Featuring **BATTLE OF THE BANDS & INDEPENDENCE DAY EVENTS**
Happy 4th of July Tri Cities!! Thank you for making The Loafer such a hit again in the Tri Cities! I can't say enough how thankful and honored I am to be the owner of such an amazing publication.

So this week is a busy week for all kinds of great events going on. The Loafer has everything to check out during the 4th. If you are looking for fireworks, bands and the best way to celebrate the 4th you will find it in this week’s issue.

It's Battle of the Bands week so make sure you come out and support our local artists as they battle it out! Make sure to follow us on our social media platforms for all our amazing Live feeds and where we will pop up next!

I hope everyone has an amazing and safe 4th of July!!

Kimberly Wilson
Publisher
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.
The Loafer’s Bartender of the Week is Niki Tauscher at Big Orange in Fall Branch, TN. She started working at Big Orange a little over three years ago. She worked for her dad for 18 years and was ready to try something new because she was tired of office work. When asked why she loves her job as a bartender, she answered that she is a people person and loves coming to work, because she gets to see all of her regulars and meet the new customers they are getting. Niki stated because of her great personality, her customers love coming in and seeing her smile which is equally rewarding for her.

Niki and her partner bought the bar in April and are so grateful for all the support from everyone. The bar only sells beer, so Niki retorted, “I guess that makes me a little boring. But we have the grill open at lunch, so the creativity is in the kitchen.” As for the history of the bar, the previous owners were ready to retire, and Niki did not want it to be sold to someone that would not love it as much as she does. Her goal for the bar is simple, “to keep the history and all the memories of the Big Orange alive and to make this place bigger and better.” She is hoping to achieve that by bringing in outside entertainment; Classic Productions hosts karaoke on Fridays and also holds the DJ nights at the bar. She also hosts a blind draw on Thursdays, along with specials all week long.

When asked what made her want to pursue this job, she stated, “I have no idea what made me decide to be a bartender, I just knew I wanted to keep this bar thriving so others can enjoy it as much as I have over the years.”

Bartender of the Week

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.

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July 2, 2019

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If you or your band are playing in the upcoming week and would like to be in The Spotlight, go online to: theloaferonline.com. Due to last minute cancellations or changes, please call the location to confirm.

- **TUESDAY - July 2** -
  - Nikki Forbes at The Grey Eagle 5pm
  - Downtown Country at Jiggy Rays 6:30pm
  - High Test Grass
    at Country Music Mural Downtown Bristol TN 7pm
  - Tuesday Bluegrass Sessions hosted by
    The Darren Nicholson Band at Isis Music Hall 7:30pm

- **FRIDAY - July 5** -
  - One Man Band RJ Smith LIVE!
    At Jonesborough Barrell House 2pm
  - Chicken Coop Willaye at The Grey Eagle 6pm
  - Ragged Sally Live At Jonesborough Barrell House 6pm
  - Asylum Suite LIVE AT The French Quarter 6pm
  - Battle of the Bands at OT Sports & Social
    in Johnson City, TN 7pm
  - Greg Ruby, Don Stiernberg and Kevin Kehrberg
    at Isis Music Hall 7pm
  - Mick Kyte at Our House Restaurant! 7pm
  - Shooter Band at JC Seniors Center 7pm
  - Nightshift at Lion's Club Chilhowie, VA 7pm
  - Jigsaw Jane at Quaker Steak & Lube 8pm
  - Elizabeth Ward LIVE at Gypsy Circus Cider Company 8pm
  - Sammy Guns & Jesse Lewis at The Down Home 8pm

- **SATURDAY - July 6** -
  - Music at the Market
    at Jonesborough Farmers Market 9am
  - Donnie and the Dry Heavers
    at Downtown Kingsport 1pm
  - Andy Black Live at Bristol SU Live 1:30pm
  - The Breakfast Club at Jonesborough Days 5:30pm
  - Lightnin’ Charlie At Jonesborough Barrell House 6pm

- **SUNDAY - July 7** -
  - Matt Dahlheimer at The Grey Eagle 3pm
  - Sunday Bywater Bluegrass Jam at The Bywater 4pm
  - Riverside Sunday Jams with Southern Stoned Remedy
    at Mel’s Riverside Bar & Grill 5pm
  - Rebecca Haviland and Whiskey Heart
    at Isis Music Hall 8pm
  - 4PLAY at Highlander’s Grill and Tavern 8pm
  - Ivy Road at Highlander’s Grill and Tavern 8pm
  - The Usual Suspects
    at Rush Street Neighborhood Grill 9pm
  - The fabulous of Richmond at Salvage Station 9pm
  - Tennessee Champagne at O’Mainnins 9pm
  - 1134 with Blighted and Paradoxum at Capone’s 9pm
  - Prince Tribute- Purple Masquerade
    at Wild Wing Cafe (Johnson City, TN) 7pm
  - PUT TO REST With friends at the Hideaway 10pm
Last Week’s Puzzle Answers

Sudoku

```
9 2 / 6 8 1 3 4 5
8 6 4 3 9 5 1 7 2
3 5 1 4 7 2 6 8 9
2 7 9 8 5 6 4 1 3
5 4 6 1 2 3 8 9 7
1 8 3 9 4 / 5 2 6
4 0 5 7 6 8 2 3 1
6 1 8 2 3 9 7 5 4
7 3 2 5 1 4 9 6 8
```

Crossword

```
OBLASTS REBUT
EUROPEAN OPENER
STAGNATE LIABLE
TINIER ELECTED
DECCA MERIS LACE
SHIELD PETAL
ACTED OUT ESL
MONTH PAINT
NOT READJUST
ETHEL PERG
TIEA NITS SMELT
TOROISE ALICIA
ONDECK NEITIZENS
NEARFT TRIDENTS
DYSON ERENESTS
```

Cryptogram:

"Bias and prejudice are attitudes to be kept in hand, not attitudes to be avoided."

Dropquote:

"I love you when you bow in your mosque, kneel in your temple, pray in your church. For you and I are sons of one religion, and it is the spirit."
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“Businesses coming together as a community can make things happen.”
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
RUNS, CAR SHOWS AND BIKE NIGHTS

BIKE NIGHTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday July 2nd</td>
<td>Bike Night! By Mel's, Brotherhood Leathers and Busted Knuckles at Mel's Riverside Bar &amp; Grill 6pm</td>
</tr>
<tr>
<td>Tuesday July 2nd</td>
<td>Family Bike Night at Blue Circle 6pm</td>
</tr>
<tr>
<td>Tuesday July 2nd</td>
<td>Bike Night at Holston River Brewing at 6:30pm</td>
</tr>
<tr>
<td>Thursday July 4th</td>
<td>Bike Night at Quaker Steak and Lube at 7pm</td>
</tr>
<tr>
<td>Thursday July 4th</td>
<td>Bike Night at Woodstone Deli (Kingsport)</td>
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<tr>
<td>Friday July 5th</td>
<td>Bike Night at Tulips Grub &amp; Pub</td>
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CAR SHOWS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday July 2nd through Monday July 8th</td>
<td>2019 APPI Drive Thru Car Show at Tri-Cities Cinema 7 11am daily</td>
</tr>
<tr>
<td>Thursday July 4th</td>
<td>Kruisin For Kids Car Show &amp; Fundraiser at Freddy's Frozen Custard &amp; Steakburgers Bristol, VA at 5pm</td>
</tr>
<tr>
<td>Saturday July 6th</td>
<td>Block Party Car Show at Farmers Home Furniture Kingsport, Tennessee at 11am</td>
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<tr>
<td>Saturday July 6th</td>
<td>Cruise In at Downtown Elizabethton 5pm</td>
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RIDES/RUNS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday July 3rd</td>
<td>Pilot Fireball Moonlight 5K and Firecracker Kids Mile At UTCVM-University of Tennessee College of Veterinary Medicine 8pm</td>
</tr>
<tr>
<td>Thursday July 4th</td>
<td>Red, White and BOOM! 4 Mile Race at First Broad Street United Methodist Church 8am</td>
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</tbody>
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Send your event to: info@theloaferonline.com

JULY 4TH EVENTS

PARADE AND FIREWORKS SCHEDULE

- Erwin's Annual "Welcome Home Veterans!" Parade Downtown at 11am
- Unicoi's Annual July 4th Freedom Festival at Unicoi Elementary 5pm
- Jonesborough Days July 4-6th (July 4th Fireworks 9pm)
- Pepsi Independence Day Celebration at Freedom Hall July 4th 5pm
- Downtown Kingsport 4th of July Celebration 7pm
- Gatlinburg’s Fireworks Finale Downtown 10pm
- Independence Day Celebration at Elizabethton Parks & Rec 10am-2pm
- Abingdon's Independence Day Extravaganza Blues & Fireworks 4pm
- Greenville: American Downtown 4th of July Parade Downtown 3pm-11pm
- Ingles Independence Day Celebration in Asheville, NC at Pack Square 2pm
- Festival on the 4th at World's Fair Park in Knoxville, TN 4pm
THINGS TO DO

