



DERMATOLOGY ASSOCIATES
Accepting New Patients!
Dr. Kelley Ramsauer
 2885 Boones Creek Rd Johnson City
 (423) 928-9014 www.tricityderm.com

A debit card that earns rewards.
 Yep, you read that right.
 Earn rewards just by using our debit card.

KNOXVILLE TIA EMPLOYEES CREDIT UNION

Federally Insured by NCUA. Debit card must be used as "CREDIT" to earn rewards. CREDIT transactions will not earn rewards when processed on a debit network. KTYAEDU assumes no liability for transactions processed by the merchant on a debit network. Available to qualifying Members. Some restrictions may apply. Ask for details. UChoose Rewards is a registered trademark of Fiserv, Inc.

THE JOHNSON CITY
NEWS & NEIGHBOR

VOL. 23 | ISSUE 25 | SEPTEMBER 16 - SEPTEMBER 22 | OFFICE: 423-979-1300 | CIRCULATION: 423-282-0051 | EMAIL: NEWS@JCNEWSANDNEIGHBOR.COM | VETERAN OWNED

JCNEWSANDNEIGHBOR.COM



A good-sized crowd attended a Patriot Day remembrance ceremony at Memorial Park last Friday morning. The annual event, which is hosted by Johnson City's American Legion Post 24, honors first responders and remembers the victims of the 9/11 terrorist attacks. PHOTOS BY DAVE ONGIE

Never Forget

Jonesborough resident recounts surviving 9/11 attack inside the Pentagon

BY DAVE ONGIE, NEWS EDITOR

Last Friday morning during a Patriot Day remembrance ceremony hosted by the local American Legion post, retired Army Col. Thomas Evans recounted the only meeting he missed in 32 years of active military service.

That meeting happened inside the Pentagon on the morning of Sept. 11, 2001. Evans, who now lives in Jonesborough with his wife and son, was supposed to be briefing Lieutenant General Timothy Maude on a new project that morning.

But before Evans could make his way to Maude's office, he was called over to a television screen where the attacks on the World Trade Center played out before his eyes. At one point, Evans recalls asking the rhetorical question, "What's next?"

"At 9:38, I felt the explosion," Evans told those gathered at Memorial Park. "I saw the tail of American Airlines Flight 75 fall by the window of the office I was sitting in. I immediately sprang to my feet and went out into the hallway as the smoke enveloped the corridor. The smell of jet fuel was staggering."

As he evacuated the Pentagon, Evans recalled the first



Johnson City Police Lieutenant Becky West rings a bell in remembrance of the victims of the Sept. 11 attacks.

responders flooding into the building in an effort to save lives. He used the opportunity to applaud our local first responders who were on hand Friday morning to mark the anniversary of 9/11.

Washington County Mayor Joe Grandy and Johnson City Mayor Jenny Brock gave their remarks during the ceremony, and State Senator Rusty Crowe presented a proclamation to local first responders on behalf of the State Senate.

Johnson City Police Lieutenant Becky West rang a bell for the victims of the attacks in New York City and at the Pentagon as well as the passengers of United Flight 93 who died while taking control of their hijacked plane.

As he wrapped up his speech, Evans recalled the rush of emotions he felt when he found out Maude and five of



Retired Army Col. Thomas P. Evans recounts his experiences inside the Pentagon on the morning of Sept. 11, 2001.

his colleagues had died in the attack. The experience left him feeling an enormous sense of responsibility.

"To this day, I do not know why I didn't go to that meeting," Evans said. "I never missed a meeting except for that one on that day. So all I can do is share my experience and hope that we live up to the mantra of 9/11 and never forget."

Gov. Bill Lee visits Mahoney's to tout state grants



Dan Mahoney (right) talks to Tennessee Gov. Bill Lee during Lee's visit to Mahoney's Outfitters last week, which was meant to publicize the availability of grants from the Tennessee Small Business Relief Fund. Lee spoke with owners Dan and Sean Mahoney (center) about the COVID-related headwinds their business has faced over the last six months.



The governor said only about half the small businesses eligible for the grants have applied statewide. Sean Mahoney said Mahoney's Outfitters had taken advantage of the opportunity and praised the state for making the funds available through an easy to navigate process, as opposed to similar federal dollars. Grants of \$2,500 to \$30,000 are available through Sept. 25 at businessrelief.tn.gov/.

Welcome Lauren C. Rushing, MD



A legacy of eye care excellence since 1942

We are very pleased to welcome Dr. Lauren C. Rushing to the team of comprehensive ophthalmology specialists at Johnson City Eye Clinic. In addition to routine ophthalmology and cataract surgeries, Dr. Rushing will specialize in treating a wide array of retina and vitreous disorders.



JOHNSON CITY | BRISTOL | 423-929-2111 | JOHNSONCITYEYE.COM



Tri-Cities Airport, Hands On! partner on new exhibit



Andy Marquart, CEO of Hands On! Discovery Center, shows off the Draw Alive system during an announcement last Wednesday.

The Tri-Cities Airport Authority (TCAA) has partnered with Hands On! Discovery Center to bring the exciting world of airports alive for aviation enthusiasts of all ages.

A new interactive airport component, sponsored by the TCAA, has been added to the Draw Alive exhibit at Hands On! Discovery Center. Draw Alive is a dynamic and interactive exhibit that combines art with technology bringing two-dimensional drawings to life. The new personalized experience begins when a guest chooses a flight-themed template to design and colorize. Options include airplanes, helicopters, and a hot air balloon. The colored image is then scanned into a wall-sized environment. Guests watch as their unique creations take flight and move about the sky in the digital environment.

"We are thrilled to partner with the Tri-Cities Airport and bring this fantastic

new experience to the discovery center," said Andy Marquart, CEO of Hands On! Discovery Center. "Draw Alive has been one of our biggest hits since it was installed and now it will be even more exciting and interactive for visitors of all ages."

"The airport is excited about this partnership and our sponsorship of the Draw Alive exhibit," said Gene Cossey, TCAA Executive Director. "Not only will children, teens and adults get to have fun watching their own plane take flight, but it may encourage a number of kids to become interested in a career in the aviation industry. We are also looking forward to exploring other ways we can partner with Hands On! to bring the science of the aviation industry to our community."

The Draw Alive exhibit is located in the Scheu Family Exhibit Hall in the General Shale Brick Learning Center at Hands On! Discovery Center. Please visit visithandson.org for more information.

Celebrating its 20th year, Buddy Walk marches on



Tammy and Briley Rowe

BY DAVE ONGIE, NEWS EDITOR

Many folks are currently feeling a sense of isolation thanks to social distancing measures meant to slow the spread of COVID-19.

But feelings of isolation are nothing new. For many parents, a feeling of loneliness can spring up when their child is diagnosed with Down syndrome.

After Tammy Rowe learned he daughter Briley had Down syndrome back in 1999, she began searching for ways to connect with other parents of children with Down syndrome. During that search, she discovered a Buddy Walk in Knoxville, an event built to raise awareness of the condition while building a community for families with children who share the diagnosis. Rowe said her first question was, "Why don't we have one of those here?"

So in 2000, the first Tri-Cities Buddy Walk was held on the VA Mountain Home Campus. A little over 100 people participated in the event, and a sense of community sprung up from the beginning.

