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Happy December!!! 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

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

LEONA GRACIA
SALES REPRESENTATIVE

Maria Lovelady
INSIDE SALES
“Creativity is intelligence having fun” -Albert Einstein
The first thing you need to know about me is …… I love to eat. Food is where all my good stories begin and this one is no different. The Carnegie Hotel has been the setting for my food journey for the last 13 years. I began as a pantry cook then after touching every station in the kitchen, I now reside in the 8th year as Executive Chef of the property. The Carnegie Hotel is a unique business in the area because we are an independently owned company that offers all the comforts and more of our corporate competitors. In short, I have been given many great opportunities to learn and grow my food education at the hotel just because of how it is structured. I did have formal education from my great alma mater Sullivan University in Louisville, Kentucky but I have experienced so many foodventures while at the Carnegie. That means it gets crazy sometimes!! I am privileged to create and prepare dinners that pair wine and food together. This is so fun and rewarding because I like to use simple flavors and dishes and combine them in new ways. For example, taking beef stew then deconstructing it into braised veal cheeks served on potato celery root mash topped with spiced red onion chutney with a side of carrot cornbread. This is what I love about my job that you can take ingredients or dishes that are ordinary and turn them into something extraordinary. I also create holiday menus for the season and that begins in July to get ready for the magical busy time we are in right now. If you didn’t already know that we offer banquet events, room service, spa café, and of course the fabulous Wellington’s restaurant. Now you know that when you are a patron or hotel guest you have access to food service at every corner of the hotel, even at the pool in the summertime. I wear lots of hats at the Carnegie when running the kitchen. The tasks of purchasing and inventorying food, recipe development, food safety, safety procedures, staff management, and preparing food are most of the jobs that happen each day for me. As jammed pack as a day can be the reason, I love what I do is the amazing staff that works along side me. Everyone from the General manager to the Food and Beverage director to my banquet chefs and dishwashers, they are talented people who work hard and know the business. Also, so many of us have grown up together in the hospitality business here at the Carnegie. My Sous Chef Genny Brewer and I have been working together for 13 years and 8 years ago we took the whole kitchen over and made it ours. Our business and personal relationship thrives because Genny and I have different styles of preparing food but then come together with our love of eating and our respect for each other’s talent. Moral of the story is that I work with some crazy talented people who take their job seriously and value people. Ok, on a lighter note we are very passionate about our food in the kitchen and we love making it all. A few of my very favorite item from the restaurant and Banquet menus are of course pimento cheese, house made bread, stone ground grits, slow roasted beef brisket, caramelized onion and feta tarts, Brussel sprouts, and German chocolate tort. These are the foods that I can’t get enough of. Please come and join us for dinner or your next party to see what great food is coming out of the Carnegie Hotel and Wellington’s restaurant.
The Popular 1940s USO Christmas Show Returns to the JRT

By Pam Johnson

“The USO show is always the most fun, the most meaningful, and no matter how many songs or skits we do, every year is different. The bond between the actors, musicians and tech crew is amazing. In every performance, we hope to create a similar bond with the audience. All of us, young and old, are deeply affected by the emotion and sentiment accompanying this yearly production.”

—Stacia Howard (band member)

“To be able to do a show of this magnitude to say thank you to our servicemen and women has meant so much to me over the past 15 years. I think these are the most popular shows that we have ever done. They continue to sell out, and that is a tribute to this area and the patriotic feeling that we have. It’s a tribute to our theatre and the dedication that we have to thanking our military.” —Josh Baldwin

“I love doing this show, in particular because it involves such a diverse cross section of our community coming together to express our gratitude to our armed forces and our shared Christmas hope for a kinder, more peaceful world.” —Joe Gumina

“The USO show has a special meaning to me because it was my very first show at the JRT. It was my introduction to a community full of pride for their country, a theatre proud to recognize those who have given so much for their country and a group of people who I can proudly call my friends and family.” —Shawn Hale

“I am one of several USO ‘newbies’ getting to experience performing in this year’s show for the first time and am so excited and honored to be a part of this patriotic, funny, and heartwarming production! I have been an audience member many times watching this show, and it has always touched my heart. This show is very family-friendly and allows younger generations to see how our parents and grandparents were entertained in the 40s. We hope our audience loves the show as much as we do!” —Krista Wharton

“Through the years, Jonesborough Repertory Theatre’s 1940s USO Show has brought me so much joy and happiness. It was the first show I saw at JRT in 2014, sparking my interest in performing. I am sure it will bring you as much holiday spirit as it has brought me, my family, and friends. —Isaiah Johnson

Rounding out the cast are Heather Allen (choreographer), Lorrie Anderson, Andee Atkins, Tim Barto, Austin Bird, Ramona Bird, Tabatha Bird, Bob Browning, Stephen Cradic, Liz Dollar, Paul Fagan, Janette Gaines, Laura Griffin, Tiffany Matthews, Emily Merritt, Jennifer Ross-Bernhardt, Jessie Scarbrough, Lucas Schmidt (band director), Eli Simpson, and Don Squibb.

The JRT appreciates each of the show’s sponsors: Denny Dentistry, Morningstar Farms, Joe Grandy, Citizen’s Bank, Chick-fil-A, and Mary B. Martin/Sonia King.

Show times are December 6-16, Thursday through Monday, at 7:30 p.m., and Saturday and Sunday at 2:00 & 5:00 p.m. Tickets are $16 general admission, $14 for students and seniors. The theatre is located at 125.5 West Main Street, Jonesborough, TN. To purchase tickets, call the Historic Jonesborough Visitors Center at 423.753.1010 or go online to www.jonesboroughtheatre.com.

(JRT’s USO show is neither sponsored nor endorsed by the USO, and it’s not a fundraiser for the USO.)
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December 18, 2018
6pm-9pm

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Name: Renee Burleson
Branch: Army
Age Joined: 20
Rank: E5
Years Served: 3 active, 3 inactive

What made you want to serve our country? To protect our freedom

What advice would you give someone looking to go into the military? Highly recommended, an experience of a lifetime

What's your favorite quote? Live for something rather than die for nothing - George Patton

Did you make any close friendships while in the service? Did you continue any of those relationships? Yes, many and still in close contact

What was the best and worst 'military' food you were served, and why? Best was eating off base in Germany, worst were MRE's

Where did you travel while in the service? All over Europe, stationed in Germany for 2 years

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December 18, 2018
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STAN LEE

“AND NOW, UNTIL WE MEET AGAIN, MAY THE BLESSINGS OF ASGARD BE SHOWERED UPON YOU!” – STAN LEE

Stanley Martin Lieber, or as we nerds know him, Stan Lee, was born on December 28, 1922 in Manhattan, New York. Stan grew up in many different areas of New York as his parents moved around so that his father could find work. No matter where the family landed, Stan once said he was always finding a library so that he could read books, particularly those with Errol Flynn playing heroic roles.

