Horn in the West

Area's Premiere Outdoor Drama

Boone, N.C.
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!!!

Kimberly Wilson
Publisher
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.

Meet the Staff

“People Who Care, Doing Great Work”

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

June 20 • 7 pm

Northeast State Community College
Wellmont Regional Center for the Performing Arts

FREE and open to the public
Get your alt-country rock groove on when Avant Farm performs at Northeast State Community College on June 20. The performance continues the College’s “Hot Nights, Cool Music” summer concert series. The annual summer concert series features local, regional, and nationally known musical artists.

Doors open at 6:30 p.m. The concert – with free admission – begins at 7:00 p.m. in the Regional Center for the Performing Arts Theater at the Blountville campus next to Tri-Cities Airport.

Influenced by no less than Hank Williams Sr., The Talking Heads, Buddy Holly, Waylon Jennings, and Southern Culture on the Skids, the Avant Farm sound formed when East Tennessean musical standouts and spouses Mike and Melanie Hilliard approached singer-songwriter Eric Moon to collaborate on a project. The three had shared bills together with the Hilliards’ band Heppy Kats and Moon’s Bootleg Turn.

The partnership fit just right, and Avant Farm planted its seeds.

“I loved playing shows with the Hilliards,” says Eric. “I have been following Mike since he was with Floyd Eats Mayberry and The Knuckle Dragger.”

The two share vocal and songwriting duties with Mike Hilliard on guitar and Moon on bass, along with what the two call “our secret weapon,” referring to Melanie’s pedal steel and lap steel guitar skills.

“Once we all got together, it felt like we were meeting our musical kindred spirits. We’ve just kept on rocking since that first jam, playing some Hilliard or Moon creations along with our favorite old country and rock and roll songs,” says Mike.

Moon then recruited long time band mate and drummer Russell Overholt to complete the rhythm section. Finally, Eric’s son Ean Moon came onboard, adding a vintage lead guitar sound with his classic country and rockabilly licks and leads.

Moon says, “In this project we are literally paying tribute to the last 70 years of music with our own twist on it. It is experimental, with this arrangement of musicians, and it has its own unique edge. We’re having a blast and we hope everyone will hear something they like.”
8pm  **Matt Smile Unplugged!**
At Wild Wing Cafe (Johnson City, TN)

9pm  **Ruby’s Wednesday Night Jam**
At THE BLOCK off biltmore

9pm  **Horse Feathers w/ Halli and Ryan from River Whyles**
At Mothlight

10pm  **Emily Miller**
At O’Mainnin’s Pub

**- THURSDAY - June 20 -**

7:30pm  **Rusty Steel & Friends Unplugged & More**
At Woodstone Deli, Kingsport

4pm  **Slightly Stoopid: Summer Vacation 2019**
At Salvation Station

5pm  **Andrew Thelston Duo**
At The Grey Eagle

6pm  **Isis Lawn Concert Series**
At Isis Music Hall

6pm  **Open Mic**
At the Bonnie Kate Theater

6pm  **Beer & Bluegrass with Ol’ Dirty Bathtub**
At River Mill Lofts

6pm  **Randall Hixson & The Lugnuts**
At Jonesborough Barrel House

6:30pm  **Mark Larkins**
At Rocks Wood Fired Pizza & Grill

7pm  **Cherokee Outlaws**
At the Outdoorsman

7pm  **Damien Jurado w/ Corrina Repp**
At The Asheville Masonic Temple

7pm  **Soul Collision**
At Quaker Steak and Lube (Bristol, VA)

7:30pm  **For The Song’s Sake: Xaris Waltman + Bill Edwards**
At Bloom Cafe and Listening Room

8pm  **Stemwinder**
At Blackbird Bakery

8pm  **Monet Maddux w/ Twicetgood**
At Open Chord / All Things Music

8pm  **Otto and the Moaners**
At BoneFire Smokehouse

9pm  **CUBE / ICE / Saint Thomas LeDoux**
At The Pilot Light

9pm  **Year of October/The Pythia/Donnie & The Dry Heavers**
At The Hideaway

**- FRIDAY - June 21 -**

5pm  **Summer Concert Series**
At Downtown Kingsport

5pm  **Tameca Jones**
At Downtown After 5 Asheville

5:30pm  **The Tides Duo**
At Jonesborough Barrel House

6pm  **Founders After 5: 49 Winchester**
At Downtown Johnson City

7pm  **From the Edge**
At Laurel Marina!

7pm  **Stephen Evans & Woodstock**
At Green Man Brewery AVL

7pm  **Phantom Playboys Melt Your Face Off!**
At Catawba Brewing Company - South Slope

7pm  **Under The Table**
At Painter Creek Marina

7pm  **Quarter Bounce with Rusty Steel**
At Marker ‘2’ Grille!

7pm  **Tusculum College Jazz Band**
At Music on the Square Jonesborough

7:30pm  **Albi Podrizki**
At Rustic Grape Wine Bar

8pm  **Rusty Steel & Quarter Bounce Band**
At Lakeview Marina, Gray, TN

8pm  **The Jasons, Cloud City Caskets, Gak, and the Dimarcos**
ALL AGES at The Mothlight

8pm  **80s vs 90s Dance Party feat. Molly Parti & DJ Oso Rey**
At The Orange Peel

8pm  **The Ian Feathers Band**
At Quaker Steak and Lube (Bristol, VA)

8pm  **Mick Kyte LIVE**
At Bear’s Bar!

8pm  **Asylum Suite**
At Fraternal Order of Eagles 3141

8pm  **Retroville**
At Holston River Brewing

8pm  **KT Vandyke**
At Blackbird Bakery

8pm  **Cutthroat Shamrock & The Muckers**
At Jack of the Wood in Asheville

8pm  **Cory Jeter and Six Strings Under LIVE**
At Gypsy Circus Cider Company

8pm  **Blind Liver (Solo)**
At BoneFire Smokehouse

9pm  **Moon Hooch w/ Nathan-Paul & The Admirables**
At AVL Music Hall

9pm  **Moccasin Creek**
At OT Sports & Social

9pm  **Third Nature - Single Release Party**
At One World Brewing West

9pm  **Model City Wrecking Crew**
At CJ’s Sports Bar
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.

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**- SATURDAY - June 22 -**

9am **Music at the Market**
at Jonesborough Farmers Market

11am **The Bosses Live at the 73rd Annual Rhododendron Festival**
at Roan Mtn State Park

3pm **Black Stone Cherry Kentucky Headhunters Family Reunion**
at Thunder Mountain Music Park Bristol TN

6pm **Mick Kyte**
at Jonesborough Barrel House

6pm **Zach McNabb & the Tennessee Esquires**
at the Boones Creek Museum & Opry

7pm **Southern Countrymen Band**
at Thompson’s Produce, Highway 107, Jonesborough, TN

7pm **Shooter Band**
at The Covered Bridge Park

7pm **1927 Society Concert Series ft. Upstate**
at Birthplace of Country Music

7pm **Dulafest 2019**
at The Willow Tree Coffeehouse and Music Room

7pm **Borderline**
at Marker ‘2’ Grille!

