



State Farm, Home Office, Bloomington, IL

Honor veterans this Christmas season

Tammy Cheek
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The Farragut community has an opportunity to honor veterans during the Christmas season by placing wreaths on veterans’ graves as part of Wreaths Across America.

Pleasant Forest Cemetery, located along Concord Road, will kick off efforts in Farragut with a ceremony 10 a.m., Saturday, Dec. 13, at Union Cumberland Presbyterian Church. Shortly after the ceremony, volunteers will place wreaths on more than 275 veterans’ graves at Pleasant Forest, Grigsby Chapel, Union Cumberland Presbyterian and Virtue Church cemeteries.

There also will be a noon ceremony at the main veteran cemeteries in Knoxville.

“We have ordered wreaths for all the veterans, said David Stinton, president of the Pleasant Forest Cemetery Board. “The cost is \$17 per wreath, and we have received donations for about 225

of the wreaths.

“We are looking for donors to buy another 50 wreaths,” he said. Donations made using the cemetery’s QR code go toward wreaths for the Farragut Cemeteries.

“Pleasant Forest has been putting flags on all the Veteran’s graves since way before I started volunteering at Pleasant Forest in 2008,” Stinton said.

“We have developed a process to recruit volunteers to help us put out the flags, so it didn’t take too long to put out the flags,” he said. “Since we had the process of putting out flags, it was not hard to do flags in May and Christmas wreaths in December.

“The only change was having a more formal event with a Color Guard to put

out the flag, finding someone to sing the National Anthem, a minister to open with a prayer and a guest speaker,” he said.

“It makes very good sense for Pleasant Forest to host the event because Pleasant is much larger than Grigsby Chapel, Union Cumberland Presbyterian and Virtue Church cemeteries,” Stinton said. “Of the 275 veteran’s that are being honored, 190 are buried at Pleasant Forest.

“Pleasant Forest also has a cemetery board with 12 people who help maintain the cemetery,” he said. “We also have numerous church friends that help, plus a couple Scout Troops that sometimes help with flags.

“The Town of Farragut and Pleasant Forest have worked together on a couple of events in the last five or

six years,” Stinton said. “We held the first Living History Event about six years ago, where the cemetery board identified about 12 individuals that are buried at Pleasant Forest that made significant contributions to the local area.

“People from the Town of Farragut and Pleasant Forest worked together to develop a one-page script for each individual,” he recalled. “The Town then found volunteers to stand by the graves and rented costumes for the actors to wear.

“We developed a great collaboration doing these events and made some new friends,” Stinton said. “A second Living History event was held recently.

“I think the people of Farragut should know a lot more about the history of the area and the contributions made by people that lived in the area,” he said. “Likewise, we need to be thankful for the local veterans’ service and the freedoms that we enjoy because of their efforts.”

KCSO policereports

• **On Nov. 12** at 2:45 p.m. complainant called the KCSO Teleserve Unit to report a motor vehicle theft from a Kingston Pike business. Complainant stated the suspect rented a truck with false information. Complainant reported she contacted the suspect and told her to bring the vehicle back and fill out the rental form with the correct information. Complainant advised the suspect returned without the vehicle to fill out the rental form. Complainant stated the suspect refused to pay a previous balance and return the vehicle. Complainant stated she advised the suspect she is reporting the vehicle as stolen.

• **On Nov. 12** at 4:25 p.m. the complainant went to the KCSO Records Window to report debit card fraud from Red Canyon Road. The complainant reported he checked his bank statement on Nov. 8 and discovered fraudulent payments from Nov. 3 amounting to \$165.90. The complainant stated three of the payments went to purchase crypto and the other two were international charges. The complainant advised the suspect had used his card number, which was a bank card. The complainant

was unaware of whether the payments were made online or not, and exactly where they went. The complainant spoke with a bank employee who advised he contact his local agency to file a report.

• **On Nov. 15** at Kroger store 686 located at 189 Brooklawn St., an unidentified male was observed on CCTV on the school aisle where he selected an Amazon Echo and Blink camera and removed the spider wraps on them. Next, he was observed concealing the items on his person. Next, the male was observed checking out on register 651, where he product switched an item (toy) and scanned a mark-down sticker instead. Total loss for the store on this day is \$131.92. The suspect paid \$12.95 for improperly marked merchandise. While reviewing the male’s purchases on his Kroger card the complainant found an unidentified female also uses the same card.

On Nov. 17 more spider wraps were found in the school aisle. Balances for the Amazon Echo and Blink cameras were checked and they were missing some again.

FMPC

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being in favor of traffic calming devices.

“Two locations on Union Road were selected for the installation of speed cushions,” Schindler said. “The proposed speed cushions are comprised of injection molded composite material, are approximately 78 inches wide by 80 inches long and approximately 3 inches tall at the highest point.

“The speed cushions are designed for a vehicle speed of 15 to 20 mph,” Schindler added. “This type of cushion allows emergency vehicles to bypass the traffic calming device by

Infamy

From page 1A

(the presentation) possibly the last year.

“I’m 84 years old, and nobody else does this. I want people to remember what we went through.

“It’s just so important,” the historian added. He related the 1905 quote from philosopher George Santayana, “Those who cannot remember the past are condemned to repeat it.”

“So, I want folks to know,” Galbraith said. “And, you’d

providing a wheel gap between the bumps. However, the cushions are wide enough that no standard passenger vehicle or truck can easily bypass them.

“The speed cushions to be installed are bolt-down speed cushions similar to what has previously been installed on Admiral Road, Sonja Drive, and Clover Fork Drive,” he said.

Schindler said the cost is estimated at \$7,000.

Similarly, some Midhurst Drive residents also applied for speed cushions on their road, from the eastern intersection of Foxford Drive to Barbara Lane. The assistant engineer said the application was for three speed cushions.

Like Union Road, there also was a speed study conducted, which “determined that excessive speeding is present in the speed zone,” Schindler said.

During a public meeting on Aug. 7, he said the support for the speed cushions was “overwhelmingly positive.”

The vote showed of the 26 ballots mailed to residents, 14 were received with 13 — or 93 percent — in favor of the traffic-calming devices, he said.

Using the same type speed cushions as Union Road, they will be placing them at 11605 Midhurst Drive, 11550 Midhurst Drive and 11534 Midhurst Drive for a cost of \$10,000.

Pantries

From page 1A

receive free breakfast and lunch at school each weekday through federal programs,” Rice said. “Outside of school hours, Second Harvest provides extra support.”

“Visits to our website’s Find a Food Pantry page jumped from 587 in September to 10,133 in October, an increase of over 1,600 percent,” Rice said. “That surge mirrors what our pantry partners have been seeing at their brick-and-mortar locations and what we’ve been witnessing at our mobile pantry distributions this season: more people than ever needing extra assistance to make it through the month without skipping meals.

“The population of neighbors needing assistance is fairly diverse,” he said. “About one in six East Tennessee children — or 50,460 kids — struggles with food security. “Many neighbors are families with children but also seniors on fixed incomes, veterans and people with disabilities.”

“Our busiest months of the year are November and December due to our holiday basket distributions, plus our regular food distribution to pantry guests,” said Renee Stone, director of Shepherd of Hope Food Pantry, which is housed in Faith Lutheran Church in Farragut. “In addition, we invite approximately 320 Knox County School families to visit the pantry during November and December for the same food offerings.

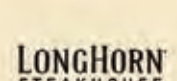
“In November 2024, we served 1,069 people, compared to November 2025 that had total guests of 1,187, Stone said. “During the November distribution we purchased 6,180 pounds of non-perishable items from Second Harvest, over 1,200 pounds of protein selections from local grocery stores — ground chuck, chicken breast, hams — 300 dozen eggs and several holiday food items from local grocery stores,” she said. “Our community donated a large amount of holiday items to help stock the holiday baskets.

“We were open three times in November and all was distributed to guests,” she said. “We will be preparing for approximately the same amount of guests in December.



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Photo Submitted

Sugarwood subdivision’s proposed access road route.

Sugarwood
From page 1A

Smith said. “Construction of the new school at Village Commons Boulevard will add further congestion near Smith Road during peak hours.

“An access road from Sugarwood Drive to the CVS Pharmacy would allow Sugarwood residents to access Kingston Pike at the Smith Road traffic signal,” he added.

“Back in September, we brought a proposal from Barge Design Solutions for approval, and you requested we hold off for a little bit and meet with the stakeholders,” Smith reminded the Board.

“Alderman (Drew) Burnette was very nice to lead that discussion,” Smith said. “I think it turned out well. We had quite a bit of good input from residents.

“Also, staff met with the leaders of St. Elizabeth Episcopal Church to talk about one of the alternate (accesses) we were considering,” he said. “They were not very enthusiastic about the alternate going through the (church’s) parking lot.

“They have limited parking anyway, and to take any more parking would greatly reduce any chances of expanding their building in the future,” Smith said. “We didn’t really want to get into that.”

So, “we’re now looking at only one alternate (access),” he said. “That is the route that goes through the vacant property to the north of St. Elizabeth’s and turns into Kingston Pike at the Smith Road intersection.

“Since we only had one alternate, we decided instead of going for a concept plan, we wanted to wait and have Barge Design Solutions to come up with a preliminary plan,” Smith said. “They have a lump sum fee of \$75,200 and a completion date (for the plan), of May 3 (2026).”

“I appreciate you all giving

me some time to set up those meetings with the church and with the neighborhood,” Burnette said, adding he understood the church leaders’ feedback.

“The (other) proposed route would limit (the church) from being able to expand and having some growth,” he said. “As well, that area was also an area, where they have a farm where they grow food there and supply to the community and some other places.

“The HOA president was very good to work with in helping me get that (meeting) set up,” he said. “The feedback was strong, definitely some questions ... we got to hear a lot of good feedback.

“The vast majority — 80 to 90 percent — were very much on board with us going forward and getting the design work done,” Burnette added.

“Now we’re at that stage, we got the support, we’re excited sometime this summer to be able to meet with (the residents) again and show them the design.

“I will say there are some challenges with this route, which is why I asked them to design to the preliminary plan stage,” Smith said. “It will be a good point for us to take a really good look at the plans and make sure this is something we want to move forward on.”

Alderman Alex Cain asked about the comments from the owner of the vacant lot.

Smith said he talked by phone with the owner, whose reaction was mixed.

Alex Schubert, one of the property owners of the vacant lot, said the property is in the family’s limited partnership.

He referred back to the September meeting, when the Board members stated the lot was a “dead” piece of property.

“I came to see what your definition of a dead piece of property is,” he said. “The appraisal on it’s not dead.”

Town kicks off season with
Countdown to Light the Park

Staff Reports

editor@farragutpress.com

Town of Farragut got the holiday season started with its annual Countdown to Light the Park, which took place Monday, Nov. 24, in Founders Park at Campbell Station.

This year, Santa helped flip the switch at 6:45 p.m. on the Town’s massive light display.

The event drew thousands of people into the park, where there was live entertainment, such as Meredith Laing Jazz Trio, Sprecra Twirlers and Chattanooga singer Andrew Witherspoon.

Additionally, children could make crafts; enjoy cookies and milk, complements of Tenna Healthcare; and visit a station where they could write letters to Santa.

To receive a reply from Santa, children are asked to drop letters into Santa’s mailbox by Wednesday, Dec. 17, and include a return address.

Light the Park continues every evening starting at dusk from Tuesday, Nov. 25, through Thursday, Jan. 1. There will be entertainment and giveaways from local vendors, as well as food trucks at Founders Park many evenings through Tuesday, Dec. 23. A calendar of scheduled activities can be found under Farragut News at townoffarragut.org.

Also, Campbell Station Skate returned to Mayor Ralph McGill Plaza with a new 40- by 50-foot synthetic ice rink, which will operate from now through Sunday, Jan. 4.

For more information and to make reservations, see visitfarragut.org/events.

Additionally, “Holiday Tree Village is a new addition to



Photos by Tammy Cheek

Top: Prior to the lighting, Kylee Jacoby, 6, left, embraced her 3-year-old brother, Braxton, as they listened to one of the live performances at Countdown to Light the Park.

Above: Farragut Mayor Ron Williams, left, and Santa joined forces to turn the candy cane, switching on the lights.

Light the Park festivities,” a Town press release stated. “A forest of evergreens, decorated by local groups and businesses, will fill the green space behind Campbell Station Inn from Sunday, Nov. 28, through Thursday, Jan. 1.”

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Photo submitted

Jessica and Hector Gonzalez are launching a new business, Caring Transitions, which provides “white glove” re-location and liquidation services to seniors.

‘White glove’ services for seniors

Tammy Cheek
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Moving from a long, established home most times is traumatic for senior citizens and their families. When Jessica and Hector Gonzalez of Farragut saw their parents having to move, they understood that hardship, and empathy led them to launch their home-based business, Caring Transitions of Knoxville, Jan. 26, 2026. “We started looking for our parents, and we didn’t have an opportunity to help them because they don’t live in the (United) States; they’re in

Mexico,” Jessica said. “In my case, to see my mom, how she stressed over so many things ... the process was very stressful, so that triggered our thought, ‘Oh, we can do something for the senior community.’” While looking for a business to launch this year, they wanted to help seniors and found Caring Transitions, a nationwide franchise. “Caring Transitions is focused on the senior community whenever they have to go through a relocation, downsizing and (dealing with) real estate. It’s like an integrated business,” Hec-

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Dream Connection’s 40th anniversary



Tammy Cheek

Dream Connection’s board, from second from left, board members Deeann Gionta, Denise Rowe, Lindsey Knowing, Christine Tambornini and Beth Patton (between Tambornini and Milam); president Beth Milam (scissors); and secretary Carolyn Gilliam, join Farragut West Knox Chamber of Commerce members in celebrating Dream Connection’s 40th anniversary with a FWKCC-sponsored ribbon cutting in Farragut Community Center Tuesday, Nov. 18.

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Y-12 Farragut recognized for fighting fraud

Staff reports
editor@farragutpress.com

Y-12 Credit Union, with a branch in Farragut, recently was recognized for its efforts to reduce fraud losses and decreasing manual interventions through automation. For example, the Oak Ridge Y-12 Credit Union was the recipient of the 025 Cobalt Award, presented by Jack Henry (Nasdaq: JKHY). The national recognition honors financial institutions and fintechs that are redefining service to members and communities through innovation, technology and education, according to a press release from the financial institution. “Y-12 Credit Union was recognized in the Changemakers category for reducing fraud losses by 93 percent and decreasing manual interventions by nearly 80 percent through automation,” the release stated. “The achievement positions the East Tennessee-based credit union as a leader in protecting members while advancing innovative financial solutions.” The award was presented this fall at the Jack Henry Connect annual client conference in San Diego, California. Y-12 Credit Union was honored alongside five other financial institutions from across the United States. “Winning the Cobalt Award

is a proud moment for Y-12 Credit Union and the members we serve,” chief technology and Innovation officer Todd Richardson said. “It is a testament to our team’s dedication to putting members first — protecting their financial well-being while leveraging innovation that enhances financial freedom. “We are honored to represent East Tennessee on a national stage, and we will continue to provide excellence in innovation across all member services,” he said. In addition to the award, recipients were given the opportunity to designate a charity to receive a one-time \$10,000 donation from Jack Henry and selected the Y-12 FCU Gives Foundation, furthering its mission to combat childhood hunger. For more information about Jack Henry and the Cobalt Awards, visit Jack Henry, a financial technology company that strengthens connections between financial institutions and the people and businesses they serve. Y-12 Credit Union, founded in 1950 in Oak Ridge, provides innovative, member-first banking solutions. Serving Tennessee, Kentucky, Alabama, Georgia, North Carolina and Virginia, it offers 24 branches across East Tennessee and Southeast Kentucky and seamless digital banking options.

businessbriefs

• For the third consecutive year, Grayson Subaru has chosen Ijams Nature Center as its Hometown Charity for the Subaru Share the Love® Event to help raise funds to expand the Ijams Nature Playscape at Grayson Subaru Preserve and the Mead’s Quarry swim area. From Nov. 20 to Jan. 2, 2026, Subaru of America will donate \$250 for every new Subaru vehicle purchased or leased at participating retailers nationwide. Donations will support several

national charities and more than 830 hometown charities chosen by local Subaru retailers. • Lori Humphreys, vice president of Child Care Services at the YMCA of East Tennessee, recently was honored as one of only three inaugural recipients of the Bright Start Tennessee Network Change Maker Awards. The statewide awards program, launched by Tennesseans for

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BUSINESS SPOTLIGHT



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Services
From page 4A

tor said. “Whenever a senior needs to move to a senior facility or downsize, that’s when Caring Transitions enters.”

