Happy 150th Johnson City!
2019 Resolutions

1. Always be learning

2. Know what’s happening in the world around me

3. Have fun!
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your week's line-up

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

I hope everyone has a Happy New Year!

God bless each and everyone!

Kimberly Dugger
Publisher
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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LEONA GRACIA
SALES REPRESENTATIVE

MEET THE STAFF
For Clean Eats owner and Chef, Rhonda White, cooking is more than just a passion. It’s a way of life. Just off Exit 29 of Interstate 81 in Virginia, in the quaint little town square of Glade Spring, White is crafting food with local fresh ingredients and creating wholesome meals.

“I’m a huge supporter of using local, fresh ingredients. I want people to know I’m not using any processed foods,” says White. “My potatoes will be peeled and cooked daily, not opened from a box. You cannot have great food without great ingredients.”

White is originally from Swartz Creek, Michigan, where she grew up with family members who were active volunteers in the community. “There was always a lot of food preparation being done. It seems like I’ve been surrounded by awesome food my whole life. My mother and father and grandmothers were amazing cooks.”

White moved to Southwest Virginia 26 years ago after working with a host of chefs along the way. “I was so impressed by those who started their dishes from scratch and watch customers enjoy and interact over a great meal in a great place.

Clean Eats serves Tuesday through Saturday, 11:00 am – 8:00 pm. Menu items include salads, sandwiches, burgers and killer entrée’s. Each week, two daily specials are offered featuring soups, sandwiches, meat choices and pasta.

“Right now we have an awesome Blackberry Grilled Cheese sandwich and our own Pimento Cheese made from three different types of cheeses and chipotle pepper. Our salad dressings are house-made and we have an awesome lime vinaigrette that is to die for,” says White. “Our burgers just might be the perfect food. While the ingredients are simple, the juicy hand-patted patty served with various gooey melted cheese, lettuce, tomato, mushrooms, etc., produce award winning results with our customers.”

“Entrée’s include chicken, beef, pork chops, salmon, and brats. Weekly specials are very successful. Wednesday is a huge favorite – Spaghetti.”

We also create some pretty awesome sweet treats ranging from mini-cakes, pies, and cookies, to name a few.

Clean Eats gives locals a chance to get out and eat, a chance to pop in and have a really nice meal at a very reasonable price. “I think of my restaurant as my house, you are my guests. I treat it the same way I would if you were coming to my house for dinner,” says White. Come see me. You won’t leave hungry, I guarantee it.

Need an event, business meeting, corporate function, bridal or baby shower, or wedding catered. Clean Eats can handle that, too. We will create a tailored menu perfect for your occasion. Let us take care of the details, creating a memorable event!

“Cold Roast Salmon with Smashed Wax Bean Salad”

Blue Plate BBQ Special

Cold Roast Salmon with Smashed Wax Bean Salad
Clean Eats in Glade Springs, VA

Bananas Foster Mini Cakes

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01-11 Victor Lawson Boogie Chillin with Catfish Frye
01-12 415 In Progress
01-13 Karaoke with Missy and Marcus
01-14 DJ Trivia 7pm

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UPCOMING EVENTS
19 JAN - TOMCATS
9 FEB - WALLACE COLEMAN
23 FEB - WYLDEHEART
9 MAR - BILLY CRAWFORD
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.
Hiking Fuel

Mountain Mix: First take 4 pinecones and break them up into small pieces. Add in a handful of acorns (chestnuts can be substituted) and mix with 3 hand cups of creek water. Now take a boot full of soft sifted dirt (be sure to remove any earthworms, they will be added in later)..... Errrr...

Week after week, we have taken you along on trips through the woods and mountains on trails and hikes that last for several hours. Long enough that you need to take some sort of snack with you when you hit the trail. Now that winter is here, many of you will want to hike more where the heat is less, and the view are more while the trees are bare. A few of you have messaged us to find out what the best thing is to take along with you on the trails to keep the hunger down and the energy up so we thought this would be a good time to talk about a few of those things.

Before you go hiking, it's extremely important to “fuel up” your body. Think of it like your car, you're not going to go get on the interstate and start a cross country drive without fueling up your car, are you? We need to start out the day with some very important foods. Some things we recommend are fruits and veggies. Make sure to have something like whole grains and some quality (we stress quality) protein such as lean meats, eggs, peanut butter or nuts. Stay away, far away from the fast food breakfast and things like doughnuts and muffins before a hike. This isn't the fuel your body needs to keep you safe and healthy while in the mountains. And drink plenty of water as it is very important to your body when hiking. So many people don't realize how easy it is to become dehydrated when you go hiking. Stay away from the coffee, soda, orange juice and just fill up on water.

