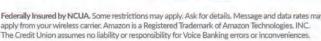




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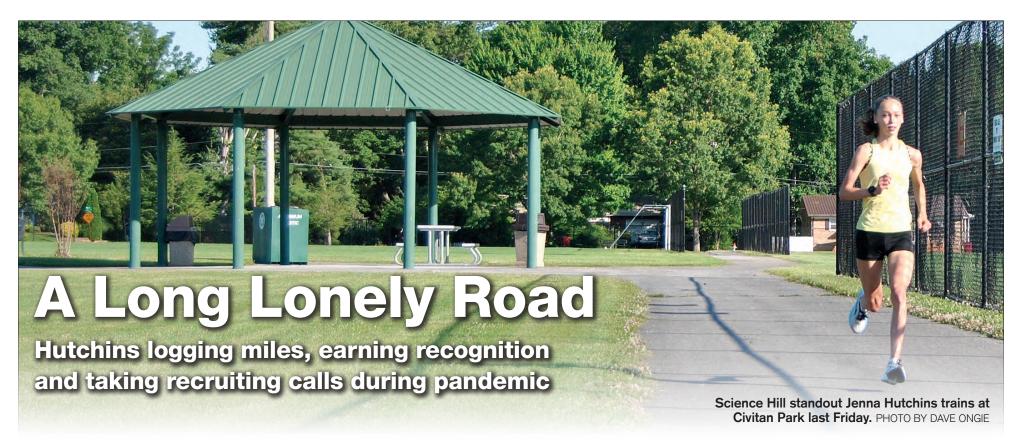


THE JOHNSON CITY

# NEWS & NEIGHBOR

VOL. 23 | ISSUE 14 | JULY 1 - JULY 7, 2020 | OFFICE: 423-979-1300 | CIRCULATION: 423-282-0051 | EMAIL: NEWS@JCNEWSANDNEIGHBOR.COM | VETERAN OWNED

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#### BY DAVE ONGIE, NEWS EDITOR

Distance runners are no strangers to isolation.

Day after day, they wake up, put on their shoes and run several miles. They do this rain or shine, most often alone and always driven by a stopwatch that measures

their progress.

Johnson City's Jenna Hutchins is certainly very comfortable with this lifestyle. The rising junior at Science Hill High School has emerged as one of the top distance runners in the country. Midway through her high school career, Hutchins holds 13 school records and also holds the state record for the outdoor mile.

But that doesn't mean the isolation brought on by the coronavirus pandemic has been easy for Hutchins. Her last taste of competition came at the prestigious Millrose Games in New York City in early February, which happened shortly before COVID-19 wiped out the entire spring outdoor track season.

Hutchins said she missed the camaraderie and competition she has come to enjoy in the springtime.

"It was definitely really sad for me," she told the *News* & *Neighbor* last Thursday.

Hutchins received a boost last week, however, when it was announced she had won the Gatorade Tennessee



Jenna Hutchins crosses the finish line to win the Foot Locker South Regional Cross Country Championships last fall.

Girls Track & Field Athlete of the Year award for the second year in a row. With no races to run and no medals to win, the award served as a reminder that all her hard work being done in isolation is paying off.

"It's really nice to have all your hard work recognized, and it's really special getting to receive it every time," said Hutchins, who also won the honor this past year for cross country.

While the pandemic has been hard on Hutchins, the upbeat 16-year-old had no trouble finding some silver linings in the situation. First of all, the shutdown afforded her an opportunity to get a little downtime before she started training for a cross country season she hopes can happen this fall.

More importantly, Hutchins said she's been able to enjoy more family time.

"Even though we haven't been able to get out and do as much, it's been giving us some time to do other things we normally haven't had time for," she said.

The nature of her sport has also allowed Hutchins the opportunity to continue improving. While athletes involved in team sports have been sidelined, all Hutchins needed was her shoes, some fresh air and the rolling hills of East Tennessee to get her work in.

