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LIVEWIRE RADIO 103.9
Tri-Cities Own Audio Magazine
Blue Yonder at The Down Home

Blue Yonder, Charleston WV’s honkytonk hootenanny, is headed your way on their Winter Windswept Tour, with a show at The Down Home on Thursday January 31 (7 PM) http://downhome.com/event/john-lilly-2.

John Lilly, the group’s vocalist/chief songwriter, will also be conducting a songwriting workshop at ETSU during the day. Students will be able to buy discount tickets for $8 for the show that night. $12 regular price.

Their live show is something to behold with a kinetic musicianship that flashes echoes of Hank Williams, Jimmie Rodgers, Bob Willis, Asleep At The Wheel and early 70s Grateful Dead. Band is promoting their latest album Rough and Ready Heart, which No Depression chose as one of the “Best Roots Music Albums of 2018.” Bluegrass Unlimited heralded its “Hard-driving Western Swing filled with lots of tasteful steel guitar.” Stream the album: https://www.blueyonderhonkytonk.com/media-tools

A lively acoustic honky-tonk trio of seasoned veterans that deftly navigate classic Country blues, hard-driving Western swing, toe-tapping Rockabilly, and rueful Appalachia with equal aplomb, Blue Yonder features singer John Lilly, two time national flatpicking champion Robert Shafer, and upright bassist Will Carter on the contra dance band, The Contrarians.

VHCC Spencer-Miller Series Arts Array Concert

Symbiosis

Sunday, January 27th, 2019
Sinking Spring Presbyterian Church | Abingdon, VA | 3:00
FREE to all area students | 10.00 public

Symbiosis (Sharpe and Dishman) A collaboration of two or more local musicians whose purpose is to charm, entice and seldom bring one to shed a tear. One can often hear folk, jazz, musical theater and opera if in earshot of said alliance.

This description hints at the charm and fun that awaits the audience when they experience Hannah and John at their finest. Do not miss this exciting professional, yet locally grown duo.

Hannah Dishman, a New York City based actor/singer and a Bristol Virginia native, earned her Bachelor’s and Master’s degrees in Vocal Performance from Manhattan School of Music in 2014 and 2016. Recently, Hannah performed with local group The Paramount Chamber Players in their concert series Undiscovered. Most notably, she performed operatic roles with Opera Theatre of Saint Louis in their 2016 and 2017 seasons.

John Sharpe is a multi-instrumentalist/vocalist, certified piano technician, and music educator. He received an Associates degree with a music specialization from SVCC in Richlands, VA, a BA in Studio Music and Jazz from the University of Miami in FL, and an MA in Music Education from Bluefield College in Bluefield, VA. He is currently the Director of Choirs and Drumline Instructor at Tazewell High School in Tazewell, VA and also accompanies and assists with the music department at Sinking Spring Presbyterian Church in Abingdon VA.
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
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

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MEET THE STAFF
FOOD BLOG

Chef / Bartender of the Week

Do you know a chef or bartender who we should feature on the weekly Food Blog column? We want to know!

Please call 423.722.3727 or email Jlaw@marketinnovationsjc.com to nominate.
**Veteran of the Week**

Name: Ryan Lovell  
Branch: Marine Corps  
Age Joined: 19  
Rank: Sergeant  
Years Served: 7 years

What made you want to serve our country? I joined so I could be a part of something bigger.

What advice would you give someone looking to go into the military? Make sure to research jobs to find one you'll enjoy.

What's your favorite quote? It is what it is!

Did you make any close friendships while in the service? Did you continue any of those relationships? Yes a few of us are still close.

What was the best and worst 'military' food you were served, and why? The best was the food in Italy and the worst is the hot chow in the field.

Tell me a funny story you experienced that could only happen in the military. I had a Marine to put on his gas mask filters and he passed out after freaking out and not being able to breathe.

How does your military experience affect your life today? It makes me more disciplined.

Do you recall the day your service ended? Where were you? I'm still active duty.

Where did you travel while in the service? Italy, Romania, Israel, Spain, Germany.

Why did you pick the service branch you joined? My uncle told me about all the good time he had and said it would make me a better person.

Do you recall your first days in service? Just running and screaming.
I have a trip coming up in March that I’m already thinking about. It’s not a long trip, I’ll be spending a weekend in Gatlinburg with the improv group I’m a part of performing at a festival. Even though this trip is well over a month away, I’m already doing my mental planning about it. When we traveled to the festival last year, I made a point to not overpack. I’m rather bad about overpacking. I always assume that I need to make sure I have enough things to cover for whatever scenario my mind can come up with.

“What if something comes up and I’m asked to DJ, I’d better pack some records” is one thought that will pass across my mind. Another is “though I’ll only be gone for three days, I should pack eight pairs of socks.” I’ve read all those articles about traveling that pop up across the internet and in various publications, all of them extolling the great virtues of a weekender bag. I have one, I always take it. But rare is it able to serve me for a whole weekend, it’s more of an overnight bag.

Last year I two took overnight bags with me, those two bags, combined with my messenger bag, served nicely over the weekend as just enough. I had room for the essentials and a few extras in case I stained a shirt, or if anyone challenged me to a street rumble and my shirt ripped open Captain Kirk style mid-battle. The other challenge in wanting to keep my travel load light, outside of practicality, is that we carpooled together down to Gatlinburg last year. Since I can load a good number of people into my SUV, I offered my services to drive down.

As I would have a few others in my car, you want to make sure you have room for their luggage and that you’re not taking up all the space with your bags while shouting “Peasants! You! Toss your humble knapsacks into the yon horseless carriage!” With all the luggage loaded into the back, and me checking it all like any quality suburban dad would, off we went on the road trip down to Gatlinburg.

I like the romanticism of the road trip. A pack of good friends riding along, enjoying each other’s company, and the mix of what comes on the radio. I think of stories I’ve heard of my late grandfather and how he’d wake up early to go out hunting with his buddies. I think of this as we drive along the interstate and I say, in a Maine accent for no reason, “Should be some good pheasant in three points this year. Weather’s clear for it!” I have no clue what I’m talking about and my friends just play along instead of making frantic posts on Facebook to rally The Prayer Warriors on my behalf.