So now that we have our bodies fueled up and ready to go, what about those rest stops we need to take while on the trail? I'm good if I just pack a ham and cheese sandwich at home or stop by subway and get a turkey sub and throw in my bag, right? WRONG! First, if you are going to be hiking long enough to want to eat something of that size, you are probably going to be out too long without refrigeration to keep those meats and condiments safe. Any who wants to carry the extra weight of three or four frozen ice packs around? So, if you are going to be on the trail more than two hours, we recommend taking a snack. A good rule of thumb, is take something for a break every two hours of hiking. We recommend things like dry fruit, fresh nuts, carrots, celery sticks, seeds, raisins, apples, pears, or something like shredded wheat, crackers or granola bars. Here is a great trail mix that we like to use that is easy to make:

- 3/4 cup raw pecans (We toast ours in the oven for 10 mins at 350 degrees F)
- 3/4 cup raw cashews (We toast ours in the oven for 10 mins at 350 degrees F)
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1 cup unsweetened, unsulfured dried fruits
- 1/2 cup unsweetened, unsulfured raisins
- 1 cup chopped dark chocolate
- 1/4 tsp sea salt
- 1/2 tsp cinnamon

Combine all ingredients in a large bowl and mix well.

Store in a Ziploc bag or mason jar. Will keep for up to 1 month.

And please don’t forget the water again. While you are hiking, your body is constantly using water. A hiker can dehydrate twice as fast as someone just casually walking. It is best to drink about half a cup or 125mL every 20 minutes to keep your system hydrated.

So, what now that the hard part is over? I have finished that six-mile hike so now I can reward myself with a nice steak and baked potato or some boneless wings dripping with BBQ sauce right? Wrong again. After hiking, you want to continue to fuel your body with healthy foods it needs to recover and gain strength. Its best to do this within one hour of the hike. If we aren’t going straight home after the hike, we like to take along a cooler or bag in the car and bring things such as more fresh fruit, veggies and nuts, or now you can think about that turkey sandwich (make sure you have plenty of ice or ice packs to keep it cold in the car while hiking). And after your hike, make sure you drink plenty of water again. It is recommended that you consume at least two more cups or 500mL within the first hour after hiking.

We hope you find this week’s article helpful to you while you are out and about in the mountains this winter. Remember that safety while hiking is the most important thing. Good healthy and energetic foods with plenty of water is vital to a successful hike. (disclaimer… please do not try to eat any of the above “Mountain Mix unless you are in the bear, deer or racoon family!)


Distant Bodies

Become Familiar Worlds

Three incredible unmanned spacecraft are right now actively making discoveries that change how we look at the Solar System from our Moon to the incredible frozen depths of its edge.

And the science is so cool that one super-smart “Rock Star” is capturing headlines with his insight and new song celebrating mankind’s innate curiosity.

That legendary guitarist is non-other than shaggy-haired, British rocker Brian May of Queen, who has a doctor degree in astrophysics. Dr. May who came to America at the Baltimore, Maryland, Johns Hopkins University headquarters of NASA’s New Horizon mission to witness the data stream as the spacecraft passed by a small celestial body called Ultima Thule, 4 billion miles away.

Meanwhile, last week in China, their astrophysicists were rejoicing in the first soft landing on the backside of the Moon by Chang’e-4, named for the Moon Goddess. Launched on Dec. 8 and landing on the area of Aitken Basin in the Von Karman Crater near the moon’s south pole—one of the oldest impact craters in the entire Solar System. Chang’e-4 deployed a sophisticated rover called Yutu 2 (Rabbit) for a few months of unique science.

And still another interplanetary mission of NASA is cloaked in the obscurity of other world news, and its discoveries might overshadow those of New Horizon and Chang’e-4; spacecraft OSIRIS-Rex is trying to snatch a pea-size piece an asteroid’s surface and bring it back to Earth to look for the secrets of life.

The best way to keep up with these amazing space adventures is, of course, social media with Twitter keeping the latest alerts of what’s happening. There are 18 active interplanetary spacecraft in our Solar System, including Japan’s Hayabusa 2 that tossed a couple micro rovers on the half-mile asteroid Ryuga. Most of these missions have their own accounts in all the social media platforms—as well as informative websites.

