

Issue 4 | Volume 1 | October-December 2021

PSRT STD  
US POSTAGE  
**PAID**  
EDDM  
Permit #109  
Knoxville, TN

ECRWSS  
RESIDENT

# Devin Driscoll

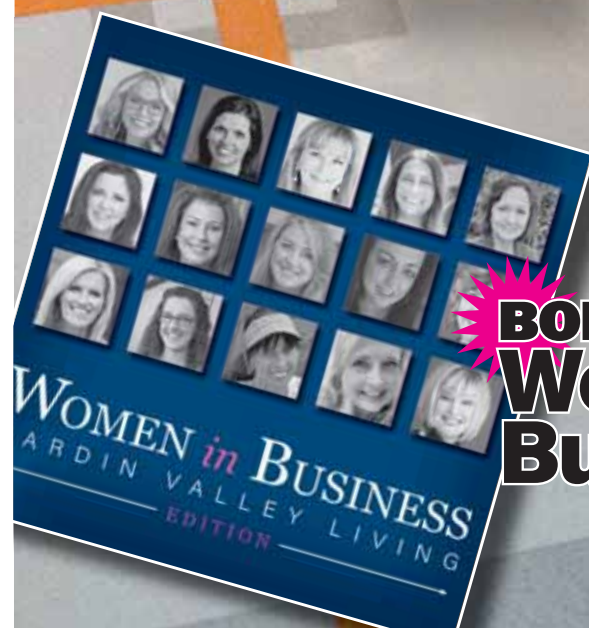
Dedicated entrepreneur ...  
Pg. 5

The UPS Store  
*Will your Christmas  
Package make  
the journey?*  
Pg. 8

*Toga  
Night*  
at HVA  
Pg. 26

*The Dream*  
A Miss Business Experience  
Pg. 10

# Hardin valley LIVING



**BONUS**  
**Women in  
Business**

Pg. 19



**Jake McMillin, M.D.**  
*Ophthalmologist / Cornea Specialist*



**Kathryn Kibler, O.D.**  
*Optometrist*



**Mia Guillory, O.D.**  
*Optometrist*

## EYECARE OPTICAL

*A Division of Drs. Campbell, Cunningham, Taylor & Haun*

**EyeCare Optical** is quickly becoming the first choice for all things vision in Knoxville and surrounding areas. We're conveniently located right here in Hardin Valley next to Hard Knox Pizzeria and Maple Street Biscuit Company.

Visit EyeCare Optical:

- Comprehensive Eye Exams, Glasses and Contact Lens Prescriptions
- Optical with a Large Inventory of Designer and Affordable Eyewear
- Board-Certified Ophthalmologist and Cornea Specialist for Diagnosis, Management and Surgical Treatment of Eye Disease
- New Patients and Walk-Ins Welcome!

EyeCare Optical is a new generation of vision centers designed for the convenience of East Tennesseans, with locations in Hardin Valley, Farragut, Maryville, Fountain City, Sevierville, and Oak Ridge.



Proud Sponsor of  
Hardin Valley  
Athletics!  
**GO HAWKS!**



**DRS. CAMPBELL CUNNINGHAM  
TAYLOR & HAUN**

EYECARE OPTICAL  
**\$50 OFF**  
**Prescription Eyeglasses**

Present this card for a special first-time discount off the total cost of a full set of prescription glasses, including frames and lenses. Offer good for first-time visit only, one per household. Offer good only at EyeCare Optical in Hardin Valley.

*Not valid with insurance. Offer expires 3/31/2022.*

Visit us in Hardin Valley: 10841 Hardin Valley Rd. • Appointments: (865) 761-4248 or [eyecareoptical-knoxville.com](http://eyecareoptical-knoxville.com)

Full Exams  
& LASIK®  
Consultations

Vision Prescriptions

Accepting most insurances, including Medicare,  
BCBS, Humana, CIGNA, United, Davis, VSP,  
EyeMed, Spectera, Superior, March & more.

Contact Lens Fitting

Glasses &  
Contact Lens



# THE VILLAGES

---

OF FARRAGUT

Life doesn't stop after retirement,  
why should your lifestyle?

Your next chapter is just beginning  
at The Villages of Farragut.

The home you need  
for the lifestyle you deserve.

**YOUR LIFE. YOUR WAY.**



230 Village Commons Blvd | Knoxville, TN 37934 | 865.317.9678  
[TheVillagesFarragut.com](http://TheVillagesFarragut.com)

30



5



26



8



10



# Hardin Valley LIVING

*A Special Publication of farragutpress*

Community Focus ..... p. 5

*Devin Driscoll*

Business..... p. 8

*The UPS Store, Miss Business Experience*

Chews & Brews..... p. 14

*Local Restaurants, Coffee Shops & Breweries*

Fitness ..... p. 16

*Get Kids on a Healthy Track, D1*

Women in Business: Hardin Valley edition..... p. 19

*Profiles of local women in business*

Toga Night ..... p. 26

*Pictures from Hardin Valley Academy's Toga Night*

College Corner ..... p. 28

*Ease the burden of student loan debt, College prep courses*

Eagle Eyed on Women in Need..... p. 30

*Eagle Scout project*

---

*On the Cover:*

Last year's Miss Business Experience,  
hosted by Junior Achievement of East Tennessee Inc.

---

## farragutpress

YOUR TENNESSEE PRESS ASSOCIATION AWARD WINNING NEWSPAPER

**Editor email:** editor@farragutpress.com **Website:** www.farragutpress.com

**Phone:** 865-675-6397 **News Fax:** 675-1675 **Advertising Fax:** 675-6776

**farragutpress** is published weekly at

11863 Kingston Pike Farragut, TN 37934

# Community Focus

## Devin Driscoll

Dedicated entrepreneur, deal maker, mentor ... and future Seat 11 commissioner?

Growing up, Devin Driscoll always knew he wanted to run his own business.

“I have always loved making deals and creating new projects,” said Driscoll, the owner of D1 Training, 10258 Hardin Valley Road.

Driscoll attended Sacred Heart Cathedral School and Knoxville Catholic High School and later went on to graduate from Fordham University in New York before returning to Knoxville in 2007.

The former WWE wrestler followed his passion and began his own business, Next Level Training. A decade later, he purchased D1 Sports Training and merged the two companies.

“I wanted to combine my passion for working with young people, sports, and training and make a career out of it,” he said.

Since then, Driscoll has been using his platform as a business owner to mentor the area’s youth with the recent launch of a continued education program called Next Level Knox. Based loosely on Stowers Machinery’s Think Big Program, Next Level Knox seeks to train high school students in the strength and conditioning trade.

“College is not for everyone,” he said. “There are some professions that are necessary for but not all. If we can help provide a roadmap for high schoolers to a career and profession in something they love then we have done something right. Our goal is to provide guidance to reaching a dream or a goal”.

As part of Next Level Knox, D1 Training utilizes the franchise’s GM training manual to guide high schoolers in their future career choices and help out with their classes.

The whole point, Driscoll said, is to “give kids knowledge that there’s avenues out there of people who want to help them reach their dreams.”

“I’m here talking to you because other business owners in town invested in me and now it’s my turn,” he said. “Someone once told me, ‘You learn, you earn, you return,’ and I’m in a weird phase in my career where I’m try-

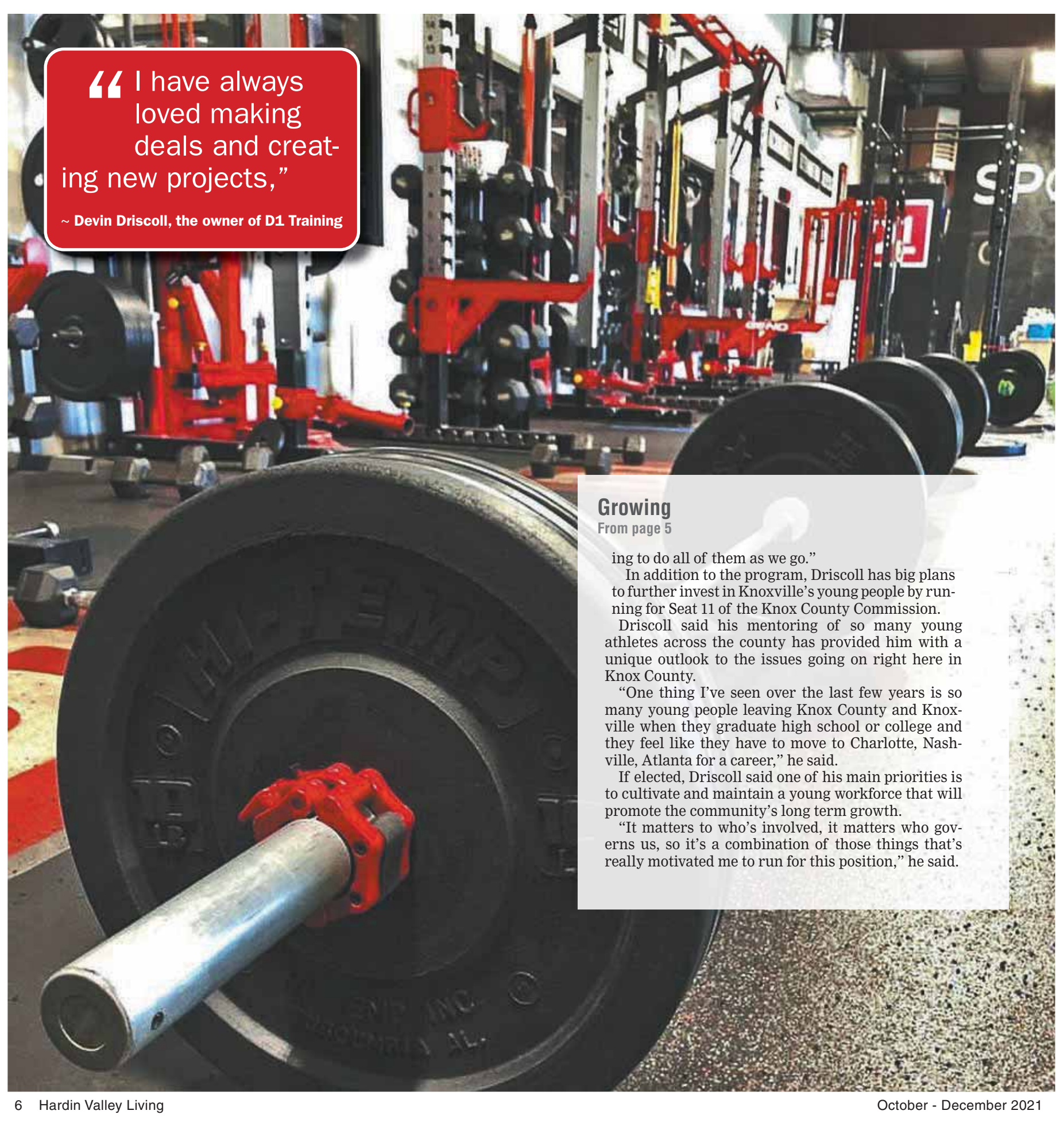


**Top left:** The award was presented to us by Sgt. Fairchild of the TN National Guard for hosting Operation Iron Fit.

**Above:** Teaching the continuing education class.

**Left:** Hosting the signing one of our athletes Zak Acuff

See **GROWING** on Page 6



“ I have always loved making deals and creating new projects,”

~ Devin Driscoll, the owner of D1 Training

## Growing

From page 5

ing to do all of them as we go.”