"I started meeting so many people when we started organizing (the Buddy Walk) that thought they were the only people around this area that had a child with Down syndrome," Rowe said. "It's crazy how many people thought they were the only ones."

Twenty years later, the Buddy Walk – which is organized by a group called FRIENDS – has grown exponentially. Hundreds of folks gathered on the campus of ETSU for last year's event, which featured a plethora

of activities and an outpouring of community support.

But the arrival of COVID-19 earlier this year threw a wrench in plans that were being made for what would have been a grand 20th anniversary edition of the Buddy Walk. Rowe credits Misty Adams of FRIENDS for figuring out a solution that will keep folks safe while allowing the Buddy Walk to march on.

This year, the event will take place virtually from Sept. 20-26. Participants have the option of how and where to do their individual walks to mark the milestone. Anyone who wants to register for the event can do so by visiting www.classy.org/event/virtual-buddy-walk-2020/e289934.

Even though everyone will be walking separately this year, thanks to FRIENDS, Rowe said nobody will be walking alone. When Briley was a young girl, she was blessed with the opportunity of being mentored by an older girl named Summer Buchanan who also had Down syndrome.

Now an adult, Briley volunteers at the hospital in addition to working a job, and she enjoys mentoring young children following in her footsteps through FRIENDS. In the midst of the pandemic, Rowe said the organization has helped parents and children stay connected through social media and other digital avenues.

Briley is in a group of self-advocates, and Rowe said they hold regular Zoom meetings to stay in touch and engage in activities like music, exercise and art. Our local Buddy Walk started with a search for community, and Rowe said it is a pleasure to watch her daughter reach out and engage with others in such a warm, supportive way.

"When you get a diagnosis like that, your dreams kind of change, but it's so much better," Rowe said.

Visit www.dsfriends.net for more information on FRIENDS.

• Drive-Thru Window • Call 926-6231
• Prescription Ready When You Arrive

Hillcrest DRUG
"Hometown Service Since 1959"

Doug Austin, DPH
714 W. Market Street, Johnson City • 926-6231 • 926-0084 (fax)

KINDNESS MAKES A WORLD OF DIFFERENCE

MAKE A \$50 DONATION AND SAVE HUNDREDS
On All Stressless Sofas, Recliners & Loveseats

Stressless ENGINEERED

NOW THRU OCTOBER 19
See store for details.

Mauk's of Jonesborough
Home of the World's Most Comfortable Chair

Mauk's of Jonesborough
101 West Main St., Jonesborough, TN
800.611.MAUK | 423.753.4648
Online at mauks.com

U.S. News recognizes Milligan

U.S. News & World Report positioned Milligan University at No. 18 among the "Best Regional Universities" in the South in their 2021 "Best Colleges" report released on Monday. In addition, Milligan was ranked No. 5 in the "Best Value Schools" and advanced seven spots to No. 36 among "Top Performers on Social Mobility" in the same category.

Milligan was the only institution in Northeast Tennessee to be named among the top 20 regional universities in the South, and one of only five Tennessee institutions listed among the top 20 in any category for private or public colleges and universities.

"Milligan strives for high quality and affordability, all while championing our core values of scholarship, community and faith," said Milligan President Dr. Bill Greer. "With a commitment to small class sizes and personalized attention, these rankings are a testament to our faculty and staff's dedication to helping every student succeed."

U.S. News' methodology is informed by a variety of metrics that gage student success. Milligan's retention and graduation rates remained well above other private colleges and state universities. Also, nearly 100 percent of Milligan graduates are employed or in graduate school within one year of earning their degree.

N&N
THE JOHNSON CITY NEWS & NEIGHBOR

find us on **facebook**

Where Families Are Our Specialty

ACCEPTING NEW PATIENTS

303 Med Tech Parkway, Suite 150
Johnson City, TN 37604
(423) 282-8070
sofha.net

State of Franklin
HEALTHCARE ASSOCIATES™

Pinnacle Family Medicine

We help you hear what you've been missing.

Watauga Hearing
www.WataugaHearing.com
423-928-1901
2340 Knob Creek Rd., Johnson City, TN

In Affiliation With
EAR, NOSE & THROAT ASSOCIATES
www.ENTJC.com
423-929-9101

Four ways COVID-19 is changing health care

BY STEVE WILSON, CEO, UNITEDHEALTHCARE OF TENNESSEE

As Tennessee and the nation continue to navigate the deep impacts of COVID-19, one thing seems certain — the pandemic has changed the way many of us have traditionally viewed and engaged with the health care system.

Many times, crises create an urgency to speed up innovations in order to meet consumers' demands and provide convenience. COVID-19 has led to a few emerging trends that may

usher in permanent changes to the ways we access health care.

1. Telehealth is here to stay.

Telehealth wasn't new prior to COVID-19, but fewer people were using it before the pandemic. Now many health insurance plans have encouraged the use of virtual visits as an alternative to visiting health care facilities in person, and we're seeing adoption accelerate.

Through June, we've seen 10 times as many telehealth visits as we did all of last year. Even specialty care is leveraging telehealth through prenatal visits, and more recently UnitedHealthcare has made physical, occupational and speech therapies available.

The push toward contactless care is likely to continue through virtual appointments in primary care, urgent care, disease management and behavioral health.

2. More people will receive care at home.

Similar to how telehealth enables efficient and accessible care at home, the

response to the pandemic has created momentum around the concept of a patient's home as a site for medical services. This idea relies heavily on the adoption of technology and advanced digital tools. Some areas where home-health is advancing are chronic disease management and infusion services.

For example, diabetes and congestive heart failure are two chronic conditions that can currently be monitored with the help of digital remote-monitoring tools like continuous glucose monitors (CGM) and activity trackers. Members are able to sync their devices to track progress, check their health data in real time, send and receive messages from a nurse care coach and share progress with their doctor. This helps address long periods of ongoing care.

And for patients who need certain medications, home infusion services may be a dependable way to reduce public exposure risk, especially during COVID-19. Typically, a nurse will come to the home and train the patient or caregiver on how to ad-

minister the drug. When infusion services are performed in the home, it may help patients receive the critical therapies they need without having to manage the travel and logistical concerns associated with leaving home to visit a clinic or hospital.

Moving the site of care to the home may also be an opportunity to save money by avoiding the overhead costs of an in-patient hospital setting. By improving continuity of care, patients may be able to avoid adverse events that may lead to readmissions to the hospital. We could also see more oncology care being moved to the comfort of the home. This would be especially important for patients who are immunocompromised and still need treatment.

3. The role of a pharmacist is changing.

Pharmacists play an important role beyond



Steve Wilson

medication management in a care team. When doctor's offices were closed or not available, some pharmacists could fill a gap in care.

Even before the crisis, some states had expanded the scope of practice for pharmacists. A few states have given pharmacists limited prescribing authority, and more than 800 pharmacists in the United States are board-certified in infectious diseases.

Pharmacists are also integrating more with behavioral health. We're starting to look at a few things, including how we can help individuals with medication adherence and screening for depression through some of our pharmacies. But similar to the momentum around telehealth and home-based care, there's an evolving definition of what being a pharmacist can mean.

4. Americans may live healthier lifestyles.

COVID-19 represents a convergence of current and long-term threats to the health of individuals and their families. A number of chronic conditions — many of which are preventable

and can be treated — are risk factors for falling severely ill to COVID-19.

