

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

**ECRWSS  
RESIDENT**

## Getting fit

Exploring the variety of fitness  
facility options in Hardin Valley

## Hawks soaring with Bates

HVA wrestling  
enjoys success

## VIPets

Offering individualized  
care for pets



# Hardin valley LIVING

Issue 1 | Volume 6 | February - April 2026

## No yard? No problem

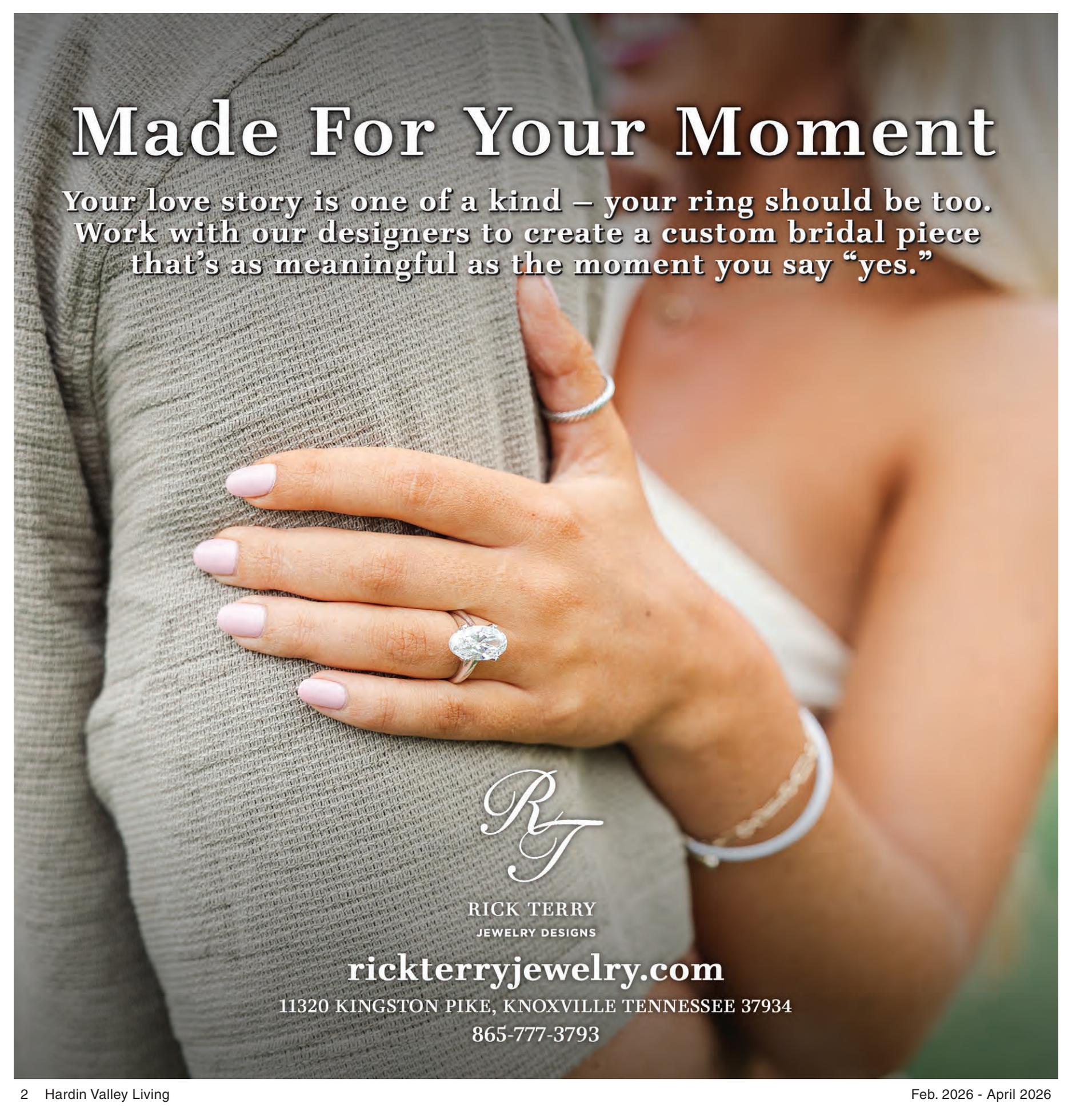
New community garden  
sprouts in Hardin Valley

## Panthers finally get home turf

State-of-the-art soccer  
complex is under  
construction at PSCC

# 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."



*RT*

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.

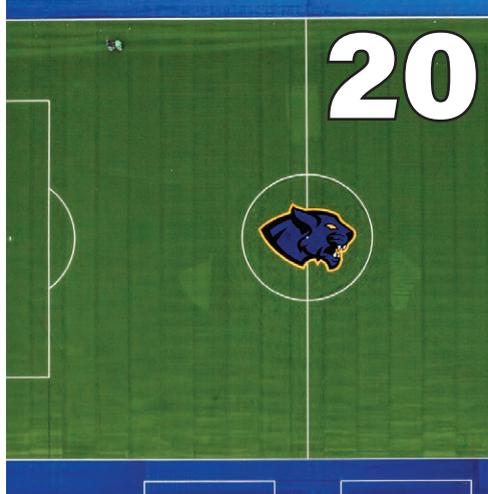
**YOUR LIFE. YOUR WAY.**

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

16



20



22



12



5



8

# Hardin Valley LIVING

A Special Publication of farragutpress

Hardin Valley fitness scene grows ..... p. 5  
*Explore the variety of facilities offering fitness options*

VIPets ..... p. 8  
*Offering strong focus on comfort, communication and individualized care*

Growing by leaps and bounds ..... p. 10  
*Steele Landing's development helping to meet needs*

Chews & Brews..... p. 12  
*Hard Knox Pizza and Stefano's Pizza*

No yard? No problem ..... p. 14  
*New community garden sprouts in Hardin Valley*

Cardboard history ..... p. 16  
*Murphy's poster collection on display at PSCC*

Panthers finally get home turf..... p. 20  
*PSCC's new state-of-the-art soccer complex is under construction*

Hawks soaring with Bates ..... p. 22  
*HVA wrestling enjoying success*

Hardin Valley Academy Senior Nights..... p. 26  
*Photos of wrestling and basketball seniors with their families*

Kids Corner ..... p. 28  
*Find the Hawk contest*

On the cover: Matt Bates, wrestling coach at HVA

## 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



# Hardin Valley fitness scene grows

If you are looking to get healthier in 2026, there are plenty of options in and around Hardin Valley worth checking out.