In addition to the program, Driscoll has big plans to further invest in Knoxville’s young people by running for Seat 11 of the Knox County Commission.

Driscoll said his mentoring of so many young athletes across the county has provided him with a unique outlook to the issues going on right here in Knox County.

“One thing I’ve seen over the last few years is so many young people leaving Knox County and Knoxville when they graduate high school or college and they feel like they have to move to Charlotte, Nashville, Atlanta for a career,” he said.

If elected, Driscoll said one of his main priorities is to cultivate and maintain a young workforce that will promote the community’s long term growth.

“It matters to who’s involved, it matters who governs us, so it’s a combination of those things that’s really motivated me to run for this position,” he said.

# Friendship Starts Here!

Morning Pointe is  
Expanding in Knoxville  
**Opening January 2022**

- *Licensed nurses oversee health, wellness and medication management*
- *On-Site Physical Therapists for continued strength and independence*
- *Best Friends Approach™ Certified for Memory Care*
- *Caregiver Support Groups*
- *Engaging Socialization Programming*
- *Farm-to-Table fresh dining program*

**Call About Our  
Founder's Club Specials**  
**[morningpointe.com](http://morningpointe.com)**



HARDIN VALLEY  
**Morning Pointe**  
Assisted Living & Memory Care

2449 Reagan Rd.  
Knoxville, TN 37931  
(865) 343-0081

## *Will your package make the journey?*

As we all know, shipping has become part of our lives now more than ever, and that isn't changing any time soon. With more than 3 billion packages a day flowing through distribution facilities like UPS, the logistical needs of these companies have grown, and so has the means of preparing these packages! We all want to blame the big, bad package, man, but here's some little-known insight on how to get your packages to your loved ones in one piece!

Our local facilities around this area are built to handle upwards of 500,000 packages a day, with conveyor belts carrying them from one end of a 400-yard building to the other in seconds. Along those belts are a series of chutes and ladders piled high with every means of anything you can imagine waiting to be stacked on top of each other by your local 19-year-old high school graduate. Sounding a little rough, sure! But let us look at how we can make sure our Swarovski vase arrives from San Diego under Dad's new trailer hitch. Get the right packaging!

Of course, we don't want to spend \$100 getting it there, but maybe we can find our vase with better travel plans than a size 13 shoebox and some newspaper for pillows. Treat every package you send like it is Humpty Dumpty, and he is really trying to stick away from the walls of those 6-foot high conveyor belts and the box of Craftsman dip forged 20 piece wrench set and matching toolbox about three boxes back.

There are ways we can find awesome alternatives around the house. For instance, those old Amazon packages and bubble wrap lying around (you know it is there) or around Hardin Valley like your local, family-owned, *The UPS Store*, where they are stocked with great materials and employees with years of knowledge to help you find the best options for your shipping needs!

~ **Denise Douglas, Owner**  
The UPS Store, Hardin Valley



# THE CARE YOU TRUST. CLOSER THAN YOU THINK.

Trusted Primary Care, Urgent Care and Specialty Health  
Care Services Closer to You.

## UT Regional Health Center—Lenoir City

865-635-2800

5779 Creekwood Park Blvd.  
Lenoir City, TN 37772

- Primary Care
- Specialty Health Care Practices
- Diagnostic Services

## Parkside Medical Plaza

11440 Parkside Dr.  
Knoxville, TN 37934

- Obstetrics and Gynecology
- Specialty Health Care Practices
- Diagnostics Services

WEST  
KNOXVILLE

FARRAGUT

LENOIR  
CITY

## Northshore Town Center

965-909-4040

1975 Town Center Blvd., 2nd Floor  
Knoxville, TN 37922

- Specialty Health Care Services
- Diagnostic Services

## Northshore Medical Plaza

9625 Kroger Park Dr.  
Knoxville, TN 37922

- Primary Care
- Urgent Care
- Obstetrics and Gynecology
- Physical Therapy
- Diagnostic Services

**UT MEDICAL CENTER**



# The dream

of being a corporate,  
community leader

*A Miss Business Experience longs to make it a reality for 30 female high school dreaming of business-focused careers*

*Junior Achievement of East Tennessee Inc., in partnership with local businesses and education collaborators, will present the JA Miss Business Experience Friday, Nov. 12, for 230 female high school dreaming of business-focused careers.*

The program will take place in person from 8:30 a.m. to 3 p.m. in the University of Tennessee Student Union, 1502 Cumberland Ave., and virtually from 8:30 to 11:30 a.m.

“This unique event was created to help young women design and envision their lives as corporate and community leaders,” stated a JAET press release. “The experience is designed to inspire young women to develop an executive mindset and encourages them to seek meaningful and dynamic leadership careers.

“The event is also designed to connect our future leaders with successful, professional women to share what they know with the next generation.”

Girls were nominated, mainly by educators within their schools, who exhibit specific qualities, such as “being excited by leadership opportunities; a desire to succeed with the potential to excel; working well in group situations; demonstrating responsibility; and making positive choices for herself both in and out of class,” said Melissa Sams, events manager for JAET.

As of Oct. 21, Sams said, “There are 14 schools are represented, from Knox County (including one private school); Anderson County, Loudon County, Campbell County and Bell County, Kentucky.”

Event highlights will include: hearing from top local female executives; networking with both peers and leaders;

“The event is also designed to connect our future leaders with successful, professional women to share what they know with the next generation.”

**See THE DREAM on Page 11**

**Photo submitted**

**Left:** Junior Achievement of East Tennessee Inc. is hosting its Miss Business Experience Friday, Nov. 12, in the University of Tennessee Student Union, and organizers are expecting even more participants than are shown in this photo from last year’s event.

## The Dream

From page 10

creating a personal vision board; self-assessment and reflection; instructions on building a personal brand; tips for getting hired; dressing for success; confidence building; and goal setting.

Speakers committed as of Oct. 23 include: Patricia Bible, CEO of KaTom Restaurant Supply; Erin Harlow, vice president of architecture at MBI, Kellen Bergman, Strategic Initiatives Manager at US Bank; Saray Taylor-Roman, master portrait photographer of Taylor-Roman Modern Photography; Lisa Rottmann, president of Stowers Machinery Corporation; Regina Bonds, Regina Bonds Confidence Coach; Lita Belcher owner/ interior Designer of Lita Belcher Interior Design; LeeAnn Foster, Head Coach of Team Foster Strategy; Krissy DeAlejandro, executive director of Tennessee Achieves; and Kim Frazier, founder/ director of Hardin Valley Planning Advocates.

For the second year in a row, Frazier will also be serving as event emcee.

"I am excited and honored to be back again this year as the JA Miss Business Event emcee," said Frazier. "This event is electric and chalked full of inspiring leaders from all walks of life and interests. It is an incredible opportunity for young women to see and hear from women who have gone before them and led the way in a variety of industries."

JAET is still seeking sponsors for the event. For more information, contact Sams at [melissa@jaeasttennessee.org](mailto:melissa@jaeasttennessee.org), or call 865-457-2461.



American  
Financial  
Network

**ELIZABETH POWERS**

NMLS #198633

*Senior Loan Officer*

**865.640.5605**

[epowers@afncorp.com](mailto:epowers@afncorp.com)

[www.afncorp.com/elizabethpowers](http://www.afncorp.com/elizabethpowers)

Co NMLS# 237341

*Financing the American Dream*



— Serving —  
**HARDIN VALLEY**



**10838 Hardin Valley Rd. | 865-248-2340**

### KNOXVILLE

10730 Kingston Pike,  
37934  
865-966-0425

### LENOIR CITY

1301 Hwy. 321 N,  
37771  
865-986-6533

### MARYVILLE

723 S Foothills Plaza,  
37801  
865-983-0741

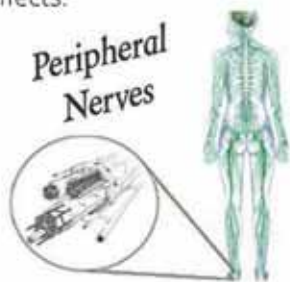
### ATHENS

201 S Congress Pkwy,  
37303  
423-744-9828



# Neuropathy Relief Is Possible

Prescription drugs are the most common treatment your medical doctor will recommend for neuropathy. While this may temporarily reduce your symptoms, medications such as Gabapentin, Lyrica, Cymbalta, and Neurontin are primarily antidepressant or anti-seizure drugs. These drugs may cause you to feel uncomfortable and have a variety of harmful side effects.



**Figure 1: Notice the very small blood vessels surrounding each nerve.**

Peripheral neuropathy is a result of damage to the nerves, often causing pain, numbness, tingling, and the most debilitating symptom, balance problems. This damage is commonly caused by a lack of blood flow to the nerves in the hands and feet. Every part of the body relies on blood via blood vessels, for oxygen and nutrients. Without it, the body begins to lose function.

When the blood vessels that surround the nerves become diseased, they shrivel. This prevents the nerves from getting the nutrients necessary to survive. The nerves begin to degenerate and no longer conduct sensation adequately.

When these nerves begin to "die" they cause you to have balance problems, pain, burning, pins and needle sensation, and other symptoms.

### **3 Factors to consider for effective Neuropathy Treatment:**

1. Underlying cause?
2. Amount of nerve damage sustained?
3. How much treatment is required?

### **4 goals of treatment at West Knox Acupuncture:**

1. Increase blood flow
2. Stimulate nerve fibers
3. Decrease pain
4. Improve balance

The main problem is that those with Neuropathy have been given limited options for treatment, mainly medications which often make you feel sick or uncomfortable.

Other times they have been told to come to terms with the idea of "just living with it." There is now a clinic in Knoxville that offers you hope without worrisome side effects.



**"I can feel my feet again!"  
-Susan G.**

The program to reduce your symptoms and speed up healing uses Acupuncture, ATP Resonance BioTherapy, and other proven treatments. Acupuncture helps to stimulate the blood vessels and the peripheral nerves so that they are able to receive proper nutrients needed to heal and repair. Collectively, these treatments function to increase blood flow, stimulate nerves and expedite recovery and healing.

The amount of treatment needed to allow nerves to recover varies from person

to person and can only be determined after a detailed neurological and vascular evaluation.

We will conduct an exam that consists of detailed sensory nerve testing and an analysis of neurological findings. After the exam, you will meet with the doctor to discuss your results and determine if you are a good candidate for our program.

This life impacting condition affecting millions of individuals can be helped and even reversed. Whether the neuropathy is chemical in nature, due to diabetes, or mechanical such as disc disease or arthritis, treatments are available to help you alleviate your suffering.

