

CHAMBER LIFE

"MISSION: TO STRENGTHEN, PROMOTE, AND CREATE BUSINESS OPPORTUNITIES THROUGH RELATIONSHIPS AND EDUCATION THAT ENCOURAGE MEMBER SUCCESS."

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FEBRUARY 2021



Breakfast Speaker concerned for attendees' lives

Approximately 50 attendees logged onto the chamber's first 2021 Breakfast Speaker series webinar the morning of February 2 and were greeted with a somber opening. Speaker, Dr. Garland Vance, wasted no time in telling attendees, "I'm here because I am concerned for your lives."

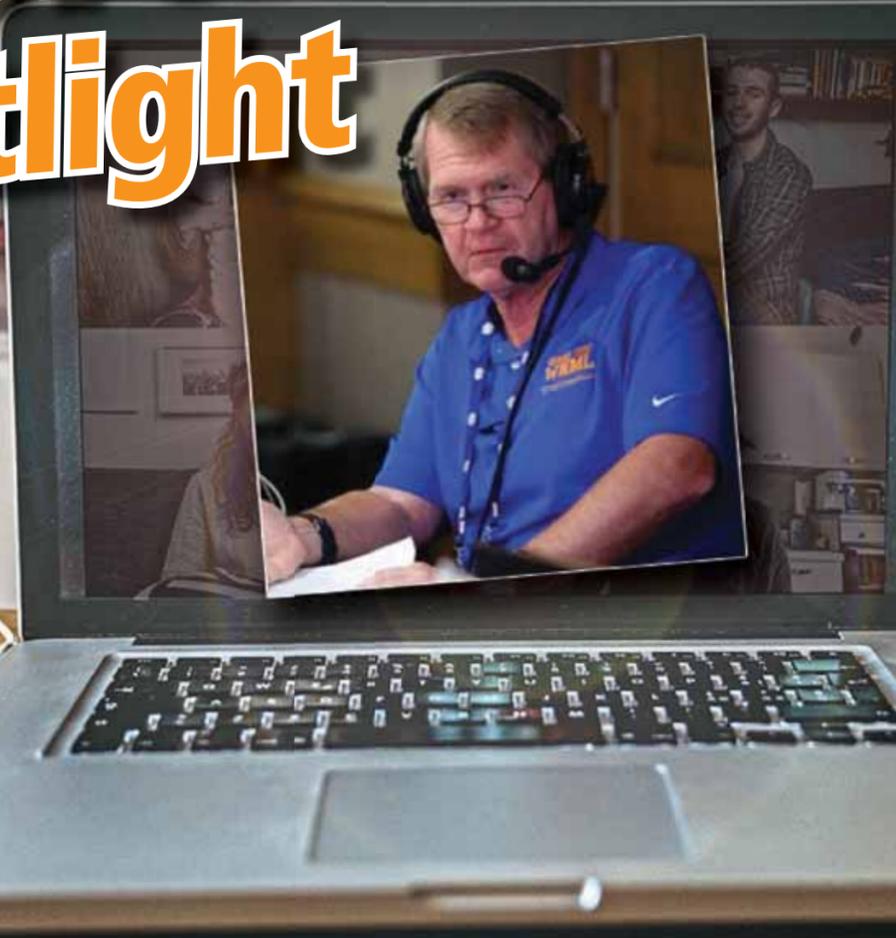
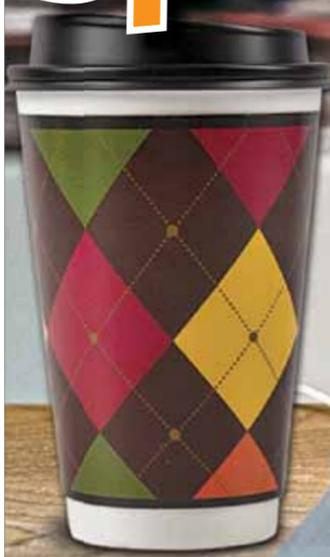
Focusing on lessons from his Forbes recommended book, "Gettin' (un)Busy: 5 Steps to Kill Busyness and Live with Purpose, Productivity, and Peace," coach and consultant, Dr. Garland Vance explained the premise of his book, and moved onto quickly helping attendees understand that TOO many commitments are bad for our health—even when all of those commitments are technically "Good."

