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**Founder:** Bill Williams

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BLUE PLUM FESTIVAL

June 1 & 2, 2018
Founder’s Park
Downtown Johnson City, TN
The festival is FREE of charge and open to the public.
Friday fun begins at 4 pm,
Saturday the festival opens at 10 am!

SOMETHING FOR EVERYONE!
This year’s festival features an amazing Kid’s Zone,
open Friday from 4 pm – 8 pm and Saturday from 10 am – 8 pm. The Johnson City Farmers Market
will be open Saturday from 7 am – 2 pm. Our Silent Disco Friday and Saturday from 4 pm – 11 pm and
a special kid friendly option from 4 pm – 6 pm. The Ferris Wheel returns, giving you an incredible view
downtown, our Food Court is second to none and
the Arts and Craft vendors will be some of the best
ever!

5k Fun Run
This year’s Blue Plum 5K race will be held on Saturday, June 2 in Founder’s Park. The adult run
will begin at 8:00 a.m. and the Little Plum Dash for kids (12 & under) will begin at 9:00 a.m. This race is
moving to Saturday morning with a modified, faster course. The race is brought to the public by local
sponsors and powered by Blue Plum Committee and Johnson City Run Club. New this year, the Little
Plum Dash will be timed and shirts will be provided with registration. Dogs on leashes are welcome.
Electronic B-tag timing by We Run Events. Stick around for the after party and awards ceremony.

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SCHEDULE
FRIDAY, JUNE 1
WILD WING/YEE-HAW STAGE
4:30 pm Doctor Ocular
6:15 pm Ed Snodderly
7:30 pm Pressing Strings
JRH BREWING LAWN STAGE
5:00 pm Songs from the Road
6:20 pm The Get Right Band
7:45 pm Front Country
9:20 pm Honey Island Swamp Band

SATURDAY, JUNE 2
WILD WING/YEE-HAW STAGE
9:00 AM Society for Creative Anachronism
10:15 am Trinity Arts
11:30 am Betty Gay
12:30 pm Southern Fire Cloggers
1:30 pm Daniel Couper Band
2:30 pm Momma Molasses
3:45 pm Seth Glier
4:50 pm Seth Thomas
6:00 pm Bri Murphy & Cole Kemmer
JRH BREWING LAWN STAGE
2:00 pm Shake It Like A Caveman
3:00 pm Maggie Koerner
4:20 pm Roanoke
5:25 pm Brielle
5:50 pm Big Daddy Love
7:15 pm Dustbowl Revival
9:15 pm The Hip Abduction
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Schedule
Friday, June 1
Gates open at 11 am... Check in and registration
Bar opens at 12 pm
Vendors need to be set up by 12 pm
Loafer refresh and recharge tent opens
8:30pm-11:30pm we have the band Boo Ray from Nashville, TN inside the Brewery

Saturday, June 2
9 am - Gates open
10am - DJ will be playing music
10-11:30am — Pin Up girls & Car pictures
12pm - Bar opens
12:30pm - Pin Up girl talent & model competition
1:30pm - Burn out competition
2:00pm - Boo Ray on stage in the Brewery
5-7pm - Bristol Motor Speedway Laps (4:45pm all cars need to be lined up to parade to BMS)
8-9pm - Flame Throwing Competition
10:30-12:30pm - Railway Express on stage in the brewery

Sunday, June 3
10 am - Car category awards ceremony
12 pm - Bar opens
The Loafer is proud to be a co-sponsor of the second RatRod event to be held in the Tri Cities. The event host and primary sponsor is the Holston River Brewing Company, and the events will take place at their facility and campground. Officially known as the Second Annual Home Built Summit, it kicks off on Friday at 1:00 with activities throughout the weekend.

Lots of people have asked me, what is a RatRod. Essentially, it is a home-built vehicle, many of them cars but some motorcycles and boats as well. RatRod aficionados literally use almost anything to build their vehicles. The parts do not have to be original, and most RatRods have parts from 10 or more cars included. Most are customized and can be considered works of art. It is a fascinating subset of car buffs, one that almost everyone will enjoy checking out. Many of the vehicles are equipped to shoot flames up in the air, and there is even a flame throwing contest Saturday evening – along with a burnout competition – lots of smoke and tires disappearing quickly! Pretty cool stuff! Bring your own RatRod and join the exhibition – no extra charge for RatRods to participate.

While check in can begin as early as Wednesday, the event really gets started on Friday when the gates open at 1:00. Admission is only $10, with Kids 12 and under $5, under 6 free. The Loafer refresh and recharge tent opens at 2:00 on Friday, providing an oasis from the sun and an opportunity to charge your phones and other apparatus. Stop by, loaf and say hello!

The site will feature many different vendors, including some delicious food options and a parts swap meet. Check the agenda in this issue of The Loafer for all times, events, etc.

As a special treat, the Brewery is featuring their delicious craft beer, a Vienna lager aptly named RatRod. Be sure to try one. Adam, the master brewer, tells us that this a great beer. I have had the privilege of tasting it and I heartily agree.

Ever wanted to race at the speedway? You can register at RatRod and for $45 you can run 15 laps at BMS on Saturday afternoon. That should be quite interesting. Proceeds from the BMS run will benefit Speedway Children’s Charities, so you are actually making a charitable donation as you zoom around the world’s fastest half mile. It’s going to be a great weekend. Come out and enjoy yourself. We guarantee you’ll be fascinated!

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- 2-9pm - Flame Throwing Competition
- 10:30-12:30pm - Railway Express on stage in the brewery

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- 10 am - Car category awards ceremony
- 12 pm - Bar opens
The Johnson City Omnium returns, for the 13th year, June 2, 3. The race director Reneau Dubberley, talked with the racers at the April 28 race in Athens, GA. Many racers said this was the best road race and best criterium they competed in. Julian Cabra, Pro1/2, posted, “Great event, it has been in our race schedule for the last seven years.”

The Women’s National Team of Colombia will return for the second year. All four Colombians placed among the top eleven Women Pro1/2 on the mountain top finish of the Carter County Roan Groan. Two team mates finishing second and third. The Colombian riders also finished second and third in the overall results in 2017. (see Lorena Vargas 2nd and Manuela Escobar 3rd along with the winner from New Zealand Maykala Harvey in the attached photo)

The challenging Carter County Roan Groan will use the same course as last year, starting at Cat Island Park in Elizabethton and finishing at Carvers Gap. The first group, of seven, the Pro1/2 men, starts at 9:00 am June 2, with each group starting on 5 minute intervals. The Pro men cover 80 miles of Carter and Unicoi Counties before the Category 1 climb finish at 5557’. All other groups have the same finish, with either 30 or 55 miles depending on experience level. The first 30 finishers in each group get points in the Johnson City Omnium.

The Tupleo Honey Time Trial will use the same course on Temple Hill Rd in Erwin as last year. The first racer will start at 5:30pm June 2 near the Citgo station and race 3.44 miles south, individually. The first 15 finishers in each group get points in the Johnson City Omnium.

The eight turn 1K Ballad Health Criterium will return to the downtown Johnson City course this year. The first of ten races starts at 8:00 am June 3, beginning with the Junior racers, ages 18 and under. Different categories race during the day, with about 15 minutes between races. At 1:25 pm a free kids race does one lap of the same course. The Pro 1/2/3 women’s race, including the Colombians, starts at 1:50 pm, with the Pro 1/2 men racing at 3:00 pm for 90 minutes.