“We offer a stress-free process because when they are about to start a new stage in their lives, it’s a lot of stressful moments,” Jessica said. “It’s painful because they’re leaving their house and they need to move.”

“Usually this process takes months if your children want to do it for you,” she said. “We offer to do it in three weeks — the whole process.”

“In the end, we’ll have the house ready to sell... it will be ready for the realtor.”

“We offer not just services; we offer solutions for them,” Hector said. “If they need to just do a downsizing from their current house, there will be a white glove relocation service that they go to the new community or the new place.”

The couple visits the se-

niors’ homes, where they will do an assessment.

“We measure; we look at the area; we come and decide what they want to keep and what will fit based on their feelings,” Hector added.

“We do a floor plan for the next apartment or place,” Jessica said. “We help them in the sorting of all their belongings, so we can help them to decide what they can keep and what will fit.”

“We’ll be working with them,” Hector said. “What Caring Transitions offers is day one living.”

“That means when they are ready to move, we are ready to move them,” Jessica said. “We’re going to move them; they’re going to step into their new apartment; and everything’s going to be set up for them.”

“Pictures, dishes, everything they need to have for their new place will be done,” Hector added.

The relocation is one part of

the business. The other part is taking care of the belongings that did not fit into the senior’s new home. To do that, the Gonzalezes do a liquidation service for the seniors.

Hector explained Caring Transitions developed CTBids, an online auction platform, along with a professional client intake process and digital in-home estimates.

As such, the company can liquidate all the goods the senior has through that online auction.

“There’s about a million subscribers already in CT-Bids,” Hector said. “This is a nationwide franchise with 400 territories nationwide.”

“Mostly, they are located in California, the East and West Coast and main metropolises. The closest (other) franchise is Atlanta,” he added.

Once the business launches on Jan. 26, they may be reached at 865-978-6645 or by visiting online at www.CaringTransitionsOfKnoxvilleSW.com

Eden Family Chiropractic



Tammy Cheek

Daniel Monday, owner of Slamdot, chats with Danielle Wright, co-owner of Eden Family Chiropractic, during a Farragut West Knox Chamber of Commerce networking which was hosted Thursday, Oct. 30, by Eden Family Chiropractic, 12714 Kingston Pike.

Briefs
From page 4A

Quality Early Education, honors dedicated and visionary leaders for their impact on the lives of Tennessee’s youngest learners and families.

Surprised during the Align: Early Childhood & Family Pol-

icy Summit Monday, Nov. 17, in Nashville, recipients of the award are recognized for going above and beyond to advance early childhood care and education systems through one or more of the three Bright Start domains: early learning, health/mental health and family supports.

Good Batch Mama



Adam Rosenbalm (third from left) and his mom, Elizabeth Rosenbalm (with scissors) celebrate the launching of their home-based business, Good Batch Mama, with Farragut West Knox Chamber of Commerce members at a FWKCC-sponsored ribbon cutting in Farragut Community Center Tuesday, Nov. 18.

Tammy Cheek



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DISCOVER LOUDON COUNTY



Chamber 101

Members learn about tools to gain an edge

Tammy Cheek

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In today's business climate, new and existing businesses are trying to gain an edge in getting the word out about their services.

The Loudon County Chamber of Commerce has tools that businesses can use to gain that edge and shared those tools during a Chamber 101 luncheon held Wednesday, Oct. 29. The event was hosted by the Lenoir City Utilities Board and sponsored by Elm Hill Meats, part of Family Brands International.

The free event, presented by LCCC Director of Membership Christy Fitzgerald and Director of Tourism and Marketing Blair Sitzlar, was designed for new and prospective members to learn about the benefits and events associated with Chamber membership.

Formed in 1988 through the merger of two existing chambers—the Lenoir City Chamber and the City of Loudon Chamber—the Loudon County Chamber currently has 612 members, Fitzgerald said.

When asked why business-

es should join the Chamber, Fitzgerald responded that membership allows companies “to be part of an established network of 600-plus local businesses and professionals; to take advantage of professional and leadership development opportunities; to promote their services through communication, branding, event, and marketing outlets; to connect through monthly networking opportunities and expand their business networks; and to receive support from the Chamber, its members, resource partners and the community.”

To help its members, LCCC provides Lunch and Learn sessions featuring professional development topics, as well as a Professional Development Reimbursement Fund through which businesses may request up to \$250 in employee-related training reimbursement after one full year of membership, she said.

Additionally, it hosts networking events during which members can get to know other member businesses. These include Business After Hours at 5 p.m. on the second Tuesday of each month at member busi-

ness locations; Coffee and Commerce, which takes place quarterly; and Power to Promote, a quarterly networking lunch.

In addition to networking opportunities, the Chamber also holds several annual events, including the Business Expo and Taste of Loudon County, the Gala and Chamber Choice Awards, an annual golf tournament, its Christmas Breakfast and a Speaker Series.

To help promote businesses, Fitzgerald said the Chamber hosts ribbon cuttings for new businesses that include a plaque presentation; an online business directory with an optional enhanced web listing; a Loudon County Living Guide listing; the Chamber Community Calendar; use of the Chamber's social media platforms; and access to the Chamber's website and app.

There are also leadership opportunities within the Chamber, such as participation in the Ambassador Program, serving on a council or committee, or applying for a position on the Chamber board.

Additionally, the Chamber

See CHAMBER 101 on Page 7A



Tammy Cheek

Loudon County Chamber of Commerce Director of Membership Christy Fitzgerald, left, and Blair Sitzlar, the Chamber's Director of Tourism and Marketing, presented the Chamber 101 event

Holiday activities abound for Grugin and LCCC

Tammy Cheek

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As the holidays draw near, the Loudon County Chamber of Commerce is preparing for a busy season of activities.

“We're ready for the holidays,” LCCC President Rodney Grugin said. “We've got the snowmen painted on our windows and are getting ready to put our Christmas tree up, so we're excited for the holidays.”

The Chamber's holiday events begin with the Young Professionals of Loudon County's annual Christmas Luncheon and Toy Drive, from 11:30 a.m. to 1 p.m. Tuesday, Dec. 2, at La Quinta Inn & Suites, 12400

Highway 72, Loudon.

Attendees are invited to celebrate the season of giving with YPLC, whose members are collecting wish-list items and toys for the Loudon County and Lenoir City Family Resource Center's Christmas for Angels program. The toys and other donations will go to students in Loudon County and Lenoir City schools, Grugin said.

“(The schools) work with the Family Resource Center to provide items they need,” he said.

Lunch will begin at 11:30 a.m., and the program will follow at 12:15 p.m. with speaker Mandi Wolfe, Director of the Loudon County Family Resource Center.

The Chamber will also host

its Annual Christmas Breakfast from 7:30 to 9 a.m. Friday, Dec. 5, at United Community Bank, 257 Medical Park Drive, Lenoir City.

“That's hosted by United Community Bank as well as the Chamber,” Grugin said. “It's pretty much for everybody. It's another networking opportunity.”

Santa and Mrs. Claus will also be in attendance.

“It's just another good opportunity to get together with Chamber members and potential Chamber members to network,” he said. “It runs right along with our Coffee and Commerce events we hold throughout the year, and it leads us up

to Christmas. It's a great event to get everybody in the festive spirit.”

There is no charge to attend.

Grugin noted that the Chamber has held these breakfasts “for as long as I can remember.”

Chamber members can continue the festivities at the monthly Business After Hours event on Tuesday, Dec. 9, at Sleepy Bear Mattress on Highway 321 in Lenoir City.

The Chamber will conclude the holiday season with its annual Polar Plunge at noon on New Year's Day, Jan. 1, at the Vonore Boat Ramp.

“It's in partnership with Monroe County and Visit Monroe County,” Grugin said. “We

take turns swapping off venues for the event. Registration is open on our website.”

With a fee of \$30 for adults and \$20 for participants 17 and younger, proceeds from the Polar Plunge will go to a local nonprofit. “This year, it will go to a Monroe County nonprofit because they're hosting it,” Grugin said.

The Chamber will also participate in the following community events:

• **Lenoir City: Christmas Tree Lighting** from 6 to 7:30 p.m. Monday, Dec. 1, at Central Park, 313 E. Broadway, and the city's Christmas Parade

See HOLIDAY on Page 7A

Business After Hours

Right: Jason White of Servpro mingles with Sarah Cullom of Vintage Creekwood during Loudon County Chamber of Commerce's Business After Hours, hosted at Vintage Creekwood, off Creekwood Boulevard, Tuesday, Nov. 11

Below: Tammy Roberts with Loudon ALIVE, chats with Skylar Tarpley of Restoration during Loudon County Chamber of Commerce's Business After Hours.



Photos by Tammy Cheek



Kicking off the season

Staff Report

editor@farragutpress.com

The Loudon County Chamber of Commerce and Visit Loudon County are kicking off the season with festive new holiday events, beginning with a Christmas ornament exchange to help decorate the Chamber's new office, according to Christy Fitzgerald, the Chamber's director of membership.

“Local businesses and community members are invited to bring an ornament—whether it represents their business or simply one they love—and hang it on the Chamber's Christmas tree,” she said. “In return, guests may take a Chamber/Visit

Loudon County ornament home with them.”

The exchange will take place from 8:30 a.m. to 2:30 p.m., Dec. 1–23, at the new Chamber office at 119 W. Broadway St. in Lenoir City.

“Ornaments also will be available during the Chamber's Annual Christmas Breakfast from 7:30 to 9 a.m., Friday, Dec. 5, at United Community Bank,” Fitzgerald said. “Attendees are encouraged to join in the fun and swap ornaments while enjoying holiday networking.”

“The Chamber and Visit Loudon County invite everyone to help fill the tree with creativity and community spirit this holiday season,” she added.

Left: Bert Owens with Wright Brothers, mingles with Pat Kieving of Evergreen Accounting Support during Loudon County Chamber of Commerce's Business After Hours, hosted at Vintage Creekwood, off Creekwood Boulevard, Tuesday, Nov. 11.

Chamber 101
From page 6A

works with Visit Loudon County on promotional efforts. “We rebranded last year,” Sitzlar said. “We have new brochures and online brochures for attractions such as boating, hunting and fishing.” She said tourism revenues helped county taxpayers save \$441 on their 2024 taxes.

The Chamber also offers its Young Professionals program, a stepping stone for young entrepreneurs and other businessmen and businesswomen, Fitzgerald said. The Chamber, with its new office at 119 W. Broadway in Lenoir City, can be reached at 865-458-2067 and has a website at www.loudoncountychamberofcommerce.com

Holiday
From page 6A

at 6:30 p.m. Thursday, Dec. 4, along Broadway, with lineup beginning at 5 p.m. on South C Street. Both events are free. • **Celebration of Trees as part of Christmas in Olde Loudon**, at 6 p.m. Friday, Dec. 5, on the lawn of the Loudon County Courthouse, 601 Grove St.; and the Loudon

Christmas Parade at 6 p.m. Saturday, Dec. 13, with lineup at 5 p.m. on Carter St. The parade, hosted by Loudon Parks & Recreation, begins and ends on Mulberry St. Both events are free and open to the public. • **Greenback: The town’s Christmas Parade** at 11 a.m. Saturday, Dec. 6. (Final route details are pending.) The Loudon County Concert

Band will present a concert at 7 p.m. Thursday, Dec. 11, at The Venue in Lenoir City. Tickets are \$12 per person. Registration for Chamber holiday events is available at loudoncountychamberofcommerce.com. For more information on December Chamber events, contact the office at 865.458.2067 or email info@loudoncountychamber.com



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Laura Ash State Farm

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Young Hawks escape the jaws of the Bobcats

Ken Lay
Correspondent

FOUNTAIN CITY — Veteran Hardin Valley Academy girls basketball coach Jennifer Galloway knows her team may experience some growing pains during the 2025-26 season.

The Lady Hawks are one of the area’s youngest squads as they don’t have a senior on their roster.

“We have a really young team,” said Galloway, who is the only coach who

the Lady Hawks have ever had since the school opened in 2008. “And we’re going to make young-team mistakes.”

“What we try to do is make sure that when we make a mistake is try to make sure that it’s not a double mistake.”

The Lady Hawks had some errors in their season opener at Knoxville Central Thursday night, but they overcame their miscues to notch a 41-39 victory over the host Lady Bobcats in the season opener for both teams.

Hardin Valley (1-0) held a 29-23 ad-

vantage heading into the fourth quarter and it built a 10-point as it scored the first four points of the final frame. The Lady Hawks appeared poised to cruise to a season-opening win.

But they let the lead get away, and Central would grab the upper

“... we’re going to make young-team mistakes.”

~ **Jennifer Galloway**,
Head Coach

hand when Sesha Foster buried a long-range jumper, giving the Lady Bobcats a 34-33 lead midway through the fourth quarter.

Free throws by Audree Riehn and Marley Edwards turned the tide back, giving the Lady Hawks a 35-34 lead with 2:12 left to play.

Central wrested the lead away as Abbey Brewer hit a shot and with 1:22 remaining, Teighly Fowler made a re-

See HAWKS on Page 2B

Strong start for Admirals

Senior point guard pours it on Tornadoes

Bill Howard
Correspondent

It was a strong start to the new season for Farragut High School’s boys’ basketball team last Thursday night at Lynn E. Sexton Gymnasium.

It was an even stronger start for Parker Lane.

The senior point guard poured in 33 points – 15 in the first quarter alone – to lead the Admirals to a 73-62 win over Alcoa High School. Lane drained eight of 13 shots from beyond the three-point arc.

“It’s amazing,” Lane said. “We’ve been looking for this all off-season. That’s a tough team, that’s a good team. We’re really excited to get this win.”

“Really proud of our guys,” FHS coach JP Burris said. “Parker played out of his mind. He takes those shots because he’s earned them. He’s a testament to hard work and consistency.”

Parker’s first-quarter output – which included four treys – gave the Admirals a 27-19 lead at the end of the period. A 16-6 advantage in the second quarter, which included a 14-4 run to the end – put Farragut up 43-25 at intermission.

Lane wasn’t without help on offense. And defense, according to Burris, was equally vital.

Fellow senior Reid Vining scored 17 points and hauled in 14 boards. Senior Britton Lewis chipped in 15 points. The team effort wasn’t lost on Burris.



Photo by Ellie Hatmaker

Parker Lane pushes the ball upcourt during Farragut’s season opener Thursday at Lynn E. Sexton Gymnasium. The senior guard lit up Alcoa for 33 points — including eight 3-pointers — and added three rebounds to lead the Admirals to a 73-62 win.

“Reid Vining, phenomenal job on the boards,” he said. “Britton Lewis, phenomenal on the boards. (Senior)

Aiden Foshie, he had six offensive rebounds at halftime. Those three were massive on the boards for us, and (se-

nior) Daniel Lanning’s defense was a big difference for us as well.”

See STRONG on Page 2B



Photo by Ellie Hatmaker

KJ McNealy brings the ball up the floor during Farragut’s season opener against Alcoa on Thursday at Lynn E. Sexton Gymnasium. McNealy posted a double-double with 24 points and 12 rebounds, but the Lady Admirals fell 62-56 after the Lady Tornadoes surged in the second half.

