HAPPY NEW YEAR!
2019 Resolutions

1. Always be learning
2. Know what’s happening in the world around me
3. Have fun!
NEW YEARS SALE

DECEMBER 26TH - JANUARY 8TH

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Happy New Year Tri-Cities!! Wow, 2018 sure went by fast, and we had a lot of big changes at Market Innovations. We now have the amazing Loafer as part of our family. I wanted to thank all of our readers, advertisers, and staff for making this transition so easy. Everyone has welcomed us as the new Loafer owners. I am so honored to be able to carry on such a wonderful publication that has all the great entertainment in our area. I am so excited to see what comes our way in 2019!

I hope everyone has a Happy New Year!

God bless each and everyone!

Kimberly Dugger
Publisher

NOTE FROM THE PUBLISHER
MEET THE STAFF

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

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

LORI HOWELL
ACCOUNT EXECUTIVE
"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

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

LEONA GRACIA
SALES REPRESENTATIVE
Hello! I am Renee Cloyd, and I’m the dayside bartender at Rush Street Neighborhood Grill in Kingsport. I have been at Rush Street for 33 years now, and enjoy working and interacting with our guests. I started here as a server, and moved my way into bartending. After many years of working nights, I moved to the dayside. I love what I do there, and my customers have become a second family.

Rush Street started out as The Chicago Dough Company, in 1980. When Kingsport got “liquor by the drink” the restaurant changed its personality, and became Rush Street. It was really the only bar in Kingsport for a number of years and we developed a very loyal following. It’s been a challenging job, and one that I have excelled at. It has definitely kept me young at heart! Mike and Jerry have been great to work for and with! Jan and Genena, the other managers, help keep me sane when it gets really busy.

At Rush Street, we have regular customers that are our bread and butter. They have supported me through many of life’s stages. As a divorced mom of three, the job helped me to make enough to support us. On a personal note, I’ve been sober for 17 years, and still bartend every day. It wasn’t easy at first, but now it’s no problem.

Rush Street offers something for everyone. Sunday through Friday we have a lunch buffet, and Saturday we offer two for one burgers. We have lots of TVs in the bar area and always manage to find a ballgame, or sporting event for customers to watch. It’s a relaxed atmosphere; casual and friendly. During the week, we have a “regular’s happy hour” where we offer special reduced prices on certain drinks and offer free pizza to the guests. I would suggest you try a Long Island Iced Tea or a Top Shelf Margarita-two of my favorite drinks to make and my most popular libations!

Rush Street and bartending have been good to me for 33 years, and I hope to continue for many more!
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Americourt Extended Stays, Kingsport, TN
Name: Justin Sheets  
Branch: United States Marine Corps  
Age Joined: 27  
Rank: I was a contract PFC (private first class) when I joined.  
Years Served: Currently Serving

What made you want to serve our country? I always have had a drive to help other people. I felt that the military was a great way to make me feel like I was making a difference, I wanted to challenge myself and work beside the men and women who I have the ultimate respect for.

What's your favorite quote? “Some people spend an entire lifetime wondering if they made a difference in the world. But, the Marines don’t have that problem.” Ronald Reagan

Did you make any close friendships while in the service? Did you continue any of those relationships? I have made great friendships here in the service. We are all brothers and sisters and I plan on keeping those relationships after my service is over.

What was the best and worst ‘military’ food you were served, and why? The best food I had was steak for the Marine Corps birthday. The worst I had was during boot camp. It was some kind of meat but I had no clue what kind. But you don’t pass it up either way.

Tell me a funny story you experienced that could only happen in the military. A funny story I remember was when we were doing a training exercise and we were all hot and tired and miserable. But we all started imitating our instructor and we all were having a good time cause we were all going through the same thing together. The instructors eventually got in on it and wanted to hear the best impressions we had of them. Through all the rough times you go through it together and you have to make the best of it. That is a story that sticks out for me.

How does your military experience affect your life today? I am currently still serving but the military has definitely changed how I am and will have an affect on my life. I hold my head up higher and truly know the importance of being there for a fellow Marine or anyone at all that may need a helping hand.

Were you awarded any medals or citations? So far I have received a letter of appreciation from the commanding officer at Marine Combat Training Battalion School of Infantry-East at Camp Lejeune, North Carolina for supporting in the recovery operations following Hurricane Florence.

Where did you travel while in the service? So far after my training areas of Parris island SC, Camp Lejeune NC, and Camp Pendleton CA, I am currently stationed in Kaneohe Bay Hawaii.

Why did you pick the service branch you joined? I chose the Marine Corps because I have always looked up to them as an elite group and I wanted the challenge of earning the title of United States Marine.

Do you recall your first days in service? Some of the first memories were obviously stepping off the bus at boot camp at Parris Island SC. It was a wake up call of transforming from the civilian life and earning the title. Was a transformation I will never forget where I learned the beginning steps of how to conduct yourself as a Marine and begin the basics of leadership.
BLUE RIDGE PARKWAY

James River to Roanoke

High in the narrow Allegheny Mountain valleys of George Washington National Forest lie two small rivers. The Jackson River winds through gorges and dams before joining Cowpasture River just outside the town of Clifton Forge. This junction marks the start of the mighty James River. Virginia’s longest river, it stretches over four hundred miles from this point all the way to the Chesapeake Bay. Passing through the Norfolk and Richmond areas and forming one of the few water gaps along the Blue Ridge Mountains, it has served as an important transportation corridor from the earliest days of European settlement.