Early registration has entries from 8 states. Registration is open with an online link on jcomnium.com were there is complete information on the races.
Southwest Virginia Museum Historical State Park to Feature Miss Ellie’s String Band in Season’s First “Lunch on the Lawn” Series

The Southwest Virginia Museum Historical State Park will host its first event in this year's "Lunch on the Lawn" series Friday, June 1, at 12 p.m., featuring Miss Ellie’s String Band.

Miss Ellie's String Band is a wonderful all-girl string band and a product of Mountain Empire Community College’s (MECC) Mountain Music School and area Junior Appalachian Musicians (JAMS) programs. They are dedicated to continuing the music legacy left by Ms. Sue Ella Boatwright-Wells (Miss Ellie). They play a variety of music in a special acoustic style that reflects their backgrounds at M.E.C.C. and JAMS.

The "Lunch on the Lawn" event is free and open to the public. Visitors may bring their own lunch or pre-order one from the Museum for $6.00 each. This week's featured menu is turkey & cheese on white or wheat bread, chips, dessert and choice of beverage. Orders must be made in advance by 4 p.m. each Thursday by calling the park at (276) 523-1322.

The award-winning Virginia State Parks are managed by the Virginia Department of Conservation and Recreation.

For more information about Virginia State Parks' activities and amenities or to make reservations in one of the more than 1,800 campsites or 300 climate-controlled cabins, call the Virginia State Parks Reservation Center at 800-933-PARK or visit www.virginiastateparks.gov.

Brandon Maggard to Host First Saturday Community Coffee House at the Southwest Virginia Museum Historical State Park

The Southwest Virginia Museum Historical State Park will host its First Saturday Community Coffee House on Saturday, June 2 from 7 p.m. to 9 p.m. Brandon Maggard will serve as the featured host for this month's Coffee House.

In the hills of Southwest Virginia the art of Appalachian Music has been passed from generation to generation each taking a new approach different from their predecessor and Brandon Maggard is no exception. Brandon is a third generation Appalachian songwriter obtaining most of his inspiration from his family that has been a pillar to regional music for years and years. Brandon while being no stranger to music has just recently wondered into his own musical endeavors that covers the musical spectrum with Appalachian inspired originals and even a few modern covers with a natural Appalachian twist that is always sure to please.

The First Saturday Community Coffee House is an open-mic event and is open to all family-friendly performers. All interested musicians, storytellers, and poets should arrive by 6:30 p.m. for sign-up and scheduling. Admission is free to this program. Refreshments will be available for purchase.

For more information about the June Coffee House, please call the Southwest Virginia Museum Historical State Park at 276-523-1322.

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Salt Therapy

60 Minute Massage Salt Session
Infrared Sauna Session
Sweedish $60
Deep Tissue $75

90 Minute Massage Salt Session, Infrared Sauna Session
Sweedish $90
Deep Tissue $115

90 Minute Sweedish Massage Salt Session, Infrared Sauna Session
$120

Infrared saunas are different than conventional saunas: Infrared saunas warm you to a much greater depth and much more efficiently than a conventional sauna. Energy output from infrared saunas is primarily used to convert energy directly to heat in our bodies and not create excessively hot air that then only heats the skin superficially like in a conventional sauna.

DID YOU KNOW?

Studies show that 45 minutes in a salt room has the same affects of being at the beach for 3-4 days on our skin, breathing, and mood. Salt therapy improves immune system, respiratory conditions such as Asthma, Allergies, Bronchitis, COPD and skin conditions such as Psoriasis, Eczema, and Acne. It also increases energy levels, improves sleep quality and helps reduce stress and headaches.

Pricing
Introduction Visit - $20
Senior (60+) - $22.50
Single Session - $25

Special - 4 Salt Sessions $60
Private Salt Session $145 (great for large groups, girls night out, etc.)
The 22nd Annual Garden Gala, a full day of gardens and vendors, is planned for guests in Tennessee’s Oldest Town on Saturday, June 2nd. The annual Garden Gala is considered the official welcoming of spring in Northeast Tennessee. It has been recognized nationally as an award-winning event. This charity event is hosted by the Schubert Club and the Tuesday Garden Club and supported by the Northeast Tennessee Master Gardeners and the Southern Appalachian Plant Society.

There will be 10 gardens on the self-guided tour with a vintage car parked at each location in celebration of “A Century of Gardens and Cars.” This yearly event is open from 9:00 a.m. until 5:00 p.m. so be sure to get there early. Bus transportation provided throughout the Garden Gala event 10:00 a.m. to 3:00 p.m.

The focus this year will be on limited space gardens and how to enhance those small areas. Certified Master Gardeners will be in the gardens to answer your question and offer advice. The Garden Gala Market Place will be in front of the Courthouse and International Storytelling Center Courtyard with art, plants, and creations for the garden.

Kids and adults will both love the Vegetable Garden stop on the tour, a garden started by a boy and his father. And you won’t want to miss the Southern style tea in the shade of ancient trees. Tea will be served from 1:00 p.m. to 2:30 p.m. in a private historic Jonesborough garden. Renowned cellist Cherylonda Fitzgerald, with the Johnson City Symphony, will be performing at the tea.

The event will be held on Saturday, June 2nd with registration beginning at 9:00 a.m., and Gardens opening at 10:00 a.m. Advance tickets for the Garden Gala are $14 or purchase the day of at the Visitors Center for $16.00. Tickets may be purchased online at jonesborough.com/tickets or by calling the Jonesborough Visitors Center at 423-753-1010.
There is always something happening in Jonesborough so be sure to:

- Enjoy a wonderful breakfast served at the Jonesborough Presbyterian Church (128 W. Main Street) starting at 8:00 a.m.
- Shop at the Farmer's Market from 8:00 a.m. until Noon with music and coffee being served.
- Garden Gala Lunch Specials are offered at Jonesborough's restaurants.
- Wear your Garden Gala “Swatch” to receive discounts at the local participating shops.
- The Storyteller in Residence at the Storytelling Center is Peter Cook starting at 2:00 pm. Separate ticket needed.
- The Jonesborough Repertory Theater will have a performance of “Welcome to Mitford” starting at 7:30 p.m. Separate ticket needed so be sure to buy tickets early.
- Main Street Café will be serving dinner every Friday and Saturday night.
- And spend the night at one of Jonesborough's wonderful Bed & Breakfasts.
Music begins @ 7pm!

Regular Hours:
Friday: 4 - 11 pm
Saturday: 12 pm - 11 pm
Sunday: 12 pm - 10 pm

FRIDAY, June 1st
HipGypsy

SATURDAY, June 2nd
Smokehouse Crickets

I've been reading the Loafer for forever. I live out of state now but the first thing I do when in town (besides grabbing Pal's) is grab a Loafer to see what's going on!! It's like a comfort read!

—Teresa D
The Capitol Theatre of Downtown Greeneville, Tennessee brings to their Classics at The Capitol series one of the most quoted, most loved comedies of all time this Summer. On June 1st, at 8:00 PM, things will get decidedly silly as The Capitol presents the 1975 classic “Monty Python and The Holy Grail.” Admission will be only $5.00 and can be purchased at the box office or online at www.capitolgreenville.org.

