Watts Bar Paddle - Fall 2020

Experience paddling, hiking, history, outdoor recreation, and environmental stewardship at our Fall 2020 Watts Bar Paddle on October 17, 2020! Fall is the perfect time for paddling and it’s hard not to get a scenic vista from a slow float on the water. Throw in the changing colors of autumn, however, and you’re in for a real treat!

You can choose to paddle from two launch sites this year; the East side of the river, Camp John Knox or the West side, Tom Fuller Park in Rockwood. Your final destination will be a return trip to your launch area. We encourage you to be prepared to launch around 8:15am with a scheduled launch at 8:30am. However, depending on the fog, launching could be later. Your paddle adventures can be as short as one (1) mile, or as long as five (5) or six (6) miles. A paddle around Thief Neck Island itself (which we encourage) is 4-5 miles as you have the opportunity to go in and out of coves and into the big pond area. As an added bonus to this paddling event, we have organized the opportunity for participants to take part in a 1-mile hike on the Eastern (Camp John Knox) side of Thief Neck Island!

Please be sure to register for this event as information on routes, safety, liability, weather updates, and other important details will be emailed before the event.
Register at https://www.eventbrite.com/e/watts-bar-paddle-fall-2020-tickets-122766029499
We are still hard at work with not only our COVID testing and other response activities, but with our day-to-day clinic operations as well. As we enter autumn, and we enjoy the cooler outdoor temperatures, football, and the changing colors, our thoughts also begin to turn to preparation for the upcoming Flu season. This year is no different in that regard; however, the fact that we will be battling Flu and COVID simultaneously does provide some unique challenges. Many of the symptoms of Flu and COVID are very similar, so it may be difficult to tell the difference between the two. We hope that you are still following the prevention guidelines that we have recommended since the onset of COVID: wearing a face covering when out in public, frequent hand washing/sanitizing, maintaining physical distance from one another and limiting the number of people you are around, covering your coughs and sneezes, avoiding touching your face, staying at home when you are ill, avoiding contact with others who are sick, and frequently cleaning and sanitizing high touch surfaces. These preventive measures will help protect you from a variety of contagious illnesses and are key in helping to stop the spread of both COVID and Influenza. Another easy way to prevent Flu is to get your annual Flu shot. These are available now at most locations. It is not too early to get your Flu vaccine and it is important to get it before Flu begins to circulate in the community because it can take a few weeks to build immunity.

On Thursday, November 19th, your Roane County Health Department will be participating in a statewide coordinated effort called #FightFluTN2020. We will be offering a FREE drive thru Flu shot clinic at the health department that day. There will be more details forthcoming on the specifics including hours of operation. Planning is underway now. We will also be offering the Flu vaccine on a daily basis during normal business hours. Call 865-354-1220 for more information or to schedule an appointment.

We are also partnering with the Roane County Schools to provide the Flu vaccine to any students who are interested. We are working with them to set dates for each school.

Wishing you health and happiness.

Save the Date: Jingle & Mingle Holiday Market!

The Roane Chamber is planning a Jingle & Mingle Holiday Market for Sunday, November 8, 2020! This event will create a safe environment for our local retail businesses and makers, as well as shoppers, to kick off the holiday shopping season. Vendors will be showcasing their custom creations, gifts, gourmet foods, trendy fashion, home décor, and so much more! There will be something for everyone at the Jingle & Mingle Market! More details coming soon at www.RoaneAlliance.org/ShopRoane.

Highway Department (Brian Matthews)

We are finalizing our winter plan and making sure all of our winter equipment is ready to go in case winter weather happens this season. We are also continuing to patch, ditch, and mow.