**Call 865-275-2444**

and make an appointment to determine if your nerve pain can be treated.



## **WE ARE OFTEN THE LAST RESORT WITH THE BEST RESULTS**

We are excited to bring cutting edge, non surgical, natural pain interventions to Knoxville!

If chronic pain is impacting your life, medications may not be your only solution.

We will evaluate your specific needs, then a customized treatment plan will be created specifically for you.

**Schedule A Consultation. CALL NOW: 865-275-2444**

## **YOU DON'T HAVE TO JUST LIVE WITH IT**

# ENJOY A BOOST FROM DUNKIN'



## \$1.00

### Off Any Size Hot or Iced Beverage



Not valid on mobile app or delivery orders. Excludes Extra Charged Coffee, Cold Brew & Nitro. Limit one coupon per customer per visit. Offer must be presented at the time of order. Shop must retain coupon.

## DUNKIN'



99754958652242110797

**EXP: 02/28/2022**

**GOOD AT**

1. 712 N. Campbell Station Rd.
2. 10631 Hardin Valley Rd.
3. 401 N. Cedar Bluff Rd.



## NOW HIRING

**712 N. CAMPBELL  
STATION RD.**

### Hard Knox Pizza

10847 Hardin Valley Rd, Knoxville, TN 37932

Hours: Tuesday - Saturday: 11 am - 9 pm

(865) 896-3760 | hardknoxpizza.com



### Double Dogs

\* farragutpress Readers Choice Award Winner for Best Hamburger

10639 Hardin Valley Rd, Knoxville, TN 37932

Hours: Sunday - Wednesday: 11 am - 11 pm

Thursday - Saturday: 11 am - 12 am

(865) 470-4447 | doubledogs.biz

### Don Gallo Mexican Grill

10681 Hardin Valley Rd, Knoxville, TN 37932

Hours: Monday - Sunday: 11 am - 9 pm

(865) 693-1320



### Brown Bag

\* farragutpress Readers Choice Award Winner for Best Caterer

10649 Hardin Valley Rd, Knoxville, TN 37932

Hours: Monday - Friday 11 am - 5 pm

(865) 474-0859 | brownbagnow.com

### Nick and J's

1526 Lovell Rd, Knoxville, TN 37932

Hours: Monday - Friday: 7 am - 4 pm | Saturday: 8 am - 2 pm

(865) 766-5453

### Dunkin Donuts

10631 Hardin Valley Rd, Knoxville, TN 37932

Hours: Monday - Thursday: 5 am - 9 pm

Friday - Saturday: 5 am - 10 pm | Sunday: 6 am - 9 pm

(865) 766-5453

### Maple Street Biscuit

10837 Hardin Valley Rd, Knoxville, TN 37932

Hours: Monday - Saturday: 7 am - 2 pm

(865) 240-3890

### Salsarita's

10577 Hardin Valley Rd, Knoxville, TN 37932

Hours: Monday - Sunday: 11 am - 9 pm

(865) 851-8556 | salsaritas.com

### Snappy Tomato

10612 Hardin Valley Rd, Knoxville, TN 37932

Hours: Monday - Sunday: 11 am - 10 pm

(865) 769-1300 | snappytomato.com

### Tomo Poke - Japanese

10756 Hardin Valley Rd, Knoxville, TN 37932

Hours: Monday - Saturday: 11 am - 9 pm

(865) 312-5117 | knoxpocketogo.com

### Firehouse Subs

10728 Hardin Valley Rd, Knoxville, TN 37932

Hours: Monday - Sunday: 10:30 am - 9 pm

(865) 692-1946 | firehousesubs.com

### Dickeys Barbecue Pit

10853 Hardin Valley Rd, Knoxville, TN 37932

Hours: Monday - Sunday: 11 am - 9 pm

(865) 454-8338 | dickeys.com

### Country Burrito Fresh Mex

10636 Hardin Valley Rd, Knoxville, TN 37932

Hours: Monday - Thursday: 11 am - 9:30 pm |

Friday - Saturday: 11 am - 10 pm | Sunday: 11 am - 9 pm

(865) 312-5881

**SOLD**



3266 Denver Lane  
sold for \$475,000

Sell your home with the Angie Cody Team & EXP Realty,  
this year's readers' choice for Best Real Estate Agency!



**SOLD**



1018 Letsinger Cove Way  
sold for \$392,000

### *Sunago Coffee Co*

**HARDIN VALLEY**

Knoxville, TN

(865) 333-0506

[sunagocoffee.com/](http://sunagocoffee.com/)

### *Tealicious*

10720 Hardin Valley rd. Knoxville, TN 37932

Hours: Monday - Sunday: 11 am - 8 pm

(865) 766-5329

[tealicioustn.com](http://tealicioustn.com)

### *Honeybee Coffee Co*

10716 Kingston Pike, Knoxville, TN 37934

Hours: Monday - Friday 7 am - 8 pm

Saturday 8 am - 9 am Sunday 8 am - 7 pm

(865) 392-1005

[honeybeecoffeeco.com](http://honeybeecoffeeco.com)

### *The Casual Pint*

**HARDIN VALLEY**

10677 Hardin Valley Rd, Knoxville, TN 37932

Hours: Monday - Thursday: 11 am-10 pm

Friday - Saturday: 11 am - Midnight | Sunday: 1 pm-10 pm

(865) 200-4335

[hardin-valley.thecasualpint.com](http://hardin-valley.thecasualpint.com)

### *Orange Hat Brewing Company*

10246 Hardin Valley Road, Knoxville, TN 37932

Hours: Monday - Sunday: 11 am - 10 pm

(865) 240-3884

[orangehatbrewing.com](http://orangehatbrewing.com)

### *Smoky Mountain Brewery*

**IN TURKEY CREEK**

11308 Parkside Dr, Knoxville, TN 37934

Hours: Monday - Thursday 11 am - 12 am

Friday 11 am - 1 am

Saturday - Sunday 11 am - 12 am

(865) 288-5500

[smoky-mtn-brewery.com](http://smoky-mtn-brewery.com)

To advertise on the Chews & Brews section call 675-6397



*"Angie sold my house in one day over list price! She was point on with her marketing strategy to expedite a quick sale while understanding my sense of urgency. Her cheery attitude kept my stress low as I trusted her to close the deal. I appreciated her optimism and confidence of the selling process. I highly recommend Angie for anybody desiring a speedy transaction with prompt communication and honesty. She is a rock star of a realtor!"*

**ANGIE CODY, REALTOR®** CNE, SRS, RCS-D, Coach, eXp Icon

11002 Kingston Pike Suite 103 | Knoxville Tn, 37934 | 888-519-5113 ext 471 Office | 865-755-2639 Sell



# Get kids on a Healthy Track

Childhood obesity is a serious medical issue affecting children around the world, but notably in North America. While the issue has been around for decades, the Centers for Disease Control and Prevention says American children and teenagers have witnessed a significant increase in weight gain since the COVID-19 pandemic began.

Younger school-aged children have been among the hardest hit during the pandemic. A study published in September 2021 found the percentage of obese children and teens increased to 22 percent compared with 19 percent before the pandemic. The CDC looked at the BMI of study subjects between March 1, 2020 and November 30, 2020. One of the study's authors, Dr. Alyson Goodman of the CDC's National Center for Chronic Disease Prevention and Health Promotion, described the results as "substantial and alarming."

Being less physically active, overweight and eating the wrong foods can start children on a path toward problems that once were only considered conditions of adulthood, namely hypertension, diabetes and high cholesterol, offers the

Mayo Clinic. To reverse course, parents, guardians and educators can focus on helping children become more physically fit. The following are a few ways to do so.

- *Encourage participation in sports or other physical activities. Sports practices, games, competitions, and other activities may keep children moving for an hour or more several days per week. However, the American Academy of Pediatrics states that only 25 percent of children get the recommended 60 minutes of physical activity per day. Emphasize a fun activity with a focus on movement that produces shortness of breath, body warmth and sweat. These are indicators that the heart rate is really pumping.*
- *Use exercise as a reward and not a punishment. Make exercise something kids can look forward to. Reward a job well done on a test with extra time biking with friends or a hiking trip to a scenic national park. Kids will begin to associate exercise with fun.*
- *Offer a variety of foods. Kids who eat a variety of foods are more likely to get the nutrients the body needs, according to Kids Health® by Nemours.*

*These healthy foods should include at least five servings of fruits and vegetables a day, with an emphasis on vegetables.*

- *Limit screen time. Children may be inclined to entertain themselves by heading for the television, mobile phone or tablet first, especially after a year-plus of being stuck indoors. But parents can make a concerted effort to limit kids' screen time in favor of more physically challenging pursuits.*
- *Teach healthy eating habits. A Harris Poll survey conducted on behalf of the American Psychological Association found that 61 percent of respondents age 18 and older reported a median weight gain of 15 pounds during the pandemic. Teach children that weight loss is accomplished when more calories are burned than consumed. Pay attention to portion sizes and explain how beverages like fruit juices can be sneaky sources of extra calories.*

Children may need a little extra help getting fit, especially if they gained weight during the pandemic. Teaching healthy habits now can help kids enjoy healthy futures.

# TRAIN D1FFERENT

**Stop by our facility to learn about our  
FREE CLASS OR WORKOUT!**



Welcome to D1 Training Hardin Valley, a sports training facility in Hardin Valley that is dedicated to your optimal success. We are a non-traditional facility that offers a variety of programs for kids, adults, and professional athletes. We were founded on the mission of making a difference in people's lives by inspiring and equipping them to be their best. Whether you're looking to lose some weight, want to change up your routine, or are a collegiate athlete looking to go professional, we've got a customized program that will fit your needs and motivate you to reach your goals.

Many gyms and fitness classes make big promises and rarely deliver. D1 Training Hardin Valley is backed by a name with over 18 years of experience and has trained over 100 NFL Draft Picks and 1,000 professional athletes. Our 5-Star Training Program is derived from Division 1 Strength & Conditioning Programs and fosters character, utilizes the latest sports science, and is adaptable to the client's needs. First time trying out a gym? We can help you define your goals and coach you to the finish line.

## D1 Training Hardin Valley

10258 Hardin Valley Road | Hardin Valley, TN 37932

**865-622-7117**

[www.d1training.com/hardin-valley/](http://www.d1training.com/hardin-valley/)

# D1

**"In GOD we trust, all others we monitor."**

Smart Home Security ...and So Much More



powered by ALARM.COM

**SMART TECHNOLOGY  
CUSTOM SOLUTIONS**

MONITORING • ENERGY & AUTOMATION  
INTERACTIVE SECURITY • VIDEO SURVEILLANCE  
REMOTE ACCESS • SMART HOME INTEGRATION  
STRUCTURED WIRING & CABLING  
HOME THEATERS & AUDIO

**HIS  
SECURITY  
& TECHNOLOGY**

TN Lic # 1545

**ALWAYS A FREE QUOTE  
LOCALLY OWNED & OPERATED**

STOP BY & SEE OUR SHOWROOM LOCATION  
AT 11426 KINGSTON PIKE IN FARRAGUT

**(865) 474-9495**

**RESIDENTIAL & BUSINESS SOLUTIONS • WWW.HISSECURITY.COM**

**WE'VE MOVED! COME SEE US AT OUR "NEW" LOCATION!**



**Surprisingly  
great rates  
right around  
the corner.**

Sage Kohler ChFC CLU CASL, Agent  
11519 Hardin Valley Road  
Knoxville, TN 37932  
Bus: 865-240-3221  
www.sagekohler.com

**Like a good neighbor,  
State Farm is there.®**

State Farm  
Bloomington, IL

2001878

I'm your one-stop shop for  
the service you deserve at a  
price you want. Call me for  
surprisingly great rates and  
Good Neighbor service right  
in your neighborhood.