Created by influential comedy troupe Monty Python, “Monty Python and The Holy Grail” was released to theaters in 1975, and quickly became a massive hit in both the United States and the UK. The story is the legend of King Arthur and his quest for The Holy Grail, alongside his Knights of The Round Table: Sir Bedevere the Wise, Sir Lancelot the Brave, Sir Galahad the Pure, and Sir Robin the Not-Quite-So-Brave-as-Sir-Lancelot. In their quest for the sacred relic, the Knights encounter many challenges along their way, including the deadly Black Night, the Evil Rabbit of Caerbannog, plus The Knights Who Say “Ni” and a basic understanding of shrubbery. "Monty Python and The Holy Grail" will be introduced by local film writer Andy Ross, “This has been a favorite film of mine for years, and one I've been hoping to see on The Capitol's screen for quite some time," Ross says. “It's not often this film is shown in theaters, it's a real treat indeed to see this one on the big screen.” Bring your horse, or friend with coconuts, try to keep your sisters away from Moose bites, and see this classic movie on June 1st! Located at 104 S Main St. in Greeneville, The Capitol Theater is a historic venue that operated as a movie theater from 1934-1992. Today, The Capitol Theater operates as a performing arts center that features not only great movies, but stage plays, concerts, and other events. The Capitol leads the way in area repertory screenings of classic film.

The Capitol invites you to an evening in Camelot.

June 1st – 8:00 PM – $5.00
The Man in the Mirror

Part of your morning preparation for societal judgment likely involves a look at the man in the mirror. I'm sure you can pick out a flaw or two, but those with Body Dysmorphic Disorder can pinpoint a plethora amount of their perceived flaws and reflect on these negative thoughts for hours in a day.

What is BDD?

Jennifer L. Greenberg, PsyD defines Body Dysmorphic Disorder (BDD) as a complex disorder characterized by extreme concern about one or more perceived defects in one’s physical appearance.

BDD most often develops in adolescents and teens, and research shows that it affects men and women almost equally. In the United States, BDD occurs in about 2.5% in males, and in 2.2% of females. BDD often begins to occur in adolescents 12-13 years of age (American Psychiatric Association, 2013).

Body Dysmorphic Disorder affects 1.7% to 2.4% of the general population.

Primarily occurring in men, BDD often develops into what is called Bigorexia. Those who experience this are focused entirely on the amount of muscles they have, and the amount of muscles they see on the bodies around them. The mindset of an individual with Bigorexia may perceive themselves as frail or weak.

Unfortunately, Bigorexia sufferers tend to prioritize their muscle-building sessions above school, work, and even relationships. In extreme cases, they will skip dinner with a loved one because they feel they need to eat their already prepared high-protein and low-fat meal at a specific time, or because they need to go to the gym for a workout.

For those with BDD, the Man in the Mirror is a reflection they despise to reflect upon. - J.L.
TUESDAY, May 29
Stemwinder band
20 Beers on tap
16 wines on tap

SATURDAY, JUNE 2
wednesday, May 30
H.B. Beverly
H.B. Beverly

H.B. BEVERLY

20 BEERS ON TAP
16 WINES ON TAP

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STAY SOCIAL WITH US
Dear ________,

First off, let me begin by once again thank you for inviting me into your home for an evening of fun and games. I’m so glad that we (you, me, and our collective friends) are able to get together regularly for fun and shenanigans. What a blessing this is during these trying times. As you are all too aware, the suggestion to play Mario Kart did not come from me, but from another. However, I enthusiastically raised support for this notion as soon as it was brought up. Therefore, I feel a need to apologize for some of my behavior that took place during the game.

I apologize that during the heat of battle I let a strong expletive slip in front of your seven-year-old. There was no need for this, nor was there a need for you all to be placed in the awkward position of explaining said word to the child. I am deeply sorry for this and want you to know how terrible I feel that your seven-year-old saying the word over and over was somehow uploaded to Instagram (way to have my back there, Dan).

I am sorry that I lost all sense of sportsmanship during Mario Kart. That I slip into a strange fugue state and become some other person. A person who is only consumed with coming in first, and who is, quite frankly, vicious and unforgiving towards those who would dare challenge me. Please know that I will be sending a check to you to cover the damage I did to your new, white sofa. I wasn’t entirely myself when I poured a mug of hot, black coffee over my head and proclaimed “I am the god of hell-fire.”

I’m sorry that I scared you when after you hit me with multiple blue shells that I locked eyes with you and exclaimed: “Don’t you want to die with honor like a true Klingon on the race track?” I also am sorry that I stole one of your cherished bowling trophies, having been under the impression that it was the coveted Mushroom Cup Prize. I’ve sent it to Ray’s Trophy-Rama to have it cleaned and returned to you. The grease from all those pizza rolls I was consuming will be cleaned off.

I will be sending a cleaning crew over not just to clean your entire home, but especially your downstairs bathroom where, again in a fugue state, I took someone’s lipstick and wrote “Shy Guy Falls” all over the walls. I’m sorry I “borrowed” your coveted, oversized plush Yoshi, and pretended to ride it around the neighborhood.

I’m sorry I worried your neighbors by asking them if they had “the mushrooms that would make me grow.”

Again, I can not begin to tell you how awful I feel about the whole thing. I hope this letter and my small gestures of restitution will not cause a chill of terror to go down your spine the next time I am—hopefully—invited back into your home. Next game night is all on me, and over at my own home.

xoxoxo,
Andy
Deadpool is back and you better batten down the hatches. The vulgar and often "Deadpool 2." The comic book character "The New Mutants." At first his character into the antiheroic character we are more real name is Wade Wilson, and while he superhuman powers of physical prowess assassin and mercenary. I feel one of his insults and pop culture references at super In the new film, directed by David Leitch (yes, yet another superhero team) in order guy Cable (Josh Brolin). The character of

DC character Cyborg and the Terminator. Deadpool experiences tragedy in his up himself, but his effort to end his life fails CGI character voiced by Stefan Kapicic), As part of his healing process, Deadpool of heroes), but the results are not exactly X-Men, X-Force, which includes an eccentric Domino (Zazie Beetz), who has the ability involves restraining collars used against

Deadpool and a group of unfortunate mutants, the battle against an orphanage labeled as a "Mutant Reeducation Center", a team-up with Cable, and attempts to use a time-traveling device to manipulate current events. Despite strong performances from the supporting cast, Reynolds is clearly the center of attention, and even when covered in his headgear, still dominates every scene, even in those featuring a young mutant with the powers of shooting fire blasts from his hands. Reynolds has certainly made the character his, and I doubt any other actor could equal his ease with the role.

The film is rated "R" for good reason, and if you take a kid to this movie, I really am concerned about your parenting skills, but as Deadpool might say, he wants to make money at the box office. As in the first film, curse words and limbs fly with equal abandon, so you have been warned. The film is also filled with pop culture references, and the soundtrack features songs from Cher, Dolly Parton and a-ha, among other surprise artists. If you are honest with yourself, the only reason you see a Deadpool movie is to watch the character running around taking guys out with his swords, fists and bon mots. After all, Deadpool's greatest weapon is his wit.

Pop Life
By Ken Silvers
ksilvers@theloaferonline.com

(Rated R)
“Ladies and gentlemen, boys and girls, step right up. Step right up, come closer, you won’t believe your eyes! Behind this curtain we have something you’ve never seen before, heard before, dreamed of before; it’s The Greatest Show on Earth!”

For more than 150 years, Barnum & Bailey Circus was a name known to every household in America. You could bet that this traveling performance of animals and showmen would be somewhere near you. Prior to 1919, the event was not the combined circus that everyone knows and remembers. James Anthony Bailey was the first one to start this long tradition. In the 1860’s, Bailey operated his circus to start his own, that was at the time called, “P. T. Barnum’s Great Traveling Caravan, and Hippodrome”.