Tuesday July 2nd
Unicoi Farmers Market & Community Yard Sale at 106 Unicoi Village Pl, Unicoi, TN 8am
Independence on the Frontier: Militia Muster at Fort Watauga 10am
The Little Mermaid at Barter's Smith Theatre 10am
Shrek The Musical at Barter Theatre 2pm
Mamma Mia! At Lees-McRae Summer Theatre 2pm
Anne Rutherford - Storytelling LIVE! At International Storytelling Center 2pm
Church Basement Ladies at Barter Stage II 3pm
Local Motion Tuesday MTB Group Ride at Local Motion 6pm
TNT - Tuesday Night Trot at Fleet Feet Kingsport 6pm
BSR-Tuesday Night Ride at The Bike Shop 6pm
WERQ with Jennifer at Memorial Park 6pm
Binoculars at Paton Park 6pm
Taco Trek ride at Trek Bicycle 7pm
Johnson City 7pm
F3 Free Men's Bootcamps Monday July 8th

Wednesday July 3rd
F3 Free Men's Bootcamps at Love Chapel Elementary 5am
The Little Mermaid at Barter's Smith Theatre 10am
Mamma Mia! At Lees-McRae Summer Theatre 2pm
Shrek The Musical at Barter Theatre 2pm
Anne Rutherford - Storytelling LIVE! At International Storytelling Center 2pm
Church Basement Ladies at Barter Stage II 3pm
PFLAG Tricities Fundraiser at Freddy's Frozen Custard & Steakhuggers Johnson City, TN 5pm
Red White + Brews Patio Party at Drake's Bristol 6pm
Dancing With Deana! At CJ's Sports Bar 6pm
Freedom Celebration 2019 at Zion Baptist Church, Elizabethton, TN 6pm

Thursday July 4th
Welcome Home Veterans Parade at S Main Ave, Erwin, TN 9am
Independence Day Celebration at City of Elizabethton Parks and Recreation 10am
Jonesborough Days Parade 2019 at Downtown Jonesborough 10am
Patriotic Bike Parade at Covered Bridge Park 12:30pm
Patriotic Pup Pageant at City of Elizabethton Parks and Recreation 1pm
July 4th Freedom Gala benefiting Consider Haiti at Paton Parker House 1:30pm
Anne Rutherford - Storytelling LIVE! At International Storytelling Center 2pm
4th of July Cookout at Erwin Moose Lodge 2pm
4th of July Boat Parade at watauga lake 2pm
Bristol's Star Spangled Celebration at Cumberland Square Park 4pm
Pepsi July 4th Celebration at Freedom Hall Civic Center 5pm
July 4th with Doctor Ocular at USA Raft 5pm
17th Annual Unicoi Freedom Fest at Unicoi Elementary 5pm
Fourth of July on Mabry's Hill at Mabry-Hazen House 5:30pm
4th of July Fireworks Cruise at Volunteer Princess Cruises 6pm
F3 Free Women's Fitness Thur. Evenings at Founders Park 7pm
Downtown Kingsport July 4th Celebration 7pm

Friday July 5th
F3 Free Men's Bootcamps at Love Chapel Elementary 5:30am
Dog Days Of Summer: Dog Costume Contest at Jonesborough Days 10am
The Little Mermaid at Barter's Smith Theatre 10am
Exit Laughing at Barter Theatre 2pm
Anne Rutherford - Storytelling LIVE! At International Storytelling Center 2pm
La Cage Aux Folles at Barter's Smith Theatre 2pm
First Friday at Downtown Erwin 5pm
Low Country Shrimp Boil at Jonesborough Days 5:30pm
Battle of the Bands at OT'S Sports & Social 7:00 PM
Pub Poll at State Street Brewing 7:30pm
Mamma Mia! At Jonesborough Repertory Theatre 7:30pm
Church Basement Ladies at Barter Stage II 8pm
5th Of July Independence Celebration at High Voltage KPT! 8pm
Shrek The Musical at Barter Theatre 8pm
Kingsport Moose July 5 Celebration!! At Kingsport Moose Lodge #972 8pm
Dino Park in the Dark 2019 at Backyard Terrors 9pm
Drag Queen BINGO 80's edition at The Main Street Theatre 9pm
Ladies' Fridays at Rain Nite Life 10pm

Saturday July 6th
55th Anniversary Sale-A-Bration at Haggle Shop Antiques (Kingsport, TN) 10am
The Little Mermaid at Barter's Smith Theatre 10am
Jonesborough Days 2019 at Downtown Jonesborough 10am
Storytelling LIVE! Children's Concert Series at International Storytelling Center 10:30am
Early Years Walking Tour at East Tennesse History Center 10:30am
Saturday Shake it - WERQ with Jennifer at Memorial Park Community Center 11am
Saturday Artists and Makers Market at The Willow TreeCoffeehouse and Music Room 11am
Crawfish And Seafood BOIL at The French Quarter at Jay's Dock 12pm
Broad Street - Fun Fest Block Party at Mercantile on Broad 12pm
South Holston Fireworks Extravaganza 2019 at Observation Knob Park 12pm
Mamma Mia! At Jonesborough Repertory Theatre 2pm
MoonPie Eating Contest at Jonesborough Days 2pm
Shrek The Musical at Barter Theatre 2pm
Anne Rutherford - Storytelling LIVE! At International Storytelling Center 2pm
Church Basement Ladies at Barter Stage II 3pm

Monday July 8th
F3 Free Men's Bootcamps at Love Chapel Elementary 5:30am
The Little Mermaid at Barter's Smith Theatre 10am
Queen of the Sand Volleyball Tournament at The Wetlands Water Park 3pm
Family Movie Night at Kingsport Public Library 4pm
ChariTEA Event: Niswonger Children's Hospital at McAlister's Deli (Kingsport) 5pm
Bowling Tournament at Sportsman Pub 6pm
Retro Sci-Fi Movie Nights at Johnson City Public Library 6pm
TriPride Benefit at Gypsy Circus Cider Company 7pm
Open Mic Night hosted by: Saul Brook at Macado's 7pm

Mount Carmel Block Party at Main Street - Mount Carmel, TN 4pm
Painters Creek Fireworks Show! At Painter Creek Marina 7pm
Ladies Night at Sportsman Pub 7pm
Mamma Mia! At Jonesborough Repertory Theatre 7:30pm
City Lights Sunset Paddle at Billy Lush Boards and Brew 8pm
Exit Laughing at Barter Theatre 8pm
La Cage Aux Folles at Barter's Smith Theatre 8pm
Dino Park in the Dark 2019 at Backyard Terrors 9pm
Rise to Royalty Drag show at The Main Street Theatre 9pm
Jonesborough Days Fireworks 2019 at Historic Jonesborough 10pm
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Tuesday
Kid’s night
$5 small one topping pizzas from 5-8 PM.

Wednesday
$4.20
Draft Beer
1/2 price Wings Trivia at 7 PM

Thursday
Bingo at 6 PM

Friday
Free Pie! Enter on Facebook to win!

Sunday
Bingo at 6 PM

4th of July Weekend
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Whether you are interested in experimenting with different flavors or just want to try something new, Olive Oil Divine will surpass all of your expectations with what they have to offer. The company offers a vast array of products, including the extra virgin olive oil and balsamic vinegar they are known for, but they also sell innovative balsamic based barbecue & hot sauces, grilling rubs, seasonings, spices, and smoked salts. Olive Oil Divine is not a franchise, instead, they are a single “one-and-only” store incomparable to others that provides you with all of your gourmet needs.

The company was started in November of 2014 by Greg and Shirley Mueller who stumbled upon a small olive oil store many years ago in Hilton Head Island, SC. Their love for authentic extra virgin olive oil and balsamic bloomed from there, as they wanted to bring the same experience to the Tri-Cities. Over the years, the growing stress of their jobs caused them to miss owning a business of their own. They finally became convinced that, “this type of business was for us, so we attempted to purchase the Hilton Head olive oil store. That purchase never consummated, but we realized that God only intended to light our fire, so we would start our own business right here at home in Tennessee.” Shortly after in 2014, Olive Oil Divine was formed. Greg and Shirley each have professional backgrounds, bringing a combined 67 years of experience to Olive Oil Divine. Previous owners of a print manufacturing business, their specialized business, and trade skills, along with their real-life experiences, have armed them for the task of starting and operating Olive Oil Divine. They give full credit to God for bringing them to this point in their lives that allows them the resources and knowledge to start up their business from scratch.

