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Hello June! Make sure to follow us on Facebook for updates! So this is our ninth month having The Loafer in our Market Innovations family. It's been so much fun putting this together and getting used to putting a weekly publication out. I hope everyone loves it as much as we do! My whole staff works very hard to make it perfect each week. There is so much that goes into it behind the scenes. We want to thank every reader and advertiser that has helped us make this publication continue to live on. We love you Tri Cities!!!
Meet the Staff

“People Who Care, Doing Great Work”

We’re a small but mighty independent agency. We’ve been called brand consultants, strategists, designers, developers, and marketers. Truth be told, we’re a bit of each. We’re an extremely collaborative group dedicated whole-heartedly to giving our clients our very best.

We’re about people first. The client relationships we’ve developed are simple, natural and unpretentious. To our clients, we’re known as the committed partner who has essentially become an extension of their business. Your work is our work and we love what we do.

“Businesses coming together as a community can make things happen.”

Kimberly Wilson
Owner & Publisher

Laken Huggins
PR Executive Director

Melody Stewart
Social Media Manager

Faith Little
Advertising Representative

Joy Feathers
Advertising Representative

Amy Arnold
Office Assistant

Sarah Waldrop
Advertising Representative

Lauren Stotsky
Editorial Intern

Ashley Lawson
Graphic Designer
Al Petteway & Amy White

**June 15 • 7 pm**

Northeast State Community College
Wellmont Regional Center for the Performing Arts

FREE and open to the public

Avant FARM

**June 20**

**7 pm**

Northeast State Community College
Wellmont Regional Center for the Performing Arts

FREE and open to the public
FAIRIES AND FANTASY: CELEBRATION OF MIDSUMMER MAGIC

“Celebrating the imagination with fairy houses, music, and storytelling”, will be the theme of Fairies and Fantasy, a daylong event at the Storytelling Resource Place in Mill Springs Park in Jonesborough, TN on Saturday June 15. This free event will feature activities for young people in the morning from 9-11:30 where squares of wood will be available as the base for construction of fairy houses from natural ingredients such as: stones, shells, nuts, pinecones, straw, moss, flowers, and so much more. There are a limited number of spots for the fairy house builders. If you wish to participate, come early. After the houses are finished, the creator may take it home. There will be older people to help with the hot glue guns. Bubbles light as fairies will float in the air.

During the afternoon segment of “Fairies and Fantasy”, storytellers will tell magical tales: humorous and traditional. Classical fairy tales are the common ground that so much of our culture draws upon. Molly Catron will be sharing a “Fractured FairyTale”; Guerry McConnell will be telling “Wee Meg Barnilegg and the Fairies”. Head wreaths will be distributed as long as they last. Music will be enjoyed at interludes and delicious fairy treats will be available for purchase during the intermissions. The Storytelling Resource Place will display the collection of antique fairytale books with famous illustrators from all over the world.

We only have to listen to the news to realize the tremendous impact of fantasy: whether it is the Game of Thrones, Avengers: Endgame, “Once Upon a Time” or the latest trilogy of Star Wars. Each of these movies draw upon imaginary worlds which depict with powerful images the battle of good against evil. J.R.R. Tolkien’s Lord of the Rings is a fantasy to rule them all. Why not re-visit the spring of imagination: the fairytale that form the inspiration for the major creations of our time. The Storytelling Resource Place welcomes you to use your imagination, listen to great stories, and remember how wonderful it is to share these experiences with others.
If you or your band are playing in the upcoming week and would like to be in The Spotlight, go online to: theloaferonline.com. Due to last minute cancellations or changes, please call the location to confirm.

**Spotlight**

- **TUESDAY - June 11 -**
  - **Kuf Knotz!**
    The Orange Peel (Asheville, NC) 8pm
  - **TOPS!**
    The Mothlight (Asheville, NC) 9pm

- **WEDNESDAY - June 12 -**
  - **Insane Clown Posse!**
    El Patron Event Center (Knoxville) 6pm
  - **Bailey George & Jukebox Jessica Stiles!**
    The Bristol Hotel (Bristol) 7pm
  - **REO Speedwagon!**
    Tennessee Theatre (Knoxville) 7:30pm
  - **Saul Brooks LIVE!**
    Wild Wing Cafe (JC) 8pm
  - **Rusty Steel & Jeremy Vance Unplugged!**
    O’Mainnin’s Pub (Bristol) 9pm

- **THURSDAY - June 13 -**
  - **Live X Session ft. Shaed!**
    Wild Wing Cafe (JC) 6pm
  - **RJ Smith Boondock Rock!**
    Jonesborough Barrel House 6pm
  - **Bike Night w/ Bad Mountain Brew!**
    Quaker Steak & Lube (Bristol) 7pm
  - **Victor Lawson & Boogie Chillen w/Catfish Frye!**
    Winged Deer Park 7pm
  - **Thursday Jams: The New Respects!**
    Abingdon Market Pavilion 7pm
  - **Rusty Steel & Jason Lloyd! Bike Night**
    Woodstone Deli (Kingsport) 7:30pm
  - **Caleb Johnson & The Ramblin’ Saints!**
    The Grey Eagle (Asheville, NC) 8pm
  - **Gojira plus Deafheaven!**
    The Orange Peel (Asheville, NC) 8:30pm

- **FRIDAY - June 14 -**
  - **Rick Savasten Band!**
    StateLine Bar & Grill (Bristol) 6pm
  - **Founders After 5: Rhythm & The Roosevelts**
    Founders Park (JC) 6pm
  - **Fiddling Leona & J.P. Mathes II!**
    Riverside Taphouse Grand Opening (Elizabethton) 6:30pm
  - **7 Mile Mushroom!**
    Marker ‘2’ Grille Lakeview Marina 7pm
  - **Hinder w/ Special Guests Saving Abel & The Adarna!**
    Capone’s (JC) 7:30pm
  - **Jeremy’s Ten Unplugged w/Angry Chair – Alice in Chains Tribute!**
    The Orange Peel (Asheville, NC) 8pm
  - **Bill Kirchen & Redd Volkaert!**
    The Down Home (JC) 8pm
  - **Retroville!**
    The Elizabethton Elks 8pm
  - **Ragged Sally LIVE!**
    Gypsy Circus Cider Company (Kingsport) 8pm
  - **Rusty Steel & Quarter Bounce!**
    DeeeDees (Greeneville, TN) 9pm
  - **Demon Waffle!**
    Wild Wing Cafe (Johnson City) 10pm
  - **Aaron “Woody” Wood & The Love Drugs!**
    The One Stop at Asheville Music Hall 10pm