While Stan was growing up, he often mentioned his dream to write the “Great American Novel.” To help him meet that dream, he took different jobs such as writing obituaries for a news service and press releases for the National Tuberculosis Center. At one point in his youth, he even delivered sandwiches for the Jack May pharmacy to offices in the Rockefeller Center and to the towering floors of the Empire State Building. It was here in the Empire State Building that Stan said he would find a window where he could sit and stare out over the city and imagine. He imagined what it would be like to be able to fly from the top of one building to another in the city (we wonder if maybe this was the beginning of Stan’s superhero mind working). While in high school, Stan entered an essay contest sponsored by the New York Herald Tribune. The contest was, “The Biggest News of the Week Contest”. While Stan has never said what he wrote about, he won the contest for three weeks in a row until the newspaper wrote to him and asked him to allow someone else to win for once. Stan states the paper suggested to him in this letter that he start writing professionally, which he claimed, “probably changed my life forever”.

When Stan was only 17 years old, he got his first start working in the comic book world. In 1939 with the help of his uncle, he became assistant at the new Timely Comics. Stan got his comic book debut with the text filler, “Captain American Foils the Traitor’s Revenge” in Captain America Comics #3, cover dated May 1941, using the pseudonym of Stan Lee (of which he later legally changed his name to). Stan in an interview later, that letter columns that because of the low social status of comic books, he felt embarrassed and used the pen name so that so that no one would associate his real name with comics when he wrote the Great American Novel. The young Stan Lee would become interim editor in 1941, then editor-in-chief of the comic book division and art director for most of his time there. By the 1960’s, Timely Comics would evolve into the world-renowned, Marvel Comics. Then in 1972, Stan would succeed Goodman as publisher of Marvel comics. Stan’s first superhero co-creation was the destroyer, in Mystic Comics #6. He went on to co-create other hero characters during this time such as Jack Frost in U.S.A. Comics #1 and Father Time, in Captain America Comics #5.

In the 1950’s, the DC Comics were rapidly evolving with new characters and superpowers. Publisher Goodman asked Stan to come up with something new to rival the DC characters that were giving them much success. Stan acted on this request, giving his characters flawed forms of humanity. They came from naturalistic backgrounds where they could have bad tempers, fits of melancholy, and everyday worries such as how to pay their bills, impressing their girlfriends and even becoming physically ill. These new superheroes co-created by Stan and Jack Kirby were the Fantastic Four. Then came a cavalcade of new titles such as Hulk, Thor, Iron Man and X-Men. Next was the co-creation of Daredevil with Bill Everett and Doctor Strange and Marvel’s most successful character, Spider-Man, with Steve Ditko.

Stan’s revolution extended beyond the characters and storylines to the way in which comic books engaged the readership and built a sense of community between fans and creators. Regular news about Marvel staff members and upcoming storylines was presented on the pseudonym of Stan Lee (of which he later legally changed his name to). Stan in an interview later, that letter columns that because of the low social status of comic books, he felt embarrassed and used the pen name so that so that no one would associate his real name with comics when he wrote the Great American Novel. The young Stan Lee would become interim editor in 1941, then editor-in-chief of the comic book division and art director for most of his time there. By the 1960’s, Timely Comics would evolve into the world-renowned, Marvel Comics. Then in 1972, Stan would succeed Goodman as publisher of Marvel comics. Stan’s first superhero co-creation was the destroyer, in Mystic Comics #6. He went on to co-create other hero characters during this time such as Jack Frost in U.S.A. Comics #1 and Father Time, in Captain America Comics #5.

He introduced the practice of regularly including a credit panel on the splash page of each story, naming not just the writer and penciller but also the inker and letterer. Stan remarked that his goal was for fans to think of the comics creators as friends and considered it a mark of his success on this front that, at a time when letters to other comics publishers were typically addressed "Dear Editor", letters to Marvel addressed the creators by first name such as, "Dear Stan and Jack".

Later in life, Stan became the figure head of Marvel Comics. In 1981 he moved to California to develop Marvel’s TV and movie properties. Here he was an executive producer and made cameo appearances in numerous Marvel films. Stan would occasionally return to comic books writing with/for various projects. In the 1990’s Stan stepped away from regular book writing with/for various projects. In the 1990’s Stan stepped away from regular book writing with/for various projects. In the 1990’s Stan stepped away from regular book writing with/for various projects. In the 1990’s Stan stepped away from regular book writing with/for various projects. In the 1990’s Stan stepped away from regular book writing with/for various projects.

On July 6, 2017 Stan had the saddest day of his life. His beloved wife of 69 years, Joan died from complications of a stroke. She was 95 years old at the time of her death. Then on the morning of November 12, 2018 Stan was rushed to the Cedars-Sinai Medical Center with a medical emergency. Later in the day, it was confirmed that the Marvel world lost the greatest legend of comics at the age of 95. This day will always be remembered as the day of “Excelsior!”.
The Christmas season seems to start earlier and earlier every year. The Christmas celebration of today is highly commercialized. Rocky Mount State Historic Site’s “A Candlelight Christmas” tours are a chance to look back at a simpler time and experience a simpler celebration – when people did not count down the shopping days until Christmas and when Christmas advertisements and reminders did not go up in October. Candlelight Christmas takes you to Christmas Eve of 1791. It is an evening with the Cobb family showing you their home and sharing their holiday traditions with you. You will take candle-lit walks through the buildings filled with handmade decorations of greenery as it would have been in 1791.

“A Candlelight Christmas” is a new way to come and see an old favorite. This tour is completely different from our daily tour and captures a different side of life in 1791. Come feel the warmth of the fire on your skin and the warmth of the season in your heart. Start a new tradition this year by attending our “A Candlelight Christmas” tour.

Tours begin at 4:30 p.m. each day (Nov. 30th and Dec. 1st & Dec. 7th and 8th) and leave the Massengill Museum every fifteen minutes with the last tour going out at 8:00 p.m. Guests will travel outside to get to the historic home and other buildings so make sure to dress for the weather. The tour lasts approximately an hour and a half and costs $12 for adults and $8 receive a fifty percent discount. Reservations are strongly encouraged, although walk-in visitors are welcome. Group rates are available for groups of twelve or more people. In order to receive group rates, reservations are required. Reservations are now being taken. To make a reservation or for more information, call (423) 538-7396 or 888-538-1791.

*********

Rocky Mount is a State-Owned Historic Site operated by the Rocky Mount Historical Association under an agreement with the Tennessee Historical Commission, Department of Environment & Conservation.
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.