Individual premiums will vary by customer. All applicants  
subject to State Farm® underwriting requirements.



**Get your paycheck  
up to  
three days faster!**



**Ask for Details**

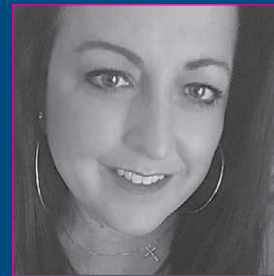
**Available for Thrive, EDU  
and Rewards Checking!**

**SouthEastBank.com/accelerate**

**HARDIN VALLEY**  
10870 Hardin Valley Road  
(865) 824-1234

**SouthEast  
bank**

Member  
**FDIC**



# WOMEN *in* BUSINESS

HARDIN VALLEY LIVING

← EDITION →



## Ashley Akers

Owner

**Mold Doctor USA & Volunteer Building Services**

865-945-3000  
molddrsusa.com

## Mold Doctors USA is more than just mold!

"We have continued to grow, as we are in our 17th year in business. We are more than just mold. We provide emergency services for water damage cleanup, fire damage cleanup, sewage cleanup, storm damage cleanup, and provide free appointments for mold remediation, crawlspace and basement waterproofing, sump pump installation, dehumidifier installation, insulation, and of course remodels." Our clients who have used us for mold remediation in the past have called us to schedule appointments with our construction division years later. We always provide free estimates for remodels, additions, for residential and commercial.

Mold Doctors USA is certified in such an unregulated industry. We have been here longer than any other mold remediation and full service restoration company. Being locally owned and operated means we can pass on savings to our customers. Since we are not a franchise, we are able to provide personalized services such as insurance deductible forgiveness when applicable.

When a client is buying or selling their home, we make it very easy for them. We accept payment at closing and we offer 100% financing w.a.c. We also do not charge fees for estimates!

When a client has a flood in their home, we make sure to get out there promptly and start the dry out process. We handle the entire project. We handle the cleanup and the entire rebuild process.

As always, we are locals and we aren't going anywhere. We would love to be the first call for anyone in need of our services!



## Harriet Amonette

Director of  
Marketing Services  
**NHC Place Farragut**  
865-777-9000

## Connecting with people

Harriet Amonette has been in the Senior Care Industry her entire career, but has worked as the Director of Marketing Services at NHC Place Farragut for the past eight years. Nine years ago, she started at NHC as a nurse in rehabilitation before discovering her knack for marketing. Harriet's experience in direct patient care has shaped the way in which she can connect with coworkers, families of residents, and the residents themselves. As a nurse, she realized the exceptional joy that caring for others gave her every day. Today, she continues to embrace the senior care culture in marketing, utilizing her medical background to provide additional insight to families. Her favorite part of the job is assisting families with the "next steps" on NHC Place Farragut's CCRC campus. For the past four years, Harriet has been heavily involved in the CAC Office on Aging's annual "Power of the Purse" event, a fundraiser for their Mobile Meals program. Harriet enjoys giving back to the senior care community in all aspects, making it her mission to empower her community in all walks of life.



## Cindy Barnes

Financial Advisor

**Edward Jones Investments**  
865-583-0720

Cindy.Barnes@edwardjones.com

Prior to joining Edward Jones as a financial advisor in 2018, Cindy Barnes spent three years as an advisor for LPL Financial.

"I had always had an interest in finance and enjoyed leading classes on budgeting through my local church," says Barnes.

Barnes noted that the best part about the position is having the ability to help people feel more confident about their financial future.

"I enjoy educating my clients about their investments and creating a comprehensive strategy to help them reach the goals that are most important to them," she said.

Barnes, a mother of four, graduated from Karns High School and received a bachelor's degree from East Tennessee State University.

Recently, she was recognized as being one of 371 Edward Jones financial advisors to receive the firm's coveted Zeke McIntyre Pioneer Award, which recognizes new financial advisors who achieve high levels of success early in their careers.

In early 2022, she plans to relocate her office to Hardin Valley Road.

"I'm very excited to be working in the Hardin Valley community and serving my community," said Barnes.



## Denise Douglas

**The UPS store,  
Hardin Valley**  
www.upsstore.com/6574  
(865) 249-6943

Seven years ago Denise Douglas left corporate America to open her first small business. The UPS Store in Hardin Valley is a truly family owned business.

When you visit the store you will be greeted by one of her two sons and during peak season you will find her in the store as well. The community and people are a pleasure to work with.

Today, Denise not only owns the UPS store she also has branched out to real estate.

If she had any advice to other women considering becoming a business owner it would be, "Jump in, expect the best, embrace failures, prepare for challenges, change direction, listen to your employees and colleagues and grow professionally as you learn."

Denise also sits on the board of the Girl Scouts of Southern Appalachia, Knox County Rescue Squad and currently event committees for Cancer Support Center of ET and Second Harvest of ET.



## Cindy Doyle

Agent

**State Farm**

865-690-6300

[www.cindydoyle.com](http://www.cindydoyle.com)

Cindy Doyle joined State Farm as an insurance agent in Fort Walton Beach, Fla., 1988, and was promoted to a leadership position in 1995.

The graduate of Auburn University spent nearly a decade serving the company in a variety of capacities, including as the assigned project chair for the President's Office and Chairman's Council in Bloomington, Ill., and Vice President - Agency in Cincinnati, Ohio, before deciding to return to her role and passion as an agent in 2004, when she settled in Knoxville.

In addition to working as an insurance agent, Doyle is securities and mortgage licensed.

"Everybody knows me as a State Farm agent who helps them with home and car insurance, but I also help people plan for retirement and do a lot in the financial services arena," she said.

In her 33-year career, Doyle has successfully run one of the largest State Farm agencies in the state of Tennessee and has been a continual qualifier for the highest level of the company's Ambassador Club, as well as for Chairman's Circle (top 2 percent) and President's Club (top 50 of 19,200 agencies).

Doyle attributes this success to her habit of focusing first on others' success and needs.

"I think if we all, as women business leaders, continue to put others first and have an outward focus in serving our customers, in serving our employees and serving our community, as well as serving our families, then our own mental health and success falls into place," she said. "Because when you focus more on other people and helping others, it's so satisfying. It's so personally gratifying and you find the purpose in your life."



## Debby Funk

Owner

**Embroidery Boutique**

(865) 392-1024

[embroideryboutiqueknox.com](http://embroideryboutiqueknox.com)

Debby Funk spent years as a hair and makeup artist in South Florida, Atlanta and New York City before taking over her parents' embroidery business in 2020.

Originally from Florida, Funk, who first started working for the Embroidery Boutique in 2006, said her parents opened the business in Boca Raton in 1989, and relocated it to Tellico Village in 2005. In 2014, the business relocated again to its current storefront at 141 Brooklawn St. in Farragut.

"I am very honored to be able to carry on my mother's legacy," said Funk. "I am eager to see where I can take this company in years to come."

So far, Funk said the best part of ownership is collaborating with customers.

"We love making everything more personal with a personalized gift," she said, noting that Embroidery Boutique can do anything from monogramming and embroidery to laser etching and engraving. "We specialize in company logos, but also allow one item orders."

In addition to the boutique, Funk said she also plans to launch a new beef jerky business, Funky's Meat Snacks, next year.



## Jamie Kidd

Designer and Owner

**Blinds & More  
of East Tennessee**

865-386-6574

[blindsandmoreknox@gmail.com](mailto:blindsandmoreknox@gmail.com)  
[blindsandmore.org](http://blindsandmore.org)

A Knoxville native, Jamie Kidd studied interior design at Delta State University in Mississippi and went on to spend time as a custom decorator for a major retailer. She now serves as a designer and owner of Blinds & More of East Tennessee.

"I've always had an interest in interior design, but became specialized in window treatments nearly two decades ago, and that honestly has been my focus ever since," Kidd said.

In addition to window treatments, Kidd also has experience in furniture refinishing, home staging and room design. Her real passion, however, is found in forging relationships with her clients, and ensuring that each and every client is pleased with their finished project.

"I really enjoy getting to know my clients and learning their personality and style" she said. "I want the process to be easy, fun and as stress-free as possible for them. I am truly blessed to do what I love, all while getting to know my clients and help them make their houses feel more like home."



## Cara Knapp

Principal Architect

**oysk<sup>3</sup> architects**

865-523-8200

[oysk3architects.com](http://oysk3architects.com)

Cara Knapp's passion for architecture goes all the way back to her childhood, when she would build homes out of Legos.

"I would just build house after house," she said, adding that the interest later grew into drawing up floor plans and front elevations. "I actually still have plans that I drew on poster board that I did when I was in middle school."

Knapp, who's now a principal architect at oysk3 architects, went on to take an engineering class in high school, but ultimately decided to stick with her original love for architecture, as it's "a wonderful mix of art and math."

"It's where my artsy meets my smartsy," she said, noting the phrase came from Ava Davis, a local high school student she had been mentoring.

A native of Maine, Knapp received her Bachelor in Architecture from Norwich University, a private military college in Vermont, and moved to Knoxville in 2001. She worked for various architecture firms in the area before venturing into ownership in 2013, and in 2017, oysk3 architects was born.

The mother of two serves as a member of a variety of local chambers and boards, and is entering her third year as an Architecture Construction Engineering (ACE) mentor at South Doyle High School.

"I just love meeting people and connecting people," she said. "And I absolutely love solving my clients' problems, and hopefully in a way that they just never imagined possible."



## R. Sage Kohler

ChFC, CLU, CASL, Agent

**State Farm Insurance**

865-240-3221

[www.sagekohler.com](http://www.sagekohler.com)

## A "Good Neighbor Agent"

It might be hard to believe that Sage has been with State Farm for 37 years! She tells people "I started when I was 12!". After 13 years as an agent in Austin, TX and 13 years in various Executive positions in four different states, she decided in 2010 to go back to working directly with customers. She said she missed sitting across from folks and educating them on insurance that fits their needs and budget-her favorite part of being a "Good Neighbor Agent". Since State Farm offers Retirement Planning and mortgages (through a partnership with Rocket), she's enjoying the conversations that actually change people's futures!

