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THE
VILLAGES

OF FARRAGUT

from the Town by Wendy Smith

Updating home occupation ordinance



Town of Farragut Community Development Department assistant director Bart Hose and director Mark Shipley review proposed changes to Farragut's home occupation ordinance.

Balancing business and neighborhood quality in Farragut

The Town of Farragut is updating its home occupation ordinance. The Town has always regulated home-based businesses, but due to a post-COVID increase in working from home, the ordinance needs updating to allow a wider range of businesses and provide clarification of rules. The Town wants to support more home-based businesses while protecting the character of Farragut's neighborhoods. Residents value the community's quiet, well-kept environment, so businesses that cause excessive noise, traffic or use large equipment are not appropriate in residential areas. How the update process works The update process has followed the same steps as any other zoning ordinance change.

In October of 2024, Town staff determined updates to the Home Occupation Ordinance were needed and began working with the Municipal Planning Commission on proposed revisions. A working group made up of residents, business owners, a Planning Commissioner and an alderman reviewed and discussed proposed changes. The proposed updates were discussed at three Planning Commission meetings, where the public had opportunities to share feedback. Key proposed changes • More types of businesses allowed: Previously, only a few specific occupations were permitted. The new ordinance allows a broader range of businesses, and staff can approve others not specifically listed. • Commercial equipment: The original ordinance did

See ORDINANCE on Page 3A

Letters to the Editor

Guidelines for Letters to the Editor

- 1. Restrict word counts to 600 words or less.
- 2. All letters to contain addresses and phone numbers for verification — not for publication.
- 3. Letter writers can have one letter per 30 day period.
- 4. If a letter is libelous, it will not publish.

Dear Farragut Press Staff, Congratulations and thank you! Congratulations on your recent awards from the Tennessee Press Association. You certainly deserve them. Thank you for your service to our area. I believe in the importance of a good community newspaper and am grateful to find yours in my mailbox every week. The variety of coverage is quite impressive. I look for-

ward to reading announcements of upcoming events, new businesses, local government actions, stories of veterans, and community festivals and celebrations. I always scan the sports articles for names of young people from my neighborhood or church. I appreciate your publication of citizens' letters expressing opinions about local issues. Thank you for including opposing views. A big thank you also goes

to the sales force who sell the ads that make free distribution possible, and thanks to the businesses who buy the ads. I enjoy being a part of their special sales and promotions. When I count my blessings this holiday season, living in Farragut and reading the Farragut Press are high on my list. Thank you. Rebecca Tucker Farragut

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Records

From page 1A

“Paper copies of the form can also be completed in the Town of Farragut reception office on the second floor of Town Hall,” Smith said. “Once submitted, the Town has seven days to respond with requested records, a written denial that includes a legal basis for the denial or a response with the time needed to produce requested records.”

“The Town of Farragut has received 12 public records requests since Sept. 1, and most have been simple and easy to fill, like historical property data or permit information, Town administrator David Smoak said. “Others will require searching through 10 years of data, which will take hundreds of hours of staff time.”

Regarding process, the Best

Practices and Guidelines stated, “a governmental entity should identify exemptions under the TPRA that apply to its records,” it stated. “In the event it is not practicable to promptly respond to a request, a governmental entity shall respond to a record request in one of the three manners as set forth in Tenn. Code Ann. § 10-7-503(a)(2)(B): A governmental entity must use the Public Records Request Response Form developed by the OORC; Denials must be in writing and, if required in the governmental entity’s public records policy, on a particular form.

“If the form is not specified in the policy, a records custodian may use the Public Records Request Response Form developed by the OORC. F. Any form(s) required for requesting copies of records should be made readily available,”

Ordinance

From page 2A

not allow commercial vehicles outside the home. The update would allow commercial vehicles up to 27 feet long and trailers up to 16 feet long to be parked in driveways.

• **Clear language:**

The new ordinance provides more clarity than the original ordinance regarding traffic generation and solid waste containers.

How enforcement will work

Some residents have asked how the updated ordinance will be enforced. The answer is simple: the same way it always has been — by responding to complaints.

