

On Your Mark, Get Set...



Logo: farragutpress,
Tony Christen, designer

The 12th Annual Farragut 5K Run and Pet Walk is set to start at 8:00 a.m., Saturday, September 22, at Mayor Bob Leonard Park on Watt Road in Farragut. This event is sanctioned by USATF, will be managed by the Knoxville Track Club and promises to be a fun, family-friendly good time.

Thank you in advance to all of our generous sponsors: Presenting sponsor, LogotrophyX; Community sponsors, BB&T, Charter Communications, First Utility District, Golf-Tec, NHC Place – Assisted Living, Regions Bank, Rural Metro, Sitel, State Farm Insurance Agencies, Vanessa Brown, Cindy Doyle, Mickey Hankal and Jeannette Rogers; United Community Bank, Village Veterinary Clinic, Volunteer Chiropractic and West Chiropractic and Media sponsors, Knoxville News Sentinel and WIVK. Thank you also to Tony Christen, farragutpress, for the logo design.

On-site registration is available starting at 7:00 a.m., for runners and walkers. The cost is \$20. T-shirts will be presented to all who register on-site while supplies last. Participants may also register online at the

Chamber's Web-site at www.farragutchamber.com. Food, beverages and door prizes are available to all registrants, provided by Chamber members. Cash awards will be given to the first male and first female to cross the finish line and plaques will be awarded in each category.

In addition to the race, there will be an "about a mile" fun walk, to be held on a separate course. Walkers are encouraged to participate with or without pets and commemorative dog tags and bandanas will be given to all pets.

The 5K is being chaired by Jonathan Patrick of BB&T. Other committee members are; Vivian Aikins, NHC Place; Nathan Copeland, BB&T; Eric Doan, Crowe Chizek; Regina Foy, Sitel; Pam Lambert, Tastefully Simple and Jamie Nicely, Time Plus Payroll.

A portion of the proceeds will go to the Chamber's continuing education program and \$1 from each ticket sold goes to the Young-Williams Animal Center.

Additional information may be obtained by calling the Chamber office at 675-7057.

member briefs...

Artist, Richard Whitson, will be displaying his artwork at Frame Smart throughout the month of September. Whitson, a member of Tennessee Artists Association is also president of the Knoxville Watercolor Association. To view the artwork of Richard Whitson, visit Frame Smart, located at 11546 Kingston Pike in the Kohl's Shopping Center in Farragut.

Creating Dinner has introduced "Half Entrée" dinners to their line. "Half Entrée" is designed to serve a smaller family of 2-3 people. Creating Dinner is located at 10412 Kingston Pike in Farragut. For more information about Creating Dinner, call 670-0008.

Baptist Health System has agreed to merge with St. Mary's Health System, ending months of speculation about the future of Baptist. The merge is expected to take place January 1, 2008 pending hospital and regulatory approval.

Episcopal School of Knoxville began its 10th school year in August and currently has construction underway for an additional 12,000 square foot for its middle school. The building project will complete Phase II, making a total of 22,000 square feet of space upon completion of the middle school. The school currently has 284 students enrolled, 72 teachers and a new outdoor chapel. For more information about Episcopal School of Knoxville, call Kelly Norell at (865)218-4476.

The Farragut Family YMCA is hosting a Sand Volleyball Tournament and Family Fun Day from 9 to 4 Saturday, September 29 at Mayor Bob Leonard Park. In conjunction with the volleyball tournament, there will be a climbing wall, face painting, a D.J. and food and drinks for the entire family. For more information call the Farragut Family YMCA at (865) 777-9622.

See MEMBER BRIEFS page 4

Speaker Series Breakfast

The Farragut West Knox Chamber of Commerce is pleased to announce its next Speaker Series Breakfast to be held at 7:30 a.m., Tuesday, November 6, 2007, at Fox Den Country Club featuring Coach Bruce Pearl. Pearl came to the University of Tennessee in the spring of 2005 and is embarking on his third season as head basketball coach. Known for his enthusiasm, passion for teamwork and all things Tennessee, Pearl is sure to provide his audience with an entertaining and highly-energized motivational speech. This breakfast is likely to fill up quickly and Chamber members should make reservations as soon as possible. Reservations will not be accepted after Thursday, November 1. Call the Chamber office at 675-7057 for more information and reservations.



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

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Farragut West Knox Chamber of Commerce members gathered with Joani and Gary Leeds for a ribbon cutting ceremony to celebrate the official grand opening of **PostNet** – a printing, shipping, photo refinishing and office supply store. PostNet, opened in mid-May in the Tate's Gallery Shopping Center, 1059 N. Cedar Bluff Road. Pictured with Chamber members are the Leeds (center) and Joe Tate (wearing tie). For more information about PostNet, call (865) 560-8828.