Because of the freedom to purchase any product from any source of their choice, they can procure the freshest and tastiest craft-batch olive oil and balsamic in the world. Olive Oil Divine strives to help others live divine by providing the best-curated olive oil, balsamic, and specialty food items in the world, encouraging healthy eating, and building relationships with customers through educational and exhilarating tasting experiences. Greg and Shirley wanted to bring the Tri-Cities authentic olive oil and balsamic vinegar to expand the gourmet availability of products in the area. The business has achieved a lot in such a short time, including receiving the KOSBE Business Award for Excellence in Retail in 2017. They were also selected for the Johnson City Press Readers’ Choice Award for the Best of 2018 Specialty Shop.

Stop into Olive Oil Divine or visit their website, www.oliveoildivine.com, for all of your cooking and backyard barbecue needs this summer. For a free tasting of their products, visit Olive Oil Divine’s store at 2517 North Roan Street in Johnson City, TN.
CRYPTOGRAM
Q2IK XZGJ KVXRHKC WGCW HV BSCK XZGJ UJHKVOC DGJY ZGDDZ AK S
AGVBY ZU ASCDSJOC.

R. A. Dickson

Answers to last week’s puzzles can be found on page 7.

SUDOKU

CROSSWORD

DOWN
1. Small cake
2. Rapper/actor
3. Kind of drink or tale
4. Half a Beatles title
5. Neb. neighbor
6. Goes to the left
7. Ersatz butter
8. City east of Denver
9. Throw up
10. Ending with inter or pater
11. From ___ Z
12. 1994 David Spade comedy
14. Leafless branches
15. Little one
24. Sorority letters
27. "It's curtains for me"
28. Ashley's country-singing mother
29. "Entry of Christ Into Brussels" painter
James
30. Like some diets
31. Box office purchase (abbr.)
32. Spin fast
33. Guardian Angels founder Curtis
34. Rabbit relatives
36. WWII battle locale
40. Fifty-two, to Caesar
41. 300-pound president
44. Fillies and foals
46. Script sentences
48. German "and"
50. Very popular
51. Ultimately becomes
55. Playmobil rival
56. Harbor vessel
58. "You and ____ little toy shop" (Nona opening line)
59. "The Little Red Hen" refusal
60. Give ____ to (approve)
61. Father figure
62. "Well, well, well!"
63. Change direction
64. Barely obtain, with "out"
65. Invoice stamp
66. Wrap up

ACROSS
1. _____Honey (candy with a bee mascot)
5. Command to a horse
6. Hardy suitable
14. Hail ____ (flag down transportation)
15. River to Korea Bay
16. Cabbage ____ Kids
20. Rain source
21. Old-time verity
22. Chip accompaniment
25. Regular course of action
30. Security guard
33. "Dexter" channel, for short
35. Punjab sect member
36. "Nice job!"
37. Lad's companion
39. Pole for a clown
42. San ____ (Italian Riviera resort)
43. Vivid
45. Mideast money
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.
BATTLE OF THE BANDS

Come out and enjoy the competition on July 5th, at 7:00 pm. Following an introductory speech, each of our five finalists (featured below) will play three songs. Between each set our event sponsors will speak. There will be judge and band introductions, and a raffle/giveaway. Once the final band has played, the judges will deliberate and make their decisions.

Be sure to check out our exclusive band interviews on the Loafer’s Facebook and Instagram accounts!

This event is sponsored by The Loafer, Honeycutt Music, Mojo Skateboard Longboard Shop, Aunt B’s American Kitchen, Hair Benders Salon & Boutique, AMC, Feel Good Ink Tattoo Studio, How We Chill Music and Arts Festival, Morrell Music, and more.

Radio Riott

Puddles of Plastic

T-Minus Glory

Killing Merci

Mad Flavor

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

JULY 5TH at OT’s Sports & Social
MEET THE JUDGES

John Holder
What is your occupation? Singer/Songwriter, Sales
What interested you in being a judge for the battle of the bands? I have been in the music industry for numerous years and I love live music and seeing what each band has to offer.
What are you looking for in the top 5 finalists? They are the top 5 for a reason so I want to see and hear a cohesive unit. I want to hear a sound that is different than what is in the mainstream today. Unique personalities that show in the music and performance.
Is there anything you would like to say to the Bands before they battle it out? Make it memorable and leave it all on the stage. Good luck!

David Russell
What is your occupation? Self Employed & Assistant Wrestling Coach at David Crockett High School
What interested you in being a judge for the battle of the bands? Growing up around music and playing guitar and bass for 40 of the 50 years that I have been on this earth and for the love of music.
What are you looking for in the top 5 finalists? Being tight, playing with emotion, and having FUN!
Is there anything you would like to say to the Bands before they battle it out? Be flexible, be humble and Rock!

Zach Higgins
What is your occupation? Army Veteran/Truck Driver
What interested you in being a judge for the battle of the bands? I've always felt passionate about different genres of music and when I heard the line up of the Battle of the Bands, I learned how different they were from one another and I was intrigued.
What are you looking for in the top 5 finalists? Dedication for sure... I want to hear good lyrics and express their originality.
Is there anything you would like to say to the Bands before they battle it out? Good luck! Excited to listen.

Maria True
What is your occupation? Owner and CEO of LiveWire Radio 103.9 and 1420 WEMB Sports Radio
What interested you in being a judge for the battle of the bands? I was raised in radio and was exposed to every genre of music. I love to watch musicians displaying their talent.
What are you looking for in the top 5 finalists? Talent, Authenticity, Confidence, Ability, Owning it!
Is there anything you would like to say to the bands before they battle it out? Each musician and singer is a star!
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www.horninthewest.com

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Rocky Mount Museum

If you have ever wished to visit the past, visiting Rocky Mount is as close as you can come to stepping back in time. When visiting Rocky Mount, it will be like stepping back in time to the year of 1791 as a guest of the Cobb family. Still seated at Rocky Mount today, the original home was built by William Cobb in 1772. The home was historically significant as it served as the territorial capital of the Southwest Territory between 1790 and 1792.

Also seated at Rocky Mount is the Massengill Overmountain Museum which features hundreds of artifacts from the region’s diverse cultural heritage. The galleries at the museum contain information pertaining to history of Northeast Tennessee from the geological formation of the area through the mid-20th century. After visiting the history farm, use the information gained about the farmstead for context as you take a stroll through the museum. This will highlight the drastic technological differences and advances in medical science that have occurred since the family farm was occupied.

You will also get a chance to see the 18th century Conestoga wagon which significantly differs from our modern vehicles today. Walking through the farmstead and home allows visitors to imagine themselves living in that era and stepping into the occupation of being a weaver or an apprentice to a cabinetmaker. Whatever position you imagine yourself in, a visit to Rocky Mount is sure to invoke nostalgia of the time come and gone.

Visiting Rocky Mount will also grant you a wonderful history lesson of what life was like back in 1791. Living history tours are offered daily by costumed interpreters in the Cobb house and farmstead. You will get to observe the life of a frontier family, from seeing what they do to even tasting the results from the kitchen’s hot open hearth. The tours explore all four seasons and allow the opportunity to view how life differs with the change of the season.

You can visit Rocky Mount at 200 Hyder Hill Road in Piney Flats, TN.

For more information on the place “where history comes alive” visit: rockymountmuseum.com or call 423-538-7396.
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Kentucky’s Best Hemp, Inc. is an independently owned company based in Cynthiana, Kentucky. The company provides a diverse selection of hemp products made under supervision with the finest, organic ingredients to ensure only the best make it to the consumer. Kentucky’s Best Hemp is sourced 100% in Kentucky with Industrial Grade Hemp and is made using a supercritical CO2 fluid extraction process. All of the company’s products are independently tested by a third-party laboratory to confirm the quality and quantity of the ingredients. Their full spectrum hemp extract is compliant with the 2018 Farm Bill, so you can rest assured that you are shopping sustainably and locally.

Kentucky’s Best Hemp only uses hemp that is grown under organic conditions, meaning pesticides, herbicides, and fungicides are never used on any of their crops. The company only uses farm plots which are pre-screened to ensure heavy metals are not present in the soil. They also prioritize the genetics of their product. They take care to only select a genetic variety of industrial hemp that produces higher amounts of CBD. Their variety is naturally resistant to disease and is sustainable in Kentucky’s climate. Their production process of CO2 extraction is safe and much more environmentally friendly than other extraction methods, guaranteeing they are using the safest and cleanest method to provide your product.

