williams and Finnian Gilbert



From left, Killian Sitton, Matthew Hardin and Holt Moseley



Irina McMillan with her daughter, Vera, and son, C.J.



Annie Coplin



From left, siblings Gigi and Cruz Azambuja and their cousin, Lochlan Page

Photos by Michelle Hollenhead



CHAMBER LIFE

"THE MISSION STATEMENT IS TO STRENGTHEN AND SUPPORT OUR COMMUNITY BY PROMOTING BUSINESS GROWTH, EDUCATION AND ECONOMIC DEVELOPMENT."

VOL. 34, NO. 2

A PUBLICATION OF THE FARRAGUT WEST KNOX CHAMBER OF COMMERCE

FEBRUARY 2020



Orientation Arrives

at New Community Center

New or existing business members or even non-members with questions about chamber membership are invited to the Chamber's Spring New Member Orientation on Tuesday, March 10 from 11:30 am to 1 pm. This year's event will be the first to take place at the new Farragut Community Center at 237 Jamestowne Blvd. in Farragut. Held twice annually, the orientation is the perfect opportunity for new business members and members with newer staff to learn how to maximize their Chamber membership and make great new connections all at once.

The Chamber's Ambassador team will personally invite businesses who have joined within the last year. Still, members of over one year or over 10 years are encouraged to send new staff/management who are unsure of exactly what they get through their annual membership. Businesses or organizations who are not members, but want to know more about opportunities available through the Chamber, can sign up by visiting <http://members>.

See **ORIENTATION** on Page 4

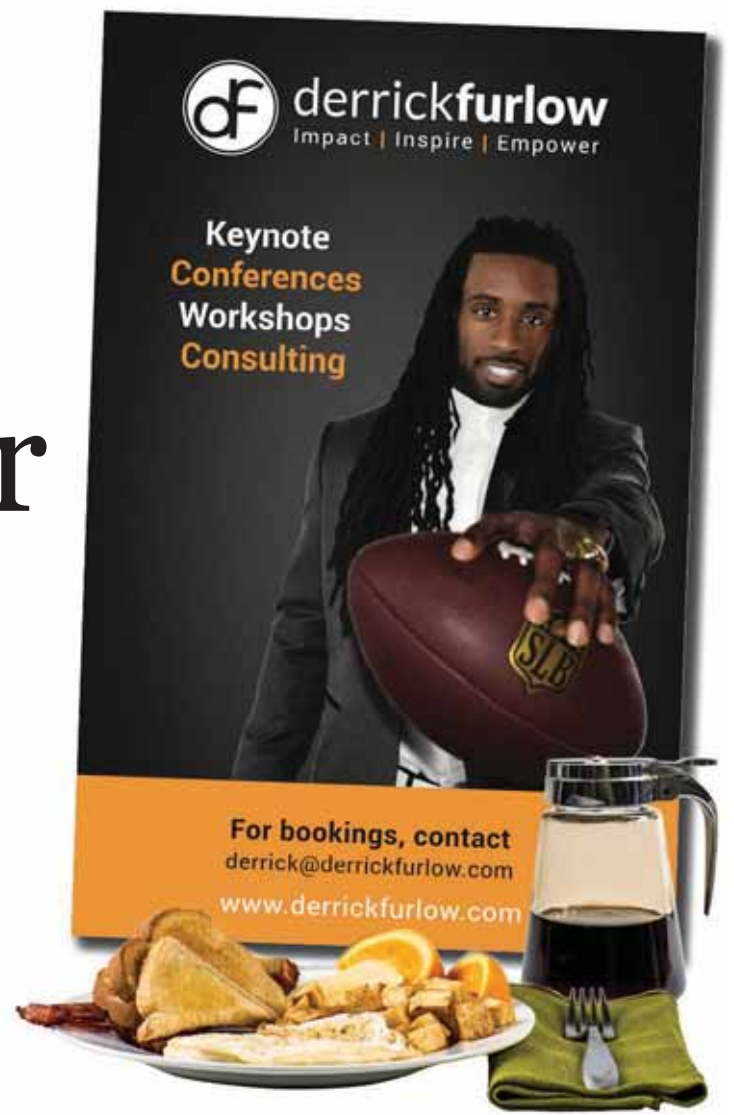
1st Breakfast will Inspire & Empower

The first event to kick off the Chamber's popular Breakfast Speaker Series promises to inspire and empower, with special guest and Vol for Life (VFL) Derrick Furlow. The event will take place at Fox Den Country Club on Tuesday, Feb. 18th from 7:30am-9:00am.

