



# YANCEY COMMON TIMES JOURNAL

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Burnsville, North Carolina 50¢



Partnering agency representatives attending the Child Advocacy Center of the Toe River open house were: front row - Brad Pittman; middle - Stephanie Thomas, Kayla Dickens, Beth Cassida; back: Dr. Holli Sink, Selena Moretz, and Krissi Jenkins.

## Ally's House Child Advocacy Center open house

The Children's Advocacy Center of the Toe River "Ally's House" located in Micaville, hosted their annual Open House event on Thursday, May 2.

The Children's Advocacy Center of the Toe River helps abused children in Mitchell & Yancey Counties.

The center provides professional services in a safe and caring place, reducing trauma to children, coordinating investigations, counseling, medical treatment and advocacy through mul-

tidisciplinary teamwork and training.

The event brought together community members, as well as partnering agencies, who are invested in protecting children and helping to improve the lives of families.

Attending the open house were Brad Pittman, Southmountain Children's Advocacy Center's Western Regional Director; Stephanie Thomas, Family Advocate Children's Advocacy Center of the Blue Ridge; Kayla Dickens, Family

Advocate Children's Advocacy Center of the Toe River; Beth Cassida, Licensed Professional Counselor, Center of Excellence Children's Advocacy Center of the Toe River; Dr. Holli Sink, Clinical Director Center of Excellence; Selena Moretz, Center Director Children's Advocacy Center of the Blue Ridge; and Krissi Jenkins, Center Director Children's Advocacy Center of the Toe River.

"Ally's House" is a proud program of Southmountain Children and Family Services.

## 100 international teachers to be hosted in groups by The Center for Pioneer Life

More than 100 international teachers will be hosted by The Center for Pioneer Life in Yancey County this summer as part of a partnership recently formed with Participate Learning, a Chapel Hill-based company that is the largest J-1 Visa international teacher exchange program in the United States.

These highly selected teachers spend up to five years teaching in American public schools. As part of their required training, they must engage in activities that help them understand American history and culture. This encourages teachers to be more effective in their work in the US, but of equal importance, they take this knowledge back to their native countries to share with their students.

The teachers will train at the Center for Pioneer Life, located in the Shoal Creek valley just outside Burnsville, in groups of 15 per week ensuring an intimate and cohesive learning retreat.

Grounded in the facts and history of the Appalachian people and their lives, The Center's program aims to share with these teachers a more authentic picture of the people of the southern mountains. The distinctive tastes, sights, and sounds of the region will all be part of a curriculum designed to give teachers a visceral understanding of this area.

They will leave with an enriched vocabulary, reference materials, lesson plans and creative exercises for classroom use as well. This experiential learning opportunity will allow teachers to explore American culture in a unique and fun way while building community with other teachers.

Plato, the CEO and President of The Center, says she anticipates replicating this program for regional teachers as well.

"We want teachers to leave with a memorable mountain experience and a deeper understanding of the parallels between

the resilience the 1850 mountain settlers exhibited, and the kind of resilience required to meet our own 21st Century frontiers," Plato said.

"And if we do our job right, they will also leave with a love for a place you didn't truly know before," she added.

David Young, the CEO, of Participate Learning, said, "We are delighted to have access to The Center for Pioneer Life for our international teachers. The US Department of State requires that our teachers secure two cultural immersion experiences annually to renew their visas.

We look forward to growing a mutually beneficial relationship with The Center as they grow this unique on-site training program."

Since its inception in 1987 Participate Learning has hosted over 30,000 teachers in the United States and recently celebrated its 30th anniversary. The mission of the Center for Pioneer Life is to preserve the legacy of the pioneers who settled this region and experience how they lived.

For more information visit StrawbridgeYoungFoundation.org, or call The Center for Pioneer Life at 828-536-0337.



