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Happy November!!! I love the Holidays. It’s my favorite time of the year. So the next few weeks make sure to check out all the great things going on in our community. I can’t believe it’s already been two months since The Loafer became part of our family. We have loved laying it out each week, getting to know new clients and are so thankful for all the support of our community. We will be having great gift ideas for those special people in your life, as well as great music and plays to go see. Let’s not forget the less fortunate this time of the year! As you know we sponsor an Adopt a Veteran event at Christmas time. We give them Christmas!! They fought for our country and this is the very least we can do for them to make their holiday a little better. If you would like more information or would like to help please call our office. Don’t forget to pick up Tri-Cities BEST Home Magazine that is on stands now and Tri-Cities Eats Magazine!! Always support our local businesses.

Happy Holidays!!

Kimberly Dugger
Publisher
MEET THE STAFF

KATLIN BUCHANAN
OFFICE ASSISTANT
"She is Clothed in Strength and Dignity and She Laughs Without Fear of The Future"  Proverbs 31:25

JACLYN LAW
OFFICE MANAGER
"Laughter is timeless, Imagination has no age, and dreams are forever"  -Walt Disney

KIMBERLY DUGGER
PUBLISHER
"Behind every successful woman is a tribe of other successful women who have her back."

LORI HOWELL
ACCOUNT EXECUTIVE

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DISTRIBUTION, TRI-CITIES BEST HOME MAGAZINE & TRI-CITIES EATS

MARIA LOVELADY
INSIDE SALES
“Creativity is intelligence having fun”  -Albert Einstein

LEONA GRACIA
SALES REPRESENTATIVE
I've worked in the service industry on and off for over 20 years. I have equal experience back in the kitchen as I do serving and bartending, and I appreciate the similarities there are between the two and believe my back of house experience makes me a more well rounded and capable bartender.

I've been part of the front of house team at Wellington's for going on six years now, and head bartender for two of those. I love the fast paced, exciting work atmosphere, and excel at keeping my composure, attention to detail, and quality of output during high stress and high volume nights. We almost always work alone, juggling the duties of serving our lounge guests food and drinks while making all of the drinks for the restaurant. This can spread one pretty thin, so please be patient with us! I hate to see people wait to be greeted and served, so know that I see you and will be with you as soon as possible. I'm pretty quick!

While I have a love for whisk(e)y and all spirits, I've also been concentrating on the craft of building cocktails and have a decent grasp on many classic recipes that I love serving up, as well as some newer cocktails and modern twists on the classics.

I have an insatiable appetite for expanding my knowledge, especially when it comes to my passion for food and drink. There is an ocean of information on those subjects and countless passionate and borderline fanatic people to learn from and share with. It's exciting to be part of the staff at Wellington's for that very reason. We excel at our breadth of product knowledge and are passionate about sharing that with others.

We boast well over 300 whisk(e)ys,
as well as tequilas, mezcal, gins, vodkas, rums, cordials, amaros, liqueurs, bitters, over 100 wines, 15 bottle beers and a small but thoughtfully selected regional draft beer selection. And we know them all. We take the time to research and taste and really get to know all of our offerings before they hit our shelves and we pride ourselves in our ability to turn that into a great experience for our guests. We aren't looking for volume of products. We are looking for exceptional products that stand out and that are produced by artisans with the same passion for attention to detail that we strive for.

Did I mention that we have over 300 whisk(e)ys!? It’s an amazing collection and a joy to work with. One whiskey in particular that we have been very excited about, and that I believe unfortunately flies under many peoples radar, is our own exclusive Single Barrel Copper Fox Rye Whiskey from Rick Wasmund at the Copper Fox Distillery in Sperryville, Va. Rick has done some truly amazing things and we love, love, love, his pioneering spirit, and his spirits! He built and utilizes a traditional malting floor and kiln, the first of its kind in the United States since the repeal of prohibition. His originality continues is his use of 2/3 Virginia grown rye and a healthy 1/3 hand smoked floor malted local barley, which is smoked using apple and cherry wood. The rye whiskey is then aged on a series of toasted apple wood chips and oak chips in used bourbon barrels. They're the only distillery on the planet to use fruit wood in such a way! This whiskey has everything I love about whiskey all in the same dram. It is simultaneously spicy, fruity, nutty, smoky, and sweet. I haven’t ever tasted anything quite like it and I would love to turn others on to its wonderful uniqueness.

Working at a hotel bar provides a singular opportunity to meet people from all over the world from different walks of life. That being said, I feel that more locals would patronize our cozy little spot if they knew more about us, and how we like to do things. We have pride in our bar, but aren’t pretentious. I’ll likely be wearing a bow tie, but that doesn’t mean you have to. There isn’t a dress code, although shirt and shoes would be a good start! In addition to our well stocked bar, we have a great food menu consisting of made from scratch dishes. Our Chef and back of house staff does a great job and I haven’t tired of our kitchen's offerings yet! Please drop in and let’s talk and I’ll do my best to serve you up something you’ll enjoy. Cheers!
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11-13 Karaoke with Missy and Marcus
11-14 Open Mic Night
11-15 Bike Night with Rusty Steel
11-16 Karaoke with Missy and Marcus
11-17 LIVE MUSIC
11-18 Karaoke with Missy and Marcus
11-19 DJ Trivia 7pm

And everything I had to know I heard it on my radio
-QUEEN
Name: Lee Carmichael
Branch: US Marine Corps
Age Joined: 18
Rank: Corporal E-4
Years Served: 4 and a half years

What made you want to serve our country? 
Both my Grandfathers served and fought in WWII.

What advice would you give someone looking to go into the military? Choose a MOS that will transfer to the civilian world.

What’s your favorite quote? “Be polite, be professional, but have a plan to kill everybody you meet.” - Maj. Gen. James Mattis

Did you make any close friendships while in the service? Did you continue any of those relationships? Yes I did, I still talk to all 3 of them and my closest friend more brother Patrick Hurney lives about 20 from me.

What was the best and worst ‘military’ food you were served, and why? Best food would have been the Warrior’s breakfast after the Crucible at the end of boot camp at Parris Island SC. The worst would be any Vegetarian MRE.

What is your favorite quote? “Be polite, be professional, but have a plan to kill everybody you meet.” - Maj. Gen. James Mattis

Tell me a funny story you experienced that could only happen in the military. Oh man so many stories it would be hard to tell one. Civilians can never understand our sense of humor.

How does your military experience affect your life today? It taught me how to be a better person. It instilled in me a drive to never give up, never say it can’t be done.

Were you awarded any medals or citations? How did you get them? Combat action ribbon for combat action in Iraq. Navy Marine Corps Achievement medal for my actions as a section leader in taking my Marines to a Combined Arms Exercise in 29 palms Ca. As an E-4 I was doing the job of an E-6 leading a section of Assault Amphibious Vehicles in live fire exercises. Navy Marine corps achievement medal for acting as an assistant section leader during amphibious operation and force readiness operations. Presidential Unit citation, Naval unit citation, Meritorious Unit citation, Sea service deployment ribbon x2, all for my first deployment overseas. Iraq campaign medal, Global war on terrorism medal, Good conduct medal, National defense service. 6th award rifle expert, 3 award pistol sharpshooter, 3 Meritorious Mass for exceptional job performance and the training of junior Marines.

