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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

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

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

JACLYN LAW
OFFICE MANAGER
“Laughter is timeless, imagination has no age, and dreams are forever.” - Walt Disney

LORI HOWELL
ACCOUNT EXECUTIVE

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

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

KIMBERLY DUGGER
PUBLISHER
“Behind every successful woman is a tribe of other successful women who have her back.”
Being one of two male bartenders out of the family of 6 employees sort of deems me a ‘big brother’ type to all the others. I have been with the company for over 4 years now, starting as security, I feel I have an understanding of what being on either side of the bar entails. Having respect for every single person I work with makes going to work a lot easier and having friendships along the way. To say I love my job is an understatement, I truly do. Being a Veteran, I am finishing my degree at ETSU, my last year, and working at Capone’s allows me the hours to work, plus have a family and be a full-time student. Not many can say that and still have their sanity.

In my opinion, having a support system of friendships will help anything be a little better, and I have found that at Capone’s and being part of the ‘downtown family base’. We all look out for one another, bar to bar, restaurant to restaurant. My place of employment is one of the only places around that is a music venue, equip with a full dance floor and DJ in a separate part of the building. We have different events happening throughout the month to bring our own little excitement to downtown. Friday and Saturday is when you will find me behind the bar in the main entrance level. Live music is played every weekend and sometimes through the week, which I think is awesome. You can always have DJ Party McFly and DJ Breese on the turntables on the weekends in The Vault playing your favorites.

In short, my work allows me to be comfortable and look forward to work every week, no many can say that. I work with one of my best friends, I enjoy the company of everyone employed at my workplace, and really there is never a dull moment. The girls with me behind the bar, plus Alex, the other male, always keep me laughing and keep me on my toes, but I wouldn’t have it any other way. I am truly lucky to be a part of the Capone’s family.

Here are a few drinks you can find when you visit the establishment:

**Absolute Stress**

**Ingredients:**
- Absolute Vodka
- Peach Schnapps
- Coconut
- Cran, Pineapple, OJ

**Directions:**
2 ct. absolute, 2 ct. peach, 2 ct. coconut. Add in equal parts of juices. All over ice.

**Midnight Margarita**

**Ingredients:**
- Tequila of choice
- Razzmatazz
- Sour

**Directions:**
6 ct tequila, 3 ct razzmatazz over ice. Add sour up to glass rim. Salt rim by choice. Garnish with Orange.
MADE AROUND HERE MARKET

Each year thousands flock to Jonesborough to browse through the various vendors’ booths, explore hundreds of skillfully handcrafted items and enjoy this one-of-a-kind craft show. Now in its 37th year, Made Around Here Market has grown to be a tradition for many in creating a unique shopping experience.

At Made Around Here Market, you’ll discover pieces from local and regional artisans and crafters, as well as residents from surrounding states. All items are handmade, some examples include, pottery, paintings and varied mediums, photographs, screen-printed items, seasonal décor, holiday gifts, leather items, woodcarvings, and others.

Made Around Here Market will be held on November 9 and 10 from 10 a.m. until 5 p.m. inside the Historic Jonesborough Visitors Center, as well as an additional marketplace located outside in the main parking lot area.

Admission is free but donations will be accepted for Jonesborough’s free children’s event in December, At Home With Santa.

For more information Visit Historic Jonesborough on Facebook or call (423) 753-1010
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11-07 Open Mic Night
11-08 Bike Night with Rusty Steele
11-09 Karaoke with Missy and Marcus
11-10 Justin Mychals
11-11 Karaoke with Missy and Marcus
11-12 DJ Trivia 7pm

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WE SALUTE OUR VETERANS OF THE WEEK

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JAIMIE TAYLOR

MYLES COOK

ROB WALKER

LYLE MARSTON

DAVID HOTELLING

MOZER FIFE COELHO
THANK YOU TO THE SUPPORTERS OF OUR BREAST CANCER SURVIVORS

During the month of October, The Loafer has been privileged to share the stories of several local breast cancer survivors. The following businesses have gifted these deserving women with giftcards, products, etc.

Jenny Lea Academy
Aubrey’s
Cosmetic Laser Skin Care
El Charolais
Mexican Grill & Taqueria
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The place to be on Thanksgiving morning is the 13th annual Turkey Trot in Johnson City.

The 5K Road Race and Family Fun Run/Walk is set for Thursday, Nov. 22. As always, the Turkey Trot will begin at 8:30 a.m. on Legion Street in Johnson City, near Memorial Park Community Center. An awards ceremony for the overall winners will be held at Cardinal Park immediately following the race.

“This is a tradition for our community,” said Race Chairwoman Jenny Brock. “The Turkey Trot kicks off the holiday season in the best way – with friends, family and a healthy run or walk before the feast.”

The Turkey Trot welcomes competitive runners, casual runners, walkers, kids, strollers, wheelchairs, handcycles, and dogs. It’s an all-inclusive good time for participants of all ages and abilities.

Children have a strong presence at the Turkey Trot, and area schools are awarded cash prizes based on participation. This year, classrooms are asked to choreograph a signature Turkey Trot dance to the song “Let’s Turkey Trot” by Little Eva. Video submissions will be posted on Facebook, and the one with the most likes/shares wins. The winning students will be featured on WJHL, receive vouchers to Quantum Leap, and will perform their original dance routine on stage at the Turkey Trot. The classroom will receive $500.

“We discovered this great song that just needs a great dance to go with it,” said Race Director Karen Hubbs. “We can’t wait to see all our participants shaking their tail feathers Thanksgiving morning.”

Details about the contest can be found at www.jcturkeytrot.com. Deadline for entries is Nov. 11.

**Charitable Giving**

In the past 10 years, the Turkey Trot has awarded more than $156,000 to organizations that promote health, wellness, and quality of life in our area. From last year’s event, more than $24,000 was given to Tannery Knobs Bike Park, East Tennessee State University, the Turkeys in Training program, the Johnson City Police Department, and the Johnson City Fire Department.

The Turkey Trot also awards a total of $3,500 to the top three schools with the most participants in two divisions.

**Sponsors To Date**

The Wellness Center, City of Johnson City, Elizabethton Federal, ABC Tri-Cities/NewsChannel 11, WXBQ/BR Bristol Broadcasting, Appalachian Animal Hospital, Chick-fil-A West Market Street, Food City, Johnson City Cardinals/Boyd Sports, Katz Americas, Johnson City Press, Pepsi, Summit Leadership Foundation, Tri-Cities Turtles, Dr. Carlson & Associates, Quantum Leap, Re/Max Checkmate, Wallabies, Mayfield Dairy, Allison Billboards, Krispy Kreme, Dempsey’s Jewelers, Zak’s Fine Furniture

**Registration Information**

Registration for the Turkey Trot is now under way at www.jcturkeytrot.com. Early registrants (by Nov. 19) are guaranteed the best price and one of the always-popular long-sleeved Turkey Trot T-shirts. Online registrations will close at 9 p.m. Nov. 19. Early registration by 9 p.m. Nov. 19 is $25 for adults; $20 for students (18 and younger). Late registration (Nov. 20-21) is $30 for adults; $25 for students. A special discount will be available for families of five or more (living in the same household) that register by Nov. 19. There will be no registrations the day of the event.