Lady Admirals show promise versus Alcoa

Bill Howard
Correspondent

In the first half of its season-opening game against Alcoa High School last Thursday night, Farragut High School’s girls’ basketball team played well. The half ended with the Lady Admirals leading 36-24.

Unfortunately for FHS, there was a second half.

The Lady Tornadoes came out strong in the third, tied it at 37 with

3:21 left then carried that momentum to a 62-56 win in Lynn E. Sexton Gymnasium. In the gruesome third quarter, Alcoa outscored Farragut 18-5.

“They came out in the third quarter and kicked us in the mouth a little bit,” FHS coach Jason Mayfield said. “We kinda ran out of gas (in the second half), but I was proud of the effort. Really good team, Alcoa. They’re gonna

See ADMIRALS on Page 2B

In spite of defeat, Arendt upbeat about season

Ken Lay
Correspondent

FOUNTAIN CITY — Even in defeat, Hardin Valley Academy boys basketball coach Andy Arendt had high praise for his team.

“I’m excited about our team this season,” Arendt said after the Hawks came up on the short end of a 75-58 decision at Knoxville Central Thursday night in the 2025-26 season opener for both teams. “We’re a young team and we did

some good things.

“And they’re a really good and well-coached basketball team.”

The Bobcats (1-0) may have nabbed a seemingly lopsided victory, but it was Hardin Valley that got off to a fast start as Kristian Oliver made five 3-pointers in the opening quarter, enabling the Hawks to seize the upper hand early. They were clinging to a slim 17-13 advantage late in the frame before Central closed things out in the first quarter with a 7-1 run. The surge allowed

the Bobcats to take a 20-18 lead.

And from there, Central never surrendered the lead.

“They have some good shooters and they started off fast and we were able to withstand that,” Central first-year coach JP Payne said. “I think they got ahead, 17-13, and then we got the lead and we never gave it up after we started doing a better job finding the shooter.”

Oliver led the Hawks (0-1) with 19 points as he knocked down six long-

range jumpers and converted a free throw, but the Bobcats were able to keep him at bay and off the scoreboard after halftime.

After closing out the first quarter with a modest surge, Central outscored Hardin Valley, 20-9, in the second stanza and open a 40-27 advantage by halftime.

The Bobcats forced HVA into multiple turnovers. They also dominated the glass on their way to giving Payne his

See ARENDT on Page 2B



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Bulldogs sweep all three

Both focus on fundamentals, defense

Alan Sloan
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KNOXVILLE — Bearden High School boys basketball redefined excellence in team defense in it’s season opener versus Greeneville at BHS Thursday night, Nov. 20.

The visiting Green Devils scored only 14 points — total.

Bearden would go on to win twice more last week in easy fashion.

Meanwhile, the Lady Bulldogs were almost as dominant in their three wins.

BHS boys win 3

The Bulldogs beat GHS 65-14, then won twice more Saturday, Nov. 22, besting Knoxville Central (76-30) and Grace Christian (77-34) at Carter High School during a Hall of Champions Play-day.

“All of 13 guys played in all three games,” BHS head coach Jeremy Parrott said. “The scoring was pretty balanced. We’ve tried to focus on

defense and fundamentals early in season. Just tried to do the little things right.

“Everybody’s really contributed in all three games,” he added.

Lady Bulldogs 3 victories

Justin Underwoods’ girls rolls past Greeneville 72-55 Nov. 20, led by All-state point guard Natalya Hodge’s 25 points. Emma Rainey added 16 points and Riley Hunt scored 15, a career-high. Post Theola Mills 17 had a career-high 17 rebounds. “Theola Mills had a great night on the boards,” Underwood said.

At Carter Saturday Bearden beat West Ridge 57-43, led by Hodge’s 28 points.

Also on Saturday, BHS won 71-60 versus The Kings of Academy. Points-wise, Hodge led again with 28 with Rainey scoring 18 and Hunt 14.

“Playing two tough opponents in a day is a challenge,” Underwood said. “... It is early in the season, so we are still growing and learning roles and trying to play those roles consistently.”



Photo Submitted

Admirals signing

Back Row, from left: Will Dickens (Baseball, Eastern University), Travis Brummitt, Jr. (Baseball, Pellissippi State), Jake Harris (Baseball, Eastern Michigan), Aidan Flagg (Baseball, Lipscomb), Daniel Lanning (Lacrosse, Tusculum) **Front Row, from left:** K.J. McNealy (Basketball, Grand Canyon University), Bella Ekeler (Volleyball, Georgia Southern), Ava Barczak (Track and Field, Lincoln Memorial), Rowan Unger (Soccer, Samford) and Kennedy Dade (Soccer, Tennessee Tech)

Admirals

From page 1B

have a lot of success this year.”

In the first quarter, the Lady Admirals led 12-11 with 2:23 left but then finished the frame on a 9-2 run to lead 21-13 at the end.

A 7-2 FHS run to start the second gave the Lady Admirals a 28-15 lead. AHS then scored nine of the next 12 to cut it to 31-24, but the final five points – a 3 by senior all-courter KJ McNealy and a layup by senior post Trinity Curry – gave Farragut a 36-24 halftime lead.

“We didn’t guard very well in

the first half,” AHS coach David Baumann said. “We finally played the way we wanted to in the second half.”

Of the third quarter’s first 16 points, 15 – seven by Brylee Flatt – went to Alcoa, which led 39-37 with 1:54 left. The period ended with the Lady Tornadoes up 42-41. Turnovers and missed shots characterized the period for FHS.

A free throw by McNealy tied it at 42 early in the fourth, but four in a row by AHS made it 46-42, and Farragut wouldn’t recover. Several times throughout the game, the Lady Admirals had trouble

inbounding the ball.

“I told the girls we didn’t work on the press offense enough,” Mayfield said. “They (Alcoa) did a really good job ... if we could just inbound the ball. Just a matter of us working on it more.”

McNealy was the game’s high scorer with 23. Curry added 21. Flatt had 18 for Alcoa.

“We weren’t boxing out, we weren’t playing with intensity,” Curry said. “The teams we’re gonna play the rest of the year, we can’t have that second half. We gotta make sure that doesn’t happen again.”



Photo Submitted

Warriors signed

Isabella Coughlin (Golf, Western Kentucky University), Annagail Herzog (Swimming, Monmouth University), Colie Thompson (Basketball, Palm Beach Atlantic University), Sydney Clemmons (Soccer, Wheaton College), Brody Waller (Baseball, Lincoln Memorial University) and Joey Sulish (Baseball, Tennessee Tech University)



Photo Submitted

Strong

From page 1B

An 8-2 Alcoa run in the third period cut FHS’s lead to 12, 51-39, with 3:12 left. But the Admirals finished the period by outscoring the Tornadoes 8-3, and led 60-43 after three.

AHS’s 10-2 stretch late in the fourth, which cut the Admi-

rals’ lead to 13, was too little too late. Farragut’s final points were, fittingly, two free throws by Lane with 42 seconds left.

“That’s a really, really good Alcoa team,” Burris said. “We’re really proud of our guys matching them. That’s good for us to play a really good team that is gonna be right back in the state tournament.”

Alcoa’s Jibril Koko scored 25 for the Tornadoes. Jay Kirk added 17.

“We’re really proud of our guys, playing with good energy and being tough,” Burris said. “This is a good win for us.”

Before the game, Lane was honored for scoring his 1000th career point, which came in the post-season this past spring.

Hawks

From page 1B

verse lay-up extending the Lady Bobcats’ advantage to 38-35.

Then things really got crazy.

A three-pointer by Edwards, a junior guard, pulled the Lady Hawks even, knotting the game, 38-38, at the 1:02 mark of

the final stanza.

After Central failed to score on its next possession, Edwards hit a go-ahead three-pointer, making it 41-38 with 3.5 seconds remaining.

“She really hit two big shots for us,” Galloway said of Edwards.

The contest’s outcome was far as decided as Brewer, who

scored a game-high 17 points, was fouled on a three-point attempt with one second to go and was awarded three foul shots. She made only one and the Lady Hawks emerged victorious after a roller-coaster ride of a season opener.

Riehn led HVA with 16 points and Edwards scored 13.

Bulldogs signees

Jayla Blue (Soccer, University of Tennessee), Claire Jenkinson (Soccer, Roane State CC), Tyler Roth (Soccer, Western Kentucky University), Charlie Culbertson (Golf, Roane State CC), Connor Hall (Golf, Johnson University), Katie Foster (Basketball, Worcester Polytechnic Institute) and Natalya Hodge (Basketball, University of Missouri)

Arendt

From page 1B

first win as their head coach.

Arendt tipped his hat to Central.

“They were just the more physical and tougher team tonight, but that being said, I’m excited about our team,” he said. “We start a freshman and

we have three sophomores, a junior and three seniors.

“And it’s all freshmen and sophomores from there, so I’m excited.”

Graham Collerdo was the only other HVA player to post double figures in the scoring column as he finished with 10 points. Kymani Smith had seven points for the

Hawks, who pulled to within nine points on two occasions in the fourth quarter. Hunter Ratliff and Blake Crawford tallied six points each for the Hawks.

Griffin Odom led Central with 18 points while D.J. Smith and Parker Hampton added 17 points each.



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FPS Project Giving Tree supports families in need

Staff Reports
editor@farragutpress.com

For many, holidays are a time of gift-giving and meals with family and friends. But, for some families — including many in Farragut — this time of year can be stressful, as they struggle to afford the cost of holiday gifts and food, according to Kaitlynn Copinger, FPS Project Giving Tree co-chair for Farragut schools.

“Thanks to the generosity of our community, Project Giving Tree is proud to support these families in need, bringing light to those going through a dark time,” she said.

Copinger explained Project Giving Tree is a joint program of the four Farragut school

Parent Teacher Organizations, “designed to benefit families who need a little extra help during the holiday season.

“We provide new clothing, holiday toys and gifts and food assistance in December,” she said.

“Project Giving Tree helps my kids at Christmas time,” one recipient family shared. “We are a low-income family, and this program provides my kids (with) clothes, toys and books that they appreciate so much. This program is a blessing for my family.”

“We know the need is great for many,” Copinger said. “Across the four Farragut schools, we have identified about 90 families and over 225

See GIVING TREE on Page 6B



Taste of the season
Faith Lutheran to host annual Cookie Walk & Craft Fair

Tammy Cheek
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Gingerbread men, sugar cookies and more are being made for this year’s Faith Lutheran Church Cookie Walk & Craft Fair.

The church is welcoming members and the community to come choose cookies around the tables the first Saturday in December. This year, Gabriel Figueroa, Faith Lutheran’s director of communications, said the cookie walk will take place from 9 a.m. to noon, Saturday, Dec. 6, in the church, 225 Jamestowne Blvd., while the craft fair will begin at 8:30 a.m., giving attendees time to shop before buying cookies.

“We are expecting 20,000 of all sorts of variations (of cookies),” Figueroa said. “We have



File photos

Above: Volunteers Esha Patel, left, and Scarlett Parrott helped at last year’s Cookie Walk & Craft Sale at Faith Lutheran Church. **Above left:** Jan Maskarinec fills a box at last year’s event.

boxes,” Faith Lutheran office manager Mary Boring said. “We had 107 customers.”

For the most part, “it’s been all hands on deck kind of endeavor” to put on the event, Figueroa said. “Everyone from the church pitches in in many different ways, from baking cookies to recruiting, helping set up to even being greeters the day of (the cookie walk).

The church has held the event since 2002, but it went into hibernation during COVID, until it was brought back last year.

“It’s the church’s biggest

event and everyone’s excited for it,” Figueroa said. “Everybody puts a lot of effort into it.”

He explained each year, proceeds from the event go to a different endeavor on which the church is working.

At the craft fair, there are 22 vendors “of all sorts,” Figueroa said. “We will have artists selling their own creative stickers, pottery, jewelry and photo prints. So, it’s really going to be a little bit of everything from local artists — some from the church, some from the community.”

Future Leaders Day to give students a chance to learn skills

Tammy Cheek
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Albert Liu, Farragut High School student representative on Farragut Municipal Planning Commission and on Knox County Board of Education is taking every opportunity to learn leadership skills.

He and fellow FHS Youth in Government members want to give middle school students in grades sixth through eighth a similar opportunity with Future Leaders Day, which involves sessions to help younger students learn more about leadership, from 12:30 to 4:30 p.m., Saturday, Dec. 6, at FHS Commons and classrooms.

Future Leaders Day is a one-day event in which any student in Knox County can take part in interactive sessions about civics, the legal system, business and international politics.

“We’ve got a lot of rooms booked, so we will be able to move around, have big spaces to speak,” said Liu, president of the school’s Youth in Government organization. “We’ve got teachers who are ready to be there, so we’re really looking forward to it. We’re really excited.

There is a \$20 fee to participate. Register by Saturday, Nov. 29, at <https://forms.gle/cgPZx4QvYseDHkFKA>

“Future Leaders Day is about two years in the works now,” he said. “We weren’t able to have it that first year just because of all the planning that’s

See FUTURE LEADERS on Page 6B

Diabetes Awareness Month feature: Part 3 of 3

Building diabetes awareness in the community

Tammy Cheek
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Tennessee ranks among the higher states for diabetes rates, according to information from Tennova Healthcare Systems.

“Diabetes is a condition that damages the heart, kidneys, nerves, eyes and blood vessels,” said Mikayla Huxley, a primary physician with Tennova Medical Group West Hills Clinic.

“For individuals, awareness could mean catching diabetes early before it causes this damage,” she said. “For the community, awareness is essential for prevention and empowerment of our members. When people understand risk factors and symptoms, they can take control of their health and improve their quality of life.”

“Tennessee ranks 45th in diabetes prevalence, with lower rankings indicating less rates of diabetes,” Huxley said. “As of 2023, about one in seven adults — 14 to 15 percent — in Tennessee have been diagnosed with diabetes. That’s more than 800,000 people statewide.

“Here in Knox County, diabetes is a leading health concern, with about 37 deaths per 100,000 residents linked to it each year as of 2020,” she said. “On top of this, there is a high rate of pre-diabetes in our area, which indicates a significant risk for developing diabetes in the future for these patients.”

According to the American Diabetes Association, diabetes is an epidemic in the United States.

According to the Centers for Disease Control and Prevention, more than 38 million Americans have diabetes.

In Tennessee, ADA stated about 813,400 adults, or 13 percent of the adult population, have been diagnosed with diabetes.

“Every year, an estimated



49,000 adults in Tennessee are diagnosed with diabetes,”

See DIABETES on Page 6B

Almost as much fun as delivering Christmas gifts...
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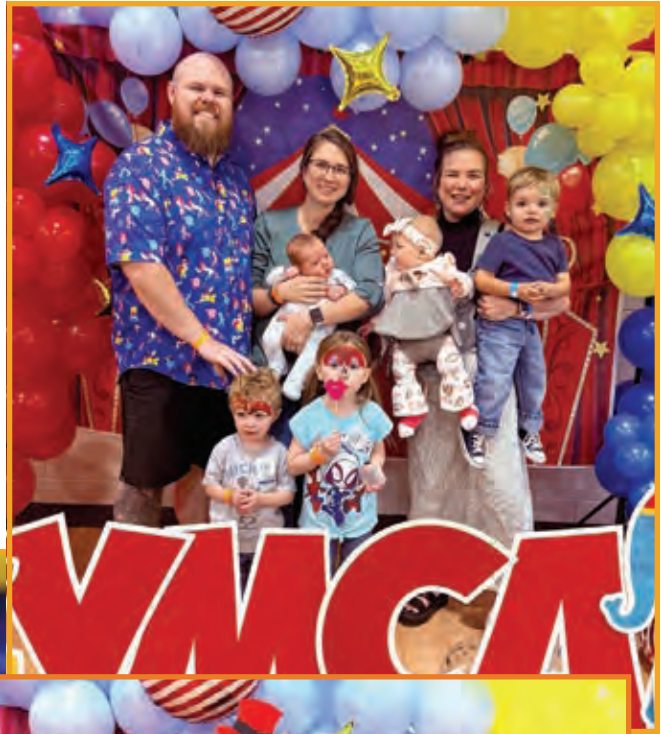
A Season of Gratitude at the YMCA of East Tennessee

As Thanksgiving approaches, the YMCA of East Tennessee is reflecting on the spirit that defines our West Side community: gratitude, connection, and the simple joy of being together. Each month, we are grateful for the opportunity to share our mission in West Side Faces, highlighting the people, programs, and experiences that make the Y so much more than a place to exercise.

