

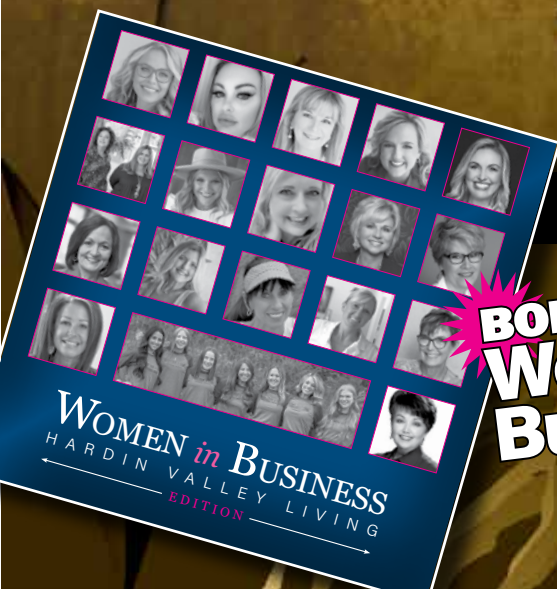
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Hardin valley
LIVING

Issue 4 | Volume 2 | October-December 2022



BONUS
**Women in
Business**

Pg. 19



Kathryn Kibler, O.D.
Optometrist



Eric Sollenberger, M.D.
Ophthalmologist / Cornea Specialist



C. Allyn Hildebrand, O.D.
Optometrist

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Hardin Valley LIVING

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Making meals healthier this holiday season

Kids' Corner p. 38

Find the Hawk, Little Big & Loud

On the Cover: The inaugural Hardin Valley Readers Choice Awards winners are announced in this issue!

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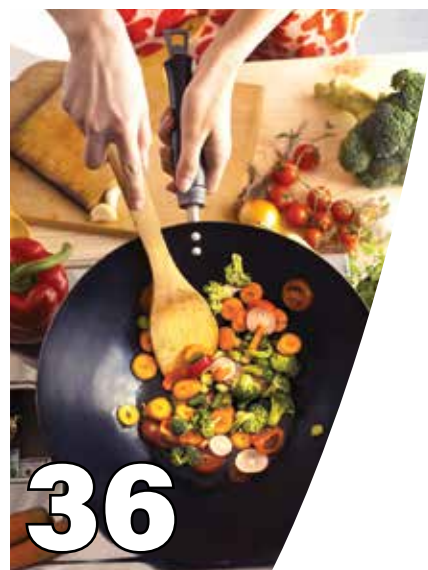
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—EVENTS—

- Nov 10 M.I.N.T Meeting
(Moms in Network Together)
- Nov 11 Veterans' Dinner
- Nov 13 Veteran-led Worship
- Nov 14 Food Pantry
- Nov 19 Griefshare Seminar
Surviving The Holidays
- Nov 23 Thanksgiving Eve Service
- Dec 8 M.I.N.T Meeting
(Moms in Network Together)
- Dec 10 Christmas Celebration!
Pancakes With Santa
Christmas Pageant
- Dec 12 Food Pantry
- Dec 24 Christmas Eve Service
- Jan 9 Food Pantry
- Jan 27-29 – Ladies' Retreat

SUNDAYS

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

WEDNESDAYS

BIBLE CLASSES 6:45PM



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Raby

has received a new roof,
courtesy of Aspen Contracting

Toni Raby, of Heiskell, has received a new roof,
courtesy of Aspen Contracting.

Aspen Contracting announces the winners of its 7th annual Covers 4 Others program. This is a program designed to provide free roofs to deserving individuals and families across the country. This year Toni Raby will receive a free new roof.

A grandmother of a fallen veteran, Raby spent much of her time as a caregiver to her grandson and was unable to keep up with routine maintenance work on her home. That's why her friends and family stepped up and nominated her for Aspen Contracting's Covers 4 Others program, which



See **RABY** on Page 7

Raby

From page 6

provides free roofs to deserving individuals and families across the country.

“He came first,” Raby said of her grandson, a Purple Heart recipient who served as an Army Ranger who served in Afghanistan. “He spent a lot of his youth in this house. So... I am here to say I’d like to keep our home. Our memories are here.”

Established in 2015, Covers 4 Others was designed by Aspen Contracting to help meet the crucial need for roof repairs that burdens families across the country. So far, the company has helped 70 families restore their roofs since the annual program first began.

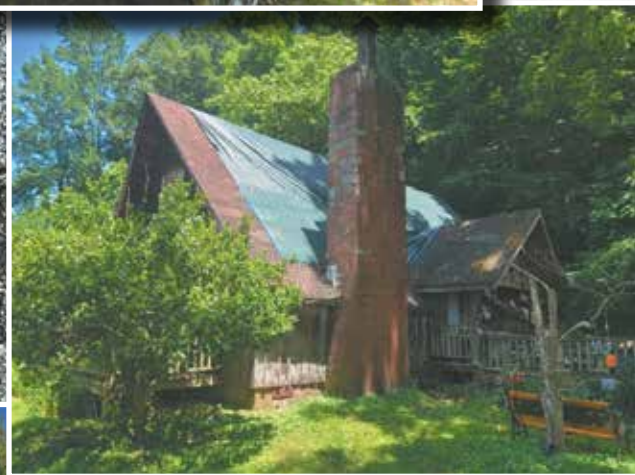
Aspen President and CEO Pat Nussbeck said the aim is to support the communities that the company’s staff live and work in.

