



Hardin Valley LIVING

Issue 3 | Volume 7 | August - October 2026

Back to School!

Photos from the first day at
Hardin Valley Elementary

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A Bouquet of Hope

Paint the Town Purple Week

Peaceful Paddling

Kayak on Beaver Creek waterway

Getting the Scoop

Jeremiah's Italian Ice is coming soon

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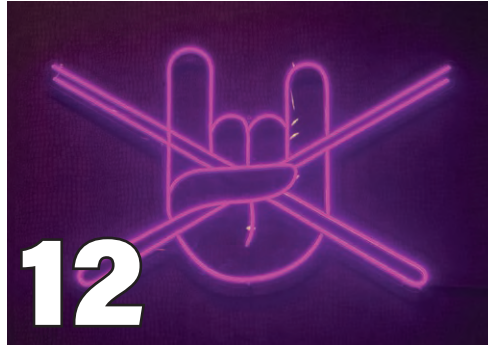
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Hardin Valley LIVING

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On the cover: Bri DeLashmet and her daughter, Arianna, shared smiles walking into Hardin Valley Elementary on the first day of school. **Photo by Jake Nichols**

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YARD SALE	SEPT 12
SERVICE PROJECT	SEPTEMBER 19
MAGI BOXES	SEPTEMBER 23
BIG WEDNESDAY	SEPTEMBER 30
KNOX COUNTY FALL BREAK	OCTOBER 5-9
FAMILY FALL RETREAT	OCTOBER 23-25
STUDENT LED WED	OCTOBER 28
FALL FESTIVAL	OCTOBER 31
TEAM UP TO CLEAN UP	NOVEMBER 7
HVY FALL RETREAT	NOVEMBER 13-15
LIGHT UP THE VALLEY	DECEMBER 6

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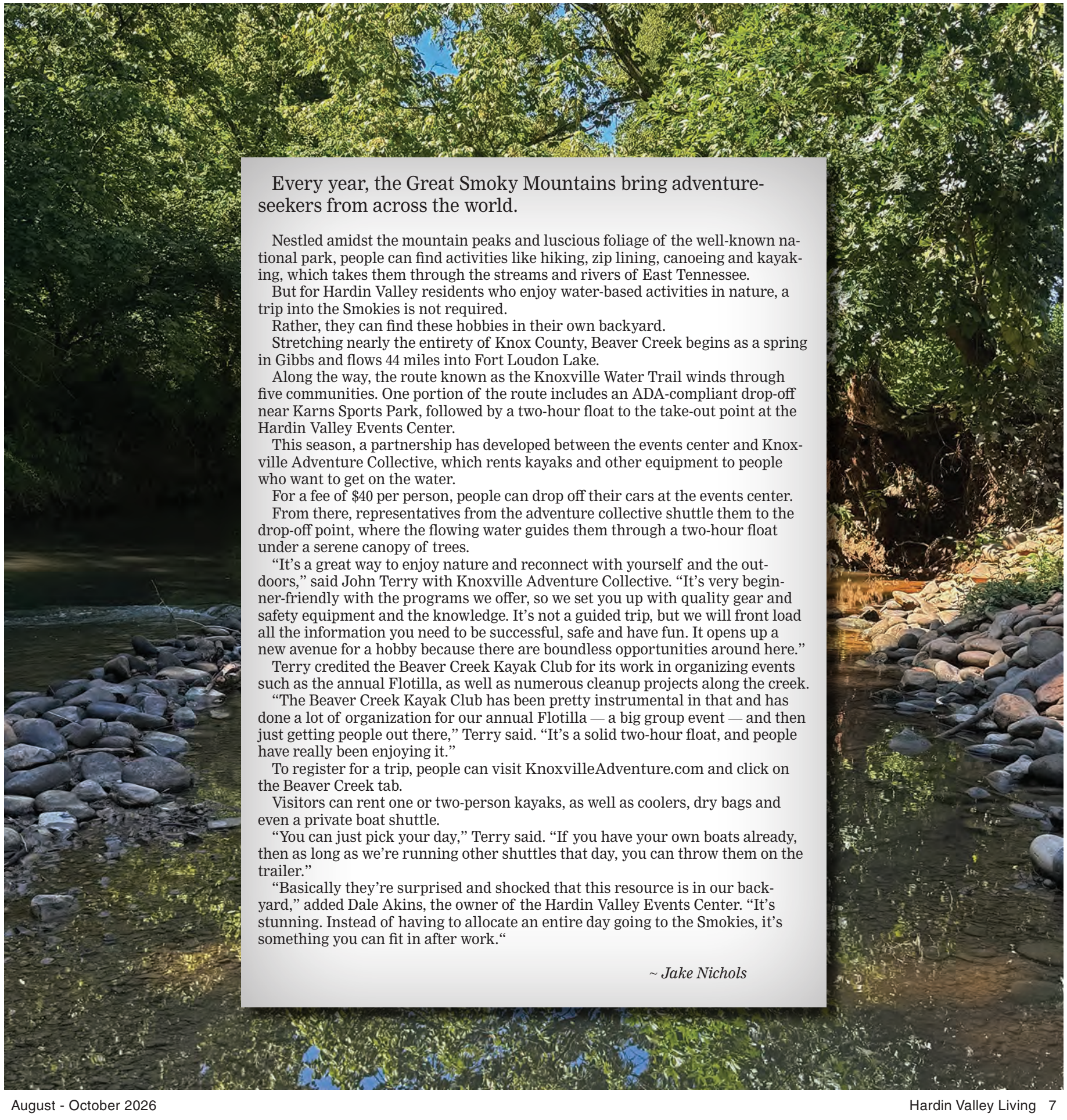
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Peaceful paddling