In addition, maintaining a strong immune system is seemingly more important than ever to avoid contracting or overcoming the coronavirus.

In addition, there's a heightened awareness that cleanliness and hygiene practices can keep people healthier and avoid the spread of disease — expanding the notion of good health to include cleanliness of the things people interact with each day.

If the momentum continues to shift toward greater health ownership, the pandemic has brought forth advances that could support this renewed focus on health and well-being.

Looking ahead

COVID-19 has changed several aspects of health care, some for the better. These trends can help increase flexibility, convenience and access and may help more people get the care they need to live healthier lives.

**Wet Basement?
Crawl Space?
We Can Help.**

106 E. Mountcastle Drive
safewaytn.com | 423-283-4522

Trouble Hearing?

423.717.HEAR

Dr. Daniel Schumaier & Associates

Dr. Sarah A. Schumaier | Dr. Dan Schumaier

Food City offering seasonal flu vaccine

Company officials recently announced Food City will once again be providing the flu vaccine this immunization season. Seasonal flu vaccine provides protection against the most common strains of influenza. Vaccinations are available on a walk-up basis at Food City immunizing pharmacies and will continue throughout flu season, based upon vaccine availability. Visit foodcity.com for a complete list of immunizing locations.

Food City Pharmacy will be following the Centers for Disease Control and Prevention (CDC) Guidelines, including guidance to minimize the risk of exposure to COVID-19

and reduce the risk for patients during the COVID-19 pandemic. While all individuals are encouraged to receive a flu shot, the CDC strongly recommends vaccination for individuals considered high risk - persons 65 or older, residents of long-term care facilities, persons 2-64 years of age with comorbid (more than one) conditions, and pregnant women.

Flu vaccines are available in Quadrivalent or High Dose. Insurance, including Medicare Part B will be accepted, many with a zero copay. Please consult your local Food City Pharmacy or visit www.foodcity.com for details.

Morris-Baker Is Proud To Be A Pursuit of Excellence 2020 Award Recipient



Pursuit of Excellence
Award Recipient
2020

In fact, it is the sixth consecutive year we have earned the award.

For 40 years, the National Funeral Directors Association has conferred the Pursuit of Excellence Award on funeral homes that have demonstrated a commitment to the highest professional standards.

You and your family can trust our staff to exceed your expectations—and provide award-winning service—before, during and after the funeral.

You only have one chance to honor your loved one.

Their service should reflect their life, values, and passions.

Say Goodbye Your Way

2001 E Oakland Ave
Johnson City
(423) 282-1521
MorrisBaker.com

Morris-Baker
FUNERAL HOME & CREMATION SERVICES



Preston McKee
Owner

Tennessee Secretary of State Tre Hargett visits Northeast Tennessee



Tennessee Secretary of State Tre Hargett paid a visit to the Johnson City Public Library on Monday. From left, JCPL Board Member Scott Jeffress; JCPL Assistant Director Cathy Griffith; JCPL Board President Tony Warner; State Senator Rusty Crowe; JCPL Director Julia Turpin; Hargett; Johnson City Vice Mayor Joe Wise; JCPL Board Member Daryl Carter; JCPL Librarians Lisa Williams and Lisa Kregelberg.

Tennessee Secretary of State Tre Hargett spent a good part of the day on Monday in Washington County and Johnson City.

Hargett started the day with Washington County Mayor Joe Grandy touring various departments of the county government. Later in the morning, Hargett and State Senator Rusty Crowe visited Johnson City Public Library where Hargett presented the JCPL with a Library Services and Technology Act (LSTA) grant.

LSTA grants are federal funds appropriated specifically for library technology services. The Tennessee Secretary of State's office awards and distributes the funds to eligible Tennessee libraries.

Secretary Hargett says he is "proud to make this presentation, which will enhance the technology services that your library is able to offer." He also acknowledged that this focus on technology is more important than ever. "During the COVID pandemic, I understand this grant will help your staff be able to better assist patrons."

JCPL Director Julia Turpin is thankful for the grant, as well as Secretary Hargett's commitment to Tennessee libraries. "We're grateful for the Secretary's support, because it helps JCPL live into its mission and cultural values," Turpin said. "With this technology grant, we're able to empower our users in an increasingly digital world."

Hargett's focus in recent weeks has been urging Tennesseans to prepare for the upcoming presidential election, which is set for Nov. 3. Hargett is encouraging voters to make sure their voter registration is up-to-date and make decisions about whether they will vote in-person or absentee by-mail if eligible.

"We want every eligible Tennessean to be ready to vote in the November election," Hargett said in a recent statement. "Whether voting in-person or by-mail we want your vote to count."

Tennessee's early voting period starts Oct. 14 and lasts until Oct. 29.

City students, teachers enjoying in-person learning

It may be difficult to see smiles through the masks, but just a few minutes at North Side Elementary and it's easy to notice how excited students and faculty are to be back for in-person learning.

North Side third-grader Leo Phillips could hardly sit still as he explained how excited he is to get back to school.

"It's really great to be back because I get to do so many things here," Phillips said. "I really missed everyone." North Side principal Sharon Pickering had similar feelings as Johnson City Schools welcomed back students who selected in-person learning on August 31.

"I love to hear their voices and see them in the hallways and classrooms," Pickering said. "It's nice to have kids at school, so we can help take care of their needs and support them with their education. It's a really nice time to get our family back together."

North Side's mantra for the year is "Better Together" and teachers and students have quickly adopted the new saying. North Side second-grade teacher Julie Vermillion said that she was happy to have her students back in-person so they can help with their needs.

"A lot of these kids we haven't seen since last March, so it's been nice being able to reconnect," Vermillion said. "I enjoy being able to see the students work and being there

whenever they need my help, and that is just hard to do over the computer."

Even though Vermillion says she may miss the mute button from time-to-time, there is nothing like the personal interaction that she can have with her students each day.

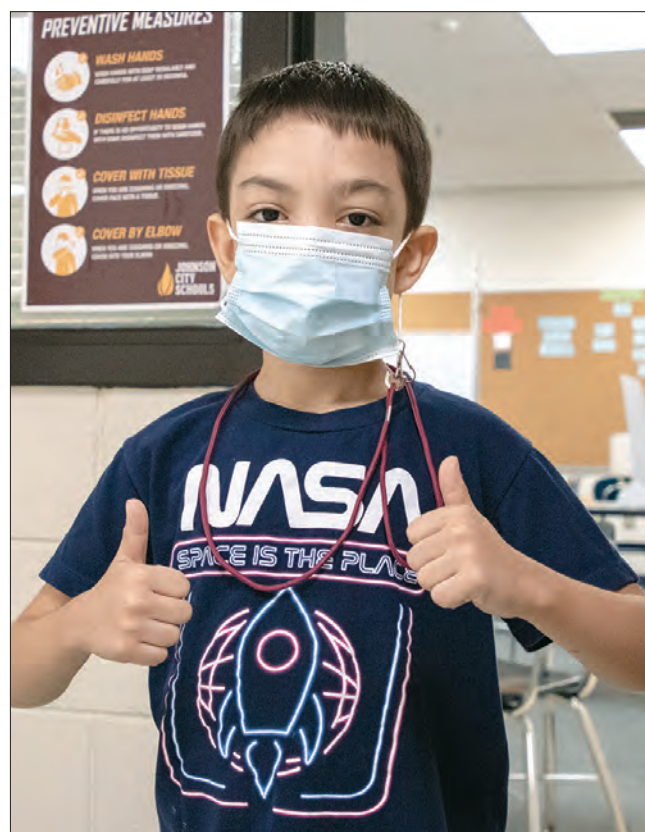
During the first week of school, Vermillion's class read the book *First Day Jitters* and enjoyed some jitter juice made with Sprite and ice cream to help ease their jitters about returning to school.