"It's definitely been a challenge, having to keep separated from people, but my training has been able to stay pretty much the same as far as doing the same workouts and same level of difficulty," she said. "It's a really good chance to practice hitting your splits and focusing on times. I've been

SEE HUTCHINS, 7

# Massive Saharan dust plume makes for hazy weekend





At left, the view from atop Tannery Knobs looking out toward Buffalo Mountain on a beautiful clear day earlier this spring. At right, a photo taken from the same vantage point this past Saturday shows the effects of a massive plume of dust that traveled 5,000 miles crossing the Atlantic Ocean from the Sahara Desert creating hazy conditions in our area. The fine particles of dust do cause problems for people suffering from asthma or other respiratory issues. PHOTOS BY BILL DERBY

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# **American Legion honors First Responders of the Year**



Sergeant Reggie Sparks of the Johnson City Police Department was honored by the King's Mountain Post 24 of the American Legion as Law Enforcement Officer of the Year.



The local American Legion recognized Adam Momberger as Firefighter of the Year.

Cathelyn received a

#### King's Mountain Post 24 of the American Legion recently honored a pair of first responders.

Sergeant Reggie Sparks of the Johnson City Police Department was named the Law Enforcement Officer of the Year while Lieutenant Adam Momberger of the Johnson City Fire Department was named Firefighter of the Year.

The names of both men have been submitted to the American Legion's national headquarters, and they will be in consideration for the organization's national award.

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On June 6, Jonah Cathelyn - a rising senior at Science Hill High School - became the seventh Hilltopper to earn his solo wings with the FLIGHT Foundation.

# Wallace Subaru presents check to United Way



Steve Moore (left) and the staff of Wallace Subaru present a check to Kristan Spear and the staff of the United Way of Washington County TN. The funds were raised during Subaru's annual Share the Love event.

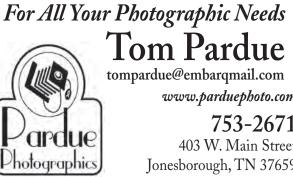
# **ETSU** announces changes to fall semester

Fall semester classes at ETSU will begin Aug. 24. Courses will be taught in-person and online. In light of the COVID-19 pandemic, all in-person instruction on campus will end Nov. 21, and the remainder of the semester as well as final exams will take place online.

The university will be open and classes will be held on Labor Day and Veterans Day, and Fall Break will be moved to the week of Thanksgiving. With the adjustments in holidays, ETSU will be closed the entire week of Thanksgiving, Nov 23-27. Following that time,

remote instruction for all classes will take place Nov. 30 - Dec. 4 and for Final Exams Dec. 5-10. Residence halls and dining services will remain open through final exams week.









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Plants Large 1/2 gallon Several plants







# BrightRidge aims to expand broadband while holding rates flat

Entering the third year of its broadband rollout, BrightRidge has more than 17,000 serviceable locations, and the company is in the midst of a major push to add 13,000 more serviceable locations over the next 12 months.

The 2021 budget



approved last week by the BrightRidge Board of Directors will make the expansion possible, and Boones Creek and Gray will see the biggest expansion in fiber over the next 12 months.

BrightRidge Broadband has placed Washington County, Johnson City and Jonesborough at the forefront nationally of 10 **GB-served communities** as only a handful of cities across the United States have 10 GB service widely available.

After BrightRidge introduced 10 GB service to Jonesborough's historic Main Street last May, the town was recently recognized by PC Magazine as a top-15 affordable community for remote workers thanks to the broadband service.

"The broadband

marketplace continues to be very competitive, but BrightRidge Broadband continues to be the only locally based provider offering the lowest possible cost with by far the highest available broadband speeds," BrightRidge **Broadband Officer Stacy** Evans said. "We have a higher quality product and pricing that can't be beat."

The budget approved by the BrightRidge Board will keep electric rates flat for the second year in a row. The TVA is also expected to keep wholesale power rates flat over the next 12 months as lower-thanbudgeted fuel costs have helped keep electricity rates in check.

