

NEWS in a NUTSHELL

THE NEWSLETTER FOR THE EMPLOYEES OF MARYVILLE



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We Will Always Remember

Naming a newborn child is sometimes a difficult task. After all, the name will be a part of the child's identity for a lifetime. That was the goal when Golman Myers (Electric), was given his great-grandfather's name. He would never meet the man he was named after, but his papaw made sure that he would know him. Golman has heard countless stories about his great-grandfather, but he never grows weary of listening to his grandfather, Bernard Myers, talk about Golman's great-grandfather, a patriot, a farmer born and raised in Cades Cove, and his namesake.

Bernard was born in 1936, the youngest of six Myers children. They lived on a 177-acre farm about 1/2 mile from the Missionary Baptist Church in the Cove. Their home was perched on a hill, the farmland was level and fertile and located near the creek below. It was ideal. Bernard remembers how his family worked together to raise hogs, cattle,

horses, and sheep. They planted wheat, corn, and soybeans. Bernard's mother had an enormous garden and grew everything they needed. She was keenly aware of the phases of the moon and how it affected the planting and harvesting of the garden. She was an expert on canning and preserving and a master chef whose cornbread would bring a grown man to his knees. She worked tirelessly to take care of and feed her family. When she went to the market, her shopping list was short; sugar, salt, coffee, canning supplies, and a few spices she didn't grow in her garden.

Late in the afternoon on December 7, 1941 Golman Myers, Sr. heard the news on his battery powered radio that the Japanese had attacked Pearl Harbor. Unsettled by the news, he went to the woods behind their house and pulled up a sweet gum sapling no more than 5' tall. He planted the tree in the front yard as a reminder of that somber day. He gathered his family and spoke these words when his work was done, "We will remember this forever." At the time, the Myers' two oldest sons were old enough to be drafted and their father was sure they would indeed be sent to fight in the war. He was right. By the spring of 1942, both boys were drafted and would serve until 1945.

The U.S. government had established the Great Smoky Mountains National Park in the early 1930's and began buying the land from the residents of the Cove. For a while they allowed those who wanted to, to stay on their farms. Golman Myers Sr. chose to stay, but began looking for land in Townsend knowing that eventually they would have to leave the Cove. Skittish because a brother had lost his farm when the stock market crashed, he refused to buy anything with borrowed money. He finally found a farm he could afford with the cash he had been saving in 1940. In January of 1945 the Myers family moved out of Cades Cove to the farm in Townsend. Just four short months later, Golman Myers Sr. passed away at the age of 51, only months before his boys would come home from war.



Golman Myers, Sr.

Bernard was just nine years old when his father died. He and his mother settled into life in Townsend. Times were hard for the family. Years later Bernard married his sweetheart, Joan Adams. They had children of their own, and then grandchildren. In the 1970's Bernard went back to Cades Cove and found the old sweet gum sapling that his father planted almost 30 years before in the front yard of the Myers home place. The metal tire rim that his father placed around the sapling to protect it from mowers had split and become embedded into the trunk of the now gigantic tree. Bernard wrapped a heavy-duty chain

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Bernard Myers stands next to the tree his father planted in 1941.

Inside the Nut

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Citizen's Thank You Notes
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Self Service Utility Payments Coming
City 5K Date Announced - Blood Drive
New W-4's - Ice Bears Donate Toys



Golman Myers and his Papaw Bernard Myers

Applause Please



Retiring 2/28
Jack Loveday
W&S
32 Years of Service



Retiring 2/26
Jay Parrott
EPW
33 Years of Service



Promotion
Jonathan Ellenburg
Electric
Equipment Mechanic



New Baby
**Dominic Braxton
Bailey**
Son of Heather and
Eric Bailey (EPW)
Born Jan. 8, 2020

Its Important to Manage Stress

We all feel stress at one time or another. It's a normal and healthy reaction to change or a challenge. But stress that goes on for more than a few weeks can affect your health. Keep stress from making you sick by learning healthy ways to manage it.

Learn to Recognize Stress

The first step in managing stress is recognizing it in your life. Everyone feels stress in a different way. You may get angry or irritable, lose sleep, or have headaches or stomach upset. Once you know what signals to look for, you can start to manage it.

Then identify the situations that cause your stress. Once you understand where your stress is coming from, you can come up with ways to deal with your stressors.

Avoid Unhealthy Stress Relief

When you feel stressed, you may fall back on unhealthy behaviors to help you relax. These may include:

- Eating too much
- Smoking cigarettes
- Drinking alcohol or using drugs
- Sleeping too much or not sleeping enough

Instead, use the tips below to find healthy ways to reduce your stress.

Find Healthy Stress Busters

Recognize the things you can't change. Accepting that you can't change certain things allows you to let go and not get upset.

Avoid stressful situations. When you can, remove yourself from the source of stress. For example, if your family squabbles during the holidays, give yourself a breather and go out for a walk or drive.

