

Bee Log Elementary students create mural

Students from Bee Log Elementary remember their school with a mural. Bee Log students made a paper sky with colored sun rays beaming memories of field days, talent shows, puppet shows, quilt making with Wendy Calkins, yoga with Cheri Lee, passport photos with Preeti Happer, science museum and the trip to Washington DC, the Wilmington trip, to Pigeon Forge Aquarium and the Great Smokies National Park.

The school below was made by printmaking stones with student-stamped letters, doors, and windows.

Artist Cassie Floan photographed the students on the

playground, then drew in the background before creating the packing tape photo transfers. "I wanted the student to process their thoughts and feelings about their school closing. By looking back and sifting through their memories they learned about the brain and how we store memories, the importance of building them, and how we can put those memories into a visual representation making them last."

The mural will be up at Bee Log Elementary School until June 8. Plans are being made to find it a permanent location where everyone can share the remembrances.



Free Feldenkrais method introduction to ease pain and stress

Bernie Marcus knew the reason his back hurt all the time. His co-founder of Home Depot spent a good portion of his days walking or standing on the concrete floors of his stores. He was skeptical when a friend suggested he try the Feldenkrais Method, but became an ardent supporter after regular practice rid him of the pain he experienced. Various studies over the years have reported significant positive effects of The Feldenkrais Method in a variety of populations. Residents can learn more about The Feldenkrais Method at the Mauzy-Phillips Center in Spruce Pine on Monday, June 4 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 complementary or alternative medicine options for preventing and treating pain.

tioner Astra Coyle, who offers both group classes and one-on-one sessions at the Celo Health Center and Celo Community Center, will explain the gentle series of movement exercises that help individuals move with greater awareness, greater ease and less pain. She will offer a seated lesson to help participants increase the support of the spine for better posture while creating less work for the back and abdominal muscles.

Coyle is quick to note the Feldenkrais Method, named for its creator Moshe Feldenkrais, is not a therapy, but a form of re-training the body. "Through mindful attention, Feldenkrais teaches us to feel and recognize movement patterns that allow us to reorganize those movements from the inside out," Coyle says. By working with attention and sensation, we use our muscles and skeleton naturally to reduce pain and stress and increase efficient, stable movement."

"What I love is watching people transform as they realize what it is they've been doing that causes them trouble or pain and feel in control of creating positive change in their lives," she adds. "They learn to become aware of how their patterns of thinking, feeling and moving are related. They experience that as you change movement patterns you begin to change your mind, and how you feel and experience your life. Best of all, they move more easily, with less effort and less pain. My goal for our exercise is that participants feel relaxed and different in their bodies without having done anything painful or stressful." Program Director Margot Rossi, M. Ac, an area acupuncturist, Eastern Medicine practitioner and certified mindfulness educator, will boost participants' sense of ease with a 15-minute mindfulness exercise they can also practice at home. "Like all mindfulness-based

options we are offering through Home Remedies, Feldenkrais requires practice to gain the greatest benefit," she says.

"As people realize the outcome is an improved quality of life, whether through mindfulness, Feldenkrais or any of the complementary therapies we're introducing, they'll want to practice on their own."

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.

"Deep Grief, Deep Hope, Deep Time" workshop June 2

"Deep Grief, Deep Hope, Deep Time": a workshop with Robert McGahey, Ph.D., member Joanna Macy Trainer Network. Celo Health Center, Saturday June 2, (9:00 a.m. - 8:30 p.m.). This intimate workshop (8-18 participants) is inspired by the work of Joanna Macy, Buddhist teacher, eco-activist, and writer.

through Joanna's cycle of gratitude, grief and fresh reframing, we will work with Deep Time future, both in terms of evolutionary

possibilities on Earth and contemplating the Regenerative Universe, the emergent cosmology replacing the Big Bang (slideshow with

guest Rob Messick). Cost \$75/60/45 (sliding scale); dinner provided (byo lunch). Register directly with Robert McGahey: rmcgahey@main.nc.us (675-5535).

Acknowledging the enormity of climate disruption, we open ourselves to grief, which allows hope to enter, opening us to new responses within the biosphere, for which we are nerve centers.

second bingo session of the month will be held on Monday, June 18.

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.

