New Year's Resolutions

WHAT'S ON YOUR LIST?
2019 Resolutions
1. Always be learning
2. Know what's happening in the world around me
3. Have fun!

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Tri-Cities Own Audio Magazine
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NEWS • WEATHER • SPORTS • ENTERTAINMENT • INFORMATION
Daily Specials

Monday: 6oz burger w/bacon, cheese and all deluxe toppings including all-you-can-eat fries

Tuesday: Taco Tuesday $1.49 pork, brisket, or chicken

Wednesday: Boneless wings 60 cents each

Thursday: All-you-can-eat pork ribs babyback St Louis $13.99

Friday: All-you-can-eat pulled pork and 2 sides $11.99

Saturday: All-you-can-eat smoked chicken and 2 sides $10.99

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NOTE FROM THE PUBLISHER

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
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

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

LORI HOWELL
ACCOUNT EXECUTIVE

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

LEONA GRACIA
SALES REPRESENTATIVE
Ashley Gilbert - Lumac

On any given evening for the past 12 1/2 years, you can find me creating cocktails, whether it be for patrons or at homes for friends. I began bartending on my 21st birthday in 2006 at King Pin Lanes in Midlothian, VA. Since then, I’ve worked at very diverse establishments such as restaurants, night clubs, and I even had a moment where I managed a bar on Las Vegas Blvd.

My career has brought me to where I am now, which is what I call “an office with a view” at the Lumac Rooftop Bar at The Bristol Hotel. We have a 360 degree view of all of Bristol with an enclosed space as well to be able to enjoy the scenery even in the strongest of elements. The company that I work for is nothing short of amazing and I always look forward to seeing all of my regulars and new guests.

My bar manager, Lee, has always been super supportive of me and all of my coworkers, and he pushes us to be creative (definitely stop in to try any of our signature cocktails, all created by the bartenders of The Bristol). This establishment also has me teamed up with a work family that I’ll always cherish, and I’m so proud and humbled to see how far we have come since we first opened in September!

This career is something that I’ve put my entire soul into. Even on my darkest days, I love what I do, and I’m constantly learning, training, and evolving into a better bartender than I was the day before. It truly is a wonderful experience and I’m extremely blessed to do a job that I love so deeply. I am 100% a lifer in this industry!
SAINT GIN

1.5 oz gin (I prefer Commonwealth or Hendricks)
.75 oz St Germain
Club Soda
Lime

Directions: Fill a rocks glass with ice
Pour in gin, St Germain, and Club Soda
Squeeze lime wedge
Enjoy!

CHOCOLATE NUT MARTINI

.5 oz Vodka (I use Svedka)
.5 oz Godiva Chocolate Liqueur
.5 oz Amaretto
.5 oz Bailey’s Irish Cream

Directions: In a mixing tin, add all ingredients with ice
Shake it like a polaroid picture
Strain into a martini glass
For added flair and flavor, start by swirling the martini glass with chocolate designer sauce
For as long as my memory can reach back, there are two games I know of that stand out in my mind as the chosen ones of my family, equality on both sides of where I come from. When I was a kid I can recall being sent to bed while downstairs hours and hours of games of Rook—the card game that plays a bit like Bridge—would go on. I’ve heard stories of how my grandmother and grandfather loved to “shoot the moon” at the game, and how on one Easter Sunday the game went on well into the wee small hours of the morning.

Rook was a game that I never was taught to play, so I don’t have quite the deep seeded love for it in my heart as my parents do. The other game that I will always associate with my family, my mother’s dad, in particular, is “Wheel of Fortune.” I know what you’re thinking, “The game show? The one that’s been on since time began? That game?” Yep. That game. Strip away the air of it being a “TV game show” and you still have a pretty decent game going on.

As a kid, whenever I would be at my grandparent’s house in the country, I would sit and watch along with him. He would tell me his sure-fire way to play the game, giving me little tips that people on the show never picked up on. He would say “why don’t more people pick a ‘T’ first?” To this day, whenever I play a home version of “Wheel of Fortune” if I get first to pick, I start by picking “T.” My Grandfather, I called him “Dada,” bought me a “Wheel of Fortune” home game when I turned five. I still have it, it’s upstairs in my bedroom closet.

Thus began the tradition of me having a variety of “Wheel of Fortune” games in my house. I’ve had many over the years, both tabletop and electronic. I owned the game for my Sega Genesis, I had Tiger Electronic’s handheld game—which was a lifesaver on long school trips. This is a tradition that has carried on well into my adult life, just a few weeks ago on Christmas morning I was gifted “Wheel of Fortune” for the Nintendo Switch by my parents.

Every time I play the game I think of Max Bible, he loved technology oh how I wish he could have lived into the era of the internet. He would have loved, and been astounded, by a smartphone. So now I’m gonna go and guess a “T” as my first guess the way my grandfather taught me—and not to blow all my money on buying vowels. See you next week.
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UNAKA MOUNTAIN
WILDLIFE AUTO LOOP

Cherokee legend tells the story of the Great Buzzard, a being who is responsible for creating the mountains we call home. It is said that when the earth was first formed, the ground was still soft mud. The buzzard was sent to look for a dry landing spot, but as he flew on and on with no place to alight, he grew tired and his heavy wings began to droop downward until they touched the ground. With every flap upward, mountains were formed, while every push downward created the river valleys. While we might not be able to catch a glimpse of the Buzzard today, we can certainly marvel at his handiwork.

