

President's Report

Dear Fellow Retirees,

Helloha. Aloha can mean hello, goodbye, or love. To coin a phrase, helloha is the aloha that means hello. This newsletter concludes the end of the year for ETSURA. The last event on the calendar is usually the Tennessee Higher Education Retirees Association meeting, but it has been canceled because of reconstruction of the meeting place.

To review the past year, we first had Doug Taylor talk about College of Medicine graduates and the Academic Health Sciences Center (in Building 60). We next had Bob Patton discuss the history of Public Health at ETSU, and we ended with Scott Champney providing information on ancestry and DNA testing (see accompanying article). Despite the cold menu, our Summer Luncheon can be considered successful. Next year we will return to a hot menu because of stability in the staffing at *The Depot* at Food City.

Our Annual Meeting/Brunch this year must be deemed a success, considering the potential disasters that might have taken place. For example, about three weeks before the meeting, we showed only a low number of registrants. Looking for answers, we found major problems in our snail mail and email lists, as indicated by the numbers of returned mail and email. Moreover, on the Wed. before the meeting, I received an email that *The Jonesborough Novelty Band* had to cancel because of illness. Assuming it was too late to find a replacement, I asked speakers to extend their talks to fill the time. Despite all this, we survived—while at the Country Club to check on last minute details, I mentioned that the band had to cancel. Sally Dodson said she knew of a band that might be available. We contacted the band leader by phone, and the rest is known. Sally said it was kismet—that we were meant to have music! (See accompanying article.) In the end, attendance turned out to be respectable, thanks to improvisation by Tisha Harrison. She and her staff have since been working to update contact info for *all* retirees.

Next year, we will have Bob Patton talk about Tennessee Politics (Thursday, Feb. 21, 2019 at the Golden Corral), and in Apr., Colin Baxter will discuss his book on Holston Munitions. We are thinking of having Doug Taylor host a tour of Bldg. 60 during late Mar. Finally, we will have Esther Park provide the entertainment at our next Annual Meeting. Dr. Park is a classic pianist with degrees from Juilliard and Yale and is an Asst. Prof. of Music at ETSU.

We have open spots for everything else—speaker for our Summer Luncheon, speaker for our Sept. Eat and Chat, and keynote speaker for our Annual Meeting, so we are awaiting your suggestions.

At our last board meeting, we passed a proposal to raise scholarship stipends from \$500 to \$1,000 per year per person. Although this would decrease the number of awards by half, it will make each one more meaningful. Tuition in 2019 will be ~\$9,300 per year, but other expenses can raise costs to \$22,000. The board felt that fewer awards of a larger amount would make the awards more coveted. We will ask recipients to provide a short synopsis (100 words max.) of their year at ETSU plus a photo, if available, for inclusion in our newsletter. We will again ask senior students to attend our Annual Meeting to be honored for their accomplishments. The aim is to make them a more visible part of ETSURA, with the hope of eliciting more donations. Current award-ees will not be affected, as the change will start with 1st-year students matriculating in the Fall of 2019.

On my recent trip to Hawaii, I met with a cousin who retired after careers in state government and higher education. At the age of 72, she ran for political office against a popular but idle incumbent. With no prior experience, she canvassed door-to-door and won her primary. I told her “I’d wish you luck in the general election, but luck is spurious and hard work is not, and you’re an expert at hard work.” She won with 71% of the vote and will be a new state senator. Afterwards I thought to myself that she embodied maturity, hard work, and a penchant for service, exactly the attributes of our ETSURA board. The board and support staff have worked diligently to keep the association running and keep me in line, and for that I am grateful. I will be around next year as past-president but look forward to having Jeff Wardeska take the reins. Jeff will do a good job because he and ETSURA have great “chemistry.” He also has the distinction of having a last name that is more difficult to spell than mine.

Aloha Nui Loa (much love)
Mike Miyamoto

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ETSURA
Box 70564
Johnson City, TN 37614
Phone: 423-439-6145

[Www.etsu.edu/hr/etsura](http://www.etsu.edu/hr/etsura)

TN

Do you have questions about your Retiree Insurance?