Packet pick-up and late registrations will be at Memorial Park Community Center from noon -8 p.m. Nov. 20 and 10 a.m.-7 p.m. Nov. 21.

A wheelchair division will be offered again this year, and strollers are allowed. Well-behaved dogs on leashes are allowed to start at the back of the pack, and owners are asked to please pick up after their pets.

For more information about the 5K USATF-certified course, trophy categories, school awards and prizes, parking areas, and road closures please visit www.jcturkeytrot.com and like the Johnson City Turkey Trot 5K on Facebook.

Event management for the Turkey Trot is provided by The Goose Chase.
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.

**Diabetes Empowerment Education Program:**
12:30-2 p.m., Tuesdays, Nov. 6-Dec. 11. This six-week series will educate, empower and encourage participants to better manage diabetes. Ages 18+.

**Ask the Cardiologist:**
1-2 p.m., Thursday, Nov. 8. Gain a better understanding about how the heart works in this informal Q&A with Dr. Daniel Merrick, which will address heart health, managing blood pressure, common heart conditions, and cardiac procedures and treatments. Ages 50+.

**Suicide: 1 Life Lost is 1 Too Many:**
10:30-11:30 a.m., Monday, Nov. 12. Attendees will learn about local statistics, available resources, warning signs, and how to get help for themselves or a loved one. Ages 18+.

**Soups On!**
12:30-1:30 p.m., Monday, Nov. 12. Warm up with some nutritious soup. Get ideas for simple, quickly made, healthful and tasty soup. Samples and recipes provided. Ages 50+.

**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+.

**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+.

**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+.

Please preregister for all programs or seek further information by calling 423-434-6237.
If you or your band are playing in the upcoming week and would like to be in The Spotlight, go online to: theloaferonline.com. Due to last minute cancellations or changes, please call the location to confirm.

- **TUESDAY - Nov. 6**-

  **Downtown Country**  
  Jiggy Rays in Elizabethton 6:30pm

  **Stemwinder Band**  
  Rocks Wood Fired Pizza and Grill 6pm

  **The Veer Union**  
  The Hideaway 7:30pm

  **Zamar**  
  Blackbird Bakery 6am

- **WEDNESDAY - Nov. 7**-

  **Open Mic Night**  
  The Willow Tree Coffeehouse & Music Room

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

  **The Aaron Walker Band**  
  Jiggy Ray's Downtown Pizzeria 8:30pm

  **Rusty Steel**  
  Wild Wing Cafe 8:30pm

  **Open Bluegrass Jam**  
  Gypsy Circus Cider Company 6:30pm

- **THURSDAY - Nov. 8**-

  **Farm & Fun Time ft. Blue Highway, Five Mile Mountain Road**  
  Birthplace of Country Music Museum 7pm

  **Open Mic/Songwriters Showcase**  
  Bear’s Bar 6pm

  **Jam w/ Jake Byrd**  
  Wellington’s Restaurant 8pm

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

  **Doyle As We Die World Abomination Tour 2018**  
  The Hideaway 7pm

  **Customer Appreciation Day w/ Railway Express!**  
  CJ’s Sports Bar 8pm

  **The Diamonds**  
  Blackbird Bakery 8pm

- **FRIDAY - Nov. 9**-

  **Kids Our Age**  
  Greater Kingsport YMCA 6:30pm

- **SATURDAY - Nov. 10**-

  **Nightshift**  
  Washington County Moose Lodge 8pm

  **Groundhog Gravy**  
  The Down Home 8pm

  **Angela Perley & The Howling Moons**  
  The Willow Tree Coffeehouse and Music Room 8pm

  **Marques Puckett & Paul Viers**  
  Quaker Steak & Lube, Bristol 8pm

  **Arm The Witness, A Light Divided & Roman Riot**  
  Capone's 10pm

  **Rylee Peters**  
  Blackbird Bakery 8pm

  **Tommy Wiggins and Dreadlock Dave House Concert**  
  The Earnest Tube 7pm

  **Acoüstifried Debut - BPOE**  
  Elizabethton, TN Elks Lodge 1847 8pm

  **Matt Smile Unplugged returns**  
  Holston River Brewing Co 8:30pm

  **Rusty Steel w/Quarter Bounce**  
  Wild Wing Cafe, JC 10pm

  **Sam Collie**  
  Gypsy Circus Cider Co 6:30pm

- **SUNDAY - Nov. 11**-

  **Fireball Mail**  
  The Down Home 8pm

  **Metal for Maddie**  
  Bloom Cafe & Listening Room 5pm

  **Cash Revisited**  
  Holston River Brewing Co. 9pm

  **The Woodsheep**  
  The Willow Tree Coffeehouse and Music Room 8pm

  **A Great Disaster w/ Sammy Guns & JP Parsons**  
  Capone’s 10pm

  **Nightshift**  
  Buffalo Rutitan 7pm

  **The Sundown Band**  
  Davis Thompson’s Produce  
  Jonesborough 7:30pm

  **Thirty Ought Six Live!**  
  The Station at 19-E 8pm

- **MONDAY - Nov. 12**-

  **Imagine Nation Tour w/ MercyMe**  
  Freedom Hall Civic Center 7pm

  **Appalachian Highlanders Pipes & Drums**  
  Quaker Steak & Lube 4:30pm

  **Thomas Willard**  
  Fork & Barrel Southern Kitchen Creamery and Event Venue,  
  Jonesborough 6pm

For show times & more details, visit  
[theloaferonline.com](http://theloaferonline.com)
Karaoke

**TUESDAY**
Karaoke w/ Crossroads & Josh Blevins at Dawg House Tavern
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

Trivia

**TUESDAY**
Wild Wing Café JC- Trivia Tuesdays
w/Challenge Entertainment 8:30pm
Johnson City Brewing Company- Trivia Tuesdays 7pm
Aubrey’s Johnson City- Trivia Night 7pm

**WEDNESDAY**
Tipton Street Pub- Trivia Wednesdays 9pm
Aubrey’s Bristol- Trivia Night 7pm
Johnson City Moose Lodge 1831- DJ Trivia 7pm

**THURSDAY**
Holy Taco & Cantina Trivia Night 9pm
JRH Brewing - Trivia Night 7pm

**MONDAY**
Barley Waters- Trivia Night 7pm
Yee-Haw Brewing- Trivia Mondays 7pm
Last episode, we touched on the damaging effects of music reviews, how it can be detrimental to the continued success and desire of the creators, how there has to be a way for reviewers to choose their wording wisely and help to encourage, rather than destroy creativity and songwriting, as a whole. Further, we also discovered that if the encouragement and support isn’t there, that there might be fear of no replacement heroes.

It is in the spirit of that piece, that I’d like to dig deeper into the motivation part of our community, particularly the musicians themselves, and how they can achieve goals by being accountable and inspiring within.

