

# NEWS in a NUTSHELL

THE NEWSLETTER FOR THE EMPLOYEES OF MARYVILLE



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## Some Ways to Stay Calm in a Coronavirus Crisis

If you find it hard to stay calm during this COVID-19 pandemic, you are not alone. From the constant news updates telling you about the most recent counts to the long lines at your local grocery store and the stock market gyrations, it is hard not to feel the effects of the pandemic.

The demands of social distancing may mean that your usual stress management strategies such as going to the gym or hanging out with loved ones are no longer accessible to you. So here are some stress management techniques to get through the next few weeks or until life goes back to some sense of normalcy.

### Breathe

Taking slow deep breaths is a great way to calm down your entire body and your mind. To do this, close your eyes and take in a deep breath through your nose on a count of five, hold for a count of three, then breathe out through your mouth on a count of five. Repeat five times. Do this any time you feel stressed, to start your day in the right mood, and to get calm at the end of your day so you can get a good night's sleep.

### Practice Mindfulness

Focusing on breath is a simple start. You can also meditate with or without a mantra.

### Limit Social Media and News Consumption

Yes, you want to stay up-to-date on the latest news about the virus or the stock market, but listening to the news all day-everyday is going to exacerbate any feelings of anxiety, stress, or sadness. Check the news and social media at set times of the day, and limit yourself to 15

minutes at a time. And when you get on social media, spend some time on things that make you smile or laugh, and touch your heart in some way.

### Go Outside

If you are one of the millions of people now working from home, and the weather is amenable, find a spot outside to take the laptop and the phone calls. This will help keep the stir crazies away.

### Exercise - and do it OUTSIDE

You need to exercise more than ever now. Take a walk, ride a bike, go for a run, take the yoga mat outside, or do some calisthenics in your backyard. Movement releases the pleasure hormone dopamine, which makes us feel good, and fresh air and sunshine are also great for boosting your mood. But remember to keep your distance. So go outside early in the morning or late in the evening, stay in your neighborhood, and forego public parks and trails.

### Get Your Financial House in Order

Do your taxes. Go through your bank and credit card statements and cancel those unwanted subscriptions. Cancel travel plans. Make a budget. Manage your investments.

### Connect with Loved Ones

If you live with others, now is a great time to spend some quality time together. Bring out the board games and the puzzles. Have long conversations. Call that friend or cousin you haven't spoken to in months. Do mindfulness exercises together. And if you find yourself needing some personal space, then formally structure some alone time for everyone so you don't annoy each other too much.

### Get Creative

If you find yourself with a lot of time on your hands, skip the binge-worthy

series on Netflix and start that art or crafting or household project you haven't had time to do. Indulging your creativity is an excellent distraction and a great way to de-stress. Knit, paint, sew, or create a photo book of your last vacation.

### Practice Gratitude

It can be easy to focus on all the negatives that result from dealing with a pandemic, so being deliberate in being grateful is a great way to counteract the negativity. Start and end each day by stating at least three things you are grateful for. Research shows that this increases feelings of optimism.

For organizations that want to help employees manage stress during this challenging period, start meetings with a one-sentence or one-word check-in. Set up online drop-in support groups. Provide online stress management workshops.

It's important to remember that this period of crisis is temporary, and if we all take the appropriate public health steps to reduce the likelihood of infection, the pandemic will slow down and life will get back to normal sooner rather than later. So wash your hands frequently, wear a mask if you are sick, stay six feet away from each other, and keep calm and carry on.

<https://www.fastcompany.com/90481875/10-science-backed-strategies-to-try-if-youre-stressed-about-covid-19>



Ralph Goodson, Finance, greeted customers in the lobby. The customer service windows were closed to the public the week of March 23 to help protect employees from potential contact with people infected with COVID-19.