Contact the Benefits Administration at 800-253-9981 and select Option 2.

Hours 8 a.m. - 4:30 p.m.,
Monday-Friday, Central time.

Become a Volunteer at Second Harvest

Every 2nd Wednesday Second Harvest of Northeast Tennessee

Join other ETSURA members at Second Harvest in Kingsport

Upcoming dates: December 11.

Time: 9 a.m. - noon (ETSURA lunch will follow)

Don't have time to volunteer?

You can donate directly to Second Harvest by mailing your donation to the address below:

Second Harvest Food Bank of
Northeast Tennessee
1020 Jericho Drive

Our Condolences

Mr. Page Whitson passed away September 4. He served as a Carpenter Lead Worker for the Physical Plant.

Mr. David E. Parsley passed away September 10, he was an Assistant Professor of the Library.

Mr. Coy Brickey died October 17, he was an Offset Press Operator for University Press.

Mr. Thomas D. Perry died October 18, he served as an Associate Professor for the Health Sciences.

Dr. John V. Quigley, an Associate Professor in Management and Marketing, passed away October 24, 2018.

Ms. Deloris Holley, store clerk of the University bookstore, passed away November 12, 2018.

Mr. R.B. Ramsey, painter for ETSU facilities, passed away November 27, 2018.



Thank you to Eastman Credit Union for your generous donation and for always supporting our activities.



2019 Officers

Dr. Jeff Wardeska	President
	President-Elect
Ms. Susan Burkey	Secretary
Ms. Gail Burleson	Treasurer
Dr. Mike Miyamoto	Past-President

September Eat and Chat

The Fall Eat and Chat was originally scheduled for Sept. 20 at the Golden Corral. It was unfortunately canceled because of a broken water line at the restaurant and rescheduled for Oct. 18. Dr. Scott Champney gave a presentation to 10 attendees on "Ancestry and Forensics from your DNA." He discussed human genome analysis (obtained from tests such as *23 and Me* and *Ancestry*) and genealogy and genetic risks for diseases/conditions, such as Parkinson's and early-onset Alzheimer's. Dr. Champney is a Professor Emeritus and past Chair of the Biochemistry Department at the Quillen College of Medicine.

Dr. Champney first walked people through the basic biochemistry of DNA needed to understand the tests. He then pointed out that single nucleotide polymorphisms (SNPs), or single base pair variations, serve to determine our ancestry and influence our susceptibility to diseases. He also discussed automated DNA sequencing, the method used for DNA analysis.

Scott then turned to a discussion of results that can be obtained from *23 and Me*. For this, he used the analysis of his own DNA. For ancestry, one's genome is compared to a database of genome sequences characteristic of specific ethnic groups. Scott's genome turned out to be 94.2% similar to that of northwestern Europeans and 39.7% to British and Irish people. This test can be used to identify close relatives. The analysis can also be used to determine risk for certain genetic diseases and properties that correlate with a specific genotype. For example, it correctly showed that Scott is likely to drink more caffeine than the average person.

2019 Board of Directors

2019
Ms. Gail Burleson
Dr. John Hancock
Dr. Jack Rhoton
Dr. Jeff Wardeska
2020
Ms. Susan Burkey
Dr. Louis Modica
Dr. Dale Schmitt
Dr. Fred Tudiver
2021*
Dr. Cynthia Burnley
Dr. Scott Champney
Dr. Donald Gotterbarn
Dr. Chu-Ngi Ho

**Elected at the Organizational Meeting on November 2, 2018*

Others in the audience had used *Ancestry*, and this was discussed. *Ancestry* differs from *23 and Me* in that it doesn't provide information on genetic risks for diseases. Both tests are carried out using a small amount of saliva.

The session ended with a discussion of mitochondrial DNA. This DNA is handed down by the mother and allows tracking of sequences back to distant maternal ancestors. It can be isolated from teeth and bone, which allows one to delve back many thousands of years.

