

**Sunny Sandos** Johnson City





THE JOHNSON CITY

# NEWS & NEIGHB

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Rocky Mount is now open for the 2020 season with some new tour options and a new slogan - Tennessee Starts Here.



First-person interpretation tours have always been a cornerstone of Rocky Mount's appeal. This year, the historic site is adding two new tours - the Tennessee Heritage Tour and Conversation with the Cobbs.

# **New Chapter**

#### **Rocky Mount offers new** options for 2020 season

Rocky Mount State Historic Site is now open for the 2020 season, building on decades of success with additional types of tours that will highlight how this property and its occupants played a prominent role in Tennessee's development.

Best known as the Capital of the Southwest Territory and the home of William and Barsheba Cobb, Rocky Mount will continue to honor that legacy by offering guests classic first-person interpretation tours. But this year, Rocky Mount has added two others — the Tennessee Heritage Tour and Conversation with the Cobbs — which will enable visitors to experience the history of Rocky Mount and the region from multiple angles.

"Rocky Mount is a jewel that enchants visitors with captivating tours and programs in a beautiful setting, said Cody Boring, Rocky Mount's executive director, who joined the organization in January. "We embrace the rich history of the late 1700s, and have created the new tours because there are so many more details we can share about the importance of Rocky Mount and events of that time period in Northeast Tennessee."

To more fully showcase its part in the historical landscape, Rocky Mount has adopted a new slogan — Tennessee Starts Here — with the tagline "Connect, Grow & Learn about the Roots of the Past."

Tours are available Tuesdays through Saturdays. Rocky Mount began offering the Tennessee Heritage Tours last month, relaunched the first-person tour in July and will introduce Conversation with the Cobbs in August. Further information about the tour types is available on the site's website, www.rockymountmuseum.com.

"Our varied tours, all featuring expert interpreters, will



Rocky Mount has long been a favorite destination for families from around our region and beyond. The site is following stringent safely protocols to ensure it remains a safe, fun destination during the COVID-19 pandemic.

encourage our guests to join us over and over so they can learn more about the breadth and depth of the region's history," Boring said. "We have spent considerable time preparing scripts for these tours and look forward to sharing the information in them with our guests."

Rocky Mount has updated its website with new features. A primary benefit of the revamped website is increased customer convenience with the ability to book a tour and pay for it online. Tour prices are available on the website.

In light of the global coronavirus pandemic, Rocky Mount has enacted safety protocols. The site will observe social distancing at all times, and visitors will need to wear a mask. Rocky Mount will also have hand sanitizer.

Special events are planned again this year, such as the Fall Family Festival and the Candlelight Christmas Tours. The site is still available for weddings and other rental opportunities, such as meetings and retreats.

Rocky Mount is accredited by the American Alliance of Museums. The Rocky Mount Historical Association operates the site under a contract with the Tennessee Historical Commission.

For more information, please call (423) 538.7396 or email info@rockymountmuseum.com. Or visit facebook. com/rockymountmuseum and @RockyMountTN on Twitter and Instagram.

# Local State House candidates respond to Chamber survey

The Chamber of Commerce Johnson City, Jonesborough, Washington County Board, with input from their Governmental Relations Council, is pleased to present the results of their recent survey from candidates for the Tennessee House of Representatives. Candidates for District 6 are: Brad Batt, Tim Hicks, and Micah Van Huss. Candidates for District 7 are: Rebecca Keefauver Alexander and Matthew Hill.

Early voting runs July 17th through August 1st, with Election Day on August 6th. Candidates were asked to limit their answers to 50 words or less.

1. If you are an incumbent seeking re-election, please list your three proudest accomplishments in office?

*Alexander:* N/A

Batt: N/A Hicks: N/A

Hill: "Did Not Respond to Survey" Van Huss: "Did Not Respond to Survey"

2. If you seek to replace the incumbent, please state your three main objectives for your first term.

*Alexander:* We've got to rebuild our brand in Nashville, and that starts with our representation. My three main issues areas are education, agriculture, and small business. We need to pay our teachers better, expand agricultural edu-

cation, and get government off the backs of small farmers and small businesses.

Batt: Expand Medicaid, providing the state \$1 Billion / year in much needed revenue. Ensure that we fully fund public schools, including giving teachers an actual raise. Prioritize economic policy that helps families in Washington County, as almost half today cannot afford to pay their routine monthly bills.

Hicks: First, I would gain respect and build relationships. Second, get on good committees and get to know the Commissioners from Labor and Workforce Development and ECD. Third, work to pair faith-based addiction recovery with pacesetting programs in vocational, agricultural, and technical education so

Tennessee can lead nationally in workforce quality.

Hill: "Did Not Respond to Survey" Van Huss: "Did Not Respond to Survey"

3. How will you collaborate with the Governor's Office and his cabinet to ensure Washington

County/Johnson City/Jonesborough receive their fair share of resources; infrastructure and economic development investments; dollars, technical assistance, etc.?

Alexander: Ultimately it's about building and maintaining relationships with key decision-makers based on

SEE SURVEY, 7

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# Medicine Shoppe celebrates grand opening in Johnson City



The Medicine Shoppe's new Johnson City location celebrated its grand opening with an official Chamber of Commerce Ribbon cutting last Thursday.

Bob Cantler, Chamber President/CEO, welcomed owners, Ashlie and Matthew Epling and their staff. Matthew Epling thanked everyone for the warm welcome to their remodeled pharmacy at 1301 North Roan Street location, "We are only one of two family owned pharmacies left in Johnson City and look forward to serving our new and old customers."

Epling and his wife, Ashlie, have owned the Jonesborough Medicine Shoppe since 2008 and also own the Greeneville, TN Medicine Shoppe.

The Medicine Shoppe celebrated its grand opening last Thursday. From left to right, Ashlie Epling, Owner/Pharmacist; Erica Harvey Pharmacist in Charge; Anna Baggett, Certified Pharmacy Technician; Brian Bevins, Pharmacist; Matthew Epling, Owner; Bob Cantler, President/CEO of the Chamber of Commerce; and Bridget D. Forrester, **Greater Eastern Credit Union.** 

# Grandy issues mask mandate in Washington County

In response to a sharp rise in hospitalizations due to COVID-19, Washington County Mayor Joe Grandy announced a countywide mandate during a press conference in Jonesborough on Monday afternoon.

The mandate states that masks must be worn by people in public places beginning at 12:01 a.m., Tuesday, July 14. Unless extended or repealed, Washington County will remain under this order until Aug. 3.

"After many hours of reflection and consultation with local health officials, I have decided to sign this order requiring face coverings where physical distancing is not possible,"

Grandy said. Johnson City officials reiterated Monday that the Washington County executive order requiring that masks be worn in public applies within the city limits of Johnson City.