About their product, cannabidiol (CBD) is found in extractions from the hemp plant. The company offers CBD products in the form of gels, gummies, oils, supplements, vape, and many more selections to fit your specific needs. Ingesting CBD can have positive health benefits to the body, such as relief from inflammation, pain, anxiety, psychosis, seizures, and other medical conditions. Specifically, Kentucky’s Best Hemp offers Hemp Root Salve, CBD Capsules, Hemp Vape Kits, THC Free CBD, Hemp Extract Gummies, CBD Oil Hemp Extract and more.

For more information on Kentucky’s Best Hemp, you can visit www.kysbesthemp.com

Look for our products in select East TN and South West VA QuickStop locations.
PepsiCo Beverages North America of Johnson City and the City of Johnson City will sponsor the 34th Annual Independence Day Fireworks Celebration on the grounds of Freedom Hall Civic Center on Thursday, July 4th. Everyone is invited to join in the festivities. Since several thousand people attend the event each year, an early arrival is strongly encouraged.

There will not be a rain date for this event. The fireworks time could be delayed if there is inclement weather that evening. Visitors may be moved inside the Freedom Hall arena temporarily in the event of severe weather.

**SCHEDULE OF EVENTS:**
5:00-8:15 p.m. PARK & RIDE - FREE Johnson City Transit bus service begins from East Tennessee State University (corner of State of Franklin and University Parkway) and Winged Deer Park Complex parking lots
5:00 p.m. Food service begins, craft booths open, children’s games start
NOTE: Only Authorized Food/Craft Vendors will be allowed
5:30-6:00 p.m. WXOQ DJs
5:00-7:00 p.m. On-site registration for a chance to win prizes.
6:00-6:40 p.m. Music by Jimbo Whaley and Greenbriar
6:45-6:50 p.m. Tribute to Gold Star Families and Disabled Veterans
7:00-7:45 p.m. Music by local band Southern Rebellion
8:00-8:10 p.m. Color Guard with National Anthem and Pledge of Allegiance.
8:15-9:15 p.m. Music Adam Craig
8:15 p.m. PARK & RIDE
Last bus shuttle departs from ETSU and Winged Deer Park
9:20-9:35 p.m. Prize drawings on stage
9:50 p.m. Welcome by Johnson City Commissioner and WXOQ musical introduction for fireworks
9:55-10:15 p.m. Fireworks by Pyro Shows of Lafollette, TN
Live remote of event by WJHL-TV News Channel 11 with WXOQ 96.9 FM broadcasting of fireworks music
10:20 p.m. PARK & RIDE
FREE Johnson City Transit service begins returning patrons to parking areas at ETSU and Winged Deer Park
10:20-11:00 p.m. Entertainment resumes on stage with Southern Rebellion
*Schedule subject to change

For more information visit:
www.johnsoncitytn.org/news_detail_T11_R301.php
I have always loved animated movies that entertain kids but are clever enough for adults to enjoy. Such is the case with "The Secret Life of Pets", a computer-animated film that hit theaters in 2016. The film revealed to movie fans what could happen when owners leave they pets home alone. Party time! The film was a major hit, to the tune of $875 million worldwide, so a sequel was inevitable. Flash forward to 2019 and we have "The Secret Life of Pets 2". The new film picks up sometime after the events of the original film, with Max (Patton Oswalt) and Duke (Eric Stonestreet) witnessing their owner Katie getting married and having a child. Oh no, competition for the household pets. Max, who makes no bones (sorry!) about not liking kids, tries to stay away from his new nemesis, the newborn Liam, but as the child grows older, he realizes the new kid on the block loves him dearly. With his new change of heart, Max does everything to protect Liam from the dangers of the world. As Max becomes more stressed about protecting Liam, he begins scratching so bad he is fitting with the dreaded head cone. While this seems dreadful to Max, his world is brightened when Duke reveals to him the family is headed out of the city for a road trip. The family ends up at a farm where the two city dogs are going to experience farm life for the first time. The experience creates many hilarious moments between Max and the animal residents of the farm, including a turkey and a fearless sheepdog named Rooster (Harrison Ford). Meanwhile, back in the city, Max left his beloved toy Busy Bee to be watched over by his girlfriend Gidget (Jenny Slate), a pampered Pomeranian, who accidentally loses the toy, which falls into the cat infested home of an elderly "cat lady". Gidget realized she must invade the home to retrieve the beloved toy, but must learn how to disguise herself as a cat with the help of her friend Chloe (Lake Bell), a grey tabby cat. Watching Gidget trying to become a cat gave me the giggles, and was one of the highlights of the film. The scene in the cat lady's house also involves the infamous "red dot" chase that provides another giggle inducing moment. Gidget was aided in her efforts by Snowball (Kevin Hart), the while bunny who fancies himself a superhero he calls Captain Snowball thanks to the costume this owner dressed him in. When Snowball completes his mission with Gidget, he is recruited by newcomer Daisy (Tiffany Haddish), a brave Shih Tzu, who needs help in rescuing a white tiger named Hu from a nearby visiting circus, ran by the heartless owner who dresses like the witch from "The Wizard of Oz", with an attitude to match. Thus, another adventure begins in the city while Max and company are dealing with their farm experiences, which include rescuing a wayward lamb. As one can summarize, there is a lot going on in this film, thus the film is fast paced and filled with action, but not so much that the film loses its heart. The film ends on the expected happy note, with Max becoming a better dog from his time spent on the farm. The film is extremely entertaining and can be enjoyed by both kids and adults, and is a bit better than the original film. I especially enjoyed the new character Daisy, and hope to see more of her in the sure-to-be produced third film. This film will face heavy competition from "Toy Story 4", but don't let this one get lost in the shuffle, as "The Secret Life of Pets 2" is a fun time at the cinema for pet lovers and movie fans alike. Be sure to stay for the closing credits to see great videos of real life pets with their owners. (Rated PG)
HAZZARD FEST

CELEBRATING 40 Years Of THE DUKE's OF HAZZARD!

Hazzard Fest is coming to Rogersville, Tennessee this year on July 27th to celebrate forty years of the Dukes of Hazzard. The festival will include numerous vendors, live events such as a meet and greet and several concerts with known artists, as well as a car show reminiscent of the show itself. Walking into Hazzard Fest will be like stepping straight into the Dukes of Hazzard television show.

The Hazzard Fest concert is located at Rogersville Middle School at 7PM on July 27 and will feature acts performed by The Dillards, Tom Wopat, and Sawdust and Mildew. If you are a fan of the Andy Griffith show, The Dillards may sound familiar; they performed on the show as The Darlings. Rodney Dillard will be sharing exclusive stories about his time on the show with Denver Pyle. Also, you will be able to watch Luke Duke himself—Tom Wopat! If you are a fan of the Dukes of Hazzard and concerts in general, seeing these bands will most definitely be special. Make sure to visit www.hazzardfest.com to purchase VIP tickets for this special event as ticket holders are the only ones who can attend. All ages are welcome, just make sure you have your ticket! The VIP ticket also includes access to the meet and greet lineup. Diemon Dave will also be stopping in at the event, with no ticket required to meet him! Paid options will be available as well, such as autographs, photographs, and videos.

If these events do not spark your interest, then the car show, local wrestling, music at the park, and vendors may be more your style and are free events. Several of the original cast members will be at these events, such as Tom Wopat and Sonny Shroyer, as well as cast members from Duck Dynasty and Moonshiners. Some of the vendors featured are Wasteland Tactical, Small Town BBQ, Artic Ice & Concessions, Simply Unique Jewelry Design, Hempworx CBD Oils, and Karen’s Caramel Confections. During the car show, Clayton Quisenberry will be performing live on the Rogersville City Park stage with no ticket required.

Visit Hazzard Fest in Rogersville, TN on July 27th at 331 Park Boulevard to partake in all of these activities! You will not want to miss it.
Officers of the Johnson City Police Department will host the 4th Annual Area 3 Special Olympics Benefit Golf Tournament at 8 a.m. on Saturday, July 7. Teams from across the region will gather at Elizabethton Golf Course to play in the select-shot tournament.

Community members may register individually or as a team. Cost is $50 per player or $200 per team. Prizes will be awarded for the first-, second-, and third-place teams in two flights as well as for the closest to the pin on all par-3 holes. Long drive contests (women, men and seniors) will also be held. Door prizes will be given away.

Local businesses may sponsor individual holes for $50 each. Sponsorship includes a yard sign at the sponsored hole.

All funds raised will stay in Tennessee’s Area 3 to support Special Olympics athletes in Washington, Carter, Unicoi and Johnson counties.