Do you recall the day your service ended? Where were you? I was at Camp Lejeune NC.

What did you do in the days and weeks afterward? Took a break and relaxed I had just got back from Iraq.

Where did you travel while in the service? Italy, Spain, France, Africa, Germany, Croatia, Kosovo, Kuwait, Iraq

Why did you pick the service branch you joined? In high school I was in NJROTC 1Sgt Tom Falin was the reason I made it through high school. He made me want to be something better than I was, to be a part of something great and elite.

Do you recall your first days in service? Hard and fast nonstop is the best way to describe my first days.

Was there something special you did for “good luck”? I carried my Grandfather’s Bronze star.

Did you work or go back to school? I went to work school was never something I enjoyed.

Is there anything you would like to add that we have not covered in this interview? Just to ask folks when they talk to the man upstairs put in a good word for all our service members and families.
Pokémon Go: Still Catchin’ them all!

“Pokémon, I choose you!”—ASH KETCHUM

If you are anything like us, and don’t say you’re not or you wouldn’t be reading this right now, you are still trying to fill in the 487 Pokémon squares in your Pokedex. It’s been a while since we have talked Pokémon with you. Since our last Pokémon update, several special events have taken place, more community days have been held and most of all, Generation Four of our favorite pocket monsters have been unleashed!

So, let’s take a dive into the world of Pokémon and find out just what these little monsters have been up to lately. The most recent and biggest news in the franchise is the release of generation four in the game that gives us the Pokémon first encountered in the Sinnoh region, featured in Pokémon Diamond, Pokémon Pearl, and Pokémon Platinum. This new release brings us a total of 107 new Pokémon to catch, one of the largest new generations in the game. While all of the Pokémon are new, we see many cross generational Pokémon (evolutions for older Pokémon) released in this generation, with a total of 29. There also are more legendary Pokémon than any other generation with a total of 13.

Here is a list of generation 1 Pokémon that have an evolution in generation 4: Magneton becoming Magmazon, Lickitung becoming Lickilicky, Rhyhorn becoming Rhyperior, Tangela becoming Tangrowth, Electabuzz becoming Electivire, Magmar becoming Magmortar, Eevee becoming Ambipom, Yanma becoming Yammega, Murkrow becoming Honchkrow, Misdreavus becoming Mismagius, Gligar becoming Gliscor, Sneasel becoming Weavile, Piloswine becoming Mamoswine and Togetic becoming Togetic. And from generation 3 we see Ralts and Kirlia becoming Galade (split), Nosepass becoming Probopass, Roselia becoming Roserade, Dusklops becoming Dusknoir, and Snorunt to become Frosmash. And some of you trainers who collect the babies will be happy to know that in generation 4, we will have a total of 6 new babies! We will add Mime Jr (baby Mr. Mime), Bonsly (baby Sudowoodo), Mantyke (baby Mantine), Munlax (baby Snorlax), Budew (baby Roselia) and Chingling (baby Chimcheo).

This past summer, the 2018 Pokémon World Championships, were held right down the road in Nashville. That’s right, our state capitol was overrun with Pokémon trainers for 3 days in August. If you were around Nashville during this time you would have noticed an extra few thousand people walking around in red, blue or yellow shirts, a phone in one hand, a portable phone charger with cord coming out of a pocket connected to the phone, a backpack on, baseball hat with Pikachu on it and occasionally yelling out, “YES! I got it!” while continuing to walk down the sidewalk. Pokémon players who weren’t participating in the tournament, had fun finding special released Pokémon such as Unown letters N-A-S-H-V-I-L-E (Nashville) that helped to fill the 28 Unown spots in their Pokedex.

Other trainers were off to Atlanta the following weekend as it was time for Dragon Con. At this special event, trainers were able to again add to their Unown alphabet with letters D-R-A-G-O-N-C (Dragon Con). Shortly after Atlanta, trainers once again were in their cars on the way to the Big Apple. It was October and time for New York Comic Con. Here in New York once again the special Unown letters were out and you were able to get N-Y-C-O-M-I (NY Comic Con). Do you see a trend here yet?

So besides all of the special events with special and rare Pokémon, what has everyone buzzing about the game so much right now? One word can answer that questions, shinies. That’s right, Niantic has started releasing the shiny version of many of the games Pokémon. What is a shiny Pokémon many of you may ask. Well, it’s kind of how it sounds. You have a normal Pokémon and you give it a different color and add some sparkles and you have shiny. But is this really a new Pokémon. To trainers, yes. It is a new Pokémon to collect, but it is not a new Pokedex entry, although the Pokedex does provide a badge for the shiny Pokémon once caught.

A way the game as added to the fuel of the shiny Pokémon is by creating what is called “Community Days”. On these days, a select Saturday or Sunday, once per month, one Pokémon is selected and for only 3 hours chances of finding and catching said Pokémon are increased and if you’re lucky, when you click your Pokémon, it will be a shiny! This has trainers in a craze, because everyone is trying to get a shiny!

And one of the other biggest things to hit Pokémon Go since our last update, is trading. Yes that’s right, you can now trade your little pocket monsters with your friends and other trainers. The ability for in game trading has added so much value to your Pokémon. Now trainers check their CP (combat power), the IV (individual value) and if the Pokémon is shiny. All of these are great bargaining factors for a perfect trade.

So what are you waiting for? Download Pokémon Go on your mobile device and we’ll see you out on the next Community Day!
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Spotlight

- TUESDAY - Nov. 13-

Downtown Country
Jiggy Rays in Elizabethton 6:30pm

Stemwinder Band
Rocks Wood Fired Pizza and Grill 6pm

- WEDNESDAY - Nov. 14-

Open Mic Night
The Willow Tree Coffeehouse & Music Room

H.B. Beverley
Rocks Wood Fired Pizza and Grill 6:30pm

Open Bluegrass Jam
Gypsy Circus Cider Company 6:30pm

- THURSDAY - Nov. 15-

Stemwinder Band
Red Barn, Unicoi 8pm

Jukebox Jessica Stiles & Boppin’ Bailey George
The Down Home 7pm

Bad Omens w/ Glass Idols & 1134
Capone’s 7pm

Mark Larkins
Rocks Wood Fired Pizza and Grill 6:30pm

Donnie & The Dry-Heavers: Jam Sessions
Model City Tap House 7pm

Wings & Waffles w/Blue October
Wild Wing Cafe 10am

Gerald Sheppard
Blackbird Bakery 8am

Country Band Showcase
The Willow Tree Coffee House & Music Room 8pm

- SATURDAY - Nov. 17-

The Band Model City
High Voltage Kingsport 1pm

Shooter Band
CJ’s Sports Bar 8pm

Railway Express
Fraternal Order of Eagles 3141 8pm

Abby The Spoon Lady & Chris Rodriguez
The Willow Tree Coffeehouse and Music Room 8pm