## Health Equity Coalition to hold forum on enabling communities through philanthropy

The Health Equity Coalition will hold a forum to explore new ways of connecting community to philanthropy. The \$1.5 billion trust from the sale of Mission Hospital has created an opportunity to invest in life-changing initiatives for many of the 900,000 citizens in the 18-county Western North Carolina region.

Traditional philanthropic models will produce traditional, not transformational, results. The Cutting Edge Philanthropy Forum will be held May 24 hosted by the Osher Lifelong Learning Institute in the Reuter Center Manheimer Room at UNC Asheville, a partner in the event. National, regional and local philanthropy leaders will hold a community conversation

from 8:45 a.m. to 12:30 p.m.

The forum is free and open to the public. Keynote speakers are Brenda Solorzano, executive director of Headwaters Foundation of Montana, and Kelly Ryan, president and CEO of Incentive community foundation in central Wisconsin.

Solorzano is an expert on issues related to health policy, the health care safety net and community health issues affecting vulnerable populations. Ryan has been named one of the 50 most influential leaders in the nonprofit sector by the NonProfit Times and a Rural Innovator by the White House for her focus on values-led and user-centered approaches. "The leaders of the Dogwood

## Mt. Mitchell raises summer worker pay to \$12/hour

After a special appeal to top state officials, Mt. Mitchell State Park has been given the go-ahead to pay seasonal employees \$12 an hour this summer, an increase of 50 percent over last season's wages.

Summer job openings at the park include maintenance, concessions and gift shop positions, all of which give employees the chance to mingle with park visitors while enjoying cool weather and spectacular views from the tallest mountain in the Eastern U.S.

"These jobs are a good stepping stone for young people interested in a career in outdoor recreation or for retirees looking for a summer activity and the chance to earn some cash in a unique environment," said Park Superintendent Kevin Bischof. "They are also vital to the park's revenue stream, as we get the bulk of our visitors in the summer months and rely on good sales in concessions and the gift shop to support our budget."

Some workers drive to the park each day via the Blue Ridge Parkway, although dorm style park housing is available. Seasonal employees typically work a 40-hour week, with weekends the busiest time for the park.

In addition to the seasonal jobs, the park will soon be hiring a full-time Maintenance Supervisor (closing date May 7), along with



Mount Mitchell State Park seasonal employee Kevin Cox works on a sign. In an effort to attract workers for its 14 seasonal positions, the park has raised the pay by 50 percent to \$12 per hour.

an entry-level Park Ranger.

A summer at the park can be a life-changing experience, as a number of former seasonal employees can attest.

"It was the best summer of my life," said Sean McElhone, who is now the Mountain Region Superintendent for North Carolina State Parks. Other former summer workers from Mt. Mitchell have gone on to become park superintendents and even the agency's director.

The 14 summer jobs run from May through October, so folks interested in applying should contact the park immediately.

Call the Park at 828-675-4611, email [mount.mitchell@ncparks.gov](mailto:mount.mitchell@ncparks.gov), or stop by the Park Office for information on seasonal jobs. To sign up for notifications on permanent jobs, visit: [governmentjobs.com/careers/northcarolina/jobInterestCards/categories](http://governmentjobs.com/careers/northcarolina/jobInterestCards/categories).

Mount Mitchell is North Carolina's first state park, and one of the oldest state parks in the U.S. Located just off the Blue Ridge Parkway, it attracts about 300,000 annual visitors, making it an important tourist destination for Western North Carolina.



Claudia Honeycutt and Sandy Phillips, through their business SCT Events, have worked hard to organize the first-ever Blue Ridge Spring Home and Garden at the Town Center this Saturday and Sunday. Additional activities include trolley rides, tethered balloon rides, and live music and a beer and wine garden at NuWray Inn.



## Spring Home & Garden Show bringing fun activities to downtown this weekend

Need inspiration or contacts for home improvement projects or innovative home design, or lawn and garden design and outdoor living ideas?

Blue Ridge Spring Home Show, with the theme Remodel - Repurpose - Relocate, is coming to Burnsville Town Center

this weekend for two days, with hours on Saturday from 10 a.m. to 6 p.m., and Sunday from noon to 5 p.m.