In July, Sage and her team moved into the "new" location on Hardin Valley Road, just west of Food City. Part of the house she purchased was built in the 1870's and the entire thing has been renovated with a desire to preserve the history as much as possible. There will be an Open House in November but if you can't wait till then, she said just stop by and check it out!



## Tandy Shuler

Branch Manager & Sr. Loan Officer

Office: 865-988-8622

[Tandy.Shuler@migonline.com](mailto:Tandy.Shuler@migonline.com)

[www.TandyShuler.com](http://www.TandyShuler.com)



**Mortgage Investors Group**

NMLS #182009, MG NMLS #34391



Tandy Shuler began her career as a Loan Officer Assistant at MIG in 1996 and was promoted to a full-time Loan Officer just two years later.

During her time lending in the area, she came to realize that Lenoir City did not have much mortgage representation. In 2004, she opened a new branch in Lenoir City for Mortgage Investors Group, where she serves as a Branch Manager and Senior Loan Officer. She has successfully expanded her team from three people upon opening to eight currently.

Tandy says the best part of the job is helping people obtain a home loan and getting them to the closing table. "It's always an adventure," she said. "I enjoy being presented with a problem and being able to help the borrower solve the problem in a way that benefits them the most."

Shuler has been recognized annually over the last two decades by the Knoxville Mortgage Bankers Association including a Platinum Award for 2020. During the Coronavirus pandemic, she was able to double her production with no additional team members versus 2019.

Tandy is extremely passionate about her business. With a full team which includes her assistant, 3 processors, in house underwriters, and her closer, she is welcome to accepting any challenge thrown her way. She is able to complete land loans, purchases, construction loans, and refinances. If there is anything she is not able to complete herself, she certainly has the contacts to know who can help!

In addition to operating her business, she is mother to her 7 (almost 8 year old) son and enjoys spending as much time as possible with him. In addition to her son, she is also the proud owner of 5 dogs, 1 cat, 6 chickens and is on the search to add goats and donkeys to her mini farm!



## Melody Matney

Executive Director

**Villages of Farragut**

865-671-7500

## Passionate about her community & the people in it

Melody Matney, Executive Director of The Villages of Farragut, is genuinely cut-out for her line of work. Born in Knoxville and a life-long resident of East Tennessee, Matney is passionate about her community and the people in it.

After losing her father unexpectedly to a terminal disease, Matney took a particular interest in Long-Term Care, and attained her license in LTC insurance. She returned to Knoxville in 2004 and worked for a nationally known hospitality corporation, growing through the experience, but her love for people would eventually lead her to her true passion of serving seniors.

Matney was recruited to work at a senior living facility in Sevierville. She was promoted to Executive Director after only 15 months, and remained with that company for several years. "My heart was still in Knoxville," she explained.

So, when The Villages of Farragut announced their ground-breaking, she applied, and is now serving as Executive Director there.

"I'm extremely fortunate to be working for this company and serving seniors in this community. We truly want to be part of the fabric of Farragut, and what we do is all about love for our residents." It's clear that Melody Matney has a heart for people and service to her community.



## Sandi Simpson

Community Relations  
Director

**The Villages of Farragut**

(865) 671-2500

Sandi Simpson graduated from the University of Tennessee in 1980 with a degree in Child and Family Services with plans to become a Social Worker. Prior to working in senior living, Sandi worked as a stay-at-home mom for 20 years. When her mother fell ill with Alzheimer's, she dropped everything to make sure she gave her mother the care that was needed, and then, she realized her calling: helping seniors live a happier and healthier life.

After their children were grown, she became one of the first active volunteers at her church, Concord United Methodist Church's adult daycare program, Concord Adult Day Enrichment Services (CADES).

Simpson then started working part-time at a local assisted living community for three years and spent another six years at an independent living community as Lifestyle Director, and later, as the Leasing Director. During her time as leasing director, she was able to keep the community 99 % leased, which led to her recruitment by The Villages of Farragut.

"I fell in love with taking care of seniors," she said, noting that she initially joined the Villages team as the Resident Event Director. Simpson took over her current position just before COVID-19 pandemic began. At the time, the community was 50 % occupied. Even through the restraints that were put into place to keep the residents safe, she has been able to increase the occupancy to a current 89%.

So far, Simpson's favorite part of the job is helping families navigate through life's transitions and bringing joy to residents and their families.

"I hope to bring smiles to the residents' faces and make life for their family easier every day," she said.

Simpson's dedication to her company, her career, and most importantly, the seniors she serves is unsurpassed. In addition, she has shown that it is never too late to find your passion, and for her, it was helping senior citizens stay connected with their community and ensuring the quality of life they deserve.



## Jennifer Wilson

Owner

**BioPure and  
MJT Commercial Cleaning**

Office 865-317-0920  
www.biopureservice.com/  
hardinvalley

After reading an article about bioPURE in 2019, Jennifer Wilson became determined to open a bioPURE franchise here in the Knoxville area due to the company's revolutionary disinfecting system. So in August of 2020, bioPURE of Hardin Valley was opened.

"I thought it was a great concept," said Wilson, who spent 27 years in health care as a registered nurse and occupational therapist. "I always was very meticulous about cleaning and being sure that things were clean for my patients, and I just thought what a great way to ensure that our living and working environments are the safest, cleanest they can possibly be, especially during this day and time."

As a two-time cancer survivor, Wilson said the main reason she wanted to get involved with bioPURE was because of the company's focus on using environmentally friendly and EPA-approved chemistry. Jennifer is also the owner of MJT Commercial Clean will customize their services to meet your specific needs.



## Susan Worthington

President

**Southern Market**

865-588-2260 - office  
865-455-5588 - cell

www.southernmarketshops.com

Susan Worthington and her mother, Frances Sexton, founded The Southern Market more than two decades ago with the vision of creating an upscale interiors market that showcased local vendors featuring strictly stylish merchandise.

With more than 200 current vendors, Worthington said that The Southern Market offers a variety of products that range from home decor, gifts, boutique fashions, and art. We are always looking to enhance our market with exceptional new merchants and artists.

"We pioneered a new breed of marketplace in an era of antique and craft only malls" said Worthington. "Neither Knoxville -- nor any Southern city we visited for that matter -- had anything like us at the time. We traveled more than 20,000 miles throughout the Southeast hand-selecting our first merchants over several years. We built our building entirely for this concept as well."

Having built this Knoxville staple and entrepreneurial legacy literally from the ground up and on the pages of Veranda magazine before they ever opened, these ladies were destined for success.

Decades later, The Southern Market, located at 5400 Homberg Drive, is still going strong winning Best Gift Shop and Best Interior Design by Knoxvilleans year after year, and will be celebrating its 25th year in business this November, an event that will coincide with its annual Holiday Open House, Nov. 4-7.

Worthington says the market's lengthy success is a result of its focus on recruiting quality, small businesses from the local community, servicing those businesses' needs, and garnering mutually successful relationships that last for many years. We aim to minimize turnover and maximize our merchants' successes.

"Southern Market has been promoting 'shop local' for 25 years," she said. "Shop Local is not new to us. We have loved and embraced shopping local and small businesses since 1996. We are small business. We are shopping. We are local. Come shop local at Southern Market."



**PINNACLE**  
ASSISTED LIVING

Pinnacle Has "Building" Skills!

**WE BUILD ...**

• *Relationships* • *Value* • *Trust*



**Pinnacle Assisted Living**  
10520 Waterville Lane  
Knoxville, TN 37932  
(865) 444-1451

*Call our Marketing Director,  
Dana Watkins, to schedule  
your personal tour today!*

**We are inviting you to join our family here at  
Pinnacle Assisted Living!**

CONNECTION • COMMITMENT • COMMUNITY

## COMMITTED TO OUR COMMUNITY

KIM FRAZIER



"From the very beginning, we are meant to help each other, need one another, and be in a community," says local citizen advocate and servant leader, Kim Frazier and that is exactly what Kim has been doing for most of her adult life...committing her time to strengthen communities in Knox County.

From the day that Kim Frazier unloaded her car at the University of Tennessee's married student housing with little more than her orange-loving husband Russ, and 20 copies of her young, yet extensive, resume, she has been finding ways to connect.

Kim longed for ways to contribute to her new hometown. So, Kim did what she was built to do...looked for ways to connect, grow, and succeed, and now 25 years later, she is still connecting, growing, and learning how to define her own success in helping others.

For Kim, that means committing her full attention to addressing community needs and concerns. "Taking care of the people and place I call home has given me great joy and fulfilled my life in ways that I can't explain. Helping folks replace a stop sign, initiating efforts to build new schools, coordinating events for local nonprofits, assisting a neighbor resolve a stormwater issue, bringing attention to road conditions, or expanding career readiness for our youth...we can help each other and strengthen our communities by simply doing our part, and then doing a little more." Kim's idea of 'pressing in' and 'doing a little more' has taken her all over Knox County.

"Our great county is made up of dozens of unique communities with differing needs and visions...and sometimes, they just need someone to shine a light on them. I have connected with citizens in every corner of our county by facilitating relationships, helping communities understand local government processes and capabilities, and assisting them in advancing their initiatives. Listening is critical." As the founder of several organized community groups, Kim Frazier has made helping people a way of life.

Kim has experienced community in friendships, family, career, neighborhood, our schools, and so many other places. "We can find community everywhere if we just look. We find community in the places we work, or the recreational areas that we visit, even the places that we eat. Being part of your community connects us with others, provides us with opportunities, gifts us with a sense of responsibility, and gives us a sense of belonging."

"Whether you are looking for ways to share your time and talents or starting your own business, Knox County is full of incredible ways to serve and strive for personal and professional growth. The important thing is to actively look for ways that you can contribute, and in return grow the community you live in."

After meeting Kim, you know she firmly believes in sharing ideas, lending a hand, getting involved, and that Knox County has a place for everyone!





# Quick Moves COMING SOON

& NEW LOCATIONS



LAUREL RIDGE  
WATERSTONE AT HARDIN VALLEY  
WESTLAND OAKS  
THE WOODS AT CHOTO

**COMING IN 2022:**

TREND COLLECTION AT BEELER FARMS (GIBBS COMMUNITY)

**COMING LATE SPRING 2022:**

TREND COLLECTION AT CLOVER MEADOW (MARYVILLE, TN)

**COMING LATE SPRING 2022:**

TREND COLLECTION AT EMORY GREEN (KARNS COMMUNITY)



**Kriston Wilson, REALTOR®**

10255 Kingston Pike, Knoxville, TN 37922

☎ 865.388.8768 | ☎ 865.693.3232

[kristonwilson@me.com](mailto:kristonwilson@me.com)

[kristonwilson.com](http://kristonwilson.com)

LIC. #327828 | OFC. LIC. #213347

# Toga Night

Waiting until late in the 2021 football season to hold its annual Toga Night — braving the cooler late October temperatures — many Hardin Valley Academy seniors enjoyed recognition in and around the stands with their ancient Roman dress and overall enthusiasm on a varsity football Friday night, Oct. 22, at HVA.

Such enthusiasm perhaps was a big help to the Hawks team, beating William Blount 22-15 to claim its first win of the season.



