

LEGAL NOTICE

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

EXECUTOR'S NOTICE
Having qualified as Executor of the Estate of Ann P. Fleckenstein, 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 16th day of April, 2019 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.
This the 16th day of January, 2019
David J. Fleckenstein
974 Green Mountain Dr.
Burnsville, NC 28740
Published January 16, 23, 30, February 6, 2019.

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

ADMINISTRATOR/ EXECUTOR NOTICE
Having qualified as Administrator of the Estate of Marian Anna Steele 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 16th day of April, 2019 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.
This the 16th day of January, 2018.
William L. Ramsey
P.O. Box 1133
Fairview, NC 28730
Published January, 16, 23, 30, February 6, 2019.

LEGAL NOTICE STATE OF NORTH CAROLINA NOTICE OF PUBLIC HEARING

COUNTY OF YANCEY
Please take notice that pursuant to NC Gen. Stat. §153A-158.1(a), the Yancey County Board of County Commissioners will hold a public hearing on Monday, February 11, 2018 at 6:00 p.m. in the Courtroom of the Yancey County Courthouse for purposes of taking input from the public regarding a request from the Yancey County Board of Education to Yancey County that Yancey County use its authority under NC Gen. Stat. §153A-158.1(a) to acquire property for use by the Yancey County Board of Education for purposes of widening Cane River School Road so as to provide access lanes to the new Blue Ridge Elementary School per plans prepared by Civil Design Concepts, PA, a copy of which may be obtained in the Office of the County Manager for Yancey County, Yancey County Courthouse.
This the 6th day of February, 2019.
Sonya Morgan /s/
Sonya Morgan
Clerk to the Board
Published February 6, 2019

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

BEFORE THE CLERK FILE NO. 2019 E32 EXECUTOR'S NOTICE
Having qualified as the Administrator of the Estate of John Hampton Alley of Yancey County, North Carolina, this is to notify all persons, firms and corporations having claims against the Estate of the deceased to present them to the undersigned on or before 16 May, 2019, or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.
This the 25 day of January, 2019.
Stephen C. Alley
906 Sycamore Street
Murray, KY 42071
Published January 30, February 6, 13, 20, 2019

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

ADMINISTRATOR/ EXECUTOR NOTICE
Having qualified as Administrator of the Estate of Alma Ruth Laws 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 May, 2019 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.
This the 6th day of February, 2018.
Lisa Shepard
532 Barn Road
Burnsville, NC 28714
Published February 6, 13, 20, 27, 2019

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

EXECUTOR'S NOTICE
Having qualified as Executor of the Estate of Dora M. Steward, 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 23rd day of April, 2019 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.
This the 23rd day of January, 2019
Jena Rae Formella
122 Chestnut Rd.
Waxahachie, TX 75165
Robert A. Phillips,
Attorney
Resident Process Agent
PO Box 995
Burnsville, NC 28714
Published January 23, 30, February 6, 13, 2019.

The truth about lung cancer: Debunking myths that still exist

By Dr. Patricia Rich
In 2018, more than 230,000 Americans were diagnosed with lung cancer. Despite its prevalence, there are still many myths surrounding this disease which is by far the leading cause of cancer death among both men and women.

For example, many believe that men and smokers are more susceptible to lung cancer; however, recent stats demonstrate lung cancer has been increasing among two groups in particular: women and non-smokers – something not widely reported.
In fact, according to the National Cancer Institute, over the past 36 years the rate of new lung cancer cases among men has dropped by nearly a quarter, while the rate among women has risen 100 percent. I'd like to

Guardian ad Litem seeking volunteers as child advocates

The NC Guardian ad Litem Program is seeking volunteer advocates to represent abused and neglected children in Yancey, Mitchell and Madison.
Training sessions are held periodically for those who would like to volunteer with this program to advocate for local children.
Participants from Mitchell and Madison counties are also strongly encouraged to participate as there are many children who still do not have a volunteer assigned to them.

If you have any questions or would like to learn more about the local Guardian ad Litem program, please call Erica Edwards at 828-682-4754 or visit volunteerforgal.org.

Become a Yancey Hospice Volunteer

There are currently hospice patients in your own community that could use the help from a volunteer, or they would just enjoy the companionship from their fellow neighbor. Many of you may have had a Yancey volunteer stay with your loved one when they had Hospice. If you can sing a song, hold a hand, read the Bible, share a memory, say a prayer, give an exhausted caregiver a break, or most importantly – just be a friend, that is all it takes to be a hospice volunteer. Volunteers are not allowed to give medications, lift a patient, assist a patient with toileting or help with transferring to another seat. The main purpose of being a volunteer is to provide relief for the caregiver, to run errands or to just sit with the patient and be nothing more than a friend. If an emergency should arise while you are with a patient you should call hospice, their staff is available 24 hours a day, 7 days a week. Someone can fill in for you if you have an appointment or plan to be away if a visit is scheduled.
Please call Angie Higgins, Volunteer Director at 682-9675 or email angieh@hospiceofyancey.org.