### Inside the Nut

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# Applause Please



Retiring 4/2/2020  
**Dave Boring**  
 EPW  
 41 Years of Service



Retiring 4/24/2020  
**Alan Holmes**  
 MFD  
 33 Years of Service



Retiring 4/22/2020  
**Ronnie Irwin**  
 EPW  
 16 Years of Service



Promotion  
**Gabe Emert**  
 Electric  
 Line Worker Trainee



Promotion  
**Jane Groff**  
 Admin  
 Administrative Services Director



Promotion  
**Shane Myers**  
 W&S  
 Utility Construction Worker I



Promotion  
**Brad Poplin**  
 Electric  
 Sr. Electric Engineering Technician



Promotion  
**Shawn Ridings**  
 EPW  
 Street Construction Crew Leader



Promotion  
**Chad Wilson**  
 EPW  
 Street Construction Supervisor



Promotion  
**Hank Woods**  
 Electric  
 Lead Line Technician



New Employee  
**Mike Brusseau**  
 Dev. Services  
 Land Development Administrator



New Employee  
**Taylor Harrison**  
 W&S  
 Utility Construction Worker I



New Employee  
**Blake Henegar**  
 Dev. Services  
 Building Inspector

## The 2020 Census is Even More Important Now

The U.S. Constitution requires a Census every ten years to determine the number of Congressional seats each state has in the U.S. House of Representatives. Census data provides the basis for distributing more than \$675 billion in federal funds annually to communities across the country to support vital programs—impacting housing, education, transportation, employment, health care, and public policy. The collected data is also used to redraw the boundaries of congressional and state legislative districts, as well as other local and state political boundaries.

### The First U.S. Census Was Conducted in 1790

The Census Act of 1790 was made a Federal law a little more than a year after the inauguration of President George Washington and shortly before the second session of the first Congress ended. The law was signed March 1, 1790. This legislation established the ground rules for the first Census and empowered U.S. Marshals to carry out the monumental task of accurately recording America's population. This was a difficult feat in a new country with little infrastructure and a widely scattered population in 1790.

Each marshal received between \$100 (equivalent to \$2,793.20 in 2020) and \$500 (\$13,965.98 in 2020) for their work. Their assistants would receive \$1 (\$27.93 today) for every 50-300 people counted. The Census began on Aug. 2, 1790, and officially ended nine months later on May 2, 1791. The United States had a population of 3,929,214 on that date.

The 1790 census requested the following information: the full name of the head of the family and the number of persons in each household (*note just numbers not names of family members*). The divisions for the numbers were the following: Free White males 16 years old and up (*this was to know the country's industrial and military potential*), Free White males under 16 years, Free White females (*it didn't matter the age*), all other Free people in household and the number of slaves.

Sixteen U.S. Marshalls and one Territorial Governor canvassed the U.S. to conduct the first Census. The population count of the Southwest Territory, now known as the state of Tennessee, was

headed up by Territorial Governor William Blount. According to Blount's 1790 count, the Southwest Territory had a population of 35,691. Today, the State of Tennessee has an estimated population of 6,770,010 and the United States has an estimated population of 329,342,883. *-Taken from an article by Andrew Babin, a historian in the U.S. Census Bureau's Public Information Office.*

### Collecting Census Data Today

The 2020 Census is the first U.S. Census to allow response by phone or online. Citizens may also respond by traditional paper questionnaire. A small percentage of households, primarily located in remote areas of the country, will be visited by a Census taker who will offer assistance to complete the form. The Census process also includes special provisions to count people who are homeless and those in other types of living quarters, such as college dorms, military barracks, ships, prisons, nursing homes, and homeless shelters.

Census notices were mailed in mid-March 2020. Citizens were invited to respond as soon as they received their Census notice. Under Title 13 of the U.S. Code, you can be fined up to \$100 for refusing to fill out a Census form and \$500 for knowingly answering questions falsely. Incomplete forms will cause your community to have less accurate data and potentially fewer federal funds over the next ten years.

### What Questions are on the Form?

The Census asks for your name, age, race, sex, Hispanic Origin, household relationship, as well as housing questions. When completing the Census, you should count everyone who is living in your household on April 1, 2020 – including infants.

The Census Bureau will never ask for social security numbers, bank or credit card



A U.S. Marshall records numbers in Wisconsin for the 1790 Census

account numbers, money or donations, or for anything on behalf of a political party.

