



December Chamber Chatter!



News From Our Members, About Our Members

STEPPING OUT, INC.

INVITES YOU TO OUR ANNUAL FUNDRAISING

Gala

MANLEY BAPTIST CHURCH

THURSDAY FEBRUARY 1ST, 2024,
SEATING BEGINS AT 6:30P.M.
DINNER & PROGRAM 7:00



RSVP FOR SEATING BY JAN. 22ND
CALL 423 318-0999 OR EMAIL: DIRECTOR@STEPPINGOUTINC.ORG

Merry Christmas AND Happy New Year

155 Terrace Lane • (423) 586-1440
225 West 1st North Street • (423) 714-3388
cbtn.com




COMMERCIAL BANK
Member FDIC

Merry Christmas & Happy New Year



Need to update or set new goals for
your business?

Set achievable, measurable goals

Change starts with a conversation

(865) 310-0842

INFO@GAINS4B.COM



www.gains4b.com

KELLEY MARIE

Saturday Soirée Sip & Sparkle

Saturdays in December, 10am-3pm

KELLEY MARIE Holiday Hours

Christmas Eve, CLOSED

CLOSED December 25 & 26 and January 1 & 2

♥ Enjoy the Best of Boutique Shopping in Fine Apparel & Service at Kelley Marie ♥

♥ Complimentary Gift Wrapping ♥

Bring a friend and join us for Sipping & Shopping!

Merry Christmas!

~Kelley Marie

THE LIGHT OF THE CITY, A.K.A.



423-839-0375

Open 3pm - 7pm

Monday - Thursday



LUNCH / DINNER

Served with your choice of
Cornbread or Dinner roll



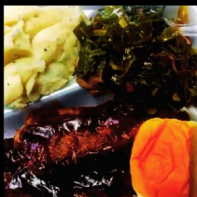
MEATS

Fried Chicken
Fried Fish
Pot Roast
Meat Loaf

Baked or Fried Porkchop
Smothered Pork
Smothered Chicken
Smothered Cubed Steak

SPECIALTY ITEMS

Lambchop
Ox Tails
Chitterlings
Corn Beef



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SIDES

Collard Greens
Mashed Taters
Pinto Beans
Steamed Corn
Asparagus
Baked Mac & Cheese
Fried Cabbage
Green Beans

DRINKS

Coke, Diet Coke,
Dr. Pepper, Sprite,
Pepsi, Mountain Dew,
Sweet Tea, Water

DINE-IN & CARRY OUT
1211 BUFFALO TRAIL
MORRISTOWN, TN 37814



GIVE THE GIFT OF AN
EXPERIENCE THIS HOLIDAY
SEASON...

CLASSES AT ROSE CENTER

442 W 2ND N ST

423-581-4330

ROSECENTER.ORG

OR VISIT US ON FACEBOOK AND
INSTAGRAM!

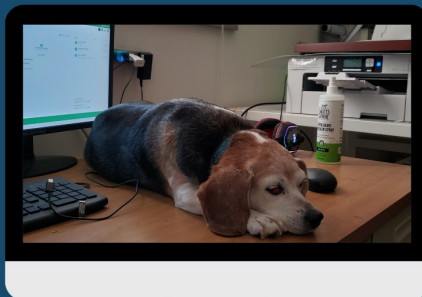


HEY MILLIE!

Do you need a last minute gift but you aren't picky about colors or brand? If this sounds like you, give us a call! Millie (or her Mom) will help you out by choosing some product already in inventory and get you a CRA but you aren't

We have tee-shirts, hoodies, coats, pants, beanies, and so much more at crazy low prices! Call today!

Quality Art is Required or Art Fees May Apply



THE UNIVERSITY OF
TENNESSEE
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We Are Hiring



hr.utk.edu/staff-positions/



Contact Us!

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hremloyment@utk.edu



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YOURVIRTUALCLOSET.ONLINE



HOLIDAY SALE! 20%-50% OFF SELECT ITEMS!

We have all of your aging in place needs: Ramps, Stair Lifts, Elevators and more!

Purchases over \$1000 include a free gift valued up to \$35!

GOLDEN

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 208 Montvue Ave. Morristown TN, 37813
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mobilityplus.com/morristown

Hours
 Mon, Wed, Fri - 9am to 5pm
 Tue, Thurs - 9am to 7pm
 Sat - 10am to 4pm

OUR CERTIFIED EXPERTS WILL PROVIDE FREE IN HOME ESTIMATES AND IN HOME SAFETY EVALUATIONS!

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 scooters • ramps • lifts



MERRY CHRISTMAS!!

MURRELL BURGLAR ALARMS
 5353 OLD HWY 11-E
 MORRISTOWN, TN 37814

423-586-9401



TN ALARM CERT. C-0002
VA ALARM LIC 11-3642



Looking for the perfect gift this *Holiday Season?*

VISA GIFT CARDS MAKE THE PERFECT GIFT

and can be purchased at any CNB branch, including our in-store branches inside area grocery stores open weekdays until 7:00pm & Saturdays until 2:00pm.