"We all need to take responsibility for our lives as well as the lives of others," said City Manager Pete Peterson. "The increase in cases is startling, and the only way to slow the spread is to follow the advice of our health professionals – wash



**Washington County** Mayor Joe Grandy. PHOTO BY DAVE ONGIE

hands frequently, stay 6 feet apart, and wear masks."

In a message to area mayors, Ballad Health stated that between July 6 and Monday the number of COVID-19 patients admitted to its hospitals has grown from 17 to 45 – nearly doubling each week. Currently, 12 COVID-19 positive patients are in the health system's Intensive Care Units (ICUs) and of those, five are on ventilators.

"Numbers like those, along with the fact that we need to flatten the curve without reverting to our previous phases of closure, led us to this point with this requirement," Grandy said. "We don't want to pedal back with closures. We want our

students to be able to return to schools and universities in the fall. We want to keep moving forward."

Governor Bill Lee signed Executive Order 54 on July 3, granting county mayors in 89 counties the authority to issue local mask requirements in the event of a significant rise in COVID-19 cases.

On July 8, Mayor Grandy issued an order requiring masks be worn inside public areas of all government buildings in Washington County. The following day, Chief Justice Jeffrey S. Bivins issued a state-wide order requiring masks be worn in all courts and court clerks' offices, except administrative courts within the Executive Branch, federal courts and federal court clerks' offices in Tennessee.

Pursuant to the Governor's order, the Mayor's face covering mandate includes the following:

- A face covering over the nose and mouth shall be worn by employees and visitors inside businesses, organizations or venues in use by members of the public.
- Children ages 12 and under are not required to

wear a face covering.

- Persons who have trouble breathing due to an underlying health condition or those who have another bona fide medical or health-related reason are not required to wear a face covering.
- Face coverings are not required in situations in which wearing one poses a safety or security risk.

Grandy said on Monday

that local law enforcement will not be asked to police the use of masks in businesses, but businesses do reserve the right to refuse service to anyone not wearing a mask.

The new order is available on Washington County's website, www. washingtoncountytn. org, under the COVID-19 Updates tab.





#### **Family Physicians of Johnson City**



Welcome Michael Mabry, DO

# **ACCEPTING NEW PATIENTS**

303 Med Tech Parkway Ste. 100 (423) 282-5611

# Second Harvest receives nearly \$1 million



Feeding America CEO Claire Babineaux-Fontenot was on hand Monday as Second Harvest of Northeast Tennessee received just under \$1 million in donations. From left, Will Kelly, Second Harvest Board President; Babineaux-Fontenot and Second Harvest Executive Director Rhonda Chafin.



# Health officials urge precautions as COVID-19 cases rapidly increase

Thursday, July 9, marked a grim milestone for the Appalachian Highlands: the highest number of new coronavirus disease 2019 (COVID-19) cases recorded in a single day.

With 94 new cases reported in 21 counties of Northeast Tennessee and Southwest Virginia, officials with Ballad Health are warning community members that not only is COVID-19 continuing its spread, but the pandemic is on the brink of becoming much worse.

"The number of COVID-19 patients in our hospitals is rapidly increasing on a weekly basis," said Dr. Clay Runnels, chief physician executive of Ballad Health. "The disease is spreading more rapidly than ever, and it poses a serious threat to our community. Each of us is at risk, and it's up to each of us to take precautions to slow the disease.

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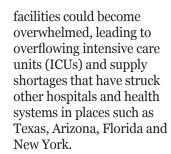
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"If you're clamoring for a return to normal, but not wearing a mask, practicing physical distancing or being hypervigilant about hand hygiene, you're not helping our community reach that goal. In fact, by refusing to take sensible steps to protect yourself and others, you could be causing serious damage to you and those around you."

Dr. Runnels expressed further concern that, with the steep increase of local COVID-19 cases, Ballad Health's hospitals and medical



As of July 9, nearly 20 percent of Ballad Health's ventilators were in use, and the health system's beds were at more than 75 percent capacity. Dr. Runnels and other Ballad Health leaders are now worried that, as the year extends into flu season, the number of people in the Appalachian Highlands who need major healthcare interventions will outpace hospital units' capacities and staffing levels.

"Unless major steps are taken now, by everyone, to

slow COVID-19, we could be facing a situation in which we have to make serious decisions about how we deliver care, and if we're going to be able to provide certain healthcare services for everyone who needs them," Dr. Runnels said. "These kinds of difficult choices might have seemed far-fetched once upon a time, but as the COVID-19 curve climbs higher, that scenario becomes more and more real."

An estimated 5 to 10 percent of people who contract COVID-19 are eventually hospitalized. COVID-19 hospitalizations within Ballad Health have ranged from pediatric patients to the elderly.

"Cases are being found in travelers, college students, large businesses, large group gatherings, churches, athletes and restaurant workers, along with a major increase in unknown community exposure, as the level of the virus in our communities continues increasing," said Jamie Swift, Ballad Health's corporate director of infection prevention.

"The data is very, very real — I called more people to tell them they have COVID-19 on July 9 than I had any other day since the pandemic began. We also have more COVID-19 patients receiving care in our hospitals than at any other point in the pandemic."

Ballad Health leaders also note some people with COVID-19 can remain completely asymptomatic, which can cause them to spread the illness to others without realizing it. Additionally, the virus can have a two-week incubation period, and many people who contract COVID-19 are sick for two weeks or more before being hospitalized, which means data often reflects infections that occur weeks beforehand.



Dr. Clay Runnels, chief physician executive at Ballad Health, called upon folks around the region to do their part in slowing the spread of COVID-19.

PHOTO BY DAVE ONGIE

"What you do now will affect the number of COVID-19 cases and hospitalizations two weeks from now," Swift said. "The virus is very much here, and ignoring the data and warnings will not help us return to normal – it will just push it farther and farther away."

Infection prevention measures encouraged by Ballad Health, the Centers for Disease Control and Prevention (CDC) and other leading health organizations include:

- Avoiding touching your eyes, nose and mouth
- Cleaning and disinfecting frequently touched surfaces daily, such as tables, doorknobs, phones and countertops
- Covering your coughs and sneezes
- Maintaining at least 6 feet of separation from people outside your household
- Monitoring your health daily, paying particular attention for fever, cough or shortness of breath
- Washing your hands often, or using a hand sanitizer that is at least 60% alcohol
- Wearing a cloth face covering at all times in public areas
- If you choose to travel, research your destination, assess the risk and consider quarantining upon your return.

