



CHAMBER LIFE

"THE MISSION STATEMENT IS TO STRENGTHEN AND SUPPORT OUR COMMUNITY BY PROMOTING BUSINESS GROWTH, EDUCATION AND ECONOMIC DEVELOPMENT."

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Fall 5K to Feature First Pack Walk

Planning continues for the Chamber's annual Fall 5K & Fun Walk, now in its 23rd year, featuring its first ever "pack walk" for any participants of the 1-mile walk who wish to bring their best four-legged friend!

As a part of renowned trainer Cesar Milan's teachings (Souza is a graduate of Milan's dog psychology course), pack walks involve multiple dogs being walked at once together.

Registration is now live via the chamber's website, www.farragutchamber.com. Pre-registration fees are \$25 for age 18 and up and only \$20 for age 17 and under through Nov. 4.

The 5K race and 1-mile walk will take place on Veteran's Day, Saturday, Nov. 11, with onsite registration and check-in at 7:00 a.m. at Mayor Bob Leonard Park on Watt Road in Farragut.

lot and arrive early to ensure plenty of time to check-in and enjoy the festivities. Watt Road closes to all traffic at 7:30 a.m.

The event helps fund the Chamber's Continuing Education Scholarships and 15% of registration fees goes to the Smoky Mountain Service Dogs (SMSD) to aid in their mission to provide canine mobility assistance to qualified veterans.

The USATF sanctioned 5K race and 1-mile fun walk, managed by Total Race Solutions has runners traverse a scenic traffic-free road course through Sedgefield subdivision while being cheered on by pointers and residents.

Though early posters have gone to print, sponsorships are still open and include logo recognition on the shirt and logo recognition in print/web/electronic media as soon as you commit.



Breakfast Speaker Series Panel: Knox County Sheriff's Office Chief of Administration Lee Tramel, Knox County District Attorney General Charme Allen, Tennessee State Senator Richard Briggs, MD, Metro Drug Coalition Executive Karen Pershing pose for a group photo after wrapping up the discussion on the Opioid crisis in Tennessee.

Panel Breakfast Sees 125 Attendees

Over 125 registrants joined together on Tuesday, Aug. 22 at Fox Den Country Club to hear important updates from the four panel speakers who were part of the Chamber's Breakfast Speaker Series: Discussion on the Opioid Epidemic.

District 13 State Representative Eddie Smith led the invocation after which Town of Farragut Alderman Ron Williams welcomed everyone to the event on behalf of the Town, as the Presenting Sponsor.

The Panel was moderated by Lauren Davis of WVLT who led the panel through questions designed to inform and educate the guests on the scale of the now nationally recognized issue and actions being taken to combat it.

Knox County is already trying to cut the appetite for opioids through their new Vivitrol injection program. General Allen said, "We have requests from inmates wanting to remain in jail because they want to get into the program."

Karen Pershing gave statistics on the age distribution of overdose deaths with alarming figures in the 35-54 age range. Pershing voiced her belief in the importance of addressing the problem at school age and teaching employers how to address it in the workplace.

See BREAKFAST on Page 4

New Businesses Meet & Greet at Orientation

Chamber staff, Board members and Ambassadors welcomed approximately 60 attendees to the Chamber's Fall New Member Orientation event on Tuesday morning at Farragut Town Hall.



Ambassador co-chairs Chris Thomas-United Community Bank and Eric Whitener-The Fox Team: Crye Leike Realtors. Chamber Board member and farragutpress Advertising Manager Sherry Long discussed advertising options via the Chamber.

as high as \$800 each. Steve Krempasky from Shop Farragut also explained the new Shop Farragut campaign for Farragut businesses.

The Chamber appreciates the sponsors for this event, Town of Farragut and Y-12 Federal Credit Union! The next orientation will take place in early 2018.

ENTERPRISE CLUB

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

Networkings

Y-12 Federal Credit Union – Hardin Valley – August 3, 2017



Annie Carter, Kristen Yatteau, Andrew Bounds, Ashley Rucker, Zachary Davis, Tiffany Beeler—all with Y-12 Federal Credit Union, gather for a photo during the networking event held on August 3.



Christy Fitzgerald-Cabi and Jenna Massa-Prosperity Point Assisted Living are all smiles for the camera at the Y-12 Federal Credit Union gathering.

Cumulus Media – August 10, 2017



Jack Lee-WOKI/WNML Sales Manager, Linda Walker-WVK Sales Manager, Angela Bridges-Account Executive, Jimmy Hyams-Host of Sports Talk with John and Jimmy, and Julie Blaylock-President/CEO Farragut West Knox Chamber of Commerce pause for a moment to capture the event with a photo.