This season has been filled with meaningful moments. We kicked things off with **Puppy Pilates**, giving our members a little “fur therapy” and a lot of laughter. Our 8 a.m. Water Aerobics class hosted a heartwarming **Locker Room Diaries Book Party**, where members shared stories of impact, encouragement, and deep belonging. We continued the celebration with our **Friendsgiving potluck**, gathering in fellowship to enjoy good food and even better company. To round out the month, families unplugged, connected, and created lasting memories during our **Unplugged Family Game Day**.

These moments remind us of what the YMCA stands for—community, wellness, and relationships that strengthen us all. We are thankful for every member, volunteer, and staff person who brings life and warmth to our West Side Y.

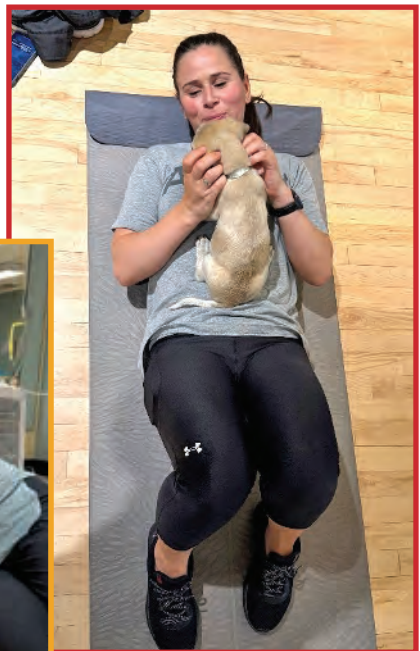
From our family to yours, we wish you a joyful, healthy, and gratitude-filled Thanksgiving.



The Unplugged Family Game Day carnival was a joy to see—families laughing, playing, and making memories that will last a lifetime!



Puppy Pilates—our pawsome partnership with the Humane Society, where wags, wellness, and pure joy come together.



Left: Mr. Joe sat in silent respect as he honored the soldiers—like himself—who have served our country with courage and sacrifice. We salute you.

Below: Our packed chair yoga class shows just how seriously this community takes its wellness—one mindful stretch at a time.



Below right: A despicably Fun day was had at the Davis Y on Halloween!

Below: Our 8 AM water aerobics class gathered to share stories of impact, belonging, and community from the ‘Locker Room Diaries’ book they helped bring to life.





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9-11 a.m.**

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8:55AM
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Davis Family YMCA

Farragut | 865.777.9622 | YMCAKnoxville.org

press planner

• Mission of Hope is preparing for its annual Christmas Drive to spread holiday cheer to children and families in rural Appalachia. This year, the CYBER BARREL Christmas Drive makes giving easier than ever. From now through Tuesday, Dec. 9, supporters can visit online registries to select items that will be shipped directly to the Mission of Hope warehouse. Once received, donations will be packed and delivered to students in need. Visit <https://missionofhope.org/christmas-collection-delivery/>.

For those who prefer to give in person, Mission of Hope will have its iconic Blue Barrels set up at select Food City, Home Federal Bank, and Fisher Tire locations. These barrels will be available throughout the CYBER BARREL Drive period and welcome donations of new toys, coats, and non-perishable food items.

• Farragut Lions Club is sponsoring a Pancake Breakfast with Santa, which will be held Saturday, Dec. 13, from 8 to 10 a.m. at Longhorn Steakhouse on Parkside Drive. This event is free to the public.

Giving Tree

From page 3B

children who need our help.

“We humbly request your support during our fundraising drive, so no child in our community goes without this year,” she said.

“I feel so blessed that they are taking us into account,” another recipient family told volunteers when they applied for Project Giving Tree support.

“Project Giving Tree is made possible through community support,” Copinger said. “There are many ways to help:

- Donate gift cards by sending to any Farragut school in an envelope marked “Project Giving Tree.”
- Donate online at www.givebacks.com/causes/knox-99996572/campaigns/giving-tree2025
- Donate new, unwrapped toys to Farragut Community Center or Mansour Hasan State Farm,

“Please give by Sunday, Dec. 7,” Copinger said. “If you have questions or wish to directly sponsor a child or family, please contact us at farragut-givingtree@gmail.com

Diabetes

From page 3B

it stated.

Of those numbers, Huxley said Type 2 is, by far, the most common, “as it accounts for about 90 to 95 percent of all cases of diabetes.”

Along with the physical complications — heart disease, stroke, amputation, end-stage kidney disease, blindness and death — “Americans with diabetes have medical expenses approximately 2.6 times higher than those without,” ADA stated in a press release. “The total estimated cost of diagnosed diabetes in the United States was \$412.9 billion in 2002, including \$306.6 billion in direct medical costs and

Future leaders

From page 3B

gone into it, but we’ve got it all figured out, so we’re really looking forward to a first-ever Future Leaders Day.”

Liu explained he and a couple other FHS student leaders “wanted to make an opportunity for middle schoolers to give them, like, a first taste of what high school civic engagement looks like.”

And, “We’ve involved a lot of other humanities clubs, like DECA, the business club at Farragut (High School),” he

said. “We’ve got mock trial that goes over everything about the legal system.

“We’ve got Youth in Government that focuses on American politics and American government and public speaking,” he said. “We’ve also got Model United Nations, which focuses on global affairs and international politics.

“What we really wanted to do is give a chance for middle schoolers to learn about that,” he said. “I know public speaking can be really intimidating, so we wanted to give them a first taste of that”

Also, “a lot of middle schoolers are looking to join clubs when they get into high school, so we wanted to give them maybe an opportunity to get a leg up or just see what those clubs are all about even before they get into high school, so they’re not bogged down in that first week, when they’re learning everything, and they know what they’re going into,” he said. “I think (Future Leaders Day) covers a lot of things.

“We’ve got some great activities planned to achieve all of that,” he said.

for diabetes,” Huxley said. “Social factors, like limited access to healthy foods and safe places to exercise, play a big role, too.”

As a community, “We can improve access to healthy foods, create safe spaces for walking and exercise and host free blood-sugar screenings in our communities,” she advised. “Workplaces, schools and churches can promote

wellness events and provide education.

“Most importantly, we can start more conversations about risk factors, mitigation of these risks and symptoms of diabetes,” Huxley added. “If our community prioritizes education and access to resources for a healthy lifestyle, we can be proactive in prevention and treatment strategies.”



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Wills, Trusts, Special Needs Trusts & Probate, Personal Injury, Social Security Disability

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For more information, please contact Tony Christen at (865) 218-8872 or by email at production@farragutpress.com.

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Sunday Worship 10:30 AM
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Fax: (865) 966-2072
Email: newcovenant@newcovenantbc.com
Website: www.newcovenantbc.com

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Sun: Family Bible Hour (9:30 AM)
Sun: Worship Service (11:00 AM)

Recorded Services

[f](https://www.facebook.com/OnZoom) [yt](https://www.youtube.com/OnZoom)
On ZOOM
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Wed: Cultivate (7:00 PM)

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ORDER IN THE MUNICIPAL COURT FOR THE TOWN OF FARRAGUT, TENNESSEE,
Pursuant to Chapter 12, Section 12-1 of the Code of Ordinances for Farragut, Tennessee, it is ORDERED that the Town of Farragut Municipal Court will convene for the purpose of conducting hearings on any citations issued for Automated Traffic Enforcement and Code violations. Farragut Municipal Court will convene on the following dates at 6:00 PM:

January 12	May 11	September 28
January 26	May 25 Holiday	October 12
February 9	June 22	October 26
February 23	July 27	November 9
March 23	August 10	November 23
April 13	August 24	December 14
April 27	September 14	

These dates will be the regularly scheduled court dates for the Town of Farragut beginning January 1, 2026. Any cancellations or delays to the court schedule will be posted to the Municipal Court page on the Town of Farragut website at www.townoffarragut.org/court.

It is the policy of the Town of Farragut not to discriminate on the basis of race, color, natural origin, gender, gender identity, sexual orientation, age, religion, disability or veteran status. It is also the policy of the Town of Farragut to reasonably accommodate all qualified individuals with disabilities in admission to, access to, or operation of its programs, services and activities, unless such accommodations would cause undue hardship. Should anyone have a concern or question about the application of these policies, please contact the Director of Human Resources and ADA Coordinator, Michelle Pence, by e-mail at mpence@townoffarragut.org, phone at 865-966-7057, or in person at the Farragut Town Hall, 11408 Municipal Center Drive, Farragut, TN 37934



11408 MUNICIPAL CENTER DRIVE | FARRAGUT, TN 37934 865.966.7057 | WWW.TOWNOFFARRAGUT.ORG

FARRAGUT VISUAL RESOURCES REVIEW BOARD AGENDA

Farragut Town Hall Board Room

Tuesday, December 2, 2025 at 6:00 PM

- I) Call to Order
- II) Approval of Minutes
- A) Approval of the October 28, 2025, Meeting Minutes.
- III) Staff Report
- A) Wall signs approved since the last meeting.
- IV) Business Items
- A) Review of an individual tenant panel sign for T-Mobile, located at 11661 Parkside Drive.
- B) Review of an individual tenant panel sign for Woolfson Eye Institute, located at 11730 Kingston Pike.
- C) Review of a primary ground sign for Knoxville Christian School, located at 11549 Snyder Road.
- D) Review of a primary ground sign along Concord Road for First Century Bank, located

- at 130 Concord Road.
- E) Review of a peripheral accessory sign (enter/exit sign) for First Century Bank, located at 130 Concord Road.
- F) Review of a primary ground sign along Campbell Lakes Drive for Wild Wings, located at 11335 Campbell Lakes Drive.
- G) Review of a pylon sign for Wild Wings, located at 11335 Campbell Lakes Drive.
- H) Review of a primary ground sign along Outlet Drive for Tri-Star Power Sports, located at 11470 Outlet Drive.
- I) Review of a revised landscape plan for the LCUB Concord Substation, located at 1053 Concord Road.
- J) Discussion of the Board's meeting attendance policy.
- V) Citizens Forum

It is the policy of the Town of Farragut not to discriminate on the basis of race, color, natural origin, gender, gender identity, sexual orientation, age, religion, disability or veteran status pursuant to Title VI of the Civil Rights Act of 1964, Public Law 93-112 and 101-336 in its hiring, employment practices and programs. To request accommodations due to disabilities, please call 865-966-7057 in advance of the meeting

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Outnumber **HUNGER** with a matched donation this season!



Holiday meals are where families find comfort when life is uncertain. A full plate can remind us that we're not alone.

Second Harvest is helping families year-round so that it isn't just a meal, it's hope.

Outnumber



HUNGER

Presented by:



Now through December 4th, 2025, your donation is doubled for our East Tennessee neighbors experiencing food insecurity.

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Giving Back

FARRAGUTPRESS WEDNESDAY, NOVEMBER 26, 2025 • 1C

The Reason for the Season

farragutpress is shining a Thanksgiving-week spotlight on charitable organizations.

Our prayers and hopes are that you will take the time to read the various profiles of these organizations and reflect on their needs — and respond to one or more, either with a monetary donation and/or volunteering your services in some capacity.

After all, it's the Thanksgiving season — such giving would be a demonstration of thankfulness: "I have been given so much, I feel a need to give something back." Each organization's profile includes various ways to contact: in most cases by phone, website or e-mail.

Alzheimer's Tennessee

Knoxville office, 5801 Kingston Pike, Knoxville, TN, 37919; East Tennessee Office number is 865-544-6288; 24/7 helpline is 1-800-259-4283; toll-free hotline is 1-888-326-9888

Mission: "To serve those facing Alzheimer's disease and related dementias; to promote brain health through education; and to champion global research, prevention and treatment efforts."

"Alzheimer's Tennessee, Inc. provides family support, offers community and professional education, advocates for the needs and rights of those with Alzheimer's disease and related dementias, as well as research for its prevention, cure and treatment."

Among its outreach efforts are Caring & Coping caregiver workshops, which are "designed by Alzheimer's Tennessee, Inc. to help the community better care for those with Alzheimer's disease. Plus, participants learn skills and strategies to cope with the challenges of caregiving for dementia. Sessions feature various keynote speakers who are nationally-renowned and/or local experts in the field."

"These day-long educational events provide valuable and practical training for family care partners, volunteers and professional care providers who deal with Alzheimer's disease and other forms of dementia."

To donate, on the website page, www.alztennessee.org, click the Give heading at the top, then click the Donate Now button.

To volunteer, call 865-544-6288 or visit the web page, www.alztennessee.org, and click on the Volunteer heading near the top of the page, then click the Become a Volunteer heading. "Volunteers help with community outreach, assist with support groups and serve on committees essential to our mission."

American Cancer Society

6307 Lonas Drive Knoxville, TN 37909 865-584-1669

For basic cancer information, visit www.cancer.org, click on the Stay Healthy heading at the top and find the heading, "Cancer Facts: Prevention and Screening." Or click on the Cancer A-Z heading at the top of the Home page. Or call 800-227-2345.

Go to donate.cancer.org and read the various ways to donate, then click the red Donate button at the top to make an online contribution.

Go to www.cancer.org, scroll down to Volunteer and Fundraise heading, then look for the Volunteer Opportunities subhead and click. Or on the Home page, click Get Involved at the top.

Mission: "The American Cancer Society is a nationwide voluntary health organization dedicated to eliminating cancer. Established in 1913, the society is organized into six geographical regions of both medical and lay volunteers operating in more than 250 Regional offices throughout the United States."

"The year 2025 marked the 54th anniversary of the National Cancer Act of 1971, which designated defeating cancer as a national priority."

"... The new analysis, appearing in ... JAMA Oncology, found that as of 2019 mortality rates for all cancers combined dropped by 27 percent since 1971 and by 32 percent since 1991, when mortality rates were highest. Mortality rates have dropped since 1971 for 12 of 15 investigated cancer sites."



American Red Cross - East Tennessee Region

6921 Middlebrook Pike, Knoxville, TN 37909

To donate, or for more information, call 865-584-2999 or 1-800-733-2767 24 hours/seven days a week or visit [redcross.org](http://redcross.org/local/tennessee)

Mission: The Tennessee Region of the American Red Cross serves all 95 counties in Tennessee. We are dedicated to helping victims of disaster and providing programs and services that help our community prevent, prepare for, and respond to emergencies.

The Tennessee Region — part of a nationwide network of locally supported chapters — is comprised of the following eight Red Cross chapters: East Tennessee, Heart of Tennessee, Mid-South, Mid-West Tennessee, Nashville Area, Southeast Tennessee, Northeast Tennessee and Tennessee River.

Programs include Be Red Cross Ready, a national ARC Emergency Preparedness Program, is a standardized preparedness education program for adults taught by a certified presenter. The curriculum is designed to help people understand, prepare for, and respond appropriately to year-round disasters like home fires and local hazards like tornadoes.

In the ARC 30-minute Hands-Only CPR program, participants learn how to check for consciousness, call 911 (or the local emergency number), and give continuous chest compressions. Having more citizen bystanders trained in this simple skill can help save lives by putting more cardiac arrest victims within a few steps of lifesaving assistance. CPR training certification is not provided through this course.