**Left:** From left, Connor O'Donnell, Austin Rome and Jackson Frazier  
**Below:** Caleb Baker, left, and Trent Chandler



**Above:** From left, Andrew Davis, Sydney Thornton, Logan Ozias and Ben Smith



**Above:** Parker Helland and Grace Kreisi



**Right:** From left, Joe Renner, Alex Stanley and Wyatt McKormick

## Looking to get involved in the future of our Hardin Valley Community?



Join us at noon the 3<sup>rd</sup> Wednesday of each month at HV Church of Christ  
11515 Hardin Valley Rd

Hardin Valley Business and Community Alliance  
**www.HVBCA.org**

**Purchase + Refinance Home Loans // Call 865-988-8622**



**Tandy Shuler**

SR. LOAN OFFICER  
BRANCH MANAGER

Rates remain LOW! Hold camera app over QR Code to get pre-qualified today! →



**MIG Home Loans**

PURCHASE + REFINANCE

MIG NMLS #34391, Tandy Shuler NMLS #182009, TN #103245

LOCAL  
LENDER





Evan Maples, left, and  
Alexandria Glover, above



## HARDIN VALLEY CHURCH

*a home for your family*

10415 Hardin Valley Rd Knoxville, TN 37932  
(865) 670-4188 | [www.hardinvalleychurch.com](http://www.hardinvalleychurch.com)

### Hardin Valley's Original Auto Repair Facility



## We service all Makes & Models

Specializing in Toyota, Lexus, Honda and Acura.

10635 Braden Dickey Ln.

Knoxville, TN 37932

Hours: Monday – Friday 7:30am – 5:30pm

865-670-0787 • [www.protoyauto.com](http://www.protoyauto.com)

**best**  
of the best

CITYVIEW ..... 2020

### VOTED BEST OF THE BEST IN CITYVIEW MAGAZINE

#1 IN AUTO REPAIR SHOP AND #2 AUTO MECHANIC IN KNOXVILLE



### PRO TOY is now an authorized used car dealer!

Let us help you find your next used Toyota or Lexus.

LOANER CAR OR SHUTTLE SERVICE AVAILABLE. (See advisor for details)

**WHERE THE TRUTH IS ALWAYS FREE!**

# Strategies

## to ease the burden of student loan debt

Student loan debt in the United States is growing. According to EducationData.org, federal student loan debt has grown at an annual average rate of just under 28 percent since the start of the 21st century. Private student loan debt also is a significant burden, totaling \$132 billion by the end of 2020.

As student loan debt has risen, managing that debt has become an important component of financial planning. Individuals with student loan debt can look into various strategies to help ease their debt burdens.

### • RECONSIDER YOUR EMPLOYMENT.

As student loan debts have risen, employee repayment assistance programs once associated strictly with government jobs have grown in popularity at private companies. The Coronavirus Aid, Relief, and Economic Security (CARES) Act passed around the onset of the pandemic in 2020 included a tax-free provision for employer-sponsored loan assistance programs. The tax benefits helped both employees, who did not have to pay income taxes on loan assistance money provided by their employers, and businesses, who received payroll tax exclusions on funds paid to employers via the program.

The CARES Act provision was temporary, but experts at Goldman Sachs have noted that many private

companies have gotten creative in regard to helping employees pay down student loan debt. For example, some have allowed employees to redirect PTO and vacation pay toward their student loans. Individuals with sizable student loan debts whose companies do not currently offer such benefits can look for new employment opportunities with firms that will help them pay down their debts.

### • CONSOLIDATE LOANS.

Consolidation is often viewed through the lens of simplifying loan repayment by combining all loans into one so borrowers with multiple loans only need to make a single payment each month. That impression is correct, but there's more

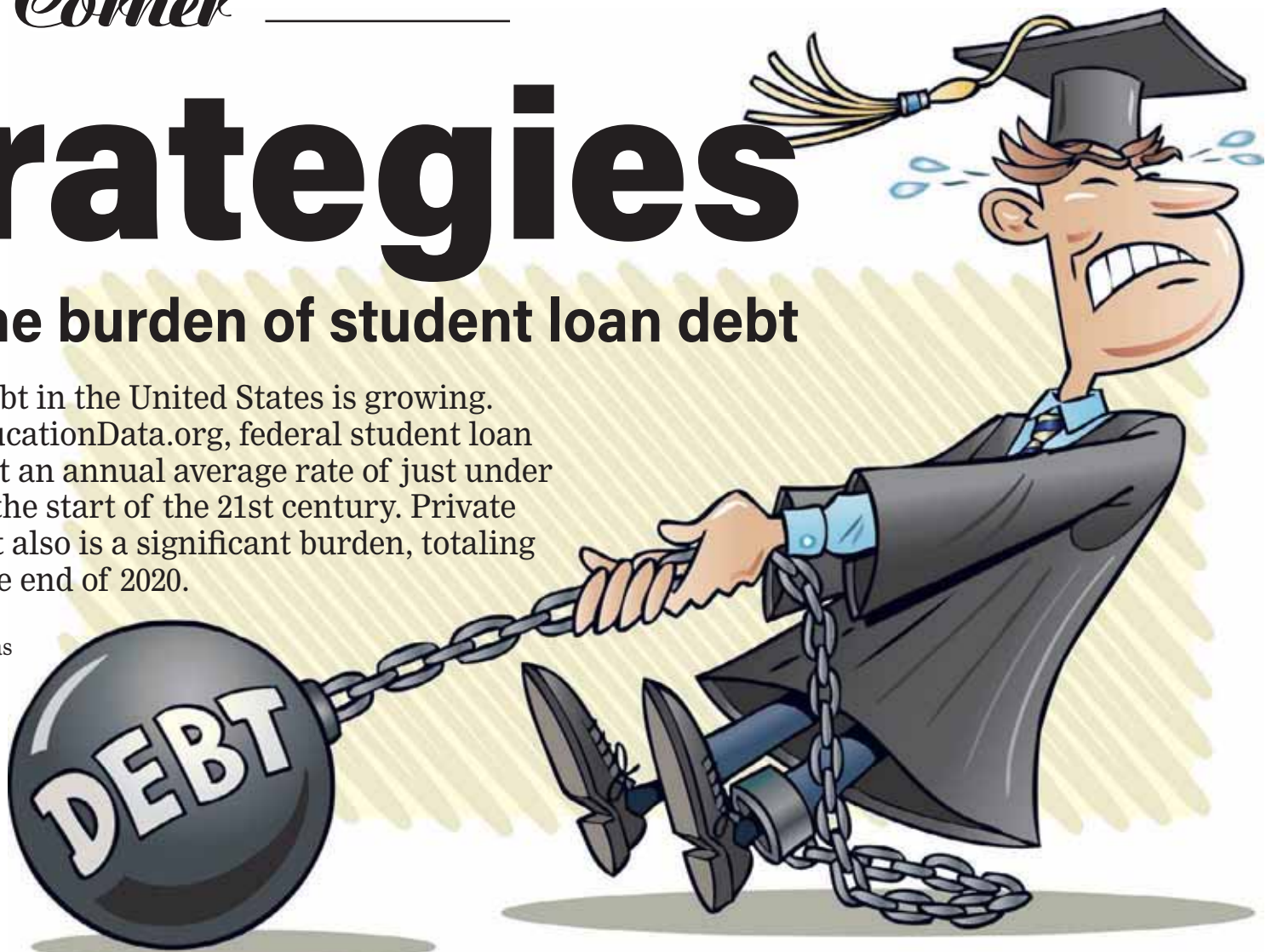
to consolidation than simplifying repayment. The experts at Credit.com note that consolidation typically allows borrowers to change their repayment terms. Longer repayment terms will increase the amount of interest borrowers pay over the life of the loans. But longer repayment terms also allow borrowers to pay less each month, which can free up money to pay bills and build savings for large purchases, including a home.

### • KNOW YOUR LOANS.

Many borrowers signed their student loan documents when they were 18, while others might have signed when they were 22 or 23 and about to enter graduate school. It's easy for young borrowers to

overlook important details like interest rates, but individuals who have multiple loans must recognize that the interest rates on loans that have not been consolidated almost certainly vary. Learn the interest rates on your loans and make a concerted effort to pay extra principle each month on the loans with the higher interest rates. Doing so can save borrowers a lot of money over time and get them that much closer to eradicating their student loan debt.

Student loan debt is a significant burden for millions of individuals. Finding ways to ease that burden can help borrowers secure their financial futures.



# Factors to consider before enrolling in college prep courses



High school students, particularly juniors and seniors, spend a considerable amount of time contemplating their academic futures. Students typically feel pressure to set themselves apart from the millions of other teenagers who apply to college each year, and many look to college prep courses as a potential game-changer.

College prep courses can improve students' standing in the eyes of college admissions officers, but it's imperative that high schoolers consider a host of factors before enrolling in such courses.

- Time:**

Today's high school students are busier than ever. The 2019 American Time Use Survey from the U.S. Bureau of Labor Statistics found that the average high school student spends a little less than 90 minutes each day participating in an extracurricular activity like playing sports, working or volunteering. Coupled with their existing academic responsibilities, high schoolers' time may already be stretched thin. That's a significant factor to consider before enrolling in college prep or advanced placement courses, which tend to require more work outside of the classroom than standard classes. Students whose schedules are already full may need to choose between their extracurriculars and college prep courses to avoid being overextended.
- Ripple effect:**

Students who have the time to take on the extra work of AP or college prep courses must consider the potential ripple effects of such a decision. It's true that many institutions view students who excel in AP classes more favorably than their peers who excel in conventional classes. However, students should be sure they can handle AP coursework without adversely affecting their performance in other classes. Students' grade point averages will likely drop if a strong performance in an AP class comes at the expense of strong performances in other classes. That dip in GPA could negate the benefits of performing well in an advanced course.
- Graduation/admission requirements:**

A strong performance in an AP class will not negate the basic requirements students must meet in order to graduate high school or be accepted into the college of their choice. Students must confirm that including a college prep or AP course in their class schedules won't prevent them from taking another course that will help them fulfill their requirements to graduate or enroll in college. College prep and advanced placement courses can help students stand out during the college application process. But students must consider various factors prior to enrolling in such courses.



Sundays 10:30 AM | Hardin Valley Academy | [iknox.org](http://iknox.org)

# Eagle eyed on women in need

Farragut High School senior Micah Johnson was searching for an Eagle Scout project when family friend — and fellow Eagle Scout — Rick Kuhlman mentioned an East Knoxville coffee shop working to help women in dire need.

“He talked about Will Boggs (also an Eagle Scout), who owns Likewise Coffee Shop,” said Johnson, a member of Hardin Valley Boy Scout Troop 246 until he aged out earlier this year.

After speaking with Boggs directly and learning the coffee shop’s proceeds help fund “Raising a Voice” — an organization Will and his wife, Katie founded seven years ago that helps women and children who have been rescued from sex trafficking — Johnson realized he could fill a need expressed by the couple for an outdoor deck that will double as a stage.

