

Turkey Creek-to-Morristown tie for Sept. Sampler champ



Photo courtesy of Stephen Krempasky

Jacquelyn Ester is delighted to accept the September Town Sampler winnings from Shop Farragut on behalf of her boyfriend, Michael Southerland, who lives in Morristown. Jacquelyn is the Branch manager of Tennessee State Bank in Turkey Creek, just one minute from Sampler sponsor Mellow Mushroom, where the ceremony took place. Ester is alongside store manager Collin MacDonald, right, and server Lucas Luce. September prizes (all are transferable), which are valued at more than \$275, are \$25 gift cards from Mellow Mushroom, Aldi, Elliotts Boot Shoes Sandals, Sir Goony's Family Fun Center, The Juice Bar and Campbell Station Wine & Spirits; a \$100 gift certificate from The UPS Store and a \$25 gift certificate from The Consignment Shoppe. To enter the October contest, visit <https://wfiv.com/contests/31/shop-farragut-october-2022>

towncalendar

Farragut Community Center will feature Israeli folk dancing classes October through December. Israeli folk dance is a community-building style of dance for girls and boys. It consists of circle and line dances. Most of the songs are in Hebrew and the choreography is used around the world. Each class date will feature a time slot for each level of experience. There is a Junior class for participants ages 7-10, a Level 1 class for ages 10-18 and a Level 2 class for ages 10-18. Level 1 prerequisite is encouraged for the Level 2 class, but not required. Pre-registration is required for all classes. October session takes place from 2:45 to 5:30 p.m. each Thursday, through Oct.-27. The four-week session is \$40. Juniors (ages 7-10) from 2:45-3:30 p.m.; Level 1 (ages 10-18) from 3:30 to 4:30 p.m.; Level 2 (ages 10-18) from 4:30 to 5:30 p.m. November session takes place from 2:45 to 5:30 p.m., Thursdays, Nov. 3-17 (the same time frames for each age group as in October). The three-week session is \$30. December session takes place from 2:45 to 5:30 p.m., on Thursdays, Dec. 8-22 (the same time frames for each age group as in October and November). The three-week session is \$30. Everyone must sign up for a free membership the first time they use the Community Center; this is a simple process that requires just a few minutes. For more information, visit farragut-parksandrec.org/programsandevents.

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The Corner Perspective

Dr. Bruce Spangler, CEO of Volunteer Ministry Center

Many years ago, when my mother-in-law was alive, she would often ask before any given Sunday, "What are you goin' to preach on?" Before I could respond, she would say, "Sin? You for or again' it?"

Before working with Volunteer Ministry Center, I served church parishes in Knoxville, Cleveland, and Chattanooga. The weekly task of preparing and speaking with relevance and importance is challenging to pull off. My mother-in-law seems to have pulled back the veil on an old "preachers' trick." When in doubt, rant about it, pointing a righteous and scolding finger at the "so-called" sinner.

We seem to rant when we see "Camper Joe" and his friends huddled in a vacant lot. Our anger rises to the indictment when "Needle Nancy" is seen injecting herself on a city sidewalk. Our tempers are lost when "Crazy Sam" is in the middle of the street, muttering to himself and yelling at the voices that only he can hear. The community shouts its displeasure demanding that someone must do something! But always, that is as far as it goes.

We find ourselves polarized when discussing homelessness and its seeming prevalence. It follows that when caught between the extremes, we become paralyzed, resulting in patchwork practices and make-shift policies responding to one crisis event after another.

Our paralysis is our collective sin.

Matthew Desmond's acclaimed book, *Eviction: Poverty and Profit in an American City*, names our collective sin regarding the present housing crisis in just under thirty words. "No moral code or ethical principle, no piece of

scripture or holy teaching can be summoned to defend what we have allowed our country to become."

The visibility of "Camping Joe" is not a sign of malingering but a sign of a housing shortage.

Witnessing "Needle Sally" indicates a shortage of substance abuse services more than her indifference to community mores.

"Crazy Sam" is not an anti-social criminal. He needs accessible long-term care.

Einstein suggested that when faced with significant problems, they "cannot be solved at the same level of thing we were at when we created them." Claiming Einstein's wisdom, our finger-pointing at Camper Joe, Needle Nancy, or Crazy Sam is not the remedy. That is the problem, and that, too, is our collective sin.

The quality of living will not change for Joe, Nancy, Sam, or the community until we have a comprehensive, collaborative, and unified approach to housing and health care. I don't believe that a *laissez-faire* approach or a simple benevolent approach is helpful or practical. Let's start with a City-County joint effort that empowers a lead agency to help establish priorities and coordinate service provisions. Our community needs a single lead agency to coordinate the community's program efforts, interpret the data to chart the course, and provide transparency and accountability for the public and private sectors' investments. We need someone to help get us to "row in unison."

Let's be done with finger-pointing.

As to the question of a lead agency, however, are we for it or again' it?

KCSOreports

Though Knox County Sheriff's Office officials acknowledged receiving a request from farragutpress for its reports, none were received by this paper at deadline, 10 a.m., Tuesday, Oct. 11. Look for these reports to return for our Wednesday, Oct. 19, issue. We regret this omission.

Boring Road

From page 1A

While some are seeking lower density designation on the map, others expressed fears that lower density could lower some property values.

"The FLUM is a planning document meant to guide development toward what the community wants," Community Development director Mark Shipley stated. "In recent years, a steering committee, made up of elected officials, staff members and the community has solicited feedback about developing areas along Watt Road, Outlet Drive and McFee Road.

"Each of those studies has resulted in changes to the

FLUM," he further stated. "The map now needs to be updated to reflect current development patterns in the Boring Road corridor area.

"Three public workshops specific to the Boring Road corridor area were well-attended, and feedback from these workshops was reviewed with the steering committee on May 23," the release stated.

The Planning Commission held a workshop on the proposed changes during its Aug. 18 meeting.

"When the Land Use Plan was updated in 2012, the former Ingles building was in poor condition and the area was considered a good location for a mixed-use neighborhood if the building was demol-

ished," Shipley said. "It has since been renovated and remains a commercial property. Also, other higher density residential housing was approved in Farragut, reducing the need for such development.

"Tracts that front on Boring Road have recently been purchased for estate lots, even though the current FLUM shows low- and medium-density residential, rather than very low density residential," he added.

"If circumstances have changed, we need to update our land use plan. It's not a static document, but a dynamic one. We need to recognize the changes that are happening in the larger community."



Among 750+ enjoyed Taste of Turkey Creek

Tracie and Clay Atherton enjoy the samplings at Taste of Turkey Creek, which took place Saturday evening, Oct. 8, in the Pinnacle at Turkey Creek, near Alumni Hall. More than 750 attended the annual event, with the theme, "Barbecue, Bacon and Bourbon," which attracted about 20 food vendors. Other vendors joined in, which included beer, bourbon, wine, TVA Financial, real estate and retail shops.

Tammy Cheek

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With over four decades of design and sales experience Robbie and Jamie Kidd combined their professional careers to create Blinds & More E. TN. Just recently their oldest son Del Fercho, who after serving 10 years in the Air Force, stepped into the family business and his role as lead installer with natural ease. "Serving others is really our niche and Del clearly has a knack for it. We are excited to have him lead our install team," said Robbie Kidd.

Robbie's previous career was in sales and marketing for over 25 years but his true gift is his ability to relate so well to others. He utilizes his gift to help discover the clients needs and set reasonable expectations throughout the process. "Our goal is to install a quality product the client is truly excited about with our primary focus on service. We want our clients to feel taken care of from start to finish."

While Robbie's primary focus is service and making sure all expectations are met Jamie's are the same but with a specific focus on the design side. Her specialized 18 year focus on window treatments and her ability to discern her clients' likes and dislikes make meeting expectations a breeze. "You live here, I don't, is the thing I probably say the most. I want them to be a part of the process and love their selections." She says, "Our love for people combined with my love for design makes my job a dream. I truly am one of the lucky ones to be able to do what I love and I think it shows."

Blinds & More offers a complete line of window treatments for residential and commercial applications. "Right now motorization is the trend for all applications." Says installer Del Fercho. "With my own baby on the way and the new child safety laws coming into play, motorization and cordless are the future of window treatments. We have to stay ahead of this ever changing market so we can continue to serve our clients at the highest level."

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Tammy Cheek

Cheyenne Boyle, owner of Well & Free Co., provides massage therapy, personal training, wellness coaching and wellness retreats at her new business in Complete Salon Suites, at Renaissance | Farragut, 12748 Kingston Pike, Suite 206.

Well & Free ‘home’ for Boyle

TAMMY CHEEK

tcheek@farragutpress.com

Cheyenne Boyle is offering wellness programs at her new business, Well & Free Co.

“This just feels like home,” she said about opening her business Sept. 12, in Complete Salon Suites, at Renaissance | Farragut, 12748 Kingston Pike, Suite 206. “This is where I feel happy.

“It’s where I feel like I’m doing the most good,” Boyle added. “I go home feeling fulfilled.”

At Well & Free, she provides massage therapy, personal training, wellness coaching and wellness retreats.

While the business is new, “I’ve been doing independent contractor work for pretty much my whole career,” Boyle said. “I have wellness plans and programs all tailored specifically to my clients, what their bodies need.”

With wellness coaching, “I do a little bit of an unconventional approach because I’m not traditionally trained,” she said. “I’ve done a lot of research over the last couple of years ... I address everything from exercise needs to your daily routines — what’s benefiting you, what’s hurting you, — how you sleep, your diet.”

