

Issue 4 | Volume 5  
Nov. 2025 - Jan. 2026

PSRST STD  
US POSTAGE  
**PAID**  
EDDM  
Permit #109  
Knoxville, TN

ECRWSS  
RESIDENT

## 'Cleared for takeoff'

PSCC launches new aviation  
technology program

# Hardin Valley LIVING

## Women in Business: Hardin Valley edition

Profiles of local business women

## Heart of the technology corridor

Hardin Valley is home to a slew of  
technology-based companies

## Little Hawks Daycare

Not your usual daycare center

## Hawks Golf teams

HVA boys and girls  
enjoy successful season

## New collaborative

Networking group with  
a focus on growth



# Made For Your Moment

Your love story is one of a kind – your ring should be too.  
Work with our designers to create a custom bridal piece  
that's as meaningful as the moment you say "yes."



RICK TERRY  
JEWELRY DESIGNS

[rickterryjewelry.com](http://rickterryjewelry.com)

11320 KINGSTON PIKE, KNOXVILLE TENNESSEE 37934

865-777-3793





THE  
**VILLAGES**  
OF FARRAGUT

Life doesn't stop after retirement, why should your lifestyle?

Your next chapter is just beginning at  
The Villages of Farragut.

The home you need for the lifestyle you deserve.

**YOUR LIFE. YOUR WAY.**

**230 Village Commons Blvd. • Farragut, TN 37934 • (865) 671-2500 • [TheVillagesFarragut.com](http://TheVillagesFarragut.com)**





5



28



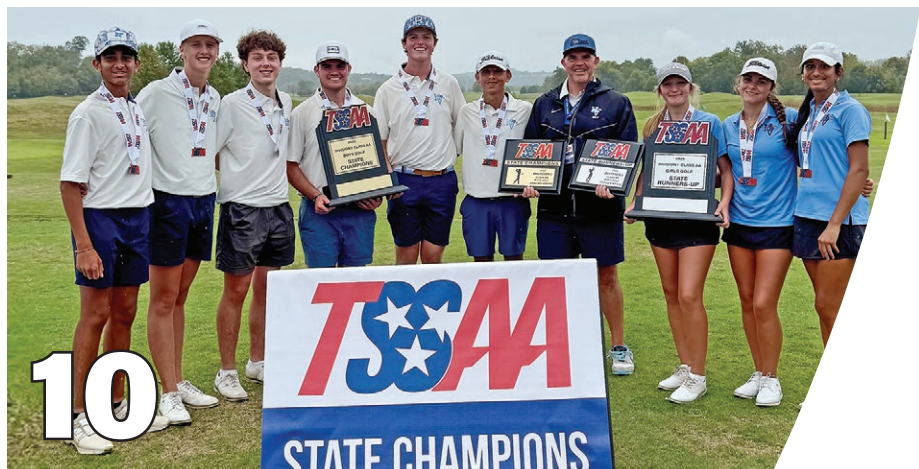
12



24



20



10

# Hardin Valley LIVING

*A Special Publication of farragutpress*

'Cleared for takeoff' .....	p. 5
<i>PSCC launches new aviation technology program</i>	
The heart of the technology corridor .....	p. 8
<i>Hardin Valley is home to a slew of technology-based companies</i>	
Hawks Golf teams enjoy success .....	p. 10
<i>HVA boys and girls finish first and second in state</i>	
Chews and Brews.....	p. 12
<i>Country Burrito Bar and Grill offers authentic Mexican cuisine; Enjoy holiday-themed coffee concoctions</i>	
New Image Medical Spa.....	p. 14
<i>Wellness services tailored to the client's goals</i>	
Women In Business: Hardin Valley edition.....	p. 15-18
<i>Profiles of local business women</i>	
Hardin Valley Event Center .....	p. 20
<i>Looking ahead to even more activities in 2026</i>	
New Collaborative.....	p. 22
<i>Shewmake, Deck create networking group with a focus on growth</i>	
Athletic achievements for Pellissippi State.....	p. 24
<i>The school is a serious contender in the NJCAA</i>	
Hardin Valley Academy Unified Flag Football.....	p. 26
Kids Corner .....	p. 28
<i>Little Hawks Daycare; Find the Hawk contest</i>	

**On the cover:** Art courtesy of Pellissippi State's aviation program

**farragutpress**

YOUR TENNESSEE PRESS ASSOCIATION AWARD WINNING NEWSPAPER

Editor email: editor@farragutpress.com Advertising email: khartman@farragutpress.com

Website: www.farragutpress.com Phone: 865-675-6397

farragutpress is published weekly at  
11863 Kingston Pike Farragut, TN 37934





Pellissippi State Community College and Blount Partnership are working together to counteract the labor shortage of aircraft mechanics.

They celebrated PSCC's aviation technology program "being cleared for takeoff" with a launch event Sept. 23 at the program facility, a 22,500 square-foot hangar near Pellissippi State's Blount County campus, said Katie A. McCarver, public relations specialist on behalf of PSCC.

PSCC is using its regional presence — Knox and Blount counties — to build a targeted, industry-aligned aviation maintenance training pipeline, which feeds into and strengthens the local aviation system anchored by McGee Tyson Airport, according to PSCC.

Providing a regional footprint, PSCC's presence in both Knox — at the Hardin Valley campus — and Blount counties would give them a broad regional reach.

The Hardin Valley campus plays a roll in supporting the aviation program with administration, recruiting, coursework and student services.

It also provides an elevated portfolio for PSCC as it moves beyond traditional community college programs into more specialized technical education aligned with high skill and high wage sectors.

This can strengthen the roll PSCC plays in developing workforce regionally, according to PSCC.

The Sept. 23 celebration featured recognition of local leaders and contributors to the program, such as McGhee-Tyson Airport, Cirrus Aircraft, Standard Aero, the 134<sup>th</sup> Air Refueling Wing, Massey Electric and Continental Aerospace Technologies.

"We are excited to work with McGhee Tyson and major employers at the airport," McCarver said. "We will provide the educational and training knowledge to prepare students for high-demand aviation maintenance technician positions.

"Pellissippi State, Blount Partnership and other industry partners designed Aviation Technology, an 18-month associate degree program, to counteract a labor shortage of aircraft mechanics, create a local pipeline of



**Photo submitted**

State Sen. Tom Hatcher (at podium) reads a proclamation supporting Pellissippi State Community College's launch of its new aviation technology program during a celebration Sept. 23 at PSCC. Joining him are PSCC, local and other state officials.

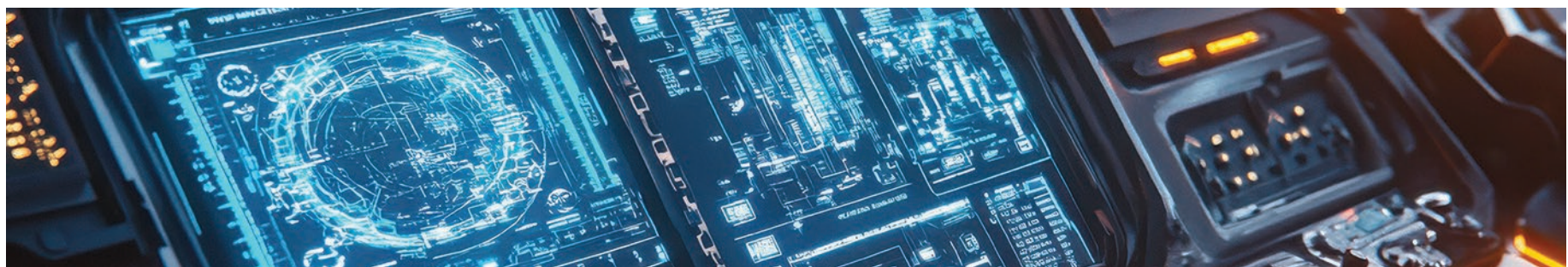
Airframe and Powerplant (A&P) maintenance technicians and provide students with high-demand and lucrative jobs," a PSCC press release stated.

According to PSCC, students will be eligible to take the FAA certification exam to become A&P technicians.

"Today, really, is an example of what happens when the right people find the right time and the right place — the right equipment, the right support — to do something that's incredibly important for a community and a region," Pellissippi president L. Anthony Wise Jr. said during the event. "We would not be here cleared for takeoff without each and every person in this room."

Other speakers included Bryan Daniels, president/CEO of Blount Partnership and Blount County Mayor Ed Mitchell. Additionally, state Sen. Tom





Hatcher and Reps. Jerome Moon and Tom Stinnett presented a proclamation from the state recognizing the establishment of the aviation technology program and best wishes for its success.

“How communities come together, it’s just incredible,” said Patty Weaver, vice president for external affairs at Pellissippi who has overseen efforts to gain accreditation for the program. “I’ve been in this business for 25 years, and I just love seeing the collaboration and community come out and support such efforts because it was a big, big effort to get this completed. I’m truly honored to be here today to celebrate this.”