Furlow played for the University of Tennessee Volunteers from 2005-2009, earning both a Bachelor's and Master's degree during that time, but that college and football career almost didn't happen. He'd made great progress toward his "Get out of Arkansas" plan that he created while being raised by a hardworking single mom who frequently still had to choose between food or heat, but then tragedy struck.

Suffering an ACL tear during offseason workouts at the start of his high school senior year, Furlow watched as offer after offer was pulled back from every single university who had courted him, except for one: UT. Furlow is now an entrepreneur and speaker, as well as the founder of a non-profit, "Scarecrow Foundation" which helps pair students who need service hours with existing local food pantries who need volunteers.

Furlow will share his story in depth with attendees and focus on the skills and traits he observed and learned along the way, which led him to create what he calls, "The Champion's Cheat Code for Sports, Life & Business." Taking elements from his book, "What's Next? How to Transition Like a Champion," he will share the similarities between the obstacles



many high-performing athletes face and how they mirror the major life changes we face daily, like marriage/divorce, job loss, career changes and more.

Tickets are available at www.farragutchamber.com/breakfast-speaker-series. Member tickets are \$30, Non-members \$40, Students \$15 and Tables of 10 are \$275. Networking and breakfast are from 7:30-8:00am, with the speaker and subsequent Q&A from 8:00am-9:00am.

The event is supported by Presenting Sponsors Town of Farragut and Knox County; Community Sponsor Mike Baker Insurance Consulting; and Media Sponsors NewsTalk 98.7, Sports Animal 99.1 and farragutpress. Reservations can also be made by calling 675-7057.

Auction Asks You to Solve a Mystery...

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Farragut West Knox Chamber of Commerce



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 enough when SUDDENLY... someone goes missing. WHODUNNIT? Attend our 33rd annual auction on April 24th and find out...

Join us for the Chamber's largest fundraising event of the year, our Annual Silent & Live Auction, now in its 33rd year! The event sees an average 250 attendees and represents approximately 300 member businesses via sponsorships, silent and live item 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 where they work and live.

Tickets are \$60 each for members, \$70 for non-members, or \$550 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).

This year we are proud to donate 20% of all ticket sales to the American Cancer Society's Hope Lodge program. Cancer COSTS are not just measured in medical treatments but in lost working time, caregiver time, transportation to/from treatment, and more. Hope Lodge provides patients and their caregivers a safe

FREE place to stay close to the care they need. Help us directly impact Knoxville patients needing treatment in Nashville.

ITEM donations are greatly appreciated and a fantastic way to advertise your business! Silent auction item donations of a minimum \$50 value do best and can take the form of gift cards, service certificates, craft beers/whiskeys/wines, jewelry, unique art pieces, gift baskets (home decor, spa theme, cooking themes, etc), event tickets and more. LIVE auction items that do well include trips, all-inclusive experiences, and other high-value items.

Sponsorships are available and are a fantastic way to highlight your business with some levels

See **AUCTION** on Page 4

ENTERPRISE CLUB

These Chamber members generously contribute to the Chamber and the Continuing Education Grant Program above and beyond their annual dues.

Member Briefs

Looking for more details on a specific event, special or job?

Go to www.farragutchamber.com to see these and other member items!