Fitness Together, located at 10752 Hardin Valley Road, offers one-on-one personal training with custom workout plans made for each individual. To contact them, call 865-249-7630.

It is open from 6 a.m. to 9 p.m. Mondays through Thursdays, 6 a.m. to 7 p.m. on Fridays and 6 a.m. to 1 p.m. Saturdays but is closed on Sundays. There are locations in Hardin Valley, Bearden, Northshore and Farragut.

Hotworx, located at 10839 Hardin Valley Road, is a 24-hour infrared fitness studio that can be reached at 865-297-3668. Through virtual instruction, people can go through 30-minute Isometric workouts or 15-minute High Intensity Interval Training (HIIT) sessions. The studio

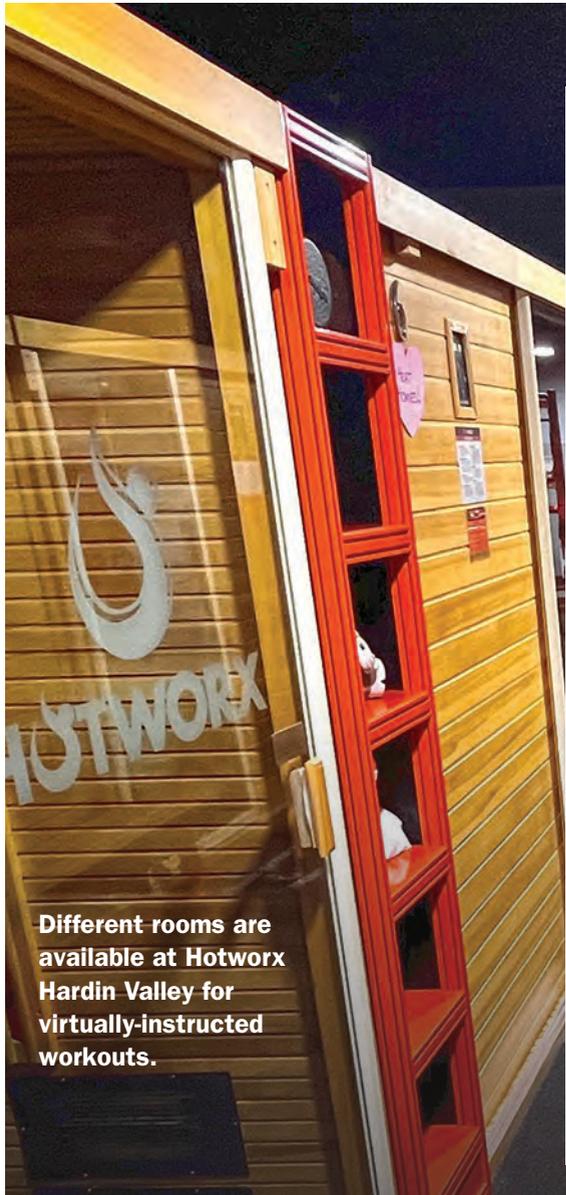
**Clockwise:** Athletes can find a faith-centered training option at Triple F Elite Sports Training in Hardin Valley. This is just one example of the workouts that are available at Club Pilates in Hardin Valley. At Mind Body Knox, they focus on the holistic approach, using meditation, yoga and Pilates, among other aspects.

is available for use 365 days per year.

Another option is at Mind Body Knox, located at Suite 101 on 2202 Award Winning Way. They offer different forms of yoga and pilates classes with meditation and wellness sessions. These are available in group form or one-on-one sessions, and there are multiple locations — though all yoga and wellness classes are still at the Hardin Valley location.

A more sports-gear approach can be found at Triple F Elite Sports Training at 4900 Guinn Road. Open from noon to 6 p.m. on Sundays, 5 a.m. to 9 p.m. Mondays through Fridays and 7 a.m. to 6 p.m. on Saturdays, it's a gym focused on long-term athletic development for youth and adult athletes. They offer a Christ-centered environment with training in strength, conditioning and sport-specific skills, as well as

**See FITNESS on Page 6**



## Fitness

From page 5

nutrition coaching and injury treatment for athletes. To reach Triple F, call 865-535-6333.

D1 Fitness, located at 10258 Hardin Valley Road, offers personal training, small group training and group training, helping people train like athletes no matter age or skill level. It is open 5 a.m. to 7 p.m. Mondays through Fridays and 9 a.m. to noon Saturdays while being closed on Sundays. Call 865-622-7117 for more information.

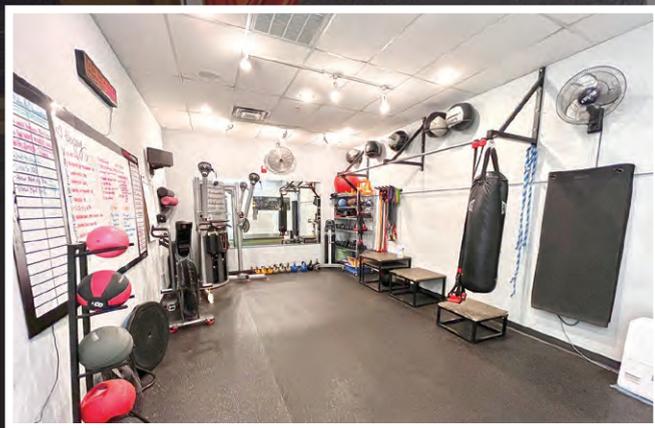
Within D1, aerial arts appreciators can experience Knoxville Aerial Arts since it is based out of the gym. It is a performance group and private aerial club made up of aerial silks, lollipop lyra, lyra, Spanish web, fire, and stilt performers. For performance or membership options, contact 865-385-2065 or email julierus@aol.com.