Big Brothers Big Sisters of East Tennessee

1100 Marion St., Knoxville, 37921

Visit www.tennesseebig.org or call 865-523-2179

To volunteer, go to Home page and click the Get Involved box at the top.

Mission: "To create and professionally support one-to-one mentoring relationships that ignite the power and promise of East Tennessee youth."

"Our vision is that all children achieve their full potential."

"Big Brothers Big Sisters of East Tennessee has been transforming the lives of children since 1970. We are a member agency of the oldest and largest youth mentoring organization in the United States, consisting of more than 350 agencies nationwide."

"... Mentoring works — and the statistics back it up. (Youth) involved in our program are more likely to: achieve the avoidance of risky behavior by 97 percent, achieve socio-emotional competencies by 94 percent and achieve educational success by 88 percent."

Mentoring is important because, according to a Big Sister, "Not only would you be helping a young adult better prepare for the future and help him/her increase their chance of future success, you get the opportunity to show them they are valued and important."

Boys & Girls Clubs of the Tennessee Valley

967 Irwin Street Knoxville TN 37917

For more information, call 865-232-1200, visit bgctnv.org or e-mail info@bgctnv.org

"At Boys & Girls Clubs of the Tennessee Valley, our mission is to change



lives—and we can prove it. Our after-school and summer programs offer kids and teens the chance to explore their interests and discover their passions through engaging educational activities.

"Our Academic Success programs are designed to help youth reach their full potential. We focus on building strong educational foundations, teaching practical life skills and using technology to prepare members for future careers."

"By supporting those who need us most, we help boost graduation rates, ensuring our members are ready for college, trade school, the military or a rewarding career. We believe every young person deserves the chance to succeed and create a bright future."

"We're all about building young leaders. Our Character & Leadership programs empower kids and teens to take on leadership roles and understand the responsibilities of citizenship."

"Most importantly, we emphasize the value of building strong relationships, developing a positive self-image and being a positive influence on others."

Breast Connect, Inc.

137 E Young High Pike Knoxville TN 37920

For more information, call 865-409-0410, visit breastconnect.org or e-mail contact@breastconnect.org

The mission of Breast Connect, Inc., is to improve the quality of life for breast cancer patients by empowering them to become their own best advocates through relevant information, resources, and community.

"We are dedicated to providing those impacted by breast cancer with a wealth of resources. Our goal is to answer questions, provide information, and help patients create the best course of action as they embark on their breast cancer journey."

In 2014, a group of breast cancer patients and survivors in Knoxville met one evening for the purpose of companionship and support. That group, nicknamed the "Happy Hour for a Cure," grew as dozens of women found comfort and support in sharing their stories with those who "had been down that road." That small group blossomed into the Breast Connect of today.

"Our organization is a one-stop shop for educational materials, financial assistance information, survivor questions to ask your docs, treatment and surgery tips, and day-to-day assistance suggestions for those with limited family support or availability."

"The focus of Breast Connect remains Survivor helping Survivor."

Bridge Refugee Services, Inc.

4420 Whittle Springs Road, Knoxville TN 37917

For more information, visit www.bridgerefugees.org or call the Knoxville location at 865-540-1311.

Mission: to provide opportunities for refugees and international protected classes to rebuild their lives, after suffering persecutions, so that they become productive, contributing members of the community. Bridge cultivates public/private partnerships to uphold the three pillars of refugee integration: learning English, employment and community engagement.

Bridge Clients in East Tennessee have arrived from countries including Afghanistan, Ukraine, Cuba, Haiti, Democratic Republic of Congo, Vietnam, Myanmar, Ethiopia, Burundi, Iraq, Venezuela, Co-

lombia, Sudan and many others.

Bridge has been resettling refugees in East Tennessee for over 40 years," said Noah McBrayer Jones, BRS Development and Communication director.

Bridge Refugee Services is the only refugee and international protected class resettlement agency in East Tennessee, with locations in Knoxville and Chattanooga.

CASA of East Tennessee

7417 Kingston Pike Ste 105 Knoxville TN 37919

For more information, including donations, call 865-329-3399, e-mail info@casaoftn.org or visit www.casaoftn.org

Court Appointed Special Advocates of East Tennessee, are trained to represent the best interests of children in juvenile abuse and neglect court cases.

"CASA of East Tennessee is a community based program that recruits, trains and supports citizen-volunteers to advocate for the best interests of abused and neglected children in Knox County."

CASA volunteers work to discover a child's best interest, collaborating closely with Knox County Juvenile Court, educators, medical professionals, community organizations, social workers and relevant government agencies to find the child a safe, permanent home as quickly as possible.

It's mission is "to improve the lives of abused and neglected children through trained volunteers who advocate for safe, permanent, loving homes."

"We empower children to express their concerns and fears, as well as share their hopes and dreams, and for them to all be heard by their families and the court."

"We are transparent in our governance and fundraising practices; every dollar goes to put a child in the best home possible. We are accountable for placing each child in a safe and loving environment. All our volunteers undergo a strict and rigorous vetting and training process."

Catholic Charities of East Tennessee

119 Dameron Ave., Knoxville, TN 37919

To donate, or for more information, call 865-524-9896 or visit ccetn.org

Catholic Charities of East Tennessee are a coalition of service-driven community centered programs empowered by the grace of Jesus Christ. We help foster human dignity of the vulnerable in our region through shelter, counseling, education, advocacy and reverence for life.

Our programs include: A Loving Option Adoption; Children's Emergency Shelter; Columbus Home Assisting Parents; COHO Safe Place for Kids; Immigrant Services; Pregnancy Services; Horizon House/Five Rivers; Samaritan Place; The Home Place; Counseling Services; HOPE Kitchen; and Food Pantry.

CCETN can consult with you and your attorney, CPA, financial advisor, and/or insurance professional to establish a planned giving strategy that will optimally benefit both you and CCETN. Please contact Andrew Kaleida akaleida@ccetn.org for more information.

How can we pray for you? Submit your prayer requests (using the form after clicking "pray" on the main page and scrolling down) so that members of our prayer circle can be praying for your prayer intentions.

If you're not comfortable, you do not need to enter your name or email into the prayer request form. We will still pray for your intentions.



Childhelp Children’s Center of East TN
408 N Cedar Bluff Road
Knoxville TN 37923
To contact Childhelp for help, to donate or for more information, 865-291-0288 or www.childhelptn.org
Since 1995, the fully accredited Childhelp Children’s Center of East Tennessee has served victims of child abuse and neglect through advocacy, treatment and investigation services.
Our Foster Family Agency serves 17 counties in East Tennessee. Last year we expanded, fairly largely, our Mental Health Services, where these services for abused and neglected children have expanded from helping 30 per week to helping 125 per week.
During one stretch in 2022, 11 children were adopted in a two-month span.
A service launched in January 2022, which looks to help almost 10,000 children in Knox County annually, is “Speak Up and Be Safe.” It teaches abused and neglected children from pre-kindergarten through 12th-grade how to communicate the hardships they suffer to better identify their home environment problems. “It’s the only program like it in the country.
That 17-county service area also has a program to financially assist grandparents and other relatives who are legal guardians of children abused or neglected by their parents.

Compassion Closet
11020 Kingston Pike Suite 270, Farragut, TN 37934
For more information, visit www.compassioncloset.com or e-mail info@compassioncloset.com or e-mail Hannah Jessee at hannah@compassioncloset.com
To donate or volunteer, click on the Donate or Volunteer button on the home page at www.compassioncloset.com
Foster care is often messy — most often, placements are last-minute and the families have little time to ensure they have the specific items these children need. This is the core reason for Compassion Closet.

A totally volunteer-run effort, The Compassion Closet exists to show the love of Christ by providing quick-turn assistance to foster, kinship, adoptive and other families in the Greater Knoxville and Oak Ridge area. ... Providing quality clothing and tangible goods.
We also desire to serve birth families, aging-out youth, kinship placements and domestic/international adoptive families as God allows and the needs arrive.
The Closet was started in 2013 by an adoptive and foster care family as a means of helping other families as they had been helped.
We have a large collecting of clothing items for boys and girls. Baby supplies include cribs, Pack-n-Plays, swings and more. We have a small collection of new and gently used toys.
We accept high-quality clothing and other donations in good condition.

East Tennessee Kidney Foundation Mission, Inc.
P.O. Box 22072, Knoxville 37933
For more information, or to donate or volunteer, visit www.etkidney.org or call 865-288-7351 or e-mail admin@etkidney.org
To donate monetarily, click on the red Donate button on the front web page, www.etkidney.org
East Tennessee Kidney Foundation, Inc. focuses on directly improving the lives of patients suffering from kidney disease.
Programs feature Dianne Hagey Dialysis Transportation Program, which provides financial assistance to help patients reach their life-saving dialysis treatments; Dental Assistance Program, which provides low-cost dental work for dialysis patients whose last barrier to placement on the kidney transplant waiting list is dental work; and Nutritional Supplement Program, which provides free nutritional supplements to dialysis patients in 16 East Tennessee counties.
Volunteers are needed throughout the year (see contact information above) for activities including: Lucky Kidney Run every March in downtown Knoxville, Healthy Living Expo in April at Knoxville Convention Center downtown and various health fairs and events.

ETKF is run by volunteers and contributions of the community. You can help us by volunteering and becoming an advocate for the health and well-being of East Tennesseans affected by kidney disease.

Emerald Youth Foundation
1014 Heiskell Ave., Knoxville, TN 37921
For more information, visit www.emeraldyouth.org or call 865-637-3227, or e-mail info@emeraldyouth.org
To donate online, click on the green DONATE button in the upper right corner of the web page, www.emeraldyouth.org or e-mail volunteer@emeraldyouth.org

Emerald Youth Foundation is a Christian, urban youth and community ministry in Knoxville serving more than 2,300 young people annually. The Foundation serves through satellite churches and recreational centers throughout Knox County.
Our mission is to raise up a large number of urban youth to love Jesus Christ and become effective leaders who help renew their communities. We’ve been working closely with the community since the late 1980s, when we began a summer outreach ministry designed to support urban youth.
Areas of concentration are Faith, Relationships, Learning and Health.
We are encouraged by the stories of those who have grown up to become godly mothers and fathers, neighborhood coaches, Sunday school teachers, church board members, teachers, managers, business owners and civic leaders. Yet, despite these abundant stories of inspiration and hope, our community faces ongoing challenges that require a continued commitment to change.
Volunteer coaching a team, being a mentor or helping students prepare for college. There are many ways you can help make a meaningful difference.

Family Promise of Knoxville
3545 Middlebrook Pike, Knoxville, 37921
For more information, or to learn more about how you can volunteer, call 865-584-2822 or visit familypromiseknoxville.org/
Donations can be made online at familypromiseknoxville.org
Mission: to provide a community-based response that empowers and equips families experiencing homelessness and housing instability to achieve sustainable independence.
With more than 40 percent of Americans a \$400 expense away from financial distress, the threat of crisis looms closely for too many families. Preventing families from spiraling into homelessness is an essential part of the Family Promise mission.
In East Tennessee, where each and every child knows the safety and security of home, and each parent has the chance to build a better future for their family.
Following the beginning of the COVID-19 Pandemic, Family Promise of Knoxville started re-envisioning the way in which we serve families. With limitations on sheltering, our affiliate turned our attention to keeping families from becoming homeless. Through community partnerships and specialized referrals, we can support families through rental assistance, rapid re-housing, or other diversion maneuvers, including landlord mediation.

Since our soft launch in July 2020, we have served 15 families with 36 children.
Volunteering ranges from serving meals to providing financial literacy training to assisting with fundraising events.

Girls Inc. of Knox County
1798 Oak Ridge Turnpike
Oak Ridge, TN 37830
For more information, call 865-482-4475 or visit <https://www.girlsinctnv.org>
To donate, click on the red Donate button at the top left of the front web page, www.girlsinctnv.org
To volunteer with reading, homework assistance, math tutoring and classroom aid, call 865-482-4475.
Girls Inc. is the preeminent girls’ leadership organization equipping girls to reach their full potential. To inspire all girls to be strong, smart and bold. ... Our vision (is) to be recognized as the premier organization that helps all girls realize their potential and exercise their rights.
Girls Inc. offers Community Based Outreach programs within Knox County: Outreach staff present intentional programs and hands-on activities within the after-school hours where girls live and go to school.
Girls Inc. National Programs offered in Knox County include Girls Inc. Operation Smart, a program designed to provide hands-on experiences with math, science and technology; Magic Within, where girls learn to set goals for themselves and their futures, make action plans in achieving those goals and build overall self esteem; and Girls Inc. Economic Literacy, which provides girls with the skills and confidence they need to contribute to the economy.

Goodwill Industries-Knoxville
For more information, or to donate, call 865-588-8567 or visit gwintn.org, 865-584-7726 for Home Pick up
Goodwill Industries-Knoxville is a 501c3 nonprofit organization dedicated to changing lives and strengthening families by helping people reach their full potential through community-relevant job training, work experience, and career services.
Goodwill’s mission has grown into an international movement, improving the quality of life for disabled and disadvantaged individuals around the world.
Goodwill Industries-Knoxville, Inc. was founded in 1971 to fill the need for a community program for the young disabled

population. The organization was meager in it’s beginning, but has since expanded to serve over 1,790 in 2022.
Our service area includes Anderson, Blount, Campbell, Claiborne, Cocke, Grainger, Hamblen, Jefferson, Knox, Loudon, Morgan, Roane, Scott, Sevier, and Union County. We operate 27 stores throughout our 15-county East Tennessee service area.
Proceeds from the sale of donations support Goodwill’s job training programs and employment services for individuals with barriers to employment.

Humane Society of the Tennessee Valley
6717 Kingston Pike, Knoxville, 37919
For more information, call 865-573-9675, visit humanesocietytennessee.org or e-mail info@humanesocietytennessee.org
The Humane Society of the Tennessee Valley is dedicated to helping lost pets reunite with their owners.
Lost pets:
• If your pet is microchipped, call the microchip company to make sure your contact information is up to date and alert the company that the pet is missing
• Contact local veterinarian offices, including the emergency clinics, if an animal is found injured they may be taken there instead of a shelter.
• Post flyers, especially in your neighborhood and the area the from where animal was lost.
• Post a sign in your front yard
• Post ads for free on PawBoost and Craigslist
Found pets:
• Visit your local Open Admission Shelter to see if the pet has a microchip
• If you cannot keep the pet until the owner is located, the shelter will keep the animal for a period of 3 to 10 days in an attempt to locate the owner.
• If you decide to keep the pet until owners are found, you must make attempts to find the owners and have the animal for a period of 10 days before deciding to keep the pet or re-home the pet.
• Contact shelters in your area to make a listing for the animal.
• Post flyers around the area that you found the animal
• Post ads for free on PawBoost and Craigslist

Interfaith Health Center
315 Gill Ave., Knoxville, TN, 37917
For more information, call 703-546-7330, e-mail info@interfaithhealthcenter.org or visit interfaithhealthcenter.org.
Interfaith Health Center was founded in 1991 to help hard-working people in our community who don’t have health insurance coverage and to provide accessible, affordable and quality health care to the low-income, working uninsured and underserved, primarily through the support of the religious, health care and business communities.
These services are provided within the capacity of the Center regardless of race, sex, creed, age, religion, national origin or ability to pay.
Interfaith has served more than 24,000 individual patients by providing affordable medical, dental and mental health care and access to prescription medications.
To donate money, volunteer, become an NAFC member or find out about upcoming charitable events, click the Get Involved green box at the top of the home page and follow the choices just below the Get Involved heading.
Or donate over the phone by calling 865-243-3038.