Once we got to the cabin, as I settled down into my room I immediately realized that I had overpacked. This didn’t surprise me, I knew I would, as I always do. Yet, in my worry, planning, and weeks of wondering what to take and not to take, I did overlook one VERY important thing. It was an unseasonably warm Friday and Saturday that weekend, so I left my coat at home. This was something I deeply regretted when we left on a cold, rainy, Sunday morning in the upper 40s and I had just a long sleeve shirt on.

It was a good weekend, but this year I am trying to remind myself that I do not need to take six board games and a portable hibachi with me. I just need the essentials to get through the weekend. Which in my case includes a Bluetooth speaker for music as I’m me and I need my tunes. Anyway, I’m gonna sit here and worry about my travel plan some more. See you next week.
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BROAD STREET
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A Good Place To Eat
Williamsburg, Virginia, serves as an icon of American history. The nearby community of Jamestown was the first permanent settlement when British explorers landed here over four centuries ago. Throughout the 1700s, this slice of the Virginia Peninsula would continue to have a strong European influence as it became the capital of the fledgling Virginia Colony.

Anchored by Historic Williamsburg, Yorktown Battlefield, and the Jamestown Settlement, modern day Williamsburg serves as one of the top tourism destinations in the southeast. Millions of visitors crowd the cobblestone streets each year to relive a piece of our nation's past. They linger to enjoy the world-class golf and fine dining, or perhaps explore the region's myriad recreational opportunities. Of course, no visit here would be complete without a stop at Busch Gardens Williamsburg.

Like its sister park Busch Gardens Tampa, Busch Gardens Williamsburg's theme revolves around far off lands. When the park first opened adjacent to the Anheuser-Busch brewery in 1975 it was known as Busch Gardens: The Old Country. With a name like that, it’s obvious guests won’t be greeted by the beat of African drums or the roar of lions you’ll find at the Floridian park. Visitors approaching the front gate might instead be welcomed with the sounds of Scottish bagpipes.

Park engineers wisely built on the area’s strong European heritage when establishing the theme for their second Busch Gardens. Great Britain is represented by three different lands, England, Scotland, and Ireland. Other areas of the park include Italy, France, New France (Canada), and Germany. Visitors can expect each land to feature food, music, shows, and rides all elaborately themed to each country they are based on. In addition, the buildings of each area have been painstakingly designed to be an accurate representation of the architecture each country is best known for.

Situated around a scenic lake known affectionately as the Rhine River, the sprawling park covers 389 acres of hilly, forested terrain. This beautiful setting has earned Busch Gardens the distinction of being the most beautiful theme park in the country, if not the entire world. It also doesn’t hurt that the park has won the Golden Ticket Award for best landscaping year after year.

Visitors passing through the front gates leave America behind and are immediately transported to the bustling streets of London. While there aren’t many attractions to be found in this first land, many visitors linger for a while to marvel at the classic Tudor architecture and perhaps snap a photo with Big Ben. Be sure to visit the land’s gift shop which is loaded with unique British merch. Package pickup is available so don’t worry about lugging it around the park all day. The nearby Squire’s Grill is a good place to grab some fish-n-chips or perhaps a healthy hummus wrap. England’s most prominent attraction is the Globe Theater. If that name sounds familiar, you may have heard it in history class. Famous as the performance home of Sir William Shakespeare, the original Globe Theater was actually far smaller than this giant-sized recreation. Visitors can watch all manner of shows and musical acts throughout the year, from classic British bands to Sesame Street’s Let’s Play Together musical!

Speaking of Sesame Street, just around the corner sits Sesame Street Forest of Fun, a delightful family area where kids can meet all their favorite puppet friends. Sunny Days Celebration is an interactive sing-along show featuring Big Bird, Elmo, and Cookie Monster that is fun for everyone. Several rides designed especially for the little ones are scattered throughout the forest. Oscar’s Whirly Worms spin round and round while rocking back and forth like a classic pirate ship ride. Prince Elmo’s Spire travels to the treetops before bouncing back down to forest floor. Bert and Ernie’s Loch Adventure allows children to join the search for the elusive Loch Ness Monster. Oscar’s Yucky Forest playground and Elmo’s Castle are great places for those kids just bursting with energy to let it all out.

Directly across from England and the Forest of Fun, guests will know they are in Scotland when they see Busch’s iconic Clydesdale horses. They make their home at the Highland Stables with some other famous Scottish animals, including blackface sheep and the ever present border collies who keep them in check. Throughout the day visitors may catch traditional herding demonstrations where they can watch the collies in action.

Busch Gardens Railway has one of its major stops here in Scotland. Visitors may take the twenty minute ride around the entire park or disembark at either New France or Festa Italia. Of course, don’t be in a hurry to leave just yet. No visit to the park can be considered complete without a stop at the park’s most legendary attraction, the Loch Ness Monster. This mass of twisted yellow steel is one of the most iconic rollercoasters in the world and has given millions of rides since opening in 1978. Designed by Arrow Dynamics (the same manufacturer who built Dollywood’s Tennessee Tornado), it was the first ride in the world to feature a set of interlocking loops. The unique layout has two lift hills, two major drops, and a nine hundred degree helix that takes place in a dark tunnel. Busch Gardens celebrated Loch Ness Monster’s 40th anniversary last year with new trains and some other improvements that made the ride experience even better.

Be sure to join us again next week as we explore the other fun lands throughout Busch Gardens Williamsburg!
Stars Are Like People
Every One is Different!

Someone once said to me, “You’ve seen one star, you’ve seen them all.” But nothing could be farther from the truth.

The fact is every star you see in the night sky is unique as people are on Earth.

Every star is different in size and age. More than two-thirds of all stars we see have a companion star or more orbiting them.

And because orbiting NASA spacecraft have discovered more than 3,000 “exoplanets” orbiting some 1,000 nearby stars, astronomers know realize there are many times more unseen planets than stars!

And in this week's winter night sky, there are eight of the top 20 brightest stars that are easy to find. They are all at least 1st magnitude—a scale of brightness where the lower the number the brighter an object. The faintest a normal person sees from a dark observing site is 6th magnitude. A typical suburban backyard will have 3rd magnitude as the faintest we see, with the Big Dipper and North Star, Polaris, around 2nd magnitude stars.

Indeed, much like snowflakes, no two stars are exactly alike. Visualizing their exact physical properties is a challenge being met by modern astronomy.

Those bright stars of our winter nights are Betelgeuse and Rigel in Orion the Hunter; Sirius in Canis Major; Procyon in Canis Minor; Capella in Auriga the Chariot Driver; Castor and Pollux in Gemini; and Aldebaran in Taurus the Bull.