- **SATURDAY - June 15 -**
  - **Shelby Rae Moore LIVE!**
    5506’ Sky Bar in Beech Mtn. Ski Resort (Beech Mountain, NC) 2:30pm
  - **Steep Canyon Rangers & Acoustic Syndicate!**
    Beech Mtn. Ski Resort 6pm
  - **Ryan Redman!**
    Jonesborough Barrel House 6pm
  - **Southern Countrymen Band!**
    Buffalo Ruritan Club (Bluff City) 7pm
  - **Aaron Jaxon Band!**
    Eagles Nest Concert Series (Banner Elk, NC) 7pm
  - **Hip Gypsy!**
    Marker ‘2’ Grille Lakeview Marina 7pm
  - **Jesse Lewis, Chris Acker, & Zach Bryson!**
    Willow Tree Coffeehouse & Music Room (JC) 8pm
  - **Billy Crawford Band!**
    Quaker Steak & Lube (Bristol) 8pm
  - **Retroville!**
    Kingsport Eagles 8pm
  - **American Maid EP Release Show w/Rory Kelly & Black River Rebels!**
    The Orange Peel (Asheville, NC) 9pm
  - **Spaceman Jones, Force Field, Joe Grisly & Musashi Xero!**
    The Hideaway (JC) 9pm
  - **Jigsaw Jane’s Debut!**
    Rush Street (Kingsport) 9pm
  - **Trouble Jennings!**
    OT Sports & Social (JC) 9pm
  - **Speakeasy Show w/Tennessee Champagne!**
    Jiggy Ray’s (Elizabethton) 10pm
  - **Asylum Suite LIVE!**
    Wild Wing Cafe (JC) 10pm
  - **Winston Ramble!**
    Beech Mtn. Concert Series 10pm

- **SUNDAY - June 16 -**
  - **Ivy Road**
    Marker ‘2’ Grille 7pm
  - **Bill Kirchen!**
    The Grey Eagle (Asheville, NC) 8pm
  - **Sebadoh!**
    The Mothlight (Asheville, NC) 9pm

- **MONDAY - June 17 -**
  - **AbbaFab!**
    Lees McRae College 7pm
  - **American Maid EP Release Show w/Rory Kelly & Black River Rebels!**
    The Orange Peel (Asheville, NC) 9pm
  - **Spaceman Jones, Force Field, Joe Grisly & Musashi Xero!**
    The Hideaway (JC) 9pm
  - **Jigsaw Jane’s Debut!**
    Rush Street (Kingsport) 9pm
  - **Trouble Jennings!**
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  - **Speakeasy Show w/Tennessee Champagne!**
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    Wild Wing Cafe (JC) 10pm
  - **Winston Ramble!**
    Beech Mtn. Concert Series 10pm
  - **AbbaFab!**
    Lees McRae College 7pm
**Karaoke**

**TUESDAY**
Karaoke at Numan’s - Johnson City
Karaoke w/ Absolute Entertainment at Woodstone Deli - Kingsport

**WEDNESDAY**
Karaoke with Absolute Entertainment at OT Sport’s & Social
Turn the Page Karaoke at VFW Post 2108 – Johnson City
Karaoke Night at Wonderland Lounge and Bar
Karaoke at Quaker Steak and Lube (Bristol, VA) 7pm

**THURSDAY**
Karaoke w/ Absolute Entertainment at Macado’s – Kingsport
Karaoke at Zachary’s Steakhouse
Michael’s Krazy Karaoke at Stateline Bar & Grill
Karaoke w/ DJ Marquez Top Shelf Entertainment at Wild Wings Café JC
Karaoke at Numan’s - Johnson City
Karaoke at Jiggy Rays Pizzeria
Karaoke w/Tony & Rod at CJ’s Sports Bar 8pm
Karaoke at Tipsy Toad (Jonesborough)
Karaoke w/Absolute Entertainment at Jay’s Boat Dock

**FRIDAY**
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 at Elizabethton VFW
Karaoke w/ Michael Hawkins at Holiday Inn (Exit 7) – Bristol, VA
Karaoke at Numan’s – Johnson City
Karaoke at 27 Lions (Marion, VA) 9:00pm
Karaoke w/ Absolute Entertainment at Woodstone Deli- Kingsport
Karaoke w/Absolute Entertainment at Rainbow Asian

**SATURDAY**
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

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

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**Trivia**

**TUESDAY**
Wild Wing Café JC- Team Trivia Tuesdays 8:30pm
Johnson City Brewing Company- Trivia Tuesdays 7pm
Aubrey’s Johnson City- Trivia Night 7pm
27 Lions - Trivia Night 7pm
Union Street Taproom - DJ Trivia 6pm

**WEDNESDAY**
Tipton Street Pub- Trivia Wednesdays 9pm
Aubrey’s Bristol- Trivia Night 7pm
Johnson City Moose Lodge 1831 - DJ Trivia 7pm
Tipsy Toad (Jonesborough) - Trivia 7pm

**THURSDAY**
Holy Taco & Cantina Trivia Night 9pm
JRH Brewing - Trivia Night 7pm
Mellow Mushroom Johnson City - Mellow Trivia 7pm
Gypsy Circus Cider Company - Trivia 6:30pm

**MONDAY**
Barley Waters- Trivia Night 7pm
Yee-Haw Brewing- Trivia Mondays 7pm
Woodstone Deli - DJ Trivia 7pm
Model City Tap House - Live Team Trivia Night 7pm
Tuesday - June 11th

11am Tequila Tuesday! At Highlander’s Grill & Tavern (Banner Elk, NC)
12pm Bele Chere! At The Bywater (Asheville, NC)
6:30pm Vacation Bible School! At Avery County Revival Center (Newland, NC)
7:30pm Family Feud LIVE! Celebrity Edition! At Tennessee Theatre (Knoxville, TN)

Wednesday - June 12th

12pm James & the Giant Peach! At Barter Theatre Stage II
2pm Tomahawk Throwing Workshop! At Sycamore Shoals State Historic
5:30am F3 Free Men’s Bootcamps! At Love Chapel Elementary School (Erwin, TN)

Thursday - June 13th

10am James & the Giant Peach! At Barter Theatre Stage II
11am Thursday Drink Special! At Highlander’s Grill & Tavern (Banner Elk, NC)
7:30pm Toy Story 2 w/ Seasons of Hope! At Stateline Drive-In Theatre (Elizabethton, TN)

Friday - June 14th

4pm Grand Opening Celebration! At Riverside Taphouse
5:30pm F3 Free Men’s Bootcamps! At Love Chapel Elementary School (Erwin, TN)
5:30pm Free Samples! At Jiggy Ray’s

Saturday - June 15th

9am Farm Photo Tour! At Apple Hill Farm (Banner Elk, NC)
10am Rockfest! At Mitchell County Chamber (Spruce Pine, NC)
10am Sew Crazy Meeting! At Bethlehem Lutheran Church (Johnson City, TN)
10am Timeline & Heritage Festival! At Rocky Mount State Historic Site (Piney Flats, TN)
10am James & the Giant Peach! At Barter Theatre Stage II
11am Beermosa Brunch! At Union Street Taproom of Erwin
12pm Food Truck Junction! At the Mall of Johnson City

Sunday - June 16th

9am Intermediate Whitewater Canoe Class! At NOLI (Erwin, TN)
11am Father’s Day Putt! At Wild Wing Café (Johnson City, TN)
11:30am Father’s Day w/ Pong AVL! At Smoky Park Supper Club (Asheville, NC)
1pm Asheville Taco Takeover! At Salvage Station (Asheville, NC)
1pm Father’s Day Seafood Fest! At OT Sports & Social (Johnson City, TN)
5:15pm Vacation Bible School! At First Presbyterian Church (Spruce Pine, NC)

Cryptogram: “I wish a robot would get elected President. That way, when he came to town, we could all take a shot at him and not feel too bad.”

DropQuote: “Manifest plainness, embrace simplicity, reduce selfishness, have few desires.”
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CRYPTOGRAM

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BD ZUN CMQZ YMT BKZ LR MINOAMZN EBCNXGYNGZ MHZKBG.