New Horizon will be sending back photos and physics data for more than a year as the record 6-billion-mile distance takes more than 5 hours for information to travel back to Earth. A computer hard drive full of a terabyte of precious cargo will be dumped back to Earth in trickles, each transmission like a Christmas package of unknowns about to be unwrapped.

After passing by Pluto in 2015, the Hubble Space Telescope found a new target for New Horizons a billion miles farther—deep in the super cold region of our Solar System called the Kuiper Built. Here lies the -300 degrees F. below zero world where nitrogen, carbon dioxide and methane are like a slushy and the primordial left-overs of our creation are thought to exist.

So far, the images of Ultima Thule (pronounced “tool,” an ancient, traditional name of distant places beyond the known world) reveal a 21-mile tall “snowman” of two reddish globes, obviously stuck together maybe as long as 4.5 billion years ago when the Solar System formed.

Rocker Dr. May, an astrophysicist specializing in asteroids and comets, has been involved in several NASA and European Space Agency missions, particularly with 3-D imaging. He was inspired to write a song to underscore man’s desire to explore, and it’s a pretty good one. Check it out at this link: https://www.youtube.com/watch?v=j3Jm5POCAj8.

Focusing on the Moon, China has returned after landing a rover on the front side of the Moon in 2015. Putting an identical rover, “Yu Rabbit 2,” the size of a golf cart, on the back side of the Moon that we never see from Earth is a serious first in the 60-year Space Age. The feat required orbiting a satellite beyond the Moon to relay the data from the backside. The imagery is beautiful and the science is groundbreaking on everything from the lunar soil make up and intensity of cosmic rays.

But the history books decades from now may be talking about the comet sample mission of asteroid Bennu, a 1,600-foot-wide asteroid that NASA’s OSIRIS-Rex spacecraft has begun orbiting. Tiny Bennu is the smallest object ever orbited, 1.2 billion miles away between Jupiter and Saturn.

OSIRIS-Rex will orbit and explore Bennu for more than a year, allowing scientists and mission planners to examine the asteroid and determine a safe location for the craft’s touch-and-go descent in July 2020 to snag samples from the asteroid. The spacecraft will depart Bennu and head back to Earth, releasing its sample carrier for re-entry and landing in Utah in September 2023.

Scientists will take the samples to an ultra-clean facility at NASA’s Johnson Space Center in Houston for detailed analysis. Data gathered by the spacecraft’s thermal emission and visible infrared spectrometer instruments indicates clay minerals on the asteroid’s surface contain hydroxyl molecules with oxygen and hydrogen molecules bonded together. This finding suggests Bennu’s surface was once in contact with water, likely when the asteroid was part of a much larger parent body that was smashed to bits in a collision in the chaotic early Solar System.

And you can follow all the latest developments on these major interplanetary missions right from your smartphone—so boot up and enjoy!
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. 8-
  