Let’s first look at the red, left shoulder star of Betelgeuse, pronounced BEAT-le-juice, and translated from Arabic meaning “armpit of the giant.” This is a huge star—it would fill up our Solar System to the orbit of Mars! The size fluctuates as does the star's brightness, from 0.3 to 1.3 magnitude. At first thought to be an old star, Betelgeuse is in fact very young, maybe formed 100 million years ago when dinosaurs roamed the Earth. Distinctly red in color, it is 310 Light Years away. Like a fire, the color of stars gives a clue to the surface temperature. Our white-yellow Sun has a surface temperature of 6,000 F. degrees. The world’s best telescopes have seen cooler splotches on the 4,000 F. degree surface of Betelgeuse.

Orion’s right knee is Rigel is blue-white, with a surface temperature about twice that of Betelgeuse. The light we see from Rigel (RYE-jell) left 910 years ago, yet its energy output is tremendous.

Sirius is the brightest star in the sky at minus -1.5 magnitude. Sirius (SEAR-e-us) is also one of our Sun’s closest neighbors at only 8.71 Light Years away. And its surface is white hot, 10,000 F. degrees. If Sirius traded places with Rigel, you’d need telescope to see Sirius and Rigel would cast a shadow in daylight! In Greek, the name means “sparkling” or “scorching.” This is the “Dog Star” so important to ancient Egypt and called Al Shira.

When seen rising in the morning sky before the Sun (in April), the Nile River would flood soon, bringing fertility again. This star is also the culprit of the “Dog Days of Summer.” Sirius is high in the summer daytime skies of June and July, and the ancient peoples imagined the brightest of stars contributing heat to the Earth's already hot summers. Sirius has a companion star, a white dwarf, that is barely visible to the keenest observer with a high-quality backyard telescope.

Procyon (PRO-see-on), high above Sirius and to the left of Orion, is also in the Sun’s neighborhood, only 11.3 Light Years away. That means that at a speed of 186,000 miles per second, light that left Procyon in 2008 is just reaching Earth, and therefore, your eyes. A Light Year is about 6 trillion miles, so this yellow-white star is more than 66 trillion miles away—extremely close as outer space distances go.

Capella at magnitude 0.08 and 42 Light Years away, is the sixth brightest star in all the sky, yet one of the most ignored of the Top 20 1st magnitude stars. Maybe it's because its constellation, Auriga the Charioteer in the north, is such an ancient concept. Who names their kid “Auriga” (aw-REYE-ga)? And as for a chariot driver...who alive has ever met one? But Capella (KA-pell-a) is a beautiful yellow almost like gold, and it has a small companion star orbiting it. Capella translates into “she goat,” apparently what the chariot driver is carrying around.

Castor, the top star of the brothers Gemini, is an astonishing system of six stars! The naked eye sees a blue-white star of 1.6 magnitude. With a department store telescope, Castor’s (KAS-tor) two close stars are revealed. And they orbit each other while orbiting Castor! The other stars of this amazing system, 45 Light Years away, are seen with more professional equipment.

Pollux (PALL-ux) is an orange giant that is a close 36 Light Years away. This star puts out more than 30 times the energy of our Sun and has at least one planet orbiting it—some 3 times the size of our Jupiter! This star puts out more than 30 times the energy of our Sun and has at least one planet orbiting it—some 3 times the size of our Jupiter!

Members of the ancient stories of the Argonauts’ crew, Castor and Pollux were half-brothers sharing the same mother.

Greek mythology says Castor’s father is King Tyndareus of Sparta, while the father of Pollux was the god Zeus.

Aldebaran, our last stellar stop, is the red eye of the bull, Taurus. The horns of the bull taper away from this fat and rosy red star. Translated in Arabic as the “flower,” as in following The Pleiades—the seven stars in the bull’s shoulder. Bloat like Betelgeuse in the sky below it, Aldebaran would also engulf at least Earth in our solar orbit if placed in the center of our Sun’s system. Sixty-eight Light Years away, this red giant is probably an old star and might explode in the next billion years.

Look up at the winter stars with a fresh pair of eyes and see each stellar point as a special place in our incredible Universe. And learn a few starry names by checking into a myriad of resources from our information highway that seems as endless as the starry night.
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. 22**-
  - Downtown Country
    - Jiggy Rays 6:30pm
  - Stemwinder
    - Rocks Wood Fired Pizza and Grill 6pm
  - Justin Mychaels
    - Beef ‘O’ Brady’s Kingsport 7pm
  - Rusty Steele every Wednesday!
    - Wild Wing Cafe (Johnson City, TN) 8pm
  - H.B. Beverly
    - Rocks Pizza & Grill 6:30pm
  - Open Mic Night
    - The Willow Tree Coffeehouse & Music Room 6pm
  - Open Bluegrass Jam
    - Gypsy Circus Cider Company 6:30pm
  - Beth Snapp w/Jason Crawford
    - The Bristol Hotel 7pm

- **WEDNESDAY - Jan. 23**-
  - Matt Smile LIVE
    - O’Mainnin’s Pub 10pm
  - Mark Larkins
    - Rocks Wood Fired Pizza and Grill 6:30pm
  - Downtown Country
    - Jiggy Ray’s Pizzeria 6:30pm
  - The Diamonds
    - Blackbird Bakery 8pm
  - Jam with Half & Half
    - Wellington’s Restaurant 8pm

- **THURSDAY - Jan. 24**-
  - January Jams Presents: An Evening With Drew & Ellie Holcomb
    - Barter Theatre 8pm
  - Moose Roberts, Adam Lawson, & Giant The Grey LIVE
    - Bloom Cafe & Listening Room 8pm
  - Southern Accent Band
    - Abingdon Moose Lodge 8pm
  - Tyler Williams
    - Quaker Steak and Lube (Bristol) 8pm
  - Asylum Suite
    - Fraternal Order of Eagles 3141 8pm
  - Ragged Sally w/Jesse Lewis
    - The Down Home 8pm
  - Below 7
    - Holston River Brewing Co. 8:30pm
  - Dirt Road Rising
    - Country Club Bar and Grill 9:30pm
  - KISS Army - Ultimate KISS Tribute
    - Wild Wing Cafe (JC) 10pm
  - HAAL w/CrumbSnatchers & Dullside
    - Capone’s 10pm
  - Fortch
    - Yee-Haw Brewing 7pm

