

# Burnsville Martial Arts School now teaching Kajukenbo and Brazilian Style standing up fighting arts and on the ground

Kajukenbo as taught in Burnsville is a Brazilian Martial Art, the original MMA, an American martial art that consists of practical Karate, Kenpo, Tae Kwon Do, Jiujitsu (now Brazilian), Kung-Fu, Choy Le Fut, Chinese and American

boxing. Classe is taught on Tuesday 7-9 p.m. and Saturday 9-11a.m. All lessons are free. Church donations are appreciated but not required.

Brazilian Jiujitsu is a Brazilian martial and is World famous for it's ground fighting. Our

Kajukenbo school is honored to have both teacher and students as part of the Burnsville Martial arts school. Students can now learn effective street fighting both standing and on the ground. Brazilian Jiujitsu now represents the Jiujitsu component of Kajukenbo.

This is a rare opportunity for men and women ages 10 to 80 to learn quality martial arts in a Christian and family oriented school during challenging times.

Burnsville Martial Arts School is located at the Higgins Methodist Church gym.



Naamon Fox from Burnsville, was awarded his 2nd degree black belt from the Burnsville Martial Arts School on Saturday, June 25, 2022. The school is located at the Higgins Methodist Church gym. Fifteen students attended plus Grand Masters Walt Andrae and Grand Master Sifu Dr. Larry Carter who both instructed.



Brazilian Jiujitsu master and students are now a welcome part of the Burnsville Martial Arts school. They learn Kajukenbo and our students can learn Brazilian style from a highly qualified instructor. These are both top arts, and we now offer standing up fighting arts as well as on the ground. Naamon Fox is kneeling in front. From right to left is instructor Larry Higgins, Sifu Bill McLaughlin 6th degree Black belt, Grand Master Walt Andrae 10th degree black belt, Grand Master Sifu Dr. Larry Carter 9th degree black belt, Professor Kevin Wind, 3rd degree black belt Brazilian Jiujitsu, Aspen Higgins 2nd degree black belt and Jerome Higgins black belt.



## Grateful Girl Gathering Women's Conference returns for 2022

Have you ever felt the need to connect with other Christian women in your community? Have you ever had a prayer for a closer relationship with your friends and for ways to impact your community? Have you ever prayed for God to help you be more grateful even on the tough days?

You are not alone! The Grateful Girl Gathering was born from prayers just like that...Praying for God to reveal how we could use our gifts and talents for Him to bless other women just like us! We are women of different ages and different churches who were seeking a unique event that could bring women together to worship, study God's word, hear amazing speakers, and have fun!

The Grateful Girl Gathering Christian Women's Conference returns in 2022 bringing an event to encourage women with great speakers, amazing worship music, a time to connect and be encouraged.

will be held Saturday, August 27th at the Cross Street Commerce Center in Spruce Pine, NC. In its 2nd year, the conference team is planning for a great day for women of all ages! In 2021, women from all across WNC as well as other states attended the conference. "The planning team for the Grateful Girl Gathering is made up of women from different area churches and are of different ages and stages in life," said Patti Jensen, one of the team members. "We hope that women make plans to attend this year to hear the speakers, experience the worship and enjoy the fun activities allowing them to connect with other women from our area."

Churches are encouraged to bring their women's groups and there is a new group registration process this year that makes registration much easier. There is also a new feature to gift tickets to women in order to bless them with an opportunity to attend. Tickets will go on sale July 1,

at [www.gratefulgirlgathering.com](http://www.gratefulgirlgathering.com). For updates and notices, those interested are encouraged to sign up for the conference newsletter on the website.

The event is sponsored by several businesses and churches throughout the region. If your business or church is interested in helping to make the event possible, you can visit [www.gratefulgirlgathering.com/sponsors](http://www.gratefulgirlgathering.com/sponsors).

"There are a lot of factors in this world that are negative and discouraging," said Jensen. "But we want to remind the women in our communities that God is good, the He loves them and has a special purpose for their lives," said Jensen. "Our desire is that women will come to the conference and feel a connection to God and to the other women in attendance!"

For more information visit [www.gratefulgirlgathering.com](http://www.gratefulgirlgathering.com) and follow along on Facebook and Instagram at @agratefulgirlgathering.