  **Downtown Country**  
  Jiggy Rays 6:30pm

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

  **Wayne Riddick**  
  Blackbird Bakery 6pm

  **Shannan Miller**  
  Blackbird Bakery 6pm

- WEDNESDAY - Jan. 9-
  
  **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

- THURSDAY - Jan. 10-
  
  **Mark Larkins**  
  Rocks Wood Fired Pizza and Grill 6:30pm

  **JP & Leona w/The Magic City**  
  Polecats Playboys  
  The Mountain Music Museum 7pm

  **Saint Libans presents**  
  Salome by Oscar Wilde  
  The Willow Tree Coffeehouse & Music Room 8pm

  **Jam with Ellis Waddell**  
  Wellington’s Restaurant 8pm

  **The Diamonds**  
  Blackbird Bakery 8pm

  **An Evening w/ Vaden Landers**  
  Stateline Bar & Grille 10pm

- FRIDAY - Jan. 11-
  
  **Forthc**  
  Stateline Bar & Grill, Bristol 6pm

  **Shooter Band**  
  Kingsport YMCA 7pm

  **The Green Rumours**  
  Jonesborough Barrel House 6pm

  **Performing Arts Series: Misfit Gypsies**  
  Gypsy Circus Cider Company 7:30pm

  **Randy and The Lug Nuts w/ Jesse Lewis**  
  The Willow Tree Coffeehouse & Music Room 8pm

- SATURDAY - Jan. 12-
  
  **Forthc**  
  Woodstone Deli, Kingsport TN 8pm

  **Nightshift**  
  Buffalo Ruritan Club Bluff City 7pm

  **Shooter Band**  
  CJ’s Sports Bar 8pm

  **Momma Molasses**  
  Quaker Steak & Lube (Bristol) 8pm

  **Lauren Beeler**  
  Yee-Haw Brewing Company 8pm

  **Fiddling Leona & JP Mathes II**  
  The Down Home 8pm

  **Blue Mother Tupelo**  
  The Down Home 8pm

  **Rylee Peters**  
  Blackbird Bakery 8pm

- SUNDAY - Jan. 13-
  
  **Forthc**  
  Holston River Brewing Company 8:30pm

  **Quarter Bounce w/ Rusty Steele**  
  CJ’s Sports Bar 9pm

  **Brothers Gillespie**  
  Capones 10 PM

- SATURDAY - Jan. 12-
  
  **Forthc**  
  Woodstone Deli, Kingsport TN 8pm

  **Nightshift**  
  Buffalo Ruritan Club Bluff City 7pm

  **Shooter Band**  
  CJ’s Sports Bar 8pm

  **Momma Molasses**  
  Quaker Steak & Lube (Bristol) 8pm

  **Lauren Beeler**  
  Yee-Haw Brewing Company 8pm

  **Fiddling Leona & JP Mathes II**  
  The Down Home 8pm

  **Blue Mother Tupelo**  
  The Down Home 8pm

  **Rylee Peters**  
  Blackbird Bakery 8pm

- SUNDAY - Jan. 13-
  
  **Forthc**  
  Holston River Brewing Company 8:30pm

  **Quarter Bounce w/ Rusty Steele**  
  CJ’s Sports Bar 9pm

  **Brothers Gillespie**  
  Capones 10 PM
**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 8th**

- Holston Valley Woodworkers January meeting - Eastman Employees Center, Wilcox Drive, Kingsport, TN 6:30pm
- "Effectively Lighting Your Shop" program - Eastman Employees Center, Wilcox Drive, Kingsport, TN 7pm

**Wednesday- January 9th**

- F3 Free Men's Bootcamp - Founders Park 5:30am
- Western Wednesday: A Fistful of Dollars - Bristol Public Library 12:30pm
- Yee-Haw Yoga CASA - Founders Park 5:30pm
- Happy Hump-Day Ladies Night - Bear's Bar 6:30pm
- Bottoms Up Beer and Yoga - JRH Brewing 6:30pm

**Thursday- January 10th**

- F3 free men's bootcamp - Founders Park 5:30am
- Wintertime Bingo - Broadmore Senior Living at Johnson City 6pm
- Farm and Fun Time Celebration of Appalachian Balladry - Birthplace of Country Music Museum 7pm
- FIA Free Women's Fitness Thur. Evening - Founders Park 7pm
- Dr. Who Trivia - Gypsy Circus Cider Company 7pm

**Friday- January 11th**

- Afternoon with Wild Heaven Beer - The Beer Run 4pm
- Grandma Lee & Bob Lauver - Maddie's Event Hall VFW Post 6975 8pm

**Saturday- January 12th**

- F3 free men's bootcamp - Founders Park 6 AM
- FIA Free Women's Fitness Saturdays - Founders Park 7:15am
- Kingsport, TN Gun Show - MeadowView Conference Resort & Convention Center 9am
- Family Lego Day - Johnson City Public Library 10:30am
- Free Lunch Seminar: Stem Cell and Regenerative Therapy - Bonefish Grill (Johnson City, TN) 11am
- Release of Green Elder Apple Butter Stout! - Johnson City Brewing Company 1pm
- Two on the aisle, 3 in a van - Kingsport Theatre Guild 2pm & 7pm
- Parents Night Out January 2019 - Greater Kingsport Family YMCA 5pm

**Sunday- January 13th**

- WWE: Live - Freedom Hall Civic Center TN 7:30pm
- Polar Bear Plunge - Sportsman Marina Abingdon, Virginia 12pm

- Miss Appalachian Charm - Kingsport Office of Cultural Arts #OCA 11am
- Watauga Valley Art League Meeting and Program - Sycamore Shoals State Historic Park 1:30pm

**Monday- January 14th**

- F3 Free Men's Run Group - Kermit Tipton Stadium 5:30am
- ETRC's January Meeting - Carnegie Hotel Special Events 11:30am

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**CRYPTOGRAM:**

"Meditation brings wisdom; lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom."