Get exercise. Getting physical activity every day is one of the easiest and best ways to cope with stress. When you exercise, your brain releases chemicals that make you feel good. It can also help you release built-up energy or frustration. Find something you enjoy and do it for at least 30 minutes on most days.

Change your outlook. Try to develop a more positive attitude toward challenges. You can do this by replacing negative thoughts with more positive ones.

Do something you enjoy. When stress has you down, do something you enjoy to help pick you up. Whatever you choose, try to do at least one thing a day that's just for you.

Connect with loved ones. Do not let stress get in the way of being social. Spending time with family and friends can help you feel better and forget about your stress.

Get enough sleep. Getting a good night's sleep can help you think more clearly and have more energy. Aim for about 7 to 9 hours each night.

Learn to say no. If your stress comes from taking on too much at home or work, learn to set limits. Ask others for help when you need it.

Finally, Talk to a Professional

If you can't manage stress on your own, you may want to talk with your health care provider. Or consider seeing a therapist or counselor who can help you find other ways to deal with your stress. You might also find it helps to join a support group.

New Options for Utility Payments Coming Soon

Changes are coming soon to the way that utility customers can pay their bill. Our new secure payment portal for utility payments will simplify the payment process with more opportunities to manage payments through optional features like:

- Full online account management
- View bills from email
- Manage bill notification preferences with SMS (text) or email
- Pay bills through SMS (text) or online
- Set up an automatic one-time payment on the account
- Manage one or multiple accounts through one login

There will be a 2.85% transaction fee charged by the third-party vendor on all credit/debit card payments whether processed online or at the Municipal Center. Customers may continue to pay by cash or check free of charge at the Maryville Municipal Building or by mail. Check payments may also be deposited in the overnight drop box in front of the Maryville Municipal Building. Customers can also sign up at the municipal building for automatic bank draft which eliminates the need to remember to pay the bill each month. There is no charge for automatic bank draft.

Watch for more information coming soon.

People are the Key



Start Training Now

The Annual City of Maryville Employee and Family 5K will be held on Saturday, April 25, 2020. Everyone who participates will get a cool tee shirt. Bragging rights are up for grabs too. All you have to do is win your age division of the race.

Golman - Continued from page 1



Myers farm in Cades Cove in the late 1930's

around the tree, and hanging from the chain he placed a tag that reads, "Golman Myers transplanted this tree December 7, 1941." On the opposite side, it simply says, "Pearl Harbor." Bernard wanted to mark the tree so his children and grandchildren could find the place where they came from in Cades Cove. (It is a bit of a project to find the tree, so if you'd like to see it, pull up the GPS on your phone and find 35°36'17.7"N 83°50'06.7"W).

Golman Myers (our co-worker) was in his early 20's when he lost his father to a tragic accident. As Golman grieved the loss of his father and Bernard grieved the loss of his son, they leaned on each other. They already had a close relationship, but as the years passed Golman and Bernard built an unshakable bond. Each of them proud of the other. If you spend even a short amount of time in their presence, you can clearly see the mutual love and respect in their eyes.

Golman and his wife, Anita have four children. Isabelle, Amelia, Grace, and Noah. They live in Townsend on the farm that Golman Myers Sr. bought back in 1940. Little River runs adjacent to the farm. In the summer they plant a garden and they spend time fishing, hunting crawdads and minnows, and perfecting their rock skipping skills. A daily trip to Bernard (Papaw) and Mamaw's house for popsicles is a must, as well as Sunday dinners where they are treated to a Thanksgiving-style feast every week of the year. "There is no cornbread as good as the cornbread my mamaw makes," Golman brags. They visit Cades Cove occasionally for family picnics and to be sure that their children know about their family's roots and a man named Golman, just like their daddy, who planted a tree so we will always remember.

MPD Officer Featured on WATE

Clayton Hall, (MPD) has been a Resource Officer at Maryville Academy for the last two years. During that time he's built relationships with all of the students, but one of the students, Jordan Crawford, is especially thankful for his friendship.



At a particularly low point in her life, Officer Hall befriended her and took the time to ask her everyday how she was and how things were going. Seeing that he cared about her helped her turn her life around. Her grades improved, her behavior improved and she is now preparing to graduate in May.

Officer Hall is a 15 year veteran of the Police Department. You can see the video and complete story on WATE's website at: <https://www.wate.com/news/local-news/he-showed-up-when-i-needed-him-student-writes-handwritten-thank-you-letter-to-sro/>

Thank You Notes

On January 8, a citizen expressed her thanks for a job well done.



Wanted to let you know what a good job your staff did this morning picking up the leaves on South Maple Street. The leaves had become packed down and they put forth extra effort to rake them out.