**Spotlight**

- **TUESDAY - Dec. 4**
  - Downtown Country
    - Jiggy Rays in Elizabethton 6:30pm
  - Stemwinder Band
    - Rocks Wood Fired Pizza and Grill 6pm
  - End of the Semester Showcase #2
    - The Down Home 7pm
  - SINGO
    - Barley Waters 7pm
- **WEDNESDAY - Dec. 5**
  - Open Mic Night
    - The Willow Tree Coffeehouse & Music Room
  - H.B. Beverly
    - Rocks Wood Fired Pizza and Grill 6:30pm
  - Open Bluegrass Jam
    - Gypsy Circus Cider Company 6:30pm
  - Karaoke Night
    - Wonderland Lounge/Bar N Grill 7pm
  - End of the Semester Showcase #3
    - The Down Home 7pm
  - SINGO
    - Holy Taco and Cantina 8pm
- **THURSDAY - Dec. 6**
  - Cleve Edwards "Joyous Christmas"
    - Blackbird Bakery 7:30pm
  - Terry Lewis Christmas Special
    - The Coffee Company 7pm
  - Scott Miller
    - The Down Home 8pm
- **FRIDAY - Dec. 7**
  - Mike Snodgrass
    - Wild Wing Cafe JC 10pm
  - Kids Our Age
    - Memorial Park Community Center 7pm
  - Nightshift
    - Lions Club in Chilhowie, VA 7pm
  - 49 Winchester
    - Gypsy Circus Cider Company 6pm
- **SATURDAY - Dec. 8**
  - BCM Presents: Andrew Alli in Concert
    - Birthplace of Country Music Museum 6:30pm
  - Mick Kyte Pickin on State Street!
    - Stateline Bar and Grill 6pm
  - Scott Miller
    - The Down Home 8pm
  - Jane Kramer w/ Momma Molasses
    - Bloom Cafe & Listening Room 8pm
  - Shady Sadie
    - Holston River Brewing Co. 8:30pm
  - Wyldeheart!
    - CJ’s Sports Bar 9pm
  - Rusty Steel & Quarter Bounce
    - O’Mainnin’s Pub 10pm
  - Basket Case, Gipsy Danger & Lavash Boars
    - Capone’s 10pm
  - The Harakiris, House Cat, Night Talkers
    - The Hideaway 11pm
  - Southern Countrymen Band
    - Willoughby Ruritan Bulls Gap, TN 7:30 PM
  - crossing Avery
    - The Station at 19E 8pm
  - Asylum Suite
    - Wild Wind Cafe JC 10pm
  - Nightshift
    - Buffalo Ruritan Club in Bluff City 7pm
  - Cocoa & Carols
    - Mockingbird Music Room & Gallery 7pm
  - Dave Ray Cecil LIVE
    - The Beer Run 7pm
  - Cory Jeter and Six Strings Under LIVE
    - Gypsy Circus Cider Company 7pm
  - Christmas Concert
    - w/Williamson Branch
    - Sunnybrook Church 7:30pm
  - Karaoke with RUSTY
    - Johnson City Moose Lodge 1831 8pm
  - Songwriters in the Round: Featuring Matt Martin and Friends
    - The Willow Tree Coffeehouse & Music Room 8pm
  - Laura Thurston
    - Quaker Steak and Lube Bristol 8pm

for show times & more details, visit theloaferonline.com

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**Karaoke**

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

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**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

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Cryptogram: "Nothing puzzles me more than time and space; and yet nothing troubles me less, as I never think of them."

DropQuote: "He who has never envied the vegetable has missed the human drama."
**THINGS TO DO**

**Tuesday - December 4th**
- Stuff a Stocking Drive - Gabriel's Christmas ALL DAY
- Town Christmas Decorating Contest - Town of Unicoi ALL DAY
- F3 Free Men's Bootcamp - Founders Park 5:30am
- Erwin Tinsel Trail - The Gathering Place Park 8am
- Celebration of Trees - Historic Jonesborough 8am
- Winterfest Art Show - Sycamore Shoals State Historic Park 9am
- 10th Annual Brenda Smith Memorial Christmas Charity Drive - Smith Brothers Harley-Davidson 9am
- Santa Claus is Coming to Town - Barter Theatre 10am
- Santa's Village - Fort Henry Mall 11am
- Wooden Snowflakes - Barter Theatre 2pm
- Tuesday Night Trot - Fleet Feet Kingsport 6pm
- Rockin' Around the Speedway! - Bristol Motor Speedway 6pm
- Movie Night - The Real To Reel Theater 6pm
- Cookies with Santa - Blackbird Bakery 6pm
- Rudolph & The Island of Misfit Toys Trivia - Johnson City Brewing Company 7pm
- Texas Hold 'Em - CJ's Sports Bar 6pm
- Bottoms Up Beer and Yoga - JRH Brewing 6:30pm
- Happy Hump-Day Ladies Night - Bear's Bar 6:30pm
- Cards Against Humanity - Barley Waters 8pm

**Thursday - December 6th**
- Jingle and Mingle - Downtown Kingsport 5pm
- 1940's USO Christmas Show - Jonesborough Repertory Theatre 7:30pm
- Stuff a Stocking Drive - Gabriel's Christmas ALL DAY
- Town Christmas Decorating Contest - Town of Unicoi ALL DAY
- F3 free men's bootcamp - Founders Park 5:30am
- F3 Free Women's Fitness - Saturdays - Founders Park 6am
- Erwin Tinsel Trail - The Gathering Place Park 8am
- Celebration of Trees - Historic Jonesborough 8am
- Winterfest Art Show - Sycamore Shoals State Historic Park 9am
- 10th Annual Brenda Smith Memorial Christmas Charity Drive - Smith Brothers Harley-Davidson 9am
- The Nutcracker - Toy F. Reid Employee Center 9:30am
- Santa Claus is Coming to Town - Barter Theatre 10:30am
- Santa's Village - Fort Henry Mall 11am
- F3 Free Women's Fitness - Tues. Evenings - Founders Park 7pm
- Cornhole Tournament! - CJ's Sports Bar 7pm
- Elf: The Musical - Barter Theatre 7:30pm
- The Santaland Diaries - Barter Theatre 8pm
- Bingo - Tipton Street Pub 9pm