— Bertrand Russell
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.
The Land of Oz on Beech Mountain opens again for its event season. In celebration of the 80th Anniversary of the classic MGM Film, Oz will be open to the public for double to days in 2019! Limited tickets on sale now! For tickets and event information, go to: landofoznc.com

During Beech Mountain’s Family Fun Month
Dates: June 6-7, 13-14, 20-21, 26-28 & July 5, 2019
Tickets: $27.50 + taxes & fees (Children 2 & Under Free)

With Dorothy as your guide, you will find yourself skipping down the yellow brick road through the Land of Oz to help in her search for the wonderful Wizard during this one-of-a-kind interactive experience.

At Journey with Dorothy, you may be randomly selected to play one of your favorite characters as you are led through the original Land of Oz Park. On this adventure, you may see Dad “Putting ‘Em Up” as the Cowardly Lion or Grandma cackling like the Wicked Witch of the West!

Be sure to brush up on a couple of “Tra-La-La’s” and prepare to laugh the day away when you become a part of this classic story during Land of Oz’s Journey with Dorothy tours. Only in June with an added date in July!

Beech Mountain Resort’s chairlift has returned! Want a bird’s eye view on your way up to Oz? Purchase a lift ticket at checkout! Tickets can also be purchased on location at check-in.

A Brief History:
Originally in operation from 1970-1980, the Land of Oz Theme Park was the brainchild of Charlotte-based designer Jack Pentes, and the Robbins Brothers who developed Tweetsie Railroad in Blowing Rock.

After a successful opening that hosted the likes of Debbie Reynolds and Carrie Fisher, Oz would go on to be a extremely successful attraction in Western North Carolina over the next few years. After a devastating fire in late-1975 destroyed buildings in the Emerald City, and a robbery of original film costumes from the park’s museum, Oz was left in shambles.

A new management company would rebuild Oz, and reopen it for the 1976 season. However, neglect in maintenance, upkeep, and lack of new attractions would be the downfall to Oz. After it’s last day of the 1980 season, Oz would close its doors for good.

By 1986, the surrounding land would begin development for a gated community. In the late 1980s, a small reunion of original employees began during Lees McRae’s Homecoming Weekend. This would quickly turn into a public opening in July of 1991, officially would become the Autumn at Oz Festival in 1993. This one-day event would expand to a full weekend by the early 2000s, and then to a three-day event by 2015. Journey with Dorothy was added as another public opening to cater to popular demand and to coincide with Beech Mountain’s Family Fun Month in June. All proceeds from ticket sales go back into park renovations and upkeep to preserve it for future generations and to add new elements each year.

Autumn at Oz and Journey with Dorothy have been featured numerous times on NBC, CBS, and Fox News (Local NC / TN affiliates), and on social media outlets of the New York Times, Travel Channel, and Good Morning America. Oz was named the Number One Tourist Attraction by the Washington Post in 1970, and was named one of the top tourist attractions in NC last year by Buzzfeed.

Experience the magic of Oz during this two-week event where the Scarecrow, Tin Woodsman, and Lion are ready to greet you on your travels, along with all of your other favorite characters from the classic story!

This is the only event of its kind where you are immersed into the actual Land of Oz, and may run into a Munchkin, Flying Monkey, or Toto, too!

What to expect:
Character meet-n-greets, dancing farmhands, vignette shows in Kansas, petting zoo, craft & memorabilia vendors, face painting, pony rides, official Land of Oz merchandise, Oz exhibit area featuring original costumes, Oz Celebrity guests, and the Emerald City show! Plus, more surprises along the yellow brick road!

(get your tickets today)
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Celebrating its 26th year, the annual Autumn at Oz Festival is one of the largest Wizard of Oz events in the country! For the first time ever, Oz will be open for TWO weekends to celebrate the 80th Anniversary!

Weekend One: September 6‐8, 2019
Weekend Two: September 13 ‐15, 2019

Tickets Starting: $45 + taxes & fees (Children 2 & Under Free)

Skip down the yellow brick road atop Beech Mountain ‐ one mile high in the sky ‐ where you are literally over the rainbow.

If you’ve ever gone searching for your heart’s desire, look no further. You will experience the magic of Oz during this two-week event where the Scarecrow, Tin Woodsman, and Lion are ready to greet you on your travels, along with all of your other favorite characters from the classic story! This is the only event of its kind where you are immersed into the actual Land of Oz, and may run into a Munchkin, Flying Monkey, or Toto, too!

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This summer, with the release of Toy Story 4 in June, we at Treadway Travel Company want to help you dust off the toy box and share those classic memories of Woody, Buzz and the rest of the “Round-Up” gang with your families. The first three Monday’s in June, we will be sharing the magic of Andy’s room with everyone at the State Line Drive-In in Elizabethton as we host a Toy Story Cinematic Event. Bring your family down to the drive-in and with just a small donation to a local non-profit, you and your family can relive those movie memories.

After reliving these classic toy tales, we know you’ll want to experience them first hand at Walt Disney World! And for anyone who books a Disney Destination package between May 1 and June 20, you’ll receive 2 free tickets to see Toy Story 4 with us!! This customer appreciation event allows you to plan a vacation of a lifetime while experiencing the new adventures of Andy’s gang with us!

There will also be some magical giveaways and opportunities to ask questions of our Treadway Travel Company agents! So make plans to spend the summer celebrating Toy Story! Remember: you’ve got a friend in us!

Bring a Cash Donation or School Supplies!

Get ready for the movies at TreadwayTravelCompany.com/DriveIn

Join Us at the Drive In & Help Support Operation School Bus
Award Winning Songwriter and Storyteller MICHAEL RENO HARRELL
To Appear at The Center for Art & Inspiration

Downtown Hendersonville, NC - Launching the popular 2nd Sundays @ The Center Summer Series, Michael Reno Harrell will take to the CAI Stage on Sunday, June 9 at 3 PM. An award winning songwriter, as well as a veteran storyteller and entertainer, he’s from the South... the Southern Appalachian Mountains to hone it a bit finer.

One could compare Michael’s performances to his granddaddy’s pocket knife: well warn and familiar feeling, but razor sharp and with a point. His brand of entertainment appeals to a very diverse audience. A typical day for Michael might include a program for 4th graders in the afternoon and a concert for a mixed audience that evening.

Michael’s recordations top the Americana Music Association charts year after year. His original songs and stories have been described as “Appalachian grit and wit” but, as his writing shows, Michael’s awareness is much broader than the bounds of his boyhood home or even the Southern Experience. Having toured throughout the British Isles and much of Europe, as well as most of the US, the songs he writes and the stories he creates reflect an insight into people’s experiences that catch the ear like an old friend’s voice.

Michael’s natural knack for storytelling, in print, song and spoken word has earned him praise from not only the music community but from the literary and storytelling worlds as well, having had the honor of being a Featured Teller at the National Storytelling Festival and to be Teller In Residence at the International Storytelling Center, as well as performing at major music events like MerleFest and the Walnut Valley Festival. Along with his performances, Michael often conducts workshops in songwriting and storytelling as well.

Michael’s recordings have for years received and continue to garner awards in Country, Americana and Folk circles. His humor and wit, as well as the emotional depth of his work, keep his fan base growing and staying tuned in for whatever comes next.

Opened February 23, 2019, The Center for Art & Inspiration is Downtown Hendersonville’s new destination for the arts and entertainment. It is the home of Malaprop’s POP-UP, The Artful Cup Coffee Bar, the monthly Hendo Story Club, a wide range of art classes area, book club meeting space, and a 250-seat multi-purpose theatre which features music, theatrical and interactive dinner/dessert murder mystery shows among other things. The Center is open six days a week Tuesday – Saturday 10-5 and Sunday 12-5. ART AVAILABLE

TICKETS ARE ON SALE at thecenterai.com or by calling 828-697-8547.
$15 (advance) $18 at door.