As Boyle is not a nutrition coach, she does not provide “formal” advice, but she does educate.

“I come from a standpoint of education in everything I do,” she added. “A lot of what we’re doing is you tell me what your issue

See WELL & FREE on Page 7A

Yamato Ramen House’s Yang hopeful for Nov. 1 opening

TAMMY CHEEK

tcheek@farragutpress.com

A restaurant catering to Japanese tastes hopefully will open soon in the former Newks location in Turkey Creek.

Although facing construction delays, Allen Yang, a partner in Yamato Ramen House & Poke Bowl, said he is hoping to open the restaurant Tuesday, Nov. 1, at 11527 Parkside Drive in Farragut.

“We’re still waiting for the sign,” Yang said. “I don’t know how many weeks they still need to get the sign put up. Everything has to pass inspection, then we can put up the sign ... and hire staff.

“If we can’t open Nov. 1, we may have to wait until next year,” he added.

Once open, though, Yamato Ramen House will offer ramen noodles, hibachi and poke bowls.

Yang explained ramen noodles are in a soup and pointed out they are not those one would find in a grocery store.

“That’s totally different,” he said. “Ramen noodles (in the soup is soup tasting.”

“You have to put in a soup bone or chicken broth. Sometimes you need to cook



Tammy Cheek

Allen Yang, a partner of Yamato Ramen House & Poke Bowl, stands in front of the “Opening Soon” sign at the restaurant he hopes will open Nov. 1 at 11527 Parkside Drive, Farragut.

it for four or five hours,” Yang added.

The soups consist of a base: tonkotsu or spicy tomkotsu, miso or spicy miso, vegan soy or seafood; a protein such as pork, chicken, beef, shrimp, crab meat, tofu or vegetable; and noodles such as soba, ramen, udon or egg noodles.

Besides the ramen noodle soups, Yamato also carries poke bowls — starting with a choice of sushi, white or brown rice or spring mix — a

choice of vegetables, proteins, toppings and a sauce.

Yamato also prepares hibachi dinners, such as chicken, salmon, steak or jumbo shrimp, or a mix, such as chicken and shrimp or steak and shrimp.

The menu also includes appetizers: pork bun, gyoza (fried Japanese pork dumpling), edamame (boiled soy bean) haru maki (fried Japanese spring roll), deep-fried

See YAMATO on Page 7A

businessbriefs

• **Jessica Henriott recently joined the team of professionals of EXIT Realty Pros, 9821 Cogdill Road, Knoxville.**

• **Yvonne Coffey and Caitlynn Ball, mother-daughter partners, are launching SYNERGY HomeCare of West Knoxville, an American franchise, in Knoxville. Coffey comes from more than 20 years of experience in the healthcare industry at the managerial level while Ball’s background consists of corporate sales experience.**

The two already have been business owners in West Knoxville for some time, and their interactions with customers made them realize the community’s

growing need for non-medical in-home care.

• **University of Tennessee Medical Center recently was recognized by American College of Cardiology for its demonstrated expertise and commitment in treating patients with chest pain.**

UTMC also was awarded the Chest Pain Center Accreditation with Primary PCI in May based on rigorous evaluation.

• **UT recently was recognized by US News and World Report, earning high rankings across business, engineering and nursing academic programs in the publication’s annual survey.**



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Well & Free

From page 6A

is and what your goals are.

“From there, we build off of whatever information you need to have and we go from there,” Boyle said. “I’ve had clients that it was as simple as just helping them solidify what routine they need in the morning to make their lives more efficient and in the evening to help them sleep better.

“And, I have had clients ask me to go to the grocery store with them to help them learn how to read the labels, learn how to steer clear of things that look super healthy but maybe aren’t as healthy, based on what the ingredients are and give them resources on where to find true facts on the subject,” she said.

Boyle has been practicing massage therapy for five years, been a personal trainer for two years and a wellness coach for a year-and-a-half.

Initially getting into the business “just kind of snow-balled,” she recalled.

After graduating high school, “I really didn’t really have any direction then I heard about massage therapy on a radio ad and went school (for it),” Boyle said. “I absolutely fell in love. I couldn’t imagine myself doing anything else.”

She was a certified nursing assistant about three years after earning a massage license.

Hours are from 8:30 a.m. to 6:30 p.m., Monday through Thursday. For appointments, message her on Facebook, visit www.wellandfreewomen.com or text 865-466-5839.

Yamato

From page 6A

calamari (squid) with tempura sauce, sweet potato fries and cheese wontons. Customers also can purchase milk/bubble tea, smoothies, the Yamato house drink, sodas or beer.

Yang, who immigrated to the United States from South China in 1999, has been in the restaurant business for more than 15 years, starting in Dyersburg in West Tennessee. He then moved to Tullahoma — and “now I’m here,” he said.

“I’ve been searching this market, and more and more people like ramen noodles, and they prefer seafood right now in their poke bowls,” Yang said.

As a result, “I decided to put (a restaurant) in here.”

Yamato will be open from 11 a.m. to 9 p.m., Sunday through Thursday, and from 11 a.m. to 10 p.m., Friday and Saturday.

For more information, call 865-288-3181 or e-mail to yamato Farragut11527@gmail.com



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- Entries will be judged on a basis of originality and creativity. Decisions of the judges are final.
- Prizes awarded: 1st, 2nd and 3rd
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Six-peat at state for CAK boys golf

STAFF REPORTS

editor@farragutpress.com

SEVIERVILLE — Christian Academy of Knoxville's boys golf did it again — make it six straight TSSAA state championships for the Warriors, who edged Division II-A runner-up Battle Ground Academy (303-307) after 36 holes Monday and Tuesday, Oct. 3-4, at Sevierville Golf Club.

Cooper Russell, individual runner-up after a playoff, led CAK (+3, 147), followed by teammates Bryson White (tied for sixth, 151), Blake Russell 11th (154) and Tanner Varney, tied for 16th (158).

Other top finishes

The CAK girls took fifth in Division II-A, led by Grady Thomas and Isabella Coughlin, who tied for 11th (159).

Knoxville Catholic's girls finished sixth in Division II-AA: Victoria Tampas. 17th, and Isabella Zigrossi, 19th.

Make it six straight TSSAA state championships for the Christian Academy of Knoxville boys golf program following 36 holes during the Division II-A State Tournament. Team members gathered around head coach Donnie Cooper (fourth from left). Alongside Cooper, from left, are Reeves Underwood, Hudson Schmitt, Cooper Russell, Blake Russell, Bryson White and Tanner Varney.

Photo submitted

Dominance in KIL c-country for FHS, Webb

Farragut varsity, JV boys champs at Cherokee; Webb girls rule

STAFF REPORTS

editor@farragutpress.com

KNOXVILLE — Farragut High School's boys cross country teams made it a clean sweep during the KIL Meet in Sequoyah Hills Park Saturday morning, Oct. 8.

The varsity Admirals easily out-distanced runner-up Knoxville Catholic — led by KCHS sophomore individual champ Keegan Smith (15:03) — 27-63.

On the girls side, it was Webb School of Knoxville — led by freshman twins — winning the varsity crown while finishing ahead of runner-up Farragut 38-56. Hardin Valley Academy was third (71). *(More details later in this story)*

Farragut boys

Senior Trevor Coggin was varsity runner-up (15:13), with the junior trio of Matteo Tonnos (15:32), Braden Ebbert (15:33) and Harrison Cunningham taking fourth, fifth and



Jazzlyn Garmer



Keegan Smith



Jarek Morton



Carolina Areheart

sixth-place respectively.

FHS senior Riley Hanson finished 10th.

With the top eight finishers all Admirals, the FHS JV boys easily won the team competition, 15-50, versus runner-up HVA.

Led by Jarek Morton winning the JV individual crown (16:55), the other top seven Admirals, in order, were Michael Mendonca (17:22), Ocean Edwards (17:28), Ross Tootle (17:45), Luke Stewart (17:50), Tyson Ebbert, Joey Nieman

and Nick DeGuira.

Webb girls

Freshman Jazzlyn Garmer paced the champion Lady Spartans (18:13), with junior teammate Anna Graves second (18:16) and Garmer's twin sister, Calysta Garmer, taking fifth-place (18:38).

On the girls JV side, Webb's Carolina Areheart finished first (18:23) by a wide margin. Teammate Chloe Wilson took eighth-place, with Evie Braude and Ellie Simpson finishing ninth and 10th, respectively.

Other top 10 finishers

Other top 10 varsity girls finishers were HVA junior Maddie Archdale third (18:28); FHS senior Kennedy Reynolds seventh, KCHS senior Kaylee Estridge eighth, Bearden sophomore Millie Lovett ninth and Farragut junior Melanie Hayman 10th.

Other boys varsity team members finishing in the top 10 were sophomore Cade Crum of Bearden third (15:29), junior Colin Eckerman of Webb seventh, freshman Radek

Molchan of KCHS eighth and junior Carson Long of HVA ninth.

Also placing in the girls JV top 10 were runner-up Olivia Schippers of HVA (21:49), Beverly Morenson of FHS third (22:05), Lady Ad Ava Thompson fourth (22:22), teammate Emma Cunningham fifth (22:33) and Kayla Branch of HVA seventh.

As for other boys JV top-10 finishers, Hawks Will Tucker and Will Allen were ninth and 10th, respectively.