“We realize that there are many people out there who have made a positive impact in the community by serving our country, helping others in need, first responders and even those who may have experienced a hardship,” Nussbeck said in a statement. “Giving back is a part of our core values at Aspen and this program is a way for us to do that in the communities that we work in.”

Aspen Contracting Inc. operates in 48 states and they are headquartered in Lee’s Summit, MO. They are one of the largest residential roofing contractors and recipient of the prestigious Owens Corning Platinum Preferred Contractor Award. Aspen is nationally accredited by the Better Business Bureau and was recognized as one of the 50 fastest growing companies by Five Elms Capital. Aspen Contracting, Inc. believes in doing the right thing, through higher standards and integrity.

The public is invited to nominate members of their community to receive a new roof through Covers 4 Others from March 1 through July 31. After a final group of nominees are selected, the public will then be able to vote on the program’s finalists.

For more information about Covers 4 Others and to see a list of this year’s winners, visit covers4others.com.





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Best Breakfast Nick & J's Café

Best Pizza Domino's Pizza

Best Hamburger Seasons Innovative Bar & Grille

Best Bakery Buttermilk Sky Pie

Best Juice Bar Juice Bar

Best Steakhouse Longhorn Steakhouse

Best Seafood Seasons Innovative Bar & Grille

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WINNERS



Best Mexican Food [Taco Boy](#)

Best Wings [Daddy Mac's Down Home Dive](#)

Best Asian Food [Lil Bangkok](#)

Best Smoothie [Juice Bar](#)

Best Bistro/Wine Bar [Seasons Innovative Bar & Grille](#)

Best Family Restaurant [Seasons Innovative Bar & Grille](#)

Best Fast Food [Chick-fil-a](#)

Best Milk Shake/Ice Cream [Chick-fil-a](#)

Best Bar-B-Que [Calhoun's](#)

Best Kids Party Venue [Defy Knoxville](#)

Best Day Spa [Pure Luxe Salon, Spa & Medspa](#)

Best Handyman [Smith Handyman Service](#)

Best Auto Dealer [CarMax](#)

Best Car Repair [Hardin Valley Body Shop](#)

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Best Credit Union

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Best Fitness Center [Fitness Together](#)

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Best Customer Service [Matlock Tire Service](#)

Best Caterer [Brown Bag Food with a Purpose](#)

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With the holidays right around the corner, it's important to begin thinking ahead, especially in terms of hosting an event or gathering.

Laura Sayers, an advertising representative at Farragut Press and owner of J. Laura Catering, says that her 30 years of experience in the catering business have taught her one thing: if the thought of entertaining is stressful, then it's best to call in a caterer.

"People usually are uncomfortable hosting ten or more people, so a caterer can certainly take the pressure off and can work within your budget," said Sayers, who fell in love with organizing parties and planning menus through a college internship at Hyatt Regency.

Some people, on the other hand, may feel rejuvenated and at ease with entertaining a large group. In that case, Sayers said that cookbooks are an excellent reference to find interesting menu options that can be prepared prior to the event. This way, you can enjoy your guests rather than being stuck in the kitchen.

"A lot of make ahead recipes can be frozen or stored in the fridge and put in the oven an hour before the event," she explained. "While these are in the oven, you can do the last minute trays with cheeses, crackers, dips and snacks."

For larger gatherings, Sayers said that a buffet generally works better, as it encourages more in-

teraction and fellowship. Both buffets and plated meals, however, rely on a proper table presentation to really bring the event together.

"The table presentation is the most important," said Sayers. "You can make bologna sandwiches look good with the right presentation. It doesn't cost a lot either."

For a Christmas gathering, Sayers said that simply adding some greenery, candles and battery operating lights would be enough to make the space look special.

"One cheap bag of ornaments placed around a buffet makes the table sparkle," she added.

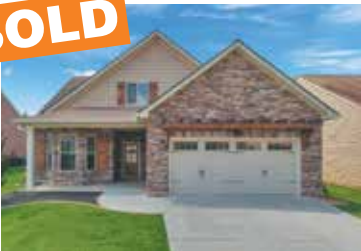
Sayers, who entertains up to 12 people every night from December 1-22, emphasized that it's less about what you serve and more about fellowship and making others feel welcome.

"People ask 'How do you do this so many nights in a row?' Well, I have a fantastic husband who loves to be sous-chef and is so supportive of me and wants our home to be open to share the love of friendship in our home," she said. "The food doesn't have to be 'fancy,' just having the warmth of friends around you is all you need."

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To gather

Passion for coffee, bringing the community together, define Sunago

Joshua "Tito" Wilson's passion for coffee began at the age of 19 when he got hired at a local shop in Louisville, Ky. After quickly being promoted to a shift supervisor, Wilson realized his vision of opening a coffee shop of his own.

