

Home Remedies has new meeting day, location

Mitchell News-Journal

SPRUCE PINE – Pain and stress can often lead people down the path of substance use, as they turn to prescription opioids or other substances in an attempt to find relief.

Though substances may dull the pain or stress for a time, more and more must be taken to continue the feeling of relief, which can eventually lead to addiction.

Thankfully, local residents have the opportunity to take part in a free initiative that helps to address the needs of the whole person through safe and effective pain and stress management techniques.

Home Remedies: Community Options Addressing Pain and Stress is hosted by Partners Aligned Toward Health and the Mitchell-Yancey Substance Abuse Task Force through a grant from the NC Department of Health and Human Services.

Home Remedies began in May of 2018 delivering weekly classes to educate the community about local alternative and compli-

mentary medical practices, to provide participants with opportunities to take part in a variety of practices and to build participant capacity to implement pain and stress-relief strategies on their own. From the beginning, the overarching goal of the initiative has been to reduce the use of opioids for pain relief.

Physicians at chronic pain rehabilitation centers across the country emphasize the need to treat pain via different modalities, rather than treating it with medication alone. The Home Remedies initiative highlights evidence-based options approved by the National Institutes of Health as effective alternatives to opioids for pain relief.

The modalities highlighted by Home Remedies include mindfulness practices and alternative approaches, such as anti-inflammatory diet, acupuncture, movement therapy, massage, and more.

One component of every weekly Home Remedies class is mindfulness.

“Mindfulness, or mindful at-

tention, is simply the practice of stopping, noticing and reflecting on what one is experiencing in the moment, with curiosity and free of judgment,” said Margot Rossi, program coordinator and certified mindfulness educator. “Mindfulness practices are mental exercises that focus our attention, for example on our breathing or sounds around us. Regular practice is proven to positively affect our choices, improve our concentration and memory, and shift our response to stress and pain.”

This pioneering initiative connects participants to local complementary healthcare providers who share strategies and benefits of complementary practices that can be used in addition to or in place of pharmaceutical pain medication, or more invasive procedures like surgery.

“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 said. “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.”

The Home Remedies initiative begins the next round of weekly classes from 10-11:30 a.m. Saturday, Jan. 18, with an education session on “Mythbusting Chronic Pain.”

Over the past decade, scientific research has provided fascinating new information about chronic pain, as well as a variety of non-invasive, non-habit-forming and proven-effective treatments that can change the experience of pain. The group will explore how the body and brain influence pain and discover a simple self-care practice to help us live life to its fullest.

The next session, which will take place from 10 a.m.-2 p.m. Saturday, Jan. 25, will be a panel

discussion to learn about some of the different modalities available locally, followed by a free health clinic where participants will get hands on experience with some of the available treatments.

This year, classes will take place Saturday mornings in an effort to enable more people to participate. In addition, the location has been shifted to the Dottie Owens Great Room in the upper level of the Spruce Pine Toe River Arts Council building.

To access the room, park in the lot at the Southwest Trading Company building and walk around to the back side of the building. There is a Toe River Arts sign on the door.

Call PATH at 828-682-7899, email info@pathwnc.org or visit www.pathwnc.org to learn more, support our work or get involved as a volunteer.

Visit www.path-homeremedies.org or email Jeff Spargo with the Mitchell Yancey Substance Abuse Task Force at jeff@pathwnc.org for questions specific to Home Remedies.

ARREST REPORT

BAKERSVILLE – The following arrests took place between Saturday, Jan. 4, and Saturday, Jan. 11, according to reports on file at the Mitchell County Sheriff’s Office:

CLIFFORD GAUGE CRAIN, 28, of 22 Stonewood Drive, Spruce Pine, was arrested by Det. A. Beam for felony assault



Crain

inflicting serious bodily injury, misdemeanor assault inflicting serious injury with a minor present, misdemeanor interference in emergency communications, misdemeanor communicating threats and misdemeanor child abuse. He was issued a secure 48-

hour hold and scheduled to appear in court Feb. 12.

RICHARD A. MAYERS, 57, of 244 Old NC 226, Spruce Pine, was arrested by Deputy J. Masters for outstanding warrants. He was issued a \$10,000 bond and scheduled to appear in court Jan. 21.

QUATRAVIS MARTEL MARTIN, 31, of 266 Crabtree Acres, Spruce Pine, was arrested by Deputy J. Masters for outstanding warrants. He was issued a \$10,000 bond and scheduled to appear in court Jan. 21.

KATLYN NICOLE STEWART, 30, of 345 Fairground St., Apt. E-9, Spruce Pine, was arrested for outstanding warrants from Burke County. She was issued a \$5,000 bond and scheduled to appear in court Jan. 9.

KRISTA DANIELLE RAINEY, 31, of 234 Red

Dirt Road, Newland, was arrested by Deputy M. Hylemon for failure to appear on misdemeanor school attendance law violations. She was issued a \$1,000 bond and scheduled to appear in court Feb. 19.

YVONNE JUANITA BLOCK, 62, of 302 Fairground St., Apt. AA, Spruce Pine, was arrested for misdemeanor probation violations. She was issued a \$2,500 bond and scheduled to appear in court Feb. 12.

RODNEY H. SANDERS, 54, of 1531 Royce St., Morganton, was arrested by Deputy M. Hylemon for failure to appear on misdemeanor communicating threats. He was issued a \$5,000 bond and scheduled to appear in court Feb. 12.