At 10254 Hardin Valley Road, Club Pilates offers nine different class types at four unique levels to cater to every age and fitness level. They are open 6 a.m. to 8 p.m. Mondays through Thursdays, 6 a.m. to 6 p.m. on Fridays with 7 a.m. to 2 p.m. availability on Saturdays and 8 a.m. to 2 p.m. on Sundays. Reach them at 865-999-5935.

Anytime Fitness, located at 10926 Spring Bluff Way, is open 24/7 for members with global access to any location. They offer personalized fitness plans, have plenty of strength and cardio equipment on-hand for use and are available at 865-299-6385.

~ Jake Nichols

Different rooms are available at Hotworx Hardin Valley for virtually-instructed workouts.



This is one of the training areas at Fitness Together in Hardin Valley, as the gym provides one-on-one training services at this location and three others across Knoxville.



D1 Knoxville offers athletic-based training with dedicated support and certified coaches.



# Business Expo 2026

Wednesday, April 22 | 12-4 pm  
THE VENUE AT LENOIR CITY

7690 Creekwood Park Blvd, Lenoir City, TN 37772

PRESENTED BY

**FARRAGUT  
WEST KNOX  
CHAMBER of COMMERCE**

Presenting  
Sponsor



The Farragut West Knox Chamber of Commerce is proud to present

**Business EXPO 2026** — our premier showcase of local businesses and community connections

The EXPO will take place on Wednesday, April 22, 2026 from 12:00 p.m. to 4:00 p.m.

The Venue at Lenoir City  
7690 Creekwood Park Blvd.  
Lenoir City 37772

**Business Sponsors**

LCUB, CertaPro Painters, Y-12 Federal Credit Union

**Community Sponsors**

Simply Magical Vacations by Amy, NerdsToGo, Kat's Lash Lounge & Wax Studio, UT Federal Credit Union

**Media Sponsors**

farragutpress, WFIV

**Swag Bag Sponsor:**

Graphic Creations



**Booth rentals open to Chamber Members**

*Reserve Yours Today!*



# VIPETS

Offering a strong focus on comfort, communication and individualized care

Hardin Valley pet owners have a new clinic to care for their pets.

VIPets Hardin Valley Station Animal Clinic at 10657 Hardin Valley Road, which opened at the end of July 2024, celebrated joining Farragut West Knox Chamber of Commerce with a ribbon cutting Tuesday, Feb. 17.

Under new management with a fresh name, “our clinic is still home to the trusted veterinary team you’ve come to know, but now with a stronger focus on comfort, communication and truly individualized care,” VIPets practice manager Ashley Williams said.

“I love it,” Williams said about being part of VIPets. “I love this practice, the pets and the partnership with the pet parents.

“We are building relationships every day,” she added. “It comes down to fostering relationships and community outreach.”

VIPets is a full-service veterinary clinic, according to Williams, who added it provides dentistry; soft-tissue surgery, such as spaying and neutering; urgent care; wellness and illness exams; and vaccinations.

The practice, managed by Williams and operated along with Dr. Courtney Alred, medical director, is owned by Veterinary Innovative Partners, which acquired the clinic from My Pets Wellness in July, explained Jess Nessel, regional manager for VIP.

“This originally was My Pets Wellness, which closed last April,” Williams said. “VIP purchased it.”



Nessel added that VIP also purchased the My Pets Wellness in Franklin. “We typically see small animals and some exotic animals, such as rabbits, guinea pigs and reptiles,” Williams said.

“I was here with My Pets Wellness with Ashley,” Alred said. “We fell in love with the [VIP] clinic and wanted to foster that relationship. We wanted to stay together, too.”

“We have a great team of technicians and service representatives who have all the core values — gentle handling,” Williams said.

Alred added the team is aligned with the same standards and values.

The clinic is open from 8 a.m. to 5:30 p.m., Monday, Tuesday, Thursday and Friday.

“Typically, we go by appointments, but we will take walk-ins,” Williams said. “Anyone who comes into VIPets with a pet for a preventative wellness exam and bloodwork will get a vaccine free. That’s our special until the end of March.

“We believe in preventative medicine,” she said.

For more information, call 865-398-2555 or email to [info@vipetshardinvalleystation.com](mailto:info@vipetshardinvalleystation.com) or book online at [vipetshardinvalleystation.com](http://vipetshardinvalleystation.com)

~ Tammy Cheek

**Above:** VIPets celebrated joining FWKCC with a Chamber-sponsored ribbon cutting at the clinic Tuesday, Feb. 17. On hand for the event were Ashley Williams (with scissors), VIPets practice manager; Dr. Courtney Alred (to Williams’ left), medical director; Jess Nessel (in second row, to Williams right), VIP regional manager; VIPets staff and Chamber members.



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)

## 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)





Architect's rendering submitted

## Growing by leaps & bounds

The Hardin Valley community is growing by leaps and bounds, and Steele Landing's commercial development nestled at the intersection of Hardin Valley and Steele roads is helping meet its needs.

Two 6,000-square-foot buildings have five 1,200-square-foot bays in each building, according to Heidi Adams, senior investment advisor with NAI Koella | RM Moore Knoxville.

With the shell of the building complete, "we are currently reserving 3,600 square feet with a patio in the building closest to the red light for an anchor restaurant," Adams said.

Currently, Intrepid Coffee has opened in the development, and Noire Nail Bar is scheduled to open soon, she added.

"The developer is looking for unique, high-quality tenants," Adams said. "They are also building

the luxury townhomes on the ridge behind the retail center and look at the center as an amenity.

"Now that construction of the shell is complete, leasing interest has picked up," she said. "We are the lowest cost option for new retail in Hardin Valley; and with our location across from the schools and at a red light, we feel that we offer a superior location away from the congestion of the other retail closer

to Pellissippi.

