

Micaville Music presents Malcolm Holcombe



Malcolm Holcombe

Micaville Music presents Malcolm Holcombe, Thursday, May 3, 2018, from 6:30 to 9:00 p.m. in the OOAK Art Gallery in Micaville. Cost for this special concert is \$15.00, and tickets are available online through Brown Paper Tickets (brownpapertickets.com).

Malcolm Holcombe is an acclaimed singer-songwriter in the insurgent country/folk vein. Born and raised in the Blue Ridge mountains of North Carolina, Malcolm is being

recognized by the contemporary U.S. and European folk/American community as a performer of national stature, and an uncommonly unique guitarist/vocalist about whom Rolling Stone Magazine says: "Haunted country, acoustic blues and rugged folk all meet [here]."

David Wiseman will be performing a short opening set at 6:30. David is a singer-songwriter from Burnsville, creating "Blues, Folk, and Ballads; Truths and Lies." David's songs are topical and timeless, songs that will touch a nerve, sound an alarm, start a revolution, and make you laugh or cry.

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 ooaqaallery@gmail.com.



Madame Arcati (Sarah Cooper) accidentally summons the ex wife of Charles (Amanda Klinikowski), who is now haunting his new bride (Myra McCoury).

Blithe Spirit opens 2018 Playhouse season

The hilariously haunting comedy, Blithe Spirit, is set to open at Parkway Playhouse on May 5. Directed by Jenny Martin, Parkway Playhouse's production features Sarah Cooper, Daniel Moore, Myra McCoury, Amanda Klinikowski, Jered Shults, Rachel Haimowitz and Alyssa Taylor.

Performances are on Fridays and Saturdays at 7:30 p.m. and Sundays at 3 p.m. through May 19.

Skeptical novelist Charles Condomine invites self-proclaimed medium Madame Arcati to his home for a séance, hoping to gather material for a new book. When the hapless psychic accidentally summons the spirit of Condomine's late

wife, Elvira, his home and life are quickly turned into shambles as his wife's ghost torments both himself and his new bride, Ruth.

Following the performance on opening night, May 5, a complimentary Opening Night Reception for the cast and audience will be held. And on Sundays, May 6 and 13, the cast will sit for post-show discussions. Audience members can ask questions about everything from costumes to scenic design, acting and their individual roles in the production.

Tickets range from \$11 for children to \$22 for adults. All performances are at the historic Parkway Playhouse theatre, located at 202 Green Mountain

Drive in Burnsville, NC. Tickets can be purchased by visiting the Parkway Playhouse Box Office (open 1-5 p.m. Thursdays through Saturdays), calling 828-682-4285, or by visiting www.parkwayplayhouse.com.

Parkway Playhouse's production of Blithe Spirit is sponsored by ProPat LLC and the 2018 Mainstage Season is sponsored by WKYK/WTOE and Switzerland Inn and Chalet Restaurant.

For more information about Parkway Playhouse, including performances, classes, and volunteer opportunities, please call 828-682-4285 or visit the Parkway Playhouse website at www.parkwayplayhouse.com.

Area Non-Profits team up to offer free innovative pain and stress management program in Spruce Pine

The statistic is chilling. More people died from drug overdoses in 2016 than died from battle injuries during the entire Vietnam War. According to the Centers for Disease Control and Prevention, three-fourths of those deaths were caused by opioids. Deaths from opioid overdose continue rising nationwide with North Carolina among those states hard hit by the epidemic. A 2016 Robert Wood Johnson

Foundation study found the counties with the highest rates of drug overdose deaths are all in western or southeastern North Carolina.

Putting an end to such statistics locally is the goal of Home Remedies: Community Options for Addressing Pain and Stress, an ongoing, free weekly program being offered at Mission Health's Mauzy-Phillips Center in Spruce Pine beginning Monday, May 7. The hour-long program starts at 5:30 p.m. in the community room.

