

## Speaker Series Draws Record Crowd

The Farragut West Knox Chamber of Commerce continued its Speaker Series Breakfast, Tuesday, November 6, with guest, University of Tennessee Basketball Coach Bruce Pearl. Due to an overwhelming number of registered attendees, the venue was moved to Rothchild Catering. A crowd of approximately 300 was surrounded by orange and white decorations and table linens and enjoyed a hot buffet breakfast.

Arriving promptly at 7:30 a.m., Pearl warmed up to Chamber members by posing for pictures and signing autographs. Chamber President Bettye Sisco greeted the guests and thanked presenting sponsor, First Tennessee, event sponsors, Charter Communications and LCUB, and community sponsors, First Utility District, Junk Bee Gone, Superior Rug & Carpet Cleaning and TurkeyCreekShopping.com.

After being introduced by David Rector, vice president of First Tennessee and Pearl's personal banker and friend, the coach energetically jumped on stage and was greeted by the audience holding the "Bruce Pearl face" cut-out that was printed in the Knoxville News Sentinel last year. Pearl said, "Do you all know what that is? It's Bruce Pearl on a stick."

Pearl spoke to his audience for 30 minutes, noting that he has worked all of his life to get to the University of Tennessee. He told an amusing story of how he was feeling good about getting the head coaching job here in Knoxville. When UT Football Coach Philip Fulmer met him at the airport prior to a second interview, he was feeling very positive.

That is until Fulmer said, "You know Coach, up until about two weeks ago, I had no idea who you were." Bringing laughter to the crowd, Pearl continued along these same lines. He praised the quality of students the university is attracting; stating that the average ACT score for incoming freshman is a 26. "You would have to multiply my score by two and add four for me to get a 26 on the ACT," he said.

Pearl, who is embarking on his third season as head basketball coach, said that he is feeling very positive about the team and vows to continue building on what UT basketball has recently become. "I want our team to be 'that team' the one that other teams least like to play," he said. Noting that the Vol Nation has played a major factor in the popularity of the team, he said, "Tennessee fans are the best in the country."

Pearl had a short question and answer session after his speech.

Farragut Mayor Eddy Ford said that he thought Pearl's speech was "wonderful." "He really captivated the crowd and brought a lot of energy to the room."

Marti Townsend of the Knoxville News Sentinel said that she has heard Pearl speak on a few occasions and has enjoyed every one of his presentations. "I believe that Bruce Pearl is who he says he is. He's positive and accessible and has brought great leadership to the University of Tennessee," she said.

The next Speaker Series Breakfast will be at 7:30 a.m., Tuesday, February 12, 2008 at Fox Den

Country Club and the guest speaker will be retired University of Tennessee Forensic Anthropologist, Dr. William Bass.



University of Tennessee Basketball Coach, Bruce Pearl.

### member briefs...

The Farragut West Knox Chamber of Commerce gathered Friday, October 26 for a ribbon cutting ceremony at Memories Photo and Frame, which is located along-side Memories Portraits; 717 South Peters Road. We incorrectly identified David Gerwels as the owner of Memories Portraits, when he is in fact the owner of Memories Photo and Frame. Gerwels' business specializes in digital photos, photo restoration, specialty gifts and digital camera classes. For the digital professional, Memories Photo and Frame also offers internet Web stores, internet printing and software to enhance their business. For more information about Memories Photo and Frame, call 865-531-5800 or visit the Web site at [www.memoriesphotos.com](http://www.memoriesphotos.com).

Gohan Ya Japanese Kitchen has recently remodeled, renovated and reopened as East Japanese Restaurant. Located at 11509 Kingston Pike in the Village Green Center, East Japanese Restaurant will continue to offer quality food while offering customers a sleek, contemporary new look. For more information about East Japanese Restaurant, call 865-671-4404

Pam Lambert, Tastefully Simple Senior Team Member for Knoxville, reported that consultants for the company raised \$43,300 for breast cancer research during the month of October. The corporate headquarters, located in Alexandria, Minnesota donated an additional \$45,000 bringing a total of \$88,300 presented to the Susan G. Komen for the cure.

