

Visit Mountain Time on Main and Coldwell Banker-

The Burnsville/Yancey Chamber of Commerce welcomed a new business to the community on May 31, 2018. Mountain Time on Main Street and Coldwell Banker - King.

Mountain Time on Main Street features Buck Stove, Hearth & Patio as well works by local artisans & craft vendors.

Claudia Bailey Honeycutt, the owner of Mountain Time on Main Street, was happy to be on Main Street in Burnsville and especially in Yancey County. "We are pleased to join the Burnsville Main Street business venue," Honeycutt said.

Stop by and check out their wide selection of merchandise and pay a visit to Caldwell Banker-King and see their many property listings in Yancey County and the surrounding area.

Burnsville has been very welcoming and has made our arrival so easy. We are eager to meet the needs of the people of Yancey County," Honeycutt added.

Mountain Time on Main Street is a great source of quality, furniture for your sunroom, porch, patio, deck, and garden. They also provide unique plants and garden accessories to complete your outdoor room.

Working closely to understand your wishes and expectations for your outdoor living spaces, they guide you to choices that will provide a lifetime of satisfaction. They welcome both homeowners and designers to visit Mountain Time on Main Street, where they will gladly offer the information, insight, and vision to turn your dreams into reality.

The family-owned business will be the first factory direct outlet for Buckstove products in the 48-year history of the Mitchell County founded business. Yancey County is a prime location, being the # 1 wood

burning county in the state.

For all of your outdoor furniture needs, Mountain Time on Main carries a complete line of quality outdoor and patio furniture for your deck, or porch, all manufactured at Buck Stove in Spruce Pine. Choose from their amazing array of durable, weather-resistant benches, chairs, tables, rockers and outdoor fire pits and grills.

Don't worry about assembly

or taking a day off from work. Mountain time on Main will deliver and set up your furniture for you.

Stop by and say hello or check out their furnishings that decorate the sidewalk in front of their shop located at 105 West Main Street. You can visit them out on the web, follow them on Twitter Facebook and Pinterest, or call 828-398-5943 for more information.



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Writing workshops at the CMLF set

At the Carolina Mountains Literary Festival on September 6-8, 2018 in Burnsville, NC, the daytime sessions with authors reading and discussing their books are free. Four three-hour writing workshops require advance registration and a fee of \$30.

Sidney Wade's Poetry Workshop is on Friday morning. Find out the ten basic concerns that govern the way she writes poetry and develop your own. She is the author of seven books, with poems as varied as elegies to birds and outrage toward some of society.

On Friday afternoon, Mal-lory McDuff's Creative Non-fiction Workshop, "Writing in Place," will explore the power of crafting stories that honor the places we love. You will spend time outside.

The Memoir Workshop will be on Saturday morning. Joni Tevis will take participants through a series of exercises to help draw out details from their work experiences, details that may lead to the creation of a longer memoir narrative.

Tevis has been a park ranger, factory worker and seller of cemetery plots as well as being the author of two books of essays.

Fiction writers will learn how to "Write What You Know, and Make Up the Rest" with Christopher Swann. Partici-

pants will learn how to draw from their own experiences in a series of writing exercises. He is the Chair of the English Department at Holy Innocent's Episcopal School in Atlanta.

His 2017 debut novel, Shadow of the Lions, was a SIBA Okra Pick, one of the Southern Living magazine's Best Southern Books and the Amazon Book of the month.

SUMMER BLOWOUT SALE



ALL SUMMER CONSIGNMENT

\$3.00

**Shorts
Bathing Suits
Dresses
Sandals**

Alexandra's

CLOSET

Mon-Fri 10-5:30 / Sat 10-4:30

230 East Main Street, Burnsville 284-4207

Home remedies for pain series

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 wellbeing — 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, PhD., will be presenting on this topic each Monday night throughout August from 5:30-6:30 p.m. in the Community Room at Mauzy-Phillips Center, Blue Ridge Regional Hospital, Spruce Pine. Dr. Lima is a clinical psychologist with an emphasis on integration between medical and behavioral health approaches. Dr. Lima is a national consultant within Department of Veterans affairs in teaching evidence-based modalities in patients with chronic pain.

Dr. 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 (PATH) and their program the Mitchell Yancey Substance Abuse Task Force.

To learn more, support our work, or get involved as a volunteer, contact PATH staff at (828) 682-7899.



Dr. Elizabeth Lima




No Place Like Homeplace Beer Fest

SEPTEMBER 29th, 2018 5pm-9pm

NU WRAY INN
BURNSVILLE, NC



homeplace
beer co.

\$25

INFO & TICKETS AT
HOMEPLACEBEER.COM
AND THE TAPROOM
(828) 536-5147

BREWERIES





















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MUSIC

NICK GONNERING CHRISTY LYNN BAND MOMMA MOLASSES

FOOD

HOG HOLLOW PIZZA STACKHOUSE RAD DAWGZ YE OLDE COUNTRY STORE

Will be held in the courtyard of the Nu Wray Inn and South Main