Farragut West Knox Chamber of Commerce members gathered at **The Dinner A' Fare** 11635 Parkside Drive, for a ribbon cutting ceremony, Tuesday, August 21. **The Dinner A' Fare**, which opened in January, is a meal preparation store that provides recipes, ingredients and containers needed to prepare gourmet, child-friendly dinners. Pictured above, along with Chamber members are owners, Martina and Mike Kitts and Jackie King. For more information about **The Dinner A' Fare** at (865) 671-0670 or visit online at www.thedinnerafare.com.



State Farm Agent, Laura Ash held a ribbon cutting ceremony with fellow Chamber members, friends, family and the Good "Neighbear," Friday, August 3, at their new office located at 12744 Kingston Pike, suite 106. Pictured above are Ash (holding scissors), her husband, Terry and children Kate (l) and Joel.



Mike Such, owner of **Junk Bee Gone**, was the guest speaker at the Farragut West Knox Chamber of Commerce Brown Bag Lunch Series held at the Town Hall Tuesday, August 28. The series was initiated to allow Chamber members an additional way to network and learn from each others' business strategies and ideas. Such, who started **Junk Bee Gone** in 2005, gave more than 35 members tips on how to succeed as a small business person by having a business plan, financial backing, marketing strategy and determination to work toward success.



Chamber members get acquainted while having lunch at the Brown Bag Lunch Series Tuesday, August 28 at Farragut Town Hall. Speaker, Mike Such of Junk Bee Gone, is standing in the background.

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- Corporate Quarters, Inc.
- Cruise Planners
- Dixie Lee Storage
- Femme Touche Hair Designs
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- Goddard School
- Heritage Lake at Westland
- Hilliard Lyons
- Jefferson Federal Bank
- Jeremy Leming, CPA, PC
- Kelly Services
- Kramer, Rayson, Leake, Rodgers & Morga
- Knoxville Tourism and Sports Corporation
- Moxley Carmichael
- Pelot, Rueben III, DDS, PLLC
- Realty Executives of Farragut
- Showcase Home Designs
- Southern Designs Landscapes, Inc.
- Starting Points Child Care
- Superior Carpet and Rug Cleaning
- Village Veterinary Clinic & Laser Center
- Tillman Companies, LLC
- Turkey Creek Wine & Spirits
- West Bicycles
- Y-12 Federal Credit Union



Craig Collier of Fitness Together and Linda Brown of Edible Arrangements strike a pose at the morning networking at **Panera Bread** - Turkey Creek, Thursday, August 16.



Bert Griffin of Rural Metro, Connie Graham of Hampton Inn and Sherry Witt, Knox County Register of Deeds pose for the camera at the Chamber networking hosted by Mike Hammond at the **Farragut Branch Library**, Thursday, August 23.



Helen Harb and Deana Haney of Pure Line Printing and Raeus Cannon of Cannon Networking Systems enjoy the networking at **Renfro Interiors** Thursday, August 9.



Doris Glass and Doug Renfro of **Renfro Interiors** are surrounded by wall hangings, flowers and accessories at the networking Thursday, August 9.



The Farragut West Knox Chamber of Commerce had a "nine inning vacation" networking at **Smokies Park**, Thursday, August 2. Chamber members were treated to a picnic inside the park along first-base line before the game and a good time was had by all. Seated above (center-left) are Lee Mrazek of ERA Top Producers and her husband, Jeff (left); (right) Greg Carter of State Farm Insurance and his wife Helen.

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Cathleen O'Hare of Turkey Creek.com, Annie Summers, Brogan Financial and Yuki Tanaka of Gohan-Ya Japanese Kitchen brave the warm temperatures at a breakfast networking Thursday, August 16, 2007 at **Panera Bread**, Turkey Creek.



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<p>Northshore 9615 Kroger Park Dr</p>	<p>Kingston Pike West 9607 Kingston Pk</p>

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President Quotes 'n Notes

by Bettye Sisco

"I try to take one day at a time, but sometimes several days attack me at once."

Jennifer Yane

Tips for Reducing Stress



Learn to plan. Disorganization can breed stress. Having too many projects going simultaneously often leads to confusion, forgetfulness and the sense that uncompleted projects are hanging over your head. When possible, take on projects one at a time and work on them until completed.