Please remember if you have any issue give us a call and let us see what we can do to help you out. We are also looking into new ways to partner with various community organizations to play an even bigger role in our community. If you need anything, please reach out to us at 882-9782.
As we approach our annual open enrollment period for our health insurance, I would like to devote some additional time to discuss this very important topic. Few things can have more of an impact to you and your family than quality health insurance. It’s also a very significant investment, both for you and the County. As such, it’s my goal to ensure that you have the most comprehensive information possible to make informed decisions for you and your loved ones. **Open Enrollment runs from October 1 to October 30.** Any changes made in coverage will become effective **January 1, 2021.**

During this time, you can:

**Change your health insurance options:**

1. Choose either the Premier, Standard Limited PPO or the Local Consumer Driven Health Plan/Health Savings Account.
2. Change health insurance carrier – either BlueCross BlueShield of Tennessee or Cigna.
3. Enroll in or cancel health insurance for yourself or your eligible dependents.
4. Enroll in, cancel, or transfer between vision options which are basic and expanded.
5. Change vision premium levels.

If you are happy with the health and vision coverage you have now, simply do nothing and your plan will remain as it is. However, if you wish to make changes in any of the areas I outlined above, you may do so online using the employee self-service (ESS) in Edison or by calling and scheduling an appointment. Instructions on how to use ESS are available in the packet you received in the mail. Of course, I will be happy to go over this with you at any time. If you have not obtained your brochure come by my office to pick up a copy.

If you enroll new dependents, you will need supporting documents to prove their relationship to you. Including:
   - birth and or marriage certificate

If you are enrolling a spouse you will need proof of joint ownership Bank Statement issued within the last six months with both names; or
   - Mortgage Statement issued within the last six months with both names; or
   - Residential Lease Agreement within the current terms with both names; or
   - Credit Card Statement issued within the last six months with both names; or
   - Property Tax Statement issued within the last 12 months with both names; or
   - The first page of most recent Federal Tax Return filed showing “married filing jointly” or “married filing separately” with the name of the spouse provided thereon, submit page 1 of the return

**Effective 2016... you cannot add a spouse to our health plan unless his/her employer does not offer comparable health coverage. Any changes that require this must be done by appointment. You must also submit proof that health insurance is not offered or offered at a higher rate.**

There are also some significant changes for 2021, which we all need to be aware of. We will see a 5.4% increase in health insurance premiums. Vision premiums, copays, coinsurance and deductibles are staying the same for all plans.

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The monthly increase is shown below:

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<thead>
<tr>
<th></th>
<th>Premier Employee Increase</th>
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**Talkspace** online therapy will be offered for health plan members. Sessions will be the same as an outpatient visit.

**Sanvello**, a mobile app developed to help cope with depression, stress, and anxiety is available free of charge for members to download.

**Coordination of Benefits:**

COB rules for double coverage will be changing effective 1/1/2021. If you are covered by any other medical plan insurance companies are now requiring that you pay the cost sharing portion that was previously waved.

**Do not** wait until the last minute. All changes must be entered into the system by 4:30 P.M. October 30th. **NO EXCEPTIONS!** If you miss this deadline, you won’t be able to make any changes until October, 2021. As always, do not hesitate to contact me at **717-4109**.

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**Ag Extension**

Whew!! Chick Chain 2020 is in the books!! Congratulations to our wonderful students! Thank you to our generous and supportive buyers!

Congratulations to our overall Grand Champion which were Red Stars owned by Millie Bacon!

High Point Skillathon went to Elan Hall!

This was our first face to face event since March. We thank all of our participants, families, buyers, and spectators for following the CDC guidelines and helping make this a happy and safe event!
October is Breast Cancer Awareness Month and Roane Medical Center wants to honor all those whose lives have been affected by this disease. Many women have questions about mammograms and may be hesitant to schedule one for a variety of reasons. This annual exam could be what saves your life, because according to the American Cancer Society, about 1 in 8 women in the U.S. will develop invasive breast cancer during their lifetime. Screening mammography is the only method proven to reduce deaths due to breast cancer by detecting breast cancer early. Since mammograms were introduced in the U.S. in the 1980's, there have been 30 percent fewer deaths from breast cancer among women.

One of the big questions is: “What is a mammogram?” A mammogram is an X-ray image of your breast. It's used to find and diagnose breast disease. A mammogram may be done if you have breast problems such as a lump, pain, or nipple discharge. A mammogram is also done as a screening test if you don't have breast problems. It can check for breast cancers, noncancerous or benign tumors, and cysts before they can be felt.