The event also featured the unveiling of the program’s official certification from the Federal Aviation Administration. The program is an FAA Part 147 school, or Aviation Maintenance Technician School, with additional certifications from the Southern Association of Colleges and Schools Commission on Colleges and the Tennessee Board

of Regents.

“This aviation maintenance school did not appear overnight,” Blount Partnership Director of Workforce Development Jessica Belitz said. “It was built on years of vision, persistence and a belief that when community comes together, anything is possible.”

According to PSCC, Pellissippi State was awarded nearly \$2 million through the third round of the Governor’s Investment in Vocational Education (GIVE) Grants in 2024, to support the creation of aviation technology.

“The GIVE program, established in 2019, is designed to address skills gaps in Tennessee’s workforce by supporting the development of career pathways that connect postsecondary institutions with local K-12 school systems and local employers,” the PSCC press release stated. “Grants of up to \$2 million each are awarded through the GIVE program to collaborate efforts that create or ex-

pand academic programs, develop work-based learning experiences or provide industry-recognized certifications in areas of high demand.

“The GIVE grant, Blount Partnership and other key partners played an integral role in the development of Pellissippi State’s Aviation Technology degree, which will prepare students for successful careers in aviation maintenance,” the press release stated.

“Per FAA regulations, we can only have 25 students in each cohort, (semester),” McCarter said. “We started with 18 students this fall, and everyone is on track to graduate by fall 2026.

“Due to incredible interest, we are starting a night section in the spring,” she said. “Hours will be from 3 to 9 p.m., Monday through Thursday. The spring cohort will include up to 25 students, expected to graduate in spring 2027.

~ Tammy Cheek



*Thank you for voting us*  
**BEST ASSISTED LIVING/ BEST  
SENIOR LIVING FACILITY!**



**PINNACLE**  
**ASSISTED LIVING**

**ALL-INCLUSIVE COMMUNITY**

**All the care you need at ONE great price point!**  
No levels or point systems necessary.



**Pinnacle Assisted Living**  
10520 Waterville Lane  
Knoxville, TN 37932  
(865) 444-1451

*Call Tiana Schultz,  
Community Relations Director,  
at 865-444-1451 ext. 6 to schedule  
your personal community visit today!*

**We are inviting you to join our family here at  
Pinnacle Assisted Living!**



For more information on these and other events, including our online service each Sunday, scan the QR code.



11515 Hardin Valley Road  
Knoxville, TN 37932  
865.824.3078



# KINGDOM KIDS

SEEK.FIND.LOVE

A MINISTRY FOR ALL KIDS  
BIRTH TO 5TH GRADE.



## PANCAKES

*With Santa*

Join us for our Nativity Play at 5:00pm followed by Pancakes with Santa on December 5, 2025! Register with the QR code for this **free** event.

## CANDLELIGHT CHRISTMAS

at Hardin Valley Church of Christ

DECEMBER 17<sup>TH</sup> | 6:30 PM

Our Food Pantry is open the second Monday of each month and serves those living in the 37931 and 37932 zip code areas.

## TRAUMA REBOOT

TRAUMA HEALING FOR EVERYONE

New class starts on January 14, 2026. [RebootRecovery.com](https://RebootRecovery.com)



Hardin Valley Youth  
A Ministry for 6<sup>th</sup>-12<sup>th</sup> Grade

### WEEKLY RHYTHM

#### SUNDAYS

Worship 8:45am & 11:00am

Bible Class 10:00am

Devo 6:00-8:00pm

#### Mondays

High School Bible Study—7:00-8:30pm

#### Wednesdays

Class & Worship 6:45-7:30pm

Grieving a loss?  
Know someone  
who is?



GriefShare

[griefshare.org/holidays](https://griefshare.org/holidays)

## Surviving the Holidays

Encouragement, support, and valuable tools to navigate the challenges of the season.

November 22, 2025,  
10:00am—12:00pm

Join us for this holiday seminar

## GriefShare

### Grief Support Group

Help and encouragement  
after the death of a loved one

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. At this 13-week group, you'll receive valuable guidance and tips, leading you to relief, comfort, and peace of mind.

#### Contact Us Today

Wednesdays 6 - 7:30 p.m.  
January 7 - April 1, 2026  
Hardin Valley Church of Christ  
11515 Hardin Valley Rd. Knoxville  
[griefshare@hvcoc.org](mailto:griefshare@hvcoc.org)

[griefshare.org](https://griefshare.org)



# Hardin Valley

## The heart of the Technology Corridor

Hardin Valley is home to a slew of technology-based companies, making it a highly desirable area for businesses as well as homeowners. Located in the heart of the Tennessee Technology Corridor, Hardin Valley has drawn attention over the years from a variety of tech companies, including GEM Technologies, M3 Technology Group and Elo Touch Solutions.

This is thanks in part to state legislation that passed in 1983, establishing a local board – the Tennessee Technology Corridor Development Authority (TTCDA) – to help guide the development, land use and infrastructure of the 7,000-acre area of land along Pellissippi Parkway in western Knox County.

“They really wanted to focus on attracting technology companies, and it made sense to put the corridor here due to its proximity to Oak Ridge,” explained Sage Kohler, a local insurance agent and former board member of the TTCDA.

Kohler, who spent the last few years on the government-appointed board, added that the main purpose of the TTCDA was to encourage technology and related land use, while striving to preserve the environmental character of East Tennessee. But after decades of serving as an extra layer of protection over the existing base zoning, the TTCDA was ultimately deemed unnecessary, with the Knox County Commission voting earlier this year to officially dissolve it.

“I think its intent was really good, but it ended up becoming just another step in the process for someone to get approval from the county commissioners,” said Kohler. “It was kind of like the board you had to come to first to make sure you were meeting all

the requirements before you could go to the county commission to get approved.”

The board, however, did make efforts and in many cases was able to modify site designs, architectural standards, landscaping requirements and even signage to preserve the natural beauty of Hardin Valley.

“We clarified some of the spirit of the law and said that there needs to be this much landscaping for this much impervious cover and that kind of thing,” said Kohler, adding that the area also did not become overly commercialized. “I

think that there was a concern that there would be too much commercial growth in a suburb, and I don’t think we have that. I actually wish we could have more planned, thought-out business options for the folks that live here in the Valley”

As Hardin Valley is anticipated to continue to grow over the coming years, many local organizations are dedicated to working with the county to ensure the Hardin Valley community is heard. The Hardin Valley Business and Community Alliance (HVBCA), for example, was established in 2021 “to influence the future of Hardin Valley.”

“One of the things we’re trying to do is partner with the county on giving the community the things that the community asks for,” said Kohler, co-founder and past

“One of the things we’re trying to do is partner with the county on giving the community the things that the community asks for,”

~ **Sage Kohler**,  
local insurance  
agent former  
board member  
of the TTCDA

See **TECHNOLOGY** on Page 27







# GOING THE EXTRA MILE FOR YOU

Pay your way! To best serve you we have several bill payment options available:

**In Person:** Cash, check or money order payments. Locate service centers and payment only locations at [LCUB.com](http://LCUB.com)

**By Mail:** Mail check or money order payments to LCUB, P.O. Box 449, Lenoir City, TN 37771

**By Phone:** Call (800) 731-7564 and follow the prompts

## Recurring Electronic Payments:

Establish automatic, recurring payments from your checking or savings account

**Online:** A one-time electronic funds transfer or credit card payment can be made online



Please visit us at [LCUB.com](http://LCUB.com) for details and start paying your way today!

Now through December 4th,  
your gift is doubled.



## Outnumber HUNGER

with a matched donation this season!



Presented by:



Leading the community to end hunger in 18 counties

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

[SecondHarvestETN.org/DYD](http://SecondHarvestETN.org/DYD) | (865) 521-0000







# Hawks Golf teams first, second in state

It was truly a magical season for both the HVA boys and girls teams as both squads took their place among the state's elite programs. The boys won their first-ever state championship, while the girls improved on last year's finish at Sevierville Country Club.

The Hardin Valley Academy boys golf teams had some lofty expectations for its 2025 season. And the Hawks met just about all of their goals on their way to winning the TSSAA Class AA State Championship earlier this fall.

The 2025 campaign represented a total team effort as each of Hardin Valley's golfers won at least one tournament during the regular season.

During the state championships at Sevierville Golf Club, the Hawks tailed Brentwood by five strokes after the opening round of the two-day, 36-hole event. The Hawks were behind despite some stellar golf.

Conner Williams shot a 1-under 71 in the first round. His teammates who figured in the scoring well carded an effort of even par. Jake Sheffield, Hunter Mousa and Arjun Patel all completed the round with a score of 72.

On Day 2, the Hawks rallied to

win their first state championship in their first-ever team appearance as they finished with a two-round combined team score of 571, that mark was 5-under par, and was second best Division I Large Schools team score in TSSAA Championship history, second only to Knoxville Halls in 2017.