JEREMIAH JASON JONES, 40, of 1410 Razor Ridge Road, Spruce Pine, was arrested by Deputy M. Hylemon for failure to

appear on misdemeanor assault on a female. He was issued a \$5,000 bond and scheduled to appear in court Jan. 27.

ASHLEY MARIE WHEELER, 27, of 56 Woody Drive, Bakersville, was arrested by Deputy M. Hylemon for failure to appear on felony possession of methamphetamine and misdemeanor child abuse charges. She was issued a \$40,000 bond and scheduled to appear in court Feb. 12.

BRADLEY RYAN MCCALL, 29, of 7466 US 19E, Spruce Pine, was arrested by Deputy W. Hobson for failure to appear on driving with license revoked. He was issued a \$1,000 bond and was scheduled to appear in court Jan. 9.

JANIE MURPHY, 39, of 15 Crabtree Acres, Spruce Pine, was arrested by Deputy W. Hobson for

misdemeanor shoplifting/concealment of goods. She was issued a \$500 bond and scheduled to appear in court Feb. 12.

ANDREW JACKSON, 20, of 232 Sierra Drive, Bakersville, was arrested by Deputy T. Gunter for misdemeanor probation violations. He was issued a two-day confinement.

CITATIONS ISSUED CARL ANTHONY JONES, 30, of 16 Robertson Road, Burnsville, was cited by Deputy D. Buchanan for expired registration. He is scheduled to appear in court Feb. 12.

ROSA GUERRERO, 33, of 194 Jacks Creek Road, Spruce Pine, was cited by

Lt. D. Holmes for driving without a valid driver’s license. She is scheduled to appear in court Feb. 12.

JAIL RECORD: The Mitchell County Sheriff’s Office is currently housing 38 inmates in McDowell County jail and prearranged detention facilities.

CALLS FOR SERVICE: The Mitchell County Sheriff’s Office had 148 calls for service between Saturday, Jan. 4, and Saturday, Jan. 11.

TRANSPORTS: The Mitchell County Sheriff’s Office had nine prisoner transports between Saturday, Jan. 4, and Saturday, Jan. 11.

CHIEFS

From page 1

let it come from the association.”

Hughes responded by saying there is still no fire marshal in Mitchell County and added he feels safety as a whole could be taken more seriously by elected officials.

“You’re still asking a bunch of volunteers to sit down and draw a proposal,” Hughes said. “I think we’re still lacking in education of our board in what we do and what we need. We need to see the big picture.

We need you guys to be on board. I don’t have time to sit down and do a proposal.”

Grindstaff leaned forward in his chair, placed his hands on the desk and quickly responded to Hughes, assuring him he has never denied a fire marshal.

“Kevin, as you so elegantly pointed out here tonight, you all are the professionals,” Grindstaff said. “I need y’all’s (sic) input. I need you to come to me and say, ‘Here’s how we think this needs to be done.’”

Harding intervened as voice volumes steadily increased and he suggest-

ed training young people interested in firefighting as early as high school and offering classes in the field at Mayland Community College.

“This was sort of my idea and I feel like this conversation is going a little bit south,” Harding said. “I don’t want it to go south. If we start training our own people, it might be a lot easier to recruit some of these folks.”

Boone agreed with Harding, calling his suggestion for focus on local education “a good start.”

“There’s no one answer,” Boone said. “There are several steps that would be

great. Every one of these firemen are taxpayers in Mitchell County. We can pay a little now or a lot later.”

Commissioner Danny Burleson said finding young firefighters without some kind of an incentive, monetary or otherwise, is likely to be a rather difficult task.

“These younger ones, without some kind of incentive, aren’t going to join us,” Burleson said. “The state’s brought it on themselves with all these requirements for what you have to do. I don’t think you’ll ever be able to recruit the younger ones.”

DSS

From page 1

left on the voucher waitlist. Ross said her department has saved more than \$47,000 compared to this time last year, and said her department’s in-home caseload is at an ideal range.

Ross said the number of children in foster care and those up for adoption remains unchanged.

After Ross finished her report, Commissioner Jeff Harding asked Ross about the lack of in-county foster homes. The latest batch of statistics show 76 percent of the county’s foster children are placed out-of-county.

Board of Commissioners Vice Chair Matthew “Vern” Grindstaff said he recently talked to a friend who lives just outside of Charlotte who told him a foster child from Mitchell County was recently placed in that area.

Ross said one of the primary reasons for the drop in local foster support is negative discussion on Facebook and articles in the Mitchell News-Journal about her department.

“It has an impact on people wanting to foster,” she said. “We had people wanting to foster, they got through the process and when they saw people being negative about DSS on Facebook, they called us and told us not to do it.”

Commissioner Jacob Willis encouraged everyone to support Ross and her department.

“It’s not an easy sell,” he said. “We need to support her. We need to talk to churches and the good people of Mitchell County and encourage them to become foster parents.”

Harding said Ross has a difficult road ahead of her toward “swinging the pendulum from perception to truth and fact.”

“People are going to perceive and believe what they want to believe,” Harding said. “Right now, you’re dealing with a lot of perception.”

Ross said she remains committed to promoting foster care for in-county residents but added that the burden is not solely on her shoulders.


“It’s not just my fight to fight,” Ross said. “I’m willing and able to organize that but it’s everyone here that has to fight it. We need foster homes and one voice isn’t going to do it. It’s going to take everyone.”

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