"This is the time for everyone to heed warnings from health and infection prevention experts," Dr. Runnels said. "We can do better in the Appalachian Highlands than other parts of the country. It's not too late to start wearing a mask and taking COVID-19 as the serious threat that it is. Your actions today could help save multiple lives — even your own."

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Casket Name	Morris-Baker	Woodall-Anderson & Dugger	woodali- Anderson & Dugger
Winston 20 Gauge Steel	\$7,758	\$6,029	\$1,729
Essex 20 Gauge Steel	\$8,546	\$6,686	\$1,860
Dean 20 Gauge Steel	\$8,875	\$7,015	\$1,860
Milan 20 Gauge Steel	\$9,203	\$7,124	\$2,079
Carnation 18 Gauge Steel	\$9,313	\$7,234	\$2,079
August 18 Gauge Steel	\$9,422	\$7,343	\$2,079
Graham 18 Gauge Steel	\$10,002	\$7,929	\$2,073
Faith Poplar	\$11,645	\$9,314	\$2,331
Ellington Hardwood & Veneer	\$9,203	\$7,672	\$1,531
Western Poplar	\$9,422	\$7,891	\$1,531

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-Dressing 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 Final Disposition-\$350, Family Car-\$75, Utility Vehicle-\$55 Total Charges-\$5,710

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-\$2,995, Dean 20 Gauge Steel-\$2,695, Milan 20 Gauge Steel-\$2,995, Carnation 18 Gauge Steel-\$3,095, August 18 Gauge Steel-\$3,195, Graham 18 Gauge Steel-\$3,725, Faith Poplar-\$5,225, Ellington Hardwood & Veneer-\$2,995, Western Poplar-\$3,195

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

Woodall Anderson Dugger 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-\$495,0ther Care of the Body-Cosmetology-Dressing and/or Casketing-\$150, Use of Facilities and/or Staff for Visitation-\$200, Facilities, Equipment and Staff for Ceremony-\$200, 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 \$4,945

Woodall Anderson Dugger 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, Dean 20 Gauge Steel-\$1,890, Milan 20 Gauge Steel-\$1,990, Carnation 18 Gauge Steel-\$2,090, August 18 Gauge Steel-\$2,190, Graham 18 Gauge Steel-\$2,725, Faith Poplar-\$3,990, Ellington Hardwood & Veneer-\$2,490, Western Poplar-\$2,690

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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# #SafeWithUs

Your safety is our priority. We are concerned not only with your physical health and safety, but your mental health, as well. During this time of fear and uncertainty, our first response is often to stress and worry – this is natural. Below, you will find some strategies to help you get through this challenging time.

# Managing stress and anxiety



#### It is OK to not be OK:

First, it is OK to state openly that you are scared. When you begin to feel anxious, take a moment to re-focus. Try repeating a simple statement, such as, "I need to let go of things I cannot control," or something else that gives you peace, until the feeling of anxiety decreases.



#### Be mindful:

Be kind to yourself! Give yourself time to clear your thoughts and feelings. Try a quick 7-8-7 breathing technique you can use anywhere: Count to seven while exhaling, inhale while counting to eight, then exhale while counting to seven again.



#### **Know the facts:**

Knowledge is empowering.
Information helps combat unhealthy
"what ifs," and facts allow us to
create a plan. The most recent and
accurate information is provided by
the CDC and local health authorities.



#### **Activity:**

Create structure and a schedule for yourself and your family. Focus on items you have put off, such as reading a book, working in the yard, catching up on house work or watching episodes of your favorite shows. Also, just because you are home, it doesn't mean you can't exercise.



# Limit television and social media:

The constant stream of information related to COVID-19 can cause us to start feeling more anxious and upset. Limit your exposure to the news/social media by setting a time limit per day to listen to the updates.



#### **Nutrition:**

Be aware of your eating habits, as they can impact your mood. Avoid excessive intake of caffeine, alcohol and unhealthy foods. Stay hydrated. Eat a well-balanced diet.



#### **Connect with others:**

Physical distancing and staying at home can create a feeling of isolation. Use electronic resources to connect with family, friends and other members of your support structure.



### Talk to your child:

Be honest. Create an open and supportive environment where children know they can ask questions. Use words and concepts children can understand.

**Be assured,**Ballad Health
is here for you.

Call the **Respond Crisis Hotline** at **800.366.1132** if you or someone else needs behavioral healthcare right away.





# Westminster Presbyterian welcomes new assistant pastor

Rev. Robert "Bobby" Roberts has joined Westminster Presbyterian Church in Johnson City as its new assistant pastor.

Roberts previously served as intern pastor at Ballantyne Presbyterian Church and South Charlotte Presbyterian, both in Charlotte, N.C., where he taught youth programs, Sunday School, Bible study, and young adults as well as helped lead worship. He also interned at Christ the King Presbyterian Church in Raleigh, N.C.

A native of Asheville, Roberts holds a bachelor's degree in environmental science from North Carolina State University in Raleigh. He received a master's of divinity degree this year from Reformed Theological Seminary in Charlotte. He and his wife, Annie, are expecting their first child in September.

"It's great to have Bobby and Annie join our church family," said Rev. Andrew Wyatt, senior pastor. "Westminster has a strong community of faith, and we're excited about the future of our ministry to the community and world missions.

"We welcome visitors to join us in worship," Wyatt added. "We are currently conducting outdoor services in our upper parking lot on Sunday mornings at 8:45 a.m., in compliance with state guidelines. Bring your lawn chairs or worship from inside your vehicle." Sermons are also recorded and available on YouTube.

Westminster Presbyterian Church is a member of the Presbyterian Church in America denomination. For more information about Westminster and the worship service schedule, go to *wpcjc.org* or call (423) 283-4643. The church is located at 2343 Knob Creek Road in Johnson City.



Westminster Presbyterian Church recently welcomed a new assistant pastor, Rev. Robert "Bobby" Roberts and his wife Annie to Johnson City.

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## Mary Duke Cooks! Sassy Southern

Peach Ice cream Pie is a refreshing dessert on a sweltering hot, summer day! The pie mainly uses grocery store items like ice cream, caramel sauce and toffee bits. The crust uses ice cream cones and comes together quickly in the food processor. I like that it can be made in advance and served any time of day!



Online at marydukecooks.com

Peach Ice Cream Pie with Caramel Drizzle and Crunchy Toffee Bits Crust:

- 2 1/2 ounces sugar or waffle ice cream cones, broken into pieces
- 1/2 cup Bits O' Brickle Toffee Bits without chocolate
- 3 tablespoons butter, melted

In a food processor with a metal blade, process ice cream cones and toffee bits until coarsely chopped. Drizzle with butter and process briefly to combine. Press crust onto bottom and up sides of a 9-inch pie plate. (I use a 1/2 cup dry measuring cup for pressing crust.) Freeze at least 30 minutes to harden. Tip: Ice cream cones come in different sizes. Go by the ounces to get the right amount.