- In life there are many loves, but only one **Knoxville Room Service** (10670 Parkside Dr., Suite 105). The right bottle of wine or liquor can show someone that you not only know them, but care about them too, especially if it's something they wouldn't have thought to buy themselves. Knoxville Room Service offers recommendations for wines and liquors. Want to try something new? There's a selection ready for you to taste. There are few things in life as romantic as enjoying a drink with that special someone and in the eyes of Valentine's, there's Room for all kinds of beverages. *Valentine's Day Special Package includes: Butler Delivery and Presentation; Almond Champagne or Freixenet Brut; ½ Dozen Chocolate Covered Strawberries; 2 Champagne Flutes; Valentine's Day Greeting Card; 4 Red Roses in a vase; 3 Tea Light Candles, all for \$64.99. *Ask about add-ons. (865) 299-3259 or visit <https://knoxroomservice.com/>

- A Resolution was passed in Jan. by the Commission of Knox County, Tennessee, honoring the following recipients of the Tennessee Hospitality & Tourism Association's 2019 Stars of the Industry award: Chas Belloit, General Manager for **Copper Cellar West** and Cappuccino's; Sandra Earls, Server for **Calhoun's Bearden Hill**; Emma Stone, Front Desk Supervisor for the **Holiday Inn West Cedar Bluff**; and the **Copper Cellar Family of Restaurants**.

- The **U.S. Small Business Administration** is reminding small businesses, small agricultural cooperatives, small businesses engaged in aquaculture and most private nonprofit organizations that Feb. 25 is the filing deadline for federal economic injury disaster loans in Tennessee as a result of rain and flooding from May 1, 2018 through Feb. 25, 2019. For more information contact Michael Lampton at (404) 331-0333 or michael.lampton@sba.gov

- 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, deluxe continental breakfast in the Club Level Concierge Lounge, bottle of Brut Champagne, chocolate dipped strawberries, and freshly baked chocolate cookies. For reservations, contact Mary Moore at (865) 970-4300, opt. 2 (Mon-Fri 8a-5p) or mary.moore4@hilton.com

- **New York Life** is hosting a free seminar 11a on March 9th at the **West Knox County Senior Center**, 239 Jamestowne Blvd., Suite 101, Farragut 37934. The right long-term care plan can help safeguard your family, your savings, your retirement and your peace of mind. Eugene (Buster) Kenny, CLTC, a 30-year veteran in long term care, speak in easy-to-understand language about the latest information on this type of care, including: What's covered and not covered by government programs; How much long-term care services cost in Knoxville area in 2019; Where long-term care is being delivered (it's probably not where you think), and much more! By the end of this 40-minute session you'll have a chance to ask questions during the Q&A session 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 free preview of their newest workshop on Tuesday, March 10th from 11:30-1p at the Hardin Valley Campus. Bring your lunch and join them for a preview of their newest partnership with David Horsewood and Fire by Light, LLC. Professional Development: "Getting from Here to There" uses an integrated approach to address four key areas essential for overcoming daily challenges and making the most

See MEMBER BRIEFS on Page 4

Networkings

Kat's Lash Lounge & Wax Studio January 9, 2020



Left: Farragut West Knox Chamber of Commerce Ambassador Zan Schriver-Volunteer Ministry Center pauses to network with Paul Hodge-CBBC Bank-Cedar Bluff.



Right: The Chamber's first networking event of the year was very successful. Attendees enjoyed good food and conversation along with outstanding hospitality.

Zaxby's of Farragut January 30, 2020



Left: Stephen Krempasky-Shop Farragut and John Volpe-Abuelo's Turkey Creek were a few of the dozens of attendees who attended the evening event.



Right: Jeff Haun-Pest-Ops, LLC gets caught up with Chamber board member Christine Dean-His Security & Technology.

Ribbon Cuttings

MD Weight Loss & Wellness Center - January 10, 2020



Pictured is Dr. Dennis King (center with beard) his wife, Mary J. King (Dr. King's left), their assistant Christy Boggs (beside Mary), Dr. and Mrs. King's son, Justin King (sixth from left). Also pictured is Vice Mayor Louise Povlin-Town of Farragut (fourth from right, purple shirt), Chamber ambassadors, neighbors and friends.



Ribbon Cuttings

Calculating Minds Math Achievement Center - January 13, 2020



Standing side-by-side are owners Dee Morgan (fifth from left) and Amy Finch (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 Steichen (red hair, behind Laura), Assistant Vice Mayor Louise Povlin-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 is owner Sandy Gray (center, holding scissors), staff member Debi Hammond (fifth from left, holding shop dog, Lola), Assistant Vice Mayor Louise Povlin-Town of Farragut, Chamber board members, ambassadors, members of the community, family and friends.