How does one know they are TOO busy? The signs are obvious, Vance says. Exhaustion, stress, headaches, distraction and depression are just a few of the mental and physical symptoms that can start to show when even the best and most productive people allow themselves to become too busy. Vance should know. He started having chronic migraine headaches, heart palpitations and exhaustion while working on his own doctorate, working for a non-profit and raising three kids. His own doctor explained that his health was in jeopardy because of his busyness.

Vance said that working parents can be particularly susceptible; the average parent spends seven hours actively parenting their children on top of a fulltime job. A Gallup poll cited for his book states that most fulltime workers average 47 hours per week,

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Sports Spotlight



2021 Breakfast Series continues

The chamber's 2021 Breakfast Speaker Series, which kicked off officially on February 2, already has another edition lined up, this one especially for sports fans who'd like an audience with local media legend Jimmy Hyams.

An online ZOOM webinar format is planned for the February 18 program at 8:30am, "Heupel at the Helm." The webinar will spotlight Hyams, who among many things is a 4-time Tennessee Sports Writer of the Year, former Heisman voter, and currently the acting Sports Director for Cumulus Knoxville. Known for his vast knowledge of not just the University of Tennessee's athletics programs, but also owning a deep bank of statistics on SEC coaches, players, and their histories, Hyams never fails

to give his honest opinion of where a program is or where it is likely going (with a tendency to be on the mark).

With the recent announcement of changes for the University of Tennessee's athletic director and head football coach coming just days apart, this is a fantastic opportunity for fans to hear Hyams' straightforward thoughts on new football coach Josh Heupel, new Athletic Director Danny White, and what it means for the future of those programs.

While up to the first 30 minutes will let Hyams give an overview of recent happenings in both UTK and other SEC sports, a

See HYAMS on Page 3

Chamber Welcomes NEW FHS Intern

After over a year's hiatus, the Chamber was thrilled to again open their doors to a student intern from Farragut High School. Max Wegzyn was both a student attendee and presenter for a November 2020 networking hosted by the Farragut High School Education Foundation. Weeks afterward, he independently reached out to the Chamber to inquire about internship opportunities. His internship officially began January 25.

Standing at 6'8", Max himself confirmed he is the TALLEST intern to grace the chamber's offices. He is currently an FHS Senior and has been very active in the school's student government association, theater & visual art departments, as well as on their football team.

Max has already begun assisting chamber staff in administrative, marketing and design projects. He will learn skills required to be successful in a small fast-paced office, which serves approximately 600 area businesses/industries across the county, members of the community, and fields requests from individuals and businesses across the country looking to relocate to the area.

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Enterprise Club

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

ADMIRAL ELITE 			ADMIRAL 		
CAPTAIN 					
ANCHOR 		PROPELLER 			

Member Briefs

Looking for more details on a specific event, special or job? Go to www.farragutchamber.com to see these and other member items!

Knoxville Utilities Board (KUB) has \$6 million in new funding available for electric business and residential customers through the COVID Utility Relief Effort (CURE) in partnership with TVA and the Knoxville-Knox County Community Action Committee (CAC). Customers must have an outstanding balance; there are no income requirements. KUB business customers can receive a one-time payment of up to \$3,000 toward a past-due balance. Residential customers can receive a one-time payment of up to \$1,000 toward a past-due balance. To apply for CURE funding, visit www.kub.org/help to complete an online application or call CAC at 865-244-3085 and leave a message.

Pipe Wrench Plumbing Heating & Cooling Home Services will immediately respond to your problem and can solve any issue with every make and model of equipment. Save \$40 on any HVAC repair, free estimate for HVAC unit replacement. Not valid with any other offers or discounts. Offer expires 3/31/2021. Call (865) 213-1985 for more information.

New Horizons of East Tennessee is offering “Did You Know?” classes and webinars. Get Certified and save BIG with NEW CompTIA Coupons. Choose to attend in-person or via their online connected classroom platform. The NEW CompTIA Coupons not only offers a volume discount to companies looking to invest in training, it also includes exam preparation materials, 1/2-day of instructor-led exam cram, and an exam voucher for each CompTIA course successfully completed by an employee. Each course is 5 days long. Apply coupons to the course offerings below: CompTIA A+ Part 1: Mar 29; CompTIA A+ Part 2: May 10; CompTIA Network+: May 24; CompTIA Security+: June 7; and CompTIA Cloud+: June 21. Project Management Webinar on Wednesday, March 3rd 12:00pm. If your 2021 goals include achieving the coveted PMP certification. Call (865) 692-0122 or email: sales@nhknoxville.com for more information.