Recognize and accept limits. Most of us set unreasonable and perfectionistic goals for ourselves. We can never be perfect, so we often have a sense of failure or inadequacy no matter how well we perform. Set achievable goals for yourself.

Learn to play. You need occasionally to escape from the pressures of life and have fun. Find pastimes which are absorbing and enjoyable to you.

Be positive. Avoid criticizing others. Learn to praise the things you like in others. Focus upon the good qualities those around you possess. Be sure to give yourself credit and appreciate your own good qualities, as well.

Learn to tolerate and forgive. Intolerance of others leads to frustration and anger. An attempt to really understand the way other people feel can make you more accepting of them. Accept and forgive yourself also.

Avoid unnecessary competition. There are many competitive situations in life that we can't avoid. Too much concern with winning can create excessive tension and anxiety, and make us unnecessarily aggressive.

Get regular physical exercise. Check with your physician before beginning any exercise program. You will be more likely to stay with an exercise program if you choose one that you really enjoy rather than one that feels like pure hard work and drudgery.

Learn a method of relaxing. Meditation, yoga, or any of a variety of relaxation techniques can be learned.

Talk out your troubles. Find someone you can be open with. Expressing your "bottled up" tension to a sympathetic ear can be incredibly helpful.

Change your thinking. How we feel emotionally often depends on our outlook or philosophy of life. Changing one's beliefs is a difficult and painstaking process. No one has all the answers, but some answers are available.

Farragut West Knox Chamber of Commerce

11826 Kingston Pike, Suite 110

Farragut, TN 37934

(865) 675-7057 - Phone

(865) 671-2409 - Fax

e-mail: info@farragutchamber.com

www.farragutchamber.com

This newsletter is published monthly by the Farragut West Knox Chamber of Commerce.

Welcome to our new Farragut West Knox Chamber members!

Advanced Commercial Funding

Commercial Lending
Kaye Taylor & Denny Cwiek
7406 Huntland Dr.
Knoxville, TN 37919
865-579-6609

AppleOne Employment Services

Employment Service
Patrick Wade
1508 Coleman Road
Suite 105
Knoxville, TN 37909
865-330-9813

Around Town Farragut

Publishing
Kevin Reilly
11130 Kingston Pike
Suite 350
Farragut, TN 37934
865-702-9649

Billings Consulting, Inc.

Computer Consulting

Kenneth Billings
102 Tate Pt.
Knoxville, TN 37923
865-357-1239

Blue Haven Pools

Pool Construction
Tina Askew
8705 Unicorn Dr.
Knoxville, TN 37923
865-769-8381

Envirian - Greater Knoxville Fine Homes

Real Estate
Bob Brock
10945 Kingston Pike
Knoxville, TN 37934
865-675-3788

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*Office
Furniture/Supplies/Printing*
Todd Coffey
1401 McCalla Avenue

Knoxville, TN 37915
865-523-9775

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141 South Gay Str. 1st Floor
Knoxville, TN 37902
615-287-9800

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Joseph Houck
179 Gladstone Rd.
Lenoir City, TN 37772
865-740-8893

S.B. Insurance Agency - Representing Healthmarkets Family

Insurance
Steven K. Burgess
123 Center Park Dr. Ste. 214
Knoxville, TN 37922
865-671-7318

member briefs...

from page 1

Greenway School, a private independent middle school in West Knoxville, will have a visitors' open house from 3-5 p.m., Sunday, September 30. Families are invited to tour, meet teachers and gather information about Greenway's advanced curriculum for grades six through eight. The school is located at 544 Canton Hollow Road. For more information, call (865) 777-0197 or online at www.greewayschool.edu.

The Family Business Institute of East Tennessee is announcing the Family Business of the Year Awards from 6-9 p.m., Tuesday, October 9 at the Knoxville Convention Center. The award ceremony recognizes the accomplishments and contributions of family businesses that make an impact on the East Tennessee business community. Awards are based upon business innovation, entrepreneurship, commitment and heart. Emcee for the ceremony is Jay Bush of Bush Brothers & Company. The feature speaker will be Dr. Joseph Astrachan. For reservations, call The Family Business Institute of East Tennessee at (865) 675-3236.

Farragut Intermediate School students, Brianna and Jack Smart will be hosting the 2nd annual "Jump for Toys" program at the school October 15-19. The program will benefit Knox County pre-school students who attend Fort Sanders Educational Development Center. The students at the Fort Sanders School have special needs, for example, speech and language disorders, autism and cerebral palsy. The Smart children are asking for donations of new pre-school and toddler toys, puzzles, sensory books, playground toys and art supplies in honor of their brother, McCord, a four-year-old, who attends the Fort Sanders School. Students who donate to this cause will receive a jump rope.