"Our Board of Directors keenly understand our regional economy has a long way to go before we achieve a full recovery,"



BrightRidge CEO Jeff Dykes speaks during a ribbon cutting for BrightRidge's broadband service on Jonesborough's historic Main Street in May of 2019. The company is planning a major expansion of its broadband service over the next 12 months. PHOTO BY DAVE ONGIE

said BrightRidge CEO Jeff Dykes. "We'll continue ongoing efforts to assist customers the best we can while remaining positioned to power the region as

recovery continues." In all, a healthy financial position has allowed BrightRidge to temporarily suspend non-

payment disconnections

of customers since March amid several coronavirusrelated measures adopted to assist customers in response to the global pandemic.

# Rusty Crowe

Celebrating your graduation

May your diploma open all the right doors on your path to success.

You are our future!





# **Ballad, ETSU partner on institute to** study adverse childhood experiences

Ballad Health and ETSU announced a new partnership last Friday that will establish a first-of-its-kind institute to promote the awareness and empirical study of adverse childhood experiences, otherwise known as ACEs.

ACEs are considered traumatic experiences, such as abuse, neglect and family dysfunction that can disrupt the safe, stable and nurturing environments that children need to succeed and thrive. ACEs can have lasting effects on children as they mature into adults, leading to adulthood disease, disability and social impediments. Studies have found the more adverse events a person experiences as a child, the higher the risk of that person having health, social and economic problems.

The Strong BRAIN (Building Resilience through ACEs-Informed Networking) Institute will facilitate the development and dissemination of evidence-based practices that prevent, reduce or mitigate the negative effects of ACEs on health and health disparities. The institute will also work to inform the citizenry and workforce in the Appalachian Highlands on the importance of being trauma informed.

"Some groundbreaking work on the study of ACEs is already being done right here in the Appalachian Highlands, and we hope the creation of this institute will make our region the national hub for future study of the effects of adverse childhood experiences," Ballad Health Chairman and Chief Executive Officer Alan Levine said.

"From the beginning, Ballad Health leadership has recognized the importance of studying how ACEs shape our children as they grow into adulthood, and one of our primary goals with the Strong BRAIN Institute is to develop effective interventions and techniques to better the health, happiness and wellbeing of our children."

Established through a five-year gift

from Ballad Health to ETSU, the Strong BRAIN Institute will be guided by an advisory board comprised of ETSU experts, Ballad Health experts and community members.

"We cannot thank Ballad Health enough for once again stepping up to offer this gift that will not only bring additional national recognition to ETSU, but this institute will truly benefit the people of this region, both directly and indirectly," ETSU President Dr. Brian Noland said.

"When Ballad Health and ETSU came together to form the Strong BRAIN Institute, one of our main strategic objectives was to ensure this research center serves as a resource regionally, nationally and even internationally on the study of adverse childhood experiences and the social determinants it can have on health."

During the news conference, Noland announced that Dr. Wally Dixon, who currently serves as chair of the ETSU Department of Psychology, will serve as the founding director of the Strong **BRAIN** Institute.

The Strong BRAIN institute will be designed to translate best practices of addressing adverse childhood experiences into community action though local organizations, such as the STRONG Accountable Care Community, Speedway Children's Charities and the Niswonger Foundation. In addition to Dixon, the institute staff will include a post-doctoral researcher and a coordinator of research and services.

A 2016 study on adverse childhood experiences in Tennessee found 61% of participants had at least one adverse childhood experience, while 27% of participants reported having three or more ACEs. Emotional abuse, separation/ divorce and substance abuse were the most commonly reported ACEs in the Tennessee study.





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# **Urgent** care clinic



# Hospital emergency room



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- Migraines
- Minor broken bones
- Minor cuts and burns
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- Coughing or vomiting blood
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- Difficulty breathing
- Severe abdominal pain
- Severe burns
- Seizures
- Sudden dizziness, weakness or loss of coordination or balance
- Sudden loss of vision
- Sudden, new numbness in the face, arm or leg

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For serious or life-threatening emergencies, go to your nearest emergency room or call **9-1-1**.







Homemade

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## Northeast Tennessee Tourism Association hands out Pinnacle Awards

The Northeast Tennessee Tourism Association honored the tourism industry's top performers last Thursday during the 23rd Annual Pinnacle Awards at the Johnson City Country Club.