Beaver Creek waterway available to locals



Every year, the Great Smoky Mountains bring adventure-seekers from across the world.

Nestled amidst the mountain peaks and luscious foliage of the well-known national park, people can find activities like hiking, zip lining, canoeing and kayaking, which takes them through the streams and rivers of East Tennessee.

But for Hardin Valley residents who enjoy water-based activities in nature, a trip into the Smokies is not required.

Rather, they can find these hobbies in their own backyard.

Stretching nearly the entirety of Knox County, Beaver Creek begins as a spring in Gibbs and flows 44 miles into Fort Loudon Lake.

Along the way, the route known as the Knoxville Water Trail winds through five communities. One portion of the route includes an ADA-compliant drop-off near Karns Sports Park, followed by a two-hour float to the take-out point at the Hardin Valley Events Center.

This season, a partnership has developed between the events center and Knoxville Adventure Collective, which rents kayaks and other equipment to people who want to get on the water.

For a fee of \$40 per person, people can drop off their cars at the events center.

From there, representatives from the adventure collective shuttle them to the drop-off point, where the flowing water guides them through a two-hour float under a serene canopy of trees.

"It's a great way to enjoy nature and reconnect with yourself and the outdoors," said John Terry with Knoxville Adventure Collective. "It's very beginner-friendly with the programs we offer, so we set you up with quality gear and safety equipment and the knowledge. It's not a guided trip, but we will front load all the information you need to be successful, safe and have fun. It opens up a new avenue for a hobby because there are boundless opportunities around here."

Terry credited the Beaver Creek Kayak Club for its work in organizing events such as the annual Flotilla, as well as numerous cleanup projects along the creek.

"The Beaver Creek Kayak Club has been pretty instrumental in that and has done a lot of organization for our annual Flotilla — a big group event — and then just getting people out there," Terry said. "It's a solid two-hour float, and people have really been enjoying it."

To register for a trip, people can visit KnoxvilleAdventure.com and click on the Beaver Creek tab.

Visitors can rent one or two-person kayaks, as well as coolers, dry bags and even a private boat shuttle.

"You can just pick your day," Terry said. "If you have your own boats already, then as long as we're running other shuttles that day, you can throw them on the trailer."

"Basically they're surprised and shocked that this resource is in our backyard," added Dale Akins, the owner of the Hardin Valley Events Center. "It's stunning. Instead of having to allocate an entire day going to the Smokies, it's something you can fit in after work."

~ Jake Nichols



Tammy Cheek

Gabrielle Blake, a Franklin & Kyle Elder Law licensed social worker/elder care coordinator, presents flowers to a Morning Pointe resident.

A Bouquet of Hope

The faces of residents of Morning Pointe Assisted Living and Memory Care in Hardin Valley lit up as they received a touch of purple in bouquets they received Aug. 6 as part of Paint the Town Purple Week.

A kick-off to the Walk to End Alzheimer's fundraising season, an Alzheimer's Association event, representatives of the non-profit organization, Random Acts of Flowers, and other volunteers gathered at Morning Pointe to present 72 bouquets to its residents.

"We are running Paint the Town Purple Week from Aug. 2 through Aug. 8," said Gabe Blake, who serves as the Walk to End Alzheimer's community engagement

co-chair for the Alzheimer's Association. "We hope that people will start a team and get involved [in the walk on Saturday, Oct. 3, at Zoo Knoxville]."

Paint the Town Purple has been taking place for eight years, according to Bruce Thiem, director of integrative media with CMO Marketing & Advertising, one of the event's sponsors.

"I have participated in Paint the Town Purple activities for at least six years now, and this is a great way for people who are new to the [Alzheimer's Association] to get involved and take part," Blake said.

"We're so grateful to be back here this year to work with Random Acts of Flowers and Morning Pointe to deliver these wonderful bouquets of hope to these lovely residents," said Sara Dickson, senior development manager with Alzheimer's Association of Tennessee. "It always brings us so much joy to be a part of it ... shining light on Alzheimer's awareness and education, so working with Random Acts every year is such a wonderful blessing and way to give back to our community."