Knox Area Rescue Ministries
418 N Broadway Street
Knoxville TN 37917
To help the homeless, visit karm.org, e-mail volunteer@karm.org or call either KARM Stores at 865-521-0770 or the main KARM number at 865-673-6540
Knox Area Rescue Ministries’ mission is to restore lives of our homeless neighbors through Christ-centered support.
Since 1960, KARM’s volunteers, donors and staff have answered the call to restore lives in Jesus’ name. We pursue this mission using the same ministry formula Jesus used: Rescue + Relationships = Restoration.
The best way to care for the homeless is to connect with service providers in the Knoxville area. East Tennessee has a host of ministries and social service agencies that provide opportunities to volunteer and serve the homeless. You can certainly find a service opportunity that uses your gifts and fits your availability. To learn more about volunteering at KARM, e-mail volunteer@karm.org.
What is a good response when a homeless person asks me for money or help? The best approach is not to give money but, instead, to direct people to resources that can meet their needs. However, if you feel the Holy Spirit directing you to give, by all means, give to that person. Something each person you encounter could use is a single day bus pass, which would give them the ability to reach services they need (food, shelter, etc.).

Knoxville Dream Center
1444 Breda Drive, Knoxville, TN 37918
To donate, or for more information, call 865-688-9636, visit knoxvilledreamcenter.org or e-mail office@knoxvilledreamcenter.org
The mission of Knoxville Dream Center is to provide good food, authentic faith, and opportunities for a brighter future for those who need it most.
The vision of the Knoxville Dream Center is to empower volunteers and continually seek out community partnerships in order to consistently reach Knoxville’s most vulnerable and impact their lives with the life changing message of the gospel, in both word and deed.
• Food: How can food be a value? Well, food is a value because it represents more than physical sustenance to us. It is a platform to engage with needy people. We have a saying around the Knoxville Dream Center: “It’s amazing what happens when you hand someone a cucumber.” When we give good, free, fresh food away, people’s hearts open up and we can engage in conversation about life and Jesus.
• Faith: We are unashamed about the power of the Gospel to change lives. All of our outreaches, whether they are run by us or other partners, aim to see God glorified and represent an authentic witness of Christ’s power.
• Futures: We mostly serve under-resourced individuals and families. Not only do we want to see them come to Christ, but we want to give them opportunities for a bright future.

Knoxville Habitat for Humanity
1501 Washington Ave., Knoxville, TN 37917
To volunteer, or for more information, call 865-523-3539 or visit knoxvillehabitat.org
Since our inception in 1985, Knoxville Habitat for Humanity has been at the forefront of addressing affordable housing in our community.
What started as a humble mission to provide decent, affordable homes has grown into a significant force for change, directly impacting over 1,500 families in Knoxville. Our journey from renovating single homes to developing entire neighborhoods marks our evolution and our commitment to not just building houses,

Profile: Alzheimer’s Tennessee

The holidays often inspire many to give, but for local actress and singer Jeni Lamm Weber, the spirit of giving permeates her entire year. A dedicated volunteer with Alzheimer’s Tennessee Hearts Sing! Chorus, Jeni initially joined to support a close friend diagnosed with Alzheimer’s disease.
“Knowing people with Alzheimer’s and being aware that music holds numerous benefits for those with the disease definitely influenced my decision to join the chorus,” explains Jeni. Established in 2022, Hearts Sing! Chorus is an innovative community that brings together individuals in the early to mid-stages of memory loss, their support partners, and volunteers like Jeni for weekly rehearsals and socializing.
Research shows that music and singing can enhance mood, relieve depression and anxiety, and improve cognitive function in people with Alzheimer’s and other dementias. Jeni has been volunteering with the chorus for four years and finds the experience equally beneficial for herself.
“I enjoy the singing and the fellowship. It’s therapeutic for me and a wonderful way to start my week,” she shares. “It feels rewarding to contribute to something meaningful for those with Alzheimer’s and their families.”
Hearts Sing! volunteers sing alongside the person with memory loss, help them follow the



music and lyrics if needed, and ensure that all the singers have a comfortable and enjoyable experience during rehearsals and performances. Jeni encourages everyone to consider volunteering with Hearts Sing! Chorus or bringing a loved one with a diagnosis to participate. “I believe both will be blessed by the experience,” she affirms.
To learn more about Alzheimer’s Tennessee and the Hearts Sing! Chorus, visit www.AlzTennessee.org/chorus or contact: Kathy.Thomas@TNalz.org or by calling 865-544-6288.



Holiday meals are where families find comfort when life is uncertain. A full plate can remind us that we're not alone.

Second Harvest is helping families **year-round** so that **it isn't just a meal, it's hope.**

Outnumber



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Now through December 4th, 2025, your donation is doubled **for our East Tennessee neighbors experiencing food insecurity.**



Gifts made during DYD are essential to support your food bank through the coming winter months.



Leading the community to end hunger in 18 counties

For more on our **Double Your Donation** match, scan the following **QR code** now.

SecondHarvestETN.org/DYD | (865) 521-0000



but fostering communities.

We offer a way for families to own or remain in their homes and focus on the things that matter — such as education, health, and family.

With nearly 650 homes built, we’ve not only provided shelter but also a foundation for families to thrive. Beyond construction, our homeowner education programs offer crucial knowledge in financial literacy and home maintenance, empowering our partners to build a stable future. Our ReStore outlets support this mission by recycling overstocked, seconds, used, discontinued items, and surplus building materials donated by manufacturers, stores, contractors, and individuals.

Homeownership is a powerful tool for financial independence, providing families with stability and the skills needed for a self-reliant future. Our programs have empowered more than 90 percent of families to look forward with confidence, enhancing budgeting skills for long-term success.

Make-A-Wish East Tennessee
6700 Baum Drive, Suite 7.
Knoxville, TN 37919
To donate, or for more information, call 865-909-9474 or visit wish.org/etn

For children diagnosed with critical illnesses, a wish come true can be a crucial turning point in their lives. A wish can be that spark that helps these children believe that anything is possible and gives them the strength to fight harder against their illnesses.



Parents might finally feel like they can be optimistic. And still others might realize all they have to offer the world through volunteer work or philanthropy.

Such inspirations guide us in everything we do at Make-A-Wish. It inspires us to grant life-changing wishes for children going through so much. It compels us to be creative in exceeding the expectations of every wish kid. It drives us to make our donated resources go as far as possible. Most of all, it’s the founding principle of our vision to grant the wish of every eligible child.

Wishes are more than just a nice thing. And they are far more than gifts, or singular events in time. Wishes impact everyone involved—wish kids, volunteers, donors, sponsors, medical professionals and communities.

Tens of thousands of volunteers, donors and supporters advance the Make-A-Wish vision. ... In the United States and its territories, a wish is granted every 33 minutes.

MEDIC Regional Blood Center
11000 Kingston Pike Suite 9, Farragut TN, 37934, or 1601 Ailor Ave., Knoxville
For more information, visit medicblood.org or call 865-524-3074 to get the latest updates on shortages, or e-mail contact@medicblood.org

Mission: to enhance the well-being of the community by providing a safe, adequate and economical supply of blood and blood-related products, and to be an essential and vital community resource dedicated to saving, extending, and improving lives.

MEDIC was established in 1958 by Carl Nelson M.D. under the sponsorship of the Knoxville Academy of Medicine.



Area physicians supported the not-for-profit blood center because they wanted a source of blood from volunteer donors, and they desired centralization of blood collection, testing and distribution.

MEDIC is the only U.S. blood center that has a Blood Coverage Program covering members’ blood supplier processing fees at any hospital in the country. ... Today, MEDIC Regional Blood Center is the sole provider of products for 25 hospitals in Knox and 21 surrounding counties.

On a weekly basis, MEDIC will update the severity of need for certain blood types and asks the public to visit its website. All blood types, however, are needed.

The center adheres to the blood product safety regulations established by the U.S. Food and Drug Administration and is licensed by the FDA and the State of Tennessee.

Mission of Hope
6030 Industrial Heights Drive NW, Knoxville, TN 37909
To contact Mission of Hope for help, to donate or to volunteer, call 865-584-7571 or visit missionof-hope.org

Since 1996, Mission of Hope has been a year-round Christian ministry blessed to assist many of our less fortunate Appalachian children and neighbors with much-needed goods and resources, college scholarships and help with basic educational, health care and home repair needs.



It helps grade school-age children in the most distressed and poorest areas of rural Appalachia, which in recent years has included scholarship dollars for hard-working high school students with excellent grades who otherwise wouldn’t get a scholarship.

MoH reaches children and their families in 29 schools in Northeast Tennessee, Southeast Kentucky and Southwest Virginia.

Its ministries are provided during appropriate seasons of the year, including Christmas and Easter, through a system of delivering clothes, food, toys and school supplies to impoverished families; to assist in the repair of existing homes or relocating to other homes when appropriate; to provide scholarships for qualifying children of the area; to assist in developing skills or other expertise for the creation of new or expanded jobs in the area; and to assist in locating jobs for persons who are willing to relocate outside the area.

Random Acts of Flowers Knoxville
2936 Middlebrook Pike,
Knoxville, TN, 37921.
To donate, volunteer or for more information, call 865-633-9082, visit www.rafknoxville.org or e-mail info@rafknoxville.org

To donate monetarily, scroll to the bottom of the home webpage and click the Donate button. To donate flowers or vases, find the Donate button, then click either the Donate Flowers or Donate Vases selection underneath.



To volunteer, scroll to the bottom of the webpage, www.rafknoxville.org, find the Volunteer heading and click on the home web page.

Mission: to bring moments of kindness in the form of a beautiful floral bouquet. Our recipients’ joy is enough to justify our work, but these deliveries also have clinically proven to have a positive effect on health and well-being.

Random Acts of Flowers improves the emotional health and well-being of individuals in healthcare facilities by delivering recycled flowers, encouragement and personal moments of kindness.

Throughout the week, our volunteers prepare donated flowers, create beautiful bouquets and make personal deliveries of hope and encouragement to neighbors in hospitals, hospices and health care facilities.

Remote Area Medical
If you or your organization would like to volunteer your time to help provide free healthcare services to Knoxville and surrounding communities, visit the website at www.ramusa.org or call 865-579-1530.



Remote Area Medical is a major non-profit organization that operates pop-up clinics delivering free, quality dental, vision and medical services to individuals in need who do not have access to, or cannot afford, a doctor.

Founded in 1985, RAM has treated more than 900,000 individuals with more than \$200 million worth of free healthcare and veterinary services. Since its foundation, almost 200,000 volunteers – comprised of licensed dental, vision, medical and veterinary professionals as well as general support staff – have supported RAM’s mission.

All RAM services are free, and no ID is required. Free dental, vision and medical services will be provided on a first-come, first-served basis.

Ronald McDonald House Charities of Knoxville
1705 W. Clinch Ave., Knoxville TN 37916
For more information, call the main number at 865-637-7475 or visit www.knoxrmhc.org. To donate money, click the Donate button on the home webpage, knoxrmhc.org

To volunteer, click the Volunteer selection on the webpage, then complete a Volunteer Application as you learn more details. In-house volunteers are used from 9 a.m. to 9 p.m., seven days a week (three hour shifts are recommended).

Since 1985, Knoxville’s Ronald McDonald House has been a haven for families with critically ill or injured children. Our mission is to provide temporary lodging and the comforts of home for families during their most challenging times.

The House is a not-for-profit organization that provides a temporary “home-away-from-home” for families whose children are receiving treatment for serious illnesses at area hospitals.

Preparing food for families, room inventory, cleaning, yard work and fundraising are key volunteer functions.



Salvation Army Knoxville Area Command
409 N. Broadway Ave., Knoxville, TN 37917
To contact SAKAC for help, to donate in other ways or to volunteer, call 865-525-9401 or visit salvationarmyknoxville.org

To donate Angel Tree gifts to a specific child or senior, call SAKAC at 865-971-4901 and ask for information on specific ways to gift, or visit salvationarmyknoxville.org.



Because of your support of Water into Wine, we have been able to support our community needs:

- Faith Lutheran Church- Shepherd of Hope Food Pantry
Rotary Club of Farragut,
Farragut West Knox Chamber
Junior League of Knoxville
Knoxville Area Rescue Ministry
Fraternity Order of Police
Knoxville Firefighters Association
The Point Knoxville
Farragut High School
Hardin Valley High School
St John’s Newman
Catholic School
Paideia School Knoxville
University of Tennessee
Pellissippi State Community College
American Heart Association
Leukemia Lymphoma foundation of East Tennessee
Lyons Club of Knoxville and Tellico Village
Children’s Hospital
Friends of the Smokies
Susannah’s House
Toys for Tots
Iva’s Place
Isaiah 117 House
Widow Parent Relief Program
The Love Kitchen
Community Action Committee of Knoxville
Knoxville Symphony Orchestra
Alzheimer’s Association Knoxville

And MANY other local charities in our community
Local Business Partners:

Berrylicious
Farragut Shrimp Dock
Sweetwater Valley Farm

Valley Produce
Funky Meat Snacks
RiverDog Bakery



607 N. Campbell Station Road, Farragut | 865-392-1586
Monday 3pm-10pm • Tuesday-Thursday 11am-11pm | Friday & Saturday 11am-12am • Closed Sunday
www.WaterintoWineKnoxville.com | w2wKnoxville@gmail.com



#LOCALSSUPPORTLOCALS



After purchasing the gift(s), bring it to the office. Submit from 9 a.m. to 4 p.m., Monday through Friday.

Mission: to preach the Gospel of Jesus and to meet human needs in Jesus’ name.

Knoxville Area Command offers Food and Nutrition Programs, Casework Services, Emergency Shelter, Christian Education, Food Pantry, Food & Nutrition and Transitional Housing.

SAKAC helps roughly 1,700 children or seniors with gifts for the Christmas season. ... Usually they’ll get three or four gifts inside their package.

Those current donation drive funds also go to year-round SAKAC needs.

SAKAC’s famous Red Kettle Campaign starts around Thanksgiving Day, which this year is Thursday, Nov. 28

Second Harvest Food Bank of East Tennessee
136 Harvest Lane, Maryville, TN, 37801
For more information, call Second Harvest at 865-521-0000, visit www.secondharvestetn.org or e-mail infor@secondharvestetn.org
To donate time, money or food, go to the website, www.secondharvestetn.org, and scroll to Donate Time, Donate Food or Donate Money logo and click. Donate for specific programs by clicking Programs on the home page, and a Give option on the home page for donations.



Second Harvest Food Bank of East Tennessee, a member of Feeding America, has worked to compassionately feed people facing hunger since 1982.
202,560 East Tennesseans are at risk of hunger, uncertain where their next meal will come from. At Second Harvest Food Bank, we are working to change that statistic in 18 East Tennessee counties.
In fiscal year 2020, Second Harvest distributed 21 million pounds of food across 18 East Tennessee counties. Though feeding programs and 630-plus non-profit partners, SHFBET provides food to more than 134,000 children, adults and seniors each month.

Senior Citizens Home Assistance Service (SCHAS)
7121 Regal Lane Ste 100
Knoxville TN 37918
For more information, call the Knox County office at 865-523-2920 or visit www.schas.org and click Contact Us, then select the appropriate service box.
To donate, www.schas.org and click Get Involved selection on the home page, then select Make a Donation box. Or call 865-523-2920.
To volunteer, go to www.schas.org and click Get Involved selection on the home page, then select Volunteer Your Time box. Or call 865-523-2920.
The mission of Senior Citizens Home Assistance Service, Inc. and Renaissance Terrace Assisted Living Mission is “improving the quality of life for the elderly, persons with disabilities and their caregivers by providing accessible care and supportive services through compassionate personnel.
Since 1970, SCHAS has grown to serve 20 counties in East Tennessee. Annually, SCHAS employs around 200 who are dedicated to providing services to more than 2,600 East Tennesseans.
SCHAS caregivers specialize in helping our clients remain in clean, familiar surroundings, with well-prepared food and free from fear, boredom and loneliness. ... They provide companionship and needed assistance with light chores and housekeeping. SCHAS caregivers provide no skilled medical care but are skilled in making your loved one comfortable and happy in their home.