"Between the community growth and the business lessons I learned, I knew at 20 years old that I wanted to one day own my own coffee company – a company that's entire existence was to change the world one community at a time," he explained. "Big goal, I know, but even if we fail, I don't see how it would be considered a loss."

After working for several different coffee companies everywhere from Iowa to Tennessee, Wilson's dream came to fruition in August with the opening of Sunago Coffee Co. at 10736 Hardin Valley Road.

To gather

When brainstorming names for the company, Wilson said he knew he wanted its foundation to be focused on community development and gathering together. He began searching for words that meant "gather" and came across the Greek word "sunago."

"I immediately knew that was the word," he said.

Meaning "to gather" or "to join two things that were once separated," Sunago is indeed the perfect name for Wilson's business, especially seeing as how coffee brought him and his wife, Yelena, together.

"Unknowingly to me my friends submitted my resume to Starbucks because they overheard the manager talking about needing experienced help," remembered Wilson. "I went in for my interview and sitting across from me was this cute shift supervisor who I had seen once or twice but never really chatted with her."

After the interview, Wilson joked to his friends that Yelena, who acted "giddy" throughout the interview, probably would have married him if he had asked.

"Six months later, we married and have been married for 11 years now," Wilson said. "We have three kiddos, a Bernedoodle, two businesses and have lived in three states. It's been a wild ride."

See SUNAGO on Page 16



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Sunago

From page 15

A better community for all

In addition to coffee, a large part of the Wilson's lives have been devoted to humanitarian and mission work.

"Our world traveling has shown us that there are so many hurting people around the world," said Wilson. "It transformed our thinking."

While everyone is subject to having bad days, Wilson said the time spent overseas has helped him remember to be grateful for his own blessings and provisions.

"So many people around the world don't know if they'll eat today, if they'll sleep under the stars or under a roof, if they'll be sold into captivity or live free," he said.

As part of their dedication to helping others, Sunago raises money and awareness for different nonprofit organizations who bring positive change to people's lives. So far, the company has partnered with Tennessee Children's Home and Bridge Refugee Services.

Sunago also offers a Barista Featured Drink each month in which 5 percent of the drink's profits are donated to a nonprofit of the creating barista's choosing.

"It allows for the passions and cares of the team to be highlighted," noted Wilson. "Just something small we can do with the help of the community."

This focus on community is evident in every facet of Sunago.

For example, the company's logo – a constant conversation starter that's often mistaken for the world or a coffee bean – is a symbol of the Japanese art of Kintsugi. A process of restoring broken pottery using melted gold, Kintsugi

actually leaves the pottery more valuable in this imperfect state compared to its original state.

"We like to say that Sunago exists to go into diverse communities to provide a gathering place where the community can come together in a way they haven't before; becoming united towards a common goal of creating a better community for all the different cultures and people groups within," explained Wilson. "We might disagree on some topics, but if we can still gather together and love one another, we will be more valuable as a whole than we were before ... Imperfect still but more valuable because we are all working as one to better the future for our kids and community."

A one-of-a-kind experience

From their menu to their sourcing process, Wilson emphasized that the company's goal is to provide an experience that can only be found at Sunago.

"Our coffee is unlike any other coffee shop," he said.

Not only are they roasted locally in Powell, Sunago's coffee beans come from small farms all across the world that don't use any chemicals during the growing, harvesting or drying processes. These beans are also delivered to the roasting plant soon after being harvested.

"Does that make it more expensive for us? Yes, but the quality speaks for itself," said Wilson, noting that many customers who typically prefer cream and sugar drink Sunago's coffee black. "Our coffee doesn't have that bitter, unwanted aftertaste that almost all others have."

Another aspect that sets Sunago apart from other coffee shops is its internal culture that aims at being "diverse but unified."

"We have a culture of inclusivity and love,"

said Wilson. "Are we perfect? No, but we know as a team, if we live out our Sunago values, we will be an example for the community. It all starts with us putting on an apron and choosing to have an attitude that is unlike another coffee shop. We tell each other 'we're not the ordinary coffee shop,' and we try to live that every day."

Even Sunago's overall atmosphere is one-of-a-kind with all its furniture made by Wilson, who also owns a custom furniture business called Tito Wilson Designs.

"We truly want Sunago to be your home away from home," said Wilson.

Sunago customers are also able to support small businesses throughout the area through the coffee shop's partnerships with more than 30 different local vendors.

"We have customers who come in just to get local macarons, local flower bouquets, local honey and so many other options that help support local businesses," Wilson said. "And the special thing with all of this is we don't take or charge them a penny of their sales. We want to provide a space for other small businesses to experience growth and profits without feeling the burden of cost for using shelf space."

Looking to the future, Wilson has even more big plans for Sunago, including a mobile app and event trailer.

"We've come a long way since Aug. 1, and we're grateful for the community's patience and grace as we grow and learn," he added. "We're so proud of the team and how much they've grown as baristas and people. Seeing them come together to live out the Sunago mission is priceless and such a blessing."

For more information about Sunago Coffee, visit sunagocoffeeco.com.



