



**With
Pastor
Roc
Collins**

**Sept 24-27
7pm**

CATHEDRAL BAPTIST CHURCH

1215 Old Lilesville Road in Wadesboro
704-694-6670

NC State Archives Will Bring Exhibit to Anson County on Thursday

A one-day special exhibit of documents from the NC State Archives will be on display at the Lockhart-Taylor Center on Thursday, September 21, from 10 a.m. to 4 p.m. The documents reflect North Carolina's revolutionary politics as the colonies increasingly resisted the British oversight and taxes. Among significant documents to be displayed is Josiah Martin's speech denouncing the Second Provincial congress, the General Assembly's response, an excerpt from a Surry County committee of safety journal, and a letter delivering news of America's newfound status as an independent state. Also included is a document signed by all three North Carolina delegates who, just over a month earlier, had signed the Declaration of Independence.

"These documents capture the emotions of people who were beginning to recognize their own power. The language reflects discontent with the status quo," commented State Archivist, Sarah Koonts. Ms. Koonts will also be the speaker at the Wadesboro Rotary Club meeting at noon on that Thursday. Other archivists will be available to talk about and describe the documents. There is no admission charge to see these exhibits and the public is welcomed.

"Welcome to Medicare" Seminar is Tuesday

Are you going to be eligible for Medicare in the near future? Have you been on Medicare for a while and want to better understand what it offers? Do you have a family member you help with Medicare issues? "Welcome to Medicare" is for you.

The "Welcome To Medicare" seminar will be held on Tuesday, September 26 at 2:00 p.m. at the Grace Senior Center, conducted by trained SHIIP Volunteer Counselors. The seminar will cover Medicare Part A and Part B benefits, the prescription drug benefit (Part D), Medicare Advantage plans and Medicare supplement insurance.

SHIIP, the Senior Health Insurance Information Program, is a service of the State of North Carolina. SHIIP counselors are trained by the state and do not sell or promote any insurance companies, policies or agents.

Persons interested should call Grace Senior Center at 704-694-6616 to register and for additional information. The seminar is free.

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/Stroke-Neuroscience.

BRLC God's Glorious Bike Ride is Saturday

Burnsville Recreation & Learning Center's bikers and volunteers will celebrate fall this Saturday, September 23 with a huge yard sale and their sixth annual God's Glorious Motorcycle Ride. The event runs from 8:00 a.m. to 3:00 p.m. The yard sale starts at 8:00 a.m. It is coordinated by volunteers, with many items...too numerous to mention. The BRLC Benefit Breakfast at 8:00 a.m. will be available to all who stop in and make a generous donation in support of BRLC's continued expansion.

The motorcycle ride registration will begin at 9:00 a.m., with the official opening ceremony at 10:00 a.m. The God's Glorious Motorcycle Ride will commence at 11:00 a.m.

Gospel Recording Artist McKinley Sandifer will entertain from 9:00 to 10:30 a.m.

To those who do not ride, please come by for breakfast and see all the great opportunities you are providing for the less fortunate in this county and the surrounding areas.

Please join in the fun or mail an offering.

The BRLC is located at 13349 Highway 742 North in Burnsville, across from the Burnsville Fire Department. The mailing address is: BRLC, 13349 Highway 742 N, Polkton, NC 28135. The telephone number is 704-826-8182.



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