

## Celebrating Independence



The Fourth of July is just around the corner and it's time for the 22nd annual Independence Day Parade. A fun and family-centered celebration of our country's liberty has become a tradition of many in the Farragut and West Knoxville communities. Beginning at 9:30 a.m. Saturday, July 4 at Farragut High School and traveling down Lendon Welch Way, the parade travels down Kingston Pike ending at Boring Road ... where the old Ingles grocery store once stood.

Keith Meese of the Prestige Group said that his fam-

ily and their Sunday school class have been attending the parade for the past eight years.

"We get there early, set up our chairs, have breakfast together and just enjoy the festivities, he said. "It's become our tradition and something that we look forward to every year."

The Town of Farragut is accepting registration forms for businesses and community organizations to participate in the parade. The deadline for accepting these forms is Thursday June 25 or until they have reached the capacity of 95 entries. The Town

especially encourages musical groups and bands to participate along with antique cars, floats and entertainment.

The Farragut West Knox Chamber of Commerce will be participating in the parade and member businesses interested in "marching" with office staff and distributing business information to parade attendees may call the office at 675-7057. To register as a participant with the Town of Farragut visit the Web site at [www.townoffarragut.org](http://www.townoffarragut.org) or call Arleen Higginbotham at 966-7057.



Republican Senator Tim Burchett will be the key speaker at the Farragut West Knox Chamber of Commerce Speaker Series Breakfast at 7:30 a.m., Tuesday, July 21 at Fox Den Country Club. Burchett, who announced his candidacy in November of last year, was the first to enter the 2010 race for Knox County Mayor. His senate term also expires in 2010. Three components in Burchett's platform are; the condition of Knox County Schools, safe streets and keeping taxes low. Cost for the

Speaker Series Breakfast, which is a full hot buffet, is \$25 for members and \$35 for non-members and reservations can be made by calling the Chamber office at 675-7057 or e-mailing [Judy@farragutchamber.com](mailto:Judy@farragutchamber.com). Sponsorships for the breakfast are available. Call the office for more information.

The Farragut West Knox Chamber of Commerce would like to thank First Utility District of Knox County (FUD) for being a Community sponsor for the "Hometown USA" annual auction and dinner and Charity Auction Volunteers (CAV), which is a volunteer group that specialize in computerized auction checkout including auction inventory, bid management and patron checkout for assisting the auction committee with an extremely smooth checkout process.



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Members and Ambassadors of the Farragut West Knox Chamber of Commerce gathered at the new **Country Inn & Suites** located at 9137 Cross Park Drive for the ribbon cutting ceremony Tuesday, May 19. General Manager, Derek Cardinale (with scissors) joins Shailesh Patel, owner, Renie Carroll, regional director of sales and marketing, Nicolle Westich, director of sales and Joe Valentino in the lobby of the hotel.

**Little Clinic**, located in the Kroger Marketplace, had a ribbon cutting ceremony with Ambassadors and members of the Farragut West Knox Chamber of Commerce Wednesday, May 20. Present are Pharmacist Chris Pegg, Matt Headrick, Kroger Store Manager, Molly Stiles, Christin Carter, John Brunner and Casey Benton.



Patti Smythe prepares to cut the ceremonial ribbon while her son, Michael, and husband, Bruce, and Farragut West Knox Chamber members join in the celebration of the grand opening of **Menchie's Frozen Yogurt** in Turkey Creek, Friday, May 15.

Kim Carman of **Norstar Mortgage Group** prepares to cut the ribbon at the open house for her business located at 120 Suburban Road. Joining Carman are her husband, Randy, associates, Joan Keaton, Ron Hall and Darren Everette and members and Ambassadors of the Farragut West Knox Chamber of Commerce.



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# New Member Orientation hosted by the Farragut West Knox Chamber of Commerce at Farragut Town Hall



**Heather and Heath McKeenan of Athens Insurance Company** attended the New Member Orientation hosted by the Farragut West Knox Chamber of Commerce at Farragut Town Hall Tuesday May 12. The orientation which takes place twice annually gives new members an overview of the benefits of being a member of the Chamber. Ambassadors and chamber members donate door prizes and promotional items and each attendee leaves with a goodie bag as well as a wealth of information to help their business achieve success.



