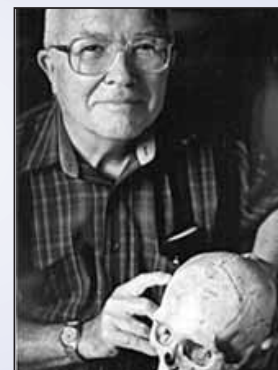


Speaker Series Features Dr. Bill Bass

The first Speaker Series Breakfast of 2008 will feature popular guest, Dr. Bill Bass at 7:30 a.m., Tuesday, February 12 at Fox Den Country Club. Known for his informative and always entertaining tales, the retired forensic anthropologist makes an unprecedented third appearance. Bass, who created the Body Farm, the world's first laboratory devoted to the study of decomposing bodies on the campus of the University of Tennessee, is part of the writing team Jefferson Bass. The duo have co-authored four books together including the recently released "Flesh and Bone" and

will be debuting "The Devil's Bones" as latest addition of the Body Farm novel series next month. The cost of the breakfast is \$25 for Chamber members and \$35 for non-members. Space is limited, so call the Chamber office for reservations. Presenting sponsor is TDS Telecom and Community sponsors are Superior Carpet & Rug Cleaning, The Prestige Group, Edward Jones, and NHC Place Assisted Living. Additional sponsors are welcome and encouraged. If you would like more information about sponsoring the Speaker Series, call the Chamber office.



Dr. Bill Bass

Annual Dinner Auction set for April

"Around the World Chamber Style" is the theme for the 2008 Annual Auction and Dinner. This event marks the 21st anniversary of the Farragut West Knox Chamber of Commerce, and will be held at 6:30 p.m., Friday, April 25, at Rothchild's Catering. Event Sponsor for this annual celebration is Cariten Healthcare. Businesses interested in sponsoring the auction at the Presenting, Event or Community levels and/or being a Tabletop Sponsor may call committee chair, Tonya Vest of FSGBank at 865-251-1240.

member briefs...

Green Bank is now offering customers banking seven-days a week. The locations at 136 Concord Road in Farragut and 5000 Kingston Pike in Bearden have drive-thru banking available on Sundays from 1:00 to 4:00 p.m. With these extended hours the associates at Green Bank are striving to be Knoxville's most convenient bank while providing excellent customer service.

Chamber Celebrates the Season



The annual Chamber Holiday Open House was held Tuesday, November 27, under a festive party tent. Guests celebrated the season and enjoyed food, beverages and desserts provided by local businesses. The Chamber staff would like to offer a heartfelt thank you to the following for their generous support of this event: Above the Rest Balloon Designs & Event Planning, Abuelo's Mexican Food Embassy, All Occasions Party Rentals, Black Tie Bistro, Bonefish Grill, Chick-Fil-A at Turkey Creek, Connor's Steak & Seafood, Cookies By Design, Earth Fare, Edible Arrangements, Eva's To Go, Mulligan's, Northshore Brasserie, Oasis Day Spa, Peerless Restaurant, Pimento's Café & Market, Sam's Club, Seasons Café, Tastefully Simple, Texas Roadhouse, Turkey Creek Wine & Spirits, The Irish Times, Vienna Coffee Company and Waste Management.

Jamie Owens of First Tennessee Bank, Farragut, was presented the third quarter Firstpower award. Selected for her leadership and initiative, the operations manager has been employed with First Tennessee since 2003.

The educators at Huntington Learning Center gathered in late October for an annual convention and anniversary celebration. Attendees were presented with instructional updates and the latest and "best practices" for helping students achieve. The center founded in 1977 was a pioneer in the learning center industry striving to help students improve their grades and raise their test scores. For information about the Knoxville area Huntington Learning Center, call 865-691-6688.

Ambassadors of the Farragut West Knox Chamber of Commerce gathered for the

See MEMBER BRIEFS page 4

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ADMIRAL ELITE

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

ADMIRAL

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The associates of Gevity hosted a ribbon cutting ceremony at their new office located at 8331 East Walker Springs Lane with members of the Farragut West Knox Chamber of Commerce Thursday, December 6. Pictured above with chamber members are Gevity staff, Jack Hatfield, Cary Francis, Brian Nunley, Kim Ramsey, Gene Collins, Greg Merriman and Linda Martin. Greg Yakaw was unable to attend.



