

NEWS in a NUTSHELL

THE NEWSLETTER FOR THE EMPLOYEES OF MARYVILLE

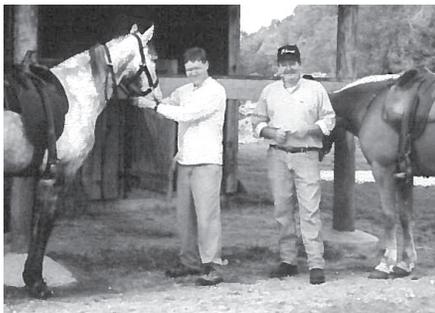


Volume 37, Number 4

April 2017

Brian Boone, Model, Engineer and Music Lover

The second in a series of stories featuring COM Directors by Mary Bristol



Brian and his dad preparing to ride in Bandy Creek campground in the Big South Fork

Brian Boone, Director of Engineering and Public Works, was born and raised here in Maryville. He is the son of a church pianist and a soft spoken, “behind-the-scenes” kind of man who wanted better for his children. He is a Civil Engineer, a former William Blount Governor band member, and a lover of music who had a killer sound system and a cassette tape collection to die for back in the day. He will adamantly defend the younger version of himself, “for the record, I never wore a mullet. Ever.”

Brian’s mother started playing the piano in their church at the age of 14 so naturally, she wanted her children to follow her lead and insisted on piano lessons. Brian’s grandfather had his own plan though, and baited his grandson with the gift of his first acoustic guitar and lessons to go with it, all expenses

paid. Brian was an easy convert however, as he had never really connected with the piano like his mother had hoped. Like most kids, at the age of 14, Brian didn’t realize the enormity of the gift or the life changing path his grandfather was leading him to. He obediently went to his lessons and learned all he could, but to say that he loved playing the guitar during that time would be a stretch.

After high school Brian began his pursuit of a bachelor’s degree at UT. Working part-time at Wal-Mart for the next five years he learned a few life lessons. First and foremost, his job there taught him the value of a good education. Every weekend he was knee deep in the retail trenches and by Monday, he was eager to return to class. Wal-Mart also helped Brian realize that if the engineering thing didn’t work out, he could fall back on a lucrative modeling career. In December of 1992, Brian appeared in the Wal-Mart flyer, (pictured to the right).

Turns out the engineering thing did work out, but after graduation, Brian boldly claimed to a group of friends that he would “NEVER” go to grad school. Shortly after that he began his career at a consulting firm and once again saw the value of a good education. He was the first of his engineering friends to return to UT for his Master’s degree.

For as long as he can remember, Brian’s family and extended family have gathered twice a year in Happy Valley near Abrams Creek on a 5 acre plot of land that once belonged to his grandparents for a weekend “get-together.” Some folks spend a good part

of those weekends preparing the food, some ride horses, some stoke the fire, and others play music on a makeshift stage, Brian included. If you get the chance to watch The Heartland Series, Vol. 27, Episode 30, you’ll see the Boone Family in action and hear for yourself the down-home traditional “camp-fire” tunes they offer up, obviously from the bottom of their hearts.

“Improvise. Adapt. Overcome.”

~Brian Boone
(borrowed from Clint Eastwood in the movie Heartbreak Ridge)

Among the Boone reunion goers is a family friend, Robinella. You might have heard of her or

even seen her music video, *Man Over*, on CMT a few years back. Robinella asked Brian to join her in Nashville to record an old Crystal Gayle hit, *Ready for the Times to Get Better*. Brian refers to himself as a “rhythm player” and explains that he does not read music, although he can, but he plays by “feeling” it. “It’s all about timing.” Brian is also quick to **Continued, see Brian on page 3.**



Brian’s modeling career begins (no foolin’) in the Wal-Mart sales flyer, December 1992.

Inside the Nut

Getting to Know Brian

You, a Runner?

COM Healthier TN Workplace

People are the Key... Life event news

HR News and Finance: Title VI

Requirements and the Employee Portal

People are the Key

April Birthdays

- 1 Eric Holder, Water & Sewer
Maria Nelson, Dev. Services
- 3 Greg Cooke, Police
- 4 Michael Myers, Water & Sewer
- 9 Mark Taylor, Police
Steve Martin, Electric
Eric Russell, Fire
- 10 Chris Pereda, Fire
- 11 Chad Simpson, Police
- 14 Alan Holmes, Fire
- 16 Ralph Goodson, Finance
Josh Daniels, Electric
- 17 Bill Garner, Police
- 19 Chad Davis, Dev. Services
- 22 Paul Gilley, Water & Sewer
- 23 Jay Parrott, Eng. & Pub. Works
- 27 Randy Cupp, Finance
- 29 Henry Hill, Water and Sewer



Accolades and Applause



Sharie Gaby
HR Assistant
(Promotion)



Matthew Watson
Police Officer
(New hire)



