# OIRTHEIRINI NIEW

ourth Coast Britertainment VOLUME 12 Issue 1



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#### **NOW - SEPTEMBER 3**

Win a share of \$5,000 Cash or Slot Play and a 2017 Ford F-150 Truck. Receive an entry for every 25 points earned.

#### **Multiply Your Entries | Tuesdays in August!**

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5 – 8 pm 5 winners every hour. 4 will share \$750 Cash or Slot Play, 1 will automatically qualify for the Truck!

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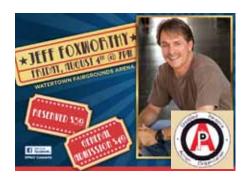
The Bring a Friend promotion is available only to current members, once per day and can be combined with other Winners Club Offers.



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Pages 9 & 20



## **TUESDAY, AUGUST 1ST**

Josh Turner ......8:00pm \$35 Grandstand •Track \$40.00 Reserved \$45.00

## **WEDNESDAY, AUGUST 2ND**

Carlton Peck Band Day Grandstand
Local High School Bands.....1:00pm
Firemen's Parade......7:00pm

## **THURSDAY, AUGUST 3RD**

The Trews and Waydown Wailers.....7:00pm Gen. Admission: \$15.00 Grandstand

## FRIDAY, AUGUST 4TH

Talent Show 6:30 pm

## **SATURDAY, AUGUST 5TH**

Tough Trucks
2pm & 7pm
Adults \$15, 10 and under is \$10

#### **SUNDAY, AUGUST 6TH**

Demolition Derby......1:00pm Adults \$15 (10 and under \$10.00) Grandstand



## Carnival & Midway

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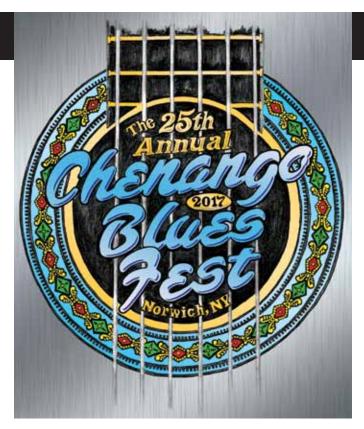
Eudora Farms Petting Zoo All Week

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   Foods & Crafts
- See website for vendors and menus

## AUGUST 18<sup>TH</sup> 19<sup>TH</sup> 2017

CHENANGO COUNTY FAIRGROUNDS, NORWICH, NY



TICKETS: \$25 advance • \$35 at gate • 17 & under FREE

## FRIDAY, AUGUST 18, 2017

FREE FRIDAY NIGHT SHOW

6:00 - 7:00 pm.....Reverend Shawn Amos

7:15 - 8:30 pm ..... Dawn Tyler Watson with the Ben Racine Band

9:00 - 10:30 pm ...Lil' Ed & the Blues Imperials





#### SATURDAY, AUGUST 19, 2017

#### **Kerry Bio-Science Infield Stage**

11:30 - 12:45 pm ... Gracie Curran & the High Falutin' Band

1:45 - 3:00 pm ..... Muddy Magnolias

4:00 - 5:15 pm ..... Mannish Boys

6:30 - 7:45 pm ..... Tommy Castro & the Painkillers

wsg Magic Dick

9:00 - 10:30 pm ...North Mississippi Allstars wsg John Medeski

#### Nelson & Flanagan/Grouse Ridge Kennel Tent Stage

12:45 - 1:45 pm.....Alvin Youngblood Hart

3:00 - 4:00 pm .... Jason Ricci and JJ Appleton

5:15 - 6:30 pm.....Ghost Town Blues Band

7:45 - 9:00 pm ..... Victor Wainwright and the Wild Roots

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This program is made possible with public funds from the New York State Council on the Arts, which is administered by the Chenango County Council of the Arts, with support from Governor Andrew Cuomo and the NYS Legislature.