- **SATURDAY - Jan. 26**-
  - Night Shift
    - Show Palace 7pm
  - Acoustifried at OT’S for Phil Davis Benefit
    - OT Sports & Social 7pm
  - Southern 76ers
    - Buffalo Ruritan Club
  - THIRSTATINE
    - Gypsy Circus Cider Company 7pm
  - Daniel Couper
    - Union Street Taproom 7pm
  - Wallace Coleman Band
    - The Down Home 8pm
  - Winter Blues . Island Cures
    - Reggae party w/Demon Waffle Studio Brew 8 PM
  - Lauren Beeler & Gypsy & Me
    - Bloom Cafe & Listening Room 8pm
  - An Evening with Momma & Mick
    - Bear’s Bar 8pm
  - Rylee Peters
    - Quaker Steak and Lube (Bristol) 8pm
  - Karaoke with RUSTY
    - Johnson City Moose Lodge 1831 8pm
  - January Jams: Dustbowl Revival with Seth Walker
    - Barter Theatre 8pm
  - Stone Creek Four
    - Fraternal Order of Eagles 3141 8pm
  - The Acoustic Swing Band
    - Blackbird Bakery 8pm
  - Rusty Steel & Quarter Bounce
    - Holston River Brewing Co. 8:30pm
  - Crossing Avery Live!
    - The Station at 19E 8:30pm
  - A Area 52
    - CJ’s Sports Bar 9pm
  - Rockabilly Revival w/The Royal Hounds!
    - O’Mainnin’s Pub 9:30pm
  - Shady Sadie Breaking Bad in Bristol Baby!
    - Country Club Bar and Grill 9:30pm
  - Steve Rutledge & The Groove
    - Evolution FEAT. Alyssa Laine LIVE!
    - Wild Wing Cafe (JC) 10pm
  - The Breakfast Club
    - Capone’s 10:30pm
  - Fortch
    - Jiggy Rays Pizzeria 7pm

- **SUNDAY - Jan. 27**-
  - Old Time Music Jam
    - Led by Art Lang
    - Sycamore Shoals State Historic Park 1pm
  - Folk Soul Revival Benefit Concert for Coach Jon Odum
    - John S. Battle High School 5pm
  - Rise of the Fallen Winter Tour
    - The Hideaway 8pm
  - Rockabilly Revival w/The Royal Hounds!
    - O’Mainnin’s Pub 9:30pm

- **MONDAY - Jan. 28**-
  - Rockabilly Revival w/The Royal Hounds!
    - O’Mainnin’s Pub 9:30pm
Karaoke

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

**WEDNESDAY**
- Karaoke w/ Southern Sounds Karaoke at American Legion 8pm
- Karaoke at CJ's Sports Bar
- 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 22nd**
- **F3 Free Men's Bootcamp** - Founders Park 5:30am
- **Tuesday Night Trot** - Fleet Feet Kingsport 6pm
- **Bikes & Pints Clinic Series: Fix a Flat** - JRH Brewing 7pm
- **FiA Free Women's Fitness Tues. Evening** - Founders Park 7pm
- **Parks & Rec Trivia Night** - Johnson City Brewing Company 7pm
- **Singo** - Barley Waters 7pm
- **Texas Hold 'Em** - CJ's Sports Bar 7pm
- **Cornhole Tournament** - CJ's Sports Bar 7pm
- **The Queens Tuesday** - OT Sports & Social 10pm

**Wednesday- January 23rd**
- **FiA Free Women's Fitness Wednesdays** - Founders Park 5:30am
- **Yee Haw Yoga** - Downtown Yoga Center Johnson City 6:30pm
- **Dungeons & Dragons** - Johnson City Brewing Company 6pm
- **Happy Hump-Day Ladies Night** - Bear's Bar 6:30pm
- **Bottoms Up Beer and Yoga** - JRH Brewing 6:30pm
- **Drag Queen BINGO** - The Main Street Theatre 8pm
- **Cards Against Humanity** - Barley Waters 8pm

**Thursday- January 24th**
- **F3 Free men's bootcamp** - Founders Park 5:30am
- **Fitness Expo** - Memorial Park Community Center 10am
- **Tea Time Social** - Jonesborough Barrel House 3:30pm
- **864 Fighting Championship & World Series of Fighting**

**Saturday- January 26th**
- **The Miracle Worker** - Jonesborough Repertory Theatre 2pm & 7:30pm
- **FiA Free Women's Fitness Saturdays** - Founders Park 7:15am
- **Abingdon's Largest Indoor Garage Sale - Southwest Virginia Higher Education Center 8am**
- **This We Have Now, Mystic Poets Workshop** - Samadhi

**Sunday- January 27th**
- **The Miracle Worker** - Jonesborough Repertory Theatre 2pm
- **Winged Deer Trailwork party** - Winged Deer Park 12pm

**Monday- January 28th**
- **FiA Free Women's Fitness Mondays** - Founders Park 5:30am
- **F3 Free Men's Run Group** - Science Hill Track 5:30am
- **Sip N' Chalk Girls Night** - Union Street Taproom 7pm

**Crypogram:** "It is in his pleasure that a man really lives. It is from his leisure that he constructs the true fabric of self."