National College of Business & Technology began its' fall term Tuesday, September 4. Day and night classes are offered for the 11-week term in majors including medical assisting, business administration and computer applications. The college offers small class sizes and convenient schedules, hands-on curricula and instructors with practical experience in the fields they teach. The Knoxville Campus, located at 8415 Kingston Pike offers associate degrees in four fields and eight diploma programs. Financial aid is available to those who qualify. For more information, call National College of Business & Technology at (865) 539-2011 or the Web site at www.national-college.edu.

Calendar of Events

Please call the Chamber office at 675-7057 for information

September 20 *Networking, 5:00 PM*
A Joyous Occasion, 7240 Kingston Pike
(865) 588-5886

September 27 *Networking, 8:00 AM*
Medi Spa, 200 Fort Sanders West Blvd., Building 4, Suite 118
Call Jan Miller (865) 342-5823

September 28 *Ribbon Cutting, 10:00 AM*
AM South, 11400 Parkside Dr., Turkey Creek

October 4 *Networking, 8:00 AM*
Farragut Town Hall, hosted by Optimist Club of West Knoxville
Call Brian Osgood (865) 690-6169

October 11 *Networking, 8:00 AM*
Best Western, 420 N. Peters Road
Call Jewell Johnson, (865) 539-0058

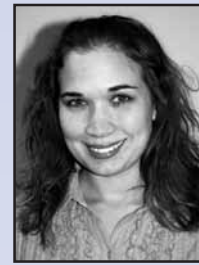
October 18 *Networking, 5:00 PM*
Knoxville Museum of Art
Call David Butler, (865) 525-6101

October 25 *Networking, 5:00 PM*
Gondolier Italian Restaurant & Pizza
Hosted by Kiwanis Club and Gondolier

Who's who...

by Leslie Tucker

Family Meals Made Simple



Leslie Tucker

There seems to be an "observance" for almost everything these days. For example, did you know that the week of September 16 is National Eat Dinner Together

Week? And since this is a tradition that is waning with today's busy families, it may be one to put on your calendar. If you like the idea of homemade, healthy food (minus the work), you must give the following Farragut West Knox Chamber businesses a taste! Each offers unique solutions for simplifying family meals.

Creating Dinner (www.creatingdinner.com) When Bill Butler and his wife decided they'd like to get into the "meal prep" business, they leaned on Bill's 30-some years in the food industry and created their own company. "The recipes are mine," Bill says about the entrees which change monthly and the menus he tailors based on customers' specific needs. Bill says, "This month's Shrimp Gumbo would be ideal for tailgating. Creating Dinner is located at 10412 Kingston Pike.

Dinner A'Fare (www.dinnerafare.com) When she first researched this company's menu options, franchise co-owner Jackie King was pleased to find health-conscious, versatile meals. "I have diabetes so I understand the importance of watching your diet. Plus, our food is easily adjustable to everyone's lifestyle." Just call to make an appointment or register online. Expect to find fresh, seasonal ingredients ready to assemble into meals. Jackie says. For game day, don't miss the Pepper Jack Artichoke Dip. Dinner A'Fare is located at 11635 Parkside Drive.

Dream Dinners (www.dreamdinners.com) Engineer Russell Evans said he never dreamed he'd be in the food business, but after his family tried the Dream Dinners concept, they were more likely to enjoy eating as a family. Dream Dinners schedules clients for two-hour meal assembly sessions. "It's convenient but it's not convenience food," he says about the menu items designed to be 10 grams of fat or less and less than 350 calories each. Coming up next month is "Best of the Best" featuring customer favorites. To try Dream Dinners, drop by Sept. 27 for open house. Dream Dinners is located at 11124 Kingston Pike.

Entrée Vous (www.entreevous.com) "We're here to make life a little simpler for the consumer - to keep the family at home eating together without spending too much time in the kitchen," says owner Steve Scarbrough, who was the first to open an Entrée Vous franchise in this state. The company's focus is on freshness and convenience. All meat, veggies and herbs are prepared that day. Just stop by the Entrée Vous kitchen to see what's on this month's menu or call to place an order. For a minimum fee, Entrée Vous will do the assembly for you. Entrée Vous is located at 9240 South Northshore Drive.

Leslie Tucker is the managing editor of Deep West Living, Greater Knoxville Homes & Living and Custom Homes of Greater Knoxville magazines. She can be reached at ltucker@cocoon-publishing.com.