#### Northern NY's Public Television Station

WNPI Channel 18 - Norwood, NY / WPBS-TV Channel 16 - Watertown, NY SD 18.1 / Time Warner Cable Channels 12 and 850 (Massena & surrounding areas) 16.1 / Time Warner Cable Channels 8 and 850

Thinkbright/Create 18.2 / 16.2 / Time Warner Cable Channel 851 HD 18.3 / 16.3 / Time Warner Cable Channel 853

TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
6a, 12n	Quilting Arts	Sewing with Nancy	Knit & Crochet Now!	Sewing with Nancy	Quilting Arts
6:30a, 12:30p	Paint This! w/Jerry Yarnell	Best of the Joy of Painting	Grand View	Best of the Joy of Painting	Paint This! w/Jerry Yarnell
7a, 1p	BBQ with Franklin	Chef John Besh's Family Table	Hubert Keller: Secrets of a Chef Jacques Pepin: Heart & Soul Starts 8/13	Taste of Louisiana	BBQ with Franklin
7:3a, 1:30p	Primal Grill	<u>Joanne Weir Gets Fresh</u> Joanne Weir's Cooking Confidence Starts 8/29	Ciao Italia	Joanne Weir Gets Fresh Joanne Weir's Cooking Confidence Starts 8/29	Primal Grill
8a, 2p	P. Allen Smith Garden to Table	Dining w/the Chef	The Free Range Cook Garden to Table Starts 8/9	Great American Seafood Cook-Off	P. Allen Smith Garden to Table
8:30a, 2:30p	Ellie's Real Good Food	<u>Lucky Chow</u> Cooking with Friends Starts 8/24	Healthful Indian Flavors	<u>Lucky Chow</u> Cooking with Friends Starts 8/24	Ellie's Real Good Food
9a, 3p	Family Travels	Rhythm Abroad Weekends with Yankee Starts 8/22	Pedal America	Rhythm Abroad Weekends with Yankee Starts 8/22	Family Travels
9:30a, 3:30p	Joseph Rosendo's Travelscope	In the Americas	Journeys in Japan Journeys in India Starts 8/2	In the Americas	Joseph Rosendo's Travelscope
10a, 4p	10am — This Old House 4pm — Rick Steves Europe	10am — Woodwright's Shop 4pm — Rick Steves Europe	10am — Ask This Old House 4pm — Rick Steves Europe	10am — Woodwright's Shop 4pm — Rick Steves Europe	10am — This Old House 4pm — Rick Steves Europe
10:30a, 4:30p	Rough Cut - Woodworking with Tommy Mac	Woodsmith Shop	American Woodshop	Woodsmith Shop	Rough Cut - Woodworking w/Tommy Mac
11a, 5p	P. Allen Smith's Garden Home	Growing a Greener World	Garden Smart	Growing a Greener World	P. Allen Smith's Garden Home
11:30a, 5:30p	Beads, Baubles & Jewels	Urban Conversion	For Your Home	Urban Conversion	Scrapbook Soup

Saturday/Sunday Marathons are as

Aug 5 & 6 - Melon Goodness Nick Stellino is pairing a Cucumber and Honeydew Chutney with a Rib Eye Steak. Sticking with the meat and melon theme, Sara Moulton grills pork tenderloin with watermelon and cucumber on the side.

Aug 12 & 13 - Happy Birthday Julia The Julia Child 105th birthday celebration begins this weekend! We are honoring the Grand Dame of Cooking with episodes from French Chef Classics.

Aug 19 & 20 - Cool Off Rick Steves, Joseph Rosendo and Art Wolfe will take you on unforgettable journeys through Canada and Switzerland. Then head to the Northeast for a New England winter adventure where we will ski and take a sleigh ride.

Aug 26 & 27 - Global Rhythm Put your dancing shoes on as we travel the world to join in on the Global Rhythm! Dance is at the center of all cultures and Mickela Mallozzi and Brittany Pierce are leading our steps.



Create \*airs 24/7 on WPBS digital channels 16.2 and 18.2 and on Time Warner Cable Channel 1275. \*Schedule is subject to change.

**New TV Channel Focused** 

on Native American &

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First nations Experience

is an innovative television

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content centered around the Indigenous and Native cultures.

FNX is a stage for indigenous

and like-minded producers to

exhibit their talent and share

their stories with national

and international television

and online audiences.