"I believe that area residents will appreciate the developer's goal of bringing unique, high-quality tenants to Hardin Valley," Adams said. "We could have already leased the restaurant space to a number of potential users; however, the developers are looking for something special, and we are holding out until we find just the perfect tenant."  
~ Tammy Cheek



## Hardin Valley's Original Auto Repair Facility



**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)

**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!**

# NO MATTER HOW IT HAPPENED

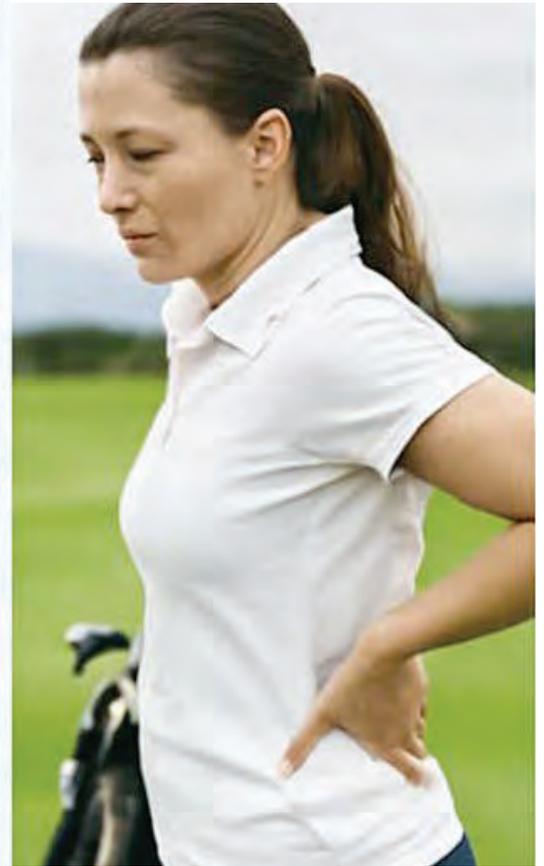
AUTO ACCIDENT



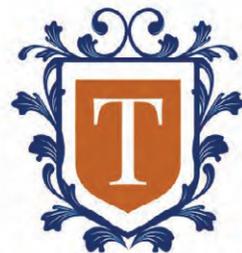
WORK INJURY



WEEKEND WARRIOR



We've got your back



TENNESSEE SPINE  
— SPECIALISTS —

For advanced minimally invasive treatment options,  
**CALL US TODAY**

6223 Highland Place Way, Suite 102, Knoxville, TN 37919 | 865-424-2007 | [www.tnspinespecialists.com](http://www.tnspinespecialists.com)

# Chews & Brews



## Pizza, painting pack a punch at Hard Knox

On the right-hand side of Hard Knox Pizza in Hardin Valley, a large boxing mural showcases the theme of the Knoxville franchise.

Some of these boxers have stepped into traditional rings, while others have sauntered into UFC octagons. One of them, the painted version of Sylvester Stallone's "Rocky Balboa," even threw jabs in the movies. Altogether, they pack quite a punch to welcome diners into the restaurant that has been open since August 2018.

The mural was done by Curtis Glover, who has been painting professionally since 2016. He has designed incredible works from Tennessee to Costa Rica, though the design at Hard Knox brought a

particularly fun and local flair.

"They wanted something boxing-themed that revolved around the pizza names," Glover said in an interview with the farragutpress. "So they wanted the logo and a boxing atmosphere with an impactful center piece."

There are pizzas named after the four middle boxers: Rocky Marciano, James "Bonecrusher" Smith, Balboa and "Iron Mike" Tyson. Meanwhile, the two UFC fighters are Knoxville natives Ovince St. Preaux and Scott Holtzman.

The artwork pairs nicely with the restaurant's wide-ranging menu, which blends boxing with Knoxville, too.

The "Sting Like A Bee" is a sa-



**Clockwise:** This boxing mural at Hard Knox Pizza's Hardin Valley location was created by Curtis Glover, a muralist based out of Knoxville. The Great White Hope is one of several featured pizzas at Hard Knox Pizza in Hardin Valley. Deanna Cooper-Nichols smiles with a Hawaiian pizza. Hard Knox's Jackson Barrett slides a pizza into the woodfire oven

**Jake Nichols**



lami, hot honey pizza named after the iconic phrase from Muhammad Ali. Then, there is the "Vitello": a hearty pie named after the former Tennessee baseball coach who has since moved on to lead the San Francisco Giants. That one is topped with salami, pepperoni, bacon, fresh cherry tomatoes, onion, banana peppers, dried oregano and

Italian dressing.

Other offerings include garlic knots, wings and even a dessert pizza featuring Nutella and mini marshmallows.

The restaurant is open 11 a.m. to 9 p.m. seven days a week, and it is located at 10847 Hardin Valley Road.

~ Jake Nichols

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



## THE UPS STORE

10629 Hardin Valley Rd | 865-249-6943



## Stefano's Hardin Valley

*Come for the pizza, stay for the bourbon*

At Stefano's Pizza in Hardin Valley, there is a wide array of pizzas, pastas, salads and appetizers to enjoy. But one glance behind the bar will reveal another option for anyone 21 and over, as bottles of bourbon line the shelves.

The large selection has enticed customers from across Knoxville, who enter for new and familiar tastes alike.

"We get some pretty allocated bourbons," bar manager Ben Breedlove said. "A complete line of Pappy Van Winkle, complete

line of Weller, we've got three different styles of Blanton's — two are pretty hard to find. But we also have everyday ones too, like one of my favorites, Buffalo Trace. In all, we probably have well over 100 selections to pick from. It's a broad selection."

The wide array of bourbon choices was not on the list of goals for the Hardin Valley branch of Stefano's, which has remained after the location on Cumberland Avenue closed in 2022.

Rather, it has been a product

**From left:** Basil Hayden, Buffalo Trace and Bird Dog Black Espresso, all pictured here, are just a few of the bourbon selections available at Stefano's Pizza in Hardin Valley. Quentin Baker enjoys a glass of Buffalo Trace. This is one of the most common choices for bourbon lovers who step into the restaurant. Sara Berry sips on a glass of Basil Hayden.

of owner Randy Burleson, whose ownership portfolio also includes the flagship Aubrey's, Sunspot, Bluetick Tavern, The Shrimp Dock and Bistro by The Tracks.