**Wednesday - December 5th**
- Stuff a Stocking Drive - Gabriel's Christmas ALL DAY
- Town Christmas Decorating Contest - Town of Unicoi ALL DAY
- F3 Free Women's Fitness - Wednesdays - Founders Park 5:30am
- Erwin Tinsel Trail - The Gathering Place Park 8am
- Celebration of Trees - Historic Jonesborough 8am
- Winterfest Art Show - Sycamore Shoals State Historic Park 9am
- 10th Annual Brenda Smith Memorial Christmas Charity Drive - Smith Brothers Harley-Davidson 9am
- Santa Claus is Coming to Town - Barter Theatre 10:30am
- Santa's Village - Fort Henry Mall 11am
- Wooden Snowflakes - Barter Theatre 2pm
- F3 Free Men's Bootcamp - Founders Park 5:30am
- bag of One of a Kind Goods - The Bramble 10am
- Elf: The Musical - Barter Theatre 7:30pm
- The Santaland Diaries - Barter Theatre 8pm
- Christmas ALL Day
- Stuff a Stocking Drive - Gabriel's Christmas ALL DAY
- Town Christmas Decorating Contest - Town of Unicoi ALL DAY
- F3 free men's bootcamp - Founders Park 5:30am
- F3 Free Women's Fitness - Saturdays - Founders Park 6am
- Erwin Tinsel Trail - The Gathering Place Park 8am
- Celebration of Trees - Historic Jonesborough 8am
- Winterfest Art Show - Sycamore Shoals State Historic Park 9am
- 10th Annual Brenda Smith Memorial Christmas Charity Drive - Smith Brothers Harley-Davidson 9am
- Second Annual Breakfast with Santa - Holiday Inn Johnson City 9am
- Bristol Jingle Shopping & Food Trucks - EDGE - DyanAbody of Bristol 10am
- Santa Claus is Coming to Town - Barter Theatre 10:30am
- Santa's Village - Fort Henry Mall 11am
- Miss Christmas Festivals 2018 - Taylored Venue & Events 11am
- Fun with Frosty and Friends - Historic Jonesborough 11am
- Christmas Market - International Storytelling Center 11am
- Children's Christmas Party - Unicoi County Public Library 12pm
- Bristol Ballet Presents The Nutcracker - The Paramount Center for the Arts Bristol 12pm & 5:30pm
- Rockin' with Rudolph - Memorial Park Community Center 1pm
- Nuncrackers - Kingsport Theatre Guild 2pm & 7pm
- Photos with Santa & Holiday Bake Sale - Smith Brothers Harley-Davidson 2pm
- Christmas Social - Crossroads Christian Church 3pm
- Christmas at the Bogart Bowman Cabin - Bega/Bowman Cabin 4pm
- Parents Night Out - Greater Kingsport Family YMCA 5pm
- Theatre Bristol's: "The Best Christmas Pageant Ever" - Theatre Bristol 7:30pm
- Nuncrackers - Kingsport Theatre Guild 5pm, & 7:30pm
- Jonesborough's Lighted Christmas Parade - Historic Johnson City 6pm
- Bristol's "The Best Christmas Pageant Ever" - Theatre Bristol 2:30pm
- Elf: The Musical - Barter Theatre 3pm
- Wooden Snowflakes - Barter Theatre 5pm
- Celtic Christmas Party - Tipton-Haynes State Historic Site 4pm
- East Tennessee PBS Screening of Bumble: International Storytelling Center 4pm
- The Santaland Diaries - Barter Theatre 7pm

**Monday - December 10th**
- 1940's USO Christmas Show - Jonesborough Repertory Theatre 7:30pm
- Stuff a Stocking Drive - Gabriel's Christmas ALL DAY
- Town Christmas Decorating Contest - Town of Unicoi ALL DAY
- F3 Free Women's Fitness - Mondays - Founders Park 5:30am
- Erwin Tinsel Trail - The Gathering Place Park 8am
- Celebration of Trees - Historic Jonesborough 8am
- Winterfest Art Show - Sycamore Shoals State Historic Park 9am
- Santa Claus is Coming to Town - Barter Theatre 10:30am
- Santa's Village - Fort Henry Mall 11am
- The Santaland Diaries - Barter Theatre 2pm
- Foosball - Capone's 5pm & 8pm
- Yoga - Haw Yoga CASA - Founders Park 5:30pm
- Speedy 6pm
- 2018 Holiday Light Bus Tour - Keep Kingsport Beautiful 6pm
- Nuncrackers - Kingsport Theatre Guild 7pm
- The Nutcracker - Toy F. Reid Employee Center 7:30pm
- Bristol Ballet Presents The Nutcracker - The Paramount Center for the Arts Bristol 7:30pm
- The Nutcracker - Toy F. Reid Employee Center 7:30pm
- JCC's Christmas Story The Musical - Johnson City Community Theatre 7:30pm
- Theatre Bristol's: "The Best Christmas Pageant Ever" - Theatre Bristol 7:30pm
- Every Christmas Story Ever Told! (and then some) - Blue Moon Theatre Company 8pm
- Elf: The Musical - Barter Theatre 8pm
- Wooden Snowflakes - Barter Theatre 8pm
- Prohibition for the Paws 2018 - Venue at the King Centre 8pm