Descendants of the mighty bird are ever present across these hills, and on many a clear day they can be seen circling higher and higher along the air currents. One of the best places to find them, along with countless other avian species is along the Unaka Mountain Wildlife Auto Loop, a series of roads which climb some of the highest peaks of the Unaka Mountains. At just under thirty miles long, it is certainly long enough to furnish the inquisitive with an all day adventure, while at the same time being short enough to provide families with a perfect afternoon escape to nature.

This scenic drive begins in the nearby town of Unicoi, Tennessee, located directly off Interstate 26 and surrounded on all sides by Cherokee National Forest. Since the route makes a loop, it could technically be driven from either direction, but we decided to follow it clockwise from downtown. Follow TN 107 East from its intersection with Unicoi Drive directly in front of the town hall. While technically within the boundaries of the national forest, the upcoming 7.7 miles offer little in the way of scenery as the highway twists through the outlying communities of the town.

It’s only after you make a right hand turn onto Red Fork Road, otherwise known as Forest Service Road 230, that the scenic portion of the route becomes apparent. As the road turns to gravel and begins switchbacking up the slopes of Unaka Mountain, the need for a high clearance vehicle also grows obvious. It is here in the interior of the forest that you may begin to look for the numerous species of birds which frequent these woods. These can be familiar friends such as chickadees and the common crow to rarer specimens like the golden-crowned kinglet.

As the road climbs higher and the forest transitions to the spruce-fir forest so common at the higher elevations, the chances of seeing even more species increases. Ravens replace the crows and can be distinguished by their larger body size as well as their contrasting croaking sound. Black-footed blue warblers dart through the spruce branches along with dark-eyed juncos, while the peregrine falcons prefer to soar the skies high above. If you’re extremely lucky, you might hear the too-too call of the Northern Saw-whet Owl, a threatened species which makes the evergreen forests of Unaka Mountain its nesting hideout throughout the spring months.

While birding enthusiasts will no doubt be overjoyed at the magnificent opportunities atop the mountain, there are plenty of opportunities for everyone to enjoy their time on the mountain. Several parking areas along the road offer access to trailheads which explore the Unaka Mountain National Wilderness Area, a completely roadless area of more than 4,000 acres which protect the western slope of the mountain almost to Unicoi. In addition, as the road begins its descent to return to the valley once more, the Appalachian Trail can be seen on the left side of the road. This offers ample possibilities for day hikes or for a longer backpacking trek.

Descending along the state line with North Carolina, the road passes through several fields which are bursting with wildflowers in the summer months. Amazing and wonderful plants grow throughout the higher elevations, so don’t spend all your time looking at the birds! Mammals, insects, and amphibians too are found in abundance if you take the time to explore and search for them. Red squirrels, or “boomers” are the easiest to spot as they will let you know that you’re not welcome with their incessant chatter. The amphibians, while possibly most plentiful, will doubtless be difficult to find. Salamanders hide under moist stones and along streams to keep out of sunlight, while the grey tree frog can change colors like a chameleon to blend in naturally with its environment.

Several miles below the mountain you will what appears to be an intersection. At the correct route to complete the loop is to the right, a detour to the left soon ends at perhaps the loveliest location along the scenic route: Beauty Spot. A bald almost identical to Andrews Bald in Great Smoky Mountains National Park, Beauty Spot makes up in size what it lacks azaleas. Acres upon acres of grass and wildflowers make a perfect spot to enjoy a picnic, or just to stand and take in the breathtaking views of North Carolina to the east, and the towns of Erwin and Unicoi far below to the west.

Linger as long as you want, for it is not much farther from this point until the highway leads you back into civilization. When you are ready to leave, just continue to follow the forest road until it comes to an intersection with TN 395 at the state line. Turn right and follow this road 6.2 miles until it reaches TN 107 once again. If you would like to return to Unicoi, make a right hand turn and you’ll reach our starting point in four miles. A left turn will lead to the town of Erwin, or beyond to other adventures which wait only for us to take them.

Directions: From Johnson City, follow Interstate 26 East to exit 32 and turn left onto TN 173 toward Unicoi Road. Turn right onto Unicoi Drive, and in less than a mile you will reach the start of the auto tour in front of the town hall. Remember, Forest Road 230 is mainly gravel and can become difficult to traverse at times, especially after periods of rain, which are quite common at higher elevations. A vehicle with sufficient ground clearance and four wheel drive is recommended but not required.
Winter Constellations Connect Us With Antiquity

The winter constellations are taking center stage in our night skies, distinct and dazzling with bright stars, many having names dating back 3,000 years or more.

As darkness descends, Orion the Hunter is hurling over the eastern horizon on his side, and hours later standing erect over our southern horizon. Above him is the V-shape of stars that form the head and horns of Taurus the Bull. To the left of the bull and above Orion are the twin brother stars of Gemini.

All these star patterns have been interpreted as the same creatures by many civilizations dating back three millennial or more—a link we share in the 21st Century with ancient peoples.

Rising below Orion with his two dogs is the brightest star in the sky, Sirius. Venus and Jupiter are routinely brighter than Sirius (and sometimes Mars), and this blazing white star has been recognized as special throughout history, especially to ancient Egypt.

Located in Orion’s Big Dog, or Canis Major, Sirius is at the hunter’s feet. The Little Dog, constellation Canis Minor, is to Orion’s left and has another bright, white star, Procyon.