First Tennessee recently named Michelle Carr as regional sales manager. Carr has been with First Tennessee for 19 years. In her new position, she will manage four First Tennessee financial centers. Carr is a member of the Farragut West Knox Chamber of Commerce and is a volunteer and member of the Concord/Farragut Sertoma Club.

Rather & Kittrell Capital Management has announced that Rus Hunt has joined its team as an Investment Advisor. Hunt is a graduate of the University of Tennessee and has most recently been plant controller and operations manager with Sea Ray Boats. Rather and Kittrell is located at 11905 Kingston Pike in Farragut.

## Welcome to our new Farragut West Knox Chamber members!

#### Bath Junkie - Knoxville

Amber Roggeman  
11655 Parkside Drive  
Knoxville, TN 37934  
865-288-3127

#### De Colores Espresso

Michael King  
9915 Kingston Pike  
Suite 102  
Knoxville, TN 37922  
865-531-9399

#### Farragut Physical Therapy

Calvert S. Marasigan  
101 Glenleigh Court  
Knoxville, TN 37934  
865-671-3953

#### Lilly's Bead Box

Susan "Lily" Kehae  
613 N. Campbell  
Station Road

Knoxville, TN 37934  
865-966-2225

#### Lunchbox Event Catering, The

Karen Sproles  
9050 Cross Park Drive  
Knoxville, TN 37923  
865-690-0710

#### Lunchbox Market & Café, The

1225 East Weisgarber  
Suite 170  
Knoxville, TN 37909  
865-602-2232

#### Lunchbox Market & Café, The

Cheryl Heltman  
9050 Cross Park Drive  
Knoxville, TN 37923  
865-690-0710

#### Lunchbox Restaurant, The

Don Sproles

800 South Gay Street  
First Tennessee Plaza  
Knoxville, TN 37929  
865-525-7421

#### Mountain Commerce Bank

Kim McFall  
249 North Peters Road  
Knoxville, TN 37923  
865-694-5701

#### Otolaryngology Head & Neck Surgery Associates

Dr. Leonard Browne  
11201 West Point Drive  
Suite 103  
Knoxville, TN 37934  
865-777-1727

#### ReMax Preferred Properties

Ryan Levenson  
117 Center Park Drive  
Knoxville, TN 37922

865-694-8100

#### RSVP Publications of Knoxville

Eric Mitchell  
720 Heathgate Road  
Knoxville, TN 37922  
865-223-3930

#### Quick Gym of West Knoxville, LLC

Ron Garrett  
12748 Kingston Pike  
Suite 101  
Knoxville, TN 37934  
865-671-2199

#### Whitener Team, The Realty Executives Associates

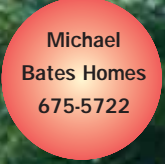
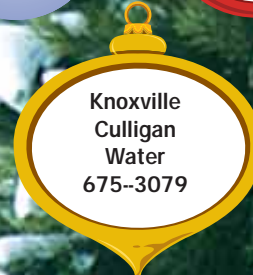
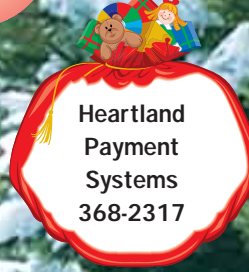
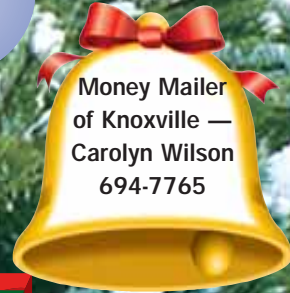
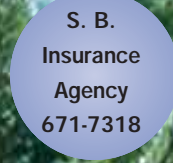
Eric & Rhonda Whitener  
109 Northshore Drive  
Suite 200  
Knoxville, TN 37919

PRSR STD  
U.S. Postage  
PAID  
Knoxville, TN  
Permit No. 1117



# Happy Holidays

from the Farragut West Knox Chamber





# President Quotes 'n Notes

by Bettye Sisco



"This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!"