For more information, contact Tony Ward at 423-791-4305 or tward@johnsoncitytn.org or Lorrie Goff at 423-525-3662 or lgoff@johnsoncitytn.org

JCPD to host 4th Annual Area 3 Special Olympics Benefit Golf Tournament
<table>
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<tr>
<th>Zodiac</th>
<th>Dates</th>
<th>Weekly Horoscope</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aries</strong></td>
<td>(March 21-April 19)</td>
<td>This week, you may find yourself in a situation where you have to choose between honesty or saving someone's feelings. Trust your gut and do what is right.</td>
</tr>
<tr>
<td><strong>Taurus</strong></td>
<td>(April 20-May 20)</td>
<td>You will be given an opportunity to shine in your workplace this week. Take the opportunity and run with it! You will excel beyond your wildest dreams if you just try.</td>
</tr>
<tr>
<td><strong>Gemini</strong></td>
<td>(May 21-June 20)</td>
<td>You will find yourself a little burned out this week. Don't let this deter you; instead, take an afternoon to yourself by reading, taking a relaxing bath, or having a chill night in. Your energy will quickly be restored!</td>
</tr>
<tr>
<td><strong>Cancer</strong></td>
<td>(June 21-July 22)</td>
<td>This week will require you to finally let go of something you have been holding onto for a while. You can use this event to fuel your motivation and start focusing on yourself. Soon, everything will fall back into place.</td>
</tr>
<tr>
<td><strong>Leo</strong></td>
<td>(July 23-August 22)</td>
<td>This week will reveal the answer to what you have been asking for. However, you can’t sit back and let it come to you. Be proactive!</td>
</tr>
<tr>
<td><strong>Virgo</strong></td>
<td>(August 23-September 22)</td>
<td>This is your week to truly focus on what is best for you mentally, physically, or spiritually. Don’t be afraid to try something new until you find what works best for you.</td>
</tr>
<tr>
<td><strong>Libra</strong></td>
<td>(September 23-October 22)</td>
<td>You have been putting others above yourself too much this month. Try to utilize this week to gain balance back in your life. Do not be afraid to say no to others!</td>
</tr>
<tr>
<td><strong>Scorpio</strong></td>
<td>(October 23-November 21)</td>
<td>This week is all about exploring your emotions and feelings. Don’t be afraid to communicate or share your thoughts with others.</td>
</tr>
<tr>
<td><strong>Sagittarius</strong></td>
<td>(November 22-December 21)</td>
<td>Your enthusiasm will pay off for you this week. You will demonstrate that you are truly capable of whatever you set your mind to.</td>
</tr>
<tr>
<td><strong>Capricorn</strong></td>
<td>(December 22-January 19)</td>
<td>Allow yourself to think out of the box this week. Who knows, you may learn something about yourself or someone that you have never considered.</td>
</tr>
<tr>
<td><strong>Aquarius</strong></td>
<td>(January 20-February 18)</td>
<td>Try to incorporate clear communication this week into your relationships. You will quickly realize the positive effect it can have on your social or love life.</td>
</tr>
<tr>
<td><strong>Pisces</strong></td>
<td>(February 19-March 20)</td>
<td>Allow yourself to have some fun this week, whether that be spending some alone time outdoors or surrounding yourself with loved ones. You deserve a break.</td>
</tr>
</tbody>
</table>
In the wild world of dating in 2019, a single person can encounter any number of oddities and atrocities. Online dating sites and apps have thrown a whole new monkey wrench into an already sometimes complicated and lengthy process. Add that to the fact that people are overall more career-focused and busier than ever, and the entire courting experience can become exhaustive. It’s almost as if we’ve all forgotten how to act! Being a single, straight female, I can only speak from my perspective, but it seems regardless of age, race, gender or sexual orientation, we’re all losing a little bit of respect for the opposite sex with every swipe of our phone screen. I’ve decided to put an emphasis on bringing back a little bit of traditional values into my dating expectations, and it is of my own humble opinion that these things never fail to make a good impression on a girl, regardless of how progressive or independent she is. Guys, good manners and respect NEVER go out of style, so read ahead for my advice on how to better your batting average with the ladies, or even if you’ve gotten too comfortable in your long-term relationship, bringing back these little acts can spice things up.

1. ALWAYS ALWAYS ALWAYS open the door for a lady. Whether it’s a car door or walking into a room or building, open the door and step aside and allow her to step in ahead of you. Don’t you dare push your way through a door and let it swing shut on her. I had a date do this who initially seemed nice and normal. After doing this repeatedly, it made me feel unnoticed and left behind as he just charged ahead leaving me to catch up in the dust. Straight up, it is rude. And opening the car door doesn’t have to be something you do every single time you get in and out, but if you are given the opportunity, take it. It is such a small simple gesture that is guaranteed to make a girl feel special.

2. If you invite someone to meet you and it involves money, you better pay for it. Another one-time date I went on was the only guy I ever actually met off a dating app. He invited me to a French bistro for coffee in Charlotte, across the street from his office. I got there and he told me he’d already had 2 cups of coffee that morning and wouldn’t be having anything, but encouraged me to get something. When I placed my order, he stood there like an idiot staring at his phone while I dug out my Visa to pay for the $6 coffee I didn’t really want that HE had invited me to. At the end of the day, it’s $6. But I wouldn’t have been there had he not asked, which makes it his responsibility. I personally don’t believe in going “dutch” on dates. If you ask someone to join you because you like their company, be willing to pony up the cash for their meal or drink. And most of the time I will offer to pay at the next stop, be it for a round of drinks or a coffee and dessert. I’m not a free-loader, but whoever does the asking is doing the paying, that’s just the way it is.

3. Put away your effing phone. Everyone is busy and extremely connected in this day and age. Do I expect someone to turn off their ringer and keep their phone in the car the entire time they’re with me? No. There is nothing wrong with glancing at a text or taking a brief work call. But if you take me for a cocktail and continuously go outside to talk business or stare at your fantasy football scores or scroll your Instagram feed, I’m going to assume my company isn’t very interesting for you and will never talk to you again. Treat a date like it is a job interview. Would you act that way in front of a potential employer? Have some sense and just be respectful.

4. Don’t invite your friends. Dating is not a group activity. The point of dating someone is to get to know them, and it’s hard to do that when it isn’t one-on-one. Of course you want to see if your friends approve of this potential partner and how they mesh with your circle, but straight out of the gate, no girl wants to be fighting for attention with your “bros.” If you have plans with your boys later, maybe go out for a one-on-one dinner and let her know early on that you will be meeting up with them later in the evening and invite her if you really enjoy her company. At that point she has an option in the matter and knows going in what the circumstances are.

5. Don’t play games. If you had a nice time on the date, text her when you get home within an hour or two and just let her know. No, don’t be creepy and message her from the driveway about how you can’t stop thinking about her. But you don’t have to play the “wait 3 days” card either. At that point I am going to assume I was ghosted or that you had someone else to occupy your time and I’ve moved on. Simply shoot a message within a few hours of parting thanking them for a lovely time and stating that you are interested in seeing them again very soon. And do NOT leave that open ended. At least make a tentative plan and stick to it. So often people will say “we definitely need to get together again soon,” and never follow through. Make sure to suggest a plan then follow up the next day to set it. Everyone’s time is valuable so get in there while you have the chance.

6. Put a little effort into upgrading your life. You don’t need to hire an interior designer to come over and give your 1 bedroom apartment the “Queer Eye for the Straight Guy” treatment. But getting yourself a solid sheet set that includes A TOP SHEET and a decent comforter that doesn’t look like a sleeping bag isn’t asking for much, nor is the expectation that you wash them from time to time. Spend $10 on a candle at TJ Maxx, run a brush around the inside of your toilet every now and then and use something cleaning and keep up with your laundry so your towels don’t smell like mildew. A big pro tip here that you will thank me for later- buy a $2 pack of makeup remover wipes to keep under your sink. In the event that you get lucky and have a sleepover, this kind of courtesy cannot be repaid by a lady who wasn’t packed or planning for an overnight trip. You may even want to consider keeping those free toothbrushes from the dentist that you could offer her for one-time use. Play on play!

I hope these nuggets of wisdom will stick with some of you. Preferably the next guy I go on a date with!! It doesn’t take a whole lot of time, money or effort to be a good person, so make it a priority and it will always pay off. Happy hunting fellow singles!!

XO- Kathie

by Kathie Scalf

TEA TIME
with Appalachian Barbie
Hendersonville, NC - The Music on Main Street concert series presents a Special Fireworks Celebration Concert on July 4th, featuring the music of Wishful Thinkin’. A festive Independence Day fireworks display will take place at sundown. The new launch site will ensure prime viewing of the display from South Main Street and the Music on Main concert area. Enjoy the concert and fireworks from the comfort of your chair at Music on Main Street from 6:00-9:30pm.