Egyptians called Sirius “Sothis,” and structured their calendar around its rising in mid-July before the Sun. The appearance of Sirius in the morning sky coincided with the annual flooding of the Nile River, making the fields of crops fertile. Sirius was associated with the basis of life and wealth in the Egyptian empire.

Because Sirius was thought to provide extra heat when so near the Sun in the summertime, it was blamed for the “Dog Days” when weather was the hottest and was called the “Dog Star.” The star name is a derivative from the Greek “serios,” which translates to “scorching.”

Though one of the Sun’s closest stellar neighbors at almost 9 Light Years away, Sirius has no heat effect on Earth. But it can be so bright that it will cast a shadow under dark conditions.

The history of Procyon in the Little Dog is less dramatic. Its name is an Arabic interpretation of “watery eye,” as they thought of Canis Minor as a water dog.

Procyon and Sirius form a triangle with the bright, red star of Orion called Betelgeuse, translated from Arabic into “armpit of the giant.” This triangle pattern is called an “asterism,” not an official constellation and nicknamed the “Winter Triangle.” It is a beautiful starry sight!

The bright stars of Orion’s shoulders, knees and its bisecting belt are second only to the Big Dipper as the most recognized star pattern in the night sky. The mythology of Orion is dominating in many cultures. The Greeks saw him as an amazing hunter, who boasted of his prowess to kill anything. Alarmed at Orion’s savage intent, the Earth goddess, Gaea, sent a scorpion to kill him. Scorpius is on the opposite side of the sky, rising when Orion is setting, and setting when the hunter is rising. Thus, the symbolism of death and renewal was born between the two celestial creatures.

In Egypt, Orion represented the god of the dead and first king of the land, Osiris. It is said that five of the ancient pyramids of the Giza Plateau were aligned to represent Orion and its stars, and that the belt of three stars were markers in the pyramid shafts 5,000 years ago.

Those seven bright stars outline Orion all have names derived from Arabic. Betelgeuse (armpit) and Bellatrix (female warrior) are the shoulders, while Saiph (sword) and Orion’s brightest star, Rigel (the giant’s leg) make up the knees. The three belts stars, from left to right, are Alnitak (the girdle), Alnilam (string of pearls) and Mintaka (the belt).

The celestial bull motif for Taurus has been recognized since Babylonian records of 2,000 BC. The symbolism of a bull or cow permeates through cultures of Greece, Persia and China. Often the bull is snorting at the raised shield and sword of Orion, menacing him across the sky.

The brightest star of Taurus is the unmistakable red Aldebaran, translated “the follower.” That the star is following might be the cluster of famous stars in its shoulder, The Pleiades. Or Aldebaran is following the loosely scattered star cluster called The Hyades, whose components make up the giant “V” shape of stars that characterize the Bull’s face and horns. The brightest star of the two points is Elnath, or the “butting one.” The Hyades means the “raining ones,” relating to them rising in November and setting in May, traditional rainy months in Europe and the Middle East.

Taurus is one of the oldest of recognized constellations, a drawing of it being found on early cave walls. The Egyptians related the star pattern to Isis, the cow-goddess. The Romans saw this constellation as the god of wine, Bacchus, and during festivals a bull decorated with flowers was escorted through streets by pretty girls, symbolizing the Hyades and Pleiades.

The Pleiades, also known as the Seven Little Sisters, are another sky feature recorded throughout antiquity. The spectacular cluster of seven or eight stars shaped like a tiny dipper are revealed in binoculars to be dozens of stars.

The final attraction of the winter evening is Gemini, whose two bright stars are thought to be related like brothers. The mythology of twins Romulus and Remis and Rome are enmeshed in this star pattern. But in true science, they couldn’t be any different.

Castor, the top, western-most star, is an amazing multiple star system with six “suns” orbiting each other—seen only in powerful telescopes. The slightly brighter Pollux is an orange giant star some 36 light years away, slightly closer than Castor. Spreading across the sky from each star in a parallel manner are equally bright stars that form the stick figure bodies of the brothers.

A major figure of the Zodiac, along with Taurus, Gemini was important to sea mariners as a celestial guide. In mythology, they are members of the Jason and the Argonauts’ crew. They have the same mother, Leda, but different fathers—Castor spawned from King Tyndareus of Sparta and Pollux from the loins of Zeus.

It doesn’t get much better than February and March for sky stories of ancient mythology and prominent constellations that everybody has heard about.

Enjoy this “prime time” for the winter wonders that tantalized so many civilizations for dozens of centuries. And as you do look up, enjoy connecting with all ancient people who took the time, like you, to ponder the twinkling stars above.
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.