The thought of the activity brightened the eyes of Alaysia Wilkins who accompanied her excitement with two big thumbs up about the experience.

"It was really good and it helped get the jitters out so we aren't nervous at school," Wilkins said. "I'm happy to be back with my friends and teachers."

Students seem to be so excited about being back that they aren't having trouble following the new procedures and protocols that are required by Johnson City Schools.

"Our students have been doing fantastic with our new procedures and protocols," Pickering said. "They've really done well with keeping their masks on and respecting social distancing. We are excited about this school year and to have our students back."



North Side Elementary School Student Leo Phillips gives in-person learning a "thumbs up." PHOTO BY COLLIN BROOKS



State of Franklin
HEALTHCARE ASSOCIATES™

FirstChoice Internal Medicine

ACCEPTING NEW PATIENTS



Welcome
Michael Snyder, MD

301 Med Tech Parkway Ste. 280
(423) 794-5550



Falling Temps Mean
Fall Gardening Time!

511 Princeton Road
Johnson City (423) 282-3431

STORE HOURS ~ Mon thru Sat 8:00-6:00
Closed Sunday for family time.

Sale Ends Sep 22nd!

Fall Mums!

Same price as last year!

6" pots \$4.75
8" pots \$7.50
Super huge 12" & 14" also available



Fall Pansies!

Plant now, blooms all Winter thru next Spring!

Large pack of 4 plants only **\$2.99**
Tray of 32 save nearly 20% only **\$19.50**
Also available 3.5" pots **\$1.75**



Hy Yield Weed & Grass Preventer

Simply sprinkle on mulched beds (excluding edibles)
12 lbs covers 3,000 sq ft lasts 4 months!
Reg \$17.99

Sale **\$13.50**



Fall Veggie Plants

Plant now for Fall harvests

Broccoli, Brussel's sprouts, cabbage, cauliflower, kale, collards, kohlrabi, lettuce

Sold in packs of 4
Only **\$2.49**



Fall Veggie Seeds

Botanical Interest brand non-GMO & Organic! Swiss Chard, kale, arugula, carrot, turnip, onion, lettuce, radish, parsnip, beets & more!



Herb Plants

Basil (3 types) 3.5" pots Reg \$3.75

Sale **\$2.97**

Also available for **\$4.19 ~ \$4.75:**
Cilantro/Coriander, Dill, Fennel, Hyssop, Mint, Parsley, Sage & Thyme



Fall Trees

Fall planting means root growth all Winter!

Dogwoods, Fruit Trees, Berry Shrubs, Flowering & Shade Trees & much, much more!

All EofJC trees & shrubs have a 1-year or Lifetime Guarantee!



Perennials

Achillea, Aster, Astilbe, Coral Bell, Coreopsis, Echinacea "Coneflower", Hollyhock, Lamium, Painted Daisy, Salvia, Sunrose & Veronica

Enjoy blooms and foliage year after year!
4.5" pots Reg \$6.99
\$5.97 (While supplies last!)



Due to the recent mandate, face masks are now required to be worn at all times while in public spaces.

TEMPORARY SHOPPING GUIDELINES:

THANK YOU FOR PRACTICING SOCIAL DISTANCING



EXCEPT SERVICE ANIMALS

Evergreen Associates are happy to help you with your shopping needs!  **SAFE SHOPPING**

But we will help from the appropriate 6' social distance and appreciate your cooperation to ensure everyone's safety.

#SafeWithUs

Your safety is our priority. That is why face coverings are required for every patient, visitor and team member in all Ballad Health facilities. And, it's the reason we encourage wearing face coverings in the community when physical distancing isn't possible. **We can all keep each other safe.**



Bandana



Neck gaiter



Homemade

#MaskUp

**Why I
#MaskUp...**



Donna Henry
Chancellor,
The University of
Virginia's College
at Wise



College - education in general - is all about bright futures and setting students up for success.

But if we're not keeping them safe, we're not helping them on the right path. We're putting them - along with their friends, families and loved ones - right in harm's way.

That's why I - along with everyone else on our campus - will Mask Up this fall, and for as long as it takes to overcome the COVID-19 threat. Because when we protect the health and safety of our students, faculty and staff, along with that of everyone in the Appalachian Highlands, we're protecting our futures.

Please join me, and Mask Up!



Daniel Boone, Liberty Bell strike gold at Bristol Cross



Daniel Boone's Conner Wingfield (left) cruised to victory in the Bristol Cross event last Saturday while Luke Mussard (top right) helped the Trailblazers win the team title in dominate fashion. PHOTOS BY DAWN LAMBERT PHOTOGRAPHY



The Liberty Bell girls' team won the middle school competition at the Bristol Cross event. CONTRIBUTED

Tweetsie Trail overlook dedicated to memory of Van Brocklin

Last Tuesday afternoon, friends and family of Dr. Ralph Van Brocklin gathered along with Johnson City Commissioners and city staff to mark the second anniversary of Van Brocklin's untimely passing. During a short ceremony, an overlook next to the quarry located near the 3-mile marker on the Tweetsie Trail was

dedicated to Van Brocklin's memory. Van Brocklin passed away on Sept. 8, 2018, while jogging on the Tweetsie Trail, a project he championed and

dedicated to Van Brocklin's memory. Van Brocklin passed away on Sept. 8, 2018, while jogging on the Tweetsie Trail, a project he championed and

dedicated to Van Brocklin's memory. Van Brocklin passed away on Sept. 8, 2018, while jogging on the Tweetsie Trail, a project he championed and

dedicated to Van Brocklin's memory. Van Brocklin passed away on Sept. 8, 2018, while jogging on the Tweetsie Trail, a project he championed and



From left, Polly Theobald, Mark Loyd, Deborah Van Brocklin, Mayor Jenny Brock, Jonathan Kinnick, Vice Mayor Joe Wise, Pete Peterson and Phil Pindzola unveil a plaque on the Tweetsie Trail honoring the late Ralph Van Brocklin.

Service Beyond Expectation

Convenient Drive-Thru

FREE DELIVERY

- Since 1963 -

Blankenship
PHARMACY

222 E. Watauga Avenue @ I-26
Johnson City • 926-4801

Monday-Friday 9am-6pm
Saturday 9am-1pm

24/7, Mobile, Onsite Employee Drug and Alcohol Testing

No set up or dispatch fees, no min test requirements or lengthy forms to fill out
DOT and Non-DOT Testing for any reason
Non-emergency transport for minor injuries

Mobile Screen of Tennessee
MobilescreenTN.com | 423-390-8297

Contact us for new client discounts

Your New Resident Fee is **ONLY \$500** when you lease in September! **SAVE \$1,500** with this limited-time offer.*

A senior lifestyle designed for your peace of mind

At Elmcroft, the safety and wellbeing of your loved one is crucial. Our commitment to seniors is stronger than ever, as our dedicated staff continue to provide care and services to our residents!