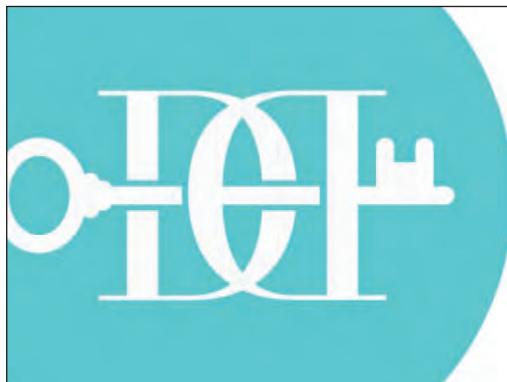
"It's grown over time," Breedlove added of the bourbon selection. "(Burleson) likes to go up to Kentucky and buy a barrel. He sends a lot of the stuff he gets down here,

and we benefit from it, obviously." Breedlove said their best seller is "probably Buffalo Trace."

"But some people come in and pick something out, while others are set on one specific choice," he added.

Open 11 a.m. to 10 p.m. daily, Stefano's is located at 10573 Hardin Valley Road.

~ Jake Nichols



A REAL ESTATE  
CONCIERGE COMPANY.

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

10258 Hardin Valley Road S D | Knoxville, TN 37932

Denise Douglas,  
Owner/Broker

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





# No Yard? No Problem

## *New community garden sprouts in Hardin Valley*

Gardeners in and around the Hardin Valley area have a chance to grow flowers or produce in their community.

Hardin Valley Event Center is preparing a community garden on the center's grounds at 2620 Willow Point Way, off Hardin Valley Road.

"If you love to garden but don't have the land, we can help," event center co-owner Dale Akins said.

The garden will be located as one comes in from the side.

"We've got a lot of land; we've got 7 acres," Akins said. "We're going to set a spot beside (the center) in a vacant field.

"We're going to plow it, make a garden area, about an acre or a little less," he added.

This year is the first time he has had a garden there.

"The way we're going to set this up is we're going to have individual plots so people can have a 10-by-10 spot or something like that," Akins said. "We'll charge a nominal fee, just to get it plowed.

"And then from there, they're on their own," he said. "They can come work their little plot of land. They can put tomatoes and just some basic stuff — beans, tomatoes, okra, peppers, and things like that — plant it and

maintain it.

"Whatever they grow is theirs to keep," Akins said. "A community garden is hard to please. Somebody wants to come work and somebody wants to come pick stuff, not really fair that way.

"This way, it would be something where you would have your own little plot," he added.

Also with this set-up, "they can plant whatever they want."

So far, "we've had 20 people reach out to us," Akins said. "They want to plant flowers. A lot of people want to plant flowers.

And there are those wanting to plant vegetables, such as okra and beans, and each person knows how much he or she wants to maintain.

To protect each plot, Akins plans to put up fencing and hand-made gates around it.

He is looking at 20 to 25 plots, depending on the interest.

"We've got land for more," Akins said. "We're just going to have one [plot] for each person.

During the winter months, he is going to plow. Then in another two or three weeks he will till the dirt "and let the cold weather break the dirt up for you," he said. "We'll come back and disc it up again in the spring, probably end of March, first of April, get everything in the ground by then.

"There are different times you plant for dif-

ferent types of vegetables," Akins said. "And, you want to get past the first frost. You don't want to get stuff planted too early.

"The concept is that with subdivisions developed as they are now and subdivision restrictions and apartments, people don't have a place for that or with restrictions, they can't have it," he said. "This [community garden] gives them an opportunity to come out and have a little plot of land and have a little garden.

"It's not complicated," Akins said. "We're keeping it super simple."

The idea came about as the owners looked at the land available.

"We've got this land, and I grew up in the country," he said, adding the center has a Saturday farmers' market during the winter, but in the spring, it will convert to a Tuesday night market.

"And there's people who come and ask all the time, saying 'Gosh, I wish I had a garden,'" Akins said. "So, we said we'll just make a community garden. We try to be of service to the community."

The owners are still considering the cost of each plot.

*Anyone who would like to participate in the shared garden, or have his or her own spot, is asked to email to [events@hveventcenter.com](mailto:events@hveventcenter.com).*

*~ Tammy Cheek*



**KINGDOM  
KIDS**  
SEEK.FIND.LOVE

A MINISTRY FOR ALL KIDS  
BIRTH TO 5TH GRADE.

---

KIDS Bike & Book Club  
Begins on Tuesday,  
**May 26 @ 9:30** in  
the church parking lot.



**hvy**

**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

**TRAUMA**  
**REBOOT**

Join us for the beginning of the  
next course on Wednesday  
**April 15**, from 6pm-8pm

Join us for

**12 WEEKS  
FOCUSED ON  
HEALING FROM  
TRAUMA  
FOR EVERYONE**

rebootrecovery.com

**GriefShare®**  
Grief Support Group

*GriefShare is a 13 week  
seminar for those who are  
grieving the loss of someone close.*

This group is led by people  
who understand what you are  
experiencing and want to offer  
you comfort and  
encouragement during this  
difficult time.

Join us on Wednesdays  
from 6-7:30.  
Please contact the church office  
for additional information.  
865-824-3078

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



Join Us for

**Holy Week**

Events: March 29 - April 5

Easter Sunday Services  
Sunrise - 7:00am  
Early - 8:45am  
Late - 11:00am

**Spring Festival  
& Egg Hunt**

Sunday, March 29th 4-6pm

FREE:  
Egg Hunt  
Food  
Concessions  
Inflatables  
Games  
Face Painting



*fill my cup*

**2026**

**February 5**

**March 5**

**April 9**

**May 7**

**mint**  
MOMS IN NETWORK TOGETHER

**FOOD PANTRY**

The pantry is open on the 2nd Monday of the month,  
10:00-Noon & 2:00-4:00pm.  
It is available for residents living in the  
37931 & 37932 zip codes.