It was here in the James River Valley we left you last week on our Blue Ridge Parkway adventure. As mentioned before, the Otter Creek Campground makes a great stopping point for those who have driven the entire way from Shenandoah National Park. Continuing on from the campground and nearby Otter Lake, it’s only a short distance to the James River Visitor Center. This is the lowest area along the entire Blue Ridge Parkway, sitting at 650 feet above sea level.

We recommend taking a ranger led walk along the James River Canal Trail. This trail leads to a restored section of the James River and Kanawha Canal as well as the Battery Creek Lock. Built between 1845 and 1851, the canal was meant to connect the James River to the Kanawha River system in West Virginia. This would allow easy passage through the mountains for those settling the Ohio Valley and midwestern states. Thanks to the rise of railroads in the mid 1800’s, it would never be completed, reaching only the town of Buchanan just north of Roanoke before being abandoned.

The roadway steeply climbs from the valley over the next fifteen miles to reach Apple Orchard Mountain Overlook, the highest point on the Virginia section of the parkway. The elevation here sits at an impressive 3,950 feet and many of the peaks in this area exceed 4,000 feet. The rugged terrain here creates several waterfalls a short distance away. Trails lead to both Apple Orchard Falls and Fallingwater Cascades.

At milepost 85 the Blue Ridge Parkway enters the Peaks of Otter Recreation Area. This high mountain valley is the premiere attraction on the Virginia portion of the parkway and has been a destination resort since the 1800s. Framed by Flat Top Mountain to the north, Sharp Top Mountain to the south, and Harkening Hill to the west, it’s not hard to see why this area has long attracted visitors. Stop by the visitor center to get an idea of the myriad of opportunities waiting for visitors.

Hiking trails crisscross the entire area and connect the visitor facilities together. Abbot Lake Trail encircles the entire lake and was one of our favorite walks on the trip. Johnson Farm Trail leads to the historic Johnson Farm, one of the last remaining vestiges of the community that was here before the parkway necessitated their removal. A more challenging hike leads to the top of Harkening Hill and past Balance Rock. Of course, the most popular trails are those that lead to the Peaks of Otter themselves. Once thought to be the highest peaks in America, Flat Top and Sharp Top are still a challenging hike today. Views from Sharp Top are superior thanks to the treeless rocky peak as well as the overlook that has been constructed. Those who don’t feel like climbing the thousand feet up may take a NPS bus ride a good portion of the way.

As the parkway leaves the Peaks of Otter, the Blue Ridge Mountains begin to get smaller. Approaching the town of Roanoke, the roadway sits on top of a narrow ridge-line. Views to each side stretch out westward over towns in the Great Valley and the undulating hills of the piedmont to the east. As the Blue Ridge Parkway descends into the Roanoke River Valley, the mountains begin to dwindle even more. This area serves as a transition from the high ridges we’ve traveled on so far to the Blue Ridge Plateau. This high plain sits at elevations averaging 3,000 feet. While higher mountains occasionally sit on top of the plateau, this area is fairly flat and mostly consists of farmlands.

Passing through Roanoke, there is very little of the woods and wilderness that were a highlight of the parkway’s first hundred miles. Now open fields line the roadway and neighborhoods encroach on all sides.

Despite the intruding signs of civilization, this segment has two recreational parks that make great side trips. Explore Park sits on the banks of the Roanoke River and offers recreation for the whole family. While not an official part of the Blue Ridge Parkway, the adjacent park is easily reached by a short side road. Roanoke Mountain Road can be found at mile marker 120. A one-way loop road leads four miles to the top of Roanoke Mountain and offers outstanding views of the city. Just past the entrance on the right the Mill Mountain Parkway splits off and leads to the top of Mill Mountain. This recreation area features hiking trails, the Mill Mountain Zoo, and the famous star that overlooks downtown Roanoke.

For more information on the Blue Ridge Parkway, visit www.nps.gov/blri. Info on Explore Park is available at roanokecountyparks.com. Visit www.playroanoke.com to learn more about Mill Mountain Park.
Something BLUE
Bridal Fair

January 5, 2019
11 AM - 3 PM

at the
General Morgan Inn
& Conference Center

PHOTO BY THE MODERN HEART PHOTOGRAPHY
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 - Jan. 1-
  Downtown Country
  Jiggy Rays 6:30pm
  Stemwinder
  Rocks Wood Fired Pizza and Grill 6pm
  Jason Lloyd and Benny Wilson
  Rush Street Neighborhood Grill 8pm
  Open Bluegrass Jam
  Gypsy Circus Cider Company 6:30pm