Michael Broyles Photography held a ribbon cutting ceremony at the new location in the Renaissance shopping center Wednesday, November 28, with members of the Farragut West Knox Chamber of Commerce. Broyles, center holding scissors is surrounded by his wife, Linda, and Mary Dunlap and Chamber members.



Members of the Farragut West Knox Chamber of Commerce gathered for a ribbon cutting ceremony Wednesday, December 5 at Quick Gym of West Knoxville in Renaissance. Owners Ron and Sylvia Garrett and their son, Ron, cut the ceremonial ribbon along with Mayor Mike Ragsdale, Chamber President, Bettye Sisco, Ambassadors of the Chamber, friends and fellow Renaissance businesses: Carole's Interiors, Michael Broyles Photography, Season's Cafe and Myers Bros. Holdings. Quick Gym offers its clients a four-minute workout machine which combines strength and cardio exercises for the time-challenged individual. For more information about Quick Gym, call 865-671-2199.



Associates of Randstad, a staffing services company, gathered with members of the Farragut West Knox Chamber of Commerce Friday, November 2, for a ribbon cutting at their new location 150 Lovell Road. Pictured above are Renee Pedigo, Chamber President, Bettye Sisco, Marie Moffitt, Alison McNulty, Chad Johnson, Shayna Douby, Julie Garren, Larry Marion, Amanda Bowerman, Rennie Leon, Rena Amerson and Greg Carter.



Rather & Kittrell Capital Management held a ribbon cutting ceremony with members of the Farragut West Knox Chamber of Commerce Tuesday, December 4 at the new office located at 11905 Kingston Pike. Present for the event are Ambassadors of the Chamber and President, Bettye Sisco along with Rather

and Kittrell staff members, Lissie Miller, Tim Eichhorn, Tracy Gough, Krystal Johnson, Lytle Rather, Jeff Hall, Chris Kittrell, Chad Starliper and Rus Hunt.



TradeMark Advertising held its official ribbon cutting ceremony, Thursday, November 1, for the new office located at 12748 Kingston Pike, Suite 104 in Renaissance Center. TradeMark associates surround owners, Travis and Tish Morin, center, and their children, Ella, Zachary, Eli and Heather. Also present are members of the Farragut West Knox Chamber of Commerce. For more information about TradeMark Advertising, call 865-966-1690.



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KNOXVILLE, TN 37934-3918

JERRY R. PARKERSON
MANAGER - MARKET MANAGEMENT
TDS TELECOMMUNICATIONS CORP

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Chamber members gathered at **Fitness Together** for a morning networking, Thursday, November 15. Owner, Craig Collier announces the door prize as Joeva Merrion, Chamber executive assistant, Bettye Sisco, Chamber president and Linda Brown of Edible Arrangements look on.



Members of the Farragut West Knox Chamber of Commerce gather on the patio of Mulligan's for an after-hours networking hosted by **Nicely Business Services** Thursday, November 1.



Val Whiting, Complimentary Health Strategies and Steve Jergesen, Capital Financial Group join Marianne Morse, Mary Kay Cosmetics and Greg Carter, Sentry Insurance at the Holiday networking at **Yessick's Design Center** Thursday, November 29.



Jefferson Federal Bank hosted a Holiday networking Thursday, December 6 for members of the Farragut West Knox Chamber of Commerce. Branch manager, Staci Wilkerson, draws a business card for a door prize giveaway as President, Bettye Sisco, Executive Assistant, Joeva Merrion and chamber members look on.



Farragut West Knox Chamber President Bettye Sisco poses with lifetime Chamber member, Joan McIntee and husband, Jim, who is a regular participant in the Farragut 5K run, at the Holiday Open House Tuesday, November 27.



Kerrie McDuffie of Superior Carpet Cleaning, Joeva Merrion, Chamber Executive Assistant, Led Gardner, Prudential Financial and Don Ball, BMC chat during a morning networking at **Estrada Strategies, Knoxville**, at Office Suites Plus, Thursday, November 8.



Farragut West Knox Chamber members and guests filled the party tent and enjoyed the Holiday Open House.

Farragut West Knox Chamber of Commerce
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 www.farragutchamber.com
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President Quotes 'n Notes

by Betty Sisco

"Stress is when you wake up screaming and you realize you haven't fallen asleep yet"



Like it or not, stress is a part of all of our lives. As we enter a new year, it's a good time to look at managing the stress of a new year and the changes it will bring. A little stress is actually something positive until it elevates itself into being overwhelming. We are so busy on a daily basis and try to "cram" so much into a single day. Look at ways to utilize the "good stress" and manage the bad "stress."