After this, Bailey’s circus started moving their circus, thus allowing them to have the largest traveling amusement enterprise of the time. The new Ringling Circus continued to grow and they took notice of the Barnum & Bailey Circus. The Ringling’s purchased the Barnum & Bailey Circus in 1907 and ran them separate until 1919. This is when the name you know, “Ringling Brothers and Barnum & Bailey – The Greatest Show on Earth” was created. Since 1919, the circus has had many changes to it. It purchased several other smaller performing circuses and after the last Ringling brother’s death in 1937, the circus was bought and changed owners several times, even being owned by the Mattel Toy Company from 1971 to 1982, but the name never changed. For some, the circus was not just a way of life, it was life. Most of the employees lived on the famous circus Train year-round while traveling from city to city. These employees are what made the circus what it was. The long days and nights of performing, the putting up and tearing down of the actual performing arena, the short night sleeping on the train until arriving in the next city and starting it all over again. As time moved on, more people became sensitive to the elephants and other animals used in the circus. Soon the animal rights activist and other such groups began to sue the circus over animal mistreatment. The suits were tied up in court battles for years taking large amounts of money and time from the circus. Then at the end of 2014, the battles were over but the damage was done. In March 2015, the circus announced the retirement of all their elephants for 2018, and only a few months later, moved this date to May 2016. Then the shocking news came to the world on January 14, 2017. Only eight months after the retirement of the elephants, the circus announced that The Greatest Show on Earth would come to an end on May 21st at the end of the performance. This announcement devastated the employees and circus fans around the world. How can you stop something so huge, so enjoyed by people of all ages, and after 146 years of operation?

From January to May, the circus started to lay off some of the 462 employees as it looked for potential buyers of the equipment. Auctions for the train cars on both the red and blue trains. The night of May 21, 2017, the Ringling Brothers and Barnum & Bailey – The Greatest Show on Earth performed the final show for the “Out of This World” tour at Nassau Veterans Memorial Coliseum. At the end of the show, the Ringmaster came back out and made the tearful announcement to the ladies, gentlemen and children of all ages, that they just witnessed the final show in the history of the circus. Make sure to come back and read the next issue of “The Nerd’s Corner” as we have a bittersweet ending to one of the best Ringmasters the circus ever had!
Native American Culture Festival

Sycamore Shoals State Historic Park is proud to announce our annual Native American Festival to be held Saturday, and Sunday, June 2nd and 3rd, 2018. This educational event provides the opportunity for our visitors to experience many facets of Native American culture, particularly that of the Cherokee. The event opens on Saturday, June 2nd, running from 10 am until 8:00 pm; and from 10:00 am until 6 pm on Sunday June 3rd. Most activities are held at Fort Watauga, unless it rains. In the event of rain the show will relocate to the Visitors Center. On Saturday evening, a traditional campfire will be held at the far end of the meadow in front of Fort Watauga at 7:00 pm with several guest storytellers. Be sure to bring your own chair or blanket. Sunday morning will feature a special opportunity to visit and shop with the unique artisans and exceptional craftsmen before the day’s activities begin at 11:30.

This weekend long festival will feature traditional and contemporary arts and crafts, traditional Native American song and dance, Cherokee storytelling and legends, Native American flute, Cherokee language workshops, and craft demonstrations and sales.

A unique feature of the Native American Culture festival is our educational/demonstration area, located within Fort Watauga. The dance circle is located in the center of the fort, where the popular traditional dance and drum performances take place. In addition, flute music, storytelling, lectures, and so much more take place within the circle, which share native culture and history with our visitors.

The interior of the fort will also host a variety of excellent demonstrations, which include a children’s blowgun challenge, beadwork, gourd art, pine needle basketry, stone carving, Cherokee language, wood carving, flint-knapping, corn shuck dolls, native river cane flutes, pottery, and a replicated Cherokee cabin from the early 19th century with historical reenactors, Mark and Sherry Finchum.

Just outside the fort, exceptional Native American arts and crafts will be featured, in addition to ethnic Cherokee food, and a Lakota Tipi exhibit.

In our annual tradition, the circle will host several performances of Native American music, drum, and dance. The dancing demonstrations will include the Fancy Dance and Hoop Dance, the Jingle Dance, the Men's Traditional, Grass and Straight Dances, and many more. All are invited to dance, so bring your regalia. Newly added will be a demonstration of 18th century Cherokee social dancing. The host of this portion of the event, Dale Cloer, makes his home in Cherokee, North Carolina.

Our featured Cherokee dancers are internationally known hoop dancer Eddie Swimmer, Head Man Dancer Dean Swimmer, and champion powwow dancer Nikki Crisp! Eddie Swimmer has captivated audiences across the globe using between 36 and 42 hoops. His accomplishments include a former World Champion Hoop Dancer title, performances in the Macy’s Thanksgiving Day Parade in New York City and in the World Cup Soccer Tournament in Dallas Texas as well as choreographing the Broadway show hoop dance for ANNIE GET YOUR GUN. Dean Swimmer has competitively placed in many powwows across the Southeastern United States for many years and has been the featured lead man dancer in a multitude of Native American Festivals. Nikki Crisp as danced across the world as well, and has been performing for over 20 years. Her talents also include traditional beadwork and authentic frybread cooking. Nikki Crisp —continued on page 34

Hydrolyzed Collagen

by Patsy Meridith, C.N.C.
Owner of Natural Foods Market

Production of collagen slowly begins to wane as we age. Collagen is a type of protein that continuously renews the resilient matrix of structural tissue found in hair, skin, nails, joints and bones. Generally, it decreases 25% by age 40 and as much as 50% by age 60.

“Hydrolyzed Collagen” is a supplemental protein containing all 18 amino acids needed to rebuild these particular types of structural tissue. A pre-digested form that’s more easily digested and absorbed, it’s available in powder, liquid, tablets, soft gels or tasty low-glycemic vanilla, lemon or chocolate-flavored bars. Experts recommend 5-10 grams of collagen daily for effective tissue regeneration.

As an extremely versatile and functional protein, collagen has potential benefits beyond hair, skin and joint health. It’s been shown, as well, to be especially significant for injury prevention and recovery, control of inflammation and strengthening of the gut and arteries, the linings of which are composed primarily of collagen.

As always, we guarantee your satisfaction.

Locally Owned for 37 Years

Natural Foods Market
610-1000
Johnson City Crossing near Old Navy
www.NFMonline.com
If you or your band are playing in the upcoming week and would like to be in The Spotlight, call in advance to (423) 283-4324 or go online to: theloaferonline.com. Due to last minute cancellations or changes, please call the location to confirm.