1st v'ball crown for Tate's School



Photo submitted

After capturing the Knoxville Independent School League Volleyball regular season crown, Tate's School added its first tourney title in school history by beating host St. Mary's in two sets Friday, Sept. 30. Led by head coach Bailey Dalton, Tate's School was the No. 1 seed entering the tournament, going undefeated in Division III league play (6-0, 12-2 overall). Lady Tigers named regular season All-KISL were Mila Yao and Mia Quinn. Tourney MVP Callie Brown was joined by All-Tourney choice Zoe Hasan.



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2022 crowned Seniors Max Moore, King, and Meghan Oros, Queen

Eighteen Bearden High School Football Homecoming Court candidates — 14 Queen and four King — were presented by fathers and other family members during a halftime ceremony of the Bulldogs' varsity game versus Bradley Central at BHS's Bill Young Field Friday evening, Sept. 30.

After senior Meghan Oros was crowned 2022 Queen and senior Max Moore 2022 King — as voted by the student body — they and the other candidates paraded in convertible automobiles in front of the stands to wild applause from the Bearden student section.

Photos by Alan Sloan



Thatcher Ella



Tanner Burke



Marcus Bishop



Max Moore



Natalie Newman



Jocelyn Williams



Lyliana Lerma



Ashlyn Hunter



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Farragut Intermediate School's cross country boys team was region champion Saturday, Oct. 8, in Knoxville's Victor Ashe Park. FIS joins four other area teams qualifying to participate in the state competition Saturday, Oct. 22. Also earning a state berth was the FIS girls cross country team, which placed fifth in region.



Photo submitted

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2pm - Mighty Blue • **3:45pm** - Costume Judging • **4:30pm** - Solstice

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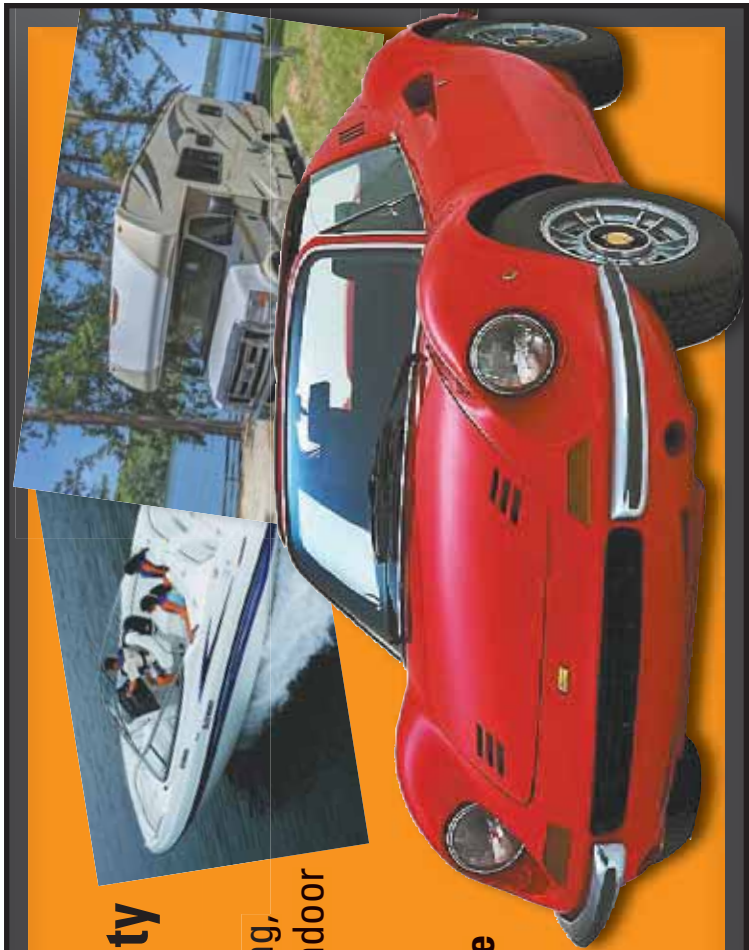
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FARRAGUT HIGH SCHOOL ADMIRALS F O O T B A L L

75TH ANNIVERSARY of FARRAGUT HIGH SCHOOL FOOTBALL

Through a ‘white’ lens, Neil Clabo recalls Marion Henry Jr., integrated FHS football

ALAN SLOAN

editor@farragutpress.com

A groundbreaking white player and The groundbreaking African-American player crossed paths, for two years in the late 1960s, with an integrated Farragut High School football team.

As the first Admirals star to play in the NFL — punting for the Minnesota Vikings in Super Bowl XI in January 1977 — Neil Clabo recalled Marion Henry Jr.’s final two years as an FHS offensive lineman in the 1967 and 1968 seasons.

The late Mr. Henry was one of the African-American “Farragut 9” who integrated FHS in the 1965-66 school year (see photo).

Many talented African-American Admirals have, in the more than 50 years following Marion’s graduation from FHS in 1969, enjoyed football success wearing the Navy blue and gray.

The most recent major college example, whose efforts currently have helped the Tennessee Volunteers start the 2022 season ranked in the top-10 nationwide with a perfect 5-0 record, is Jacob Warren, ex-Admirals All-state receiver and senior tight-end on Rocky Top (see related photo).

Marion Henry Jr.

Marion Henry Jr. “was a friend because he kept (defenders) off of my butt a lot of times,” said Clabo, FHS Class of 1971 who was an All-state quarterback-running back at FHS in 1969 and 1970.

His next stop, which was on “The Hill” as the Tennessee Volunteers punter from 1972 through 1974, found Clabo playing alongside the first three-year African-American starting quarterback in Southeastern Conference history — the elusive and talented Condredge Holloway (All-SEC First Team in 1973).

Marion, FHS Class of 1969 who went on to play at the next level and earn a business administration degree at Knoxville College, “was a good guy, everybody liked him. ... We were all friends,” added Clabo, who could not recall witnessing an incident where a white Farragut student or athlete attempted to verbally or physically harm Mr. Henry.

Even if something might have been brewing against Marion, “I wouldn’t have let them do it,” Clabo said.

“He was one of us. ... Another one of the guys.”

In fact, “He knew he was a member of our (football) family,” the former NFL punter said about Marion.

As for Mr. Henry’s personality, “He was outgoing; he liked to laugh and stuff,” recalled Clabo, a retired “in-school suspension” official at FHS.

How seriously did Marion take his offensive line duties?

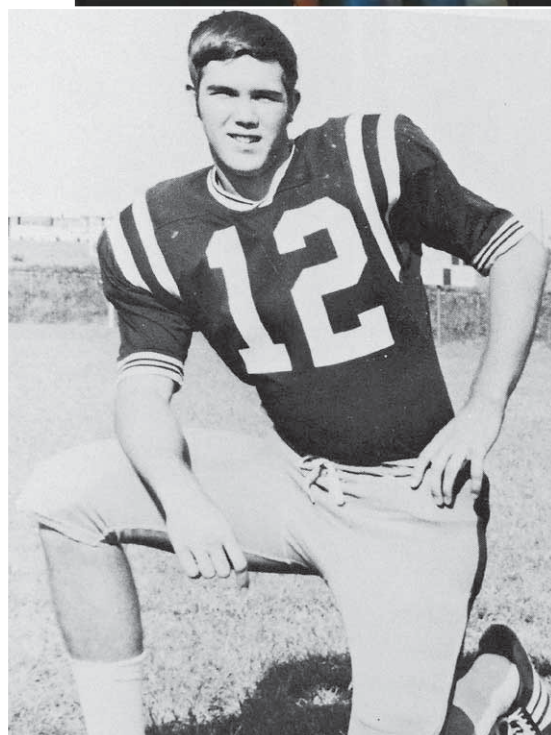
“He missed his block one time, and he came back and apologized — and I said, ‘you don’t have to apologize to me. What about all the other times when you block really well for me?’” recalled Clabo, son of then Admirals skipper Bill Clabo, who helped facilitate Mr. Henry’s assimilation with his white teammates at FHS.

A four-year veteran of the U.S. Navy who worked in the Telecommunications Division at ORNL for 25 years, Mr. Henry was a member of Mount Calvary Baptist Church in Knoxville.

Most importantly, Marion was “an active member, doing whatever needed to be done to further the work of God,” his obituary stated.

From top: Marion Henry Jr. as an FHS senior lineman in 1968. A painting of the Farragut 9 — nine African-Americans who first integrated Farragut High School in the 1965-66 school year — features portraits of these groundbreaking students as compared to their older portraits more than a generation later. Hanging just outside Farragut Museum in Town Hall, it was painted in 2010 by Alan Jones and displayed in honor of Black History Month. From left are Pat Cozart, Jamesena Jeter, Carrie Billingsly, Marion Henry Jr., Elizabeth Billingsly, Robert Walters, Maggie Ewing, Robert Fletcher and Tom Fletcher. Jacob Warren, center, UT Vols senior tight end who’s a former FHS star receiver, with Roy Stone, left, Farragut Youth Football coach, and Eddie Courtney, current FHS varsity head coach. Neil Clabo, 1970.

Photos: Submitted/Michelle Hollenhead



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Farragut Primary School's Fall Festival

All photos by Michelle Hollenhead

Farragut Primary School's annual Fall Festival — held Oct. 1 and sponsored by the school's Parent Teacher Organization — netted nearly \$40,000, according to organizers. Students and family members enjoyed games, baked goods, a silent auction, a performance from the second grade, fun and fellowship during the event.