Jonathan Ellenburg
Utility Construction
Worker II (Water
& Sewer) Promotion



Logan Rogers
Sanitation Worker
(EPW - Transfer)



Jonathan Wilson
Grounds Maintenance
Worker (EPW - Transfer)



Logan Lindsey
Sanitation Worker
(EPW - Transfer)

April Anniversaries

Mike Large, Electric	38
Dave Boring, Water & Sewer	38
Barry Webb, Electric	32
Sharon Moore, Police	27
Chris Tuck, Police	24
Henry Bergen, EPW	22
Darrell Pharris, EPW	19
Randell Moore, Fire	17
Jamie Higgs, EPW	15
Clay Cope, EPW	4
Jane Groff, Administration	11
Jeremy Snyder, EPW	4
Caleb Compton, EPWs	4
Shaina Kirkland, Police	4
Cody Burchfield, Water & Sewer	3
Chris Hamrick, Water & Sewer	3
Jacob Wenger, Fire	1
Kyle Anderson, Police	1
Austin Green, Police	1
Kyle Tallent, Water & Sewer	1
Jerry Barnes, Finance	1

Kind Words

Quality of Emergency Workers Appreciated

The following letter to the Editor appeared in the Daily Times on March 15, 2017.

Dear Editor:

Thank you City of Maryville Fire Department paramedics! I cannot express enough appreciation of our city paramedics. We had an emergency at the United Community Bank Branch on Broadway recently that required immediate attention.

The paramedic team was there in less than five minutes. The team worked together very calculated and determined the course of treatment within a couple of minutes. The patient was very scared, for good reason and the team changed the atmosphere very quickly to calm.

Sometimes we take for granted the situations these professionals face each day. We see them running up and down the road in full posture to the next situation, without thought yielding to them so they can get to their destination unaware of what they are facing.

We are fortunate to live in a community that has such caring public servants that genuinely care about the citizens. So the next time you have an opportunity to talk with a fire, police or emergency professional please thank them. I certainly am.

Rick Shepard
United Community Bank President
Hunters Crossing Drive, Alcoa

Save the Date!

Annual Employee Meetings with Greg are scheduled April 25-27 at 7:30 a.m. in the MOC Auditorium and 2 p.m. in the Gary Hensley Room at MMC each day.

A Beginner's Guide to Running for Fitness



If you've ever considered re-inventing yourself as a runner, the following advice from Runner's World magazine is sound advice for a successful start.

First things first. Spend at least two weeks walking or using a stationary bike or an elliptical trainer for roughly 30 minutes per day, four or five days per week to prepare.

Start with run/walks. You'll ultimately run longer, feel stronger, and stay injury free if you start by adding short bouts of running to your regular walks.

Brian - Continued from Page 1

point out that he is not an accomplished musician and there are many others more talented than he, including some here at the City. However, one of his most outrageous memories is when The Heartland Series held a Homecoming event at the Museum of Appalachia a few years ago. They invited some of their favorites from the series to perform. Brian remembers stepping out on the stage with his band/family members and realizing that there before him was a crowd of 2,000 people. "Every time I raised my eyes from the floor, all I could think was, 'wow!' and I quickly lowered my gaze to the floor again."

Over the years Brian came to love music just like his father and grandfather knew he would. It wasn't an instant love, it was more a gradual appreciation. These days his system in his car is booming 90's Rock and Blue Grass tunes, and he has hopes that his kids, Brady 12, and Rebecca 9 will someday come to love the family tradition of making music just like he did. He also hopes that he and his wife Christy will still be taking a weekend twice a year to gather with family and friends in Happy Valley to indulge in lots of good fun, food, and music. And, that maybe one day, his kids will join him on that makeshift stage.

Beware of the terrible toos. Going too far too fast, before your body is ready, is one of the most common causes of injuries.

Let your body be the boss. Some muscle aches and soreness are to be expected any time you are pushing your body harder than it's accustomed to. Any sharp pains or pains that persist are signals to rest.

Get the goods. You don't need lots of fancy equipment to start running, but a new pair of shoes are non-negotiable. Worn-out shoes are a leading cause of injury.

Find the right route for you. The most important thing when you start running is to find a safe route that feels comfortable.

Train your brain. You may find it hard to get out the door at first. Listen to good music, pick a convenient time to work out and pick some rewards that will motivate you.

Relax and run tall. These adjustments can make running feel more comfortable. Take short strides. Keep your

elbows at about 90 degrees, and keep your hands relaxed. Avoid looking down at your feet and run tall.

Be patient. Many of the positive changes that are happening when you start exercising won't be visible in the mirror or on the scale. After a few weeks, you'll begin to understand the whole idea of an exercise high.