**Sunday - December 9th**
- 1940's USO Christmas Show - Jonesborough Repertory Theatre 2pm, 5pm, & 7:30pm
- Stuff a Stocking Drive - Gabriel's Christmas ALL DAY
- Town Christmas Decorating Contest - Town of Unicoi ALL DAY
- F3 Free Men's Bootcamp - Founders Park 5:30am
- Celebration of Trees - Historic Jonesborough 8am
- A Handmade Holiday Market - A Collection of One of a Kind Goods - The Bramble 10am
- Santa Claus is Coming to Town - Barter Theatre 11:30am & 7pm
- Santa's Village at the Fort Henry Mall - Fort Henry Mall 12pm
- Winterfest Art Show - Sycamore Shoals State Historic Park 1:30pm
- Nuncrackers - Kingsport Theatre Guild 2pm
- JCC's Christmas Story, The Musical - Johnson City Community Theatre 2pm
- Theatre Bristol's: "The Best Christmas Pageant Ever" - Theatre Bristol 2:30pm
- Elf: The Musical - Barter Theatre 3pm
- Wooden Snowflakes - Barter Theatre 5pm
- Celtic Christmas Party - Tipton-Haynes State Historic Site 4pm
- East Tennessee PBS Screening of Bumble: International Storytelling Center 4pm
- The Santaland Diaries - Barter Theatre 7pm
It's the time of year when most of us are transitioning from Tommy Turkey to Santa Clause, even though there are many who blur the line and start Christmas decorating before Thanksgiving. Nevertheless, it's also the time many movie fans enjoy Christmas movies, and there is a new Christmas movie on the block. "The Christmas Chronicles" is currently streaming on Netflix and stars Kurt Russell, known forever for his role in the cult classic "Escape from L.A." as the man in the red suit. Russell's Santa is no "chunky" large cheeked man as presented in holiday ads. Russell's Santa is a fit man who is forever complaining about how he is portrayed in soft drink ads, etc. Russell's Santa accidentally comes in contact with two kids, ten-year-old Kate (Darby Camp) and teenage brother Teddy (Judah Lewis), who are still dealing with the tragic loss of their father (Oliver Hudson). You see Kate still uses her father's video camera to watch past Christmas videos featuring her father, and on one viewing, when the camera is accidentally left running, she spots a red sleeved arm leaving a present at their home. Kate is convinced the mysterious arm belongs to Santa, and she spots Santa, and the two are soon in pursuit of the St. Nicholas. Kate's determination to film everything she sees, lands her and her brother in Santa's sleigh much to the shock of the jolly elf. While in Santa's sleigh, the trio have traveled from Massachusetts to Chicago in just a matter of minutes, and due to an unfortunate accident, crash land in the streets of the city. This occurrence leads Santa to seek help from random citizens of the city, of whom he can name on sight and even reveal their Christmas wishes. Unfortunately, Santa's knowledge and strange actions, lead to car chases, lost reindeer, and his eventual arrest. Before he is taken to jail, Santa assigns Kate to find his wandering reindeer, and Teddy to round up his magical bag of toys. Speaking of the bags of toys, let's just say it contains many surprises and revelations. While in jail, Santa attempts to raise the Christmas spirit of his fellow inmates, and eventually is doing his best Santa as Elvis holiday concert, much to the delight of those in the jail. While his concert is taking place, Kate and Teddy succeed at their respective assignments and with the help of Santa's elves, who are sweet, but can turn ninja gremlin at a moments notice, help free Santa, even though those at the jail have come to realize he is the real Kris Kringle. His time in jail has delayed Christmas Eve deliveries, but with the help of Kate and Teddy is able to finish just before sunrise. I thought Russell was wonderful in the role of Santa, and even though countless actors have portrayed the role over the years, he makes the role his own. Russell's Santa is a guy you would love hanging out with, and he is clearly having a blast playing the role, and he may just be my favorite cinematic Santa. The story features plenty of action, dysfunctional family moments, courtesy of teen Teddy, who is quickly headed down the wrong path unless corrected, and heartwarming moments. There are moments where I laughed and cried (hey it is a holiday movie!), all the while enjoying this take of the magic of Santa. Director Clay Kaytis ('The Angry Birds Movie') brings out the best in the actors involved, especially from the young Camp as Kate, who is the glue that holds the movie together with her never dying faith in her late father's love of Christmas. Oh, there is a mother in the movie, played by Kimberly Williams-Paisley, but she takes a back set to Santa, but then who wouldn't. "The Christmas Chronicle" certainly put me in the holiday spirit, so I suggest you let Kurt Russell take you aboard Santa's sleigh for a fun and heartwarming journey. (Now streaming on Netflix... no rating listed, but family friendly)
A Series of Existential Crises From Gift Giving

I’m a perfectionist. It took me a long time to come to terms with and admit that I am a perfectionist, but I am now at peace with it. I also have anxiety and as you can well imagine this makes for a “fun” combination. With the holiday season upon us I imagine that you, like me, have begun crossing people off your Christmas list this year. Finding gifts here and there as you go about your daily life. A few of my friends I knew immediately what I would get them this year, others, not so much.

As soon as I got all the obvious gifts for people out of my mind bought, I began to ruminative for days on a question that has vexed me so these past few weeks. “What in the world am I going to get NAME REDACTED?” I struggle, as though I know my friend’s tastes and interests well, I want to find that one perfect little thing that shows I care and put thought into what I got them. I didn’t want to do what I’ve done in the past and get a gift card. Though there is nothing wrong with a gift card, and I like them myself, it does have an air of “Oh, I didn’t know we were doing gifts this year and I grabbed this at the Wall Drug just before I came over.”

As I get older, I find myself more attracted towards practical gifts over whimsical ones. Sometimes you can get lucky and find something that mixes the two together. But you don’t want to be too practical that it’s downright impersonal while being too personal. “Hey, Thom. I saw on the Facebooks the other night that you’re having trouble going number two. I bought you this Sam’s Club sized tub of Metamucil. Think of me each time you feel comfort.” That would indeed show I care, but it would also make my friends think that maybe I’m two steps away from snapping a latex glove and saying “Alright, start coughing.”

Even if you know what your friend’s passions and interests are, that can sometimes be a downside. You know that your friends who love Shakespeare own or have been given a whole variety of Shakespearean garb and whatnots. Do they really want another Bard themed item for the collection, or will they find it delightful? To top it all off, what if that perfect gift for that one friend is in a price range way disproportionate to what you bought everyone else. You must, and this year I have, placed a price cap on what I’m getting people. I don’t want to get something small for one person and then get someone else something a bit more indulgent. The last thing I need is to give a gift that says “I like them more than you” even if you don’t mean that.

Picture it like it’s a triangle. On one corner we have cost, on the other thoughtfulness, and on the third corner practicality. Behold, this is the magical Christmas triangle that creates an existential crisis inside me. Spending hours up late at night not sleeping, pouring over the inventory of every single store I can think of, trying to find that perfect gift while also worrying it will say “I don’t care!”

This literally fell off a dump truck, that’s you. Dumpy Holidays!”

If you’ve never experienced the sensation of an existential crisis fueled by your own insecurity and perfection, imagine a game of pong taking place inside your brain. On the one side is your logical side. The part of you that knows that any gift you get your friends will be appreciated and they won’t judge the hell out of you due to the quality of the item. The other side is where the illogical anxiety lives. It’s determined to win. It came prepared, and also wants you to know that you are the one who is actually garbage and will be given a box of trash this Christmas. Dumpy Holidays!

Now if I was someone who had, let’s say, invested money in tech companies back in the day at the right time and had all the money in the world, none of this would be a problem. I would then be Oprah. I would give out the most absurdly over the top gifts to everyone. I’d rent out a theater, invite all my friends over, and it would become “Andy’s Favorite Things” with a dash of “Ellen’s 12 Days of Christmas” thing. It would be cars, fancy chocolate, clothing with shea butter embedded, and enough records and board games to choke a whale.

As I think about it, I could still do this, but on a much, much, MUCH lower scale. I would walk out and stand center in a lone spotlight, as my friends wonder what I asked them there for, I would say “I want to wish each and every one of you a Merry Christmas. Look under your seats. You get a $5 hot and ready pizza, and YOU get a $5 hot and ready pizza! You’re all getting $5 PIEZZZZZAAAAAAASSSSSSSSSSSSS!!!!” This is a thought to keep in mind, I know people with theaters I could use. If you get invited to a strange address from me this season you should show up. You might just find yourself neck deep in pizza. See you next week.
Kingsport is Keeping it Clean

What’s with the graffiti on the storm drains in Kingsport? Do we have a ‘gang’ of environmentalists on the prowl?