**- SATURDAY - Jan. 19-**

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<tr>
<th>Event</th>
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<td>The Down Home 8pm</td>
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<tr>
<td>Dirty Grass Players</td>
<td>Bloom Cafe &amp; Listening Room 8pm</td>
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<tr>
<td>January Jams: Reverend Shawn Amos, Ben Hunter, &amp; Joe Seamons</td>
<td>Barter Theatre 8pm</td>
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<tr>
<td>Jim &amp; Ree's Birthday Bash</td>
<td>CJ's Sports Bar 8pm</td>
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<tr>
<td>Tribute to Tom Waits by Vagabond Saints Society</td>
<td>The Willow Tree Coffeehouse &amp; Music Room 8pm</td>
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<td>Noah Spencer</td>
<td>Quaker Steak and Lube (Bristol) 8pm</td>
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<td>Bella Raye</td>
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<td>Lenny Cooper &amp; Shotgun Shane Featuring Young Gunner</td>
<td>OT Sports &amp; Social 9pm</td>
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<td>Common Bond</td>
<td>Holston River Brewing Company 9pm</td>
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<td>Masseuse live on tour!</td>
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<td>The Meanwhilers with Mahto &amp; The Loose Balloons &amp; ACHY</td>
<td>Capone's 10pm</td>
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<td>James Meadows Band</td>
<td>Wild Wing Cafe (JC) 10pm</td>
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<th>Event</th>
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<td>2019 Women's March Drum Circle</td>
<td>Founders Park 11:45am</td>
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<td>Community Jams</td>
<td>Birthplace of Country Music Museum 2pm</td>
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<td>Adam Bolt &amp; Co</td>
<td>Abingdon Vineyards 3pm</td>
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<tr>
<td>Lyrics &amp; Lore</td>
<td>Dollywood's DreamMore Resort &amp; Spa 7pm</td>
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<tr>
<td>Curbside Orchestra</td>
<td>The Beer Run 7pm</td>
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<tr>
<td>Scotty Melton</td>
<td>Jiggy Ray's Downtown Pizzeria 7pm</td>
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<tr>
<td>Shannan Miller CD Release Show &amp; Benefit</td>
<td>Apex Room at The Summit 7pm</td>
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<tr>
<td>Nightshift</td>
<td>Johnson City Moose Lodge 8pm</td>
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<tr>
<td>Blue Highway</td>
<td>The Down Home 8pm</td>
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<tr>
<td>Providence, Ancient Cities &amp; Arc Iris</td>
<td>The Willow Tree Coffeehouse &amp; Music Room 8pm</td>
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<tr>
<td>Bill Edwards</td>
<td>White Birch Food &amp; Juice 8pm</td>
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<tr>
<td>Jon King &amp; Ryan Asbury</td>
<td>Quaker Steak and Lube (Bristol) 8pm</td>
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<tr>
<td>JP Parsons &amp; The American Bandwagon</td>
<td>The Station at 19E 8pm</td>
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<td>Acoustified Fraternal Order of Eagles</td>
<td>3141 8pm</td>
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<tr>
<td>Jim &amp; Ree's Birthday Bash</td>
<td>CJ's Sports Bar 8pm</td>
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<tr>
<td>January Jams: Tameca Jones w/ Momma Molasses</td>
<td>Barter Theatre 8pm</td>
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<tr>
<td>Tan and Sober Gentlemen</td>
<td>Holston River Brewing Company 8:30pm</td>
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<td>Jigsaw Jane</td>
<td>Elizabethton Moose Lodge 360 9pm</td>
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<td>Southern Rebellion's Red Carpet Video Release Party</td>
<td>2102 N Roan St 9pm</td>
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<tr>
<td>Soul Swagger</td>
<td>Country Club Bar and Grill 9:30pm</td>
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<tr>
<td>Iliad, These Are The Angles, Loose Leaves</td>
<td>Capone's 10pm</td>
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<tr>
<td>Spank!</td>
<td>Wild Wing Cafe (JC) 10pm</td>
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<tr>
<td>Lyrics &amp; Lore</td>
<td>Dollywood's DreamMore Resort &amp; Spa 7pm</td>
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<tr>
<td>Nightshift</td>
<td>Washington County Moose Lodge 8pm</td>
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<tr>
<td>High Test Grass</td>
<td>Jonesborough Barrel House 6pm</td>
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<tr>
<td>Mick &amp; Chris LIVE</td>
<td>Jiggy Ray's Downtown Pizzeria 7pm</td>
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<tr>
<td>Railway Express</td>
<td>Kingsport Moose Lodge #972 7pm</td>
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<tr>
<td>Crowder</td>
<td>Niswonger Performing Arts Center 7:30pm</td>
</tr>
<tr>
<td>Krazy Karaoke Special Event</td>
<td>The Station at 19E 7:30pm</td>
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</tbody>
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**TUESDAY**
Karaokew/ 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
Karaoke with Absolute Entertainment at OT Sport’s & Social
Turn the Page Karaoke at VFW Post 2108 – Johnson City

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

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

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

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

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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
**THINGS TO DO**

**Tuesday- January 15th**

- **F3 Free Men's Bootcamp** - Founders Park 5:30am
- **Free Lunch Seminar: Stem Cell and Regenerative Therapy** - Giuseppe's Italian Restaurant 11am
- **Tuesday Night Trot** - Fleet Feet Kingsport 6pm
- **Stories and More!** - International Storytelling Center 7pm
- **FiA Free Women's Fitness Tues. Evening** - Founders Park 7pm
- **Singo** - Barley Waters 7pm
- **Women Who Rock Trivia** - Johnson City Brewing Company 7pm
- **Texas Hold 'Em** - CJ's Sports Bar 7pm
- **Cornhole Tournament** - CJ's Sports Bar 7pm
- **Greenway National Cycling Competition** - GNCC2019 - The Vintage Cowgirl Antique Mall 10pm

**Wednesday- January 16th**

- **FiA Free Women's Fitness Wednesdays** - Founders Park 5:30am
- **Incredible Business Networking** - Jack's City Grill 11:30am
- **Yee-Haw Yoga** - Founders Park 5:30pm
- **Happy Hump-Day Ladies Night** - Bear's Bar 6:30pm
- **Bottoms Up Beer and Yoga** - JRH Brewing 6:30pm
- **Barley Waters Cards Against Humanity** - Barley Waters 8pm