Tan and Sober Gentlemen
w/special guest Marcus Bunch
Capone’s 10pm

Rusty Steel & Quarter Bounce
Rush St. Neighborhood Grill 8pm

TJ Harris
Holston River Brewing Co 8pm

Virginia Ground EP Release
The Down Home 8pm

Iliad, Leanna Eden & The Garden Of, The Kindest People
The Hideaway 10pm

- FRIDAY - Nov. 16-

Beth Snapp
The Down Home 8pm

Michelle Malone
The Willow Tree Coffeehouse and Music Room 8pm

Big Mstr with HAAL & Hesperian
Capone’s 10pm

Rock the Foundation
Boogie Mo’s 9pm

If Birds Could Fly Returns!
CJ’s Sports Bar 8pm

Pocket Change Band
Kingsport Moose Lodge #972 8pm

Shoot To Thrill-All girl AC/DC
Holston River Brewing Co 8pm

Wyldeheart
Wild Wing Cafe, JC 10pm

JB 5 n Dime
Gypsy Circus Cider Co 7pm

- SUNDAY - Nov. 18-

Color My World
Brown Hall 5pm

Together #WeAreThread Tour
Capone’s 6pm

Red Sun Rising
Capone's 6:30pm

- MONDAY - Nov. 19-

Anthony Mangrum
Blackbird Bakery 7:30pm

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TUESDAY
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Karaoke at Zachary's Steakhouse
Family Night Karaoke at CJ's Sports Bar - Kingsport
Karaoke at Numan's - Johnson City
Karaoke w/ Absolute Entertainment at Woodstone Deli - Kingsport

WEDNESDAY
Karaoke w/ Southern Sounds Karaoke at American Legion 8pm
Karaoke at CJ's Sports Bar
Turn the Page Karaoke at VFW Post 2108 – Johnson City

THURSDAY
Karaoke w/ Absolute Entertainment at Macado’s – Kingsport
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 Wings Café JC
Karaoke at Numan’s - Johnson City
Karaoke w/ Absolute Entertainment at New Beginnings - Johnson City
Karaoke at Jiggy Rays Pizzeria
Karaoke at Wild Wing Cafe Johnson City

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 8:30pm
Turn the Page Karaoke at VFW Post 2108 – Johnson City
Karaoke w/ Absolute Entertainment at Woodstone Deli - Kingsport
Karaoke w/ Toddzilla at Sportsman’s 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

SATURDAY
Karaoke w/ Toddzilla at Sportsman’s Pub
Karaoke at Kingsport Moose Lodge
Turn the Page Karaoke at VFW Post 2108 – Johnson City
Karaoke w/ Absolute Entertainment at Macado’s – Kingsport
Karaoke at Numan’s – Johnson City
Karaoke w/ Tony & Rod at CJ’s Sports Bar
College Football SATURDAYS w/ DJ Paul Gallo AND Post Game Karaoke!

SUNDAY
Karaoke w/ Absolute Entertainment at Woodstone Deli - Kingsport
**THINGS TO DO**

**Tuesday- November 13th**
- Mother-Son Date Night - Memorial Park Community Center 6pm
- F3 Free Men's Bootcamp - Founders Park 5:30am
- Holiday Sip & Shop - Mahoney's Outfitters 9am
- 15th Annual Brenda Smith Memorial Christmas Charity Drive - Smith Brothers Harley-Davidson 9am
- FiA Free Women's Fitness Tues. Evenings - Founders Park Field Side 7pm
- SAHC Pint Night - JRH Brewing 5pm
- Texas Hold 'Em - CJ's Sports Bar 7pm
- Mountain Square Dance (Freel) - The Down Home 7pm
- MASH Trivia - Johnson City Brewing 7pm
- SINGO - Barley Waters 7pm
- Cornhole Tournament! - CJ's Sports Bar 7pm
- Bingo - Tipton St. Pub 9pm

**Wednesday- November 14th**
- FiA Free Women's Fitness Wednesdays - Founders Park 5:30am
- 15th Annual Brenda Smith Memorial Christmas Charity Drive - Smith Brothers Harley-Davidson 9am
- Foosball - Capone's 5pm & 8pm
- Yee-Haw Yoga - Downtown Yoga Center Johnson City 5:30pm
- Dancing With Deana! - CJ's Sports Bar 6pm
- Bottoms Up Beer and Yoga - JRH Brewing 6:30pm

**Thursday- November 15th**
- F3 free men's bootcamp - Founders Park 5:30 AM
- 15th Annual Brenda Smith Memorial Christmas Charity Drive - Smith Brothers Harley-Davidson 9am
- PT Pub Night - JRH Brewing 5:30pm
- FiA Free Women's Fitness Thur. Evenings - Founders Park Field Side 7PM
- Sports Trivia Night - Gypsy Circus Cider Company 7pm
- Romeo & Juliet - Johnson City Community Theatre 7:30pm

**Friday- November 16th**
- 15th Annual Brenda Smith Memorial Christmas Charity Drive - Smith Brothers Harley-Davidson 9am
- Bristol Speedway in Lights - Bristol Motor Speedway 6pm
- 5K Friday! - Johnson City Brewing Company 6pm
- Tuna Christmas - Taylored Venue & Events 7pm
- Barley Waters Anniversary Cold Mountain Release Party - Barley Waters 7pm
- Cardboard Boat Race - Memorial Park Community Center 7pm
- Romeo & Juliet - Johnson City Community Theatre 7:30pm
- November Story Slam - JRH Brewing 8pm
- Holmes Sweet Homicide - Blue Moon Theatre Company 8pm

**Saturday- November 17th**
- F3 free men's bootcamp - Founders Park 6am
- FiA Free Women's Fitness Saturdays - Founders Park 7:15am
- 15th Annual Brenda Smith Memorial Christmas Charity Drive - Smith Brothers Harley-Davidson 9am
- Ink & Iron - Smith Brothers Harley-Davidson 9am
- Holiday Market - Boone Street Market 10am
- Santa's Depot 2018 - Centennial Park Kingsport 1pm
- Tuna Christmas - Taylored Venue & Events 2pm & 7pm
- Santa's Arrival - The Mall at Johnson City 4pm
- 3rd Annual Community Christmas Tree Lighting - The Mall at Johnson City 4pm
- 1st Annual Chili Cook-Off - Model City Event Center 5pm
- StarWatch - Bays Mountain Park & Planetarium 6pm
- Chastain Criswell: Traveling Magician - Gypsy Circus Cider Company 7:30pm
- Romeo & Juliet - Johnson City Community Theatre 7:30pm
- Holmes Sweet Homicide - Blue Moon Theatre Company 8pm
- Bollywood Night - Wonderland Lounge/Bar N Grill 9pm

**Sunday- November 18th**
- Singo - Aubrey's Johnson City 7pm
- Tuna Christmas - Taylored Venue & Events 2pm
- Tellabration! - McKinney Center 2pm

**Monday- November 19th**
- FiA Free Women's Fitness Mondays - Founders Park 5:30am
- F3 Free Men's Run Group - Science Hill Track 5:30am
- 15th Annual Brenda Smith Memorial Christmas Charity Drive - Smith Brothers Harley-Davidson 9am

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**Cryptogram:** "To be an American is of itself a moral condition, an education, and a career."