"I have been familiar with [Random Acts of Flowers] for a while because I've seen the florals being

delivered,” Kelsey Brown, Random Acts of Flowers board of directors member, said. “I also work at Covenant Health, so I’ve seen the flowers get delivered in our hospitals and brighten patients’ days. “I was connected to the Board members through a family friend of mine,” she said. Since then, “I’ve really been passionate about spreading hope through flowers and finding ways to brighten people’s days.”

However, “this is my first delivery day,” Brown said. “I’ve done some events behind the scenes, arranging flowers for delivery, and I’ve seen them delivered at Covenant Health facilities, but I’ve never been the one handing them off, so I’m excited to see what it’s like and hopefully bring some smiles to their faces.”

~ Tammy Cheek

Tammy Cheek

Morning Pointe-Hardin Valley staff joined Random Acts of Flowers and Alzheimer’s Association of Tennessee representatives and others in a photo before presenting flowers to Morning Pointe residents. On hand, front row, were Jessica Baker, TVA Credit Union; Megan Dunaway, Morning Pointe, with Francis the bumblebee dog; Lones Greene, MP senior community relations manager; Sara Dickson, Alzheimer’s Association; Vanessa Ellis, MP executive director; Lori Asbury, CMO Co.; back row, Kelsey Brown, Covenant Health and Random Acts board member; Kim Warnick, Dementia Care Solutions; Gabrielle Blake, Franklin & Kyle Elder Law; Andrew Vogel, Alzheimer’s Association; and Bruce Thiem, Carl Myers and Jonathan Jones of CMO Co.



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Getting the scoop on a sweet spot

Hardin Valley residents are seeing new businesses coming, one with some sweet offerings.

Across the street from Hardin Valley Elementary School, Jeremiah's Italian Ice is targeting The Shops at Steele Landing shopping center for its second location, shooting for mid- to late-September.

"We should be getting the [certificate of occupancy] in a few weeks, and once we get all the hardware installed ... we should be good to go," said Allison Andrade, co-owner with her husband, Steve Andrade. "We're starting our hiring now, and it's nice to have the other store [on Ebenezer Road], where we can do a lot of the training.

"We also have an amazing general manager, Sara Smith, who will be overseeing operations at the Hardin Valley store," Allison said.

Then, they are planning a grand opening a few months later.

What began with the founder selling Italian ice from a cart in New Jersey has expanded to stores across the country, and West Knoxvillians Steve and Allison Andrade, who bought a franchise last spring, are continuing that expansion into Hardin Valley.

This past April, they purchased the store at 1601 Ebenezer Road, which sells jelati, jelati cake and soft-serve ice cream.

"We are known for our Italian ice," Allison said. "The owner, Jeremy Litwick, started this business when he was a teenager in Philadelphia. He used to pull a cart and sell what they called 'water ice.' Now, we call it Italian ice. He took it down to Florida and it took off.

"It is the best-tasting thing ever ... especially when you layer one of our 24 flavors of Italian ice with our soft ice cream — we have chocolate, vanilla and a swirl soft ice cream," she said. "And, when you layer the two, and you can add in whatever toppings — chocolate chips, sprinkles, cookie butter crumbles — you can make a jelati.

"It's just the perfect combination," Allison added. "That's our signature product."

However, "we do hope to expand in coming seasons," she said. "Hopefully, we can get some hot chocolate mixed in with our ice cream down the line."

Customers also will find the store's Italian ice different than they might expect.

"It's smoother and creamier than most imagine," Allison said. "It's not the flaky, hard ice from snow cones."

Right now, customers can order the cookie jar matchup with cookie dough, Oreo cream, Double Stuff and brownie fudge.

For the Andrades, the entrepreneur experience has been a "whirlwind."

"I can't believe we're here, but I'm so glad we are," Allison said.

Allison said she and her three children and their friends frequented the Ebenezer store when it operated under another owner, but one day they found it had closed.

"We were so hooked on that yummy treat, and I just couldn't get over it. I said to my husband, 'We could just buy it and reopen it,'" she said.

"He took it and ran with it, and we contacted corporate and the next

thing I know we're on our way to Orlando, meeting with Jeremiah's [Italian Ice] corporate, and they are just the coolest company, it was hard not to do this," Allison said.

A few years prior, Steve's mother moved from New Jersey to Hardin Valley.

"We get to go there and visit her all the time," Allison said. "The whole area is really expanding with so many cool things coming ... we just love the area."

So when they saw the vacancy at The Shops at Steele Landing, they jumped at the opportunity.

"The biggest thing we did all this for is we love giving back to the community," she said. "We host spirit night for all the schools around us at Ebenezer ... I just can't wait to do that for all the schools in the Hardin Valley area.

"I never thought I would get to do something like this coming from a healthcare background, but it's been a really fun adventure."

Hardin Valley will soon have another sweet spot, as Baskin-Robbins also is reported to be locating here this summer.

