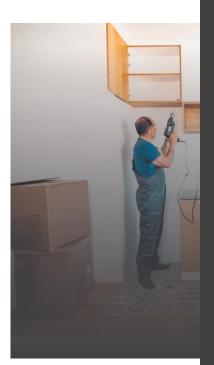


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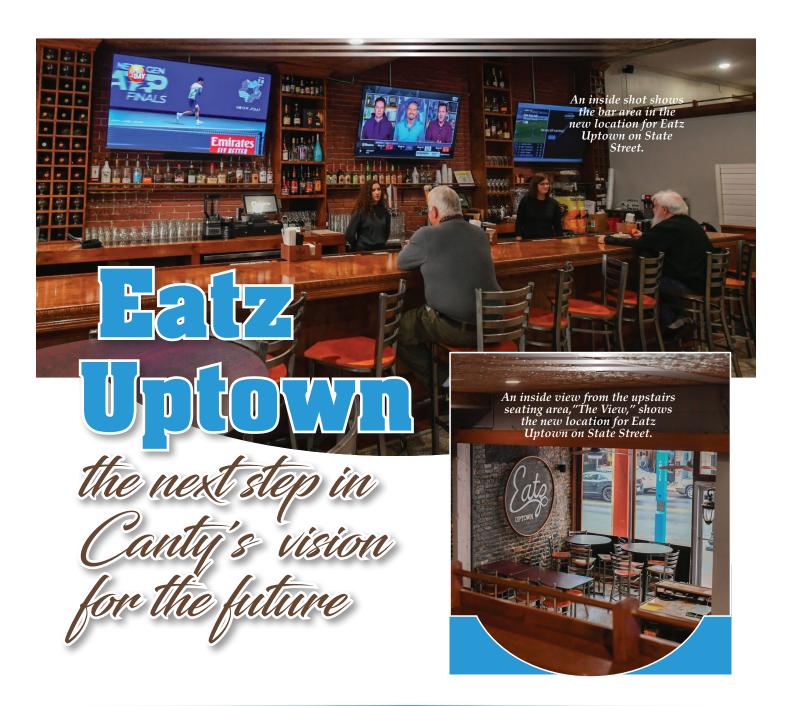
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he doors of Eatz Uptown opened quietly in September amidst the annual Bristol Rhythm & Roots festival. When storms interrupted some Saturday afternoon performances, the dinnertime waitlist quickly grew beyond 90 minutes.

For loyal customers happy to see owner Mark Canty back in business after more than a year, waiting an additional 90 minutes was no inconvenience. In the months since, Eatz Uptown has become a regular destination for lunch and dinner.

For 18 years Eatz on Moore Street was Bristol's "best kept secret" with a large, loyal following, he said. Last year Canty took a leap of faith, closed the doors and prepared to relocate to a larger, much more visible spot.

"We outgrew Moore Street in the first five years. Moore Street couldn't sustain it," Canty told the Herald Courier last week. "I couldn't find a place in Virginia and this building here — formerly K.P. Duty — fit the criteria I was looking for — the space, size, everything. ... I knew the casino [Hard Rock] was coming here and I knew I had to be in position to be on the cutting edge of what Bristol is doing."

The real estate is prime — immediately adjacent to the Paramount Center for the Arts in the thriving 500 block of State Street.

"To be next to the Paramount, I had to put in a restaurant that would be consistently on that scale. We want to be on the same level of the other elite restaurants downtown," he said. "I had to be able to compete on a different level here. Compared to where I was on Moore Street, it's like going from college to pro. It's a whole other level of business and I had to get a staff to assist me."

While the move took longer and cost "a lot" more than expected, the business is growing and setting the stage for what the 68-year-old Canty envisions as his next step.

"My whole goal and my whole dream is to make my brand, Eatz, a Fortune 500 company. I've got 20 years to do it and I believe we can. Eatz on Moore Street was the beginning. This is the first real big step of connecting my dream to reality," he said.

Moore Street in the first five years. Moore Street couldn't sustain it," Canty told the Herald Courier last week. "I couldn't find a place in Virginia and this building here — formerly K.P. Duty — fit the criteria I was looking for — the space, size, everything.