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 423.543.2663 or email theloaferonlineprint@gmail.com to nominate.
Who are we?

We are a Christian family and hold firmly to our belief in God, the Son, and the Holy Spirit. We read, trust, and believe the inspired God-breathed Word of the Holy Bible, and we hold tight to the traditional family values. We are proud Americans that love our country and our flag, plus we are Vols fans!

Special Niche

- Michael and Vicki felt a special need to start "Our Home Doggy Daycare & Boarding". There was a void for good people with good dogs to have a great, safe, and clean place to leave their faithful canine family members while the parents were away. Michael and Vicki have two dogs of their own that live happily together. They love their home and their pets, and they are confident that your dogs will love Our Home away from home too.

Slumber Party

- Exactly, Michael and Vicki are always on site 24/7 and guess what? They sleep in the dog house, just to make sure that your loved one is safe and not home sick. They do not use crates unless you prefer that your pet sleeps in a crate.

Dog Gone it Fun

- The best dog gone dog house rules for Our Home Doggy Daycare & Boarding is that it is a fun, safe, and comfortable place for your dog. Michael and Vicki evaluate the behavior, temperament, and compatibility of your dog before coming aboard. There is a "Meet-and-Greet" interview and a "Evaluation Day" for all first-time dogs. All dogs that stay must be friendly, non-threatening, well-behaved, and housebroken. The meet and greet allows everyone to see the facility and then decide if you want your dogs to have a great vacation at Our Home Doggy Daycare & Boarding.
Monkeys and tigers and genies oh my! The new live-action version of the 1992 classic Disney animated movie "Aladdin" is currently playing in theaters, and continues the studio's new tradition of turning their animated movies into live-action flicks. Both films are based on the Middle Eastern folktale from "One Thousand and One Nights." The film begins with a man sharing the tale of Aladdin with his children while they are sailing on the ocean after they seem impressed with a large ship that sails by them. The father needs to relay to his kids how "bigger is not always better" via the tale of Aladdin. We are then introduced to Aladdin (Mena Massoud), described as a "street rat," who despite his circumstances, lives a happy life in the desert kingdom of Agrabah with his pet monkey Abu. While Aladdin and Abu are on the streets of the city they inadvertently rescue Princess Jasmine (Naomi Scott) who has managed to sneak out of the palace to relieve her boredom. After the rescue she leads Aladdin to believe she is handmaiden to the princess, but flees her rescuers after the arrival of Prince Andres (Billy Magussen) who has come to court her. After the rescue she leads Aladdin to believe she is handmaiden to the princess, but flees her rescuers after the arrival of Prince Andres (Billy Magussen) who has come to court her. While they were together with the princess, Abu manages to steal a valuable bracelet that was used in her rescue causing a rift between Aladdin and Jasmine. Meanwhile back at the palace, the Grand Vizier Jafar (Marwan Kenzari), has grown tired of being second best to the Sultan (Navid Negahban), and forms a plan to seek a magic lamp hidden in the Cave of Wonders so he can become Sultan. Jafar realizes there is only one person who is worthy to enter the cave, and forces Aladdin to do so after capturing the lad in palace while he is returning Jasmine's bracelet. Aladdin also discovers Jasmine's true identity, and feels all is lost until Jafar convinces our love struck hero he can impress the princess if he obtains the magic lamp. On their journey though the cave Aladdin and Abu find not only the lamp but a magic flying carpet as well. After a run in with Jafar, Aladdin manages to keep the lamp he obtained, and upon rubbing the lamp, releases the Genie (Will Smith) inside. Once his shock has subsided, Aladdin and the Genie become fast friends and our hero is granted three wishes. After the three escape the cave, thanks to Aladdin's first wish, they plan a splashy arrival (and a massive musical number) to Agrabah to introduce "Prince Ali of Ababwa" to the city and Jasmine. After the spectacular arrival leaves Jasmine less than impressed, the Genie and Aladdin devise further steps to win her over. The first step is a ride for the two on Aladdin's magic carpet that certainly left me impressed. While everything is progressing romantically for our duo, Jafar threatens to reveal Aladdin's true identity to Jasmine if he does not turn over the lamp. Aladdin agrees, and chaos is the result. With the Genie now under his thumb, Jafar commands Jasmine to wed him, and throws Aladdin out of the kingdom. Of course you can't keep a hero down, so Aladdin strikes back and manages to save the princess and the kingdom from the evil Jafar, thus getting the happy ending we knew would come. The film features flashy and impressive musical numbers that are total "eye candy," and the singing in the film is kept to a minimum. As for the actors, I was impressed by Smith, who made the Genie his own, despite having to follow in the footsteps of the awesome Robin Williams, and his performance is a definite highlight of the film. Concerning the lead actors, while active, they often came off a bit less impressive, with the weaker one being Scott. However they were likeable enough to overcome their weaknesses. The only major problem with the film was the villain Jafar, portrayed very weakly by Kenzari. His performance was lazy in a role that should have been loud and brash enough to peel paint off the walls. The actor needed to study the "handbook of how to be a good villain." Thankfully, the film survives despite his presence. Personally my favorite parts of the film were the monkey Abu, the Genie and Jasmine's pet/protector tiger. The live-action "Aladdin" is certainly a great companion piece to the animated feature, and will leave you smiling when you leave the theater and no doubt hoping you could find a magic lamp and flying carpet of your own. (Rated PG)
TRILLIUM GAP TRAIL

Rain, it is essential to the very existence of almost every ecosystem on earth and appreciated by all living organisms. The exception being humans of course. True, there are those who find delight in the pitter-patter of raindrops on the roof, or in the crisp, clean air that many showers bring with them. To the rest of us, however, they can range from an annoyance to the cause of serious mental disorders such as depression. During the spring and summer months, showers and thunderstorms are almost a daily occurrence here in the Appalachian region. They can be a slight inconvenience and ruin plans for a picnic or late afternoon hike, or they can mutate into giant super cells which spew hail and spawned tornadoes that can devastate our communities.

We should definitely be thankful, for without it we would not have our magnificent forests, beautiful wildflowers, and the hundreds of cascading waterfalls for which our area is known. Most of Great Smoky Mountains National Park, home to some of the most popular waterfalls in the East, sees the highest levels of precipitation. In fact, much of the park is classified as a temperate rainforest, with annual rates topping 80 inches annually. These rates are higher even than the Everglades in southern Florida.

With all the thunderstorms we have seen this past week, it would be an excellent time to venture into the park’s wilderness to witness the beauty of the waterfalls firsthand. One of our favorites is Grotto Falls, located on Trillium Gap Trail and just a short distance above Gatlinburg, Tennessee. One of the most popular falls in the park, the trail sees thousands of tourists on an average day, so a bit of planning is required if you would like to enjoy the sights and sounds of the forest in relative solitude. Your best bet is to visit early, before 9:00 A.M., and preferably on a weekday.

There are two ways to access Trillium Gap Trail, the conventional choice being to park at the Grotto Falls Parking area along the Roaring Fork Motor Nature Trail. Here a wide, rutted path leads into the woods to connect with the main trail to the falls. A longer and far more peaceful route may be followed by parking instead at the Rainbow Falls trailhead directly off Cherokee Orchard Road. Follow Rainbow Falls Trail 0.1 of a mile and Trillium Gap Trail begins on the left hand side of the path.

