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ISSUE 10 VOLUME 30

FARRAGUT, TENNESSEE

THURSDAY, NOVEMBER 16, 2017 • 1A

Horn: NW sector rezoning a win-win for FHS, HVA

ALAN SLOAN

editor@farragutpress.com

Helping to make Knox County Board of Education's vote unanimous to rezone high school students from a handful of subdivisions in the Town of Farragut's northwest quadrant — zoned back to Farragut High School instead of Hardin Valley Academy — Susan Horn, District 5 Board representative, said its a win-

win situation.

"This should be a solution that really should satisfy all the families," Horn said.

"As I was knocking on doors when I was running for office, when I was in those neighborhoods — including Saddleridge, Sedgefield and Fox Run [subdivisions] — I heard time and again ... many, many of those people wanted those neighborhoods zoned back to Farragut," she

added.

With children in this quadrant attending Farragut public schools from kindergarten through eighth grade, Horn said, "I think it's because they are part of the Farragut commu-



Horn

nity" about why so many parents wanted to be zoned back to FHS. "Their kids have gone to Farragut Primary, Intermediate and Middle schools. And they're on the same sports teams."

However, "There is a very lenient grandfathering clause in the new zoning policy," Horn said, which allows those northwest sector families who have a teenager currently attending HVA to remain there, if they choose.

Moreover, if a given student in the northwest sector would be a sophomore, junior or senior at HVA in a given school year and has a sibling who would be a freshman that same school year, that younger student has the option to attend HVA with his older sibling and remain at that school all four years.

"The point of the grandfather-

See REZONE on Page 4A

One final salute



Photo submitted

(Above) U.S. Navy Capt. David McAlister, Christian Academy of Knoxville Class of 1989, was keynote speaker during CAK's annual Veterans Day ceremony Wednesday, Nov. 8.

(Below) University of Tennessee ROTC Historic Dragoon Company cadets, from left, Natasha Parowski, Kylie Logue, Jake Corbin and Sterling Rovins, demonstrate how a flag is folded during a U.S. Flag Retirement Ceremony, annually hosted at St. John Neumann Catholic Church, Saturday, Nov. 11.



(Above) Concord Christian School first-graders Seth Wilson, Nola Lawrence, center, and Hannah Daws lead pledges in CCS Veterans Day program Wednesday, Nov. 8, at First Baptist Concord.



Members of Concord Christian School's Marching Band performed for CCS Veterans' Day program. From left, in front, are Logan Eckard, James Bryant, Jared Davis, Witt Norris and Kristen Overbay.

Photos by Tammy Cheek, Michelle Hollenhead and Alan Sloan



Retired U.S. Marine Sgt. Bradley Walker, a combat-wounded veteran, and his Smoky Mountain Service Dog, Bella, participated in annual Farragut Fall 5K Run, Fun Walk & Dog Jaunt on Veterans Day, Saturday, Nov. 11, in and around Mayor Bob Leonard Park.

Friends were unknowingly Congressional opponents

Gross, Town resident, gladly drops out to endorse Matlock to replace Duncan

ALAN SLOAN

editor@farragutpress.com

It may seem like customer loyalty to the extreme, but Farragut resident Kenneth Gross enthusiastically spelled out his most important reason for terminating his campaign for the 2nd District U.S. Congressional seat.

While saying business travel "was really extensive," eating up precious campaign time otherwise spent meeting citizens and fundraising, this local Republican had a much more personal reason to end his campaign.

A close friend of state Rep. Jimmy Matlock [R-District 21], a Farragut businessman who also announced his run for the soon-to-be-vacant 2nd District seat in early August, "I didn't realize, and Jimmy didn't

See ENDORSE on Page 3A

Hollenhead joins farragutpress staff

STAFF REPORTS

editor@farragutpress.com

Award-winning reporter Michelle Hollenhead, Knoxville native and Farragut High School alumnae, has joined farragutpress.

With experience as an editor, Hollenhead has worked for several publications in East Tennessee during the last two decades, including Knoxville Business Journal, Harriman Record, Roane County News, Knoxville News Sentinel, and most recently, the Morgan County News.

Hollenhead, a 1984 FHS graduate, has won several writing awards, including two Virginia Press Association Awards for layout and design, a Tennessee Press Association Award for Best Single Feature, and more recently shared TPA awards with fellow staff members in both business- and feature-writing categories.



Hollenhead

See HOLLENHEAD on Page 3A



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Cobble gives First Amendment 'dose of truth' as AFA speaker

ALAN SLOAN
 asloan@farragutpress.com

Labeled by an ACT For America press release as a "Christian conservative attorney from Greeneville who argued our case against same-sex marriage proposal before [the General Assembly] in Nashville," Jeff Cobble shined a unique light on the First Amendment recently.

"You're about to get a dose of truth that I will be surprised if you've heard anywhere else, ever. ... Our judges don't understand what I'm about to say tonight; most attorneys do not understand," Cobble said as AFA featured speaker at its Thursday, Oct. 26, meeting in Don Delfis Pancake House and Restaurant.

"... It's a misunderstanding of the First Amendment of the Constitution of the United States. ... We were states before we were a nation," he added. "... The people came first, the states came next and the federal government came last, and the power is in that order. ... The states delegated limited powers to the federal government."

As a result, Cobble said state

constitutions should override federal jurisdictions beyond those "19 or 20 limited powers."

For example, "The Department of Education, no constitutional authority," he said. "... There's a Preamble to the Bill of Rights, and it says at the time of the passing of the Constitution it was promised to the states that the federal government would not tread on their rights."

"... Nowhere in the text of the First Amendment do you see the separation of church and state. It's a false notion, it's a lie," Cobble added.

Moreover, Cobble said "the First Amendment is not addressing the people, it's not addressing the states, it's not addressing churches, it's not addressing the president, it's not addressing the Supreme Court — it's addressing Congress."

"'Shall make no law,' this is the main phrase for the entire First Amendment," he added. "It is a negative statement — it is a prohibition of the national government's law-making power."

Therefore, "The courts have no case to hear. ... There's no authori-



Alan Sloan

Jeff Cobble, center, a prominent East Tennessee attorney from Greeneville, speaks with ACT For America members Kevin Desmond, left, and Andy Andrew.

ty to hear First Amendment cases," Cobble said.

"This is common sense."

Cobble also made a point to remind his audience, "The First Amendment does not guarantee us religious liberty. If I would have

asked you that question [at the beginning of his address] almost everybody would have said, 'yeah it does,'" he said

"No it doesn't. ... It simply says,

See COBBLE on Page 3A

police reports

• At 8:21 a.m., Tuesday, Nov. 7, a complainant called Knox County Sheriff's Office West Precinct to file a report on an incident at Willow Creek Golf Club, 12003 Kingston Pike. He advised that an unknown suspect damaged a green by digging holes and drawing a picture of male genitalia in the grass. He advised he has no video surveillance but did take pictures for the detective assigned to the case. Estimated value of damage was listed at \$2,000.

• At 8:47 a.m., Nov. 7, a Pepperwood Lane complainant

See POLICE on Page 4A

correction

A story on McFee Park Master Plan Phase III construction project, approved by Farragut Board of Mayor and Aldermen during its Thursday, Oct. 26 meeting with an estimated cost \$6.1 million, had an incorrect amount listed in our Nov. 9 issue, page 2A.

Figures for a BOMA-approved design services contract with Ross/Fowler Architecture in Knoxville, to receive 7.25 percent of the estimated construction budget — which comes to \$442,250, also was incorrect.

We regret the errors.



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Alan Sloan

Farragut resident Ken Gross, right, came to Matlock Tire Service & Auto Repair Wednesday morning, Nov. 8, to officially endorse state Rep. Jimmy Matlock [R-District 21], a Farragut businessman who is running for the 2nd District U.S. Congressional seat.

Endorse

From page 1A

realize, that we were both announcing [for Congress]," Gross said during a brief ceremony announcing his decision at Matlock Tire Service & Auto Repair in Farragut Wednesday morning, Nov. 8.

Both men announced their candidacies within a week after Rep. John J. "Jimmy" Duncan Jr., 2nd District representative since 1988, announced July 30 his decision not to seek re-election.

About a week after Duncan's announcement, "Jimmy [Matlock] called me one morning and he said he'd like to have my support," Gross said. "I said, 'Well Jimmy, I've announced too.'

"If I would have known that I wouldn't have filed and started my campaign."

Moreover, Gross said he's been "a good customer" at Matlock's Farragut store location, one of four in the Knox metro area owned by the state representative.