ELMCROFT
OF JOHNSON CITY
BY ECLIPSE SENIOR LIVING

Assisted Living | Memory Care
406 E Mountainview Road
Johnson City, TN 37601
423.205.7178 | elmcroft.com

VIRTUAL TOURS AVAILABLE!

Schedule your virtual tour today!
Call 423.205.7178 or visit elmcroft.com.

JOHNSON CITY AREA JCAHBA BUILDERS' BRAND HOME BUILDERS ASSOCIATION

CONSUMER'S GUIDE TO NEW HOME CONSTRUCTION AND REMODELING

Promote your business, products and services within this upscale glossy magazine.

Call 423.979.1300 to be included

JCAHBA BUILDERS' SHOWCASE OF HOMES
JOHNSON CITY AREA HOME BUILDERS ASSOCIATION

SHOWCASE DATES: OCTOBER 16, 17 & 18

We Build Dreams

With homes in a variety of locations and price ranges, the Showcase is the perfect source for anyone planning to buy or build a new home now or in the future, or for seeing the new trends in the home building industry.

This will be a multiple site self-guided tour of homes in Elizabethton, Johnson City, Jonesborough and Washington County.

Visit jcahba.org or call 423.282.2561 for more information

©2020 Eclipse Senior Living. *Valid for qualifying new leases signed between 9/1/2020 and 9/30/2020. Must take financial responsibility by 9/30/2020. Does not apply to rates associated with levels of care. Automatic payment withdrawals required. Cannot be combined with other offers. Terms and restrictions apply. Talk with our sales director for details. License# 125

TVA joins Boone Lake Association for annual Cleanup

Volunteers and work crews from the Boone Dam project could be seen in boats and on land last Saturday morning assisting with the annual Boone Lake Association Cleanup Day.

TVA supplied barges and heavy equipment as well as manpower, trash bags and gloves. Some crews hauled large trees down the lake and used heavy equipment to stack them at Pickens Bridge boat ramp while others picked up trash along the shoreline.

"We really appreciate our ongoing partnership with the Boone Lake

Association," said Senior Construction Manager Kevin Hollbrook who took the media on a guided boat tour of TVA's vegetation removal efforts. "It's a beautiful day and a great way to socially distance while doing something positive for others all around the lake. We have sent volunteers to the Boone Lake cleanup for years but this year is definitely our biggest effort yet."

"We are particularly glad to do this just before the lake starts to rise this fall," said TVA's Principal Project Manager Sam Vinson. "It was especially

great to see the effort neighbors all around the lake were putting into cleaning up their own properties. We saw people with chain saws, hauling brush and really getting ready for the lake raise."

Vinson said the lake will rise approximately seven feet starting in mid-October and then hold until mid-March. He said that TVA will host a Tech Town Hall Oct. 15 to provide more details and an opportunity for the public to ask questions.

For more information please visit www.tva.com/Newsroom/Boone-Dam-Project.



Patrick White, who works on the Boone Dam Project, volunteers with his family each year at the Boone Lake Association Cleanup Day. Patrick is seen here at Rockingham Marina after coming in from a full morning of cleanup.

Mary Duke Cooks! Sassy Southern

Caprese salad is one of the simplest salads to make. Garden or heirloom tomatoes, mozzarella, olive oil, balsamic vinegar and fresh basil are the basic components. This salad has additional basil flavor from basil oil.

Caprese Salad with Basil Oil

- Garden or Heirloom tomatoes (I used a mixture of yellow tomatoes and striped german tomatoes- 18



Mary Duke McCartt
Food Editor

Online at marydukecooks.com

- 12 slices yellow tomatoes and 12 slices striped german tomatoes)
- 12 ounces sliced mozzarella cheese, torn into bite size pieces
- Basil oil (recipe follows)
- 2-3 tablespoons balsamic vinegar
- Kosher salt and freshly ground black pepper, to taste
- 12-15 Fresh basil leaves

Slice and place 1 layer of yellow tomatoes on the bottom of a platter. Scatter 1/3 of the torn mozzarella on top. Drizzle 1/3 basil oil and 1/3 balsamic vinegar over

tomatoes using a spoon. Slice and place a 2nd layer of striped german or red tomatoes over 1st yellow layer. Make second layer of tomatoes slightly smaller than the first so the outer ring of yellow tomatoes is still visible. Scatter 1/3 mozzarella on top. Drizzle with 1/3 basil oil and 1/3 balsamic vinegar. Slice and place 3rd layer of yellow tomatoes on top of red ones making a smaller circle so a ring of red tomatoes is still visible. Scatter remaining mozzarella on top. Drizzle with remaining basil oil and balsamic vinegar. Season salad lightly with kosher salt and freshly ground black pepper. Decorate with basil leaves. Tip: Don't be tempted to add balsamic vinegar to the basil oil. It will change the color of the



oil. Makes 18 servings.

Basil Oil

- 1/2 cup loosely packed fresh basil leaves
- 1/4 cup olive oil

Blend basil and olive oil in a small blender (like Nutribullet) or mini food processor. Refrigerate any leftovers. Bring to room temperature before using. Keeps 5 days.

Is Something BUGGING You?

SAFE-WAY COMPANIES

(423) 283-4522
106 E. Mountcastle Drive
safewaytn.com

For All Your Photographic Needs

Tom Pardue
tompardue@embarqmail.com
www.parduephoto.com
753-2671
403 W. Main Street
Jonesborough, TN 37659

The Care You Deserve... A Price You Can Afford.



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-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-\$2,395, 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-\$2,695

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

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.



Appalachian Funeral Home & Cremation Services

800 East Watauga Ave. • Johnson City, 37601
(423) 928-6111
www.appfh.net

How many of these Tennessee towns have you been through?

I have had the opportunity to visit many states over the years and enjoy driving and discovering new towns or just a spot in the road. Here are a number of actual town names in Tennessee. I've been through a few.



by Bill Derby
Publisher

editor@jcnewsandneighbor.com

Have you ever visited?

Ballplay, TN: There is nothing there except basketball courts, baseball diamonds and one badminton court behind the mayor's house. Their claim to fame in Monroe County is when a post office was established in 1830 until it was closed in 1910, torn down and turned into a ball field.

Blue Goose: "Toe" Cogdell gave Blue Goose community its name. Evidently this Henderson County community was a party town. During its early years, gambling and slot machines were in Blue Goose for those desiring such entertainment located next to a beer joint.

Bugsuffle: South of Nashville, great restaurant at the filling station. Known for their large cricket population.

Bugtussle: North of Nashville where songs come from along with bubbling up crude since it was Jed

Clampett's hometown. The mayor's house sits on the TN/KY line. Go in the front door in Tennessee and out the back door into Kentucky.

Bucksnot: I've been there and it's in Hickman County. Has a motel and bar. Hickman County has more deer population than people so I guess after the deer hunters are finished shootin' bucks, they head to the bar for a snort.

Deep Gap: Must have borrowed the name from their North Carolina neighbor near Boone. The town has disappeared and only a residential road exists today between two steep hills near Jackson.

Defeated: Named after a creek in Smith County in middle TN. The little one-room school house the students attend have never won a game of anything. It's listed on the same road sign as Difficult, TN. So, if you turn left you will be in Difficult trouble, turn right and you lose too.

Difficult: See above. The people will not answer direction questions if you ever get lost driving through. It's a county full of depressed people.