**Thursday- January 17th**

- **Lyrics & Lore - Dollywood's DreamMore Resort and Spa** 7pm
- **F3 free men's bootcamp** - Founders Park 7pm
- **FiA Free Women's Fitness Saturdays** - Founders Park 7:15am
- **13th Annual New Years Bracket Championship** - Undervalley Dragway 8am

**Friday- January 18th**

- **13th Annual New Years Bracket Championship** - Undervalley Dragway 11am
- **Lyrics & Lore - Dollywood's DreamMore Resort and Spa** 7pm
- **January Preschool Playdate** - Greater Kingsport Family YMCA 9am
- **East Tennessee RV & Recreation Show** - MeadowView Conference Resort & Convention Center 10am
- **Bingo** - Bristol Public Library 2:30pm
- **Bacon and Beer Pairing!** - JRH Brewing 6:30pm
- **The Beatles Slept Here** - Kingsport Theatre Guild 7pm

**Saturday- January 19th**

- **Lyrics & Lore - Dollywood's DreamMore Resort and Spa** 7pm
- **F3 free men's bootcamp** - Founders Park 6am
- **FiA Free Women's Fitness Saturdays** - Founders Park 7:15am
- **13th Annual New Years Bracket Championship** - Undervalley Dragway 8am

**Winter Garden Seminar** - Warriors Path State Park 10am

**East Tennessee RV & Recreation Show** - MeadowView Conference Resort & Convention Center 10am

**Tri-Cities Women's March/Rally 2019** - Founders Park 12pm

**MLK Jr. March and Celebration** - 322 East Main Street Abingdon, VA 1:30pm

**Women's March After Party** - The Willow Tree Coffeehouse and Music Room 2pm

**College Playwrights Festival** - Barter Stage II 1pm, 2pm, & 3:30pm

**The Beatles Slept Here** - Kingsport Theatre Guild 2pm & 6pm

**Cards, Craps, and Cocktails Casino Night** - The General Morgan Inn 6pm

**Square Dance** - Birthplace of Country Music Museum 7pm

**Drag Queen Show** - Gypsy Circus Cider Company 8pm

**Sunday - January 20th**

- **Lyrics & Lore - Dollywood's DreamMore Resort and Spa** 7pm
- **East Tennessee RV & Recreation Show** - MeadowView Conference Resort & Convention Center 10am

**Women's March on Asheville 2019** - S Pack Sq, Asheville, NC 11am

**Cryptogram:** "It is easy to fly into a passion... anybody can do that, but to be angry with the right person to the right extent and at the right time and in the right way that is not easy."

**DropQuote:** "The best way to catch a knuckleball is to wait until the ball stops rolling and then pick it up."
HAPPY BIRTHDAY, BATMAN!

He is know as The Caped Crusader, The Dark Knight and The World's Greatest Detective. He is Batman. The iconic comic book character turns 80 in 2019 and he is as relevant and popular as ever. He, along with Superman and Wonder Woman, make up the trinity of the most famous DC comic book characters of all time, and Warner Brothers and DC comics have big plans for the crime fighter in 2019. Being a huge Batman fan since childhood, I am extremely excited about the coming year for the character. For those who simply know his name and not much else about the character, the character of Bruce Wayne was a kid when he witnessed the murder of his parents, resulting in Bruce becoming the crime fighting Batman when he grew into a young adult. Fans have seen Batman in many forms and interpretations over the years, from the campy Batman (played by Adam West on TV), to the most recent take-no-prisoners version as played by Ben Affleck. Every fan has their favorite Batman. My favorite is Affleck followed by Christian Bale. As a kid, I first became a Batman fan thanks to Adam West and the "Batman" television series, both of which still hold a special place in my heart. Batman first appeared in theaters in two movie serials, both in the 1940's. The serials were followed by the 1960's television show (credited with saving the slumping comic book), and then in 1989 with a new big screen film starring Michael Keaton in the title role. Unfortunately, after a sting of hit films, the 1997 release "Batman and Robin" (deemed one of the worst comic book movies ever), nearly killed the character from appearing in theaters again until the 2015 comeback film "Batman Begins" with the aforementioned Bale. Director Christopher Nolan gave the character the grit and seriousness he deserved, and two follow up films, "The Dark Knight" and "The Dark Knight Rises" were major hits. The character disappeared from the big screen again until the 2016 film "Batman v Superman: Dawn of Justice", with Affleck making his first, and very imposing appearance as The Dark Knight. Affleck followed this debut with a cameo in "Suicide Squad", and a co-starring role in "Justice League." Have we seen the last of "Batfleck"? Time will tell. Batman has always had a strong presence in the animated world, most famously in the 1990's Fox cartoon "Batman: The Animated Series", which ran for 85 episodes and won many awards, including Emmys. Over the years Batman has had many adventures with his best friend Superman, even though the two often have conflicting viewpoints, and almost married his frequent love interest Catwoman in 2018. In the comic book and animated worlds Batman had a son with Talia al Ghul (daughter of enemy Ra's al Ghul) named Damien, who is the current Robin in the comic book world. While Batman has no superpowers, the character created by Bob Kane and Bill Finger, uses his genius intellect, martial arts skills, detective skills, wealth, science, technology, and intimidation to fight his vast rogue gallery of villains, mobsters, and street thugs. To me, Batman's lack of superpowers make him endearing, and proves what a mere human can truly accomplish. For his 80th birthday, DC comics has plenty in store for fans, including the March release of issue #1000 of Detective Comics, and popular writer Tom King's continuing title throughout 2019. In the animation world, Batman will be featured in "Justice League vs the Fatal Five" (spring) and the summer release of "Batman: Hush" (one of my personal favorite comic book stories). The Caped Crusader will also continue his comic book appearances in his most famous titles "Batman" and "Detective Comics", along with appearance in "Justice League", "Batman and the Outsiders", "Trinity", and other one-shot and limited series titles. The "Batman" comic book consistently lands in the top 10 of the most popular comic book sales chart, further proving the characters enduring appeal. Hopefully 2019 will finally bring an announcement of the characters next big screen adventure, and when we can expect to see The Dark Knight in theaters once more. In the meantime, fans have the opportunity of catch the final season of the television series "Gotham" (started on January 3rd), which will showcase the young Bruce Wayne finally transforming into Batman. On a personal note, I was able to meet and interview Adam Prince in 2018, who is Nashville's Dark Knight. Prince does an amazing job portraying Batman, and in addition to appearing at various fanboy expos, visits many hospitals as the character to the delight of kids of all ages. To me Prince optimizes what Batman is all about. Be sure to check out his Nashville's Dark Knight Facebook page. I can't wait to see what 2019 holds for my favorite fictional character, and what actor, if not Affleck, will be the next to don the cowl. Happy 80th Caped Crusader!
Main Street Jonesborough is hosting Sweet Scenes, a Valentine's Day themed walkable window display February 1 through February 9. Sweet Scenes is a spinoff of the popular Window Wonderland event that is typically held in early January, this year the event will transition from a winter theme to a Valentine’s Day theme with the announcement of winners taking place during Chocolate Fest on Saturday, February 9.