New Chamber members Tracy Porier-Courtyard by Marriott Pigeon Forge, and Mike Massaglia-State Farm Insurance chat over coffee during the Cumulus event.

Oasis Day Spa – August 17, 2017



Jenna Maynard, Kady Maples, Christian Primm, Diane Miller, Samantha Ownby, Glenna Stout and Kim Trezise pose outside of owner Diane Miller's Oasis Day Spa where the team treated networkers to mini facials, manicures and massages.



Chris Bailey-Climate Storage, Tom Sharp-ViaMedia and new farragutpress Account Executive Peyton Hairston enjoy coffee and chatting during the Oasis Day Spa event.

The Casual Pint Northshore – August 24, 2017



Callie Stubblefield, Mary Sweeney and Noah Wooten—all with Casual Pint take a break from behind the bar at the networking.



Eric Whitener-Crye-Leike Realtors, Chris Kaufman-King University and Baylor Love-Tennessee Smokies Baseball enjoy cold brews on a hot day during the event.

Servpro West Knoxville/Concord – August 31, 2017



John Boynton, Jennifer Grantham, Kevin Daugherty, Jeff Davis, Jammie Davis, Jim Hart (owner) and Andrea Pope—all with Servpro Oak Ridge, West Knoxville, Farragut, Cedar Bluff, Maryville & Alcoa, pose for a team photo during their event.



Mark Davis-TradeBank and new Chamber member Joel Vance-Tutor Doctor enjoy a moment during the Servpro gathering.

NEW FEATURE: MEET the BOARD

The Farragut West Knox Chamber Board is comprised of a broad spectrum of corporate and community leaders and is governed by an Executive Board. These volunteers provide support and guidance to ensure the fulfillment of the chamber's mission. Please thank them when you meet them!



Blake Rust

Board Member/Role:
Dr. Blake Rust / Board Director

Member Business:
The Eye Group, P.C.
(30 Year Charter Chamber Member)

Business Title:
Optometrist

How you benefit from our Chamber:
Multiple ways! Primarily it helps provide us with networking opportunities and meeting new people is a great way to learn more about the businesses in our community.

Greatest Business Success:
Having current patients refer family and friends to me for their eye care needs.

Greatest Business frustration:
People that no-show for their exam!

Most positive trend facing business today:
The push to use local businesses. Our practice is a privately owned office that has been in Farragut for over 25 years!

Career you wanted when you were 10:
A firefighter or a basketball player.

Last book you enjoyed:
Unfortunately, I don't really LOVE to read!

Favorite music:
I like it all, but I would have to say country.

Favorite hobby/activity:
Hanging out with my wife and toddler son.

Favorite movie:
I love watching all movies however "Rudy" would have to be my favorite.

Place you love to visit:
Either Chicago or the beach.

Most influential person in your life:
I have to pick two: my mom and dad.

Greatest lesson learned:
Don't stress or worry about things you cannot control.

Greatest lesson you teach:
To treat people how you would like to be treated. It's a simple lesson we learn as children but sometimes forget as adults.

Ribbon Cuttings

Elwood Staffing – August 1, 2017



Cyndi Bunch and Mike Stockard are centered around *Elwood Staffing* staff, family, friends and members of the Chamber as they pose for the ceremonial ribbon cutting.

Mike Massaglia State Farm – August 8, 2017



Mike Massaglia and Amy Massaglia are flanked by family, friends and Chamber members as he cuts the ribbon outside his Oak Ridge office.

SouthEast Bank-Bearden – August 10, 2017



Jenny Matthews, Linda Lamm, Alice Eads, Britany Casey, Brandi Greene, Deborah Lee, Melissa Maciejewski, Bill Thompson, John Arnold, Monty Montgomery, county commissioner Hugh Nystrom (4th district), Virginia Anagnost, KFD Assistant Fire Chief Robert Roche, Knox County Mayor Tim Burchett and Sharon Nicole gather to cut the ribbon celebrating the reopening after a fire destroyed the original structure.

Shae Design Studio – August 25, 2017



Shae and Greg Seeber are surrounded by family, friends, design team and members of the Farragut West Knox Chamber as the ribbon is cut celebrating the store's new expansion.

Ambassador of the Month August 2017



Angela Bridges



Arlene Weinstein

&
(tie)

Congratulations to BOTH of this past August's Ambassadors of the Month, **Angela Bridges-Cumulus Media** AND **Arlene Weinstein-Arlene's Fun Travel!** Both Angela and Arlene worked hard to TIE one another for the top spot.

