

# MADISON COUNTY GOVERNMENT NEWSLETTER



## Madison County has opened a new DMV!

The North Carolina Division of Motor Vehicles opened a new Driver's License Office in Madison County on Monday, February 21, 2022.

The new office is located at:

1703 NC HWY 213  
Marshall NC, 2875



## The Madison County Register of Deeds Office is now Offering Fraud Detection Services!

The purpose of this service is to provide you with email notifications when a document is recorded in the Register of Deeds Office that matches your name.

To sign-up for the service and begin receiving email notifications, enter your name, email address, and one or more names that you wish to monitor. When you click the submit button below, a confirmation email will be sent to your email box. When you receive the confirmation email, click the link in the email to activate your Fraud Detection Request.

Note: The email we send may be filed by your email provider as "Junk", so make sure to check the Junk Folder.

<https://fraudalertme.com/madisonNCNW/frauddetection.asp>



**Don't Miss out on  
Youth League Baseball  
and Softball Sign-ups!**

Practices will be starting soon. Contact Chris Maney with the Parks and Recreation Department for more information!

Contact Info:  
Chris Maney  
Office: (828)649-3635  
Cell: (828)206-3849



## Madison County Fire Departments Receive Funding!

The Hot Springs Fire Department and Country Fire Department were awarded funding in the amount of \$5,000 each presented by the Mike Causey, Insurance Commissioner and State Fire Marshall. The funds were provided through a Blue Cross Blue Shield Grant.



# THIS MONTH AT THE LIBRARY

## Updated Hours

Beginning March 7, the Mars Hill and Marshall branches will be open from 9am to 6pm. Hot Springs will continue their current hours from 10am to 6pm.

## Fossil Hunting?

Do you enjoy REALLY ancient history? Join paleontologist Ray Mann for an in-depth look at the ETSU Gray Fossil Site and Museum at the Mars Hill Library on **March 14** at 1:00pm. Please register to attend at <https://bit.ly/gray-fossil>.

## Seed Starting 101

Learn how to start your garden from seeds inside while it is still cold out. The Madison County Public Library is partnering with the Cooperative Extension Office and 4H to offer a Seed Starting class. Class will be held at the Extension Office at 258 Carolina Line on **March 16** at 11am. Presented by Misty Varnell and Cathy Brackins. Register to attend at <https://bit.ly/mcpl-seeds>

## Local Author Vicki Lane Presents...

Join the library as Vicki Lane reads from and then discusses her latest book *And the Crows Took Their Eyes*. This event will be on **March 19** at 12pm at Chestnut Hall in Hot Springs (64 South Spring St.) You don't have to read the book before you attend, but, if you get the chance, it is a great book on a very prominent event in our county. There are a lot of facts mixed in with fictional characters, but Vicki sorts the fact from the fiction at the end of the book. Be sure to "check" this one out if you haven't already! Register to attend at <https://bit.ly/vicki-lane>

## FREE Notary Services at all Three Library Branches

All three library branches are currently able to offer free notary services. This service is available Monday through Friday. Appointments are STRONGLY encouraged – they are required for Hot Springs. Call your library branch to make an appointment or make one online at <https://bit.ly/mcpl-notary>. Make sure to bring a photo id to your appointment. Most documents can be notarized; however, the library cannot notarize car titles. Please visit an area bank for that service.

## Organize Your Family Treasures

Do you have lots of genealogy research papers, pictures, and mementos? Are you not sure how to organize your treasures? Come join the library for this beginners Genealogy 101 class on **March 23** at 11am at the Marshall Library.

## Exploring Images from Rural America

Join the library for this month's Documentary & Discussion on **March 24** at 6pm at the Mars Hill Library. The group will be viewing *Hillbilly*, a documentary film that examines the iconic hillbilly image in media and culture. The film explores more than 100 years of media representation of mountain and rural people and offers an urgent exploration of how we see and think about rural America. Watch the film and hang out to talk about it.

# MLE - News in Health

MyLifeExpert.com Monthly Newsletter

March 2022

## Break Away with the Kids for Spring Outdoor Activities



**Spring is here, and spring break is just around the corner or already underway.** For parents everywhere trying to figure out how to keep their children amused, the answer can be simple: **Get them outside!**

Spring is a great time to watch birds collect materials to build nests or to check out the buds as trees and shrubs begin to bloom and leaf out. It's also a time to see those [early blooms](#) that often lay soft carpets of color across the landscape.

Observation skills are important for school and life, so devise an outdoor scavenger hunt. Make a list of things they might find at a park or in a forest near you. Be specific about the type of tree or the shape of leaf they should find. Or be more general and encourage them to find coniferous trees (those with cones) or deciduous trees (those with flat leaves). With potential wildlife sightings, the hunt could include squirrels, birds, deer, ants or moths. Or have them get up close and personal with a bug.

And help children learn to respect the outdoors by "**collecting**" their finds on a digital camera or drawing them in a journal. Let the found items stay outdoors for others to enjoy.

Nature is a great place to use all your senses. Show children how they can feel the wind on their skin; see the wind move the leaves or branches of a tree; hear the wind through the trees; smell the flowers because the wind is bringing the scent to them. Since wind really doesn't have a certain taste; ask your kids to use their imaginations and tell you what they believe the wind tastes like.

*And an added bonus: while they are enjoying the outdoors, so can you.*

## Strategies for a Healthy Spring

Help prevent chronic diseases like type 2 diabetes, heart disease, and cancer with these 8 healthy habits for spring.

Move More, Sit Less, Eat a Healthy Diet, Rethink Your Drink, Get Enough Sleep, Be Sun Safe, Brush Your Teeth, Don't Use Tobacco,, Learn Your Health History



## How to Sleep Better

You can take steps to improve your sleep habits. First, make sure that you allow yourself enough time to sleep. Learn strategies for getting enough sleep in the [Sleep Deprivation and Deficiency Health Topic](#).

### It may help to:

- Spend time outside every day, if possible, and be physically active.
- Avoid nicotine and caffeine.
- Avoid heavy or large meals within a couple hours of bedtime. Also, avoid alcoholic drinks before bed.
- Go to bed and wake up at the same time every day.
- Use the hour before bed for quiet time. Avoid exercise and bright light.
- Take a hot bath or use relaxation techniques before bed.
- Keep your bedroom quiet, cool, and dark.

ZZZ

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