HVA's Eli Brown fired a 4-under, 68 in the second round, posting his best round of the season. Mousa shot had a second-round score of 71, while Williams and Sheffield.

The Hawks opened the season with opened the season with a record-setting win at the Spartan Invitational, hosted by Webb School of Knoxville, at Avalon Golf and Country Club. They also won the 5-Star Preps Masters at Three Ridges with a team score of 4-under (572).

Hardin Valley also set a course record at The Country Club in Morristown with a score of 289, 1-over par.

"All of our players won at least one tournament during the regular season," Hardin Valley coach John Williams said. "We won a state championship but we don't win it without all of them.

"This was a special group. This is a talented team. Our success was built

on consistency and a belief in one another. Putting together three straight tournament record scores isn't normal. It shows how focused and talented they were from the start."

The Hawks may have hoisted the championship plaque on an autumn day. The preparation, however, began long before the season was underway.

"Our first-ever state championship was won in the offseason," Coach Williams said. "They talked about winning it, and they meant it.

"They played for each other and showed a lot of grit coming from five shots down."

In the district championships, Hardin Valley finished second but the Hawks would bounce back to win the region title and qualify for the state tournament.

Meanwhile, for the second consecutive year and the second time in program history, the Hardin Valley Academy girls golf team reached the TSSAA Class AA Golf Championships.

The Lady Hawks posted a runner-up finish in 2025 after finishing third last year, leaving head coach John Williams extremely pleased.

"Our ladies set the standard last year for our golf team, earning the

team's first trip to the state championship," Williams said. "They backed it up this year with another trip and finished as state runners-up.

"Our Hardin Valley girls golf team had an outstanding season, finishing as district and region champions."

The Lady Hawks were led by sophomore Addisyn Newman. As a freshman in 2024, Newman took third on the state's big stage. This season, Newman captured low medalists honors at both the district and region championships.

In her return to Sevierville, she was again the runner-up at the state championships.

"That's an incredible achievement as just a sophomore," Williams said.

Leona Patel posted a Top-20 at the state championships and won a pair of individual tournament championships during the 2025 regular season.

Rylee Taylor also had a match where she was the top finisher, earning low medalist honors. She finished inside the Top-25 at the state tournament in Sevierville.

"We have a young team and we'll look to go back to state this year," Williams said.

~ Ken Lay



# FAITH·KNOWLEDGE·CULTURE



*An ESK education is in  
high demand!*

.....  
If you're interested in  
becoming a Saint of the  
Episcopal School of Knoxville,  
**we encourage you to  
APPLY TODAY!**

**2026-2027**  
ADMISSION  
OPEN HOUSE  
DATES



**1/28/26**

**&**

**3/25/26**

9:00AM-2:00PM

LET YOUR  
KNOWLEDGE  
TAKE FLIGHT



**SERVING STUDENTS  
AGED 3 THROUGH  
8TH GRADE**

Please contact us with any questions:

**Heidi Offel, Director of Admission**  
hoffel@esknoxville.org



**@esksaints**  
**esknoxville.org**





# Country Burrito Bar and Grill offers authentic Mexican cuisine

For the past almost eight years, Country Burrito Bar and Grill has been providing fresh offerings of authentic Mexican cuisine at its Hardin Valley location, 186 Hardin Valley Road.

“We’re happy with the community,” manager Israel Canales said.

Along with the Hardin Valley location, Country Burrito has restaurants at 2052 Center Park Drive and 1606 Lovell Road. The latter is Country Burrito Express, an express version of the restaurant.

Now owned by Edwardo Ayala and Martin Covian, the restaurant features “burritos, tacos, tamales, you name it,” Canales said.

Customers also will find enchiladas, carnitas, quesadillas, fajitas, a fajita taco salad, chile rellenos, Spanish rice, huevos rancheros, huevos with chorizo, steak and eggs, chimichangas, arroz con pollo, parillas, shrimp with rice, nachos and more. It also has a salsa bar.

And, “we have cold beer every single day,” Canales said.

Its signature dish is the quesabirria, which is seasoned steak with a signature beef broth. Another favorite among customers are the arrachera (tender flank steak) and the Mexican guacamole.

“We are one of the few authentic Mexican restaurants,” the manager said. “We make everything fresh every day.

“We focus on service and quality.”

“We are no strangers to the many types of delicious food that can be found in our beloved country,” Country Burrito’s website stated. “With a simple goal in mind, we have been inspired to create dishes that are fresh and delicious ... we are ready to offer you the freshest ingredients available to meet your expectations.

“We proudly call ourselves authentic, with homemade, slow-cooked salsas, handmade tortillas, the best burrito in town, among many other dishes made with the finest ingredients and a lot of attention to detail,” the site stated.

Country Burrito is open from 11 a.m. to 10 p.m., Monday through Sunday.

~ Tammy Cheek



Mexican Guacamole

Photos by Tammy Cheek

**Above:** Country Burrito Bar and Grill’s Mexican guacamole

**Right:** Quesabirrias are one of Country Burrito Bar and Grill’s signature dishes.



- Ship
- Pack
- Print
- Mail
- and so much more



THE UPS STORE®

10629 Hardin Valley Rd | 865-249-6943





Hardin Valley  
COFFEE SHOPS

Dunkin’

10631 Hardin Valley Rd,  
Knoxville, TN 37932  
(865) 337-7961  
dunkindonuts.com

Starbucks

Inside Food City  
11501 Hardin Valley Rd.  
Knoxville, TN 37932  
starbucks.com

Sunago Coffee Co

10736 Hardin Valley Rd.  
Knoxville, TN 37932  
(865) 219-5790  
sunagocoffee.com

Tealicious

10720 Hardin Valley Rd.  
Knoxville, TN 37932  
(865) 766-5329  
tealicioustn.com

Gingerbread Latte

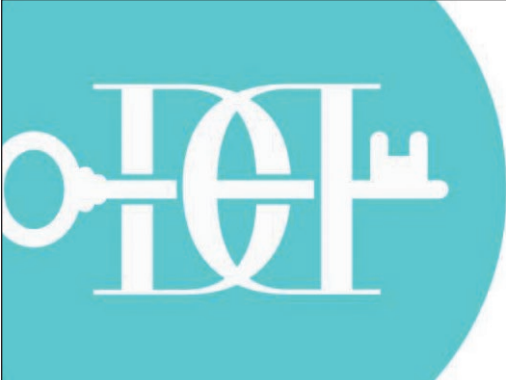
Ingredients:

- 1 cup milk (or milk substitute)
- 1 shot of espresso  
or ½ cup strong brewed coffee
- 1 tablespoon molasses
- 1 tablespoon maple syrup  
or brown sugar
- ¼ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- Pinch of ground nutmeg  
and cloves

**Optional:** whipped cream,  
gingerbread cookie for garnish

Instructions:

In a small saucepan, combine the milk, molasses, maple syrup (or brown sugar), ginger, cinnamon, nutmeg, and cloves. Whisk the mixture over medium heat until it is warm and frothy. Pour the espresso or strong coffee into a mug. Top with the warm spiced milk mixture and foam. Garnish with whipped cream and a cookie if desired.



Check out our 2025 lunch and learn sessions beginning in April!

A REAL ESTATE  
CONCIERGE COMPANY.

Our clients are not just another transaction.  
We establish relationships!

9724 Kingston Pike Ste 502 | Knoxville, TN 37922

Denise Douglas,  
Owner/Broker

DouglasDillon Realty  
865-809-9281  
Denise@douglasdillon.realty





# New Image Medical Spa

*Wellness services tailored to the client's goals*

Gina Hood, owner and nurse practitioner, and Zonia Milligan, manager, are heading the operation of New Image Medical Spa, which opened in September at 10950 Spring Bluff Way, Suite A, off Hardin Valley Road.

They celebrated the opening with a ribbon cutting with Farragut West Knox Chamber of Commerce on Oct. 7.

"This is another one of our brand new businesses" in the growing area of Hardin Valley, FWKCC president/CEO Julie Blaylock said just before the ribbon was cut. "We're super excited about (it)."

"We're very excited to be here and appreciate everybody who came here today," Hood said.

The Medical Spa took over what used to be the King College campus location.

"They did a gorgeous job with it," Blaylock said about Hood and Milligan's renovations to the space. "They just did a wonderful job of making it look beautiful and calm and comforting and a place you actually want to be."

New Image Med Spa provides advanced aesthetic, weight loss and wellness services tailored to the client's goals.

It provides IV hydration therapy, Botox, laser hair removal, weight loss therapies, vein and vascular lesion reduction treatments, LumecaPeak IPL to correct pigmentation and EvolveX that tightens skin and tones muscles.

Additionally, Hood and Milligan have a Morpheus machine, which Hood explained is a minimally invasive device using radio frequency micro-needling to tighten skin, improve texture and reduce wrinkles and acne scars. The machine also can do tightening on the abdomen and face, according to Hood.

Blaylock noted that New Image's website said, "We want this to be a place where people feel seen and also supported and heard."