**DropQuote:** "No one can keep his griefs in their prime; they use themselves up."
The first version of "A Star Is Born" was released to theaters in 1937, and was followed by other remakes in 1954 and 1976. The previous films starred Janet Gaynor, Judy Garland and Barbra Streisand respectively. Singer/actress Lady Gaga steps into the shoes of her predecessors in the 2018 version of the film co-starring Bradley Cooper, who also produced and directed the film. Needless to say Cooper was a busy man during the filming of the latest version of the tearjerker. Cooper stars as Jackson Maine, a hard-drinking country singer (although his music lends more to the rock arena in my opinion) who also battles a drug addiction. After one of his shows in California, Jackson decides to stop by a randomly chosen club where he is witness to a charming and unforgettable performance by a waitress named Ally (Gaga). Jackson is so taken by Ally he requests to go backstage to meet her after the show. With the chemistry already sparking between the two, they spend the night talking to each other, giving Ally the opportunity to tell the superstar of her struggles with the music industry as an aspiring singer/song-writer. Jackson convinces Ally to join him at one of his concerts, and encourages her to sing with him on stage. Ally's performance is a smashing success, and results in her joining Jackson's tour. During the tour, Jackson has a falling out with his brother Bobby (Sam Elliott), and as a result his reliance of alcohol and drugs increases. Even though Ally is concerned about Jackson's condition, she is caught up in her own road to stardom via record producer Rez (Rafi Gavron), who is amazed by Ally's talents and convinces her to move toward a pop music career. As her star continues to rise, Jackson's begins to decline due to embarrassing public appearances where is is obviously intoxicated. The ultimate insult to Ally's rising reputation in the music world is Jackson's fumbling around on the stage when his now wife is awarded a Grammy Award for Best New Artist. This incident results in Jackson heading to a drug rehabilitation center for help, where after a successful stay, he heads home to Ally. However, while he was in rehab, Ally and Rez were left to clear up the damage Jackson created to Ally's career as a result of his Grammy debacle. Rez confronts Jackson about the damage he caused to Ally's career, leaving Jackson worried about what damage his alcoholism and drug addiction caused to those around him, especially to Ally. Jackson is so riddled with guilt, he makes a rash decision that leaves Ally devastated and in search of answers. This soundtrack for this film is filled with wonderful music, and the vocal talents of Cooper may come as a shock to many of his fans. Cooper's voice also matches very well against the vocal prowess of Gaga, and the two make for a formidable duo. It's also amazing to me how well Cooper was able to juggle the responsibilities of directing, acting and singing and give such an amazing performance. Gaga is also extremely effective in the role made famous by the aforementioned actresses, and she makes the role her own despite the legacy left by the previous stars. The chemistry between Cooper and Gaga practically melts the screen, and I was mesmerized by the performance of Cooper. If the final song segment spotlighting Gaga doesn't leave you a babbling mess, you certainly have a heart of stone. With amazing performances, an unforgettable soundtrack, and expert direction, "A Star Is Born" is one of the cinematic highlights of 2018. (Rated R)
A Slight Case of the Turkey Trots

On the surface, there was nothing unusual about last year’s Thanksgiving plans. I was going to be cooking, the family was coming over, and a few friends as well. It should have been old hat to me by this point, just a matter of going through the standard operating procedure. However, I wasn’t feeling it. I was still reeling in the aftermath of a breakup that happened early in the month which had caused the little gremlins in my brain to turn up my impostor syndrome to epic levels. That feeling of being an impostor wasn’t helped by having my manuscript rejected by yet another publisher. I don’t know about you, but I personally think “How To Recreate the Summer Olympics in Your Bathtub” would be a best seller.

What was particularly aping my mind that year wasn’t so much the rejection of the book, or the woes of a breakup. I was more thinking about how one couple, in particular, would be coming over for Thanksgiving. You know the kind, the one who appears so achingly perfect on social media you wonder if they’d hired a publicist to manage all of that for them. Each post so carefully choreographed you’re always searching to see where the humanity lies beneath the facade. They’re also family, and judgmental as hell about the fact that I use vintage movie posters as part of my home’s wall art.

It was the perfect cocktail of brain traffic swirling around in my head as I walked around the grocery store with my go-to shopping list for Thanksgiving. I wasn’t going to try to dazzle or reinvent the wheel with that year’s meal. I just wanted to make the foods I could always count on to be a hit with my guests. It was the things you’ve heard me talk about in this column for years when it comes to making epic holiday meals. Making a brined turkey, mashed potatoes with roasted garlic, pies, rolls, greens, and letting other family members bring an assortment of casseroles in varying shades of brown and green.

My favorite part of making the Thanksgiving meal, outside of enjoying the fruits of my labor, is the labor itself. I like being alone in the kitchen, recipes posted up all over the place, taking my time, playing music while I cook. I go into my own little zone and it can be therapeutic. Sometimes the day of Thanksgiving, when you’re stressing about making sure everything is ready on time can be a nightmare, but when you work ahead of time without the pressure of a deadline it’s relaxing.

With the make-aheds done (pies, mac and cheese, turkey in the brine, dough for rolls on a slow rise in the fridge), I was able to sit and rest for a bit. I sat in a recliner with a yellow legal pad and pen to quietly work out what needed to go in the ovens when. Exhausted, and with the big day of the bird ahead of me, I called it an early night and crawled into bed.

I woke early that Thanksgiving morning and made a pot of strong coffee. After having a moment to drink a cup, I got the turkey out of the brine, washed it off, did a quick pat dry and placed it in the oven. You can pretty much figure out how the rest of this goes. You worry about the turkey while it cooks, heat up the pre-made stuff, and mash potatoes. I’ll spare you those details as there’s nothing special about them—well, outside of me singing Barry White songs while cooking the potatoes.

I took the food out of the ovens just as I spied the first of my guests pulling into the driveway. It was my parents who arrived first, followed by aunts, then cousins. Last to arrive,-fashionably late as they always do, was the painfully perfect couple. They walked in with a bottle of wine to gift me, their teeth being so absurdly white that I’m 99% sure you could use them to send signals to ships at sea about low tide. Given their history of judging me for my movie posters, I decided to place my vintage poster for “Murder By Death” right in the center of my dining room.

I went to greet the perfect couple as they were getting out of their car. They smiled at me, the light was blinding. As they walked into my home they looked around with eyes of slight suspicion. I could tell they were trying to see if my house was “clean enough” or “not weird enough” for them. I pulled them in close with a vibrant handshake, and said, smile as wide as six football fields on my face: “Wait till you see the dining room! I have a beautiful poster for ‘Murder By Death’ up with this fab art by Charles Addams on it!” They smiled uncomfortably.

All during the meal as my family and friends raved about the food, the perfect couple said that it was good, but they weren’t afraid to offer up how THEY would have made it if they had been the ones cooking the meal. As they kept giving my food and my home the side eye during the entire meal, one of my friends sitting directly across from me at the dinner table communicated with his facial expressions: “Are you really gonna put up with this.” I winked back and he nodded that he knew I would make my displeasure over their self-imposed superiority known soon.

After the meal ended, my friend suggested we move to the living room for a rousing round of Mario Kart. I heartily agreed and after I did a quick clean up of the kitchen, we all moved into my living room. The game of games began as we stretched out around my couches, having to remind ourselves that since family was present, we shouldn’t swear up a storm like we usually do when playing Mario Kart. As you can guess, the perfect couple said “no” when we invited them to join us for a lap on the Rainbow Road.

