



Katlyn Hoilman and Jeffery Gortney.

**Katlyn Hoilman
Jeffery Gortney**

Chris and Susan Hoilman would like to announce the upcoming marriage of their daughter, Katlyn Hoilman to Jeffrey Gortney, son of Kim Dellinger and Tim Gortney. The ceremony will be held at Fairview Baptist Church on Seven Mile Ridge at 5 p.m. Reverend Kenny Hollifield will be officiating. A reception will follow at the church fellowship hall.

After a honeymoon the couple will reside in the Micaville community.

Obituaries



**Patricia Carol
Hulvey Daniels**

It has been said that an obituary is one of the few writings that capture a person's entire life. If that be true, we hope to leave a vivid impression in your mind of the life of our beloved Patricia Carol Hulvey Daniels.

Pat was born on January 31, 1950 in Monroe, Michigan to wonderful parents Leo and Joyce Hulvey, both of whom have preceded her in death. Her only sibling is Dennis Hulvey. He and his wife Sharon and their son, Thomas, live in Monroe, where he and Pat were raised.

Pat passed from this life on April 25, 2019. Her 69 years of life conveys the caring, loving and spiritual person that made her who she was.

On August 22, 1970 at the young age of 20, Pat married the love of her life, Fred David Daniels. They worked together for several years, both employed by The American Red Cross. During the years they lived in Michigan, Pat and Dave gave birth to three beautiful daughters: Jamie, Tasha, and Tricia. Pat's love ran deep for her Lord, her husband, and her family. She was very involved at the nearby Christian school in Monroe and even years later in Arthur, TN. She helped with different ministries within the church and had served as Sunday School Teacher as well.

Pat's surviving family in addition to her husband, is her children: Jamie (Casey) Hartley, Tricia (Edward) Dean and Tasha Daniels.

She was a loving mamaw to her sweet grandchildren: Megan Jackson, Makayla Hartley, Noah Hartley, Kalleigh Dean, Reagan Dean and also to her two great-grandsons: Kaden and Bentley Jones.

Funeral services were held at 7 p.m. on Sunday, April 28th at the Church of Jesus Christ Newland. Pastor Dave Atkins officiated. Graveside Services were held at 11 a.m. on Monday in the church cemetery.

The family requests memorials be made to her GoFundMe page listed under Patricia Carol Hulvey Daniels.

Pat's precious family may never again hear her speak to them in an audible voice on earth, but, they will feel her enormous heart-felt love and prayers that she prayed for them for the rest of their lives!

LEGAL NOTICE

**LEGAL NOTICE
NOTICE TO CREDITORS
19 E 104**

All persons, firms and corporations having claims against Leonard Borgman aka Leonard A. Borgman, late of Pasco County, Florida, and owning property in Yancey County, North Carolina, are hereby notified to present them to Leroy H. Borgman, Jr., as Ancillary Personal Representative of the decedent's estate, in care of the Alleman Law Firm, P.O. Box 276, Asheville, NC 28802, on or before the 24th day of July, 2019, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the above-named Ancillary Personal Representative.

Cynthia Alleman
Attorney for the Ancillary Estate of Leonard Borgman aka Leonard A. Borgman
Alleman Law Firm
P.O. Box 276
Asheville, NC 28802-0276

Bar No. 20905
Published: April 24, May 1, May 8, May 15

**LEGAL NOTICE
IN THE GENERAL
COURT OF JUSTICE,
YANCEY COUNTY
NORTH CAROLINA
SUPERIOR COURT
DIVISION
ADMINISTRATOR/
EXECUTOR NOTICE**

Having qualified as Administrator CTA of the Estate of Welch Owens 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 24th day of July, 2019 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 24th day of April, 2019.

Gregory S. McIntyre
PO Box 165
233 E Graham Street
Shelby, NC 28150
Published April 24,
May 1, 8, 15, 2019

**LEGAL NOTICE
IN THE GENERAL
COURT OF JUSTICE,
YANCEY COUNTY
NORTH CAROLINA
SUPERIOR COURT
DIVISION
ADMINISTRATOR/
EXECUTOR NOTICE**

Having qualified as Executor of the Estate of Wanda June Wilson 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 1st day of August, 2019 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 1st day of May, 2018.

Richard D. Wilson
PO Box 963
Burnsville, NC 28714
Published May 1, 8, 15, 22, 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 Stephanie Anne Briggs Whitt 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 8th day of August, 2019 or this notice will be pleaded in bar of their recovery. All persons indebted to said estate please make immediate payment.

This the 1st day of May, 2018.

Larry Whitt
1554 Patterson Branch Road
Burnsville, NC 28714
Published May 8, 15, 22, 29, 2019



MAGIC program helps Cane River students develop their culinary skills

A collaboration between Cane River Middle School's after school MAGIC program and Yancey County 4-H gave students the opportunity to develop their culinary skills.

Students learned facts about food nutrition, basic measuring, recipe interpretation, safe food

handling and food preparation skills.

The students made, and later enjoyed, delicious strawberry muffins, freshly made guacamole, fruit smoothies, and baked potato fries.

The class was led by 4-H volunteer Abby Varney.



Home Remedies May 13 and 20: Asian medicine to treat pain

If you're wondering whether acupuncture is effective for pain, a simple Google search will lead you to numerous articles published by well-respected institutions such as the American Medical Association, the National Institute for Health's Office of Complementary and Alternative Medicine and Harvard University. You'll discover researchers have conducted scores of studies over more than two decades, showing that acupuncture can relieve pain.