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**Karaoke**

**TUESDAY**
Karaoke w/ Crossroads & Josh Blevins at Dawg House Tavern
Karaoke at Zachary's Steakhouse
Family Night Karaoke at CJ’s Sports Bar
Karaoke at Numan's - Johnson City TN

**WEDNESDAY**
Karaoke w/ Southern Sounds Karaoke at American Legion 8pm
Michael's Krazy Karaoke at Marx the Spot
Karaoke at CJ’s Sports Bar
Karaoke w/ Absolute Entertainment at Smokey Bones - Johnson City TN
Turn the Page Karaoke at VFW Post 2108 - Johnson City TN

**THURSDAY**
Karaoke w/ Absolute Entertainment at Macado's - Kingsport
Get Wylde Entertainment Karaoke at Painter Creek
Karaoke at Zachary’s Steakhouse
Michael's Krazy Karaoke at Stateline Bar & Grill
Karaoke at CJ’s Sports Bar
Karaoke w/ DJ Marquez Top Shelf Entertainment at Wild Wing Cafe JC
Karaoke at Numan's - Johnson City TN
Karaoke w/ Absolute Entertainment at New Beginning's
Karaoke at Jiggy Rays Pizzaria

**FRIDAY**
Karaoke w/ Southern Sounds Karaoke at Sportsman's Bar & Grill 9pm
Karaoke w/ Shane Rouse at Bear's Bar
Karaoke at Kingsport Moose Lodge
Karaoke w/ Reverb Karaoke at The Cottage 8:30 pm
Turn the Page Karaoke at VFW Post 2108 - Johnson City TN
Karaoke w/ Absolute Entertainment at Moe's Original BBQ
Karaoke w/ Toddzilla at Sportsmans Pub
Karaoke at Elizabethton VFW
Karaoke w/ DJ Marquez & Top Shelf Entertainment at Holiday Inn (Exit 7) - Bristol VA
Karaoke at Numan's - Johnson City TN

**SATURDAY**
Karaoke at The Horseshoe Lounge
Karaoke w/ Toddzilla at Sportsmans Pub
Karaoke at Kingsport Moose Lodge
Turn the Page Karaoke at VFW Post 2108 - Johnson City TN
Karaoke w/ Absolute Entertainment at Macado’s - Kingsport
Karaoke at Numan’s - Johnson City TN
Looking up at the big, bright full phase Moon this week and fall under the spell of moonlight’s mesmerizing experience, just like Native Americans who called this the “Flower Moon.”

But do you know what you’re looking at? Well, you know it’s not made of green cheese! Here are some lunar facts to ponder.

Earth’s diameter is 7,926 miles, while the Moon is better than one-fourth that at 2,160 miles across. The average distance apart is 238,850 miles. That varies by in an ellipse with closest (perigee) at 225,623 miles, and farthest (apogee) 252,088 miles.

There are only five other moons in the Solar System bigger than Earth’s. Jupiter’s Ganymede, Callisto and Europa, Saturn’s Titan and Neptune’s Triton.

Everybody looks up at the Moon. Though it seems huge in our mind’s eye, you can cover it up with an outstretched pinky finger. That’s just one-half degree of the sky. This proves that as large as the Moon looks to our human eyes, it is quite tiny in the sky. That half-degree width of the Moon means that 360 Moons would span end-to-end from one horizon to directly overhead to the other horizon!

When near the horizon rising or setting against the backdrop of buildings, mountain and trees, the Moon looks huge. It’s called the “moon illusion” and several books have been written about this optical illusion in our minds.

The Moon is always the same size each night varying slightly in its elliptical orbit each month. Yes, there is a “Super Moon” sometimes when the full phase syncs with the closest point (perigee) in its orbit. But you can’t tell with your eye—and you can still cover it up with an arms-length pinky finger!

Orbiting the Earth at a speed of 2,100 mph, the Moon moves to the left, or eastward, much faster than the 1,100-mph eastward spin of the Earth’s rotation. So, the Moon keeps ahead of the Earth’s spin, and in fact, moves its own diameter eastward every hour. That means that from one night to the next, the Moon has moved 12.5 degrees in 24 hours from its position in the constellations of the Zodiac.

The Moon is also moving away from Earth at the rate of nearly two inches a year. One billion years ago, the Moon was only 100,000 miles away, whizzing around the Earth in seven hours instead of today’s 27 days!

Because of the time lag caused by the rotation of the Earth, the time between Full Moon to the next Full Moon is 29.5 days—the basis for the calendar time as marked by civilizations since antiquity. With its sphere locked as one side faces Earth and the other side remains unseen, because of a wobble in the Moon called “liberation,” we see about 59 per cent of the lunar surface as it rocks back and forth throughout the year.

The six Apollo lunar landings from 1969-72 brought back almost 1,000 pounds of rock that proved the Moon was ripped out of the Earth some 4.6 billion years ago by an unknown body whizzing through the early Solar System. So, the Moon is made up of the outer layers of a primordial Earth and is extremely light. That makes its gravity pull only one-sixth that of Earth—you’d weigh less than 17% of your current size.

That familiar line on the lunar globe that separates night from day is called the “terminator.” On Earth, our terminator marks evening or morning twilight, just like on the Moon. But without a blanket of atmosphere, the difference from night to day on the moon is a huge temperature swing. The temperature in the bright areas is around 250 degrees F., while the black, shadowed areas are around -250 F. degrees below zero—a 500 F. degree swing!

Lunar brightness is deceiving as the Moon is made up of material as dark as a lump of coal. The dark Moon rocks reflect only 12 per cent of the sunlight that strike them. If the surface was a better reflector, say 50 percent, then night life of creatures on Earth might have evolved differently.

Apollo astronauts said moon dust in their spaceship smelled like gunpowder, which makes sense. All the violent impacts with cosmic rocks are evident in craters from hundreds of miles wide to micrometeorites seen with microscopes.

For all you chemist types, here is the chemical makeup of lunar soil: Oxygen 40% Silicon 26% Iron 12% Calcium 8.5% Aluminum 7% Magnesium 5% Titanium 5% traces of Sodium, Chromium, Manganese, Potassium, Sulfur and Carbon.

Twelve sets of footprints and tire tracks from three Lunar Rovers will last for millions of years. No natural forces of erosion will wipe them away; the Moon’s barely detectable, 10 tons of atmosphere has no impact. Instead the indentations in the moon dust will be worn away by the millennium of micrometeorites showers.

Tons of buried frozen water was discovered in the Moon’s north and south poles by Lunar Prospector in 1998. Radar detected hydrogen bound up in frozen water, and NASA estimates there is between one and six billion tons of ice buried beneath 18 inches of dry lunar soil. One billion tons of water would fill 300,000 Olympic-size swimming pools.

Looking at the Moon in binoculars or a small telescope will reveal the dark, dry lava seas called “liberation, we see about 59 per cent of the lunar surface as it rocks back and forth throughout the year.

Looking at the Moon in binoculars or a small telescope will reveal the dark, dry lava seas and hundreds of craters caused by impacts from space rocks over billions of years. All of the more than 30,000 craters visible from Earth have names, and that catalog began in the mid-1600s when it was agreed that craters be named after dead scientists, artists, philosophers, explorers and scholars. Thus, the prominent craters are called Copernicus, Archimedes, Tycho and Plato, for example.

This naming of lunar craters was given a more modern tone when the Apollo astronauts called their landmarks as seen from orbit with jargon like Cone Crater, Snowman and the like. Deceased space pioneers, and the Apollo 11 moon voyagers have been honored with small craters named them.

Get your share of moonlight this week, and marvel at how man has conquered this alien world that patiently awaits the next human footprints from future explorers.
Celestial events in the skies for the week of May 29-June 4, as compiled for The Loafer by Mark D. Marquette.

Summer is officially three weeks away, and we are already experiencing the benefits of extended daylight to enjoy our outdoor activities. The Moon makes a big impression this week going to Full Phase on Wednesday, making us all look up, so enjoy the moonshine! The Moon makes a low arc across the southern Zodiac, tinting the globe with golden light as it filters through the Earth's atmosphere. This honey-colored Moon might be responsible for the social term "honeymoon" for the frolicking nights of newlyweds married in the popular month of June. Native Americans called the full phase in May the "Flower Moon," "Corn Planting Moon" or "Milk Moon." The next Full Moon on June 28th, a Thursday, will be the "Strawberry Moon"—yum!