Presented by Bristol Motor Speedway and produced in partnership with the Tennessee Department of Tourism Development, Tennessee Commissioner of Tourist Development and Director of the Economic Recovery Group Mark Ezell was on hand to deliver the keynote address. The top performers who contribute to tourist-related community and economic development in the Northeast Tennessee and Southwest Virginia region were honored.

Tell It to Me: The Johnson City Sessions 90th Anniversary Celebration and the Meet the Mountains Festival were both honored in the Festival or Event of the Year category. The Long Trip Home, a community play staged by the McKinney Center won Best New Event. Hands On! Discovery Center was honored in the Attraction of the Year category while Visit Johnson City and Main Street Jonesborough took home advertising and promotions awards. Johnson City's Jenna Moore won the Rising Star Award while Bristol Motor Speedway's Logan McCabe earned a special Lifetime Achievement Award.

The organization saw more than 53



Kayla Carter holds a trophy presented to organizers of the Meet the Mountains Festival at last week's Pinnacle Awards ceremony in Johnson City

entries. Ranked by a panel of judges within the tourism and advertising industry associated with the Southeast Tourism Society, Pinnacle Awards were given to the top entry in each category.

The event also hosted graduates of the Hospitality & Tourism Certificate



Sarah Laposky and Andy Marquart with an award presented to Hands On! Discovery Center.

program in partnership between East Tennessee State University and Northeast Tennessee Tourism Association.

Tourism is the second largest economic driver in Tennessee, with Northeast Tennessee generating more



Jenna Moore with her Rising Star

than \$877 million in direct tourist spending, more than \$189 million in payroll while employing more than 6,800 people, and generating more than \$26 million in local sales tax receipts annually.

# Mary Duke Cooks! Sassy Southern

I think the dog days of summer are upon us. There is nothing like an



ice-cold treat when it is hot outside. This frozen layered dessert has three flavors of Sorbet. Any three will do. Just pick your favorites. This is a great Fourth of July dessert using the colors red, white, and blue. Raspberry, lemon and blueberry sorbet were my flavors.

In the picture the three flavors of sorbet are swirled. This happened totally by accident! I was in a hurry and did not freeze each layer separately. Sometimes when you are in a hurry the prettiest things happen. Doc says this tastes like something



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you would eat in a fancy restaurant. Enjoy Friends!

#### Red, White and Blue Sorbet with Whipped Cream and Fresh Fruit

- Mini Golden Oreos
- 3 pints of your favorite flavors of sorbet1 pint heavy whipping

- 1/3 cup powdered sugarFresh fruit
- Fresh Truit

With scissors, cut a circle of parchment paper to cover the bottom of a 7-inch spring form pan. Line the parchment paper with a layer of mini golden Oreos.

Slightly thaw 3 pints of sorbet. Spoon one pint on top of the Oreos, pressing down to flatten. Layer the other two flavors on top of the first. Don't worry if some of the sorbet colors mix as you flatten them. This will make the dessert look swirled. Freeze until firm.

Whip heavy whipping cream and powdered sugar together until peaks



form. Gently spoon on top fresh fruit. Enjoy! of sorbet. Garnish with

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Planning a funeral is hard enough to deal with, let alone worrying about the cost.

# **Total Price for Casket, Complete Service, Stationery/Memory Package and Sales Tax**

Casket Name	Morris-Baker	Appalachian	Savings at Appalachian
Winston 20 Gauge Steel	\$7,758	\$6,329	\$1,429
Essex 20 Gauge Steel	\$8,546	\$6,986	\$1,560
Taylor 20 Gauge Steel	\$9,203	\$7,424	\$1,779
Graham 18 Gauge Steel	\$10,002	\$8,229	\$1,774
Hyacinth 18 Gauge Steel	\$10,714	\$8,738	\$1,976
Addison Stainless Steel	\$12,986	\$10,271	\$2,715
Princeton Copper	\$16,627	\$10,709	\$5,918
Bryce Cherry	\$11,064	\$9,714	\$1,451
Barnwood Oak	\$10,577	\$8,738	\$1,839
Lynnwood Hardwood & Veneer	\$9,592	\$8,366	\$1,226
Beverly Hardwood & Veneer	\$8,875	\$7,643	\$1,232