Clearly, this is lofty exercise and won’t be achieved overnight for anyone, so we may circle back around to this topic, from time to time.

One thing that continually plagues the artist, and is so often spoken by many we know, is the desire to create even when we don’t feel it or the mood or environmental/situational conditions are not right or exact. This is the control part of us. How do we create something beautiful and heartfelt if we are not in that mindframe or “feeling it”? It’s a difficult process to remain creative in dark light or uninspiring climates, yet it’s our passion, so we must. At all costs. Although, it’s certainly our Truth to feel all of these emotions in real time, it is also our duty to our Art to navigate these waters and successfully deliver. Just like anything, we have to play through. Our emotions are simply that, Ours. Where we are at that specific moment, no right or wrong, just our reality. The collective bundle of what we have consumed and accumulated up until its’ reveal. So even though we might feel a certain way as a result or be in a certain headspace, we still owe our craft, our passions, the service of moving forward, despite ourselves. Not everything is built in the Sun. We take the days’ gifts and incorporate that into what we do. These songs, paintings, creations, are going to soak up these emotions and take us to destinations that we would never have imagined.

That is the most beautiful part, The Journey.

It’s quite alright to WANT to BE inspired, but it’s a whole other thing to be inspired by ALL things in our path, even ones out of our control, and ones we don’t desire or want but somehow creep in. On the surface, and simplistically, it’s just creating even when you don’t want to; like it were a job, (if you must refer to it that way) or a goal for the day. Just do it anyway. However, in a deeper more enlightened view, it’s allowing the day to create right along with you. Incorporating all of the color and fibers of your moment, allowing them to flow through you and be open and honest enough to accept and love the results. It’s completely freeing and liberating to stop controlling the parameters of your creative spirit and just BE. Just write, Just paint. Just Everything.

Just Do It Anyway.

As with giving up the control of your creativity and letting your openness help to guide you, it is also paramount to not let anything get in your way. It is such a fast food culture and time in our lives. Everything is so immediate and at our disposal. How anyone stays focused is just short of a huge success. It is quite challenging to truly intensify our vision and actually make goals and see our visions become our reality. In the form of our Art. The odds of sidetracking are greatly in our favor. Outside stimulus, phones, television, social media. The attitudes and energy of others. Even just the time and place of it all, work or inconvenience. All of these play a part. This is when we truly have to buckle down and set aside time or schedule time to create. Quite like we do food or rest, this creative time is also nourishment. So we can’t let anything get in our way.

In short, our passion is only powered by how strong our mindset is to want to be near it. We have to want it. We have to crave it and be hungry for it.

The exact moment will come every now and then and we will capture the light just right. However, we have to continue the journey through the night regardless. Stay ahead of anything in our path and remain focused. Always, doing it anyway.
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**THINGS TO DO**

**Tuesday - November 6th**
- F3 Free Men’s Bootcamp - Founders Park 5:30 AM
- Singin’ In The Rain - Barter Theatre 2pm
- Teen Trivia Night - Memorial Park Community Center 5:30pm
- Harry Potter Trivia Night - Johnson City Brewing 7pm
- Texas Hold 'Em - CJ’s Sports Bar 7pm
- FiA Free Women’s Fitness Thrus. Evenings - Founders Park Field Side 7pm
- SINGO - Barley Waters 7pm
- 15th Annual Brenda Smith Memorial Christmas Charity Drive - Smith Brothers Harley-Davidson 9am-6pm
- Bingo - Tipton St. Pub 9pm
- Cornhole Tournament! - CJ’s Sports Bar 7pm

**Wednesday - November 7th**
- FiA Free Women’s Fitness Wednesdays - Founders Park 5:30am
- Great Expectations - Barter Theatre 10:30am
- Foosball - Capone’s 5pm & 8pm
- Yee-Haw Yoga CASA -Founders Park 5:30pm
- Bottoms Up Beer and Yoga - JRH Brewing 6:30pm
- Johnson City Sushi Class - Johnson City Brewing Company 6:30pm
- CBD 101 and Yoga Workshop - Breathe Bristol 7:15pm

**Thursday - November 8th**
- The Wild Women of Winedale - Jonesborough Repertory Theatre 7:30pm
- Shakespeare’s Romeo & Juliet - Johnson City Community Theatre 7:30pm
- F3 free men’s bootcamp - Founders Park 5:30 AM

**Friday - November 9th**
- 7th Annual Christmas Arts & Crafts Show - Elizabethton Park and Recreational Building 9am
- The Wild Women of Winedale - Jonesborough Repertory Theatre 7:30pm
- Shakespeare’s Romeo & Juliet - Johnson City Community Theatre 7:30pm
- Beer and Buttermilk Sky Pie Pairing - JRH Brewing 6:30pm
- Spirits of the Season 2018 - Carnegie Hotel 6:30pm
- Holmes Sweet Homicide - Blue Moon Theatre Company 8pm
- Great Expectations - Barter Theatre 8pm
- 5k Friday - Johnson City Brewing Co 6pm
- GIVE A HOOT: A Sleepy Owl Benefit - Gypsy Circus Cider Company 5pm
- Tuna Christmas Show - Taylored Venue & Events 7pm
- Made Around Here Market - Jonesborough Visitors Center and Emporium 10am

**Saturday - November 10th**
- 7th Annual Christmas Arts & Crafts Show - Elizabethton Park and Recreational Building 9am
- The Wild Women of Winedale - Jonesborough Repertory Theatre 2pm & 7:30pm

**Monday - November 12th**
- FiA Free Women’s Fitness Mondays - Founders Park 5:30am
- F3 Free Men’s Run Group - Science Hill Track 5:30am
- Veterans Day Event - East Tennessee State University 10:45am
- 2nd Annual Vets & Pets Adoption! (Vets Adopt Free) - Kingsport Petworks All Day

**Cryptogram:** “The most savage controversies are those about about matters as to which there is no good evidence either way.”