Additionally, according to news reports, Spring Bluff Way Retail Center (a strip mall) has been under construction on 3.55 acres just south of Hardin Valley Road, nestled between Award Winning Way and Spring Bluff Way. The design firm behind the project is Michael Graves Architecture. One of the firm's spokespersons said several national retailers have signed leases for spaces in the building but did not disclose the tenants.

Also, Hardin Valley has welcomed the Snack Shack, a food truck operating at 10121 Oak Creek Lane.

~ Tammy Cheek

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Chews & Brews



Rock n' Roll Sushi hitting all the right notes

There's a new restaurant in Hardin Valley, and so far, it seems to have gone platinum.

Rock n' Roll Sushi opened its doors Wednesday, July 22, bringing the edgy concept to the Knoxville area for the first time.

Founded in Mobile, Alabama, in 2010, the franchise pairs bold Japanese flavors with a high-energy, rock-themed atmosphere. Much like the 70-plus other franchise locations, the new Hardin Valley restaurant features electric guitars lined along the walls, flatscreen televisions showing music videos and record-style menus that offer some-

thing for every palate.

"We saw it doing well in the Nashville area, then it spread to Cookeville," franchise partner Dagan Greene said. "Sushi as a whole is massively growing, and the tide has turned for people's love for it. You can get sushi at different places in Knoxville, but at our place, sushi is the headliner. We've got appetizers and desserts and other things, too, and Hardin Valley is the perfect spot for it."

One popular option is the VIP roll, which comes fried or baked with

See ROCK N' ROLL on Page 30



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GOING 'NITRO'

Coffee and tea have gone nitro in Hardin Valley.

Kris, a retired MMA fighter, a Brazilian jiu-jitsu black belt and competitive mountain bike racer, and his wife, Season Bowers, have brought a new concept to caffeine with their second location of Intrepid Nitro Coffee & Tea Bar at 11432 Hardin Valley Road, Suite 6, in The Shops at Steele Crossing, across from Hardin Valley Elementary School.

Intrepid Nitro Coffee & Tea Bar has been touted as the "craft brewery for coffee and tea."

It offers five coffees and two teas on nitro taps "using highest quality coffee beans and loose-leaf teas from small businesses and local companies," the Bowers said on their website.

But, besides coffee and tea, Intrepid also carries nitro bourbon, handcrafted margaritas and more.

"We are so excited to be here," Farragut West Knox Chamber of Commerce president/CEO Julie Blaylock said at Intrepid's ribbon-cutting event, sponsored by the Chamber to celebrate the new location.

"We're so thankful to be here in our Hardin Valley location," Kris said. "This has been a long process — two years in the making before we broke ground."

"We knew we wanted to be here," he said. "Two years, later here we are."

"We love this community, and we're falling more in love with this community," Kris said.

And for the Bowers, community is important.

"That's why we don't do drive-throughs," he said.

The Bowers' first location opened three and a half years ago at 5201 Kingston Pike in Bearden. The Hardin Valley location opened in December 2025.

Before that, the California natives' idea fermented from Kris' love of coffee and Season's love of tea. When shopping for a Christmas gift for him one year, Season came across a

See GOING 'NITRO' on Page 20



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Who's the BEST?

Consumers can choose their favorite businesses in the Hardin Valley community by voting for the best in the 5th Annual Hardin Valley Readers Choice Awards.

"We are honored to have the votes of the community," said Bo Bradshaw, store manager of Matlock Tire Service & Auto Repair, 10838 Hardin Valley Road, that was one of last year's Readers Choice winners.

"It's a privilege to be able to be here and help," he said. "We are a community-driven business, and that's what we want to do — give back and help our community here in Hardin Valley — and we look forward to many years to come for that."

Another 2025 winner was Double Dogs at 10639 Hardin Valley Road.

"We were very excited to win that, and, of course, we love and appreciate our Valley family here," Double Dogs general manager Suzanne McKenna said. "We've been quite a long time and I appreciate that we're still making people happy."

"I think [winning Readers Choice] helped us quite a bit," she said. "We're so close to Farragut [that] we get a lot of business from Farragut as well, especially from Farragut High School, so I was very proud to be in that paper. It made us pretty happy."

"I believe everybody wants the community they live in to thrive," farragutpress account executive Glen Coleman said. "To most, that certainly applies to the businesses they frequent and even those they don't."

"Healthy communities support local business and businesses want to operate in communities that support them," he said. "Hardin Valley Living is a quarterly publication whose mission is to inform residents on matters of local importance or interest."

"On Monday, Aug. 31, Hardin Valley Living will launch our annual Readers Choice contest," Coleman said. "The communities' participation matters."

"Businesses like being recognized as 'favorite' or 'best' in their communities," he said. "Businesses also are competitive, which



See READERS CHOICE on Page 15

Readers Choice

From page 14

makes them better. And who doesn't want every business to be better?

"So please consider taking just a few minutes to cast your votes in this year's contest," Coleman said. "I know the businesses you vote for will appreciate it. Let's invest in local businesses and continue to make Hardin Valley a great place to live."