As part of the July 4th Celebration there will be a patriotic tribute to all branches of the United States armed forces. Military veterans will be recognized and those currently serving in our armed forces. People having served in the military are requested to attend wearing a cap, t-shirt, or some other source of military identification and those actively serving are asked to wear their uniform to be honored and recognized. Bring an American flag to wave to show your patriotism.

Wishful Thinkin’ is a four-piece band playing beach music and oldies rock. They have worked with such performers as: Percy Sledge, Marty Stuart, Band of Oz and The Embers.

The Independence Day Fireworks Display may be viewed from downtown Hendersonville and the south side of town near the intersection of Hwy. 225 South and Hwy. 176, a large red balloon will be launched the morning of the 4th to signify visibility of the fireworks show, if you can see the “Big Red Balloon”, you can see the fireworks from your location. The new fireworks launch site is off of South Grove Street.

Izzi Hughes and Cole Jenkins will be playing a pre-concert show, starting at 6pm, followed by a patriotic tribute and Wishful Thinkin’ performing from 7-9:30pm. Enjoy the concert and fireworks from the comfort of your chair at Music on Main from 6:00-9:30pm.

Bring a chair and sit back, relax and enjoy the music & fireworks from 6:00-9:30pm. The seating area opens after 5:30pm, early admission is strictly prohibited. A Hendersonville City ordinance allows event organizers to exclude animals from the event space for the health, safety and welfare of the community, dogs, and patrons. Alcoholic beverages, pets, backpacks and coolers are prohibited. Admission is free. The blocks located in front of the Visitor Center, between Allen Street and Caswell Street, will be closed to traffic.

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 concert schedule call Henderson County Tourism Development Authority at 828-693-9708, 800-828-4244 or go online to visithendersonvillenc.org.

The Music on Main Street concert series & Fireworks Display is an event of Henderson County Tourism Development Authority. Entertainment Sponsored by Carolina Ace Hardware. Concert Series Sponsors Burger King, Firehouse Subs, Mast General Store, Kathy Watkins of Preferred Realty & Henderson County Tourism Development Authority.
Abingdon Vineyards has new owners, new wines and a whole summer of fun events! From Napa to Appalachia, the Gardner Family made the move from California to Virginia to grow the legacy of Abingdon Vineyards. The winery was first started in 2001 by retired engineers, who planted 13 acres of grapes and built a beautiful tasting room on the shores of the South Holston River. In 2018, the Gardners stumbled upon the winery and fell in love with the gorgeous landscape, delicious wine, and gracious community. In the summer of 2018, the family purchased the winery and began working to grow the already beautiful vineyard. In this first year, the Gardners have created world-class wines and hosted live music, wine dinners, festivals, cooking workshops, art classes, weddings, conferences, bridal showers and more. Loren Gardner grew up in Napa Valley and has always had a fascination for the wine industry. He studied viticulture and winemaking at UC Davis and built many wineries and vineyards with his construction company. He was, and still is, excited to learn about the unique terroir of Abingdon Vineyards and create world-class wines with regional grape varieties. Elizabeth Gardner is a Stanford graduate, Certified Natural Chef, Master Gardener, and has a Teaching Credential and Master’s Degree in Education. An entrepreneur at heart, Elizabeth has started and sold two businesses in California. Her passions for community building, event planning, and design help make Abingdon Vineyards an enjoyable destination.

Abingdon Vineyards strives to create world-class wines with respect for the land and community. The company values quality, sustainability, family, and education. They aim to provide a gracious, unforgettable experience in a beautiful, natural setting. The vineyard offers wine tasting and picnics Wednesday-Sunday from 11-6 and features many special events, such as live music, wine dinners, cooking workshop, kayaking trips, art classes and more. Abingdon Vineyards is also the perfect setting for a private party, company meeting, or fundraiser.

The winery is located on the South Holston River, just a ½ mile from the Virginia Creeper Trail, so it is accessible by kayak, pontoon boat, bike, or horseback! It is a relaxing oasis after enjoying the outdoor adventures of Southwest Virginia. The vineyard hosts free community events, such as vineyard workshops, live music, book clubs, art openings and more. Their next event is a Blues & BBQ on the 4th of July from 3-6 pm. Enjoy live music, BBQ, wine slushies, and beer by the river! You can visit abingdonvineyards.com for a full calendar of their offerings year-round or call 276-623-1255.
GRAMMY-NOMINATED, MULTI-PLATINUM SELLING BAND INCUBUS ANNOUNCE 20TH ANNIVERSARY TOUR FOR ACCLAIMED MAKE YOURSELF ALBUM AT THE THOMAS WOLFE AUDITORIUM ON NOVEMBER 7, 2019
Tickets On Sale Saturday, June 29th at 10am ET

Asheville, NC – The U.S. Cellular Center Asheville is proud to announce Incubus with special guest Le Butcherettes at the Thomas Wolfe Auditorium on November 7th. Having sold more than 23 million albums to date, award winning band INCUBUS has announced they will be hitting the road to celebrate the 20th anniversary of their platinum selling album Make Yourself. The Grammy-nominated band will take the 20 Years of Make Yourself & Beyond tour to cities across the country, playing songs from that era as well as other songs spanning their career. Presale events begin Friday, June 28th at 10am ET. Tickets go on sale Saturday, June 29th at 10am ET online and at the U.S. Cellular Center Asheville Box Office.

“We are so looking forward to this Fall tour. Make Yourself was such a pivotal moment in our band and we are beyond excited to reintroduce this album to our audience while also showcasing the many musical roads it ultimately led us down. See you soon!” said Brandon Boyd.

Incubus – Brandon Boyd (Vocal), Mike Einziger (Guitar), Jose Pasillas II (Drums), Chris Kilmore (Keyboard/DJ) and Ben Kenney (Bass) – have sold over 23 million albums landing four Top 5 debuts on the Billboard Top 200 and one #1 album. The band saw global success across eight studio albums having achieved RIAA gold, platinum and multi-platinum success along with four singles hitting #1 on the Billboard Alternative Song chart, including “Drive”, “Megalomaniac”, “Anna Molly” and “Love Hurts”. For more information on Incubus visit: http://www.incubushq.com/.

The band has cemented its legacy in not just music but in giving back with their nonprofit, The Make Yourself Foundation. The foundation was started in 2003 by the band and serves as a vehicle for its members to support causes they care about. With the help of fans around the world, the nonprofit raises money and awareness for nonprofits of various categories and create opportunities to give back to the audience for giving back to the world. Since its inception, MYF has raised several million dollars and awarded grant funding to over 60 nonprofit organizations.

WHO: Incubus with special guest Le Butcherettes
WHAT: 20 Years of Make Yourself & Beyond Tour
WHEN: Thursday, November 7th at 8:00pm
WHERE: Thomas Wolfe Auditorium at the U.S. Cellular Center Asheville
VENUE PRESALE (ONLINE ONLY): June 28th, 12pm - 10pm ET + CODE: GROOVE
PUBLIC ON SALE DATE: Tuesday, June 25th at 10am online and box office

About Live Nation Entertainment
Live Nation Entertainment (NYSE: LYV) is the world’s leading live entertainment company comprised of global market leaders: Ticketmaster, Live Nation Concerts, and Live Nation Media & Sponsorship. For additional information, visit www.livenationentertainment.com.
The Lawnmower Person

My non-existent wife Sheila and I own a lot of acres thanks to the dowry her parents offered when we were married. We don’t keep this vast amount of land up as much as we should, as with my allergies mowing the lawn isn’t all that fun—even with a mask on. But the other night, as Sheila and I were playing a spirited game of Milton Bradley’s Mr. Bucket in the rec room, she turned to me and said “You really ought to mow the land. The grass has grown to neigh a foot high over this fortnight.”

She was right, the land was looking rough and though I dreaded it, it would be far more economical for me to ride the old John Deer out there and mow it down myself instead of hiring someone. So on a bright, hot, humid Summer morning—I loaded up the John Deer in the back of the trailer and off I went to our acreage. I knew this would be an all morning affair at the least, so I downloaded a book on tape to enjoy while I mowed.

My book of choice that morning was “The Synthesized Voice of Siri Reads Agatha Christie’s The Murder on The Links.”

I put my earphones on, fired up the John Deer, and began mowing. It was strangely relaxing, just me plowing my way through a foot tall, grassy plane. When I realized that there was enough depth in this field that I was leaving a notable trail behind me, I began to wonder if I should try to make some kind of crop circle to confuse the locals and get us on the TV. But this was no time for shenanigans, this was time to get the land mowed and get back home before my nose declared mutiny on me.