- WEDNESDAY - Jan. 2-
  Rusty Steele every Wednesday!
  Wild Wing Cafe (Johnson City, TN) 8pm
  H.B. Beverly
  Rocks Pizza & Grill 6:30pm

- THURSDAY - Jan. 3-
  Mark Larkins
  Rocks Wood Fired Pizza and Grill 6:30pm
  Fortch
  Blackbird Bakery 8pm
  Jam with Zoh Hamrick
  Wellington’s Restaurant 8pm

- FRIDAY - Jan. 4-
  Rick Savasten and DM Doyle
  Stateline Bar and Grill 6pm
  Nightshift
  Lions Club in Chilhowie, VA 7pm
  Thomas Willard Duo
  Jonesborough Barrel House 6pm
  An Evening with Dailey & Vincent
  The Paramount Center for the Arts Bristol, TN 7pm
  House Cat
  Gypsy Circus Cider Company 7pm

- SATURDAY - Jan. 5-
  Marques & Paul Acoustic
  Quaker Steak and Lube (Bristol, VA) 8pm
  Troy Breslow
  Yee-Haw Brewing Company 8pm
  Syren Band
  Holston River Brewing Company 8:30pm
  Common Bond
  Boogie Mo’s Bar and Grill 9pm
  Railway Express
  Rush Street Neighborhood Bar & Grill 9pm
  Hip Gypsy
  O’Mainnin’s Pub 9:30pm
  The Tennessee Champagne Official Debut
  Country Club Bar and Grill 9:30pm
  Jackdaw’s 7 w/ Eric Gress Band & Shawn Stone Band
  Capone’s 10pm
  A Very Special Open Mic Night Extravaganza with Sam and Will
  The Willow Tree Coffeehouse and Music Room 6pm
  Hustle Souls
  Gypsy Circus Cider Company 7pm
  Chris Long Acoustic Show
  Our House 7pm
  Loose Leaves, Magus & the Movers, Dallas Danger
  Bloom Cafe and Listening Room 8pm
  Railway Express
  Sportsman Pub 8pm
  Daniel Couper
  Quaker Steak and Lube (Bristol, VA) 8pm
  Webb Wilder
  The Down Home 8pm
  Asylum Suite
  Holston River Brewing Company 8:30pm
  Jigsaw Jane
  Country Club Bar and Grill 9:30pm
  Natural Born Leaders w/ Mind Modes & Love Unit
  Capone’s 10pm
  CorkLickers Live!
  The Station at 19E 8pm

- MONDAY - Jan. 7-
  State Street String Band
  Blackbird Bakery 7pm
  for show time & more details, visit
  theloaferonline.com
Kara Ke

**TUESDAY**
Kara Ke w/ Crossroads & Josh Blevins at Dawg House Tavern
Kara Ke at Zachary’s Steakhouse
Family Night Kara Ke at CJ’s Sports Bar - Kingsport
Kara Ke at Numan’s - Johnson City
Kara Ke w/ Absolute Entertainment at Woodstone Deli - Kingsport

**WEDNESDAY**
Kara Ke w/ Southern Sounds Kara Ke at American Legion 8pm
Kara Ke at CJ’s Sports Bar
Turn the Page Kara Ke at VFW Post 2108 – Johnson City

**THURSDAY**
Kara Ke w/ Absolute Entertainment at Macado’s – Kingsport
Kara Ke at Zachary’s Steakhouse
Michael’s Krazy Kara Ke at Stateline Bar & Grill
Kara Ke at CJ’s Sports Bar
Kara Ke w/ DJ Marquez Top Shelf Entertainment at Wild Wings Café JC
Kara Ke at Numan’s - Johnson City
Kara Ke w/ Absolute Entertainment at New Beginnings - Johnson City
Kara Ke at Jiggy Rays Pizzeria
Kara Ke at Wild Wing Cafe Johnson City

**FRIDAY**
Kara Ke w/ Southern Sounds Kara Ke at Sportsman’s Bar & Grill 9pm
Kara Ke w/ Shane Rouse at Bear’s Bar
Kara Ke at Kingsport Moose Lodge
Kara Ke w/ Reverb Kara Ke at The Cottage 8:30pm
Turn the Page Kara Ke at VFW Post 2108 – Johnson City
Kara Ke w/ Absolute Entertainment at Woodstone Deli - Kingsport
Kara Ke w/ Toddzilla at Sportsman’s Pub
Kara Ke at Elizabethton VFW
Kara Ke w/ DJ Marquez & Top Shelf Entertainment at Holiday Inn (Exit 7) – Bristol, VA
Kara Ke at Numan’s – Johnson City

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

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

Tuesday- January 1st
F3 Free Men's Bootcamp - Founders Park 5:30am
Erwin Tinsel Trail - The Gathering Place Park 8am
DJ Trivia - Union Street Taproom 6:30pm
FiA Free Women's Fitness Tues. Evening - Founders Park 7pm
Bingo - Tipton St. Pub 9pm

