

## Empty Bowls event August 18 in Spruce Pine

Mitchell County Shepherd's Staff will hold its "EMPTY BOWLS" dinner on Saturday evening, August 18th 5:00 p.m.-7:30 p.m., at First Baptist Church in Spruce Pine, 125 Tappan St. For a \$25.00 donation you will sample some of the best soups Mitchell County has to offer, in addition, bread, non-alcoholic beverages and desserts will be served.

Each guest will select a hand thrown "empty bowl" to keep as a reminder of all the empty bowls in Mitchell County

and all around the world. All money raised at this event will be donated to Shepherd's Staff to support its effort to

end hunger in Mitchell County. Please join us for an evening of good fellowship and help feed a neighbor.



## Holiday studio tour accepting applications

The deadline to apply for the Toe River Arts Holiday Studio Tour is Wednesday, August 29 at 5 p.m. The tour is held the first weekend in June and December and this tour's dates are November 30-December 2. Applications may be completed online and emailed,

downloaded and filled out and sent in, or brought in to either of the galleries (102 West Main Street in Burnsville or 269 Oak Avenue in Spruce Pine) before the deadline.

Artists must show in a studio in either Mitchell or Yancey county (their own or as a guest

in another participant's studio) and be a current member of Toe River Arts at the promotional level. For complete information, guidelines, and fees or to download an application, please visit [toeriverarts.org/for-artists/artist-ops-and-apps](http://toeriverarts.org/for-artists/artist-ops-and-apps) or call 828-682-7215.

## Two local teachers bring back lessons from United States Holocaust Memorial Museum

Two local teachers, were among hundreds from around the country bringing back lessons designed to engage and promote students' understanding of Holocaust history from a Holocaust education conference this summer at the United States Holocaust Memorial Museum. Dawn Silver and April Woody, teachers at East Yancey Middle School in Burnsville were among them.

They were some of the more than 200 participants from all over the country who attended the Museum's annual Arthur and Rochelle Belfer National Conference for Educators, a three-day workshop for teachers hosted by the Museum from July 23 to 25 and from July 26 to 28. The 2018 conference is a vital part of the Museum's ongoing effort to equip educators throughout the country with the knowledge and

skills to effectively bring Holocaust education into their classrooms.

"Educating students about the history of the Holocaust provides an opportunity for young people to think critically not only about the past but also about their roles in society today," says Gretchen Skidmore, director of education initiatives for the Museum's William Levine Family Institute for Holocaust Education. "As the global leader in Holocaust education, the U.S. Holocaust Memorial Museum works to ensure teachers have the training and resources they need to introduce their students to this important and complex history — and show them how its lessons remain relevant to all citizens today."

Every year, the Museum trains hundreds of teachers through training pro-

grams held in Washington and around the country. The institution provides these teachers with advanced tools and teaching materials for students of history, English, social studies, language arts, library science, journalism and more.

At the Belfer conference, the participants teamed up with Museum educators and scholars in sharing rationales, strategies and approaches for teaching about the Holocaust.

They also explored the Museum's latest exhibition, Americans and the Holocaust, which examines American society in the 1930s and '40s and the factors that shaped Americans' responses to Nazism. Program participants also heard from Margit Meissner and Susan Warsinger, two Holocaust survivors who volunteer at the Museum.

## Home remedies for pain series at BRRH

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.

## Chart Your Course to Retirement workshop

For folks worried about not having enough money to live on in retirement, The Abbey at St. Thomas Episcopal Church is sponsoring a workshop to help you plan and cope.

The workshop is led by Phillip Smelser, a certified retirement planner with 10 years' experience putting on thoughtful — but fun — Chart Your Course to Retirement workshops. The session aims to not only help folks plan for retirement but to manage after those work clothes have been hung up for good.

During the workshop, from 10-11, August 11, Smelser will present topics such as planning for and dealing with Social Security, Medicare, and insurance needs.

No specific individual advice will be given nor will financial products be offered. The workshop is purely educational.

Cost of the workshop is \$15 with all proceeds designated to help the Abbey partner with oth-



Phillip Smelser

ers to enhance the community. The Abbey outreach initiative provided nearly \$20,000 in support of learning, community development and services last year.