**DropQuote:** “I should like to be able to love my country and still love justice.”
When I worked in radio I remember playing the music of Queen and always singing along. Who has ever heard "We will Rock You" or "We Are the Champions" played at sporting events? I'm sure most of us have. Such classic songs are merely a drop in the bucket of the bands catalogue. Such a classic band led by a charismatic lead singer, Freddie Mercury, was bound to be the subject of a motion picture one day. Well that day has arrived with the release of "Bohemian Rhapsody", the story of Freddie Mercury and his band. The film, directed by Bryan Singer ("X-Men") follows the formation of the band Queen, and how lead singer Mercury (real name Farrokh Bulsara and played by Rami Malek) led band mates Brian May (Gwilym Lee), Roger Taylor (Ben Hardy) and John Deacon (Joseph Mazzello) to worldwide fame. We first meet the guys in 1970 where Freddie meets his future band mates in a nightclub after they lose their lead singer. Freddie convinces the musicians to give him a chance, and soon the band becomes very popular locally and begins traveling around the area to perform. While traveling to one of their gigs, Freddie convinces the guys they need to record an album. The first album, based on their unique musical style leads to a contract with EMI Records. While all this is happening, Freddie becomes engaged and the band begins a tour of the United States where their popularity has exploded. Due to their continued success, Freddie feels the band should further expand their creativity, and despite objections from EMI executive Ray Foster (Mike Myers) the band releases "A Night at the Opera" in 1975 which features the six-minute song "Bohemian Rhapsody", and despite mixed reviews, becomes a world wide hit. During the bands world tour Freddie begins questioning his personal life, and breaks up with his wife Mary (Lucy Boynton), but always wants her in his life. Meanwhile, Freddie's personal manager Paul Prenter (Allen Leech) convinces the singer he needs to take advantage of a major offer from CBS Records to record solo. The solo effort causes the expected rift in the band, but Freddie is not fazed as he moves to Munich where his life is pretty much controlled by the over protective Prenter. In fact, Freddie has become so overprotected and out-of-touch, he nearly misses a chance to reunite with the band and perform at the massive Live Aid concert in 1985, which was organized to raise money for African famine relief. Thanks to his estranges wife Mary, Freddie learns of the event and hurriedly sets up a meeting with his estranged band mates so they can be part of the historic concerts. The band finally agrees to reunite and prepare via rehearsals for the massive event. Even though they have doubts as to how they will do, when it comes to show time in London's Wembley Stadium, Freddie has the audience in the palm of his hand, and once again clearly displays how he is a masterful and amazing performer. I suggest you check out the real Queen performance at Live Aid on YouTube. One aspect of the film I will never forget is what Freddie's father always told him to live by: "Good thoughts, good words, good deeds." In this age of political polarization, we could certainly learn from such a wise maxim. I loved how the film reveals how the band created many of their famous songs, and how creative they had to be with limited technology. The members of Queen were really a family, and despite frequent spats, really loved each other. The performances in the film are amazing, and the actors playing the band members are astounding, led by Malek in a career defining performance. If Malek isn't nominated for an Oscar, then I will question the integrity of the Academy of Motion Picture Arts and Sciences. With a foot stomping soundtrack, wonderful performances, a crisp script and smart direction, "Bohemian Rhapsody" will leave you ready to crank up the Queen as you head down the highway. (Rated PG-13)
Director Hal Ashby’s 1975 film “Shampoo” was the director’s first giant commercial success. Ashby cut his teeth in Hollywood first working as an editor for Norman Jewison—winning an Oscar nomination for his work with the director on 1966’s “The Russians Are Coming, The Russians Are Coming” and an award proper for best editing for 1967’s “In The Heat of The Night.” Jewison mentored Ashby and urged him towards directing. One of Ashby’s first notable efforts is 1971’s “Harold and Maude” which has become a cult classic.

I’ve seen only a few of Ashby’s films, but I’ve always liked what I’ve seen. His films are very much his and very much a product of that “new Hollywood” of the early ’70s. I watched “Shampoo” for the first time on the fantastic new blu-ray from The Criterion Collection. Watching “Shampoo” today is an interesting experience, though a film of the mid-’70s, “Shampoo” is a satire of the “free love” generation of the late ’60s and takes place on the eve of the 1968 Election. In what must have played like gangbusters to audiences that just went through Watergate, the projections of Nixon being “the choice for America” is played up just enough in the back of the film.

The project was conceived by its star, Warren Beatty, who produced the film and co-wrote the script along with Robert Towne. Towne had just come off writing the massive hit “Chinatown,” and had written Ashby’s previous movie, the profane laden “The Last Detail.” Beatty plays George, a hairdresser in a posh Beverly Hills salon who wants to open a salon of his own. George is also sidetracked and caught up in a myriad of various lovers (Goldie Hawn, Julie Christie, and the great Lee Grant who won an Oscar for the film).

I enjoyed “Shampoo” but I think it’ll need another watch or two to fully take it in. It didn’t grab me quite the way I had hoped it would, but it’s a grade A effort. I’m always intrigued by Ashby’s work and each time I see a film of his that is new to me it’s like filling in the pieces of a puzzle of a very well respected and one of a kind voice in film. Check this one out, see you next week.
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:

FRIDAY, NOV. 16
7:00pm - 9:00pm
J.W. Adams
Combined School
Pound, VA

SATURDAY, NOV. 17
7:30pm - 9:30pm
Woodrow W. McGlothin
Center for the Arts
Emory, VA

SUNDAY, NOV. 18
3:00pm - 5:00pm
Toy F. Reid Eastman
Employee Center,
Kingsport, TN

CHRISTMAS PARADE
Call for Entries

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: rachelic@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.

For additional information about The McLain Family Band, visit McLainFamilyBand.com. For additional information about Symphony of the Mountains, please visit symphonyofthemountains.org.

Additional information about The McLain Family Band's 50th anniversary tour can be found at McLainFamilyBand.com.
Sponsored by Bear’s Bar

Send your event to: info@theloaferonline.com

CAR SHOWS
Fridays  Krystal’s Johnson City
Saturdays  Carter County Car Club Downtown Elizabethton

RUNS & RIDES
November 8:  Run for The Ganns Family at State Street Farmer’s Market in Bristol 6pm
November 10:  Shop With A Cop 5k & Family Fun Run at East Tennessee State University 9am
November 11:  Cigna Speedway In Lights 5K Presented by Fleet Feet Sports at Bristol Motor Speedway 6pm

ST. ANNE’S CHURCH AND SCHOOL INVITES YOU TO COME PLAY

BINGO!
SMOKE FREE
SALES OPEN @ 4:30
GAMES START @ 6:30

MONDAY NIGHT SCHOOL BINGO
TUESDAY & SATURDAY NIGHTS CHURCH BINGO

Play Free On Your Birthday!

430 Oakview Avenue, Bristol,  MSGR. HICKIE CTR. • CORNER OF CHESTER STREET
Jazz: America’s Music—A recital chronologically demonstrating all styles of Jazz and seeking to educate listeners to the origins and development of Jazz music. You’ll hear styles including Dixieland, African-inspired works, Big Band Swing, Bebop, Cool Jazz, Latin, and Fusion, performed by an amazing collection of professional musicians. Composers include Gershwin, Hancock, Gillespie, and Strayhorn.

This popular exciting concert is back by demand & will be led by Dr. Joseph Trivette the Artistic Director and Pianist. Trivette is the holder of the Albert Endowed Chair of Music at Southwest Virginia Community College. His various ensembles have achieved outstanding local and national acclaim. Don’t miss this afternoon of great American Jazz music. This concert would be great to bring middle and high school band students too also.

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SUDOKU

Last week's answers on page 18

CRYPTOGRAM

QF ZW NR NGWXJUNR JY FC JQYWIC NIGFYQ N GFXNI UFRPJQJFR, NR

WPHUNQJFR, NRP N UNXWWX.
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.

