

Yancey County Sheriff's arrest report released

The following persons were booked by the Yancey County Sheriff's Office from 7 - 18 through 7 - 25

7-18: Kyle Austin Crowder, Burnsville, 21. Two counts - conspiracy sell deliver schedule VI controlled substance.

7-18: Justin David Self, Burnsville, 21. Larceny of motor vehicle.

7-18: Donald Curtis Willis, Burnsville, 47. Cyber stalking.

7-19: Gabriel Brian Elkins, Burnsville, 42. Felony possession schedule II controlled substance, possession with intent to manufacture, sell and distribute schedule II controlled substance,

simple possession schedule IV controlled substance, possess drug paraphernalia, possess marijuana paraphernalia.

7-19: Michael Joyner, Jr., Mocksville, 43. Breaking and or entering, larceny after break/entering, two counts - possession of stolen goods, break or enter a motor vehicle, two counts - misdemeanor larceny, resisting public officer, driving while impaired, driving while license revoked, possession of open container/consumption of alcohol in passenger area.

7-19: Julie Marie Reinhardt, Mocksville, 37. Breaking and or entering, larceny after break/

entering, two counts - possession of stolen goods, break or entering a motor vehicle, misdemeanor larceny.

7-21: Christopher Shane Lewis, Burnsville, 30. IV-D non-support of child.

7-21: Charles Lewis Spencer, Cullowhee, 47. Driving while impaired.

7-23: Sarah Anne Price, Asheville, 27. Possession of methamphetamine, possess drug paraphernalia, resisting public officer.

7-24: Justin Daniel Biggs, Burnsville, 27. IV-D non-support of child.

7-24: Jarred Donald Whit-

son, Asheville, 33. Three counts - Felony possession schedule II controlled substance, 2 counts - possession with intent to manufacture, sell and distribute schedule II controlled substance, two counts- maintaining a vehicle, dwelling or place or sell of controlled substance, two counts- possession of drug paraphernalia.

Quilt Guild meets Aug. 3

Mountain Piecemakers Quilt Guild will hold 2018 Quilt Show on August 3rd and 4th at Town Center in Burnsville from 9:00 a.m. until 4:00 p.m. Admission is \$3.00.

REEMS CREEK NURSERY EST. 1979 INC.

Beautiful Plants & Unique Gifts

Mon-Sat: 10-6

76 Monticello Road Weaverville, NC
828-645-3937 www.reemscreek.com

Patient day at MCHP

Mountain Community Health Partnership cordially invites you to attend our Patient Appreciation Day. Friday, August 17th 9 a.m.-3 p.m.

Locations are: Bakersville Health Center 86 N. Mitchell Ave. Bakersville. Celo Health Center 116 Seven Mile Ridge Rd. Burnsville. Spruce Pine Health Center 36 Hospital Drive Spruce Pine NC. We will be having snacks and giveaways. The theme will be "Celebrating Our Health Care Heroes."

If you have questions please call 828-688-6621.



From left, Kathleen Wood Digin! Director, Teresa Mc Peters MOW Coordinator, Lynn Austin Senior Center Director, and Sylvia Archer volunteer. They helped make the first in several scheduled deliveries of fresh produce dropped off at the Yancey Senior Center for Meals On Wheels recipients this week possible.

Meals on Wheels Food Share delivers

The first in several scheduled deliveries of fresh produce was dropped off at the Yancey Senior Center for Meals On Wheels recipients this week. Corn, tomatoes, onions, and squash from Dig In community Gardens and TRACTOR were bagged by volunteers from Mountain Air.

"Our seniors are so excited to be receiving these fresh vegetables, they have been asking when to expect them," says Lynn Austin, Senior Center Director. "A crucial part of Dig In!'s mission is to share fruits and vegetables with anyone in our community who cannot easily obtain fresh food, Meals On Wheels is a perfect fit" added Kathleen Wood, Executive Director at DigIn!.



Volunteers from Mountain Air have fun packing produce for Meals On Wheels Food Share. Produce will be delivered to over 70 households by Meals On Wheels volunteers during the course of three weeks in July, August, and September. Meals On Wheels Food Share is a pilot program we hope will become a permanent addition to the many ways non-profit, for-profit, and governmental agencies serve our elderly population.