7pm **The Dimestore Cowboys**
at Studio Brew

8pm **7 Mile Mushroom LIVE**
at Gypsy Circus Cider Company

8pm **Pinion Pine**
at Blackbird Bakery

8pm **Tatum Spears: a cabaret**
at Bloom Cafe and Listening Room

8pm **Cross Anchor Union Live**
at Union Street Taproom

8pm **Pocket Change Band**
at Fraternal Order of Eagles 3141 (Non Members Welcome)

8pm **Beth Snapp w/ Jacob Johnson**
at The Down Home

8pm **Rusty Steel & Quarter Bounce Band**
at Bears Bar, Bristol, TN

8:30pm **Gretchen Peters w/ Jane Kramer**
at Isis Music Hall

8:30pm **From The Edge**
at Woodstone Deli

9pm **Local Live And Loud**
at OT Sports & Social

9pm **William Clark Green w/ Ross Cooper and Pearl Snap Prophets**
at The Grey Eagle

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9pm **Breakfast Club with Secret Love**
at Capone’s

9pm **Defy Culture & TPK present: Ronin Sound ft Vibe Emissions**
at The Main Street Theatre

9pm **Jackson Grimm Band**
at Jack of the Wood

9pm **EC Frazier**
at CJ’s Sports Bar

9pm **Maria Bamford plus Jackie Kashian**
at The Orange Peel

9:30pm **Aaron Walker Band**
at Country Club Bar & Grill

10pm **Skankbanger Summer Showdown**
at Scruffy City Hall

10pm **G3ms, Mathetis, and Johnny Red**
at Wonderland Lounge/Bar N Grill

10pm **Steve Rutledge & The Groove Evolution FEAT. Alyssa Laine LIVE!**
at Wild Wing Cafe (Johnson City, TN)

10pm **AVL Hip-Hop Showcase ft. Free The Optimus, Effigy Seed & Hunter Bennett**
at Asheville Music Hall

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**- SUNDAY - June 23 -**

1pm **Old Time Music Jam**
Led by Art Lang at Sycamore Shoals State Historic Park

2pm **Dirty Birds**
at Aloft Asheville Downtown

2pm **Dulafest 2019**
at The Willow Tree Coffeehouse and Music Room

2pm **The Moon and You (Album Release Show)**
at The Grey Eagle

4pm **Sunday Bywater Bluegrass Jam**
at The Bywater

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4pm **Bill Mattocks and The Strut**
at Wicked Weed Brewing

6pm **Christy Snow Band**
at Isis Music Hall

7pm **Ivy Road**
at Marker ‘2’ Grille!

7pm **Veritas**
at The Cove

7pm **Glass Idols, Discoveries, Plus Guests**
at The Hideaway

7pm **Open Mic**
at Sly Grog Lounge

7:30pm **The Asheville Opry**
at Isis Music Hall

7:30pm **Todd Snider**
at Bijou Theatre

8pm **Petal w/ Coping Skills**
at The Mothlight

9pm **Scattered Hamlet w/ Gutterhound, The Shrünken Heads**
at The Grey Eagle

10pm **Shitdels (Nash) & Ray Gun**
at The Lazy Diamond

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**- MONDAY - June 24 -**

6pm **Open Mic Night**
at The Grey Eagle

7:30pm **Samuel J Comroe Live**
at Clarence Brown Theatre

7:30pm **Open Mic Night**
at One World Brewing

8pm **Jonathan Brown/Paige Beller/Katie Don’t**
at Sly Grog Lounge

8pm **A.A. Bondy**
at The Basement

10pm **Surf Cavalier**
at Preservation Pub Knoxville TN

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- For show times & more details, visit theloaferonline.com
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

Trivia

TUESDAY
Wild Wing Café JC- Team Trivia Tuesdays 8:30pm
Johnson City Brewing Company- Trivia Tuesdays 7pm
Aubrey’s Bristol- 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
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

MarketinnovationsJC.com

Our Services Include:
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Consultation

(423)543-2663

PO Box 348
Johnson City, TN 37605

“Businesses coming together as a community can make things happen.”
<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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| **Tuesday June 18th** | 9am Pick Along Summer Camp Week 1 - Beginners at Birthplace of Country Music Museum  
9am Summers Past History Program at Tipton-Haynes State Historic Site  
10am James and the Giant Peach at Barter's Smith Theatre  
12pm Lunch & Learn: Ethical Capitalism & Compassionate Consumerism at The Collider  
2pm Tim Lowry - Storytelling LIVE! At International Storytelling Center  
5pm Kids' Night at McAlister’s Deli (Bristol)  
6pm Star Wars Escape Room at the Johnson City Public Library  
6pm Local Motion Tuesday MTB Group Ride at Local Motion  
6pm BSR-Tuesday Night Ride at The Bike Shop  
6:30pm WERQ with Jennifer at Memorial Park Community Center  
6:30pm Opening Night at Johnson City Cardinals  
7pm FiA Free Women’s Fitness Tues. Evenings at Founders Park  
7pm Cornhole Tournament at CJ’s Sports Bar  
7pm Texas Hold 'Em at CJ’s Sports Bar  
7pm Gilmore Girls Trivia Night at Johnson City Brewing  
7:30pm La Cage Aux Folles at Barter’s Smith Theatre  
9pm Ballistic Bingo at Tipton Street Pub |
| **Wednesday June 19th** | 5:30am F3 Free Men's Bootcamps at Love Chapel Elementary  
9am Pick Along Summer Camp Week 1 - Beginners at Birthplace of Country Music Museum  
9am Summers Past History Program at Tipton-Haynes State Historic Site  
10am James and the Giant Peach at Barter’s Smith Theatre  
10:30am WelcomeFEST 2019 on Haywood Street, Asheville NC  
11am Mellow Kids at Mellow Mushroom (Johnson City, TN)  
11:30am Incredible Business Networking at Logan’s Roadhouse (Johnson City, TN)  
2pm Shrek: The Musical at Barter Theatre  
2pm Tim Lowry - Storytelling LIVE! At International Storytelling Center  
3pm Church Basement Ladies at Barter Stage II  
4:30pm Explore Asheville Summer Social & Backpack Drive at Highland Brewing Company  
5:30pm Yee-Haw Yoga at Founders Park  
5:30pm Bingo at Bristol Public Library  
6pm Dancing With Deana! At CJ’s Sports Bar  
6pm Mellow Bingo at Mellow Mushroom (Johnson City, TN)  
6pm Women’s Wednesday Ride! At Winged Deer Park  
6:30pm Bottoms Up Beer and Yoga at JRH Brewing  
7pm Speakeasy Murder Mystery RPG at Antidote!  
7pm Mellow Trivia at Mellow Mushroom (Bristol, VA)  
7pm Star Wars Trivia at Scores Grille in The Mall at Johnson City  
7:30pm Exit Laughing at Barter Theatre  
8pm SINGO at Holy Taco and Cantina |
| **Thursday June 20th** | 9am Pick Along Summer Camp Week 1 - Beginners at Birthplace of Country Music Museum  
9am Summers Past History Program at Tipton-Haynes State Historic Site  
10am James and the Giant Peach at Barter's Smith Theatre  
10:30am Using Story for Effective Communication at International Storytelling Center  
10am James and the Giant Peach at Barter’s Smith Theatre  
2pm Banjos through Time at Sycamore Shoals State Historic Park  
2pm Exit Laughing at Barter Theatre  
2pm Tim Lowry - Storytelling LIVE! At International Storytelling Center  
2pm La Cage Aux Folles at Barter’s Smith Theatre  
3pm Church Basement Ladies at Barter Stage II  
5pm June Yappy Hour at High Voltage Kingsport  
5pm Thursday Burger Night at Boone Street Market  
5pm Jonesborough’s Third Thursdays at Main Street Jonesborough  
5pm Wicked Weed Tap Takeover! At Rocks Wood Fired - Johnson City  
6pm Mellow Bingo at Mellow Mushroom (Bristol, VA)  
6pm Knox Pride Drinks & Disco Pride Preparty at Elkmont Exchange  
6pm Backpacking Workshop at Academy Sports + Outdoors (Johnson City, TN)  
6:30pm YPTri Night at the Ballpark  
6:30pm Doctors VS. Lawyers Trivia Night at The Press Room  
7pm Mellow Trivia at Mellow Mushroom (Johnson City, TN)  
7pm FiA Free Women's Fitness Thu. Evenings at Founders Park  
7pm Science Trivia Night at Gypsy Circus Cider Company  
7:30pm Blithe Spirit at Johnson City Community Theatre  
9pm Slice Comedy Open Mic at PULP |
| **Friday June 21st** | 5:30am F3 Free Men's Bootcamps at Love Chapel Elementary  
9am Pick Along Summer Camp Week 1 - Beginners at Birthplace of Country Music Museum  
9am Summers Past History Program at Tipton-Haynes State Historic Site  
10am James and the Giant Peach at Barter's Smith Theatre  
10:30am Musical Classic "The Wizard of Oz" at Theatre Bristol  
12:30pm WERQ'ing Lunch with Jennifer at Shellhead Ballet  
2pm Tim Lowry - Storytelling LIVE! At International Storytelling Center  
3pm Cider & Doughnut Pairing, The DoughP-est at Urban Orchard Cider Co. South Slope  
6:30pm BBQ, Brotherhood and Brews at Mount Hermon Lodge No. 118 AF&AM, Asheville NC  
6:30pm 2019 "Ruby Slipper Gala" at Theatre Bristol  
6pm Bristol’s Night Market at Downtown Center Bristol TN  
7pm AMC Summer Solstice Celebration and Our Voice Fundraiser at Roger Mcguire Green |
**THINGS TO DO**