Morris-Baker prices for services include the following charges taken from their General Price List dated February 12, 2020: Basic Services of Funeral Directors and Staff Overhead-\$2,975, Embalming-\$595, Other Care of the Body-Cosmetology-pressing and/or Casketing-\$295, Use of Facilities and/or Staff for Visitation-\$295, Use of Facilities And/Or Staff For Funeral Ceremony-\$425, Use of Equipment and Staff For Committal Service-\$295, Transfer of Remains to Funeral Home-\$350, Transfer of Remains to Funeral Home-\$350, Transfer of Remains to Funeral Home-\$350, Family Car-\$75,

Morris-Baker prices for caskets include the following charges taken from their Casket Price List dated February 12, 2020: Winston 20 Gauge Steel-\$1,675, Essex 20 Gauge Steel-\$2,395, Taylor 20 Gauge Steel-\$2,995, Graham 18 Gauge Steel-\$3,725, Hyacinth 18 Gauge Steel-\$4,375, Addison Stainless Steel-\$6,450, Princeton Copper-\$9,775, Bryce Cherry-\$4,695, Barnwood Oak-\$4,250, Apache Oak-\$3,695, Lynnwood Hardwood & Veneer-\$3,350, Beverly Hardwood & Veneer-\$3,695, Barnwood & Veneer-\$3,695,

Stationery charge of \$195 as quoted by Morris Baker staff member and on the funeral home website.

Utility Vehicle-\$55 Total Charges-\$5,710

Appalachian prices for services include the following charges taken from their General Price List dated April 17, 2020. Basic Services of Funeral Directors and Staff Overhead-\$2,715, Embalming-\$495,Other Care of the Body-Cosmetology-Dressing and/or Casketing-\$150, Use of Facilities and/or Staff for Visitation-\$300, Facilities, Equipment and Staff for Ceremony-\$400, Use of Equipment and Staff for Committal Service, \$300, Transfer of Remains to Funeral Home-\$425, Transfer of Remains to Final Disposition-\$295, Family Car-No Charge, Utility Vehicle-\$165 Total Charges \$5,245

Appalachian prices for caskets include the following charges taken from their Casket Price List dated April 17,2020:: Winston 20 Gauge Steel-\$990, Essex 20 Gauge Steel-\$1,590, Taylor 20 Gauge Steel-\$1,990, Graham 18 Gauge Steel-\$2,725, Hyacinth 18 Gauge Steel-\$3,190, Addison Stainless Steel-\$4,590, Princeton Copper-\$4,990, Bryce Cherry-\$3,990, Barnwood Oak-\$3,190, Apache Oak-\$3,190, Lynnwood Hardwood & Veneer-\$2,850, Beverly Hardwood & Veneer-\$2,190

All casket sales include complimentary Stationery/Memory Package.

Sales Tax is calculated on taxable items at the rate of 9.5% All prices are rounded to the nearest dollar.



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### **Opinion**

# Thank You Flora Marie... 'The Lady In Purple.'

For better or worse, she helped put me where I am today. She put me on the road to maturity. She gave direction to my life. She showed me responsibility. She brought my lovely wife and me together. She also gave me a 'D' instead of a 'C' in her psychology class.



editor@jcnewsandneighbor.com

Her 'D' grade, which I earned in her first period psychology class at ETSU, allowed the draft board the opportunity to place my name first on the list in the following week's draft board selections. Little did Flora Marie know that her simple 'D' grade would change my life forever. If she had given me a 'C' I would probably be a brain surgeon today.

She was known as "the lady in purple" and taught from 1951 to 1971. Flora Marie walked across campus with a bounce in her step and was a dedicated professional. And she always wore a purple dress. We got to know one another during her 8:05 a.m. first period freshman psychology class not because I was a good student but I was always late to class or AWOL.

She always welcomed me in front of the whole class when I came in late. "Ladies and gentlemen, we have a visitor in class today. Mr. Derby, please take your seat," she would announce.

