

Smartt featured speaker at Healthy Woman event

Tickets are available now for \$25 each

By **AMANDA MORENO**

Staff Writer

Smartt humor is what people can expect at Healthy Woman “Celebrating Three Thrilling Years” event scheduled for Jan. 26.

Lisa Smartt — author and comedienne — will be the special guest speaker for the second year in a row. Last year, Smartt delighted audience members as well as the advisory council, according to Kim Howell, Scenic Mountain Medical Center marketing director.



Howell

“There was just something about Lisa that made the decision to invite her back for a command performance an easy one. She is one of us,” Howell said.

This year, Smartt will be delivering a speech entitled “I thought I was a ‘people person’ ... until I started working with people.”

“We are coming ready to have fun,” Smartt said. “It will be a humorous speech and an all over good time.”

Smartt describes herself as a mother of two teenage boys

“I would rather sit down while you are wanting me to still be up there speaking than to be up there speaking while you are wishing I would sit down.”

— Lisa Smartt, author, comedienne



and the wife of a wonderful husband of 21 years who loves to laugh. She writes a weekly humor column for a small-town newspaper outside Dresden, Tenn. She lives on 16 wooded acres. She has written two books, the first of which was released in 2007.

“I am a flawed speaker,” Smartt said. “I don’t have any qualifications. I don’t have a Ph.D. I’m just your normal person who lives an ordinary life in a small town.

“You know you have those speakers who, by the time they finish getting introduced with all their qualifications and abbreviations, you think to yourself that is impressive, but they aren’t anyone I would ever live next door to. They aren’t like me. Not me, I’m just an average person and I think it’s those everyday insights I bring to the table that are the reason God

brought me to do this.”

She first started speaking 12 years ago after being asked to talk in front of a small group of women. Every speech since then has been come to be by word of mouth. She has spoken to numerous groups and to this day she said she isn’t afraid to speak to any particular group.

“I was just a person who had something to say and I was given an opportunity to say it,” Smartt said with a laugh. “As long as I don’t have to teach algebra or get naked in front of anyone then I’m not afraid to speak to anyone in particular.”

Smartt’s speech will be under an hour in length. She said she has received several comments about people wishing she would have spoken longer, but to that she

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replies: “I would rather sit down while you are wanting me to still be up there speaking than to be up there speaking while you are wishing I

would sit down.”

The main thing Smartt said she hopes people will take away from her speech is how to speak kindness, not only to others, but to themselves.

“Sometimes people can do one, but not the other. Those two go hand in hand,” Smartt

said.

She said she is looking forward to speaking here a second time.

“I don’t have to try and imagine living in Big Spring because I live in Big Spring, it’s just in Tennessee,” Smartt said.

Tickets to the event — which includes a three-course meal provided by Chef Michael Stromberg at Moss Creek Ranch — are \$25 per person. The ballroom at the Dora Roberts Community Center can only seat 200 guests comfortably, so seats will be limited.

Tickets are on sale and can be purchased by calling Anita Cline at 268-4721 or Howell at 268-4842.

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