Vice president of Safety & Risk Management for AMERESCO,

Gross said he remained a candidate for a few weeks before ending his bid "around Oct. 15."

Saying he's gotten to know Matlock well, both personally and with his record of service in Nashville, over a span of "about 12 years," Gross added, "I've got a great amount of respect and admiration for Jimmy Matlock.

"I want that person that has integrity, that has that statesman's mentality to go up there [Washington, D.C.] and do what's right for us — not what polls tell you or not what the pundits tell you, but vote the conscience of this district.

"And I think Jimmy Matlock is the only candidate in this race that will do that."

"I am humbled by Ken's friendship as a longtime customer and his support in this race for Congress," said Matlock, 58, who has served District 21 [parts of Loudon and Monroe counties] in Nashville since January 2007.

"He, like me and so many others, put his neck out there as a candidate, and to have him get behind my candidacy is a true honor," Matlock added.

Cobble

From page 2A

'Congress shall make no law.' ... Congress has no role in religion," Cobble added. "The national government has no role, either positive or negative, in creating rules about religion or stopping citizens from practicing any system of worship of God."

However, "The states pre-date the federal government ... The doctrines of Christianity are incorporated into all the [13 original

state constitutions," Cobble said about the states' intended power.

He proceeded to read sections from the constitutions of all 13 original states, which also were flashed onto a screen, to illustrate his point.

In the Massachusetts Constitution, for example, various levels of that state government would be required to provide "suitable provision, at their own expense, for the institution of the public worship, and for the support and maintenance of public, Protestant

teachers ...," Cobble read to the audience.

ACT For America's November featured speaker is Dr. Salman Hasan, "Who was raised Muslim and became a dynamic Christian. For decades he has been reaching multitudes of Muslims with the Gospel," an AFA press release stated.

With the meeting held a week earlier than normal due to Thanksgiving, Hasan's address is set to begin around 6:30 p.m., tonight, Thursday, Nov. 16, at Don Delfis.

Hollenhead

From page 1A

"I am thrilled to be working for the farragutpress — it has been a professional dream of mine for quite some time," she said. "I am very eager to get to know the people of Farragut and to write about what is important and interesting to them."

Also a graduate of Roane State Community College, Hollenhead lived in Rockwood for nearly 20 years before moving back "home

to Farragut eight years ago.

"We're excited to have Michelle join our family at the farragutpress. She's written for a large daily newspaper, a tri-weekly and been the editor of a weekly newspaper," Tony Cox, farragutpress publisher, said. "We were very fortunate to find a writer with her experience. And the fact that she is already a member of the Farragut community is a major bonus for the community and the farragutpress."

Hollenhead began her professional writing career as a stringer

for farragutpress' precursor, West Side Story, so she literally has come full circle to her new position.

"We're extremely fortunate to hire a reporter, in addition to her experience as editor, with as much talent as Michelle who has been awarded for years of excellent journalism," Alan Sloan, farragutpress editor, said.

Hollenhead and her husband, Gary, have four children and two grandchildren.

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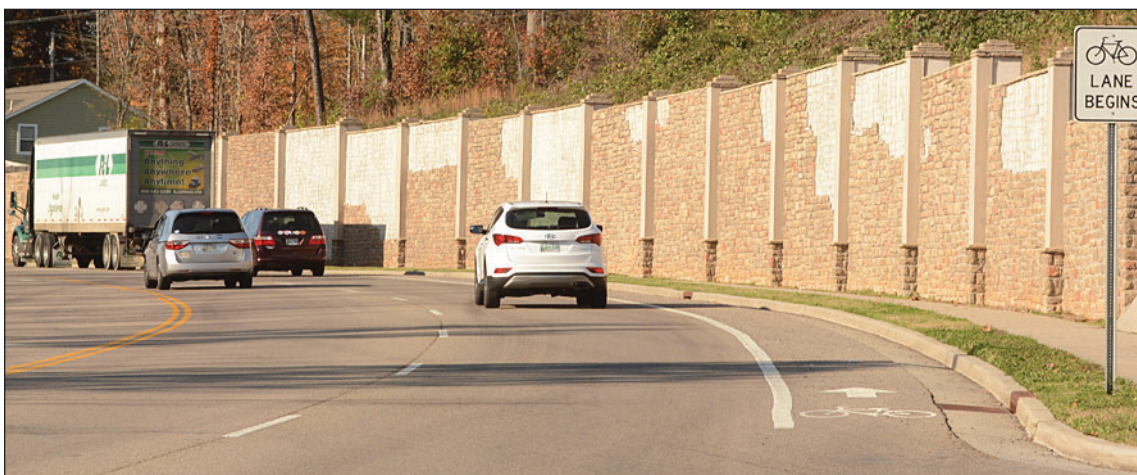
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Smith, Town respond to wall issues



Alan Sloan

In response to questions about the status of repairing the retaining wall along North Campbell Station Road near the west entrance to Farragut High School, Town of Farragut Engineer Darryl Smith released the following statement: "The wall was constructed in 2010 as part of a TDOT-managed project to widen Campbell Station Road. The wall is owned and maintained by the Town of Farragut, and is located on Farragut's right of way. Town staff has been in contact with TDOT regarding the matter in order to determine if a warranty repair might be possible. The Town's current plan is to contract with a consultant who will determine the cause of the stone veneer's delamination and prepare plans for repair."

Rezone

From page 1A

ing is to ease the burden on parents so they don't end up with kids at two different schools," Horn said.

If this isn't the case, with no older siblings at HVA and the affected Farragut subdivision family has a rising eighth-grader wishing to go to HVA nonetheless, Horn said, "They would have to apply for a transfer" with Knox County Schools.

Louise Povlin, Town of Farragut Ward I [North] Alderman, lives in Fox Run subdivision in the affected northwest sector.

An outspoken advocate of rezoning the sector back to FHS, Povlin has children who have graduated from both schools.

"My oldest son graduated from HVA in 2015; my middle son attended HVA his freshman year then transferred to FHS and graduated from FHS in 2017,"

she said. "My youngest is a sophomore at FHS.

"I am relieved that there is a generous grandfathering policy in place so families who have dedicated their time, talents and energies to help make HVA an excellent school may remain there," Povlin added.

"Personally, I know many families who, when that rezoning occurred and their children were zoned to Hardin Valley Academy, they went to Hardin Valley and they really invested in that school," Horn said.

One negative tradeoff to the grandfathering: "They won't have busing to Hardin Valley," Horn said.

As for numbers, Horn said, "This year there were 168 high school students in that area — 95 are at HVA and 73 are at FHS."

Horn said rezoning talk "began when the middle school zoning meetings happened for the new

Hardin Valley Middle School," which is set to open next August.

"With the new Hardin Valley Middle School rezoning taking effect at the beginning of the 2018-19 school year and the fact that HVA is beyond its maximum capacity, this was an appropriate time to reconsider the 2007 rezoning decision," Povlin said.

"Not only does this rezoning bring most of our Town back together, it resolves the ongoing issue of the underutilization of Farragut High School as well. For the better part of the last decade ... this underutilization has negatively impacted Farragut High School."

Speaking with and listening to speeches by Russ Oaks, Knox County Schools chief operating officer, Horn said, "Farragut [High School's campus] has room now" to hold a larger enrollment, "and there's also a lot of new neighborhoods being built in Hardin Valley."

farragutpress will be closed
on Nov. 23rd to celebrate Thanksgiving.

Early deadlines apply for advertisers to reserve ad space in the 23rd issue.

Space must be reserved by NOON on Thursday, Nov. 16th to be in the Nov. 23rd farragutpress. This contains all the Black Friday Specials.

presstalk 671-TALK

• Well, I just found out that the [Farragut] Board [of Mayor and Aldermen] has just opted out of getting any government funds to help us poor folks keep our houses in order: energy-wise, weatherization-wise, any kind of home repair and upkeep that we used to get. That's not fair. We've paid our taxes all our lives, and here we are old and poor, [receiving] Medicare and Medicaid. Some of us on food stamps; widows by ourselves. Whoever did that has no right. The Community Action Committee of Knox County, Tennessee, told me that [the day of this call] people like us will be getting no more help because Farragut has opted out. You didn't ask us; they didn't take a vote [of the public]. You need to put us back on. [The county spokesman] said I was not the only one that was complaining to her, and she told me to call Town of Farragut and complain, which I did. I want it in the paper so other poor people know they're not going to get any help either. It's just not right.