This path is much different from the portion of the trail you will encounter later. The narrow tread is in excellent shape and winds gracefully through the woods of Cherokee Orchard. Look carefully, especially in spring, and you may spot a few gnarly apple trees scattered throughout the surrounding forest. Yes, this area actually was an orchard before the park was established and covered hundreds of acres; most traces of the operation are gone, but the many stone fences marching through the woods showcase the skills of those who lived here before.

Soon the sound of traffic may be heard creeping back into the stillness, and shortly after the 0.6 mile mark the trail makes a junction with Baskins Creek Trail on the right side. This also provides a route from which to access the trail, as it connects with Roaring Fork Motor Nature Trail a few hundred feet away. You will want to continue straight ahead, however, as the trail begins to run a parallel course with the motor trail. While the occasional motorcycle may pierce the stillness, the nearby road is mostly indiscernible as the trail climbs high above it on the hillside.

As you walk through the woods, you may notice a pattern which repeats itself on many other trails in the park. The trail ascends through a somewhat scrubby forest filled with oaks, mountain laurel, and pine trees only to swing around a ridgeline and onto the northern side of the mountain. Here the forest changes abruptly, as the trees are much taller and are composed of species such as the stately tulip poplar, eastern hemlock, and yellow buckeye. The trail now passes through a cooler, moist environment and descends into a stream valley filled with a lush understory of shrubs, ferns, and wildflowers. After crossing the stream, the process is repeated once again. Up, down, in and out, this trail serves as a perfect example showcasing how different forest types fill and make use of each niche throughout the mountains.

After 1.7 likely-secluded miles, the shortcut to the Grotto Falls parking area joins the trail from the left hand side. Here trail quality degrades significantly, due to the heavy traffic causing severe erosion in many places. Mud also is a frequent adversary but can usually be avoided if you are careful.

Repeating the in-and-out maneuver the trail started early on, you will cross four stream valleys after the junction before the rumble of the aptly-named Roaring Fork is heard in the distance. As the trail enters the stream valley, ferns line the banks of the trail and nearby stream in abundance. Several cascades will be passed on the left side, but don’t be fooled. The main attraction is just ahead and can’t be missed.

Grotto Falls is perhaps one of the most unique falls in the Appalachians. Located in a rocky amphitheater, the sound of the cascading torrent echoes in every direction. Mist covers everything, allowing almost every surface to sport a thick covering of slippery moss or algae which makes straying from the path treacherous indeed. You’ll want to stay on the path, however, as it proceeds through one of the most interesting passages in the park. While not technically a cave, the overhanging rock does allow safe passage behind the cascade, which the trail makes use of to go behind the stream instead of crossing over it on the treacherous boulders. It truly is a magical place, especially early in the morning when the sun is just starting to break through the mist. Whenever you decide to go, you are sure to have a wonderful time.

Directions: From Gatlinburg, Tennessee, turn left from U.S. 441 at traffic light #8 onto Historic Nature Trail. Continue straight on this road for 3 miles and the Rainbow Falls Parking Area will be on the right hand side of the road. Spaces fill up fast, so as stated before, try to arrive early in the morning. Round trip distance from this trailhead is 9.2 miles, while the distance from the main trailhead is only 2.6 miles.
Last week I was in the middle of a phone appointment with Therapist when he imparted some of the most valuable wisdom I've ever paid $75/hour to hear. Luckily for you, I am going to share this little grain of truth with you for free! We had run the gamut of pertinent topics in my life- new jobs, new homes, anxieties, etc- and now we were on the subject of my love life…my favorite!

“I'm afraid I'm not going to feel those things I felt in the last relationship ever again,” I bemoaned. “I've never felt anything like that in my life and if THAT wasn’t the real deal, I'm scared I'll NEVER find it.”

“Kathie,” he said, “when you find ‘The One’ you're going to feel something way stronger than that and it's all going to align—the head AND the heart.”

I paused for a moment, then presented him with a question. “You're an intellectual man. A trained counselor with a multitude of degrees and certifications and hours of learning about the human mind. Do you mean to tell me that a learned individual like yourself believes in the fairy tale of ‘The One’?”

And that was when he hit me with the golden nugget of truth. “When I say ‘The One’ I am not implying that there is one special person in the 7.5 billion people on Earth that you are supposed to be with. What I am saying, is that out of 7.5 billion people, you are extremely compatible with 1% of them. That means you still have 75 million people to choose from.”

Wow. What a way to put things into perspective! We often get so pigeonholed into the smallness of our daily lives that we forget how truly big the world is. Let’s look at it this way: if I'm compatible with 75 million people, that means I have my pick of roughly half the population of Russia or the entirety of Turkey. Or for even more perspective, you would have to fill 1,153 Johnson City’s with eligible people to meet that number!

This culture of love songs, Hollywood and Hallmark cards has led us to believe we have one soulmate to complete us and make us feel like a whole human. A lot of the loss we feel when we lose these relationships comes from the despair and worry that we missed our ship. That was our one true love and if that didn’t work out, we will never find it again. It's scary to feel passion on such an intense level and be so absolutely vulnerable with another human being and have things fall apart. Every human craves love, to feel desired and appreciated by another and we have been told our whole lives that there is only one person out there who can do that for us. That is a horrifying thought, made even more terrifying by the aging process. We feel less desirable as we get older, like our options are getting slimmer with each passing day.

This new information that seems so obvious has made me realize it's going to be ok. I need to expand my horizons, because 10x the population of Hong Kong is out there waiting to meet me! Therapist made another good point I want to touch on. When he said, "your head and your heart will align," there was another extremely important message that I want to share.

In my last relationship, I was running off pure emotion. I allowed the things I was feeling in my heart to completely cloud my judgement about the obvious flaws with this person and the relationship as a whole. If I had stepped back and let my head make some decisions, I would have never been involved in the first place, and subsequently wouldn’t have endured the most painful experience of my life to date. This was an experience in my life I had to go through to teach me this lesson and make me grow as a human. The right relationship with the RIGHT person not only makes you feel those passions and highs, but it also makes sense practically. There aren't glaring red flags and obvious no-no's that under normal circumstances we would even consider compromising our values and self-worth for. On the flip side of the coin, you cannot find a relationship that looks good on paper but is lacking emotion. My marriage was that way. My ex-husband was safe, reliable and predictable, had a job and a strong family structure. But emotionally there was no fire, and thus it fizzled and died. The head and the heart MUST be in alignment or else it will fail every time.

If you're like me and sometimes you feel like giving up in the love department, before all else, do some soul searching and learn to love yourself completely first. This is my biggest challenge and one I am working on whole-heartedly. I have no desire to connect with another person until I reach a point where I am totally in love with who I am inside and out. At that point, I challenge all 75 million of my soulmates to come try to love me more than that. I also intend to travel and meet as many people as possible to increase my odds of meeting my ‘One.’

I hope this information proves to be as beneficial to you as it was to me. And look, you won't even have to Venmo me $75 for sharing it…this time.

XO- Kathie

TEA TIME
with Appalachian Barbie
For Dad

You may have noticed that in last week’s issue of The Loafer, my column was nowhere to be found. That wasn’t a mistake, this was done intentionally. The week that I would have prepared and sent in my column, I was dealing with something.