-John Hancock

Eat and Chat

February 21, 2019 11:30 a.m.
Tennessee Politics featuring Dr. Bob Patton
Golden Corral (3104 Browns Mill Road, Behind Logan's Roadhouse).

April 2019 Colin Baxter's Book 11:30a.m.
Golden Corral (3104 Browns Mill Road, Behind Logan's Roadhouse).

31st Annual Meeting/Brunch

This meeting was held from 11 a.m. to 2 p.m. on Friday, Nov. 2, 2018 at the Johnson City Country Club.

Curt Mathson provided low background music on the keyboard while people went through the buffet line. Curt is the leader of *The Tides* and can provide a 2 to 5-piece band for dance music from the '40s to the '90s. He has strong ties to ETSU and was delighted to perform for ETSURA. For entertainment, Curt played a number of popular songs on the guitar, accompanied by his vocalist, Bekka.

Jerry Gehre provided the invocation. Special Guests were Sunny Sandoz and Karen Sullivan of University Advancement, Diana McClay of Human Resources, and Chuck Perry of Eastman Credit Union. All were thanked for their generous support of ETSURA.

Mr. Jeremy Ross, Chief Operating Officer of ETSU, gave an update on various projects on campus and in the vicinity, notably, the Fine Arts Building, the renovation of the Culp Center, and redevelopment of the Walnut Street corridor. He also mentioned the purchase of the Millennium Center from Johnson City and the opening of Building 60 on the VA campus.

The year 1988 was a special year. It was the year ETSURA was formed. It was also the year Kyle Colvett, the day's keynote speaker, interviewed for admission to the Quillen College of Medicine. Since that time, he has been on a fast track to stardom and is the current Director of the Radiation Oncology Center at Ballad Health. After graduation, Dr. Colvett did his residency at Harvard and Mass. General Hospital, where he received two teaching awards. He has a Master's in Physics and has done graduate work in Religion. He is also a veteran of the US. Army Reserve and TN National Guard and an expert in radiation emergencies and terrorism.

Kyle gave a brief background of how his family ended up back in Johnson City. Aside from the professional attractions, they wanted to find a community where they could become deeply involved. He said that although he holds positions with local hospitals, the medical school, and Ballad Health, he is actually running a private company, Appalachian Radiation Oncology Associates. Because of the high work load, he finally reached out to a former student, Dr. Nathan Floyd, who was happy to join him. Together, their facility has obtained the highest rating in the region, over places like Duke, Vanderbilt, and Emory.

Dr. Colvett talked about the various methods and instrumentation used in his practice. He gave an historical review of the progress in cancer treatment, mentioning how people predicted the demise of radiation treatment with the advent of chemotherapy. Today it is still a fixture in the triad of surgery, radiation, and chemotherapy (which now includes immunotherapy). He mentioned how anal/rectal cancer, for example, is now easily treated with chemotherapy and radiation, whereas it used to require radical surgery and colostomy. Another example was the use of radiation to eliminate brain tumors without surgery. Newer techniques include implantation of radioactive micro pellets that destroy localized cancers while minimizing collateral damage. The major procedure employed is still IMRT, or intensity modulated radiation treatment, which involves "Star Wars"-like instrumentation to assess and treat tumors focally. At the end of the talk, Dr. May Votaw, the former head of Oncology at Quillen, presented Dr. Colvett with a hand-crafted Koa wood pen, as a token of appreciation.

One of the people involved at the start of ETSURA has been Diana McClay. She has worked behind the scenes to keep the organization afloat for 30 years, and the board wanted to recognize her dedication. Dave Kalwinsky presented her with a plaque that thanked her for taking ETSURA from "an infant to a senior statesman, while nursing its bumps and bruises along the way." She was also given a gift card donated by current and former board members. Tisha Harrison, who has since filled in for Diana, was also thanked.

