

# LIFE

## 7th annual Spruce Pine BBQ & Bluegrass Festival successful

BY BRANDON ROBERTS  
Mitchell News-Journal  
editor@mitchellnews.com

**SPRUCE PINE** – The seventh annual Spruce Pine BBQ & Bluegrass Festival was a success, according to results presented Thursday, July 26, at the regular meeting of the Rotary Club of Spruce Pine.

Organizers used ticket sales and a survey to determine this year's attendance and sales. Attendance increased 6 percent from 2017, from 1,333 to 1,418.

A survey taken at the ticket booths show 128 children under 13 came to the festival and 367 adults were from the 28777 zip

code, although the survey numbers do contain a margin of error.

Beer sales increased 18 percent from 2017 and vendors reported \$14,536 in sales.

Rotary leadership attributes the festival's success to a significant increase in children's activities, two clogging teams, the inclusion of a storyteller in the entertainment lineup, six bands and the old-timey equipment.

"Friday's attendance was doubled," said George Nero, past president of the Rotary Club of Spruce Pine. "Sales increased, we received a lot of unsolicited, positive feedback and we had great weather."



BRANDON ROBERTS/Mitchell News-Journal

TOP: A worker at N.C. Ribs on Wheels, a vendor at the seventh annual Spruce Pine BBQ & Bluegrass Festival, prepares Friday, July 20, for the opening of the event. RIGHT: Aubree Arrowood, of Madison, enjoying the opening day of the Festival.



BRANDON ROBERTS/Mitchell News-Journal



SUBMITTED PHOTO

## Not your grandma's quilts

The Mountain Piece-makers Quilt Guild's 2018 quilt show is 9 a.m.-4 p.m. Friday, Aug. 3, and Saturday, Aug. 4, at the Town center in Burnsville.

Admission is \$3 to view more than 60 quilts ranging from modern and art to traditional in all sizes. The Guild's Country Store will have items for sale.

Raffle tickets will be available at the booth in front of the Town Center for \$2 each or three for \$5 for the pictured quilt.

34th Annual Grassy Creek 60 Vendors from All Over the World!

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## Home remedies: Community options addressing pain, stress

**SPRUCE PINE** – When we have a sense of meaning, hope and purpose, we can problem-solve, overcome obstacles and improve our quality of life. Building motivation and inspiration are key steps in effectively taking charge of our health.

Over the course of four weeks, we'll learn steps to reclaim our well-being – setting personal goals around our health, identifying what matters most and discovering how we can improve our quality of life even when we are experiencing pain sensations. You may find these strategies also help you feel some relief from the discomfort of chronic pain. Please join us for any one or all classes.

Dr. Elizabeth Lima, Ph.D., will be presenting on this topic from 5:30-6:30 p.m. each Monday night throughout August in the Community Room at Mauzy-Phillips Center at Blue Ridge Regional Hospital in Spruce Pine. Lima is a clinical psychologist with an emphasis on integration between medical and behavioral health approaches. She is a national consultant within the Department of Veterans Affairs



Lima

in teaching evidence-based modalities in patients with chronic pain. Lima's expertise is in using patient-centered approaches in improving self-management of chronic medical conditions by empowering individuals to take a proactive approach to their health and wellbeing.

The Home Remedies program is being managed collaboratively by Blue Ridge Regional Hospital, RHA Health Services and Partners Aligned Towards Health, or PATH, and its program the Mitchell Yancey Substance Abuse Task Force. Funding for the sessions is provided by the North Carolina Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services, through the Substance Abuse and Mental Health Services Administration, Opioid STR/Cures Grant.

Call PATH staff at 828-682-7899, email info@pathwnc.org or visit www.pathwnc.org for more information. Email Jeff Spargo at jeff@pathwnc.org for questions specific to Home Remedies.

### SEND US YOUR CLUB NEWS

The Mitchell News-Journal welcomes news from area clubs, including installation of new officers, and upcoming speakers and programs. Submitted photos should be in .jpg or .tiff format and every person in the photograph should be identified with first and last name, and titles when appropriate. Submit items via email to editor@mitchellnews.com. Call 828-765-7169 for more information.

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