**DropQuote:** "A critic is a bunch of biases held loosely together by a sense of taste."
If you are a true film buff you will definitely want to check out the new Netflix film "Roma". The film, directed by Alfonso Cuaron ("Harry Potter and the Prisoner of Azkaban") and set in 1970 and 1971 in Colonia Roma, a neighborhood in Mexico City, and is the story of a sweet maid named Cleo (Yalitza Aparicio). Cleo works for the household of a woman named Sofia (Marina de Tavira), her husband, Sofia's mother, and their four children. Cleo is aided in her housekeeping chores by fellow maid Adela (Nancy Garcia). We see Cleo doing her house hold chores of cleaning, cooking, taking care of the kids, and watching after the family dog. Even though Cleo is considered hired help, she and the other maid live with the family in separate quarters and are considered to be part of the family, especially Cleo. While she cares for the kids, Cleo becomes aware that Sofia's marriage is on thin ice, as her husband Antonio (Fernando Grediaga), a physician, is often away to attend "conferences." With Antonio often away, this puts stress on Sofia, who often takes her pain out of Cleo, who just takes the sometime verbal abuse in stride, and continues with her duties. When Sofia realizes her husband will be away for the Christmas and New Years holidays, she takes the family, including Cleo, to a family friends hacienda. This location, which includes many family and friends, is quite festive, but only serves to provide more marital concerns for Sofia. As the family celebrates the arrival of 1971, Cleo has been dealing with her own concern: she is pregnant and has been abandoned by the father of her unborn child. This pregnancy results in Sofia and her family to care for Cleo even more in her time of need. This is a family unit that really cares for one another despite the looming prospect of divorce and unwed motherhood. This proves to be even more the case when an unexpected tragedy happens to Cleo and her baby, who has been further rejected by the child's father. The combination of Sofia's collapsing marriage, and Cleo's pain, led the family on a trip to the beaches of Tuxpan where they have a relaxing and stress free time until a major tragedy almost occurs, but is thwarted thanks to the heroic efforts of Cleo, who proves to be a guardian angel for the heartbroken family. Her act proves to Sofia and her family that Cleo is the personification of selfless devotion, and draws them even closer. The family returns home from the beach to start a new life minus Antonio, and the film ends on a positive note despite what Cleo and the family she cares for dealing with such emotional turmoil. This film, shot in black and white, is so effective and down-to-earth, at times I felt as if I was witnessing a reality show or a documentary. All the actors, especially Aparicio, have such ease with the portrayal of their characters, they don't even appear to be acting. Cleo is such a sweet and devoted character you want to give her a big hug and tell her everything will be okay. I loved the fact the film was shot in black and white, as this proves to be very effective in conveying the time period of the beginning of the 1970's. Despite the film being set in the megalopolis of Mexico City, when the family is in their neighborhood, the film seems very intimate in scope. I can certainly see why the film won Golden Globes for Best Director and Best Foreign Language Film, and I'm certain Oscar will come calling as well. If you can deal with subtitles, then I suggest you waste no time in catching a viewing of "Roma", a film that can break your heart and make you feel love all in one cinematic treasure. Now streaming on Netflix and limited release in theaters. (Rated R)
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.

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.
MAKING & KEEPING
Healthy Resolutions
by Kathie Scalf

We are now well into January, and like many people I am really struggling to stick to my “healthy” New Years resolutions. Putting my mental health above everything else, I first resolved to think with my head and not my heart this year, and while that has proven to be tougher than anything, it has already paid off tremendously. My secondary resolutions are far more common-to stick to my goals and get my body in a shape I can finally be proud of this summer. In my lifelong quest for a smoking hot bikini bod (or just being summer. In my lifelong quest for a shape I can finally be proud of this year, and while that has proven to be tougher than anything, it has already paid off tremendously. My secondary resolutions are far more common-to stick to my goals and get my body in a shape I can finally be proud of this summer. In my lifelong quest for a smoking hot bikini bod (or just being

First and foremost, there are 2 very important things you must learn and accept about conquering fitness and nutrition goals:

1) Diet is 80-85% of the battle. When someone says you can’t out-train a crappy diet, they are absolutely right. So if you’re struggling with motivation to hit the gym or if you’re someone who is intimidated because you’ve never worked out and you’re scared of looking stupid, you no longer have an excuse. Exercise is wonderful for your overall health and I highly encourage it, but realistically you will see ZERO results from your hard work if you don’t have a handle on your eating habits.

2) Consistency is key. Studies have shown it takes 21 days to create a habit and 90 days for that habit to become a change of lifestyle. Sure there will be setbacks, but as long as you get back up and on track, you WILL make progress. For me, getting in a routine is the key to success. When you’re able to make meal planning and exercise just another part of your day-to-day activities, missing a workout or failing to prep food will begin to feel as strange as not brushing your teeth before bed.

Beyond those two factors, there are lots of tips and tools to help along the way. It is so beneficial to establish goals on pen and paper in the beginning. Evaluate your current status with weight, BMI and body fat percentage. Set your overall goals with a timeline. Calculate your macros and caloric intake and set an initial weekly workout routine that will enable you to reach these goals. Even take progress pictures! There is nothing more inspiring or motivating than being able to tangibly see the results of all your hard work. Apps like MyFitnessPal are a wonderful tool to utilize and can perform most of these functions for you. Buy a food scale and start weighing out your portions. Set 2 designated days each week where you grocery shop and meal prep and limit your restaurant/fast food intake to 1-2 cheat meals each week. Not only will you slash calories, but you will save TONS of money! I suggest every time you are struggling with temptation, put away the money you would have spent at a restaurant in a jar and when you’ve hit a milestone, treat yourself to something really nice.

Most important, make sure you are setting constant small, realistic goals for yourself. Everyone wants instant gratification, to reach their goals as quickly as possible. But just like no one wakes up one day overweight or out of shape, you cannot expect to transform your body into a powerhouse overnight. There is no magic pill, no 2 week crash diet that will provide you with immediate, lasting results. If you’ve never worked out, don’t plan on going straight into the gym and start deadlifting with the best of them. Instead, set a goal of walking 10,000 steps each day. Once you have easily mastered that, then take it to the next level. If you’re a person who doesn’t have a lot of experience cooking, don’t expect to start banging out intricate, multi-ingredient dishes right off the bat. Start slowly, perhaps teaching yourself how to properly prepare fish without over-cooking and move forward from there. Don’t get discouraged by getting started. Everyone had to start somewhere, even the most fit, beautiful people in the world.

I want everyone to join me in making 2019 the healthiest year yet-physically, mentally and spiritually. I get so frustrated and saddened seeing people around me slowly killing themselves by how they’retreating their body and mind. According to the CDC, the percentage of American adults 20+ suffering from being overweight, including obesity, was 71.6% in 2017. I can only suspect that number has risen since. And while I completely acknowledge depression and anxiety are real mental disorders that sometimes can only be treated with medication, it is proven that exercise releases endorphins which trigger a positive feeling in the mind and reduces stress. So it’s always a safe bet to at least give it a try. I hope we all start treating ourselves with the respect and love we deserve, and that includes eliminating the toxic things we’re feeding our mind, body and soul.

XO- Kathie

*It should be well noted that I am not a medical professional and these are just my opinions. If you are planning an extreme lifestyle change in diet and exercise, it is always best to seek the advisement of your physician.