More than 50 vendors will be in town to showcase their businesses and services during this exciting event, the first of its kind in Burnsville.

"Bringing a Trade Show to the town of Burnsville has been an exciting project! The support from local merchants, and the town in general, has been amazing," said Claudia Bailey Honeycutt, who is organizer of the show with Sandy Phillips, her business partner in their SCT Events company.

"Vendors from nine different states will be joining us this week to promote their home life products and services. We hope this first annual event will bring lots of folks to town that will fall in love with Burnsville like we have," said Honeycutt, who is the owner of Mountain Time on Main Street, a downtown business.

For those who park in the the Roses lot across the bypass, you can ride the trolley and be dropped off at NuWray Inn. There will be trolley pickup and drop-off points around town.

At the start of each hour

from 10 a.m. to 6 p.m. on Saturday, and from noon to 5 p.m. on Sunday, the trolley will pick up trade show attendees in front of the NuWray Inn for a brief ride around Burnsville's streets that includes a guide who will point out some of the more interesting aspects of the town's history.

An additional gathering place for attendees will be set up in the area behind NuWray Inn where there will be live music and a wine and beer garden. Beverages will be available for purchase in the NuWray Inn as well as in the garden area out back.

For those who want to get a bird's eye view of Burnsville, Sky Candy Hot Air Balloon Rides will provide tethered rides on Saturday from 10 a.m. to 1 p.m. The cost for a balloon ride is \$5 with an event ticket.

Admission for the Spring Home Show is \$5 in advance and \$7 at the door. Early bird tickets are available at Mountain Time on Main Street. Or, for more information, call 828-398-5943.

The Blue Ridge Spring Home & Garden Show is presented through a partnership between local real estate firm Coldwell Banker King and SCT Events.

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# TRACTOR's CSA program begins its third season June 13

By Jennifer Jenkins

There's more to TRACTOR's CSA (Community Supported Agriculture) program than the fresh, locally grown produce it provides to Yancey County families every spring, summer and fall.

The CSA program also supports local farmers and their families, contributes to the Yancey's food hub and economy and promotes wellness through participating private organizations' health programs.

Dru Zucchini, TRACTOR's new Farm Manager, is passionate about its CSA program. "This opportunity exists to preserve and promote the connection between farm, food and community. The benefits of this communication extend beyond just the satisfaction of enjoying food your neighbor grew, it's proven to strengthen the economy and our health."

And there's something for everyone to savor. There are wholesale commodity crops such as potatoes, sweet corn, beans and winter squash. And for "foodies" there are the more exotic specialties of Brassicas such as kohlrabi and broccolini, winter squash varieties such as Delicata and Kuri, heirloom tomatoes and mushrooms.

The 33 participating farmers throughout WNC are growing sweet corn varieties like Honey Select and dry corn varieties like Jimmy Red, which mills into some tasty purple grits. Potato varieties range from



**Father and son Terry and George Moffitt grow lots of potatoes at their Mitchell County farm but their leafy greens and some of their specialty crops are a favorite with TRACTOR's CSA program.**

classics like Kennebec and Yukon Gold to funky spuds like Magic Molly and Pinto Gold, a TRACTOR staff favorite.

Father and son Terry and George Moffitt grow lots of potatoes at their Tater Hill Farm in Mitchell County. Some of them are truly unique and beautiful varieties, blue potatoes with deep blue skin and masquerade potatoes with purple and white swirls.

Another one of their favorite things to grow, and their specialty at TRACTOR, is their leafy greens: rainbow Swiss chard, collards and kale. They also enjoy experimenting with new crops and grow at least one new thing each year. This year it's a new variety of tomato and red Brussels sprout.

Terry says, "Aside from

to participate in this program to support the community and the hospital, I did not realize how much I would enjoy receiving fresh veggies weekly. My dietary habits have certainly improved as there is now a salad every day with dinner. What a great way to support the community and to develop healthier eating habits."