- D.M. Dellingers

During this Holiday season more than ever, my thoughts turn to those who have made our success possible. So, simply and sincerely, Thank you and Best Wishes for the Holiday Season.

On behalf of the Board of Directors and the staff, we look forward to continued growth in our chamber and in your businesses in 2008.

Merry Christmas!

# Calendar of Events

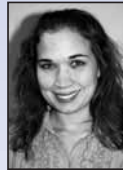
Please call the Chamber office at 675-7057 for information

- January 10** Networking - 5:00 p.m.  
**Entrée Vous**  
9420 S. Northshore, Suite 103  
865-691-3404
- January 17** Networking & Ribbon Cutting - 8:00 a.m.  
**Family Business Institute of East Tennessee**  
123 Center Park Drive, Suite 224  
865-657-3236
- January 24** Networking - 5:00 p.m.  
**Lalka Tax Services**  
244 N. Peters Road, Suite 209  
865-694-6153

# Welcome to our renewing FWKC members!

- Accounting Principals  
All Occasions Party Rentals  
Art & Frame Outlet, Inc.  
Athletic Printers  
Best Western, Cedar Bluff  
CarMax  
Charter Communications  
Children's West Surgery Center  
Click Funeral Home/Farragut Chapel  
Dwayne Allen Salon  
East Japanese Restaurant  
(formerly Gohan Ya Japanese Kitchen)  
El Mezcal Mexican Restaurant  
Enterprise Rent-A-Car of Tennessee  
Farragut Primary School  
First Tennessee - Farragut  
First Tennessee - Kingston Pike  
First Tennessee - Northshore  
Fish Window Cleaning  
Fort Sanders Health & Fitness Center  
Gables & Gates, Realtors  
Hampton Inn West, Cedar Bluff  
Herbalife Independent Distributors  
Homes & Land Magazine  
Howard Johnson Plaza  
Land Development Solutions  
M & M Development Co., Inc.  
Markli Home Builders  
Memories Portraits  
Mutual Fund Store, The  
Olive Garden  
O'Rourke Chris, DDS  
Parkwest Medical Center  
PC Enterprises  
Rose Mortuary/Mann Heritage Chapel  
Rural/Metro Corp. of Tennessee  
Site Incorporated  
Staffing Solutions  
State Farm Insurance -  
Mickey Hankal Agency  
Stir Fry Café  
Tax Express & Accounting Services  
TDS Telecom  
Travelhost of Greater Knoxville  
Trinity Mortgage Capital, Inc.  
Turtleheads Tea & Coffee Company, LLC  
Webb School of Knoxville  
Wilson Group, Inc., The

# Who's who... Get a jump on 2008!



Leslie Tucker

Do you or someone you love plan to resolve to lose weight/get healthy/become more active in the New Year? Studies show that at least 50 percent of us will. If you are among that group and don't already have professionals to get you started and help keep you motivated, now is the time to get moving! Find a local gym and/or trainer that suit your comfort level and lifestyle and resolve to develop an exercise plan by Jan. 1. Better yet, incorporate your resolution into this gift giving season. If you and your spouse wish to trim up together, surprise him or her with dual memberships (think gift certificate) and get moving toward your goals as early as Dec. 26!

The Farragut West Knox Chamber includes several wonderful member facilities to choose from. Below are two of the newest. Both offer innovative ways to trim up with the same healthy

objectives in mind.

New Farragut West Knox Chamber member Snap Fitness (693-4303) opened Nov. 20. Owner Dawn Banks says location played a key role. "We're the only facility in Hardin Valley," she says. "We want to be the neighborhood gym. We cater to people who want to get a fast and effective workout in as little time as possible. You can get in and get out."