First runner-up this month is **Adam Frietag-Liberty Mutual Insurance**. Second runner-up is **Daniel Monday-Slamdot!** The Chamber is extremely grateful to each of these individuals and the entire Ambassador team for their volunteer efforts! If you have an interest in applying to join our Ambassador team, call the Chamber at 675-7057 or email President/CEO, Julie Blaylock, at Julie@farragut-chamber.com. Prospective Ambassadors must be part of a member business in good standing and have been visibly engaged with the Chamber for a minimum of six months.

Member Briefs

LBMC, a business services company, has bought related firm **W Squared**. The combined company will offer more services to clients and should lead to Knoxville hiring. **LBMC** opened in 1984 and provides financial, human resources, technology, information security and wealth advisory services to over 6,000 clients.

Head to **Zaxby's** – Farragut on Parkside Drive on Sept. 16 from 11:00 a.m. – 2:00 p.m. for a Back-to-School Festival! Visit with over 30 exhibitors, and take part in parking lot hockey provided by the Knoxville Ice Bears! Kids can enjoy a face painter, bounce house, balloon artist and a princess for photos while adults can enter drawings for gift cards, prize packs and event tickets.

The newest American Banker report, a newspaper focused on the banking industry, ranked **First Tennessee** in the top five overall in every dimension of reputation—citizenship, ethics/integrity, innovation, leadership, performance, products and services and workplace. Congratulations to this Admiral Enterprise chamber member!

Cindy Moore of **Michael Brady, Inc.** completed the Grant Writing Certification through the University of Tennessee's Professional & Personal Development Non-Credit Program. Moore has been with MBI since 2014 as Marketing Director.

The **Town of Farragut** is partnering with **Putt-Putt Golf & Games** to provide free games of golf from 12-9:00 p.m. on Sept. 18. Get more info by calling 966-7057 or visit www.townoffarragut.org.

Congratulations to Chris Parrot on receiving **Regions Bank's Better Life Award!** Parrot was honored for her work with the Boys and Girls Clubs and her work as an online banking coordinator.

TnBANK executive vice president and chief credit officer, Mark Holder, was selected as a member of the key executive peer advisory board in Knoxville by Vistage Worldwide, Inc.

NovaCopy is excited to be named by Inc Magazine as one of the fastest growing companies in the US for the 11th time! The exclusive list represents firms that create companies, value and jobs. As an 11th time honoree, NovaCopy joins a select group of companies in Inc.'s "10X Club," a milestone that fewer than 0.5% of all Inc. 500-5000 honorees have ever achieved.

Merit Construction has hired Ryan Kulke as a project manager/estimator.

Scott Acuff joined **Image Matters** as Vice President of sales.

Rural Metro and area emergency services will be part of the 10th Annual Fall Fire Safety Festival on Saturday, Oct. 7, 10:00 a.m. – 2:00 p.m. hosted by The Pinnacle at Turkey Creek in the Town of Farragut. Chamber member Dickey's Barbecue Pit – Knoxville will provide food for a nominal donation with all proceeds going to the Kerbel Shriners.

CH Interiors & Gifts is now open Sundays with tons of Fall and Christmas décor coming in! Visit them from 1:00-5:00 p.m. or Monday-Saturdays from 10:00 a.m. – 6:00 p.m.

President Quotes 'n Notes



Julie A. Blaylock

"You can do anything, but not everything." (Unknown)

I'll never forget what a Stress Management class instructor told me years ago about my (mis)handling stress. Let me explain that in the months leading to that class, I thought I was doing pretty well! I had just graduated with honors, signed on for a full load of graduate classes, and held two jobs. I enjoyed an active social life and reasonable health for someone who favored pizza/wings half the time.

I'd also lost two close family members in 12 months; one was my dad. One day I woke up exhausted, barely able to get through my tasks, sleeping every chance I got. Worse, I couldn't shake it. A doctor's visit declared me "fine." I was baffled. I'd been "fine" through all of it. What had happened?

Stress. That's what. To summarize my instructor's analogy, imagine standing in a room with a 10 foot ceiling that was slowly filling with water. At 5 feet deep, you can still stand. At 6 feet, you learn to tread water. Even 8 feet, though uncomfortable, leaves you room to breathe. If the water rose slowly, you'd learn to adjust as though it was "normal"—until it reached the ceiling, and you could no longer manage or function. The water = stress.

It took time for me to accept that I had helped manufacture my own problem in part through avoidance and over-commitment. There was other work I had to do, too, like realizing that admitting I was struggling at times was not just okay, but necessary. That instructor left us with a list of "Guidelines for a Low Stress Lifestyle" (from "Stress, Sanity & Survival" by Robert L. Woolfolk & Frank C. Richardson). Here's to keeping stress in its rightful place: unavoidably present but never in charge.