Tasting your way out of pain

By Margot Rossi

One blessing of summer is the bounty of fresh vegetables and fruits that taste so delicious. Did you know, though, they may also be particularly helpful if you're dealing with pain and inflammation?

Whenever I work with patients who struggle with these issues, I deliberately make time to discuss how certain foods, herbs, and spices have therapeutic benefits that can help ease their symptoms. The main skill I share is tasting foods and herbs.

Over the centuries, across cultures, humans have figured out what flavors are helpful to relieve pain. Consider how every few years an herb hits the mainstream after discovering it can be used to treat illness. Turmeric is a perfect example. Turmeric is an herbal medicine commonly used in Asian medicine to treat pain, particularly abdominal and shoulder pain. It is used in herbal formulas as well as in day-to-day cooking. Turmeric powder gives Indian curries their yellow-orange color. The flavor is spicy and bitter. My family also finds it's highly aromatic—it has a strong perfumed yet earthy scent. If you pay attention as you taste it, you'll also pick up a bitter flavor and a hint of sweetness.

Bitter, spicy and aromatic are the signature flavors of foods and herbs that help reduce pain. According to Asian medicines, these flavors enhance blood, energy and fluid circulation. Aromatic and spicy flavors can also ease inflammation.

The temperature of herbs also influences the type of pain they can treat. Cayenne pepper or ginger root tastes hot in your

mouth while peppermint tastes cool. Heating herbs/foods are helpful to relieve pain when that pain is worse when it's cold out or before we've "warmed up" our body through movement. If you have back pain that's worse as you first get up, but improves as you move around, heating foods and herbs may be ideal to include in your diet. However, if your painful area is obviously red and feels hot, cooling herbs may be more beneficial.

These are general guidelines. There is no single magic pain pill or herb that suits everyone. In fact, the wrong herb or even the right one for too long can cause health problems depending on medications you take or conditions you have. If you are using herbs, it's important to get the proper herb prescription, dosage, duration of use, and preparation guidelines. It's also good to have a trained eye monitoring your progress. To get the best guidance, look for a health care provider who has had extensive training in herbal medicine such as acupuncturists or naturopaths.

If you experiment with these basic guidelines for eating bitter, spicy and aromatic foods for a few weeks and don't see any result, don't be discouraged. Using food as medicine for chronic pain takes time. Think of it as building the foundation of good health one meal at a time. Be patient and don't be afraid to explore flavors.

Experiment with spices known to alleviate pain or inflammation such as turmeric, ginger, cumin, oregano, cayenne, and rosemary.

As you taste your food, identify the flavors. If you notice bitter or spicy, you are in the

right place to help your pain. Examples of bitter foods include lettuce, leafy greens, asparagus, broccoli, and turnips. Spicy foods include cabbage, radishes, watercress, onions, garlic, and kohlrabi. The more you taste, the more you can build your own list.

Since reducing inflammation and promoting circulation are key for reducing pain, I advise patients to steer clear of a lot of sweet-flavored foods, especially sugar and wheat flour, which contribute to inflammation.

If you notice your pain is worse when it's damp, it's best to avoid or eat fewer sweet, juicy fruits like watermelon and peaches, which have a high moisture content. I know it's difficult because nothing says summer like a juicy peach or slice of watermelon, but with so many other fresh options to choose from, like berries or cherries, your taste buds and body will thank you! You may also want to try papaya and pineapple, which are known to reduce inflammation.

The bottom line is that nature's medicines are available to all of us. Understanding the significance of various foods and flavors can help us begin to use food and herbs as medicine.

If you'd like to learn more about how you can address chronic pain and stress through natural, locally available, complementary and alternative medicines, join us for Home Remedies: Community Options Addressing Pain and Stress, Monday evenings from 5:30-6:30 in the community room at the hospital's Mauzy-Phillips Center.

And, Buon Appetito!

Express Yourself

at Dance & Karate Express

We will be performing on Saturday, Aug. 4th at 12:00 noon on the Burnsville Town Square during the Crafts Festival!

Call Cindy at 828-682-1493 Dance&KarateExpress.com



CELEBRATING OUR 59TH YEAR!

NC Mineral, Gem & Jewelry Festival

AUGUST 2-5 SPRUCE PINE

Mine Tours August 2 & 3 Reservations needed

Sponsors: Quartz, Unimin, Duke-Energy, US Cellular, Alpine Inn

CONTACT WWW.NCGEMFEST.COM 828.765.9033