#### Monday-Friday **Daytime Programming**

#### **Mornings**

6:00 Classical Stretch

6:30 Body Electric

7:00 Ready Jet Go!

7:30 Wild Kratts

8:00 Nature Cat

8:30 Curious George

9:00 Curious George

9:30 Cat in the Hat

10:00 Daniel Tiger's Neighborhood

10:30 Splash & Bubbles

11:00 Splash & Bubbles

11:30 Sesame Street

12:00 Sesame Street

12:30 Super Why

1:00 Clifford

Fri

#### 1:30 ART PROGRAMMING

Mon Painting with Wilson Bickford

Tues Best of Joy of Painting

Wed Painting & Travel w/Roger & Sarah Bansemer

Beauty of Oil Painting Thur

Paint This

#### **SEWING PROGRAMMING** 2:00

Mon Fit 2 Stitch

Tues Quilt in a Day

Wed Sewing with Nancy

Thur Fons & Porter's Love of Quilting Fri

Knit & Crochet Now 2:30 HEALTH AND WELLNESS

Mon Classical Stretch

Tues Natural Health Breakthroughs

Wed Happy Yoga

Thur Sit & Be Fit

Fri Second Opinion

#### Tea Time

3:00 M-T EastEnders

W British Antiques Roadshow

Th Keeping Up Appearances

F Still Open All Hours

3:30 M-F As Time Goes By

4:00 M-F Biz Kid\$

4:30 M-F Hands on Crafts for Kids

5:00 M-F Charlie Rose

6:00 PBS NewsHour

7:00 Nightly Business Report



#### Themed Programming

- The Crowd & the Cloud: Even Big Data Starts Small 8/1

- The Crowd & the Cloud: Even Big Data Starts Small 8/1
  Particle Fever 8/2
  NOVA: Secrets of the Sky Tombs 8/3
  Earth: A New Wild-Home 8/5
  Rane: Creatures of the Photo Ark 8/6
  The Drain with David Caplemen: What is Reality? 0/7
  The Crowd & the Cloud: Citizens Scientists 8/8
  NOVA: Inside Einstein's Mind 8/10
  How Wile Got to Now with Steven Johnson: Clean 8/11
  Earth: A New Wild-Forests 8/12
  The Brain with David Eagleman: Who is in Confrol? 8/14
  The Crowd & the Cloud: Viral vs. Virus 8/15
  NOVA: Emperor's Chost Army 8/17
  How Wie Got to Now with Steven Johnson: Glass 8/18
  Earth: A New Wild-Water 8/79
  TED Talks: Science and Wonder 8/20

- Earth: A New Wild-Water 8/79
   TED Talks: Science and Wonder 8/20
   The Brain with David Eagleman: Why Do I Need You? 8/21
   America Reframed: A Will for the Woods 8/22
   NOVA: Eclipse Over America 8/24
   How We Got to Now with Steven Johnson: Cold 8/25
   Butterfly Town, USA 8/26
   Farthest Voyager in Space 8/27
   Plants Behaving Bady: Murder & Mayhem 8/28
   E.O. Wilson: Of Ants and Men 8/29
   Not Webnad Us 8/30
   Not Webnad Us 8/

- Not Without Us 8/30
   NOVA: Zeppelin Terror Attack 8/31

















Digital channels 16.3 and 18.3 Time Warner Cable Channel 1276. \*Schedule is subject to change.

#### Monday - Friday 5:00 pm Newsline

® RLD □ □

5:30 pm DW News 10:00 pm PBS Newshour

PBS Kids 24/7 Digital channels 16.4 and 18.4 Watch streaming online at pbskids.org

2:30 AM 2:30 AM 2:30 AM 3:30 AM 4:00 AM

24/7 Programming Line-up

Channels 16.4 and 18.4

Petch! with Ruff Ruffman Cyberchase Cyberchase WordGiri Arthur

Peg + Cat
The Cat in the Hat Knows a Lot About That!
Super WHY!
Clifford

6:00 AM 6:30 AM 7:00 AM 7:30 AM

8:00 AM

Arthur

Thomas & Friends Thomas & Friends

Caillou
Sid the Science Kid
Bob the Builder
WordWorld
Super WHY!
Sesame Street

Sesame Street Dinosaur Train Dinosaur Train Daniel Tiger's

Daniel Tiger's Neighborhood Splash and Bu

8:30 AM 9:00 AM 9:30 AM 10:00 AM

10:30 AM

11:00 AM 11:30 AM

2:30 PM

3:30 PM 3:30 PM 4:00 PM 4:30 PM

5:00 PM

schedule subject to change

FNX \* airs daily from 5 AM - 5 PM Digital channels 16.3 and 18.3 Time Warner Cable Channel 1276. \*Schedule is subject to change.