Wednesday- January 2nd
FiA Free Women's Fitness Wednesdays - Founders Park 5:30am
Erwin Tinsel Trail - The Gathering Place Park 8am
Yee-Haw Yoga CASA - Founders Park 5:30pm
Happy Hump-Day Ladies Night - Bear's Bar 6:30pm
Bottoms Up Beer and Yoga - JRH Brewing 6:30pm
Singo - Holy Taco and Cantina 8pm

Thursday- January 3rd
F3 free men's bootcamp - Founders Park 5:30 AM
Erwin Tinsel Trail - The Gathering Place Park 8am
Book Worms: Snoozefest - Johnson City Public Library 4pm

Friday- January 4th
FiA Free Women's Fitness Thur. Evening - Founders Park 7 PM
Erwin Tinsel Trail - The Gathering Place Park 8am
Buffalo Mtn. Brown Ale Release - JRH Brewing 4pm

Saturday- January 5th
F3 free men's bootcamp - Founders Park 6 AM
FiA Free Women's Fitness Saturdays - Founders Park 7:15am
Old Christmas at Fort Watauga - Sycamore Shoals State Historic Area 10am

Sunday - January 6th
Old Christmas at Fort Watauga - Sycamore Shoals State Historic Area 10am

Monday - January 7th
FiA Free Women's Fitness Mondays - Founders Park 5:30am
F3 Free Men's Run Group - Science Hill Track 5:30 AM

Cryptogram: "Life must be filled up, and the man who is not capable of intellectual pleasures must content himself with such as his senses can afford."

DropQuote: "We know what happens to people who stay in the middle of the road. They get run over."
I can't think of a better way to kick off 2019 than with the first live-action film featuring the comic book character Aquaman. The film actually opened the week before Christmas, and proved to be a wonderful cinematic gift for superhero fans. The road to the big screen has been a long one for Aquaman, who first appeared in comic books back in 1941. The character debuted in More Fun Comics in November of that year, and took his place alongside Superman and Batman, and was a founding member of the Justice League. Over the years, thanks in part to his portrayal in the Super Friends cartoon, he was ridiculed for a hero who simply talked to fish and rode a giant seahorse. Thanks to efforts by DC comics, his image was changed, and when the character appeared in the television "Smallville", he looked like a frat guy in a green and orange suit, but a least he was taken a bit more seriously. When "Batman v Superman" was released in 2016 we finally got a glimpse of Jason Momoa ("Game of Thrones") as the new Aquaman, and fans were impressed by his interpretation. Fans saw more of Aquaman in the 2017 film "Justice League", giving fans the chance to see his "rough and tumble" version of the character. The film reveals Aquaman's backstory for those who had no idea how he came to be. Aquaman's real name is Arthur Curry and he was born the son of a Maine lighthouse keeper named Thomas (Temuera Morrison) and Atlanna (Nicole Kidman) a princess of the underwater nation of Atlantis. Several years after he is born, Arthur's mom is forced to return to Atlantis, but vows she will one day return to the man she loves. Atlanna leaves Arthur's training in the hands of her advisor Nuidus Vulko (Willem Dafoe). Arthur becomes a skilled warrior thanks to his training, but is rejected by Atlantis for being a half-breed. Arthur especially has the ire of his half-brother King Orm (Patrick Wilson), who was born years after Atlanna returned to Atlantis. While Arthur is beginning to live the life of a hero on the surface world, thanks to his efforts with the Justice League and solo deeds, he has two major life changing events occur. Our hero runs afoul of a group of sea pirates and forms a new enemy named David (Yahya Abdul-Mateen II), who will later take the mantle of Black Manta, thanks to technology given to him by King Orm. Shortly after his run-in with the pirates, Arthur once again meets Mera (Amber Heard), a warrior and daughter of King Nereus (Dolph Lundgren) of the Atlantean tribe of Xebel. He first met Mera in the "Justice League" film, and she has come to the surface world to recruit Arthur in an attempt to prevent King Orm's attack on the surface world because of humanities pollution of the Earth's oceans. Mera knows this attack will kill millions and she knows Arthur is the only one who can unite the undersea kingdoms and prevent war. Arthur finally agrees to confront King Orm, and the two brothers have an epic fight in Atlantis. Even though Arthur looses the first confrontation, he wins the heart of Mera, and the two leave Atlantis in an effort to find the Trident (a three-pronged spear) of Atlan, a magical artifact that once belonged to the first ruler of Atlantis. If Arthur is able to claim the trident, he can claim his rightful place as king. The only problem is the Trident is guarded by the legendary leviathan (sea monster), so the efforts of Arthur and Mera will certainly be challenging. If the duo are successful in their attempt to attain the powerful Trident of Atlan, they will be able to once again face King Orm and the forces of Atlantis and help prevent a catastrophic war. If all the aforementioned sounds epic, it is. Just think "Lord of the Rings" epic, only underwater. The special effects in the film are truly groundbreaking, and if the film isn't nominated for several Oscars I will not be a happy movie fan. Director James Wan ("Insidious"), proves to be a director to recon with in the supergenre, and will hopefully come back for the hoped for sequel. The actors are all wonderful, with Momoa's charm and wit proving he was born to play this role, and he has forever changed the way comic book fans, and the general public perceive this character. The chemistry between Momoa and Heard practically melts the screen, and even though Mera is a character only comic book fans are familiar with, this movie reveals her unique powers and appeal. "Aquaman" is a superhero masterpiece, and will leave you agog at all the eye candy on the screen. I highly recommend seeing this film on the largest screen possible, and in the 3D format. Take a dive into the ocean with "Aquaman" for a truly unforgettable adventure. (Rated PG-13)
Happy New Year! 2019 is upon us and if you’re anything like me, you too are having massive anxiety over dealing with the fact that somehow 1999 was 20 years ago. But with the coming of another year comes once more a set of resolutions to mostly not keep. This week, I’d like to present a list of resolutions I plan to keep in 2019, followed by the odds as to when I will break/give up on these.

