



Pictured from left are Dionnya Pratt (Morven Elementary Principal), Jahzaria Underwood, Joletha Little, Arsjuna Pratt, Elizabeth Kersey, Johnhta Harrison II, Johntavian Harrison and Johnie M. Pettiford.

Morven Students Compete in MLK, Jr Essay Challenge

Fourth and fifth grade students at Morven Elementary School competed in an essay challenge in recognition of the birthday of Dr. Martin Luther King, Jr. The essay challenge was sponsored by the Morven Chapter of Las Amigas. The theme of the essay challenge was "What Dr. King's Dream Means to Me." Las Amigas members provided a Writing Workshop, led by Devin Pettiford, for the fourth and fifth grade students where they were provided writing techniques in coordination with skills being taught in their classes. A short film about the life of Dr. King was shared with students as well.

The Essay Challenge concluded on Friday, December 14, and the winners were announced on Friday, January 11. The First Place winner in the essay challenge was Johnhta Harrison II. The Second Place winner was Johntavian Harrison. The Third Place winner was Jahzaria Underwood. Honorable Mention went to Arsjuna Pratt.

As First Place winner, Johnhta Harrison was selected to share his essay at the county-wide celebration of Dr. Martin Luther King, Jr.'s birthday that will take place on Monday, January 21 at Harvest Ministries Outreach Center.

The Morven Chapter of Las Amigas also presented a check for \$100 for the Spring Book Fair to Dionnya Pratt, Principal at Morven Elementary School.

Registration for the 3rd Annual Conservation Classic is Now Open!

Three Rivers Land Trust will host the 3rd annual Conservation Classic Sporting Clays Tournament on Saturday, March 9, 2018. The tournament, held at the Fork Farm and Stables near Norwood, invites participants to come out for a bit of friendly competition while raising money for local conservation.

Four-person teams will tackle the Fork's challenging 14-station sporting clay course. Team registration includes ammunition, a catered lunch, raffles, and cash prizes/gift cards for the winners.

The Land Trust has a separate category and special pricing for active duty military, military veteran teams, law enforcement, and Fire/EMS. Early bird registration runs through February 15 and the cost is \$400 per team. Multi-level corporate sponsorships are available. They are a great way to highlight your support of conservation at a local level.

More information is available at threeriverslandtrust.org or you can call (704) 647-0302.

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 Atrium.

"However, each stroke 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.

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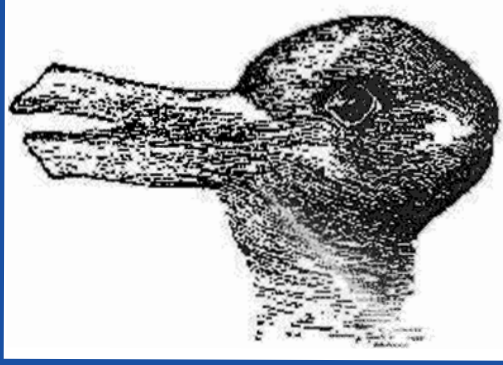
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Do you see a rabbit or a duck?

- If you see a rabbit, you should have regular eye care.
- If you see a duck, you should have regular eye care.
- If you see both, then you should have regular eye care.



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