Participating merchants will decorate their windows showcasing their creativity and unique styles. The best way to participate and to help your favorite window win is by viewing each display, vote in-person or vote online at Main Street Jonesborough’s Facebook page then come down for Chocolate Fest on Saturday, February 9 to see the winners announced.

By voting in-person, you are also entered into a drawing for $50 in JAMSA Bucks (valid anywhere JAMSA dollars are accepted in downtown Jonesborough). Ballots for in-person voting will be available at the International Storytelling Center or at the Visitors Center. Participants can vote in-person up to once per day.

There are three ways for merchants to win, the People’s Choice the Judge’s Choice and the Best Chocolate Stop. The People’s Choice is combined from in-person and online votes while the Judge’s Choice is decided by a panel of local arts professionals. Both award recipients will receive $300 cash. Voting for the Best Chocolate Stop will only take place on Saturday February 9 during Chocolate Fest. To place a vote for Best Chocolate Stop, you’ll purchase tickets for Chocolate Fest, sample the Chocolates and let your taste buds pick a winner. When you arrive at Chocolate Fest a sheet will be provided containing all the Chocolate stops. This sheet can be used to mark your vote and then turn that in at the International Storytelling Center. The award recipient for Best Chocolate Stop will receive $100 cash prize.

The walkable window displays depicting Valentine’s Day scenes are sure to get you into the Valentine’s Day spirit. For more information about Sweet Scenes visit Main Street Jonesborough’s Facebook page or call 423.753.1010
In my quest for pushing myself forward and out of my 2018 funk, I finally decided it’s time to get back on the horse and start dating. While I don't yet feel quite comfortable pursuing a “relationship,” I don’t think getting to know new and interesting people is the worst idea in the world. This is a huge undertaking for me, because essentially I’ve been in 2 relationships solidly since 2013 with very little dating in between. Let’s just say the landscape has changed a bit in the last 6 years, most notably being online dating apps.

I have always been staunchly averse to online dating for myself personally. While many people I know have had a degree of success in that arena, I am far too pessimistic, critical and impatient to adequately filter through the duds and weirdos and find a good one. But in the spirit of “new year, new me,” I decided while in Charlotte over the weekend to download Tinder and Bumble. Having lived, worked, played and dated in the Tri-Cities my entire life, this pond is starting to feel quite small and figured if nothing else it would be an easy way to connect with new people in a bigger city where there are more options for the type of person I am interested in meeting. Boy was I wrong.

Let’s start with Bumble so I can go ahead and get that out of the way. I’ve had plenty of people tell me they far prefer it to Tinder for a variety of reasons ranging from “there are better quality guys,” to “it’s safer for women” to “Yeah I use it because the chicks have to reach out first and it makes them think they’re in a ‘safe space.’” (Ok creep-o.) Within 10 minutes of swiping however, I realized this is not for me. I am very old fashioned and do not like to chase or approach men, so I will NEVER be the first to pursue them, even online. So we can go ahead and eliminate that avenue.