# LEGAL NOTICES

## 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 Verlyn A. Perkins 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 29th day of September, 2022 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 29th day of June, 2022.  
William David Perkins  
18 Ascot Point Circle Apt 104  
Asheville, NC 28893  
Published June 29, July 6, 13, 20, 2022

## 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 Ivan Tammenga 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 September, 2022 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 22 day of June, 2022.  
Amy Tammenga  
4100 Five Oaks, Unit 45  
Durham, NC 27707  
Published June 22, 29, July 6, 13, 2022

## LEGAL NOTICE NOTICE TO CREDITORS

All persons and entities having claims against the Estate of Virginia Banks (also known as Virginia A. Banks and Virginia Atkins Banks) (Yancey County estate file no. 22-E-172), deceased are hereby notified to present the same to the undersigned on or before September 30, 2022, or this notice will be pleaded in bar of recovery. All debtors of the decedent or the decedent's estate are asked to make immediate payment to the undersigned.

This the 29th day of June 2022.  
William R. Banks, Administrator  
c/o Gregory S. Hilderbran, Esq.  
Hilderbran Hitchcock PA  
301 College Street Suite 110  
Asheville NC 28801  
Published June 29, July 6, 13, 20, 2022

## 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 Wayne Michael Rile 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 September, 2022 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 June, 2022.  
Rosemary Banks  
131 E. Main St., Suite B  
Burnsville, NC 28714  
Published June 15, 22, 29, July 6, 2022



Toe Cane Beekeepers, take a break from harvesting and spinning honey and take note of some important activities for our club coming soon. Mark your calendars!

Saturday, July 23 -- Toe Cane Members Appreciation Picnic and Day in the Bee Yard.

Please join us for our annual picnic for an afternoon of bee talk and summer fare. Once again, the picnic will be held at President Ed Geouge's Blue Rock Apiary, 3885 Blue Rock Road, Burnsville, from 11:30 a.m. to 3 p.m. Saturday, July 23. The club will provide hamburgers and hotdogs, and we ask members to bring a covered dish to share. Special guest will be our local apiary inspector Lewis Cauble, who will talk about his favorite parasite Varroa Destructor, and ways to diagnose and control this pest. He'll demonstrate the sugar shake method of measuring mite loads and talk about treatment options. He'll also offer some expert tips for doing inspections of your colonies, so bring your bee suit in order to participate. Remember, the picnic is for club members only and is the club's way of saying thank you to our members who have contributed to the club. If you're new and still thinking about joining, it's not too late to join by visiting our website ([toecanebeekeepers.net](http://toecanebeekeepers.net)) and we'll welcome you at the picnic.

Tuesday, July 26 -- Monthly Meeting via Zoom featuring Dr. Alison McAfee, 6:30 p.m.

Alison will talk about "Honey Bee Survival and Fertility During Extreme Heat". This will be a Zoom meeting since Alison is currently doing research in France. She is a Post-doctoral Fellow in Applied Ecology at NC State University and the University of British Columbia. You will recognize her name if you are a regular reader of "American Bee Journal" to which she contributes. Here's your meeting invitation: Topic: Toe Cane Beekeepers Association's Zoom Meeting--July 26 Time: Jul 26, 2022 06:30 PM Eastern Time. Join Zoom Meeting at <https://us02web.zoom.us/j/86167438578?pwd=d2RSaUsva3NOZjNrZ3VGd3VBcUxyUT09>. Meeting ID: 861 6743 8578. Passcode: 213438. Find your local number: <https://us02web.zoom.us/j/kcSUqNmj9>

## Harvest Share produce pick ups

Harvest Share drive-through produce pickups are Thursdays, 10 am - noon in the parking lot between the DMV and Yancey Times on North Main Street, Burnsville. The food is free and there is no proof of need; everybody is welcome! Harvest Share is a collaboration between Dig In, TRACTOR, and Reconciliation House.

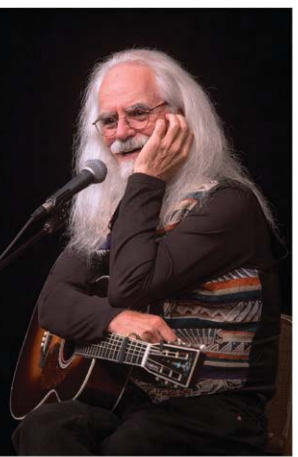
## MICHAEL RENO HARRELL SINGER, SONGWRITER, STORYTELLER

### MAKEUP DATE

Friday | July 15 | 7pm  
Burnsville Town Center  
6 South Main Street

General Admission \$10  
Reserved Seating \$20  
Add \$5 at the door

Proceeds Benefit the  
Burnsville Lions Club  
in Honor of Maryan Holt



If you purchased a ticket for last year's show, please bring your ticket.

Information: 682-5754



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