To help area residents learn how it works, as well as learn simple self-care techniques, Home Remedies: Community Options for Addressing Pain and Stress has invited licensed Spruce Pine acupuncturist Mary Lynn White to share her personal experience and professional expertise in treating pain during the May 13 and 20 sessions. Newcomers are encouraged to attend the free hour-long classes held each Monday from 5:30 - 6:30 p.m. at the Mauzy-Phillips Center at the hospital in Spruce Pine.

White is no stranger to pain. "In addition to speaking from my training and experience as an acupuncturist, much of what I'm going to be sharing comes from my 35 years as an acupuncture patient, and includes what I use on myself and family for pain and discomfort," she says. "I will also demonstrate a few useful tools people can use for self-care that are both easy and inexpensive to buy."

On May 13 White will discuss the Asian medicine perspective on pain: why we have it, what causes it and what can be done to help reduce it. "There is no one-size-fits-all solution. There are different kinds of pain - sharp, dull, achy, throbbing, acute and chronic, each of which requires a different approach," she says. White will share her "first aid kit" of self-care massage and movement practices that can reduce pain by promoting circulation and relaxing tension.

On May 20, White will offer a class she calls "Tiger Paws," designed to help improve hand and finger flexibility for people who suffer from arthritis, or have pain due to overuse or repetitive motion. Participants will leave with exercises they can practice at home.

Recent neuroscience studies on the effects of acupuncture on pain from University of York, Harvard Medical School and University of Michigan, Ann Arbor, show that the brain changes in response to acupuncture. Researchers believe those changes are clearly linked to the person's improving pain symptoms. Home Remedies Program Director and Licensed Acupuncturist Margot Rossi notes, "We are fortunate to have several licensed acupuncturists in our area; it's an accessible, effective alternative for many patients with chronic pain conditions and can be especially beneficial for those who can't or don't want to take certain pain medications."

"We'll also be practicing

mindfulness exercises during each class," Rossi adds. "While I can talk about the research that's been done showing how mindfulness impacts pain, our Home Remedies' participants who come regularly offer the best testimonials of how these exercises are helping them improve their quality of life."

Home Remedies: Communi-

ty Options Addressing Pain and Stress is a collaborative effort of Partners Aligned Toward Health (PATH), RHA Health Services, and Blue Ridge Regional Hospital. The program's overarching goal has been to reduce opioid use for pain relief. For more information about the program, visit path-homeremedies.org.

Amateur radio licensing exam Saturday, May 18, in Bakersville

Have you been studying for your amateur "ham" radio license examination, either independently, on the web or with a class or group? If you are ready to take the examination, volunteer examiners from the Mayland Amateur Radio Club will be conducting FCC-approved testing for all license classes - from the entry-level Technician to the General and Extra Class licenses. No Morse code is required.

The next testing session will be Saturday, May 18, beginning at 9 a.m. at the Mitchell County Extension Building, 10 South Mitchell Avenue in Bakersville, west across the street from the Historic Court House.

Bring a government-issued photo-ID (driver's license, passport, student ID) to the testing session. Know your Social Security or Federal Registration Number (FRN) - one of these is necessary to submit the paperwork to the FCC. If you are a licensed "ham" and are testing to upgrade to a higher-class license, bring a copy of your current FCC Amateur Radio License.

A calculator with the memory erased and formulas cleared is allowed. You may not bring any written notes or calculations into the exam session.

Cell phones must be silenced or turned off during the exam session and the phone's calculator function may not be used.

Please bring a check, money order or cash to cover the \$14.00 exam session fee. If you pay by check, make it out to Mayland Amateur Radio Club, Inc.

Tests will be scored immediately after the test session and you will be informed of your result. Over 80% of those who take the licensing examinations are successful on the first try. The FCC will notify successful examinees of their assigned call sign, usually within 2-4 business days. Persons successfully testing for an upgraded license will have their new privileges authorized by the Volunteer Examiners for immediate use.

If you are not presently licensed but interested in becoming an amateur radio operator and don't know where to start, visit the Mayland Amateur Radio Club website at KK4MAR.org, or telephone Eric Davernport at (828) 467-4335 or Bob Rodgers at (828) 385-2452.

You, too, can become a licensed operator and get on the air! It is a fun and lifelong hobby and, in addition, provides you with vital skills to serve your family and community in an emergency.

Try-outs May 9 for American Legion Baseball, parent/player meeting May 10

Try-outs for high school players between the ages of 17 and 19 interested in playing senior league American Legion baseball this summer will be held Thursday, May 9, at 3 p.m. at Mountain Heritage High School in Burnsville.

Player registration to be finalized at a mandatory Parent(s)/Player meeting on Friday, May 10, at 6:30 p.m. Meeting location announced during try-outs.

Players born in 1999 are no longer eligible. 2018 high school graduates must have appeared on a previously approved Legion team roster to be eligible for the 2019 season. Players whose birth date is in year 2002, 2001 or 2000, including college players 19 years of age, are eligible to play 2019 senior league American Legion baseball. A certified birth certificate and proof of insurance is required

to participate in try-outs.

The Burnsville Post 122 Timberwolves will play a 16-game schedule, including one double-header. The first of five home games will be played on the home field at Mountain Heritage High School before going on the road. Ten games will follow against other American Legion teams in the WNC American Legion Area 4. The final game of the season is against Post 170 in Taylorsville on June 26, followed by play-offs in July, leading to the American Legion World Series in Shelby in August. At the end of the season one player on the team will be nominated by the Post as a candidate for a \$1000 baseball scholarship for each of the four NC areas.

If you have questions regarding try-outs or player eligibility, Coach Rizzuto's telephone number is (423) 366-0751.