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<tr>
<th>Location</th>
<th>Concert Schedule</th>
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<td>Nov. 23 - Steve Earle &amp; The Dukes w/The Mastersons</td>
<td>Nov. 11 - MercyMe</td>
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<td>Dec. 1 - Roger McGuinn &amp; Chris Hillman w/Marty Stuart &amp; His Fabulous Superlatives</td>
<td>Dec. 1 - Thompson Square</td>
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<td>Dec. 14 - Black Jacket Symphony presents Tom Petty and The Heartbreakers Damn The Torpedoes album</td>
<td>Dec. 15 - Newsboys</td>
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<td>Dec. 15 - Corey Smith</td>
<td><strong>GREENEVILLE, TN</strong></td>
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<td><strong>NORTH CAROLINA</strong></td>
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<td>HARRAH’S - Cherokee</td>
<td>Nov. 11 - Bret Michaels</td>
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<td>Nov. 9 - Kris Kristofferson &amp; the Strangers</td>
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<td>Dec. 7 - Joe Perry with Brad Whitford &amp; Gary Cherone</td>
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<td>Jan. 19 - Air Supply</td>
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<td>CITY WINERY</td>
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<td>Nov. 6 - JD Souther</td>
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<td>Nov. 17 - Rik Emmett</td>
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<td>Nov. 20 - David Cook</td>
<td>Feb. 15 - Luke Combs</td>
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<td>Nov. 23 - The SteelDrivers</td>
<td><strong>U.S. CELLULAR STAGE</strong> at the BJOU THEATRE</td>
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<td>Nov. 29 - Taylor Hicks</td>
<td>Nov. 14 - Lindsey Buckingham</td>
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<td>Dec. 23 - Jane Lynch</td>
<td>Nov. 15 - Blue October</td>
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<td>Nov. 18 - The Band Perry</td>
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<td><strong>ryan Auditorium</strong></td>
<td><strong>TENNESSEE THEATRE</strong></td>
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<td>Nov 14 &amp; 15 - Beach Boys</td>
<td>Nov. 8 &amp; 9 - Cody Jinks</td>
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<td>Nov 21 - Michael McDonald</td>
<td>Nov. 18 - The Beach Boys (Christmas)</td>
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<td>Nov 28 &amp; 29 - Amy Grant and Vince Gill</td>
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<td>Dec 2 - Brian Setzer Orchestra</td>
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<td>Dec 27 - Robert Earl Keen</td>
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<td>Dec 30 &amp; 31 - Old Crow Medicine Show</td>
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<td>Mar. 5 - Joe Bonamassa</td>
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<td><strong>Nashville Municipal Auditorium</strong></td>
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<td>Dec 31 - Moon Taxi</td>
<td>Nov. 23 - Steve Earle &amp; The Dukes w/The Mastersons</td>
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<td><strong>Ovens Auditorium</strong></td>
<td><strong>The Fillmore</strong></td>
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<td>Nov. 7 - Vince Gill</td>
<td>Jan 17 - Jesse McCartney</td>
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<td>Nov. 9 - Bob Dylan</td>
<td>Jan 18 - Scotty McCreery</td>
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<td>Nov. 24 - Straight No Chaser</td>
<td>CALL WQUT @ 477-1015 FOR MORE CONCERT INFORMATION</td>
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5th Annual Jonesborough Student Film Festival

The McKinney Center will be rolling out the red carpet on Thursday, November 8 at 6PM to welcome the young film students who will debut their films for the public for the first time. This year will mark the fifth annual Jonesborough Student Film Festival, a night to celebrate the achievements of students in the McKinney Center’s Film Classes from the spring and fall of 2018.

All of these films are student written and directed. This year, the students in both classes focused their attention on Jonesborough’s historic people and places. A series of “History Minute” films, news programs, and documentaries will take a look at such subjects as Ella Russell, an African American hospital-trained nurse, and the first hospital trained nurse to serve East Tennessee. Other subjects include the Chuckey Depot; Elihu Embree and his newspaper, The Emancipator, the first publication solely dedicated to the abolitionist movement; Captain Christopher Taylor and the Christopher Taylor Cabin; the Historic Chester Inn; train wreck in Jonesborough during the 19th Century; a feud between Andrew Jackson and Parson Brownlow that spilled into the downtown street; Jonesborough’s own Buffalo Soldier, Alfred Martin Rhea; and a wide perspective of the Civil War, and its effects on Jonesborough before and after.

Students in the classes learned how to create a story board, develop a film concept, and write a simple script. They learned how to operate a high-definition video camera, how to operate studio lightning, how to use sound and music, and basic film direction. They also learned how to speak and act for film. They gained a new awareness of the vital role Jonesborough has played in the history of Tennessee and of the United States, as they did “location shots” throughout town as well as studio shots.

Film teacher Jules Corriere, who also serves as the McKinney Center’s Outreach Programming Director, said, “The students this year were really hard-working and dedicated to learning about their subjects. It was exciting for me, as their teacher, to watch them find creative ways to bring this history to life, in their own way.”

Corriere also noted that the Heritage Alliance played an important role in these classes, providing archival photographs and information, stating, “Whenever a student asked for a certain photograph or newspaper clipping or other artifact, Anne G’Fellers-Mason was always there, providing the resources the students needed.”

The Film Festival is a way to acknowledge the hard work and creativity needed to make these films. Students will be picked up in a Limo Van, and driven through town. When they arrive at the McKinney Center, they will each have their own red carpet walk. Popcorn and drinks will be served, and the films, ranging from 2-6 minutes in length each, will be premiered to the public for the first time. The event is free and open to the public, and the community is encouraged to come and celebrate these young film makers, and their contribution to telling Jonesborough’s stories.

The Film Class is part of the broader Jonesborough Story Initiative, and a program of Jonesborough Mary B. Martin Program for the Arts at the McKinney Center. For more information, contact the McKinney Center at 423-753-0562.

Inaugural Shop With a Cop Superhero 5K set for Nov. 10

The inaugural Shop With a Cop Superhero 5K and Family Fun Run is set for Nov. 10, and this event is not to be missed by big or little caped crusaders! Your mission: to save the day for children in need. All proceeds from the race will go toward the Johnson City Police Department’s Shop With a Cop event, set for Dec. 13. Area children, selected from the Johnson City School System, are treated to dinner before a Police escort takes them to Walmart for a shopping spree. Each child’s family receives a food box, and if there are siblings in the home, they receive gifts as well.

“Spending time with these kids and being a small part of helping them to enjoy Christmas is the best feeling in the world,” said Officer Brittnay Eberhardt. “They are so sweet. They can buy anything they want on the shopping spree, and most all of them end up buying presents for their family. We had the privilege of helping 61 children last year, and this year we hope to increase that to 70.”

Register today to take part in this super fun, superhero-themed event. The whole family is invited to join in fighting villains along the route, in their pursuit of justice and Christmas cheer.

“It’s going to be unlike any other 5K in our area, and the kids will love it,” said Eberhardt. “And of course there’s the added bonus of knowing your registration fee is helping a local child.”