Above: Farragut Primary School Parent Teacher Organization leaders who helped put on the Fall Festival include, from left, Kelsea Walters (membership), Kayla Oliphant (vice president), Kimberlee Aten (treasurer), Megan Wood (president), Lindsay Lowrey (sponsorship), Shelby Nutting (arts & crafts) and Melissa Hayman (food). Not pictured are Amanda Welsch (Fall Festival chair, overall coordinator), Candace Evans (games), Sarah Young (volunteer coordinator), Jill Cogburn (silent auction), Tiffany Palmer (bake sale) and Amber Clark (spirit wear).



Haley Bigney and her daughter, Brooklyn.



Christina Dalton with her daughters, Ella, left, and Olivia.



Siblings, from left, Jasper, Willow and Mia Peebles show off their stuffed animals.



Andy and Jenna Tamborino with their daughters Emilia, age 2, left, and Sophia, age 7.



Proudly showing off their craft projects are, from left, Makena Hanson, Savanna DeSantis, Piper Hanson, Landon DeSantis and Sagan Hanson.



Mia Peebles tries her hand at bean bag toss.



Stella Weaver, left, with her mother, Marie Weaver and their dog, Archie.



From left, siblings Nathan, Eli and Emry Jane Christianson pose in the Fall Festival photo booth.

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All East Honor Choir



Photo submitted

Ten Farragut High School choir students have been chosen for the All East Honor Choir. The event is described as one “for the region’s best singers,” said Mitchell Moore, FHS choir director and co-teacher for musical theatre. “To be selected, you must pass a competitive audition against hundreds of other students, which includes performing two pieces of music on their voice part (soprano, alto, tenor and bass) and sight reading a selection of music they have never seen before for a panel of judges.” FHS students chosen, front row from left, are Margaret Walter, Maggie Raines, Sheala Mill and Olivia Squires. Back row, from left, are Virginia Klenske, Jasmyne Baker, Ella Morton, Sarah Wing and Ada Dalton. Not pictured is Debbie Hill. Auditions were held Saturday, Sept. 17, at Hardin Valley Academy. All 320 students selected from across the region will gather Nov. 19 in Maryville College’s Clayton Center for the Arts to rehearse and perform a concert together. “This is considered one of the highest achievements for our students,” Moore said.

Marching Ads win Spirit of Valley

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

HARDIN VALLEY — Farragut High School’s Marching Admirals band earned high marks in every category — being named Grand Champion with its numerous awards — during 6th Annual Spirit of the Valley Marching Band competition Saturday, Oct. 1, at Hardin Valley Academy.

The group’s awards also included: first place drums, Class 5A and overall; first-place color guard, Class 5A; first-place visuals in Class 5A and overall; first-place music in Class 5A and overall; first-place general effect in Class 5A and overall; and first-place Class 5A overall.

As is custom, the 41 seniors accepted the awards on behalf of the band (*see photo, page 1A*).

“While the band has been really close to a win over the last two marching season (winning music in three out of four shows last year and second overall in three out of four shows last year, with one third place), this was their first win and sweep of all captions (music, visual, general effect, percussion and class color guard) at HVA,” FHS band director Kenneth Carrico III said. “This group has worked so hard and their hard work was rewarded (that) weekend.

“I was very proud of the students — they did a great job with this year’s show,” he added.

“It was a very impressive performance that night.”

Fourteen bands competed in various divisions, including high schools from Concord Christian School, Rockwood, Knox Central, West, Karns, Clinton, Halls, Gibbs, Carter and Lakeway Christian Academy.

Hardin Valley Academy’s band performed an exhibition but did not compete.

This was the second of four competitions for FHS: next is a visit to West Ridge High School Saturday, Oct. 22, then at Alcoa Saturday, Oct. 29.

Harvest Weekend at SJNCC

TAMMY CHEEK

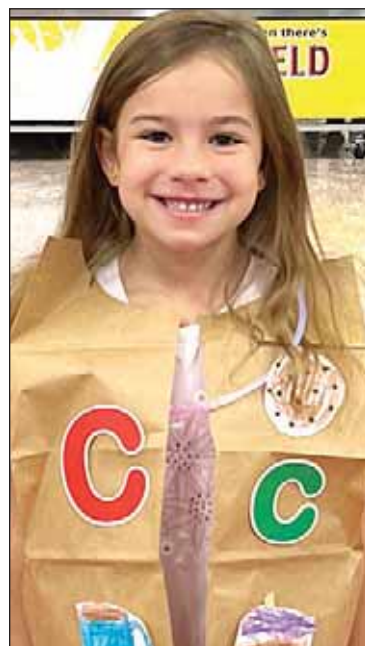
tcheek@farragutpress.com

Runs competitions, blessings and a carnival atmosphere highlighted St. John Neumann Catholic Church and School’s weekend as it celebrated Harvest Weekend on church grounds, 633 St. John Court, Saturday and Sunday, Oct. 1-2.

Festivities began Saturday morning with a Mustang Miler Fun Run and a 5K in front of the church, as small children and senior citizens alike were among participants braving the chilly temperatures.

See **HARVEST** on Page 8B

Letter perfect kindergartners at FPS



Photos submitted

Farragut Primary School kindergarten students celebrated learning their A, B, C’s last week by “walking the runway” in “letter vests” they made both Thursday, Oct. 6, and Friday, Oct. 7. Those included three students from Mandy Kincaid’s class. From left are Eli Jenkins representing “E,” Marvin Tack representing “M” and Cora Daniels representing “C.”

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• **Join Farragut High School lacrosse program's Annual Kickball Tournament fundraiser** event Saturday, Oct. 22, in Mayor Bob Leonard Park by visiting the program's website, www.farragutkickball.com. Registration is open online through

Tuesday, Oct. 18. Each team can consist of 10 to 12 players, each paying \$25 (cash, check, venom or PayPal; make out checks to FHS LAX Boosters). Participants are encouraged to come up with a creative team name "and attend in costumes," an event press release stated. Each player must fill out a registration form and accept/fill out a waiver. For more information, e-mail fhslox-boosters@gmail.com

• **Saint Elizabeth's Church, 110 Sugarwood Drive in Farragut, has started a program,** Meet the Artist, where various artists, professional and amateur, will have an opportunity to showcase their works in the church's Gathering Hall. Viewing is open to the public. Carla Sanchez's oil paintings currently are on display through mid-November (can be viewed after Sunday services, from roughly 11:30 a.m. to 12:30 p.m.). "... Her oil-painting style tends toward Classical Realism," a church press release stated.

• **Ladies who are new to the area, or who just want to make new friends, are invited to join Newcomers Club** for lunch and a program beginning at 11:30 a.m., Wednesday, Oct. 19, in Bearden Banquet Hall, 5806 Kingston Pike. Program will be a fashion show from Chicco's. For reservations, call 865-705-0309 before Friday, Oct. 14.

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W.S., Farragut

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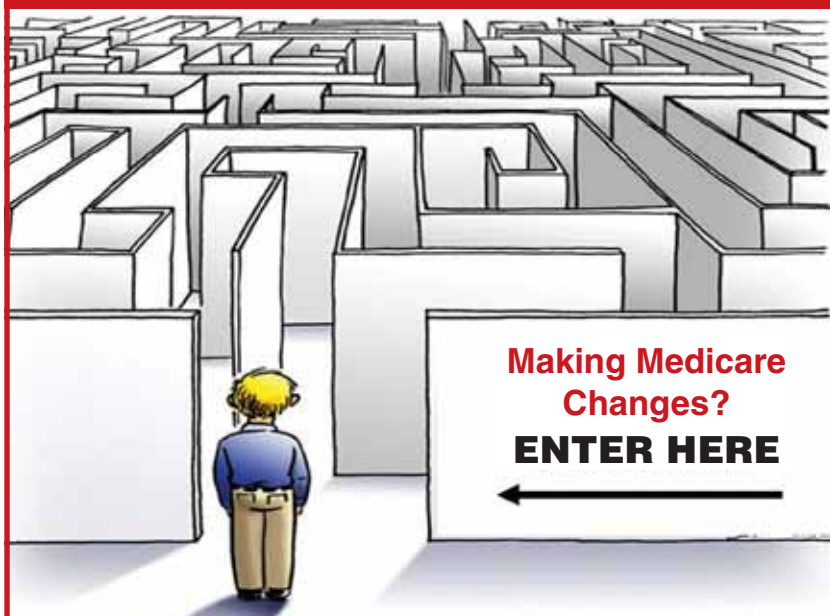
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Stephanie Myers
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See ASK VET on Page 9B

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Michelle Hollenhead

“Sir Bones” decorates the front yard of Chad and Barbara Pyle’s Rockwell Farms home, which helps raise money for St. Jude Children’s Research Hospital. The couple’s sons helping with the effort are, from left, William, Hudson, Christopher and Aidan.

‘Sir Bones’ in Rockwell front yard a St. Jude Children’s RH fundraiser

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

Meet “Sir Bones,” the 12-foot skeleton raising money for a good cause this Halloween season.

The automated skeleton is at home in the Rockwell Farms yard of Chad and Barbara Pyle, who tried for some time to purchase the enormous and nationally-desired decoration.

“It took us three years to finally get one,” said Barbara, who

See SIR BONES on Page 9B

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Harvest

From page 6B

Organizers said 184 — 72 for the 5K and 112 for the Fun Run — signed up. Damon Anderson of Knoxville earned first place for male overall in 5K; while Jennifer Schaefer of Le-noir City won female overall.