8 Weeks to Running Plan

WEEK 1:	run 1 minute, walk 90 seconds	X 8SETS
WEEK 2:	run 2 minutes, walk 1 minute	X 7SETS
WEEK 3:	run 4 minutes, walk 1 minute	X 6SETS
WEEK 4:	run 6 minutes, walk 2 minutes	X 4SETS
WEEK 5:	run 9 minutes, walk 2 minutes	X 3SETS
WEEK 6:	run 12 minutes, walk 1 minute	X 3SETS
WEEK 7:	run 15 minutes, walk 1 minute	X 2SETS
WEEK 8:	run 30 minutes	X 1SETS

City of Maryville is a Healthier Tennessee Workplace

The City of Maryville has just received recognition as a "Healthier Tennessee Workplace." Healthier Tennessee is an initiative by the Governor's office to improve health across the state at all levels . . . personal, workplace, churches, towns, etc.

Our Blount County group is called Blount BEneFITs, and is represented by Sharie Gaby for the City.

The Governor's Foundation for Health and Wellness is dedicated to enabling and encouraging Tennesseans to lead healthier lives. The Foundation's Healthier Tennessee initiative strives to increase the number of Tennesseans who are physically active for at least 30 minutes five times a week, promote a healthy diet, and reduce the number of people who use tobacco.

If you'd like to make simple healthy lifestyle changes to your own routine, you can find lots of free tools on the Healthier Tennessee website, healthierTN.com.

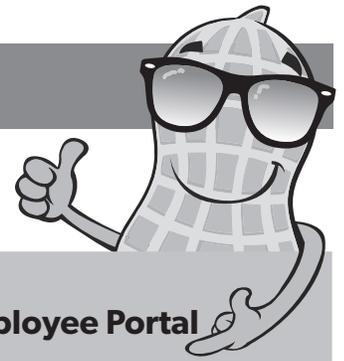


**Healthier
Tennessee
Workplace**

healthierTN.com

Presented to The City of Maryville
Valid through 02/13/2018

From Human Resources & Finance Department



Requirements of Title VI

It's the policy of the City of Maryville that all its services and activities be administered in conformance with the requirements of Title VI.

What is Title VI?

“No person in the United States shall, on the grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance.”

What is the purpose of Title VI?

The purpose of Title VI of the Civil Rights Act of 1964 is to prohibit programs and activities which receive federal funds from discriminating against participants or clients on the basis of race, color, or national origin. The intent of the law is to insure that all persons, regardless of their race, color, or national origin are allowed to participate in federally funded programs. To insure that the City of Maryville meets its compliance responsibility, comprehensive monitoring procedures have been established to provide for continual compliance with Title VI.

The Areas Covered by Title VI

Construction, transportation, parks and recreation, community block grants, location of facilities, law enforcement, environmental issues, contracting, distribution of benefits and services, hiring, equipment and building loans, and tax benefits enjoyed by private, fraternal and nonprofit organizations.

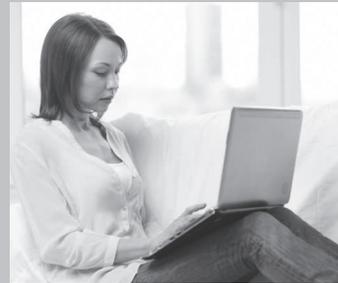
Title VI Actions

- Prohibits entities from denying an individual any service, financial aid, or other benefit.
- Prohibits entities from providing services or benefits to some individuals that are different or inferior to those provided to others.
 - Prohibits segregation or separate treatment in any manner related to receiving program services or benefits.
- Prohibits entities from requiring different standards or conditions as prerequisites for serving individuals.
- Encourages the participation of minorities as members of planning or advisory bodies for programs and activities receiving federal funds.
- Prohibits discriminatory activity in a facility built in whole or part with Federal funds.
- Requires entities to notify the eligible population about applicable programs.
 - Prohibits locating facilities in any way that would limit or impede access to a federally funded service or benefit.
- Requires assurance of nondiscrimination in purchasing of services.

Title VI complaints involving recipients and beneficiaries may be filed with the City of Maryville Title VI Coordinator: Director of Human Resources Teresa Best, Maryville Municipal Center.

City of Maryville Employee Portal Coming April 20

All your information in one, easy to find place.



- Safe and secure (password protected)
- View and/or print your pay statement online
- Check vacation and sick day balances
- Pull up pay statement history
- Easy access in just a few clicks (links on the City of Maryville website for your convenience)
- Never again search endlessly for your financial information in order to secure a loan
- Easy access to W-2 forms (no need to contact the Finance Department for replacement W-2's)
- Everything you need at your fingertips with just a couple of clicks

Employee Portal Computer Stations will be setup for employee's that do not work on a computer. Access to the Portal will be available on in-house computers only.

Watch for more information to follow soon!



Your News... *If you have news about your department, coworkers, or a personal life event that you would like to share in the Nutshell, please email Mary Bristol at mdbristol@maryville-tn.gov.*