**NEEDS**

If you want to contribute to the pantry, items can  
be dropped off at the church office,  
Monday-Thursday from 9am-4pm

<ul style="list-style-type: none"> <li>● CANNED:</li> <li>● Fruit</li> <li>● Corn</li> <li>● Green Beans</li> <li>● Pinto/Baked Beans</li> <li>● Diced Tomatoes</li> <li>● Tuna</li> <li>● Pasta Sauce</li> <li>● Spaghetti</li> <li>● Mac &amp; Cheese</li> <li>● Cereal</li> <li>● Peanut Butter</li> <li>● Jelly</li> <li>● Sugar</li> </ul>	<ul style="list-style-type: none"> <li>● Cooking Oil</li> <li>● Laundry Detergent</li> <li>● Dish Soap</li> <li>● Bar Soap</li> <li>● Laundry Detergent</li> <li>● Dish Soap</li> <li>● Bar Soap</li> <li>● Deodorant</li> <li>● Toothpaste</li> <li>● Anything you see on sale; soups, ketchup, Rice a Roni, mayo., dressing, snack crackers, drink mixes ie: kool-aid, ice tea, lemonade.</li> </ul>
---	--



# Cardboard History

Murphy's poster collection on display at PSCC

Tom Murphy, a collector based out of Raleigh, N.C., has spent the last 60 years amassing more than 1,000 historical posters that showcase the diverse and ever-changing culture of America.

"I started collecting motion picture posters in my early teens and was fascinated by westerns, science fiction and horror films," Murphy explained. "As I grew older, I expanded my collection to include war and military and recruiting posters; circus, carnival and fair broadsides; as well as all genres of concert window cards."

A few years ago, with extra time on his hands due to COVID-19, Murphy began sorting through this massive collection and soon discovered that he had accumulated an especially large amount of announcements for country music concerts.

"Doing further research on many of those musicians, I was able to identify the people responsible for creating the instrumentation and harmonies that became known as bluegrass," he said.

Those announcements are now on display at Pellissippi State Community College's Strawberry Plains Library. The exhibit – "A Cardboard History of Bluegrass Music" – showcases over 50 original and extremely rare concert announcements, dating back to 1939, from Murphy's private collection.

Murphy said the aim is to help viewers learn more about the genre and artists from our region, as well as their impact on the area's culture.

"Our exhibit includes a large number of artists who appeared on Knoxville radio and television stations," he said, emphasizing the integral role that local radio stations played in promoting and developing country music and bluegrass. "In the early days of radio, local musical acts were given 15- to 30-minute daily time slots to perform live on the air. They were not paid for these live shows, but were instead given the opportunity to promote upcoming concerts and local venues."

For instance, Murphy said that Cas Walker, a Knoxville grocery store owner, created and sponsored a daily radio, and later TV show, called

See **CARDBOARD** on Page 18

# STRENGTHENING YOUR CHILD'S TOMORROW, **TODAY**



FAITH • KNOWLEDGE • CULTURE



ESK's Athletics Programs aim to promote good sportsmanship in a competitive environment. Our sports programs strive to teach discipline, commitment, and teamwork while promoting physical activity as a way of life.



Episcopal schools affirm belief in the innate spiritual capacities of all children. Through daily Chapel, we hope to build a community where each child can belong and find companionship and strength for their futures.



Our school prepares students for higher education and a lifetime of learning within the context of a loving, inclusive and family centered community. We enrich our students' intellectual, physical, cultural and spiritual growth.



Our interactive teaching style allows our students to grasp complex subjects. Small classes combined with the talents of some of the finest teachers in this region nurture our students' natural curiosity and enthusiasm.



Through our service-based learning curriculum, we help students identify their talents for service and encourage them to be involved in a variety of community service projects, both local and worldwide in scope.

## EPISCOPAL SCHOOL OF KNOXVILLE

950 EPISCOPAL SCHOOL WAY  
KNOXVILLE, TN 37932

865 • 777 • 9032



FOR ADMISSION INFORMATION, PLEASE CONTACT

**HEIDI OFFEL, DIRECTOR OF ADMISSION**

AT [HOFFEL@ESKNOXVILLE.ORG](mailto:HOFFEL@ESKNOXVILLE.ORG)

**@ESKSAINTS**  
**ESKNOXVILLE.ORG**



## Cardboard

From page 16

'The Farm and Home Hour,' where he introduced many up-and-coming music stars like Roy Acuff, the Bailey Brothers, the Everyly Brothers and even a 10-year-old Dolly Parton. All of which are showcased at the exhibit.

"There are some twenty groups and performers represented in our exhibit that found their way to Nashville and the Grand Ole Opry due to their radio exposure in Knoxville," he said.

While the exhibit has been displayed at several locations across the Appalachian region, including the Birthplace of Country Music Museum in Bristol, Va., Allison McKittrick, Strawberry Plains Campus Librarian, noted that this is the first time the collection has been shown in the Knoxville area.

"It's so great to have these amazing vintage posters here for viewing," she said. "Each poster tells a story about the ups and downs of the music of our region."

"A Cardboard History of Bluegrass Music" can be viewed now through June 15 at PSCC's Strawberry Plains Campus Library, 7201 Strawberry Plains Pike. The exhibit was made possible by the Pellissippi State Libraries Appalachian Heritage Project.

~ Rachel Totten



*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!**



# Diamond Gallery Farragut



KENDRA  
SCOTT

PANDORA



CITIZEN

LE VIAN

Watch Repairs, Battery Replacements, Custom Jewelry Designs & More.  
865-307-3386 117 Biddle Farms Blvd Farragut, TN 37934

# Small Classes, Expansive Learning!



Now  
Enrolling  
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



## Daily Golf Cart Tours

Located on Cedar Bluff Rd. Minutes from Hardin Valley  
**TATESCHOOL.com** **865.693.3021**



Photo courtesy of Pellissippi State

# Panthers finally get their home turf

Pellissippi State Community College's new state-of-the-art soccer complex is under construction, with completion expected this spring. Located at the corner of Hardin Valley and Solway roads, the complex will feature a new turf field, a natural grass practice field and even a press box, finally giving the Panther soccer teams a facility to call home.

"We've talked about having an on-campus home for soccer since the program began nearly three years ago, and as PSCC Athletics has grown, the college has continued working toward a dedicated space for our teams and students," Rachel Wedding McClelland, Executive Director Marketing and Communications for Pellissippi State Community College. "We're excited that these official playing fields will open this upcoming season and allow us to finally host matches on these fields that will be used exclusively by Pellissippi Athletics."

