

Free introduction to acupuncture and acupressure

What you don't know can't help you. For example, did you know Harvard Medical School professionals believe acupuncture is a good option to consider for reducing or eliminating pain?

In an article dating back several years, they cited research from an international team of experts that pooled the

results of 29 studies involving nearly 18,000 participants. The results showed acupuncture relieved pain by about 50%. Mitchell and Yancey County residents can learn more about acupuncture and acupressure at the Mauzy Phillips Center in Spruce Pine on Monday, May 28 at 5:30 p.m.

The free hour-long program

is part of Home Remedies: Community Options for Addressing Pain and Stress, a collaborative effort by local non-profit organizations to highlight our community's complementary or alternative medicine options for preventing and treating pain.

"Chronic pain or anxiety can make life miserable, says Jade Pierce, L.Ac. Pierce, a licensed acupuncturist, and herbalist own Mountain Community Healing Arts with offices in both Spruce Pine and Burnsville. "The physical toll of stress also results in conditions such as high blood pressure, poor digestion, more pain, and sleeplessness, all of which are damaging to our long-term wellbeing. To put it simply, acupuncture helps the brain release feel-good chemicals that help the body reduce inflammation, depression, and anxiety."

Pierce will help residents understand the basics of how acupuncture may work to alleviate pain and related symptoms like insomnia. "One of my patients came to me because of their inability to sleep, which is critical in healing the body" she notes. "Acupuncture treatments helped her return to a normal night's sleep and participate more fully and energetically in her life." Another key aspect of Pierce's work in Asian Traditional Healing is helping clients understand how their lifestyle, relationships, and emotions influence their physical health and wellbeing.

The Monday evening session will also include instruction in several acupressure points that participants can practice on their own. "Acupressure, which involves applying finger pressure to acupuncture points, is something everyone can do at home to ease their symptoms. We'll practice acupressure on points that specifically address general pain and anxiety." Interested participants who've signed up already can experience acupuncture—on the ear in a seated position—in addition to easy-to-learn mindfulness exercises led by Program Director Margot Rossi. Rossi, M. Ac, is an area acupuncturist and Eastern Medicine practitioner certified in mindfulness education. "Based on my personal experience and what I've witnessed with patients, the combination of mindfulness practice and acupuncture/acupressure will most likely help residents feel a sense of relief and calm," Rossi says.

The Home Remedies program is being managed collaboratively by Blue Ridge Regional Hospital, RHA Health Services, and Partners Aligned Towards Health (PATH) and their program the Mitchell Yancey Substance Abuse Task Force. Funding for the sessions is being provided by the NC 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.

NRCS workshop at MCC Sam's Center Auditorium

Come to the Mayland Community College Sam's Center Auditorium located at 200 Mayland Lane in Spruce Pine on May 24 from 10 a.m.-1 p.m. to learn about NRCS (Natural Resource Conservation Service) and how their cost-share programs can improve your farm business and conserve your farmland for future generations.

The Southwestern NC and Carolina Land & Lakes RC&D Councils will discuss the following conservation initiatives and how to apply: Christina Newhouse - Agriculture & High Tunnel Specialist, Southwestern NC RC&D and Melissa Patton - Executive Director, Carolina Land, and Lakes RC&D Outreach Workshop.

Topics include Organic Ini-

tiative including the Transitioning to Organics CAP 138, High Tunnel Initiative, On-Farm Energy Initiative.

Plus, your area FSA (Farm Service Agency) and NRCS agents will be present to intro-

duce themselves and field any questions you may have.

This is a no-cost workshop and lunch is included. Please RSVP with Jeff Vance (828) 688-4811 or email: jef-fery_vance@ncsu.edu.

MCC Foundation Murder Mystery Evening May 24

Unleash your inner sleuth as you sip wine, enjoy refreshments and determine how to solve the mystery during Mayland Community College Foundation's Murder Mystery Evening on May 24 beginning at 7 p.m. at the Linville Falls Winery. The performance will be by the Mountain Heritage High School Drama Depart-

ment and refreshments will be provided by the Avery High School Culinary Program.