7:30pm Blithe Spirit at Johnson City Community Theatre
7:30pm Mamma Mia! At The Jonesborough Repertory Theatre
7:30pm Musical Classic "The Wizard of Oz" at Theatre Bristol
7:30pm Shrek: The Musical at Barter Theatre
8pm Open House & Pig Roast at Smith Brothers Harley-Davidson
8pm Bikini Bike Wash and cook out! At Knoxville Harley-Davidson Clinton Hwy
8pm Rhododendron Festival at Roan Mountain State Park
8pm 9th Annual Knoxville Brewfest at World's Fair Lake
8pm SouthEast Crab Feast at Carrier Park- Asheville (NC)
9am Summers Past History Program at Tipton-Haynes State Historic Site
9am Kinetic Sculpture Workshop at Sycamore Shoals State Historic Park
9am Radiocarbon Dating Workshop at Sycamore Shoals State Historic Park
9am James and the Giant Peach at Barter’s Smith Theatre
10am James and the Giant Peach at Barter’s Smith Theatre
10:30am Knoxville Pride Parade at Gay Street (Knoxville)
11am Saturday Shake it - WERQ with Jennifer at Memorial Park Community Center
11am 2nd Annual Strut your Mutt Dog Show at Warriors Path State Park
12pm Knox Pridefest 2019 at Knoxville Civic Auditorium-Coliseum
12pm Summer Solstice Festival at Tipton-Haynes State Historic Site
12pm Rhododendron Festival at Roan Mountain State Park
12pm Have A Heart Pageant at Memorial Park Community Center
1pm SouthEast Crab Feast at Carrier Park- Asheville (NC)
2pm Rhododendron Festival at Roan Mountain State Park
2pm Mamma Mia! At The Jonesborough Repertory Theatre
2pm Mamma Mia! At The Jonesborough Repertory Theatre
2pm Painting & Movie (Toy Story 2019) at Tri-Cities Cinema 7
2pm Blithe Spirit at Johnson City Community Theatre
2pm Mamma Mia! At The Jonesborough Repertory Theatre
2:30pm Musical Classic "The Wizard of Oz" at Theatre Bristol
3pm Exit Laughing at Barter Theatre
3pm City Lights: Summer Movie Magic at Tennessee Theatre
3pm La Cage Aux Folles at Barter’s Smith Theatre
4pm 9th Annual Knoxville Brewfest at World’s Fair Lake
4pm SouthEast Crab Feast at Carrier Park- Asheville (NC)
5pm One Year Anniversary Party at One World Brewing West
5pm One Year Anniversary Party at One World Brewing West
6pm Wonderland Who’s Got Talent at Wonderland Lounge/Bar N Grill
6pm Mellow Bingo at Mellow Mushroom (Bristol, VA)
6pm Mellow Bingo at Mellow Mushroom (Johnson City, TN)
9pm Hallelujah! Hilliary’s Comedy Revival at 27 Club Asheville

**Saturday June 22nd**

9am Open House & Pig Roast at Smith Brothers Harley-Davidson
10am Bikini Bike Wash and cook out! At Knoxville Harley-Davidson Clinton Hwy
10am LibCon III: Close Encounters of the Nerd Kind at Johnson City Public Library
10am Rusty’s Legacy Spring Yard Sale And Adoption Event at Fleetwood’s
10am 2019 Rhododendron Festival at Roan Mountain State Park
10am Barefoot in the Park at Downtown Yoga Center Johnson City
10am Flint Knapping Workshop at Sycamore Shoals State Historic Park
10am 2nd Annual Strut your Mutt Dog Show at Warriors Path State Park
11am Saturday Shake it - WERQ with Jennifer at Memorial Park Community Center
11am 2nd Annual Strut your Mutt Dog Show at Warriors Path State Park
12pm Knox Pridefest 2019 at Knoxville Civic Auditorium-Coliseum
12pm Summer Solstice Festival at Tipton-Haynes State Historic Site
12pm Hola Asheville at Pack Square Park, Downtown Asheville, North Carolina
12pm 2nd Annual Strut your Mutt Dog Show at Warriors Path State Park
12pm Have A Heart Pageant at Memorial Park Community Center
1pm SouthEast Crab Feast at Carrier Park- Asheville (NC)
2pm Rhododendron Festival at Roan Mountain State Park
2pm Mamma Mia! At The Jonesborough Repertory Theatre
2pm Mamma Mia! At The Jonesborough Repertory Theatre
2pm Painting & Movie (Toy Story 2019) at Tri-Cities Cinema 7
2:30pm Musical Classic "The Wizard of Oz" at Theatre Bristol