McClelland noted that the complex, which will be used by both PSCC's men's and women's soccer teams, meets collegiate playing standards while also incorporating the Panther identity.

"So it feels like Pellissippi State when you walk onto the field but, just as important, it creates a welcoming environment for students, families and the community to gather," she said.

The complex will also ensure much-needed consistency for the school's student-athletes, as they will be able to practice and compete at the same place.

"This helps with preparation and makes the experience feel more connected to campus life," McClelland said. "Our current players and alumni are excited because this represents growth for the program and the college. Many of our early players competed without a home field, so being able to see matches played on campus means a lot to them."

McClelland added that the Athletics Department is incredibly grateful for the local schools that hosted the soccer teams while the program was first getting started; however, they are also excited about having a complex of their own.

"Bringing games to campus now makes it easier for families, students and community members to attend

and be part of the experience," she said. "This is an important step forward. Our focus remains on providing a positive student experience and building a program the college community can be proud of. Having a home facility simply helps us do that in a more connected way."

~ Rachel Totten



## 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**



*Dr. Smith is truly the best dentist I have ever been to. Her whole staff, from the ladies at the front, to financial, to the hygienists, and everyone else I have met, have all been so kind and professional. I always get such anxiety surrounding the dentist, but as soon as I walk through the office doors, someone always greets me by name and asks how I am, thus lowering my anxiety. The hygienists do a great job of making my teeth feel so clean. Dr. Smith is very gentle and explains what she is doing as she is doing it. She always checks to make sure I am ok and not in pain throughout the procedure. Financial always reaches out a couple days before a procedure and lets you know what your insurance will pay and what you will be required to pay. I recommend Blue Dog to anyone looking for a new dentist. The office is clean and welcoming. This office makes you feel like you're an old friend, and that truly sets them apart from any other clinic I've ever gone to before. ~ Karen F.E.*



*Dr. Tristen Smith and her staff are extremely professional and provide excellent care. The office is modern, clean, and conveniently located in Hardin Valley. Dr. Smith is very gentle, patient, and great at explaining next steps during a procedure. Highly recommended! ~ S. Marsh*

# 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

## Serving HARDIN VALLEY



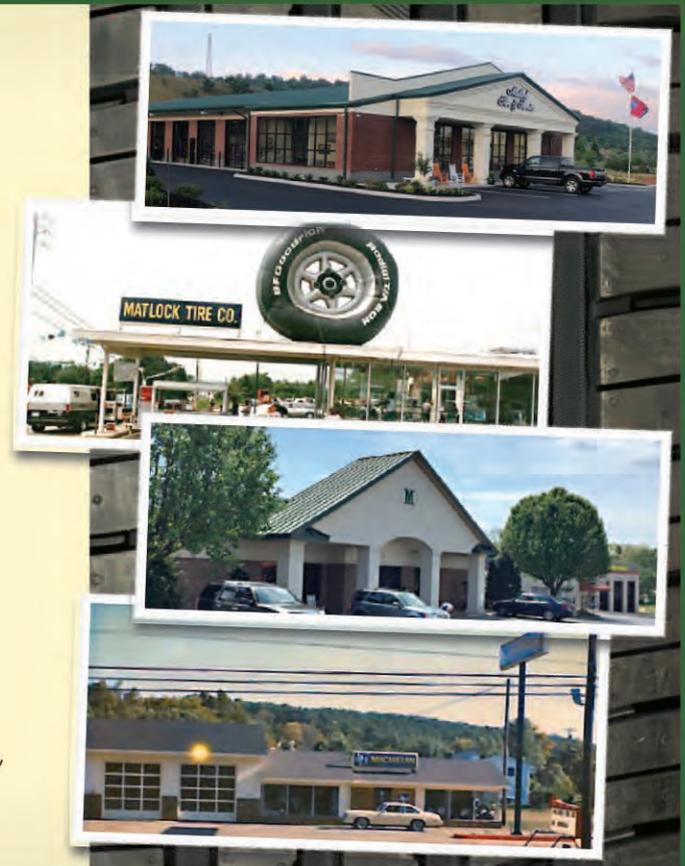
10838 Hardin Valley Rd. | 865-248-2340

**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





# Hawks SOARING with Bates

In December 2021, Matt Bates was asked about the wrestling coach vacancy at Hardin Valley Academy.

Less than five years later, Bates has the Hawks soaring.

He was part of two state title runs for Ella Murphey, a Knoxville native who went 87-0 in high school and now wrestles for Oklahoma City University.

Bates also coached Brock Connatser to two state medals, as Connatser now wrestles for the United States Coast Guard Academy.

Most recently, Hardin Valley churned out seven sectional qualifiers and three state qualifiers, giving HVA 14 state-bound wrestlers through Bates' tenure.

When asked about the success, though, Bates dug beyond the accolades and looked at attendance.

"When we got here four years ago, there were seven kids coming back," he said. "This year, we've got 41 on the roster. So our goal was to raise money to get us out of a hole and to increase participation. We did that very successfully in the first year-and-a-half."

"I think it's been outstanding," Hardin Valley Athletic Director Brian Wyatt added. "He's done a great job of getting the numbers up. Last year, we had several seniors, and I think he's exceeded expectations this year for sure."

Wyatt added that the HVA team's success has given him a "newfound respect" for wrestling, "because you have to be a little off in the head to do it because of how brutal it is.

"Yes, it's only two or three periods, but I've watched kids crumble because of it," Wyatt continued. "Somehow some way, though, (Bates) gets kids who haven't done many sports to come out and be productive."

Given the grueling nature of the sport, Bates said his pitch has been simple: give it a shot.

"The biggest thing is to try," he challenged. "And don't just do it for a day or two — give us a full season. Everybody thinks it's hard and challenging, and it is, but it's different from every sport out there.

"We've told them, 'Hey, it's hard at times, but life's hard. But if you stick around, you're going to have success and you are going to love it.'"