From Monday, Aug. 31, through Monday, Oct. 19, the public will be able to cast their votes, and this year, for the first time, ballots are available both in paper form and online.

A downloadable ballot is available at farragutpress.com

Paper ballots from Hardin Valley Living also will be accepted. Copies of Hardin Valley Living may be purchased at the farragutpress office.

Paper ballots may be mailed in or dropped off at the farragutpress office, 11863 Kingston Pike, Farragut, TN 37934.

They may be emailed to readerschoiceballot@farragutpress.com

All ballots are due at 4 p.m., Monday, Oct. 19. No late entries will be accepted. Winners will be announced in the November 2026 edition of Hardin Valley Living.

The online ballot can be found at <https://tnpressservice.secondstreetapp.com/Hardin-Valley-Living-Readers-Choice-2026/gallery>

Winners must be located within the Hardin Valley Living readership area: Turkey Creek at Campbell Station to Lovell Road, Middlebrook Road from Lovell Road to Hardin Valley and over to Watt Road.

All entries are subject to approval, and judges' decisions are final. Only one entry per person or email address is eligible.

If there are any questions about this contest, contact readerschoiceballot@farragutpress.com

~ Tammy Cheek

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8. Best Barber Shop _____
9. Best Beauty/Hair Salon _____
10. Best Beer/Cocktails _____
11. Best Bistro/Wine Bar _____
12. Best Boat Dealer _____
13. Best Breakfast/Brunch _____
14. Best Burger _____
15. Best Car & Truck Repair _____
16. Best Car Wash/Detail Shop _____
17. Best Caterer _____
18. Best CBD/Tobacco/Vape Shop _____
19. Best Child Care _____
20. Best Chiropractor _____
21. Best Convenience Store _____

Welcome to the 5th annual Hardin Valley Readers Choice Awards!

Winners must be located within the Hardin Valley Living readership area: Turkey Creek at Campbell Station to Lovell Road, Middlebrook Rd. from Lovell Road to Hardin Valley and over to Watt Road.

Winners will be announced in the
November 2026 edition of Hardin Valley Living.

All Ballots Due Monday, October 19 @ 4:00 pm
NO LATE ENTRIES ACCEPTED

All paper ballots must be signed & all ballots must have votes in 25 different categories to be counted!

OFFICIAL BALLOT

BUSINESS NAME

22. Best Credit Union _____
23. Best Cup Of Coffee _____
24. Best Customer Service _____
25. Best Day Spa _____
26. Best Dentist _____
27. Best Drug Store _____
28. Best Dry Cleaners _____
29. Best Eye Care Center/Optometrlist _____
30. Best Family Restaurant _____
31. Best Fast Food _____
32. Best Financial Advisor _____
33. Best Financial Planning Company _____
34. Best Fitness Center _____
35. Best Full Service Bank _____
36. Best Gifts/Collectibles/Antiques _____
37. Best Grocery Store _____
38. Best Hardware Store _____
39. Best Heating And Air Service _____
40. Best Ice Cream/Milk Shake _____
41. Best Insurance Agency/Agent _____
42. Best Jewelry Store _____

Name_____

Address (REQUIRED)_____

City_____ Zip_____

Phone_____

Email_____

**ALL ENTRIES MUST BE SIGNED AND RECEIVED BY 4PM
ON MONDAY, OCTOBER 19, 2026** Please include both pages of the ballot.
All Entries Subject to Approval. • Judges Decisions Are Final. • One entry per person/email address.
Ballot may be downloaded from farragutpress.com. Extra copies may be purchased at the farragutpress office.

Scan the QR code to vote online!



[https://tnpressservice.secondstreetapp.com/
Hardin-Valley-Living-Readers-Choice-2026/gallery](https://tnpressservice.secondstreetapp.com/Hardin-Valley-Living-Readers-Choice-2026/gallery)

OFFICIAL BALLOT

BUSINESS NAME

- 43. Best Kids Party Venue _____
- 44. Best Landscaping/Lawn care _____
- 45. Best Liquor & Wine Store _____
- 46. Best Mail And Package Center _____
- 47. Best Martial Arts School _____
- 48. Best Medical Facility _____
- 49. Best Memory Care Facility _____
- 50. Best Mexican Food _____
- 51. Best Mortgage Lender _____
- 52. Best Mortgage Lending Company _____
- 53. Best Nail Salon _____
- 54. Best Oil Change _____
- 55. Best Orthodontist _____
- 56. Best Paint And Body Shop _____
- 57. Best Pediatrician _____
- 58. Best Pest Control Service _____
- 59. Best Pet Grooming _____
- 60. Best Physical Therapy Clinic _____
- 61. Best Physician _____
- 62. Best Pizza _____

BUSINESS NAME

- 63. Best Place of Worship _____
- 64. Best Plumbing Service _____
- 65. Best Real Estate Agency _____
- 66. Best Real Estate Agent _____
- 67. Best Seafood _____
- 68. Best Security Service _____
- 69. Best Senior Lifestyle Facility _____
- 70. Best Steak _____
- 71. Best Storage Facility _____
- 72. Best Tanning Salon _____
- 73. Best Tire Dealer _____
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Jake Nichols

Left to right: Ronnie Dove has been promoted to head baseball coach at Hardin Valley Academy, taking a position previously occupied by Aaron Simmons. Corey Carrington is the new track coach at Hardin Valley Academy, having previously led the Campbell County Cougars in the same role.