Snap Fitness does not require a contract or enrollment fee. Personal training is available at an extra charge, but members receive an orientation on all equipment. Members also receive a key card which allows entry into the facility 24 hours a day/7 days a week. "When we are not staffed, they simply slide their card which activates a state-of-the-art security system. The lights come on, cameras start rolling and people can be assured that they are safe. No matter how busy people are, we hope that they will be able to find an hour or so sometime in a 24-hour day that they can spare. It's that important."

Ron and Sylvia Garrett also believe in the importance of living a healthy life. After retirement, the couple decided to keep working, focus on wellness and become Herbalife independent distributors. Once they were

introduced to Quick Gym, the Garretts were convinced. Ron says, "I knew with the results I got that introducing it into our business was the next step." Quick Gym (671-2199) is just that - ages 18+ can get an intense aerobic upper or lower body workout on a specially-designed machine in four minutes. "It gets your heart rate up quickly. It works 55 percent of your muscles. It does stretching, cardio and muscle toning," Ron says.

Ron says his prices are competitive, and his gym offers monthly testing for muscle/fat ratio at no extra charge. "We don't have trainers. We have coaches. You drive the machine and push it as hard or as light as you want. Most people believe that you have to work out 30 or 45 minutes, but that's just not the case with Quick Gym."

Here's wishing all a healthy holiday season and a Happy New Year!

Leslie Tucker is a local writer photographer. She served as Managing Editor at Cocoon Publishing, is a former farragutpress reporter, wrote for Scripps Productions and spent nearly three years working in New York before making Knoxville home. She can be reached at lpro2006@yahoo.com.

**Mark's  
Carpet & Rug Cleaning**  
Mark McConnell  
865-310-9413  
www.hitsthemark.com  
Residential & Commercial - Licensed & Insured  
Carpet & Upholstery • Tile & Grout • Oriental & Area Rugs  
We hit the mark with quality every time.  
IICRC Certified Firm

**All Occasions  
Party Rentals**  
Knoxville's Premier Event Source  
www.alloccasionspartyrentals.com  
5825 Middlebrook Pike  
Knoxville, TN 37921  
865-558-1131  
865-558-8779 Fax  
865-755-0609 Cell  
Jeff Diviney  
Director of Sales  
jeff@aopartyrentals.com

**THE TOTAL  
WORKS**  
HAIR & BODY SALON  
The Total Works, LLC  
Phone: 865.690.5654  
120 S. Peters Road, Suite 18  
Knoxville, TN 37923

Visit us at these convenient  
West Knox/Farragut locations:

<b>Farragut</b> 11864 Kingston Pk	<b>Campbell Station</b> 11685 Parkside Dr
<b>Northshore</b> 9615 Kroger Park Dr	<b>Kingston Pike West</b> 9607 Kingston Pk

M-F 8:30-6:00 \* Saturday 9:00-1:00  
**971-2100**  
www.firsttennessee.com  
**FIRST TENNESSEE**

DIRECT: 865.671.4771  
CELLULAR: 865.368.6060  
FAX: 865.966.9005  
JERRY.PARKERSON@TDS TELECOM.COM  
PO BOX 22610  
11505 KINGSTON PIKE  
KNOXVILLE, TN 37934-3918  
TDS TELECOMMUNICATIONS CORP  
www.tds.com • www.tdsmetro.com

**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.

**SUPERIOR  
CARPET & RUG CLEANING**  
Residential Commercial  
ORIENTAL RUG CLEANING SPECIALIST  
CALL FOR SPECIAL PRICING  
**691-5686**

**FIRST UTILITY DISTRICT  
OF KNOX COUNTY**  
WATER AND WASTEWATER SERVICE  
FOR A GROWING COMMUNITY  
(865) 966-9741  
122 Durrwood Road  
Knoxville, Tennessee