"We're not here just to do procedures," Hood said. "We want you to look your best and be healthy and on top of the world."

She previously worked in a hospital emergency room, as a registered nurse, for 15 years.

Then, "once I became a nurse practitioner, I started working with Zonia," she said. "We'd done prescription weight loss medicine for close to 15 years in weight loss centers in Chattanooga."

But, about a year ago, Hood said they decided to go into the med spa business as well.

"With weight loss, you want to look and feel your best or become healthy," Hood said. "We just kind of take it a little step further with this process."

"We spent quite some time looking for a location," Milligan said. Then, they found the former King College campus.

"This just felt like home," she said.

"We started working on it around March and opened our doors in September," Hood said.

"I'm loving it," Milligan said about the new space.

At New Image, Hood said clients can walk in or be referred.

"We have patients from our other weight loss clinics who come here for treatments," she said.

People can visit [newimagemedicalspa.com](http://newimagemedicalspa.com) and make an appointment.

~ Tammy Cheek





The roles of women are more demanding than ever and the women in and around Hardin Valley are meeting the challenge. From CEO's to business owners, certified staff to working out of the home, women are a driving force of our economy. As industries evolve and work expectations take on new parameters, women continue to make strides in not only being a financial resource to their family, but also fulfilling their career goals and accomplishing their dreams. Every year we are honored to highlight some women who are amazing at what they do and geared toward greatness.

Hardin Valley Living is pleased to present this year's

# WOMEN *in* BUSINESS

2025 Hardin Valley Living Edition



**Leslie  
Allen**

Benefits Manager and  
HR Manager

**Tate Insurance Group**  
865-862-8233  
tateinsurancegroup.com

Extensive corporate experience laid the foundation for Leslie Allen's current roles with Tate Insurance Group.

After working for Siemens Heathineers and Bridgestone Americas, Allen started at TIG as a customer service representative in January, 2021, and now has a dual role as clients' benefits manager and internal HR manager.

"After years in corporate America, I was eager to bring my expertise to a locally-owned company in my hometown," she said. "Benefits was an area where I was motivated to deepen my knowledge and skill set, and TIG offered me the opportunity to do just that."

Allen notes "people" are the most important part of her job.

"Whether it's working with our clients or collaborating with our amazing team, I value genuine partnerships that drive success," she said. "I believe a company's greatest asset is its employees, and I'm passionate about helping clients provide benefits that ensure their teams are cared for, happy, and healthy."

"At the end of the day, it's the people who make showing up and giving my best so meaningful."

Outside of work, "making intentional time for friends and family is what matters most to me."

"Slowing down and creating meaningful memories with loved ones is what fills my cup and keeps me happy and motivated."



**Harriet  
Amonette**

Director of  
Marketing Services  
**NHC Place Farragut**  
865-777-9000

## Connecting with people

Harriet Amonette has been in the Senior Care Industry her entire career, but has worked as the Director of Marketing Services at NHC Place Farragut for the past eight years. Thirteen years ago, she started at NHC as a nurse in rehabilitation before discovering her knack for marketing. Harriet's experience in direct patient care has shaped the way in which she can connect with coworkers, families of residents, and the residents themselves. As a nurse, she realized the exceptional joy that caring for others gave her every day. Today, she continues to embrace the senior care culture in marketing, utilizing her medical background to provide additional insight to families. Her favorite part of the job is assisting families with the "next steps" on NHC Place Farragut's CCRC campus. For the past four years, Harriet has been heavily involved in the CAC Office on Aging's annual "Power of the Purse" event, a fundraiser for their Mobile Meals program. Harriet enjoys giving back to the senior care community in all aspects, making it her mission to empower her community in all walks of life.





## Susan Bentley

CEO, Owner

**Bentley Home Inspections**  
**Bentley Radon**

865-986-2516

susan@bentleyhomeinspection.com  
www.bentleyhomeinspection.com

## Operator, Educator and Service Oriented

Susan Bentley is a trailblazer as a woman CEO in the male-dominated home inspection industry. She leads multiple successful companies, including Bentley Home Inspection, BW Pest, Bentley Radon, and Santa's Twinkle. Beyond her businesses, Susan is a national coach in the home inspection industry and proudly serves as the National Ambassador for iGo, the largest coaching group in the field. With her leadership, she inspires professionals nationwide to aim higher, move faster, and break barriers.

2023 Voted Loudon County's  
Best Home Inspection Company  
2022 East Tennessee Association  
of Realtors Strategic Partner of the Year  
2022 Great Smoky Mountains Association  
of Realtors Strategic Partner of the Year  
2022 North East Association  
of Realtors Strategic Partner of the Year  
2022 Lakeway Association  
of Realtors Strategic Partner of the Year  
2021 Strategic Partner  
for Women's Council of Realtors Tennessee  
2021 Strategic Partner for Women's Council  
of Realtors Knoxville  
2021 Strategic Partner for Women's Council  
of Realtors Great Smoky Mountains  
Prior KMBB Board Member (2020/2021)  
Prior KAAR Community Involvement Committee  
Member (2021/2022)



## Melody Matney

Executive Director

**Villages of Farragut**

865-671-2500

melody@villagesfarragut.com

## Passionate about her community & the people in it

Melody Matney, Executive Director of The Villages of Farragut, is genuinely cut-out for her line of work. Born in Knoxville and a life-long resident of East Tennessee, Matney is passionate about her community and the residents she serves. After losing her father unexpectedly to a terminal illness, Matney took a particular interest in Long-Term Care, and attained her license in LTC insurance. She began her career as a sole proprietor and business owner, selling the business after 14 years, and then managed businesses for a nationally known hospitality corporation, growing through the experience. Her love for people would eventually lead her to her true passion of serving seniors. Matney was recruited to work at a senior living community in Sevierville. She was promoted to Executive Director after only 15 months, and remained with that company for several years. "My heart was still in Knoxville," she explained. So, when The Villages of Farragut announced their ground-breaking, she applied and joined their team before opening in 2019 to serve as Executive Director. "I'm extremely fortunate to be working for this company and serving seniors in this community. We truly want to be part of the fabric of Farragut, and what we do is all about love for our residents." It's clear that Melody Matney has a heart for people and service to her community.



## Jennifer McKinnish

Attorney

**McKinnish Law**

865-229-9854

www.mckinnishlaw.com

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

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

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

This focus on relationships has certainly paid off as in the last five years along, the firm has expanded to cover all of East Tennessee, while still maintaining a personal touch with every case.

In addition to being a successful small business owner and attorney, Jennifer is an active member in the community including serving on the Concord Christain School Board. Her greatest accomplishment of all is at home where she is single mom to two amazing children.



## Deborah Saunders

Realtor

**Wallace Real Estate**

865-548-0952

britchickagent@gmail.com

Originally from England, Deborah Saunders made Knoxville her home in 1993 after moving from London.

After three decades shaping young minds as a teacher, Deborah embraced a new adventure in 2013 – real estate – a career that, surprisingly, isn't all that different from the classroom.

"Both teaching and real estate are really about breaking down big ideas into manageable steps and handling each moment as it comes, while staying ready for whatever surprises may pop up," said Deborah, now proudly serving as an agent with Wallace.

Known for her calm, steady approach, Deborah helps clients navigate everything from small jitters to big panics with confidence and care. She especially enjoys guiding first-time homebuyers, walking them through each stage of the journey with patience and a smile.

"If you put the emphasis on serving people well, the results naturally follow," Deborah shared. Even after closing day, she makes it a point to be there for her clients, offering advice, reassurance, or simply a listening ear. "I truly enjoy treating people kindly and making the process as smooth – and even fun – as it can be."





## Sandi Simpson

Community Relations  
Director

**The Villages of Farragut**  
865-671-2500

Sandi Simpson graduated from the University of Tennessee in 1980 with a degree in Child and Family Services with plans to become a Social Worker. Prior to working in senior living, Sandi worked as a stay-at-home mom for 20 years. When her mother fell ill with Alzheimer's, she dropped everything to make sure she gave her mother the care that was needed, and then, she realized her calling; helping seniors live a happier and healthier life.

After their children were grown, she became one of the first active volunteers at her church, Concord United Methodist Church's adult daycare program, Concord Adult Day Enrichment Services (CADES).

Simpson then started working part-time at a local assisted living community for three years and spent another six years at an independent living community as Lifestyle Director, and later, as the Leasing Director. During her time as leasing director, she was able to keep the community 99% leased, which led to her recruitment by The Villages of Farragut.

"I fell in love with taking care of seniors," she said, noting that she initially joined the Villages team as the Resident Event Director. Simpson took over her current position just before COVID-19 pandemic began. At the time, the community was 50 % occupied. Even through the restraints that were put into place to keep the residents safe, she has been able to increase the occupancy to a current 98%.

So far, Simpson's favorite part of the job is helping families navigate through life's transitions and bringing joy to residents and their families.

"I hope to bring smiles to the residents' faces and make life for their family easier every day," she said.