Disco: A fun town in Blount County with street dances every Saturday night but the community has fallen on hard times since the 1970's. They are going to change the name to Line Dance.

Ducktown: I've been there too and it has a city hall. Population has grown from 425 to 475 when a few

sweethearts finally decided to get married.

Finger: In McNairy County where "Walking Tall" sheriff Buford Pusser lived and whopped anybody making lewd gestures.

Life: Near Jackson and a healthy place to put down roots.

Nameless: A real town east of Nashville where people hide out from IRS agents.

Only: Another spot in Hickman County. It's a very exclusive place to live.

Paris: Have been there and even know people from Paris. They are very nice and speak west Tennessee and are known for having the largest fish fry in the world serving 12,500 pounds of fried Tennessee River catfish with all the fixins'. The plate of fish comes with slaw and a free package of Alka Seltzer.

Smartt: Just outside McMinnville, TN. Microsoft is thinking of building a 'Microsoft 10' help center in Smartt.

Static: Nothing moves in Static but if you do, you get a shock. Split down the middle of the Kentucky and Tennessee state line. The city can't get anything approved by either state, thus, Static.

Sweet Lips: A southwest Tennessee spot with no stop signs cause they don't want you stopping since the town is full of pretty gals.

Mountain Home VA's common-sense solutions protected Veterans from COVID-19

Editor's Note: Robert Wilkie, Secretary of Veterans Affairs, recently visited the VA Medical Center at Mountain Home and submitted a column to the News & Neighbor recapping what he observed.

COVID-19 showed the world that common sense and the ability to innovate can be just as important as advanced technology.

Under President Trump's leadership, the Department of Veterans Affairs has focused on making sure the right people are in the right jobs to care for our Veterans – a priority that saved lives when the pandemic emerged. During my recent visit to the VA Medical Center at Mountain Home, I saw firsthand how strong leadership mattered to Veterans.

When the virus emerged, staff quickly set up a perimeter to protect their Veteran patients in the main hospital. They shut down all but two entrances, and screened patients for symptoms at both – patients who showed possible symptoms were sent to screening tents for a COVID test. Staff worked to reduce the number of

people in the main hospital by setting up a remote lab at the Carnegie Library. Veterans coming in for routine bloodwork or other testing don't have to risk entering the main hospital, where they were at higher risk of COVID exposure. Instead, they can have this work done away from the hospital in the converted library that is safely away from the hospital – I saw personally how it took a few minutes by golf cart to reach the library.

Mountain Home staff also used technology to help some Veterans get care without ever having to leave home. Telehealth was on the cusp of becoming a critical way we deliver care, but COVID-19 accelerated its use.

At the start of the year, telehealth was simply a convenience for some Veterans. By June, in the midst of COVID-19, telehealth became critical – more than one-third of the nearly 90,000 medical appointments the facility had with Veterans were done by telehealth, a 500 percent increase.

Perhaps most importantly, Mountain Home shut down access to the nursing

home it manages, where some of our most vulnerable Veterans live. A separate staff was assigned to the nursing home, and routine testing of that staff ensured that any of them who tested positive for COVID-19 could be quarantined.

The results are impressive. Nine staff members who serve nursing home patients would test positive for the virus during the pandemic, but there has been no transmission from staff to their nursing home residents. As of late August, no Veterans in the home had tested positive, and there have been no fatalities.

That's an incredible record in light of what we know today about how carefully we must protect these patients.

The main hospital at Mountain Home has tested more than 10,000 Veterans, of which 337 tested positive. However, the vast majority recovered or are in the process of recovering, and five were lost at the facility.

One fatality is too many, but the numbers show that Mountain Home's early planning allowed it to keep up with demand for testing and care as the pandemic evolved.

I was also impressed with the effort to accommodate VA staff members who worked tirelessly to keep Veterans safe. Since March, VA staff has been grappling to understand what levels of protective equipment are needed for each medical situation.

To address this, staff at Mountain Home used color coded bags to make it easier for staff to make sure they were protected as they met with Veterans. When the highest level of protection was needed for certain medical procedures, staff knew they could grab a blue bag and be fully protected, and five other color-coded bags were prepared for other situations.

VA's mission is unlike anything else in federal government – we are charged with caring for those who defend our freedom. Under President Trump, we are more committed to this mission than ever, as Mountain Home VA showed during this time of uncertainty.

Robert Wilkie (@SecWilkie) is the 10th Secretary of Veterans Affairs.

Obituaries

- Lula Milladean "Mid" Hodge, 98, Johnson City, 9/11/20
- Robert Wallace Symonds, Sr., 84, Piney Flats, 9/11/20
- Jimmy Fred "Jim" Tester, Sr., Gray, 9/11/20

- Dr. Melvyn Lewis Jackson, B.S.D.C., 80, Johnson City, 9/11/20
- Gene Austin Deloach, 76, Johnson City, 9/12/20
- Mildred Geraldine Ford, 77, Gray, 9/12/20

Newton, Combs & Company, PC
Certified Public Accountants
Tommy Newton, CPA
P.O. Box 5550 EKS • 210 West Oakland, Johnson City
Ph: 423-282-5095 • Fx: 423-282-4576

PHILLIPS LANDSCAPING
Mowing • Mulching • Fertilizing • Weeding
Aerating • Irrigating • Shrub • Trimming
423-773-9749 or 423-747-6227
Credit Cards Accepted, Financing Available, Commercial & Residential, Licensed & Insured
Call Today for a FREE ESTIMATE

NEWS & NEIGHBOR CLASSIFIEDS

PUBLIC NOTICE
Washington County Economic Development Council MEETING NOTICE
The Washington County Economic Development Council Board will meet on Monday, September 21st at 9 am. An agenda for this meeting is available at www.johnsoncitytn.org. This meeting will take place electronically, pursuant to Executive Order 60, issued by Gov. Bill Lee. There will not be a physical location in order to protect public health, safety, and welfare. There will be limited public access, however, a recording of the meeting will be available at www.johnsoncitytn.org within 2 business days.

HOUSECLEANING SERVICE
Christi's Housecleaning. Over 20 years experience. Own cleaning supplies and vacuum included. References. Reliable. Trustworthy. Punctual. Friendly. Bi-weekly. Priced by job. 423-470-0073.

Mobile Home for Sale
Less than one year old, near new!
• 14 x 60
• 2 bedroom 2 bath
• In nice park in Bluff City
Health forces sale.
Call 573-378-4312

NATIONAL CLASSIFIEDS
THE FOLLOWING ADS HAVE NOT BEEN SCREENED BY THE SOUTHEASTERN ADVERTISING PUBLISHERS ASSOCIATION (SAPA). Therefore, any discrepancies thereof shall not be the responsibility of the aforementioned association. Your publisher has agreed to participate in this program and run these ads as a service to the Southeastern Advertising Publishers Association.