**Farragut Mayor Ralph McGill** welcomed the new members of the Farragut West Knox Chamber of Commerce during the New Member Orientation. This is the first orientation that the mayor has attended since being elected in April. Mayor McGill told the Chamber members a bit about his background and business experience and said that he welcomes any insight that they have had with regard to doing business in Farragut. The mayor then offered the members time for questions and answers.

## Networking



**Melissa Watkins and Nancy Donsbach of Enrichment Federal Credit Union** are all smiles at the morning networking at the 9210 Kingston Pike Location Thursday May 14.



**Thierry Sommer of NEXT Financial Group and Raelus Cannon of REO** share a laugh at the morning networking at **Panera Bread** – Turkey Creek Thursday May 28.



Two-year-old **Cameron Watson** threw the first pitch at the **Smokies** versus Birmingham Barons game Thursday May 21. Members of the Farragut West Knox Chamber of Commerce were treated to a networking, picnic and ball game that evening. Cameron is pictured with his grandfather, **Jack Faddis**.



**Derek Cardinale of Country Inn & Suites, Ashley Wellborn, Yellow Book and Rena Amerson, Appalachian Business Communications** gather at **Peerless Restaurant** for a networking Thursday evening May 7.



**Tim and Jamie Nicely, Better Books & Payroll and Jack Wickstrom, American Print Solutions** chose seats in the picnic area for the Knoxville **Smokies networking** Thursday, May 21.

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# President Quotes 'n Notes

by Betty Sisco

*Just in the mood for other thoughts... WORDS TO LIVE BY. If You Dare...*



Don't cry because it's over; smile because it happened.

Accept that some days you're the pigeon, and some days you're the statue.

Always keep your words soft and sweet, just in case you have to eat them.

Drive carefully. It's not only cars that can be recalled by their maker.

Eat a live toad in the morning and nothing worse will happen to you for the rest of the day.

Never buy a car you can't push.

Never put both feet in your mouth at the same time, because then you don't have a leg to stand on.

Nobody cares if you can't dance well. Just get up and dance.

The early worm gets eaten by the bird, so sleep late.

When everything's coming your way, you're in the wrong lane.

Birthdays are good for you; the more you have, the longer you live.

I was never over-weight, just under-tall. The correct height for my weight at the moment is seven feet ten and a half inches. - Brendan Grace

Some mistakes are too much fun to only make once.

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names, and all are different colors but they all have to learn to live in the same box.

A truly happy person is one who can enjoy the scenery on a detour.

Happiness comes through doors you didn't even know you left open.

To plant a garden is to live for tomorrow.

The lesson is in the struggle, not in the victory!

Sticks and stones are hard on bones, aimed with angry art words can sting like anything, but silence breaks the heart... Phyllis Megenlee

When you reach the end of your rope, tie a knot in it and hang on. -- Thomas Jefferson

If you want to live a happy life, tie it to a goal, not to people or things."

If you ever crawl inside an old hollow log and go to sleep, and while you're in there some guys come and seal up both ends and then put it on a truck and take it to another city, boy, I don't know what to tell you. - Jack Handey

## Farragut West Knox Chamber of Commerce

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[www.farragutchamber.com](http://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!