[Editor's note: Barbara Kelly, CAC executive director, spoke about a Community Development Block Grant, "Our primary source of funding for home repair" assistance for those in need. "Right now the Town of Farragut does not participate in the CDBG

program, so we're not able to use CDBG funds for home repair in the Town of Farragut at this time. ... We're looking at the possibility of identifying some other resources that we might be able to use." The caller, and others, are welcome to call Kelly and speak about "other resources" at 865-546-3500.

• I was just curious of who, in their right mind, decided to put Dollar General [Store] where they put it on Kingston Pike and didn't even line it up with the traffic light at Old Stage Road? Now, there's an in and an out with a turn lane turning into Old Stage Road going west. And people going east [are going to be] crossing over that turn lane to turn into Dollar General. What in the world, and who in the world, made this very unwise decision? And it's such a crazy place for a store. It's amazing. All up and down Kingston Pike in Farragut there is building after building that doesn't have anybody in them. Just messy, messy, messy. We have friends that come from different places around the United States — and they cannot believe that a town with the houses and everything that we do have has only one shopping area. And everything is going and being put out of business up and down Kingston Pike in Farragut. It makes absolutely no sense.

Police

From page 2A

called Knox County Sheriff's Office Teleserve Unit in reference to his yard being vandalized. Complainant advised several seasonal decorations had been taken from his front porch

and destroyed in his yard. Complainant advised his yard and vehicle, a 2004 Volkswagen XC90, were rolled in toilet paper and trashcans were turned over. Complainant said his estimated total of damage to be \$100.

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TONY COX,
Publisher.....218-8883
tcox@republicnewspapers.com

Receptionist
Lori Timmis, 218-8871
lori@farragutpress.com

Editorial Department	Advertising Department
Alan Sloan, Editor.....218-8880 editor@farragutpress.com	Sherry Long, Advertising Manager 218-8878 slong@republicnewspapers.com
Tammy Cheek, Writer.....218-8873 tcheek@farragutpress.com	Laura Sayers, Account Executive 218-8879 lsayers@farragutpress.com
Michelle Hollenhead, Writer.....218-8890 mhollenhead@farragutpress.com	Peyton Hairston, Account Executive 218-8884 peyton@farragutpress.com
Production Department	Charlene Waggoner, Account Executive 218-8877 cwaggoner@farragutpress.com
Tony Christen, Production Manager218-8872 production@farragutpress.com	Linda Tirban, Classified Display, Service Directory 218-8881 linda@farragutpress.com
Cindy Wilfert, Designer218-8872	

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

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Tammy Cheek

Alison Whitehouse, owner of Studios West Salon Suites, receives an eyebrow threading treatment from Fariyal Pirani, owner of Kurves Threading Studio in Studios West, 10845 Kingston Pike, Farragut, Kurves opened Nov. 3.

Kurves Threading Studio open

TAMMY CHEEK

tcheek@farragutpress.com

Farragut residents now have a novel way of sculpting their eyebrows.

Fariyal Pirani, owner, has opened Kurves Threading Studio in Suite 20 of Studios West Salon Suites, 10845 Kingston Pike, Farragut.

Pirani opened her salon Friday, Nov. 3, where she offers eyebrow threading, an art that originated in Asia.

"Eyebrow threading is taking out unwanted hair, like people do with waxing," she said.

Pirani explained she uses thread, instead of wax, to take off hair and shape the brows. The thread is doubled, then twisted and rolled over areas of unwanted hair.

"It's very natural," she said. "It's not stripping off your skin, and it takes out hair so it doesn't grow faster, and no chemicals or anything [are used]. It's only thread.

"You don't have to worry about [interactions with] medicines or allergies."

The customer does not even have to take off makeup, she said, adding, "It's not going to be too much mess.

"So with waxing you don't get shape, you just pull out your skin," Pirani said. "With thread, I can give you a shape."

Does it hurt?

"To be honest, a few people, yes; a few people no," she said. "Everybody's different."

Using threading, Pirani also removes hair from the upper lip, sides of face and chin.

She said the price is reasonable. Eyebrow threading is \$11 while the upper lip is \$6.

"It's like \$17 together," she added. "It doesn't take long. It only takes five to six minutes to do both."

Pirani is certified in eyebrow threading and learned it in her home country of India.

"It's basically a natural art," she said. "My friend was going [to a school to learn eyebrow threading] so I thought I would go with her.

"She told me, 'Let's do it,' and I said, 'OK, let's do it,'" Pirani said. "That's how it happened."

Pirani came to United States by way of Canada, three months ago.

"I was here seven years ago for two years and then went back to Canada — we moved there — and

See **KURVES** on Page 6A

Choto Family Dentistry coming

TAMMY CHEEK

tcheek@farragutpress.com

Two Maryville dentists have teamed up to open a satellite dental office, Choto Family Dentistry, in Markets at Choto.

Dr. Tommy Spears, who currently has a practice at Crestview Dental Care in Maryville, and Dr. Darrel Clabough hope to have the office at 1626 Choto Markets Way in Concord open by March 1, 2018.

"We are very excited," Clabough said. "It's going to be a great fit. We've known each other for years.

"I tried to get [Spears] to work for me when he got out of school," he added.



Tammy Cheek

Darrel Clabough, D.D.S., left, and Tommy Spears, D.D.S., both of Maryville, are partnering to open Choto Family Dentistry in Markets at Choto. They said they hope to be open in March.

Each of the dentists brings more than 30 years of experience to the joint practice. Spears has been in practice since 1986, and has been in practice in Maryville since 1989. Clabough started his practice in 1982.

"Dr. Clabough and I are friends and past competitors in the Blount County dental scene, then Darrel retired in 2015. His daughter

is working for me in my practice," Spears said. "[Clabough] is helping some other doctors across the state in East and Middle Tennessee who have experienced medical issues. Our families have known each other since the '50s. "We have very similar dental philosophies," Spears added and

See **DENTISTS** on Page 6A

Shoot Point Blank to open in December

TAMMY CHEEK

tcheek@farragutpress.com

The Farragut area will have a gun shop and range to visit for Christmas shopping.

Tom Willingham, founder and owner of Shoot Point Blank, is aiming to open his newest store at 620 Corporate Point Way, Knoxville, in early December. The store is located off Outer Drive and just outside of Farragut.

"We chose that particular site because it was close to the freeway," Willingham said. "We find that people generally come anywhere from 15 miles on in to visit us."

The range will have 20 25-yard lanes, with each one able to handle handguns and long guns up to a .308 caliber.

"They are [in] the third generation of redesigning the ranges, which makes them some of the safest commercial ranges in the entire country," Willingham said.

"We'll also have a very well-stocked retail store featuring all your favorite firearms, ammunition and accessories.

"We also will have two classrooms and we will be holding a variety of different workshops and educational offerings, including the handgun carry permit classes," he added.

"You can try a firearm before you buy it if we have it on the range, so you're not really stuck buying a firearm that you may not like. We have 85 rental guns [in the Knoxville store]."

Shoot Point Blank first opened in November 2012 in Cincinnati.

"We are not your old-fashioned

See **SHOOT** on Page 6A



Willingham

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Kurves

From page 5A

we are back again here," she said. Pirani was doing eyebrow threading in Canada.

"So, when I moved here, I was searching for something similar," she said. "One of my friends told me you can rent a suite and do your own thing."

"I was searching online and I

found this Studios West Salon, so I came one day and just talked to Alison [Whitehouse, owner of Studios West Salon Suites] and she said, 'Yeah, you can come and look at [the salon],' and I liked it and

moved here," Pirani added.

Kurves Threading Studio is open from 11 a.m. to 6 p.m., Tuesday through Friday, and from 9 a.m. to 2 p.m., Saturday. It is closed Sunday and

Monday.

For more information, call 1-865-888-0544, e-mail to info@kurvesthreadingstudio.com or visit online at www.kurvesthreadingstudio.com/.

Dentists

From page 5A

Clabough agreed.

"We have talked about opening a satellite office."

Then a dental representative made him aware there was lease space available in Markets at Choto and said Spears "should check it out."

So, Spears contacted Markets at Choto property owner John Huber.

"We negotiated a lease for a proprietary dental office," Spears said. "In that development, Darrel and I will be the dentists working in the office."

"The both of us will man the duties of being the dentist of Choto Family Dentistry," he added.

Spears said the office will be beneficial to the dentists and to the community.

"I think the opportunity to be

in a marketplace surrounded by subdivision after subdivision with continued growth is a great opportunity as a business person," he said.

