

Getting Covid-19 vaccine takes just seconds, but effects are both far reaching and profound

By Tonia Hale, CEO, CNO
Blue Ridge Regional Hospital

I don't often give out advice to thousands of people at a time, but since I care deeply about our community and the wellness of its residents, my message this month is simple: If you haven't already taken the Covid-19 vaccine, do it as soon as you can. It's not an exaggeration to say that our lives depend on it, but reaching what we call "herd immunity" with the virus — when so many individuals develop immunity that it makes spreading the virus much more difficult — will be critical to turning this pandemic around and protecting all of us.

We are very fortunate that the expertise and tenacity of researchers resulted in the development of two vaccines that successfully protect you against Covid. By this I mean that, though the vaccine doesn't guarantee that you will not contract the virus, it markedly decreases your chances. The vaccine options that we have available to us currently are the Moderna and Pfizer versions, and they are highly successful in preventing severe symptoms, hospitalization, and death.

Questions have naturally emerged as people consider getting the vaccine, mainly around its efficacy, safety, and how to access it. As I stated above, the vaccines are quite impressive in their ability to stave off serious disease and I encourage people not to hold out for one vaccine over another, as the differences between the two, especially in terms of efficacy, are negligible.

In terms of safety worries, people typically express concern over the vaccines' safety, how quickly they were developed, and the side effects that accompany them. Because of the urgency of this global pandemic, it was imperative for the vaccines to be fast-tracked, but they were all developed using the same safe, scientifically sound principles that all vaccines must undergo. It can often take one to two decades for a vaccine to be approved by the FDA and administered to the public, but the combined Moderna and Pfizer trials, for example, involved more than

70,000 people and the steps in their development that are usually measured over longer periods of time were accelerated and performed simultaneously instead, so distribution could take place much earlier.

In the early days of Covid vaccine availability, the supply and demand issue was a challenge. Fortunately, as time passed, supplies became more plentiful. We received our first vaccines in late December and vaccinated our staff over the next couple of months. Since then, we have been sharing our supply with Mountain Community Health Partnership, and Mitchell and Yancey Health Departments. Accessing a vaccine is easier now because anyone age 16 or older is eligible to receive one, and there is no longer a tiered system with waiting lists. It's also important to know that the federal government is providing vaccines free of charge, so a recipient's insurance status does not impact their ability to get vaccinated. If you haven't been vaccinated yet, refer to local media sources for vaccine clinics. Mission Health's website has counties' information on how to access the vaccine.

Since Mission Health is part of the WNC Vaccine Acceleration Consortium, each of the system's hospitals, including Blue Ridge Regional Hospital (BRRH), is mandated to accept and handle the vaccine supplies we receive each week from the state responsibly. This means we must combat waste and every place that distributes vaccines, from health departments to pharmacies, must be able to store it in such a way that it is properly refrigerated.

Another concern that many have about the vaccine is the side effects that can accompany it. The pattern for the recipients of the Pfizer and Moderna vaccines has been that they may experience soreness at their injection site for a day or so, while flu-like symptoms, such as low-grade fever, fatigue, and headache can develop after the second shot. Fortunately, all of these symptoms dissipate within a day or so and very importantly, they are signs that the vaccine — and your immune system — are working as

they should be.

We must remember that vaccine technology has existed for a very long time, and that thanks to vaccines, diseases like smallpox and polio have either been completely or mostly, in the case of polio, eradicated around the world. If everyone does their part and takes the Covid-19 vaccine, we have the power to stop this awful virus in its tracks.

Another important offering at BRRH is that we now provide Monoclonal Antibody (MAB) Infusions to aid Covid positive patients in their treatment and recovery. Patients who are within 2 to 10 days of symptom onset may qualify for monoclonal antibody treatment. MABs are a product available by Emergency Use Authorization (EUA) for the treatment of mild to moderate Covid-19 in adults and pediatric patients who meet certain medical criteria and are at risk for progressing to severe Covid-19 and/or hospitalization. Intravenous treatment is available with a physician order for patients that meet medical inclusion criteria. MAB treatment is a one-time infusion and takes approximately three hours and patients can return home once it is completed. Please reach out to your provider to see if monoclonal antibody treatment is the right choice for you. Also, the sooner MAB treatment is started, the better the outcome. Currently there is no cost for the MAB medications as they are provided by our government. MAB treatment must be ordered by a physician at 828-766-3716.

Tragically, Covid-19's wreckage includes survivors of the virus dealing with lasting, severe symptoms, overwhelmed hospitals during surges, and nearly 560,000 deaths in the United States. It is incumbent upon all of us to respond to this public health emergency by taking the vaccine and continuing to practice the all-important 3 Ws — wearing our masks, washing our hands frequently, and waiting six feet apart. The decision to be vaccinated protects both yourself and your neighbors, and proves that we have the power to change the course of the pandemic.