**Bonus Building Care in Knoxville**  
Cathleen Hammer  
865-470-4243  
9111 Cross Park Drive, Suite D275  
Knoxville, TN 37923

**Mr. Handyman**  
Allen Ellison  
865-293-0080  
118 North Peters Road, Suite 233  
Knoxville, TN 37923

**Suntrust Bank - West Town Office**  
Jennifer Fasching  
865-692-6964  
7610 Gleason Drive  
Knoxville, TN 37919

**Kaesar & Blair, Inc.**  
Joe Melia  
865-539-4104  
360 South Sevenoaks Drive  
Knoxville, TN 37922

**Pinnacle Financial Partners, Inc.**  
Michelle Carr  
865-766-3071  
1111 Northshore Drive  
Knoxville, TN 37919

**Thermocopy**  
Debi Houck  
865-524-1124  
3505 Sutherland Avenue  
Knoxville, TN 37919

## member briefs...

Elegant Essentials, located at 7240 Kingston Pike in the Gallery Shopping Center was recently named "Best Gift Shop" in the WTNZ Fox 43 "Hot List." The store which features unique home accent items, Camilla jewelry, gourmet chocolates and one of a kind floral creations among other items is owned by Stephen and Linda Parrent. For more information about Elegant Essentials visit the Web site at [www.shopelegantessentials.com](http://www.shopelegantessentials.com) or call 247-0157.

National College of Business & Technology had its graduation ceremony Friday, June 5 and more than 145 students received their diplomas and degrees. The campus, located at 8415 Kingston Pike is dedicated to the training and education in a number of fields in business, computers and health care. For more information about National College, call 539-2011 or visit the Web site at <http://www.ncbt.edu>.

First Tennessee recently named Karen Duff senior vice president and manager of consumer loan servicing division. Duff has more than 17 years of industry experience and has managed First Tennessee's front-end collections process for the past six years.

Christian Academy of Knoxville Scholar's Bowl team qualified for the state tournament for the 6th year in a row. The tournament, held at Tennessee Tech in Cookeville, Tenn., pitted the qualifying teams in the state against each other in a competition of 12 games. CAK finished in fifth place for the state of Tennessee.

Oasis Day Spa, located at 10420 Kingston Pike, was recently named "Best Day Spa" in the WTNZ Fox 43 "Hot List." The list, which is voted on by the public, lists the best businesses in the area based on its particular category. Oasis Day Spa offers facials, massages, body treatments and hand and foot care among other services. For more information about Oasis Day Spa, call 691-6700 or visit the Web site at [www.oasis-dayspa.org](http://www.oasis-dayspa.org).

Schokolad Chocolate Factory, located at 10944 Parkside Drive would like to offer supporters of the March of Dimes 15% off purchases at the store during the month of June to celebrate Father's Day. Guests who shop at Schokolad during this time should mention that they are there to support the March of Dimes and 15% of the purchase will be donated to March of Dimes. Schokolad is the internationally acclaimed brand for fresh, handmade European-style chocolates. Offering more than 70 varieties of chocolates including truffles, nut clusters, pretzels and custom gift baskets, Schokolad has something to offer chocolate lovers of a kinds. For more information about Schokolad, call 675-2626 or visit [www.schokolad.com](http://www.schokolad.com).

Safety Smart, 10412 Kingston Pike will be holding a Self Defense Awareness class from 9:30 a.m. until noon Saturday, June 27. This class taught by certified instructors teaches personal safety information, prevention, options and introductory physical techniques. Class registration is \$25 and all participants will receive a complimentary pepper spray. This class is open to women only who are 12 years-old and older. Call 539-3434 for more information and/or to register.

## Calendar of Events

Please call the Chamber office at 675-7057 for information

- |                             |  |
|-----------------------------|--|
| <b>June 11</b><br>7:30 a.m. | <i>Networking</i><br><b>First Tennessee Downtown West Blvd.</b>  |
| <b>June 12</b><br>2:00 p.m. | <i>Ribbon Cutting</i><br><b>Relax the Back 11483 Parkside Drive</b>  |
| <b>June 19</b><br>4:00 p.m. | <i>Ribbon Cutting</i><br><b>The Little Gym 215 Brooklawn Street (next to Kroger Marketplace)</b>                       |
| <b>June 25</b><br>5:00      | <i>Networking</i><br><b>American Print Solutions 11153 Outlet Drive</b>  |
| <b>July 2</b><br>5:00 p.m.  | <i>Networking</i><br><b>Edible Arrangements at Elegant Essentials 7240 Kingston Pike (The Gallery Shopping Center)</b> |
| <b>July 4</b><br>9:30 a.m.  | <i>Independence Day Parade</i><br><b>Kingston Pike in Farragut</b>   |
| <b>July 9</b><br>8:00 a.m.  | <i>Networking</i><br><b>The Travel Authority 11529 Kingston Pike</b>   |
| <b>July 16</b><br>5:00 p.m. | <i>Networking</i><br><b>Slamdot 119 S. Gay Street</b>  |

