



## CHAMBER UPDATE – Week of January 12, 2010

Register Now for Our Upcoming Health Care Issues Workshop!

### Employment and Health Care Changes In 2010

Guest Presenter:



**David Smith**

Vice President  
Ebenconcepts Company, Inc.  
Immediate Past President  
NC Association of Health  
Underwriters

First Baptist Church | Spruce Pine, NC  
January 28, 2010

*Join us to hear updates on health  
care issues affecting business!*

Businesses With Fewer Than 20 Employees  
10:30 AM - 12:00 PM  
**LUNCH (All Sessions)**  
12:00 PM - 1:00 PM  
Businesses With More Than 20 Employees  
1:00 PM - 2:30 PM

SPONSORED BY:



Mitchell County  
Chamber of Commerce



Mayland Community College  
Small Business Center



Cardinal Insurance Agency

### Topics

Family Medical Leave Act  
Americans with Disabilities Act  
HIPAA and COBRA Compliance  
Michelle's Law  
Genetic Discrimination  
New Court Cases Impacting Employment

\$20 pp Includes Lunch and Refreshments  
Snow Date: February 4, 2010

Please return with payment to:  
Mitchell County Chamber of Commerce, PO Box 858, Spruce Pine, NC 28777

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
I AM ATTENDING THE: \_\_\_\_\_ MORNING SESSION \_\_\_\_\_ AFTERNOON SESSION \_\_\_\_\_

### Weekly Restaurant Specials



765-5289

### Wednesday Casserole Chicken Enchilada Casserole

Shredded Chicken,  
Peppers, Cheeses and  
Black Beans wrapped in a  
corn tortilla and baked in a  
traditional Mexican  
Tomato Sauce. Sour  
Cream & Salsa on the  
side.

### Upcoming Class Schedule from the SBC at Mayland

NAME: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
 I AM ATTENDING THE: \_\_\_ MORNING SESSION \_\_\_ AFTERNOON SESSION  
 COMPANY/ORGANIZATION: \_\_\_\_\_  
 NUMBER ATTENDING: \_\_\_\_\_ @ 20.00 = \_\_\_\_\_ (enclosed)  
 NAMES OF ADDITIONAL ATTENDEES: \_\_\_\_\_

## Member Events & Announcements

**Mountainside Wine** will host the **Spruce Pine Farmer's Market** on the last Saturday every month from now until the outdoor market opens again in the Spring.

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Upcoming Events at **Mountainside Wine** –

January 16<sup>th</sup>, 4:00pm – 6:00pm: Wine Tasting

January 30<sup>th</sup>, noon – 4:00pm: Spruce Pine Farmers' Market

Tue – Fri, 11:30am – 6:30pm and Sat, 11:30am – 3:30pm: Paint Your Own Wine Glass

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**Toe River Arts Council** announces an exhibition of student and faculty art from **ArtsCentered** to run from January 9-30 at TRAC's Spruce Pine Gallery. There will be a reception at the gallery on January 16 from 6:00 to 8:00pm.

For more information on ArtsCentered, call (828) 688-9191. TRAC's Spruce Pine Gallery can be reached at (828) 765-0520 during its regular hours of operation or visit [www.toeriverarts.org](http://www.toeriverarts.org).

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**Dot's Coffee Shop & Cafe** has new Winter hours:

Monday thru Friday - 6:30am til 3:00pm

*We are offering a 10% discount to all Mayland Community College and Arts Centered students.*

## Member News

### Blue Ridge Regional Hospital Foundation receives over \$400,000 in grants

Blue Ridge Regional Hospital Foundation recently announced receipt of over \$400,000 in grants from the North Carolina Office of Rural Health and Community Care, the Community Benefits Program of Mission Hospitals, The Duke Endowment, the BlueCross BlueShield Foundation of North Carolina, and the Community Foundation of Western North Carolina. These grants will provide funds to assist in the expansion and renovation of the hospital's lab, to strengthen the Toe River Children's Dental Clinic, and to increase access to primary care and much needed medications for low-income, uninsured residents through its Toe River Project Access initiative.