**DROPQUOTE:**

"In traveling, a man must carry knowledge with him, if he would bring home knowledge."
In 2018 film-goers raved about the post-apocalyptic thriller "A Quiet Place" in which the characters could not speak lest they be attacked by a sensitive creature. In late 2018 a variation of the theme is presented in the current film "Bird Box" starring Sandra Bullock. The film is based on a 2014 novel, and presents a world in which looking outside could result in the desire to commit suicide or become a strange version of yourself who attempts to get others to look at the strange supernatural entities causing all this chaos. How did this come about? The film begins by introducing us to Malorie Hayes (Bullock) a pregnant artist, who when her older sister Jess (Sarah Paulson) visits her, discover a story of mass suicides taking place in Russia. Malorie is not overly concerned about the story until she witnesses a stranger attempting to commit suicide when visiting her doctor. Soon Malorie and Jess are attempting to flee the city when they see panic and chaos all around them. It appears the same anomaly occurring in Russia has hit the west coast of the U.S. Unfortunately, Malorie’s sister ("spoiler alert") does not make it very far until she is taken down by the mysterious force. With Malorie left alone in the street, she is taken into the home of some kind strangers who happen to see she is pregnant and in danger. Soon Malorie is in a home housing a group of strangers, which include the kind Greg (BD Wong), the annoying and hateful Douglas (John Malkovich), and eventual love interest for Malorie, Tom (Trevante Rhodes). The group, realizing they soon will be out of food and supplies, are planning ways to leave the house without endangering themselves. The method they devise to leave the house is very clever, but also harrowing. While showing how the characters survive the new post-apocalyptic world, the film flashes forward five years in the future to reveal Malorie and her young son, and the female child of a housemate are charting a course down a river to a safe community after learning about the location via a transmission. Thus the film bounces back and forth between the past and the present revealing how the trio came to be left alone to search for the safe community. If you are wondering why the film is called "Bird Box", this is due to Maloire taking a couple of birds from the supermarket the group traveled to, while later discovering they act as a warning when the supernatural creatures are approaching. Both the past and present segments of the film are thrilling, and provide plenty of tense and harrowing moments. Can you imagine trying to navigate down a river while blindfolded and facing the prospects of rapids? You will see plenty of the aforementioned in this film, along with the clever ways the characters devise to walk around in the world outside their shelter. The film concludes with a very clever and shocking twist I didn't see coming, leaving me very satisfied with the outcome. The actors are all wonderful in this film, and led by Bullock, really convey a sense of urgency to survive in the extremely challenging world they are now dealing with. Director Susanne Bier ("A Second Chance") does a marvelous job keeping the pace of the film flowing, keeping us on the edge of our seats as to what might happen next. "Bird Box" provides a fun double feature opportunity to show with the aforementioned "A Quiet Place", providing a night of science fiction thrills. Just as with "A Quiet Place", this film conveys the message of how a mother's determination to save her children is stronger than any challenge thrown in her direction. Now streaming on Netflix. (Rated R)
That transitory time that comes at the end and the start of the year is a time of reflection for many. I have found this to be especially true as one week after New Year’s Day is when my birthday falls. Seeing that this week I celebrate another trip around the sun and also entering my mid-30s, I’m being a bit more reflective than usual. With that in mind, the time has come to tell the tale of the worst date I ever went on in my entire life.

If you’ve been with me and this column throughout its entire existence, then you most likely recall that writing about the woes of love and romance was something I went to quite a bit in the early days. I began this column when I was 21, I’m turning 34 this week, and I talked about it often as it was where I found a great deal of humor in my life to draw from. As I got older I thought to keep writing about me going to write about that?”

I had friends saying to me “when are you going to write about that?”

As I aged I found myself ping-ponging back and forth between “it would be nice to have someone” and “screw it! I’m amazing and woe unto those who don’t appreciate my brand of hip.” Yet, as we as a society think something is wrong if you’re not in a relationship or trying to find one or haven’t achieved X things by the time you reach Y age. So I came to that during 2017 I found myself on Tinder. I got on there reluctantly, but it seemed to be how you met people. During the late hours, I would swipe away on people who seemed my type, always finding myself surprised when we matched.