LEGAL NOTICE PUBLIC NOTICE

Legal Notice of Public Sale
Date: 2/1/19
In-Town Mini Storage will sell the following storage unit(s) #25 for default of rent on February 23, 2019 at 12:00 p.m. Owner may claim by paying all rent and any fees prior to sale. Cash or money order only. Unit#25
Renter Name: Tina Menke
Published on February 6, 13, 2019

LEGAL NOTICE PUBLIC NOTICE

Legal Notice of Public Sale
Date: 2/1/19
In-Town Mini Storage will sell the following storage unit(s) #29 for default of rent on February 23, 2019 at 12:00 p.m. Owner may claim by paying all rent and any fees prior to sale. Cash or money order only. Unit#29
Renter Name: John H. Ramey
Published on February 6, 13, 2019

debunk some additional myths about lung cancer:

- MYTH: Lung cancer is a smokers-only disease.
- FACT: While it's true that most people with lung cancer are (or were) smokers and that smoking is the number one cause of lung cancer, 10 percent of people overall diagnosed with lung cancer have never smoked. The symptoms between smokers and non-smokers, however, are basically the same:
 - *Persistent or worsening cough
 - *Ongoing chest pain
 - *Coughing up blood
 - *Shortness of breath or wheezing
 - *Hoarseness of the voice
 - *Difficulty swallowing
 - *Loss of appetite
 - *Fatigue
 - *Pneumonia or bronchitis recurrence
- MYTH: I've smoked for years, so quitting now won't help.
- FACT: According to National Institutes of Health, if you quit smoking by the age of 35, you will live 5-10 years longer and decrease the risk of cancer and heart disease. In addition, kicking the habit raises the success rate of surgery, increases the effectiveness of treatment and lowers the risk of dying from causes other than lung cancer.
- MYTH: I'm fine because my primary care physician automati-

cally screens all patients for lung cancer.

- FACT: Not all primary care doctors appropriately screen patients who qualify for screening, even though they should. According to the United States Preventive Services Task Force, you should be screened if you are: a current smoker or quit within the last 15 years; between the ages of 55 and 80; or have smoked the equivalent of a pack a day for 30 years. More than 25,000 lives would be saved if everyone considered high risk for lung cancer were screened.
- MYTH: Lung cancer can't be treated.
- FACT: While lung cancer typically isn't curable, it can be treated. Treatment can often not only extend life, but also help alleviate some of the symptoms of cancer as well. Depending on

the type and stage of lung cancer you have, your treatment options may include surgery, radiation, chemotherapy, targeted therapies, immunotherapies or a combination of these treatments.
Survival rates depend on several factors, including how early a tumor is found, whether the cancer has spread beyond the lungs and the quality of treatment, but if lung cancer is caught before it spreads, the likelihood of surviving five years or more improves to 56 percent.

Dr. Rich is the medical oncology director of the CTCA Lung Cancer Institute and vice chief of staff at CTCA Atlanta in Newnan, Ga., which is a partnering with the American Lung Association's LUNG FORCE on a campaign called Not What You Think in order to raise awareness of and advocacy for lung cancer. See lungforce.org.

Applications being accepted to attend Mayland's Early College High School

Students who live in Avery, Mitchell, and Yancey counties are eligible to apply for the Fall 2019 semester.
MECHS provides students with the opportunity to obtain a high school diploma and an Associates Degree from Mayland Community College at

no cost!
The program is completely free. Applications are now being accepted.
For more information please contact the principal, Stacie Burleson at 828-766-2590 or email stacieburleson@meclive.net.

Five easy green modifications you can make in your home right now

By Avery Phillips

To ensure a viable world for future generations, the burden of environmental responsibility lies with each of us. Every little improvement helps change the course we are on. The ultimate goal is to reduce our carbon footprint and preserve our natural resources.

Making your lifestyle greener doesn't need to be expensive or time consuming. There are a lot of little ways you can reduce your consumption and lighten the global environmental load.
We have put together this list of five quick and easy things you can do right now to make your home more environmentally friendly.

1. More Efficient Eco-Friendly Lighting

The first quick way to conserve energy and save money is to swap out all your regular light bulbs for light-emitting diode (LED) bulbs. According to the U.S. Department of Energy, LEDs use 75 percent less energy, and as a bonus, they last 25 percent longer. By using less power, you will pay less on your utility bill. It's a complete win-win.

Another tip for saving energy is to turn off lights when you are not using them. Unplug appliances that continuously draw electricity when they are not in use. To make this job easier, plug everything into one power strip. Then, you'll have only one plug to detach before leaving the house each day.
Using these methods, your energy savings could add up to

SECU offering low-cost tax prep for its members

Tax season is here and State Employees' Credit Union (SECU) is ready to help! SECU tax preparers in all 265 offices statewide will be able to complete and electronically file federal and North Carolina income tax returns for members who are eligible to participate in the Credit Union's Low-Cost Tax Preparation program.
SECU began offering its low-cost program in 2010, providing members with convenient tax preparation service. Qualifying members can have their tax returns prepared for a flat fee of only \$75, which includes preparing and filing both the federal and state tax returns.
It is an affordable benefit for members and one they continue to take advantage of year after year. During the 2018 tax filing season, SECU personnel filed 72,847 tax returns on behalf of members.
Members can visit SECU's website: nsecu.org, to learn more about the Low-Cost Tax Preparation program as well as information regarding other available filing options.

more than \$75 a year. The best places to swap out incandescent bulbs for LEDs are your porch light, table, floor lamps, and kitchen ceiling lights.