TEA TIME
with Appalachian Barbie
CRYPTOGRAM

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— Edwin P. Whipple
The Elizabethton/Carter County Animal Shelter is a Government operated Animal "Adoption Shelter." We only accept and adopt out domestic cats and dogs from Carter County. We do not accept Feral animals nor wildlife nor farm animals and we do not provide veterinary or euthanasia services to the public. We are a very small shelter and do not kill animals to make space to take in more animals. Just like a hospital, nursing home or human shelter, when we are full we are full. We do have a waiting list and, as we adopt pets out and have room, we will accept new animals.

### Concert Schedule

#### BRISTOL TN/VA

<table>
<thead>
<tr>
<th>Location</th>
<th>Event</th>
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<tbody>
<tr>
<td>Paramount</td>
<td>Jan. 25 - An Evening with The Cleverlys</td>
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<td></td>
<td>Feb. 9 - The Magic of Bill Blagg live</td>
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<td></td>
<td>Mar. 15 &amp; 22 - Black Jacket Symphony presents Queen’s “A Night at</td>
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<td></td>
<td>The Opera” featuring Marc Martel.</td>
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<td></td>
<td>Mar. 31 - Clint Black</td>
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<td>Apr. 20 - The Del McCoury Band and Friends</td>
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<td></td>
<td>Apr. 27 - Travis Tritt</td>
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#### JOHNSON CITY

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<th>Location</th>
<th>Event</th>
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<tbody>
<tr>
<td>Freedom Hall</td>
<td>Mar. 15 - Casting Crowns</td>
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#### GREENEVILLE, TN

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<tr>
<th>Location</th>
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<tbody>
<tr>
<td>NPAC</td>
<td>Jan. 25 - Dugger Band</td>
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<td></td>
<td>Feb. 17 - The Platters and The Drifters</td>
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<td></td>
<td>Feb. 24 - America</td>
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<td></td>
<td>Mar. 16 - Hotel California-A salute to 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 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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#### NORTH CAROLINA

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<th>Location</th>
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<tr>
<td>Harrah’s - Cherokee</td>
<td>Jan. 25 &amp; 26 - Jamey Johnson</td>
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<td>Feb. 15 - Colt Ford and The Lacs</td>
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<td></td>
<td>Mar. 9 - Dwight Yoakam</td>
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<td></td>
<td>Mar. 23 - Foreigner</td>
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<td>Apr. 27 - Travis Tritt</td>
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#### NASHVILLE, TN

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<tr>
<th>Location</th>
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<tbody>
<tr>
<td>City Winery</td>
<td>Feb. 1 - Delbert McClinton</td>
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<td>Feb. 17 - Christopher Cross</td>
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<td></td>
<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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#### JOHNSTON CITY

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#### KNOXVILLE, TN

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<th>Location</th>
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<tbody>
<tr>
<td>Thompson Boling Arena</td>
<td>Feb. 15 - Luke Combs</td>
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#### U.S. CELLULAR STAGE

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<tbody>
<tr>
<td>Asheville</td>
<td>Mar. 2 - Tedeschi Trucks Band</td>
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<td></td>
<td>Mar. 12 - NeedToBreathe</td>
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<td></td>
<td>Mar. 13 - Little Feat</td>
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<td>Apr. 14 - David Sedaris</td>
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#### TENNESSEE THEATRE

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<th>Location</th>
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<tr>
<td>Mar. 19 - Kacey Musgraves</td>
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#### KNOXVILLE CIVIC AUDITORIUM

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<th>Location</th>
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<tbody>
<tr>
<td>Mar. 5 - Joe Bonamassa</td>
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<td>Mar. 13 - Brothers Osborne</td>
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<td>Mar. 14 - Lauren Daigle</td>
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#### NASHVILLE MUNICIPAL AUDITORIUM

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<th>Location</th>
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<tbody>
<tr>
<td>Feb. 5 - Kacey Musgraves</td>
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#### CHARLOTTE, NC

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<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Mar. 15 - Experience Hendrix Tour</td>
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#### OvEnS AUDITORIUM

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<th>Location</th>
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<tr>
<td>Mar. 8 - Big Head Todd and the Monsters</td>
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<tr>
<td>Mar. 30 - Marshall Tucker Band</td>
<td>477-1015 FOR MORE CONCERT INFORMATION</td>
</tr>
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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
“They’re ba-aaaack!”

{Insert creepy little Poltergeist girl’s voice here.}

Break out the Aquanet and tight-rolled jeans... Back by popular demand, The Breakfast Club® is returning to Capone’s in downtown Johnson City, on the evening of January 26th! This 1980’s tribute band has been travelling all over the continent for 25 years, playing for over 3,800 events and ‘Lovin Every Minute of It’. Did you just sing that? The opening band for the evening is Wyldeheart, a highly entertaining local band from Bristol, Tennessee. Admission to the show is $12 and begins at 9:30 p.m. The event is produced by Ansley Roberts Promotions.

It all started in ’93 on a Saturday morning when Jerry Finley, band owner/keyboards player, was watching an “Absolutely 80’s” infomercial. He had an epiphany. He realized that there wasn’t a band that covered only ONE genre—much less the 80’s. Growing up in the 80’s meant they knew every lyric. I mean, let’s be honest, who doesn’t love the 80’s? So, after snagging the most ‘righteous’ band name, The Breakfast Club®, the adventure began. This band goes all out, with full on costumes and vintage gear to support their love of this great decade of music.

Their authenticity stands out without the use of tracks, lip sync or air guitar.

“This is NOT some wig wearing, mall fashion version of an ‘80’s cover band, lip syncing to tracks while pretending to play an unplugged guitar. This is real hair, real 1980s clothes, real vocals, and real musical talent. The Breakfast Club® is the real deal, performing live ‘80’s pop “better than the original artists” - Wilmington Star News.

Although, through the years, members have come and gone, they’ve always remained true to their mission: “Create an entertainment group that embodies the enigmatic, creative, and buoyant spirit of music and live performances of the original MTV generation of the 1980’s.” Their current line-up ranges from 4-25 years with the band.

They have humbly shared the stage with some of their favorite musicians such as Whitesnake, The Romantics, Poison, Drivin’N’Cryin’, Hootie and the Blowfish, White Lion, The Smithereens, Edwin McCain, and many others. They state that they’ve never run across any “jerks” in the music field. They’ve all enjoyed the same vibe and felt there was always a level of mutual respect among all musicians.