**Tuesday, May 29**
Full Moon today, and the Moon rises in the deep twilight tonight, and Wednesday when at Full Phase it will rise about when the Sun sets. This sets up a photo opportunity for all you Shutterbugs. Enjoy the photographic challenge of making an exposure that balances the dark seas of the Moon and the landscape—don't overexpose the Moon, then it'll look just like a big flashlight in the sky! And be sure to photoshop out the picture highlights, you won't believe how much lunar detail comes out.

**Wednesday, May 30**
The bright Moon this week doesn't take away the spectacular brightness that is Jupiter rising in the southeast. Even a pair of binoculars held steady will reveal the Jovian globe and its four, star-like moons.

**Thursday, May 31**
Full Moon is today, and with the long winter behind us, it is truly a time for a "Moondance," as the popular Van Morrison sings. Our eyes are drawn upward to our celestial neighbor, if just for a few seconds, to remind us that Earth is not alone in the Solar System, and with a partner that influences life through ocean tides and night light for creatures to hunt.

**Friday, June 1**
Look north and the Big Dipper asterism of Ursa Major, it is known as The Plow in Great Britain. The outer stars of the bowl point to the North Star, Polaris, and the handle arcs to the star Arcturus in the constellation Bootes the Herdsman.

**Saturday, June 2**
Keep following that curve of the Big Dipper’s handle through orangish Arcturus and to bright, white Spica in Virgo the Virgin. The old amateur astronomer’s axiom is “Follow the handle, arc to Arcturus and speed on to Spica.”

**Sunday, June 3**
The constellation Bootes (BOO-oh-tez) looks either like an ice cream cone or a kite with Arcturus anchoring at the bottom. It's an ancient constellation with unknown origins dating maybe as far back as 4,000 years ago. And a strange name for a man, as Bootes is a “herdsman,” possibly herding Ursa Major around the sky. I've wondered if maybe Bootes invented the wheel?

**Monday, June 4**
On this 1965 date in space history, Gemini IV was launched with Gus Grissom in command and Ed White taking the first American spacewalk—an iconic image of the Space Age. Both tragically died in a flash fire inside their Apollo 1 spacecraft during launch pad tests in January 1967. Also launched this date a year later in 1966 was Gemini IX with Tom Stafford, 88, and Gene Cernan, deceased. Their mission was full of problems, including a bad docking target rocket and an unsuccessful spacewalk by Cernan when his visor fogged up.

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### GRAND MEMORIAL DAY SALE

**JOHNSON CITY**
3026 East Oakland Ave.
**BRISTOL**
3325 Lee Highway
**KINGSPORT**
1535 East Stone Dr.

- **4 YEARS NO INTEREST** or **$400 OFF**
  - Purchases of $3000 or more

- **3 YEARS NO INTEREST** or **$300 OFF**
  - Purchases of $2300 to $2999

- **2 YEARS NO INTEREST** or **$200 OFF**
  - Purchases of $1600 to $2299

- **1 YEAR Special Financing** or **$100 OFF**
  - Purchases of $899 to $1599

*10% down payment required. With equal payments. See store for financing terms.

**See store for discount conditions.**

*Subject to credit approval. See store for details.*
Entries Now Being Accepted for Annual Jonesborough Days Parade

Jonesborough Parks and Recreation Department is currently accepting entries for the Annual Jonesborough Days Parade to be held Saturday, June 30th at 10 a.m. The parade is part of the Jonesborough Days Festival held each year, and celebrates the community and its heritage. It is requested that entries be designed and decorated to focus on patriotism to tie in with the Fourth of July holiday and Jonesborough Days Festival. Also encouraged, is live music being played from floats during the parade. Entry fees are $50 for commercial and political entries and $25 for non-commercial entries. A mandatory safety meeting will take place on Tuesday, June 26 at the Jonesborough Visitors Center at 6 p.m. to review rules and line-ups of the parade. A refund of $10 will be given for attendance to the meeting. For a parade application and additional information, visit www.jonesboroughtn.org. Call Rachel Conger at 791-3869 with questions.

Rocky Mount Timeline Festival

On June 2-3, Rocky Mount State Historic Site will host the inaugural TimeLine Festival showcasing history of the region and beyond through the centuries. The Festival will be held on Saturday, June 2, from 10:00 a.m. to 5:00 p.m., and Sunday, June 3, from 12:00 p.m. to 5 p.m. The festival will look at not only military history but also daily life. The event will also feature storytellers, local authors and performers presenting various aspects of our local and regional heritage. Noted speakers will include Andy Hare, Chares Charlton, Captain William A. Coleman and Robert Rambo – who will perform as a noted Barbary Coast Admiral in the early 19th century. Performers will include Ted Olson, the Johnson City Blue Grass Band, the Old Field Shape Note Singers and Linda Wegner. Demonstrators will include basket weaving, blacksmithing, quill pen writing and historical surveying. Toys and games will also be available on grounds for children and families to play. Performances and presentations will be held throughout the day on Saturday and Sunday. (See the following schedule) Admission is $10. Rocky Mount Historical Association members receive a $3 discount. For more information: Contact Kristin Turner, education director (423) 538-7396 or kturner@rockymountmuseum.com.

Cryptogram:

"Like their leaders, most Americans agreed that family stability appeared to be the best bulwark against the dangers of the cold war." — Elaine Tyler May, Homeward Bound

DropQuote:

"When philosophers try to be politicians they generally cease to be philosophers."
TWO SPACES FORWARD, TWO SPACES BACK:
ENGLISH 101, PART TWO

Back in mid-April, I devoted a column to new grammatical suggestions that are being bandied about by those who want to change some old-fashioned writing rules (i.e. omitting apostrophes, using textspeak, and avoiding capitalization). While the jury is still out on this debate, I came across a related piece, written by James Hamblin, for the May 11 edition of The Atlantic. I suppose the jury will also be out on this one. And who knows what’s next? Perhaps a discussion about whether or not to adhere to the rules of spelling, eliminating paragraph indentations, or using lower case for the first words in sentences.

Hamblin’s title, “The Scientific Case for Two Spaces After A Period,” pretty much sums up his central point—namely, that science has found that two spaces following a period makes for better reading. And, as you can imagine, there are those who are aghast that anyone would suggest such a radical, perhaps even immoral idea. So, let’s see what all the fuss is about. First of all, let’s conduct a little experiment. You will soon be reading three sentences that feature two spaces after each sentence. You be the judge about whether this aids your comprehension. So, here goes. I suspect that all this discussion about written language is occasioned by fears that we are losing the art of writing. We indeed live in a world filled with “fake news” and distrust of those who make writing (and thinking) their profession, so it’s only logical (as if that matters much anymore) that there would be some serious debate about the usefulness of language. Who would have thought simple sentences would get people so stirred up?

Following this line of reasoning, Hamblin prefaces his piece with the observation that “This is a time of much division. Families and communities are splintered by polarizing narratives. Outrage surrounds geopolitical discourse—so much so that anxiety often becomes a sort of white noise, making it increasingly difficult to trigger intense, acute anger. The effect can be desensitizing, like driving 60 miles per hour and losing hold of the reality that a minor error could result in instant death. One thing that apparently still has the power to infuriate people, though, is how many spaces should be used after a period at the end of an English sentence.” Fortunately, we should doubt that anyone might die if we start observing the two space rule. Of course, we should never underestimate the fury of writing instructors.