Registration for the Shop With a Cop 5K and Family Fun Run is now under way at http://thegoosechase.org/shop-with-a-cop-5k/. Participants may register for the 5K event or the 1-mile Family Fun Run. Online registration will close at 9p.m. on Thursday, Nov. 8. Early registrants (by Oct. 26) are guaranteed a T-shirt. Early registration for each event is $25 per entrant and $15 for participants 10 and under. Late registration (Nov. 9) is $30 per entrant and $20 for participants 10 and under.

Packet pick-up will be held on Saturday, Nov. 10, 7:30-8:30 a.m. near the start/finish line located on East Tennessee State University’s campus near The Quad, which is outside of Brooks Gym.

Event management for the inaugural Shop With a Cop Superhero 5K and Family Fun Run is provided by The Goose Chase.
60 Years of NASA Spinoffs

Touch Everyday World

In the 61st year of space exploration, mankind has a permanent foothold in Earth orbit aboard the International Space Station, all of us marveling at the technical achievement.

But you might wonder how conquering outer space helps Joe and Jane America on Earth? Isn’t it a waste of tax dollars to send people into orbit, send rockets to planets and dream of mining asteroids?

That money spent in space could be better spent right in our own communities! Right? Wrong!

Truth is, you can’t get away from direct spinoffs from America’s space program. Within your arm’s reach are many positive results from NASA’s somewhat puny annual budget.

That’s right, I’m calling Congress’ $20 billion-a-year budget for NASA a paltry sum. And armed with the proper facts...I think you’ll agree. Studies show that for every dollar he government spends on NASA, the economy is boosted $7-14 dollars!

A list of the modern-day conveniences that have come from six decades of the Space Age would easily fill the pages of this Loafer magazine. So, I’ll just hit the highlights.

The spinoffs from space exploration fall into seven main categories: computer technology; consumer/home/recreation; environmental and resource management; health and medicine; industrial productivity/manufacturing technology; public safety; transportation.

First, the National Aeronautics and Space Administration is not just rocket launches. A good one-fourth of NASA’s annual budget is used for research into all aspects of aviation—from private pilots to commercial airlines.

And what about that $20 billion budget? Well, that costs the American taxpayer less than a penny out of every dollar Congress appropriates. Indeed, Americans spend much more money on pizza and ice cream—each about a $25 billion a year business.

One area of our lives you don’t think about much where the NASA culture has made a major impact is the organization of today’s corporate and manufacturing businesses. The early years of the space program spawned the management flow chart, an outline of accountability that makes people put their expertise on the line. From that sprang implementation of NASA’s system and checks and balances to alleviate bad products or poor management decisions.

In fact, the retail “bar code” was invented by NASA in the 1960s to track the millions of parts in a Saturn V rocket and the manned Apollo Command and Lunar Module spacecrafts.

Our nation’s power plants run more efficiently and the measures to stem factory pollution of our air, land and waterways have roots in NASA.

Other NASA inventions that directly affect our lives include:

- Though a Frenchman invented Velcro fastener strips, NASA popularized them as the best way to keep anything in place in weightlessness.
- MRE food survival packets for hunters and adventurers were pioneered by dehydrating space food to save precious weight and space.
- Home baby monitors that send back information to hospitals about heart, respiratory and body temperature are the result of sending the same information about 1970s moonwalking astronaut 240,000 miles from the Moon.
- Digital technology has been pioneered by the need for sending images from interplanetary spacecraft millions of miles away. And those tiny lenses on our cell phones were pioneered by orbiters around Mars, Jupiter and Saturn.

The engineering world from Formula 1 racing crew chiefs to bridge-building architects have benefited from countless NASA discoveries and refined construction materials in ways never imagined.

Would you believe golf balls? Yup, NASA nerds figured out that a pattern of 500 dimples arranged in 60 spherical shapes will fly farther through the air than other golf balls.

Anybody enjoy their cell phones or television on satellite or cable? You can thank dozens of communication satellites orbiting Earth.

Don’t leave out the virtual reality simulators and games...and wireless technology like the Wii gaming systems.

Can you say GPS navigators? That stands for Global Positioning Satellites...explanation enough. In fact, some experts believe the American military machine is too dependent on GPS technology for communications and weaponry accuracy.

I that all the space program has done for me? Of course not. Here is a partial list of how NASA has improved our lives:

- Dustbusters, shock-absorbing helmets, home security systems, smoke detectors, flat panel televisions, high-density batteries, trash compactors, food packaging and freeze-dried technology, cool sportswear, sports bras, hair styling appliances, fogless ski goggles, self-adjusting sunglasses, composite golf clubs, hang gliders, art preservation, quartz crystal timing equipment, whale identification method, environmental analysis, noise abatement, pollution measuring devices, pollution control devices, smokestack monitor, radioactive leak detector, earthquake prediction system, sewage treatment, energy saving air conditioning, air purification, arteriosclerosis detection, ultrasound scanners, automatic insulin pump, portable x-ray device, invisible braces, dental arch wire, bar code, credit card scanners, laser printer ink, DVD and CD storage, mesothorium, corrosion protection coating, protective clothing, robotic hands.

And, don’t forget safer bridges, emission testing, airline wheelchairs, electric car, auto design, methane-powered vehicles, windseed prediction, and aircraft design analysis, advanced keyboards, customer service software, database management system, laser surveying, aircraft controls, lightweight compact disc, expert system software, microcomputers, and design graphics.

Any more questions about what NASA has done for you?
Theatre Bristol Presents "Fiddler on the Roof" for the Holidays

Bristol, Tennessee/Virginia, October 2018 – It’s tradition! Theatre Bristol presents Fiddler on the Roof directed by Glenn Patterson at the Paramount Center for the Arts November 9-18. The award-winning, long-running Broadway musical is on stage this fall for the holidays for a wonderful family experience!

Fiddler on the Roof features iconic and beloved songs such as "Sunrise, Sunset," "If I Were a Rich Man" and "Matchmaker, Matchmaker." Fiddler on the Roof’s music and messages transcend time and culture. "Set in the little village of Anatevka, the story centers on Tevye, a poor milkman, and his five daughters. With the help of a colorful and tight-knit Jewish community, Tevye tries to protect his daughters and instill them with traditional values in the face of changing social mores and the growing anti-Semitism of Czarist Russia. Rich in historical and ethnic detail, Fiddler on the Roof’s universal theme of tradition cuts across barriers of race, class, nationality and religion, leaving audiences crying tears of laughter, joy and sadness." (MTIshows).

In the lead role of Tevye is Bob Cantler, last seen at Theatre Bristol in leading roles in The Music Man and Les Miserables. He is joined by Leticia Peltzer as wife Golde, and daughters Camille Gray as Tzeitel, Asiling Ringrose as Hodel, Enelisa Sutton as Chava, Raina Moody as Shprintze, and Marley Bishop as Bielke. The daughters’ love interests are played by Will Oliver as Motel, Joey Collard as Perchik, and Austin Puckett as Fyedka.

Dottie Havlik plays matchmaker Yente. CC Clevenger is Lazar Wolf and Elizabeth Burns is his late wife Fruma-Sarah. The cast includes Daniel Tester as the Rabbi, James Francis as the Constable, Amy Reid as Grandma Tzeitel, Robert McCrarry as Mordcha, Dan Gray as Avram, Steve Baskett as Nachum, and Renee Hickman as Shaindel.