Changes afoot →

In the last few months, the winds of change have blown a few Hardin Valley spring sports programs in different directions.

Two new head coaches have entered the fray, Ronnie Dove in baseball and Corey Carrington in track. Meanwhile, former wrestling coach Matt Bates stepped away this fall to seek a new opportunity, having built his program up through the last few years.

"It's obviously been super busy," HVA athletic director Brian Wyatt said. "Really excited about the direction our athletic department is headed."

Dove's promotion follows his role as an assistant under former coaches Aaron Simmons and David Dillon, though he coached on the travel circuit, too.

He is no stranger to HVA, either, having been around the program in some capacity for a number of years.

"Excited would be the right word," Dove said when he was tabbed. "I've been around Hardin Valley since the school opened. I was on staff with Dr. (Kirk) Renegar, who's the principal now, from 2008 to 2013. Then just stepped away when my kids were younger.

"Always wanted an opportunity to run my own program, do my own

thing. I love Coach Simmons and hate that he left, but he's at a stage of life that it was best for him and his family to step away."

Dove's previous stint with HVA saw three straight district championships for the Hawks.

After stepping away from coaching for three years, he coached travel baseball for six seasons and rejoined the high school ranks in 2022 at Oak Ridge.

A year later, he returned to HVA, leading into this new promotion.

"We're going to be young, and it's a different time and vibe, so we'll have to do some work," Dove said. "We return one starter in Tristan Sparks. We're replacing 23 seniors we've graduated in the last two years. Six Division I guys, just lost an enormous amount of talent. So we will have a lot of young guys."

His oldest son Reece will be a junior this coming season, while his son Asher will suit up for the Hawks in the class of 2031.

"It's home," Dove said. "Leaving Oak Ridge was a tough thing to do, but the journey has been a blessing. I'm humbled by it because it's all fallen into place in God's time. I didn't plan on coaching again, then bam, here it is."

The journey has been a bit different for Corey Carrington, who came to HVA from Campbell County.

"It seemed like a really great opportunity for me," said Carrington, who became a state decathlon champion for Campbell County in 2008 before returning there to coach later in his career. "I love coaching and being

See HVA COACHES on Page 20



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Going 'Nitro'

From page 14

54-ounce nitro keg.

"He loves cold coffee; he loves nitro coffee; and he loves craft beer," Season said of Kris. "I thought it would be fun for him to screw around with."

In a subsequent interview, Kris said he started realizing there was a "craftiness" to the coffee and a "craft to how I'm nitroing the coffee."

Since a coffee company sponsored the keg, "he's getting all these coffee beans in the mail," Season recalled. "He was so excited just to shout and start making all these nitro coffees."

"He's playing around with how much nitrogen to put in the keg and it was really fun for him," she said.

Then one day, Season recalled, he called her during his short commute to work and said, "What if there was such a thing as a craft brewery but with coffee?"

That sparked the idea for their business.

"He just had this idea," Season said. "One of his favorite words is intrepid — it means fearless, which is from where the name came."

"It was this community in Knoxville, Tennessee, that welcomed us



Tammy Cheek

Intrepid Nitro Coffee & Tea Bar owners Season and Kris and Bowers, with scissors, get ready to cut the ribbon to celebrate the opening of the shop in Hardin Valley.

and made it possible for us to open a business," she said. "We could never do that where we're from."

"We're so grateful for this community, which welcomed this new, weird idea," Season said.

So when people ask, "What's nitro?"

Kris explained nitro coffee, or nitro cold brew, is cold-steeped coffee infused with pressurized nitrogen gas and served on tap like

stout beer.

He added that the nitrogen helps get rid of some bitterness, leaving the drink creamy and smooth. It also gives the coffee a sweet taste without adding sugar.

"We love to teach," Season said. "We love to give people a new experience."

They have a variety of coffees and teas from which to try. Unlike some other coffee shops, there is

more than one type of coffee bean to choose from.

"It's like going wine tasting or beer and whiskey tasting," Season said. "Not only do you get a drink, but you have a full experience."

Intrepid Nitro Coffee & Tea Bar is open from 6:30 a.m. to 5 p.m. Monday through Friday, and from 8 a.m. to 3 p.m. Saturday and Sunday.

~ Tammy Cheek

HVA Coaches

From page 18

able to work with student-athletes, and it's a tremendous program. To step into that is going to be fantastic."

After high school, Carrington began his athletic career at the University of Tennessee Chattanooga before joining the armed forces. While active duty and time allowed, he served as a volunteer coach mostly in northern Virginia. After completing active duty, he returned to East Tennessee and became the head coach at his alma mater in 2022.