I begged Flora Marie for a 'C'. I mentioned I could be sent into combat without learning more about psychology. I would never be late to a college class again. She insisted I learn my first difficult lesson of life. It

Thus ended my short-lived first college career. Flora Marie's 'C' grade would have kept me out of the Army but I would have missed the maturing and responsibility that a military opportunity tends to give a young man. I also met my wife while stationed in Atlanta. Without Flora Marie's 'D' grade I would have missed Judy by 300 miles.

Dan Mahoney was our Pi Kappa Alpha president and assigned Cecil Langford as my fraternity big brother. His responsibility was to help me during my first college experience in academics. However, that was not the case. He and I spent more time discussing the relativity of physics of the handy church key rather than psychology. Cecil was a great guy and probably made a high 'C' grade in Flora's class. He was from someplace up near Hicksville, Virginia over near the town of Yahoo from whence the moniker 'them yahoos' comes from.

When I returned to ETSU after military service I finished in three years with a degree in Journalism. I left Flora Marie's psychology 'D' grade on my permanent record forever. I was proud of it even though it lowered my overall GPA.

During the 2004 presidential election there was

controversy over the college grades being released of challenger John Kerry running against President George Bush. Both were Yale grads. I was happy to see John Kerry's college grades released. He had declined to release his grade transcripts until the last moment. I can see why. Kerry who was supposed to be the intellectual candidate while Bush was the guy who had difficulty pronouncing certain words had almost the identical Both were in the 'D' category grade point average. during their freshman years. Bush actually earned better grades in some classes. The president's grades were released in 1999. Kerry received four D's out of 10 classes his freshman year at Yale.

During Yale's graduation ceremonies in 2001 President Bush told the class about his grades. "To those of you who received honors, awards and distinctions, I say, well done. And to the C students - I say, you, too can be president of the United States."

Kerry told the Boston Globe after his grades were released, "I always told my dad that 'D' stood for distinction."

I was in a class of distinguished Americans who garnered the same grade levels.

Flora Marie knew more about me than I did. Why not, she was an expert in human psychology and saw I needed a little more seasoning at my young age than I needed college. Thanks again Flora Marie... "The lady in purple."

# You picked a fine time to leave me Alexa

It started with a boom, and then there were a couple of bangs right after the lights went out. There might have been a crackle or maybe a hiss in there, too, but I can't be sure of it. I was busy trying not to spill my coffee.



news@icnewsandneighbor.com

It was just after 8:30 on Monday morning, right about the time when I usually start sending content to our graphics department so we can start producing the paper. In other words, it was the absolute worst time for a power outage.

This marked the first outage I've experienced since the new Work from Home era launched at the dawn of the coronavirus. Chalk it up as an abnormal event in the New Normal we're living in. All of a sudden, I found myself sitting in front of a blank computer screen. I couldn't Zoom or WebEx. Even Alexa couldn't hear my cries for help.

BrightRidge is so dependable that I can count on one hand the number of power outages I've gone through

since moving to this house nearly 10 years ago. So when an outage does strike, a Buster Keaton movie breaks out as I grope around trying to use items that require electricity, and then stare at them blankly when they don't work. For instance, I was surprised that my second cup of coffee was cold when I poured it into my mug, so I stuck it in the microwave and felt a little foolish when the button didn't spring the machine into action.

Slowly but surely my survival instincts kicked in, and like my forefathers who crossed the uncharted prairie to settle the west, I began to draw upon the resources around me to get some work done. My cellphone has data and does not rely on the incapacitated Wi-Fi, so I used it to send an email to the office letting them know I was alive and well, but unable to send copy and photos.

Then I reached for my iPad, which runs on battery power, and decided to make myself useful by typing this column. I found the glow of its screen comforting in a house full of lifeless gadgets.

I was born in 1979, putting me at the tail end of Generation X. Experts now call my generation the last to have a good feel for what life was like before the Internet. Personally, I didn't have an email address until my freshman year of college and I keenly remember the joys of being out in the world and being completely unreachable. For those who didn't get to experience phones being tethered to the house, there was a lot to be said for it.