No, not exactly. At the end of summer, Amanda McMullen with the Kingsport Stormwater Department sent out a press release searching for local artists to enter a contest to educate and create awareness about keeping the water that enters into the storm drains clean. The idea had come into play when someone had noticed a similar exhibit of educational creativity in Knox County.

They received tons of wonderful entries but had to narrow it down to five winners. Each winner was awarded with a $100 gift card and bragging rights, of course, for their hard work. Individually, each piece has a story. (see captions with pictures) The artwork was not an easy feat as road paint is very limited on the color wheel. They were only given the basics; red, yellow, blue, white and black. With that being said, they really had to reach deep inside and find their inner Bob Ross. (Think “happy little water.”)

So, what’s so important about water that’s just going down the drain anyway?

Glad you asked. Storm water should be exactly that. Storm. Water. Back in the day, that’s was the reason they were created. They were placed specifically to take water from weather (rain, ice and snow) and redirect it to streams, rivers and lakes to prevent flooding. All of the water was be filtered, through the ground. And, well they still do that. However, with asphalt, concrete and buildings, the system has been disrupted. Think of all the things people use and just dump out on the ground, either accidentally or purposely. When you dump out the rest of your coffee into the parking lot so that you have room for your Pal’s sweet tea, you’re really pouring that into the nearest river. Coffee’s not too horrible, right? I mean, it’s a bean. It grows from the ground. I get it. Think about when you pressure wash your house and the cleaning product washes down your driveway. Or, let’s say you drain the anti-freeze out of your radiator? Looks a bit different now, right?

Ok. What do I need to do to help?

Well, shucks! I thought you’d never ask! Here’s some tips that you can do to help prevent water pollution:

Use lawn chemicals safely. Always follow label instructions and never apply before rain or watering the lawn unless directed. Or better yet, find a natural alternative.

Recycle used oil. Never place used motor oil in the trash or pour it down storm drains. Dispose of used oil at a used oil collection facility. (Contact your local Public Works Department for a place near you!)

Clean driveways, sidewalks or paved areas around your home. Remove debris or residue that could end up in a storm drain. (And stop blowing those fall leaves out to the road.)

Wash your car the right way. Either wash your car at a car wash that filters the wastewater, or wash it in a grassy area. Avoid washing the car in the driveway where the soap can easily run in the street. (I prefer the drive through car wash myself.)

Never dispose of trash or chemicals directly in the storm drain. (Well, duh!)

So, come on over to Kingsport and check out all the new shops and dining Kingsport has to offer. Special thanks to all the local sponsors: Bank of Tennessee, Kingsport Imaging, and Now or Never Tattoo Gallery.

Until next time….Keep it clean!

by Leona Gracia
CAR SHOWS

Fridays          Krystal's Johnson City
Saturdays        Carter County Car Club Downtown Elizabethton

RUNS & RIDES

December 8:      2018 Fall 5K at 1118 University Pkwy, Johnson City, TN 9am
December 8:      Snowman Stampede 5K at Sugar Hollow Park 9am

December Specials

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Friday, Dec. 14: 7pm
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Sunday, Dec. 16: 2:30pm
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Speedway In Lights

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SUDOKU

Last week's answers on page 13

CRYPTOGRAM

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QIESD, UN AEOOITY QNF LQEYAHUZ E MCBRR OQIX AEX KBO BK.
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.

Concert Schedule

BRISTOL TN/VA
PARAMOUNT
Dec. 9 - A Clint Black Christmas
Dec. 14 - Black Jacket Symphony presents Tom Petty and The Heartbreakers Damn The Torpedoes album
Dec. 15 - Corey Smith
Dec. 16 - EmiSunshine with Etta May Christmas Show
Jan. 4 - An Evening with Dailey & Vincent May 5 - Home Free

JOHNSON CITY
FREEDOM HALL
Dec. 1 - Thompson Square
Dec. 15 - Newsboys

GREENEVILLE, TN
NPAC
Jan. 12 - MJ Live-a Michael Jackson Tribute
Jan. 18 - Crowder (SOLD OUT)
Jan. 25 - Dugger Band
Feb. 17 - The Platters and The Drifters
Feb. 24 - America
Mar. 16 - Hotel California-A salute to The Eagles
Mar. 30 - Murphys Celtic Legacy

KNOXVILLE, TN
THOMPSON BOLING ARENA
Dec. 7 - Trans-Siberian Orchestra
Feb. 15 - Luke Combs

U.S. CELLULAR CENTER - Asheville
Dec. 7 - Warren Haynes 30th Annual Christmas Jam with Dark Side of the Mule, Grace Potter, Jamey Johnson and others
Dec. 21 - Lindsey Stirling
Jan. 12 - 3 Dog Night
Apr. 14 - David Sedaris

NORTH CAROLINA
HARRAH’S - Cherokee
Dec. 7 - Joe Perry with Brad Whitford & Gary Cherone
Jan. 19 - Air Supply
Jan. 25 & 26 - Jamey Johnson
Feb. 15 - Colt Ford and The Lacs
Mar. 23 - Foreigner
Apr. 27 - Travis Tritt

U.S. CELLULAR STAGE at the BIJOU THEATRE
Dec. 5 - Tim Shelton
Dec. 13 & 14 - Dave Barnes (Christmas)

TENNESSEE THEATRE
Dec. 5 - Celtic Thunder
Dec. 12 - Mannheim Steamroller
Mar. 19 - Kacey Musgraves

KNOXVILLE CIVIC AUDITORIUM
Mar. 5 - Joe Bonamassa
Mar. 13 - Brothers Osborne
Mar. 14 - Lauren Daigle

MARSHALL, NC
OVENS AUDITORIUM
Dec. 11 - Celtic Thunder
Dec. 14 - Darci Lynne and Friends
Dec. 15 - Beach Boys
Mar. 15 - Experience Hendrix Tour
Mar. 22 - John Mellencamp
Apr. 28 - Whitesnake

THE FILLMORE
Jan 17 - Jesse McCartney
Jan 18 - Scotty McCreery

CALL WQUT @ 477-1015 FOR MORE CONCERT INFORMATION
ASHEVILLE, NC — For its second holiday offering of the season, downtown Asheville’s North Carolina Stage Company presents Ginna Hoben’s hilarious (but touching) tale, “The Twelve Dates of Christmas.”

After seeing her fiancé kissing another woman at the Macy’s Thanksgiving Day Parade (on live, national television), Mary’s life falls apart — just in time for the holidays. For the newly single or recently betrayed, the holiday season can be a nightmare, and Hoben’s one-woman comic Christmas romp is here to commiserate.

As Mary stumbles back into the dating world, “romance” ranges from weird and creepy to absurd and comical. Date after date, hilarity after horror, Mary details her mishaps to the audience, growing cynical of finding her perfect life partner.