Lose Weight (odds are good this may actually happen, but odds are also good I’ll be using the pizza tracker on my Dominos app like it’s Netflix).

Stop watching so many old episodes of “Press Your Luck” on YouTube (Will immediately break this as soon as I finish writing this).

Try Tinder Again (HAHAHAHAHAHAHA!!!!).

Apply for a grant to get funding for my study into convincing McDonald’s to bring back The McDLT (My one true goal in life, the cold side stays cold, the hot side stays hot. Why did we reject this as a people?).

Write an angry editorial to the fake news media asking why after 25 years we still don’t know Where In The World Carmen Sandiego Is (Once I get high enough on NyQuil).

Vow to not get angry over every single political story I see on the news ( *Angry Andy Intensifies*).

Vow to take better care of my body, eat right, and get more exercise (Plans to celebrate birthday with a sackful of Krystals, driving down the interstate at midnight, blasting Molly Hatchet).

Promise to go caroling with friends, but actually sing the words to “Jingle Bells” and not replace them with the lyrics to “Rusty Chevrolet” (possible, but I do love that parody).

I vow to stop randomly sending photos of Alex Trebek to all my friends and family (Most likely will switch things up this year and go with photos of Pat Sajack).

I promise to let more people into my life, and not be so aloof (Already ordered a bunch of quikrete to build that emotional wall HIGH!)

This is my list. It’s a short, mostly practical list—I think. Naturally the ones who benefit most at this time of the year from resolutions are all the gyms and health clubs that will see a spike in membership this month. But no matter what your resolutions are, I hope that for us all 2019 will be a year of hope, joy, and peace.

This is the start of my 13th year with The Loafer—thank you to all who have supported us and my column over all these years. I wish to you and yours a Most Happy New Year. See you next week.
Hearing the beginning strains of ‘Auld Lang Syne’ as the clock strikes midnight never fails to conjure up a reaction in me. Basking in the last twinkling of Christmas lights, surrounded by couples kissing, confetti and noisemakers, it should be a song that evokes feelings of joy and excitement, but it’s always quite bittersweet. The meaning of the title translates to “times gone by” and this year it resonates very deeply in my heart. 2018 has been a rollercoaster of extreme highs and lows and to be quite honest, I’ve never been more ready for a fresh start.

I began this year on an extreme high. I had come through my divorce on the other side completely unscathed and truthfully as a better version of myself. I was feeling amazing, excelling in my career, working out and eating well and had a jam-packed social calendar. Then out of nowhere my world was completely flipped on its axis. They always say love comes when you least are expecting it or looking for it and in this case it couldn’t be more true. I met what I am certain was my soulmate, a love I had never experienced before, and definitely not in my previous marriage. The first half of the year held so much promise and every day was better than the last. Then, as quickly as my life changed before, it was flipped again. The roller coaster had climbed to its highest peak and was careening in a downward spiral at 100mph and I am still trying to get my bearings and get past this event. It’s been more than tough. This is admittedly the most crippling, devastating loss of my life to date, and I honestly didn’t know it was possible to feel grief on the scale I have dealt with the second half of this year.

But this is life in a nutshell, this ebb and flow of good and bad. Newton taught us that for every action there is an equal and opposite reaction and unfortunately that means every extreme high is going to have an accompanying extreme low when it is lost. For every good event, there will be bad. There are days I don’t want to get out of bed, but thankfully, I have no other choice. As a single, independent woman with no family money to fall back on, I HAVE to be ok. I have no safety net, because I AM my safety net. Failure and giving up is not an option. When there is darkness surrounding me, I have to put one foot in front of the other and feel my way around the unfamiliar and find the damn light switch.

I have only the highest of hopes for the upcoming year. I want to use this hardship as a vessel for further learning about MYSELF and what is going to make my life feel more complete, what makes me truly happy and what I am to expect out of a partner so I’m no longer settling for less. I want this misery to drive me out of my comfort zone and force me to do all the things I’ve been procrastinating on. It already is, because when everything in your comfort zone is tied to a painful memory, it’s no longer comfortable. I’ve increased my travelling ten-fold and met so many interesting and exciting people the second half of this year, and have every intention of continuing that. My experiences with this human taught me that I have an almost insatiable thirst for adventure. I want to try everything unfamiliar, eat all the exotic foods and be exposed to cultures and lifestyles around the world. I’ve spent my entire life in the tiny bubble that is East Tennessee, and while I love this place, there is 99.9999% of the world just waiting to be discovered MY way. This catastrophic event has opened my eyes to the fact that you only get one shot at this life so you better spend it making yourself truly happy, no matter what other people think and live your life with no regrets, because before you know it you could be looking back on an entire lifetime of unfulfilled goals and “what ifs.” I want to stop wasting time on things that don’t fulfill me, whether it’s jobs or friendships or relationships and invest my energy into all the things that bring me true joy because THAT is where I am going to find my passions.