Ask us about personalized bulk orders for your family and friends, or customers and employees.

Call or stop by today!
(865) 453-9031

*Gift cards can be used anywhere in the United States and its territories where VISA is accepted. \$2.50 purchase fee per card. A monthly inactivity fee of \$4.95 will be assessed to the card after twelve months of non-usage. \$8.00 fee for replacement card.

ALPS 30 Days of Giving
 Going on NOW through Dec 31st
 Donate Today!
 Our Outstanding Partners will **MATCH** Your Gift up to **\$4,500!**
 Text ALPS to 56651 to Give

For over 36 years, ALPS has remained dedicated to serving those with Alzheimer's, dementia, and cognitive and/or physical impairments, who cannot be left in the home alone. Along with our nursing staff and professional support team, we provide compassionate care, therapeutic activities and social environment, in a loving, cozy homelike setting. We offer expressive arts and crafts, pet therapy, music and dance, adaptive exercises, personal care, medicine management and so much more!

ARROWHEAD
COMMERCIAL BANK
Castle & Associates
Crescent Center
ebs
FountainRx
TARR
WJDT
College Square
KNOXVILLE TIA EMPLOYEES CREDIT UNION
MAHLE
J. SIDNEY BOYD, DDS
SOUTHERN CARE VETERINARY HOSPITAL
STANDARD BANNER
104.7 WLNO

WISHING YOU A
MERRY
Christmas

MAY YOUR CHRISTMAS BE MERRY & BRIGHT

Morristown Main Branch
1216 E Main Street
Morristown, TN 37814



West Morristown
3610 West Andrew Johnson Hwy
Morristown, TN



Merry
Christmas

May holiday cheer fill your home
with warmth and happiness

KIM OTTINGER STATE FARM
4601 W AJ HWY
MORRISTOWN TN 37814
423-581-1729



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BUILDERS, LLC**

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GFWC
Ladies' Reading Circle & Somo Sala Circle
Present Our Annual

Chili Luncheon

Friday, January 26, 2024
11:00AM - 1:30PM

First Baptist Church
504 West Main Street
Morristown, TN 37813



Dine In Or Carry Out - \$10 Per Serving
Build your own chili bowl
Meal includes a serving of chili with a variety of toppings,
corn chips, crackers, a beverage, and dessert

Tickets Available at the Door!

**For more information, to purchase tickets, or to
order carry out, call or text 423-312-6064**


Proceeds will go towards preservation of the
GFWC Women's Club House




Get Involved in the New Year!

HCDP Tuesday, January 16
HAMBLER COUNTY DEMOCRATIC PARTY 6:30pm
 Talley Ward Recreation Center

Wednesday, January 10
 11:30am
 Rose Center Community Room



 If you can't make a monthly meeting,
 <-- consider a monthly donation!
We appreciate your support!

Contact Amy Hale for more info - ebin5446@gmail.com or 423-312-6367

**Looking for the
 PERFECT GIFT FOR
 YOUR DANCER FOR CHRISTMAS????**



**Total fee
 \$60**

GIVE YOUR SNOW PRINCESS:

6 WEEKS OF DANCE FUN
30 MINUTE CLASS EACH WEEK
CORRECT TECHNIQUE TAUGHT WHILE
DANCERS HAVE SO MUCH FUN
CELEBRATING THE SNOW SISTERS
AND WINTER!

SESSION BEGINS Thursday January 18
Talley Ward Community Center

For more information: 865 748-0978

Thursdays

10-10:30 Ballet/Tumbling (ages 2-5)
10:45-11:15 Tumbling (ages 2-5)

4-4:30 Tumbling (ages 4-11)
4:45-5:15 Ballet/Jazz (ages 5-9)
5:30-6. Ballet/Tumbling (ages 2-4)
6:15-6:45 Ballet/Tumbling (ages 3-6)
7-7:30 Ballet/Jazz (ages 7-12)

Register:
<https://mymorristown.recdesk.com/Community/Program>



Give the Gift of Entertainment

DEC 17	DAVID PHELPS - IT MUST BE CHRISTMAS
JAN 09	DEAN Z - THE ULTIMATE ELVIS
JAN 19	RHONDA VINCENT
JAN 22	DRUMLINE LIVE*
JAN 27	THE GUESS WHO
FEB 04	THE CANINE STARS
FEB 17	CHRIS JANSON (NEW DATE)
FEB 19	DREW & ELLIE HOLCOMB
MAR 01	THE STEELDRIVERS
MAR 09	JEFF ALLEN
MAR 16	SAWYER BROWN
MAR 22	STAYIN' ALIVE - ONE NIGHT OF THE BEE GEES
APR 05	EVIL WOMAN - THE AMERICAN ELO
APR 12	DINOSAUR WORLD LIVE
APR 13	FIREHOUSE (NEW DATE)
APR 27	THE BARRICADE BOYS
MAY 4	ANTHEM LIGHTS
MAY 10	AN ACOUSTIC EVENING WITH JOHN ANDERSON
MAY 14	BROTHERS OF THE HEART

*FREE COMMUNITY CONCERT

NPAC
NISWONGER
 PERFORMING ARTS CENTER
 NPACGREENEVILLE.COM
 212 TUSCULUM BLVD | GREENEVILLE, TN





TENNESSEE COLLEGE
OF APPLIED TECHNOLOGY
MORRISTOWN



CRIMINAL JUSTICE – CORRECTIONAL OFFICER PROGRAM

You can now start a career in criminal justice by enrolling in TCAT Morrystown's new Correctional Officer program. Students are trained in the skills and knowledge needed to work as jailers and guards in a correctional facility, such as inmate processing, maintaining order in the jail, report writing, cell extractions and invoking disciplinary measures when necessary.