Many people fear sharing information with a government agency, but Title 13 of the U.S. Code protects your Census responses. It is against the law for any Census Bureau employee to disclose or publish any Census information that identifies an individual. Census Bureau employees take a lifelong pledge of confidentiality to handle data responsibly and keep respondents' information private. The penalty for wrongful disclosure is a fine of up to \$250,000 or imprisonment for up to 5 years, or both. No law enforcement agency (not the DHS, ICE, FBI, or CIA) can access or use your personal information at any time. Data collected can only be used for statistical purposes that help inform important decisions, including how much federal funding your community receives.

Census results help determine how billions of dollars in federal funding flow into states and communities each year. School lunches, plans for highways, support for public safety organizations and families in need will all be impacted. Your participation will help determine how many seats in Congress the State of Tennessee will get as well. Your response to the Census, or your lack of a response, will impact our community every day for the next ten years.

### Goin' on a Bear Hunt

This fun FaceBook activity started for children — a distraction from all the Coronavirus news and a game that families can play while staying socially distanced. Families drive around or walk through neighborhoods and hunt for teddy bears in windows. It's a way people are coming together while maintaining a safe distance.

This big guy has been hanging out with Roger lately. Six feet apart!



# People are the Key

## April Birthdays

1	Maria Nelson, Dev. Services Kay Berry, MPD Eric Holder, W&S
3	Greg Cooke, MPD
4	Michael Myers, W&S
9	Eric Russell, MFD Steve Martin, Electric Marcus Taylor, MPD
10	Chris Pereda, MFD
11	Chad Simpson, MPD
14	Alan Holmes, MFD
16	Ralph Goodson, Finance Josh Daniels, Electric
18	Madison Wethington, MPD
20	Cody Teffeteller, W&S
22	Paul Gilley, W&S
23	James Parrott, EPW
27	Randy Cupp, Finance



## April Anniversaries

Mike Large, Electric	41 years
Dave Boring, W&S	41 years
Sharon Moore, MPD	30 years
Chris Tuck, MPD	27 years
Darrel Pharris, EPW	22 years
Randell Moore, MFD	20 years
Jamie Hipps, EPW	18 years
Clay Cope, EPW	17 years
Jane Groff, Admin.	14 years
Jeremy Snyder, EPW	7 years
Caleb Compton, EPW	7 years
Cody Burchfield, EPW	6 years
Chris Hamrick, W&S	6 years
Jerry Barnes, Finance	4 years
Austin Green, MPD	4 years
Mike Swift, Finance	3 years
Jane Ellis, Finance	2 years
Cody Herron, W&S	2 years
Matthew Hughes, MPD	1 year
Gabe Emert, W&S	1 year

## Engineering and Public Works Awards

On March 4, the EPW Department gathered in the Auditorium for their Annual Chili Cook-off and to recognize their peers for their outstanding work during the previous year.

The 2019 Award Winners were:

**Rookie of the Year** – Shelby Worthington

**Safety Standout** – Stay Chissay

**Achievement/Initiative** – Clay Cope

**Thumbs Up** – John Roberson

**William H. Bryant Mentor/Leadership** – Jack Bryant

**Chili Awards** (Judged by various Managing Directors)

**3rd Place** – Kevin Stoltenberg

**2nd Place** – Thomas Vananda

**1st Place** – Clay Cope (Clay Cope's Wife)



2019 EPW award winners left to right: John Roberson, Clay Cope, Shelby Worthington, Jack Bryant, and Stay Chissay

## City Employee and Family 5K Postponed

The annual City Sponsored Employee and Family 5K has fallen victim to the threat of the spreading COVID-19 outbreak. It will be held later in the year. Stay tuned to your bulletin boards and the Nutshell for an announcement of the new date.



## 2020 Employee Meetings



Our Benefits Open Enrollment period for 2020-21 is coming soon. Please stay tuned for more information on meeting dates and alternative methods for meetings in the coming weeks if social distancing is still necessary. These meetings are a great opportunity to hear news concerning the City and ask questions of City Manager, Greg McClain. Watch your bulletin boards and email for more information and dates and times for the 2020 meetings.