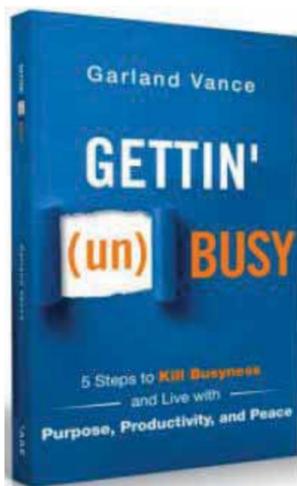
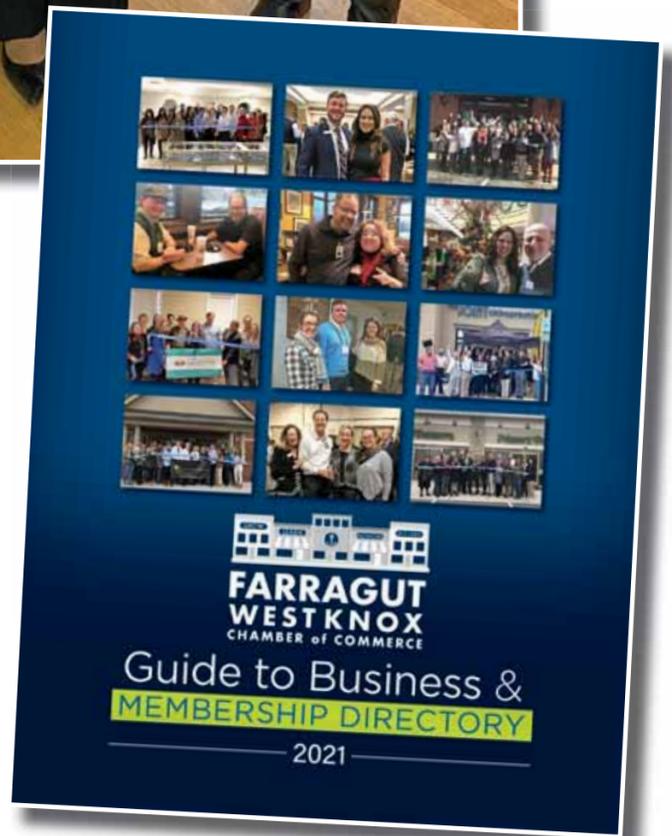
Epic Nine Marketing is offering virtual event workshops “How to Create a Marketing Plan” on Thursday, February 25th, 2021 from Noon-1p and “What Your Parents Didn’t Tell You About an Economic Business” on Thursday, March 11th from Noon-1p. Visit epicnine.com/courses to register or call (865) 240-0297.

It has always been important to **AA-Air Company** to give to the community that supports them. Now, you get to be part of the process! Every other month they will donate funds to three local organizations. You can choose from: Feral Feline Friends; Knoxville Pays It Forward; or Beardslay Community Farm. You may vote once per day for your choice. The organization with the most votes at the end of the active voting month will receive \$1000 from Speedy’s Community Chest. Second and third place will receive \$500 and \$250 respectively. Individuals may vote up to once per day with a registered email. Your email won’t be spammed or sold. Call (865) 689-5290 if you would like your organization or community group to be able to participate in the future. Participation is available no more than once annually.

farragutpress contributes back to Chamber



Tony Cox and Cara Ford-*farragutpress*, flank Chamber President Julie Blaylock as they present her with a check from the proceeds from advertisement sales from the newly revamped Business and Chamber Member Guide. The 2021 guide offers a new design to include sections on Farragut, Knox County, Newcomer Resources, Healthcare, Schools and, of course, categorical and alphabetical listings of member businesses. This year’s contribution is a 50% increase over prior years.



Vance
From page 1

with almost 40% logging over 50 hours weekly. Also, the number of people who “always feel rushed” has increased by 50% over a 30 year period—and appears to be climbing still. So how DOES someone (un)busy? Vance covered his five D’s of the process in broad but clear strokes. (1) Decide if your busyness is worth it or if the negative effects are outweighing the positive. (2) Deconstruct the beliefs that are keeping you so busy (i.e. many high functioning individuals and leaders think that stress equates to incompetence, when really our bodies and minds are trying to sound a very real warning) AND begin deconstructing your current commitments. (3) Design the life and schedule you want to have, and make time for things like rest, family and recreation a priority in your new schedule. (4) Develop an (un)busy calendar by using tools to help you set more buffers and boundaries, plus develop ways to de-stress that truly work for you. And

“Stress is something incompetent people have. Stress is for those who aren’t smart enough to manage their time.”