He coached several athletes who competed and won at the state meet including decathlon, shot put, discus, high jump and hurdles, and

broke school records across the board during his coaching tenure.

Now, he's hoping to bring that same success to HVA.

"It seemed like a really great opportunity for me," Carrington said. "I love coaching and being able to work with student-athletes, and it's a tremendous program. To step into that is going to be fantastic."

He has his eye on several school records, especially decathlon, having coached athletes to multiple historic performances at CCHS.

"They've had some good athletes in the past, but there's several of them I think we will be able to touch," Carrington said. "I had nowhere near the magnitude of athletes at Campbell County that I'll have at Hardin Valley, so I think I'll be able to develop them pretty well."

It's one of the bigger programs in the area, and they have a lot of support and expectation."

Still, while he and Dove will look to write their own history, another leaves after doing just that.

Matt Bates is moving on from Hardin Valley Academy after joining the staff in 2022.

He was part of two state titles for Ella Murphey, an HVA alum who now wrestles for Oklahoma City University, and he coached United States Coast Guard wrestler Brock Connatser to two state medals, too. Most recently, he produced three state qualifiers at the 2026 meet, giving the Hawks 14 state-bound wrestlers through his tenure.

But now, Bates is moving on to take the same position at Walker Valley, where he is reuniting with

a longtime friend who works at the school.

"I'd always told him if it came up again I wouldn't ever say no, and there's a lot of factors that make this perfect timing for me personally," Bates said. "I had to make a decision that was about me and take my fondness and love for Hardin Valley and the wrestlers out of it."

"The timing of this stinks for everybody, but I am excited that I get to do something with a friend of mine and put my family in a better position now and in the future."

Wyatt noted that HVA has selected its new wrestling coach, though his hiring has not been made official yet.

~ Jake Nichols

Serving clients, loving the work

Pam Owen of Realty Executives has an effortless enthusiasm for life and her place in it — starting with her job.

"I do love what I do," said the 17-year Realtor, who has triumphed in her field, despite first obtaining her license in the midst of a pronounced economic downturn. "I love helping people find and sell their homes, I really love doing that. And it is so easy here, with the beauty of the area, and its four seasons, and how kind people are.

"I feel so fortunate to have been born and raised in Knoxville."

Owen discovered real estate after owning her own business then working for a large corporation.

"I really have spent a lifetime working with people, and working in service," she said.

"I have had three wonderful careers, but I enjoy this one the best."

She has some advice for those who might consider a similar professional path.

"This can be a hard business, but I tell potential agents that, No. 1, they have to like people, and No. 2, they have to be in it for their clients," she said. "If they don't, and aren't, they might consider a different path.

"It's much more stress free."

Helping her along the way has been Jim, her husband of 47 years, who's support has given her the freedom and security to make her own way in the world.

"He never told me what to do, but has encouraged me to do what I like," she said. "He's been very supportive and helps me in my business, too."



Pam Owen

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Spirit of the Valley



Photos by Tammy Cheek

Hardin Valley Academy Spirit of the Valley Band was in marching spirit as it learned new routines for this season's show.

From Wednesday through Friday, July 15-31, band members drilled on campus to learn the steps and the music.

Director Alex Rector said the band has "right at 150 students," an increase from the 143 students it had last year.

Above: Hardin Valley Academy band director gives instructions during a quiet time at band camp, which took place Wednesday through Friday, July 15-31.

In addition to Rector, drum majors Carter Case, Charles Davis, Abi Murrell and Kaylen Tabut will lead the band.

"Our first performance will at the home game on Sept. 4," Rector said. Then, "we will be performing in competition at Sevier County High School, at [East Tennessee State University Bands of America Regional Championship], [Middle Tennessee State University Contest of Champions] and the Bands of America Grand National Championships at Lucas Oil Stadium in Indianapolis, Indiana."

Spirit of the Valley Band Camp



Hardin Valley Academy band member Luke Metcalf works out during band camp drills.



Hardin Valley Academy band member Aiden Thompson steps in time during drills, which were part of the band camp experience.

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First day of SCHOOL



On Monday, Aug. 10, parents walked their Hardin Valley Elementary students into hallways and classrooms for the first day of school.

The tradition is a time-honored one at the school, which has been open since August 2000.

See photos on next page.



Photos by
Jake Nichols



Nicholas McCue brings daughters Jesse and Lillie through the foggy Hardin Valley Elementary parking lot to begin the first day of school.



Hardin Valley Elementary principal David Claxton greeted excited students as they made their way into the school building.



Hardin Valley Elementary guidance counselor Casey Anderson greets students as they return to the hallways for school.



Britton Raught, 7, poses for a photo before heading inside.



Matthew Edens leaves the carpool line to head inside.



Claire Johnson, a kindergarten teacher, greets a colleague.



Darren Bowman, right, and his daughter Savannah make their way to her classroom.