In the male division, J. Ander-son, 8, won for ages from 1 to 9; Zachary Hay, 13, (10 to 19); Christian Anthony, (20 to 29); Adam Heller, (30 to 39); Brendan McConville (40 to 49); Bryan Martin (50 to 59); Mark MacDonald (60 to 69); and Ste-phen Cocumelli (70 to 79).

In the female divisions, C. Heller, 8, won for ages from 10 to 19; Apha Ansink, 16, also won for 10 to 19; as did Deedra Fay Bejarano (40 to 49); Chris-tie Hubbard (50 to 59); Jean Miller (60 to 69); and Claire Ansink (70-79).

Parishioners returned to the church at 11 a.m. for the Blessing of the Pets service by Pastor Joe Reed. About 50 brought dogs, cats — and even a couple bunnies. That eve-ning, parishioners enjoyed a chili cook-off.

SJN’s Harvesting For Him Festival Sunday, Oct. 2, fea-tured a kickball tournament, soccer challenge, rock climb-ing, inflatables, cake walk, food trucks and a dunking booth,



Photos by Tammy Cheek

(Above) Father Joe Reed shakes holy water on 2-year-old Minnie while her owner, Kim Thompson, holds her during a Blessing of the Pets ceremony on St. John Neumann Catholic Church grounds, 625 St. John Court, Saturday, Oct. 1. **(Left)** SJNCC academic dean Sa-brina Talley is dunked during the Harvest for Him Festival at SJNCC Sunday, Oct. 2.



where principal Bill Derby-shire, academic dean Sabrina Talley and Reed took turns in the booth getting dunked.

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Sir Bones

From page 8B

noted the skeleton was purchased from Home Depot.

Before they even were able to buy “Skelly,” as he is known to other owners, Barbara found out about a national fund-raiser, “Skeletons for St. Jude.”

Organized by Skeletons for Hope (found at skeletonsforshope.org), the organization has raised nearly \$61,000 this year in support of St. Jude Children's Research Hospital in Memphis (goal of \$100,000). “All money donated goes

straight to St. Jude,” explained Barbara, pointing out her sign, donated locally by FastSigns, has a QR code donors can scan with their smartphones at 420 Rockwell Farm Lane.

“We are hoping to raise at least \$1,000,” she added.

The family, which includes sons, Aidan, Christopher, William and Hudson, is well-known for decorating their home and yard for holidays and other occasions.

The family won the Town's Fourth of July decoration contest earlier this year, and also lit their home with blue and

yellow lights when Russia invaded Ukraine as a show of solidarity.

But Halloween is Chad's favorite holiday, and he is the driving force behind the family's myriad of decorations.

“We will have a graveyard, fog machine, a 9- to 10-foot tall Grim Reaper and an 8-foot tall Angel of Death,” Barbara said, noting they won their neighborhood's Halloween decoration contest last year, but removed themselves from the running this year.

“We are just asking for donations instead,” she said.

Ask Vet

From page 7B

distress. If you ever think Sadie is having difficulty breathing, she should be taken to your veterinarian (or closest emergency facility) as soon as possible.

Therapies for asthmatic cats include long-term medications to decrease and control inflammation and prevent a potential emergency “asthma attack.” Medications may include steroids, bronchodilators and inhalers.

At home, cats will do best if

they live in a smoke-free home. Also recommended is dust-free litter, minimizing sprays/chemicals and frequently changing air filters. If your cat goes outside, time outdoors should be limited when air quality is poor.

By finding the ideal medication regimen and incorporating environmental changes, most cats do well and can live fairly normal lives.

Best of luck to Sadie.

If you have questions about your pet, e-mail Dr. Myers at le-noircityac@gmail.com.

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Bearden	5-2	183-112	+71
Knoxville Catholic	3-3	154-188	-34
CAK	2-6	109-198	-89
HVA	0-7	68-190	-122

Webb nears PureMagic Scoreboard title

Edging Silverdale Baptist Academy 23-20 in Chattanooga last Friday, Webb School of Knoxville remains undefeated at 7-0 following Week 8 action ending Oct. 7.

While closing in on a Division II-AA East Region crown, Dave Meske's Spartans are just one win, or one more loss each by Bearden and Farragut, from claiming the 2022 PureMagic How the West Was Won Contest crown for best regular season record among the six Farragut-area teams.

In its 15th season being sponsored by PureMagic Carwash, the contest leader is looking to wrap up its first Scoreboard crown since winning its third straight PM-HWWW title in 2010.

Several two-way players excelled in Spartans green.

Handing Silverdale its third loss of the season (5-3, 2-2), Spartans senior quarterback/defensive back Charlie Robinson was a star on both sides of the ball.

Robinson was 15-of-26 passing for 202 yards, while rushing 19 times for 68 yards, which included a 2-yard TD run.

Defensively, Robinson had eight

solo tackles (11 overall) while forcing a fumble.

Junior receiver/defensive back Markeis Barrett caught nine passes for 158 yards, while grabbing an interception and racing 27 yards.

Running back/linebacker Joey Bonifacio rushed four yards for a touchdown while recording 18 total stops defensively, eight solo.

Running back Baxter Johnson rushed 16 times for 88 yards, including a 13-yard scoring run.

Linebacker Cooper Cameron had 16 tackles, which included nine solo.

Kicker Clay Fultz booted a 27-yard field goal.

Meanwhile, three-time defending contest champ Christian Academy of Knoxville (2-6, 0-4) has been out of the running for quite some time. A 40-14 home setback at the hands of Division II-AA East rival Grace Christian Academy (4-3, 2-1) is the latest Warriors struggle.

Junior Jay Duncan, workhorse CAK running back who had 141 yards rushing on 21 carries and 197 total yards, scored on runs of 41 yards and 3 yards.

Defensive standouts for the Warriors

included Eli Etherton, who had 13 total tackles (five solo) and two blocked extra points. Sloane Helton had 12 total tackles and Chase Stokely, 10, — each had three tackles for loss.

Webb and CAK both have Week 9 off.

Knoxville Catholic (3-3) officially was eliminated from contention following a 42-0 setback to nationally ranked Lipscomb Academy last Friday.

Despite another excellent defensive effort, Hardin Valley Academy couldn't quite crack the win column in non-region play, as the Region 1-6A Patriots (5-2) slipped past the Region 2-6A Hawks 17-7 at HVA.

Week 9

(All games begin at 7 p.m., Friday, Oct. 14, unless otherwise noted)

It's Cleveland time for Farragut and Bearden, as the rivals had Week 8 off while preparing to hit Interstate 75 South for huge Week 9 showdowns in Bradley County.

Bradley Central (6-1 overall and 2-1 in region) awaits a visit from Eddie Courtney's Admirals (5-2, 2-1) in a Region 2-6A rivalry that has seen the visiting team win the past four games (two regular season and two in the

playoffs). The Bears bounced back from a 21-7 Week 7 loss at Bearden with a 45-0 drubbing of Ooltewah last week.

You can follow the smell of M&M's just a few miles east, and you'll come to Cleveland High School, where the CHS Blue Raiders (4-3, 1-2) pulled off an upset raising eyebrows statewide in Week 7 — being the first East Tennessee team other than Alcoa to defeat mighty Maryville in the regular season (28-24) in 22 years (since 2000). It also was the MHS Red Rebels' first regular season region loss since 2000.

Bearden and Cleveland both will be rested (the Blue Raiders also having Week 8 off) as they clash with huge playoff implications.

Catholic returns to the Nashville area this week taking on Division II-AAA East Region foe Pope John Paul II Preparatory School (5-2, 1-2). Opening kickoff is 8 p.m., EDT.

Hardin Valley has the unenviable task of traveling to Maryville to face a Red Rebels team (5-2, 2-1) likely still angry following that Week 7 upset loss at Cleveland. What's more, MHS had Week 8 off.



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How to create structure after retirement

Professionals typically look forward to retirement and the freedom that comes with it. The notion that commuting and deadlines will one day be a distant memory is enough to make anyone excited for retirement. But when the day to leave the daily grind behind arrives, many retirees admit to feeling a little anxiety about how they're going to find structure.

Retirement is a big transition, and Robert Delamontagne, PhD, author of the 2011 book “The Retiring Mind: How to Make the Psychological Transition to Retirement,” notes that some retirees experience anxiety, depression and even a sense of loss upon calling it a career. Some of those feelings can undoubtedly be traced to the perceived lack of purpose some individuals feel after retiring. Without a job to do each day, people can begin to feel useless. Overcoming such feelings can be difficult, but finding ways to build daily structure can make the transition to retirement go smoothly.

• Find something to truly engage in.

Professionals who truly enjoy their work tend to be fully engaged, so it's no surprise if such individuals have a hard time adjusting to retirement. Some may suggest volunteering can help

See **STRUCTURE** on Page 3C

How to stay mentally sharp after retirement

If asked to describe how they envision retirement, many professionals might reference travel, time spent with grandchildren and various recreational pursuits. Few, if any, would mention cognitive decline. However, cognitive decline poses a significant threat to aging men and women, especially during retirement.

Researchers have long since recognized that certain cognitive abilities begin to decline with advanced age, even among elderly individuals who are healthy. However, despite that decline, the Centers for Disease Control and Prevention notes that dementias like Alzheimer's disease are not an inevitable part of aging. In fact, the

CDC estimates that as many as 40 percent of dementia cases may be prevented or delayed. In addition, the CDC reports that it's not uncommon for routine memory, skills and knowledge to stabilize or even improve as the brain ages.