After many hours spent laughing, playing Mario Kart, eating pies, and having a really fun time with friends and family—all while the perfect couple just watched like we were from space—they decided it was time to go. As I walked them to the door the husband said to me “Don’t you think it’s a bit silly that you’re still playing video games. You’re getting older, surely you hope to marry one day.” I looked at him with a look that I don’t often give people. A look that was filled with a touch of anger, sadness, and shock that someone would say this to me.

I placed my hand on his shoulder and said “You know, I like me. I like my friends. I like my life. We have fun. We’re only here for so long and I plan to enjoy my time here. Marriage doesn’t define my happiness. Have a blessed day” with that I showed them the door. It’s always amazing to me how people who are so boring they think passing gas is a scandalous function are always judging those who still find that life can be fun after 30, kids, marriage, and all of that. I’ve always rejected the notion that growing up means you must become a boring person. I plan to be a ripe old 80-year-old who still watches cartoons and plays board games.

As they left my house looking stunned I dared to open my mouth to them, I felt a sense of pride come over me. I walked to my kitchen, picked up a turkey leg, put it on a plate, and joined my friends in the living room where I kicked a number of their tails with blue shells, and that one shell that makes you get really small and makes the music get all tinny—does it have a name? It began as a Thanksgiving where I wasn’t feeling too good, and it ended up as one of the better ones I’ve had in a while. I can only hope the same for you next week as you gather with your friends, family, or chosen family. May your plates and hearts be full. Happy Thanksgiving.
Senior Services offers health-related presentations for November

Senior Services at Memorial Park Community Center, 510 Bert St., will provide the following classes, discussions and services aimed at improving quality of life.

Advances in Joint Replacement Surgery:
3-4 p.m. Wednesday, Nov. 14. Learn about the latest options for hip, knee, shoulder and ankle replacement. Johnson City Medical Center Orthopedics Director Misty Jenkins will talk about what to expect before and after surgery and will provide recovery information and tips. Ages 50+.

Heart-Valve Problems:
11 a.m.-noon. Monday, Nov. 19. Cardiac surgeon Dr. Bryan Helsel will provide information and answer questions. Learn about heart-valve diseases, symptoms, testing and treatments, including the latest replacement and repair options. Ages 18+.

Staying Mentally Healthy During Winter:
11-11:45 a.m. Thursday, Nov. 15. Lisa Bausell, LPC, CEAP, will discuss the effect of winter on our mood. Some feel more tired, irritable or sad. Others may be grieving, which can be especially difficult during the holidays. Learn strategies to help ward off the winter blues. Ages 18+.

Please preregister for all programs or seek further information by calling 423-434-6237.

The McLain Family Band announces a collaboration with Symphony of the Mountains as part of their 50th anniversary tour

Direct from the hills of Kentucky, the McLain Family Band have become internationally known as one of the most spontaneous, creative, and spirited groups performing traditional and original Appalachian and bluegrass music. They have performed in all 50 states and 64 countries, often as musical ambassadors for the U.S. Department of State. The McLain Family Band has performed on prestigious stages around the world including the Grand Ole Opry and Carnegie Hall, and have been featured in more than 230 appearances with orchestras.

These concerts will feature the “Concerto for Bluegrass Band and Orchestra” written by renowned composer, Phillip Rhodes. The Concerto is the first major work of its kind and was written specifically for the McLain Family Band to perform in collaboration with Symphony of the Mountains.

The McLain Family Band will be performing with the Symphony of the Mountains on a mini-tour to Pound, VA, Emory, VA and Kingsport, TN. Since 1946, the Symphony of the Mountains has provided musical enrichment in the northeastern Tennessee and southwestern Virginia region. Music Director and Conductor, Cornelia Laemmli Orth, is in her twelfth season with Symphony of the Mountains.

Concert Information:

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<td>FRIDAY, NOV. 16</td>
<td>7:00pm-9:00pm</td>
<td>Pound, VA</td>
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<td>SATURDAY, NOV. 17</td>
<td>7:30pm-9:30pm</td>
<td>Emory,VA</td>
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<td>SUNDAY, NOV. 18</td>
<td>3:00pm-5:00pm</td>
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The McLain Family Band announces a collaboration with Symphony of the Mountains as part of their 50th anniversary tour...
Jonesborough, TN- Christmas is fast-approaching and the Town of Jonesborough is gearing up for another festive season. Christmas provides the opportunity to celebrate all things near and dear to us and to spend time with all of our loved ones. What better opportunity to spend time with family and friends than to grab a cup of hot chocolate, throw on mittens and hats and gather on Main Street in downtown Jonesborough to watch the annual lighted nighttime Christmas Parade.

The Jonesborough Parks and Recreation Department is proud to be hosting the 2018 Jonesborough Christmas Parade. The theme this year is “Merry and Bright”. Entries are now being accepted for the parade and special interest lies in entries that contain: live Christmas music, floats lit with Christmas lights, horses (only those that are well-controlled in large crowd situations) and antique cars. The parade will begin at 6:00 p.m. on Saturday, December 8th on Boone Street and will progress to Main Street and Historic Downtown then end at the intersection at Washington Avenue. Come enjoy the beautiful floats and entries in our unique nighttime parade among the whimsical lights and decorations of the season.

Additional information about the parade as well as registration information can be found at jonesboroughtn.org. For additional information, please contact Rachel Conger: rachielc@jonesboroughtn.org or 423.791.3869.

Be sure to stick around after the parade for Christmas In Olde Jonesborough when the shops in Historic Downtown Jonesborough stay open for extended holiday hours to help you enjoy the holidays in a relaxed, hometown atmosphere. Children are encouraged to bring a new, unwrapped gift to be delivered to disadvantaged children in Washington County.
Aunt B's American Kitchen was established in September 2018 with the idea of creating a home-cooking style restaurant to serve the areas of Johnson City and Elizabethton. Because the Milligan area had been neglected for so long the owners of Aunt B's saw an opportunity to revitalize the area by providing local patrons and Milligan College students an alternative to tired chain restaurants.

Providing great food created with only freshest ingredients and served in a family setting, their breakfast offerings feature traditional fare such as omelettes, biscuits, pancakes, and more, while their lunch and dinner menus offer appetizers, soups, salads, sandwiches, and burgers. The popular $5.00 Blue Collar Lunch section offers several great low cost selections that are sure to put a smile on your face! What sets Aunt B's American Kitchen apart are their signature burgers such as "The Green Mile" - a delicious hamburger featuring a fried green tomato topped with house made pimento cheese, and the Impossible Burger™ - The famous vegan patty you have heard about in the news which so closely resembles real meat that even dedicated carnivores have been surprised.

The majority of dishes created at Aunt B's include locally sourced ingredients. Buying locally ensures the highest quality of ingredients as well as helps bring prosperity to the region. Additionally, Aunt B's is actively involved in coordinating community events and supporting several worthwhile local organizations.