Tickets are \$60 per person and now available. Seating is limited, so purchase tickets early. Proceeds support MCC student scholarships.

For more info visit www.mayland.edu/foundation or call 828.766.1233.

Seed Potatoes
Onion Sets
Plants
Flowers
South Carolina Strawberries

Davis Farms

Fresh Produce

Open Monday - Friday 9:00 - 6:00
Saturday 9:00 - 3:00

One Mile West of Cane River Middle School on Hwy 19 (828-682-9766)

We Accept EBT Cards

Amish Butter
Amish Bacon
Jellies and Jams

Pensacola's Loving Arms

Community Yard Sale, Bake Sale & Silent Auction

at the Pensacola Fire Department
The Silent Auction items can be seen on our PLA Facebook page

Saturday, June 2 8 am - 12 noon

Donated Items & Baked Goods Drop-off Time
3 - 5 pm, June 1
at the Pensacola Fire Department

Tasty Tuesday

Please join us in supporting Yancey County Middle School Student Health Centers by visiting these participating restaurants on the dates below. The listed restaurants will donate a portion of the proceeds collected on the specified dates to the YCS Student Health Centers.

- Garden Deli - March 20, 2018
- Appalachian Java - March 27, 2018
- Twisted Laurel - April 10, 2018
- Subway - April 17, 2018
- Ye Olde Country Store - April 24, 2018
- *Hog Hollow Pizzeria Kitchen - May 2, 2018
(*WEDNESDAY evening from 5:00-8:00 pm across the street from the Town Center)
- Yummi Cafe - May 8, 2018
- Bubba's Good Eats - May 15, 2018
- Pig & Grits - May 22, 2018

Cane River Middle School Student Health Center
1128 Cane River Rd • Burnsville NC 28714 • 828-682-4758

East Yancey Middle School Student Health Center
285 Georges Fork Rd • Burnsville NC 28714 • 828-682-6152

If you plan to **DIG** on Saturday, CALL 811 on Tuesday.

You can prevent the possibility of disrupted service, expensive repairs, and even personal injury by calling 811 at least three business days before you dig (this does not include weekends and/or holidays). 811 is available weekdays between 7 a.m. and 7 p.m. - call before you start to dig.

North Carolina 811 (NC811) is a corporation formed and funded by participating utility companies and municipalities. Any buried facilities in your path will be staked or marked at no cost to you.*

*If the utility companies serving your community are not members of NC811, contact them on an individual basis.

**Know what's below.
Call before you dig.**

Piedmont Natural Gas
Energy that shows.™

piedmontng.com
1.800.752.7504

Appalachian Therapeutic Riding clients share the love for their special horses



Jasper Peters with Savvy.



Laela Cash with Jack.



Chase Johnson with Tony.

The Times journal recently received several letters from young clients at the Appalachian Riding Center in Burnsville who wanted to express their love for ATRC and the horses that they get to interact with.

Jasper Peters wrote, "I LOVE the horses and riding them. It is so fun! I love going on the trail rides. I love that people put time into coming here to help people learn to ride. Riding these horses really helps calm me down. I love coming here every Thursday to ride the horses. I look forward to every Thursday because of being able to ride the horses."

Laela Cash wrote, "One of the things I most enjoy at ATRC is getting to know my horse. Over the time I have been riding here, I have ridden 3 different horses. As I got to know them I connected with them as I got to know their individual personalities. I have also enjoyed learning to ride. Horses have always been one of my favorite animals. I have learned so much from the classes and people at ATRC. It is an amazing place."

Chase Johnson simply wrote, "I like trotting, all the horses I've ridden and petting Spencer."

The Appalachian Therapeutic Riding Center (ATRC) provides therapeutic horseback riding for persons with physical, cognitive, and/or emotional challenges in a safe, structured environment.