Simpson's dedication to her company, her career, and most importantly, the seniors she serves is unsurpassed. In addition, she has shown that it is never too late to find your passion, and for her, it was helping senior citizens stay connected with their community and ensuring the quality of life they deserve.



## Sara Sizemore

Owner

**Southern Safety  
Supply**

865-673-0140  
sara@southernsafety.com  
southernsafety.com

Sara Sizemore started Southern Safety Supply in 1997 from her Knoxville living room with a UTK degree and the conviction that local contractors deserved better than long lead times. Twenty-seven years later, her showroom at 207 Center Park Drive stocks thousands of products that keep all workers safe.

For example, while big box stores carry four glove types, Sara stocks over a dozen because she learned early that the wrong glove costs companies in injury claims and lost time. "I spent years understanding exactly what each industry needs," Sara explains. "That knowledge saves lives and saves money."

Sara built Southern Safety by outworking national competitors. Southern Safety maintains inventory others call excessive - until emergency orders prove her right. Her company equipped Knoxville's multi-use stadium construction and supplies safety gear to Amazon's local operations. These companies choose Southern Safety because Sara delivers what they need, when they need it. Just ask Wal-Mart Distribution Centers across the nation.

"We build trust through consistency and attention to detail," Sara notes. "That's not customer service theory. That's how you run a business that lasts."



## Erin Stidham

Executive Director

**Davis Family YMCA**  
865-661-9622  
estidham@ymcaknoxville.org

Erin Stidham has dedicated the past six years to serving with the YMCA, where she now leads as Executive Director of her branch. Throughout her journey, Erin has been guided by incredible leadership mentors who have shaped her growth and inspired her passion for service. She is deeply committed to helping others, finding joy in watching individuals grow in confidence, improve their health, and strengthen their overall well-being.

For Erin, the YMCA is more than just a workplace—it is a blessing. She treasures its role as a safe, welcoming space where laughter, fun, and meaningful connections flourish. The Y provides opportunities for people of all ages and backgrounds to come together, support one another, and build lasting community. Erin is proud to serve Knoxville, Farragut, and the surrounding counties, fostering an environment where everyone can belong, thrive, and experience the power of community.



## Cherie Sydes

REALTOR®, ABR®

**Wallace Real Estate**

Cell: 865-660-1074  
www.CherieSydesKnoxville.com  
CherieSydes@gmail.com

Cherie Sydes is a native of Knoxville, TN and has lived in several parts of the area, gaining familiarity with the changes and growth in and around Knoxville. Having had strong ties to the East Tennessee area and her passion for helping people give Cherie the ability to be creative with the home buying/selling process. Cherie has worked in the Real Estate industry for more than seven years before launching her career as a licensed Real Estate Agent giving her more than a decade of experience. This invaluable insight has provided Cherie with substantial exposure to many aspects of the real estate industry.

Raised to be resilient and a hard worker with a winning attitude, Cherie believes in integrity and reliability in her everyday life and professional career. Her goal is to make your buying/selling experience as easy and stress-free as possible.

Cherie's Pledge: "Whether you are buying or selling, I will dedicate my complete attention and honesty every buyer and seller deserves!"





## Candace Viox

Owner

**Water Into Wine  
Bistro & Lounge**

865-392-1586

W2wknoxville@gmail.com

## 9 Years in Farragut full of relationships, support, and community!

Candace Viox opened the popular Farragut destination, Water into Wine Bistro & Lounge, in May 2016, and her restaurant is still going strong. The community support has been overwhelmingly appreciated. The extension of her lease has ensured she will be operating in Farragut for a few more years. Catering, community events and private parties have allowed her brand to grow in the Knoxville area. While Candace's team is already gearing up for the holiday season, she has begun booking business luncheons and holiday parties. She loves hosting members of the business community who enjoy showing their appreciation to their team members, so if you are looking for a way to tell your staff thank you for their hard work, Water into Wine is the perfect place for your private party!

Water into Wine is a different kind of restaurant and lounge. 9 years of beautiful people and relationships. Connections are made by the locals who stop in on a regular basis to the visitors just passing through who have been told about the beauty of the Farragut area and the lounge known as the "Farragut Cheers" by some locals and the "Bible Study Bar" by others. Candace says it is a "community gathering place where people talk, share, and care about one another."

Candace serves as the President of the Farragut Business Alliance and works closely with local elected officials advocating for small business support, as well as serving on the Farragut Tourism & Travel Board. She contributes to many non-profits including Isaiah's House, St. John Newman, Farragut and Hardin Valley Academy teams and local clubs in the community.

"Everything is in God's plan, purpose and timing and I will go where He leads next," said Candace. "Seems God still wants me in Farragut because I am still here."



## Debbie Yankey

Realtor

**Wallace Real Estate**

865-966-1111

865-414-8818

debbie@debbieyankey.com

When you meet Debbie Yankey, you quickly realize she's more than a Realtor®. She's a storyteller, a connector, and someone who genuinely believes East Tennessee is one of the best places to call home.

For over 30 years, Debbie has helped people not just buy and sell houses, but find the right backdrop for their lives. She has a knack for seeing the story behind every front door—whether it's a lakeside estate, a first home, or a quiet country retreat. "Real estate isn't about transactions," Debbie says. "It's about people, and helping them take the next step in their journey."

Her clients will tell you she's equal parts strategist and cheerleader—someone who can negotiate tough deals one moment and offer a calming word the next. That balance, what Debbie calls "grit with grace," has become her signature.

But Debbie's impact reaches far beyond her business. She's deeply rooted in the community, proudly highlighting the lifestyle that makes East Tennessee shine—whether it's the walking trails, the lakefront sunsets, or the vibrant local businesses she supports. "Home isn't just four walls," she explains. "It's the people, the traditions, and the connections we build here."

Family is at the heart of everything Debbie does. She credits her loved ones for shaping her values of hard work and compassion—and she admits her Shih Tzu, Lily Grace, has become both her desk-side companion and a little piece of her brand. "She's my sidekick," Debbie laughs. "People sometimes remember Lily before they remember me!"

Ask Debbie what keeps her motivated after decades in the business, and her answer comes easy: the people. "It's a privilege," she says, "to sit with someone in one chapter of life and help them step into the next. That's what makes every day exciting."



## Susan Worthington

President

**Southern Market**

Office: 865-588-2260

Cell: 865-455-5588

www.southernmarketshops.com

Susan Worthington and her mother, Frances Sexton, founded The Southern Market almost three decades ago with the vision of creating an upscale interiors market that showcased local vendors featuring strictly stylish merchandise.

With more than 200 current vendors, Worthington said that The Southern Market offers a variety of products that range from home decor, gifts, boutique fashions, and art. We are always looking to enhance our market with exceptional new merchants and artists.

"We pioneered a new breed of marketplace in an era of antique and craft only malls" said Worthington. "Neither Knoxville -- nor any Southern city we visited for that matter -- had anything like us at the time. We traveled more than 20,000 miles throughout the Southeast hand-selecting our first merchants over several years. We built our building entirely for this concept as well."

Having built this Knoxville staple and entrepreneurial legacy literally from the ground up and on the pages of Veranda magazine before they ever opened, these ladies were destined for success.

Decades later, The Southern Market, located at 5400 Homberg Drive, is still going strong winning Best Gift Shop and Best Interior Design by Knoxvilleans year after year, and will be celebrating its 29th year in business.

Worthington says the market's lengthy success is a result of its focus on recruiting quality, small businesses from the local community, servicing those businesses' needs, and garnering mutually successful relationships that last for many years. We aim to minimize turnover and maximize our merchants' successes.

"Southern Market has been promoting 'shop local' for 29 years," she said. "Shop Local is not new to us. We have loved and embraced shopping local and small businesses since 1996. We are small business. We are shopping. We are local. Come shop local at Southern Market."

## Effective Counsel When It Matters Most

### Focusing in Family Law and Social Security Disability

Our attorneys offer a range of legal services from family law (including divorce, child custody and adoption) to serious injury, criminal defense and Social Security Disability benefits representation.

*Our experienced attorneys are committed to serving families across East TN.*

**REQUEST A CONSULTATION TODAY**



### McKinnish Law Group, PLLC

11826 Kingston Pike, Suite 220

(Same building as Josh Ellis State Farm and West Knox Chamber)

Farragut, TN 37934 | 865-233-1105

www.mckinnishlaw.com

**Free initial consultations**



# Small Classes, Big Possibilities!



PreK-8th  
Grade



## Tate's School

Watch your child **EXCEL** and enjoy, an academically **ADVANCED EDUCATION.**

### Your child will:

- Enjoy an advanced curriculum integrated with outdoor learning
- Receive personalized support in small classes
- Participate in hands-on learning
- Be prepared for the high school of their choice



## Explore the Possibilities Today!

Located on Cedar Bluff Rd. 6 miles from Hardin Valley

**TATESSCHOOL.com**

**865.693.3021**

# A COMMUNITY DESIGNED WITH YOUR LOVED ONE IN MIND



Assisted Living | Memory Care | Respite | Rehab



*Visit our award-winning  
campus today!*

(865) 777-9000

**WWW.NHCFARRAGUT.COM**



# Hardin Valley Event Center

Looking ahead to even more activities in 2026

Having just wrapped up a successful first year, Hardin Valley Event Center co-owner Dale Akins is looking ahead to even more activities in 2026 for the unique one-of-a-kind family friendly venue.