(Sound familiar?)

(5) Draw others in by inviting family and friends to live better, less busy lives. Likewise, if you lead a team at work, set the example for staff and colleagues.

Vance wrapped up by answering attendee questions, such as how junior staff can operate in a work environment where being overly busy is valued and expected. Vance described a tactic he used early in his career where he asked management to let him experiment with his own schedule, promising that if he could not deliver the same results of management’s 55 hour week within 40 hours, he would return to management’s heavier schedule (spoiler: he delivered more in less time). He also advised another attendee struggling with “caring too much for her staff” that self-care and boundaries would allow her to show up better when her staff really needed her ear for non-work issues.

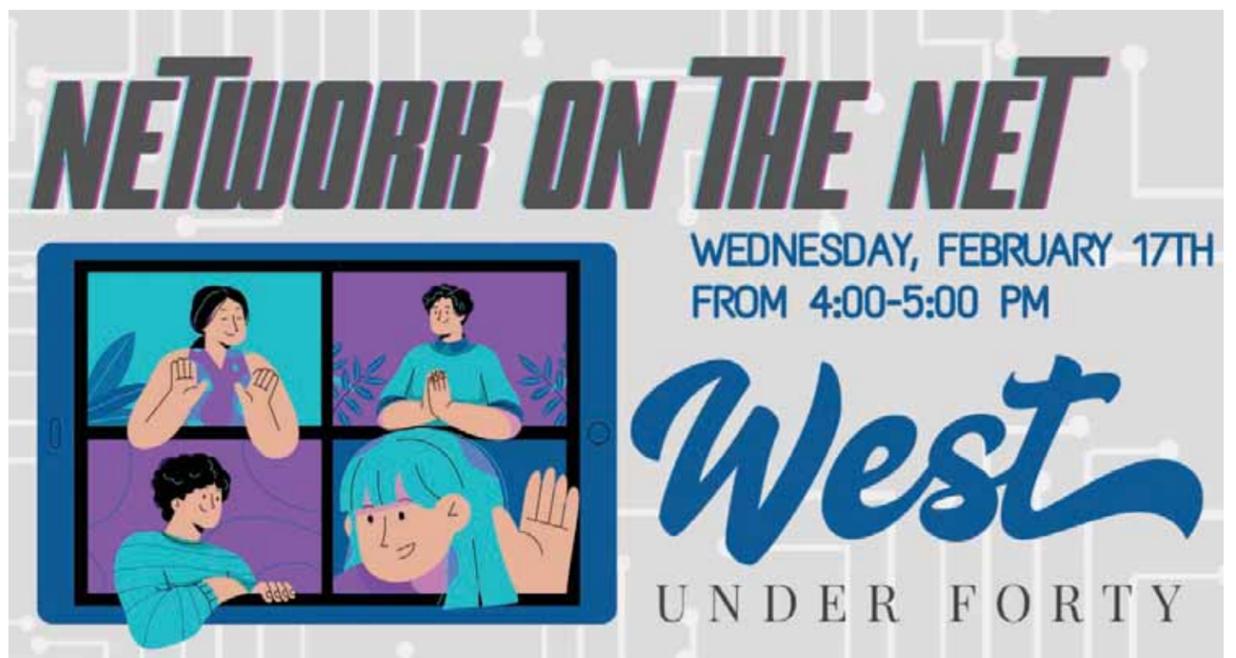
The Chamber appreciated the support of Presenting Sponsors Town of Farragut and Knox County, and media sponsor *farragutpress*.

YPs to Network on the Net

West Under 40 invites all area young professionals to join them on Wednesday, February 17 from 4-5pm for "Network on the Net", a virtual gathering event. The networking continues their 2021 goal of providing up and coming career builders with a monthly program.

The online networking will feature themed breakout rooms, with each one led and facilitated by a West Under 40 committee member. The goal is to give attendees the comfort of small group gatherings that will let them get to know each other better, and also to offer a larger open networking portion.

Registration is FREE for this event. To sign up or for information on other upcoming events, visit farragutchamber.com > "Events" and search "West Under 40" OR join the Facebook group at [Facebook.com/groups/WestUnder40](https://www.facebook.com/groups/WestUnder40).