So right on I went, working my way around the hills and valleys, the pond, the trees, and the other sights on this set of land that is ours. All while getting lost in the emotionless voice of Siri reading a mystery to me. I got so into the zone that I went into that sort of auto-pilot mode you can go in while driving. That feeling when you suddenly arrive home, but you don’t recall how you got there, yet you made it safely as a sound driver would.

While going into auto-pilot I thought of so many things we could do the land. Camp out on it, shoot a video for the song “Wildfire,” set a trailer on it for me when Sheila divorces me. As my mind meandered around various thoughts, I lost track of what I was mowing. I had finished all the property that belonged to us, but I went right on through the woods—where there was grass that needed mowing—and next thing I knew I was in the middle of a soapbox derby.

I was going down a hill, flying past the kiddies, my blade scraping and sparking the pavement as I went. This was when I went out of autopilot and realized what was going on. I picked up the blade and hoped I hadn’t damaged it too badly. At the first left, I could take, I took it and got out of the way of the soapbox racers—thankfully the finish line was still a good bit away from where I left the track.

Not too long after I took the turn did I hear the sound of sirens wailing in the distance. “How nice,” I thought, “they have cops looking after the kiddies to make sure they’re safe while they race. I like that.” Being on a lawn mower, I had no idea what was going on behind me, I was trying to get back to the land and go home. Yet I noticed that those sirens in the distance were getting louder. And louder. And louder. And. Louder.

Next thing I knew I had two cop cars flanking my sides as I was so close to getting back to my acreage. They pulled me over and asked if I was drunk and trying to pull a George Jones. I assured them that I wasn’t and that I got lost trying to mow the stretch of land I have. They were good-humored about it after they frisked me and gave me a spanking. I did get home eventually, and Sheila seemed happy that it looked like I had put in a hard day’s work on the land. See you next week.
-SLEEP-

Sleep. How do I get more sleep? How much sleep should I be getting? How do I get to sleep? How do I stay asleep? Will I ever feel rested? Ever ask yourself any of these questions? I know I have.

We’ll cover 10 ways to set yourself up to go to sleep fast, stay asleep and wake up feeling rested. But first, why is sleep so important? Our bodies can be amazing vessels if we use them the right way. They need time to recharge which comes through sleep. During sleep, our amazing bodies heal damaged cells, boosts your immune system and it recharges your heart and cardiovascular system for the next day. Research shows that most people need 8-10 hours of sleep per night for this recharge of our system to take place properly. Think about how fast your body can start to deteriorate if you’re not giving it enough sleep. When your physical body feels like crap, your mood starts to tank, and your sharp thinking skills are just not as sharp. Lack of sleep can cause long-term damage if we’re not careful. So let’s talk about how to go to sleep faster and more efficiently so that you can wake up feeling refreshed and ready for the day!

Here are 10 tips on how to go to sleep and wake up feeling refreshed.

1. Create an evening routine. We understand that this is important for children but why don’t we do it for ourselves? We have our children take a shower, brush their teeth, have a snack, read a book, then they understand that its bedtime. We should be creating a similar routine. What’s your routine after the kids go to bed? Maybe you want to just crash in front of the TV and get it! But set a timer for yourself and be disciplined enough to get up and start your evening routine when the timer goes off. The next 9 tips will give you some ideas about what to include in your routine.

2. But first, turn off the electronic devises at least an hour (some studies suggest 2 hours) before you lay your head down to sleep. According to the National Sleep Foundation, “using electronic devises before bedtime can be physiologically and psychologically stimulating in ways that can adversely affect your sleep.” I know you know this. You’ve heard it over and over again. So why is it so hard to do? Welp, smart phones, TV shows, social media, and all the other app that keep us glued to a screen are designed, yes, scientifically designed to keep us wanting more. Just one more pin, just one more meme, just one more episode. Not to mention, they emit a blue light that actually emulates the sun so your brain thinks its still daytime. Your body is very confused. Knowing that they are created to be addicting is our first line of defense to combat it. Once you know that these devises are using mechanisms to keep you engaged as long as possible, then you can intentionally and consciously make the choice to turn them off. Research suggests that you should turn them off about 2 hours before you intend on sleeping.

3. Do something that relaxes you. Read a book, meditate, do some yoga. Whatever helps your body and mind calm down from the day and start preparing itself for rest.

4. Tap into your senses. Light a candle or some essential oils. Put on white noise or calming songs. Use your senses to tell your brain and your body that its time to start winding down.

5. Take a bath. I know that’s not always possible with small children, or children in general, for that matter but try to take one at least once a week. Put it in your schedule. Give your spouse a heads up that they’ll be watching the kids for 30 minutes on Saturday night because you’re taking a bath. Did you know you can order a monthly subscription box that delivers a bath product AND a book every month through cratejoy.com. I haven’t had the pleasure of signing up yet but I follow their beautiful Instagram page @booksbathco and its on my wish list.

6. It can be as simple as using the 5-5-7 breath technique to “trick” your body into relaxation. You take a deep breath in for 5 seconds, hold it for 5 seconds, and exhale for 7 seconds. Doing this at 10 ten times reduces the stress, and allows your mind and body to relax. I had a client use this technique when she would wake up in the middle of the night. She was back to sleep before she reached 10.

7. Have a snack. Yep, I said to snack before bed. There are a whole lot of foods that help increase melatonin in your body that naturally helps you fall asleep. Foods like tart cherries, olives, cucumbers, and walnuts. And your mom was right, warm milk can help you fall asleep. For more information and more foods check out this article from the Alaska Sleep Clinic, List of Best and Worst Foods for Sleep.

8. Prepare for tomorrow. Most of the time the thing that keeps me up at night is thinking about all the things I need to do tomorrow (or avoiding thinking about what I need to do tomorrow, thanks Facebook). So instead of stressing over my to do list for the next day, I go into my notes on my phone and put everything in there. Or use a good old pen and paper and write it out.

9. It also helps to do brain dump. If you’ve written down tomorrow’s to do list and your brain still won’t stop, then get it all out on paper. Something about emptying those thoughts out of my mind and knowing that I can revisit them tomorrow, if I want to, gives me the peace I need to sleep.

10. Not only is it good to clear out the clutter in your brain but clearing the clutter in your bedroom can also create a more relaxing environment for sleep. Studies show that clutter in your home can cause stress, depression and anxiety. Think about when you go to a spa, everything is very simple, clean, clutter-free. It makes you want to relax…sleep. Now think about your bedroom. How does it compare? If its cluttered, I would encourage you to do one thing today that would create a more relaxing space in your bedroom. For more tips on clearing the clutter check out this article by at Psychology Today, Why Mess Causes Stress and 8 Remedies.

Getting enough sleep can is one of the four foundations that can build a healthy lifestyle. Along with hydration, nutrition and movement, sleep can do wonders for your well-being. I hope some of these tips will help you go to sleep easier and feel more relaxed when you wake up!

To Your Health,
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Body, Health & Mind Center is now offering VENUS HEAL™ Treatments to Accelerate Treatment of Soft Tissue Injuries and Conditions

An innovative new treatment modality that uses advanced technology to repair soft tissue injuries and conditions faster than traditional methods.

Body, Health + Mind is pleased to announce the addition of VENUS HEAL™ to our service menu. This treatment uses advanced technology to relieve pain associated with soft tissue injuries and conditions, improve blood circulation, and increase range of motion through relief of muscle spasm.

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VENUS HEAL™ may help relieve pain in the neck, shoulders, back, wrist, legs, and feet. It may also help to treat repetitive strain and overuse injuries, strained muscles, tennis elbow, and Jumper’s knee, as well as many other injuries and conditions.

A single treatment session takes only 10 minutes on average, making it easy to fit into any schedule. Treatments can also be easily combined with one of our 30, 60 or 90 minute Aveda Aroma Massage Treatment sessions for even better outcomes – when added to traditional hands-on therapy we find that injuries will rehabilitate faster.

“We are thrilled to be able to offer this brand-new FDA approved Venus Heal Treatment to our guests to help improve their soft tissue injuries and conditions,” said Janet Williams, FNP-BC, LMT, Owner of Body, Health & Mind Center. “We’ve seen the remarkable results and love the fact that our guest can feel the difference even after just one treatment session. I have no doubt that it’s going to be one of our most popular treatment options this year!”

Body, Health + Mind is a locally owned and operated Aveda Day Spa and Salon located in the heart of Johnson City, TN at 807 North Roan Street. We are celebrating our 20th year in business this June (1999-2019). Our spa offers a variety of services in the departments of massage therapy, skin, hair and nail care.

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7:30 PM
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ATTENTION! CALLING ALL NERDS….
ATTENTION! CALLING ALL NERDS…..