• 1 carton peach ice cream (I use Breyers)

Scoop ice cream, using

an ice cream scoop, into prepared crust. Gently press ice cream with a spoon to remove air pockets. Smooth top.
Freeze, covered overnight.
Before serving garnish with

#### Garnish:

• 1-2 tablespoons caramel ice cream topping

toppings (see below).

• 2 tablespoons Bits O'



Brickle Toffee Bits

Whipped cream1 fresh peach, peele

• 1 fresh peach, peeled and sliced

Remove pie from freezer. Drizzle with caramel. Swirl whipped cream decoratively on top. Sprinkle with toffee bits and decorate with peaches. Makes 1 pie.





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We, the residents, are very blessed to be living in Everlan! The entire staff goes above and beyond to ensure that we are safe and happy. The meals are comparable to a 5-star restaurant. This community is like living in a first-class resort.

-Barbara H.

#### EVERLAN

of JOHNSON CITY

### **OPINION**

# Just for fun....we need a laugh!

Compiled

by Bill

Derby

Publisher

#### **Just Get It Over With,** Doc!

The Beckers' were shown into the dentist's office. where Mr. Becker made it clear he was in a big hurry.

"No fancy stuff, Doctor," he ordered. "No gas or

editor@jcnewsandneighbor.com needles or any of that stuff.

Just pull the tooth and get it over with."

"I wish more of my patients were as stoic as you," said the dentist admiringly. "Now, which tooth is it?"

Mr. Becker turned to his wife Margaret. "Show him your tooth, Honey."

#### **Camping Stars**

The Lone Ranger and Tonto are camping in the desert, they set up their tent, and are asleep. Some hours later, The Lone Ranger wakes his faithful friend.

"Tonto, look up at the sky and tell me what you see." Tonto replies, "Me see millions of stars."

"What does that tell you?" asks The Lone Ranger. Tonto ponders for a minute. "Astronomically speaking, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, it tells me that Saturn is in Leo. Time wise, it appears to be approximately a quarter past three. Theologically, it's evident the Lord is all-powerful and we are small and insignificant. Meteorologically, it seems we will have a beautiful day tomorrow."

"What it tell you, Kemo Sabi?"

The Lone Ranger is silent for a moment, and then speaks.

"Tonto, someone has stolen our tent!"

#### **Customer Conditions**

A customer was continually bothering the waiter in a restaurant - first, he'd asked that the air conditioning be turned up because he was too hot, then he asked it be turned down because he was too cold, and so on for about half an hour.

Surprisingly, the waiter was very patient, he walked back and forth and never once got angry. So finally, a second customer asked him why he didn't throw out the pest.

"Oh I don't care," said the waiter with a smile. "We don't even have an air conditioner."

#### **Last Call For Heaven**

Father Murphy walked into Fitzgerald's Pub and said to the first man he met, "Do you want to go to heaven?" The man said, "I do, Father." The priest said, "Leave this pub right now!"

He then approached a second man. "Do you want to go to heaven?"

"Certainly, Father," was the man's reply. "Then leave this den of Satan!" said the priest.

Father Murphy then walked up to O'Toole and asked, "Do you want to go to heaven?"

O'Toole replied: "No, I don't Father."

The priest looked him right in the eye and said, "You mean to tell me that when you die you don't want to go to heaven?"

O'Toole smiled, "Oh, when I die. Yes, Father. I thought you were getting a group together to go right now."

#### **Broker Potential**

While the brokers were busily calling potential customers to drum up business, the president of the firm stopped to eavesdrop on a new employee. He listened as the young man talked eight consecutive contacts into moving their stock portfolios to him.

The boss approached the young man and said, "I've been listening in, and I must say I'm impressed with your ability. Where did you learn so much about talking to investors?"

"Yale, sir," the young man answered.

Impressed, the boss said, "Oh, that's fine, just fine. And what's your name?"

"Yackson," he replied.

#### **Lazy Boy Decliner**

A man told his doctor that he wasn't able to do all the things around the house that he used to do.

When the exam was complete, he said, "Now, Doc, I can take it. Tell me in plain English what is wrong with me."

"Well, in plain English," the doctor said, "you're just lazy."

"Okay," said the man. "Now give me the medical term so I can tell my wife."

# Hello from Hogan Holler: Mom's Biscuits and Rhubarb Pie

"David, if you want biscuits tomorrow morning, you'll have to go to Hardee's. I've quit cooking." When Mom told me that, I felt like I'd been hit in the head with a



Turns out, she'd recently had a couple of bad cooking experiences, leaving a burner or the oven on, and smartly, she decided it was time to hang up her apron. That decision also meant no more of her rhubarb pie.

Most anyone will tell you their mom is the greatest cook who ever lived. I wouldn't go quite that far in describing my mom's cooking, but when it comes to her biscuits and rhubarb pie, she had no peer. (Although we called it pie, her dish was more like rhubarb cobbler or dumplings.)

Mom lived, mostly alone, for 10 years after Dad died. Once each month on a Friday afternoon, I traveled the three hours from Johnson City, where I lived at the time, to her home in Athens, Tennessee for the weekend. Fueled by thoughts of Mom's biscuits and rhubarb pie, I was probably guilty of traveling the interstate well beyond the speed limit.

What made Mom's biscuits so good? In addition to

taste, texture is vital for a good biscuit. Mom's broke apart easily, without crumbling, which is especially important if you're going to add a slice of country ham or some jelly or honey in the middle. My daughter Gina, also a big fan of her Granny's biscuits, says they were, at the same time, both dense and fluffy. And they were, oh, so tender!

Years ago, I asked Mom the secret to her biscuits. I remember three things she told me: use White Lily flour, buttermilk, and don't press too hard on the rolling pin or they'll be tough.

And as to taste, Gina and I agree ... indescribable! After I'd left home, Mom and Dad moved over the mountains from Western North Carolina to Athens. One of Mom's biggest disappointments there ... the temperatures too warm to grow rhubarb! So, for years, I took rhubarb to her from Johnson City, where it thrived. She filled the

After a few years of being gifted rhubarb by friends, I decided to grow my own. It's best, after planting the crowns, to give the patch time to get well established by waiting until after the third year for the first harvest. I duly waited and then bragged to Mom that I'd be bringing her rhubarb I'd grown myself.

freezer and always had rhubarb pie when I visited.

My patch was along a fence line just outside my lawn.