If there is a visible sign of a violation, such as an oversized commercial vehicle in a driveway, Town staff may issue a notice of violation. Town staff do not enter a home to look for a home-based business.

Current status

The Board of Mayor and Aldermen was scheduled to vote on the ordinance update at its Oct. 30 meeting, which was

canceled due to a lack of quorum. The process currently is on hold as the Town Attorney reviews a recent Tennessee court case related to home-based businesses.

While that review is under way, the Town is seeking additional input from:

- The Farragut West Knox Chamber of Commerce
- The Small Business Development Center
- The Tennessee Association of Realtors.

Feedback from residents and HOAs also is welcome.

If you operate a home-based business in Farragut and want to learn more, please contact the Community Development Department at 865-966-7057.

Stay informed

The best way to stay informed about Town of Farragut government is to sign up for agenda updates at townof-farragut.org/agendas. Within the Agenda Portal, click “Subscriptions” to create an account and sign up for e-mail notification when agendas for Town boards, committees and commissions are posted.

Best Practices and Guidelines stated.

It further stated, “A records custodian is obligated to keep confidential information confidential.

“A records custodian is obligated to maintain the integrity of records,” it stated. “Redaction (the process of editing or censoring) obscures or removes confidential information.

“A records custodian should never redact original documents unless the custodian is advised by counsel to do so,” the state policy stated. “A records custodian should copy a redacted document to make sure the confidential information cannot be seen through the redaction.

“In cases where the record is maintained in paper form, or is scanned and stored electronically, the records custodian should make a copy of the record, mark-out the information being redacted with a black marker and scan the paper into PDF format,” the Best Practices and Guidelines stated. “A records custodian should use caution when redacting electronic records.

“Redacted information may appear unreadable; however, metadata is still imbedded in records that have not been scrubbed,” the policy stated. “This means that, although the redacted information may not appear at first glance, the document’s metadata may

store the redacted information, making it easy for a user to manipulate the metadata and gain access to the redacted information.”

In a Thursday, Nov. 13, meeting, Town attorney Tom Hale said the Town uses the PDF format.

According to the Town’s policy, “if a record contains confidential information or information that is not open for public inspection, the records custodian shall prepare a redacted (edited) copy prior to providing access. If questions arise concerning redaction, the records custodian should coordinate with counsel or other appropriate parties regarding review and redaction of records.



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Going to the dogs

Blue Ridge Yoga’s Fall Foliage 5K raised funds for Smoky Mountain Service Dogs

Tammy Cheek
tcheek@farragutpress.com

Blue Ridge Yoga’s recent fundraiser went to the dogs, raising \$1,350 for Smoky Mountain Service Dogs with a Fall Foliage 5K walk Nov. 8. “It was a beautiful day to stroll through the foliage with friends and so many dogs,” said Sierra Schrieber, Blue Ridge Yoga events coordinator. “We decided to award honorary first place to Duncan,” a SMSD retired service dog that participated in the walk. Schrieber said SMSD is an organization that provides service dogs free of charge to veterans in the local community. “The studio owner, Jessica Mishu, has actually decided to contribute an additional \$150 so we can make a full \$1,500 donation to this wonderful organization,” Schrieber said. “Blue Ridge Yoga hosts a fundraiser for a local charity every month,” she said. As a planner and coordinator of those events, “I was talking with my boyfriend’s mother, and she was telling me how she had just completed her first 5K,” Schrieber said. “It was something she never thought she would be able to do, but she felt such a sense of pride and accomplishment as she walked across the finish line and received her medal.