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Sewage cleanup, storm damage repairs (tree falls on house, roof collapses). We work directly with insurance company and are your one stop shop! Residential and commercial. We just recently completed a large mold remediation job for government contract, a water damage cleanup and build back for a medical facility, and we work in homes daily! Our construction division just finished a nice commercial buildout for a locally owned window treatment store, remodeled many homes, and working on many additions on businesses and homes.

Since we are not a franchise, we are able to work with clients and offer insurance deductible forgiveness program, when applicable.

All employees are background checked so homeowners and businesses do not have to worry who is in their property. Always offer free estimates for appointments and offer 100% financing w.a.c.

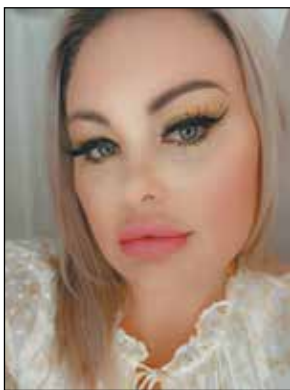


Harriet Amonette

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.



Anita Bozenbury

Owner

Prime IV

4409 Kingston Pike, Knoxville 37919
865-247-7088
primehydration.com

Anita Bozenbury followed her dreams of entrepreneurship with the opening of Prime IV, a hydration clinic that utilizes IV vitamin therapies to help maximize overall health and wellness.

"I love everything we can offer to the people here and how many different things vitamin IV can help people with," explained Bozenbury, a mother of two, who opened the franchise last August.

For Bozenbury, the best part of owning her own franchise is interacting with customers who have become like family.

"I love that most of our new customers were referred by friends or family," she noted. "That speaks to me on so many levels that I'm helping Knoxville and doing something right."

In addition to the location at 4409 Kingston Pike, which has been ranked as the fastest growing Prime IV location in the history of the franchise, Bozenbury plans to open a second clinic in Farragut and launch several new initiatives throughout the area.



Cindy Doyle

Agent

State Farm
865-690-6300
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 34-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."



Stacey M. Handel

Owner

Garde Bien SpaSalon

12752 Kingston Pike
Renaissance | Farragut
Knoxville, TN 37934
www.gardebienhairloss.com
865.671.1996
stacey.gardebien@gmail.com

Business Owner, National Educator, Stylist & Hair Loss Expert

Handel's career spans over 40 years as a top hairstylist and makeover expert. Her entire career has focused on the betterment of women. Due to the dramatic increase of women experiencing thinning hair, her full-service salon introduced hair replacement services 12 years ago. Her salon provides private consultations, fittings, and Trichology services for women experiencing anything from the beginning stages of thinning hair to complete hair loss. They are the first salon in East Tennessee to offer Tricho-Test and Follicular Cell Analysis to provide a deeper insight into scalp and hair improvement, which can augment a medical diagnosis. Handel and her team specialize in 100% human hair solutions. The CNC is an exclusive hair prosthetic; a custom fit using 3-D technology. "I have a passion for creating beautiful hairstyles for women with compromised hair". Handel says. To provide the most beautiful result, the expert stylists cut, style, and add personalized color when desired to allow clients to feel like themselves, especially with hair loss. Handel is a published author and public speaker on solutions for hair loss, a National Educator, and Certified Master with the American Hair Loss Council. If you or someone you love has thinning hair, fill out the online questionnaire to schedule a risk-free phone consultation prior to an on-site consultation to assess the best solution for you.



Terri Johnston

Medical Hair Loss

Expert & Stylist

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by Garde Bien Spa Salon**

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Knoxville, TN 37934
www.gardebienhairloss.com
865.671.1996

Garde Bien Spa Salon welcomes Terri Johnston. She relocated from Chicago in 2022 with over 40 years as a stylist and hair colorist, and she uses this experience and expertise to customize human hair prosthetic wigs and hair replacement options. As a Medical Hair loss Expert and a 25-year cancer survivor, Terri has experienced for herself the physical and psychological challenges that result from chemotherapy and sudden hair loss. Her experience along with her impressive credentials in the field of cosmetology and hair design uniquely qualify her to assist women with solutions, support, and positive results when dealing with hair loss and special care needed for thin, fragile hair. Her work has been featured on WGN and WLS-TV in Chicago, and she has created wig designs for major manufacturers. She is particularly proud to have been chosen to partner on programs with Cancer Centers of America. Terri has tremendous passion for anyone losing their hair due to any condition. Medical hair loss wigs are non-irritating to the scalp with proper selection and fit. "I want to make a difference in restoring self-esteem and healing to the patient by offering my own experiences, my knowledge, and my skills in hair solutions," Terri says. She is now taking appointments for hair services and consultations for women with any type of hair loss, and can assist with selections of partial or full hair loss with prosthetics, wigs, and toppers. Visit the website or contact the office for more information on hair services and a complimentary phone hair loss consultation.