The Pizza Kitchen - January 29, 2020



(L-R) Julie Blaylock-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), Katie Alley (blue sweater, beside Travis), Joe Kirkpatrick (black shirt and blue jeans, standing beside Katie), Travis' son, Emory Redmon (front row, holding scissors), Commissioner John Schoonmaker-Knox County (second row, behind Travis and Katie), Chamber ambassadors, members, family and friends joyfully gather for photographs.



WEST Under 40 Guest Column

Each month this section will feature a piece written by a member business or young professional aimed at working professionals or recent graduates seeking tips and tools on how to shape and inspire their growing career, whatever the industry. The Chamber is excited to include this in conjunction with our growing young professionals program.

Going Back to School as an Adult

By
Jenny Zino



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 keep 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 Lanagan at alanagan@king.edu.

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TSBDC

by Laura Overstreet,
Small Business Specialist and
GrowthWheel® Certified Advisor

According to SCORE, 87% of entrepreneurs with a mentor are still in business after one year, compared to 75% of those without a mentor.

SBA Resource Partners helped countless small businesses to start new companies, raise start up and growth capital, and sell millions of dollars in products and services globally last year alone.

- Small Business Development Centers counseled and trained over 250,000 clients.

- SCORE helped nearly 200,000 clients.
- Women's Business Centers counseled and trained nearly 70,000 clients.

Take the proven approach to business success and use these strategies to secure your own business mentor:

- Connect with a mentor through SCORE. With more than 10,000 volunteer mentors, SCORE offers free small business mentoring at over 300 chapters nationwide and online via video chat. On SCORE's website, you can request a mentor with expertise in your industry or who can answer a specific question.

- Seek guidance from other SBA Resource Partners. In addition to SCORE, Small Business Development Centers provide free counseling and low-cost training to help small business owners start and grow their businesses. Veterans Business Outreach Centers provide entrepreneurial development services to eligible veterans, while Women's Business Centers give free and low-cost counseling and training to women entrepreneurs.

- Attend networking events. If you are in a highly specialized field and want to find a mentor within that niche, industry events can be a great place to start.

Need additional resources and training to aid your small business? Visit www.tsbdc.org/pscc/ or call 865-246-2663 for more information and to register for upcoming workshops.

Welcome New Members!

*The Chamber welcomes these businesses who 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 Majka
<http://www.citizensinsurancesolutions.com>

Eyes on Northshore
Susan Carter
2053 Thunderhead Road
Knoxville, TN 37922
<http://www.nseyecare.com>

Flour Power Knoxville
Kelly Longmire
117 Lovell Road
Knoxville, TN 37934
<http://www.flourpowerstudios.com/knoxville>

Knox Valley Dental
Dhiren Zaveri
11840 Kingston Pike, Suite A
Farragut, TN 37934
<http://www.knoxvalleydental.com>

Welcome Back Renewing Members!

The Farragut/West Knox Chamber welcomes back these businesses who have renewed their investment in the Chamber as of this past January. We are privileged to count them as Farragut/West Knox Chamber of Commerce members! We urge members to patronize one another when the goods or services a member can provide are needed. It is also our hope that area residents recognize the commitment a business makes to its community when it becomes part of its local chamber of commerce and reward that commitment with their patronage.

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 Enterprise Membership!



Thank you for your Anchor Enterprise Membership!

AAA East Tennessee
Admiral Title, Inc.
AFC Urgent Care / Family Care Farragut
Alan Diskin
Amish Elegance
Brightway Insurance - The Serio Agency
Buttermilk Sky Pie Shop
Concord Veterinary Hospital
Dixie Lee Wines & Liquors, Inc.
Edward Jones - Financial Advisor:
Wendy Schopp
Farragut Intermediate School
Fifth Third Bank
Foothills Bank & Trust,
a division of SmartBank
Graham and Cook Insurance
Holiday Inn Knoxville - Cedar Bluff
Holli McCray Home Marketing Group
Keller Williams
HomeTown Lenders
Kalsson Cleaning Services of East TN LLC