**Sunday June 23rd**

10am Rhododendron Festival at Roan Mountain State Park
11:30am Floatchella at Smoky Park Supper Club
12pm Asheville Punk Flea at Fleetwood’s
2pm Mamma Mia! At The Jonesborough Repertory Theatre
2pm Mamma Mia! At The Jonesborough Repertory Theatre
2pm Painting & Movie (Toy Story 2019) at Tri-Cities Cinema 7
2:30pm Musical Classic "The Wizard of Oz" at Theatre Bristol
3pm Exit Laughing at Barter Theatre
3pm City Lights: Summer Movie Magic at Tennessee Theatre
3pm La Cage Aux Folles at Barter’s Smith Theatre
4pm 9th Annual Knoxville Brewfest at World’s Fair Lake
4pm SouthEast Crab Feast at Carrier Park- Asheville (NC)
5pm One Year Anniversary Party at One World Brewing West
5pm One Year Anniversary Party at One World Brewing West
6pm Wonderland Who’s Got Talent at Wonderland Lounge/Bar N Grill
6pm Mellow Bingo at Mellow Mushroom (Bristol, VA)
6pm Mellow Bingo at Mellow Mushroom (Johnson City, TN)
9pm Hallelujah! Hilliary’s Comedy Revival at 27 Club Asheville

**Monday June 24th**

9am Summers Past History Program at Tipton-Haynes State Historic Site
1pm Nelson to share knowledge of ‘dangerous’ marine animals at Senior Services, Memorial Park Community Center, 510 Bert St
4pm Family Movie Night at Kingsport Public Library
7:45pm Dr. Bill Bass: Caverns & Cadavers! Benefit for Cherokee Caverns at Knoxville Convention Center

**CRYPTOGRAM:** "There is no nonsense so arrant that it cannot be made the creed of the vast majority by adequate government action."

**DROPQUOTE:** "A dialogue among civilizations can be seen as a dialogue between the individual and the universal."
CRYPTOGRAM

XPP AEKJMQ BZOG AZ EKO LEZ LXKAXQ - YHZUKGN BQ RJZLP LEAX AE KQ

LXKAKJM VZH.

Answers to last week’s puzzles can be found on page 11.
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.

For more information call (423) 547-6349 or visit us online at cartercounty.gov and select animal shelters under the departments and services section.
Storytelling isn’t just a profession for longtime teller Corinne Stavish. It’s also a way of life.

In today’s busy world, she recognizes the privilege of truly taking time to listen. “The whole experience is luxurious,” she observes. “There is the luxury of time. There’s the luxury of space and the luxury of real conversation with people.”

Jonesborough is often called the storytelling capital of the world, but Stavish thinks of it as more of a close cousin to Broadway. “It has the excitement and the energy of theater,” she says. “I was a theater major, so I know. Jonesborough is the gold standard.” She’s been performing in the town for decades.

Like many storytellers, over time Stavish has found her interests shifting away from purely traditional folklore and more towards tales about contemporary living. “I stayed away from personal stories for a long time because I thought they were egotistical,” she notes. But what I learned is that it’s not about me. It’s about humanity.”

But those reflections on humanity can take many forms. A recent piece that has been popular with her audience is a historical tale about the Holocaust—a longform tale that she’ll perform at the International Storytelling Center on the Thursday of her residency, which runs June 25 - 29.

Reservations for all performances, and particularly the Thursday matinee, are highly recommended. **Tickets for all matinee shows are $12 for adults, and $11 for seniors, students, and anyone under 18.** Heavily discounted season passes are still available for a limited time.

Altogether, Stavish will host five matinee shows, each beginning at 2:00 p.m. in ISC’s headquarters in downtown Jonesborough. She’s known for her intricate construction and her surprisingly funny style.

Stavish has earned a fiercely dedicated audience, and the appreciation is mutual. “There’s just no other audience like it,” she says. “They understand story, and they understand storytelling. I’m a romantic and it’s just the romantic ideal of what storytelling should be.”

Exclusive discounts are still available to all ticketholders. Ticket stubs will earn a 10 percent discount on same-day dining at Main Street Café (lunch only), Olde Towne Pancake House, Texas Burritos & More, Krazy Krepes, Jonesborough Barrel House, the Icing on the Cake (lunch only), and the Corner Cup. Additionally, Boone Street Market is offering 10 percent off prepared meals and 5 percent off any other purchase.

The premier sponsor of Storytelling Live! is Ballad Health. Additional program funding comes from the National Endowment for the Arts, the Tennessee Arts Commission, the Niswonger Foundation, Eastman Credit Union, the Mooneyhan Family Foundation, and Food City. Media sponsors include News 5-WCYB, FOX Tri-Cities, Tri-Cities CW, Johnson City Press, Kingsport Times-News, Herald & Tribune, and Cumulus Media.

Storytelling Live! is a seasonal program that runs from April to October.
Veteran of the Week

Written by: Faith Little

The Loafer’s Veteran of the Week is Darrell Bruce Honeycutt (DB Honeycutt), a long-time resident of Erwin, TN. Honeycutt was born in Johnson City, TN and raised in an orphanage in Grundy, VA. He currently lives in Piney Flats, TN. Honeycutt served in both the U.S. Army and the U.S. Navy.

After leaving the orphanage at age 17, Honeycutt devoted his life to the military. He served in the Army from September 1953 to January 1954. After he left the Army, he went straight to the Navy, where he served from February 24th, 1954 to January 25th, 1963. When asked why he served, Honeycutt responded: “Because I love this country, and I would still go today.” He spoke of the life-long friendships he made while aboard a Naval ship. He states, “During battle, those around you become closer than family.”

Honeycutt served in the Korean War and the Vietnam War, which started just before he retired. He did two tours on the Mediterranean Sea. Honeycutt was stationed aboard Naval ship USS Kirkpatrick.

Honeycutt recalled the last day of his service as bittersweet. He did not want out; in fact, he would rather have gone back. However, he was dedicated to helping his wife raise their children. His service ended on January 25th, 1963. After leaving the military, Honeycutt decided to carry on a career as an electrician, which he started while deployed in the Navy. His military experience as an electrician helped him return to life back home.

Darrell Bruce Honeycutt recounted his time in the military with nostalgia. He expressed how grateful he was to have been able to serve for his country and for the lasting friendships he made while doing so. We thank Mr. Honeycutt, our Veteran of the Week, for his service and devotion to the United States Military.

Full name: Darrell Bruce Honeycutt
Served: U.S. Army & U.S. Navy
Bartender of the Week

Bartender of the Week honors a local bartender that performs outstanding acts of service for their customers and leaves an impact on the community. This week’s nominated bartender of the week is Corey “Demar” Simpson. Demar Simpson works at Tulips American Grub & Pub located on E Oakland Avenue in Johnson City, Tennessee. Demar has been a bartender for seven years, previously working in Miami. He describes his time bartending in Miami as “fast-paced and fun,” which is why he continued to work as a bartender upon moving back to Tennessee three years ago.

Demar was born in Oswego, New York and has resided in several places throughout the years. He moved to California for a period of time before moving onto Atlanta, Georgia and Tennessee throughout his high-school and college years. Demar is a father of three children and loves to work on restoring old cars and reselling them and also spending time with his family in his spare time.
The Loafer’s Chef of the Week is Melissa Dixon at Me & K’s food truck. Dixon has been in the kitchen since she was 16. Her passion and love for food grew from her grandfather’s garden. Making people happy is something Dixon loves to do, and she believes that food always makes people happy. Dixon started her first food truck in 2014 and expanded to a food trailer in 2018. She won the Kingsport Cosby Award for food truck excellence as well as the Tri-Cities Soup Award for her traveling tortilla soup. She is also the food and beverage chair holder for the Tri-Pride Festival in Johnson City, TN.

Melissa Dixon and her friend Kristen decided to start the food truck in Johnson City, TN after they sold out of their products at the local Farmer’s Market.

