

## Boy Scout Troop 426 Spring Consignment Sale

Location Tabernacle UMC

Time to get a jump on cleaning out your children's closets for Spring! The Boy Scout Troop 426 Spring Consignment Sale will be on March 27th and 28th with the pre-sale for consignors on March 26th. Times are as follows:

Pre-sale: Thursday, March 26th 7:00 -9:00 p.m.;

Regular Sale:

Friday, March 27th 8:00 a.m. - 9:00 p.m.;

Saturday, March 28<sup>th</sup>—"1/2 price sale"

8:00 a.m. - 1:00 p.m.

Consigners may pick up unsold items from

6:00 p.m. - 8:00 p.m. on Saturday.

So collect your children's clothing (clean and good condition), books, DVDs, games, toys, and children's furniture for the sale. No used stuffed animals, pillows or mattresses please. To get more information on tagging for consigning and obtaining a number, please contact Steve Makinson, Scoutmaster, at [Makinson@bellsouth.net](mailto:Makinson@bellsouth.net).



# THE



Phone  
(336)622-5065



# PLACE

120 W. Swannanoa Ave  
Downtown Liberty



## Be Prepared For The Cold Weather That's Coming Soon!



Well, fall is upon us and everyone has finally stopped running their air conditioners. It won't be long before old man winter is blowing at our doors and windows wanting in. Be sure to check out our line of quality wood stoves, fireplaces, and more. Whatever your heating needs, we are sure to have something that fits them perfectly.

Below is a list of some items you can find: gas fireplaces, gas logs, wood burning stoves, heating & air conditioning supplies, filters, more



### We Can Supply All Your Heating Needs

Open: Monday thru Friday 10:00am to 4:00pm - Saturday 8:00am to 4:00pm

## Caregiver College Set for Saturday, Feb. 21 at RCC

Randolph Community College is partnering with Randolph Hospital, Hospice of Randolph County, and Crossroads Rest & Retirement Center to offer a one-day intensive training event for home caregivers in February. The event is being partially funded by a grant from the Randolph Hospital Community Health Foundation. The Caregiver College, set for 8 a.m. - 3 p.m. on Saturday, Feb. 21, at RCC's Asheboro Campus, will offer 12 breakout sessions in four time slots during the day so that caregivers can attend the four sessions that benefit them most. All will attend the keynote session, "Understanding Yourself as a Caregiver - What Do You Need To Keep Going?" The presenter will be Teepa Snow, an occupational therapist specializing in dementia care and dementia education. Snow has over 28 years of experience in geriatrics and provides educational and training sessions to organizations and providers throughout the United States. Topics for the breakout sessions include diabetes, Medicare, difficult behaviors, paying for long term care, speech and swallowing difficulties, managing multiple prescriptions, falls and body mechanics, family dynamics, ins and outs of long term care, anatomy, emergencies and safety at home, and helpful hints for caregivers. Session presenters include Karen Pfohl, Joe Ellen Needham, Mary Beth Jenkins, David M. Schwartz Sr., Robert A. Mason, Mary King, Donald F. Heermans, Susan Behr, Cieanna Hairston, Thomas R. McNeill, and Helen Milleson. An open panel discussion for the entire group will conclude the day. The registration fee for the Caregiver College will be \$50 (includes lunch for a maximum of 150 participants), but participants who are 65 years of age or older are exempt from the \$50 registration fee. Free home care by a certified nursing assistant is available to allow caregivers to get away from home to attend. Participants must reserve the free home care, which is being provided by Family Caregiver funds, at 633-7706 by Jan. 31. Availability is limited. Register for the Caregiver College by Monday, Feb. 16, at 12 noon, by calling RCC at (336) 633-0268. Inclement weather date is Saturday, Feb. 28.

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Mark The Date  
Shiloh UMC  
BBQ Sale  
March 7th

