

## Free home remedies program welcomes new participants on Mondays

While studies clearly show mindfulness-based programs relieve pain and stress, it's even more convincing when friends and neighbors agree it works for them. Just ask area residents who've attended Home Remedies: Community Options for Addressing Pain and Stress about their experiences. They wholeheartedly encourage newcomers to attend the free hour-long program held each Monday from 5:30 - 6:30 p.m. at the Mauzy-Phillips Center in Spruce Pine.

To help newcomers experience the benefits for themselves, Home Remedies Program Director Margot Rossi will devote the

entire January 28 class to the science behind mindfulness and several breathing practices. Rossi is an area acupuncturist, Eastern Medicine practitioner and certified mindfulness educator.

"It's been so exciting to watch participants learn to check in with themselves and discover how to change their response to pain or stress," Rossi notes. "According to a recent program survey, 80% of participants believe their mobility and ability to engage in daily activities has improved. 90% of participants responded the program has enhanced their quality of life."

Rossi says participants also have a stronger understanding of

complementary and alternative therapies to help reduce pain or stress.

Throughout January, the program will continue having guest speakers address a variety of topics such as how to reduce pain-related inflammation through diet, self-massage to improve circulation and relieve arthritic pain.

Home Remedies: Community Options Addressing Pain and Stress is a collaborative effort of Partners Aligned Toward Health (PATH), RHA Health Services, and Blue Ridge Regional Hospital. The program's overarching goal has been to reduce opioid use for pain relief. "Home Rem-

edies provides information and support for patients and providers to work together on bridging a gap that's existed in pain management," Rossi says. Physicians at chronic pain rehabilitation centers across the country emphasize we need to consider how to treat pain via different modalities than pain medicines alone. These proven options include mindfulness practices and alternative medicines such as acupuncture, movement therapy and massage.

"It's rare that a community has an educational opportunity to access this information at no cost directly from licensed or certified professionals who practice locally," Rossi adds. "Many doctors are not aware of the benefits of alternative medicines for pain management or haven't developed a network of trusted alternative medicine providers to share with patients. Home Remedies supports providers and patients alike as they seek alternatives to address pain and improve quality of life."

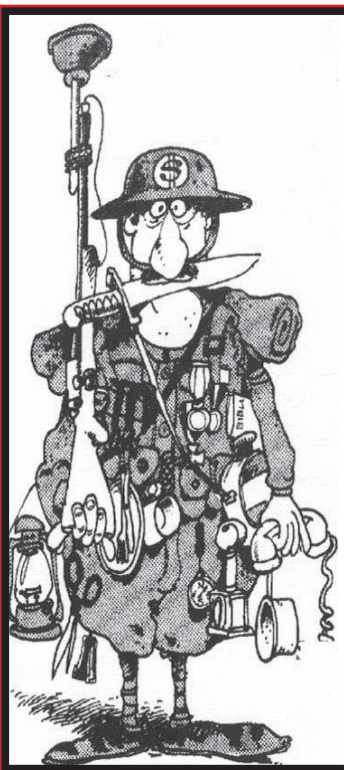
"Pain and stress can be at the root of substance misuse, as people may turn to opioids or other substances in their attempt to find relief," says Jeff Spargo, Mitchell Yancey Substance Abuse Task Force Coordinator. "This is why the Home Remedies program is such an important part of the strategy to reduce substance use. This program provides safe and more effective options for managing both pain and stress."

For more about the program, visit [path-homeremedies.org](http://path-homeremedies.org) or contact PATH staff at 682-7899 or [info@pathwnc.org](mailto:info@pathwnc.org).



### Whitson's 70th Anniversary

Sherwood and Willa Mae Thomas Whitson of Burnsville, celebrated their 70th wedding anniversary on January 22, 2019. They have 3 children, Mike Whitson (Becky), Randy Whitson (Teresa) and Cindy Whitson Cook (Jimmy). Sherwood and Willa Mae have 5 grandchildren and 6 great-grandchildren.



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starting Jan. 28th\*\*

## ETSU to host adult student information session on Jan. 24

Adults who would like to know more about starting or returning to college are invited to attend an Adult Student Information Session at East Tennessee State University on Thursday, Jan. 24, from 5-7 p.m. in the Alumni House at 908 W. Maple Street on the ETSU campus.

