

Enjoy this Remembering column from 2010

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Becky Nelson of McFarlan Won Sandhills Library System iPad Drawing

Recently the Sandhills Regional Library System (SRLS), to which the Hampton B. Allen Library in Wadesboro belongs, held a region-wide general survey. Those who participated were entered into a drawing to win a free iPad Mini. Mrs. Rebecca (Becky) Nelson, a resident of McFarlan, and a primary user of the Anson County Bookmobile, entered into the drawing for the iPad by her participation in the library survey and was one of the winners of these iPads.

Jesse Gibson, the Director of the SRLS, presented the prize to Mrs. Nelson at the Anson County Board of Commissioners meeting, which was held on Tuesday, January 5.

Remembering.....
By Ed McBride



New Years at the Bacot's...

This one goes back "a day or two." We were invited, along with a group of Shriners, to the Bacot's on December 31, 1972, for a New Years party. We were on the Directors Staff and helped on every ceremonial.

Well, Lucy got "appointed" to fix the cake. I got "drafted" to fix a pan and to help with the cake decoration (And I do think my roses looked pretty good. At least Lucy thought so.) - and, you guessed it - "they 'ette' the whole thing!"

This one, I guess, has another "point of remembrance" - the fact that I had a chance to remember our younger days, as Lucy and I helped others through the Shrine Crippled and Burn Units as well as other organizations.

We sincerely hope that each of you, our Express readers, have a super New Year 2010!!
Happy New Year, Ed

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Children and Grief Workshop to be Held on January 14

Connections Family Support Program is hosting guest speaker Tera Duthie on Thursday, January 14 at the Anson County Cooperative Extension Center located at 501 McLaurin Street in Wadesboro, from 12 noon to 1:30 p.m. Mrs. Duthie will be speaking on the topic of children and grief.

Coping with a loss affects each of us differently and we can express this in numerous ways. Mrs. Duthie will be discussing ways in which we can better help our youth to communicate their feelings that may accompany a loss, and how to better cope with the grief they are experiencing from a traumatic event or situation. She will also offer resources and options to help children recover from grief.

Mrs. Duthie graduated from the University of North Carolina at Pembroke with a Masters in Social Work, and is also a Licensed Clinical Social Worker. She worked as a Residential Treatment Specialist with adolescents facing behavioral and substance abuse issues before becoming employed with FirstHealth Hospice and Palliative Care as a Grief Counselor. Mrs. Duthie also has experience working with individuals and groups who have suffered the loss of a loved one to suicide.

Family members and any providers and professionals working with children, such as teachers, social workers, case managers, therapists, counselors and court counselors are encouraged to attend. Space is limited and they ask that you register in advance and no later than January 12. Resources and lunch will be provided at no charge.

Connections Family Support Program is funded by Sandhills Center and conducted through a contract with the National Alliance on Mental Illness (NAMI) in North Carolina.

To learn more or to register for this workshop please contact Suzanne Maness in Anson and Richmond Counties toll free at 877-211-5995 or by email at connectionsfp@gmail.com.

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BRLC After School Program Kids Cafe is Now Available

Burnsville Recreation and Learning Center's Kids Café is available and taking applications for after school students ages 5 to 14 years.

- Kids Café is extended to all parents who need this service
- Professionally trained staff, nutritious meals, snacks, physical activities and help with homework is provided.
- Affordable prices
- Clean, safe environment, and convenient location - 13349 Highway 742 North in Burnsville, across from the Fire Department
- Times of Operation 3 until 5:30 p.m. - and longer if services are needed Monday through Friday
- Services can be provided on days when school releases early if needed
- Drop-ins are welcome, but parent must enroll students in advance

BRLC is available to serve all families. For more information call 704-826-8182 or 704-826-8737. The contacts are BRLC Director Carol Smith and Deloris Hammond.