You can find Me & K’s food truck at 4307 N. Roan Street; Johnson City, TN. Located in the parking lot of the Boone’s Creek Food City.

They are open 11 AM- 5 PM Monday thru Friday. They offer catering services, as well!
The Breakfast Club with Secret Love

At Capones - Sat. June 22nd

The Breakfast Club, the region’s most popular recurring live music event, returns to Capone’s in Johnson City on Saturday, June 22. The special show also features Secret Love, who will be playing a special one hour set prior to the Breakfast Club. Admission to the show is $12, and the show begins at 9:30 p.m. The event is produced by Ansley Roberts Promotions.

For over 18 years, The Breakfast Club has entertained live music fans in the Tri-Cities region. The Breakfast Club has fans from a multitude of genres. Many local musicians routinely attend The Breakfast Club concerts in appreciation of the band’s live musical execution. Several line-up changes, social changes, and changes in popular music haven’t slowed down the ‘80s music juggernaut. Hundreds of fans routinely flock to The Breakfast Club shows to sing and dance along to their favorite nostalgic tunes.

Since their first show in the region, The Breakfast Club has become woven into the fabric of local music tradition. The members of The Breakfast Club have shared the stage with numerous music legends, including but not limited to, Whitesnake, The Romantics, Poison, Drivin’n’Cryin’, Hootie and The Blowfish, White Lion, The Smithereens, Edwin McCain, and many others.

Secret Love is an emerging local synth pop musical artist garnering rave reviews in the region. Secret Love may be the perfect opening act for The Breakfast Club due to being influenced by the sounds of The Smiths, Depeche Mode, and others icons of the ‘80s.
To continue a 68 year-long tradition, the cast and crew have gathered in Boone, North Carolina to begin rehearsal for Horn in The West. This is truly revolutionary outdoor theatre! For ticket sales and special discount nights, visit www.horninthewest.com.

Horn in The West as a show is history itself. First produced in 1952, every summer we have told the story of famed frontiersman, Daniel Boone, who united pioneers to seek freedom from British tyranny in the late 1700's. Horn in the West is the longest-running Revolutionary War outdoor drama. This is our story. The story of how the colonists were hungry for a taste of freedom and how that desire spread throughout North Carolina. Horn also depicts the interactions of the colonists with the Cherokee Native Americans. The audience is taken through the life of the Stuart family as they face the hardships of war and the joys of starting a new life. Watauga County locals have grown up with the legendary tale of Daniel Boone. Horn in the West has the honor to tell the tale and has done a great job of it for the past 68 years.

Our opening night, June 21st, brings life to the Blue Ridge Mountains. With fiery gunshots, poised dancers, fire shows, classic music, fight scenes, a classic love story, and the desire of freedom, Horn in the West has something for every theatre goer. Our outdoor theater has a vast space to fit 2500 patrons to see our show each night. But even in that space, the actors pull you into the Revolutionary War. You feel as though you are in the Alamance or the Battle of King's Mountain.

Not only can Horn in the West give you a taste of revolutionary freedom, but our partnering museum, Hickory Ridge Homestead can give you an immersive look into the life of colonists in North Carolina. Hickory Ridge is open Tuesdays-Saturdays 10 AM-2 PM. Special tours begin at 5:30 PM each night before the show. Learn the history first, and then see it come to life in front of you on stage!

This is the beginning of a life-changing summer. Many theatre artists have gained their first professional theatre experience on this stage. Horn Alumni have either returned to the stage or to support the Horn. This show has formed a special bond among all who are a part of it. Returning for his second year is respected director Britton Corry. Boone local, William Hardy, will be appearing for his first year as Daniel Boone.

What brings us together in Boone, North Carolina is the perseverance of tradition. The cast and crew put their blood, sweat, and tears into this outdoor production. From all over North America they have discovered a newfound love for the mountain air, cast camaraderie, and a show as spectacular as the historical figures who inspired it. From us here at the Horn, we invite you to come join us for a night of historical drama.
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.
Godzilla was first introduced to film fans in 1954 by Toho Studios of Japan and has been stomping on cities and fighting monsters ever since. The iconic movie monster has been in countless films over the years, and was featured in an American adaptation in 1998. However, in the ’90s film Godzilla had a very different look appearing more like a cross between an alligator and a raptor from “Jurassic Park”, and I wasn’t buying it. Where was the Godzilla we knew and loved? There were other Toho produced films, but frankly I was still waiting for the proper treatment of the famous monster from Hollywood. Finally in 2014 fans saw the majestic Godzilla return with his proper look. The new film was a hit with fans and paved the way for the new 2019 release “Godzilla: King of the Monsters.” The new film benefits from the presence of powerhouse actors Kyle Chandler (“Friday Night Lights”) Vera Farmiga (“Bates Motel”), and Millie Bobby Brown of “Stranger Things” fame. Of course even with the great acting pedigree on hand, the real star is Godzilla, and he doesn’t disappoint. In the newer films the big G is presented as a helper to mankind, which hasn’t always been the case over the years, especially in the original film. This time out our monstrous friend is called on to fend off other famous monsters from the Godzilla films, as he battles Rodan and the three headed dragon-like King Ghidorah, as those two along with other creatures dubbed "Titans" have been released from their long dormant stage by the bad guy of the film, Eco-terrorist Jonah Alan (Charles Dance of “Game of Thrones”). The shocking part of the release is how Alan is aided by the aforementioned Farmiga as Dr. Emma Russell, who is convinced the Earth needs to be destroyed by the Titans in order to cleanse the planet for a fresh start. Even though her daughter Madison (Brown) and estranged husband Mark (Chandler) both know the efforts are tragically misguided, Dr. Russell trudges on. This even after Dr. Russell and Madison witness the birth of another famous movie monster, Mothra, an actually ally of Godzilla. Dr. Russell even works for the organization Monarch, which tracks down and studies Titans, and even after she and Madison are kidnapped by Alan’s group, she still continues to help unleash the Titans. Will she come to her scenes? I will not say here lest to spoil the fun. Let's just say the release of the Titans results in several major cities of the world being destroyed and hope fading for mankind until: Godzilla comes to the rescue! Our big G is even aided by Mothra, who plays a key role in the outcome of the battle of the monsters. The headlining actors all do a wonderful job in their roles, with Chandler and Brown being the highlights. Of course starring in "Stranger Things” has really helped Brown in dealing with other worldly creatures. Director Michael Doughtery ("Trick ‘r Treat") keeps the thrills coming and the action fast paced. The special effects are also impressive, and Godzilla, as with the 2014 effort, has never seemed more life-like. I especially enjoyed how Godzilla is depicted as a friend to mankind, and seeks to protect the Earth from those out to harm our planet. You must stay for the post credit scene, which is pivotal, and features a tease for the 2020 release "Godzilla vs. Kong".

Yes, Godzilla and King Kong will appear in a film together for the first time since the campy 1962 release. Overall, “Godzilla: King of the Monsters” is a fun summer film for fans of iconic monster, of which I am one. Don’t miss this film on the big screen where it deserves a first viewing. Showing in both 3D and 2D formats. (Rated PG-13)
Great Smoky Mountains National Park is a hiker’s paradise. Along with Kings Canyon/Sequoia, Yellowstone, and Yosemite, it has one of the most extensive trail systems in the national park system, totaling upwards of eight hundred miles. They traverse roadsides, venture into the deepest wilderness, climb fir clad peaks, and meander through flat coves. Some lead to waterfalls and outstanding natural features, while others offer a glimpse into the park’s past, back to a time when many people called these mountains home. Grapeyard Ridge Trail is one of the latter, passing through the former community of Greenbrier Cove and passing a spectacular piece of Smokies history on its way to Roaring Fork.