While I was on vacation, a friend mowed my yard, and not being familiar with rhubarb, he thought it was a patch of weeds. He weed-whacked the stalks right to the ground!

Technically, rhubarb is a vegetable, but it's most often cooked like a fruit in the U.S. So in a 1947 legal controversy over tariffs on rhubarb, a New York court declared it a fruit. Thus, while the tomato is a fruit masquerading as a vegetable, rhubarb is a vegetable posing as a fruit.

Either way, when Mom combined it with just the right amount of sugar, just the right amount of dough, a touch of cinnamon, and whatever other ingredients she used, her pie had a heavenly more-ish taste.

When Mom and I are reunited in Heaven, I'm hoping she'll greet me with a plate of biscuits in one hand and a dish of rhubarb pie in the other. In the meantime, Haywood County, North Carolina, where I now live, is fertile ground for growing rhubarb, so I'm starting me a patch. Hopefully, I'll be able to keep the weed-whackers away.

After 57 years in the radio industry, Dave Hogan is enjoying his retirement in North Carolina. He'd love for you to say 'howdy' to him via email: davealtonhogan@ gmail.com.

# Tennesseans volunteer to work polls, more needed

Since the Secretary of State's office launched a new statewide poll official recruitment campaign in June, thousands of Tennesseans have stepped up to serve in the August 6 State and Federal Primary and County General Election.

"I am encouraged by how many students and young adults have applied to serve as poll officials," said Secretary of State Tre Hargett. "A successful election would not be possible without these Tennesseans choosing to serve in their community."

It's not too late to apply. Many counties still need more Tennesseans to serve as poll officials.

Poll officials perform many critical tasks at polling sites. This includes greeting and processing voters, answering questions and explaining how to cast a ballot. Poll officials are also responsible for counting absentee by-mail votes.

"For months, county election commissions have been working and planning for a safe and secure election," said Coordinator

of Elections Mark Goins. "But they can't put these plans into action without poll officials to be the eyes, ears, hands and feet on the ground at polling sites." Poll officials will be provided with personal protective equipment including masks, gloves, gowns and face shields. Poll officials will be required to wear a face covering and receive training on social distancing and other protective measures.

Poll officials are compensated for working during early voting, on Election Day, and attending any required training sessions.

Qualifications to be a poll official:

- Be a registered voter if 18 or older
- Be at least 16 years old • Not be a candidate or
- close relative of a candidate • Be able to read and write in the English lan-

The following government employees can also serve as poll officials:

• City, County or Metro employees, unless working directly under the supervision of an elected official

on the ballot • State of Tennessee employee

• Federal employees - consult your Human Resources department to

ensure eligibility Any Tennessee voter is eligible to apply, regardless

of political affiliation. Early voting starts this Friday, July 17, and runs Monday to Saturday until Saturday, Aug. 1. Election Day is Thursday, Aug. 6.

For more information and to sign up to become a poll official, visit GoVoteTN.com.



**HOURS:** 

9 am - 5 pm

**TUES & THURS:** 

9 am - 7 pm

SAT 9 am - noon

**Jonesborough** 

**Johnson City** 

Gray

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# Survey

#### from page 1

credibility and respect. "Dig your well before you're thirsty." There are no shortcuts to listening, learning, researching, and preparing our case for projects like public water and rural broadband access that are worthy of Tennessee's investment.

*Batt:* I'd advocate for an economy that works for all Tennesseans-not just our major metropolitan areas. We need sound and strategic investments in education, health care, and our economy across the state. It's time to put our "rainy day fund" to work.

*Hicks:* I would first prove that we need resources for the project. Then I would show the economic impact it will have for our area. Then I would go to work encouraging leadership that the hardworking people of Washington County/ Johnson City deserve the project. It's all about relationships and respect.

Hill: "Did Not Respond to Survey" Van Huss: "Did Not Respond to Survey"

#### 4. How do you address regionalism efforts while respecting district-specific needs?

Alexander: Regionalism doesn't mean that we wash out the distinctions of our individual districts. This will require broad and active engagement from our county, city, and state officials as well as large and small businesses, farmers, and even educators. Perhaps vocational, agricultural, and technical education efforts can be a focal point.

*Batt:* Being a good neighbor is essential to regionalism efforts. We can prioritize district and county needs while still ensuring that our neighboring communities are thriving as well.

*Hicks:* All of our communities have their strengths and weaknesses, and I will build relationships around the region with other legislators, but also local government officials, and most importantly, the business community. Regionalism must be a bottom-up, inclusive effort. It simply cannot succeed if it is imposed from the

Hill: "Did Not Respond to Survey" Van Huss: "Did Not Respond to Survey"

#### 5. Do you support TennCare expansion use of telehealth services?

Alexander: Yes. The coronavirus crisis exposed many government regulations and restrictions that don't make much sense. Tele-health probably saved lives during the lockdowns by maintaining medical care while limiting exposure to the contagion. It also lowers cost for both patients and providers, improves flexibility, and expands access, especially for rural patients.

Batt: Absolutely. Telehealth will become more and more commonplace, allowing patients to receive critical medical assistance

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from their homes. This helps everyone, including our poorest households, to overcome travel logistics and costs.

*Hicks:* Of course, yes, without a doubt. Telemedicine lowers the risk of infection and rehospitaliza-

tion and saves time and money, resulting in improved population health. According to NCBI, "At least 38 percent of in-person visits, including 27 percent of emergency department visits, could be remotely delivered by qualified professionals through telemedicine."

Hill: "Did Not Respond to Survey" Van Huss: "Did Not Respond to Survey"

#### 6. As the State looks at budget shortfalls, should the state use rainy day funds, federal stimulus grants, major budget cuts and/or some other funding streams to account for these shortfalls?

*Alexander:* Reserve funds and budget cuts are exactly what most small businesses and families are having to do. As we struggle to restart our economy, now is certainly no time for tax increases. There are no shortcuts to successful financial management and economic growth.

*Batt:* We absolutely must put some of our approximately \$1 Billion in "rainy day funds" to work for us. We need to make strategic investments today that will pay off down the road with increased household incomes, more tax revenue, and a higher qualify of life for all Tennesseans.

*Hicks:* Tennessee has a bipartisan tradition of the state government doing some belt-tightening when families and businesses are having to do the same thing. Governor Lee's planned budget reductions and use of reserve funds is a responsible approach that will help Tennessee stay on the right track.

Hill: "Did Not Respond to Survey" Van Huss: "Did Not Respond to Survey"

#### 7. What strategies do you propose or support to improve rural access to broadband and other communication modalities?

Alexander: Coronavirus has highlighted the "digital divide" that leaves rural residents behind. We have seen many programs targeting this, but we need a representative who will work with providers and regional partners and all levels of government to extend broadband by expanding existing efforts to close the gap.

