

Easter Egg Hunt at BRLC

The Burnsville Recreation and Learning Center held its annual Easter Egg Hunt on Saturday, April 15. Volunteer Tekesha Hammond coordinated this year's event with the assistance of other BRLC volunteers. There were at least 600 eggs hidden by the adults and older youth. The gathering consisted of 80 plus children along with parents. There were children and guests as far away as Charlotte, Indian Trail and the Marshville area who participated in the celebration.

The child who found the most eggs was awarded the winner's gift. The largest amount of eggs found by one child totalled 30 eggs. The hunters who found the golden eggs were given special gifts also. Gifts were given to all children who took part in the event.

Older youth and adults made sure that all the children had chips, hot dogs with fixings and beverages.

The cake each child enjoyed was made in the shape of a bunny rabbit. The cake was made by the after school teacher Mrs. Joyce Ledbetter. The cakes were decorated earlier by the after school Kids Café teacher and students.

Mrs. Tremenda Caple delivered an inspirational moment concerning the crucifixion and the resurrection.

BRLC Director Carol Smith said, "We would also like to thank Mr. and Mrs. Danny Williamson for bringing children from the Peachland Community."



American Red Cross Lifeguarding Course

Anson County Parks & Recreation is offering the American Red Cross Lifeguarding Course. The beginners class runs from April 28-30. The renewal class runs from May 5-7.

To be eligible for the Lifeguarding course the participant must be 15 years of age on or before the final scheduled session of this course. The participant must successfully complete the following:

- 1) Swim 300 yards continuously, using these strokes in the following order:
 - 100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick. Rhythmic breathing can be performed either by breathing to the side or the front.
 - 100 yards of breaststroke using a pull, breathe, kick or glide sequence.
 - 100 yards of either the front crawl or breaststroke. The 100 yards may be a combination of front crawl and breaststroke.
- 2) Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute 40 seconds.

For more information or to enroll call 704-695-2782.

Know the Warning Signs and Symptoms of Stroke

Make sure you can spot the symptoms in yourself and a loved one

Strokes are one of the top three causes of death in the United States and the leading cause of long-term disability. What's more, North Carolina is located in what researchers call the stroke belt, meaning the death rates for stroke are highest in this area compared to the rest of the United States.

While most stroke cases are unpredictable, identifying warning signs as soon as possible can make a big difference in how someone is treated for and recovers from a stroke.

"Symptoms can include weakness on one side of the body, numbness, confusion, fatigue, dizziness, blurred vision, a severe headache and potentially paralysis," says Joe Bernard, MD, an interventional radiologist at Carolinas HealthCare System. "However, each stroke case has its own unique combination of signs and symptoms, so not everyone will experience all of them simultaneously nor at the same level of intensity."

F.A.S.T is an easy way to remember the signs of stroke. If you spot these signs in yourself or a loved one, you should call 911 immediately.

- Face Drooping: Does one side of the face droop, or is it numb? Ask the person to smile. Is the person's smile uneven?
- Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- Speech Difficulty: Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

Time to call 911: If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Some lifestyle choices and medical conditions can put you at a higher risk of stroke. Some examples include:

- Poor nutrition
- Lack of physical activity
- Smoking
- High stress
- High blood pressure

By making an effort every day to move more, eat more fruits and vegetables, get more sleep, quit smoking and regularly checking your blood pressure, you can cut down on your risk of having a stroke.

To learn more about stroke care in the Carolinas, visit CarolinasHealthCare.org/StrokeNeuroscience.

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