

Toe Valley Young Life Golf Classic Aug. 22

Don't miss the fun and fellowship at the 8th Annual Young Life Golf Classic on Sunday, August 22, at the beautiful Mt. Mitchell Golf Course.

Player \$125, Playing Sponsor \$175, Sponsorships \$100 and up.

There will be a shotgun start at 1 p.m. with great prizes

for flight winners. But the real winners will be Mitchell and Yancey County kids!

"Proceeds from the Young Life Golf Classic will benefit Christian camp scholarships and assist Toe Valley Young Life to expand our Christian youth ministry in Mitchell and Yancey Counties," said Trey Ridge, TVYL Area Director.

The tournament always fills up quickly, so don't delay signing up as a player or sponsor by contacting Jim McQueen at jimmcqueen@gmail.com or call 828-284 -0710. They hope to see you there!

Young Life is a world-wide organization that introduces high school age youth to Jesus Christ and helps them grow in their faith.

For more information about Young Life visit our website at: younglife.org



Beautiful Mount Mitchell Golf Course will host the 8th Annual Young Life Golf Classic on Aug. 22 to benefit Young Life's camp scholarships and expand its christian youth ministry in Yancey and Mitchell counties.

Yellow Belt promotion at Karate Express

Karate Express congratulates Brent and Carrie Laws and Ashton Swann for promotion to Yellow belts in Taekwondo. Their belt test included Poomsae, nunchuck form, self-defense, knife defense and grabbing techniques, various kicks, punches and blocks, and board breaking.

Oliver Laws, the young son of Brent and Carrie, was awarded a super Power Belt Stripe for his hard work in Taekwondo.



Ashton Swann



Carrie and Brent Laws and Oliver Laws (front).

Local collaborative effort offers resources for alternative relief for pain and stress

Are you or a loved one experiencing chronic pain? Feeling the effects of stress? Seeking to reduce or avoid use of pain medications? Facing a surgery?

The Home Remedies program presents local resources for evidence-based practices that can support your wellness and resilience.

Enroll in the online course, attend live panel sessions, and learn more about how you can receive vouchers to redeem for treatment sessions or movement classes!

Home Remedies: Community Options Addressing Pain and Stress is a collaborative health education initiative that offers evidence-based strategies for pain management and stress reduction to residents of Mitchell and Yancey counties.

Over the course of the free program, local complementary health providers will present topics and practices including mindfulness, physical therapy, massage, nutrition, Tai Chi, and Qigong.

The program will launch a free, self-paced online course this summer (July 12 - August 30), supplemented with live panel sessions and a voucher program valued at \$400 for eligible participants.

Colleen Hannush, LCSW (complementary health provider and advisory board member) says, "Home Remedies is a great way to explore different alternative practices that work with your doctor's practices and work with your life. So, explore - find what works for you."

The Home Remedies program, which formed in 2018, is now being relaunched in a new format, intended to make these resources conveniently accessible.

The program will debut a free online course this summer, publishing new content weekly from July 12-August 30. Participants will be able to self-enroll in the course (via



path-homeremedies.org) and work through the course at their own pace and convenience. The online course will present practical resources offered by local complementary health providers.

The program is appropriate for anyone who might be looking for ways to manage pain and reduce stress without medication. This resource could also be valuable to anyone looking to proactively improve their capacity for wellness and



Colleen Hannush, LCSW



Carol Benjamin, PT, LMBT

resilience.

Carol Benjamin, PT, LMBT (complementary health provider and previous participant) states, "The value of the Home Rem-



Camp participants making smores around the fire. View from the camp lodge that the families called "home" for the weekend.

Empowering Youth & Families Program (EYFP) goes to Camp

By Niki Maness
EYFP Program Assistant
Yancey Cooperative Extension

Each spring and fall our EYFP families pack up for an all-expenses paid trip to camp for the weekend. This trip ties together all of the lessons in our curriculum and promotes the overall goal of the program – family togetherness. Although camp looked a bit different this year due to Covid, we still had a wonderful time!

Since EYFP recently opened up into Claiborne and Johnson counties in TN, we were given the opportunity to visit their 4-H camp facility. There were 47 family members present from nine different counties across NC and east TN. In addition to the family members, 16 members of our state team were present. Greenville's Clyde Austin 4-H Camp was a new adventure for our team.

The families were able to explore the facility and all it had to offer during their moments of family time. Other parts of the weekend were filled with team-building events, com-

edies program is in introducing folks to a myriad of practices and habits that could really enhance their wellbeing. It's so worth it, y'all."

The online course will be supplemented with live virtual panel sessions to provide an opportunity to interact with participating complementary health providers.

These panel sessions will be held via Zoom on Wednesday, August 4 (6-7 p.m.) and Wednesday, September 1 (6-7 p.m.). Participants who meet the criteria (residents of Mitchell and Yancey who have completed six out of eight courses published this summer) will be eligible to receive vouchers that can be redeemed for individual treatment sessions and/or movement classes.

The vouchers are equivalent to \$400 value and will be distributed on a first come, first serve basis. Voucher distribution is dependent upon available funding. The voucher program is intended to make these health resources more readily accessible to members of our community.

The program is delivered by Partners Aligned Toward Health in partnership with the Mitchell-Yancey Substance Abuse Task Force (MYSATF), North Carolina Department of Health and Human Services, Vaya Health, and the Mitchell-Yancey Medical Society.

This program would not be possible without the support of our funders, the contributions by local complementary health providers, and the guidance of the advisory board.

To learn more about PATH and the Home Remedies program, email homeremedies@pathwnc or visit path-homeremedies.org or call (828) 214-7885.



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Yancey museum and annex now open Monday - Saturday for regular hours

The Rush Wray Museum of Yancey County History will now be open from 10 a.m. to 4 p.m. Wednesday through Saturday.

This season's feature exhibit in The Lloyd Bailey Building is World War II: Service and Sacrifice - Home and Abroad, which will stay up through Veterans

Day, November 11.

This extensive and interesting exhibit highlights the service and sacrifice of local residents who served in the military during WWII.

For more information or to schedule a group tour call the Yancey History Association ofice at 828-678-9587.

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