“I thought about how there are so many members of our studio who probably felt the same way,” she said. “Doing a 5K can be really intimidating, especially the older you get. But the sense of accomplishment you feel is so worth it. “So I decided that the studio should offer a 5K but make it as accessible as possible,” Schrieber said. “We marketed it as just a walk with friends through the beautiful fall foliage. It wasn’t a race; there were no winners; it was just a day to go on a walk with friends for a great cause.” In choosing SMSD, “I learned about this organization through our student, Lee Turner, who volunteers

there,” she said. “When I was thinking of the 5K, I wanted to encourage members to bring their dogs on the walk. I thought it would be a special twist to encourage people to do the 5K to show off their pups. “So I thought it made sense for the fundraiser to benefit dogs as well,” Schrieber said. “That’s when Smoky Mountain Service Dogs came into my mind. “I then decided to hold the event the weekend before Veterans Day to really tie everything together. “We were so excited to have Laurie Birt, the leader of the SMSD Community Events Team, attend with a service dog to thank everyone and tell us more about all of the wonderful good they do for veterans in our community,” Schrieber said. “The walk was led by our team member, Emily Morgan, and her wonderful blind dog, Gray.” And the fundraiser was a success, Schrieber said. “The event completely sold out with 55 participants, and we raised \$1,350 from participation,” she said. “The studio is planning to kick in an additional \$150 so we can donate a full \$1,500. “We are so thrilled with the turnout that we’re considering making the Fall Foliage 5K an annual event every November,” she said. “While this event wasn’t timed and we considered everyone who participated a winner, we did decide to give Duncan Honorary First Place,” Schrieber said. “He was walked by Laura Porter, a trainer at Smoky Mountain Service Dogs.”



Top: A retired Smoky Mountain Service Dog, Duncan, received the Honorary First Place Award for his walking in the Fall Foliage 5K. Above: Barbara Crist, a member of Blue Ridge Yoga since 2018, enjoyed a walk with her dog at the Fall Foliage 5K.



Elie Kahn and her pup take a break after the Fall Foliage 5K walk.

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BUSINESS SPOTLIGHT

Knoxville Insurance Group ignites team spirit and savings at 2025 Tailgate Kickoff Event

It’s football time in Tennessee and Knoxville Insurance Group is kicking off the season with community, collaboration, and big savings! The **2025 Tailgate Kickoff**, hosted by **Knoxville Insurance Group**, brought together clients, partners, and local professionals for a day of connection, teamwork, and tailgate fun. This annual event celebrated the partnerships that make our community strong and the opportunities that help local families and businesses save more while being better protected. Attendees enjoyed good food, great company, and valuable conversations about how our combined services work together to simplify insurance coverage — all under one trusted local network. “Our goal has always been to work for our clients, not the carriers,” said Greg Sealf, Owner and Principle. “Events like this let us show that we’re not just an agency, we’re a team dedicated to protecting what matters most to our neighbors, while helping them save money year-round.” At Knoxville Insurance Group, our team of experienced agents works tirelessly to find competitive rates, maximize coverage, and ensure clients get the best value possible. Whether it’s home, auto, or business insurance, we partner with top-rated carriers to deliver protection that fits every lifestyle and budget. The Tailgate Kickoff also highlighted Knoxville Insurance Group’s growing partnerships with local professionals, offering clients a one-stop shop for seamless solutions. Guests left with not only new connections but also a clear understanding of how these trusted local teams can work together to save them time, stress, and money. As a locally owned and operated agency proudly serving East Tennessee for over 35 years, our mission is simple - to protect what matters most as a team of dedicated experts and access to a wide range of insurance carriers, to deliver personalized coverage with hometown care!

Debate

From page 1A

“For example, a word document can be provided to a requestor in PDF format,” Hale said. “That is what we generally do when we give these records to anybody. We do not give them the ability to manipulate a record that is produced.

“To the extent that somebody in the Town has produced records that are not in a secure format is because they did not know that the requirement is that you don’t produce those documents in that format,” the attorney said. “You do it in a PDF format.

“As far as I’m aware, I’ve not seen any request where the record requested was the record that would show things in the record that is not part of the record,” Hale said. “The records that have been provided to Ms. Parks are the records.”

What Ms. Parks wants is she wants to see ... things in a record that, I guess, could be created if somebody wanted to create that, but that’s not what’s been requested.

“So, you’ve gotten what you asked for, Ms. Parks, and we’ve given you this citation, and you want to argue about whether or not the Open Records Counsel has authority to interpret the act,” Hale said. “They have the authority adopt these best practices, and that’s what

we’re following.”

She started to speak but Hale told Parks, “you already had your chance to speak.”

