

NAMI Arts and Crafts at Boone Mall in May

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Boone Mall will be the location of an Arts and Crafts Fair featuring a treasure trove of handmade items from soaps to jewelry, Saturday, May 26th from 10 a.m. to 5 p.m. The fair will include pottery, baskets, hand-painted gourds, soaps, candles, woven purses, knitted items, greeting cards, and many types of jewelry:

beaded, wire-wrapped, clay, chain maille, porcelain, re-fashioned vintage, and others. Vendor spaces are still available. Vendors will supply their own tables and pay only \$20 for the space, plus 10% of their sales to the High Country Chapter of the National Alliance on Mental Illness (NAMI). Contact Karen Gross, 828-406-1421 or karengross@skybest.com to reserve a slot. High Country NAMI, which is organizing the event, will staff a table featuring information on different types of mental illnesses, as well as resources for support. Free depression screenings will be offered by staff members from the Smoky Mountain Center for Mental Health. The National Alliance on Mental Illness is a grassroots organization established for the benefit of individuals living with mental disorders and their families. It was founded in 1979 to promote education, advocacy and support. The High Country chapter meets in Boone the first Monday of each month. It serves Watauga, Ashe and Avery counties.

According to the U.S. Surgeon General, one in five Americans will experience a mental illness in any given year, hence NAMI's slogan "Everyone knows someone." These disorders range from mild depression and anxiety to serious mental illnesses such as schizophrenia and Borderline Personality Disorder. Like any serious illness, mental illnesses respond to medical treatment.

For more information on NAMI, please visit nami.org or naminc.org. For information about the High Country chapter, please write to high_country_nami@hotmail.org.