For the sake of his credibility, Hamblin points out that the two-space suggestion is backed by some serious research conducted by Skidmore College and appearing in the April issue of the intimidating journal “Attention, Perception, and Psychophysics.” When I read the word, “psychophysics” I can’t help but wonder if it refers to a blending of psychology and physics or psychos doing physics. Let’s hope it is the latter, which sounds like a lot of fun. In any event, the study concludes that “…among people who write with two spaces after periods—‘two spacers’—there was an increase in reading speed of 3 percent when reading text with two spaces following periods, as compared to one. This is . . . an average of nine additional words per minute about their performance ‘under the one-space conditions.’”

So there you have it, a genuine scientific truth. In this fast-paced world in which we live, I suppose we should be concerned about how long it takes a person to read a collection of sentences. In fact, this is such an important consideration that Hamblin emphasizes that this three second improvement in reading speed might seem like an insignificant statistic until we realize that “if a change like this saved even a tiny amount of time, or prevented a tiny amount of miscommunication, the net benefit across billions of people could be enormous.” In fact, “entire economies could be made or broken, wars won or lost.” Wow. Do I detect Hamblin’s tongue planted firmly in his cheek with this observation? Could it be that his entire column is a hoax, designed to make fun of psychophysics and our pretensions about science? Or could it be yet another take on the annoying “Yanny vs. Laurel” social media debate?

Hamblin reminds us, before we get too enamored with this spacing issue, that this study of reading speed used only sixty subjects for the experiment—all college students who were “probably more interested in ‘hooking up’ and ‘Snapchat’ than actually reading.” Yes, this is another vicious attack on those who attend college. Are non-college students never interested in these two activities? But I digress.

In the end, Hamblin asks us to consider this study as “a good exercise in challenging beliefs,” but not one that makes a great deal of difference. Certainly it should not be an issue that “breaks us” but one that causes us to “remember that we are united by the ideals of democracy, freedom, liberty, and justice that we still hold dear, and which demand our allegiance above any person or party or spacing issue.” Who would have thought that a question about one or two spaces could evolve into a test of patriotism?

Before we take our leave to contemplate how many spaces we should add at the ends of our sentences (why not three?), let’s take a moment to celebrate the legacy of Philip Roth, a master of sentences who stopped writing last week. Our language has certainly been enriched by the presence of Roth, and I doubt that matters would be much different if he had used two spaces instead of just one at the ends of his sentences. See you next week.
SUDOKU

 Answers on page 30

DROP QUOTE

CRYPTOGRAM

UFT GXVV ENBNS IN DCZZU XK UFT HFEAXETN AF RNCSHD KFS GDCA DCZZXENRR HFERXRAR FK UFT GXVV ENBNS VXBN XK UFT CSN VFFJXEP KFS ADN WNCSEXEP FK VXKN.

— Albert Camus
The Bridge Home has an ongoing aluminum can collection in front of the shelter at 2061 Hwy 75 in Blountville, TN 37617 and a second aluminum can collection site at Airworks Heating and Cooling, 5633 Memorial Blvd Kingsport. The cans are collected by a volunteer and the money from the aluminum goes towards badly needed food and supplies for the animals.

The Bridge Home No Kill Animal Rescue has started a pet food pantry for people that have had financial hardships because of job loss or medical problems and are struggling to feed their pet. They can come by the shelter and get cat or dog food to get through the tough time.

Donations can be sent to The Bridge Home Shelter PO Box 654 Blountville, TN 37617. Every animal in their care is spayed or neutered and fully vaccinated before being adopted. Being a non-profit the shelter is funded entirely by membership dues and private donations. They always need volunteers or monetary donations. Other always needed items: pet food, cat litter & cat toys dog treats & dog toys, paper towels, cleaners, office supplies, Purina weight circles. Phone: 423-239-5237 Hours are Mon-Fri 12pm-6pm Sat 12pm-3pm and Sun 2pm-4pm. Website is www.bridgehomerescue@gmail.com or like them on Facebook: www.Facebook.com/bridgehome

This week we have Katie and her cute kitties! They will be spayed or neutered and up to date on all vaccines.

There are so many cats available. One shelter had to euthanize 30 because of overcrowding. Please consider a new furrbaby for your family!
Barter Theatre is providing a humorous new perspective on the American dream with “The Lemonade Stand” by Matthew Fowler. This side-splitting comedy is the first of the summer season, running May 13 to August 11.

Barrett Guyton, director of “The Lemonade Stand,” is adding another hit to his outstanding productions at Barter Theatre. This performance features a remarkable cast lineup, starring Sarah Van Deusen, who is returning to the theatre after being on tour, and Nicholas Piper, who is a favorite of Barter Theatre patrons for his unforgettable performances.

“The Lemonade Stand” introduces audiences to Garret Miller, a man in modern-day suburbia experiencing a midlife crisis. After losing his job and dealing with his potentially cheating wife and his outcast brother, Garret keeps us laughing as he and Rachel, the girl next door, rediscover...
The Lemonade Stand

The American dream of owning your own business. Director Barrett Guyton explained, “Two people with a vast generational gap between them both find themselves in the midst of an existential crisis. One has aged out of his usefulness, and the other doesn’t yet know what her usefulness is.” This is a show that everyone will enjoy. It keeps you laughing.

“The Lemonade Stand” is made possible by Reynolds American.

To purchase tickets, please visit bartertheatre.com or call 276-628-3991. Tickets for all performances of “The Lemonade Stand” begin at just $20.
**BIKE NIGHTS**

- **Wednesdays**
  - Bear’s Bar
  - Holston River Brewing Co.
- **Thursdays**
  - Quaker Steak & Lube
- **Fridays**
  - Tulips American Grub and Pub

**RUNS & RIDES**

- **July 14:** Apple Tyree 3rd Annual Poker Chip Memorial Ride; benefits Special Olympics; Smith Bros. Harley Davidson; 423-946-5423 or 423-283-0422

**CAR SHOWS**

- **Tuesdays**
  - Holston River Brewing Company - Bristol, TN
- **Fridays**
  - Krystal’s Johnson City
- **Saturdays**
  - Carter County Car Club Downtown Elizabethton

**June 1-3:** 2nd Annual Home Built Summit, RatRod; Holston River Brewing Co. and Thunder Mountain Campground; all manner of vehicles can enter; camping available; 423-946-2380

- **June 16:** FLBC Car and Bike Show; all cars and motorcycles welcome; 423-794-8142 or 423-282-0655

- **July 28:** 6th Annual Open Car Show by American Patriots Pastime; Anything with Wheels; Tri Cities Cinemas at exit 66 off I-81; 423-323-3981

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**Ruby Velle & The Soulphonics**

For Fans of: Amy Winehouse, The Broadcast, Charles Bradley
Thursday, May 31st 2018 @ The Abingdon Market Pavilion, Abingdon, VA
Time – Doors Open at 6:30 PM
Show Starts at 7:00 PM

FREE! No outside alcohol or coolers. Food Trucks on site. Beer Garden proceeds benefit Abingdon Main Street.