On May 26, my father, Gary Ross, passed away. It wasn’t sudden, and he passed peacefully at home, surrounded by family and friends. For the past year and a half, my father had been dealing with lung cancer. During that time I was by his side, helping my mother as his caretakers.

For a while, things looked on the upswing for Dad, but then a round of scans showed that cancer had returned in both lungs. More rounds of treatment followed, but nothing was able to stop his cancer. Dad decided he wanted to be comfortable, and he spent the last three months at home, being comfortable. What I’m most thankful for, is that never once did he say he was in pain. But I don’t want to talk about Dad’s cancer, I want to talk about what I remember my father for.

My Dad was from Marion, VA. He and his parents moved to Greeneville in 1961 and they opened a furniture store—Ross Appliance and Furniture—which was in business for 50 years, closing in 2011. My Dad loved auto racing. I can recall so many moments of him either going to see a race at Bristol or watching a race on TV and shouting at a volume that it reverberated all around the house. His excitement over his favorite pulling into the lead by shouting, “Go baby! Go, baby! Go!”

It took my parents 11 years into their marriage to have me; my mother had been told she shouldn’t be able to have a child. She dropped her maternity insurance and along I came in January 1985. The family store had moved into a former grocery store location when I was a baby, so as a kid it seemed like a large, epic place. Since we sold appliances, I got to have boxes that once held stoves and refrigerators become forts and clubhouses. It was magical, and I got to see how much my Dad loved being around people and all the good he would do.

My Dad had the biggest heart of any person ever placed on his planet.

There was an old tractor-trailer in the back of the furniture store. Dad used it to store old (but good) furniture that we would have hauled away after delivering something new to someone. Dad would stock this furniture and give it away to those who needed it after a house fire, or flood, or some other sad event.

During his funeral, so many people came up to me and said: “We still sleep on the mattress Gary sold us 30 years ago.” It was either the bed, sofa or chair. When the wife of one of Dad’s best friend’s was dealing with cancer herself, her husband told Dad he needed to come and pick a recliner as she couldn’t get comfortable in the bed. Late at night, Dad showed up at their house in the delivery truck with three recliners in the back for them to pick from.

The same friend told a story during Dad’s funeral that I had never heard. A family came into the store to buy a microwave, we were out of them, so my Dad drove home, got his from the house, and sold it to them at a lesser cost. His reasoning being “They need it more than we do.”

That was my Dad. He’d literally give a stranger the shirt off his back. He’d do anything he could for someone who needed it.

I’m going to miss my Dad. I’ll miss his help when I need it when something pops up with my car. I’ll miss his loud laugh that would echo around when he was on the phone talking with a friend. I’ll miss him and his presence. His ongoing desire to do what he can for others every day. It was rough for the last few days. He wasn’t able to communicate, but before he took such a turn, he held my hand and told me how proud he was of me.

I don’t know exactly how to wrap this up. If you’re struggling with a parent who has cancer, or you’ve lost one as well, please know you’re in my thoughts. Cancer is such an awful disease and I wouldn’t wish it on anyone. Next week I’ll be back with my usual kind of thing, but I don’t know what that will be just yet.

Dad, I love you. Sleep warm.

Batteries Not Included
By Andy Ross
aro@theloaferonline.com
Stop Feeling Bloated After You Eat

Feeling bloated is never comfortable. We’ve all experience it. It feels like your food is just sitting at the bottom of your stomach. You look in the mirror and you think, “when is my digestive system going to start working?”. It can come when you follow a few simple steps that will improve your digestive system and can even help with to lose weight. But first let’s talk about your digestive system and why it’s so important. We all know that digesting our food is important, sometimes along the way, in science class, we learned WHAT our body does with food. But as an adult, with a more developed brain and intuition, have you ever really looked at WHY it’s important? Many times people don’t even consider learning about things like digestion until it becomes a problem or a pain point. So let’s talk about it together.

We all know that suffering from digestive problems such as gas, bloating, reflux, stomach cramps, diarrhea, constipation, irritable bowel syndrome or inflammatory bowel disease can seriously hinder our daily functioning and make us miserable.

Your gastrointestinal tract (GI) tract acts as your body’s food processor and if it’s blocked, overloaded, polluted with toxins such as food additives, pesticides and preservatives, or otherwise irritated, it is going to let you know how it feels by having one or more reactions listed above. Your GI tract first breaks down your food by the mechanical process of chewing and then by a multitude of chemical processes which extracts nutrients to feed your system and expel toxins. Which brings us to our first tool to prevent belly bloat.

Reduction bloating after you eat... by CHEWING your food.

The best way to ensure that we are helping make it easy for our bodies to digest our food is to chew A LOT so that our food mixes with our digestive juices so it can be easily digested and better absorbed for optimal nutrition.

Believe it or not chewing is one of the most important aids to our digestion and it’s also one we often take for granted so much so that we sometimes just swallow our food whole, forgetting to grind our teeth altogether.

Learning how to chew your food properly (up to 30 times per bite) will help you extract the maximum nutrients from your food and get your digestive juices flowing right AND help keep your weight down and your tummy flat.

How? Because if you eat healthy food packed with nutrients that you chew properly with each bite, you will be able to recognize once you feel full and you will therefore eat less.

My clients find that learning how-to chew helps to:
- Sense intuitively when you are full
- Gain more satisfaction from eating
- Develop a healthier relationship with food

How to chew better for optimal digestion:
To get in the habit of chewing, try chewing each bite of food at the beginning of your next meal 30 times. (Putting your fork down and breathing between bites will help.)

Even if you only have 5 minutes for a meal, let the chewing relax you and use it almost as a meditation. That way you’ll tap into the whole spectrum of tastes and aromas that make up the meal, trigger cephalic phase digestion, and your body and brain will be satisfied even with a quickie.

Reduce bloating after you eat by... RELAXING while you eat.

Think about your typical lunch break or dinner time. How often do you find yourself yawning or dozing off? The slower you eat the faster you metabolize. Metabolism is the process in which your body turns what you eat and drink into energy, instead of eating your stomach, eventually turning into fat. So you see people who may have skinny legs or skinny arms and they tend to gain all of their weight in the belly – stress.

To stop belly bloat, your task is to do something of great difficulty: RELAX! To boost metabolism, you must RELAX! Taking 10 deep breaths before you eat can release the feeling of stress and allow the digestive system to kick back in.

Reduce bloating after you eat by...HONORING your hunger and fullness.

So what does that mean? Let’s start with hunger...how do we honor hunger? Honoring hunger is about recognizing when the body opens internally before you get hungry.

Instead of waiting until you’re so hungry you could eat a horse, you tune in to the internal signal that the body needs nourishment. It’s kind of like the gas tank on your car. There’s a buffer zone when you get in the red. When the gas light first appears, depending on your car you may have 20-30 miles to go before you actually run out of gas and come to a halt.

We don’t want to wait until we run out of gas to eat. Why? Because that’s when the crazy unleashes. Notice what happens when you are super hungry. Do your eyes glaze over and slump in your chair unable to do anything? Do you become hangry? Do you end up eating things that you wouldn’t normally choose to eat simply because it’s within reach and you feel desperate?

If you let yourself get too hungry, it’s almost impossible to think clearly or make good decisions for yourself. The need to feel physically full becomes so irresistible you’ll eat almost anything – 5 pieces of toast, a candy bar, a whole pint of ice cream, cocoa powder with a spoon, tomato sauce and breadsticks.