Networkings

Hill Group Inc – January 14, 2021

Jim Hill of Hill Group Inc. hosted January 14th's virtual networking. The Hill Group, Inc. is veteran owned by Ambassador, Jim Hill. Since 2014 Jim and his wife, Kelly have been helping companies of all sizes respond to industry transitions in order to stay competitive. 58% of individuals had to make a sacrifice or hard decision during the holiday season because of medical issues and how COVID and remote working is really changing what benefits employees want or need. Jim gave an overview of how these issues are affecting small businesses and how AFLAC can help.



Max gladly takes delivery of his new Chamber business cards from Suzanne McCarter at Burns Mailing & Printing.

Emerald Youth Foundation – January 28, 2021



For more than 25 years, Emerald Youth Foundation has centered around a Christian mission on developing young leaders in the underserved neighborhoods of Knoxville. Host, Stephanie Erb, Corporate Partnership Officer, presented a video tour of their facilities and programs, and introduced guest speakers Courtney Tilford and Arianna Smith at their January 28th virtual networking.

Tilford is Arianna's mentor, serving as an Americorp volunteer with Emerald Youth Foundation's Just Lead program. Arianna spoke about getting involved with the program when she was a 1st grader at Lonsdale Elementary, the confidence she developed through middle and high school, and the impact that EYF continues to have on her now as a student at University of Tennessee Knoxville.

EYF also partnered with their supporter Bluemont Group, which manages area Dunkin Donuts locations, and provided all virtual guests with a free coffee coupon as a thank you for their attendance.

Intern

From page 1

Outside of school, Max is an accomplished artist with over 300 units of original art sold in his online Red-Bubble store. He is best known for his love of Dolly Parton, who is included in many of his pieces. After confirming his college selection and graduating this spring, Max intends to pursue studies in Marketing and Advertising design.

Hyams

From page 1

live audience Q&A is included specifically for attendee questions.

The Chamber appreciates the sponsorship support of the Town of Farragut, Knox County, and media sponsorship by 99.1 Sports Animal and the Farragutpress.

Registration is included at NO added cost for members of the chamber and is \$10 for non-members. 50% of proceeds will go to a charity which will be selected by Hyams. To sign up, visit farragutchamber.com > "Chamber Events" and select the event on February 18.

Inside the Ambassadors' "Studio"

This new feature highlights one of our Ambassadors and their answers to 10 questions modelled after the popular show, "Inside the Actor's Studio." The Ambassadors are an integral standing volunteer team of professionals who, besides being members of the chamber, serve to support the staff and enhance the business community in which they work and live.

Featured: Natare Williams, 2021 Ambassador

Computer Systems Plus, Account Executive

<https://www.compsysplus.com/> | (865) 573-5303 | natare@compsysplus.com

1. What is your FAVORITE word? "Family"
2. What is your LEAST favorite word? "Ohio"
3. What turns you ON in business? Having business "partners," rather than clients.
4. What turns you off in business? When someone is not trustworthy.
5. What sound do you LOVE? Kids laughing
6. What sound do you hate? Teeth grinding drives me nuts!
7. What's your FAVORITE piece of advice? "Stay positive; test negative!" (Jim Harbaugh)
8. What profession—other than your own—would you like to attempt? Football Coach
9. What profession would you not like to do? Doctor or nurse (deathly afraid of needles!)
10. If you were GONE tomorrow, what is one thing you would like people to say about you?

He was a great father and husband who always tried to do what was right.

Meet and CONNECT with Natare, Account Executive at Computer Systems Plus



February 2021 Calendar of Events

Members can quickly RSVP for events in their Member Portal at <http://members.farragutchamber.com/login>. Call 675-7057 or email info@farragutchamber.com for a link to create your account! Visitors/Guests can register by clicking the links on the Chamber Calendar (www.farragutchamber.com > "Events") and registering under "Not a Member?".

February 10, 2020 • 11:00am
IN PERSON: Ribbon Cutting –
Inspirations Dance & Gymnastics
10541 Kingston Pike, Ste B, 37922

February 10, 2020 • 3:30-4:30pm
ONLINE: Workshop –
Tackling COVID Taxes
with Krueggel Lawton
Register for the ZOOM webinar link!

February 11, 2020 • 10:00am
ONLINE: Workshop –
Paycheck Protection
Program Second Draw
Register with the TSBDC for the webinar link!

February 11, 2020 • 4:00-5:00pm
ONLINE: Networking –
Farragut Middle School
Register for the ZOOM meeting link!