Unlike the nearby hiking destinations of Ramsey Cascades or Grotto Falls, visitors who choose this path are treated to solitude, even on the busiest of summer days. Grapeyard Ridge Trail connects Greenbrier Cove to Roaring Fork Motor Nature Trail, so there are two different starting points hikers may choose. We recommend starting from Greenbrier Cove, as the road will be much quieter and the hike shorter.

Our main destination is the wrecked steam engine at Injun Creek, a moderate 5.4 mile roundtrip hike from Greenbrier Road. Hikers who are up for a greater challenge can expect a roundtrip distance of 9.6 miles if they park at Roaring Fork. Some folks may even want to hike this trail using two cars to avoid back-tracking. If that is the case, they can expect a total trail length of 7.6 miles. We will be covering the shorter route, as that is the way we hiked it a couple of weeks ago.

The trailhead is easy to miss, as it doesn’t have a large parking area. It lies along Greenbrier Road at the junction with Ramsey Prong Road. There’s plenty of parking along the left side of the road here, just make sure any vehicles are far enough over so they don’t block any oncoming traffic.

Immediately starting up a steep grade, hikers might notice a small trail venturing to the right only a few hundred feet up the path. A short detour leads to the Friendship Baptist Church Cemetary, one of many such graveyards scattered across the cove. Evidence of the former community is obvious throughout this first portion of the hike, from rock walls to several old roadbeds intersecting with the trail.

After 0.5 miles, hikers will reach the top of the ridge and pass through a small gap. Here Grapeyard Ridge Trail widens into what looks like an old road and descends towards Rhododendron Creek. Here one must cross a small side stream, the first of ten water crossings in under two miles of trails. These can make the trail challenging at times, especially after periods of heavy rain. All of these crossings must be traversed without the aid of waterlogs or footbridges. A pair of trekking poles and waterproof hiking boots are highly recommended. In addition, there are several rough patches along the trail, mostly due to mud and the lack erosion control such as water bars and drainage ditches.

As hikers start following Rhododendron Creek, they will enter a flat valley that is just bursting with greenery during the summer months. Ferns, poison ivy, and wildflowers cover everything in sight. Sometimes the trail shrunk to only a few inches wide as it passes through the masses of growth. Be sure to stop occasionally and inspect for ticks, as this has been an especially bad season for them so far.

For the next mile the trail holds an interesting pattern as it passes back and forth through the infested valley floor and then enters dark rhododendron tunnels on the right hillside. The stream crossings come every few hundred feet, with the largest requiring either a scramble through the woods or a wet walk through almost one hundred feet of the creekbed. There is a really bad section of trail soon after this crossing where it turns into deep muck due to a seepage. This is the last difficult section of trail, so don’t give up just yet!

Here is where we turned around, but a half mile beyond lies an official campsite that makes another great stopping point. As mentioned before, Grapeyard Ridge Trail doesn’t get many visitors, so this makes a great hike for those looking to avoid crowds. In addition, springtime offers many wildflowers, and summer sees many different ferns and even flame azaleas. A word of warning: bring along bug spray to ward off the clouds of gnats that like to gather on humid summer days. This trail is probably best hiked in the fall, that way the bugs won’t be as prevalent and the creek crossing should be manageable.

Appalachian Wanderers
By Jason & Daniel Worley
jdworley@thelaferonline.com

Wreck in the Smokies

Leaving the creek behind, the path enters one last rhododendron tunnel and steadily climbs the dryer hillside 0.75 mile before reaching James Gap. Here it plunges rather steeply as it enters the Injun Creek valley. This steep incline is what caused the steam engine to crash back in the 1920’s, which one should be able to spot over the embankment to the right. Just after the trail crosses Injun Creek, the wrecked steam engine comes into full view just a few feet to the right, lying in the middle of the stream. It’s easy to see the path it took as it tumbled down from the trail we had just passed. Although it’s been lying in this creek for nearly one hundred years, it is still in excellent shape. Look closely, and one can even see the engine number, No. 4246.
ADVICE FOR MYSELF

"At 20"

by Kathie Scalf

Last Friday I was at the bar at Label chatting with a couple of recent college grad girls I know. I was regaling them with stories from my “Train Wreck 20s” and as we were all laughing at the near-death experiences and hijinks that me 40lbs heavier got into, one of the girls said “I feel like you’ve lived 10 lifetimes.” It also feels that way to me. Like most people, I have looked back on my younger years on more than one occasion and thought to myself “If I only knew then what I know now.”

My early 20s were a fun period of growing pains for me, but I definitely can’t say I look back on those years with pride. I accomplished a big milestone and graduated college, with pride. I accomplished a big thing and graduated college, with pride. I accomplished a big milestone and graduated college, with pride. I accomplished a big milestone and graduated college, with pride. I accomplished a big milestone and graduated college, with pride. I accomplished a big milestone and graduated college, with pride. I accomplished a big milestone and graduated college, with pride.

It’s a whole lot easier to lose and maintain your weight in your 20s than your 30s.

1. Take full advantage of the college experience. Study abroad, be active on campus, go to ball games, join clubs, etc. Use every opportunity to expose yourself to new ideas and people and make connections. And actually try to learn something useful!

2. Don’t take out unnecessary college loans. My school was completely paid for through scholarships, but I decided to take my sweet time and finish up in a timely 5 years and took out a couple small loans because it was “free money” that I could easily pay back when I got my “dream job” that I was getting a degree for. I’ve been graduated for a decade and those loans are still being paid on.

3. Cool it with the PBR. I don’t need to discuss this any further.

4. Take better care of your body, you’re not in high school anymore. Eating garbage food and binging on alcohol several times a week will not only make a quick and negative impact on your physical well-being, but it takes a toll on your mental health as well. Instead of spending your free time flopping around on the couch in a hangover-induced food coma, go use the state-of-the art gym that’s included in your tuition fees. It’s a whole lot easier to lose and maintain your weight in your 20s than your 30s.

5. Make better decisions, you are not invincible. There is no excuse for me even being alive right now based off all the stupid things I did when I was younger. When you’re that age you think nothing bad can happen to you so it makes you far more careless. You are not invincible so choose wisely.

6. Spend more time with your parents and true loved ones. Life is like a roll of toilet paper, the closer you get to the end the faster it goes and you will never regret time spent with the people who genuinely care for you and contribute to your life.

7. Respect yourself. This is the most important thing I can hammer home to myself or any other young person who is transitioning from a teen to an adult. When you have respect for yourself and love who you are you will save yourself a lot of heartache because you won’t tolerate anyone else who doesn’t. You won’t waste precious time on loser exes who treated you like crap or could damage you for the future.

8. Remember that while it is not impossible to redeem yourself and grow into a better person, the things you do today can stick with you for many years. You get but one chance to make a first impression and sometimes that is your only impression. So limit your embarrassing moments and try to carry yourself with dignity and act like a decent human. You never know if the teacher who is seeing you schlepping into class in a sweatshirt and sunglasses may end up being the person you have to interview in front of for a job one day. Life is crazy.