Several complementary care providers will be on hand for a panel discussion at the May 7 kickoff to showcase different approaches to pain and stress management. Both general medicine practitioners and the community at large are welcome. The panel includes Jade Pierce, M.Ac (acupuncture), Jennie Boyd Bull (Tai Chi/Qi Gong), Rachel Swinney, LMBT (massage), Margot Rossi, M.Ac. (Eastern Medicine), and Dr. Miguel Cruz (chiropractic). Each will discuss the potential health and wellness benefits of the work they do as well as address questions and concerns.

"We're looking at these options to keep people from using opioid prescriptions in the first place or at least minimize their use," says Basil Savitsky, prevention coordinator for Mitchell and Yancey Counties for RHA Health Services. "I like to say this program isn't about putting out fires anymore; it's about changing the fire code."

That new fire code includes an introduction to mindfulness. "There's rigorous research behind the practice of mindfulness in reducing pain and stress. In addition to recent groundbreaking science, there's also research dating back 30 years," says Program Director Margot Rossi, M. Ac, who is both an area acupuncturist, Eastern Medicine practitioner and certified mindfulness educator.

Rossi encourages area residents interested in learning more about mindfulness to mark their calendars for the May 14 session. "The hour-long program will be entirely devoted to mindfulness," she says. "I'll be discussing the benefits of mindfulness, how it affects both the brain and body, and introduce some easy-to-do practices that participants can do at home."

Rossi says each weekly program will devote 15 minutes to mindfulness practices before the evening's topic is presented.

"It is a practice," she says. "The more you incorporate it into your daily life, the greater the results. My hope is that people will use what they learn in our classes to create a practice of their own. Even if it's only for a minute, I encourage people to practice mindfulness daily. I've seen the benefits in my own life. I grew up cultivating a reactive personality and experiencing anxiety. Mindfulness practices have helped me pause and reflect before responding in stressful situations. I feel much more positive and able to calm myself. The benefits keep on surprising me!"

Future classes will include a community acupuncture session and hands-on introductions to massage, Tai Chi, Qi Gong and the Feldenkrais Method. "This is the beginning," Rossi notes. "We've just received the funds and are still developing the program. The gist of what we're doing is giving people the tools they need to take charge of their 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. 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.

More information about upcoming programs will soon be available on the PATH website (www.path.org). "What excites me most about this program is that we have skilled practitioners in our community offering services that are proven to be effective in preventing and treating chronic pain," says PATH Executive Director Schell McCall. "So often, the quickest and simplest solution is looking to a pill for help in alleviating our pain. We now know all-too-well some of the tragic consequences of opioids, and the toll they are taking on our community."

"We want to offer hope that there are good alternatives for pain relief that are locally available. Best of all, the program is offered at no-cost for anyone who is interested in exploring these resources."

PARKWAY PLAYHOUSE
202 Green Mountain Drive in Burnsville, North Carolina
OPENING THIS WEEKEND:

Blithe Spirit
a comedy by Noel Coward

Saturday, May 5 at 7:30pm plus an Opening Night Party
Sunday, May 6 at 3pm followed by an actor Q&A session

FOR TICKETS
visit parkwayplayhouse.com
or call (828) 682-4285

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Sincere Appreciation Goes To:
Principal Mark Woody, Adam Wheeler, Lesa Lingerfelt, Katherine Gritman, Stephanie McClellan and Lynn Walker and MHS FCCLA students, Zack McCarthy and MHS Occupational Studies students, Dawn Lowe, Linda Pitman and MHS CNA students, Melisa Cadell and MHS Art students, all the student volunteers from Mitchell High School, Avery High School Key Club, Hayes Screen Printing, Fun Time Inflatables, Wellspring Farm, M-Y Local Interagency Coordinating Council, Mt. Calvary Freewill Baptist Church, Avery, Mitchell, Yancey County Transportation, Danny Biddix and the youth with Project Challenge, Phil and Annette Tate, Jordan Myers, Smokey the Bear, Robbie Morgan with Mountaineer Shriners, Toe River Health District, Ledger Fire Department, Mission Hospital Tooth Bus, Buster the Bus, and Dr. Jennifer Smith and her team with Project Seeing to Learn

To the booth sponsors- Your activities were GREAT! Hope you had as much fun as the kids!!