If you crave a home cooked meal like your Grandma used make why not visit Aunt B's American Kitchen located at 1436 Milligan Hwy in Johnson City, TN 37601. Open Mondays through Saturdays.
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LUHMSJ UKYSAQ KU ASQMSLK CUE.
The Elizabethton/Carter County Animal Shelter is a Government operated Animal "Adoption Shelter." We only accept and adopt out domestic cats and dogs from Carter County. We do not accept Feral animals nor wildlife nor farm animals and we do not provide veterinary or euthanasia services to the public. We are a very small shelter and do not kill animals to make space to take in more animals. Just like a hospital, nursing home or human shelter, when we are full we are full. We do have a waiting list and, as we adopt pets out and have room, we will accept new animals.
January Jams returns to Abingdon’s Barter Theatre for a seventh year of world-class concerts

Abingdon, VA – Abingdon Music Experience and presenting sponsor Blue Ridge Beverage announce the 2019 lineup for January Jams at Barter Theatre. Six world-class performers will take the stage at the intimate Barter Theatre, performing Fridays and Saturdays, January 11-26, 2019. Over the past six years, January Jams has showcased the best of bluegrass, Americana, soul, jazz and blues, bringing music legends and rising stars to downtown Abingdon, VA.

The series is funded by the Town of Abingdon, in partnership with the region’s leading businesses: Blue Ridge Beverage (Presenting Sponsor), Bank of Marion, Eastman Credit Union, First Community Bank, Food City, and JJ’s Restaurant and Sports Bar, as well as media sponsors WNCW 88.7 and Birthplace of Country Music’s Radio Bristol.

The series has made Abingdon a music destination, drawing visitors from across the southeast and beyond. One particular draw is the chance to see these performers at Barter Theatre, an intimate, 500-seat venue with a unique history rooted in the Great Depression. A full-service concessions stand is available for adults 21 and up.

For the first time this year, discounted student tickets are available with a valid student ID; prices will vary by show and quantities are limited.

All concerts are at 8:00pm, and doors open at 7:15pm.

For a full listing of musical acts and dates, visit abingdonmusicexperience.com. For tickets, call Barter Theatre at (276) 628-3991 or visit www.bartertheatre.com.

January Jams 2019 Lineup

An Evening With Béla Fleck & Abigail Washburn

January 11, 2019
For Fans of: Sam Bush, Medeski, Martin & Wood, Keller Williams

Béla Fleck & Abigail Washburn, “the king and queen of the banjo” (Paste Magazine), have a musical partnership like no other. Béla Fleck is a fifteen-time Grammy Award winner who has taken the instrument across multiple genres, and Abigail Washburn a singer-songwriter and clawhammer banjo player who re-radicalized it by combining it with folk, country music, and sounds. The two met at a square dance, began collaborating musically and eventually fell in love. On stage, Fleck & Washburn will perform pieces from their Grammy-winning self-titled debut as well as their new record, Echo in the Valley (Rounder 2017). With one eye on using the banjo to showcase America’s rich heritage and the other pulling the noble instrument from its most familiar arena into new and unique realms, Béla & Abigail meet in the mean, head-on, to present music that feels wildly innovative and familiar at the same time.

Sam Bush Band

January 12, 2019
For Fans of: Newgrass Revival, Ricky Skaggs, John Cowan, Tim O’Brien

If joy were a person, he’d bring both peace and frenzy. He’d be full of music, light, and energy that soothes even as it stirs us up. Eyes closed, wire-rim glasses in place, mandolin pressed against his ribs, joy would be Sam Bush on a stage. That rapt merging of life and art fills Bush’s new album Storyman, a freewheeling collection that gleefully picks and chooses from jazz, folk, blues, reggae, country swing, and bluegrass to create a jubilant noise only classifiable as the Sam Bush sound. Many of the songs are stories—several of them true—and the legendary mandolin player co-wrote every one of them with friends including Guy Clark, Emmylou Harris, Jon Randall Stewart, Jeff Black, and others. For Bush, a lifetime of channeling his energy has led to stylistic innovations that have changed the course of bluegrass and roots music alike.

The Reverend Shawn Amos with Special Guests Ben Hunter & Joe Seamonns

January 18, 2019
For fans of: Keb Mo, Dom Flemons, Jonny Lang “modern blues with a nod to the past”

From West Coast clubs, to Deep South joints, to European festivals, to YouTube, to the podcast universe, the Reverend Shawn Amos’ message of joyful blues is reaching an ever-increasing flock. The Rev’s distinctive blend of black roots music, R & B, and stripped down rock ‘n’ roll brings a bracing, soul-deep musical experience to audiences starved for authenticity, for connection. “I derive a lot of satisfaction bringing people joy,” he says.

Seattle songsters Ben Hunter & Joe Seamonns give life to voices that have long been silenced in American culture. Their award-winning performances are highlighted by story-telling that, rather than bringing the past to life, vividly shows how the past still lives in the present. Through their songs, audiences witness current issues crop up again and again in folk songs, dance tunes, acoustic blues, and prison ballads. Ben & Joe bounce from fiddle & banjo breakdowns to a cappella field hollers, early jazz to gospel songs featuring Piedmont guitar style and rattlin’ bones.

Tameca Jones

January 19, 2018
For Fans of: Gary Clark Jr., The Broadcast, The Suffers, Ruby Velle & The Soulphonics

When local Austin, TX native Tameca Jones opens her mouth and sings, jaws hit ground. Her honeyed and powerful vocals have been captivating her hometown for a little over ten years.

Tameca spent years skillfully and tastefully breathing new life into the music of others. She made a name for herself as the “Queen of Austin Soul,” blowing minds with her tasteful and vibrant interpretations of a diverse list of artists that include Tina Turner, Nirvana, Elton John, Jimi Hendrix, and more. The Austin Chronicle called her interpretations “sonic pretzels” that “juxtapose(s) crunchy jaggedness with her infectious, honeyed voice.” Her debut single, “Hot and Bothered,” is a Motown inspired cut produced by Josh Moore (Max Frost). The track is on both Spotify and iTunes. Independent music site, The Joy of Violent Movement, called “Hot and Bothered” “a sexy and slyly and school soul-inspired” song that is “contemporary and upbeat.” Tameca Jones is set to release her highly anticipated debut EP in February. There is little doubt that she will soon be the next big name to break out of Texas.

An Evening with Drew & Ellie Holcomb

January 25, 2019
For Fans of: Johnnyswim, Need to Breathe, Mandolin Orange

Drew and Ellie Holcomb are a husband and wife Americana duo from Nashville, TN. Shortly after their marriage in 2006, the couple began touring together with Drew Holcomb and The Neighbors. The band has supported many national touring acts including Ryan Adams, The Avett Brothers, Don Henley, and Willie Nelson.

Ellie is no longer a touring member of “The Neighbors,” and has found success in a solo career as a Christian singer/songwriter. Her albums As Sure As The Sun and Red Sea Road have both topped the iTunes Christian chart. Drew Holcomb still tours nationally with Drew Holcomb and The Neighbors and their most recent album, Souvenir, is their most critically acclaimed release yet. This January Jams, Drew and Ellie Holcomb is a special engagement event, allowing The Holcomb’s to collaborate once again.

