

Sports & Entertainment

Underdog singer-songwriter Colby T. Helms’ sophomore album “One for the Losers” explores some misunderstood characters

“Colby T. Helms transports listeners back in time to the roots of Appalachian music.”
-Whiskey Riff

“Helms taps into a strength and wisdom well beyond his years.”
-Wide Open Country

“Simple and honest expressions from a new and very promising artist who helps make sure country’s move toward authenticity isn’t just a trend for the present, but will be sustainable into the future.”
-Saving Country Music

October 23, 2026 - Singer-songwriter **Colby T. Helms** releases his latest album, **One for the Losers**, a deeply personal collection that shines a light on the underrepresented people of Appalachia and the realities of a region often defined by circumstances beyond its residents’ control. Alongside the album, Helms shares the official music video for focus track “Welcome to the Freak Show,” an anthem celebrating the devoted fans and outsiders who have found community through his music. Throughout **One for the Losers**, Helms draws attention to the people whose stories are too often overlooked, confronting the social and generational barriers that can limit opportunity while offering a message of perseverance to those navigating them. Grounded in his Appalachian roots, the album serves as both a tribute to the people who shaped him and an acknowledgment of those still searching for a way forward. At its core, the project is a reminder that feeling like an outsider does not mean having to face the world alone.

“‘One for the Losers’ sheds light on the underrepresented people of Appalachia,” said Helms. “It’s an album that honors those who never got the chance to spread their wings and fly. Few ever break free from the social constructs of Appalachia, and many never escape its vicious cycle. My hope is that this album inspires young people who feel alone or unheard to believe that, even in this cruel world, there is still hope.”

The album’s focus track, “Wel-



Underdog singer-songwriter Colby T. Helms gets to the heart and soul of life when it gets down and dirty in his newly-released “One for the Losers” (Photo Credit: Dave McClister)

come to the Freak Show,” brings that sentiment into sharp focus, embracing the individuality and shared experiences that unite Helms’ listeners.

“‘Welcome to the Freak Show’ is an anthem for all of my superfans,” Helms explains. “My music brings people together from all walks of life, and ‘Freak Show’ is an affirmation of the roots of my music and the direction it’s headed.”

Raised in the Blue Ridge foothills of Southwest Virginia, Helms began writing songs as a teenager, drawing inspiration from the people, places, and hardships that shaped his Appalachian upbringing. While his debut album focused largely on his own experiences, *One for the*

Losers widens the lens, spotlighting the misunderstood characters he has encountered throughout his life—from struggling friends and fallen mentors to immigrants, moonshiners, and working-class Virginians searching for a place in an ever-changing world. Across twelve tracks, Helms explores themes of loss, resilience, addiction, identity, and survival. The title track was inspired by a childhood friend whose battle with alcohol ended in tragedy, while songs like “Young and Dumb” and “Deadhead on the Weekend” examine addiction and self-destruction with honesty and compassion. Elsewhere, “Armed and Dangerous” tells the story of a man who crossed the U.S.-Mexico border as a child in search of a better life, and “Ballad of the Bondu-

rant Boys” draws from Virginia’s moonshine history to explore power, injustice, and perseverance.

Though still in his early twenties, Helms has emerged as one of roots music’s most authentic young voices, carrying forward a tradition that stretches back generations. Raised among the culture and communities he writes about, his songs serve as both preservation and progression, honoring the stories, sounds, and spirit of Appalachia while introducing them to a new audience.

Helms is currently on the road headlining a fall tour with notable stops in Nashville, Pittsburgh, Charleston, and Richmond and will be making his Mountain Stage debut in De-

cember. For more information and tickets, visit <https://www.colbyhelms.com/>

One For The Losers Tracklist

1. Greetings
2. Welcome To The Freak Show
3. Voice Is Shot
4. Fool’s Gold
5. Clouds
6. Deadhead on the Weekend
7. Armed and Dangerous
8. Ballad of the Bondurant Boys
9. Young and Dumb
10. One For The Losers
11. Fireside Love
12. Salutations

Tour Dates
Wed, Nov. 4 - Morgantown, WV - The Encore
Thu, Nov. 5 - Pittsburgh, PA - Club Cafe

Fri, Nov. 6 - Cumberland, MD - Loft 129

Sun, Nov. 8 - Coeburn VA - Wandering Hills Music Festival

Mon, Nov. 9 - Lexington, KY - WoodSongs @ SCOTTISH RITE Concert Hall

Sun, Dec. 6 - Charleston, WV - Mountain Stage

Sat, Dec. 12 - Roanoke, VA - Third Annual Colby T. Helms Homestead Jam @ 5 Points Music Sanctuary

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Website | Facebook | Instagram | YouTube | TikTok | Spotify | Apple Music

Mississippi Arts Commission receives \$77,500 in Grant Funding to pilot a new Creative Aging Grant program in Mississippi from sports-Ent. 6

investments in state arts agencies have transformed our national public infrastructure to improve the lives of older adults across America," said NASAA President and CEO Pam Breaux. "State arts agencies are now instrumental partners in addressing the most important challenges facing aging populations, including rising health care costs. The demand and need for this work will only increase."