For over 17 years, they have been entertaining the Tri-Cities region. Fans from all genres come out to rock out with this bodacious group of guys, singing and dancing along to their favorite classic tunes. The Breakfast Club® loves the people of the TriCities. “The crowd is always awesome and consistent, smiling and fun with good vibes and no drama,” states Finley. They enjoy working with the owners and managers at Capone’s as well. Being on stage 3400 times is definitely no small feat. It’s like totally gnarly!

The band is booked almost every weekend throughout the year, enjoying the reverse “9-5” workflow. They also play 7-10 weddings a year, and will travel as far as YOUR budget can take them. To book an event, check out their website at:

TheBreakfastClub.com

Until we meet again...

“Be excellent to each other, and party on dudes!” — Abraham Lincoln

Leona Gracia
The Remarkable Story of Helen Keller Comes to the JRT Stage

by Pam Johnson

The Jonesborough Repertory Theatre is pleased to present The Miracle Worker, running January 25 through February 10. This classic, intense, yet heartwarming story about Helen Keller and her extraordinary teacher, Annie Sullivan, will give audiences a deeper understanding of the trials and complications of Helen’s childhood.

“I think that most people know who Helen Keller is,” explained the director, Janette Gaines, “but to be able to actually see the real life story of what the family went through brings it to a different level for the audience.”

Helen Keller was born in Alabama in 1880. At 19 months of age, she contracted an unknown disease (possibly scarlet fever or meningitis), which left her blind and deaf. This, of course, broke down any normal communication with the child, so the family spent years not knowing the communication with the child, so the family spent years not knowing the

Janette can relate. “My daughters are hard of hearing,” she said. “They don’t hear the same things we do. They also have autism, which is a lot like being deaf since they may not be aware of what’s going on around them. I had to unlock communication and understanding with my girls.”

And that’s the bottom line of The Miracle Worker: unlocking the communication of Helen Keller. The title character is Annie Sullivan, who truly does work miracles for the family. She had been blind and underwent surgeries that helped her to see. She was only 20 years old when first employed by the Keller family. And she went to extreme lengths teaching Helen how to communicate.

“It’s amazing how Helen Keller went through all this,” said Olivia Castillo, who plays Helen in the show, “and how Annie didn’t give up.”

Annie Sullivan refused to treat Helen like she had disabilities. Unlike the child’s family, she didn’t give in to her tantrums or allow her to act disrespectfully. She pretty much “took the bull by the horns.”

“Annie never just gives up,” Hope Hiester, who portrays Annie Sullivan, commented. “And I’m a lot like that. Her story has helped me personally get through things in my own life. I have gastroparesis [a condition that affects the normal spontaneous movement of the muscles in your stomach], which makes everyday things difficult, so everything most people take for granted is a challenge. And Annie didn’t let anything stop her, so I’ve learned from her.”

Hope’s character is not only physically challenged by working with Helen, but also emotionally and mentally, and she perseveres through it all. “If you want to see a story that defies all odds and teaches you the value of hard work and perseverance, that’s what this show is. And trying to make the best of any situation.”

The story conveys just why Annie needed to persevere. Helen presented so many challenges for her family, “I’ve been around those with physical and mental disabilities,” said Mike Ellis, who plays Helen’s father, “so I can relate a little knowing how the parents struggled. I’ve been involved with The Arc [an organization that serves people with intellectual and development disabilities and their families], so I see how and why the parents would need some assistance, and that helps me understand why Helen’s parents need a break.”

This show does take an honest look at family relationships and the struggles they have because of such a demanding child. It also reveals their love and commitment, though at times very strained, to not only Helen, but to each other. Each person in this show has his or her own “demons” to overcome, but those challenges are what make each character so special.

Emma Montag, who plays one of the blind students, is hearing impaired, so she understands the strong messages of this show. “Everyone’s beautiful and unique in their own way. I like to use that as awareness for other people to let them realize that just because they’re different or have something that makes them stand out doesn’t mean they should feel insecure about themselves. And that’s what makes The Miracle Worker such a loving story, for all families, for all generations.”

Annie totally believed that, for herself and for Helen. They each had something to give. She helped to find the beautiful and the determination and the courage in both of them. She went way beyond what Helen’s family had ever thought possible.

Hope said it best. “Annie didn’t just give Helen a few words and say, ‘You live within your means; this is how you have to be.’ She said, ‘I can unlock the whole world for you.’”

And so she did.

“‘Theatre is about communicating a story,’” Janette said. “This particular story is about the importance of communication in everyone’s life. It’s got a good message that everyone can connect with. Audience members will find moments that will touch them and moments that will make them laugh. It’s a wonderful, triumphant story that will make people feel good.”

The Miracle Worker is by William Gibson and directed by Janette Gaines. The sponsors are Ballad Health, Ignacy Fonberg, the Law Offices of James R. Wheeler, and Sonia King/Mary B. Martin.

Rounding out the cast are Auggie Carver, Lorianne Carver, Lucy Carver, Renee Hickman, Pam Johnson, Charles Landry, Chloe Ledes, Kyle Mason, Kalliopi Papas, and Caroline Peccia.

Show times are Fridays and Saturdays at 7:30 pm, and Saturdays and Sundays at 2:00 pm. Tickets are $16 general admission, $14 for students and seniors. The theatre is located at 125.5 West Main Street, Jonesborough, TN. To purchase tickets, call the Historic Jonesborough Visitors Center at 423.753.1010 or go online to www.jonesboroughtheatre.com.
MIND-BLOWING MAGIC IS COMING TO BRISTOL!

You've seen him on NBC, CBS and FOX and now is your chance to see him live! Illusionist Bill Blagg is coming to the Paramount- Bristol on Saturday, February 9th at 7:30PM for one show only! Bill has been hailed by critics across the country for his unique style of mind-blowing magic and illusion. His action-packed show features incredible magic, jaw-dropping illusions, comedy and much more!

Bill's big break occurred when he won a prestigious magic competition at the age of 18 in the "Magic Capital of the World" (Colon, MI). He went down in magic history as the youngest contestant to ever win the event. By winning he joined the ranks of his idols which include Las Vegas's very own master magician Lance Burton.