The Business Meeting consisted of the election of four new board members: Dr. Cynthia Burnley (Sociology & Anthropology), Dr. Scott Champney (Biomedical Sciences), Dr. Don Gotterbarn (Computer & Informational Sciences), and Dr. Chu-Ngi Ho (Chemistry).

The final event was the drawing for five bags containing door prizes, including medically-related items (in keeping with the medical theme), donated by the ETSU Alumni Association, ETSU Athletic Department, and ETSU Development. Surprisingly, two bags were won by Drs. Colvett and Votaw. I thought it was very appropriate, as these two individuals have been "winners" in every respect. Thanks were given to Priscilla Ramsey for obtaining the door prizes and to Don Carter for soliciting donations to ETSURA. Attendees with specifically marked programs were allowed to keep table decorations, and many people stayed afterwards to catch up on old times.

-Mike Miyamoto

31st Annual Brunch and ETSURA Meeting



Become a Volunteer at Second Harvest



Volunteering at the Second Harvest Food Bank of Northeast Tennessee is one of the signature activities of the East Tennessee State University Retiree Association (ETSURA).

The Food Bank is housed in the old Sam's Club building located at 1020 Jericho Drive in Kingsport, within a quarter of a mile off of Interstate 81 North, airport exit 63. The scheduled time ETSURA has coordinated with the food bank for our members to volunteers is during the second Wednesday of each month from 9 a.m. -12 noon. A growing number of children and adults are experiencing food insecurity in our region. The Food Bank provides food to some of Tennessee's most impoverished counties, which are located in Northeast Tennessee. Last summer the food bank provided meals for more than 2,500 children, including nearly 7,000 meals, when school meals were not available. The food bank hopes to meet this goal again this year as part of its Summer Food Service Program. When school is in session, children benefit from the food bank's backpack program.

What do Second Harvest Food Bank volunteers do, exactly?

Volunteers are expected to arrive at the Food Bank by 9 a.m. on the day of assigned work. Upon arrival, volunteers are asked to sign in so that the organization can have a record of their work. The morning activities are previously planned and one of the food bank's friendly staff members will lead volunteers to the work station with explicit directions on what should be done and how to proceed. Volunteers typically work in an assembly line fashion, having individual jobs to perform, which involves sorting, labeling, and repackaging nonperishable food items, and sometimes including health aids and paper towels for the summer food service program. This work does not require any heavy lifting; however, it does involve standing while working. Also, a thirty minute break is planned from 10:30-11a.m. A breakroom is available where snacks and refreshments are provided. The summer food service program is the only food option for many of the food challenged students in our region. The food bank volunteer service is very worthy work, and we hope you will consider volun-

teering three hours of your time during the second Wednesday of each month from 9 a.m. -12 noon.

What should you wear?

The dress code at the Food bank is casual. Comfortable, safe footwear is strongly recommended: sneakers, work shoes, or boots. Open-toed shoes or sandals will not be allowed. Long pants are required. It is recommended that volunteers dress warmly in the winter months—layers are suggested, as are jeans, sweatshirts, etc. Dress lightly in the summer. In addition, no smoking, eating, or drinking is allowed in the warehouse.



Congratulations To Our Recent Retirees

Dr. Martin Barrett, Professor, Computing

Mr. Larry Estep, Carpenter, Plant Maintenance

Mr. Timothy McDowell, Professor, Biology

Dr. Peter Panus, Professor, Pharmaceutical Sciences

Dr. Suzanne Smith, Associate Dean/Professor, College of Business & Technology

Dr. Barbara Stewart, Assistant Professor, Pediatrics

Ms. Patricia Talley, Editorial Assistant, University Relations

Ms. Judy Woods, Custodian, Custodial Services

Mrs. Patty Allen, Financial Aid Assistant, Office of Financial Aid

Dr. Sandra Countermine, Coordinator, Center for Excellence in Early Childhood

Dr. Theresa Harrison, Research Associate Professor, Biomedical Sciences

Mrs. Kathy Hawks, Information Research Tech 2, Academic Programs Student Services