“May I say something?” Parks asked.

“No ... You’ve already had your chance to speak,” Hale said.

“You’re speaking to me,” she said.

“I’m responding to your concern or the thing you’re raising,” Hale said.

“You’re saying inaccurate things because you cannot manipulate an .MSG file,” she replied. “It’s not a word document. Then, if you can do an .MSG file, you can do a PDF as well.

“Trust me, I’m the last person you want to ask a technology question about,” Hale said. “But, I do know you can change documents presented in Word. That’s the whole purpose of having ...”

“That’s not what an MSG file is,” Parks said.

“I don’t know what it is,” he said. “All I know I’m saying is you are getting a PDF,” he said while Parks spoke at the same time and Mayor Ron Williams hit the gavel.

“To the extent you have technical questions above my expertise, I’ll admit we’ll maybe need to get an expert to respond, but you’re not entitled to have documents that you can manipulate,” Hale said.

“That’s what we understand you’ve been asking for.”

Parks replied, “I’m not asking for anything to manipulate. You’re presenting it that way and making me look like some kind of villain.”

“The documents we’re giving you have the content you’re asking for,” Hale said.

“I’m not trying to manipulate anything,” Parks repeated. “I’m making sure they’re accurate. I’ve caught people changing things.”

“You come in here and you say people change things,” Hale said. “And, I dispute that. If they had been, then you need to prove it and quit coming in here ... saying people are doing things that you have no evidence to prove.”

Parks replied she had a First Amendment right to speak.

“The problem is people in this Town work hard to make this place work like it’s working, and it doesn’t help when people come down here and say people are changing documents,” Hale said.

“I’m not saying they are,” Parks said. “Maybe they should be reviewed ... go back through training.”

In a separate interview, Parks said her request was very simple.

“I asked the Town of Farragut for copies of certain e-mails in the format the Town actually maintains them in: MSG files,”

she said. “This is the standard e-mail file format used by Microsoft Outlook and most government e-mail systems.

“I don’t know why they don’t give it to me,” Parks said. “I asked for the original files because they contain important information like:

- timestamps;
- sender/recipient information, “like the BCC is usually not included in PDF files when converting them. I would need them in MSG to see who the BCC is.

- routing data and
- metadata showing whether anything was added, removed or altered.”

In the separate interview, Parks said, “I stated people change records. I never said the Town did in this meeting.

“I have caught records keepers changing records before but I wasn’t referring to the Town,” she said. “It’s unrelated. I just know that without the .MSG, file I can’t verify if they changed it or not.

“This is the only way to confirm whether e-mails were exchanged as claimed,” Parks added. “Tennessee Code Annotated § 8-4-604(d) is very clear.

“It requires: ‘The requestor be given the option of receiving information in any format in which it is maintained by the agency.’ So if the Town keeps an e-mail as an .MSG file, citizens have the legal right to re-

ceive it as an .MSG file.

That is all I was pointing out,” she said.

Parks also said, during the meeting, Hale “made several claims that are not accurate.

“He said the Town is not obligated to provide records in the original format,” she said. “This contradicts § 8-4-604(d).

According to Parks, Hale said metadata is “not part of the record.”

However, she said, “metadata is part of any electronic record by definition. County Technical Assistance Service states that records may be maintained in electronic form and references T.C.A. § 10-7-121.

“He said .MSG files “can be manipulated,” Parks said. “This is false; .MSG files cannot be edited without corrupting them.

“PDFs are far easier to alter,” Parks said. “When trying to manipulate an MSG file, it tracks the alterations, meaning no one can do so without being caught.”

“He said PDFs are the ‘secure’ format,” Parks said. “That is not correct. Converting records to PDF actually removes metadata and makes the record less secure when converting it to a new file.

“He admitted he didn’t know what an .MSG file is, but still gave technical opinions about it.”



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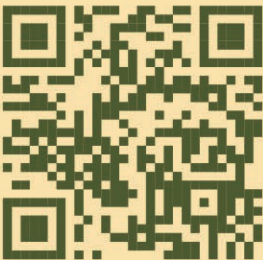
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Concord Christian School volleyball enjoy successful season

Ken Lay
Correspondent

Concord Christian School recently completed its most successful volleyball season in several years.