It seems nothing will help lighten Mary’s mood, until the charm and innocence of a 5-year-old boy unexpectedly brings a new outlook on life and love. This heartwarming production offers a hilarious and modern alternative to the old standards of the holiday season.

While the play may share a name with a made-for-TV rom-com, Hoben’s version of “The Twelve Dates of Christmas” is a story written just for the stage — and its audience appeal transcends gender, age and personal tastes.

For its opening week, beginning Dec. 12, "Twelve Dates" will alternate its performance days with “Live from WVL Radio Theatre: It’s A Wonderful Life” — and then run full-steam, Wednesdays through Sundays, until Sunday, Dec. 30. Performances on Wednesdays, Thursdays, Fridays and Saturdays are at 7:30 p.m., and shows on Sundays begin at 2 p.m. Two additional 2 p.m. matinee shows are scheduled for Saturday, Dec. 22 and 29.

Tickets are on sale now for $17-$38, depending on seating section, and special $10 tickets are available for students under 25 with a valid student ID. Tickets can be purchased online at ncstage.org or by calling 828-239-0263.

NC Stage Company also offers season passes — six shows for the price of five — for all of its 2018-2019 Mainstage Productions. Season passes are $195 and give pass-holders priority seating, free unlimited ticket exchanges, access to online seating reservations, and special discount codes for all other happenings at NC Stage.

North Carolina Stage Company is located at 15 Stage Lane in downtown Asheville and has been producing professional theatre in its 125-seat playhouse since 2001. It continues its commitment to artistic excellence, intellectual exploration, and education during the 2018/2019 Season. For information on season passes, upcoming productions, educational opportunities and much more, call the theatre’s box office at (828)239-0263 or visit www.ncstage.org.

Autumn Skies
Delight for Senses

The autumn skies are one of the starry delights of the year, and the last time you might spend night time outdoors.

Let’s face it, the days are numbered that you’ll be outside after dark as cold weather and busy holidays keep most of us inside when the day turns to night.

And we don’t want to think about those January and February cold nights, when there are dark skies at 6 pm but not much gumption to brave the usually harsh weather.

So make some time every week for a half hour or so stargazing by just sitting outdoors in comfortable clothes on a comfy recliner and allowing your eyes to adapt to the night.

I guarantee it won’t be wasted time. I think you might be recharged a little bit, maybe distress and for sure you’ll witness with eyes and ears a new perspective on your neighborhood.

Most of us will be battling the security lights of the neighbors, so try and block yourself from annoying stray light. Start relaxing outside in the deep twilight and see all kinds of nature stirring about as the stars come out to play with you.

Your eyes take about 15 minutes away from white light to allow the pupils to open wider and allow a dramatically better night vision. The human eye isn’t sensitive to red light, and flashlights with a red bulb or cellophane are needed to look at a star map or equipment. As your eyes open wide like an owl, use your ears to hear the night world around us coming alive.

You’ll hear the night come alive with a twilight background of soft noise of car motors, closing doors and bristling bushes that punctuate the falling darkness. A few bats dart by, snagging unseen insects trying to survive one more chilly night. You realize car tires make a sound of their own on the streets, and somewhere overhead a propeller plane is heading to a nighttime destination, its light blinking a trail in the deep purple sky. A dog barks, quarreling cats howl and in the distance a train’s whistle moans.

All of a sudden, it’s dark.

Even if the Moon is high and the lunar light drowns out the stars, there will always be a few dozen of the brightest stars to shine through. And, maybe a planet or two.

Getting familiar with the night sky is like meeting neighbors that change as you drive down a road that repeats every 12 months. Seeing the Great Square of Pegasus in the northeast this Autumn time of the year is like seeing an old friend you haven’t talked to since February when the celestial horse was setting in the west.

A star chart is essential and fun to use when beginning to get curious about “which star is which” and the starry outlines of the constellations. A “planisphere” is a star wheel that can be moved to show you the star patterns at any date and time, and they can be found at most book stores. Libraries will have several books on constellations, and free sky charts are on the Internet, like StarMaps.com.

Hey! That 1965 edition of the New Encyclopedia Britannica you inherited from your parents—or snagged cheaply at a yard sale—will no doubt have a star chart for the North and South Hemispheres of Earth. Even some world atlases will have star charts. It doesn’t matter how old your star chart is, the constellations haven’t changed in millions of years, only the positions of the Sun, Moon and planets change.

To know the night sky is truly a rewarding experience that never gets old. There is so much to learn...and so little time! When the Moon is bright around full phase it drowns out all but the brightest stars for about a week every month. And then you have plenty of cloudy nights that spoil those moonless nights. Everyone has a personal life that has lots of evening commitments—so there goes more unwatched clear, dark nights. So in reality, you might be lucky to seriously stargaze just five or six times a month.

Before you know it, the night sky setting, and new ones are rising in the east. After a season or two of steady stargazing, you’ll come to learn the rhythm of our Earth’s journey around our favorite star, the Sun. The rewards will be something that only you can measure inside your mind. And for many stargazers that means a chance to center one’s thoughts as a simple human being, looking up from a very unique place in the Universe and visualizing what the eye can’t with what we know.

This Summer and Autumn of 2018 we have been treated to an encounter with Mars, still shining bright red in the south, but fading fast.

Mars is the Roman god of war, and that name has stuck to this red, wandering “star” that all cultures recognized as blood, a warrior or omen for conflict.

And as we look at Mars there is a connection with mankind that was never possible before the past half Century of space exploration. Mars is not just a pretty, red star in our sky. It is a visualized world, thanks to the robots from Earth circling it and roving its surface. And in late November 2018 a new NASA stationary lander named InSight touched down to begin drilling into the surface to understand the innards of Mars. Two other rovers and five more orbiters are giving humans a constant presence at this small world that is revealing itself as once drenched in water billions of years ago, but today is a cold, barren desert. Why? That’s what we want to know and hope it can’t happen on Earth.

So take advantage of these Autumn nights that have so many starry friends awaiting your acquaintance. Astronomers have discovered 3,000 exoplanets circling the closest stars. Look up and imagine each starry point as a solar system with several planets that could have somebody looking back at you!