The unique property, surrounded on three sides by Beaver Creek, kicks off the new year with a Farmer's Market the second and fourth Saturday of each month from January through April.

"We have so many opportunities in what we are calling 'lanes,'" said Akins. "From music, to craft fairs, to practice space for the Hard Knox Roller Derby, car shows and even private events, we have a full slate of activities already booked, with plans for more as the year unfolds."

So far, the Event Center has primarily utilized the 21,6000 square foot pavilion for its events, but on the horizon are renovations to the enclosed 7,500 square foot HUB building, which will open up even more opportunities for small setting venue type activities.

"It is a very unique space, but is also a very flexible space," said Akins. "It is the only one like it in the county."

Former University of Tennessee strengthening and conditioning coach Johnny Long originally built both the enclosed HUB building and the pavilion where he personally trained Olympic hopefuls and other athletes at the Johnny Long Training Academy.

It was later converted to a soccer complex, then in 2019, the property flooded and it was vacant and unused until Akins and his partner, Dave Carter, purchased it earlier this year. It officially opened as Hardin Valley Event Center in May.

Akins, who lives in Choto, said he was intrigued by the property itself and its location along the 41-mile Knox Water Trail, which runs from Halls to Powell into Karns and all the way to Solway.

It is also located along the 44-mile Beaver Creek Flotilla trail, which takes place in May.

One specific activity HVEC began offering this past year was serving as a free shuttle site for kayakers on select days.

"It is ideal for a kayak shuttle," said Akins. "As we grow, and can offer food trucks or other activities making it a destination location; folks can



kayak to us, grab a bite or a beverage, then get a ride back to their cars and go home."

The Farmer's Market was the first full scale activity offered at HVEC, and other events included a monthly classic car show meet up, a Homestead Festival in September (which will return in April), Sky Fest music event, a private Bourbon Fest event by the Smoky Mountain Bourbon Society and an alternative Halloween event by Ladies of the Living Waters.

Large-scale events already scheduled in 2026 include a local Top Wrench competition in April, along with several food-centric events: Briskets and Brewery Festival; Ultimate Pizza Party; Taste of Hardin Valley; Cajun and Seafood festival; an Ultimate Chili Cookout; and a Smashburger competition.

"What we are trying to do is position ourselves as a power player for something to do in Knoxville," Akins said. "We will be producing events on our side and renting to other entities for their own events."

A big piece of the puzzle will be renovations to the HUB building.

"We are planning to build a full service kitchen, and add a deck," said Akins. "We want to turn it into a music venue but it will also be available for private events, such as graduations and birthday parties."

Akins also owns and operates the Chef's Workshops which is a kitchen commissary for food trucks. He and Carter also own The Smokeyards, described as "an artesian BBQ experience," located at 920 Ebenezer Road, which they plan to bring next door to the HVEC in the not too distant future.

"We are going to build another Smokeyard next door to the Event Center," said Akins. "There is really a monster need."

The possibilities are endless.

"We are looking at what we can offer not only for families now, but what we can offer future generations," Akins said.

~ Michelle Hollenhead



# Huntington Helps!

ACT/SAT exam prep and basic academic skills development for Pre-K through early college in reading, writing, and math.

**The leaders in K-12 Tutoring and ACT/SAT Exam Prep!**

- **K-12 TUTORING**
- **TEST PREP**
- **HOMEWORK HELP**
- **STUDY HALL**
- **ACADEMIC PERFORMANCE COACH**



**Huntington**  
LEARNING CENTER®

117 North Peters Road, Knoxville

**865-691-6688**

[www.HuntingtonHelps.com](http://www.HuntingtonHelps.com)

***Serving the students of Knoxville for 30 years!***



May You Have Many Reasons to

*Smiles*  
this Season!



Straighten Teeth ***Faster***  
and More ***Discretely***

Braces • Clear Aligners • Esthetic Braces



Jeffrey J. Eberting, DMD, MS • 865-983-3570 • [www.tennesseeorthostudios.com](http://www.tennesseeorthostudios.com)

Follow Us on Facebook!



TENNESSEE  
ORTHODONTIC STUDIOS

**Knoxville**

10792 Hardin Valley Road • Knoxville, TN 37932

**Maryville**

619 Smithview Drive • Maryville, TN 37803

**Morristown**

920 West Main Street • Morristown, TN 37814



# New Collaborative

## Shewmake, Deck create networking group with a focus on growth

When local networking groups weren't bringing results, Amy Shewmake and Dano Deck created their own.

Their collaboration, Hardin Valley Networking, meets every Friday morning from 9 to 10 a.m. in Stefano's without fees or restrictions.

"This group grew out of a weekly meeting where we all paid to network," said Shewmake. "The model was not working for the members, so we decided to organize one that was free and open to all. This allowed the relationships we all had built over the years to continue."

Now, "we meet weekly ... to share about our businesses and learn about others."

"Anyone can attend who wants to connect with local businesses. This includes community members and businesses outside of the Hardin Valley area."

"Our goal is to make it as open and accessible as possible to everyone."

In addition to not charging a fee, Shewmake said the group "is not category exclusive. The group believe that networking with competitors is actually a great way to grow and that time is money," she added.

"Networking is not just attending every week but building relationships outside of our weekly meeting [and] many people stay after to set up times to meet one to one."

"You will get out of the meetings what you put in — but it is up to you."

While Shewmake and Deck organize the meetings, "the group dictates how it is run," Shewmake said.

Typically, "each attendee has 30 seconds to speak," she said. "Then, there is one business spotlight where an attendee gets up to 15 minutes to speak. We have a calendar where you can sign up in advance to speak."

"Occasionally instead of a speaker, we have a learning opportunity to help our group become better networkers."

Rounding out the leadership team are Ashley Gale, who serves as Visitor Host and Tiffany Davis, who provides an inspirational thought each week.

The group also has a Facebook page, Hardin Valley Networking, that lists meeting dates and dates where meetings will not be held, typically due to holidays.

~ Michelle Hollenhead





# Serving HARDIN VALLEY



10838 Hardin Valley Rd. | 865-248-2340

KNOXVILLE  
10730 Kingston Pike,  
37934  
865-966-0425

LENOIR CITY  
1301 Hwy. 321 N,  
37771  
865-986-6533

MARYVILLE  
723 S Foothills Plaza,  
37801  
865-983-0741

ATHENS  
201 S Congress Pkwy,  
37303  
423-744-9828



## Put Experience & Knowledge to Work for You!

### CREDIBILITY

Pam Owen is an accomplished sales and marketing professional with over 30 years experience. Before becoming a Real Estate agent, Pam was a business entrepreneur, corporate leader and national sales manager. Pam received her Real Estate License in 2009 and joined Realty Executives Associates. She quickly became one of the top real estate producers in the area. "Every career has led me to this one," Pam states. "The best attributes of each career are rolled into Real Estate. It is the hardest and most detailed of all, but the one that I love the most." Pam quickly became a Multi-Million Dollar producer and continues to reach that goal each year. She has earned the Accredited Buyer's Representative and Seniors Real Estate Specialist designations. When choosing your Realtor®, choose someone who loves Real Estate...choose Pam.

# Pam Owen

*2023 Top Producer Award Winner*

10255 Kingston Pike | Knoxville, TN 37922

Phone: (865) 693-3232 | Cell: (865) 607-0318 | [pam@pamowen.com](mailto:pam@pamowen.com) | [pamowen.com](http://pamowen.com)







## Athletic achievements for Pellissippi State



Since launching its athletics program in 2023, Pellissippi State Community College has made significant achievements in numerous sports, marking the school as a serious contender in the National Junior College Athletic Association (NJCAA).

The local community college first fielded teams in men's and women's soccer, men's and women's cross country and half marathon, men's golf and women's volleyball in 2023 before adding men's and women's basketball, baseball and softball the following year.

"Pellissippi State's athletics program, the Panthers, continues to grow in size, visibility and competitive success as part of the college's commitment to student life and academic engagement," Rachel Wedding McClelland, Executive Director Marketing and Communications at PSCC. "Each program emphasizes student development, academic accountability and competitive excellence, with coaches who serve as both athletic and academic mentors to student-athletes."

This focus-driven philosophy has ultimately allowed the college to see notable momentum across several of their athletic programs.

For example, both the men's and women's cross country teams recently secured back-to-back Tennessee Community College Athletic Association (TCCAA) Region 7 Championships, advancing to the NJCAA National Championship and the Half Marathon Championships earlier this month.