At the same time, Spears said Choto Family Dentistry will provide a location where people in the community can get their dental needs taken care of close by so area residents will not have to travel out of their community.

Spears will continue his practice in the Maryville office with Dr. R. Jake Goza while also working part time at Choto Family Dentistry — two to three days a week — with Clabough.

"We expect to be part time when we first start out," Spears said. "As it grows we were planning to be an all-week open practice, Monday through Friday."

For more information about Choto Family Dentistry, call Sara Berry, 865-982-1700.

Shoot

From page 5A

gun shop," Willingham said. "It is a gun shop and indoor range that is basically non-intimidating and ready to provide a positive experience to all of our customers."

"When you walk in, you should immediately feel the difference between our store and how we do things versus any other gun shop you've been to," he added.

The Knoxville store will make Shoot Point Blank's 14th location.

However, Shoot Point Blank is not a franchise.

"And, the reason is we can't maintain control over how the product is delivered [with a franchise]," Willingham said. "We want everything to be consistent to the customers, no matter where they are."

For more information, check out its website: shootpointblank.com

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Real Estate GALLERY



Weichert, Realtors® - Advantage Plus TO HOST FREE REAL ESTATE CAREER WORKSHOP

KNOXVILLE, Tenn. / Nov. 3, 2017 – Have you ever thought about a career in real estate – either full- or even part-time – but didn't know exactly how to go about getting into the business? If so, stop by Weichert, Realtors® - Advantage Plus this month for a free Career Night session to get the answer to this question and many more about working in real estate.

The next Career Night will be held Nov. 14 at 7 p.m. at the Weichert® affiliated office in Knoxville, located at 10160 Parkside Drive. Additional workshops will be held each Tuesday at either 1, 6 or 7 p.m. Call Weichert, Realtors® - Advantage Plus to register and

confirm future workshop times.

The workshop is led by licensed real estate agents at Weichert, Realtors® - Advantage Plus and offers participants a glimpse into a profession that offers tremendous flexibility and income potential.

Participants will also learn about the resources Weichert, Realtors® - Advantage Plus can provide to help agents get started and succeed in real estate.

"Real estate can be a very rewarding career for anyone that enjoys helping others," said Jeff Grebe, the broker/owner of Weichert, Realtors® - Advantage Plus. "We encourage anyone that is interested in getting into real estate or learning more about a

brokerage firm that provides its agents some incredible resources to help them offer the best service in the industry to attend one of our upcoming career workshops."

Weichert, Realtors® - Advantage Plus is a full service agency which brings many years of combined real estate experience to their clients. The agency is an independently owned and operated Weichert® affiliate. The office serves Knoxville, Farragut and surrounding areas.

To register for the Career Night workshop, contact Justina Patton at 865-474-7100 or email career@advantage.com. For more information about Weichert, Realtors® - Advantage Plus, call 865-474-7100 or visit www.advantageplustn.com.

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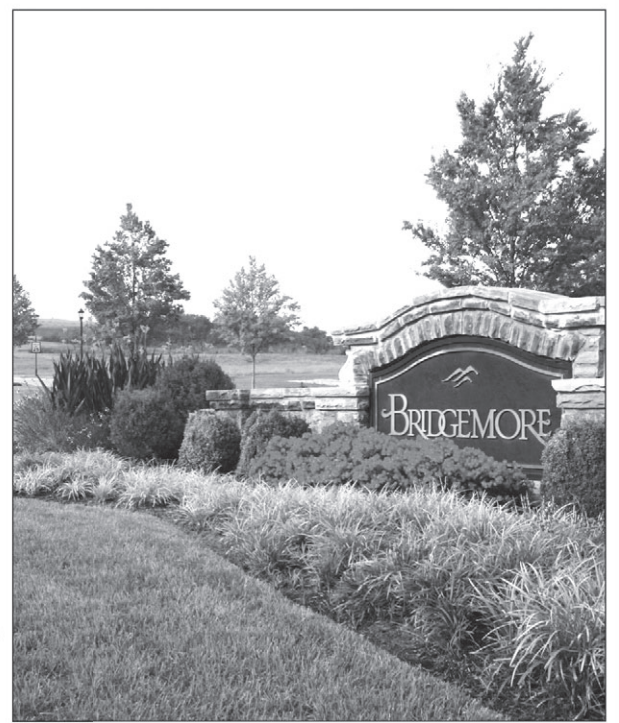
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COPPERSTONE

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Farragut 'codes' to world record

FPS learns, helps earn w-record

TAMMY CHEEK
tcheek@farragutpress.com

Two Farragut Primary School second-grade classes joined students from more than 50 local schools in trying to break the Guinness Book of World Records for the most students simultaneously coding at the same time.

From 9:30 to 10 a.m., Wednesday, Nov. 8, the classes of second-grade teachers Cara Gregg and Danielle Richardson gathered in FPS's computer lab to code an animated picture.

"The kids are excited," added Dee Goacher-Litrakis, FPS second-grade educational assistant in the school's computer lab.

Second-grader John Williams, 8, said he feels "kind of good" about trying to break the world record for coding.

"I kind of know [what coding is]," he added.

"It's where you try to make something, like a game, on the computer," second-grade classmate Layla Compton said.

When asked how she felt about

See RECORD-FPS on Page 7B



Photos by Michelle Hollenhead (above) and Tammy Cheek (left)

(Above) Farragut Intermediate students, from left, Jaycee Hatton, Ella Fowler and Channing Hurley work on the coding exercise that helped Knox County and Oak Ridge schools combine to secure a world record Wednesday, Nov. 8. (Left) Layla Compton, an FPS coding student, does her part in helping set the world record.

FIS students 'had the inspiration' to contribute

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

How many people can say they broke a world's record?

Turns out, as of last week, more than 1,000 students in the Knoxville area can do just that.

Select Knox County Schools' students, including pupils at Farragut Intermediate, Northshore Elementary and Farragut Primary, along with students from Oak Ridge City Schools and several private schools, helped break the world record for simultaneous

coding last Wednesday, Nov. 8.

About 1,050 students from the various campuses were confirmed to have participated in the 30-minute exercise using an MIT program known as "Scratch."

That number broke the previous record of 1,000 students learning

code, according to Theresa Nixon, director of Educational Technology & Library Services for Knox County Schools.

The event had been in the planning stages since at least April,

See FIS-RECORD on Page 7B

World-renown resident

Northington-wife 'free' concert set for Nov. 19

STAFF REPORTS
editor@farragutpress.com

David Northington of Farragut, internationally renowned concert pianist and educator/teacher, will present a free concert Sunday afternoon, Nov. 19, as part of the Church Street United Methodist Master Arts Concert Series.

Open to the public free of charge, the concert will begin at 2:30 p.m., in the nave of Church Street UMC along Henley Street in downtown Knoxville.

"This particular concert will be very special for me, as my wife, Stephanie, will be joining me in two wonderful four-hand selections at the piano: Bach's

See NORTHINGTON on Page 6B



David Northington

Local top finishers awarded for fall school coupon sales

TAMMY CHEEK
tcheek@farragutpress.com

Farragut schools joined other Knox County Schools in celebrating the success of the 2017 Knox County Schools Original Coupon Book Sales.

Students, teachers, parents and school officials gathered for the awards luncheon, which took place in Sarah Simpson Professional Development Center, South Knoxville, Friday, Nov. 10.

"Our theme this year was safari adventure, and wow, what an adventure our students who are here today took, selling 100 or more books," said Bob Thomas,

Knox County Schools superintendent. "I just appreciate your efforts. It's so important to us, mainly because it raises over \$1 million for our schools and it is one of the most successful programs in our country in terms of fundraising.

When the coupon book sales program was established in 1984,

See WINNERS on Page 3B



Pete Clower

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November

- Episcopal Relief & Development is launching its annual Holiday Matching Gift Challenge now through **Dec. 31**. For more information, call 855-312-4325.
- Town of Farragut will hold an open house for its outdoor classroom from **4:30 to 5:30 p.m., Thursday, Nov. 16**. For more information, visit acasey@townoffarragut.org
- UT Arboretum will host "Brunch

- and Learn: Seasonal Designs from your Garden," from **10 to 11:30 a.m., Thursday, Nov. 16**. For more information, call 865-483-7277.
- Pinnacle at Turkey Creek will transform into a winter wonderland for the 5th Annual "Lights Up," from **4 to 7 p.m., Friday, Nov. 17**. Admission is free, but attendees are encouraged to bring donations for Mission of Hope. For more information, call 865-671-9782.
- Knoxville Symphony Orchestra

- will perform Beethoven's Violin Concerto starting at **7:30 p.m., Thursday and Friday, Nov. 16-17**, at Tennessee Theatre. Tickets run from \$15 to \$85. For more information, call 865-291-3310.
- West Towne Christian Church will host a holiday craft fair from **9 a.m. to 3 p.m., Saturday, Nov. 18**. Soup and sandwich lunches will be served with proceeds going to Youth Mission Fund. For more information, call 865-357-9822.