1. It's not what happens to us, but our perceptions and what we tell ourselves about what happens to us that produces emotional distress.

2. The "pursuit of happiness" is a contradiction in terms. Pursuing happiness leads to worry over how happy we are, and hence to stress and self-preoccupation. Self-preoccupied people are rarely happy. Happiness results from an ability to stop focusing on yourself and become absorbed in other activities.

3. Do things that give you intrinsic satisfaction and focus on the activity itself; not on how well you perform or what the activity will bring you.

4. Find something besides yourself or your achievements to care about and believe in; that purpose becomes your existential compass in the storm of stressful living.

5. Learn to recognize and accept your personal shortcomings and lack of control over much of what ultimately will happen to you.

6. Develop a benevolent sense of humor. Most people believe they already have a good sense of humor. Few really do.

7. Learn to tolerate and forgive yourself and others. Intolerance of our own frailties leads to tension, stress and low self-esteem. Intolerance of others' leads to blame and anger.

8. See the world and yourself through the eyes of others. Empathy is the antidote to anger and blame.

9. We are each the hero of our own personal play. We all need things from others, but no one other person can make you secure or happy. You must do this for yourself.

10. A low-stress lifestyle is actually fairly efficient and well-managed. Laziness, sloppiness or self-indulgence tend to create more stress than they remove.

11. Stop waiting for the day you "can finally relax" or your "problems are all over." That day will never come. The struggles in life change and do not end. Most good things in life are fleeting. Enjoy/savor them and know when one is over, another will come along.

12. Our pasts are inhabited by ghosts that hold no use to our present. These ghosts may be parental standards we still try living up to or inaccurate memories of "the good old days." Do your best to banish them. To focus on the past robs the present of its joy and vitality.

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

Welcome to our new Farragut West Knox Chamber Members!

The Chamber welcomes these businesses who have joined us recently in the month of August:

Belew Drug Choto
David Belew
1616 Choto Markets Way
Knoxville, TN 37922
www.belewdrugs.com

InSpirit Salt Spa
Angela Clark
222 S Peters Road, Ste 4
Knoxville, TN 37923
www.inspiritsaltspa.com

CMIT Solutions of Knoxville
Crit Parrot
9111 Cross Park Drive
Knoxville, TN 37923
www.cmitsolutions.com/knoxville

Invisible Fence Brand of the TN Valley
John Miller
6400 Kingston Pike
Knoxville, TN 37919
www.invisiblefence.com

Freedom House Church
Tammy London
132 Lovell Road
Knoxville, TN 37934
www.freedomhouseknoxville.com

Mutual of Omaha: Andrew Rivenbark
408 N Cedar Bluff Road
Knoxville, TN 37923
www.agents.mutualofomaha.com/andrew-rivenbark

Go Dance
Sam Gordon
1705 Schaeffer Road
Knoxville, TN 37932
www.godanceknox.com

Nerium International
Brooke Rayburn
2046 Gusty Wind Lane
Knoxville, TN 37932
www.brokerayburn.nerium.com

Heritage Family Dentistry
Jonathan Bradshaw
11121 Kingston Pike
Knoxville, TN 37934
www.hfdsmiles.com

Tennessee Media Associates / WRJZ JOY620AM & 92.3FM
John Adams
1621 E Magnolia Ave
Knoxville, TN 37917
www.talkradio923.com

Ignite
Deb Schmitz
117 Canaly Lane
Loudon, TN 37774
www.ignitesucceed.com

Welcome Back Renewing Members

The Farragut West Knox Chamber welcomes back these businesses who have renewed their investment in the Chamber as of this past August. We are privileged to count them as Farragut West Knox Chamber of Commerce members! We urge members to patronize one another when the goods or services a member can provide are needed. It is also our hope that area residents recognize the commitment a business makes to its community when it becomes part of its local chamber of commerce and reward that commitment with their patronage.

42nd Street Designs, Inc.
Admiral Veterinary Hospital
Anytime Fitness
BD2E Engineering, PLLC
Big Kahuna Wings
Bill Jones Music
C&J Wealth Advisors
The Casual Pint of Farragut
Copper Cellar Group
Crown Title Insurance Agency, Inc.
Dairy Queen - Farragut, TN
Faculty Internal Medicine
First Tennessee - Farragut Financial Center
First Utility District of Knox County
(Thank you for your Anchor Level Enterprise Membership)
Hilliard Lyons
Holy Cross Anglican Church
Hush Puppy's Pet Services
Ideal Image - Turkey Creek
K Town Tavern