And even after you eat all that, you may still feel unsatisfied (cute belly bloat) because it wasn’t a real meal. The body’s appetite mechanism is still searching for the meal, and it won’t shut down until you’ve had what feels like a meal.

So the first step is to recognize the hunger and your own internal signs. Create your own hunger scale from 1-10. 1 is when the gas light would come on. It’s the indicator that it’s time to plan for nourishment. 10 would be psycho bitch hangry. We don’t want to let it get past a 5 or there’s a good chance you’ll be setting yourself up for poor food choices or a binge. So keep that plan for food when you are at a 1-2. Make sense?

Now let’s talk about honoring fullness. We can also create a fullness scale from 1-10. 10 is so stuffed that you need to unbutton your pants to breathe. What we’re looking for is a 7 on the fullness scale. 7 is where you are nourished and energized from food, not stuffed. It means eating to about 75% fullness.

Intellectually the hunger and fullness scale seems very simple. Start planning to eat when you are at a level 2 on the hunger scale and stop eating when you are at a level 7. Seems simple enough, doesn’t it?

Here’s the problem – most of us have habits of eating beyond fullness. Like when you go to a buffet and there’s so much food, it’s just sitting there in front of you and it tastes so good so you pick off one more piece from the serving dish... then you are engaged in conversation and you mindlessly pick another piece, before you know it your belly hurts and you’re wishing you didn’t overeat.

So let’s talk about creating some new habits especially around fullness because that’s where most people get tripped up.

Here are 6 ways you can practice honoring your inner intuitive hunger and fullness scale:

1. Start planning what and when to eat when you are at a level 2 on the hunger/ fullness scale.
2. Eat high-energy foods that your body wants.
3. Eat for energy (aim for Level 7 on your inner intuitive scale, versus a Level 10 when you’re so full you have to unzip your pants)
4. Make a physical gesture that your meal is complete by pushing your plate away, putting a napkin over it, or crossing your silverware.
5. Declare out loud to yourself or whomever you are eating with that you are full. This will dissuade you from continuing to eat because you’ve already announced that the meal was complete for you.
6. If you’re out, ask your server to box up the rest of the meal so it’s not calling you hither.

So the next time you sit down to eat a meal, be present and remember to chew, relax and honor yourself.

To Your Health,  
Coach Leslie J.

Living Your Best Life by Leslie J. Salling  
www.coachlesiej.com
Parks and Recreation to offer Pollinator Week Treasure Hunt in City parks

A Pollinator Week Treasure Hunt will take place 9 a.m.-5 p.m., June 17-23.

The rules for the hunt and five clues will be posted to:
www.facebook.com/jcparkstn,
www.twitter.com@jcparkstn and
www.instagram.com/jcparkstn at 9 a.m. on Monday, June 17.

Participants must solve the five pollinator-themed clues, each hidden in a different City park and specifically related to the flora and fauna in that park, that leads them to the “treasures” — a piece of paper with a code word on it. Participants should write down the code words along with the corresponding clue numbers but leave the original code word in place.

Completed lists should be turned in to Memorial Park Community Center by 9 p.m. on Monday June 24 for a chance to win one of three prizes.

All ages are welcome to participate in the Pollinator Week Treasure Hunt. There is no cost or registration for this event.

For more information, call John Griggs at 423-434-5757.
Music On Main  Featuring: A Social Function  Hendersonville, NC

Kick-off the weekend on Friday, June 14th at the Music On Main concert series. The concert features the group A Social Function. A Social Function is a seven-piece band playing a wide array of popular Top 40 tunes. The members that make up A Social Function are Mike VanGorder, Jeff Anders, Ric Luther, Jesse Barry, Kirk McWilliams, Joe Deodato and Johnny House.

The Annual Music On Main concert series is held every Friday evening through August 23 at the Visitors Center, 201 South Main Street in Downtown Hendersonville, NC. Bring a chair and sit back, relax and enjoy the music from 7:00-9:00pm. Seating area opens after 5:30pm, early admission is strictly prohibited.

No pets, alcoholic beverages, or coolers allowed. Admission is free.

In case of inclement weather the concert will be postponed until 8:00pm; if the weather does not improve by 8:00pm the performance will be cancelled.

For additional information or a complete concert schedule call the Henderson County Tourism Development Authority at (828) 693-9708, 800-828-4244 or visit our web site at: visithendersonvillenc.org.

The Music On Main concert series is an event of the Henderson County Tourism Development Authority.

Concert Series Sponsored by Burger King, Firehouse Subs, Mast General Store, Kathy Watkins of Preferred Realty & Henderson County Tourism Development Authority.

June 14, 2019
7:00-9:00pm
Visitor Center
201 South Main St.
Admission is FREE
YOUR MONTHLY HOROSCOPE

June 11th - July 15th

Courtesy of Lauren Stotsky

Aries
(March 21-April 19)
This month, you will realize some things cannot be controlled. Take a deep breath and allow yourself to move with the flow.

Taurus
(April 20-May 20)
This month will start off a little hectic with many things to do. Have a spa night to unwind and relax mid-way through the week.

Gemini
(May 21-June 20)
This month is about navigating your social life while dealing with the demands of your professional life. Schedule a lunch with a friend to balance both.

Cancer
(June 21-July 22)
You may notice that you feel disconnected from your social network. Try to approach your close friends and catch back up with their lives.

Leo
(July 23-August 22)
This week, you are going to realize you may not always come out on top. Instead of letting yourself feel down, use your passionate nature to fuel your next antic.

Virgo
(August 23-September 22)
This week will push you to be more creative and imaginative. Instead of feeling overwhelmed, embrace the chance to explore your creative side.

Libra
(September 23-October 22)
This month will demonstrate that life cannot always be harmonious. Try out some yoga to get your life back in sync.

Scorpio
(October 23-November 21)
In the middle of the month, you will experience something you have been looking forward to for a long time.

Sagittarius
(November 22-December 21)
This month, an adventure is awaiting you! However, try not to get in over your head planning it and just let yourself enjoy it.

Capricorn
(December 22-January 19)
Allow yourself to open up this month with the ones you hold close. You will realize how rewarding letting people in can be.

Aquarius
(January 20-February 19)
You may feel a creative drain this month. Try helping out in your community to gain some inspiration. You will find the work very rewarding and inspiring.

Pisces
(February 19-March 20)
You may come across some communication issues this month, but if you try listening instead of speaking, they will be resolved quickly.
The Jonesborough Repertory Theatre is thrilled to present Mamma Mia! on its stage June 21-July 14. This musical, featuring songs from the hit group ABBA, will delight audiences of all ages with its high energy and familiar disco tunes.

This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter’s quest to discover the identity of her father brings three men from her mother’s past back to the island they last visited 20 years ago. The story-telling magic of ABBA’s timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show. A mother (played by Diane Taveau). A daughter (played by Rebecca Latham). Three possible dads (played by Bob Cantler, Shawn Hale, and Paul McQuaid). And a trip down the aisle you’ll never forget! (synopsis from Music Theatre International)

Mamma Mia! is written by Catherine Johnson with music and lyrics by Benny Andersson and Björn Ulvaeus. The show is directed by Jennifer Ross-Bernhardt and sponsored by Tennessee Hills Distillery, Henry & Flora Joy, Al & Laurie Fathery, Denny Dentistry, Morningstar Farms, and Sonia King/Mary B Martin.