TRACTOR offers a spring, summer and fall CSA season. Each season lasts six weeks during which you can choose whether you want a small or a large size share and also add on an egg share. The customer only has to commit to a single season at a time, as opposed to an entire growing season. This makes it a more flexible option for many customers.

TRACTOR is now accepting CSA members for the 2019 season that begins June 13. Register for all three seasons before June 1 and receive a 5% discount. CSA pickup occurs every Thursday at TRACTOR Food and Farms, Mission Hospital McDowell in Marion, Blue Ridge Regional Hospital and Mayland Community College in Spruce Pine.

For more information or to sign up visit tractorfoodandfarms.com/tractor-csa, call 828-536-0126 or stop by TRACTOR located at 54 Ferguson Hill Road in Burnsville.

experimenting with growing new things, one of my favorite things about farming is the camaraderie of it - interacting with people and teaching them where their food comes from."

TRACTOR works with local businesses to provide CSAs for their employees as part of their wellness programs. A payroll deduction is used as the method of payment. Instead of paying a large lump sum upfront, the payment can be broken down over the frequency of the pay periods. This makes CSA membership possible for more families who can't afford to pay a large amount at once.

Teresa, a 2017 TRACTOR CSA member, says, "Thank you for this great opportunity to receive farm to home fresh food. Even though I decided

# Bare Dark Sky Observatory & Star Park Community Viewing Nights during May

Enjoy an evening of stargazing as you've never seen before! Experience the wonders of the universe through a 34-inch telescope, the largest in the Southeast, at the Bare Dark Sky Observatory.

Named for Warren and Larissa Bare, the site sits atop a peak elevation of 2,736 ft. and offers a 360 degree sky view at Mayland Community College's Earth to Sky Park in Yancey County (formally the EnergyX-change).

May Community viewing dates: Friday, May 24, at 9:30 p.m.; Saturday, May 25, at 9:30 p.m.; and Friday, May 31, at 9:30 p.m.

You will have the opportunity to view the moon, planets and stars through the observa-

tory's 34-inch diameter Sam Scope, as well as the smaller planetary telescope. With the assistance of the Observatory Manager, you will spend two hours viewing and learning about the dark skies.

In honor of local efforts to preserve the natural nighttime landscape of WNC, the International Dark-Sky Association (IDA) has designated the Observatory and Star Park as the first IDA-certified Star Park in the southeastern United States.

Reserve tickets (\$5-\$15): eventbrite.com/obare-dark-sky-observatory-14378188687

For additional information, call 828-766-1233 or visit maryland.edu/observatory.

## Mountain Side

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or call (828) 682-4285

# Measles precautions urged by NC health officials

With multiple measles outbreaks occurring in the United States, the North Carolina Department of Health and Human Services is encouraging preventive measures and reminding everyone that vaccination is the best way to protect yourself and your loved ones against measles.

The Centers for Disease Control and Prevention has reported that 764 people from 23 states were confirmed to have measles from Jan. 1 to May 3, 2019. No cases of measles have been identified in North Carolina in 2019, however, outbreaks have recently been reported in Georgia and Tennessee.

"Measles is a highly contagious disease and it spreads quickly in children and adults who are not vaccinated," said State Health Director and DHHS Chief Medical Officer Elizabeth Tilson, M.D. "All North Carolinians should ensure they and their families are up-to-date on their MMR vaccine."

Measles can be prevented by the combination MMR vaccine, which protects against measles, mumps and rubella. Public health experts recommend all children receive two doses of MMR vaccine, with the first dose beginning at 12 months of age and a booster at four to six years of age. Adults born in 1957 or later who have not already been vaccinated should get at least one dose of MMR vaccine. Certain adults should get two doses, including college students, healthcare workers and people who travel internationally. A second or

"booster" dose is not routinely recommended for other adults who have received at least one dose of a measles vaccine.

The Division of Public Health on Tuesday sent a memo to clinicians across North Carolina with recommendations to rapidly identify measles cases and control the spread of infection.