February 16, 2020 • 4:00pm
IN PERSON: Ribbon Cutting –
Jessica Phillips, CPA
102 Chaho Road, 37934

February 17, 2020 • 4:00-5:00pm
ONLINE: Networking –
West Under 40's
Network on the NET
Register for the ZOOM meeting link!

February 18, 2020 • 8:30-9:30am
ONLINE: Breakfast Speaker Series –
Huepel at the Helm
with Jimmy Hyams
Register for the ZOOM webinar link!

February 25, 2020 • 4:00-5:00pm
ONLINE: Networking –
The Knox Fox Real Estate Group
Register for the ZOOM meeting link!

Welcome New Members!

The Chamber welcomes these businesses who joined us recently in the month of January!

*Did you know businesses/organizations can submit an application & payment online?
Visit www.farragutchamber.com and click "Join the Chamber!"*

Coldwell Banker Wallace – Kathryn Ogrod
Kathryn Ogrod
140 Major Reynolds Pl.
Knoxville, TN 37919
(865) 399-2262

Rhodes-Tec, LLC
Dylan Ogle
Knoxville, TN 37932
(865) 712-1655

Storage Sense
David Warren
6410 Deane Hill Dr.
Knoxville, TN 37919
(865) 518-6223
Website: <http://storagesense.com>

The Admiral Nutrition
Elizabeth Carroll
157 West End Ave.
Farragut, TN 37934
(865) 237-0848

Tim's Custom Painting
Tim Connaster
Friendsville, TN 37737
(865) 806-5818
Website: <http://Timcustompainters.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 January. 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.

A special thank you goes to these renewing members who are continuing their support of our chamber and the businesses it serves through their above and beyond Enterprise Membership!



Thank you for your Anchor Enterprise Membership!



Thank you for your Anchor Enterprise Membership!



Thank you for your Propeller Enterprise Membership!



Thank you for your Propeller Enterprise Membership!

Alzheimer's Association
Tennessee Chapter, Knoxville
Amish Elegance
Avenir Memory Care at Knoxville
Board & Brush
Buttermilk Sky Pie Shop
CADES
Cyan Insurance Solutions
Edward Jones - Financial Advisor:
Wendy Schopp
EXIT Real Estate Professionals Network
Express Employment Professionals
Farragut Middle School
Fox Den Country Club
Garde Bien SpaSalon
Holiday Inn Knoxville - Cedar Bluff
Kendall Investigations
Knoxville Aging In Place, Inc.
Kumon of Farragut

Lange Animal Hospital
Manorhouse Assisted Living & Memory Care
Mary Kay - Marianne Morse,
Independent Senior Sales Director
Meineke Car Care Center
Outlier's Advantage: ACT Prep Academy
Pioneer Heating & Air Conditioning, Inc.
Promo Depo
Realty Executives Associates -
Cindy Kraus, Associate Broker
Shoot Point Blank
Sims Appraisal Company
Stonebridge Advisors
Tapestry at Turkey Creek
Tim's Custom Painting
Tropical Smoothie Cafe
Unique Construction Services
Venue at Lenoir City; The
Young-Williams Animal Center



Tents / Tables / Chairs
Linens / Inflatables / Concessions
Wedding Arches / Lighting / Drapery

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www.eventrentalsbyrothchild.com

Event Rentals for Every Occasion!



TSBDC

Did you know the SBA has an online Learning Platform?

SBA's online learning programs are designed to empower and educate small businesses owners every step of the way. Whether you're looking to start a small business or expand your current one, SBA's digital learning platform has everything you need to educate yourself on entrepreneurial best practices and available financing options. (U.S. Small Business Administration)

Check out the Learning Center Topics: <https://learn.sba.gov/dashboard>
This is a great way to grow, start or redirect your business! It's free, so try it out!

CLASSES Next Month:

Government Contracting 101, Part 1
February 10th @ 10am

Government Contracting 101, Part 2
February 11th @ 10am

PPP Second Draw: What We Know...
February 11th @ 10am
Co-Sponsored by the Farragut West Knox Chamber of Commerce!

Business Start-Up: The Essentials
February 16th @ 9am

Check our website for more training events: www.tsbdc.org

Farragut West Knox Chamber of Commerce

11826 Kingston Pike, Suite 110 | Farragut, TN 37934

865-675-7057 | 865-671-2409 Fax

e-mail: info@farragutchamber.com | www.farragutchamber.com

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