9. To piggy-back off of number 8, in life it is all about who you know and not what you know. Make as many valuable connections in business as you can because it will reward you in the end. Be involved in your community and always be courteous to people, because you will need it in the future.

10. Again, don’t drink PBR. It’s gross, it’s cheap, it doesn’t make you look cool and it makes you fat.

Time is so precious and we all have things we wish we might have done differently. In the end, it’s all these experiences that add up to the person we are at this very moment so there is no need to have regrets. In one day you are born and in one day you die. You can fall in love or have your heart shattered in just one day. I think the important message to all is to use each day to its fullest and be the best we can be. I hope you all have a wonderful productive week!

XO- Kathie
It had been a nice morning. I slept well, woke up on time, had a nice breakfast, and was generally feeling good about life. I took in a deep breath of fresh air as I stood on my front porch in my underwear listening to “More Than a Feeling” by Boston. The neighbors didn’t seem to mind it today. Returning inside, I brewed a fresh pot of coffee then went down to my office to get to writing. I woke my computer, checked some email, did a little browsing online, then opened my word processor.

Sometimes I’ll leave my browser open while working, which can complicate the word flow from time to time. But today I wanted to close it so I could get something done and get to work. I had already written out a title, and an opening paragraph. But as I was working on that I thought it struck a chord with me that it seemed a little familiar. I did a search through all my past columns to see if any of the keywords I had used before. In the middle of doing this search, the window I had open on my computer crashed.

Thinking that was odd, I tried to search again. Another crash. As I tired the third time not only did the window crash, but the word processor froze up as well. Dread. An overwhelming, palpable sense of dread went rushing through my body. My brain has a tendency to go to the worst-case scenario in a nano-second, and at this moment I was scared to death my computer was about to melt, explode, kill me, or a combination of the three.

I wonder what it says about us that when our computers start to go, we launch into a panic stream. I know part of it is the dread of thinking about the cost on a new computer, combined with thinking of how many precious photos and videos we have of our friends and loved ones we don’t want to risk losing. But for me on that particular morning, I was filled with a sense of dread as I was all ready to get word works done, followed by moving on with my day.

As my computer sat there, froze, just going through its thing I started to think of other ways I could get my column written and done. Pencil and pad came to mind, but I have the handwriting of a chicken who thinks they’re a doctor. I thought about my old PC upstairs that still works, but it will take about as long to start up as it would for me to get my current one up and working. I wondered if I could set up a Morse code system with a friend who could dictate down the words as they come to mind and I send them to him over the old teletype.

“Maybe I should do that George RR Martin thing and write on an old DOS computer? I’m sure I have one in the basement” I thought to myself while staring at the little beach ball on my computer screen in what seemed to be a perpetual spin. In a way, it would be nice to bring things back to the days of the dot-matrix printer. As much as I love our modern tech, I do miss the days when computers and other household pieces of technology were loud. It made you feel like you were accomplishing something when printing out a three-page document began a mechanical symphony that could be heard all throughout the house.

Eventually, my computer unfroze and I was able to do a restart, which fixed whatever the thing that was wrong with it was. I was able to resume work, and carry on without fear and worry. Yet still, it was truly a Monday to have to deal with my computer being all weird and kooky so early in the day. Sometimes I think the best way to get your day screwed up is to say aloud what your plans for the day are. At least my computer is OK. Unless later this week to read a headline about it exploding, melting me, and harming me badly. See you next week.
Boost Your Mood Naturally By Following These 3 Simple Tips.

Feeling like your mood has tanked lately? Maybe you’ve had added stress from a family situation or maybe your boss has been piling on the work. When you’re in a bad mood it’s harder to make healthy choices. Keeping your energy level up and your mood stable, is an important part of living your best life! Here are a few quick ways you can boost your mood.

Boost Your Mood Naturally By Protecting Your Mind

Bad things happen to good people every day. Good things also happen to good people every day. Guess what the news (including Facebook) broadcasts? You got it, the bad things. That’s because our primitive brains are drawn to problems so that we can figure out how to fix them. It worked great for us when we had to fight off lions and defend our families in the cave man days. Not so great for us now. So unless you plan to volunteer your skills to help fix the problems you see on the news and Facebook, it’s best to limit viewing them. It feeds the negative thoughts in your mind and can cause your mood to tank.

Be mindful of what changes your mood. If you catch yourself getting angry, judging people or getting sad after watching the news or scrolling Facebook, maybe it’s time to take a break and reduce the time you spend on those platforms.

Boost Your Mood Naturally By Getting More Sleep

Ever wake up grumpy? Roll out of bed and as soon as your feet hit the floor, you feel like it’s going to be a bad day? Sleeping 7-8 hours a night is ideal but definitely not the norm. There are so many distractions that keep us awake, keep us up thinking, keep us up worrying, hello news and Facebook!

Make sure you’re preparing your body for sleep at least 1-2 hours before your head hits the pillow. Be mindful of what you’re consuming right before bed because that’s what your subconscious will continue to think about throughout the night.

Boost Your Mood Naturally By Drinking More Water

Did you know that the majority of people walk around chronically dehydrated. Feeling tired, have a headache, craving sweets? Before you pop a pill or grab a soda, try drinking a glass or two of water because those are telltale signs of dehydration. And when we’re feeling crappy (i.e. headache, tired) it’s hard to be in a good mood.

Be mindful of what you’re putting in your body. Remember food is fuel, including water. You wouldn’t put the wrong kind of fuel in your car because it wouldn’t run properly. But we do this to our bodies ALL THE TIME. Make water and high nutritional value food easy to access. Make sugary drinks and unhealthy snacks harder to access. Make sure you have to go out of your way for the “bad” stuff and make the “good” stuff readily available.

And Bonus: Don’t forget to move your body and pump those endorphins to your brain. But you probably knew that one was coming!

Coaching Tip:

So here’s how everything is connected. Remove any news producing apps off your phone. Make them hard to access and you’ll find yourself consuming them less. And if your face isn’t buried in your phone before you go to bed, you’ll get better sleep, guaranteed. See how one small change can have a ripple effect in other areas? That’s the power of habit change.

For individualized, one-on-one help with habit change, connect with a health coach online or in your area.

To Your Health,
Coach Leslie J.
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 18)
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.
Body Health + Mind

Spa, Massage Therapy, & Full-Service Salon

Our mission at Body, Health and Mind Spa and Salon is to provide the best customer experience, through professional team members, education, exceptional products and services. It is our deepest desire upon your departure from Body, Health and Mind that we have been able to relax your body, promote your health, and ease your mind through a range of our outstanding services.

807 North Roan Street, Johnson City, TN
423. 282. 9713 Mon-Sat 10am-6pm
B O D Y H E A L T H A N D M I N D . C O M

Hydrafacial

Body, Health + Mind Featuring the Hydrafacial Treatment

Welcome to Body, Health + Mind a locally owned and operated Aveda Day Spa and Salon located in the heart of Johnson City, TN. We are celebrating our 20th year in business June 1999-June 2019. As the oldest Day Spa and Salon in Johnson City we would like to reintroduce ourselves to you. Over the next few weeks we would like to highlight some of our exceptional services and provide education around ways you can take care of your body, health and mind.