This drop-in session, sponsored by the ETSU Center for Adult, Commuter and Transfer Services (ACTS), will give participants an opportunity to learn about the college admissions process, financial aid, scholarships, degree programs and student involvement and engagement. Refreshments will be provided.

"Getting my degree allowed me to complete something that I started 35 years ago," said ETSU alumna and campus IRB (Institutional Review Board) coordinator Linda Zerby. "I

take pride in being able to call myself a college graduate, and I now have the confidence to go for my master's degree. It's never too late."

"Adults return to school to pursue better job options while taking pride in earning their degree. Completing a degree and making use of credits earned in the past is an accomplishment that many adults seek to achieve," added Dr. Carla Warner, director of Adult, Commuter and Transfer Services. "The ACTS Office assists prospective students on the journey to return to school to make a better life for themselves."

For more information, contact the ACTS office at 423-439-5641 or [acts@etsu.edu](mailto:acts@etsu.edu).

For disability accommodations, call the ETSU Office of Disability Services at 423-439-8346.

## School Lunch Menu

### Elementary School

Wednesday, Jan. 23 - Macaroni & cheese, ham biscuit, meatball sub, sunbutter sandwich, corn, sweet potato fries, fruit cocktail and milk.

Thursday, Jan. 24 - Scrambled eggs, sausage patty, baked ham, biscuit, gravy, ham, turkey & cheese sandwich, steamed broccoli, potato rounds, spiced baked apples and milk.

Friday, Jan. 25 - Turkey pie, hamburger steak w/gravy, biscuit, sunbutter sandwich, mashed potatoes, green peas, pears and milk.

Monday, Jan. 28 - Hamburger, cheeseburger, chicken enchilada bake, baked fries, refried beans, strawberries and milk.

Tuesday, Jan. 29 - Pepperoni pizza, cheese pizza, chicken nuggets, wheat roll, potato rounds, green beans, peaches and milk.

Wednesday, Jan. 30 - Grilled chicken sandwich, cheesy beef & mac, wheat roll, sweet potato fries, steamed broccoli, cole slaw, pears and milk.

Thursday, Jan. 31 - Cheese stuffed breadsticks, toasted cheese sandwich, Sunbutter sandwich, vegetable beef soup, corn, apple crisp and milk.

### High School

Wednesday, Jan. 23 - Macaroni & cheese, ham biscuit, meatball sub, mega chicken sandwich, corn, sweet potato fries, bbq beans, applesauce, fruit cocktail and milk.

Thursday, Jan. 24 - Scrambled eggs, sausage patty, baked ham, biscuit, gravy, ham, turkey & cheese sandwich, mega stuffed crust pizza, steamed broccoli, potato rounds, pineapple tidbits, spiced baked apples and milk.

Friday, Jan. 25 - Turkey pie, hamburger steak w/gravy, biscuit, Pizza Hut Pizza, mashed potatoes, green peas, pears, fresh fruit and milk.

Monday, Jan. 28 - Hamburger, cheeseburger, chicken enchilada bake, Pizza Hut Pizza, baked fries, refried beans, pineapple tidbits, strawberries and milk.

Tuesday, Jan. 29 - Pepperoni pizza, cheese pizza, chicken nuggets, biscuit, potato rounds, green beans, peaches, fruit cocktail and milk.

Wednesday, Jan. 30 - Grilled chicken sandwich, cheesy beef & mac, buffalo popcorn chicken, wheat roll, sweet potato fries, steamed broccoli, cole slaw, carrot sticks w/dip, pears, mandarin oranges and milk.

Thursday, Jan. 31 - Cheese stuffed breadsticks, toasted cheese sandwich, Sunbutter sandwich, mega chicken sandwich, vegetable beef soup, corn, peaches, apple crisp and milk.

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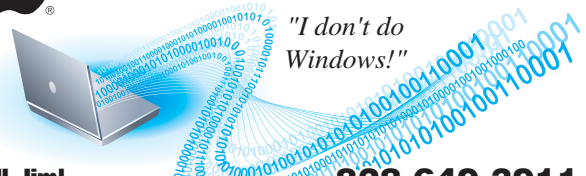
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