Melody Matney

Executive Director

Villages of Farragut

(865) 671-2500
melody@villagesfarragut.com

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 residents she serves. After losing her father unexpectedly to a terminal illness, Matney took a particular interest in Long-Term Care, and attained her license in LTC insurance. She began her career as a sole proprietor and business owner, selling the business after 14 years, and then managed businesses for a nationally known hospitality corporation, growing through the experience. Her love for people would eventually lead her to her true passion of serving seniors. Matney was recruited to work at a senior living community 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 joined their team before opening in 2019 to serve as Executive Director. "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.



Jennifer McKinnish Burton

Attorney

Burton McKinnish, PLLC

865-229-9854
www.burtonmckinnish.com

Jennifer McKinnish Burton received her bachelor's degree in Political Science from the University of Tennessee and attended law school at the University of Memphis. After working for a year in Memphis at boutique domestic relations firm, she returned to Knoxville to pursue her love of family law.

McKinnish Burton, who also practices disability law, says the best part of the job is helping others in their darkest times and getting to know clients on a personal level.

"My motivation is to see each client as an individual," she said.

This focus on relationships has certainly paid off, as in the last five years alone, McKinnish Burton's firm has expanded to include a third office and new practice areas, while still maintaining its family-feel.

In addition to being a successful small business owner and attorney, McKinnish Burton is an active member of First Baptist Concord and prides herself on being a single mom – her greatest accomplishment of all.



Melissa Mijares

Wealth Advisor
TVAMP

865-226-9982
connect@tvamp.com

With a passion for helping others, Melissa Mijares first joined the financial services industry 10 years ago with a large broker dealer in South Florida.

"I want to help people get their financial life in order so they can focus on what matters most to them," explained Mijares, who recently joined TVAMP in Knoxville as a Wealth Advisor.

As a mom to a 4-year-old boy and 2-year-old girl, Mijares particularly enjoys working with women investors because she understands they balance several different roles during their lifetime.

"I feel like they're underserved. I would love the opportunity to become their trusted financial guide, so they can get on track and have one less thing to worry about," she explained.

Mijares' focus on women investors has even inspired her to organize various events that connect women throughout the community. Recently, she hosted "An Evening to Replenish" where a local Life Coach presented a motivational message. Mijares also highlights local "purpose-driven" women by sharing their stories on her Facebook and LinkedIn.

"Women should try to inspire, encourage and learn from each other. That's my purpose and vision outside of the financial planning and investment world."



Mary Ellen Nichols & Linda Ridings

Design Decor

865-896-3450

627 American Glass Way

Knoxville, TN 37932

www.designdecorknoxville.com

The change of seasons brings an exciting energy, one that business partners Mary Ellen Nichols and Linda Ridings hope to share with clients through their new business, Design Decor.

"I love seeing the transformation," said Nichols, who handles the operational aspects of the company.

While Ridings, a master florist and interior decorator, brings to life several cohesive decorative themes using the latest design trends each season. Right now, their 4,000-square-foot showroom is filled with autumnal colors and fall fragrances.

But unlike some interior design businesses, Design Decor offers clients the options of either lease purchasing or buying the fully customizable groupings that include everything from wreaths to dinnerware.

"It's a concept that nobody else does," explained Ridings. "We deliver it, and when that season's over, you tell us when you want us to come pick it up."

Ridings noted that the innovative model provides the perfect opportunity for families to change their decor seasonally at an affordable price.

"We bring you the seasons," she said. "We deliver the holidays."

The team is currently scheduling consultations and installations for the holiday season, delivering fully-decorated Christmas trees and other accents to complement clients' spaces.



Dana Moser

Realtor

Realty Executives Associates

865-387-0628

865-588-3232

moserdana@gmail.com

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Dana has a high level of expertise in the local market from 15 plus years of experience and has a remarkable track record of delivering results. She has lived in the Knoxville area for more than 30 years and attended the University of Tennessee. Having raised two children here, she believes this is a great place to live and work.

Whether you are an experienced investor or a first time buyer, Dana can help you in finding the property of your dreams or simply what fits your needs now. Dana will be your resource for any questions you may have about Real Estate or the Community.

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Pam Owen

Realtor

Realty Executives Associates

865-607-0318

865-693-3232

pam@pamowen.com

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Pam Owen is an accomplished sales and marketing professional with over 30 years experience.

Before becoming a Real Estate agent, Pam was a business entrepreneur, corporate leader and national sales manager. Pam received her Real Estate License in 2009 and joined Realty Executives Associates. She quickly became one of the top real estate producers in the area.

"Every career has led me to this one," Pam states. "The best attributes of each career are rolled into Real Estate. It is the hardest and most detailed of all, but the one that I love the most."

Pam quickly became a Multi-Million Dollar producer and continues to reach that goal each year. She has earned the Accredited Buyer's Representative and Seniors Real Estate Specialist designations. When choosing your Realtor®, choose someone who loves Real Estate...choose Pam.



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 98%.

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.



Tristen Smith

D.D.S.

Blue Dog Family Dentistry

10825 Hardin Valley Rd.

Knoxville, TN 37932

(865) 338-3098

www.bluedogfamilydentistry.com

Tristen Smith's passion for helping others ultimately led her to pursue a career in dentistry.

"I wanted to be in a field where I knew I could make a difference on a daily basis," she explained. "Dentistry allows me to be creative, offering people a whole new look or just a small tweak that can make a difference in their smile, outlook and health."

