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Poplar Springs Cemetery Cleaning, Restoring and Collecting this Saturday

This is a release from Burnsville Recreation & Learning Center: Poplar Springs Baptist Church, along with Anson County Parks & Recreation Assistant Athletic Director Allen Jackson and Burnsville Recreation & Learning Center Director Carol Smith invite all community neighbors and interested concerned citizens for physical and financial support. We are requesting for help as the Poplar Springs Historical Cemetery initiative continues going forward.

This project is very important to citizens whose loved ones have been laid to rest in this cemetery. Many family members who are still alive are not physically able for the physical tasks at hand. The cemetery is located just below the Poplar Springs Baptist Church in the Burnsville Community, on the hill where the Large White Rock is located. There are two American flags flying opposite of each other at 332 Rocky Mount Church Road in Polkton.

Many African Americans historical cemetery sites end up destroyed or neglected. It is our job as able-bodied individuals to make sure history is preserved and protected. Much work has already been done but WE NEED YOUR HELP! We have begun a series of clean-ups on the cemetery's property, with the next one this Saturday, May 1 at 10:00 a.m. We are kindly asking all able-bodied people to come and help with this clean-up. Will you please come and bring tools such as wheelbarrows, rakes, axes, hacksaws, hatches, hedge clippers, chain saws and etc. Please wear your mask and gloves. We will provide plenty of water.

BRLC and Poplar Spring Baptist Church appreciate those of you who have already been involved in this Historical Cemetery Restoration.

For more information contact Carol Smith at 704-826-8737.


Unauthorized Hydrant Use

The use of Anson County Water Department fire hydrants for obtaining water for agricultural or any other purpose without written consent of the Water Department is a violation of state and federal law. Hydrants are for use by written-permitted users, water company or fire department personnel only.

The Anson County Water Department will take legal action against any individual or business that unlawfully obtains water from the Anson County water system. Please report suspicious activity to the Anson County Sheriff's Office or the Water Department.

Hydrant use permit information is available from the Anson County Water Department.

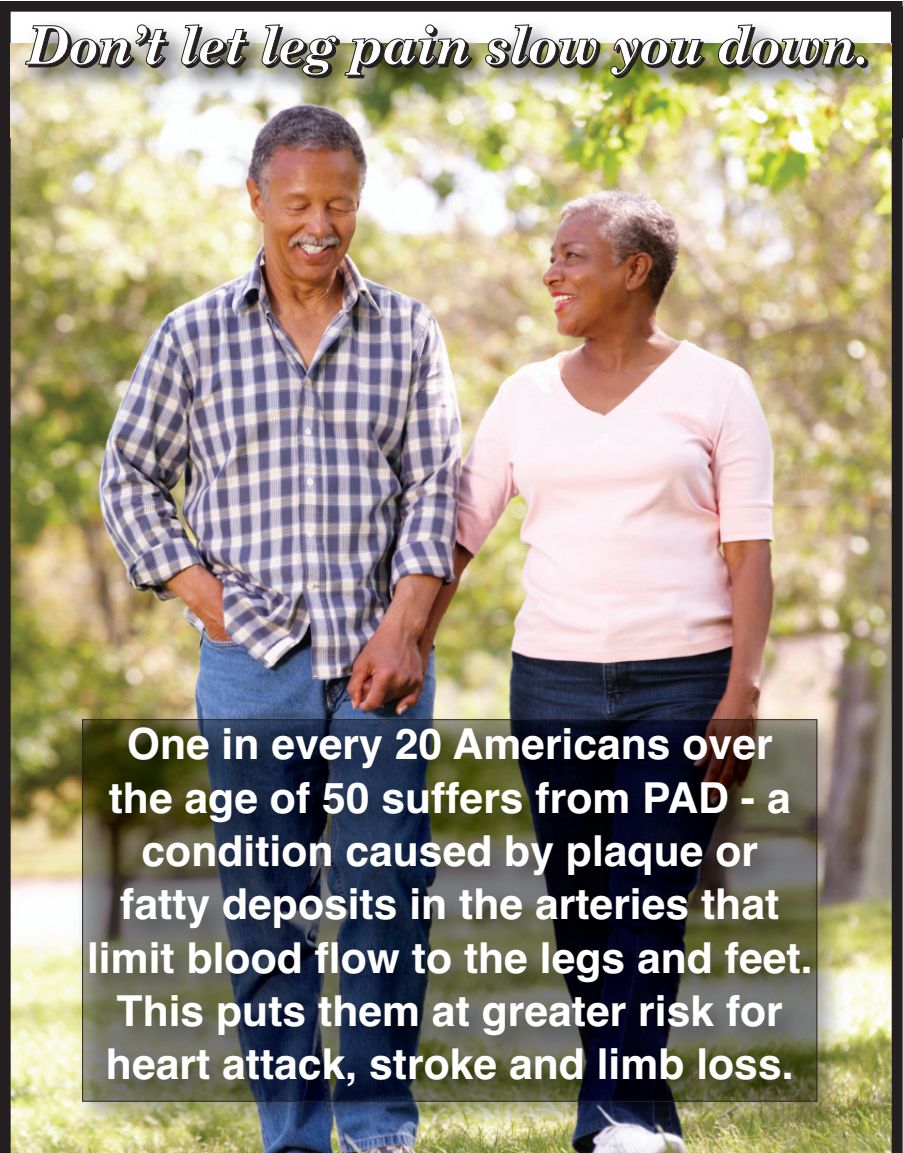
Information is available at 704-694-5208.