- Captain WYC Hannum Chapter 1881, UDC will meet at **11 a.m., Saturday, Nov. 18**. For more information, call Debra, 865-856-9300.
- Pellissippi State Community College alumnus Bradley Cantrell will showcase photography from South Korea at his upcoming exhibit from **10 a.m. to 6:30 p.m., Monday through Friday, Nov. 20 through Dec. 8**, in Bagwell Center for Media and Art. For more info: pstcc.edu/.
- Fleet Feet Knoxville Running

- Club will hold its annual Thanksgiving Day race "Hot to Trot 5k/10k & Fun Run," beginning at **7:30 a.m., Thursday, Nov. 23**, in Turkey Creek. Cost is \$30. For more information, visit fleetfeetknoxville.com/races/
- Town of Farragut is looking for carolers to help welcome the holiday season for "Light the Park" from **5:30 to 7 p.m., Monday, Nov. 27**, at Founders Park. For more information, call Lauren Cox, 865-218-3372, or e-mail lcx@townoffarragut.org.



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Winners
From page 1B

schools sold 102,205 books, raising \$766,537.

This year, Thomas said schools sold 149,901 books, raising \$1,323,625 for KCS.

Farragut Primary School and Farragut Intermediate School were among the top performing schools, with FPS having 5.70 percent per capita sales and FIS having 5.62 percent per capita sales.

Northshore Elementary had 5.71 per capita sales, and Hardin Valley Elementary had 5.64 per capita sales, Witt said.

Kailey Bostick, a Farragut Middle School eighth-grader, again was overall top seller, having sold 627 coupon books. She also was overall top seller last year.

She was not present for the luncheon because of a prior com-

mitment, but her mother, Rhonda Bostick, said, "It was hard work."

"[Kailey] sold books at every place that let her set up a table after school," Rhonda Bostick said, adding she expects her daughter will continue selling when she attends high school.

FMS sixth-grader Pete Clower, who sold 166 books, was second-place seller in his school and was recognized at the luncheon.

Seventh-grader River Hodge,



Katie Vavra

who sold 61 books, earned second place at FMS.

From the elementary schools, FPS student Ben Stiles, who sold 116 books, was the top seller in his school — while his older brother, FIS student Max Stiles, 8, sold 103 books, achieving second place in his school.

"They were amazing," Wendy Stiles said about the work of her sons. "This is our fourth year here. Max has been top seller for four years and Ben has been two years."

FIS student Katie Vavra sold the most books at her school, 108.

"I think she worked hard," Katie's mother, Anee Vavra, said. "We walked a lot of neighbor-

hoods."
"I went to six or seven neighborhoods to sell," Katie, 9, said. "I asked my grandm and my mom bought five [books]."

Amy Stedham's third-grade homeroom was the top selling class at FIS.



Ben Stiles

Other top sellers at FPS were Kennedy Prosan, 75 books; Alexis Ragsdale, and Emme Sheve, 51 books, and Andrew Cucksey and Henley Goddard, 50 books.

The top selling FPS homerooms were that of Kim Lara, first grade, which sold 369 books; Kara Malone, kindergarten, selling 186 books; and Lori Moore, second grade, selling 225 books.

Madelyn Mustard, a Farragut High School student, earned third place in the county after selling 126 books.

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FARRAGUT PRIMARY SCHOOL PTA

Fall FESTIVAL

Parents, their children and other relatives added up to a few thousand who, despite a soaking rain, enjoyed annual Farragut Primary School PTA Fall Festival at the school Saturday morning and early afternoon, Oct. 28.

Anticipating a steady rain, school officials and volunteers moved things inside — successfully transitioning the fest.

Numerous games and “try-your-luck” sports areas, plus face painting and booths to display your artistic talents, kept families entertained and smiling. Refreshments were close by to top things off.



↑
Jordan Masters, wife, Tyler, and sons, Owen, 7, Grant, 4, and Lewis, 2



→
Chelsea Kenamer, 7



↑
Josh Hemphill, State Farm Agent, with son, Josh, 3, and “Good Neighbor” official mascot



↑
Camden Coffey, 5

Anna Claire Thompson, 6, and little sister, Lily Kate, 3



←
 From, left, **Mackaye Moore, 5, Lucy Luckadoo, 7, and Ashlyn Clancy, 7**



↑
Tierney McGill, 5



↑
Ellis Kromer, 5



→
Grayson Madera, 9, and little sister, Marit, 2



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Northington

From page 1B

'Jesu Joy of Man's Desiring' and Schubert's 'Fantaisie In F Minor,'" Northington said. "Stephanie has been one of the foremost piano teachers in the Knoxville area for over 40 years, and I have finally convinced her to take the stage with me.

"I will also be performing solo selections to include Beethoven's Sonata in G, Op. 14, No. 2, and five Mazurkas by Chopin," he added.

"It is always a joy to perform for my many friends and neighbors in Farragut, and I look forward to seeing them at the concert."

At his debut recital, New York Times called Northington "an immensely gifted musician ... who combines the technical mastery of a virtuoso with the musical sensitivity of a poet," a press release stated.

"Such critical accolades have followed Northington throughout the world in concerts and concerto engagements. His tours also have included Europe, Canada, China and Russia," the release further stated. An Artistic Ambassador for the United

States, "Northington's masterful pianism has won him first-prizes in the Concert Artists Guild Competition, the East/West Artists Competition, the American Music Scholarship Association's International Competition, the unanimous Judges Prize at the Fourth Gina Bachauer International Piano Competition and selection to the Artistic Ambassador Program."

The national honor society Phi Kappa Phi selected Northington for its 2010 triennial National Artist Award in recognition of his professional artistic accomplishments. Since receiving degrees at Cincinnati College-Conservatory of Music and Yale University School of Music, Northington has taught on the faculties of several universities.

Northington is Powell Distinguished Professor Emeritus of Piano at the University of Tennessee School of Music, and has been on the artist faculty of the Interharmony International Music Festival in Germany and Italy in the summers.

In the summer of 2016 Northington founded East/West International Piano Festival [www.ewpianofest.com], which was held at Shandong University in Weihai, China, in July.



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FIS-record

From page 1B

Nixon said in an e-mail, as she explained how Knoxville's Brandon Bruce, COO of Cirrus Insight and Caleb Fristoe, manager of CodeTN, brought the idea to the school system.

"[They] had the inspiration," she wrote. "They were intrigued that we had set a record with the largest football game (in Bristol) and the largest letter (the Power T at Neyland Stadium, and wondered if we could set a record in our community by having the most number of students learning to code."

Already, Knox County School students have been introduced to the concept of coding at various grade levels.

"Coding promotes creativity, communication and problem solving," said Anett Romer, technology teacher at Northshore Middle School, who oversaw participants from first- through fifth-grades in last week's exercise.

"It is just so exciting that our students can be part of this, and help promote and focus on the need for [Science, Technology, Engineering and Math] instruction in our schools."

About 260 FIS students participated.

FIS Librarian Sarah Camp-

bell led a class of third-graders through the exercise in the school's library, while 10 other classes, and one in the technology lab also took part.

By following a YouTube video, the class followed the step-by-step instructions, engaging the students during the 30-minute lesson through the use of sound and animation.

"This was not about how fast they could code, it was all about students learning to code," said Campbell, who noted the students with whom she worked Wednesday had never been exposed to coding before.

"For [this class] it was brand new," she added.

Campbell said she "was really excited" about the attempt to shatter the record.

Students enjoyed the process, too.

"It was really fun," said third-grader Natalie Paul after the exercise.

"It was great," agreed her classmate Nora Almashharawi.

Even FIS PE teacher Jackie Dutton — who assisted Campbell as a witness to and monitor of the attempt — was excited.

"It was really cool to [attempt to break] the world record, and for all the kids to be a part of it," she said.

Record-FPS

From page 1B

trying to break the world record, she responded, "Scared because I never did it before."

Layla said she wanted to make a game about putting her name in a crossword puzzle and changing colors to make 10s.