The Lady Lions finished with a 23-10 overall record and won eight of their nine Division II-A East Region District 1 matches.

Concord made a state tournament appearance and had several players earn all-

district honors.

Seniors Katelyn Stooksbury and Kylie Leach received first-team all-district accolades, along with sophomore Brooklyn Brown.

Clara Sanchez and Laney Hochevar, both freshmen, were named second-team all-district.

Stooksbury led the league in digs and service aces while Leach was the top blocker in the district.

turning sophomores.

They include Anjali Devarakonda, Raianne Ellsworth, Camila Garza and Morgan Ogelsby.

The weight classes are not set for the girls but each athlete had success last season.

Rohn
From page 1B

year and the following year.

In addition to its boys program, Farragut will have a quartet of girls on a team. All of the girls are re-

FMS places first



Photo submitted

Farragut Middle School placed first in the TSSAA State Championship on Nov. 6. They were in the large middle school division. This is the first time FMS has won a state championship in cheer.

Front row, from left: Brooklyn Creasman, Caroline Lilly, Brynley Hill, Catherine Craft, Madison Raines, SumaLee LaRue and Ella Jackson

Second row: Kate Price, Amelia Rodgers, Vera Lobodin, Sira Dharnidharka and Ella Helton

Third row: Liv Maurer, Marley Bryan, Emmy Goodrich, Carrington Liner, Kendall Hasan

Top row: Avie Shope, Journey Bumgarner and Lyla Strickenberger

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FMS
From page 1B

Farragut second-year coach Shane Wells, who previously coached high school basketball at Lenoir City, Christian Academy of Knoxville and Hardin Valley Academy. “We have a lot of size and we have a lot of depth.”

“Once we get over the

Rival
From page 1B

row,” Webb said. “We’re doing better.”

“We have a co-ed team, and next year, I’m hoping to have enough girls to have a girls team.”

football rust and the fall baseball rust, we should be fine and we should do pretty well.”

Thursday, Nov. 13, the Admirals picked up their first win of the 2025-26 season as it defeated West Valley Middle School, 42-31, in the friendly confines of the Bobby J. Henry Gymnasium.

Holmes was the only Far-

ragut player to post double figures in the scoring column as he led the Admirals’ balanced offensive attack with 15 points. Crecy and Evans added nine points each while Crew Blackiston finished with eight.

Farragut hosts Bearden on Thursday. Tipoff is slated for approximately 5:45 p.m.

(Bearden, freshman); Aniyah Barnes (Bearden, freshman); Maxwell Kay (Bearden, freshman); Alejandra Recinos (Bearden, freshman); Elyas Sosiadar (Bearden, freshman); Andrew Stone (Bearden, freshman) and Juniper Thurman (Bearden, freshman).

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Talent shines at Morning Pointe show



Photo submitted

Pianist Beverly Kerr won first place in this year’s Morning Pointe Foundation Senior Got Talent - Knoxville show.

STAFF REPORTS

editor@farragutpress.com

The spotlight was shining bright at the historic Bijou Theatre as the 5th Annual Morning Pointe Foundation Seniors Got Talent – Knoxville lit up the stage with laughter, music and moments that moved the audience to their feet.

The show celebrated the creativity of East Tennessee’s senior performers while raising nearly \$43,000 for the Morning Pointe Foundation’s caregiver scholarship fund. From soulful singers and lively a cappella harmonies to uplifting piano performances, the eve-

ning proved that talent and joy know no age limit.

This year’s winners included:

- First Place – Pianist Beverly Kerr performing “Ode to Joy (Joyful, Joyful, We Adore Thee);”
- Second Place – The Sapphires, a cappella quartet performing “Sweet Dreams” and “Heatwave;”
- Third Place – Singer Joel Dupré performing “New York, New York” by Frank Sinatra; and
- People’s Choice – Musical Group Better with Every Breath performing “This Train is Bound for Glory” by Sister

See TALENT on Page 5B



Photo submitted

The Great Migration
Rotary Club members treated to photographic safari

TAMMY CHEEK

tcheek@farragutpress.com

Lions, tigers and wildebeests ... oh, my!