I think this year everyone can look back and say “Phew. That was a wild one.” I hope we all can grow from our hardships and let them strengthen us as humans. I hope we all can cherish and appreciate the good memories from 2018 and let them pull us through the bad times when we have nothing else to cling to. There is absolutely always something to be grateful for in every single day, even if it sometimes is just the fact that we woke up with a roof over our head. I hope you’re all blessed with great success and love in the new year and let’s take 2019 by storm!

XO- Kathie

TEA TIME
with Appalachian Barbie
CRYPTOGRAM

SWIMCOCMVLV AYMVEK TMEILS; DOBR LG SWIMCOCMVLV DWONWE MKVLOYEBW.

RVLT TWDD TXOC DWOIE FLP GLYTOI OVI TXOC XLDEIE FLP AOB, OVI

BXLLEW CXW JOCX CXOC DWOIE CL TMEILS.

— Buddhist Proverb
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.

**PETS OF THE WEEK**

![Cat](image1)

![Dog](image2)

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### Concert Schedule

<table>
<thead>
<tr>
<th>BRISTOL TN/VA</th>
<th>JOHNSON CITY</th>
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<tbody>
<tr>
<td><strong>PARAMOUNT</strong></td>
<td><strong>FREEDOM HALL</strong></td>
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<tr>
<td>Jan. 4 - An Evening with Dailey &amp; Vincent</td>
<td>Mar. 15 - Casting Crowns</td>
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<tr>
<td>Jan. 25 - An Evening with The Cleverlys</td>
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<tr>
<td>Feb. 9 - The Magic of Bill Blagg live</td>
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<tr>
<td>Mar. 15 &amp; 22 - Black Jacket Symphony presents</td>
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<tr>
<td>Queen's &quot;A Night at The Opera&quot; featuring Marc</td>
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<td>Martel.</td>
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<td>Mar. 31 - Clint Black</td>
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<tr>
<td>Apr. 20 - The Del McCoury Band and Friends</td>
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<tr>
<td>May 5 - Home Free</td>
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<tr>
<th>NORTH CAROLINA</th>
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<tr>
<td><strong>HARRAH'S - Cherokee</strong></td>
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<tr>
<td>Jan. 19 - Air Supply</td>
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<tr>
<td>Jan. 25 &amp; 26 - Jamey Johnson</td>
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<tr>
<td>Feb. 15 - Colt Ford and The Lacs</td>
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<td>Mar. 9 - Dwight Yoakam</td>
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<td>Mar. 23 - Foreigner</td>
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<td>Apr. 27 - Travis Tritt</td>
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| **U.S. CELLULAR CENTER - Asheville**                |                                      |
| Jan. 12 - 3 Dog Night                               |                                      |
| Apr. 14 - David Sedaris                            |                                      |

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<tr>
<th>JOHNSTON CITY</th>
<th>GREEENEVILLE, TN</th>
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<tr>
<td><strong>FREEDOM HALL</strong></td>
<td><strong>NPAC</strong></td>
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<tr>
<td>Mar. 15 - Casting Crowns</td>
<td>Jan. 12 - MJ Live-a Michael Jackson</td>
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<td></td>
<td>Tribute</td>
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<td></td>
<td>Jan. 18 - Crowder (SOLD OUT)</td>
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<td>Jan. 25 - Dugger Band</td>
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<td>Feb. 17 - The Platters and The Drifters</td>
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<td>Feb. 24 - America</td>
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<td>Mar. 16 - Hotel California-A salute to</td>
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<td>The Eagles</td>
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<td>Mar. 30 - Murphys Celtic Legacy</td>
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<td>Apr. 26 - Tusk-The Ultimate Fleetwood</td>
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<td>Mac Tribute</td>
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<td>Apr. 27 - Rainbow Fish</td>
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<td>May 4 - The Texas Tenors</td>
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**NASHVILLE, TN**