Kids First Child Advocacy Center of the 9th Judicial District
Law Family Dentistry, PLLC
Lighthouse Outdoor Lighting
Parker Business Consulting & Accounting, PC
Pellissippi State Community College
Rather & Kittrell Capital Management School of Rock
Senior Helpers of West Knox
Sherrill Hills Retirement Community (Resort Lifestyle Communities)
Snooty Patootie
SouthEast Bank - Farragut
State Farm Insurance - Laura Ash
TDS Telecom (Thank you for your Captain Level Enterprise Membership)
Turkey Creek Land Partners
Turkey Creek Medical Center / Tennova Healthcare *(Thank you for your Captain Level Enterprise Membership)*
Tusculum College
Y-12 Federal Credit Union - Cedar Bluff Branch

Breakfast

From page 1

enforcement, educators, and business owners working together to combat this opioid epidemic. "We have to get pills off the street," Briggs stated, also crediting the Metro Drug Coalition with being behind a majority of the current legislation for the issue.

WVLT's Lauren Davis later commented that the panel discussion could easily have engulfed hours of questions of both the panel and from guests. Samantha Lane asked about legislation for insurers to cover pain management alternatives to prescription medications as one option, a facet of the issue that

Sen. Briggs acknowledged, quipping that his fellow doctors may not agree. Another guest, William Miller, area resident, commended the panel for their efforts, and shared the painful loss of his young adult son to opioids just one year ago as a testimony to the need for awareness.

This event would not be possible without the support of our Sponsors. This event was presented by the Town of Farragut with Community Sponsor Tennova: Turkey Creek Medical Center. The Chamber was proud to donate a portion of registrations to the Metro Drug Coalition in honor of guest William Miller's son.

Calendar of Events

Please call the Chamber office at 675-7057 for information

September 21, 2017 *Networking*
5:00 – 6:30 p.m.
Atlantic Capital Bank
155 N. Campbell Station Road

September 28, 2017 *Networking*
3:30 – 4:30 p.m.
Planet Fitness
11433 Kingston Pike

October 5, 2017 *Networking*
8:00 – 9:30 a.m.
Fisher Tire Co. Knoxville West
10232 Kingston Pike

October 12, 2017 *Networking*
8:00 – 9:30 a.m.
Pinnacle Financial Partners - Farragut
241 Brooklawn Street

Who's who... Welcome!



Michelle He

The Chamber is excited to welcome its Fall 2017 intern, Michelle He! Michelle is a senior at Farragut High School; she will graduate in May 2018. She enjoys reading classical English literature, hiking in the Smoky Mountains, and pursuing her interest in Environmental Science through research at the University of Tennessee-Knoxville. She is also an involved student, actively competing on the Science Olympiad and Mu Alpha Theta (National Math Honors Society) teams that have advanced to the state and national tournaments each year.

Michelle is thrilled to have been selected to serve as the Chamber intern this fall. She looks forward to interacting with local businesses, writing the monthly Who's Who article in ChamberLife, and helping the Chamber with multiple updates to their technology and social media platforms. In addition, she is excited to expand her love of community service through the annual Farragut Fall 5k & Fun Walk in November.

Following graduation, Michelle hopes to apply these experiences to her intended major. Her current major options include Economics, Biology, and Environmental Science. Please welcome Michelle He to the Farragut West Knox Chamber of Commerce!

TSBDC

AID YOUR SMALL BUSINESS

by Laura Overstreet, Small Business Specialist and GrowthWheel® Certified Advisor

This fall join the Knoxville Area Small Business Development Center for workshops to aid your small business!

On September 14th, Government Contracting is available to learn the basics of the steps to get started with government contracting. This class will be held at our 17 Market Square Suite 201 location from 9am – 12pm. Paul Middlebrooks, PTAC, will be speaking at the workshop.

On September 15th, a Government Contracting workshop specifically for women-owned small businesses will be held to showcase the eligibility criteria for these contracts and where to get more information. Jacqueline Merritt of the Tennessee District SBA will be present and direct the workshop at our Market Square location from 9 – 10:30am.

On September 18th, the program 'Google: Get Your Business Online' will be held online and give an overview of setting up a Google My Business page. Sandi and Wayne Sturm will facilitate the online session that can be taken at your availability and are both Google experts.

On September 21st and October 3rd, Startup Assistance with GrowthWheel is available, which will include the forms of business organization, tax requirements, business licenses, business planning, and financial options along with loan qualification criteria and opportunities. A member of the TSBDC staff will hold these workshops at the Blount County Chamber on the 21st and at our Market Square location on the 3rd from 9am – 12pm.

For more information and to register for an event visit www.tsbdc.org or call 865-246-2663.

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