Chris Simons brings his daughters, Mary and Amelia, into Hardin Valley Elementary for the first day of school.



Fourth-grader Gavin Gonzalez makes his way through the fog to begin the school day at Hardin Valley Elementary.

Kids' Corner



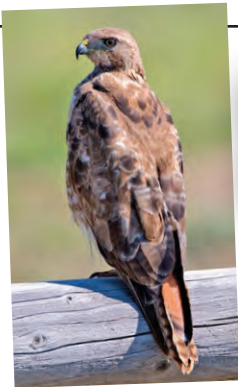
Find the Hawk

WINNER

The winner of the Find the Hawk contest for the May 2026 edition of Hardin Valley Living is **Jordyn Guilfoyle**

Jordyn 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: _____

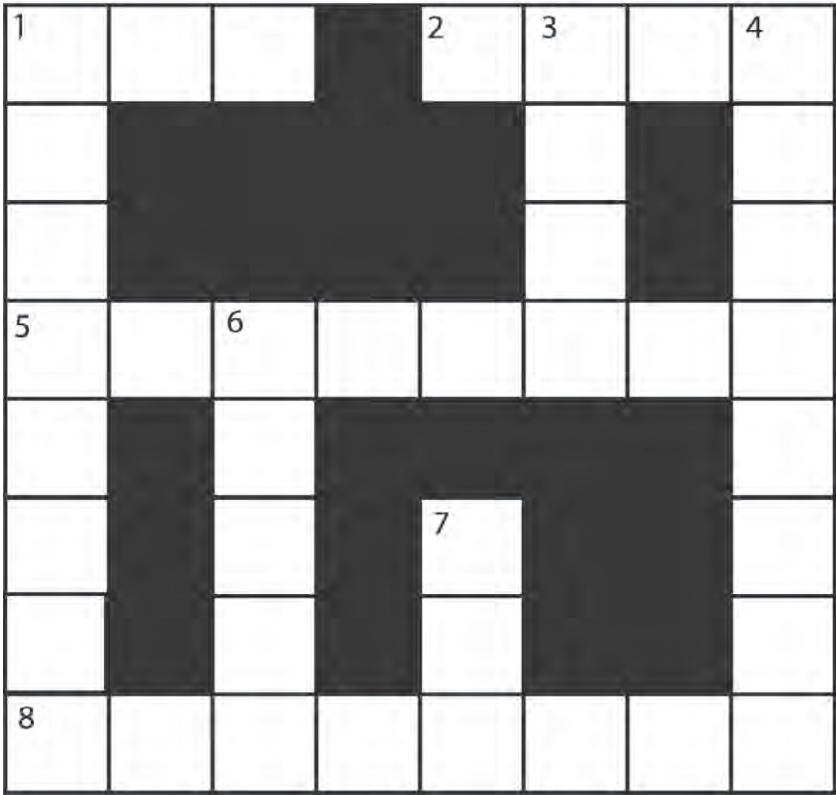
Parent Name: _____

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If correct, you will be entered in a drawing for prizes to be held **October 30, 2026**. Winner to be announced in the next edition of Hardin Valley Living. (Ages 12 and under are eligible.)

Crossword Puzzle



ACROSS

1. Feline
2. Neatens hair
5. A citizen from a particular country
8. Site or monument

DOWN

1. Traveling fair
3. Not closed
4. Baseball stadium
6. Bird's claw
7. Precious stone

Answers:
Across
1. Cat 2. Comb 5. National 8. Landmark
Down
1. Carnival 3. Open 4. Ballpark 6. Talon 7. Gem

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Rock N' Roll

From page 12

shrimp tempura, krab meat and cream cheese inside with Cajun-seasoned crawfish, baked krab, jalapeños, spicy mayo, sweet chili, eel sauce and crunchy flakes.

Greene noted he also enjoys the "Crowd Surfer" and "British Invasion" rolls, adding that the restaurant also features hibachi and ramen options, along with desserts.

There is even a kids roll featuring soy paper, fresh mango and strawberry, all topped with blueberry syrup.

"If the family goes to eat and you've got kids that aren't ready to try sushi yet, there are ways to introduce them to the concept and

let them try some things," Greene said. "There's really food there for everyone."

Since its initial opening, the restaurant has begun working with third-party vendors like DoorDash and UberEats while rolling out its lunch service. There are catering options available, too, as people can scan a barcode on the delivery box to see what all is inside.

While three more locations are planned across the Knoxville area, the Hardin Valley location has certainly started strong. It is open Sunday through Thursday from 4 p.m. to 9 p.m. and Friday and Saturday from 4 p.m. to 10 p.m.

"It's completely different than what you normally see," Greene said, "and hopefully the food is



Photos by Jake Nichols



good enough that you keep bringing people back."

~ Jake Nichols

Sawyer Kitts tried his best to snag a piece of the V.I.P. roll at Rock 'n Roll Sushi in Hardin Valley.

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