*Batt:* We must treat the internet as the essential utility that it is. We need to ensure that our rural areas are prioritized and that everyone in our region has access to highspeed broadband internet. This helps our economy, public education, and health care.

Hicks: This will be a priority for me. I understand this needs to be a collaborative involving county, city, state, and federal dollars. I would not stop until we have broadband over the entire county. Getting everybody connected could be a major first step toward regionalism.

Hill: "Did Not Respond





to survey"





**Hicks** 



Hill

Van Huss

Van Huss: "Did Not Respond to Survey"

#### 8. What vulnerabilities has the Covid-19 pandemic exposed and how should state government address them?

*Alexander:* The coronavirus crisis endangered our food supply chains. Even the smallest farmers often have to ship their livestock hundreds of miles to a federal facility just to sell it just a mile away. Tennessee should oppose this unconstitutional federal overreach and let local farmers and grocers do commerce.

Batt: COVID19 exacerbated an already-fragile economy with 40% of those making under \$40,000 losing their jobs and others facing reductions in hours and pay. We should have immediately invested some of our "rainy day fund" to keep people and our economy afloat. The state's response has been lacking and insufficient.

*Hicks:* Our region's health care system responded excellently and proactively addressed many vulnerabilities. The coronavirus crisis proves to me why government should be more local. When something like this hits, it's not one-size-fits-all. Areas like ours could have kept the economy going better than bigger cities.

Hill: "Did Not Respond to Survey" Van Huss: "Did Not Respond to Survey"

#### 9. What opportunities do you envision for improvement of access to healthcare in rural communities?

Alexander: We can start by making Tele-health and scope-of-practice deregulation permanent. They have saved time, money, and lives during the pandemic. Also, I fully support reforming and minimizing the Certificate of Need process to allow greater competition to make healthcare services more accessible and more affordable.

**Batt:** Rural hospitals are shutting down across Tennessee. Locally, we have a single, monopolistic provider. Neither of these benefits Tennesseans. We need to make investments in basic health care for all Tennesseans, including the straight-forward step of expanding Medicaid, bringing in \$1BN/year in much needed health care revenue.

*Hicks:* I would like to see cost-saving incentives from insurance companies for those that practice good health, and we need to overhaul the antiquated certificate of need system. The Mercatus Center estimates Tennessee would have 25 more rural hospitals without CON laws. Let's get real on health care costs.

Hill: "Did Not Respond to Survey" Van Huss: "Did Not Respond to Survey"

#### 10. How would you address our severe substance abuse problem?

Alexander: Addiction is a medical, psychological, and spiritual issue, and government programs have failed to fix it. As Governor Lee says, "We cannot incarcerate someone out of addiction." The state should focus on mental health and empowering churches and communities to give non-violent addicts a path back into the workforce.

Batt: We must address substance abuse as the medical condition that it is, rather than as a criminal act. Instead of wasting money incarcerating addicts, we should make investments into programs that promote recovery and rehabilitation. We'll not only save money, we'll be saving lives.

*Hicks:* Let's start by getting government out of the addiction recovery system. We the people can fix our greatest problems. Faith-based recovery programs with job and life skills training and a path to a good job give folks in recovery real hope and a reason to keep going.

Hill: "Did Not Respond to Survey" Van Huss: "Did Not Respond to Survey"

#### 11. Why are you seeking this office?

Alexander: Growing up on a dairy farm, teaching in public schools, representing a Fortune 500 company in negotiations overseas, and helping run a small business have prepared me to provide real leadership that puts public service ahead of politics so Washington County's star can shine even brighter.

Batt: I think Tennessee deserves better. We deserve an economy that allows everyone to get ahead, access to health care, and educational opportunities for all. I've run a small business for 20+ years. I've made a payroll. I understand how to listen to people and then get the job done.

*Hicks:* After years running Hicks Construction, I'm running to give Washington County a Fresh Start in our representation. That starts with a different attitude and approach to public service that's based on hard work and common sense, not political grandstanding.

Hill: "Did Not Respond to Survey" Van Huss: "Did Not Respond to Survey"

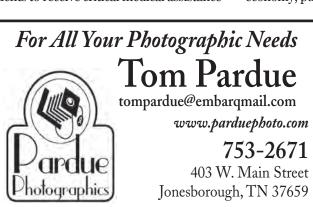
#### 12. How will you work with the Chamber on matters of importance to business and the community?

Alexander: I will continue to be a member of the Chamber and will make myself available to anyone who wants to talk about any issue. Every phone call will be returned.

Batt: Locally, I've already been involved with organizations such as Startup Tri-Cities (now Founders Forge) hosting events such as pitch competitions and small business festivals. I'd enthusiastically work with the Chamber, as well as in Nashville, on any programs that helped businesses and workers in our region.

Hicks: First I will be a member, and my door will always be open, but more importantly, I will actively seek to listen to our business community in Washington County and regionally.

Hill: "Did Not Respond to Survey" Van Huss: "Did Not Respond to Survey"





# Johnson City Police chief announces multiple promotions



**Debbie Botelho** 

Johnson City Police Chief Karl Turner on Tuesday announced seven recent promotions within the department. The promotional process consists of a written test, job-specific written exercises, and an assessment/interview. In addition, candidates' work histories are evaluated and points are awarded for education level.

"These men and women represent the level of service and professionalism we strive for at the Johnson City Police Department," said Chief Turner. "They are proven leaders who are dedicated to our community, and I am proud to serve alongside each of them."

Debbie Botelho, who joined the department in 1987, has been promoted to deputy chief of police. During her time with the department she has served as a patrol officer, criminal investigator and watch commander. Botelho has also authored grants for the department and served as the administrator for several United Way fundraising programs. Most recently she served as the administrative major for JCPD.



**Matt Howell** 

Botelho graduated from the Northwestern University Traffic-Institute School of Police Staff and Command and holds degrees from Walters State Community College in public safety and criminal justice. She completed her bachelor's degree at East Tennessee State University and also graduated from the FBI National Academy.

**Brian Rice,** who has served as interim operations major since September 2019, has been promoted to administrative major. Rice has been employed by the Police Department since 1995, and also has five years of prior law enforcement experience. During his tenure with JCPD, Rice has served in a number of capacities: public safety officer, field training officer, investigator, Special Weapons and Tactics (SWAT) team member, assistant platoon watch commander, watch commander, and as the officer-in-charge of the Department's Explosive Ordnance Disposal Unit (Bomb Squad). He graduated from the Hazardous



**Brian Rice** 

Devices School at Redstone Arsenal, Huntsville, Ala., in 2001. Most recently, he oversaw the Internal Affairs

Division as captain. He is a graduate of both the Southeast Command and Leadership Academy (UT-Chattanooga) and the 241st Session of the Federal Bureau of Investigation's National Academy (University of Virginia). Rice will receive his bachelor's degree in criminal justice from Bethel University in August.