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## **POETRY**

#### "THE HUMAN CONDITION"

BY JAMES OLIVER RYAN

It is hard to keep the mind still
Even in old age
The human psyche is often engaged
Many things one sees in our world
Words convey our thoughts
This is what the human condition brings,

Filling fields of space Words are placed to set thoughts free,

In trying days and joyous days
The human condition has needs
With words and experience one learns of life---in degrees,

Words---within them we can discover a deep unity
With the world around us
Many words emerge from different but equal perspectives
Words---reporting on a diversity of appearances

Yet containing man's spirit,

Words we take them with us---it is within the human condition Words we have them to read!



(c) 2017 King Features Synd., Inc

- 1. Who released "Delta Lady"?
- 2. Which artist wrote and released

"Wasted Days and Wasted Nights"?

- 3. Name the artist who co-wrote and released "Midnight Rocks."
- 4. What group released the hit song "Nightshift"?
- 5. Name the song that contains this lyric: "He went out tiger hunting with his elephant and gun, In case of accidents he always took his mom, He's the all American bullet-headed Saxon mother's son."

(Answers on page 21)

## Send Your Poetry To: fourthcoast@twcny.rr.com

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WAYDOWN WALERS

## **GAME CONNOISSEUR**

## Screen Time: How Much is Too Much?

#### The Game Connoisseur

I am often asked what my thoughts are about appropriate amounts of screen time for people of various ages. The answer of course is different for everyone, but it all comes down to one word; balance. In 2016 the American Pediatric Association (APA) updated their recommendations for screen time to reflect the wide variety of devices available at any given time. Previously, in 1999, they put out a controversial guideline, stated in absolute terms: "no screen time for kids under 2." This was revised a few times, but stayed primarily the same, until the advent of 2-way video, especially Facetime and Skype. Live conversations with family members represented a new type of media use, and many parents simply did not count this as "screen time." To keep up with the times (and behaviors), the APA put out a series of recommendations based around the concept of family balance, with general guidelines around various developmental stages. Their primary recommendations include:

For children younger than 18 months, avoid use of screen media other than video-chatting.

Parents of children 18 to 24 months of age who want to introduce digital media should choose highquality programming, and watch it with their children to help them understand what they're seeing.

For children ages 2 to 5 years, limit screen use

--- Dr. Anthony Betrus to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.

> For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

> Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

> Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.

> Up to 2016, I disagreed with the APA, and viewed them as out-of-touch and old-school. Fortunately these most recent guidelines seem very sensible and reasonable, especially in that they give control back to the families, and allow some flexibility in deciding what is appropriate for any given family situation. Their is a bit of a caveat with their recommendations however: balance is easy to talk about, but much harder to actually achieve. For parents, we have relative control over our children's' media use through about the time they have a cell phone. At that point, the control becomes split, and the child (or young adult), needs to begin to establish self-regulation skills.

and to control their own behavior.

It takes incredible discipline, and even a basic understanding of human behavior and culture, for a teenager to navigate through their digitally entangled lives in a mature and responsible way. A recent quote from my own daughter was quite remarkable, and sheds some light on what goes through a teenager's mind: "my friends feel that if they do not document what they are doing on some sort of social media, it never happened." She wasn't happy with the situation, and wished they could just hang out together, in the moment, and not worry about documenting everything on social media. Nonetheless, when she talked to me about this, she said with some resignation that for many in this generation, the "real world" is the digital world.