The Michigan native was a college basketball player, and later attended the University of Michigan, ranked the #1 Dental School in the country.

Since launching her dental office in 2019, Blue Dog Family Dentistry in Hardin Valley, Smith has remained committed to offering a relaxed, anxiety-free atmosphere that's focused on providing high-quality services.

"I genuinely love my job," she said. "I'm fortunate to work with an incredible team. It's our goal every day to provide exceptional quality, but also just get to know our patients and hopefully change their mind about dentistry. I'm so thankful that we get to do that here in Knoxville."



Angela Weber

Owner

BriKel Boutique

info@brikelboutique.com

<http://www.brikelboutique.com/>

After a successful career in corporate healthcare, Angela Weber took a leap of faith with the recent launch of her online clothing shop BriKel Boutique.

"I knew I needed a change in my life, one that would challenge me and provide an opportunity to create a brand new future for myself," said Angela, a longtime resident of West Knoxville and mother of two. "I want to be an example to my daughters and to my customers that dreams are achievable with hard work and a passion for what you love."

So far, Angela's favorite part of running the business is inspiring and empowering women to embrace their own unique beauty. She also enjoys curating a collection of high-quality, trendy yet classy items.

"When you look and feel good on the outside, you exude joy on the inside," said Angela. "My hope is that I can instill confidence in women to accept their perfect flaws and allow their beauty to shine."



Kelsie Weber

VP of Marketing and Sales

BriKel Boutique

info@brikelboutique.com

<http://www.brikelboutique.com/>

Growing up in the Knoxville area, Kelsie graduated from Hardin Valley Academy and went on to pursue a business degree. She is currently a sophomore at the University of Tennessee Knoxville majoring in marketing with a professional sales track and collateral in entrepreneurship. For years, Kelsie and her mom dreamed of starting a retail clothing boutique which would allow women to feel confident with their fashion choices.

When her mom retired in May, Kelsie approached her with the idea of an online boutique which would allow Kelsie to be involved while still completing her academic career. BriKel Boutique was launched in August with Kelsie serving as the VP of Marketing and Sales. Her role includes social media content, business development, buyer, stylist and model. "I am thrilled that I am able to share my love for fashion with my mom while helping other women feel beautiful on the inside and out"! Being a part of this journey has validated her desire to be a business owner one day and continue to encourage women to appreciate their unique selves and look cute while doing it.



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.

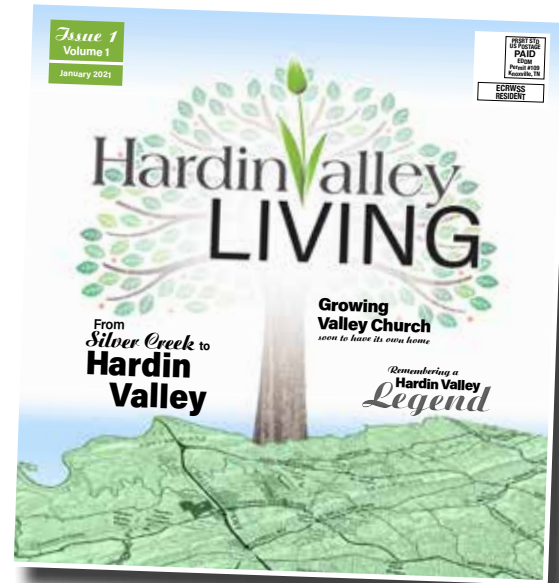
"We pioneered a new breed of marketplace in an era of antique and craft only malls" said Worthington. "Neither Knoxville -- nor any Southern city we visited for that matter -- had anything like us at the time. We traveled more than 20,000 miles throughout the Southeast hand-selecting our first merchants 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 26th year in business this November, an event that will coincide with its annual Holiday Open House, Nov. 3-6.

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 26 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."



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Contact Charlene Waggoner at
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Little Big and LOUD Pediatric Therapy

P: 865-213-2844 | E: amanda@littlebigloud.com

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Located in Powell, Little Big and LOUD occupies the space above Crossroads Christian Fellowship on Clinton Highway but Ashley fully intends to open a second location in the future that will be closer to the Farragut/Lenoir City area.