Shows run June 21 through July 14: Thursdays through Saturdays at 7:30 p.m., and Saturdays and Sundays at 2:00. Tickets are $16 general admission, $14 for students and seniors. There is also a special group rate for parties of 15 or more. (An interpreter will be provided for the deaf on Saturday, July 13, at 7:30 p.m. Tickets for these select seats must be purchased by June 22.) To purchase tickets, call the Historic Jonesborough Visitors Center at 423.753.1010 or go online to jonesboroughtheatre.com.
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VHCC names Laura D. Pennington Vice President of Institutional Advancement

ABINGDON, VA – Virginia Highlands Community College (VHCC) has named Laura D. Pennington vice president of institutional advancement. Pennington, who came to VHCC in 2016, serving as the director of resource development, has been leading the Office of Institutional Advancement as interim vice president since October 2017. Pennington’s 25-year professional career includes diverse roles at community colleges in three states.

“I have found Laura to possess intelligence, grit, humor, grace, and integrity,” said Dr. Charlie White, VHCC interim president. “I continue to be impressed by her contributions to the campus climate through her deep relationships and positive energy.”

As vice president of institutional advancement, Pennington will also serve as the executive director of the VHCC Educational Foundation. In her roles, Pennington will endeavor to establish and maintain strong relationships with the community and stakeholders, communicate and share information about VHCC and its partners, and win financial and other resources to further support the mission of serving students, businesses and the community.

Pennington holds a bachelor’s degree in international relations and legal studies from the University of San Diego, and a master’s degree in education from the Oklahoma State University, Stillwater. She is currently completing her doctorate in educational leadership at Western Carolina University, Cullowhee.

Pennington is a National Institute for Leadership Development scholar, a graduate of the Council for Resource Development intern program, a Certified Fund Raising Executive, a contributing author for the book entitled Embracing the Tiger—the Effectiveness Debate and the Community Colleges, and has been honored as a master presenter by the National Institute for Staff and Organizational Development.

Regarding her appointment, Pennington said, “I am grateful for the opportunity to continue to support the College and the Foundation in this capacity – and to be a part of what promises to be a bright future for this special place.”

While Pennington has called the Philippines, Hawaii, California, Washington, Tennessee, and North Carolina home, she now resides in Abingdon, Va. She has served on many local, regional, and state boards and is active in promoting children’s issues and animal welfare.

About Virginia Highlands Community College

Virginia Highlands Community College is one of the 23 comprehensive community colleges in the Virginia Community College System. VHCC has become a dynamic leader in Southwest Virginia with a primary goal of providing comprehensive and quality education and related services for residents throughout its region. We proudly serve the residents of Bristol Virginia, Washington County and the Western Part of Smyth County. The College is committed to teaching, learning and community building and serves more than 2500 students, offering more than 80 academic areas of study.

Pennington will also serve as Executive Director of the VHCC Educational Foundation.
BATTLE OF THE BANDS

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Background Music by Herbert Stothart

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Tyler Torbett, Owner
Catawba Brewing Company

If you begin to ponder the history of Catawba Brewing Company, you likely will not guess the business blossomed from a Christmas gift of all things. However, that is exactly what sparked the formation of the successful business known today. Back in 1994, Billy Pyatt received a gift that caused him to fall in love with the art of brewing and would instill that same love in his brother, Scott, as well. In 1999, the Pyatt family was inspired by their weekend homebrew hobby and decided to turn that little hobby into something much larger.

Twenty years later, the company has developed into one of the top 100 craft beer producers in the country.

The business has grown significantly from their humble beginnings, becoming a major craft beer supplier across five states: North and South Carolina, Tennessee, Georgia, and Alabama. Catawba Brewing Company now manages breweries and tasting rooms in three North Carolina cities – Asheville, Morganton, and Charlotte. Along with the 2018 acquisition of Palmetto Brewing Company in Charleston, SC, the Pyatt family’s original hobby has spawned one of the Southeast’s largest craft brewing entities.

Catawba’s philosophy that has remained the same over the last twenty years is simple. The company strives to produce approachable flagship beers of the highest quality, and to create unique, small-batch beers inspired by the community, folklore, and local lifestyle. Also, they make it their mission to service their distributor partners with availability of product and support, and to educate anyone interested in craft brewing. Catawba’s priority is to “grow a solid business that creates jobs, withstands the inevitable ups and downs of our industry, and actively gives back to our communities.”

If all of this does not intrigue you, then this fun fact just might. The border of East Tennessee is incorporated into the Catawba logo! The Tri-Cities were among the company’s first distribution areas in the early 2000s. Look for Catawba products wherever craft beer is sold, visit one of their tasting rooms, or go to www.catawbabrewing.com for more information.
The second annual Rocky Mount TimeLine & Heritage Festival will be held on June 15 & 16 at Rocky Mount State Historic Site. Co-sponsored by the Rocky Mount Historical Association and the Overmountain Victory Trail Association the festival will feature seven historic reenactor groups, seven heritage organizations in the region and a wide variety of activities for the whole family to enjoy. The festival runs from 10:00 a.m. to 5:00 p.m. both days.

HISTORIC RE-ENACTOR GROUPS WILL INCLUDE:

- 6th Fallschirmjager Regiment (World War I German, American, British and Russian Vietnam – American & Viet Cong; and 1980s US Intervention in Panama)
- 82nd Airborne (World War II)
- Doughboy (World War I)
- Overmountain Victory Trail Association (Revolutionary War)
- Rogue Privateers (the Golden Age of Sail: 1660 – 1720)
- Washington County Militia (Revolutionary War)
- First East Tennessee Militia (War of 1812)

HERITAGE ORGANIZATIONS WILL INCLUDE:

- Birthplace of Country Music
- David Crockett State Historic Park
- Master Gardeners of Sullivan County
- Old Deery Inn
- Rogue Universe (displaying recreated Medieval and Renaissance costumes)
- Sabine Hill State Historic Site
- Sycamore Shoals State Historic Park
- Tipton-Haynes State Historic Site

ACTIVITIES WILL INCLUDE:

- Appalachian Music by Conner Steven Vlietotra (Saturday only at 2:00 p.m.)
- Blacksmithing from the Middle Ages to the Civil War by the Bristol Forge Group
- Children’s Games by the Rocky Mount State Historic Site staff
- Early 19th Century Dancing by the Sabine Hill Society (Saturday only at 12:30 p.m.)
- Felting Demonstration by Gerrianne Loveland
- Flax Demonstration by Vicki Alamaroad
- “From the Isles to Appalachia” Music Lecture by Ted Olson (Saturday only at 11:00 a.m.)
- Guided Tours of the Cobb House & Craft Demonstrations by Rocky Mount State Historic Site staff
- Historic Gardening by the Rocky Mount’s Master Gardeners
- Living History Children’s Games by the Children of the American Revolution Watauga Chapter
- Sunrise Service (Sunday only at 11:00 a.m.)
- Watauga Valley Fife and Drum Corps (Saturday only).

FOR MORE INFORMATION

Mailing Address:
P.O. Box 160
Piney Flats, TN 37686

Telephone:
(423) 538-1086

E-mail:
info@rockymountmuseum.com

Website:
www.rockymountmuseum.com

Facebook:
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ADMISSION
$10/adult, $9/senior, $5/child

Free to Rocky Mount Historical Association members and Active Duty military & their families including National Guard and Reserve (through the Blue Star Museums Program).

Includes parking and access to all Timeline & Heritage Festival activities.
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