In the end parents understand that patterns established in childhood carry through into adulthood, and we are always looking to do what is best for our children. This may be easy to do while they are young, but as your child gets older it is important that you help them to come to understand balance themselves. The APA has embedded throughout their recommendations conversations and communication between parents and children, which I completely agree with. I sincerely believe that every parent, and every child who is able to understand the report, should go through it together, and have an ongoing conversation about media use and screen time. In the words of the great Mister Miyagi: "Whole life have a balance. Everything be

## New bluegrass book: If You Can't Play, **Get Off the Stage**

Diving into the rich, vibrant and controverboth based in Waynesville, North Carolina. sial history of bluegrass music, If You Can't Play, Get Off the Stage: Bluegrass in Western North Carolina and Beyond is the debut work from Garret K. Woodward, arts/entertainment editor for The Smoky Mountain News. The book features interviews, profiles, quotes and conversations with the biggest names in bluegrass, mountain and string music, including: Andy Hall (The Infamous Stringdusters), Balsam Range, Billy Strings, Bobby Osborne, Claire Lynch, Dave Johnston (Yonder Mountain String Band), David Grisman, David Holt, Del McCoury, Doyle Lawson, Eric Gibson, Frank Solivan, Graham Sharp (The Steep Canyon Rangers), Jeff Austin, Jesse McReynolds, John Cowan, Larry Sparks, Marty Stuart, Paul Hoffman (Greensky Bluegrass), Peter Rowan, Raymond Fairchild, Rhiannon Giddens, Rhonda Vincent, Ricky Skaggs, Ronnie Reno, Sam Bush, Tim O'Brien, and many more.

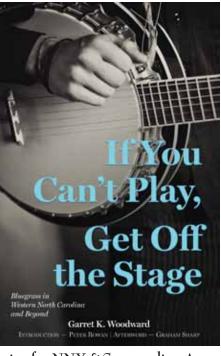
Garret K. Woodward was born and raised in the tiny Canadian border town of Rouses Point, New York — on the shores of Lake Champlain and in the shadow of the Adirondack Mountains. He graduated from Quinnipiac University (Hamden, Connecticut) in 2007 with degrees in journalism and history.

After stints in Lake Placid, New York, and County Kerry, Ireland, he landed his first reporting gig at the Teton Valley News in Driggs, Idaho. In 2008, the Idaho Press Club awarded him first place for "Best Light Feature" for his story "Chasing the American Dream of Breakfast.'

From there, Woodward crisscrossed America for several years as a music journalist, covering backyard get-togethers and renowned festivals like Burning Man, Rothbury, Grand Targhee, Outside Lands and Wakarusa. Since 2012, he has been the arts/entertainment editor for The Smoky Mountain News, and was recently named the music editor for Smoky Mountain Living magazine,

In 2015, he won first place in the North Carolina Press Association awards for "Arts & Entertainment Reporting" for his cover story "Bless Your Heart — The State of Women in Bluegrass." In 2016, Woodward was nominated for "Bluegrass Print/Media Person of the Year" by the International Bluegrass Music Association (IBMA). The NCPA also recognized him with another first place in 2016 for "Lighter Columns" for his weekly column in The Smoky Mountain News, "This must be the place."

To learn more about the book, or to purchase copies, click on www.Facebook.com/YoBroDobro or email Garret@SmokyMountainNews.com





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Fridays

8:30pm - 12:30am

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SEPTEMBER 2nd & 3rd





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Potsdam Market St. • 265-2222