Rice was honored as the Police Department Outstanding Team Member for the City of Johnson City in March 2005. He previously served on the Governor's Homeland Security Support Element and as a member of the FBI Joint Terrorism Task Force.

Matt Howell has been promoted to operations major. A graduate of East Tennessee State University, Howell began his law enforcement career with the Greensboro, N.C., Police Department in 1989 before joining the JCPD in 1991.

During his time with the department, Howell has served as a public

safety officer, field training officer and criminal investigator. Most recently, he oversaw the Criminal **Investigations Division** as captain. In addition, Howell has served as a polygraph examiner since 1998 following his graduation from the Argenbright International Institute of Polygraph. He is also a graduate of the FBI National Academy.

**Kevin Peters**, who has worked in the Criminal Investigations Division since 2007, has been promoted to Captain and will serve as the Criminal Investigations Division Commander. A Johnson City native, Peters started with the JCPD in 1991. In addition to the Criminal Investigations Division, he has also worked in the Operations Division as well as the Community Policing Unit. Peters holds a bachelor's degree in criminal justice from ETSU and is also a graduate of the Northwestern University's School of Police Staffing and Command.

Eric Dougherty has been promoted to captain of Platoon 2. Dougherty attended ETSU and completed his field experience with the JCPD in 1993. Hired by the department that same year, Dougherty has served as a field training officer with the SWAT team and the K9 unit. Additionally he has served as the SWAT team commander as well as the sergeant for the K9 unit and the special investigative squad in the Criminal Investigations Division. Prior to the promotion, Dougherty was the

lieutenant for Platoon 1. Mike Adams has

been promoted to lieutenant for Platoon 1. Adams spent four years in the United States Marine Corps. He graduated from Walters State Police Academy and began his career with the Johnson City Police Department in 2001. Adams spent nine years as a patrol officer before being assigned as an agent of the First Judicial District Drug Task Force, later becoming its director. In 2015, he was promoted to the rank of sergeant and patrol supervisor prior to his reassignment as sergeant in the Criminal Investigations Division. Prior to his promotion to lieutenant, he served as the supervisor of the special investigation squad within CID, a position he held since 2019. Addition-

ally, Adams served on the

SWAT team for 11 years. Keith Sexton has

been promoted to lieutenant for Platoon 2. Sexton began his career in law enforcement with the Washington County Sheriff's Office in 1991. During his time with WCSO he served as patrol officer, K9 officer, SWAT team commander, Drug Enforcement Administration (DEA) Task Force officer, sergeant and lieutenant. He joined JCPD in 2008 and has held a number of roles within the department. He has served as a patrol officer, investigator, DEA Task Force officer, training unit supervisor, SWAT Team commander, certified Hazardous Devices Technician and Bomb Squad Commander. Sexton holds a bachelor's degree in criminal justice from Bethel University.

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## FORECLOSURE NOTICE OF SALE

WHEREAS, on January 20, 2007, JOSEPH A. ECCLES executed a deed of trust to LENDERS TITLE & ESCROW, LLC, Trustee, to secure a promissory note of even date therewith in the original principal amount of \$58,285.02, payable to the order of CAROL MULKEY and husband, LONNIE D. MULKEY (now deceased), and other sums, as more particularly described therein, said Deed of Trust being of record at Roll 537, Image 1217, in the Register's Office for Washington County, Tennessee, to which reference is here made; and

WHEREAS, by Appointment of Successor Trustee dated May 1, 2020, of record at Roll 1015, Image 943, Register's Office for Washington County, Tennessee, the undersigned was named Successor Trustee; and,

WHEREAS, default has been made in payment of the aforesaid promissory note, secured by the deed of trust, and the owner and holder of the aforesaid promissory note has declared the unpaid balance of the aforesaid promissory note immediately due and payable and has directed the Trustee to foreclose the deed of trust.

THIS IS TO GIVE NOTICE THAT BILLIE J. FARTHING, a resident of Washington County, Tennessee, as Substitute Trustee, pursuant to the aforesaid deed of trust, will on the 6th day of August, 2020, at 11:00 A.M., EDST, in front of the old Courthouse door at 100 E. Main Street. Jonesborough, Washington County, Tennessee, proceed to sell at public auction, for cash, to the highest bidder (10 % deposit due on day of sale, balance due in full at closing within 15 days from date of sale, purchaser to pay all recording fees and taxes, title examination, settlement fees, and all costs of conveyance including preparation of a substitute trustee's deed) and in bar of the equitable and statutory rights to redemption, and subject to any and all taxes and any and all assessments, any and all prior encumbrances, leases, easements, and all other matters which take priority over the Deed of Trust under which this foreclosure sale is conducted. Any notices required to any governmental agency is being given to them, and the sale will be subject to the governmental entities' right to redeem the property, all as required by 26 U.S.C. 7425, T.C.A 67-1-1433, and 28 U.S.C. 2410 (c). The notice requirements of T.C.A. 35-5-101 et. seq. have been met.

The following described real estate as set forth in said Deed of Trust, to wit:

SITUATE, lying and being in the 5th Civil District of Washington County, State of Tennessee, as follows:

BEGINNING at a metal pin in the easterly margin of Conklin Road, corner to property conveyed to Squibb; thence with the line of property conveyed to Squibb, South 72 degrees 53 minutes East 200 feet to a metal pin; thence South 17 degrees 03 minutes West 200 feet to a metal pin, corner to property conveyed to Richards, et al; thence with the line of property conveyed to Richards, et al. North 72 degrees 53 minutes West 200 feet to a metal pin in the margin of Conklin Road; thence with the margin of Conklin Road, North 17 degrees 03 minutes East 200 feet to the place of BEGINNING, containing 0.92 acres, more or less.

BEING the same property conveyed to JOSEPH A. ECCLES by deed of record from CAROL MULKEY and husband, LONNIE D. MULKEY dated January 29, 2007, of record at Roll 537, Image 1215, in the Register's Office for Washington County, Tennessee, to which reference is here made for a more full and complete description thereof.

Street Address: 662 Conklin Road, Jonesborough, TN 37659. Map 082, Group -, Control Map 082, Parcel 105.05.

The equities and rights of redemption, homestead, dower, and all other rights or exemptions of every kind are expressly waived in the deed of trust. The sale will be made as Trustee only, without covenants of seizen or warranties of title, subject to any unpaid taxes and assessments owing on the property and subject to all liens, all easements, covenants, conditions, encumbrances, restrictions and other matters that exist having priority over the lien created by the subject deed of trust.