But on Monday morning, I became keenly aware of how much easier life is with the technology that has saturated our existence. We have so much knowledge at our fingertips, and we are capable of accomplishing almost anything with a few keystrokes and a swipe of the mouse. The older I get, the more I realize life is a game of give and take. We've lost a good deal of privacy in our digital age, and social media regulates our speech in a manner that would have seemed outrageous 20 years ago.

But we've also gained the freedom to work from almost anywhere at any time. We can connect to loved ones a thousand miles away with ease. The world is smaller, and the possibilities are almost endless.

Monday morning, I realized how dependent I am on technology. But when the lights came on just before lunch, I appreciated the freedom all that technology affords me.

### **Obituaries**

- Amy Elizabeth Willingham, 50, Johnson City, 6/24/20
- Ted James Hamilton, 78, Johnson City, 6/24/20 • Bill G. Smith, 89, Johnson City,
- David Phillip Jones, 87, Johnson
- City, 6/25/20

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- Jimmy Lee Hill, 87, Johnson City,
- Jonesborough, 6/26/20

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# Now&Again | Remembering events from July 1-6



It doesn't get much more patriotic than this - Captain American hanging out with the USO girls during Jonesborough Days back in July of 2016. PHOTO COURTESY OF TOM PARDUE



A group of kids cool off with some refreshing ice cream in front of the Shamrock Beverage and Tobacco Shop in Johnson City back in July of 2013.

# Gov. Lee extends state of emergency to Aug. 29

orders to facilitate the treatment and containment of

COVID-19 through regulatory flexibility, promoting

protecting vulnerable populations.

respectively, to Aug. 29, 2020.

social distancing and avoidance of large gatherings, and

Gov. Lee also signed Executive Order Nos. 51 and

government meetings subject to transparency safeguards

Executive Order No. 50 extends previous provisions that urge Tennesseans to continue limiting activity and

staying home when possible, as well as following health

proximity to others, and employers are urged to allow or

guidelines and maintaining social distancing. People

are urged to wear a cloth face covering when in close

It is recommended that social and recreational

gatherings of 50 or more people are limited unless

adequate social distancing can be maintained. This

there are guidelines for safe operation of worship

directive does not apply to places of worship, for which

services, but it is recommended that virtual or online

services are continued where possible. This directive

also does not apply to weddings, funerals and related

events, but does encourage large-gathering components

The limitation of contact sports with a requirement

require remote work/telework if possible.

and remote notarization and witnessing of documents,

52, which extend provisions that allow for electronic

On Monday, Tennessee Governor Bill Lee signed Executive Order No. 50 to extend the State of Emergency related to the ongoing COVID-19 pandemic to Aug. 29, 2020.

The order allows the continued suspension of various laws and regulations and other measures in these



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of such events.

or substantial likelihood of routine close contact is also included in this order, but collegiate and professional sports conducted under the rules or guidelines of their respective governing bodies are exempt.

With Week 2 of the high school football season set to be played on Aug. 28, this extension of the state of emergency puts the start of the high school season in jeopardy. Training and practicing the elements of contact sports that don't involve close contact with persons is still permitted, but no allowance has been made for high school teams to participate in traditional practice through Aug. 29.

Visitation to nursing homes and other long-term care facilities will remain limited through Aug. 29, and businesses are being asked to comply with the Tennessee Pledge to ensure safe operation. In addition, broad access to telemedicine options is included in this Executive Order.

Executive Order No. 51 extends previous executive orders that allows governing bodies to meet electronically regarding essential business as long as they provide electronic access to the public and meet the safeguards established in that order to ensure openness and transparency. Governing bodies can continue to meet virtually through Aug. 29 to ensure they are able to carry out essential business in a safe, transparent way without creating large gatherings in a confined space and endangering persons, particularly those at increased risk of suffering severe illness from COVID-19, while determinations of how best to return to safe, in-person governmental meetings remain ongoing.

Likewise, Executive Order No. 52 extends previous orders allowing for remote notarization and witnessing of documents, subject to compliance with certain procedures through Aug. 29.