"I like that there's something you spell and tack on a color and the [spelling] changes colors," John said.

The record to beat was 1,000, Goacher-Litrakis said.

"We just have two classes here. Farragut Intermediate has 12 classes participating," she said.

FPS's classes were part of a com-

combined effort by students in Knox County and Oak Ridge and some area private schools, said Abbey Harris, Knox County Schools communications and events specialist.

"As of 2:15 p.m. [Nov. 8], 1,058 students had been verified as participating and meeting the standards and evidence required by Guinness," Harris said.

Of the 50 schools involved in Knox County and Oak Ridge, 38 of those are elementary schools, Goacher-Litrakis said.

"The program we're using to code is called 'Scratch,'" said Theresa Nixon, KCS director of Educational Technology & Library Services. "It was developed by a group at [Massachusetts Institute of Technology]

specifically for kids, so it's very simple, basic, step-by-step coding.

"[The program] just gives the kids the opportunity to see that they can code. Science and technology is a huge part of the workplace's and schools' focus, so it's very important to show kids at an early age that science and technology is fun and easy."

Farragut Primary School has had a computer lab for nine years. The lab is part of an Encore, or special areas program, Goacher-Litrakis said.

"Just in the past few days, they have started introducing keyboarding and coding to kids at an earlier age, and this event was a good way to introduce coding to kids."

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Irish rip Fulton 44-14

KEN LAY
 Correspondent

KNOXVILLE — When Fulton eliminated Knoxville Catholic High School from the playoffs in 2016, it hit Joe Fluker particularly hard — and he wanted to make sure it didn't happen again this season.

Fluker, a senior running back and defensive back, certainly did his part to help the Irish exact a little revenge in a 44-14 victory Friday night, Nov. 10, in the second round of the Class 5A playoffs before a packed house at KCHS's Blaine Stadium.

"They beat us here and they ended our season," Fluker said after rushing for 42 yards and a pair of touchdowns. "I got hurt in this game last year and I wanted to make an impact."

"It feels pretty good getting a win like this tonight, and I really knew that we were going to take control when I scored my first touchdown."

Fluker scored the game's first touchdown on a one-yard plunge to give the Irish a 6-0 lead with 7 minutes, 33 seconds remaining in the first quarter. Fulton then blocked Paxton Robertson's extra point attempt in a play that might have swung the momentum in the Falcons' favor.

But it didn't. Fulton [9-3] engineered a long drive on its opening possession, but the Falcons were turned away at the Irish 31-yard line when a pass from Xavier Malone fell incomplete on a fourth-down play.

Catholic [9-3] would go on to score on its next three possessions and take a 16-0 lead by early in the second stanza.

The Irish took a 13-0 lead when senior quarterback Jack Sompayrac [who returned Friday night after suffering a separated shoulder in the regular-season finale]

See CATHOLIC on Page 9B

Maryville 38 Farragut 6



Photo courtesy Carlos Reveiz/Ashley Wathen/crfoto.com

Junior defensive back Wyatt Lucas, left making a hit, and senior linebacker Drew Bulter, hitting from behind, try to stimulate Farragut's defense while bringing down Maryville receiver A.J. Davis. Senior defensive back Max Travis, left, is ready to assist.

Sad ending, special careers

Maryville jumps way ahead early, cruises past Ads in 6A 2nd round

ALAN SLOAN
 editor@farragutpress.com

MARYVILLE — Maryville football has been so dominant against East Tennessee playoff teams in the 21st century, it rarely has won by less than a double-digit margin — almost all have been blowouts with many outcomes decided by halftime.

Though far less dominant, Farragut's program entered last Friday's Class 6A playoff second-

round showdown against the mighty Red Rebels with its own single-digit success: not losing by more than eight points the past three seasons — defeated just five times since 2014.

Perhaps an early hit set the tone for Maryville's continuing blowout success against East Tennessee foes.

An apparent first-down reception early in the game by talented FHS senior tight-end Jacob Warren, a Tennessee commitment,

was jarred loose on a vicious hit.

Maryville [11-1] didn't punt in the first half, making things look easy on both sides of the ball — and special teams — with 38 first-half points.

The Red Rebels also turned back the Admirals' one good first-half drive with an interception. It ended as a 38-6 Maryville victory Nov. 10 at MHS' Jim Renfro Field. Farragut's season concludes 9-3.

A 52-yard bomb from junior Jake Evans, Admirals back-up

quarterback, to senior receiver Andrew Williams set up Farragut's only points by placing FHS at the Rebels 1. Devin Yarborough, senior running back, scored on the next play with just 1:31 left in the game.

About Maryville, Williams said, "They executed their offense well and they executed their defense really well, and that's just what it takes to win."

See FARRAGUT on Page 10B

Farragut Youth Football 6U flag team finishes runner-up in Knox Metro tourney



Holding their individual plaques after a runner-up finish in Knox Metro Youth Football League playoffs are Randy Miller's Farragut Youth Football 6U Flag team members. Finishing with a 7-3-1 overall record, Miller's team beat New Breed 25-20 in a semifinal game Saturday morning, Nov. 11, at John Tartleton Park. Team members, from left, are Dylan May, Max Franklin, Christian Neal, Raleigh Miller, Harrison Holmes, Coleman Parrish, Ben McDonald, Jackson Hayes and Ben Crafton. Coach Miller, center, is flanked by assistant coaches Zack Holmes, left, and Ray Parrish. Not pictured are players Alex Gomez and Luke Youree.

Alan Sloan

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Catholic

From page 8B

gainst Lenoir City Oct. 27] lofted a 58-yard strike to Dashon Bussell with three minutes left in the opening frame.

Bussell, who moved to East Tennessee from Indiana during the off-season, would gash the Fulton defense. He obviously wasn't around when the Irish lost to the Falcons last season, but he knew how much the game meant to his teammates.

"I know that they lost to [the Falcons] last year and I wanted to do whatever I could to make sure that we won the game this year," said Bussell, who has emerged as both a running and receiving threat and also plays defense for KCHS. "I know that they wanted revenge and we didn't let up the whole game."

Bussell scored three touchdowns. He had 125 yards on six carries [including two long scoring scampers] and had two receptions for 73 yards and a receiving TD.

Catholic head coach Steve Mat-

thews said he's made a conscious effort to expand Bussell's role in the Irish attack.

"After every game, I leave thinking that we should've gotten Dashon the ball more," Matthews said. "He's just so electric when he has the ball in his hands."

"The more he's gotten involved, the better he's been for us. He's a special talent and he's now involved more in the system."

Catholic took a 16-0 lead on a field goal by Robertson early in the second stanza.

Falcons head coach Robbie Black knew his team would have to make some big plays if it was going to compete against a big and physical Catholic squad.

Fulton got a big play and scored its first touchdown of the game when Dorian Williamson broke loose for a 90-yard TD run with 9:52 left in the first half. The Falcons went for two and converted to make the score 16-8.

But the Irish regained control of the contest when Joshua Brown

extended their advantage to 23-8 on a 10-yard run with 4:22 to go before halftime.

Brown rushed for 142 yards on 19 carries and was Catholic's leading rusher.

Bussell had a 48-yard touchdown run late in the third quarter and added another from 52 yards out early in the final frame.

Fluker had another one-yard run later in the final frame to make the score 44-8 with 9:54 left in the game.

The Falcons would pull to within 44-14 on Williamson's second TD of the game.

"We went up against a bigger and stronger football team tonight. We came in here hoping like crazy that we could make some big plays with our athleticism," Black said. "We made a few but we didn't make enough."

"They whipped us tonight."

Catholic will travel to Oak Ridge's Blankenship Field to face the Wildcats in quarterfinal action. Oak Ridge [10-2] beat West 16-6 Friday.

Dodgers are champs



The Dodgers won Farragut Baseball, Inc.'s Pee Wee Reese 12U Fall Championship Thursday, Nov. 2. Coaches are Rick Summie, left, and Keith Appling. Standing, from left, are players Logan Luttrell, Colin Summie, Brendan Wolburg, Tom Bowen and Cy Lane. Kneeling, from left, are Shun Nagami, Thomas Wilson, Tyler Parks and Jacob Hatmaker.

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Farragut

From page 8B

Nnamdi McSwine, senior defensive end, said the Red Rebels "are a hard team to beat. They're well-coached, they don't give up much. They don't jump off-sides or anything."

Eddie Courtney, Admirals skipper, labeled the game "disappointing," adding, "I know we're a better football team than what we showed tonight."