Dustbowl Revival

January 26, 2019
For Fans of: Nathaniel Rateliff & The Night Sweats, St. Paul & the Broken Bones, Lake Street Dive

Dustbowl Revival is an Americana Soul band with eight full-time members who mash the sounds of New Orleans funk, bluegrass, soul, pre-war blues, and roots music into a genre-hopping, time-bending dance party that coaxes new fire out of familiar coal. Dustbowl is touring behind their self-titled, fourth studio album which spent three weeks on Billboard chart, hit #1 on Amazon Americana-Alt-Country, #2 on Amazon Folk, and spent 16 weeks on the Americana radio chart peaking in the Top 20. The band was founded in 2008 in the bohemian enclave of Venice Beach, California. Over the last five years Dustbowl has become known for their free-flowing and joyous live shows, combining their funk rhythm and brass section with a fast-picking string band section - opening for bands as diverse as Lake Street Dive, Trombone Shorty and The Preservation Hall Jazz Band.
Look Up and Re-live
Moon Landing History

The Moon will be irresistible in the early evening sky as nearly everyone will glance up at our nearest celestial neighbor 240,000 miles away.

But few will remember that on the minds of Americans 49 years ago this week was the second Moon landing by Apollo 12.

That follow up after Apollo 11’s historic July 1969 landing on the Sea of Tranquility saw Pete Conrad become the third and Alan Bean the fourth man to walk on the Moon, this time in a pinpoint landing beside an old NASA spacecraft in the Ocean of Storms.

Conrad, Bean and Command Module pilot Dick Gordon were perhaps one of the most dynamic and close-knit crew of astronauts to ever fly in space. All three have died. Indeed, November 2018 finds 11 of the 24 Moon voyagers alive, including just four of the 12 moonwalkers.

Conrad and Gordon were best friends from their days flying Korean War combat missions in the Navy. And they flew in space together on Gemini 11, testing rendezvous and spacewalking techniques. Space rookie Bean was a student of Conrads in Navy flight school, and the three flying sailors had a camaraderie that was hard to match.

After leaving NASA, Gordon was an executive vice president of the New Orleans Saints football team, and headed a space engineering and software firm. He died at age 88 in 2017.

Bean commanded the second Skylab space station mission of 54 days. He then turned his attention to painting about his astronaut experiences. Bean died in May 2018 at age 86 and was a very successful artist whose paintings of the Moon sell for $30,000 and up—some including moon dust in the paint, which was shook out of his Apollo mission patches torn off his spacesuit.

Conrad was known for his irrepressible spirit, sense of humor, talent as a pilot and skills as an astronaut. His gapped middle teeth were notable in his every-present smile. He died from internal injuries in 1999 at age 69 when thrown from his motorcycle when rounding a turn. The freak, fatal accident came after the danger of four rocket blast offs the Earth and one off the Moon—Gemini 5, Gemini 11, Apollo 12 and Skylab 1 (where he and two crewmen repaired a damaged solar panel, saving America’s first space station).

Where Apollo 11 was the historic get-to-the-Moon-and-get-back triumph of one of mankind’s oldest desires, the Apollo 12 landing was a demonstration of precise, pinpoint landing and true exploration.

On Nov. 19, 1969, Conrad landed the Lunar Module spaceship named “Intrepid” just 600 feet beside the unmanned Surveyor 3 spacecraft, which landed two and one-half years earlier in the Ocean of Storms. That put an exclamation point on President John F. Kennedy’s pledge to land Americans on the Moon before the end of the 1960s.

The accurate Apollo 12 landing was a major success after Apollo 11 missed its mark by four miles. Conrad and Bean made two excursions on the surface of 4 hours each and brought back some tubing and the camera of the Surveyor 3 lander, along with 75 pounds of moon rock and dust.

Gordon, in the Command Module called “Yankee Clipper,” would have walked on the Moon himself as commander of Apollo 19 had the United States Congress not canceled proposed Moon missions Apollo 18-21.

Several events will be remembered for Apollo 12. First, the fully-fueled, 360-foot Saturn V rocket was launched in a rain storm and struck by lightning just 60 seconds into launch, knocking out electrical power in the Kitty Hawk spacecraft while the powerful rocket continued to fly (President Richard Nixon was in attendance, maybe relaxing the weather-flight rules).

While alarms blared and in the dark, the astronauts spent a few scary seconds resetting circuit breakers with help from mission control rocket scientists. Meanwhile, the computers on the Saturn V performed flawlessly putting them in Earth orbit. Everything checked out fine, and the Saturn’s third stage rocketed them to the Moon.

Another problem on the Moon that probably cost NASA some much needed public relations (the Vietnam War was competing with money needed to continue the last four Apollo missions) was the lack of live television from the surface, like Apollo 11.

While carrying the color television camera just two minutes after unstowing it, Bean accidentally pointed it at the Sun, burning out the video sensor. Lost was some valuable live television that would have dramatically shown the astronauts walking up to the Surveyor 3 spacecraft that had been such a big, world-wide story when it landed in April 1967. There was still the voice transmission of the astronauts on the Moon, but any photos had to wait for their return to Earth four days later.

Pete Conrad, whose nickname was “Tweety Bird,” was one of the all-time jokesters among the astronaut corp. When asked by a reporter what NASA had directed him to say when he took his first steps on the Moon, Conrad replied that NASA didn’t tell Neil Armstrong, nor would they tell him what to say.

The reporter bet Conrad $500 that wasn’t the case, suggesting that NASA had scripted for astronauts what to say at such an historic moment. Stepping off the ladder to the surface, the 5-foot, 7-inch Conrad, the third man on the Moon, said:

“Whoopee! Man, that may have been a small one for Neil, but that was a long one for me.”

Conrad always said he never collected the $500 bet from the reporter. But his point was well made: NASA was too concerned about the technical aspects of the mission to worry about words uttered by the astronauts.

Apollo 12 added confidence in the landing techniques to place astronauts just about anywhere on the Moon that NASA wanted. Which they did four more times before the Moon landing program ended with Apollo 17 in December 1972.

So, as you look up at the Moon this week, rest assured that someday humans will return for good. That is NASA’s goal sometime around 2030, but don’t be surprised if Russian or Chinese astronauts are awaiting their arrival.
KINGSPORT, Tenn., October 25, 2018– With all the preparations for Thanksgiving and Christmas being just around the corner, LampLight Theatre ushers in the holiday season with a new Yuletide Show. This year’s productions brings a heart-warming message of family and home. A troubled family has a breakdown on their way to Grandmother’s house for Thanksgiving. They happen upon an old toyshop for help. They meet the toymaker, who specializes in fixing broken toys. He takes them on a journey to healing and finding the true meaning of Christmas. Yuletide 2018: “The Toymaker’s Wish” brings the wonder of Christmas alive.

The Toymaker weaves a story of hope and goodwill that is sure to jump-start your holiday season and promises to delight the hearts of all ages. Watch as toys come to life with singing and dancing. Whimsical elves bring comic relief with their frivolous capers. This variety show with its heartfelt storyline highlights your favorite Christmas songs with a talented cast of performers. Yuletide 2018: “The Toymaker’s Wish” is a holiday production that offers something for everyone!

