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Being a Caregiver is Not Easy!

Learn how to balance your life with the Powerful Tools for Caregivers class! You will benefit from this class whether you are helping a spouse, parent, or friend that lives at home, in a facility, or across the country. This class will not only benefit those new to caregiving but also those who have been providing care for an extended period.

Powerful Tools for Caregivers is a free educational series designed to provide the caregiver with the tools needed to take care of themselves so they can continue to provide good quality care. Classes consist of six 90 minute sessions held once a week. Lisa Ledford and Rita Short co-lead the series and both are experienced caregivers themselves, who have successfully applied the techniques they teach. Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action.

Classes will be held at the Liberty HomeCare and Hospice office located at 119 West Wade Street in Wadesboro. Sessions will be held each Monday from 1 to 3 p.m. beginning on Monday June 9 and ending on Monday July 14. For more information or to register, contact Rita Short at 704-694-6217 or Lisa Ledford at 704-694-5992.

This evidence based program will help family caregivers reduce stress, boost self-confidence, improve communication skills, balance their lives, increase their ability to make tough caregiving decisions and locate helpful resources.

Join in the Nationwide Star-Spangled Banner Bicentennial Celebration on June 14

NC Museum of History partners with Smithsonian for a nationwide singing of the National Anthem to celebrate

Americans will "Raise It Up!" on Flag Day, Saturday, June 14, and come together to participate in potentially the largest unified event in American history, turning the national anthem into "the song that was heard around the world." The N.C. Museum of History in Raleigh is proud to be a national partner and encourages you to participate in Raise It Up! Anthem for America, a global celebration of the 200th anniversary of the Star-Spangled Banner and the lyrics penned in 1814 by Francis Scott Key after the victorious Battle of Baltimore during the War of 1812. Led by the Smithsonian's National Museum of American History from the National Mall in Washington, D.C., the vision is for Americans across the country and around the world to stop at the same time at 4 p.m. and sing the national anthem.

Experience this once-in-a-lifetime event at the N.C. Museum of History, a Smithsonian-affiliated museum, on June 14. At the museum, watch the live webcast of the Smithsonian's sing-along concert in Washington, D.C., on its National Mall Terrace from 2:30 to 4 p.m. This will culminate in a "moment of national unity" at 4 p.m., when Americans around the globe will sing "The Star-Spangled Banner." Raise It Up! Anthem for America will include musical performances from America's top artists and the singing of American patriotic songs by national music groups. Admission and weekend parking are free at the N.C. Museum of History.

The National Museum of American History is home to the Star-Spangled Banner, the flag that inspired the national anthem. Made in the summer of 1813 by Mary Pickersgill (1776-1857), a professional flag maker, the flag was originally 30 feet by 42 feet with 15 red and white wool stripes and 15 cotton stars on the blue canton. After the war, the flag was privately owned for many years until Eben Appleton lent it to the Smithsonian Institution in 1907 and converted the loan to a gift in 1912. Beginning in 1998, the Star-Spangled Banner underwent extensive conservation treatment. It is now on display in a custom-built, environmentally controlled chamber at the museum.

More information about Raise It Up! Anthem for America is available at www.anthemforamerica.si.edu.

Other June 14 Museum Programs: Take advantage of two drop-in programs on June 14 from noon to 3 p.m. Admission is free.

- Artist at Work: Alyssa Hinton - Hinton is an internationally known mixed-media artist inspired by her North Carolina Indian heritage. Watch her create vibrantly colored work that combines Native American tradition with a contemporary edge. Hinton has received numerous prestigious awards for her art. She addresses themes of Native American culture and human kinship with nature, reflecting her deep reverence for the environment and the mysteries of the cosmos.

- Make It, Take It: Mix That Media! - Watch Alyssa Hinton during her Artist at Work program, then create a simple mixed-media picture to take home. Meet this internationally known mixed-media artist whose work is inspired by her North Carolina Indian heritage.