"Coaches and runners credit the success to a strong team culture grounded in discipline, confidence and mutual support," noted McClelland.

The PSCC women's volleyball also made program history this year by winning the TCCAA Region 7 Conference Championship, defeating Cleveland State Community College, 3-1. The team then hosted the NJCAA Southeast District Tournament — "a milestone in community engagement and program growth," McClelland said.

Entering the tournament on a seven-match winning streak, the Panthers secured the win against Fayetteville Technology Community College, 3-0, and advanced to the national championship Nov. 19 in Cedar Rapids, Iowa.

On top of this, the school's soccer teams are also making a name for themselves on the national stage. In fact, after defeating Georgia Military College, 4-1, to win the NJCAA Southeast District Championship, the men's soccer team traveled to Wichita, Kan. on Nov. 16 to play Mercer County in the national tournament, losing 2-1.

"The men's team is now a two-time NJCAA Southeast District Champion, earning its second consecutive trip to the NJCAA National Championship after an eleven-match winning streak and a standout offensive season," McClelland said, highlighting the dedication, resiliency and focus of both PSCC soccer teams. "The women's soccer team also posted a strong season, reaching the TCCAA championship tournament and closing the year with six straight victories before falling in the conference final."

PSCC's newer programs, such as men's and women's basketball, baseball and softball, are making significant progress as well. McClelland these teams are developing with an emphasis on recruitment, training systems and academic support, while men's golf is being built with long-range competitive goals.

"Across all programs, Pellissippi State continues to prioritize student-athlete well-being, academic performance and the development of strong team identities that reflect the college's values," she said.

~ Rachel Totten

Photos courtesy of Pellissippi State Community College



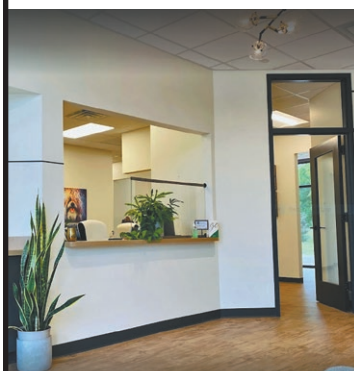


*I walked in with a sore mouth this morning, not able to bite down on my good side, after having a "reservice" of an old root canal. Walked out with ZERO pain and am able to bite down on anything....I am back!!*  
~ U. Henderson

*Better then I could even imagine. I have been absolutely TERRIFIED of dentists my entire life. Mostly due to my fear of needles, but also fear of being judged. I have never in my life had a good dental experience up until I started going here. Every single person who works here is so kind, gentle, and will 100% make you feel comfortable no matter what dental issues you're facing. HIGHLY recommend*

~ R. Shore

*Absolutely love Blue Dog! Dr. Smith and her staff are the best! Everyone is so, so kind!*  
~ L. Gray



# GENTLE. FRIENDLY. GENUINE. SKILLED.

Dr. Tristen Smith and her staff have created an enjoyable and caring environment. Regardless of how long it's been since you've been to the dentist, we'd love to erase your past dental memories and give you a fresh, more pleasant perspective.

**Free Opalescence GO  
Whitening for  
All New Patients**

**Don't have dental insurance?**  
Pay a one-time fee and get X-rays, cleanings, exams included, and 25% off of your dental care!



**Blue Dog  
FAMILY DENTISTRY**

10825 Hardin Valley Rd.  
Knoxville, TN 37932  
Next to Maple Street Biscuit Company in Hardin Valley!  
**(865) 338-3098**  
[bluedogfamilydentistry.com](http://bluedogfamilydentistry.com)



**HARDIN  
VALLEY  
Body Shop, Inc.**

## OUR MISSION

*At Hardin Valley we believe that our customers deserve the best repairs and "like new" quality and service that we can provide.*

### SERVICES:

- Auto Collision Repair from fender benders to maintenance
- Alignments
- Air Conditioning repair and maintenance
- Frame repairs

Mark & Sonya Ogle, owners

### Family-Owned Business

Serving our community for over 30 years

Open Monday-Friday 8am-5pm, Closed for lunch 12-1pm

*Please call for an appointment for an estimate*

**1831 Marietta Church Rd. • Knoxville, TN 37932 • 865.693.9166 • [hardinvalleybodyshop.com](http://hardinvalleybodyshop.com)**



# Hardin Valley Academy Unified Flag Football Back-2-back

Since its inception, the Hardin Valley Academy Unified Flag Football team hasn't lost a game.

The Hawks recently completed their second season by winning the crown jewel of high school athletics, a Tennessee Secondary Schools Athletics Association State Championship at Richard Siegel Park in the Midstate.

Hardin Valley started its team last year. Unified Flag Football is a co-ed sport played by Special Olympians and peer tutors. This is the first season that the TSSAA has sanctioned the sport, making HVA the first team recognized as a TSSAA State Champion. The Hawks won the state title last month.

While unified sports, including track and field, bowling, cheerleading and flag football, extend the opportunity for athletes to compete and are intended to be fun, Hardin Valley coach Tristen Waite said that when the team is on the field, it's all business.

"We take it seriously. Our players take it seriously and our peer tutors take it seriously," said Waite, a Hardin Valley graduate and a former basketball player for the Hawks. "When we practice and we play, we're not just out there fooling around."

Waite, who is a special education teacher at the school, also worked as a peer tutor during his days as a student at HVA.

"I was a peer tutor at Hardin Valley and I loved it, and now, I'm back and here as a teacher," he said. "I came back."

Hardin Valley has won a state unified track and field championship, and now the unified flag foot-

ball championship to add to the trophy.

"This is really special for the kids. We've gone back-to-back," Waite said. "This is the first year that the TSSAA has sanctioned this as a sport and now that trophy will always be here in our trophy case, and we have a quarterback, and the state championship is all that he's been talking about since we got back."

"Last year, they had a (state) invitation-al and we won that, so we've gone back to back. We've had great support from our administration and our community."

The Hawks have compiled a perfect 12-0 record over the program's first two seasons.

An opportunity to work with the athletes is something that Waite relishes.

"As an athlete, I got to play with my friends and play in front of my family," he said. "Every athlete wants the chance to play in front of their family and this gives these athletes that opportunity."

Team members include: James Lawrence, Tyler Sowards; Jesse Klaus; Landen Houston; Kenny Lane; Jonathan Carranzan-Roman; Graham Collerado; Owen Garcia and Jeremy Walker.

~ Ken Lay





## Technology

From page 8

president of HVBCA.

This includes new playgrounds at Melton Hill Park and Hardin Valley Community Park. A community center is also planned for Hickory Creek Road, which will offer meeting facilities, bathrooms and sports fields for public use.

“We’re trying to help the community to have some of the amenities that a community needs,” said Kohler, noting that the organization of about 100 local members also plans community cleanups twice a year. “We have community members that live and work in the community and try to help make things better, and it really does make a difference.”

Additionally, the Hardin Valley Planning Advocates (HVPA), founded in 2018, also works to preserve the picturesque beauty and value of Hardin Valley by encouraging community members to show up and speak out at commission meet-

ings where zoning modifications and variances are applied for. You can find out what’s coming to the area by checking out their Facebook page at Hardin Valley Planning Advocates – HVPA.

“Be involved in your community because if the county commissioners don’t see any objections from the community, they think everybody’s fine with it,” Kohler said.

“With the dissolution of the TTD-CA, there is less bureaucracy but that makes it all the more critical for residents of the area to engage with their commissioners on what they want for Hardin Valley,” Kohler said.

Terry Hill is the 6th District Commissioner, which includes Hardin Valley, and Kim Frazier and Larsen Jay are the “At Large” District Commissioners. Both Kim and Larsen have also entered the race for Knox County Mayor.

~ Rachel Totten





**Discounted New Patient Initial Visit**  
for only **\$65**  
(\$137 value!)

**You'll also get a \$100 Care Plan Credit**  
Upon care plan sign up!  
Promotion valid until: 1/31/2026



Foundation of Stone Pediatric & Perinatal Family Chiropractic  
2589 Willow Point Way Knoxville, TN 37931 [www.tnkidschiro.com](http://www.tnkidschiro.com)  
865-357-0015 Follow us on FB & Instagram: @tnkidschiro

# INVEST IN YOUR DREAMS WITH A TSB BUSINESS LOAN

CONSTRUCTION • LAND/LOTS  
EQUIPMENT • PURCHASE • REFINANCE

11470 Parkside Drive  
Farrugut, TN 37934  
(865)288-5040



Member FDIC

**Tennessee  
State Bank**  
“Banking at its Best”®



[www.tnstatebank.com](http://www.tnstatebank.com)



# Kids' Corner



## Find the Hawk WINNER

The winner of the Find the Hawk contest for the August 2025 edition of Hardin Valley Living is

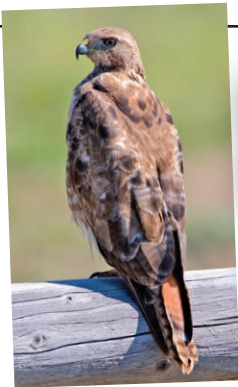
**Cate Love**

Cate received a gift card from **Chick-fil-A!** (Turkey Creek and Overlook Center locations)

Thank you to Chick-fil-A for their sponsorship of the Hawk contest, and congratulations to our winner!