“I thought it would make a great Eagle Scout project, and really help them, too,” said Johnson, the son of Brad and Rebecca Johnson and the youngest of three brothers, all of whom now have attained Eagle Scout status through the Boy Scouts of America.

Brad Johnson helped his son with construction, as did one of Micah’s brothers, Joel, and several fellow FHS football teammates, but Micah planned the entire project, which he said “took about six months to complete.”

According to a feature story written at Oak Ridge National Laboratories, where Brad Johnson works, “The stage will present new opportunities for the East Tennessee coffeehouse, and help further the work of ‘Raising A Voice,’ which operates a day center currently used by 40 or so women and helps them procure identification, job skills and employment, basic needs like food and housing, transportation and, when needed, health care and addiction recovery services.”

The Boggs’ founded the organization while living overseas, and it has centers on both the African and South American continents.

The Johnson family moved to the Farragut area from Washington state “a little over two years ago,” Rebecca Johnson said. “Troop 246 was very welcoming. Micah was able to overcome the difficulty of having to find and become involved in a new troop in a new area right when he was at the point of needing to select an Eagle project.

“COVID came along and then made it even more difficult,” she added. “We’re so proud of his hard work and perseverance. Once he started the planning and actual building, he had to say ‘no’ to so many other activities in order to bring the project across the finish line, and complete it by the time he turned 18 in July.

“He learned so much and gained invaluable experience in the whole process, not just how to do carpentry,” his mother continued. “We are very proud, not only of Micah, but all our children.”

Currently, Micah is studying to re-take the ACT exam “to raise my score” and looking ahead to college options, leaning toward mechanical engineering.

He is also involved with youth group at Cedar Springs Presbyterian Church, enjoys family backpacking trips, and has recently started working on a project car.

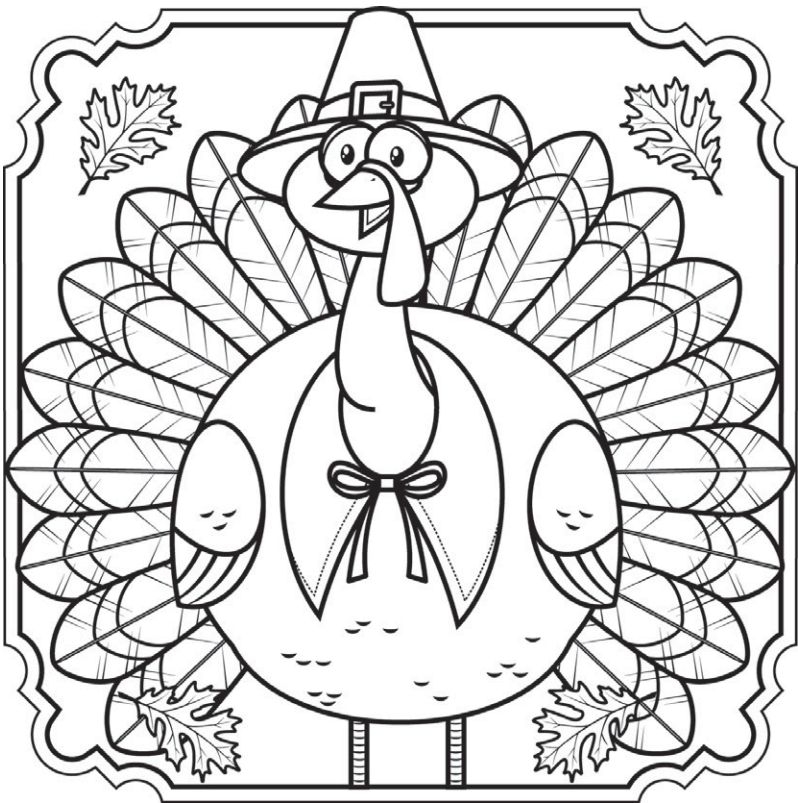
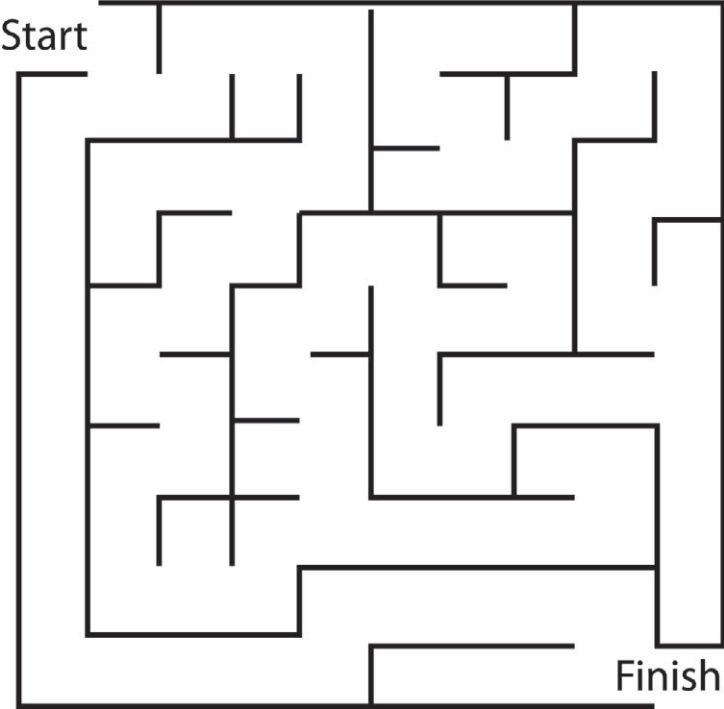


Photo submitted

(Top) Micah Johnson, right, had help from fellow Farragut High School football team members, from left, Grant Gahagen, Garret Vanacker and Elijah Harmon while construction was underway on Micah’s Eagle Scout project at East Knoxville’s Likewise Coffee Shop. (Above) Micah Johnson, left, had help from his father, Brad, among many others while construction was underway on Micah’s Eagle Scout project at East Knoxville’s Likewise Coffee Shop.

Maze Craze

Find your way through the center of the maze.



Find the Hawk  
WINNER

The winner of the Find the Hawk contest for the July 2021 edition of Hardin Valley Living is

Colt Fox

Colt received a gift card from Hard Knox Pizza!

Thank you to Hard Knox Pizza for their sponsorship of the last Hawk contest, and congratulations to Colt!



Find the Hawk

This hawk has been hidden in this issue of "Hardin Valley Living!" Search through the pages to find the hawk. When you do, fill out this form and mail or bring it to: **farragutpress, 11863 Kingston Pike, Farragut, TN 37934**

Location of Hawk (page number, description of hiding place):

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

If correct, you will be entered in a drawing for prizes to be held **November 30, 2021**. Winner to be announced in the next edition of Hardin Valley Living. (Ages 12 and under are eligible.)



*"A beautiful practice and Dr. Smith and staff are all wonderful! I have received excellent care and all around a pleasant experience every visit."*  
~ Taylor



*"I can't say enough for this wonderful dental practice. Dr. Smith and her staff truly care about their patients. I have a HUGE dental phobia and I can't tell you how much they worked to put me at ease and make my visit enjoyable."*  
~ Brenda

# GENTLE. FRIENDLY. GENUINE. SKILLED.

Dr. Tristen Smith and her staff have created an exceptional dental experience in a caring and enjoyable environment. Whether it's been 6 months or 16 years, we're ready to change your mind about going to the dentist.

**Free Opalescence GO  
Whitening for  
All New Patients**

Don't have dental insurance?  
Pay a one-time fee and get X-rays,  
cleanings, exams included, and  
25% off of your dental care!



**Blue Dog  
FAMILY DENTISTRY**

10825 Hardin Valley Rd.  
Knoxville, TN 37932  
Next to Maple Street Biscuit Company in Hardin Valley!  
**(865) 338-3098**  
[bluedogfamilydentistry.com](http://bluedogfamilydentistry.com)



## OUR MISSION

*At Hardin Valley we believe that our customers deserve the best repairs and "like new" quality and service that we can provide.*

## SERVICES:

- Auto Collision Repair from fender benders to maintenance
- Brake Pads • Suspension • Alignments
- Air Conditioning repair and maintenance
- Frame repairs

Mark & Sonya Ogle, owners

**Family-Owned Business**  
Serving our community for over 30 years

**1831 Marietta Church Rd. • Knoxville, TN 37932 • 865.693.9166 • [hardinvalleybodyshop.com](http://hardinvalleybodyshop.com)**



## SUNDAYS

**WORSHIP 8:45AM & 11:00AM**  
**BIBLE CLASSES 10:00AM**

## WEDNESDAYS

**BIBLE CLASSES 6:45PM**

**WE**   
**THE**  
**VALLEY!**

**LET US**  
**SHOW**  
**YOU WHY!**

11515 Hardin Valley Rd  
Knoxville, TN 37932

[www.hvcoc.org](http://www.hvcoc.org)

865-824-3078  
[info@hvcoc.org](mailto:info@hvcoc.org)



**KINGDOM  
KIDS**  
SEEK.FIND.LOVE

**November 12**  
Flashlight tag party

**December 11**  
Birth of Christ Drama  
Pancakes with Santa

*Christmas Eve*  
Service

**December 24<sup>th</sup> • 6:00pm**  
**Hardin Valley Church of Christ**



**A MINISTRY FOR  
6TH-12TH GRADE**

**BIGwednesday Youth Nights 6:30-8:00pm**

**Worship, Games, & Free Food!**

Nov 3 - Dec 1 - Jan 12 - Feb 2 - Mar 2

**Full Calendar with Weekly Schedule**  
[www.hvyknox.org/calendar](http://www.hvyknox.org/calendar)

JOIN OUR WEEKLY  
**LIVE STREAM**  
[WWW.HVCOC.ORG](http://WWW.HVCOC.ORG)



[Vimeo.com/hvcoc](https://vimeo.com/hvcoc)



[Facebook.com/HardinValleyCOC](https://Facebook.com/HardinValleyCOC)



[YouTube.com](https://YouTube.com) Search "Hardin Valley COC"



“ I know that Knox County is a great place to start and grow a business because I’ve done it myself. If elected, I will work every day with members of our community to make Knox County the best place to do business in Tennessee.”

**DEVIN DRISCOLL**  
SEAT 11 - KNOX COUNTY COMMISSION AT LARGE

Paid for Driscoll for Commission | Treasurer Vanessa Raper

## Personalized Medicare Plan Analysis and Comparisons *at no cost.*



**(865) 302-3678**

Phone and virtual appointments  
**NO COST • NO OBLIGATION**

[www.SFGMedicare.com](http://www.SFGMedicare.com) • [info@sfgmedicare.com](mailto:info@sfgmedicare.com)

10201 Parkside Dr., Ste. 100 • Knoxville, TN 37922

*For more than 30 years, we’ve helped families find the right amount of Medicare coverage at the right price.*



Medicare Education & Enrollment • Dental, Vision & Hearing Plans • Hospital Indemnity Insurance  
Prescription Drug Plans (Part D) • Cancer Plans  
Medicare Supplements • Medicare Advantage Plans  
Health & Life Insurance • Short & Long-term Care



## CHANGING THE **STANDARD** OF CLEAN

bioPURE combines physics with chemistry. Our super-charged delivery system, coupled with a hospital-grade disinfectant, is revolutionizing the standard of clean.

bioPURE’s method of disinfecting was developed with the latest in science and technological advances for use in healthcare facilities and is now available for your business or home.

bioPURE eliminates up to 99.999% of viruses, bacteria, mold, mildew, and odors.