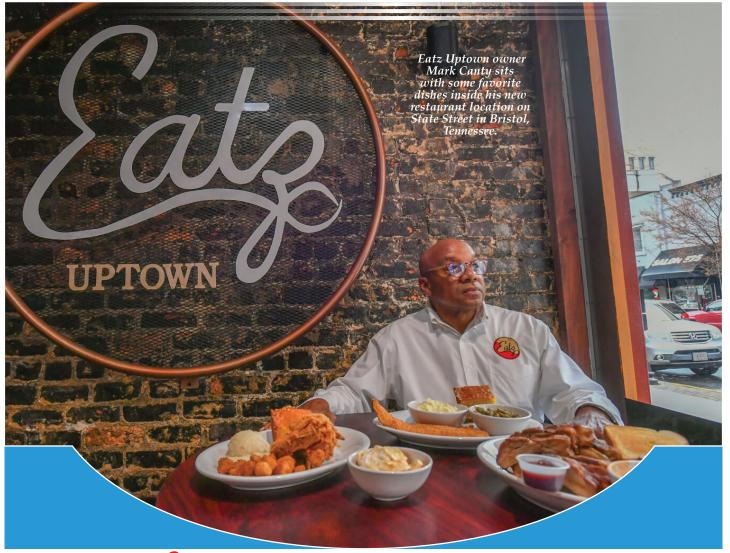
"Right now I have a few cities who want us to come establish a restaurant — in the Tri-Cities and outside the Tri-Cities. As soon as we get this one up and running like it should be, I can explore those possibilities. I have to have the management in place here and I think I have the core to do it," he said.

He credits General Manager Trevor Leonard, who has extensive restaurant management experience, teaching him how to operate successfully on a larger scale more food, more customers, more employees, more costs and more expectations.

It took 15 months to get the location ready. The space had to be gutted and fully refurbished.

"My vision had some detours, I nearly lost it all," he said. "I had to wait and do it in stages, but it turned out."

What he and his staff turn out





every day are favorites like smoked baby-back ribs [he plans to market his own barbecue sauce], savory fried catfish, fried chicken, jerk chicken and open-face roast beef and gravy.

Paired with side dishes like collard greens, baked macaroni and cheese or hand-cut French fries with a slice of homemade cornbread is a heaping plateful of joy. The recipe for a memorable lunch or dinner isn't complete without a bowl of homemade banana pudding.

Call it soul food or "scratch cooking," Canty knows what's on the plate and how its delivered is what matters most.

"Scratch cooking is a lost art. Not many people will take raw ingredients and present a fabulous meal. We live in a microwave world and everybody wants instant but nothing here is instant," he said. "I want my food to be consistently great — not sometimes great.

"We're known for great service; friendly atmosphere — a family atmosphere — and we want to keep that. People who come here are part of the Eatz family," said the third generation restaurant owner. "Everybody can't work here. The

A banana pudding is crafted in the kitchen of Eatz Uptown.

people we have waiting on people are essential to my operation. They love people. We have so many regulars and they know them on a first-name

The bar is integral to future growth. "We've added alcohol to our

repertoire," he said. "We'll never become a bar but for those who would like a mixed drink or a beer or a glass of wine, I have it here to offer them."

Besides tea and soft drinks, another favorite is also available — grape Kool-Aid.

"It's part of the Black culture. Coming up as a child we didn't drink Coca-Cola or Pepsi Cola, we drank grape Kool-Aid," Canty said. "There was always a pitcher of grape Kool-Aid in African American homes. We sell quite a bit of it. It's a nostalgia thing ... If I put a sign up in the window for grape Kool-Aid, people know this is a soul food restaurant."

He plans to continue operating his Mr. Mac's BBQ catering business and the upstairs space at Eatz Uptown has space for over 50 and can be reserved.

A U.S. Air Force veteran who was trained in culinary arts. Canty has lived in Bristol most of his life and appreciates the community's support.

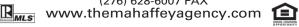
"The greatest compliment is when people say 'it's like my grandmother made' or it's 'how my mama cooked'," he said. "That leaves me with a smile."



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A number of people feel that nothing beats a quiet evening in with the one you love on Valentine's Day. Watching a romantic film together can be a way to cap the night off.

There are plenty of films that focus on Valentine's Day or have a larger romantic theme. Such movies are ideal for date nights and the ultimate date night: Valentine's Day.