St. Thomas is located at 372 Reservoir Road, Burnsville, up the hill behind CVS. Checks for the workshop should be made out to The Abbey of Saint Thomas and mailed to PO box 591, Burnsville, NC, 28714. For more information, email [theabbey@stthomasonline.org](mailto:theabbey@stthomasonline.org) or call 828 682-0037.

## Prayer walk scheduled August 18

Please join us for Yancey County's fifth annual Public School Prayer walk. This event will take place on Saturday, August 18 at 9:00 a.m. Parents, teachers, students, and community members are all encouraged to attend. We will be starting the Prayer Walk at the Board Office as we pray for the leaders of our school at 8:00. The individual

school walks will immediately follow (around 9:00). There will be a Prayer Captain at each Yancey County School to lead the prayer walk. This will be a time for our communities to join together and pray for our schools. This event is being sponsored by Moms in Prayer. For more information please contact Jessica at 284-2359.



The Blue Ridge Partnership for Children is pleased to invite each and every one of you to the beautiful Linville Falls Winery on Monday, September 17th for the 2018 Taste of the Blue Ridge.

## Taste of the Blue Ridge set for September 17

The Blue Ridge Partnership for Children is pleased to invite each and every one of you to the beautiful Linville Falls Winery on Monday, September 17th for the 2018 Taste of the Blue Ridge!

With our Avery County location surrounded by lush vineyards, this year's theme is An Evening in Tuscany. It's a great party with a savory Italian-themed meal catered by Reid's Café out of Banner Elk, plus lots of fun and games, with both live and silent benefit auctions. This year's proceeds will support local children's programming for

Imagination Library, Play and Learn groups, and Community Outreach activities.

Seating this year is limited, so you'll want to reserve your tickets online, before we're sold out!! If you need support ordering your tickets online, call Ruthie at 828-733-2899 or email [cdm@brpartnershipforchildren.com](mailto:cdm@brpartnershipforchildren.com) and we'll assist.

Tickets are \$50 each, or you can sponsor a table for \$300, which reserves a table for your group of 4, and is perfect for businesses and groups that want to sit together at the event, and have their organization recog-

nized for supporting services for young children and families.

We look forward to everyone coming out to the lovely Linville Falls Winery on Monday, September 17, and joining us for an awesome night out with a delicious meal, wine and beer tastings, and a festive night of fundraising games and auctions.

Bring your credit card or check book, and don't forget — all the money raised here, stays here, to support families and young children in our community!

## Micaville Music presents Hot Duck Soup

Micaville Music presents Hot Duck Soup, Thursday, August 9, 2018, from 7:00 to 9:00 in the OAK Art Gallery. Cost for the concert is \$5.00.

Hot Duck Soup is a novelty Jazz band, with the emphasis on "novelty" of the 1920's, 30's and 40's. The band members are Rob Levin on guitar, Claudia Du-

naway on uke and cornet, Joy Boothe on cacophonium and vocals, John D. Richards on banjo, slide whistle, and vocals, Tim Clark on washtub bass and saw.

The Micaville Music Concert Series is proud to be a part of the Blue Ridge Music Trails of North Carolina.

Micaville is located 4 miles east of Burnsville, 14

miles north of BRP milepost 344 at the intersection of Hwy 80 S and Micaville Loop on the Mt Mitchell Scenic Byway. Parking is available in front of the church, and in the old Taylor Togs parking lot.

For more information, please call 828-675-0690 or email [oakartgallery@gmail.com](mailto:oakartgallery@gmail.com).



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## Knights bingo games for August

The Burnsville Council Knights of Columbus announce their bingo games scheduled for August. Join them on August 20 for the first of ten games at 1:00 p.m. There will be four extra optional games. First-time bingo players will receive a FREE three-game card valued at \$8.00.

The overall game will be in honor of Gail Deyton with a twenty-five dollar increase over the standard payout. Doors open at noon for registration, \$20.00 for ten games. Light sandwiches, dessert, and refreshments will be served.

Bingo is held in the Sacred Heart Church Social Hall

located at 20 Summit Street in Burnsville and is held on the first and third Mondays of the month.

All proceeds are contributed to local charities in our Tri-County area.

Please contact Bob Holstein at 828-682-7477 for any information.

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