There were a few I would talk to, one out of Asheville seemed especially promising. We started following each other on Instagram and then the chatter stopped. I guess my posting about The Monkees got to her, but I wouldn’t want to date anyone who didn’t like The Monkees. So again at night I would fire up Tinder and start swiping. Reading profiles of people, seeing what they were looking for, and being reminded again that nothing about me is what people want. It was a depressing affair.

But one night I did match with someone and the talking went well! She was my type. Artistic with good taste in music. We decided to meet up, like you do, to see how things went in person. We talked for two and a half hours and it was great. I sat in my car afterward, a smile beaming across my face, slightly dumbfounded that it went so well. There was texting, more chatter, and we met up for a second time. I later asked her out to dinner, and the place and time were set.

This, my friends, is where the story falls apart for our hero. I was giddy the day leading up to the date. I did my usual “Andy’s riding high” morning routine. Singing along to Sinatra and Fred Astaire loudly in the shower. The evening came, and off I went to the restaurant of choice. I arrived early, as I do with practically everything. I got a table and nervously checked Twitter on my phone while waiting. She arrived, I saw her walk in the door and start to approach my table—with two other people.

The classic tale of “she brought a friend” was one-upped in a most spectacular manner. She not only brought a friend, but she also brought her sister. I never felt such confusion in my life. Was I on a prank show and didn’t know it? Was Steve Harvey going to suddenly appear and say “Let’s play the game!” I sat there and was my normal self for the first part of the meal, then I mostly turned quiet and spend the rest of the time feeling like an awkward fourth wheel at a party I wasn’t invited to.

I realized that even by the standards of bad dates I had been on, this one was epic. A legendary bad date that will stand the test of time and be passed down from generation to generation. If they handed out Academy Awards for bad dates, this one would have swept the ceremony. I easily could see myself walking up on stage to a standing ovation to accept my Oscar for “Worst Date.”

“Wow. What an honor! Truly, I never thought it would happen, but here we are! Dreams come true, kids! OK. Wow. I didn’t prepare anything. Uh, I’d like to thank Mom and Dad for their support, all my friends. My team over at Andyland Industries, they’re the absolute best! I want to thank everyone at Tinder for bringing this cast and crew together. Oh, and how could I forget, the one this date couldn’t have happened without. Big ups to NAME REDACTED, for really taking the charge on this.”

The music would then start to play. “Oh, crap! They’re playing me off! Uh, I know I’m forgetting people, but really, thank you to everyone and thank you to the academy! Good night!”

When the family reunion I didn’t know I was going to had ended, I sat in my car for half an hour processing what had happened. I did what I always do, try and figure out where I went wrong and put the blame on me. Was I not clear enough that I was intending this to be a date? Does asking someone out to dinner not count anymore as a date? I was confused, but I wasn’t confused about one thing. I took my phone out of my pocket and deleted Tinder. I was done. I haven’t gotten back on any kind of online dating since.

When my thinking was done, I drove over to a friend’s house and we sat around trying to dissect the evening. They were as confused as I was, as were all my friends who I told this story to. I tell you this not as I want pity or sadness, but for the cathartic nature of sharing a story like this. Frankly, I am still a little bit perplexed by it all.

Despite not being on any dating app since I did go on a couple of other dates last year, but nothing panned out. I’m not really planning on trying in 2019—never say never, but I’m a bit burnt out on it all. Perhaps I’m just destined to be the world’s fun uncle, that would make a lot of sense as I am a direct male line descent of Rich Uncle Pennybags, The Monopoly Man. It was her loss, after all. If anything, I am a bloody delight and my skills are making a French omelette are rather good. C’est la vie. See you next week.
On a recent weekend away to Atlanta I did something I consider to be shameful. After several cocktails in a smoky dive, the first fiddle strains of “Wagon Wheel” hit my ears. I instinctively groaned and yelled “NOOOO!!” due to spending almost 4 years of my life behind the bar at Tipton Street Pub, where there is and forever will be a ban on the jukebox for that song thanks to the record number of times it gets played. But as the song continued to play, something magical happened. It became less offensive and more melodic, but that also could have had something to do with the vino that was coursing through my system. Suddenly, before I could realize what was happening, I opened my mouth and there it went. “JOHNSON CITY, TENNESSEEEEEEEEEEEE!!!” I wish I could say this is the first time I’ve committed such a heinous crime, but alas it is not. As badly as that song grates my nerves here at home, it never fails if I’m with a group of people out of town, we proudly participate in yelling the name of our hometown along with the band.