NATIONAL CLASSIFIEDS
BUSINESS SERVICES
COMPUTER ISSUES? GEEKS ON SITE provides FREE diagnosis REMOTELY 24/7 SERVICE DURING COVID19. No home visit necessary. \$40 OFF with coupon 864071 Restrictions apply. 844-315-8054

HEALTH & MEDICAL
Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 855-727-9628

HEARING AIDS!! Buy one/get one FREE! High-quality rechargeable Nano hearing aids priced 90% less than competitors. Nearly invisible! 45-day money back guarantee! 844-357-4008

LEGAL
SERIOUSLY INJURED in an AUTO ACCIDENT? Let us fight for you! Our network has recovered millions for clients! Call today for a FREE consultation! 844-997-0591

MISCELLANEOUS
Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-888-927-8649 Recently diagnosed with LUNG CANCER and 60+ years old? Call now! You and your family may

NATIONAL CLASSIFIEDS
be entitled to a SIGNIFICANT CASH AWARD. Call 844-791-6012 today. Free Consultation. No Risk.
SAVE BIG on HOME INSURANCE! Compare 20 A-rated insurance companies. Get a quote within minutes. Average savings of \$444/year! Call 855-993-0514! (M-F 8am-8pm Central)

DISH Network \$59.99 For 190 Channels! Add High Speed Internet for ONLY \$19.95/month. Call Today for \$100 Gift Card! Best Value & Technology. FREE Installation. Call 1-855-837-9146 (some restrictions apply)

Donate your car, truck or van. Help veterans find jobs or start a business. Call Patriotic Hearts Foundation. Fast, FREE pick-up. Max tax-deduction. Operators are standing by! Call 1-844-982-2392 Become a published author! Publications sold at all major secular & specialty Christian bookstores. CALL Christian Faith Publishing for your FREE author submission kit. 1-877-484-4025

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-866-694-6148 [#6258](http://www.dental50plus.com/southern)

Recently Diagnosed w/Lung Cancer or Mesothelioma? Exposed to Asbestos Pre-1980 at Work or Navy? You May Be Entitled to a Significant Cash Award! Smoking History Okay! 844-773-1363

DIRECTV - Switch and Save! \$49.99/month. Select All-Included Package. 155 Channels. 1000s of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Premium movie channels. FREE for 3 mos! Call 1-877-666-2821

NATIONAL CLASSIFIEDS
953-0224 Special financing for qualified customers.
SERIOUSLY INJURED in an AUTO ACCIDENT? Let us fight for you! Our network has recovered millions for clients! Call today for a FREE consultation! 1-888-409-1261

SATELLITE TV
\$59.99/month Directv Special. 155+ Channels, HBO for 12 months and 3 months of Premium Movie Channels! Whole Home GENIE HD DVR! Call Now! 877-221-8427

DISH TV - Over 190 Channels Now. ONLY \$59.99/mo! 2-yr price guarantee. FREE Installation! Save HUNDREDS over Cable and DIRECTV. Add Internet as low as \$14.95/mo! 1-855-977-7405

WANTED TO BUY
CASH FOR CARS! We buy all cars! Junk, high-end, totaled – it doesn't matter! Get free towing and same day cash! NEWER MODELS too! Call 1-866-508-8362.

The National Trade Association we are partnered with has purchased the following classifieds. Determining the value of their service or product is advised by this publication. Under NO circumstance should you send any money in advance or give the client your personal information. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service.

AUTOS WANTED
CARS/TRUCKS WANTED!!! All Makes/Models 2002-2019! Any Condition. Running or Not. Top \$\$\$ Paid! Free Towing! We're Nationwide! Call Now: 1-888-985-1806

NATIONAL CLASSIFIEDS
HEALTH & FITNESS
HEARING AIDS!! Buy one/get one FREE! High-quality rechargeable Nano hearing aids priced 90% less than competitors. Nearly invisible! 45-day money back guarantee! 855-619-0190

Recently Diagnosed w/Lung Cancer or Mesothelioma? Exposed to Asbestos Pre-1980 at Work or Navy? You May Be Entitled to a Significant Cash Award! Smoking History Okay! Call 1-855-591-0517

MISCELLANEOUS
DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for [350+] procedures. Real dental insurance - NOT just a discount plan. [Don't wait!] Call now! Get your FREE Dental Information Kit with all the details! 1-877-308-2834 [#6258](http://www.dental50plus.com/cadnet)

Two great new offers from AT&T Wireless! Ask how to get the Next Generation Samsung Galaxy S10e FREE. FREE iPhone with AT&T's Buy one, Give One. While supplies last! CALL 1-866-565-8452 or www.freephonesnow.com/cadnet

Stay in your home longer with an American Standard Walk-In Bath. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at 1-855-481-3969 or visit www.walkintubquote.com/national

Call Empire Today® to schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-855-404-2366

NATIONAL CLASSIFIEDS **NATIONAL CLASSIFIEDS** **NATIONAL CLASSIFIEDS**
LUNG CANCER OR MESOTHELIOMA?
If you or a loved one were EXPOSED TO ASBESTOS PRE-1980 AT WORK OR IN THE NAVY, and are suffering from lung cancer, you and your family may be entitled to a significant cash award, **even if you smoked.**
CALL NOW TO LEARN MORE. WE'RE HERE 24/7
877-329-1889
This advertisement is placed by Xeon Marketing Group

Satellite Internet That is Unlimited With No Hard Data Limits!
✓ 25 Mbps Download Speed
✓ No Hard Data Limits
✓ Wi-Fi Built-In
✓ Call For Special Offers In Your Area
CALL TODAY - LIMITED SPECIAL OFFERS IN YOUR AREA!
1-855-973-9254
HughesNet. AUTHORIZED RETAILER

Dental Insurance
Get dental insurance from Physicians Mutual Insurance Company to help cover the services you're most likely to use -
✓ Cleanings ✓ X-rays ✓ Fillings ✓ Crowns ✓ Dentures
1-877-308-2834
Call now to get this FREE Information Kit!
dental50plus.com/cadnet
Product not available in all states. Acceptance guaranteed for one insurance policy/certificate of this type. Contact us for complete details about this insurance solicitation. This specific offer is not available in CO, NY; call 1-888-799-4433 or respond for similar offer. Certificate C250A (ID: C250E; PA: C250Q); Insurance Policy P150 (GA: P150GA; NY: P150NY; OK: P150OK; TN: P150TN). 6154-0120

of Shows/Movies On Demand. FREE Genie HD DVR Upgrade. Premium movie channels. FREE for 3 mos! Call 1-855-781-1565

DISH Network \$59.99 For 190 Channels! Add High Speed Internet for ONLY \$19.95/month. Call Today for \$100 Gift Card! Best Value & Technology. FREE Installation. Call 1-855-837-9146 (some restrictions apply)

WANTED TO BUY
Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, Co. 80201

Need IRS Relief \$10K - \$125K+ Get Fresh Start or Forgiveness Call 1-877-378-1182 Monday through Friday 7AM-5PM PST



Daniel Boone quarterback Jackson Jenkins manages to pass the ball as an Elizabethton defender tries to bring him down.



An Elizabethton player loses his helmet while tackling a Boone ballcarrier.



**Elizabethton 23,
Boone 21**

Boone's Brennan Blair (1) skies to snag a pass out of the air. PHOTOS BY DAKOTA HAMILTON, DOCO PHOTOGRAPHY

Lady Hilltoppers drop hard-fought match to Dobyys-Bennett



Science Hill's Autumn Holmes (15) goes high to attempt a block against Dobyys-Bennett last Thursday in Kingsport.

PHOTOS BY DAKOTA HAMILTON, DOCO PHOTOGRAPHY



Kinley Norris (12) and Loren Grindstaff (14) go up for a block for Science Hill, which fell in four sets to the Lady Indians.