An Email Angie Luckie received 1/8/20

I live in College Hills and last week in the middle of the night a very large tree fell in our neighbor's yard. It covered another neighbors yard, our road, power lines and ended up in my yard as well. The tree woke all of us up around 1 a.m. and luckily no one was hurt! Within two hours the city had an entire crew out on our street. They cut the tree up, managed to help our neighbors get their car unstuck, cleaned up the road and managed to keep all our power intact. When I woke up the next morning the road was clear and all the debris left was in three neat piles in all our yards. By 9 a.m. they had returned with new garbage cans for the neighbors. Then, by lunch the crew returned and cleaned up all the piles. There isn't a stick left in my yard and the grass is all perfectly intact. You'd never know anything had happened at all.

I wanted to thank the city employees who responded so quickly to our home and cared for our neighbors while they were scared. They left our street looking perfect and allowed us to all feel safe and cared for. I know a tree falling is just one thing in the long list of things your employees have to deal with during any day but to have all these people leave the comfort of their own homes in the middle of the night to come out in the rain to do their jobs so quickly and efficiently, I felt was above and beyond!

Thank you so much to anyone who came to our little street and helped clean up. I'm so grateful to live here and to see how well cared for our town is and I know our neighbors all said the same thing.

Thank you again!

An Email Dan Cantwell received 1/15/20 regarding Jeremy Snyder, EPW.

Mr. Cantwell,

I just wanted to drop you a note to tell you how much my family appreciates our garbage collection driver. We have two small children and he always greets them with a wave and a smile. I am very grateful for his assistance and I really appreciate him taking the time to give my children individual attention. Please tell him thank you on our behalf. We live at 1620 Leconte Drive.

Kindest regards!

People are the Key

February Birthdays

- 5 Sid Davis, Electric
Ryan Spencer, MFD
Sam Roberts, Electric
- 6 Kelly Hembree, EPW
- 7 Nick Crawford, MPD
Hank Woods, Electric
John Spence, EPW
- 8 Mary Bristol, Admin
- 10 Cindy Karnoupakis, Finance
- 11 Michael Bell, W&S
- 13 Thomas Craw, MFD
- 14 Glenda Brinley, Finance
Mike Swift, Finance
- 15 Roger Campbell, Admin
Randell Moore, MFD
- 18 Jimmy Yearout, Electric
- 20 Jamie Dyer, W&S
- 21 Debbie Yarnell, Dev. Services
Jerry Diffie, MPD
- 22 Alex Steele, MFD
- 23 Chad Grissom, MPD
- 24 Casey Ryding, Electric
- 28 Robert Anderson, Electric
- 29 Angie Luckie, Public Services



February Anniversaries

- Teresa Martin, Finance 39 years
- Steve Davis, Electric 38 years
- Charlie Clearman, W&S 34 years
- Donnie Williams, Electric 34 years
- Mike Caylor, MFD 31 years
- Eric Russell, MFD 31 years
- Gary Johnson, EPW 29 years
- Brian Watson, MFD 27 years
- Don Myers, Electric 24 years
- Kevin Roulette, Electric 24 years
- Stacy Frye, W&S 21 years
- Daniel Atkins, W&S 20 years
- Tommy Cooper, Electric 19 years
- Patrick McGinley, MFD 14 years
- DJ Porter, MPD 14 years
- Shawn Riddick, W&S 12 years
- Kevin Bailey, IT 8 years
- Jennifer Riffle, MPD 6 years

New W-4 Forms Available

The 2020 Form W-4, Employee's Withholding Certificate, has been updated and is very different from previous versions. This is due to the federal tax law changes that took place in 2018. The IRS only requires employees who are hired after January 2020 or anyone who makes withholding changes after January 2020 to complete the revised W4 form.

The revision is designed to provide a more accurate estimate for federal withholdings. Required updates to our payroll software are designed to work for both new & prior year W4 withholding table schedules. The IRS has also published Frequently Asked Questions that you may find helpful when completing the form www.irs.gov/newsroom/faqs-on-the-draft-2020-form-w-4.

See the bulletin board in your department for more information or call Leslie in HR with questions.



For the second year in a row, the Knoxville Ice Bears stopped by the Op Center to donate several stuffed animals to our Sanitation Santa program. Jamie Higgs, far left and Ron Nugent both in EPW, made a street sign for them as a thank you for their kindness. Tim Phillips is pictured at the far right.

Medic Blood Drive Coming in February

Thursday, February 11

Operations Center 7:30 a.m. - 11 a.m.

Municipal Building 12:30 p.m. - 4:30 p.m.



OKS Offers Free Service

Outlet Key Shop in Maryville and Knoxville is offering an Emergency Child Rescue Program to the community at no cost. If you lock your child in a hot car, or if you see a child left unattended in a hot car first call 911 and then call the Outlet Key Shop. The company recommends that you keep their number in your phone in case you ever need help rescuing a child from this dangerous situation. (865) 523-4541.