"Vaccines are one of the most important public health successes in protecting the health of our people and preventing disease and death, especially among our most vulnerable community members," said Dr. Tilson. "The science is very clear; the MMR vaccine is highly effective, safe and readily available. We hope these preventable outbreaks will encourage everyone who has not been vaccinated to contact their primary health care provider or local health department."

Measles is a respiratory disease that is spread through the air by coughing and sneezing. It also can be transmitted through contact with secretions from the nose or mouth of an infected person. Initial symptoms may include fever, runny nose, watery red eyes and cough, and it is followed by a rash that can spread over the entire body. Measles can also lead to pneumonia and other complications, especially in young children. The disease also poses serious risks for pregnant women, including miscarriage and premature birth.

In 2018, North Carolina reported three cases of measles. One case occurred in an unvac-

inated traveler who became ill after returning from overseas, and the disease spread to other members of the household. The last large measles outbreak in NC was in 2013, when 23 cases occurred after an unvaccinated traveler returned from India to a community with a low vaccination rate.

More information about measles is available at [epi.publichealth.nc.gov/cd/diseases/rubeola.html](http://epi.publichealth.nc.gov/cd/diseases/rubeola.html).

# Senior Center Lunch Menu

*Free lunch served Monday-Friday for senior citizens 60 and over from 11:30-12:30. The public (any age) is welcome to eat lunch at the center for \$5. Salad bar 11:30-1:30, for the public, cost per ounce. For more information, call 682-6011.*

- May 15 - Pepper steak w/gravy, green beans, rice, whole wheat roll, pineapple and banana pudding.
- May 16 - Hot dog w/chili and onions, coleslaw, baked beans, sugar cookie, apple juice.
- May 17 - Oven fried fish, steamed cabbage, oven browned potatoes, cornbread, fruit cocktail and bread pudding.
- May 20 - Baked pork chop, tossed salad, hashed brown potato w/cheese topping and applesauce.
- May 21 - Chicken dumplings, green beans, carrot raisin salad, roll and peach cobbler.
- May 22 - Beef-a-roni, green beans, Italian bread, green peas, peaches, peanut butter cookies.
- May 23 - Cheeseburger, w/lettuce & tomato, baked beans, carrot raisin salad, orange juice.

# Senior Center daily activities

Daily activities in May at the Yancey County Community & Senior Center.

- Monday:**  
9 a.m.-2 p.m. Billiards  
10-11:30 Art with Alyssa  
12:30-1:30 Exercise
- Tuesday:**  
9-2 Billiards  
10-11:30 Bingo  
10-2 Art with Norma  
12-1 Devotions  
12-2 Cribbage  
12-4:30 Mah Jongg
- Wednesday:**  
9-4:30 Billiards  
10-11:30 Bingo  
10-11:30 Crocheting
- Thursday:**  
9-4:30 Billiards  
10-11:30 Bingo  
10 -2 Art with Norma  
12:30-1:30 Tai Chi with instructor \$8 per person/\$4 for seniors
- Friday:**  
9- 4:30 Billiards  
10-11:30 Bingo  
10-11:30 Corn Hole



# Mental health screenings at library

During Mental Health Awareness Month, the Yancey County Public Library encourages residents to come by and take advantage of the mental health screening kiosk that is part of the library's services. Located in the non-fiction section of the library, the kiosk provides an opportunity for a free, quick, anonymous screening for mental health and/or substance abuse issues. Written materials and information on obtaining help are also available at the kiosk.

# Health Equity

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have equitable access to and a voice in their health care as well as resources to address the social determinants of health and live healthy lives, inclusive of all races, genders, locations and socioeconomic status.

The Health Equity Coalition collaborates with WNC partners to ensure equitable health outcomes across all our communities, rural and urban, as it advocates for transformative philanthropic investment.

New Sunday Summer Hours: open 8 a.m. - 3 p.m.

## APPALACHIAN

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