'An Evening with Toe Valley Young Life' on May 10

Toe Valley Young Life youth ministry in Mitchell and Yancey counties present "An Evening With Toe Valley Young Life" on Monday, May 10, at 6 p.m.

This will be a free, online event with inspiring music from the Ryman Auditorium in Nashville by Drew and Ellie Holcomb and featuring kids from our area currently involved with Toe Valley Young Life.

You will also hear from Trey Ridge, Area Director for Toe Valley Young Life, and local pastor, Zack Mason, who serves on the TVYL Committee.

"We are excited to present this opportunity for our current supporters to hear from our leaders and kids and for those who are unfamiliar with Young Life to hear more about this life

changing organization for high school students in Mitchell and Yancey counties," said Trey Ridge, TVYL Area Director.

There will be opportunities to win gifts by attending the live premiere of "An Evening With Toe Valley Young Life," so mark your calendar for May 10 from 6 to 6:45 p.m. and be there! You can register for this free event at nc198.younglife.org/events/an-evening-with-toe-valley-young-life or email toevalleyyounglife@gmail.com for more information about Toe Valley Young Life.

Young Life invites you to join this virtual event for fun and inspiration!

Young Life is a world wide organization that introduces adolescents to Jesus Christ and

helps them grown in their faith. For more information about Young Life visit the website at younglife.org



Trey Ridge, Toe Valley Young Life Area Director.

Spring/Summer Children's Consignment Sale

Proceeds benefit Imagination Library

Preview day Thursday, May 6th, 8am - 6pm
\$5.00 admission charge to shop early
 Friday, May 7th, 8am - 6pm
 Saturday, May 8th 8am - 2pm

31 Cross Street Commerce Center
 Spruce Pine

www.BlueRidgeChildren.org
 828.682.0047
 828.733.2899

Face covering required

LEGAL NOTICES

PUBLIC HEARING

WAMY Community Action, Inc. is accepting nominees for a low-income representative from Yancey County to serve on the Board of Directors. Nominees must be low-income or be able to represent that population with firsthand knowledge of the challenges they face. Must be at least 18 years of age and reside in Yancey County. The Board of Directors meets bi-monthly on the 2nd Tuesday at 5:00 p.m. Currently, the Board is meeting virtually via Zoom.

A public hearing will be held via Zoom meetings on Monday, May 10 at 5:30 p.m. The link to this meeting is open to Yancey County residents: <https://zoom.us/j/91928205987>

LEGAL NOTICE

IN THE GENERAL COURT OF JUSTICE, YANCEY COUNTY NORTH CAROLINA SUPERIOR COURT DIVISION

NOTICE TO CREDITORS

Having qualified as Administrator of the Estate of Frank Donald Briggs of Yancey County, North Carolina, this is to notify all persons and corporations having claims against the Estate of said deceased to present them to the undersigned on or before the 28th day of July, 2021 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 28th day of April, 2021.

Kay Briggs
180 Daffodil Lane
Burnsville, NC 28714
Published April 28,
May 5, 12, 19, 2021

LEGAL NOTICE

IN THE GENERAL COURT OF JUSTICE, YANCEY COUNTY NORTH CAROLINA SUPERIOR COURT DIVISION

NOTICE TO CREDITORS

Having qualified as Executor of the Estate of June F. Bryan of Yancey County, North Carolina, this is to notify all persons and corporations having claims against the Estate of said deceased to present them to the undersigned on or before the 15th day of July, 2021 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 15th day of April, 2021.

Sandra J. Bryan
101 Settlers Ridge Road
Burnsville, NC 28714
Published April 14, 21, 28,
May 5, 2021

LEGAL NOTICE

IN THE GENERAL COURT OF JUSTICE, YANCEY COUNTY NORTH CAROLINA SUPERIOR COURT DIVISION

NOTICE TO CREDITORS

Having qualified as Administrator of the Estate of Sally Ann Ray of Yancey County, North Carolina, this is to notify all persons and corporations having claims against the Estate of said deceased to present them to the undersigned on or before the 21st day of July, 2021 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 21st day of April, 2021.

Terry Lee Jones
8 Kellogg farm Road
Green Mtn., NC 28740
Published April 21, 28,
May 5, 12, 2021

LEGAL NOTICE

IN THE GENERAL COURT OF JUSTICE, YANCEY COUNTY NORTH CAROLINA SUPERIOR COURT DIVISION

NOTICE TO CREDITORS

Having qualified as Executor of the Estate of Joe Junior Bailey of Yancey County, North Carolina, this is to notify all persons and corporations having claims against the Estate of said deceased to present them to the undersigned on or before the 7th day of July, 2021 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 7th day of April, 2021.