Kendall Investigations
Kids First Child Advocacy Center
Lalka Tax Services, LLC
Lange Animal Hospital
Nautical Boat Club
Panera Bread - Peters Road
Panera Bread - Turkey Creek
Pipe Wrench Plumbing,
Heating & Cooling, Inc.
Postal Annex
Premier Eyecare, PLLC
Promo Joe by Jessica, Inc.
Sharp Business Systems of Tennessee
Springhill Suites by Marriott
Tennessee Valley Fair
TIMG -
The Innovative Management Group
Tropical Smoothie Cafe
University General Dentists
UPS Store #2381
The Village at Westland Cove

Member Briefs

From page 2

of current opportunities: Communication; Motivation; Working through conflict; Strategic Thinking. Attendees will be entered into a drawing to win \$300 off the cost of the full workshop in June! Register to win at: <https://registration.xenegrade.com/pellissippi/courseDisplay.cfm?schID=48822>

- February 13, 2020 from noon – 3:30 is Pickleball Kickoff at the West Knox County Senior Center, 239 Jamestowne Blvd., Farragut 37934. Knox County seniors ages 50 and up are welcome to sign up and play for free in the brand new indoor gym. Dress to play in comfortable clothes and sneakers with light-colored soles. Bring your own paddles and indoor balls (green) or borrow from the facility. Arlene Weinstein with **Arlene's Fun Travel** will be teaching the classes. Please call (865) 288-7805 for more information.



Orientation

From page 1

farragutchamber.com/events/details/2018-fall-new-member-orientation-185. There is no cost to any business to attend.

A catering sponsor will provide a delicious lunch during the mini-networking starting at 11:30 a.m. Orientation begins in

the board room at 12 p.m. Door prizes are awarded throughout the program which will feature information from Chamber staff, Board, Business Ambassadors, town officials, Small Business Development Center (SBDC) of Tennessee and other resources. Members can RSVP for themselves or a staff member via the weekly email link or in their Member Portal ac-

Auction

From page 1

including radio AND television advertising alongside print, web, social media and recognition at multiple chamber events. All sponsorship levels include complimentary tickets to the event.

For more information on how to participate, email Julie@farragutchamber.com or call 675-7057. See you April 24 to discover "Whodunnit?" at the Chamber mansion!

cessed from <http://members.farragutchamber.com/login>.

Industry exclusive sponsorships are available for the orientation and include a table/display area at the program; email Julie@farragutchamber.com for details. For general questions call (865) 675-7057 or email Front Office Manager Susan Roberts at roberts@farragutchamber.com.

Calendar of Events

Members can quickly RSVP for events in their Member Portal at <http://members.farragutchamber.com/login>.

Call 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 (www.farragutchamber.com > "Events") and registering under "Not a Member?".

February 13, 2020 **Networking**
8 – 9:30am SouthEast Bank - Farragut
12700 Kingston Pike, Farragut 37934

February 18, 2020 **Breakfast Speaker Series:**
7:30am Vol for Life Derrick Furlow:
Doors Open/ The Champion's Cheat Code for
Breakfast Sports, Life & Business
8:00am – 9:00am Fox Den County Club,
Program 12284 N. Fox Den Dr.,
Farragut 37934

February 20, 2020 **Networking**
5 – 6:30pm Turkey Creek Medical Center
10820 Parkside Dr., Knoxville 37934

February 27, 2020 **Networking**
5 – 6:30pm Farragut Middle School
200 West End Avenue, Farragut 37934

March 5, 2020 **Networking**
8 – 9:30am United Community Bank
10514 Kingston Pike, Knoxville 37922

March 10, 2020 **New Member Orientation-**
11:30am – 1:00pm Open to both NEW and
EXISTING members
Enjoy brief networking and brush up
on benefits, scholarships, and more
Farragut Community Center
239 Jamestowne Blvd., Farragut 37934

Farragut West Knox Chamber of Commerce

11826 Kingston Pike, Suite 110 | Farragut, TN 37934

865-675-7057 | 865-671-2409 Fax

e-mail: info@farragutchamber.com | www.farragutchamber.com

This newsletter is published monthly by the Farragut West Knox Chamber of Commerce.