1. **Stop worrying.** Realize there are many things in life that we have no control over. Let them go and focus on what you can change.

2. **Say No!** Don't take on more than you can handle.

3. **Take breaks when you become frustrated doing an activity or task.** Step back from what you are doing for a while and then get back to it when your frustration level has subsided.

4. **Though it may sound selfish, take care of yourself first.** If you get "burned out" you have nothing left to give to others.

5. **Set priorities and focus.** You can't be all things to all people – control your time. Make time for the most important commitments and take time to figure out what these are. This allows accomplishments to be made in a less stressful manner. We all live with procrastination, and if like most, you procrastinate for three reasons:

- You don't know how to do the task
- You don't like to do the task
- You feel indecisive about how to approach it

Break large projects into as many small, manageable, tasks as possible. List them daily. Reward yourself upon completion. With procrastination, you'll find that the task gets bigger and bigger and more insurmountable in your own mind. Just start.

6. **Strive for balance in your life with work, family, friends and other activities.**

7. **Exercise.** It has the ability to relax both your mind and body and helps maintain your balance in life.

8. **Celebrate success and use some positive rewards to keep yourself motivated to achieve your tasks and goals.**

9. **Use your sense of humor.** Laughter is a great medicine and positive attitudes really help when challenges and difficulties are viewed as opportunities.

10. **Develop a proactive support system through friends, professional advisors and counselors who can be good sources for needed feedback and support.**

Farragut West Knox Chamber of Commerce

11826 Kingston Pike, Suite 110

Farragut, TN 37934

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(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!

Entrepreneur's Source, The
Christine Beatty
4220 Macbeth Way
Knoxville, TN 37919
(865) 588-9962

Integracon Technologies
Greg Kill
508 Princeton Court
Knoxville, TN 37919
(865) 330-2323

Lewis, King, Krieg & Waldrop
Chris McCarty
P.O. Box 2425
Knoxville, TN 37901
(865) 541-5256

Marketing Dimensions
Alex Conner
1528 Brillring Drive
Knoxville, TN 37922
(865) 691-6083

MyNextSuite
Christy Gasparic
123 Center Park Drive Suite 203
Knoxville, TN 37922
(865) 392-9040

AFIAC
Cathy McClanahan
6906 Kingston Pike, Suite 103
Knoxville, TN 37919
865-934-3825

Coyne Textile Services
Matthew Moore
432 Shelbyville Rd
Knoxville, TN 37922
(865) 660-8368

Premier Bride
Josh Lovett or Kara Lovett
431 Park Village Road, Suite 6
Knoxville, TN 37923
(865) 693-9855

Realty Executives, The Noel Gilbreath Group
Noel Gilbreath
10255 Kingston Pike
Knoxville, TN 37922
(865) 693-3232

StaffMe.net, LLC
Terri Gingrich
123 Center Park Drive, Suite 203
Knoxville, TN 37922
(865) 392-9000

USA Security, Inc.
David James Osborn
7217 Kingston Pike
Knoxville, TN 37934
(865) 966-8822

Your Personal Assistant, LLC
Frank V. Ponteri
P.O. Box 774
Alcoa, TN 37701
(865) 233-2092

Welcome to our renewing FWKC members!

Baer Resources
BankEast
Cariten Healthcare
Coldwell Banker,
Wallace & Wallace
Catrina Foster
Coldwell Banker
Wallace & Wallace
Jeanne Bird
Dermatology Assoc. of
Knoxville/Skin Care Center
Farragut Middle School PTSA
Gallery Portraits
The Grove at Deane Hill
Hart Graphics, Inc.
Image Matters, Inc.
Jameson Inn

LeBlanc Financial Group
Mr. Gas Texaco Market #8
Nationwide Insurance -
Dyer/Travis Agency
Neil Schmitt State Farm
Insurance
Northshore Brasserie
Physiotherapy Associates, Inc.
Prestige Cleaners
Realty Executives Associates -
Turkey Creek
The Stokely Company
Tastefully Simple
TDS Telecom
Farragut
Vienna Coffee Company LLC
Waste Connections

member briefs...

from page 1

inaugural group meeting Tuesday, November 13 at Gettysvue Polo Golf & Country Club. The group of more than 25 serves to help mentor new Chamber members, assist in retention of members by making goodwill phone calls, facilitate networking events by greeting and welcoming guests and regularly participates in Chamber functions and activities. Chamber members who are interested in becoming an Ambassador for the Chamber may call the office for more information.