Maybe you’ll find stargazing an hour or so a week so enjoyable that you’ll continue through the Winter and get in rhythm with the seasonal stars. You won’t be disappointed.
Holiday Wish List

Gift Ideas From Local Businesses

fringe

FURNISHINGS & DECOR
423-328-9330
155 E. Mountcastle Dr.
Johnson City, TN 37604
fringefurnishings.com
The Hemp Cove

423-383-5181
32 6th Street
Bristol, TN 37620
thehempcove.com

Honeycutt Music

423-797-1954  423-202-7788
525 W Oakland Ave, Ste 3
Johnson City, TN 37604
reverb.com/shop/honeycuttmusic
Friendly Farm began in 2012 on a leased farm. The owners originally just wanted to see if they would enjoy farm life, turns out they didn’t like it. They loved it! When their lease was up they were blessed beyond belief in October of 2017 with the opportunity to purchase of a beautiful piece of property in Hancock county TN. They have now been on the farm for just under a year. A friend wanted to start a goat dairy and they thought he was crazy but were looking for a new adventure so they found a piece of property that was abandoned with a nice barn; leased it and bought a couple goats. As animal lovers, the family now has not only goats, but sheep, pigs, pot-belly pigs, chickens, ducks, turkeys, geese, bunnies, horses, and donkeys.

Their mission statement can pretty much be summed up by their tag line: Friendly Farm where farming meets FUN and learning! They love what they do and enjoy educating others. Friendly Farm is a place where families can come to learn about farm life including all the animals, interact with the goats, sheep, pigs, bunnies, ducks, turkeys and more. All while relaxing on their peaceful farm in the country and enjoying time unplugged. While on the farm ask the owners about all the great products produced on the working farm. Maybe even take home some farm fresh sausage, lamb, ham or goat milk soap and lotion from their Daisy Doe line of products. All of their products are also available on their website and facebook page.

In addition to their farmer duties they also hold events. Their favorite being their Fall Family Fun Fest starting in October. The farm will be open Thursdays, Fridays and Saturdays from October 4 till November 3 for guests to visit the farm, go on a hayride, take a walk through their pumpkin patch, enjoy the corn maze, hug a pig, feed a goat, hold a chicken, pet a bunny, and just have great family time outside unplugged. They also host field trips in an effort to help kids learn where their food comes from. As well as birthday parties, church picnics, corporate events, baby cuddling days, Breakfast with Santa, dinner with Santa, an Easter Egg hunt, and more. They also have a farm stay event where all you bring is your food and clothes.

Friendly Farm has overcome many challenges. Coming from a city background, learning the fine art of farming is a huge challenge, life is changing every day. Their company culture is simple, they are FRIENDLY farm. It is a family run business, one parent and three boys CJ age 18, John 14, and Hunter 10. For the most part they are the only employees.

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The farm loves to do as much as possible for the community including helping out charities. This fall, Friendly Farm has several days dedicated to charities. October 20th is Hope for Hancock day, $1 of each ticket sold goes to Hope for Hancock to help local people that are struggling with cancer. October 12th is scout day, any scout in uniform gets in free (limit 2 scouts per paid adult). The farm is also hosting a Buddy Walk day on October 13th for Downs syndrome awareness. Part of each admission ticket goes to Sara’s Buddy Walk team, advance tickets are available for purchase on their website. Any one with Downs Syndrome will have free admission on that day as well.

Visit Friendly Farm today at 1104 Rebel Hollow Road Tazewell, TN 37879. Also, for more information call 865-247-1874 or visit their website friendlyfarm4fun.com.
STARTING OVER... and over and over...

by Kathie Scalf

If you’re anything like me, you’ve made a mistake or two in your life. Come to think of it, there isn’t a day that goes by that I don’t screw something up. This leads to a constant cycle of restarting things that I do to correct my mistakes and try to get back on the path of righteousness. Whether it’s running out the door first thing in the morning and being forced to turn back because I forgot my work phone, or ending a relationship and re-building my life as single Kathie again, I constantly feel defeated by this process. However, it came to my attention today that even though it doesn’t seem like it in the moment, every time I have to start from the beginning, I actually am making progress.

Following a disgusting 5 day holiday bender of wine, sweets and enough carbs to kill someone, I decided this week to “get right with the Lord,” as I like to call it. This marks approximately 9,000 times I have done this. I bought a bounty of groceries, prepped a weeks worth of healthy meals and laid out a new and motivating exercise plan. Today is day 1, and while I’m still hanging in there, it won’t be long until I sabotage myself. I can tell by the way my palms started sweating and slobber dribbled from the corners of my mouth over the sight of a Little Caesars commercial. So, just before starting this article, I was tracking my macros and logging my weight statistics in MyFitnessPal and I was feeling very angry with myself. “If you had just stuck with this in 2014 and saw it through you could be competing in bikini-division fitness competitions right now, you fat turd.” (That’s how I conduct healthy conversation with myself.) “Now you have to start all over again from scratch!” At that moment I was updating my goals and saw where my beginning weight was listed when I first got the app. December 2016- I was 167.5 lbs. Almost 2 years exactly and I am 20lbs lighter. In spite of all my failures and backtracking, I made a decision to get healthier and I somehow, by the grace of god, have done it.

Each time I start something new and feel like this time I will succeed, inevitably I fail. But by golly, I get back up. I will break down and eat pizza and drink wine, probably this weekend. I will run out the door and forget something and have to backtrack and start my day all over again. And hopefully one day I will fall in love again, this time with the right person, but right now I’m 0 for 3 so my chances aren’t great. I find my failures and inability to ‘complete’ something to be my biggest flaw and it infuriates me.

However, this is what life is all about. None of us have any idea what we’re doing, especially me, and this inevitably leads to what we can perceive as a lifetime of disappointments. But it’s all about how you handle your failures and move forward from them. No matter the circumstances, each time I falter I am blessed with a lesson to help me grow as a human being. It is up to me to decide whether I want to set myself further and further back by continuing to make the same mistakes, or will I put one foot in front of the other, take it as a lesson learned and push myself to do better next time. Like with my weight, it’s hard to see these things because daily it’s such small progress. But if you truly set your mind to a decision and stick to it, eventually you can look back and the results will be revealed. What great motivation that is to work even harder!

My greatest life lessons have been learned from my biggest “failures,” and in hindsight, as painful as they were to go through at the time, I wouldn’t change them. You see, it doesn’t matter how many times you have to start over. If you are learning, you are growing, whether you see it or not. Make a decision and take a stance in your life. Set goals and standards for yourself and strive toward them no matter what comes your way. Will you achieve these goals on your first try? Probably not. The key is to not wallow in the misery of the failure, to lay down with the negativity and let it bury you alive. Leave it in the past where it belongs, accept that you can’t change what has happened and now you know better and will do better. Starting anew shouldn’t be seen as something to be embarrassed by. It should be celebrated with excitement that we are being given the opportunity to right our wrongs and become better from them.

So whether you’re coming off of a cheat day/month/year on your diet, or going through a divorce or fighting an addiction or WHATEVER-- cheers to starting over, all over again! Keep moving forward no matter how many mistakes you make. Eventually we’ll all get where we’re supposed to be.

XO- Kathie

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