Rotary Club of Farragut members had a photographic safari of The Great Migration of Wildebeests and Zebras in Serengeti National Park, Tanzania, during their meeting in Fox Den Country Club Wednesday, Oct. 15.

Nature photographer/conservationist Steve Brandon led the tour as he described his recent trip to the Serengeti. RCF member Denise Bash was one of the travelers of that trip.

“I met Steve Brandon through his wife,” Bash said. “Patsy and I have known each other for at least a decade and kind of danced all around each other in professional settings.

“Earlier this year, my daughter Chloe was graduating from high school, and she wanted to go on a trip,” she said. Knowing the Brandons

had been to Africa, she called them for advice. They invited Bash and her daughter to join them on their next trip.

“Every day, you get to wake up to a new day in Africa,” Steve Brandon said as he showed a photograph of a sunrise. “And, this is not uncommon. This is what you see every morning, getting up and looking out when you first wake up in the morning.

While on his trip to Serengeti National Park, they had an opportunity to experience the great migration of the wildebeests and zebras.

At the borders, “how do they handle the great migration, when they’ve got all these animals coming through?” he asked.

He showed the area has markers only every half-mile across the border, where the great migration is, so the animals can freely flow across

See MIGRATION on Page 4B

Diabetes Awareness Month feature: Part 2 of 3

Doctor addresses key questions surrounding diabetes

TAMMY CHEEK

tcheek@farragutpress.com

When a person initially is diagnosed with diabetes, a swarm of questions run through the head.

What is it? What will I have to do now? How did I get it?

Dr. Cheri Ogwo, chief medical officer with SugarPros, a telemedicine practice offering endocrinologist-led care for diabetes and weight management, answered some of those questions and more.

“Diabetes is a chronic condition where the body has trouble regulating blood sugar (glucose) levels,” she said. “Glucose is our body’s main source of energy, and insulin is a hormone made by the pan-

creas that helps move glucose from the bloodstream into the cells where it’s used for fuel. “When there isn’t enough insulin, or the body can’t use it properly (causing resistance), glucose builds up in the blood instead of being used for energy,” Ogwo said. “Over time, this can cause damage to the heart, kidneys, eyes, nerves and blood vessels.”

People can have one of two different types of diabetes.

Type 1 diabetes is an autoimmune disease, she said, explaining, “The body’s immune system mistakenly attacks the insulin-producing cells in the pancreas, so the pancreas no longer produces insulin.

“People with Type 1 must take insulin daily to survive,”

Ogwo said. “It often begins in childhood or young adulthood, but it can also appear at any age.”

She said Type 1 is caused by the autoimmune destruction of beta cells, possibly triggered by genetic and some environmental factors like viral infections.

“Type 2 diabetes happens when the body still makes insulin, but the cells don’t respond to it properly,” Ogwo said. “This is a condition called insulin resistance.



Ogwo

“Over time, the pancreas can’t keep up with the body’s increased demand for insulin,” she said. “This is the most common form of diabetes, usually linked to genetics, excess weight, poor diet and inactivity.

“A combination of genetics, obesity — especially belly fat — sedentary lifestyle and aging leads to insulin resistance,” Ogwo added.

The warning signs of diabetes are:

- Increased thirst and frequent urination;
- Unexplained weight loss, which is more common in Type 1;
- Fatigue or weakness;
- Blurred vision;
- Slow-healing wounds;

- Tingling or numbness in hands and feet; and/or
- Frequent infections, such as yeast, urinary, skin.

When asked what people can do to prevent diabetes, she answered there currently is no way to prevent Type 1 but prevention is possible with Type 2.

“Maintaining a healthy weight, eating balanced meals rich in fiber and low in processed sugars, exercising regularly, managing stress, reducing weight and getting good sleep can all lower risk,” Ogwo added.