A mammogram can’t prove that an abnormal area is cancerous. However, if a mammogram shows an area in your breast that is irregular or may be cancer, you may need a breast ultrasound exam. Or your healthcare provider may remove a sample of breast tissue (biopsy). Your provider may remove the tissue by needle or during surgery. The tissue will be checked under a microscope to see if it is cancer. A mammogram uses a low dose of radiation.

Roane Medical Center offers a full range of breast imaging services that can include breast mammograms (which includes state of the art 3D Tomosynthesis), breast ultrasound, breast biopsy, and even breast surgery if needed.

Looking at the reasons why women avoid mammography, Roane Medical Center mammography physicians and staff designed a room specifically to refocus attention from the perceived anxiety and discomfort of the exam. Mammograms are performed in a calm environment with pleasant smells, sounds, and sights that help relax patients so obtaining the best image is possible, and keeps patients comfortable and leave with an excellent overall patient experience. Some of the relaxing environments that can be experience are ocean waves, waterfalls in forests, and pleasant wildlife scenes. By helping make sure patients have a pleasant experience, Roane aims to encourage women to continue getting their annual mammograms.

So who should get a screening mammogram? Health experts have different recommendations for women who have no symptoms of breast cancer, however, the U.S. Preventive Services Task Force recommends screening mammograms every 2 years for women ages 50 to 74. The American Cancer Society recommends screening be a choice for women who are at average risk, starting at age 40. Mammograms should be done every year for all women ages 45 to 54. Then you can switch to mammograms every 2 years. Or you have the choice to continue annual mammograms (Mammograms and Breast Health, Freeborn et al. 2019).

Talk with your doctor to find out which screening guidelines are right for you, and if you are at higher risk for breast cancer, talk with your provider about your options for starting screening mammograms earlier, having additional tests such as a breast ultrasound or MRI, having mammograms more often. If you have additional questions, feel free to reach out to Roane Medical at: 865-316-2304.
Did You Know About the Murder of E.S. Lankford, ... (Robert Bailey, Historian)

In 1898, Samuel R. Mead and Mrs. Maggie Lankford were allegedly charged with the murder of her husband, E.R. Lankford. The following is a newspaper article about the murder from The Chattanooga Daily Times, 13 Feb 1898:

“Conspired To Murder. Old Man Lankford Poisoned By His Wife, It is Alleged. Sam Mead, a Neighbor, Charged With Being an Accessory--Mead and Lankford Woman Said to Have Sustained Improper Relations--Details of a Horrible Murder. Harriman, Tenn., Feb. 12.--Full particulars of a horrible crime which was committed near Kries, this county, some days ago have just reached here. A.L. (sic) Lankford died suddenly. A post mortem was held, his stomach, heart and liver were sent to Knoxville for examination and were found to contain arsenic. The coroner’s jury, after a thorough investigation, reported that the deceased came to his death by poison, administered by his wife, Sam Mead, a neighbor, being accessory to the crime. The murdered man was about 70 years of age and was living with his third wife, who is 34 years old and the mother of three children. For some time, it is claimed, Mrs. Lankford sustained improper relations with Mead, who is also Lankford and the father of three children. It is alleged that they decided to put Lankford out of the way; that Mead came to Harriman, bought a quantity of Fowler’s solution of arsenic and that Mrs. Lankford put about three teaspoonful in her husband’s victuals at dinner, from which he ate and died that afternoon. Mead’s haste to have the old man buried, it is said, led to these developments. Mrs. Lankford has been arrested and was bound over to court under a $500 bond, which she furnished. Mead escaped and has not yet been captured. He has heretofore borne a good reputation.”

Eventually Maggie Lankford was acquitted of being an accessory to the murder. Samuel R. Mead left the county and was never found or tried. In 1900, Maggie Lankford remarried to Frederick Hacker.

County Government Meetings

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