Sheriff's arrest report released

- The following persons were booked by the Yancey County Sheriff's Office from 5-17 through 5-22.
- 5-17: Amanda Maria King, Burnsville, 29. Fict/CNCL/REV reg card/tag.
 - 5-19: Alexis Maria Ebaden, Asheville, 25. Resisting public officer.
 - 5-19: Austin David Hoilman, Burnsville, 25. Driving while impaired.
 - 5-21: Brandon Craig Buchanan, Burnsville, 30. Probation violation, resisting public officer.
 - 5-22: Jeffery David Biggs, Burnsville, 27. 2 counts - obtain property false pretense.
 - 5-22: Michael Louis Duckwall, Burnsville, 67. Assault on a female, communicating threats.
 - 5-22: Joshua Thomas Honeycutt, Burnsville, 36. Attempt obtain prop false pretense, obtain property false pretense.

Bingo schedule for June

The Burnsville Council Knights of Columbus announce their bingo game scheduled for June. Join us on June 4 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. Doors open at noon for registration, \$20.00 for ten games. Light sandwiches, dessert, and refreshments will be served. Our

TVSA announces competitive assessments for 2018-2019

Toe Valley Soccer Association will hold assessments for its competitive soccer teams for the 2018-19 season on Monday, June 4 from 6-7 p.m. at Cane River Park. Teams will travel regionally as far as Charlotte, but will also host games in Burnsville.

2007 are invited to try out. The teams will be competing in boys leagues, but girls are welcome to try out. The number of teams formed and invitations to play will depend on the number and ages of the participants that try out. Please email Chad Smoker at cesmoker@gmail.com with any questions.

Check out Mount Mitchell Street Rods cruise in at Roses

You are invited to join the Mount Mitchell Street Rods Cruise in held every first and third Friday from 5-9 p.m. in the Roses Parking lot in Burnsville. Come see all the local classic cars, trucks and motorcycles and

enjoy the family atmosphere and camaraderie. The events are free and everyone is invited. For more information contact Gordon Higgins at 682-2960 or Bill Anglin at 682-6266 for more information.

Utilize these resources for summer reading

The Yancey County Literacy Council recommends the following website to help students, parents and all interested in improving reading skills this summer.

reading. <https://www.kaplanco.com/ii/summer-reading>.

If it's just reading aloud or together it's very important to keep reading alive and well during the summer months.

The Literacy Council hopes that by sharing the above information that families will continue to read together as a family during the summer months.

If you would like more information about literacy, look us up on our Facebook page: Yancey County Literacy Council.

Spaghetti dinner for preschool a success

Saturday, May 5th, The Garden Deli hosted a very successful spaghetti dinner to benefit Church Street Preschool located in Burnsville.

make this event possible are as follows: Richard and Dee Baker, Cooper's Trading, Crowder Banks & Associates, Something Special & Monkey Business, Hockaday & Hockaday PA, Pigs and Grits, Dr. J. Alan Ray, Serendipity Custom Frames, Southern Drifters Outfitters, Summit Building Supply, Staunton Norris PA, Styles Auto Parts, Yancey Auto Sales, Ye Olde Country Store, Young & McQueen, Sam's Club, Bubba's Good Eats, Sherry Banks, Texas

Roadhouse, Western Sizzlin in Spruce Pine, Vince Constantino & Fairview Food Lion. A very special thank you to Greg and Hiroko Yuziuk for once again hosting this fundraiser at the great Garden Deli.

Church Street Preschool would like to thank many people who worked so hard to make this event successful; including parents, the board of the preschool, First Presbyterian Church, and especially the community for coming out to support us.

All proceeds from the fundraiser will go directly to Church Street Preschool.

Special donors who helped

To register your child or find out more please call 828-682-4979 or visit www.churchstreetpreschool.com.

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 Cabinets • Countertops • Hardware
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 Monday - Friday 8-4:30 / Saturday by appointment
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PARKWAY PLAYHOUSE
 202 Green Mountain Drive in Burnsville, North Carolina
OPENING THIS WEEKEND:
Boeing Boeing
 one man with three flight attendant fiancées
 all with layovers in the same city
Saturday, June 2 at 7:30pm plus an Opening Night Party
Sunday, June 3 at 3pm followed by an actor Q&A session
FOR TICKETS visit parkwayplayhouse.com or call (828) 682-4285

Pensacola's Loving Arms
Community Yard Sale, Bake Sale & Silent Auction
 at the Pensacola Fire Department
Saturday, June 2
8 am - 12 noon
 Donated Items & Baked Goods Drop-off Time **3 - 5 pm, June 1** at the Pensacola Fire Department

The Greenhouse at Indian Creek is bursting with Flower Power!
 Come see it before the color explodes!
Our Annuals and Hanging Baskets are fabulous this year!
 Don't forget to check out our Perennials, Bedding Plants and Garden Plants!
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Call 682-2199

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