The Town of Farragut and the Kiwanis Club of Farragut present the third annual Shamrock Ball, a Father – Daughter Dance, will be from 7-9 p.m., Saturday, March 8 at Farragut High School. Proceeds from this event will be distributed among local children's charities and the purchase of smoke detectors for every infant born at Baptist West Hospital. Tickets for the dance will be available Thursday, February 14 and can be purchased at the Farragut West Knox Chamber of Commerce offices, 11826 Kingston Pike or at the Farragut Town Hall. Ticket prices are \$10 in advance for father and daughter (or two family members) and \$5 for each additional person. For more information, call the Chamber at 675-7057.

The Farragut High School PTSO will host an open house at 7:00 p.m.,

Thursday, January 24 in the main auditorium. Snow date will be at the same time Thursday, January 31. Parents are asked to bring a donation of hand sanitizer and/or tissues for use during the spring semester.

Calendar of Events

*Please call the Chamber office
at 675-7057 for information*

January 24 *Networking – 5:00 p.m.*
Lalka Tax Services
244 North Peters Road,
Suite 209
(865) 694-6153

January 31 *Networking – 8:00 a.m.*
Gevity
8331 East Walker
Springs Road, Suite 302
(865) 692-9101

February 7 *Networking – 5:00 p.m.*
Oasis Day Spa
10420 Kingston Pike,
Suite F
(865) 691-6700

February 12 *Speaker Series Breakfast – 7:30 a.m.*
**Fox Den
Country Club**
Dr. William Bass

February 14 *Networking – 8:00 a.m.*
FSGBank
307 Lovell Road
(865) 675-2265

Who's who... by Leslie Tucker

From the heart



Leslie Tucker

How many of you breathed a sigh of relief once the holidays were over? But almost as soon as the decorations and gifts are put away, it's time to start thinking about another important holiday – Valentine's Day! And pressure to come up with the perfect gift can be even greater for this special day. Men, this column is intended for you. If you want to deliver up a unique gift sure to impress, keep reading! And don't worry, these Farragut West Knox Chamber members are ready to help.

Bath Junkie — www.bath-junkie.com. Every woman I know loves scented beauty products, and this sweet store is unlike any other around. That's one reason franchise co-owner Amber Roggeman decided to invest in the concept. Just step into Bath Junkie, located in Turkey Creek, to see why. "We offer not only gifts, we offer an experience," Amber says. That experience includes customizing one-of-a-kind products. Do you know your Valentine's favorite scent? If not, spend some time sniffing from more than 200 scents. Perhaps you'd like to invoke a memory from a favorite tropical vacation; try "Fruit Cocktail," a mix of coconut, mango and kiwi. Or for bottled therapy, choose "Healing Tea" made with green tea and aloe vera. Several products such as salt scrubs, lotions and body washes can be customized with your lady's favorite scents and colors. They also carry candles, cleaning products, fuzzy slippers, massage oil and plenty of spa paraphernalia. Not sure where to start? Opt for the "Fill 'Er Up" gift set. And while you're at it, treat yourself. Bath Junkie has scents designed for you, too!

Lilly's Bead Box — www.lillys-beadbox.com. After treating your Valentine to an at-home spa experience, wrap up some jewelry, and you are golden. For a gift that's truly personal, Lilly's Bead Box is the place to go. With locations in Farragut and Bearden's Western Plaza, Lilly's Bead Box offers readymade pieces and gives the buyer an opportunity to create their own custom gift. "If a man were to come in here and make his wife or girlfriend, a piece of jewelry, they don't know how impressed they will be!" says owner Lilly Kehoe. "They design the pieces or we will help them and then we do the technical parts. It's so much more personal when you make something yourself rather than when you go to a store and buy something." Price ranges vary from the very affordable to the more extravagant. Options are endless but choose among precious gemstones, pearls, Swarovski crystals, charms and pendants.

One final gift suggestion: Both Bath Junkie and Lilly's Bead Box offers parties, so why not wow your Valentine and her friends and treat them to the ultimate Girls' Night Out?! Partygoers have fun socializing, making jewelry and bath products and go home with their creations.

Happy Valentine's Day! (Ladies, you can thank me later.)

Leslie Tucker is a local writer/photographer. She has written for print and TV in Knoxville and New York. She can be reached at ltpro2006@yahoo.com.