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<tr>
<th><strong>CITY WINERY</strong></th>
<th><strong>KNOXVILLE, TN</strong></th>
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<tr>
<td>Feb. 1 - Delbert McClinton</td>
<td><strong>THOMPSON BOLING ARENA</strong></td>
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<tr>
<td>Feb. 17 - Christopher Cross</td>
<td>Feb. 15 - Luke Combs</td>
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<td>Feb. 18 - Procol Harum</td>
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<td>Feb. 27 - Justin Hayward with Mike Dawes</td>
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<td>Mar. 2 - Shawn Colvin</td>
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<td>Apr. 8 - John Parr</td>
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<td>Apr. 11 - Joan Osborne</td>
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<tr>
<th><strong>RYMAN AUDITORIUM</strong></th>
<th><strong>KNOXVILLE CIVIC AUDITORIUM</strong></th>
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<tbody>
<tr>
<td>Feb 27 &amp; 28 - Kasey Musgraves</td>
<td>Mar. 5 - Joe Bonamassa</td>
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<tr>
<td>Mar. 3 - James Bay</td>
<td>Mar. 13 - Brothers Osborne</td>
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<tr>
<td>Mar. 19 &amp; 20 - The John Mellencamp Show</td>
<td>Mar. 14 - Lauren Daigle</td>
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<tr>
<th><strong>NASHVILLE MUNICIPAL AUDITORIUM</strong></th>
<th><strong>CHARLOTTE, NC</strong></th>
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<tbody>
<tr>
<td>Feb. 5 - Toni Braxton</td>
<td><strong>OVENS AUDITORIUM</strong></td>
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<tr>
<td>May 6 - Judas Priest and Uriah Heep</td>
<td>Mar. 15 - Experience Hendrix Tour</td>
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<td></td>
<td>Mar. 22 - John Mellencamp</td>
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<td>Apr. 28 - Whitesnake</td>
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<tr>
<th><strong>THE FILLMORE</strong></th>
<th><strong>KNOXVILLE CIVIC AUDITORIUM</strong></th>
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<tbody>
<tr>
<td>Jan 17 - Jesse McCartney</td>
<td>Mar. 5 - Joe Bonamassa</td>
</tr>
<tr>
<td>Jan 18 - Scotty McCreery</td>
<td>Mar. 13 - Brothers Osborne</td>
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</tbody>
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**CALL WQUT @ 477-1015 FOR MORE CONCERT INFORMATION**
ASHEVILLE, NC — Jeeves is back in an all-new adventure at North Carolina Stage Company — and, this time, he's taking on an ocean of trouble.

For four weeks in January and February, NC Stage turns the satirical spotlight on 1920s high-society in “Jeeves at Sea,” the fourth installment in Margaret Raether’s adaptations to the stories of P.G. Wodehouse. Due to the series’ local success and popularity, beginning with “Jeeves Intervenes” in 2016, NC Stage has brought the beloved (but often loony) characters back for four consecutive seasons.

For the uninitiated, Jeeves is the competent valet of rich, playboy Londoner Bertie Wooster — and, as such, he’s tasked with solving the numerous, often hilariously absurd problems and predicaments that Bertie stumbles into.

In this fourth and most recent Raether adaptation of the “Jeeves” stories, Bertie and Jeeves set sail aboard the Vanderley yacht. Bertie, the pampered guest of the lively Lady Stella, is reveling in luxurious life at sea. That is: If only Bertie’s pal Crumpet hadn’t assaulted a prince. In the blink of an eye, Bertie and Crumpet have taken on disguises to ward off trouble on the ship. But it’s not long before Bertie, masquerading as a romance novelist, and Crumpet, posing as his own long-lost twin, are challenged to a duel by a sinister foreign count.

Doom and devastation seem to be in store for Bertie’s future — and it’s up to Jeeves to sort this mess out.

Reprising their roles for yet another season of hilarity, Scott Treadway returns as Bertie and Michael MacCauley plays Jeeves. “Jeeves at Sea” runs from Wednesday, Jan. 23 to Sunday, Feb. 17, at 7:30 p.m. on Wednesdays, Thursdays, Fridays and Saturdays and at 2 p.m. on Sundays. Two additional 2 p.m. matinee shows will be added on Feb. 9 and 16. Tickets are on sale now for $20-$46, 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.

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.
Pleiades
Star Cluster of Ages

“The seven stars, glittering and quivering with radiance in the amethystine ether like a breastplate of jewels.” In Starland 1922 by Fannie Dickerson Chase

One of the most known objects in the sky is now high in the eastern sky, as familiar to humans today as it was 5,000 years ago—the Pleiades.

Known in the modern world as The Pleiades for the Greek goddess Pleione and her six other sisters, this cluster of young stars has influenced ancient cultures far beyond the scientific beauty we see.

When The Pleiades are seen in rising in the east, that signals the beginning of Autumn in the Northern Hemisphere, and Spring in the Southern part of Earth. And on Jan. 1st the splendid star cluster is directly overhead around 8 p.m.

These stars meant so much to the peoples of antiquity who worshiped and found meaning in everything skyward. From savage tribes to the civilizations, The Pleiades are a well-known signpost in the night sky.

Often mistaken for the Little Dipper, as its stars also look like a tiny version of the much larger asterism of the Little Bear, in binoculars dozens of stars are seen to make up the cluster. And in modern day photos, the wispy gas cloud is visible from which these stars were born just a few hundred million years ago.

The history of The Pleiades is an amazing story of mankind’s imagination and how humans thought their lives were integrated with the cycles of the Earth and sky.

The Pleiades are one of the very first star patterns recorded in human history by the Chinese in 2357 BC—nearly 4,400 years ago. All the classical writers and poets of the ages have referred to the star group, and it has influenced the alignment and construction of ancient buildings and temples.