Shangri-La Therapeutic Academy of Riding
11800 Highway 11E,
Lenoir City, TN 37772
For more information, call 865-988-4711 or e-mail office@rideatstar.org
To volunteer, call 865-988-4711 or go to www.rideatstar.org and scroll to the bottom of the home page, click the Volunteer box. Minimum commitment of one hour per week. Same day and time for the entire session
... no horse experience necessary.
To donate, visit www.rideatstar.org and scroll to the bottom of the home page, click the Donate box
Mission: to foster personal achievement by providing therapeutic experiences using horse-related activities for persons with disabilities or other special challenges. STAR is a 501(c)3 organization and holds premier accreditation from the Professional Association of Therapeutic Horsemanship International.”
Program offered:
• Therapeutic Riding: with some riders we position them so the movement of the horse can relax tight muscles, increase range of motion and improve trunk stability and balance; • Therapeutic Riding and Equine Assisted Learning program for Veterans with disabilities or other



special challenges; and
• Changing STRIDES Life Skills provides the tools for at-risk youth (ages 13-21) and adults to better manage their lives and foster positive relationships.

Small Breed Rescue of East Tennessee, Inc.
For more information, call Louise Trudell at 865-705-3480, visit sbret.com or e-mail rescue@sbret.com
Small Breed Rescue of East Tennessee, Inc. is an all-volunteer 501(c)(3) non-profit organization dedicated to finding forever homes for displaced or abandoned small breed dogs. We are also dedicated to educating the public about pet overpopulation, the benefits of spaying/neutering and the horrors of puppy mills.
All our dogs live in foster homes in the Knoxville area — we do not have a shelter facility. If you are interested in meeting one of our available dogs, see the Events Calendar online for location information or follow us on Facebook @ SmallBreedRescue for up-to-date location information. Or you can fill out an adoption application and if approved, we will arrange a meet-and-greet or home visit.
All our dogs are spayed or neutered, microchipped, vaccinated, receive heartworm/flea prevention, have dental cleaning when required and medical care. Our adoption fees help cover these expenses.
SBRET takes in abused, neglected, ill, unwanted and injured small breed dogs and places them in foster homes for rehabilitation. SBRET pays for all veterinary costs associated with caring for each dog while it is in foster care including spay/neuter, immunizations, dentals, micro-chipping, any necessary surgeries and heartworm/flea prevention. Our wonderful foster families provide shelter, food, toys and lots of love and nurture for each dog.



Smoky Mountain Service Dogs Veteran Canine Training Center
8380 Fairview Road,
Lenoir City, TN 37772
865-408-3070
For more information, or to donate, visit smokymountainservicedogs.org
For volunteer opportunities, contact our volunteer coordinator at smsd-volunteer@smokymountainservicedogs.org.
Mission: To enhance the physical and psychological quality of life for wounded Veterans by providing custom-trained mobility assistance service dogs (at no cost to the Veteran).
“We believe that through appropriate utilization of an approved, highly-trained service dog, individuals with physical and psychological disabilities can often become increasingly self-sufficient and independent.
“We believe that it takes community involvement to insure the success of Smoky Mountain Service Dogs and our clients. The contributions of individuals and groups within the community will be welcome, appreciated, and honored.”
Volunteer opportunities include: Puppy Raisers, Respite Providers, Canine Transporter, Community Events/PR team. See website for details.



Special Spaces Tennessee National Office
448 N. Cedar Bluff Road Suite 350,
Knoxville, TN, 37923.
To donate, click on the Donate button on the home webpage, www.special-spaces.org
To volunteer, click on the Volunteer button on the home page website, www.specialspaces.org, and compete a form.
For more information, or to help identify a qualifying child, call 865-249-6079 or visit specialspaces.org
Special Spaces Tennessee is changing children’s lives one bedroom at a time in the Knoxville metro area. We create dream bedroom makeovers for dependent children and teenagers ages 2-19 with cancer who are within one year of treatment.
Our goal is to provide them a safe place to recover, heal, sleep and even play. A very special space just to be a kid. Bedrooms are where children sleep, but also rest, play and spend time away from the challenge of their illness.
We maintain a high-touch, high-impact organization that measures success by the quantity and the quality of the experience.
A custom bedroom designed just for them, we transform the child’s existing bedroom into a place that only he/she can imagine.
This effort is done with teams of dedicated volunteers, sponsors, community partners and donated goods and/or services. The Special Spaces team meets with the family, designs the bedroom and provides all of the needed supplies.





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Holiday Help

This season of celebrations may be full of bright memories, but living with Alzheimer’s disease and dementia can be challenging for individuals and caregivers. Find Holiday Tips at our website for visiting and celebrating – plus learn about the difference between normal aging and signs of dementia.





Alzheimer's Tennessee
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2 5 9 - 4 2 8 3

Call our 24/7 Helpline or go to alzTennessee.org/Holidays for help.

Alzheimer s Tennessee
Make Alzheimer's a Memory

Alzheimer’s Tennessee Main Office:
5801 Kingston Pike, Knoxville, TN 37919
Phone: 865.544.6288
www.alzTennessee.org | www.facebook.com/AlzTN

Sunshine Services
3000 N. Central St., Knoxville, 37917
To volunteer, or for more information, call 865-546-9431, visit www.sunshinek-carc.org or e-mail contact@sunshinek-carc.org

To donate, see Donate box at the very top of webpage www.sunshinekcarc.org in upper right portion of webpage.

Sunshine Services, formerly known as The Arc, has been serving the needs of individuals with intellectual and developmental disabilities since 1953. This service always has been, concerned about the rights of all persons with disabilities to participate in programs and receive services as needed to achieve maximum personal, social, educational and vocational development.

It is our belief that if appropriate programs are available, every individual with a intellectual disability can learn and grow, reaching increasing levels of self-fulfillment.

This is a lifetime process that begins at birth and extends throughout a person’s life. Additionally, Sunshine Services has been instrumental in educating the community with respect to those it serves and has worked to change the stereotypes so often associated with these individuals.

With an emphasis on community integration and competitive employment, the Sunshine Services Community Program provides activities for individuals interested in learning about the many options available to them, including job exploration, volunteering opportunities and leisure activities during the week.

Sunshine Early Intervention services offer a home-based educational program for Knox County families with children age newborn to the third birthday who qualify as having a learning problem or delay in development under Department of Education criteria.

Susan G. Komen Tennessee
Call 1-877-465-6636 or email helpline@komen.org
For state executive director, Joshua Daniel, e-mail: jdaniel@komen.org or call 615-928-2269

The Susan G. Komen Breast Care Helpline provides information about breast health, breast cancer, local and national resources and information about clinical trials.



Some women and men may be embarrassed about a change in their breast or chest area. Others may not know it’s important to see a health care provider about a change. However, putting off seeing a provider may result in a delay in breast cancer diagnosis. Survival is highest when breast cancer is found early and treated.

If you notice any of the warning signs or other changes in your breast or chest area, see a health care provider right away.

If you don’t have a health care provider, one of the best ways to find a good one is to get a referral from a trusted family member or friend. You can also call your local health department, or a nearby hospital or clinic. If you have insurance, your insurance company may have a list of health care providers in your area.

Find information about financial assistance programs, including those for prescription drugs and other medical costs, transportation, lodging, and child and elder care.

Susan G. Komen offers the Komen Financial Assistance Program to eligible individuals undergoing breast cancer treatment at any stage or living with metastatic breast cancer (stage IV), the most advanced stage of breast cancer.

To learn more about this program, visit: www.komen.org/financial-assistance-program/

The Dream Connection
Visit dreamconnection.org, then find the Donate selection on top of the home page, or the Contact Us choice for more information

A group of colleagues volunteering at East Tennessee Children’s Hospital in the 1980s realized something. Kids they saw in hospital beds every day talked about what they wanted to do when they got better – go on trips with their families, meet celebrities, visit fanciful locales. But most of these children’s families had poured all their resources into the medical treatments required by the devastating illnesses their little ones were dealing with – so there was precious little leftover for entertainment or fun.

The volunteers were so moved by these dreams that they thought someone should try to make them happen. What they realized was that the “someone” they were looking for was themselves.

These ambitious volunteers knew they couldn’t make dreams come true on their own, so they created a charitable organization to amplify their dream-



making power. They chose the title Dream Connection because their goal was to connect children battling debilitating and life-threatening illnesses with the resources needed to make a once-in-a-lifetime experience possible. They established and incorporated The Dream Connection, Inc. as a 501(c)(3) nonprofit organization under Tennessee state law on Oct. 10, 1985.

This entirely volunteer-based organization has made more than 1,100 dreams come true in 40 years, ensuring all donations go directly to fulfilling children’s dreams without any overhead expenses.

The Florence Crittenton Agency, Inc.
1531 Dick Lonas Road, Knoxville, Tennessee 37909
For more information, or for help, call 865-602-2021 — for urgent help dial 911 — or visit fcaknox.org

The history of the Florence Crittenton Agency began in 1896, when a group of community leaders in Knoxville established a home for young women in crisis. The original founders of the Florence Crittenton Agency modeled their program on the work of the Florence Crittenton Mission in Washington, D.C.

Founded in 1895 by Charles Crittenton, a businessman and philanthropist who named the mission in memory of his daughter, and Dr. Kate Waller Barrett, the Florence Crittenton Mission sought to support and empower unwed mothers and provide for the health of their infant children. Although the Florence Crittenton Agency is an independent nonprofit, our connections with other Crittenton programs continue to this day through our affiliation with the National Crittenton Foundation and its 27 member agencies.

The original Florence Crittenton Home in Knoxville served as a source of hope and support for young women in East Tennessee for nearly 20 years, but ongoing financial difficulties ultimately closed the original Florence Crittenton Home in the 1910s. Although the organization remained closed throughout the interwar period, however, community leaders had not forgotten the Florence Crittenton Home’s important role within the community.

In 1963, a second generation of dedicated leaders began to discuss in earnest the need for a maternity home for teen mothers in Knoxville. A year later, the modern Florence Crittenton Agency was re-chartered, and began providing resi-



dential services out of a facility on Texas Avenue, in the heart of urban Knoxville.

The last two decades have continued these trends of growth and innovation.

The Love Kitchen
2418 Martin Luther King Jr. Blvd., Knoxville, TN 37915
Call 865-546-3248, e-mail thelovekitchen@gmail.com or visit thelovekitchen.org

Sisters Helen Ashe and Ellen Turner received nursing certifications as students at Knoxville College before starting work at the University of Tennessee Medical Center in Knoxville.

Frequently seeing indigent patients coming to the Emergency Room hungry but not having enough money to purchase food, Helen would purchase food for these individuals and families.

After retiring, Helen and Ellen decided to carry this effort into their community by opening “The Love Kitchen” as a place where anyone and everyone could receive food.

The sisters served their first meals to 22 people on Feb. 14, 1986, in a church basement along Parkview Avenue in East Knoxville. From there, they served out of various houses in the neighborhood — and even at one point from the trunk of their car. The sisters’ “will do” attitude ensured the hungry of their community were fed every week.

In 1991, the owners of Coleman Printing Company offered to sell the sisters their building along Martin Luther King Avenue for \$1. The sisters agreed, and with some generous donations from patrons, the Love Kitchen received and renovated a permanent location just around the corner from the church where they began five years earlier.

The McNabb Center
200 Tech Center Drive, Knoxville, TN 37912
Main number is 1-800-255-9711. McNabb Center Foundation number is 865-541-6684 or to e-mail MCF: foundation@mcnabb.org

At The McNabb Center, services offered, which are found at the website www.mcnabbcenter.org, include mental health care, substance use treatment, social services and victim services.

Find a Health Crisis Hotline/Mobile Crisis Unit (all ages) at the far top right



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of the front website page or call 865-539-2409.

Adult Crisis Stabilization Unit, call 865-541-6958; Domestic Violence Hotline, call 865-637-8000; Sexual Assault Hotline, call 865-522-7273; or Runaway/Homeless Youth Hotline, 865-523-2689.

Other services found on the website include Therapeutic Foster Care & Adoption, 865-544-5000 and Military Services Program, 865-444-2333.

At the bottom pages of the website are areas to donate. To donate physical items, call 865-299-5230 or e-mail foundation@mcnabb.org

To volunteer, call 1-800-255-9711

Seventy years ago, a determined Helen Ross McNabb made an appeal to the Knoxville City Council for funds to help open a mental health agency for children. At this time, there was a great need, but little attention given to those suffering with mental illnesses.

Due to her persuasive efforts, one of the first community mental health clinics was established in the state of Tennessee. The agency was first created for children but quickly grew to also serve adults in 1955. The clinic opened in a house near the University of Tennessee, Knoxville campus in 1948.

The Restoration House of East Tennessee
2205 Village Place Way,
Knoxville TN, 37923

To donate, or for more information, call 865-200-5406, visit therestorationhouse.net or e-mail: info@therestorationhouse.net

The Restoration House helps restore single mothers and their children back to God’s good intent for their lives. Through supportive transitional housing, ally teams, family advocacy, and youth development, TRH walks alongside low-income single-parent families, helping them break harmful cycles and regain hope and a future.

At its core, The Restoration House believes that God intended for us to live in community. Further, God desires for all of humanity to be restored in four core relationships – with God, Self, Others and Creation. In support of this, TRH has developed “The Village,” a neighborhood in which single-parent families develop supportive relationships and find healing, stability and opportunity as they build a brighter future.

In short, our Core Values are:

- God’s desire for the complete restoration of all people. ... God desires for us to love our neighbors as ourselves. ... Our relationship with God is the central relationship that affects all others.
- community, as demonstrated in God’s nature, life is less than what it could or should be when life is lived alone.
- reciprocity, because everyone should have the chance to work for their future.
- dignity, because being created in the image of God all are deserving of dignity.
- partnership and cooperation over duplication and competition.

United Way of Greater Knoxville
1301 Hannah Avenue
Knoxville TN 37921

To donate, or for more information, call 865-523-9131, visit uwvgk.org or e-mail info@unitedwayknox.org

When you donate to United Way of Greater Knoxville, you know that your money is going to programs in Knoxville that improve the lives of people living in our community. We are the leading charitable institution in Knoxville representing the wishes of our donors through our program review and funding process.

Volunteers work year-round to carefully weigh the needs of the community to ensure generous contributions are used in the most efficient, effective manner possible by local community partners. We are working diligently to improve our grant process each year to create a more equitable process for all local nonprofits seeking funding.

Our Community Investment grants are designed to seed, scale or support effective organizations delivering programs and initiatives that address systemic and community challenges. The two-year community investment grants award funds to organizations delivering program efficacy and results in response to prioritized community needs in our impact areas.

Since 2020, United Way has distributed more than \$54 million dollars in funding to more than 155 partner organizations, with process including, but not limited to, outcomes-based grants, capacity building grants, Community Healing Fund, emergency food and shelter grants and distribution of CARES Act Direct Pay and ARPA funding.

Volunteer Ministry Center
511 North Broadway, Knoxville 37917
Visit www.vmcinc.org or call 865-524-3926

Volunteer Ministry Center “facilitates permanent supportive housing for those who are homeless and to provide services to prevent homelessness.”

The Center offers “specialized services to individuals experiencing homelessness and those within our community who are in crisis. VMC’s programs support its two-fold mission of facilitating permanent supportive housing for those who are homeless and providing services to prevent homelessness.”

VMC operates four main programs: the VMC Resource Center “is a case management program that assists people in their efforts to work their way out of homelessness.”

Bush Family Refuge “serves individuals who are in crisis and who may be at risk of losing their housing.”

Minvilla Manor are 57 apartments “each inhabited by a former chronically homeless and disabled individual” offering “case management services on-site and 24-hour staffing.”

VMC Dental Clinic “uses professional dental clinicians to provide dental care and treatment to the homeless and low income of Knox County.”

To donate, click the red Donate button at the top middle of the web page.