Deep, raw funk. Stax-style Southern soul. Positively uplifting & ORIGINAL Motown-channeling anthems. Atlanta’s Ruby Velle and the Soulphonics are the heirs to the thrones of the old-school masters. But they’re much more than just a group of revivalists trying to create a period piece. Powerhouse singer Velle and her band will settle for nothing less than bringing these classic sounds glimmering into the now with a fresh, new contemporary sheen.
The long awaited re-schedule of the Henna party is finally here!! Join us Friday, June 1 from 6:30pm-9pm to learn about the applying of Henna, the history of it, how to mix & make your own and even the benefits of it (I have been using it over 30 years to help with my headaches) This time will be spent practicing self application, and we can even practice on each other. Some designs are super intricate, but Henna can be a way of self expression, so there is no wrong way! Each participant will receive a henna cone and handout with patterns to take home, and use of Henna cones and templates at the event. We will also have an Indian FOOD feast. Event may go past 9pm as there will not be a rush to finish. We can hang out, relax and get creative! Cost is just $20 and includes henna cones, templates, patterns, Indian foods and snacks and a great time. Limited to 14 participants only. Generations Emporium & Spiritual Community Center, 2201 Ferguson Road #8, Johnson City.
Oasis of Kingsport

The Oasis of Kingsport, a local non-profit, will celebrate its anniversary with a huge event on June 2nd at the Kingsport Farmer’s Market. The Oasis is a multifaceted ministry and has served over 800 women since its founding and offers 25-cent laundry, a shower facility, counseling, classes that promote self-sufficiency and more. The Oasis is proud to announce that for this anniversary celebration they are bringing in worship bands from across our area for a free concert. In addition to serving free food and offering free carousel rides, free haircuts will be available as well as Blessing Bags and a cakewalk. The Oasis is celebrating by teaming up with other local non-profits and ministries at the Farmer’s Market to pull off what is expected to be a well-attended event. There is even a raffle going on! Head out for some great fun and camaraderie. It all happens Saturday from 4 – 8 PM.

Native —continued from page 21

will be providing food vending for this event, including her famous Indian tacos.

Our 2018 featured storyteller is Freeman Owle. He is a noted lecturer, historian, and member of the Eastern Band of Cherokee, and has traveled all over the eastern United States lecturing to various groups, which include churches, military units, and schools. Freeman Owle has told stories and presented programs on Cherokee history and culture throughout the Southeast for more than ten years.

Well known in the Cherokee community, Freeman Owle serves on the board of directors of the Qualla Arts and Crafts Mutual and is a coordinator for the Cherokee Heritage Trails project of the Blue Ridge Heritage Initiative. He is one of the featured storytellers in the book Living Stories of the Cherokee, and he also appears in the video documentary Cherokee: The Principal People, which aired on public television in North Carolina, South Carolina, and Kentucky.

Our featured speaker is Dr. Michael Abram of the Cherokee Heritage Museum and Gallery in Cherokee, NC, who will provide a glimpse into Cherokee history and legend. He will give two lectures on Saturday, “Cultural meaning of Cherokee Dreams”, and “The Life, Humor, and Wisdom of Will Rogers,” inside the circle of Fort Watauga. Dr. Abram has been presenting at this show since its beginning and is owner of the Cherokee Heritage Museum and Gallery. The gallery is presently being relocated from Cherokee to a location near Chattanooga. Dr. Abram has devoted his life to studying, preserving, and lecturing on Cherokee culture.

Daniel Bigay of Greeneville, TN will entertain with traditional flute music in addition to having his handmade, traditional Cherokee style flutes for sale. Daniel is a flutemaker, Artist, Performer/Recording Artist, and demonstrator, who lives with his wife, Kay, in the mountains of Tennessee. He has released two CD’s, the most recent being nominated for best flute recording at the 2005 Indian Summer Music Awards. Daniel and Kay are passionate about education and sharing of the Cherokee culture in the school system, at Pow-Wow’s, and various shows and festivals.

Admission is $6.00 per adult, $1.00 for children. All proceeds from admissions go to Friends of Sycamore Shoals State Historic Park to support this event. This event is made possible by the support of Friends of Sycamore Shoals State Historic Area, the DoubleTree by Hilton, and the Comfort Inn of Johnson City.
The Casual Word
By Langley Shazor
Follow Langley at TheCasualWord thecasualword@gmail.com

I had a terrible dream
Last night
I awoke to find you missing
As I reached for your empty space
I remembered it was simply my mind on replay.

How to really plan a meal
Have you ever wanted to learn more about planning and prepping your meals? Then join us on May 30 at 6:00 p.m. for a free seminar on Meal Planning & Prep for the Beginner! Ambrea, one of our staff members, will be offering an introduction to meal planning - explaining what it is, and what it isn’t - and how you can get yourself started off on the right foot. Materials will be provided, just bring yourself and learn all about meal planning! For more information about our free meal planning seminar, please contact the Bristol Public Library at 276-645-8780 or ajohnson@bristol-library.org.

Inaugural Salute to Veterans Party
At the VFW Post 6975
The Patton-Crosswhite VFW, Post 6975, is hosting an all-day event on Saturday with something for everyone. This inaugural event consists of Live Music, special guest speakers, delicious food, a silent auction, plenty of entertainment, and a very special surprise!!! There will be vendors on site and, really, entertainment for all. It kicks off at noon and goes all day and into the evening. That night Ricky Lee and Dr. Wes Harris are debuting and releasing a new song. The key thing to remember is that all proceeds go back to our Veterans in our local community!

The music takes place in the newly updated and renamed Maddies Hall at the Patton-Crosswhite VFW Post 6975. They are located at 16th and State in Bristol. Maddies Hall is named for Stephen Maddies who lost his life in service to our country in Iraq in 2007. This hall has a lot of history attached to it. Back in the day, Patsy Cline, among many others, performed on this very stage. It holds 750 people and has been updated with new lighting and PA equipment. The public is always welcome.

The VFW is in the midst of expanding their offerings. For instance, Shooter is coming in September. They have the Southern Mama comedy tour making a stop here. They host a bike night on Fridays at 6:00.

Tickets are only a $10 donation for the Salute to Veterans, and you’re going to have a lot of fun for that small amount! Open to everyone in our community, not just veterans; but if you know one bring them! See you out there.

Keep checking out the VFW on Facebook or see their bookings in Spotlight. We’re pretty sure you will find something that tickles your fancy.
COMING

JUN 02
PARAMOUNT BRISTOL PRESENTS
MIGHT WURLITZER DAY
FREE FAMILY FUN

JUN 09
PARAMOUNT BRISTOL PRESENTS
RODNEY CROWELL
W/ SPECIAL GUEST JEDD HUGHES
UNDERWRITTEN BY APPALACHIAN HERITAGE DISTILLERY

JUN 14
FREE MOVIE!
ELECTRO MECHANICAL’S
60TH ANNIVERSARY
1958 FILM SERIES

JULY 19
AUG 09
TODD SNIDER
W/ OPENING ACT MMHMM
UNDERWRITTEN BY APPALACHIAN HERITAGE DISTILLERY

JUN 22
JUL 1
THEATRE BRISTOL PRESENTS
CHITTY CHITTY BANG BANG

AUG 04
HUMORIST & STORYTELLER
JEANNE ROBERTSON

SEPT 07
EVENING WITH
JOHN ANDERSON
- ACOUSTIC -
SPECIAL GUEST ELVIE SHANE

OCT 04
PARAMOUNT BRISTOL PRESENTS
“CHICKS WITH HITS”
TERRI CLARK, PAM TILLIS,
& SUZY BOGGUSS

ATTRACTIONS

TICKETS ONLINE 24/7 @ PARAMOUNTBRISTOL.ORG
SUBSCRIBE ONLINE TO OUR EMAIL BULLETIN FOR NEW SHOW ANNOUNCEMENTS
BOX OFFICE: 423 274 8920 • 518 STATE ST., BRISTOL, TN • TUE-FRI NOON-6