**Chick-fil-A**  
Kingston Overlook  
Turkey Creek



## Find the Hawk

This hawk has been hidden in this issue of "Hardin Valley Living!" Search through the pages to find the hawk. When you do, fill out this form and mail or bring it to: **farragutpress, 11863 Kingston Pike, Farragut, TN 37934**

**Location of Hawk** (page number, description of hiding place):

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Parent Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

If correct, you will be entered in a drawing for prizes to be held **January 31, 2026**. Winner to be announced in the next edition of Hardin Valley Living. (Ages 12 and under are eligible.)

## Not your usual daycare *Little Hawks Early Learning Center*



Nestled beside Hardin Valley Academy, Little Hawks Early Learning Center at 11333 Hardin Valley Road is not your usual daycare center.

"We provide childcare from 6 weeks old to pre-kindergarten," Little Hawks director Ashley Harrington Amaro said.

But, at Little Hawks, one difference from other daycares is "our teachers," she said. "All of our lead teachers have a deep-rooted passion for meeting the expectations and needs of every child and family."

"And we have a beautiful facility," Amaro added.

Also, "I aim to keep low ratios so each child has more one-on-one time with the teacher," she said. "And, honestly our food is a big, big difference."

"We have Chef Jackie (Lithwin)," Amaro said. "She creates nearly 80 percent of her meals from scratch."

"Not to say we don't do pretzels and crackers, but especially our lunches, most of it is from scratch," the director said. "She's making well-balanced meals and introducing a lot of new foods, too."

The center has 23 teachers and is



Photos by Tammy Cheek

**Above:** Hardin Valley Academy, Little Hawks Early Learning Center director Ashley Harrington Amaro, left, and assistant director Kelsey Glenn

looking to hire a couple positions. A handful of the teachers are licensed, and all go through 18 to 24 hours of mandatory training once a year. Along with Amaro, who has three years of experience teaching in pre-kindergarten and three and a half years experience in administration, the center has assistant director, Kelsey Glenn, who has more than 10 years of experience working in early childhood education.

Currently, 74 children are enrolled at Little Hawks.

"We are licensed for 140," Amaro said. "So I have spaces available in almost all of our age groups."

See **LITTLE HAWKS** on Page 30



ACCEPTING NEW PATIENTS AT ALL LOCATIONS



**PEDIATRIC**  
CLINIC

## Hardin Valley

2587 Willow Point Way • Knoxville

**(865) 824-1522**

## West@Huxley

125 Huxley Road • Knoxville

**(865) 518-0084**



Kristy Carter,  
MD, FAAP



Melissa Meyer,  
MD



Stephanie Russ-  
Barber, MD



Matthew Blair,  
MD



Jessica Cooper,  
FNP

[www.PediatricClinicKnoxville.com](http://www.PediatricClinicKnoxville.com)



**We service all Makes & Models**

Specializing in Toyota, Lexus, Honda and Acura.

10635 Braden Dickey Ln.

Knoxville, TN 37932

Hours: Monday – Friday 7:30am – 5:30pm

**865-670-0787 • [www.protoyauto.com](http://www.protoyauto.com)**



## Hardin Valley's Original Auto Repair Facility



**PRO TOY is now an authorized used car dealer!**

Let us help you find your next used Toyota or Lexus.

**SHUTTLE SERVICE AVAILABLE. (See advisor for details)**

**WHERE THE TRUTH IS ALWAYS FREE!**



Little Hawks  
From page 28

“I can have 24 infants,” she said. “Another thing that sets us apart is we have three infant rooms.

“We provide a lot of nurturing, that close contact care, developing all those skills and tracking milestones,” Amaro said. “Partnering with the parents is a big part ... infants need a lot more one-on-one for language development and a lot of eye contact, talking to them throughout the day about every little thing that’s happening.”

For older children, “we provide a curriculum and a daily schedule,” she said. “Each classroom will have a lesson plan, so they will have guided learning as well as play-based learning, where they interact with friends; use their imagination and gross and fine motor skills.”

Additionally, “we offer extracurricular sports, every other week two times a week,” she said. “Outside of that, just a lot of early play-based learning,” Amaro said.

To supplement the learning, “we offer three meals a day — breakfast, lunch and afternoon snack,” she

said. “It does meet (U.S. Department of Agriculture) guidelines.”

The center was opened four years ago by a Hardin Valley family but was acquired in July 2025 by Otter Learning.

For Amaro, her mission for Little Hawks is “to provide the best early childhood care that I can and to create a very family-oriented learning environment.

“Zero to 5 years is a very critical period in each child’s life,” she said. “It sets the foundation to create a life-long love for learning and interacting with friends, building on all those social skills and learning skills.

“It’s something I’ve really fallen in love with over the years,” Amaro added.

Currently, the center is collecting toys for Toys for Tots, sponsored by U.S. Marines. Amaro said her husband, Edgard, is a Marine Company Reservist, and they are accepting the toys at Delta Company Fourth Marine Division in Knoxville. Then, the first week of December, his company will disperse the toys to families.

The center is open from 7 a.m. to 6 p.m., Monday through Friday.  
~ Tammy Cheek



A-List  
VIDEO SOLUTIONS

Service We Provide

Weddings • Business Conference •  
Real Estates Promos • Video Transfer to Digital  
(VHS, VHS-C, Hi 8, Beta, Mini DV, Etc.)  
Small Business Promotions • Product Spotlights

For more information  
865-679-2276 • a-listvideosolutions.com



Service Directory



HOME REPAIR

**RANDY THE PAINTER**  
**FREE ESTIMATES** Call: 865-522-3222  
Text: 865-455-5022  
★ Interiors & Exteriors Painting  
★ Drywall, Sheetrock, Wood Repair & Pressure Washing  
★ FAMILY OWNED & OPERATED  
★★★★★ 5 star Google Reviews  
Licensed & Insured • 45 Yrs Experience

MISC. SERVICES

**WE BUY HOUSES**  
865-444-8804

Call Linda at  
865-218-8881  
to advertise in  
the next  
Hardin Valley Living  
Service Directory

Service Directory  
Advertising Rates

1 Block.....	\$60/mo.
2 Block.....	\$115/mo.
3 Block.....	\$170/mo.
4 Block.....	\$225/mo.
6 Block.....	\$335/mo.
Spot color	\$5/mo.
Process color	\$15/mo.

Service Directory Payments

Payments may be made by cash, check or credit card. Prepayment is required on all classified advertising.  
These Cards Gladly Accepted:



The **farragutpress** is not responsible for errors in an advertisement if not corrected by the first week after the ad appears. This newspaper is not responsible or liable whatsoever for any claim made by an ad or for any of the services, products or opportunities offered by our advertisers. We do not endorse or promote the purchase or sale of any product, service, company or individual that chooses to advertise in this newspaper, and we reserve the right to refuse any/all advertising we deem inappropriate or unacceptable by our company standards.

EQUAL HOUSING OPPORTUNITY STATEMENT: All real estate advertised herein is subject to the Federal Fair Housing Act and the Tennessee Human Rights Act, which make it illegal to advertise “any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination.” We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.”



# BUY LOCAL. INSURE LOCAL.

## BUYING LOCAL SUPPORTS OUR COMMUNITY.

Tate Insurance Group is proud to be one of the few *locally owned* insurance agencies right here in Knoxville.

We believe in supporting the people and businesses that make our community strong.

Have you asked your insurance provider if they're *locally owned*? Do you know where their parent company is located?

When you choose Tate, you're not just buying insurance — you're investing in your hometown!



**Tate**  
**Insurance**  
**Group**  
HOME | AUTO | LIFE  
BUSINESS | HEALTH

6423 Deane Hill Drive  
865.862.8233  
www.tateinsurancegroup.com  
scott@tateinsurancegroup.com

  
**Lock in with TIG**  
*If it matters to you, it is protected by us.*  
HOME | AUTO | LIFE | BUSINESS | HEALTH

TATE INSURANCE GROUP PROUDLY REPRESENTS THE FOLLOWING COMPANIES:



(\*Erie Insurance does not offer health insurance)

Call us for a comprehensive insurance review • Home • Auto • Life • Business • Health



# When the holidays get chaotic, your prescriptions shouldn't be.



From thyroid support and hormone therapy to veterinary compounds and allergen-free custom medications, our team prepares every prescription with precision and care. This holiday season, we're here to make feeling well easier.



2559 Willow Point Way, Knoxville  
(865) 560-0135



Scan to  
Learn More:



[volunteerpharmacy.com](http://volunteerpharmacy.com)