Now to Tinder. My god. Maybe it’s because I’m 33 and my expectations are slightly high, but COME ON!! First of all, I’m no dummy. I’m fully aware that most people on these apps, just like in real life, are looking for an easy hook-up. Unlike in real life, apparently the security of a phone screen gives men a limitless level of courage and stupidity. In anticipation of this, I set my preferences to an older audience and broadened my searches to up to 100 miles away. “Men between 35-50 are more mature, have careers and are ready to settle down,” I told myself. L.O.freaking.L. Of the 10 people I actually matched with, I received messages from most of them. The first gentleman really started things off in the right direction when he asked if I was a “professional dancer.” (Makes me think I may want to reconsider my profile pics,) There was not one person interested in getting to know me beyond “where do you live, send me your phone number.” One fellow wooed me with “Hey gorgeous. Are you interested in what I’m interested in?” I felt the context clues didn’t warrant me asking what exactly he WAS into. The most in depth conversation I had was with a man who asked me “what kind of guys are you into?” What a fabulous question sir! This actually got me thinking and I created a list of my impossibly high standards which I will now share here:

- Have a pulse
- Have a job with taxable, documented income
- Don’t be a liar
- Don’t be married
- Have a car and a place to live
- Don’t be a socio/psychopath
- Preferably your parents are deceased, but we won’t split hairs on this one
- My Romeo did not respond to my doctrine of must-haves, which made me wonder exactly which one of those expectations he could not meet. Alas, another one bites the dust. After a solid 24 hours giving it a shot, I decided to throw in the towel after my college boyfriend popped up. If this app could make a full-blown alcoholic who almost killed me when he drunkenly plowed us through a gas station seem normal, I am too fearful to go on.

I am walking away from my short-lived Tinder career with a wealth of advice and hands-on experience for any of you gentlemen readers who may be looking for a lady online and need to spruce up your profile: -never post a shirtless mirror selfie. If you’re shirtless, it better be because you are doing something active and someone else took the picture. -Please post more than 1 picture, so we can actually know what you look like. Also, stop posting all your pictures wearing a hat and sunglasses. Unless you want a girl with a uni-bomber fetish, because the rest of us can’t tell anything about what you look like. -You never attended “The University of Multiple Orgasms,” so please refrain from that and any other reference to your so-called sexual prowess. -Learn how to spell. For god's sake you have to write less than 500 characters. Figure out the difference between "allowed and aloud.” -Animals are cute but if your main profile pic is set to just a picture of your dog Patches, I can promise you no one is going to take the time to scroll to your next picture to see what you yourself look like. -Most importantly, don’t say anything online you wouldn’t say to a lady in person.

Maybe I’m just too old or plain old-fashioned, but from here on out I’m sticking to meeting people at bars and social functions like a normal person. At least then I can be rewarded with a free dinner or drink when they turn out to be a weirdo!

XO- Kathie

TEA TIME

with Appalachian Barbie
**SUDOKU**

Last week's answers on page 14

**DROP QUOTE**

**CRYPTOGRAM**

HV HB HI THB OCGKBDPG VTKV K AKI PGKCCU CHLGB. HV HB NPZA THB

CGHDGPG VTKV TG WZIBVDPWBVTG VPDDG NKRPHW ZN BGCN.

— Agnes Repplier
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.
Who Will Be Named

TRI-CITIES MOST ELIGIBLE

BACHELOR & BACHELORETTE

Presented By Loafer
Are You or Is Someone You Know a Real Catch
Who’s Looking for Mr. or Ms. Right?

We’re now accepting nominations for our contest to name
The Most Eligible Bachelor & Bachelorette
In the Tri-Cities!

All nominations must be submitted by February 5th.

To Enter or Submit a Nomination, Go to our Facebook Page:
facebook.com/theloaferonline

And Send us a Message with the Following:

- Nominee’s Name
- Nominee’s Age
- Nominee’s Profession
- Nominee’s City
- 5 characteristics this nominee is looking for in a significant other
- Why you think the nominee is the most eligible bachelor or bachelorette.
  (Fascinating hobbies, interesting philanthropic endeavors, unusual travel interests, their connection to family and friends, their dedication to their job, etc.)
- A recent headshot or photo

*If you’re nominating someone else, you must get their permission and include their contact information

FOR MORE INFORMATION & UPDATES ON THIS CONTEST AND TO VOTE FOR THE WINNERS, FOLLOW OUR FACEBOOK PAGE
As part of its winter History Bites lectures, Future History Bites programs include Susan local author and Times-News columnist Terry Trotter, "Quilting through the Years" on February Ruscin will present his “School Days” program at 6 at noon, and Janie McKinley, “Legacy of Historic Johnson Farm at noon on Wed., Jan. 16. Bear Mountain” on February 20 at noon. For Tickets cost $5 and include light refreshments. questions, contact farm manager Mandy Gibson at 828-891-6585.

The fully-illustrated program on the history of Henderson County schools includes one- and two-room schoolhouses, subscription and “old-field” schools, early textbooks, and rules for teachers and students. Early black schools and the county’s more renowned teachers count among the topics and images.

The program covers consolidation, desegregation, and the local schools designed by prominent architect, Erle G. Stillwell.

The dozens of early schools illustrated take in Adam’s Run, Dry Hill, Union Hill, the Port of Rugby School, the School for Little Folks, and Episcopal mission schools. Mills River Academy counts among the earliest institutions, as do Judson College, Fassifern School for Girls, Blue Ridge School for Boys, the Fruitland Institute, and the Rosenwald School at East Flat Rock.

Ruscin’s many books include “Hidden History of Henderson County,” “Glimpses of Henderson County,” “A History of Transportation in Western North Carolina,” “Hendersonville & Flat Rock: An Intimate Tour,” and his latest, “Images of America: Henderson County.” He also writes the monthly history column, “Beyond the Banks,” for the Hendersonville Times-News. Ruscin is a member of the Henderson County Historic Resources Commission. Ruscin will have copies of his books available for sale and autographing after the program.

Historic Johnson Farm is located at 3346 Haywood Road, Hendersonville, NC 28791.
VETERAN OF THE WEEK

Do you know a veteran who we should feature as our Veteran of the Week? Let us know!