Patterson is supported by stage manager Nicole Intagliata, assistant director Cindi Brooks, choreographer Camille Gray, costumers Daniel Tester and Paul Pratt, lighting designer Ken Cornett, and crew David Maloney, Tammy Roberts, Terra White, Tara Tolbert, Beverly Moody, Ann Vance, Cameron Roberts, Leticia Peltzer, Steve Baskett, Steve Davis, Luke Gray, Albert Tester, Seth Gilstrap, Matthew Maloney, Andrew Hunt, Maliah Tilley, Sarah Tilley, Tanner Clark, Shane Webb, April Parker, and Abigail Combs.

Fiddler on the Roof opens November 9, and runs for two weekends at the Paramount Center for the Arts, 518 State Street, Bristol, TN, Fridays at 7:30 pm, Saturdays at 7:30 pm, and Sundays at 2:30 pm, closing on November 18. Tickets are $16 for adults plus fees ($20 total) and $12 for seniors and students plus fees ($15.75 total), and go on sale September 14 at www.ParamountBristol.org.

Winner of nine Tony Awards when it debuted in 1964, Fiddler on the Roof is by Broadway legends, Jerome Robbins and Harold Prince; songwriters, Jerry Bock and Sheldon Harnick; and bookwriter, Joseph Stein. Fiddler on the Roof is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI (www.MTISHows.com).

Theatre Bristol is pleased to present Fiddler on the Roof as part of its family-friendly 53rd season of ARTspace and Paramount shows, including Lessons from Shakespeare: How to Avoid a Personal Tragedy with River’s Way; Alexander and the Terrible, Horrible, No Good, Very Bad Day; Chitty Chitty Bang Bang; Tartuffe; Pinocchio; and The Best Christmas Pageant Ever.

Founded in 1965, Theatre Bristol is the oldest continually running children’s theatre in northeast Tennessee. Its season consists of up to seven productions, as well as a children’s camp, and other events. Theatre Bristol performances take place in downtown Bristol at the ARTspace, a multi-purpose, black box theatre which seats up to 120, or the Paramount Center for the Arts. Theatre Bristol is volunteer run and we invite you to get involved.

For more information, visit Theatre Bristol’s website or Facebook page, contact Theatre Bristol at 423-212-3625, or email info@theatrebristol.org.
Hey y'all and welcome to my little corner of The Loafer. This is the first installment in what I hope will become a recurring and informative column for you readers, about the world and how it's seen through the eyes of a born and raised Tri-Cities woman. I wanted to use this time to give you all a brief introduction to me and some of the things I hope to touch on in my writing.

First of all, as I mentioned, I am a lifetime resident of the Tri-Cities area and I love this little place I call home. I am so proud to claim this part of the country as mine, from the beautiful scenery and climate to the wide variety of people who also share their home here. There is seemingly always something to do, someone new to meet and something new to learn if you just keep an open mind and an adventurous heart. That is how I try to live- Every day is a fresh opportunity to change my life, whether it's by saying hello to a stranger or even something as small as trying a new restaurant.

With that being said, I am still a work in progress. Every day I learn something new, every day I make mistakes and every day I face both internal and external obstacles that challenge me as an individual. I, just like everyone else in the world, am a flawed human being, just trying to do my best to be better than I was the day before. I certainly don’t know it all and don’t claim to. But I’ve lived a lot in these short 32 years on earth and hopefully my experiences can be shared here and help someone else who may be in a similar spot in life. I’ve had my fair share of ups and downs- from divorce and heartbreak to finding soul mates and true love. I’ve been fired from jobs I thought were going to be long term careers and I’ve worked my way into my dream position. I grew up less fortunate than others to say the very least and became the first in my family to attend and graduate college, thanks to parents who sacrificed everything to ensure I had every opportunity to rise above our humble circumstances. I’ve also let my parents down more times than I can count as my own special way of saying thank you. Life to me is such a beautiful ebb and flow of triumph and tragedy and within your responses lie your greatest lessons.

I hope to discuss a wide variety of topics in this column, from light hearted and fun to the more serious. I am a dog mom of 3, I love to cook, I consider myself a moderately educated individual on the topic of beer, wine and spirits (at the very least I am an enthusiastic taste tester). While I myself identify as a heterosexual female, I am a proud supporter of the LGBTQ community and am always intrigued by human sexuality and each person’s own experience and identity. Being a person whose adult weight at 6ft tall has fluctuated from 132lbs to 185lbs and a mother who is a lifetime member of Weight Watchers, plus I was married to a body builder, you could say I am someone who has a keen interest in health, exercise and nutrition. You could also say I’ve battled body dysmorphia and depression related eating issues my whole life. I don’t know that I would call myself a feminist in the way that I am out here picketing for women’s rights and equality. I am quite traditional when it comes to things like gender roles within relationships and being treated BETTER than my significant other. However, I believe that the most feminist mindset is that every woman should have the right to be treated the way she wants and to live her life the way she is comfortable. So based on that opinion, yes I am a feminist. I am currently not married which always makes for interesting topics. The landscape of dating has shifted drastically from the time I was in my early 20s to now and I’m sure a lot of those stories will play a part in my writing. Lord knows I’ve had my fair share of newsworthy relationships, whether they’ve lasted for one evening or 5 years.

So, be it pop culture, relationships, booze and food or WHATEVER, I am so excited to share my views with all of you! Writing and blogging has always been a passion of mine and this opportunity is such a blessing for me to have an outlet for my creativity. I look forward to spilling the tea with all of y’all here in The Loafer! Til next time.

XO- Kathie
In the Key of Love

Nobuntu a cappella ensemble sings, dances, serves as ambassadors of Zimbabwean, 'mbube' musical cultures

If you don’t know much about Zimbabwe, its culture and music, Nobuntu wants to change that. The world’s only female mbube a cappella quintet is on its second American tour, and by December, will have brought its unique sound and universal messages of respect, love, peace, hope and “everything that’s good” to nearly 20 U.S. states.

It’s an educational program but one that is also full of heart and motherly love, says Duduzile Sibanda, who has sung with Nobuntu since its inception in 2011. “I must say we are cultural ambassadors, she says. “If you come to our shows you will learn a lot about Zimbabwe, its culture and music, Nobuntu wants to share those messages and their fusion of gospel, Afro-traditional music from Zimbabwe and their own mbube music at Central Baptist Church, 300 N. Roan St., Johnson City, starting at 7:30 p.m.

Whether in Europe, America or their homeland of Africa, Nobuntu presents “... a vibrant and stunning performance full of sparkling energy,” says the Sunday Times of Passau, Germany.

In Florida on the group’s first U.S. tour last fall, Nobuntu’s "... rich voices and exhilarating rhythms, both physical and vocal, poured out from the stage to enchant a near-capacity crowd,” says the Sarasota (Fla.) Herald-Tribune.

