

YHA has new exhibit of Big Tom Wilson

Yancey History Association will open an exhibit on "Big Tom Wilson" on May 1 - Jul 21, 2018. This will be in the Bailey Museum at 3 Academy Street, Burnsville, N.C. Hours are 10-4 on Wed. - Friday and 10-2 on Saturdays.

The following history article was written by Virginia Boone granddaughter of Big Tom.

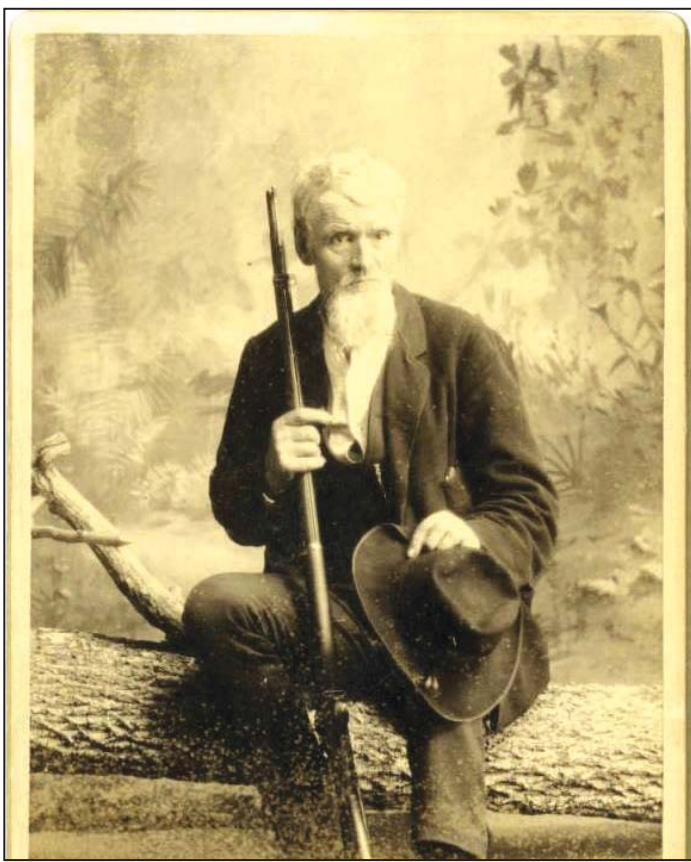
The Big Tom Wilson Motor Road, from Pensacola to Mt. Mitchell, was opened in 1926. It was built by Ewart Wilson and operated about forty years. This was the first road ...to Mt. Mitchell from the Yancey County side.

It was about twelve miles from Pensacola to the top of Mt. Mitchell. The road was narrow and operated as a one-way road.

Cars went up in the morning hours from eight a.m. to one p.m., then came down from three to six p.m.

Ewart Wilson also operated a cafe and had log cabins for those who wished to spend the night.

The road was named for Big Tom Wilson, the grandfather of Ewart. Big Tom was known as the "Black Mountain Guide." He helped support his wife and ten children by conducting visits to Mitchell's Peak. He was the man who led the search and found the body of Dr. Elisha Mitchell, who lost



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his life, June 1857, trying to find his way through the mountains down to the home of Big Tom, and for whom Mt. Mitchell was named.

Big Tom died in 1909, so of course, he never made a trip to Mt. Mitchell over the toll road. But he did get to ride in an automobile on Wednesday, October

2, 1907. George Cathy and John Jordan came to Big Toms for a deer hunt and took George's big red Thomas touring car from Asheville to Big Tom's and he had a ride in it with his astonished wife Niagara. She said, "Well I more expected to see an elephant up here than one of them things."

Free Mindfulness as Medicine program May 14

Decades of studies are clear. Mindfulness-based programs can and do relieve pain and stress. Area residents can learn more about mindfulness and how it works at the Mauzy-Phillips Center in Spruce Pine on Monday, May 14 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 reduce opioid use.

"The more I read and teach, the more excited I become," says Program Director Margot Rossi, M. Ac, who is both an area acupuncturist, Eastern Medicine practitioner and certified mindfulness educator. "It's remarkable how these practices can shift one's attention and relieve some of the suffering participants have due to pain and stress."

There are thirty years of rigorous research and studies proving the benefits of mindfulness practices for pain and stress relief. In one study that was funded by the complementary care arm of the National Institutes of Health, 342 participants aged 20 - 70 used a mindfulness-based stress reduction program for a year to address low back pain. They had greater improvement in function and pain reduction compared to the group that received standard care. In 2013 Massachusetts General Hospital studied individuals who had been diagnosed with anxiety disorder. Those who participated in a mindfulness-based stress reduction program saw

significantly greater results. There are numerous studies, each with the same conclusion: Mindfulness works."

Rossi will be sharing the proven benefits as well as the reasons people will want to practice these mental exercises daily, in addition to how mindfulness affects the brain and its response to pain and stress. On Monday nights throughout the program, which is expected to run through the year, participants will learn and experience specific, simple attention practices they can do at home every day. "Mindfulness is not just for people in pain. Other proven benefits include improved concentration, focus, and working memory, feeling happier and more compassionate, and being more resourceful and thoughtful rather than reactive. We can all benefit."