Please call 423.722.3727 or email Jlaw@marketinnovationsjc.com to nominate.
10 New Year's Resolutions For Self-Improvement

1. Keep a Planner
I have kept a planner for the past five years and I can't live without one. I prefer to use a paper one, but your phone calendar can work too, it is just important that you use it! A planner will allow you to schedule out your days and manage your time effectively. Knowing what is coming up and how you can prepare for the weeks ahead will keep you on top of your work in the new year.

2. Create Habits
Aristotle said, “Success is not an action but a habit”. If you want to keep your resolution, you must make it a habit. Research has shown that it takes 66 days to create a habit. I'm not sure if this is true, but it does take time and discipline to create good habits, so be patient and do not give up. It might be hard in the beginning, but instilling habits like working out regularly will reward you both in the short term with how you feel and look, but also in the long term with your health.

3. Surround Yourself with Positive People
When the year comes to the close it provides an opportunity to reevaluate the choices we made. One of the biggest parts of life is the people we spend time with, so making sure that your relationships are making you feel better, not worse, is extremely important. You want friends that lift you up and make you feel empowered, not drag you down.

4. Reward Yourself
Especially in school, rewarding your hard work is essential. I motivate myself to get my work done by a certain time so that I can do other activities, like socializing. This sounds small, but having something to look forward makes endless schoolwork easier to get through. It's like giving yourself a high five!

5. Find a Hobby
Finding something that brings you joy, that is not work, is so important. A hobby can be a range of things, from knitting, to tennis, or even journaling. Something that relaxes you and makes you happy. Having a small thing that you take time to do for yourself will help make your life more balanced, which can be so hard, especially in college.
6. Create Long Term Goals
Make a list of long term goals you have for the year. It can be just a few, but having a long range goal that you are working towards can motivate you. Schoolwork can feel irrelevant to real life, so long term goals can remind you what you are working towards. At the beginning of the year, write your list and map out how you are going to get there. Look at this throughout the year to keep in touch with the end goal.

7. Keep Yourself Engaged
Staying engaged can manifest itself in many different ways, but overall it is important to keep your brain active. I do this by keeping up to date with news, learning about different cultures, and reading about history. For others this means reading scientific journals, or going to art museums, or journaling about their own experience. Staying engaged makes me feel motivated and challenges my perspective by learning new things every day.

8. Maintain Organization
Organization can mean a clean space or well-managed time. I do not need an organized space to function, but I cannot operate without scheduling out my time. Whatever works for you, creating some sort of order in your life gives more structure and clarity and will help you operate with more ease.

9. Express Your Gratitude
We say thank you constantly, but often forget to thank the people who mean the most to us. Letting your friends and family know how much you mean to them is so important and can make a big impact on others. This can be something small like saying thank you or giving a hug, but gratitude can also be expressed through actions that show others you care.

10. BE YOURSELF!
While this is a cliche, it is so important. Staying grounded and reminded of what makes you yourself is essential. This may sound harsh, but everyone will never like you, so it is not worth your time to try to impress everyone. It is much more rewarding to be yourself and spend time with those who accept you for who you are.
RUMBLE

East Tennessee PBS, Independent Lens and the International Storytelling Center invite you to a free screening of Rumble: The Indians Who Rocked the World

RUMBLE: The Indians Who Rocked the World is an electrifying look at the Native American influence in popular music — despite attempts to ban, censor and erase Indian culture. The film reveals how early pioneers of the blues and jazz had Native American roots, and as the folk-rock era took hold in the '60s and '70s, Native Americans such as Peter La Farge and Buffy Sainte-Marie helped to define its evolution, while Native guitarists and drummers such as Link Wray, Jimi Hendrix, Jesse Ed Davis, and many more forever changed the trajectory of rock and roll.

Event is free and open to the public.

What: Screening of Rumble
When: Sunday, January 20th, 2019 4:00-6:00pm
Where: International Storytelling Center
100 W Main St, Jonesborough
Helping (and) Offering Personal Empowerment program is for families born into poverty who are mentored and lead into a better life within our two year program. We currently have 5 families, and would love to be able to have more! We offer incentives, mentoring, and more through this program. We meet monthly for families who qualify for this program. Part of being a Hope Family, is getting assistance through all our other programs, and providing resources to meet goals in their lives.

To Be a Hope Family you must apply during open enrollment periods, and meet our qualifications.

Ways to help? Be a mentor, Sponsor an incentive, or sponsor a family.

Here are some Incentives, if you like to provide a reward for one, Please email Katy at seasonsofhopetn@gmail.com

- Enroll & Start college
  - Have 4.0 GPA
  - Have 3.5 GPA
- Perfect Attendance per semester in College
- Graduate College
- Get your GED
- Volunteer 40 hours with Seasons or other approved nonprofit or school
- Get a job
- Get a promotion at your job
- Perfect Attendance for 90 Days at work
- Take a budgeting class
- Quit Smoking

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Happy Hour:
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Tuesday | 5:00-10:00
- 32 oz Domestic Beer - $3.95
- Various dinner specials daily! - $5.75

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MAR 31

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AN EVENING WITH THE CLEVERLYS
JAN 25

SYMPHONY OF THE MOUNTAINS CLASSICAL MASTERS
FEB 02

EAST TENNESSEE PBS PRESENTS
KEN BURNS’ “COUNTRY MUSIC”
MAR 24

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THE DEL MCCOURY BAND
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DRE ANDERS AND CODY KILBY
APR 20

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APR 25

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