William Samuel Randolph
6840 US Hwy 19W
Burnsville, NC 28714
Published April 7, 14, 21,
28, 2021



Front (l-r): Paul Young, Gus Flacks, Kenneth Griffith, Junior "Rusty" Griffith, Rev. Grady Riddle, James Griffith, Gay Young, Porter Young, Donald Young, Warren Wilson, George Lee Griffith (standing). Back: I. D. Young, Junior Hank Wilson, Donald (last name unknown), Willie "Jake" Henson, Roy Young, Hubert Young, Dolphus Parker, and Charles Lee Young. Coach: John Young.

Jake Henson was last survivor of Burnsville Eagles

Betsy Stiles wrote this story about Jake Henson for Yancey History Association and it appeared in the July 25, 2018 issue of the Yancey Times Journal. The last living member of the legendary Burnsville Eagles, Jake passed away Jan. 26, 2021 at age 93.

Mr. Jake has lived all his life in Burnsville and is now 91 years young. He has been my "Go To Guy," as I have been on my journey of my ancestry into the past. Jake can tell me where people lived in Burnsville or areas of the county. He is a walking history book that I have enjoyed talking to and gathering information from, and I am glad to call him my friend.

Jake grew up in a place called Mud Cut on highway 197 up Pensacola Road. He lost his father when he was 8 years old, from bleeding ulcers, in 1935. During the 1930s doctors made house calls. Dr. Cheadle was his doctor, and in those times doctors were paid in chickens, eggs, hams or other things from the farm. Dr. Cheadle also delivered me in our home.

There were seven siblings in Jake's family. After his father passed away, his mother took in washing and did housework for people in Burnsville to support her family. The family had a good garden, chickens, 2 hogs each year and a milk cow. All of the family helped with the harvest and canning. When Jake was a young boy he would sell eggs to get 10 cents and really had to work hard to get another penny for the 11 cents needed to go to the movie theater. Because of segregation and Jim Crow laws,

Jake had to go up outside steps to the balcony, but he said he didn't mind because you could see the movie better from there. He enjoyed going to the Farmer's Federation Picnic, and sometimes he and his uncle would work for Farmer's Federation.

Jake went to the Burnsville African-American School through 6th grade, as high as that school went. His mother sent him to Mars Hill for the 7th grade but the next year she could not afford room and board, so Jake came home and worked at the Dinner Bell Cafe.

When he got his food, because of segregation he had to go outside to eat. He also worked for John Copper and John Randolph, until he was 17 years old when his mother signed for him to join the Navy during World War II. Jake served as Steward Mate 1st Class to the Admiral because he was African-American. He served on the USS Bennington, USS Shangri La, and some destroyers, where ever his Admiral would do did Jake. Even though he was a Steward, at times he had to load the deck guns during battles at sea.

After his release after World War II, he was called back during the Korean War.

After his final discharge, Jake had traveled much of the world. Now, it was time to figure out what he would do for the rest of his life. Grady Bailey, and I think Will Randolph, opened a training school for war vets to be able to train for an occupation. Jake finished his training and worked for Melvin Flack in masonry.

After Flack retired, Jake got

his first job on his own from Bass Penland to brick the Bolens Creek Baptist Church. He also helped John Randolph build the Lloyd Bailey Annex building where Yancey History Association is now located. When they restored the old McElroy House he did the brickwork on the chimneys.

Ewart Wilson was building something at Soco Gap and wanted Jake, who he had not met, to lay the rock. Jake went, but Wilson told him he had gotten someone else for the job. A week later Jake got another letter from Wilson, so he went back. Wilson told the other workers that Jake did not show up, but they told him, no, he is right over there. Wilson, speaking to Jake said: "I thought you were one of those d**n Indians." The rest of the workers teased him by calling him that d**n Indian until the job was finished.

Jake is the last surviving member of the Burnsville Eagles baseball team. He played with them until family and work became more important. He could play every position on the team, I don't think that they lost a game. When I was very young in the early 1950s, my dad would take me to the Burnsville High School baseball field to watch them play.

Jake has so many memories growing up in Burnsville that I can't get them all in this article, so I recorded them on tape because he is a walking history book of Burnsville.

Most of you know him as Jake Henson, I know him as Mr. Jake, my friend.

Volunteers needed

Meals on Wheels needs volunteers to deliver meals. For information call the Senior Center at 682-6011.