Patients, as well as individuals who have participated in Rossi's mindfulness programs, have reported they feel more relaxed and more at ease with whatever they're experiencing. "They tell me they relate to their pain differently," she says.

"I was about to skip the last mindfulness movement class Margot is currently offering at the Yancey Library," says area resident Sue Wasserman who has dealt with back pain for more than 30 years.

"I had just finished working in the garden and was dirty, tired and achy. I can't tell you how surprised I was to leave the class feeling rejuvenated and balanced from both the gentle movement sequences and

breathing exercises. My mind tends to wander, whether to something I'm working on, or a pain I've noticed as we're doing the body scan. The more I practice, though, the more I can let those thoughts go and go back to focusing on my breathing, which is key. I've also noticed I can calm myself more quickly when I'm stressed. I encourage people to try it."

While the program is free, Rossi says participants need to sign up in advance for the May 28 community acupuncture session with Jade Pierce, L.Ac. "We want to be sure we have enough supplies," she notes. "People who want to experience acupuncture in addition to benefiting from the class's mindfulness practices and self-acupressure exercises can reserve their space by calling me at 828-536-9030. Space is limited for those who want to experience acupuncture in addition to the class. I believe it will be a powerful session."

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.

CMC screens "Bringing Up Baby" May 14

The Classic Movie Club has selected the 1938 screwball comedy "Bringing Up Baby" for their May showing. This William Wilder directed masterpiece stars Cary Grant and Katharine Hepburn in the lead roles with a wonderful supporting cast that includes Charlie Ruggles, Barry Fitzgerald, and May Robson. "Bringing Up Baby" is the story of a madcap heiress, with a pet leopard named "Baby", who meets an absent-minded Paleontologist and unwittingly makes a fiasco of both their lives. The enduring fascination of this eighty-year-old film is that it is the finest example of "Screwball Comedy".

The laughter is timeless and the inspired duo of Cary Grant and Katharine Hepburn is a delight to watch. Also on the bill will be chapter five of the 1939 classic serial "Daredevils Of The Red Circle". Once again they will be presented on the big screen as they were intended to be shown. Showtime is Monday, May 14th 7:00 p.m. at the Yancey Theatre. There are no ticket sales for these events but your donations are greatly appreciated and needed to keep our movie club going.

To be added to the club's email list and be informed of future events email your address to neldabobwilson@gmail.com

For more information call 682-2609.

MCC Foundation Murder Mystery Evening May 24

Unleash your inner sleuth as you sip wine, enjoy refreshments and determine how to solve the mystery during Mayland Community College Foundation's Murder Mystery Evening on May 24 beginning at 7 p.m. at the Linville Falls Winery. The performance will be by the Mountain Heritage High School Drama Depart-

ment and refreshments will be provided by the Avery High School Culinary Program.

Tickets are \$60 per person and now available. Seating is limited, so purchase tickets early. Proceeds support MCC student scholarships.

For more info visit www.mayland.edu/foundation or call 828.766.1233.

Sheriff's arrest report

The following persons were booked by the Yancey County Sheriff's Office from 4 - 25 through 5 - 1.

4-25: Leigha Michelle Williams, Bakersville, 37. Failure to appear on misdemeanor.

4-26: Kimberly Dawn Lail, Old Fort, 21. Misdemeanor larceny, shoplifting concealment goods, possession of stolen goods.

4-26: Patrick Sterling Schell, Burnsville, 25. Non-support.

4-26: Steven Michael Sisk, Jr. Old Fort, 34. DWLR- Driving while license revoked, misdemeanor larceny, shoplifting concealment goods, possession of stolen goods.

4-27: Mickey Steven Edwards, Burnsville, 43. Misdemeanor possess schedule VI controlled substance, possess marijuana paraphernalia.

4-27: Sarah Lauren James, Burnsville, 29. Shoplifting concealment goods.

4-28: Halle Michelle Randolph, Burnsville, 22. Driving while impaired.

4-28: Robert William Shook, Marion, 35. Possess stolen automobile.

4-29: Mckenzie Blake Ray, Burnsville, 29. Probation violation.

5-1: Jessica Brooke Blankenship, Burnsville, 25. Obtain property false pretense, Financial card fraud.

Mission lifts visitor limitation

The latest influenza-like illness (ILI) report from the state health department shows a decrease in flu-like illnesses in our region. As a result, Mission Health is lifting the visitor limitation policy.

This limitation is lifted at Mission Hospital and Mission Health member hospitals and affiliates in the western North Carolina region. This includes CarePartners in Asheville, Mission Hospital McDowell in Marion, Transylvania Regional Hospital in Brevard, Blue Ridge Regional Hospital in Spruce Pine, Angel Medical Center in Franklin and Highlands-Cashiers Hospital in Highlands.

Despite lifting of visitor limitations, we urge community members who become ill with symptoms of the flu to contact their primary care provider, seek care at a walk-in clinic like Mission My Care Now, conduct an online visit with a doctor or visit a nearby urgent care facility. It's important to avoid the emergency department unless there are signs and symptoms of severe illness, as it can expose the patient to other illnesses and expose others to illness as well.

You can help prevent the spread of influenza by practicing frequent hand hygiene, staying home if you are sick.

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