Sandhills Center Family Support Programs for May

- May 5:** Children's Mental Health Awareness Week will be observed nationally May 2-8, 2021. Several child-serving organizations in Guilford County have come together to hold a virtual panel to emphasize the importance of child well-being entitled "Flip the Script." The panelists consist of trained professionals and community members with lived experience. This special event in celebration of children and youth with a mental health condition is scheduled for Wednesday, May 5 from 12:00 P.M. - 1:30 p.m. To register for this meeting, contact LaMonica Mitchell at 919-215-7153 or email at guilfordspadvocate@gmail.com or Angela Sadlowski at angela@kellinfoundation.org. Deadline to register is April 28 by 5 p.m.
- May 13:** Mental Health Crisis: What is Crisis Intervention Team (CIT) training and does it work? Health will be held from 12 noon-1:00 pm via WebEx. Officer Alexander Herrera, Police Specialist with Fayetteville Police Department will be the presenter. Contact Suzanne Maness for more info or to register at connectionsfsp@gmail.com or call 910-627-1769. Registration deadline is May 10, 2021. See attached flyer.
- May 13:** Dysfunctional vs Functional Family Skills and Practices webinar will be held from 1:00-2:00 pm via Zoom. Portia Purcell, MA, NCC, LCMHC, LCAS will be the presenter. Contact Shirlyn Morrison-Sims for more info or to register at search.family.support.program@gmail.com or 919-906-7103. Upon registration, a link to the webinar will be sent.
- May 13:** Foster Parents and Caregivers Support Group will be held from 7-8 pm via WebEx. Contact Suzanne Maness for more info or to register at connectionsfsp@gmail.com or call 910-627-1769. Registration deadline is May 10.
- May 14:** Youth and Young Adult Discussion for Mental Health Awareness Month will be held from 10:00-11:00 am via WebEx. This panel discussion will give youth and young adults a chance to share their experiences regarding mental health and mental wellness. The panel is hosted by the SOC Five County Community Collaborative, which meets monthly on the 2nd Friday from 9:30-11:30 am and is open to the public. Contact Suzanne Maness for more info or to register at connectionsfsp@gmail.com or call 910-627-1769. Registration deadline is May 12, 2021.
- May 18:** Working with the Traumatized Youth presented by Jessi Matlock will be held virtually from 1:00-2:30 p.m. Please contact Brenda Goss via email at randmontadufsp@gmail.com or call 336-870-3802 to register. Deadline to register is Friday, May 14, 2021 by 4:00 p.m.
- May 20:** Children's Mental Health training will be held virtually from 10:30-12:00 noon on Thursday, May 20th. This overview of childhood/adolescent mental health disorders will focus on access to care and practical tips for early intervention and prevention. To register, contact Adrian Standish at leeharnettfsp@yahoo.com or 910-985-0126. Upon registration, you will be sent the link to the webinar.

Don't let leg pain slow you down.



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Saving Money on Heating and Cooling Your Home Take Control for Your Future

Adjust Your Thermostat Your thermostat setting has a great influence on your energy costs. To save money, set your thermostat as high as possible comfortable in the summer and as low as comfortable in the winter. Also, adjust the thermostat when you go to bed, go to work or when you will be gone for an extended period of time. If you can afford it, purchase a programmable thermostat that will automatically adjust the temperature for you.

Clean Air Filters Clean or replace your air filters regularly, according to manufacturer's specifications. Dirty filters reduce the efficiency of your system and can block air circulation. Check your filter monthly and replace when dirty.

Keep Supply and Return Air Vents Clear Furniture, rugs or drapes should not block supply or return vents. You should not shut off a room or vents in a room, especially on a heat pump. Most people think by shutting down a part of the house they are saving energy. What they are doing is hampering air flow on the HVAC unit, causing it to work harder, which can reduce the life of the unit.

Use Ceiling Fans As you turn your thermostat up in the warmer months, use ceiling fans to make your home more comfortable. Ceiling fans make the room feel cooler because they create a breeze that helps evaporate perspiration. Remember to turn them off when no one is in the room.

Use the "Auto" Setting If you have central air conditioning and heating, keep the fan switch on "auto" not "on." The "auto" setting allows your unit to cycle off and on as needed. The "on" setting allows your fan to run constantly, adding to your energy costs.



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