



TEAM BLADEN

November 2015
Bladen County
Government Newsletter

DEPARTMENT HEADS:

Co. Manager: Greg Martin

Animal Control: Kory Hair

Building Inspections:

Matt Chadwick

Clerk of Courts:

Nikki Dennis

Computer Operations:

Robin Hewett

Consolidated

Human Services

Health: Cris Harrelson

DSS: Vickie Smith

Economic Development:

Chuck Heustess

Elections: Cynthia Shaw

Emergency Services:

Bradley Kinlaw

EMS: David Howell, Jr.

Extension: Sandra Cain

Finance: Lisa Coleman

Human Resources:

Library: Kelsey Edwards

Operations: Robert Mazur

Planning: Greg Elkins

Recreation: Grant Pait

Register of Deeds:

Beverly Parks

Revenue:

Senior Services: Joan Allen

Soil & Water: Dean Morris

Sheriff: James McVicker

Water: Randy Garner



BE SEEN. BE HEARD.

VOTE WITH ID
In North Carolina

NC VOTER ID

BEGINNING IN 2016, MOST VOTERS WILL NEED TO SHOW ACCEPTABLE PHOTO ID AT THE POLLS.



NC DRIVERS LICENSE/PERMIT
(may be expired up to 4 years)



NC IDENTIFICATION CARD
(may be expired up to 4 years)



US PASSPORT/PASSPORT CARD
(unexpired)



MILITARY IDENTIFICATION CARD
(unexpired, if there is an expiration date)



VETERANS IDENTIFICATION CARD
(unexpired, if there is an expiration date)



CERTAIN TRIBAL ENROLLMENT CARDS
(** see requirements below)

IF YOU DO NOT HAVE ONE OF THESE FORMS OF ACCEPTABLE PHOTO ID, YOU ARE ELIGIBLE FOR A FREE NC IDENTIFICATION CARD FROM THE DMV.

UNABLE TO GET AN ACCEPTABLE PHOTO ID?

Voters who are unable to obtain an acceptable photo ID due to a **reasonable impediment** may still vote a provisional ballot at the polls. A reasonable impediment may include the lack of proper documents, family obligations, transportation problems, work schedule, illness or disability, among others. Voters must also:

- (1) Sign a declaration describing the impediment they face; and
- (2) Provide their date of birth and last four digits of their Social Security number, or present their current voter registration card, or present a copy of an acceptable document with their name and address.*

VOTING ABSENTEE BALLOT BY MAIL?

Photo ID is not required to cast a mail-in absentee ballot. Absentee Ballot Request Forms are available online, at the county board of elections and at all one-stop early voting locations, and can be submitted until 5:00 p.m. on the Tuesday before the date of the election.

OVER THE AGE OF 70?

Voters who are 70 years of age or older may use **any acceptable photo ID** that has been expired for any length of time, provided the photo ID expired after their 70th birthday.

FORGOT YOUR ACCEPTABLE PHOTO ID?

Voters who do not present an acceptable photo ID at the polling place may still vote a provisional ballot that will be counted if the voter later presents an acceptable photo ID at their county board of elections office before noon on the day before their county board canvasses the election.

QUALIFIED TO VOTE CURBSIDE?

Voters who cannot enter the polling place without assistance because of age or disability may vote from their vehicle. Those voters may present either an acceptable photo ID or another acceptable document with their name and address.*

OTHER CIRCUMSTANCES?

Additional options exist for voters with a sincerely held religious objection to being photographed, voters who are victims of certain declared natural disasters, and newly registered voters who possess a drivers license or non-operators license issued within the United States. For details, visit www.VoterID.nc.gov.

* Acceptable documents include a current utility bill, bank statement, government check, paycheck, or other government document.

** Cards issued by North Carolina-recognized tribes and approved by the State Board of Elections are acceptable for voting if they are unexpired. Cards issued by federally-recognized tribes are acceptable if they are unexpired, or if they have an issuance date and were issued within eight years.