## Who's who...

by Judy Briody

### Cycling Through Tough Times



Judy Briody

Stay-cation... a period of time in which a family or individual stays home or takes day trips to area attractions. This "buzz" word has been tossed around lately as families are facing higher gas prices and less disposable income; but what better way to combat these

tough times and get some fresh air and exercise than leaving the SUV in the garage and bicycling to and from local attractions.

West Bicycles, located at 11531 Kingston Pike, in the Village Green Shopping Center in Farragut is a terrific place to hatch your plan. Fares and his staff are dedicated to the "sport of cycling and all that it encompasses." Whether you are a beginner or a seasoned cyclist, West offers custom bike fittings, \$5 life-time tune ups with the purchase of a new bicycle, complete over-hauls where the bike is disassembled cleaned and lubed as well as a fully stocked clothing, accessory and shoe department. West also participates in "shop rides," and cyclists of all levels are encouraged to participate. An upcoming ride is the Jailbreak 100 to be held Saturday, July 18th. Riders depart from the bike shop at 6:45 a.m. and travel toward Brushy Mountain Penitentiary. Fares said, "This is a beautiful area to ride. The route is marked. The roads are marked and there are rest stops along the way."

The Jailbreak ride is free of charge this year, but Fares noted that donations are always accepted. Monies collected from this race will be given to the Philadelphia Prison Ministry. So, gather the family and head to West Bicycles... the cyclists' gathering place. For more information, call 671-7591 or visit [www.westbicycles.com](http://www.westbicycles.com).

Judy Briody is Media Coordinator for Farragut West Knox Chamber of Commerce and can be reached at [Judy@farragutchamber.com](mailto:Judy@farragutchamber.com).

## A Week of Past is Key to Future

by Joe Andrews



Joe Andrews

Last month's column discussed the importance of categorizing what takes up your time. Look back on a recent work week and decide how much of your time has been spent...

1) Putting out fires. An unexpected phone call. A necessary report that should have been printed yesterday. A missing file that should be on your desk. For most people, this is a negative category that drains their energy and interferes with their productivity.

2) Dealing with interruptions. Phone calls and people dropping by your office will probably top the list when you're assigning events to this category. Once again, for most people, this is a negative category because it interferes with (and sometimes kills) productivity.

3) Doing planned tasks. This is the most positive use of time during your work day. You are in control and accomplishing what you intended to accomplish. Planned tasks can include phone calls, meetings with staff, even answering email.

4) Working uninterrupted. You may not be working on a task you had planned to do, but you are getting to accomplish something, and for most people, this is a very productive, positive work mode.

5) Uninterrupted downtime. Those times during the work day that are used to re-energize and regroup. Lunch or a mid-morning break may count IF they're uninterrupted. If you're lucky enough to work with a company that offers on-site work-out facilities or nap rooms, that would count, too. Everyone needs a certain amount of uninterrupted downtime built into their day to be productive during their work time.

Using whatever calendar system you use for listing appointments and activities in your daily life, go back and select a recent typical week. Collect your data and make the changes to the way you spend time at work. If you are spending too much time putting out fires, you need to get more organized and establish a routine that makes your day run smoother. If you are not getting enough uninterrupted time, build it in. Physically leave the office for your stipulated time. Putting these ideas into action will help you to effectively manage your time better and in the long run, make you feel better.

Joe Andrews is the Senior Small Business Specialist for Tennessee Small Business Development Center at Pellissippi State Technical Community College and can be reached at [jandrews@mail.tsbdc.org](mailto:jandrews@mail.tsbdc.org).