Additionally, she said the following lifestyle changes can help manage Type 2 diabetes:

- Eat balanced meals, which

See DIABETES on Page 4B

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press planner

• **Now through Dec. 1, guests at participating Pilot travel centers** can round up their purchase or donate \$1, \$3, or \$5 to support the Call of Duty Endowment, which helps veterans transition into high-quality civilian careers.

• **Farragut High School invites the community to FHS’s World Cultures Night** from 6 to 8:30 p.m., Tuesday, Dec. 4, in FHS’s Commons.

The free event will feature food and beverages from around the world, students’ art and crafts table, dances,

singing and other musical performances from the students, as well as culture tables to visit, where they can have a passport stamped as they visit each table.

• **First Farragut United Methodist Church is reaching out to the community with a Community Christmas Day** from 1 to 3 p.m., Sunday, Dec. 7, at the church, 12733 Kingston Pike, Farragut.

The church will be giving away clothing, toys, food and more to the public.

See PLANNER on Page 5B

Migration

From page 3B

the border.

For 365 days, “they change no less than every two weeks, from year to year, 14 days, they’ll be in the same place every year,” Brandon said. “So December-January, they’re at the bottom (in Ngorongoro Conservation Area near Lake Eyasi).

“They have their tags in February and March (in Maswa Game Reserve, below the Serengeti), then start up north (into Serengeti), by September, about a month ago,” he said. “Then, they will cross the Mara River (in Kenya) through the Masai Mara (a large national reserve in southwest-

ern Kenya) and (travel) back down.

While crossing rivers, visitors will see the animals’ trepidation as they watch for crocodiles, waiting on the other side for their dinners.

“Occasionally, they will get out of the Serengeti Park, but they have pretty much everything in the migration now is within some national park or preserve 4.019 million acres versus our Yellowstone (Park at) 2.2 million,” Brandon said.

“Three hundred mammal species compared to Yellowstone’s 65 (species), 500 birds compared to Yellowstone’s 300 and 550,000 annual visitors compared to Yellowstone’s 4 million visitors,” he said.

Diabetes

From page 3B

include protein, healthy fats and high-fiber unprocessed carbs.

- Limit sugary drinks and processed foods.
- Move your body, aim for at least 150 minutes of activity weekly.
- Manage stress and prioritize sleep.
- Don’t skip medical check-ins or labs.
- Check your blood sugar regularly.

For people diagnosed with the disease, Ogwo said uncontrolled diabetes can damage nearly every organ system. They have a higher risk of heart attacks and strokes.

Also, it is the leading cause of kidney failure, as diabetic kidney disease can lead to kidney failure and ultimately dialysis.

Left uncontrolled, she said diabetics can develop diabetic retinopathy, which can cause blindness, and they can develop numbness, or neuropathy, pain and poor circulation, which can lead to amputations and even death.

“The good news is that most of these are preventable with good control and consistent

care,” Ogwo said.

When can patients expect to go on medication or insulin?

“Many people with Type 2 start with lifestyle changes,” she said. However, “if blood sugars, or A1C, stay high, oral or injectable medications are added.

“Insulin is used when the pancreas can’t produce enough on its own either by itself or in combination with oral medications,” Ogwo added.

She explained A1C is “a blood test that measures your average blood sugar level over three months.

“A normal A1C is below 5.7 percent; pre-diabetes is 5.7 to 6.4 percent; and diabetes is 6.5 percent or higher,” Ogwo said. “Most people with diabetes aim to keep it under 7 percent, but goals can vary based on

age and other factors.”

Ogwo explained there are several classes of medications:

- Metformin, which reduces liver sugar production;
- GLP-1 agonists (Ozempic, Mounjaro), which help with blood sugar, weight and heart protection;
- SGLT2 inhibitors (Jardiance, Farxiga), which help the kidneys flush out excess glucose;
- DPP-4 inhibitors, which improve insulin release; and
- Sulfonylureas – stimulate the pancreas to make more insulin.

If a person fails to take their medications, she warned, “Blood sugars rise, leading to fatigue, thirst, weight loss and eventually serious complications, like kidney failure, heart disease, nerve damage and vision loss.”

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Talent
From page 3B

Rosetta Tharpe.