It all has to do with the sense of pride I take in coming from this part of the world. We here in Appalachia are different from the rest of the south. We were raised different. There’s a grittiness to us that the belles and gents of the Carolinas and Georgia don’t possess. Appalachian folks were born to tobacco farmers and coal miners. We were taught the value of a dollar the hard way—by earning it. Our families knew what it was like to have to work for everything they had and so they valued their possessions, no matter how meager. What our parents and grandparents lacked in formal education, they more than compensated for with wisdom, work ethic and common sense. We were taught to love our neighbor but take no crap and stand up for ourselves. And most importantly, that your word is worth more than gold.

I can still remember growing up and breaking beans with my Mamaw while she watched her soap operas. She was a woman who spent the majority of her life raising 7 children while earning lodging and minimal wages as a tobacco sharecropper. Watching her long fingernails grasp each bean, snap it in half and remove the string almost thoughtlessly, I tried to keep up, but her bag was always filled far more quickly than mine. My other grandmother was a real spitfire. She would pick tomatoes and cucumbers straight from the garden in the backyard and serve them alongside a breakfast feast for 10 every morning. The woman would literally give you the shirt off her back. I also have never heard someone else be able to cuss someone up a blue streak like her. My papaw fought in WWII but never discussed it. Unlike today where oversharing is not only accepted, but expected, men like him took the horrors they saw to their graves because that is what men do.

I feel so much pride to be able to come from these people and from this soil. I’m grateful to be old enough to remember these times before internet with my grandparents and the simplicity of what it was like around here. And it gives me great joy that the same greasy spoon restaurant and service station that my cousin and I would walk to for ice cream as children, is still open at the end of my road, owned by the same people. This sense of pride in taking care of the things your family worked hard for is the reason I bought my grandparent’s house. I’ve invested blood, sweat, money and tears into this home, because it would kill me to see my family’s hard earned possessions auctioned off to a total stranger. Being raised Appalachian is what gave me the work ethic that was strong enough to get me through college. It also taught me how to have empathy for people and integrity and character. At the same time, I also know if someone messes with me or my parents, I can and will tussle like a grown man.

For those of you raised here, I hope you feel the same sense of love for our home. And if you’re not from here, I welcome you warmly and with a biscuit because that’s what we do. Maybe sometime if the mood is right and the drinks are flowing, we can all join in together, hollering those 3 magic words from “Wagon Wheel.”

XO- Kathie

HAPPILY

Appalachian

by Kathie Scalf

TEA TIME

with Appalachian Barbie
SUDOKU

Last week's answers on page 14

CRYPTOGRAM

VZ VA XJAL ZD QSL VKZD J WJAAVDK... JKLODUL IJK UD ZFJZ, OP2 ZD
OX JKBTL HVZF ZFX TVBFZ WXTADK ZD ZFX TVBFZ XNZXKZ JKD JZ ZFX
TVBFZ ZVEK JKD VK ZFX TVBFZ HJL ZFJZ VA KDZ XJAL.

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

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<tr>
<th>BRISTOL TN/VA</th>
<th>JOHNSON CITY</th>
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<tr>
<td><strong>PARAMOUNT</strong></td>
<td><strong>FREEDOM HALL</strong></td>
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<tr>
<td>Jan. 25 - An Evening with The Cleverlys</td>
<td>Mar. 15 - Casting Crowns</td>
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<td>Feb. 9 - The Magic of Bill Blagg live</td>
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<td>Mar. 15 &amp; 22 - Black Jacket Symphony presents Queen’s “A Night at The Opera” featuring Marc Martel.</td>
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<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>May 5 - Home Free</td>
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<td><strong>HARRAH’S - Cherokee</strong></td>
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<td>Jan. 19 - Air Supply</td>
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<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>Mar. 9 - Dwight Yoakam</td>
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<td>Mar. 23 - Foreigner</td>
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<td>Apr. 27 - Travis Tritt</td>
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<td>U.S. CELLULAR CENTER - Asheville</td>
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<td>Jan. 12 - 3 Dog Night</td>
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<td>Apr. 14 - David Sedaris</td>
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<td>Feb. 1 - Delbert McClinton</td>
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<td>Feb. 17 - Christopher Cross</td>
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<td>Feb. 18 - Procol Harum</td>
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<td>Feb. 27 - Justin Hayward with Mike Dawes</td>
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<td>Mar. 2 - Shawn Colvin</td>
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<td>Apr. 8 - John Parr</td>
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<td>Apr. 11 - Joan Osborne</td>
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<td><strong>RYMAN AUDITORIUM</strong></td>
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<td>Feb 27 &amp; 28 - Kasey Musgraves</td>
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<td>Mar. 3 - James Bay</td>
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<td>Mar. 19 &amp; 20 - The John Mellencamp Show</td>
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<td><strong>THOMPSON BOLING ARENA</strong></td>
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<td>Feb. 15 - Luke Combs</td>
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<td><strong>U.S. CELLULAR STAGE</strong> at the BIJOU THEATRE</td>
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<td>Jan. 11 - Sam Bush</td>
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<td>Jan. 18 - Art Garfunkel</td>
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<td>Jan. 26 - Scott Miller</td>
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<td>Feb. 2 - Yonder Mountain String Band</td>
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| KNOXVILLE CIVIC AUDITORIUM        |                                    |
| Mar. 5 - Joe Bonamassa            |                                    |
| Mar. 13 - Brothers Osborne        |                                    |
| Mar. 14 - Lauren Daigle           |                                    |