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~Tom



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~ J Wilson



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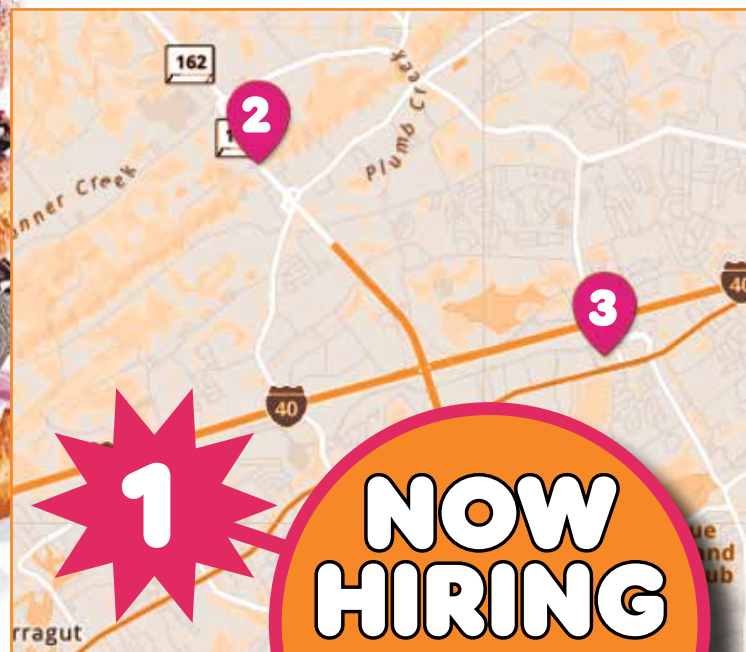
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Get gifts there on time

Thanks to families being more spread out than ever before, today's holiday shoppers must figure out ways to get holiday gifts to their destination on time. The holiday season tends to be the busiest time of year for many delivery services. The following tips should help shoppers ensure their loved ones' gifts arrive on time.

• Ship directly.

Adobe Analytics reported that online shopping hit a record high of \$108.2 billion in the 2017 holiday shopping season, and all indicators suggest online shopping will only increase in the years to come. Holiday shoppers who want to ensure their loved ones will receive their gifts on time can rely on online shopping. When checking out, have gifts shipped directly to loved ones' homes. Many online retailers will even wrap gifts for a nominal fee.

• Research shipping options.

In 2018, Christmas falls on a Tuesday. Shoppers who plan to rely on two-day or overnight shipping should keep that in mind. Some delivery services may be open throughout the weekend before Christmas, while others may only be open on Saturday. Last-minute shoppers, whether they're shopping online or in-person, should confirm their shipping options well in advance of Christmas. Because Christmas is on a Tuesday this year, getting gifts to their destination on time may require shoppers to purchase and ship them earlier than they otherwise might.

• Purchase package insurance.

Consumer Reports notes that UPS and FedEx shipments automatically come with declared-value coverage of up to \$100. (Note: Declared value is the carrier's maximum liability.) Purchasing additional insurance can ease shoppers' concerns about lost or stolen packages. Just be sure to keep all invoices and receipts in case claims must be filed. Shoppers also should ask for tracking numbers on all packages so they can confirm when packages are delivered.

• Properly secure the package.

Many delivery services now have off-site drop-off boxes that can make it easy to send gifts. This is a convenient service, but shoppers who use them won't be able to have a company employee provide in-person confirmation that their packages are secured to company standards. Poorly packaged items may never be shipped. Visit the shipping company's website for packaging guidelines, and include a business card and duplicate label inside the package just in case it is damaged after being dropped off.

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Simple ways to make meals healthier

Cooking foods at home is one of the simplest ways to gain greater control over personal health. Cooking at home is the easiest way to know precisely what you're putting into your body each day. Cooking your own meals also enables you to customize recipes so they align with any dietary restrictions or personal preferences you may have.

According to a 2021 survey by the consumer market research firm Hunter, 71 percent of people in the United States plan to continue cooking more at home after the pandemic ends. Increased creativity and confidence in the kitchen, as well as the fact that cooking at home helps to save money and enables one to eat healthier, is driving the ongoing increase in dining in.

When cooking at home, cooks can consider various tips to make meals that much healthier.

- **Increase fiber intake.** Fiber improves bowel regularity and helps a person feel full between meals. High fiber foods also help stabilize blood sugar levels. Two servings of fibrous foods at each meal and an additional fiber-rich snack each day can ensure your body is getting the fiber it needs.
- **Slow down eating.** The pace at which a person eats a meal can affect his or her overall health. Healthline reports that fast eaters are more likely to eat more and have higher body mass indexes than slow eaters.
- **Choose whole grains.** Choosing whole grain breads or cereals over refined grains can make for a more nutritious diet. Whole grains are linked to a reduced risk for type 2 diabetes, heart disease and cancer.
- **Swap Greek yogurt for other varieties.** Greek yogurt contains up to twice as much protein as regular yogurt, providing roughly 10 grams per 3.5 ounces. Protein along with fiber helps a person feel fuller longer, which can manage appetite and reduce overeating. Greek yogurt also can replace mayonnaise or sour cream in certain recipes.
- **Add a vegetable to every meal.** Vegetables are loaded with essential vitamins and minerals. Plus, they tend to be high in antioxidants that strengthen the immune system. Increase vegetable intake by eating vegetables with every meal.
- **Choose healthy fats.** While a person should minimize the amount of oils and other fats used during the cooking process, when it's necessary for a recipe, select the best fat possible. Olive oil is a monounsaturated fat that is packed with antioxidant polyphenols. It is considered a heart-healthy oil, and it may promote a healthy brain and memory function.



Adhering to a nutritious diet can be challenging at any time of year, and especially so during the holiday season. Baked goods and big meals are at seemingly every turn, and that can test even the most devoted dieters. In fact, a 2016 study published in the New England Journal of Medicine found that the average American's weight increases by

0.4 percent over **Christmas** and
0.2 percent over **Thanksgiving**.