"... We didn't help ourselves

out early. At the end we tried to make some things happen and have some fun out there."

However, "You've got to give Maryville credit, playing on all cylinders tonight and executing real well," Courtney said.

McSwine and Williams were among the Admirals seniors who reflected on their careers at FHS.

Jackson Powers, offensive tackle, said, "Overall we went 33-6 over the past three years, and I think that's pretty good."

"Overall, I think me and my team have built friendships and a bond, and it's beyond what you can get in any other sport."

"I'm never, ever going to lose what I made on and off the field with my brothers," Powers added. "Coach Courtney and the other [coaches] have helped me grow as a person. I've really matured through the team."

"I'm really thankful for everything that I've been given over the past four years."

Jonathan Buchanan, offensive

guard, said, "I couldn't have asked for anything more. The coaches here are incredible. It's been an honor to play with them."

"It's been a great career," he added.

McSwine said, "The past three years have been amazing. All of these guys here are my brothers. I wouldn't ask for a better team to play for. I want to say, 'good luck' to the guys for next year."

Williams, also a defensive back, said, "It was a great time. We got to win a lot of games and play with

my brothers. It was fun."

"We've had a good run this year," Courtney said. "... I know this senior group has had a lot of success the last three years [including the Class 5A state championship in 2016]."

"I know they're going to be successful you men," he added. "In the next five to 10 years, people are going to see another chapter in their lives about how successful they'll be."

"I love these guys. I appreciate their effort."

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Hill not taking it easy

MICHELLE HOLLENHEAD

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At an age when many people might be taking it easy, 90-year-old Verda Hill just keeps right on going.

The well-known and well-respected real estate agent still works almost every day. Additionally, she enjoys a little gambling, and is celebrated for her baking skills.

But most of all, she is well-loved, too.

"To know her is to love her," said Barbara Rockwell, one of the secretaries at Realty Executive Associates, where Hill has worked for the last 32 years. "She is just one sweet soul."

And a shrewd businesswoman; her success in real estate made her a top seller for many years, and enabled her to regularly purchase brand-new Cadillacs early in her career.

But she said money was never the issue.

"When I sell a house, I never look at the money," she said. "I just love it."

"I love the people, and I love working with them."

The feeling must be mutual; today, she works only with former clients and referrals, which keep her as busy as she wishes to be.

"I have always tried to work fair with people, and be honest,"

See HILL on Page 2C



LIVE Comfortably on less

Many people look toward retirement with mixed feelings. There is the anticipation and excitement of no longer having to stick to a set schedule. However, there may be some trepidation about living without a steady income.

Bloomberg financial experts found the number of Americans aged 65 and older without a dis-

ability that weren't in the labor force rose to 800,000 in the fourth quarter of 2016. This has become a long-standing trend of Baby Boomers leaving the workforce and entering retirement. Yet, a Statistics Canada study of people between the ages 60 and 64 who had left long-term employment found 43 percent of them were working again, most within a year of leaving their job. Although boredom may have compelled many of those people to reenter

the workforce, some may have started working again to make ends meet. Researchers found the higher the earnings in one's late 40s, the more likely a retiree is to go back to work.

While retirees may need to alter their spending habits, it is possible to live happily on less. Here are some ways to do just that.

See LIVE on Page 7C



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Adopting a dog or cat later in life can have many benefits

Companion animals bring great joy to their owners. The unconditional love cats and dogs provide appeals to people of all ages. While many people associate pets with kids who can't wait to welcome the first cat or dog into their homes, pets can benefit aging men and women as well.

It's not uncommon for seniors to feel lonely or depressed when they retire, their children move away or they lose a spouse or close friend or friends. The American Humane Society states that studies show pets help seniors overcome loneliness and depression by providing affection, company and entertainment. Pets also provide much-needed mental stimulation, and many pet

owners find their pets help them become more physically active as well.

Seniors who adopt pets may also feel a sense of purpose when helping animals who may not have anywhere to live. This is particularly true of older companion animals, which many young families are understandably hesitant to adopt. Mature pets might be an ideal fit for seniors.

When seniors are looking to adopt a pet, there are various reasons why older pets or particular animals might be the perfect fit for them.

- *Adult pets may already be house trained, saving seniors the trouble and effort of training them.*
- *Seniors may find cats fit their lifestyles more than dogs, as cats are less active and do not need to be walked or played with as much as dogs. Cats also*

are small and easily maneuverable, meaning even seniors who have arthritis or other physical limitations can easily care for cats. Many cats are also content to spend long periods of time sleeping on their owners' laps.

- *Small dogs that can be active within the house might be a good idea as well, especially for seniors with mobility issues. They're also easily transported to and from vet appointments.*

It's important that seniors carefully weigh the benefits of adopting a pet against any limitations they may have. Having a backup plan for care is advantageous as well. Seniors should not adopt a pet if they anticipate frequent travel or medical care that requires they be away from home for long periods of time.

PET ADOPTION

Adoption is the route many prospective pet owners prefer to take when bringing new pets into their homes. Shelter animals are in need of good homes and providing such an environment to animals others have abandoned or were forced to give up is a positive choice.

Men and women unsure about the lifestyle changes they will have to make to welcome pets into their homes may want to consider fostering before they adopt their own. Fostering can give prospective pet owners more accurate ideas of the commitment required to adequately care for a pet as they try to decide if that commitment is one they are capable of making.

Here are a few local area shelters and rescues:

- **Humane Society Of The Tennessee Valley**

6717 Kingston Pike Knoxville, TN 37919
Adoption Center: 865-573-9675
www.humanesocietytennessee.com

- **Small Breed Rescue of East Tennessee**

rescue@sbret.com
865-966-6597 | 865-426-3955 | www.sbret.com

- **Young Williams Animal Center**

3201 Division Street Knoxville, TN 37919
865-215-6599 | www.young-williams.org

- **Young-Williams Animal Village**

6400 Kingston Pike Knoxville, TN 37919
865-215-6345 • www.young-williams.org



Hill

From page 1C

Hill said. "I treat them like I want to be treated.

"And, I know if I see them on the street, I can look them in the eye, knowing that I treated them fairly and feel good about it."

"Verda is just one of those people you can count on," Rockwell said. "She is trustworthy and dependable.

"She has also helped a lot of the agents here, and has been a great mentor to them."

Real estate was not always Hill's calling; the Lafollette native got her start in the business world by working for the government in Oak Ridge during World War II.

She married and had five children. One of her son's friends, who sold real estate part time, suggested she try real estate, too.

She got her license in December 1973, and by January had joined a local firm.

"They gave me six months," she recalls

of her broker and another agent. "But, I sold my first house within 10 days, and I realized how much I liked it."

Hill remembers the house sold for \$17,900, and was located on Clover off of Clinton Highway.

"I can tell you, I had no idea what I was doing," she said.

But she must have had some inkling, because she was her company's top agent that first year.

Hill worked for two different firms before moving to Realty Executives Associates in 1985. In the 32 years since, she has been among the top realtors in Knoxville — "those were good years" — and in one month, she closed 37 sales.

"Those were the good old days," she said. "Real estate now can really be hard. There are too many groups and teams, and so many people don't even use realtors anymore."

She still has business, however.

"Now if I sell one a month, I am happy," she said.

Hill said she really doesn't have any plans to retire. At least, not any time soon.

"I thought when I got to be 65 I would retire, but the closer it got, I realized I didn't want to retire, so I didn't.

"I told [Barbara] earlier this year that I would not be here after October, but I changed my mind.

"I might get up one day, and not want to work anymore. But right now, I work when I want ... I take off when I want to.

"I'm afraid if I retire, I will get lonely, and my children think if I retire I will die." Ironically, all of Hill's children are retired.

"I joke and tell people I can't retire, because it costs money to feed all those kids!"

Hill is not only known for her work ethic, however. She is also described as "great at gambling," Rockwell said. "She goes to Harrah's, and she wins. She is good!"

Hill said she has gambled on the penny slots for years, and sets a \$200 limit every time she goes to a casino.

"But I'm not a big time gambler," she said.

Hill is also apparently quite the cook, as Rockwood made note of her "delicious coconut pies."

"We have a huge Thanksgiving lunch every year, and she always brings two pies — the lines for them start just as soon as the food is set out, and they are gone before dinner is served."

Hill was herself served last month, when both her coworkers and her children helped her celebrate the milestone birthday with two surprise parties, both of which she enjoyed immensely.

"I saw some people I had not seen in years," she said.

With the parties behind her, Hill went right back to work.