♥ "Valentine's Day" (2010): This aptly titled film takes place on you guessed it — February 14th. It has a who's who cast of well-known actors like Jennifer Garner, Shirley MacLaine and Bradley Cooper. Various storylines intersect among the characters as Los Angeles residents work their way through the highs and lows of love on Valentine's Day.

**"**Kate & Leopold" (2001): While rom-com fans are used to seeing Meg Ryan teamed up with Tom Hanks, in this tale she's paired with Hugh Jackman. Jackman is a duke from 1876 who inadvertently finds himself traveling



through time to modern-day New York City, where he meets a plucky advertising executive. The two clash before they discover feelings for each other.

"The Princess Bride" (1987): This movie has withstood the test of time. It has a little bit of everything: swordfights, revenge, a giant, and, of course, a heartwarming love story at its

"The Wedding Singer" (1998): Despite coming out in the 1990s, this film brings on all the campy 1980's nostalgia, including a hit soundtrack of favorite songs from that decade. Although not everyone is a fan of Adam Sandler's comedic antics, this movie is less slapstick and more heartfelt. It's one of a few where Sandler has paired with Drew Barrymore in the lead roles. Check out "50 First Dates" if you want a fun Sandler-Barrymore double feature.

**"Love, Simon"** (2018): In this movie, Simon, a high school student, hasn't yet come out to his friends and family, but has been exploring a budding romance with an anonymous boy online. The big reveal of that boy's identity is a moment of anticipation.

"Pride and Prejudice" (2005): Jane Austen's classic novel has undergone many interpretations on the silver screen. The 2005 version starring Keira Knightley and Matthew Macfadyen as Elizabeth and Darcy is a fan favorite. With its beautiful

tableaus and enchanting soundtrack, viewers can't help but root for this unlikely couple.

🎔 "Always Be My Maybe" (2019): This Netflix original movie has Ali Wong and Randall Park playing former childhood best friends with some unfinished business. When they are reunited as adults on different paths, will they find a connection? Keanu Reeves has a guest cameo.

🎔 "Chocolat" (2000): A mysterious French woman and her young daughter open a chocolate shop in a remote place where villagers are afraid of change. Her confections seemingly have magical powers to fix the ills of people, if only the shopkeeper can lure the stubborn to give them a taste. Johnny Depp stars as a love interest.

**"Notting Hill"** (1999): If Meg Ryan is the queen of rom-coms, Hugh Grant may be the king. In this movie, an unassuming British book shop owner gets cast into the limelight when a famous American actress played by Julia Roberts hides in the stacks and eventually becomes more than just a customer.







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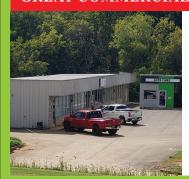


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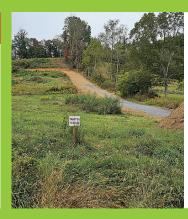




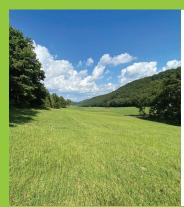
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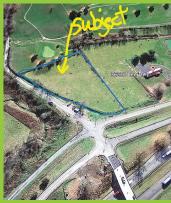
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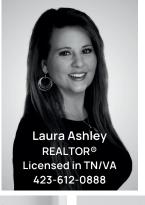


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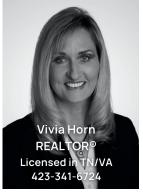


















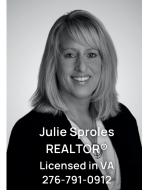














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# Simple Strategies



heart is, then the kitchen

is where that heart spends most of its time. Kitchens are where family and friends tend to congregate during holiday celebrations, and many a homework assignment has been completed at a kitchen island while parents prepare

The popularity of kitchens is reflected in the attention these rooms get from renovation-minded homeowners. Data from the National Association of Home Builders indicates kitchens are the most popular room to remodel. Upgrading kitchen storage is a popular renovation project, and it's also one that has practical appeal. Adding more storage in the kitchen gives the room a more organized feel, which can make preparing meals more enjoyable and create space when hosting and guests inevitably congregate around an island. With those benefits in mind, would-be organizers can consider these strategies to create more storage space in the kitchen.