Canton Main St. • 379-9221

Massena East Orvis St. 769-2210

Gouverneur Main St. • 287-4448

**Malone** Main St. • 518-483-5602



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& Medium Drink

Whole Sub Combo Your Choice French Fries, Chips, or Macaroni Salad

& Medium Drink

· Sub & Appetizer of the Month · - August -Sub

> Appetizer **Corn Nuggets**

**Bufalo Deli Chicken** 





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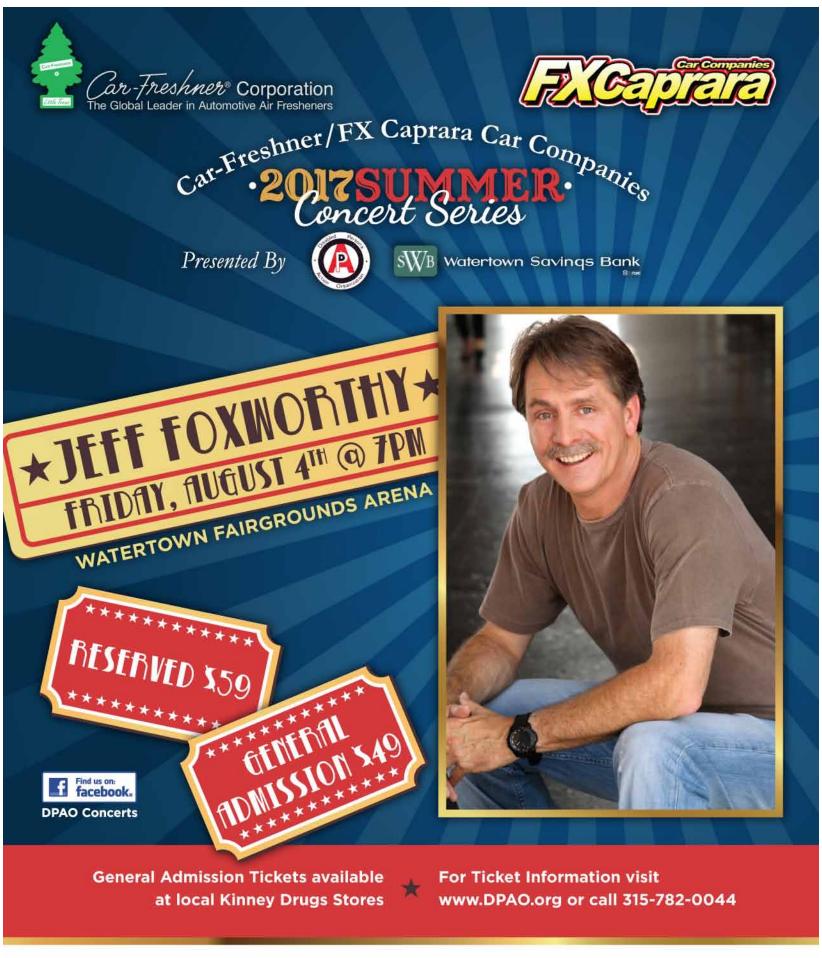
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## **CD** Review

## Interview with Sirsy / John Berbrich

Way back in August 2016, a friend suggested I go to the marvelous Ives Park Concert Series in Potsdam, New York, to see the band Sirsy. "They're really great," she said. I had never heard of the band, but we had nothing else to do that night so we went. And we were so glad. Sirsy is an exciting two-piece band with Melanie Krahmer on drums and lead vocals and Rich Libutti on lead guitar. Plus, Melanie plays flute and they both play bass; Rich seems to use some

foot pedals that control the bass, while Melanie whacks a kind of drump a with her drumstickthe pad plays individual bass notes and also plays sequences.



the tone of which she can alter with just one swat. Her voice reminds me a little of Roni Spector. Rich rocks on guitar-he can play it gentle or jagged or provide just the perfect atmospheric ambience. They are from Saratoga, but are always touring, often through New England and the northeast states. I managed to get them to sit still for a few minutes.

John Berbrich: Melanie. I've seen several lead singers who played drums, but you're the first to play the drums while standing. Did you start out that way?

Melanie Krahmer: I started playing drums standing up because I was a singer before I was a drummer. As a singer, all of your breath support comes from your diaphragm. So it's much easier to get a good breath while you're standing. Also, when I play live, standing allows me to dance while I play. It's a very different energy than I'd have if I was sitting. When I record drum tracks, I do that sitting with a more traditional set up. It's much easier to drum sitting down, but I always have to get used to it because we play live so much. Sitting allows me to have a bit more versatility with the hi-hat and

> kick the recording.

John: Rich. who are few of your all-time quitar heroes?

Rich Libutti: When first started playing an instrument, it was bass, so I

never really idolized guitarists. I always strived to play bass like Paul McCartney and Sting. I liked that they were able to play melodic lines while still keeping the songs grounded. As I morphed into a guitarist I gravitated towards players that were songwriters like George Harrison, Lenny Kravitz, Prince, Lindsey Buckingham, and Matt Bellamy (Muse). I also love the unique, creative, crazy sounds/techniques that Tom Morello (Rage Against the Machine) uses when he plays live.