Studies link Creative Aging activities to fewer doctor visits and medications, better overall health, fewer falls, greater mobility, and sharper minds in adults 55 and over. In addition, Creative Aging activities help combat loneliness and depression, among other important social and emotional benefits. "E.A. Michelson Philanthropy is proud to partner with NASAA through our continued support of creative aging within our state and jurisdictional arts agencies," said Ellen Michelson, founder and president. "We are delighted to see this initiative expand arts programming for older adults, sup-

E.A. Michelson Philanthropy is proud to partner with NASAA through our continued support of creative aging within our state and jurisdictional arts agencies," said Ellen Michelson, founder and president. "We are delighted to see this initiative expand arts programming for older adults, supporting more classes, residencies and sustained creative opportunities that help older adults learn, grow and connect."

porting more classes, residencies and sustained creative opportunities that help older adults learn, grow and connect." Applications for MAC’s Creative Aging Grant will open February 1, 2027, and be awarded until all available funds are awarded. For information about new creative aging activities taking place in Mississippi, contact Victoria Meek at vmeek@arts.ms.gov, or

visit <https://arts.ms.gov/grants-for-organizations/creative-aging-grant/>. The Creative Aging Grant is made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with E.A. Michelson Philanthropy and awarded by the Mississippi Arts Commission, a state agency.

For more information about NASAA’s Creative Aging, Creative Futures initiative, visit https://nasaa-arts.org/nasaa_research/creative-aging/#cacf.

The Mississippi Arts Commission (MAC) is a state agency serving more than two million people through grants and special initiatives that enhance communities, assist artists and arts organizations, promote arts education, and celebrate Mississippi’s cultural heritage. MAC is funded by the Mississippi Legislature, the National Endowment for the Arts, and other private sources. For more information, visit www.arts.ms.gov.

Jemyri Davis named Earl Campbell Tyler Rose Award Honorable Mention

TYLER, Texas, October 27, 2026 – University of Memphis wide receiver Jemyri Davis was listed as an honorable mention for the Earl Campbell Tyler Rose Award Player of the Week, the organization announced Tuesday.

Davis, a native of Fort Worth, Texas, had a breakout game in Memphis’ 41-34 overtime win over East Carolina last Thursday. The redshirt junior finished the night with seven catches for 91 yards and two touchdowns, all career-high marks.

On the year, Davis sits second on the team in catches and receiving touchdowns with 28 and four, respectively, while sitting third in yards with 366 on the nation’s seventh-best offense. He has also played a key role in quarterback Marcus Stokes being ninth in passing efficiency and eighth in passing yards.

He is the second Tiger this season to be recognized for the award as Hunter Tipton has been named the Earl Campbell Tyler Rose Award Player of the Week and an honorable mention for the



Jemyri Davis
list after being named to the pre-season watch list for the award.

The Earl Campbell Tyler Rose Award recognized the top offensive player in Division I football who also exhibits the enduring characteristics that define Earl Campbell: integrity, performance, teamwork, sportsmanship, drive, community and tenacity; specifically, tenacity to persist and determination to overcome adversity and injury in pursuit of reaching goals.

In addition, the nominee must meet one or more of the following criteria: played football at and graduated from a Texas High

School and/or currently playing at a Texas Division I four-year institution.

UP NEXT
Memphis (6-2, 3-1 American) goes back to a Saturday schedule, hosting Army (5-2, 4-1 American) on Oct. 31 at 7 p.m. on ESPNU.

BUY TICKETS NOW

Single-game tickets can be purchased online or by calling the Memphis Ticket Office at (901) 678-2331. For group tickets and experiences, please contact the Memphis Ticket Office at (901) 678-2331.

For premium seating experiences, please contact the Memphis Athletic Fund at MAFpremium@memphis.edu.

HOW TO FOLLOW THE TIGERS: For complete information on Memphis Tigers Football, visit www.GoTigersGo.com and follow the team’s social media channels on Twitter, Instagram and Facebook.

November 3, 2026 is Midterm Election Day.
Vote: One Citizen, One Vote!