**⊃***Take stock of the* spice rack. Creating more storage space does not necessarily have to involve tools like screwdrivers, hammers and nails. Spice racks can easily become overcrowded as amateur cooks expand their culinary repertoire. A crowded spice rack inevitably spills out onto the surrounding countertop. Take stock of the spice rack and discard any spices or seasonings you haven't used in a while. This can create a more organized look and free up extra counter space.

**⊃***Make a digital* cookbook. If your go-to recipes are filling a binder or two, those binders are almost certainly taking up precious storage space. Scan printed recipes and covert your physical recipe collection into a digital cookbook you store on a tablet.

#### **⇒** Install roll-out shelving in the pantry. Roll-out shelving puts

the entire pantry to use. Without such shelving, items are destined to be relegated to that nether region known as the back of the pantry. Some items never emerge from this area, as cooks forget

they're there and then purchase duplicates, which inevitably contributes to storage issues. Roll-out shelving ensures all items in the pantry can be found and greatly reduces the likelihood that cooks will have lots of duplicate items taking up precious kitchen space.

#### *⊃Remove single-use* gadgets from the

kitchen. Much like spices and seasonings vital to the preparation of specialty meals have a tendency to be used just once, kitchen gadgets that lack versatility have a way of gathering dust and taking up storage space. Whether it's a popcorn maker, a seldom-used but space-needy wok or another gadget that's used infrequently, if at all, store single-use gadgets in the garage or another area of the house where they won't get in the way or contribute to a less-than-organized look in the room.

A handful of simple strategies can help anyone create more storage space in the kitchen.



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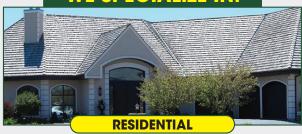
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#### **465 Shipley Drive** Bristol, Virginia 24201

Check out this HIDDEN GEM in the heart of Bristol, VA! This immaculate, custom built, professionally landscaped, one owner home is one you'll love the minute you drive up and definitely when you walk in! You'll also love the privacy, outdoor entertaining areas and the fact that it's just minutes from The Hard Rock Hotel & Casino, plus everything downtown Bristol TN~VA has to offer. Homes like this don't come around very often.

3 Bedrooms | 3.5 Baths | 3,978 sq. ft. | \$998,850















#### **Rob Thomas**

423-341-6954 423-217-0346 RobThomas@GoWithRobThomas.com PrestigeHomesTriCities.com







#### 20190 Yeary Trail Abingdon, Virginia 24211

STUNNING LUXURY CUSTOM HOME in Abingdon, VA! Built in 2021 &designed with quality in mind, this spectacular 5 BEDROOM, 3.5 BATH home is located in The Heritage. The spacious, open concept eat-in kitchen is a chef's dream with professional grade Kitchen Aid appliances. You'll enjoy the open concept and primary bedroom on the main level. There's a full unfinished, walk-out basement and don't miss the 3 car attached garage pre-wired for heating and the majestic mountain views from the outdoor living area.

5 Bedrooms | 3.5 Baths | 6,849 sq. ft. | \$935,000















#### Cindy Hornsby

276-608-8262 423-217-0346 CindyHHornsby@aol.com PrestigeHomesTriCities.com







#### **812 Holston Avenue Bristol, Tennessee 37620**

With all its iconic elegance, this rare home is an architectural gem in the crown of one of Bristol's most sought-after historic districts. This could be a once in a lifetime opportunity for someone to own an historic home on the idyllic, tree-lined Holston Avenue. Built in 1906, this home in true Greek Revival style has symmetry, proportion, simplicity, and elegance.

5 Bedrooms | 3.5 Baths | 7,186 sq. ft. | \$895,000















#### Debra Kennedy

423-956-4228 423-217-0346 Debra@DebraKennedy.net PrestigeHomesTriCities.com







#### **455 Arlington Avenue** Bristol, Virginia 24201

Step into this extraordinary custom-designed contemporary home situated on over an acre. No feature was overlooked and every detail imaginable is here! The modern sleek lines will be an out of the ordinary blank canvas for your own personal style and interpretation! This custom designed home provides functional and comfortable living and is the perfect place for tons of friends and family entertaining.

5 Bedrooms | 6 Baths | 7,616 sq. ft. | \$890,000















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Reed Thomas 423-341-6866 Licensed TN/VA



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