He noted an "85 to 90%" retention rate in the program, boosting atten-

See **WRESTLING** on Page 24



# GOING THE EXTRA MILE FOR YOU

## LCUB Now Offers SMARTPay!

Residential customers, you now have the freedom to track your usage and purchase power using your smartphone and our account management app **My Usage**.

SMARTPay lets you pay upfront, and as you consume, your remaining balance decreases, similar to filling up your gas tank. You can "refuel" by adding money to your account any time you choose and as often as you choose.

For more information and to enroll, visit any LCUB customer service office and complete an application, or to speak to a Customer Service Representation call:

**1-844-687-5282**



**LCUB.com**

# 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**



## Wrestling

From page 22

dance well beyond where it sat when he arrived.

And once the roster started growing, Bates and his staff started to think bigger.

“It became, ‘What can we build this into?’” he said. “So we’ve had a whole bunch of kids buy in and it’s just built and built. Now we have a standard, and that’s where we expect to be. The kids knew what that was, and we got back where we wanted to go.”

One aspect of that success is found in Bates’ background, which goes beyond the sport he now coaches.

“I’ve been a head coach for football, wrestling, track,” Bates said. “Being a head coach is being a head coach. It’s what you do to prepare and how you plan your practices. Nothing changes in dealing with fundraising, eligibility, parents, grades, teachers, or other stuff. Getting back into it has been fun.”

A Cookeville native with an easy disposition, Bates elected to put a stop to his own wrestling career as a high school senior.

But he continued working in the sport, eventually becoming an assistant boys and head girls wrestling coach at Stone Memorial High School in Crossville.

He honed his coaching skills on the gridiron too. In 2022, Bates even earned the Broyles Award — given to the top high school football assistant in the country — for his work at Oak Ridge High School the previous season.

He kept up his wrestling moves all the while, working as an official for matches across East Tennessee. That work gave Bates a different perspective, one he has shared with his HVA wrestlers since being announced as head coach at HVA in April of 2022.

“Coming back in, having officiated and been a coach, you know some things a little differently,” he said during the Hawks’ sectional meet. “The relationships I’ve got with these officials, like the one calling matches today, he trained me. Having that relationship is good. You know the rulebook a little more intimately. Now instead of calling matches, you’re working to try to win them.”

“The way we coach, it’s coaching our kids from the viewpoint of an official,” he added. “What do they look for? What’s going on? And by doing that, we think we put our kids in position to have success because we know how to work against a stall call or whatever it may be.”

Overall, Bates’ range of perspective is certainly unique.

And while he helps the Hawks fly, he is happy with where he landed, too.

“It’s not something I was begging for,” he said. “But it came about and has been a good challenge.”

~ Jake Nichols

“We’ve told them, ‘Hey, it’s hard at times, but life’s hard. But if you stick around, you’re going to have success and you are going to love it.’”

~ Matt Bates

# COMMUNITY WELLNESS

*In Your Own Neighborhood*

**Experience the heart of your community!**

At Autumn Care Assisted Living, we foster a close-knit, caring environment right in your neighborhood where community wellness is our focus.

- *Enjoy engaging activities and events with friends who feel like family.*
- *Receive compassionate attention from dedicated, professional staff available 24/7.*
- *Savor delicious, chef-prepared meals tailored to your tastes.*



Call 865-392-1300 • [autumncareassistedliving.com](http://autumncareassistedliving.com)  
Schedule Your Tour Today!



## 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 • [hardinvalleybodysshop.com](http://hardinvalleybodysshop.com)

# SENIOR NIGHT

## HARDIN VALLEY ACADEMY WRESTLING



In recent weeks,  
Hardin Valley Academy  
recognized their seniors in  
wrestling and basketball.

Find pictures of these students  
with their families in these pages.

Photos courtesy of Jeremy Wiggs Photography  
[www.jeremywiggs.com](http://www.jeremywiggs.com)



# SENIOR NIGHT

## HARDIN VALLEY ACADEMY BASKETBALL



May You Have Many Reasons to

*Smiles*



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

# Kids' Corner



## Find the Hawk WINNER

The winner of the Find the Hawk contest for the November 2025 edition of Hardin Valley Living is  
**Van Jozefyk**

Van received a Prize Box 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!



## 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 **April 30, 2026**. Winner to be announced in the next edition of Hardin Valley Living. (Ages 12 and under are eligible.)

## What's the Difference?

Find the four differences between the two pictures.

**A**



**B**



Answers: 1. Woman's hair is longer 2. Girl is wearing a hat 3. Missing flowers in planter box 4. Boy is in the picture

# Huntington Helps!

ACT/SAT exam prep and fundamental 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!***



# 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)

## 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*



# More than care

A better way to  
live each day

We handle the details  
so your loved one can  
feel at **HOME.**

Personalized Clinical Care, Farm-to-Table Meals,  
and Engaging Activities

HARDIN VALLEY  
**MorningPointe**  
Assisted Living & Memory Care

Assisted Living:  
(865) 343-0081

Memory Care:  
(865) 343-0409



# Service Directory

Hardin Valley  
**LIVING**

## HOME REPAIR

### RANDY THE PAINTER

**FREE  
ESTIMATES**

Call: 865-522-3222

Text: 865-455-5022

- ★ Interiors & Exteriors Painting
- ★ Drywall, Sheetrock, Wood Repair & Soft Washing Available
- ★ FAMILY OWNED & OPERATED

★★★★★ 5 star Google Reviews

Licensed & Insured • 46 Yrs Experience

**FREE  
Pressure Washing**  
with all Exterior Painting  
over \$1500



## MISC. SERVICES

**WE  
BUY  
HOUSES**

**865-444-8804**

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

**Commit to 4 runs  
and receive \$10 off!**

### Service Directory Advertising Rates

1 Block .....	\$65/mo.
2 Block.....	\$120/mo.
3 Block.....	\$180/mo.
4 Block.....	\$235/mo.
6 Block.....	\$350/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](http://www.tateinsurancegroup.com)

[scott@tateinsurancegroup.com](mailto: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



# Knoxville's Compounding Pharmacy for People and Pets!

SCAN HERE



**Call/Text:**  
**(865) 999-0298**

*Nationally accredited compounding pharmacy*



**VOLUNTEER**  
PHARMACY®

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