2. Start Composting

Many people have heard of composting but don't really know what it is or how to start doing it. It's actually quite easy and can drastically lower greenhouse gas emissions from landfills. The big culprit is methane gas, which is a direct result of all this food ending up in the trash.

You can create a composting bin in a few different ways. There are entire websites devoted to instructing beginners on how to start composting. You can use different methods for breaking down your food scraps using earthworms or other biodegradable substances. You can then either drop it off at a composting location near you or use it to feed your garden; compost makes great fertilizer.

You can even buy composting kits online or at hardware stores. Find local composting locations through your local town hall. Be sure to store composted material in your freezer to avoid any bad smells or pests until pickup day.

3. Use Natural Pest Repellents

Instead of toxic chemicals and aerosols that destroy our ozone layer and infiltrate our water systems, a better way to keep pests away is through a natural repellent. Not only is this natural pest repellent effective on ants, bed bugs, ticks, fleas, cockroaches, spiders, and other pests, it is completely safe for humans and animals.

All you need to make it is food-grade diatomaceous earth. The diatomaceous earth comes from "fossils of tiny aquatic organisms known as diatoms." This dirt-like substance looks like glass and is safe enough to eat, but to tiny creatures it is deadly. It cuts their exoskeleton and dries them out.

You can even brush this substance through your dog or cat's fur. If you mix 1/4 of a cup of it with 5-10 drops of Peppermint Essential Oil, you can sprinkle it

anywhere to keep ants out (ants hate the smell of peppermint). Sprinkle the powder outside anywhere you want to get rid of ticks or other pests.

4. Go Meat-Free at Least 3 Days a Week

Surprisingly, not eating meat just one day of the week impacts the environment in a big way. The Earth Day Network says that "eating one less burger a week for a year has the same environmental impact as taking your car off the road for 320 miles." So if you decided to stop eating meat three days a week, your positive impact would triple!

Furthermore, if you decide to go completely vegetarian, you could reduce your carbon footprint by 63 percent. There are dozens of vegetarian diets that substitute other foods for getting your daily dose of protein. If you don't want to go that far, you could alternate and eat vegetarian meals every other week.

5. Go Paperless/Paper-Free

There are so many ways that you can save pounds of paper and dozens of trees every day. First, scan all your documents instead of copying them. Cloud-based solutions allow you to easily upload all your documents for secure backup and storage.

Instead of subscribing to newspapers, magazine and other periodicals, use the online versions. Tablets and smartphones let you read your favorites anytime and anywhere. Your smart device can also keep track of calendars, to-dos, and lists so you can stop using notepads and sticky notes around the house.

When you sign up for something new, be sure to request paperless billing. Ask for online versions of other items like bank statements, newsletters, catalogs and insurance paperwork. Anytime you can opt for a digital version, do so. All your favorite books are now online, and many are available in audio format.

Every little bit you do contributes to the greater good for all of us and a much greener

It's Girl Scout cookie season

The iconic girl-led entrepreneurship program develops the next generation of female business leaders.

It's time for everyone's favorite cookies- the Girl Scout cookies! Running through March 3, the public can stock up on Thin Mints, Caramel Delites, Peanut Butter Patties and more!

Through the Girl Scout Cookie Program, girls not only discover their inner leadership potential, but also use their earnings to power amazing experiences for themselves and their troop, including travel, outdoor adventure and science, technology, engineering and

math (STEM) programming. Many girls put the money toward impactful projects right in their own backyards, from supporting animal shelters and food banks to working with local and state legislators to change laws. that when consumers purchase the delicious cookies, they're giving back to their wider community.

This year, along with the classic cookie flavors, Girl Scouts Carolinas Peaks to Piedmont is celebrating a tasty new way to support young female entrepreneurs with a recently debuted Girl Scout cookie added to the 2019 lineup: Caramel Chocolate Chip.

Abide
women's ministry

Abide in Me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in Me. John 15:4

ABIDE Invitation: Ladies! Please save the date of **Friday, February 22, 2019 from 6:00 to 8:00 p.m.** for the next ABIDE Women's Ministry Big Event!

Come and find out about your "Perfect Love" in Jesus, our Lord and Savior! Dinner will be provided so come and join the worship, food, fellowship, door prizes and fun! Please invite your friend or neighbor as all are welcomed!

In order for us to have an accurate meal count, please **RSVP on or before February 19, 2019.** Let us know the total number attending by calling the church office at **828-682-2835** or by emailing [Kathy Williams at elginmom2013@yahoo.com](mailto:KathyWilliams@elginmom2013@yahoo.com).