Funds from 2 separate grants awarded through the NC Office of Rural Health and

## Community College

For more information, contact the Small Business Center at 765-7351 x 227

### Income Tax Update for Small Businesses

Income tax laws for businesses change each year. Prepare yourself for changes in the tax code in 2008. The class will include new and revised deductions for small businesses!

1/20, 6:00-9:00pm

### Intro to Selling on e-Bay

e-Bay is the best-known internet marketplace in the world. Many people have launched successful businesses on e-Bay while many more use it to supplement their income. This class is designed for the beginner who would like to use e-Bay, but does not know where to begin.

1/14, 6:00-9:00pm

### Organic Crop Certification Program

One way a farmer can add value to his crop is by having an 'organic' certification for his farm. Although the "Certified Organic" label is well known, there are cost and record-keeping

Community Care will provide not only operating support for Toe River Project Access, an initiative of the BRRH Foundation that helps low-income, uninsured residents of Mitchell and Yancey counties get access to medical, dental, vision and prescription assistance, but will also allow the program to enroll 90 more uninsured residents of Yancey County over the next year. Since its launch in November of 2003, this project has provided over \$3 million in free care for 725 clients.

The grants from the Community Benefits Program of Mission Hospitals and the Community Foundation of Western North Carolina will provide emergency prescription assistance for Toe River Project Access clients. Through this program, clients will receive immediate access to much needed prescriptions while waiting to be accepted in long term pharmaceutical assistance programs, which can take 6 weeks or more.

The Duke Endowment grant will provide \$75,000 for the expansion and renovation of the hospital's lab. The Lab plays an integral role in the diagnosis and treatment of virtually every patient; not only in the hospital but in the medical practices the lab serves. The lab has been in its current location since 1999 and since that time has experienced significant volume and staffing increases. Last year the lab processed over a half-million tests for 43 different health care providers. This project, expected to be complete by February, will result in a 70% increase in the square footage of the lab.

The BlueCross BlueShield Foundation grant provides funds to bring in experts who will look for ways to reduce operating costs and improve efficiencies for Toe River Children's Dental Clinic (TRCDC), which is owned and operated by Blue Ridge Regional Hospital. TRCDC is the safety-net provider of dental services for Medicaid and low-income pediatric patients and, as a result, has experienced operating losses in 5 of the 8 years it has been in operation.

requirements that limit interest. This class will look at the requirements for a "Certified Organic" farm as well as some competing certification systems and the advantages and disadvantages of each.  
1/21, 6:00-9:00pm

### **Self Produced Video Advertising**

Ever thought about using video ads for your business? Companies are now using YouTube and other video media to advertise their business' goods and services.  
1/28, 6:00-9:00pm

## **Member Spotlight: River's Edge Outfitters**



Welcome to Western North Carolina's premier fly fishing shop and guide service. Located in Spruce Pine, River's Edge Outfitters is a full service fly shop and fly fishing guide service uniquely situated near some of the finest trout streams in the Southeast. The North Toe River flows right behind the fly shop, providing back-door access for those who want to try out a new rod, learn to cast, or fish in one of our delayed harvest catch and release streams.

Fishing is available year round on these waters, with some of the largest trout being caught during the winter months. Rivers Edge Outfitters also offers self guided kayaking river trips on the scenic Toe River. The canoeing and kayaking river trips range from 2 hours up to all day.

River's Edge Outfitters Fly Shop sells only the best flies and gear. They carry a large inventory of rods from Winston, Diamondback, Cortland, and Redington. Reels from Lamson, Ross, Bauer, and Abel.

For more information visit River's Edge Outfitters at 280 Oak Avenue in Spruce Pine, call 765-fish or visit online at: [www.riversedgeoutfittersnc.com](http://www.riversedgeoutfittersnc.com).

**Mark Your Calendar:** River's Edge is hosting Fly-Tying classes every Thursday night. Learn how to tie specific Appalachian Fly patterns. Whether you're a beginner or an experienced tier, it's a great time to learn new techniques and share ideas. These classes are open to everyone and are free.

Mitchell County Chamber of Commerce • PO Box 858 • Spruce Pine • NC • 28777