That's good news for retirees who want to spend their post-work life

pursuing their passions and hobbies. Individuals also can embrace some strategies to stay mentally sharp in retirement.

• Consider delaying retirement.

Even if early retirement is a dream, it might be better to work a little longer

See **MENTAL** on Page 4C



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Social media:

It's not just for kids anymore

Perhaps due to the popularity of social media among a generation of young people who grew up with it, platforms such as Instagram and Facebook are often associated with people born in the 21st century. However, a 2018 study from the Pew Institute found that 65 percent of adults between the ages of 50 and 64 used Facebook and 68 percent used YouTube.

Social media is often on the receiving end of negative attention, but it's also a potentially valuable tool that can help men and women over 50 stay connected with their communities. That's not always so easy for adults who no longer have children at home. And as its name suggests, social media can help users connect with others who share their interests. Such connections also can be hard to make for adults over 50.

Adults over 50 may be more comfortable with social media now than they were a decade ago, but it's still a good idea to brush up on basic security measures that can help men and women protect their privacy as they utilize platforms like Facebook, Twitter and Instagram.

See **SOCIAL MEDIA** on Page 6C

Structure

From page 1C

fill the void created by retirement, but researchers with the Sloan Center on Aging and Work at Boston College have found that only those individuals who are truly engaged in their post-retirement volunteering enjoy the psychological benefits of such pursuits. So before retirees dive right in to volunteering as a means to creating structure, they should first exercise due diligence and find an opportunity they'll find genuinely engaging.

- **Embrace the idea of "bridge employment."** "Bridge employment" is the name given to the trend that has seen retired individuals take on part-time or temporary employment after they have retired from full-time working. COVID-19 has no doubt skewed post-retirement working statistics since the World Health Organization first declared a pandemic in March 2020, but a 2019 survey from the LIM-RA Secure Retirement Institute found that 27 percent of pre-retirees with at least \$100,000 in assets planned to work part-time in retirement. Even part-time work can provide enough

daily structure to help retirees feel as though each day is not just a free-for-all.

- **Make a concerted effort to be more social.** Volunteering and working are not the only ways to create structure in retirement. A concerted effort to be more social can help retirees fill their days with interactions with like-minded individuals who may be experiencing the same feelings. Join a book club, a local nature group that goes on daily or semi-daily morning hikes or another local community organization. These are great ways to build structure and meet new people. Retirees can create social media accounts to find local community groups that cater to their interests. Even if it seems hard to believe, plenty of retirees are seeking to create structure in retirement life, and social media can make it easier to find such individuals in your community.

Structure and retirement may seem like strange bedfellows. But many retirees seek structure after calling it a career, and there are many fun ways for seniors to create more organization in their lives.



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Simple ways to lessen your financial load after 50



By the time people reach their fiftieth birthday, many have begun to imagine what their life in retirement may look like. Though data from the U.S. Census Bureau indicates the number of people working into their 70s increased significantly during the first two decades of the twentieth century, the vast majority of professionals still call it a career sometime during their 60s.

Retirement may still be a long way off for people who are 50 or in their early 50s, but around this time thoughts of what retirement could be compel many people to seek ways to reduce their financial load in anticipation of the day when they will no longer be working. Cutting back needn't be complicated, and the following are some simple ways for individuals 50 and over to save money.

- **Address unsecured debt.**

Unsecured debt, which can include credit card balances and medical bills, tends to carry higher interest rates than debts that carry a collateral requirement. According to the Federal Reserve, roughly 12.5 percent of individuals over 50 still have student loan debt, which is another type of unsecured debt. If possible, people over 50 should pay off these debts immediately

See FINANCIAL on Page 6C

Mental

From page 1C

than you had planned. A 2021 study published in the journal SSM - Population Health found that postponed retirement is beneficial to cognitive function for all genders, races/ethnicities, educational levels, and professional status. The study reported that individuals who waited until age 67 to retire experienced less cognitive decline than those who retired prior

to turning 67.

- **Make exercise part of your retirement routine.**

A lack of structure may seem enticing to individuals who have spent decades working. However, many retirees find that little structure loses it appeal quickly after calling it quits. When creating a new routine in retirement, include regular exercise. According to the Mayo Clinic, studies indicate that people who are physically active are less likely to experience

a decline in their mental function. So daily exercise not only gives retirees something to do, but also benefits their brains.

- **Enroll in an adult education course.**

A 2014 study published in the journal JAMA Neurology examined the association between lifetime intellectual enrichment and cognitive decline in the older population. The study's authors found that higher levels of late-life cognitive activity were associ-

ated with higher levels of cognition. The study's authors concluded that lifetime intellectual enrichment might delay the onset of cognitive impairment. Retirees can look into adult learning programs at local colleges and universities to see if anything piques their interest.

Retirement can be everything professionals hope it will be, especially for those who make a concerted effort to maintain optimal cognitive function after they call it a career.

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INDEPENDENT LIVING | DAILY TOURS

Faith, Family, Fellowship, Fun



Located in the heart of our hometown, The Villages of Farragut Senior Living community offers luxury living with a comfortable and catered-living lifestyle to 100 residents. The community, owned by GoodWorks Unlimited, LLC, opened in December of 2019 at Village Commons Boulevard, and has been thriving since their opening date. Located on the corner property at Kingston Pike and Smith Road, The Villages of Farragut is very proud to be a part of the fabric of Farragut, and the community will soon celebrate 3 years of “Good-works” in serving independent seniors.

Residents are living life to the fullest and thriving with a very active lifestyle. Each day offers different opportunities, including fitness and wellness, educational growth, spiritual studies, philanthropy, several clubs for various interests, social outings, live music and themed parties, and celebrations of special events and holidays.

The Villages’ Veterans Club meets monthly to celebrate the courage of our residents and veterans who served our great nation. Our Walking Club promotes good health and invites all residents to walk and count steps. Total steps to date for this active group have taken them around the world! Happy Hour with live music occurs every Friday, and lunch outings and day trips are planned often!

Resident Dale Collins stated, “The residents and staff were so friendly, happy and upbeat during my tour of the community, I knew then I had found my new home. It was like stepping into a neighborhood full of happiness and love!”

“The interest and response from the community has been overwhelming,” said Sandi Simpson, Community Relations Director. “We are proud to be a part of the

fabric of Farragut”. The vision for The Villages took several years of planning and nearly three years of construction to become a reality, as married couple Gary and Ricki Keckley — owners of GoodWorks Unlimited, LLC — along with several local investor partners, worked on every detail. The community is adorned with portraits, pictures, and artifacts reflecting not only the Town of Farragut, but also the beauty of East Tennessee.

“
We invite seniors to
come visit and see what
our catered living is all
about.”

~ Melody Matney,
Executive Director

meals offering many menu choices. We support an active and healthy lifestyle with paved walking paths and a Walking Club, cardio classes, Tai Chi, Bridge Club, Book Club, Poker Night, and Golf Tournaments on the putting green. We are also proud to offer on-site physical therapy through EmpowerMe Wellness.

Spacious apartments, in a wide variety of floorplans (from 685 to just under 1,500 square feet, many with balconies, sunrooms, or screened in porches), surround the main three-story palatial shared living spaces that include an expansive dining area complete with a grand

piano for live musical concerts. Residents have a variety of activities literally at their fingertips, from interpersonal social and creative opportunities to a wellness center, billiard parlor, and courtyard with putting green, along with a spa, and on-site salon services, among its many amenities.

Matney and Simpson make sure all residents feel free to bring their ideas and customs to The Villages under the slogan “Your Life. Your Way,” which they incorporate into prominent social events, such as Fall Festival, Candlelight Christmas, Mardi Gras celebration, Kentucky Derby, and much more.

The Admiral’s Club is the residents’ way of giving back to the Community. The club has raised significant funds for Parkinson’s Research, Wreaths Across America for the Veterans, our local food pantry, and the walk for Alzheimer’s Tennessee. Residents in the Admiral’s Club also partnered with the Tennessee Valley Humane Society to help with needed supplies for their adoption program.

“We invite seniors to come visit and feel the warmth of our community and experience what catered living is all about,” said Matney. “The residents who come here want a happy, safe environment, providing great food, friends, and a family atmosphere — and that is exactly what we offer. Our goal is to help residents remain in the community, and a selection of supportive services can be added as the need may arise.”

While the Villages’ independent living community is flourishing, it has a 10-year building plan. Additional phases of construction will include an assisted living and memory care community, and 66 independent living villas with attached garages, for which construction plans are underway.

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Financial

From page 4C

or make their best effort to pay extra each month so they are paid off as soon as possible.

- **Pay in “cash.”**
It’s not enough to simply pay off unsecured debt like consumer credit. It’s also important to stop accruing additional debt. Individuals over 50 should resist the temptation to use their credit cards, instead paying with cash or debit cards. Credit card debt is often characterized as a problem for young consumers, but a 2021 report from ValuePenguin found that the median credit card debt among individuals between the ages of 55 and 64 was higher than it was for consumers aged 35 to 44. Paying in cash, whether it’s with paper currency or a debit card, ensures you’re not digging yourself into debt.
- **Reexamine your housing situation.**
Adults 50 and over who purchased their home in their late 20s or early 30s are likely nearing the maturity date on their mortgages. If so, pay-

ing a little extra toward the principal each month will help you pay off that mortgage a good deal earlier than if you keep paying the same amount you’ve been paying for years. Though paying extra money each month may not seem like reducing your financial load, it will do so considerably over time. For example, the financial experts at Wells Fargo note that individuals with a fixed-rate mortgage loan of \$200,000 at 4 percent can cut the term of that loan by more than 4.5 years by paying as little as \$100 extra each month toward their principal. Homeowners over 50 who have already paid off a significant percentage of their mortgage loans could reach maturity much sooner if they start paying more toward principal now. Since housing costs are many people’s greatest expense, removing a mortgage payment from your financial ledger by the time you reach 55 could create significant financial flexibility as you get closer to retirement.