Our product, bioPURE CLEAN, is a hospital-grade disinfectant that is EPA registered and approved to be effective against the Coronavirus (SARS-CoV-2 / COVID-19). We also offer our Shield Service giving you a 30-day residual effect that continues to protect your home or office from germs, viruses, and bacteria. Change your Standard of Clean with bioPURE Hardin Valley.



**BUSINESS  
& HOME  
SERVICES**

protect your office  
and family this  
Holiday Season

**TREATMENTS  
starting as low as**

**\$99**



**Jennifer  
Wilson**

865-317-0920  
[www.biopureservice.com/hardinvalley](http://www.biopureservice.com/hardinvalley)  
[jenniferw@biopureservice.com](mailto:jenniferw@biopureservice.com)



**A COMMUNITY  
DESIGNED WITH YOUR  
LOVED ONE IN MIND**



Assisted Living | Memory Care | Respite | Rehab



*Visit our  
award-winning  
campus today!*

(865) 777-9000

WWW.NHCFARRAGUT.COM



## GOING THE EXTRA MILE FOR YOU

Pay your way! To best serve you we have several bill payment options available:

**In Person:** Cash, check or money order payments. Locate service centers and payment only locations at [LCUB.com](http://LCUB.com)

**By Mail:** Mail check or money order payments to LCUB, P.O. Box 449, Lenoir City, TN 37771

**By Phone:** Call (800) 731-7564 and follow the prompts

**Recurring Electronic Payments:**

Establish automatic, recurring payments from your checking or savings account

**Online:** A one-time electronic funds transfer or credit card payment can be made online



Please visit us at **LCUB.com** for details and start paying your way today!



**865-386-6574 • Blindsandmore.org**

blindsandmoreknox@gmail.com | <https://g.page/Blindsandmoreknox>

## Keep It Clean & Simple

After being in the Window Treatment Industry for nearly two decades I must say 2021 has ushered in a new way of thinking for us all, “Keep it Clean & Simple” and this applies to Window Treatments. Gone are the days of three layers on one window, mini blinds, and pvc verticals. Clean lines, Open Windows, Low Maintenance, and Lots of Light is the “Keep it Clean & Simple” View on Window Treatments.

So, here are the top 4 “Keep it Clean & Simple” products: Roller Shades, Roman Shades, Shutters, and Motorization.

**1.** Roller Shades are my Number One seller right now and let me tell you, these are NOT your Grandmama’s roller shades! Talk about letting all the light in with simple clean lines and beautiful fabrics that are low maintenance. Roller Shades have the ability to blend into the window and figuratively disappear which is perfect for our region.

**2.** Roman Shades are simply timeless, classic, and a favorite here with the local designers. Depending on fabric selection a modern clean look can be achieved when alone or a more traditional one when paired with simple drapery panels. Roman Shades are a perfect solution if you want a clean look but more Sophisticated than the Roller Shade.

**3.** Shutters, now many will say shutters are out BUT a New Edge to an old favorite is finding its way out into the light, Black Shutters! Black Shutters with larger louvers and no tilt rods paired with the new modern farmhouse black windows! Wow! A whole new level of beauty and perfection is achieved all while the view from the street is not only clean and simple but downright gorgeous.

**4.** Motorization is the integration of technology with the function of traditional window treatments. This tech has been around a while but only recently caught up to our smartphones, apps, and smart homes. Whether your need is light control, safety,



or convenience this tech is a must. Imagine being able to open and close your window treatments before ever entering your home or while you sit in your favorite chair enjoying your morning coffee or evening glass of wine. These options are quickly becoming the norm as we head into a new age of tech within our homes. Motorization can be added to nearly every treatment, even exterior applications. With cordless blinds and shades being the standard for child safety regulations, motorization is just the natural progression to the “Keep it Clean & Simple” View on Window Treatments.

### FREE IN HOME CONSULTATION

\*Shutters \*Woven Woods  
\*Roller & Solar Shades \*Draperies  
\*Roman Shades \*Cellulars  
\*Wood & Faux Wood Blinds  
\*Cordless & Motorized  
Options Available



We are Eastern Tennessee’s premiere choice for blinds, shades, shutters, and drapery. We offer quality custom window treatments for both residential and commercial clients.

*Our experienced team is dedicated to help you create a space that reflects your style and personality.*

**Mention this ad to receive  
15% OFF your order!**

# Service Directory

Hardin Valley  
LIVING

Advertise in the next Hardin Valley Living service directory!

Call Linda at 218-8881

## LAWN & LANDSCAPING



*Dream  
Gardens*

Beautiful & Affordable Landscape Designs • Professional Installation  
Exciting Outdoor Lighting • Bed Remodeling  
Top-notch Weeding, Pruning & Mulching  
Reed Strozier • 865-258-1844 • [www.dreamgardens.us](http://www.dreamgardens.us)

## HOME IMPROVEMENT



**ENCRETE SOUTHEAST INC.**  
SCULPTURED CONCRETE SPECIALIST

Mark Sanderson

6835 Ball Camp Pike • Knoxville • [www.encrete.com](http://www.encrete.com)  
**865-693-6486**

### Service Directory Advertising Rates

- 1 Block .....\$55/mo.
- 2 Block.....\$110/mo.
- 3 Block.....\$165/mo.
- 4 Block.....\$220/mo.
- 6 Block.....\$330/mo.

Spot color \$5/mo.  
Process color \$15/mo.

### Service Directory Payments

Payments may be made by cash, check or credit card. Prepayment is required on all classified advertising.

These Cards Gladly Accepted:



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

## AUTO REPAIR

### ASIAN AUTO SPECIALISTS



Professional Repairs on Asian Vehicles  
54 Years Combined Experience

**CHECK our REVIEWS**  
On Google and Facebook



7130 Oak Ridge Highway  
**865-240-3004**

Licensed & Insured

**We work on American cars too!!**

Mon. - Fri. 8am - 5:30 pm

Most Major Credit Cards Accepted

12 mo./12,000 mi warranty on parts & labor

Quality Repairs and reasonable rates guaranteed

Hardin Valley  
LIVING  
*A Special Publication of farragutpress*

Hardin Valley Living is a quarterly special publication of farragutpress.

5,000 copies are distributed exclusively in the Hardin Valley area.

Each issue will include features on people, places and news of the community. It will also include lifestyle tips on topics such as: health; good food, desserts and beverages; routines to stay fit for all ages; and more!  
Be a part of this new and exciting special publication.

For more information or to advertise call

**865-675-6397**

Hardin Valley  
LIVING  
*A Special Publication of farragutpress*

Hardin Valley Living is a quarterly special publication of farragutpress. 5,000 copies will be distributed exclusively in the Hardin Valley area.

Each issue will include features on people, places and news of the community. It will also include lifestyle tips on topics such as: health; good food, desserts and beverages; routines to stay fit for all ages; and more!  
Be a part of this new and exciting special publication!

Publication	14	24	34	44
Back Page	575	550	530	505
Page 2	580	550	530	485
Inside Back	515	495	475	450
Full Page	495	475	455	435
Half Page	300	285	275	265
Quarter Page	200	185	180	170
Eighth Page	115	110	105	100

Comments: Full Page - 3.5" x 8.25" • 1/4" x 4.875" • 1/4" x 4.875" • 1/4" x 4.875"  
Half Page - 4.5" x 4.75" • Eighth Page - 4.5" x 2.41"  
PRICING APPLIES EACH ISSUE  
(Minimum ad order: 1000 copies)

2022 Publication Dates:  
January 27 • April 28 • July 28 • October 27  
Space and Material Deadline:  
January 21 • April 22 • July 22 • October 21

To reserve your space today, call Cara Ford at 218-8878 or email [cford@farragutpress.com](mailto:cford@farragutpress.com)

Business Name \_\_\_\_\_ Authorization Signature \_\_\_\_\_ Title \_\_\_\_\_  
Printed Name \_\_\_\_\_ Date \_\_\_\_\_ Station Approval \_\_\_\_\_  
Billing Address \_\_\_\_\_ Phone \_\_\_\_\_  
City, State, Zip \_\_\_\_\_ Federal Tax ID \_\_\_\_\_

# Come Grow With US!



**NOW...**

Sundays 11:00 am

On Campus:

The Clayton Center at Pellissippi



**BUILDING A FUTURE...** We Broke Ground on our new community center!



[www.ValleyChurch.church](http://www.ValleyChurch.church)

SUNDAYS at 11:00 am

ON CAMPUS: Clayton Center at Pellissippi

FB LIVE:  /ValleyChurchHV

At **Tate Insurance Group**, we believe that we can accomplish great things for our customers; therefore, we consistently strive to find new solutions for your insurance, risk management and financial service needs. Whether you're protecting business or personal assets, Tate Insurance Group can help you identify new ways to strengthen your future and improve your bottom line.

If you are looking to increase the value you are getting from your insurance provider, give us a call today.

# Tate Insurance Group

**Paul Peavyhouse Insurance**

  
Insurance House, Inc.

**Robby Burress Insurance**

---

HOME | AUTO | LIFE | BUSINESS | HEALTH

## Homeowners Insurance / Auto Insurance / Life Insurance



### Peace of Mind

At Tate Insurance Group, we make sure you have the right coverages in place to protect your investments and loved ones. If a catastrophic loss occurred at your home or you had an auto accident, would you be adequately covered? In the event of death, would your family be taken care of? It is our commitment to assure you that you will be financially secure in the event of a loss. At Tate Insurance Group, we take the time to sit down with you to make sure you understand what you are buying as well as making sure we have you and your family properly covered.

6423 Deane Hill Drive

865.862.8233

[www.tateinsurancegroup.com](http://www.tateinsurancegroup.com)

[scott@tateinsurancegroup.com](mailto:scott@tateinsurancegroup.com)

Proudly Representing



**Erie Insurance**  
(\*Erie Insurance does not offer health insurance)

Endorsed by

**DAVE RAMSEY**  
Endorsed Local Provider  
Home & Auto Insurance



Call us for a comprehensive insurance review • Home • Auto • Life • Business • Health

ASK US ABOUT OUR  
TRUSTED HORMONE  
REPLACEMENT  
THERAPY SOLUTIONS  
FOR WOMEN & MEN

FEEL LIKE  
YOURSELF  
AGAIN



VOLUNTEER  
PHARMACY

Retail & Compounding Pharmacy

(865) 560-0135

Conveniently located in Hardin Valley at

2559 Willow Point Way

<https://volunteerpharmacy.com>