The proceeds derived from the sale of said property will be applied toward payment of the indebtedness, including interest and attorney's fees secured by said Deed of Trust, and the balance if any, to be paid to the parties legally entitled. The sale held pursuant to this notice may be rescinded at the Trustee's option at any time. The right is reserved to adjourn the date of the sale to another date, time and place certain without further publication, upon announcement of the time and place for the sale set forth above.

No liens or claimed liens of the United States are identified pursuant to Tenn. Code Ann. §35-5-104(a) with respect to which notice is required to be given to the United States in order for the sale of the land advertised not to be subject to such lien or claim of lien of the United States.

No liens or claimed liens of the State of Tennessee are identified pursuant to Tenn. Code Ann. §35-5-104(a) with respect to which notice is required to be given to the State of Tennessee in order for the sale of the land advertised not to be subject to such lien or claim of lien of the State of Tennessee.

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# Pair of Daniel Boone athletes sign on to play in college



Daniel Boone baseball player Colby Backus signed to play for Walter's State during a ceremony at the school last week.



Daniel Boone's Jaycie Jenkins signed on to continue her basketball career at Milligan College during a signing ceremony last week.

# ETSU presents 2020 **Distinguished Staff Awards**

Seven individuals were honored by the East Tennessee State University Staff Senate in the presentation of the 2020 Distinguished Staff Awards.

Outstanding staff members are nominated by their peers for these awards, which include a \$2,000 check provided by the ETSU Foundation and an en-



graved recognition memento from the Staff Senate.

Awards are presented annually to staff members whose performance of assigned tasks, positive attitude in working with others, commitment to the university community, and exercise of extraordinary courage deserve recognition and inspire other employees.

The 2020 winners, who were recognized in a special ceremony earlier this month, were:

Leah Adinolfi, associate dean of students in Student Life and Enrollment, is recognized for the critical roles she played in both the renovation of ETSU's D.P. Culp Student Center and the university's response to the COVID-19 pandemic. Adinolfi was a member of the Culp Center construction leadership team and several of its subgroups throughout the project before assuming principal leadership responsibility for the completion of the project. She chaired the Culp Center reopening committee and coordinated the week-long grand opening celebration. Adinolfi's nomination also praises her for her work as the university's liaison with Sodexo Dining Services in the face of COVID-19. In that role, she helped ensure that food service operations were maintained and social distancing practices were observed for students who

remained on campus. Beth Skinner, who joined the university in January 2017, is the first person to serve as supervisor of the Department of Theatre and Dance Costume Shop, which her nominator calls "an important and impactful artistic learning laboratory." Skinner supervises 20-30 student workers in the lab, as well as onstage and backstage during



ETSU honored seven dedicated employees with Distinguished Staff Awards earlier this month. From left, Maria Kalis, Teresa Williams, ETSU President Brian Noland, Beth Skinner, Mike Orr, Lisa Fields, ETSU Staff Senate President Candy Massey, Jennifer Mayberry and Leah Adinolfi.

productions, in the creation and fitting of hundreds of actor costumes each year. Her nominator praises her for developing strong, positive relationships with all of the faculty, staff and students in the department and for putting the interests of the students first. "Maintaining positive professional working relationships is particularly important in Theatre and Dance because our work is so collaborative," her nominator wrote. "These collaborative efforts in the Costume Shop can be extremely sensitive and challenging because the work can be so personal. Beth Skinner handles this aspect of her job superbly."

Teresa Williams, who joined the ETSU staff in 1997, is described as "the heart and soul of advisement at ETSU." As director of University Advisement, Williams provides support for ETSU's academic advisors, giving them information and resources they need. She invites colleagues and faculty from across campus to share information on new developments, courses and degree programs that advisors may pass along to the students. "Teresa leads with her heart and treats everyone around her, staff and students alike, with compassion," her nominator wrote. "She never has a harsh word for anyone, and she approaches every challenge with calm and empathy. In short, Teresa supports us advisors so that we can support students so that students can go on to

do great things." Lisa Fields, assistant director of Postal and Passport Services at ETSU, has been employed by the university for over 31

years. Fields ensures that all supplies are ordered to maintain optimal efficiency in the various sections of postal mail, Passport and Photo Services, mail sorting, and delivery and bulk mail and print services. When the university determined that Postal and Passport Services would take over the process for getting all print jobs approved, processed or printed for the campus in 2018, Fields successfully assumed additional duties. She was also instrumental in coordinating and working with dozens of contractors in the renovation of the Culp Center, and particularly the Postal and Passport Services area. In addition, Fields played a vital role in making sure that Postal and Passport Services remained open every day and fully operational even with reduced staff when COVID-19 forced almost the entire campus to

work from home. Maria Kalis, executive aide in the ETSU Department of Chemistry, is praised for her commitment to her colleagues and students, her efficiency and her customer service skills. As stated by her department chair, Kalis "entered a tumultuous situation with a green, new Chair, no continuity, and no institutional knowledge within the department. Maria had to learn or invent almost everything for herself, and she has done a remarkable job of it, bringing competency and professionalism to all the routine administrative tasks (and) displaying tremendous initiative in making things better." In addition to reorganizing the office and working on promotional materials, web sites, social media and

other outreach efforts, Kalis demonstrates exceptional kindness to others.

Jennifer Mayberry began her career in ETSU's Department of Public Safety 12 years ago in the patrol division. After being promoted to investigations, she assumed duties as the department's first accreditation manager and ensured that the department received its initial accreditation in 2013. She has also served as grant manager, helping the Department of Public Safety to receive at least \$5,000 in grant funding each year since 2010, including \$15,000 in 2011 to aid in the purchase of a new police vehicle and \$15,000 in 2015 that allowed the purchase of new equipment. In addition, Mayberry has been the department's training officer since 2015, ensuring that each officer meets the required state standards to maintain certification. She assists with Rape Aggression Defense programs, continues her work in investigations, and serves as the department's liaison with the Tennessee Highway Safety Office and as a member of the Tennessee Incident Based Reporting System Board.

The 2020 Career Award was presented to Mike **Orr** of the Department of Public Safety. Orr has been a member of the department for over 28 years, working his way up to the rank of lieutenant. In this role, he is over patrol and investigations, and through the years, he has worked or assisted in all types of calls imaginable. Orr is praised for his dedication to the Department of Public Safety and for insisting on positive attitudes during times of transition.

#### NOMINATIONS ARE NOW OPEN!



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

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Selected Varieties **Gatorade** 

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