



Kara Grace Morgan and Madison Brooke Stovall Awarded SECU Scholarships

State Employees' Credit Union (SECU) members via the SECU Foundation presented \$10,000 four-year college scholarships to two local graduating high school seniors for study at one of the 16 campuses in the University of North Carolina System. The scholarships were presented by SECU representatives during school award ceremonies.

The recipients were:

- Kara Grace Morgan, a graduate of Anson High School, for study at UNC-Chapel Hill
- Madison Brooke Stovall, a graduate of Anson Early College, for study at North Carolina State University

The SECU Foundation High School Scholarship is available to graduating public high school seniors who are either members of SECU or eligible for membership through a parent or guardian. Funded by Credit Union members, the \$10,000 "People Helping People" Scholarship recognizes the recipient's community involvement, leadership, character and integrity, as well as scholastic achievement. The funds are provided

for tuition and university approved educational expenses over eight consecutive semesters. High School scholarships awarded for the 2019 academic year represent a \$4.35 million investment in the educational goals of college-bound students.

State Employees' Credit Union's local Advisory Board member Jeremy Burr commented, "SECU members have a deep commitment to education in North Carolina and truly believe in the cooperative spirit of helping others. The Foundation's annual 'People Helping People' Scholarship program is an opportunity to share in the dreams and aspirations of hundreds of high school seniors as they continue their academic journey through the University of North Carolina System. On behalf of SECU Foundation, it gives me great pleasure to award this scholarship to Grace Morgan and Brooke Stovall."

Since its inception in 2005, the SECU Foundation "People Helping People" High School Scholarship program has provided over \$56 million in scholarships for North Carolina high school seniors.

Teachers: Apply for a Bright Ideas Grant by August 15 for a Chance to Win \$100

With the start of the school year just around the corner, Pee Dee Electric is reminding local K-12 teachers to submit their applications for a Bright Ideas education grant. Teachers who submit their applications by the early-bird deadline of Aug. 15 will be entered into a statewide drawing to win one of five \$100 gift cards.

Applications are accepted from teachers in a variety of disciplines including music, art, history, reading, science, career-planning, math, and technology. Teachers can apply for a grant up to \$2,000 through Pee Dee Electric. The final deadline to apply for a grant is September 23.

The application, grant-writing tips and more information about the Bright Ideas education grant program can be found at ncbrightideas.com. Classroom teachers at qualifying schools in Anson, Montgomery, Richmond, Scotland, and Stanly counties can apply individually or as a team for a Bright Ideas grant. Last year, Pee Dee Electric awarded over \$13,000 to fund 8 projects across their service area.

The Bright Ideas grant program is part of Pee Dee Electric's ongoing commitment to community and education. To learn more about this and other community outreach efforts, visit pdemc.com.

Pee Dee Electric is a not-for-profit cooperative whose goal is to provide reliable, dependable electric service for its members while focusing on value, quality customer service, and enhancing life in the communities we serve. Pee Dee's service area consists of Anson, Montgomery, Moore, Richmond, Scotland, Stanly and Union counties. For more information about Pee Dee Electric, visit www.pdemc.com.

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.

Storytime Every Tuesday at the Library

The Hampton B. Allen Library features Storytime for children every Tuesday at 10 a.m. This program is free and an enjoyable learning experience for children. For more information call 704-694-5177.

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