# Flora named new principal at Liberty Bell

Johnson City Schools announced on Wednesday that Dr. Holly Flora has been named the new principal at Liberty Bell Middle School.

Flora, who was named a National Distinguished Principal for Tennessee in 2016 by the National Association of Elementary School Principals, has served as principal at John Sevier Middle School in Kingsport for

the past five years.

"I am extremely humbled and honored to be joining Johnson City Schools," Flora said. "Johnson City is wellknown for excellence, and I look forward to working with the staff, students and families at Liberty Bell Middle School."

Flora also served as principal at Andrew Jackson Elementary School for three and a half years and served for two years as a District-Wide Literacy Coordinator in Kingsport. She was also a teacher in the district for 15 years. She attained



Dr. Holly Flora

her Bachelors of Science in Early Childhood Education and Elementary Education from Milligan College. She also holds a Masters of Early

Childhood Education and an Ed.D. in Educational Leadership and Policy Analysis from ETSU.

"We are excited to have Holly join the Johnson City Schools family," Johnson City Schools Superintendent Steve Barnett said. "We are fortunate to have someone of her caliber join our district, and I am confident that she will be an outstanding leader for Liberty Bell."

Flora is a past president of the Tennessee Principal Association and currently serves as a Tennessee State Representative for NAESP.

### **NOMINATIONS ARE NOW OPEN!**

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The 28th annual recognition of the extraordinary individuals and organizations that go above and beyond the call of duty every day.

To nominate an individual or organization today, email news@bjournal.com or mail to P.O. Box 5006, Johnson City, TN 37602 with a letter of recommendation telling what makes them a Healthcare Hero.

Deadline for nominations is the close of business on July 26.

In addition to recognizing general Healthcare Heroes, five special Cup of Kindness® Awards will be presented from the following categories:

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#### Meritorious Service Award

To an individual who has shown excellence in administration.

#### Support Service Award

To a provider for outstanding assistance in the field of health care.

NEW FOR 2020: Hands of Hope Awards, given to non-healthcare providers whose actions during the COVID-19 crisis assisted in the response.



### **Boys & Girls Club sports registration underway**

#### T-Ball/Coach Pitch

Boys & Girls Club of Johnson City/ Washington County T-Ball/Coach Pitch Registration Now Open (through August 7th)- Age divisions include 3-5 (noncompetitive) and 5-6 (coach pitch/tee format). Age groups determined by age as of 4/30/2020. Registration fee is \$25 plus \$5 yearly sports fee. Registration forms are available at the Boys & Girls Club, 2210 W. Market Street, 8:30-5:30 Monday thru Friday. For more information call 461-4560 or contact Tim Morgan at sports@gokidz.org.

Flag Football Boys & Girls Club of Johnson City/ Washington County Fall Flag Football Registration Now Open (through July 24th)- Boys and girls age 5-12. Age groups determined by age as of 8/31/2020. Registration fee is \$25 plus \$5 yearly sports fee. Registration forms are available at the Boys & Girls Club, 2210 W. Market Street, 8:30-5:30 Monday thru Friday. For more information call 461-4560 or contact Tim Morgan at sports@gokidz.org.

#### **Hutchins** from page 1

excited to get to work on that."

When the month of June rolled around, Hutchins was finally able to start fielding calls and texts from college coaches. MileSplit.com has Hutchins ranked as the No. 9 prospect in the nation in the class of 2022, so Hutchins has spent a lot of time on the phone.

"I've been looking forward to this for a really long time," Hutchins said. "It's exciting to get to choose where you want to go and find out more about each school."

There is plenty of uncertainty ahead for Hutchins. She's hopeful the fall cross country season can take place, but she wonders whether regional and national competitions will be possible. Hutchins has earned All-American honors the last two years at the Foot Locker Nationals in San Diego, finishing ninth as a freshman and fifth as a sophomore.

"We'll be very fortunate if we're able to do that," she said.

With so much up in the air, Hutchins will continue to keep her feet on the ground, taking nothing for granted and making the most of all the opportunities that come her way.



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