The Pleiades have been called many things including: Pigeons, doves and the popular Hen & Chicks; a flame, a clever, a herd of camels, a cluster of grapes. Australian legends talk of young girls dancing to young men—the nearby belt of Orion. To the Persians they were “Parwin, a derivative of “beginning.” Egyptians called them “Chu” after the powerful goddess Nit. The natives of Tonga Island call the star cluster Matarii or “Little Eyes.”

It’s easy to imagine the walls of ancient buildings and temples decorated with artwork of these stars. The Pleiades rose in front of some famous buildings, like the Pantheon and temple of Bacchus, both built in Athens, Greece in the 5th Century BC.

Many legends revolve around The Pleiades. In Greek mythology they are the daughters of the Titan Atlas and the sea nymph Pleione. In ancient Mexico is a tale of the world being destroyed when those stars stood directly overhead. The Great Pyramids of Cheops has seven rooms, said to commemorate the star group.

Some primitive peoples of antiquity began their year with the sight of the rising Pleiades. Hippocrates thought The Pleiades affected the weather; Aristotle wrote to never harvest honey before their rising. Philosophy and literature have been influenced with Seven Wise Men, Seven Sages and even a “Literary Pleiad” of writers and thinkers in groups of seven.

Among the famous literary references of The Pleiades include the Bible Book of Job 38:31, where God seems to show off his power with a popular constellation: “Can you bind the cluster of the Pleiades or loose Orion’s belt?”

And Job 9:9 deals with the creation: “…which maketh Arcturus, Orion and The Pleiades and the chambers of the south.”

Amos, the first of the writing prophets, told of God’s power in the Universe in Chapter 5, verse 8:

“He who made the Pleiades and Orion, who turned darkness into morning and darkened day into night…”

One final Biblical reference is in Revelation 1:16…the coming Messiah holds in his right hand, seven stars…

Seeing all seven naked eye stars of this tiny star cluster is a challenge in 21st Century light-polluted backyards. But it was easy to see seven stars, even more if your eyesight was good, in the ancient days of dark skies nearly everywhere on Earth.

Native American Indians, and no doubt other cultures, used the numerous stars of The Pleiades to test eyesight of their potential warriors. If a young man saw seven or more stars, he was probably used as a scout. If he saw only five or six, he would be kept at camp to guard the women and children.

Other Native American stories have seven maidens transported in the sky by the Great Spirit to save them from giant bears. There are stories of fatherless boys rejected by the tribe; a group of wives thrown out by their husbands; and packs of dogs or wolves.

Where the individual names of the seven stars came from is vague, but the influence is part Arabic and part Persian. Alcyone, Maia, Electra, Merope, Taygeta, Celaeno and Sterope are the seven. Added are fainter Atlas, the father, and Pleione, the mother of the Greek mythological tale.

These stars are individually immortalized in prose and poetry by Ovid, Longfellow and others. The legend of the “Lost Pleiad” is written about by Byron and others recanting the myth of Merope hiding her face after marrying a mortal. Telescopes later revealed this star partially cloaked in a beautiful, lacy nebula.

The Pleiades, called “M-45” in the famous Messier Catalog of easy telescopic objects, is in the shoulder of Taurus the Bull, in the ecliptic. Therefore, once a month the Moon is nearby and sometimes “occults” the cluster in what astronomers call an “occultation,” blotting out its stars for an hour or so, no doubt a great, mysterious sky phenomenon to the ancient world.

Alfred Lord Tennyson in 19th Century wrote a lasting image of the star cluster in his poem Locksley Hall:

“Many a night I saw the Pleiades, rising thro’ the mellow shade, Glitter like a swarm of fireflies tangled in a silver braid.”

Just think of all the famous people of history who have looked up to see these celestial fireflies: from Cleopatra to Copernicus; Einstein to Elvis, all at some time noticing this distinct group of stars in the sky. And now, YOU!
St. Anne’s Church and School invites you to come play Smoke Free Sales open @ 4:30 Games start @ 6:30

Monday night School bingo Tuesday & Saturday nights Church bingo

530 Oakview Avenue, Bristol, Msgr. Hickie Ctr. • Corner of Chester Street

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Happy New Year!

from
Market Innovations

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Milton Harkey Presents

An Evening with Dailey & Vincent

Jan 04 @ 7 PM

Discover Bristol Presents

An Evening with the Cleverlys

Jan 25

Mobb Productions Presents

The Magic of Bill Blagg Live!

Feb 09

Paramount Bristol Presents

Clint Black

Still... Killin' Time 30th Anniversary Tour

Mar 31

Tom Minor Presents

Triumphant Quartet

Apr 25

Paramount Bristol Presents

The Del McCoury Band

With a Little Help from Our Friends

The Gibson Brothers, Sierra Hull, Justin Moses, Dre Anders, and Cody Kilby

Apr 20

Emporium Presents

Home Free

Timeless World Tour

May 05

Tickets Online 24/7 @ ParamountBristol.org

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