Beverly Kerr, who took home first place, said the experience left her both humbled and grateful. “I’m amazed and I just cannot believe this. I felt very honored in front of so many talented senior people and just felt so lucky that I was one of the contestants. I was very nervous, but everybody from Morning Pointe was so nice and helpful — you can just feel the spirit of the Lord here in this event tonight. Thank you, Morning Pointe Foundation, thank you for all that you do. God bless you all.”

Throughout the evening, the variety of performances brought the audience through an incredible journey of artistic appreciation — from laughter to tears to standing ovations. Every act carried its own story, style and heart, showcasing not just talent but

a lifetime of experience and passion.

Morning Pointe Foundation executive director Miranda Perez said the evening perfectly captured the Foundation’s purpose. “Knoxville’s show continues to amaze us every year. The performers pour their hearts into every note, and the community shows up in full force to support them. Every dollar raised tonight helps us invest in the next generation of caregivers right

here in East Tennessee.”

Proceeds from Morning Pointe Seniors Got Talent directly support scholarships for East Tennessee students pursuing careers in healthcare and related fields at local partner schools.

Since its founding in 2014, the Morning Pointe Foundation, a 501(c)(3) nonprofit, has awarded more than 170 scholarships to students across the Southeast, helping prepare the next generation of caregivers

who will make a difference in the lives of seniors.

The Foundation hosts four Morning Pointe Seniors Got Talent showcases each year to support this mission. In addition to the Knoxville show, events are held in Franklin, Chattanooga and Lexington, Kentucky.

For more information about the Morning Pointe Foundation or to support its mission, visit morningpointefoundation.com.

Planner
From page 4B

“Each child gets a brand new toy, new socks and underwear,” church event organizer Lynn Kirchner said. “We have gently used clothing and coats. Each family gets a bag of groceries, which includes ham.”

Kirchner said anyone can call the church, 865-966-8430, and register to receive items.

“We’ll probably cut off at like 175 to 200 families, so it’s kind of first come, first served.”

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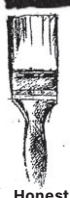
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Fall Festivals

St. John Neumann Catholic School and Church celebrated the season with its annual Mustang Miler 5K and Fun Run on Saturday, Oct. 18, and Harvesting for Him Fall Festival Sunday, Oct. 19, in the gymnasium of the school, 625 St. John Court in Farragut. Sunday's festival featured games, inflatables, food and a cake walk, providing fun for all ages.

From Noah's Ark to princesses, Morning Pointe Knoxville Assisted Living and The Lantern residents were ready to celebrate with area families at its fall festival at the community, 9649 Westland Drive, Wednesday night, Oct. 29. Children, dressed for Halloween, enjoyed going to residents and staff for sweet treats and playing games.

Chota Lodge 253 hosted the inaugural Old Concord Fall Festival on the grounds of the lodge along Second Drive in Concord, Saturday, Oct. 25. The event featured crafters, food trucks, a chance to get on a Lenoir City Utilities Board bucket truck and performances by Laney and Bishop. Proceeds from the festival benefitted Lift East Tennessee, a non-profit organization that supports and trains work skills to people with neurodevelopmental disorders.



Above: Shoreline Church volunteers, from left, Laura Hale, Ashley Hughes, Olive Jessee and Camryn Krapper at Morning Pointe



Right: Gemma Jenkins, 14, wins cake in the cake walk at SJN



Above: Noah's Ark, from left, Brian Bruce, Julie Schulze, Susan Bartholomew, Vicky Steffan and Kristy Bruce at Morning Pointe



Above: Laney & Bishop perform at Old Concord



Right: Rose Hubbard at Old Concord



Left: LCUB's Leon Shields with daughter Adley at Old Concord

Right: H.R. Park and daughter Seewoo, 5, at SJN

Photos by Tammy Cheek



Above: Balloon twister Jerry Godolphin at SJN



Above: From left, Maria Palacios, Laura Baird and Christen Winn at SJN
Left: From left, Brad Vaughn, Nora Vaughn and Katelyn Bothman at Morning Pointe

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