To volunteer, click the Get Involved heading on the home web page. As an initial step, schedule a “Get acquainted with VMC” session by contacting Chloe Johnson at cjohnson@vmcinc.org or by calling 865-524-3926, extension 230.

YMCA of East Tennessee
616 Jessamine Street Knoxville 37917
865-525-9622

For more information, visit ymcaknoxville.org

Founded in 1854, the YMCA of East Tennessee is a charitable organization working toward a better community for us all. Every day, the Y supports kids, adults, seniors and families with programs that connect, teach, protect, heal, nourish and encourage. We work side-by-side with our neighbors to make sure that everyone – regardless of age, income or background — has the opportunity to learn, grow and thrive.

Serving East Tennessee for more than 160 years, we know that lasting personal and social change comes about when we all work together. That’s why at the Y, strengthening community is our cause.

We are for youth development, for healthy living and for social responsibility. That’s because a strong community can only be achieved when we invest in our kids, our health and our neighbors in the following ways:

- Youth development: nurturing the potential of every child and teen.
- Healthy living: improving the nation’s health and well-being.
- Social responsibility: giving back and providing support to our neighbors.

How we make a difference:

- We strengthen the foundation of communities through:
- Youth Development: Empowering young people to reach their full potential
- Healthy Living: Improving individual and community well-being
- Social Responsibility: Giving back and inspiring action in our communities

Young-Williams Animal Center
3201 Division Street, Knoxville, TN 37919, 865.433.YWAC and Young-Williams Animal Village, 6400 Kingston Pike, Knoxville, TN 37919, 865.433.YWAC, www.young-williams.org

At Young-Williams Animal Center, our mission is to lead the community to end pet homelessness, promote animal welfare and enhance the human-animal bond.

In 2018, Young-Williams Animal Center achieved for the first time in its history no-kill status. The definition of no-kill means saving all medically and behaviorally treatable animals and maintaining a save rate of 90 percent or more.

Young-Williams Animal Center relies on our committed and caring volunteers every day! Volunteers can participate in a variety of activities at either shelter location (Division Street and Kingston Pike), as well as throughout the year at special events and even in their own home. All potential volunteers must first complete the Volunteer Application found at www.young-williams.org/volunteer/

The Foster Program is an essential component of our vision of A Home for Every Pet and is crucial for our commitment to maintaining “No-Kill” status. Our foster families save lives by providing temporary housing, opening up shelter space for the thousands of pets who enter the center’s care every year. Fosters also provide the extra care and attention often needed for very young animals and those receiving medical treatment. In 2023, our fosters cared for 2,938 pets! Visit www.young-williams.org/foster/ to sign up.

Young-Williams Animal Center welcomes donated items for use in the shelter. Visit www.young-williams.org/wishlist/ for a list of top current needs and wish lists. If you would like more information about making this type of donation or receiving tax credit for your donation, please contact via email at development@young-williams.org, text 865.265.0287, or call 865.433.9922 ext. 2007.

If you are interested in adopting, visit www.young-williams.org/adopt/ to find your new best friend!



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NEXT GAME
November 29
Vanderbilt
at Tennessee



Vols close out at Vandy

Tennessee will close out the regular season at home Saturday, Nov. 29, as it plays host to in-state rival Vanderbilt.

And the contest between the two longtime rivals will have huge post-season implications, at least for the 12th-ranked Commodores and their head coach Clark Lea.

Vanderbilt (9-2 overall, 5-2 in the Southeastern Conference) could clinch a College Football Playoff berth with a victory over the Big Orange at Neyland Stadium.

Kickoff between the No. 18 Volunteers (9-3, 4-3) is slated for 3:30 p.m. at Neyland Stadium and Tennessee could dash Vandy’s playoff hopes with a victory on Rocky Top.

It also will be Senior Day in Knoxville and the Vols will honor a talented senior class. Many of those players were around last year when Tennessee went 10-3 and made the College Football Playoff for the first time in school history.

The Commodores and Vols both coming are off big wins last week. Tennessee exorcised some demons last week as it routed Florida, 31-11, Saturday at Ben Hill Griffin Stadium in Gainesville, notching its first win in The Swamp since 2003.

The Vols now have defeated Florida two consecutive years and have also won three of the last four games in the long-running all-time series.

The Commodores toppled Kentucky, 45-17, in Music City on Saturday.

Heupel said he and his squad are looking forward to the showdown against Vanderbilt.

“We get the opportunity to finish the regular season at home in front of our fans,” Heupel said. “And we get the opportunity to play against a very good football team.

“We also get the opportunity to honor a lot of seniors that are fun to be around.”

One player who will be going through pregame Senior Day ceremonies at Neyland Stadium has only played for the Vols for one year, but he’s undoubtedly left his mark on

the program.

Senior quarterback Joey Aguilar joined the Vols this summer after Nico Iamaleava abruptly departed last spring and landed at UCLA.

Aguilar, who previously played at Appalachian State and UCLA, became just the sixth quarterback in UT history to throw for 3,000 yards.

Aguilar took a crash course in the Tennessee offensive system and quickly earned the respect of his teammates.

“I think that’s because of who he is,” Heupel said. “He cares about his teammates and he plays extremely hard.

“He’s humble and cares about the people around him.”

A pair of six-year players also will play their final home game in Knoxville Defensive linemen Dominic Bailey and Bryson Eason will play their final home game.

“They’ve been a huge part of our defensive line culture,” Heupel said.

In their final home game, Bailey and Eason will attempt to stop Vanderbilt quarterback Diego Pavia, who has emerged as a Heisman Trophy candidate after the Commodores’ magical 2025 season.

Pavia and Tennessee running back Star Thomas once were teammates at New Mexico State.

Vanderbilt also features a solid defense.

“They play extremely hard and they are extremely physical,” Heupel said. “Their structures are different (this year) and so we’ll have to prepare for the structures and the structures that we’ve seen in the past.

“On offense, they have good skill on the perimeter and (Pavia) is a big part of their offense. “

Pavia is a double threat at quarterback. He amassed 484 passing yards Saturday, Nov. 22, against the Wildcats. He also rushed for 48 yards and a touchdown. He’s thrown 26 touchdowns this season.

~ Ken Lay, Correspondent

Local Big Orange connection: Josh Turbyville and Tommy Winton III

The 2025 college football regular season concludes this week as Tennessee will host in-state rival Vanderbilt after winning its second consecutive game against Florida.

The Volunteers defeated the Gators, 31-11, winning in Gainesville for the first time since 2003.

Kickoff is slated for 3:30 p.m. at Neyland Stadium.

Prior to each Vols’ home game, farragutpress will shine the spotlight on players or coaches who, after their high school careers in West Knox County, moved on to the University of Tennessee to don the Big Orange.

This installment will spotlight two players on Tennessee’s current roster who played high school football at Knoxville Catholic, Josh Turbyville and Tommy Winton III.

Turbyville, a redshirt junior placekicker, is Tennessee’s primary kickoff specialist for the third consecutive season.

A key figure on the Vols’ special teams unit, Turbyville received Third-Team All-Southeastern Conference honors by the league’s coaches last season as UT reached the College Football Playoff for the first time in school history.

He also excels in the classroom as he was named to the SEC Fall Honor Roll in 2023 and 2024.

This season, he has 55 touchbacks and is tied for first in the country.

He made his debut with the Vols against UT-Martin in 2022. In the fourth quarter against the Sky Hawks, he recorded a touchback in his one appearance of the season. He, thus, earned a redshirt.

During his high school career with the Irish, Turbyville was a Tennessee Titans Kicker of the Year Finalist. He also received Ray Guy placekicker.com. As a senior he was a Division II-AAA All-State standout after averaging 40.5 yards per punt.

Winton III also is a redshirt junior for the Vols. He is a wide receiver, who also plays on special teams. He is playing for the Big Orange for the second season after playing for East Tennessee State University.

He played in 12 games and was a key contributor on special teams. He played four snaps at wide receiver against Kent State and made his Big Orange debut against Chattanooga.

As a freshman with the Buccaneers in 2022, Winton III appeared in four games and earned a redshirt. He played in 10 games as a redshirt freshman, making 23 receptions and amassing 349 yards. He also rushed for 23 yards on 10 carries.

At KCHS, he was a four-year all-region and all-state standout. He played both wide-receiver and defensive back for the Irish. He had 3,154 career receiving yards and caught 43 touchdown passes.

~ Ken Lay, Correspondent

LineUp Vanderbilt University



0	Marlon Jones	CB
0	Junior Sherrill	WR
1	Dontae Carter	S
1	Trent Hudson	WR
2	Diego Pavia	QB
2	Randon Fontenette	S/OLB
3	Tristen Brown	WR
3	Kolbey Taylor	CB
4	Martel Hight	CB/WR
5	Richie Hoskins	WR
5	Yilanan Ouattara	DL
6	Jordan Matthews	CB
6	Tre Richardson	WR
7	Drew Dickey	QB
7	Marlen Sewell	S
8	CJ Heard	S
9	Eli Stowers	TE
9	Keanu Koht	EDGE
10	Langston Patterson	LB
10	Whit Muschamp	QB
11	Jack Elliott	QB
11	Bryan Longwell	LB
13	Chase Gillespie	RB
14	Jailen Ruth	STAR
14	Jérémy St-Hilaire	QB
15	Joseph McVay	WR
15	Zaylin Wood	DL
16	Cole Spence	TE
17	Mark Davis	CB
17	Chance Fitzgerald	WR
18	Boski Barrett	WR
18	Jalen Gilbert	S
19	Blaze Berlowitz	QB
20	Prince Kollie	LB
21	Davin Chandler	S
22	Makhilyn Young	RB
22	Bryce Cowan	LB
23	AJ Newberry	RB
23	Carson Lawrence	S
24	Nick Rinaldi	LB
26	Cayden Daniels	CB
27	Jaylin Lackey	CB
28	Sedrick Alexander	RB
28	Thomas Jones	S
29	Miles Capers	EDGE
30	Trudell Berry	CB
31	Tate Hamby	STAR
32	Mason Carter	EDGE
33	Gabe Fields	RB
33	Vanzale Hinton	STAR
34	Austin Howard	LB
35	Payne Daniel	S
35	Ryder Brownstein	WR
36	Josiah Broxton	LB
37	Jack Wanzung	CB
38	Wils Jackson	WR
38	Nick Haberer	P
39	Brail Lipford	S

40	Jamison Curtis	LB
40	Mason Rohmiller	K
41	Jamezell Lassiter	RB
41	Stone Owens	LS
42	Blaine McClure	CB
42	Jake Balis	RB
43	Luke D'Alise	LB
43	Dominic Rezac	RB
44	Gabe Fisher	FB/TE
45	Ty Bartholomew	LB
45	Emmanuel Adebisi	TE
46	Mustafa Dannett	CB
46	Durham Harris	LS
47	Justin Dewers	K
47	Isaiah Fontan	RB
49	Elijah Rooney	TE
49	Simeon Boulware	DL
50	Chase Mitchell	OL
51	Clinton Azubuike	OL
52	Kevo Wesley	OL
53	Jordan White	OL
53	Glenn Seabrooks III	DL
54	Mason Nelson	DL
55	Aaron Bryant	DL
55	Bryce Henderson	OL
56	Gunner Givens	OL
57	Max Fisher	OL
58	Orion Irving	OL
62	CJ Williams	OL
69	Cooper Starks	OL
70	Cade McConnell	OL
71	Ted Gregoire	OL
72	Isaia Glass	OL
73	Charlie Clark	OL
75	Misael Sandoval	OL
77	David Siegel	OL
78	Keegan Wechsler	OL
79	Conor Weasler	P
79	Sterling Porcher	OL
80	Claiborne Richards	WR
81	Kayleb Barnett	WR
82	Brycen Coleman	TE
83	Derek Kee	WR
85	Lebron Hill	WR
86	Witt Edwards	TE
87	Ty Burd	WR
88	Brock Taylor	K
89	Cameron Dickson	WR
90	Jake Stanish	DL
92	Jaylon Stone	DL
93	Nikhil Jefferson	DL
94	Bradley Mann	DL
95	Linus Zunk	DL
96	Khordae Sydnor	DL
97	Hayden Bray	DL
98	Terry Nwabuisi-Ezeala	DL
99	Joshua Singh	DL

LineUp University of Tennessee



0	Ethan Davis	TE	38	Andre Stewart	DB
0	William Wright	DB	39	Malcolm Kinzer	WR
	Rickey Gibson III	DB	39	Jayden Loftin	DL
	Travis Smith Jr.	WR	40	Colin Brazzell	DB
2	Peyton Lewis	RB	40	Seamus Meagher	TE
2	Andre Turrentine	DB	41	Steele Katina	DB
3	Jermod McCoy	DB	42	Braylon Harmon	WR
3	Jack Van Dorselaer	TE	42	Tyre West	DL
4	Mike Matthews	WR	43	Jackson Mathews	DB
4	Ty Redmond	DB	44	Christian Gass	DL
4	Jourdan Thomas	DB	47	Isaiah Campbell	DL
5	Daevin Hobbs	DL	47	John Rosen	LS
5	Radarious Jackson	WR	48	Bennett Brady	LS
6	Joey Aguilar	QB	50	William Satterwhite	OL
6	Jalen McMurray	DB	50	Ryan Scott	LB
7	DaSaahn Brame	TE	51	Jeremias Heard	OL
7	Arion Carter	LB	51	Jaxson Moi	DL
8	Colton Hood	DB	53	Lance Heard	OL
9	Mariyon Dye	DL	55	Brenden Anes	LB
9	Star Thomas	RB	55	Antoni Ogunmoro	OL
10	Kaleb Beasley	DB	56	Kellen Lindstrom	DL
11	Jordan Burns	LB	56	Sam Pendleton	OL
12	Jaedon Harmon	LB	57	Grier Short	LB
12	Jake Merklinger	QB	58	Herb Gray	DL
13	Mason Phillips	QB	58	Nic Moore	OL
13	Edwin Spillman	LB	59	Charlie Powell III	OL
14	Braylon Staley	WR	65	Michael Kostantnov	OL
15	Edrees Farooq	DB	68	Bennett Warren	OL
15	George MacIntyre	QB	69	Gus Hill	OL
17	Chris Brazzell II	WR	70	David Sanders Jr.	OL
18	DeSean Bishop	RB	71	Max Anderson	OL
18	Tyree Weathersby	DL	72	Jesse Perry	OL
19	Joshua Josephs	DL	73	Brian Grant	OL
19	Daune Morris	RB	74	Shamurad Umarov	OL
20	Justin Baker	RB	75	Wendell Moe Jr.	OL
20	Bryson Eason	DL	78	Gage Ginther	OL
21	Tre Poteat	DB	81	Amari Jefferson	WR
22	Jeremiah Telander	LB	83	Trey Weary	WR
23	Boo Carter	DB	84	Tommy Winton III	WR
24	Hunter Barnes	RB	86	Cole Harrison	TE
25	Timothy Merritt	DB	87	Joshua Helsdon	DL
26	Sidney Walton	DB	87	Miles Kitselman	TE
26	Carson Whitehead	WR	88	Deon Hardin	WR
27	Jadon Perlotte	LB	89	Mike Bethea II	DL
28	Marcus Goree Jr.	DB	89	Joakim Dodson	WR
29	Jack-Henry Jakobik	WR	90	Dominic Bailey	DL
29	Jordan Ross	DL	90	Max Gilbert	PK
30	Jamal Wallace	DL	93	Grady Dangerfield	PK
31	Caleb Herring	DL	94	Nathan Robinson	DL
33	Ben Bolton	LB	94	Josh Turbyville	P/PK
34	Emmanuel Okoye	DL	96	Isaiah Inge	DL
35	Carson Gentle	DL	97	Josh Schell	DL
35	Ben Petermann	WR	98	Jackson Ross	P
36	Dylan Lewis	DB	99	Charles House III	DL
36	Nathan Roberts	WR			
37	Montrell Bandy	DB			