Curiously, the researchers found that the majority of weight gain occurs in the **10 days after Christmas**.

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Kids' Corner



Find the Hawk WINNER

The winner of the Find the Hawk contest for the July 2022 edition of Hardin Valley Living is

Tate Garner

Tate received a gift card from Hard Knox Pizza!

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



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):

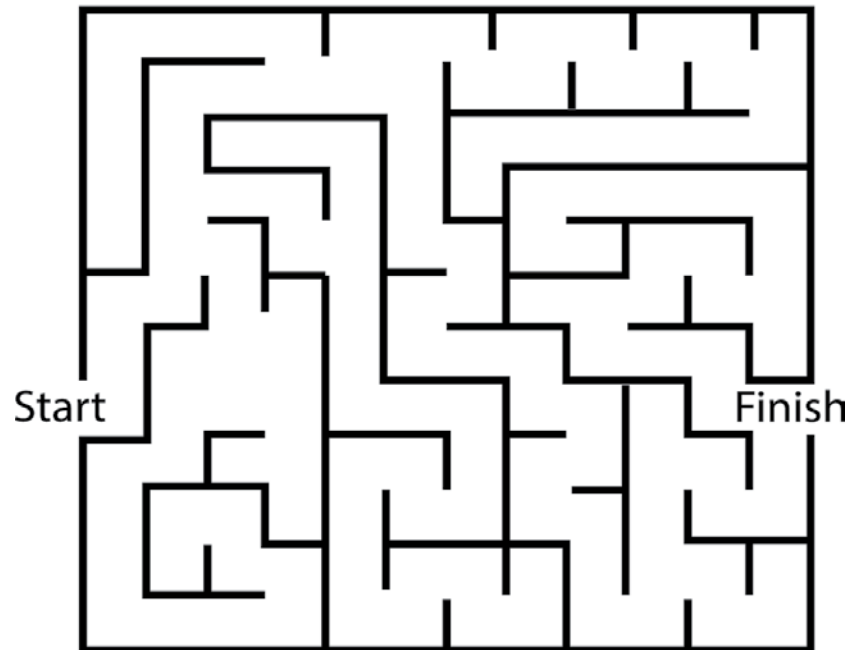
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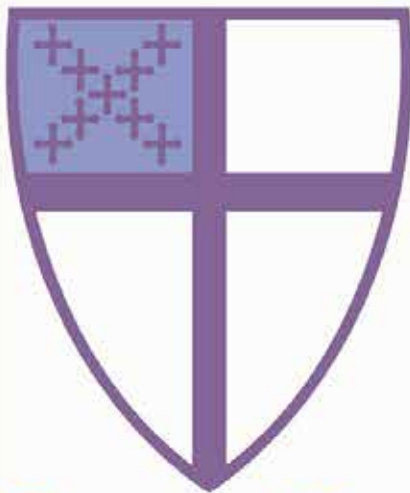
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If correct, you will be entered in a drawing for prizes to be held **November 30, 2022**. Winner to be announced in the next edition of Hardin Valley Living. (Ages 12 and under are eligible.)



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Offering therapy for Autism, receptive and expressive language delays, pragmatic language disorder and stuttering, owner Ashley Brigeman is also experienced in childhood apraxia of speech.

Additionally, Gabrielle Powers, the clinic’s occupational therapist, prioritizes the correlation of mental health throughout her treatments to address feeding development, fine motor delays, early intervention and sensory processing disorders.

Little Big and LOUD is currently accepting patients for both speech-language and occupational therapy.

Amanda Mallery, the clinic’s office administrator, said the entire staff at Little Big and LOUD is committed to building relationships with patients and their families to ensure that their therapy is meaningful and long lasting.

“We pride ourselves in relationship building from the first phone call to the first visit and all the way through to the last visit,” said Mallery. “When new patients walk through our doors we want them to immediately feel a sense of belonging, security and love that is then carried over into the sessions.”

For more information about Little Big and LOUD, call 865-213-2844 or visit littlebigloud.com.





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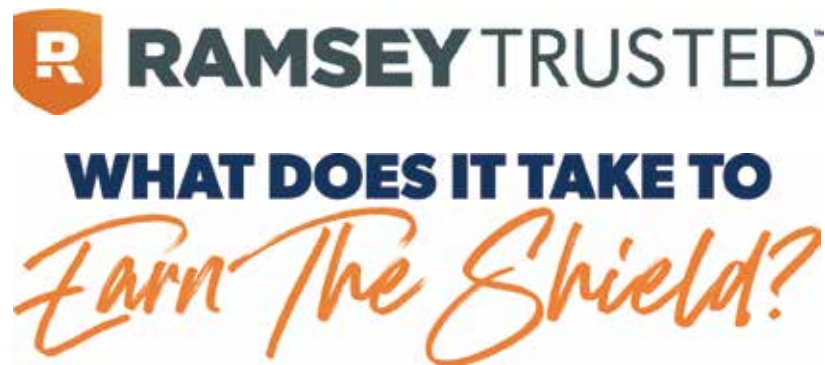


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