This week’s feature is skin care, specifically the Hydrafacial. The Hydrafacial treatment is a non-invasive treatment that provides instant results for all skin types with no downtime.

This hydradermabrasion procedure combines cleansing, extraction, hydration and antioxidant protection simultaneously. This service detoxifies the skin through lymphatic system and optimizes skin health with a 3-step treatment. Thirty minutes to the best skin of your life.

Step 1: Cleanse + Peel
During this step your HydraFacialist performs a physical and chemical peel to deeply cleanse and exfoliate the skin.

Step 2: Extract + Hydrate
With proprietary vacuum technology and serums, the HydraFacial removes debris from pores using painless suction, while nourishing with intense moisturizers.

Step 3: Fuse + Protect
Detoxify and protect the skin from environmental free-radicals while replenishing the skins natural hydration and elasticity.

Additional steps can be added including lymphatic drainage, Blue or Red LED Light Therapy, all treatments can be customized with medical grade serums.

Many clients report seeing visible skin refinement and an even, radiant skin tone just after one treatment. The smooth results and hydration last 7-10 days or even longer.

One treatment per month is recommended for improving the appearance of fine line, wrinkles, brown spots, oily and congested skin.

For more information or to book your appointment you can visit our website at bodyhealthandmind.com

Schedule your free consultation anytime by calling 423-282-9713.

3 STEPS. 30 MINUTES. THE BEST SKIN OF YOUR LIFE.

Enjoy the Experience.

Delight in the Result.

Use this QR code for $30 off your first treatment.

Body, Health + Mind

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COME WATCH THE COMPETITION!

Radio Riott, Killing Merci, T-Minus Glory, Puddles of Plastic, and Mad Flavor will play at OT’s Sports & Social before a panel of judges.

LOCATED AT

OT’S SPORTS & SOCIAL

2102 N Roan St
Johnson City, Tennessee
otsportsandsocial.com
(423) 328-9250

JULY 5TH 7:00PM
Music On Main Featuring: Emporium

Toe-tapping dance music will fill the air in downtown Hendersonville June 21st when Emporium, the Asheville-based band, will once again rock the stage at Music on Main. The free concert series will be held from 7:00 to 9:00 p.m. at the Visitor Center at 201 South Main Street. Emporium has been playing since the early 1980s when the Travis brothers—Ray, Rick and David—formed the group. Nowadays the band also includes Tracie Esposito, Tim Hawkins and Barry Bryson. Concert-goers can expect to hear popular classics they can dance to, including hits from classic rock, disco, funk and beach music, as well as hits such as: Brown-Eyed Girl, Uptown Funk, Summertime, My Girl, Disco Inferno and Tracks of My Tears. Music on Main is presented in conjunction with the ever-popular Classic Car Show, held on Main Street in front of the Visitor Center from Allen to Caswell Streets. A variety of vintage and antique cars will be on display for car aficionados. For more information about the Classic Car Show, call the Carolina Mountain Car Club at 828-702-0448.

The 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 7-9pm. Seating area opens after 5:30pm; early admission is strictly prohibited. Please leave your pets comfortably at home, animals are not permitted in the event area. Alcoholic beverages, backpacks and coolers are prohibited. Admission is free.

In case of inclement weather the concert will be postponed until 8pm; if the weather does not improve by 8pm 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 go online to visithendersonville.org.

The Music on Main concert series is an event of the Henderson County TDA.

Hendersonville, NC

June 21, 2019
7:00-9:00pm
Visitor Center
201 South Main St.
Admission is FREE

2019
THURSDAY
JAMS

FREE!
7PM
EVERY THURSDAY

The Commonheart
June 20

Love Canon
June 27

Abingdon Music Experience
Abingdon, VA

Abingdon
market pavilion
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Drawing to be held July 3, 2019. Winner to be notified via Facebook.

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NEW STYLING WITH TWIN LED HEADLIGHTS AND TAILLIGHT
NEW KAWASAKI QUICK SHIFTER (KQS)
The Jonesborough Repertory Theatre is thrilled to bring the energetic, groovy classic hit Mamma Mia! to its stage June 21 through July 14. This story about a mother, a daughter, and three dads—told brilliantly through the familiar tunes of ABBA—will keep you smiling and your foot tapping from the opening scene through the grand finale (which may or may not involve beach balls).

“It’s a fun show,” said Bob Cantler, who plays Sam Carmichael, one of the three fathers. “There’s a lot of energy and incredible music. I love this show.”

Set in the Greek islands, this is the story of Sophie, a young lady who desires to find out who her dad is before her upcoming marriage. She discovers there are three possibilities, and, unbeknownst to her mother, Donna, she invites each of them to her wedding. Mix these potential fathers with Donna’s feisty former band members, as well as many other engaging characters, and hilarity, misunderstandings, and good times will ensue.

Diane Taveau, who plays the lead role of Donna Sheridan, said, “I think the story is a really sweet one, and it touches people in all aspects of their lives. It’s one that is relatable to a lot of different people. It’s about relationships. If you’ve ever been in a relationship or want to be in a relationship, you can relate to this show.”

Not only will audiences find the storyline relatable but also the fantastic music. Most everyone will want to sing along to the songs like “Dancing Queen,” “Waterloo,” and the title song, “Mamma Mia,” by the 1970s Swedish pop group ABBA.

“ABBA music has always been a part of my life,” said Rebecca Latham who plays Sophie. “I grew up with it. My mom and I used to sing ‘Dancing Queen’ all the time. So it’s nostalgic reliving that experience, now with Donna as my stage mom.”

“I grew up watching the show along with lots of my friends,” said college student, Cody Shivers, who portrays Sophie’s fiancé, Sky. “You cannot watch this and not end up tapping your foot. The music is so much fun.”

Heather Allen, the show’s choreographer, understands the importance of the music. “I love that the music will be so familiar to the audience that they’ll want to be singing and dancing themselves. That will help them connect to the story.”

However, the cast reiterated that you don’t have to be a diehard ABBA fan to enjoy the show. It’s engaging and delightful even if you’ve never heard of them.

“This is a joyful and fun show from the beginning to the end,” said director Jennifer Ross-Bernhardt. “If you want your spirits lifted and you want to be happy, then come and see this production.”

Mamma Mia! is written by Catherine Johnson with music and lyrics by Benny Andersson and Björn Ulvaeus. This show is directed by Jennifer Ross-Bernhardt, music directed by Shawn Hale, and choreographed by Heather Allen. The JRT thanks the show sponsors: Tennessee Hills Distillery, Henry & Flora Joy, Al & Laurie Fathery, Denny Dentistry, Morningstar Farm, and Sonia King/Mary B. Martin.

Rounding out the cast are Hannah Bare, David Campbell, Trinity Dixon, Liz Dollar, Ryan Gray, Pam Hagin, Shawn Hale, Megan Knight, Charles Landry, Bennett Little, Alayasha Martin, Jacob Maurer, Paul McQuaid, Joy Nagy, Jessie Scarbrough, Brooke Shelton, Joe Smith, Catherine Squibb, Alex Vanburen, Anna VanEaton, Krista Wharton, and Lucas Wilcox.

Shows run June 21 through July 14: Thursdays (except July 4) through Saturdays at 7:30 p.m., and Saturdays and Sundays at 2:00 p.m.

**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.