Nobuntu also provides a relatively new sound in Zimbabwe, where mbube music was long only sung by men, a tradition that started during colonization when men who were working in the mines, away from their families, Sibanda says, gathered to sing after a long day of toil.

The Chronicle in the vocalists’ hometown of Bulawayo, where mbube is prevalent, said Nobuntu “has managed to defy all musical odds by holding fort in a male-dominated field.”

“People are really interested in seeing a female mbube group, though it was hard for us when we began, because you know how people are when something is new or different,” says Sibanda, a self-taught singer. “They are like, ‘Oh, we’re not sure about this. But, it’s been six years and we are doing very well, and we’re very welcomed, as well. So it’s a very great experience – this journey.”

Also on this journey are Joyline Sibanda, Zanele Manhenga, Thandeka Moyo and Heather Dube.

The group lives out its message of love, as its members, although hired through auditions, have grown to love each other over their years together. In September, The Chronicle said Nobuntu has been more in sync on stage than ever as this rapport has grown.

“We are not just five people who come together for work,” Sibanda told The Chronicle. “We are now more of a family and we know each and everyone’s characteristics, struggles, fears, what they love and the like. I think that is what makes us so in harmony on stage because we’re in harmony off the stage.”

Nobuntu’s singers share not only the common bond of womanhood and musicianship, but also a common vision for the ensemble and faith to see them through these globe-trotting journeys of back-to-back shows, so distant from their homes and families. “We always take our faith wherever we go,” Sibanda says. “That’s who we are. That’s who makes us.”

Additionally, the ensemble’s mission – using music as an important vehicle for change, one that transcends racial, tribal, religious, gender and economic boundaries – propels them onward.

Although much of Nobuntu’s program is in language perhaps foreign to audiences outside of South Central Africa, Sibanda says music transcends all barriers, including language.

“People will get a program that includes what each song we will perform means,” she says. “But I believe that music is a universal language. No matter what language it is, it somehow communicates with you in a certain way. Each person will have a translation of their own, emotionally. Because this is music, it communicates to everyone.”

The Johnson City program will include a mixture of a cappella songs from Nobuntu’s three albums, including the most recent CD “Obabes BeMbube” (“Babes of Mbube”), of new mbube music they wrote themselves. Traditional instruments and dance, too, are essential to Nobuntu’s performances.

“Dance is very important [to our shows] because in Africa you cannot sing and not dance,” Sibanda says in hushed tones. “It’s taboo ... You cannot do that.”

The Nobuntu package is well-rounded – universal and timely messages, cultural immersion, music and dance and emotional connections.

“I think it’s important for us not only to be able to celebrate the culture here in our region, but also to celebrate the culture and arts from other parts of the world,” says Anita DeAngelis, director of event-sponsor the Mary B. Martin School of the Arts at ETSU. “You don’t have to know the language to appreciate this music.”

Tickets are $20 general admission, $15 for seniors 60+ and $5 for students of any age with ID.

For more information about Nobuntu, visit http://nobuntu-music.com/. For information about ETSU’s Mary B. Martin School of the Arts or to purchase tickets, visit www.etsu.edu/martin or call 423-439-TKTS (8587). Follow the Martin School of the Arts @artsatetsu and on Facebook.

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Nobuntu believes they will benefit from their music because we are deliberately a cultural and traditional group, too.”

On Nov. 13, Nobuntu will share those messages and their fusion of gospel, Afro-traditional music from Zimbabwe and their own mbube music at Central Baptist Church, 300 N. Roan St., Johnson City, starting at 7:30 p.m.

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Veterans Day Public Poetry Reading

A Partnership of
The Warrior’s Canvas & Veterans Art Center
and
The Poetry Society of Tennessee – Northeast Chapter (PST-NE)

When: Monday, November 12, 2018
7:00 – 8:30 pm

Where: The Warrior’s Canvas & Veterans Art Center Studio and Gallery
320 East Main Street, Johnson City, TN 37601

What: A free public reading of veteran-related original poetry, including poems that are
(a) inspired by a veteran’s artwork, (b) composed by a veteran, and/or (c) inspired by
a veteran’s life.

Who: The public is invited to attend. The reading is open to poets wishing to share their
veteran-inspired poetry in a public reading. Poets are encouraged (but not limited)
to compose an Ekphrastic poem related to a work of art, especially one on display at
the Warrior’s Canvas & Veterans Art Center (or on their website gallery or online store).

Deadline for Poets: If you desire to share a poem at the reading, please contact
Howard Carman (PST – NE) by email at hscarmen@charter.net or by phone at (423) 914-1778
before Friday, November 9, 2018. Please include your name, poem title, and contact
information. If the poem is based upon a veteran’s artwork, please also include the title of the
work and the name of the artist.

Open hours for the Warrior’s Canvas gallery are: Wednesday 10:00 am to 2:00 pm;
Thursday 11:00 am to 3:00 pm; Friday 10:00 am to 4:00 pm; Saturday 10:00 am to 2:00 pm

For further details regarding a visit to The Warrior’s Canvas & Veterans Art Center, please contact
David Shields by email at David.S@warriorscanvas.org or by phone at (423) 946-3732

NOV 09-18
THEATRE BRISTOL PRESENTS
FIDDLER ON THE ROOF FOR THE HOLIDAYS

NOV 24
MOSCOW BALLET'S GREAT RUSSIAN NUTCRACKER

NOV 23
STEVE EARLE & THE DUKES
30TH ANNIVERSARY OF COPPERHEAD ROAD WITH SPECIAL GUESTS THE MASTERSONS

NOV 24
99.3 THE X'S HOLIDAY ALTERCATION PRESENTED BY ROCKY TOP VAPOR WITH AJR, ANDREW MCMAHON IN THE WILDERNESS, FLORA CASH, AND JUKEBOX THE GHOST

NOV 29
EAST TN PBS FREE SCREENING RUMBLE: THE INDIANS WHO ROCKED THE WORLD INDEPENDENT LENS FILMS

DEC 07-08
BRISTOL BALLET PRESENTS THE NUTCRACKER

DEC 01
ROGER MCGUINN AND CHRIS HILLMAN CELEBRATE 50 YEARS OF SWEETHEART OF THE RODEO WITH SPECIAL GUEST MARTY STUART & HIS FABULOUS SUPERLATIVES

DEC 01
PARAMOUNT BRISTOL PRESENTS A CLINT BLACK CHRISTMAS

DEC 14
EMPORIUM PRESENTS BLACK JACKET SYMPHONY TOM PETTY & THE HEARTBREAKERS “DAMN THE TORPEDOES”

DEC 15
PARAMOUNT BRISTOL PRESENTS COREY SMITH GREAT WIDE UNDERGROUND TOUR FULL ELECTRIC BAND

DEC 16
PARAMOUNT BRISTOL PRESENTS EMISUNSHINE CHRISTMAS SHOW WITH SPECIAL GUEST ETTA MAY

DEC 16
MILTON HARKEY PRESENTS AN EVENING WITH DAILEY & VINCENT

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