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<th>CHARLOTTE, NC</th>
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<td><strong>OVENS AUDITORIUM</strong></td>
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<td>Mar. 15 - Experience Hendrix Tour</td>
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<td>Mar. 22 - John Mellencamp</td>
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<td>Apr. 28 - Whitesnake</td>
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**THE FILLMORE**
Jan 17 - Jesse McCartney
Jan 18 - Scotty McCreery

**CALL WQUT @ 477-1015 FOR MORE CONCERT INFORMATION**
American Kennel Club Dog Agility Trial

January 25 – 27, 2019
Western North Carolina Agricultural Center - Fletcher, NC
8 am – 3 pm (Friday & Saturday) / 8 am – 12 Noon (Sunday)
Admission is Free

The Blue Ridge Agility Club of Western North Carolina will host an American Kennel Club (AKC) agility trial Friday, Saturday, and Sunday, January 25 – 27, 2019. The event will be held at the Western North Carolina Agricultural Center McGough Arena in Fletcher from 8:00am until 3:00pm Friday-Saturday and 8:00am-12:00pm on Sunday. Spectators are welcome to attend and admission is free. Please leave your dog comfortably at home.

Over 200 purebred dogs, from throughout the southeast, will compete at various levels of difficulty, against each other and the clock. There will be approximately 60 AKC registered breeds competing.

Agility is a competitive team sport comprised of a handler and his or her dog. The object of agility is for the handler to navigate the dog through a timed obstacle course without the dog making a mistake. The agility course is comprised of jumps; weave poles, tunnels and climbing apparatuses. Agility rules focus on safety for the dog. The sport of agility combines control, training and drive into a challenging game for both the handler and the dog. Agility training heightens the bond between dog and handler and provides fun exercise for both. Agility is one of the fastest growing dog sports in the USA.

AKC’s exciting Premier courses are designed to challenge dogs and their handlers at an increased skill and speed level. The courses are set above the Master class with varied approach angles, spacing and discrimination obstacles.

The American Kennel Club was founded in 1884 and is the nation’s leading not-for-profit organization devoted to the study, breeding, exhibiting and advancement of purebred dogs.

For more information about the trial or Blue Ridge Agility Club, visit http://blueridgeagility.com
Our second Adopt a Veteran event was held December 18th at the Memorial Park Community Center. Everyone enjoyed a great meal, fun times together, and Christmas gifts of needed items for our veterans.
Thank you to our 2018 Adopt a Veteran sponsors!
KINGS MOUNTAIN CHAPTER

Thank you to Memorial Park Community Center for providing our venue!
MOBB PRODUCTIONS PRESENTS
THE MAGIC OF BILL BLAGG LIVE!
FEB 09 @ 7:30 PM

JAN 25
DISCOVER BRISTOL PRESENTS
AN EVENING WITH THE CLEVERLYS

FEB 02
SYMPHONY OF THE MOUNTAINS
CLASSICAL MASTERS

MAR 15 & 22
PARAMOUNT BRISTOL PRESENTS
QUEEN’S “A NIGHT AT THE OPERA”
FEATURING MARC MARTEL

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

APR 15 & 22
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 25
TOM MINOR PRESENTS
TRIUMPHANT QUARTET

MAY 05
EMPORIUM PRESENTS
HOME FREE
TIMELESS WORLD TOUR

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