John: You two create an amazing amount of music during a live performance. Have you ever considered adding one or two more play-

Rich: Nope! We like what we've got going

John: Mel, does the name Sirsy have any connection to the ancient Greek sorceress Circe?

Melanie: Actually our band name came from a childhood nickname of mine. When I was a little girl, my sister called me "sirsy" instead of "sister" or "sissy". We spelled it phonetically, probably because we were little kids. When Rich and I were looking for a band name. I suggested it since it was personal and not an actual word. I thought we'd be the only one to use it. Little did I know the Greek sorceress had a similar pronunciation and it would cause all kinds of ruckus!

John: You write all the band's lyrics. Who writes the music?

Melanie: Yes, I write all the lyrics. Rich and I co-write the music.

John: How do you two have time to come up with new songs—you're always on the road?

**Melanie:** It's definitely tough to find quiet

ever, I often come up with lyrics while Rich is driving us in the van from place to place—he does 99% of the driving. New song ideas often come out of sound check. Sometimes Rich will be messing around with the guitar in sound check and play something new that we both like. We'll record it on our cell phones to work on at a later date. We usually write the music first and the lyrics come later.

And then they were off on another tour, this one taking them into the Deep South. I own two Sirsy CDs, "Coming into Frame" and "Live in Youngstown." "Coming into Frame" starts off with a real studio rocker, "Cannonball," which they are able to reproduce very well on the live CD. Check them out online. The band has a website, a Facebook page, and their videos are all over YouTube. Seriously, if you get an opportunity to see this band live, please do it. For two people they make enough music in concert for four or five players. I've seldom seen a band create so many excellent sounds while having so much fun on stage.

## Who says you can't come home?

Potsdam born singer/songwriter and lifelong touring musician Phil Hurley is breaking the rules again and coming home to the North Country to share his particular style of folk, rock, Americana at the Edwards Opera House on Saturday August 12. Show time will be from

7-9pm and tickets are \$10.

"I always love to play music when I'm visiting my home. But this gig has a special significance, not only because of this amazing and historic venue, but it's also my beautiful mother, Jane Hurley's birthday! I can't think of a sweeter way to celebrate this amazing woman than to bring some family and friends together for an evening

get home to see my family and friends. I feel so

fortunate to have been brought up in such a creative and musical environment. I feel like it's my responsibility to bring some music back with me to share with all of the good folks of this area. I've been doing a lot more solo performances these days and I feel like my show has really come into focus. I want to bring a little bit of Texas to the North Country."

Phil currently calls Austin, TX home. Www.thesouthaustinmoonlighters.com



## Lessons of NASCAR

---Vic Clevenger The Cookin' Comedian

As the NASCAR season heats up heading into that sports version of "the playoffs," I thought I'd share with you my love affair with this sport. It doesn't take people long when they meet me to realize I'm a huge NASCAR fan. I enjoy lots of sports, football, basketball but my number one is racing, especially NASCAR. My first race, I've been told, was when I was 2 months old and as I lay in my mother's arms at the Columbus Motor Speedway I, apparently, was hooked. My aunt and uncle would travel every year to Daytona for the big race and for hours I'd listen to their stories of watching the likes of the King, the Silver Fox, the Alabama Gang and many others we now consider legends. Along with the stories, there are many lessons I've learned over the years of following this fast paced

Lesson one is **DRIVE**. The stories are things of lore now, but back in the early days of NAS-CAR, Hall of Fame driver, Lee Petty would drive the family car from track to track each week. Once he would arrive, some quick modifications would be made then the race was on. Following the race, he would transform the car back into the family sedan and drive home. This was the story of several of the early guys. They had a drive in them to compete, to be the best at what they did and they stopped at nothing to achieve it. Even today the drivers are driven to excel. This is a lesson to all of us who have a dream we desire to make into a reality. Dreams are achieved when there is drive.