Ms. Sandra Hook, Information Research Tech 2, Office of Sponsored Programs

Mr. Kenneth Hoss, Horticulture Technician 2, Horticulture Department

Ms. Jane Mass-Brady, Assistant Director, Social Work

Ms. Vaselia Mershon, Accountant 2, Office of Financial Services

Dr. Phillip Miller, Chair/Professor, Management and Marketing

Mrs. Bonnie Rice, WIOA Career Specialist, Office of Sponsored Programs

Mr. Carl Torbush, Head Coach, Men's Football

Mrs. Frances Valentine, Senior WIOA Career Specialist, Office of Sponsored Programs

Ms. Robin Fisher, Coordinator, Biomedical Communications

Mr. Edward Hale, Custodian, Custodial Services

Mr. Dennis Hedrick, Shop Technician, Physics and Astronomy

Dr. Constance Hixon, Associate Professor, Family Practice Residency Kingsport

Join ETSURA

2 ways to join!

ETSURA's membership count for the 2018 calendar year is 329. All retired ETSU employees and their spouses, and spouses of deceased ETSU employees are eligible for membership. In addition, other persons employed by ETSU for five years or more who are retired from other institutions or corporations are also eligible for membership with their spouses.

- Membership is \$10 per person per calendar year, or
- \$100 Lifetime membership, or
- \$150 Joint lifetime membership for retirees and spouses

ANNUAL MEMBERSHIP FORM ETSU RETIREES ASSOCIATION

NAME: (Last) _____ (First) _____ (MI) _____ (Title) _____

SPOUSE'S NAME: (Last) _____ (First) _____ (MI) _____ (Title) _____

ADDRESS: (Street) _____ (City) _____ (State) _____ (Zip) _____

TELEPHONE: (____) ____ - ____ EMAIL: _____

Make check payable to ETSU and mail to:
East Tennessee State University
ETSURA, Human Resources
Box 70564
Johnson City, TN 37614-1707
(Your check will be your receipt)

FORMER STATUS WITH ETSU: FACULTY STAFF

AMOUNT PAID (\$10 PER PERSON): \$10 \$20

ACCOUNT NO: FUND 821350, ORG 79998, Banner Account: 29300

PROGRAM 999; CHART: E

LIFE MEMBERSHIP CONTRIBUTION FORM

Enclosed is the applicable life membership fee. It is understood that this is a nonrefundable deferred gift to the ETSURA Endowed Scholarship Fund in the ETSU Foundation. The funds will be invested by the university with the income being used for current expenses of the association until my (our) death at which time it (one half if husband or wife) will be transferred to the Endowed Scholarship Fund. It is understood that any benefit received from ETSURA, the university or its foundation or this contribution will be of nominal value and it is fully deductible for tax purposes in the year paid.

NAME OF MEMBER _____ SPOUSE'S NAME: _____

ADDRESS: (Street) _____ (City) _____

(State) _____ (Zip) _____ TELEPHONE: (____) ____ - ____

EMAIL: _____

Make check payable to ETSU and mail to:
East Tennessee State University
ETSURA, Human Resources
Box 70564
Johnson City, TN 37614-1707
(Your check will be your receipt)

INDIVIDUAL MEMBER: \$100

HUSBAND & WIFE: \$150

ACCOUNT NO: FUND 821410, ORG 79998, Banner Account: 29300;

PROGRAM 999; CHART: E

ETSURA SCHOLARSHIP ENDOWMENT DONATION FORM

NAME OF MEMBER _____ SPOUSE'S NAME: _____

ADDRESS: (Street) _____

(City) _____ (State) _____ (Zip) _____

TELEPHONE: (____) ____ - ____ EMAIL: _____

AMOUNT PAID: _____

Memorial To or In Honor Of: _____

PLEASE NOTIFY OF THIS GIFT: _____

Investment Account: Banner 653110/2552/550

Make check payable to ETSU and mail to:
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ETSURA, Human Resources
Box 70564
Johnson City, TN 37614-1707
(Your check will be your receipt)