"My health is good," she said. "I drive all over, and can go where I want to. Overall, I am very blessed.

"It's been a long journey, but I'm still here,"

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When the time comes to bid farewell to conference calls, meetings and daily commutes, retirees have open schedules to fill with whichever activities they choose. Travel is one exciting way to pass the time.

Traveling can be a rewarding prospect for active seniors, particularly those who successfully preplanned for retirement and have the income to fund various excursions. Many seniors, both in the United States and Canada, find that travel tops their to-do lists once they retire. According to Senior Travel magazine, new travel options are emerging for newly minted retirees looking for something a little different from the status quo.

The list of destinations retirees have at their disposal is limitless. The following ideas are some of the more popular ways retirees choose to travel.

- *Road trips rule.* Taking to the highways and byways is an excellent way to see the country. Seniors can customize their routes depending on which places they want to visit. RV travel can be as comfortable or as rustic as travelers prefer. Many seniors spend months traveling in their campers, which offer many of the same amenities of home. Campsites and special RV hook-up sites offer the other necessities of traveling the open road.

- *Genealogical tourism is popular.* People hoping to trace their ancestry and visit their ancestral homelands are one of the fastest-growing travel segments. Visiting an old church in Europe where ancestors were married or buying food from a market in which a great aunt or uncle once worked leads retirees on many international adventures. Such trips provide travelers with a unique opportunity to understand their roots up close and personal while enjoying some international travel along the way.

- *Exotic tours can be exciting destinations.* History buffs or adventure-seeking couples may be particularly attracted to exotic travel destinations that are slightly off of the beaten path. Travel tours may take vacationers to destinations such as excavation sites or backpacking through the rainforest. With passport in hand, seniors can go just about anywhere their desires take them.

- *Enjoy a relaxing seaside trip.* A seaside vacation can be the perfect trip for seniors who want to put their feet up and sip some cocktails while watching the waves lap the shores. Many beach resorts offer all-inclusive packages for different age groups. Meals, excursions and hotel rooms can be bundled into one affordable, confusion-free price.

- *Go cruising.* Speaking of all-inclusive vacationing, cruising seems tailor-made for those ages 50 and older because it offers the convenience of accommodations, food, entertainment, and transportation all in one. The various activities offered on the ship mean travelers can find ways to spend their time how they see fit. Cruising couples can opt to spend all of their time on the ship enjoying carefully prepared meals and entertainment or disembark and explore the various ports of call along the way.

Now that they have more free time, retirees can gear up for travel adventures to remember.



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Breast cancer knows no age limit. It's just as important for women in their senior years to get mammograms as when they're young. Mammogram screening should begin at 40 and continue yearly for the best defense unless one is not ambulatory or has a serious disease which would prohibit screening.

Even the average woman with no family history of breast cancer is still at risk, says Dr. Kamalia Kozlowski, CEO and Medical Director of the Knoxville Comprehensive Breast Center, 1400 Dowell Springs Blvd., Suite 200. Eighty percent of breast cancers diagnosed each year fall into this category. "If found early there are more treatment options such as cryoablation of the tumor in the office with a 30-minute procedure with just local anesthetic," she says.

The doctor adds that the most common type of breast cancer regardless of age is invasive ductal cancer and accounts for 80 percent of diagnosis. Schedule your mammograms with KCBC by calling (865) 584-0291.

~ Suzanne Neal





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Did you know?

Retirement can seem like it will never come for young professionals. But time can be a sieve, and retirement age can arrive in the blink of an eye. Young adults who have not planned accordingly for retirement can find themselves in financial straits at a point in their lives when they want to kick back and enjoy themselves. Financial experts from Money, CNN and The Motley Fool advise that financially solvent people should begin saving aggressively for their retirements early on. Ideally people should start saving in their 20s when they first leave school and begin their careers. The sooner one saves, the more time money has to grow. Vanguard says that the person who saves \$4,500 per year over a career spanning 45 years can reach a goal of having more than \$1 million in savings by the time he or she retires. Compounding interest and investment matches from employers can further secure professionals' financial futures.

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Live

From page 1C

- *Accurately assess home expenses. The National Foundation for Credit Counseling says the cost of home-related expenses accounts for roughly 45 percent of spending for retirees. Individuals can add up exactly how much their homes are costing them and then decide if downsizing is a practical solution. Downsizing has a host of benefits, not the least of which is reducing housing-related expenses.*
- *Invest in health care. Unexpected health care costs can quickly deplete individuals' finances. That's why it is es-*

sential to have a solid insurance plan in place. Health care planning also may include thinking ahead to long-term care, such as assisted living and nursing homes. One may have to make concessions elsewhere, but investing in health care can assuage concerns men and women might have about the cost of living in their golden years.

- *Use alternative transportation. Cars can be expensive. A budget-friendly alternative to driving is to use public transportation or transportation services provided to seniors free*

or for nominal fees.

- *Take advantage of senior discounts. Many restaurants, stores and service centers offer discounts to seniors. The starting age for discounts may vary from store to store, so always ask before cashing out.*

- *Shop for food differently. Bulk buys may have been appropriate for men and women when there were kids running around, but empty-nesters*

can cut back on food expenses. Shopping sales and making more meals at home can help seniors save money. The market research firm NPD Group found that in-home meals cost roughly one-third of what it costs to eat

the same food at a restaurant. Save dining out for special occasions.

Retirees can make changes to save money without negatively affecting their quality of life.



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Volunteering

Many parents feel involving their children in volunteering at an early age can have a profound, long-lasting impact on their kids. But youngsters are not the only ones who can reap great rewards from volunteering, as studies show that men and women at, beyond or approaching retirement age also benefit greatly from volunteer work.

Research from the Corporation for National and Community Service found that more than 20 million older adults contributed in excess of three billion hours of community service time each year from 2011 to 2013. The reasons why older adults volunteer are varied, but in its 2014 survey the AARP's Experience Corps found that 97 percent of its volunteers indicated that their volunteer work with the organization gave them a sense of purpose.

Older adults who want to volunteer but have little or no history with volunteering might not know where to begin with regard to finding the right opportunity. The right fit can make all the difference for volunteers and the people they help, and the following tips might help older adults as they look for an opportunity that best utilizes their skills and experience.

- *Know your schedule. Older adults who are still working but want to volunteer may have a firm grasp on their schedules, but even retirees should not overestimate how much time they have to volunteer. Before you begin to look for an opportunity, write down your commitments and daily schedule, using this list to determine how much free time you have to volunteer. Some opportunities require greater time commitments than others, so make sure you know just how much time you can devote to an*

opportunity before signing up.

- *Give due consideration to your experience. Older adults who have retired or are on the cusp of retirement have a lifetime of experience they can use to help others. Imparting wisdom learned in your professional life can provide a sense of purpose and even make you feel as though you are still actively involved in the industry where you built your professional reputation. But life experience can also prove invaluable in volunteering opportunities. Mentoring programs give volunteers the chance to help young people, and such opportunities can involve more than just offering professional advice.*

- *Don't downplay the significance of certain opportunities. Volunteering opportunities come in many variations, and each is significant in its own right. Coaching a grandchild's soccer team can have as significant an impact on the people you help as other volunteering opportunities. Volunteers offer their time because they have a passion to help others, and that help can be given in a myriad of ways.*

- *Leave time for the rest of your life. Volunteering is a selfless act, and volunteers are the backbone of many successful charitable organizations. But older men and women should leave time for the rest of their lives as well. Retirement should be fulfilling but also include time for recreation, so don't downplay how important hobbies are to you in an attempt to find more time to volunteer. No retiree wants to grow resentful of his or her volunteer work because it leaves little time for other pursuits, so do your best to balance your charitable endeavors with the other things in life that matter to you.*

Finding the right volunteer opportunity can make all the difference for older men and women who want to give back to their communities.



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There's something new on the horizon for the Cottages at Pryse Farm in Farragut. Wilcox Communities is rolling out one new model, the Canterbury III. It's a single story home with two bedrooms, two baths, open floor plan, a four seasons room and outdoor courtyard. The development will now offer some other models with a walk-out basement and an open rear view.

The aging populating is why Wilcox is doing a single story model. The target demographic is active adults looking to downsize and remain in their home. It offers the same maintenance free outside home ownership as other models. Tim Collins with Wilcox says the best part about living at Pryse Farm is all models offer day-to-day living on the main floor, even with walk out basement models. Yard care is left to someone else; the outside of each home is maintained including siding, stone exteriors, roofs, driveways and more.

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