Performances of Yuletide will be held for three consecutive weekends: Nov. 9, 10, 11, Nov. 16, 17, 18, and Nov. 23, 24, 25. Friday and Saturday nights at 7:00 PM. Saturday Matinees at 2:00 PM. Sunday Matinees at 3:00 PM. Doors will open one hour prior to performances. Admission is $12.00 for adults, $7.00 for students, FREE for children 5 years of age and under. Reservations are recommended.

A special Thanksgiving Dinner Theatre will be held on Saturday, Nov. 17 at The Emporium. The dinner will be held at 5:30 to accommodate both the matinee and evening performance. Patrons may eat after the matinee or before the evening show. Cost for the Dinner Theatre is Adults-$30/ Students-$25/ Children Under 12-$20. Doors will open for the Banquet Hall at 5:00. Reservations are required for the Dinner Theatre.

Reservations for all shows may be made by calling the LampLight box office at (423) 343-1766, Monday through Friday from 10 a.m. to 5 p.m. or online at www.lamplighttheatre.com.
HOLIDAY
Grateful
by Kathie Scalf

With the greatest holiday (Halloween) being over and done, the holiday rush is officially in full swing. Before we know it we will be stuffing ourselves with turkey and fixins’ and then it will be time to decorate for Christmas. With that being said, I have a confession to make…I HATE the holidays. I despise them. Call me Scrooge if you want, but I have myriad reasons behind my sour attitude. First of all, my birthday falls on the 21st of December and after a lifetime of trying to compete for birthday attention with Jesus Christ himself, I’ve finally accepted defeat and resigned myself to the fact that no one has money or time to spend on me when they’re already spread so thin with all the Christmas festivities. I also hate clutter. I am a Type-A individual who would be perfectly content to decorate my entire life in varying shades of white and neutral, so filling my house with festive holiday décor brings me an insane level of anxiety. It junked up my space and makes everything seem smaller and more claustrophobic. I used to put stuff all over the house and now I have dwindled it down to one tree and even that pains me. It takes over 3 hours to decorate the thing and another 4 hours to take it down and store everything. And that’s another point of contention—it’s so time consuming! Factor in having to spend money on gifts and spread your time out between work and parties and in my line of work it’s the most stressful time of year…perhaps you can kind of understand my distaste for the hap-happiest season of all.

However, a couple of years ago, I was taught a hard and valuable lesson in gratitude and appreciation that I’ll never be able to forget and I want to share it here with all of you.

It was the day after Thanksgiving, appropriately named Black Friday if you ask me, and as tradition has it I was outside fighting with strings of lights and cords and generally hating my life. I cursed, I spit, I punched some stuff and was a total jerk to my parents who had taken me to buy the tree like we do every year. As I was just about to turn a 6ft strand of twinkling snowflake lights into a noose and hang myself from the porch, I heard someone call to me from the road.

It was my neighbor from up the street, an elderly woman with a disabled son in a wheelchair who seemed to live under and was a total jerk to my parents who had taken me to buy the tree like we do every year. As I was just about to turn a 6ft strand of twinkling snowflake lights into a noose and hang myself from the porch, I heard someone call to me from the road.

“My son used to beg me to walk him down here every night just so we could look at it all lit up. He passed away and this is the first year he won’t be with me for Christmas. Seeing your house used to make him so happy. It’s beautiful and you’re blessed to have such a nice home.”

With that, she waved and continued her long walk in the cold up the street to her house. I felt like I had been punched in the stomach. What a despicable, self-centered, ungrateful brat I was. To me, decorating my modest home was an aggravation, yet another task on a long list of things-to-do. Something so small that brought me so much headache had been a tremendous point of joy for years to a perfect stranger and I had never even known. I couldn’t believe how trivial my problems and irritations seemed at that moment. I own a comfortable warm home, I’m healthy, I still have wonderful parents who love me and have their health, I have a car to get me where I need to go and I am by no means a wealthy woman, but I had enough money to cook a feast for my family and friends the day prior with leftovers to live on for a week. This poor woman was facing her first holidays alone after spending a lifetime tending to her handicapped son. Just based on the conditions of her home, I wondered what kind of Thanksgiving meal she had and it made me want to cry.

With a simple compliment this woman brought me down to the ground and taught me a much needed life lesson. So often we focus on the things we DON’T have or the things we WANT and don’t acknowledge the blessings that are right under our nose. I am more guilty than most for that. It’s so important to take even a brief moment daily to just be thankful for the little things that are in fact the BIG things. In an instant your whole life can change and you never truly know just how grateful you are for something or someone until it’s gone. Life is so precious and we all take it for granted. I hope as this holiday season unfolds we ALL take more time to cherish the “annoying” stuff. I hope to think twice before yelling at the car in front of me in mall traffic and instead remind myself that I’m blessed to be able to afford gifts for my friends and be in a warm car instead of walking. I hope as I’m grumbling about the lights and tree that I appreciate the home I am fortunate enough to be decorating. And every time my mother says something that absolutely makes me want to crawl in the oven with the turkey, I want to instead be grateful for the memories I am still able to make with her.

And as heartwarming as this is and as much as I’ve learned, I will continue to dislike the holidays and look forward to the New Year, when I can sling my tree out the back door like a javelin and rip the icicle lights off the roof with great aplomb. Bah humbug.

XO- Kathie

TEA TIME
with Appalachian Barbie
JOHNSON CITY – Yi-Yang Chen, assistant professor of piano and music theory in the East Tennessee State University Department of Music, has been invited by the embassy of Taiwan to perform at the Arts Club of Washington, D.C., on Nov. 15 as part of the Embassy Series.

The Arts Club of Washington is located at the Cleveland Abbe House. The club draws much of its character and tradition from its home, the center of which is an historic Federal-era mansion that once served as the residence of James Monroe and, for a time, as his official presidential residence.

Chen, a native of Taipei, Taiwan, was invited to perform in the series by Stanley Kao, the ambassador of the Republic of China (Taiwan) to the United States at the Taipei Economic and Cultural Representative Office in Washington.

Within the last year, Chen has collected almost $30,000 in cash prizes from various international competitions. He has played piano since the age of 8 and holds a master of music degree from the Juilliard School in New York. He gave his debut solo recital at Carnegie's Weill Hall in 2017 and performed two concertos with the Avanti Orchestra in Washington, D.C.

During his Embassy Series concert, Chen will perform works by Haydn, Villa Lobos, Chopin, Granados, Alwyn and Hsiao, as well as his original 2011 composition, “In Memoriam: Japan, March 11 for solo piano.” In addition, he has invited his former student and ETSU alumna Yihan Sun (B.M. 2018) to join him in the performance of a four-hand piece during the concert. Sun is currently pursuing her master's degree at the Peabody Conservatory at Johns Hopkins University.

“The program is a wonderful chance to see and hear music in a new way and to explore music as not only a form of personal expression but as cultural communication and a diplomatic tool that can thrill and unite people from all backgrounds,” Chen said.

The Embassy Series, celebrating its 25th anniversary, provides opportunities for cultural exchange by presenting musical performances highlighting the contributions of various countries. Each concert is followed by a reception featuring the cuisine of the host embassy. According to the organization’s website (www.embassyseries.org), the Embassy Series fulfills its mission of “musical diplomacy” by hosting concerts with an array of unique international performers at diplomatic locations.
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