The program involves both classroom and hands-on instruction, as well as training in an interactive Milo simulator. Students will also begin preparing for other positions, such as courtroom security or patrol.

ENROLL NOW!
TCATMORRISTOWN.EDU

PROGRAM CREDENTIALS

Correctional Officer
Apprentice

Master Correctional
Officer

For questions or more
information please contact
David Gulley at 423-834-7906 or
David.Gulley@tcatmorrystown.edu.

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Phone: 423-586-5771

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**THE
NORTH
FACE**

THE NORTH FACE brand items cannot be sold blank

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to style up your SWAG!
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zach@advertisingexpressions.com**



About:

The UP & UP Mobile Health Care Clinic will travel to five counties weekly to provide telehealth services to patients in need. All ages are welcome to visit the clinic. While walk-ins will be accepted scheduling appointments is preferred. Services will be provided for insured and uninsured patients. Services will be provided by psychiatric nurse practitioners and nurse practitioner students from the College of Nursing.

Services offered include:

- Psychiatric consultation and evaluation
- Diagnosis clarification
- Psychiatric medication management
- Therapy referrals

For more information visit
<https://up-up.con.utk.edu>

T NURSING

CLINIC SCHEDULE

M

SEVIER COUNTY

SEVIER COUNTY HEALTH DEPARTMENT
10:00 A.M. TO 3:00 P.M.

T

HAMBLÉN COUNTY

HAMBLÉN COUNTY HEALTH DEPARTMENT
10:00 A.M. TO 3:00 P.M.

DON'T WAIT UNTIL 2024

TO START WORKING TOWARD YOUR FITNESS GOALS

Join National Fitness Center so you can take advantage of our award-winning facilities, knowledgeable staff, and a fitness experience you won't find anywhere else.

DID YOU KNOW? We offer corporate discounts.

Contact chadhutchison@nfc1.com to get started.



**NATIONAL
FITNESS CENTER**



MERRY CHRISTMAS

AND A HAPPY NEW YEAR

10% OFF ALL IN-STOCK RUGS

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MORRISTOWN, TN

(865) 558-8668





As the holiday season approaches, it is a time of cheer and festivities, but it can also be challenging for those dealing with holiday depression. However, it is crucial to remember that you are not alone in this struggle. Reach out to friends and family, engage in activities you enjoy, prioritize self-care, and consider talking to a mental health professional if you need additional support. If you or any of your loved ones have opioid use disorder, please reach out to ReVIDA Recovery Centers for resources.

Sources:

ReVIDA Recovery : <https://www.revidarecovery.com/>

NAMI: <https://www.nami.org/Blogs/NAMI-Blog/November-2015/Tips-for-Managing-the-Holiday-Blues>

National Institute of Mental Health: <https://www.nimh.nih.gov/health/publications/seasonal-affective-disorder>

"READING TO BE READY"
For more information, call 423-586-0280

Tuesdays 10:00am-12:00pm

Each Tuesday Morning, staff and volunteers will gather together to read with Pre-K children to encourage reading. Children are welcome to bring their favorite book.

WHAT ARE THE HOLIDAY BLUES?

In a survey on the Holiday Blues

64% say they are affected
and 24% say the holidays affect them a lot.

So, what are they?

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

This might include:

Fatigue	Loneliness or isolation
Tension	Sadness
Frustration	A sense of loss

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.

Tips for avoiding the Holiday Blues

- Stick to normal routines as much as possible.
- Get enough sleep.
- Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.
- Eat and drink in moderation. Don't drink alcohol if you are feeling down.
- Get exercise—even if it's only taking a short walk.
- Make a to-do list. Keep things simple.
- Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.
- Set a budget for holiday activities. Don't overextend yourself financially in buying presents.
- Listen to music or find other ways to relax.

Remember

The holiday blues are short-term. Be patient. Take things week by week or day by day.

Learn more at <http://www.nami.org/holidayblues>

Deadline for the January Chamber Chatter: NOON , Tuesday, January 16

- All articles must be submitted with "CHAMBER CHATTER" in the subject line.
- All the submissions should be in JPEG or PNG format or as Press Releases in Word. We cannot accept submissions from Publisher, Power Point or PDF's.
- Information must be submitted to: manager@morristownchamber.com
- Press releases and ads may be edited or resized due to space constraints.
- Ads must change each month and be resubmitted each month.
- This is a FREE service to our members.