No, its not the War of the Worlds or any other intergalactically challenged battle! What we do want you to know about is Tennessee’s largest pop culture event, Fanboy Expo’s Knoxville Comic Con, on July 12-14, 2019 at the Knoxville Convention Center. Make sure you come out to see why over 30,000 fans attend this 3 day event featuring celebrity guest, comic industry pros, artist guest, cosplay, vendors, food, live entertainment and so much more! Here is just some of the lineup that you don’t want to miss! We hope to see you there!

Paul Reubens is best known for portraying the iconic character Pee-wee Herman in Pee-wee’s Playhouse and Pee-wee’s Big Adventure. He can also be seen in movies like Mystery Men and Blow as well as TV shows Gotham and The Blacklist. A rare opportunity to meet this comedic legend.

Richard Dean Anderson is best known for his iconic roles as Macgyver and as Major General Jack O’Neill in Stargate SG-1, Stargate Atlantis and Stargate Universe and so much more!

Frank Welker is best known for voicing iconic characters Fred Jones and Scooby-Doo in the ScoobyDoo franchises which is celebrating its 50th Anniversary in 2019. He is also Megatron in the Transformer series and movie franchises. In addition he has voiced hundred of other characters on series such as The Real Ghostbusters, Garfield, Futurama, The Smurfs, Aladdin, GI Joe, Super Friends and many more!

John Noble is best known as Denethor in The Lord of the Rings Trilogy as well as Dr. Walter Bishop on Fringe, Henry Parrish on Sleepy Hollow and Mallus in DC’s Legends of Tomorrow! He has also appeared in the popular series 24.

Patrick Renna is best known for his iconic role as Hamilton ‘Ham’ Porter in the Baseball Classic The Sandlot. He has also starred in The Big Green, Son in Law and more!

Michael Nesmith is best known as a member of the pop rock band the Monkees and co-star of the TV series The Monkees (1966–1968). Nesmith’s songwriting credits include “Different Drum” (sung by Linda Ronstadt with the Stone Poneys).

Micky Dolenz is best known as a member of the pop rock band the Monkees and co-star of the TV series The Monkees (1966–1968).

Jodi Benson is best known for providing both the speaking and the singing voice of Disney’s Princess Ariel in The Little Mermaid and its sequel, prequel, and television series spinoff. She also is the voice of Barbie in Toy Story 2 & 3.


Guy Gilchrist Guy Gilchrist is best known as Jim Henson’s cartoonist. He created the “Muppets” comic strip and was instrumental in Henson’s “Fraggle Rock,” and the creation of “The Muppet Babies.” Throughout the years he has set his hand to some of the most beloved, high-profile cartoons, such as “Teenage Mutant Ninja Turtles,” “Looney Tunes,” “Tom & Jerry,” “Tiny Toons,” “The Pink Panther,” “Minnie Mouse,” and others.

Tom Cook’s animation work can be seen in classics like He-Man Masters of the Universe Classics, She-Ra Princess of Power, Bravestarr, The Original Ghostbusters, Blackstar, Thundar the Barbarian, Scooby Doo and Scrappy Doo and many many more!

Tom Sito is best known as a storyboard artist for He-man and the Master of the Universe, The Original Ghostbusters and story director for Challenge of the GoBots. In addition, Tom animated some of your favorite characters including Beast from Beauty and the Beast, Genie from Aladdin, Sebastian from The Little Mermaid as well as being an animator on Who Framed Roger Rabbit, The Lion King, Prince Of Egypt and many more!

Robert Lamb is an artist and writer who is best known for working at Filmation Studios as a storyboard artist on many popular cartoon series including He-Man and the Masters of the Universe, She-Ra: Princess of Power, BraveStarr and many more!
Sycamore Shoals State Historic Park

Come Share in the Glorious Cause of Liberty!

July 2019 - Special Events & Workshops

History at Home!
Join Seasonal Interpretative Rangers (SIRs) Ian Anderson and Laura Ellis for daily tours of the park operated historic homes Carter Mansion and Sabine Hill! Be sure to join our SIRs for other daily interpretive programs ranging from 18th century cooking to nature hikes. Come out for some fun for the whole family! Please call for weekly schedules or check them out at www.sycamoreshoaloestn.org – choose Monthly Interpretive Programs/History at Home

Watauga Valley Fife & Drum Corps
10am - Noon
The Watauga Valley Fife & Drum Corps performs at historical events, dedications, and parades. Musical experience is welcome but not necessary, just come with a willingness to learn.

An Afternoon of Early 19th Century Dance with the Sabine Hill Social Society
1:00 pm – 4:00 pm
Beginners and seasoned dancers alike are all welcome! The afternoon will include English Country Dance and early American dance techniques.

Summer Art Show with Watauga Valley Art League
Art Show and Sale: July11 - July 28
Meet-the-Artist Awards Reception: Sunday, July 14 1:30 - 4:00 pm
This multi-media exhibit is two art shows in one: “16th Annual Judged show” and the “24th Annual Watauga Valley Art League Member show”. Public is invited to the July 14th Reception and to enjoy the art exhibit all month.

Old Time Music Jam – Led by Art Lang
1:30 pm – 4:00 pm
Enjoy the rich musical traditions of our region each month. Old time musicians of all levels are welcome. Don’t play an instrument? Come on over, kick back, and enjoy the tunes!

Liberty: The Saga of Sycamore Shoals - Our 41st Year!
Thursday – Saturday, July 11 - 13, 18 - 20 & 25 - 27 7:30 pm
Celebrate the 40th Year of Tennessee’s official outdoor drama, presented by local performers against the backdrop of Fort Watauga. See the Revolution as told by the Overmountain Men: colonists who defied British law and settled on Cherokee lands. These settlers formed an independent government, made treaties with the Cherokee, defended their homes, and fought a British army at the epic battle of King’s Mountain. Bleacher seating is available in the amphitheater. Liberty is sponsored by Friends of Sycamore Shoals State Historic Area.

Advance Ticket Sales:
www.thelibertydrama.com

Visitors Center Hours:
9:00AM-4:00PM Monday-Saturday
1:00PM-4:30PM Sunday

Our Visitors Center is closed on most State holidays. Park grounds are open from dawn until dusk. In the event of extremely inclement winter weather, contact the park about program cancelations and park office closings.

www.friendsofsycamoreshoals.org    facebook.com/friendsofsycamoreshoalsstatehistoricarea

The Official Outdoor Drama of the State of Tennessee begins its 41st season July 11, 2019 at Sycamore Shoals State Historic Park in Elizabethton, TN and continues for a three-weekend run – Thursdays through Saturdays – beginning each evening at 7:30 in the Fort Watauga Amphitheater.
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null
The Loafer’s Veteran of the Week is Lewis E. Booher. Mr. Booher was born on January 12, 1919 in Washington County, VA to Mike and Lola Booher. He was working in Radford, VA where he was a foreman for the Hercules Powder Company when the Japanese attacked Pearl Harbor on December 7, 1941. He returned home and was drafted within a couple of months.

Lewis was inducted into the Army in September of 1942 and entered Boot Camp in Texas on October 13, 1942. Soon after, he found himself on a ship headed to Europe and combat in World War II. Lewis was in recon—as he put it—a wartime “game of hide and seek.” Lewis and his company went ahead of their outfit, sometimes into enemy territory in Germany. There were even times when he was on reconnaissance by himself. Their job was to gather information and relay back enemy position, size, and readiness. There were usually two or three of them on this patrol. Sometimes the Germans were even camouflaged, and they would realize they were within a few feet of them; their next move was to get back to the outfit and relay information.

Understandably, Lewis does not like to talk about the times he was actually involved in gunfire exchange. He would just as soon forget it but, as all veterans would tell you, it is embedded in his memories. Lewis fought with his company in Normandy and Northern France. He was also in Central Europe, Ardennes, and Rhineland. In March of 1945, they were part of Operation Varsity/Operation Plunder on the banks of the Rhine River. They pushed the Germans back into retreat. Shortly after, Nazi Germany surrendered on May 8, but it was not completely over until August. Lewis was honorably discharged December 5, 1945.

Lewis was honored to meet two special generals while in service. He met Dwight David Eisenhower, a five-star general and supreme commander of the Allied Forces in Europe, who exchanged salutes with Lewis and even broke into a smile. Lewis also had the privilege of saluting General George Patton who led the U.S. Third Army in France and Germany in the aftermath of the Allies invasion of Normandy.

When asked about fellow service personnel, Lewis said that, “there were so many who gave the ultimate sacrifice—that of their lives, that we (Americans) can live in a free country.” He does not display metals or accolades from service—he gives the glory to those who did not make it “home” like he did.
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AUG 09

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NOV 01

USAF BAND OF MID-AMERICA
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"THE EAGLES’ "HOTEL CALIFORNIA"

OCT 03+04

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