Lesson two is **SACRIFICE**. This is one lesson

on television all I see is the driver wheeling the car around the track until he is lucky enough to receive the accolades that come with victory. There's the magazine covers, the cameos in music videos and even the occasional movie. What isn't seen is the practice laps, the trekking across the country and sleeping in hotels. There's the business and team meetings that take up the first part of the week. This is just the tip of the iceberg of the behind the scenes demands that cause them to sacrifice time with family, friends and even the fun many of us enjoy. When you ask any of them, a celebrity or any person who has achieved great success they will tell you it was worth the sacrifice (with the exception of the time away from family - but when you watch a race you will notice the drivers have their family with them).

Lesson three is **TEAMWORK**. It's the drivers who often get the praise and the glory however, each driver when interviewed is quick to point to the fact that he couldn't do it without his team. The engine builder, the jack-man, the tire guys and a whole garage full of people supporting him as he takes the checkered flag. NASCAR is a team sport, like football, baseball and many other sports. When success is showered upon one person, a closer examination will reveal they couldn't achieve it by themselves there is always a team of folk supporting them

Come Sunday when you are watching the race (or any sort for that matter) pay attention to the lessons you can learn and realize there is a lot more to NASCAR than just turning left.





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Flashback Quiz on page 6

#### FLASHBACK ANSWERS

- 1. Joe Cocker, in 1967. It was written by Leon Russell for girlfriend Rita Coolidge.
- 2. Freddie Fender, in 1959. The song didn't go anywhere until 1975, when he re-re-recorded it after "Before the Next Teardrop Falls" became a big hit.
- 3. Al Stewart, in 1980. The song was on his "24 Carrots" album. In 2017, Stewart received a Lifetime Achievement award from the BBC.
- 4. The Commodores, in 1985. The song is a tribute to Marvin Gaye and Jackie Wilson, referencing their most famous songs.
- 5. "The Continuing Story of Bungalow Bill," by the Beatles in 1968 on the White Album. The basis of the story was a tiger hunt in India when the elephants were attacked by a tiger, which was then shot by an American who was there with his mother.

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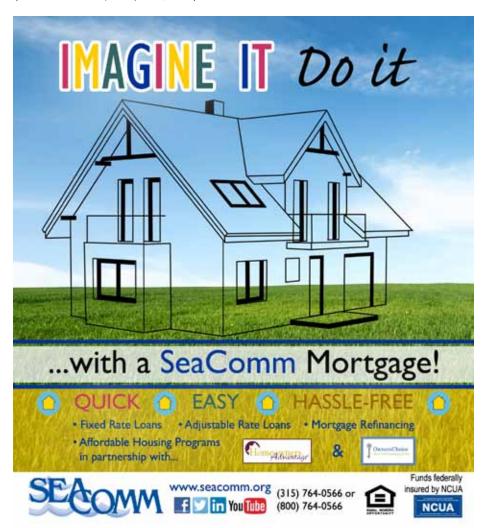
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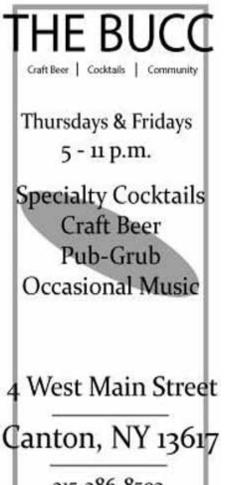






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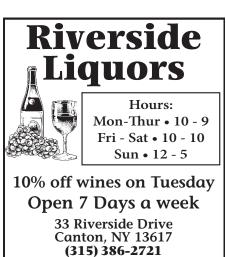




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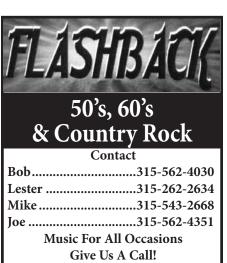
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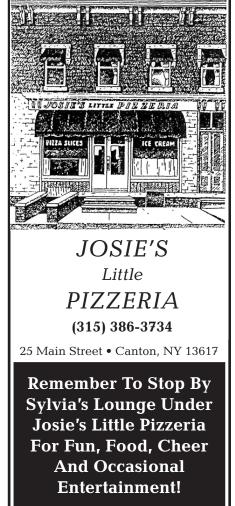


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