Individuals over 50 can utilize some simple yet effective strategies to reduce their financial obligations as retirement nears.

Social Media

From page 3C

- **Protect your personal information.**
No social media user has the right to access your personal information, including your address, date of birth or other data unique to you. Avoid interacting with anyone who requests personal information, employing the function to block such users from connecting with you when possible. It’s also important to keep information about travel plans private. For example, sharing details of an upcoming vacation can serve notice to potential criminals that no one will be in your house, making it a potential target for burglars.
- **Aim for quality, not quantity, when building social media networks.**
Avoid accepting friend requests from individuals you don’t know. Cyber criminals often gain access to victims via social media, so limit your social media network to people you know and trust.

- **Turn off location information.**
The technology behind social media is impressive and even makes it possible to determine where users are when they tweet or post to other platforms. But many users, especially those concerned about their privacy, don’t want to share location information with anyone, much less strangers. Turn off location information and routinely double check to make sure it’s still turned off.
- **Discuss others’ privacy concerns before posting to social media.**
Social media isn’t for everyone, and some people may not want photos of themselves or their children posted to platforms like Facebook or Instagram. Prior to posting pictures or information about other people, confirm that they’re OK with you doing so.

Adults over 50 are engaging with social media. But no matter how comfortable users become, it’s still best to keep various social media safety protocols in mind.

Did You Know?

Age is no deterrent when it comes to academics

Students often experience some jitters on the first day of school, but the prospect of such nervousness doesn’t appear to be too great a deterrent for students 60 and older. Officials at Toronto’s York University estimated they had around 430 students aged 60 and older in undergraduate and graduate programs in 2021. Increased enrollment among people at or nearing what is often considered retirement age could be a reflection of what the AARP notes has been an increase in continuing education courses at many colleges and universities. Such courses may be offered to individuals of a certain age at reduced tuition. They also can help workers over 50 learn new skills that can benefit them in an ever-adapting professional landscape that increasingly relies on technologies that may not have been around when older professionals attended college and began their careers. In addition, the AARP reports that individuals interested in going back to school for personal enrichment, as opposed to achieve an advanced degree, may be able to audit classes for free. In such instances, older adults often do not receive academic credit but still get to benefit from taking the class.

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Make new friends after 50

The early years of midlife are a hectic time for many people. Around the time many people reach their late 30s and early 40s, they're balancing the responsibilities of a career and a family. But as people enter their 50s, some of those responsibilities tend to be less significant, leaving more time for recreational pursuits.

Hobbies and other pursuits outside of work are often more fun when enjoyed with friends. People over 50 undoubtedly recognize that it's not always so easy to make new friends, even though it's undeniably beneficial to have supportive relationships into your golden years. A 2017 study from researchers at Michigan State University found that valuing friendships was a stronger predictor of health and happiness among older adults than valuing family. Those results align with an earlier Australian study that found Australians age 70 or older tended to live significantly longer if they had more strong friendships.

Making friends after 50 might not be as simple as it was during your school days, but these strategies can help men and women in midlife build new friendships.

• **Identify your interests.**

Fiftysomethings who have spent the last couple of decades building a career and raising a family can give some serious thought to their interests outside of work or passions they hope to pursue now that they have more time to commit to such pursuits. The more interested you are in a given activity, the

more likely you are to stick with it. And the longer you stick with something, the more likely you are to meet like-minded individuals (i.e., future friends) willing to make similar commitments.

• **Utilize social media.**

In years past, men and women over 50 may not have had any readily available tools to reach out and connect with new people. Social media has made it much easier to build such connections. Even the most obscure passions likely have a social media group of locals devoted to them, and these groups can be great ways to meet new people. A local runner's club may have its own social media accounts, and local governments and community groups often share information about sports leagues and other groups via social media.

• **Sign up for group outings.**

Communities often sponsor group outings to museums, the theater, sporting events, and other day trips. Signing up for a bus trip to a local museum presents a great opportunity to meet people who share your interests, providing the potential to build lasting friendships built on a foundation of shared interests.

• **Broaden your horizons.**

Just because you're in your 50s doesn't mean your friends have to be. Don't hesitate to invite younger or older acquaintances and colleagues over for dinner or on weekend excursions. Friends come in all shapes, sizes and ages, so you could be missing out if you're not willing to extend a hand in friendship to people of different ages and backgrounds.

Making friends after 50 can be challenging. However, various strategies can help men and women over 50 connect with new people.

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Photos courtesy of Justin Fee-Photografee

Auction Breaks Records for 2022

Records were happily shattered in both attendance and funds raised for the Chamber's annual signature fundraising event, The Auction, presented this year by TDS Telecom, on September 29th at The Venue in Lenoir City. President/CEO Julie Blaylock estimates that the attendance of upwards of 350 people, and the more than \$28,000 sold in live and silent auction items is the best the chamber has seen in over a decade.

More importantly, Blaylock says, the donation of a portion of proceeds to the chosen non-profit, Remote Area Medical, will also break a record from the event, exceeding over \$12,000. This is due in part to 20% of ticket and item sales, with an additional 100% of the final live auction item, Lunch with Two Mayors, raising \$10,000 all by itself. The funds will stay in the community, going to support the January 2023 Knoxville Health Clinic.

The Chamber is grateful to MANY businesses who made the event happen, but specifically to the following:

Presenting Sponsor TDS Telecom, Event Sponsors Home Marketing Group, Knox County and Town of Farragut; Community Sponsors Crown Title, Faith Promise Church Farragut, FirstBank, NHC Place Assisted Living and Simmons Bank; as well as media sponsors farragutpress and WATE.

Table Sponsors/Hosts: Angie Cody EXP Realty, Apricot Lane Boutique, Bryan Insurance, Centriworks, Engel & Volkers, farragutpress, First Horizon, FirstBank (two tables), The Forge, GAMA Network Solutions, Knox County, the Knox Fox Real Estate Group, NAI Koella RM Moore, Pinnacle Financial Partners, Regions Bank, Remote Area Medical, Simply Magical Vacations by Amy, TDS Telecom, Town of Farragut, Trademark Advertising, Turkey Creek Land Partners, and Y-12 Federal Credit Union.

Plans are already underway for next year's fall auction. Anyone interested in being part of that event's success should contact julie@farragutchamber.com.



Business Intern excited for new role

The chamber is thrilled to welcome a Business Intern from Farragut High School for Fall 2022 semester! Besides loving English and Spanish studies, Natalie Wood is a member of National Honor Society, National Spanish Honor Society, and National Achiever's Society. She also enjoys participating in Junior State of America, whether debating

or watching others. Although she does not know what college she will be attending next fall, she is considering a major in business.

When Natalie is not working or at school, she loves reading, music, and spending time with family, including watching movies/shows with her two

See **INTERN** on Page 3

New Member Orientation set for 18th

Attendees of the Fall New Member Orientation on October 18 at 11:30am in the Farragut Community Center's gathering hall will enjoy a TRUE New York Italian treat from member, Puleo's Pizzeria, including hand-kneaded focaccia bread, various pastas and from-scratch sauces, salad, and samplings of their delicious desserts. Puleo's

owner/chef, Dave Puleo (son of the infamous Steve Puleo of the former Puleo's Restaurants) is excited to showcase his cooking for the chamber.

The program is open to members who have recently joined, existing members with newer staff or marketing personnel, and also anyone who is not YET a member but wants to learn more. It includes a 30

minute networking period and an info-packed 60-minute session all about getting involved with the chamber and how to maximize benefits.

Register for the October 18th orientation online at farragutchamber.com > Events. Questions? Contact Julie Blaylock at 865-675-7057 or email julie@farragutchamber.com for information.



October Member of the Month

Congratulations to Trisha Kelly, owner of **The Classy Caterer**, on being nominated and selected as our Member of the Month for October! Trisha Kelly is famous in East Tennessee for her cheesecakes. In 2017, she made the leap into catering as well. Passionately-Southern, Trisha pours that into every recipe that she makes. From homemade dips, to elaborate cakes and desserts, her food simply does not miss! She serves her Chamber and community faithfully, and it shows by all who call to have her cater, and how long her waitlist is. Congratulations, Trisha!

Enterprise Club

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

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Networkings

Tennessee Valley Pool & Spas - September 8, 2022



Terry Smiley, *FirstBank Farragut*, Marianne Morse, *MaryKay*, and Zan Schriver, *Volunteer Ministry Center* smile for the camera as they work check in at the networking.



Chuck Chalker, *FASTSIGNS* and Teri Jo Fox, *The Knox Fox Real Estate Group*, take a moment to smile for the camera at the evening networking.

Movement Mortgage, Second Harvest Food Bank, and Junk Galaxy - September 15, 2022



Staff from *Movement Mortgage*, *Second Harvest Food Bank*, *The Classy Caterer*, *Farragut West Knox Chamber* and *Junk Galaxy* gather after loading Mac & Cheese in the *Second Harvest Food Bank* truck!