For information about the N.C. Museum of History, a Smithsonian-affiliated museum, call 919-807-7900 or access www.ncmuseumofhistory.org or follow on Facebook, Twitter, Instagram, Google+ or YouTube.

The N.C. Museum of History is located at 5 E. Edenton Street in downtown Raleigh. Hours are Monday through Saturday, 9 a.m. to 5 p.m., and Sunday, noon to 5 p.m. The museum collects and preserves artifacts of North Carolina history and educates the public on the history of the state and the nation through exhibits and educational programs. Each year more than 300,000 people visit the museum to see some of the 150,000 artifacts in the museum collection. The Museum of History, within the Division of State History Museums, is part of the N.C. Department of Cultural Resources.

Bach's Lunch Brings Lunchtime Entertainment

Summer's here, and that means it's time for a Bach's Lunch. The Anson County Arts Council's summer lunch series, featuring local entertainment, will kick off on Wednesday, June 18, from noon to 1 p.m. at the First Presbyterian Church Fellowship Hall, 208 South Greene Street in Wadesboro.

Stan Harward, Dale Rivers and Mary Kait Rivers will provide the entertainment. Lunch will consist of delicious chicken salad on a croissant, potato salad, pickle, dessert and beverage. Takeouts will be available.

At the July 16 Bach's Lunch Leon Smith will entertain with his 5-string banjo. On August 20 Gina Clarke and Melody Goodwin will sing.

Tickets are \$10, or \$25 for all three monthly lunches, and are available at the Anson County Arts Council, Lacy's in Wadesboro and from any ACAC board member. Please purchase your ticket in advance. Information at 704-694-4950.

Break out of your lunch rut and enjoy the talents of local entertainers. What a deal!

Changes for 2014 Anson Ag Expo & Fair

The Anson Ag Expo & Fair Planning Committee has started meeting to prepare for the annual fall festivities. Mark your calendars for the weekend of September 26-27. However, due to some location issues, the 2014 event will be different.

The annual 4-H Youth Livestock Show will be held at Circle G Arena on Friday and Saturday, and the Ag Fair will be held at the Extension Center in Wadesboro on Saturday. Due to having the events in different locations, the full Expo as has been held in past years will be on hiatus for 2014. The 4-H Youth Livestock Show will begin at 6 p.m. on Friday and again at 9 a.m. on Saturday in Lilesville. The Ag Fair will be open to the public on Saturday from 9 a.m. until 2 p.m. in Wadesboro.

While this year's planning committee is gearing up to promote agriculture and natural resources in Anson County, they did not want to leave out established popular events for the public. So some of the traditional Expo events may be offered at another time and venue.

Be on the lookout for the annual Local Foods Bake-Off for adults, Creative Squash Challenge for youth, and Kiddie Tractor Pull as part of this year's Taste of the Pee Dee on Saturday, October 11 in downtown Wadesboro.

"Plan to celebrate agriculture in Anson a little differently this year. Come out and join the fun. Hopefully this will be a one-year hiccup and the normal format will be back on track for 2015," said Janine Rywak, Extension Director.

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2x4x12 \$5.99	2x6x12 \$7.49	2x8x12 \$8.99	4x4x12 \$12.95
2x4x16 \$6.99	2x6x16 \$10.49	2x8x16 \$12.95	4x4x16 \$17.95
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Brown Bag Book Club Meets June 16

The Brown Bag Book Club will meet on Monday, June 16 at noon in the Pritchett Room at Hampton B. Allen Library for a covered dish and author talk. This event is free to the public. The library staff encourage all of you to come, bring a dish, a friend and enjoy the fellowship. Cindy Ponds Newell, an Anson County native, has just published a new book which she will be talking about, and more than likely will have some books for sale.

Please mark this on your calendars and make plans to attend. If you have any questions or need additional information, please call the library at 704-694-5177.