Bill is widely regarded for his unconventional style of magic which doesn’t involve cliché tricks with playing cards or birds. Instead Bill prefers to thrill his audiences with his incredible feats such as instantly teleporting across theatres and squishing his body to just 5 inches tall! You won’t believe your eyes! Bill combines his magical talents with his quick wit and off-the-cuff personality which creates an unbelievable and memorable experience for all ages!

Tickets to see The Magic of Bill Blagg LIVE! on Saturday, February 9th at 7:30PM at the Paramount - Bristol are on sale now but disappearing fast!

To purchase tickets please visit the Paramount Box Office, www.paramountbristol.org or call 423-274-8920.

Bill Blagg is changing reality one city at a time and Bristol is next!
The Aaron Jaxon Band, led by front man and founder Aaron Jackson, is headlining a concert with Brian Bowman on Feb. 1 as a means to bring awareness to area services devoted to helping those with alcohol and drug addictions. Through music and personal stories, these musicians will share their own struggles and their journeys toward recovery.

Jackson met Bowman in 2016 while in rehab for alcohol abuse at Magnolia Ridge Recovery in Johnson City, while Bowman was volunteering as a mentor. Bowman went through the program about six months before Jackson. During Jackson’s stay, Bowman often visited the facility and offered his experience, strength and hope to others struggling with addiction.

“Brian really understood me,” Jackson said. “He seemed to have a real inner peace about him. That’s something I wanted. Several people told me he played music. I thought, maybe that’s why I could relate to him.”

After Jackson got out of rehab, he was able to hear Bowman’s original music. “I was just blown away. The guy has an incredible voice.” The two continued to remain close, and attended each other’s performances.

Now, the two Johnson City-based musicians are teaming up for a concert to celebrate their battles and commemorate their fight against abuse as a way to share with others that recovery is possible, and that services are out there to help.

“There’s such a stigma out there, so a lot of people are scared to take the first step. But if they see us talking about it up on the stage, maybe it can let others who are suffering know they aren’t alone. That help is out there.”

While not all of the songs and stories shared that night will focus on the issue, the two have a lot to say about it, and a lot to celebrate. “We can now share our music without the aid of booze and drugs, and we’re having more fun than we ever thought possible,” Jackson said. Bowman recently auditioned for America’s Got Talent in Knoxville, TN. Contestants for the hit TV show will be announced in February.

Meanwhile, the Aaron Jaxon Band has become one of Johnson City’s most recognized, entertaining and praised live performances, with nearly 25,000 social media followers. From their renditions of iconic covers to playing home-grown originals, the Aaron Jaxon Band is one-of-a-kind staple of the Johnson City music scene. For more information contact Aaron Jackson at 423-914-1329 or online at Aaron@aaronjaxon.com.
As the YWCA enters their 28th year recognizing exceptional women in northeast Tennessee and southwest Virginia through the YWCA Tribute to Women program. Each year women who have made significant contributions, who nurture, empower, and transform their community, are honored with a nomination and 9 award recipients are recognized at an inspirational banquet in the spring.

Do you know a woman who deserves a tribute? She might sit on your board or volunteer for your organization. She might work at your company, teach your children or even be a leader in your church. She is someone who stands out and leads by example. She is a woman who you undoubtedly admire and maybe even wish there were more of, but she is one-of-a-kind. These are the kind of women to whom we would like to pay tribute. Don’t you want to give her the gift of recognition?

You could be the one to honor a woman who is dedicated to uplifting countless others through a Tribute to Women nomination. Women residing or employed in Sullivan County, Tennessee, Washington County, Tennessee and Washington County, Virginia are eligible. The nomination process is simple:

Women may be nominated by an organization or business, in one of the following three categories: nurture, empower, and transform.

Complete the nomination application, available online at www.ywcatnva.org/tribute-to-women/

Submit your full nomination to the YWCA no later than Friday, February 15, 2019 at 5:00 p.m. Make sure to include specific details about the nominee, as this is the only information the out-of-state judges will receive for the selection process.

The YWCA Mission is to eliminate racism, empower women and promote peace, justice, freedom & dignity for all. If you know a woman who embodies and exemplifies these values, we encourage you to please nominate her!

Start today on providing the gift of recognition for one of the many exceptional women in the Tri-Cities area!

For more information, contact Allison Linder at alinder@ywcatnva.org.
Tennessee’s oldest town is about to get a lot sweeter!! The fourth annual Chocolate Fest will be held on Saturday, February 9th from 11:00 a.m. to 3:00 p.m.

Spend this Valentine’s weekend at Jonesborough Area Merchants & Service Association (JAMSA)’s Chocolate Fest throughout downtown on a walking tour. Come taste some delicious chocolate treats provided by area merchants and restaurants.

There will be endless options—everything from barks, fudges, chocolate covered strawberries and so much more! Tickets will be sold in groups of 10 and 15. Tickets are redeemable at Chocolate Tasting Locations throughout downtown where one ticket equals one chocolate treat.

Tickets available online at JBOchocolatefest.com or by calling 423-753-1010.

A very limited number of tickets will be sold at the door on Feb. 9 starting at 10:00 am at the International Storytelling Center.

Call (423) 753-1010 for more information on the event.#OnlyInJonesborough #JBOChocolateFest
PARAMOUNT BRISTOL PRESENTS

The Mavericks
MAR 23 @ 8 PM

DISCOVER BRISTOL PRESENTS
AN EVENING WITH THE CLEVERLYS
JAN 25

MOBB PRODUCTIONS PRESENTS
THE MAGIC OF BILL BLAGG LIVE!
FEB 02

EAST TENNESSEE PBS PRESENTS
KEN BURNS’S “COUNTRY MUSIC”
PREVIEW SCREENING AND TALKBACK WITH THE FILMMAKER
MAR 24

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

SYMPHONY OF THE MOUNTAINS
CLASSICAL MASTERS
FEB 09

THE BLACK JACKET SYMPHONY PRESENTS
QUEEN’S “A NIGHT AT THE OPERA”
FEATURING MARC MARTEL
FEB 02

PARAMOUNT BRISTOL PRESENTS
CLINT BLACK
STILL... KILLIN’ TIME 30TH ANNIVERSARY TOUR
MAR 31

TOM MINOR PRESENTS
TRIUMPHANT QUARTET
APR 25

TICKETS ONLINE 24/7 @ PARAMOUNTBRISTOL.ORG
BOX OFFICE: 423 274 8920 • 518 STATE ST., BRISTOL, TN • TUE–FRI NOON–6