Amy Huckwell, *Send Out Cards*, Christina McCollum, and Danielle Cooper, *Fantasy Casino Events*, pose for the camera during the morning networking.

The Pinnacle at Turkey Creek - September 22, 2022



Julie Blaylock, Cindy Kraus, *Engel & Völkers*, Johnathan Stocking, *Knoxville Health Plans*, and Kate Dykes, *SERVPRO of West Knoxville*, smile for the camera at the evening networking.



Aaron Spencer, *Woolf, McClane, Bright, Allen & Carpenter*, and Nicholas McGill, *Heroik Media and Technology* enjoy conversation and networking.

Lunch & Learn Series returns with focus on managing cashflow

Join the Chamber for an INFORMAL but INFORMATIVE educational lunch program presented by industry experts within your very own Farragut West Knox Chamber of Commerce! FWKCC's Lunch & Learn Series returns Thursday, November 3, providing both chamber members and members of the business community with an opportunity to learn Best Practices on a variety of topics. This member-to-member format lets panelists informally SHARE their helpful industry standard knowledge that is ALSO specific to the business climate and requirements of our own city, region and state.

For the November program, the focus is on one of the all-important aspects of successful business: managing cashflow. We'd love to think that revenue will always flow from January to December, but as most business owners and entrepreneurs find out... that's rarely what happens. How do you deal with the DRY spells and learn to anticipate them? After a 30-minute networking and lunch period that starts at 11:30am, the Noon to 1:00 pm "Cashflow Confidential" will have our panel discussing and taking YOUR questions on best practices, tips, and trouble-



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shooting on managing CASH and financial assets within your small business. Featured are Drew Rutherford-Transworld Business Advisors, Nikki Brinkley-First Citizens Bank, and Rita Thomas-Rita Thomas Enterprises.

The program is open to ANY business attendee and is included at NO cost for current chamber members, and is \$15 for non-members. Members must log in using their Online Member Portal credentials to attend at NO COST. Lunch is provided by Tropical Smoothie. Visit www.farragutchamber.com > Events and look for the link on November 3.

Ribbon Cuttings

Thierry V. Sommer & Associates 25th Anniversary September 7, 2022



Congratulations to Thierry V Sommer & Associates for 25 years as a business! Not only is Thierry an established member of the community, but he is also a past chair of the Chamber's Board of Directors! A faithful member of the community, Thierry & his staff were supported by Chamber members and clients as the ribbon was cut.

Servpro of West Knoxville Groundbreaking September 8, 2022



Congratulations to Servpro of West Knoxville on the groundbreaking of their new facility! Joined by Knox County Mayor Glenn Jacobs, community members, and chamber members, staff broke ground on their new 31,250-square-foot facility, which will house offices, a training room for on-site educational courses and training, a client showroom, employee bunkroom, employee gym, and a warehouse that will include areas for full-service contents cleaning and restoration and an ozone chamber.

Premier Eyecare 20th Anniversary September 13, 2022



Congratulations to Premier Eyecare on their 20th Anniversary as a business! We were honored to be able to celebrate them with a ribbon cutting. Premier Eyecare of Knoxville provides a caring team of eye care professionals dedicated to providing the highest quality of personalized eye care products and services for the whole family. They value our patient relationships and strive to improve quality of life and vision wellness through uncompromising service and state-of-the-art technology. Dr. Brent Fry and his staff are a close-working team dedicated to serving the people of Knoxville.

Transcend Chiropractic September 21, 2022



Welcome to the community, Transcend Chiropractic! Doctors Connor and Leigh Davis landed in Knoxville by way of Davenport, Iowa, where they met in chiropractic school. They specialize in a chiropractic technique called NUCCA and are one of only three chiropractic offices in Tennessee that practice this. Go give them a visit at 3026 Tazwell Pike!

Member Briefs

Looking for more details on a specific event, special or job? Go to www.farragutchamber.com to see these and other member items!

Farragut Primary School has received part of the SONIC Dr. Pepper Games. SONIC has donated \$50,000 to support local Knoxville schools and directly fund classroom projects submitted by local public school teachers, in partnership with education nonprofit DonorsChoose.org.

Kooky Cookies has debuted their new protein cookies! They have created four flavors: Peanut Butter, Chocolate Chunk, Chocolate S'mores, and Caramel Macchiato. Made with gluten free oat flour, grass fed butter, non-GMO sugar, be sure to go visit them and try one!

In support of this year's theme for Fire Prevention Week, "Fire won't wait. Plan your escape," the fire and water cleanup and restoration specialists with **SERVPRO of West Knoxville** remind home and business owners that the single most important thing to do when fire breaks out is to get out of the building. SERVPRO specializes in fire and water cleanup, as well as restoration services and repair services, helping to remediate damage for both commercial and residential customers. For more information about them, visit www.servpro.com.

Your pet will love these cozy, custom built homes! **Young Williams Animal Center** is hosting their "Barkitecture" Auction happening now. Now through October 16, you can help shelter pets find a loving home and spoil your own furry friend with a custom built pet house by AIA East Tennessee. The American Institute of Architects-East Tennessee teams built 11 one-of-a-kind structures to support Young Williams. Each time you bid, you're giving a vulnerable pet a second chance. Check out the builds and place your bids at knoxbydesign.org/barkitecture/.

Did you know you can have a personal shopping session and make friends while you do it? Look no further than **Apricot Lane Boutique!** Owner Liz Hicks hand selects each piece that goes into the store, and is passionate about helping women find clothing that makes them feel confident. Give them a visit at 4439 Kingston Pike, 37919!

Intern

From page 1

older siblings. She has a penchant for both horror AND romantic comedy genres in movies OR books. Her current favorite music artists are Djo, Mitski, and Kali Uchis. Natalie says she "is so thankful for this opportunity and looks forward to learning many valuable lessons along the way!" Chamber staff are equally as happy to have her. Natalie can be found at the chamber's front office window on Mondays and Thursdays in the afternoons; stop in to meet and congratulate her.



**FARRAGUT
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CHAMBER of COMMERCE

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Welcome New Members!

The Chamber welcomes these businesses who joined us recently in September!

Did you know businesses/organizations can submit an application & payment online? Visit www.farragutchamber.com and click "Join the Chamber!"



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Fostering HopeTN, Inc was started by a local Knoxville family in 2013 as a non-profit to meet the needs of children and families from the Child Welfare System. Many children were moving homes with trash bags as their luggage and once people started hearing about this travesty the community came together to make a difference in these children's lives. The organization provides backpacks, suitcases, and supplies to children who are transitioning from foster

homes or who have just entered the system. To find out how you can help, visit <https://fosteringhopetn.com/> or call Allen McMichael at (865) 414-6892.



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Welcome Back Renewing Members!

A special thank you goes to these renewing members who are continuing their support of our chamber and the businesses it serves through their above and beyond Enterprise Membership:



Thank you for your Anchor Enterprise Memberships!

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

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Markets at Choto
Midwest Communications, Inc.

Mountain Commerce Bank - Bearden
Myers Bros. Holdings, Inc.
Pentalux LLC
Remote Area Medical
State Farm Insurance - Cindy Doyle
State Farm Insurance - Mike Massaglia
Staybridge Suites - Knoxville West
United Way of Greater Knoxville, Inc.
Women's Basketball Hall of Fame

Calendar of Events: October-November 2022

Members can quickly RSVP for events in their Member Portal at <http://members.farragutchamber.com/login>. Call 675-7057 or email Suzanne@farragutchamber.com for a link to create your account! Visitors/Guests can register by clicking the links on the Chamber Calendar (www.farragutchamber.com > "Events") and registering under "Not a Member?".

Tuesdays at the Chamber: FREE Business Mentoring for ANY business with SCORE Greater Knoxville.

MUST Email Clifton.Caudill@SCOREvolunteer.org to pre-schedule

Wednesdays at the Chamber: FREE Business ADVISING for ANY business @ Chamber with SBDC. Visit www.tsdbc.org/request-advising/ to pre-schedule

Thursday, October 13, 2022

8-9a

Networking – Closets by McKenry
201 Center Park Dr. | Suite 1070 | Knoxville 37922

Tuesday, October 18, 2022

11:30a-1p

New Member Orientation
Farragut Community Center
239 Jamestowne Blvd. | Farragut 37934

Wednesday, October 19, 2022

5-6:30p

West Wednesday: YP Networking
Finn's Irish Restaurant & Tavern
9000 Kingston Pike | Knoxville 37923

Thursday, October 20, 2022

8-9a

Networking - His Security & Technology LLC
Real Men Wear Pink Campaign
11426 Kingston Pike | Farragut 37934

Wednesday, October 26, 2022

3:30-4:30p

Ribbon Cutting -
The Fox Knox Real Estate Group New Location
11553 Kingston Pike

Thursday, October 27, 2022

4:30-6p

Networking - King University
10950 Spring Bluff Way | Knoxville 37923

Tuesday, November 1, 2022, 3:30-4:30p

Ribbon Cutting -
RiskSOURCE New Location
800 S. Gay St. | Suite 1505 | Knoxville 37929

Thursday, November 3, 2022, 11:30a-1p

FWKCC Lunch & Learn: Cashflow Confidential
1801 Downtown West Blvd, 37919

Wednesday, November 9, 2022, 11a-Noon

Ribbon Cutting – The Forge
665 Gladstone Rd. | Lenoir City 37771

Thursday, November 10, 2022, 8-9a

Superior Carpet & Rug Cleaning
114 Sherlake Dr. | Knoxville 37922