Is Something BUGGING You?

SAFE-WAY COMPANIES

(423) 283-4522
106 E. Mountcastle Drive
safewaytn.com

Hutchins makes history in Alabama

The conditions were far from ideal. It was muggy, and Science Hill's Jenna Hutchins had yet to run a cross country meet this season. But when the race started, Hutchins was close to perfect last Saturday morning at the Chickasaw Cross Country Invitational in Oakville, Alabama. The junior dominated

a talented field on the 5K course, crossing the finish line in 16:25.08 to win by nearly two minutes. Her time set a new Tennessee state record and was also the fifth-fastest time ever run by a high school girl on American soil. As of Saturday, Hutchins' time was the fastest recorded in the United States this season.

Hutchins now holds four state records in Tennessee and has broken two marks in the span of a month. She set the record for the fastest girls' outdoor 3200-meter run at the Music City Distance Carnival last month with a time of 9:49.83. On Saturday, Hutchins easily outpaced runner-up Kaitlyn Vanderkolk, who

finished the course in 18:18.07. Next up for Hutchins will be the Fender's Farm Cross Country Carnival near Jonesborough next Saturday, an event Hutchins will run with her Science Hill teammates.



Jenna Hutchins, Science Hill

The Business Journal
of Tri-Cities Tennessee / Virginia
bjournal.com

40 Under FORTY
A SALUTE TO EMERGING STARS OF OUR REGION

Are there rising stars in your company? Overachievers who are under 40? Now is the time to give them the recognition they deserve!

You can be a part of the recognition process by nominating a young businessperson who excels both professionally and in service to his or her community. It's never been easier to make your 40 Under Forty nominations. Just visit 40Under.com and follow the instructions.

40 Under Forty honorees will be featured in the December issue of The Business Journal. Deadline for nominations is September 30, 2020. Nominate online at 40Under.com. All 40 Under Forty nomination materials are due no later than September 15. Nominees must be 39 or younger as of October 30, 2020.

VIRTUAL ALUMNI GOLF CLASSIC

BY GOLFING YOU'RE GIVING

DONATE TO THE ALUMNI LEGACY SCHOLARSHIP AT ETSU.EDU/GIVE
Donations to the Alumni Legacy Scholarship are optional.

Play a round of golf in YOUR hometown September 1-30

Send pics of yourself playing & your scorecard to alumni@etsu.edu

You'll be registered for a Grand Prize of free entry to 54th Annual Alumni Golf Classic on May 21, 2021. Cattails at Meadowview.

NATIONAL ALUMNI ASSOCIATION
EAST TENNESSEE STATE UNIVERSITY

etsualumni.org
423-439-4218
alumni@etsu.edu

- Game stories
- Professional photo galleries
- Up-to-date schedules and scores
- Plus columns, season previews, features and more

TRICITIES SPORTS.com

"Your Source for Local Sports"

The most comprehensive coverage of local sports in our region.



Your Source for Local Sports for Over 15 Years

Click on the link at TriCitiesSports.com to subscribe to this TSWA award-winning website today for just \$49.95 per year.



FRIDAY & SATURDAY

FOOD CITY

SEPT. 18-19

Over \$183 in savings!

Limit 1 transaction per ValuCard per day. Discount taken as a coupon. Customer pays sales tax.



PICK 5
for \$14.99

SAVE \$5 ON PICK 5 MEAT

Pick 5 price **\$19.99** with ValuCard

2 Day discount **\$5.00**

2 Day price **\$14.99** with ValuCard

Limit 2 per ValuCard



PICK 5
for \$5.00

SAVE \$2.99 ON PICK 5 PRODUCE

Pick 5 price **\$7.99** with ValuCard

2 Day discount **\$2.99**

2 Day price **\$5.00** with ValuCard

Limit 2 per ValuCard



Selected Varieties, Center Cut
Hormel Pork Loin Filet
1.5 Lb.

5.00 With Card



Selected Varieties, Stand Up Bag
Hershey's Candy
Family size, 15.3-17.9 Oz.

5.00 With Card



Try all the colors
Tri-Color Grapes
3 Lbs.

5.00 With Card



Buy 5 SAVE MORE

Selected Varieties
Pepsi Products
6 Pk., 16-16.9 Oz. Btls.

5/\$11 With Card

When you buy 5 in the same transaction. Lesser quantities are 3.99 each. Limit 1 transaction (5 total items). Discount applied as a coupon. Customer pays sales tax.



Frozen, Selected Varieties, Party Pizza (4 Pk.) or
Totino's Pizza Rolls
100 Ct.

5.00 With Card



Seasoned with Pork
Luck's Pinto Beans
15 Oz.

10/\$5 With Card



Selected Varieties, Food Club
Pasta or Pasta Sauce
12-16 Oz. or 24 Oz. Jar

5/\$5 With Card



Cheezy Does It or Selected Varieties
Food Club Shredded Cheese
32 Oz.

5.00 With Card



Selected Varieties, Big Pack
Little Debbie Snack Cakes
16.92-31.78 Oz.

2/\$5 With Card



Selected Varieties, Kay's Ice Cream (Gallon) or
***Blue Bell Ice Cream**
64 Oz.

5.00 With Card

* Not available in all stores



Selected Varieties, Country Roast
Folgers Coffee or K-Cups
25.1 Oz. or 12 Ct. Pods

5.00 With Card



Cheese Snacks, Corn Chips or
Moore's Potato Chips
Selected Varieties, 7.75-9.5 Oz.

4/\$5 With Card



Shredded
BelGioioso Parmesan
10 Oz.

5.00 With Card



Baked Fresh Daily
Chocolate Chip Cookies
Dozen

2/\$5 With Card



Selected Varieties, Large Size
Kellogg's Kids Cereal
14.6-19.2 Oz.

2/\$5 With Card



Organic, Fruit Punch
Green Beginnings Coconut Water
8 Ct.

5/\$5 With Card



Selected Varieties
V8 Splash
64 Oz.

4/\$5 With Card



Best Darn Sweet Tea
Gallon

3/\$5 With Card



Frozen, Selected Varieties
Pillsbury Toaster Strudel
6 Ct.

3/\$5 With Card



Selected Varieties, Sweet Baby Ray's
Barbecue Sauce
28 Oz.

2/\$5 With Card



Vitamin D Added
Pet Evaporated Milk
12 Oz.

4/\$5 With Card



Selected Varieties, Pop-tarts Crisps, Pop-tarts Bites or
Kellogg's Pop-tarts
14.7-20.3 Oz. or 12 Ct.

2/\$5 With Card



Selected Varieties, Scoop Away or
Fresh Step Cat Litter
20 Lb.

5.00 With Card



Selected Varieties
Tide Simply Detergent
13 Ct. Pods or 31-34 Oz.

2/\$5 With Card

Items and prices are specifically intended to apply locally where issue originates. BOGOs are sold at 1/2 price if single item is purchased. We reserve the right to limit quantities and to correct printed errors. No sales to dealers or competitors. Quantity rights reserved. 2020 K-VA-T Food Stores, Inc. Food City is an Equal Opportunity Employer.

**• Boone's Creek • Church Hill • Gray •
• Johnson City • Jonesborough • Rogersville •**

SALE DATES: FRI., SEPT. 18 - SAT., SEPT. 19, 2020
www.foodcity.com
@FoodCity