IF YOU NEED ASSISTANCE GETTING ACCEPTABLE PHOTO ID OR HAVE ADDITIONAL QUESTIONS, CONTACT THE STATE BOARD OF ELECTIONS:



WWW.VOTERID.NC.GOV

1-866-522-4723



MUNICIPAL ELECTION

NOTICE IS HEREBY GIVEN pursuant to G. S. 163-279 (a) (1) & (3), that a municipal election will be held in Bladen County on **Tuesday, November 3, 2015**. All municipal precincts will be open for the voting public that lives in the **city limits only** from 6:30 a.m. until 7:30 p.m.

Towns Offices Precincts

Town of Elizabethtown Mayor Elizabethtown #1

Town Council Members Recreation Dept. Gym

803 W. King St

Elizabethtown #2

450 Smith Circle

Town of Bladenboro Town Commissioners (3) Bladenboro #1

Unexpired Term (1) Historical Building

818 Main Street

Town of Clarkton Town Commissioners (1) Brown Marsh Town Hall

81 N. Elm Street

Town of Dublin Mayor Bethel

Town Commissioner (2) Lion Club Building

120 2nd Street

Town of East Arcadia Mayor East Arcadia Town Hall

Town Commissioners (3) 1516 East Arcadia Road

Unexpired Term (1)

Town of Tar Heel Mayor Hollow

Town Commissioners (3) Municipal Building

14867 NC 87 Hwy W

Town of White Lake Mayor

Town Commissioners (3) Colly

White Lake Fire Dept.

1879 White Lake Dr.



ABSENTEE VOTING PERMITTED

ABSENTEE VOTING PERMITTED

The last day to request an absentee application by mail ends at 5:00 p.m., Tuesday, October 27, 2015. One-stop voting will be from 8:30 a.m. until 5:00 p.m. and begins Thursday, October 22, 2015. The last day for One-Stop voting is 8:30 a.m. until **1:00 p.m., Saturday, October 31, 2015.** **The early voting site for all municipalities will be located at the Bladen County Library, 111 N. Cypress St. Elizabethtown, NC 28337 this is in lieu of the Bladen County Board of Elections Office.**

One-Stop Same Day Registration

An individual who is qualified to register to vote may register in person and then vote at the one-stop voting site during the period of one-stop absentee voting only.

Elimination of One-Stop and Mail Absentee

The Town Boards of Dublin, East Arcadia and Tar Heel Boards by Resolution has voted to eliminate One-Stop and Mail Absentee voting. The only option for registered voters living within the city limits of the above mentioned towns is to vote on (Election Day) Tuesday, November 3, 2015.

Absentee Counting

A resolution to begin counting of absentee ballots has been adopted by the Bladen County Board of Elections and will begin at 2:00 p.m. November 3, 2015, at the Board of Elections Office, 301 S. Cypress St., Elizabethtown, NC 28337.

Bobby Ludlum, Chairman

Bladen County Board of Elections

Bladen County Board of Elections

Director – Cynthia Shaw

Deputy Director – Marsha White

Asst. Deputy Director – Valeria N. Peacock

PO Box 512
301 S. Cypress St
Elizabethtown, NC 28337

Phone - 910-862-6951 Fax - 910-862-7820

elections@bladenco.org

BLADEN COUNTY BOARD OF ELECTIONS

P.O. Box 512 Elizabethtown, NC 28337

Phone: 910.862.6951

Fax: 910.862.7820

Email: elections@bladenco.org

Bobby Ludlum, Chairman

Al Daniels, Secretary

Brian Hehl, Member

Cynthia P. Shaw, Director

BOARD MEETING DATES FOR MUNICIPAL ELECTION

November 3, 2015

November 2, 2015 5PM (Monday)

4th Absentee Meeting

November 3, 2015 (Tuesday)

8:30 AM Election Day

2 PM Counting of Absentees

6 PM By Resolutions Results

November 6, 2015 (Friday)

4 PM Provisional Meeting

5 PM Deadline for Civilian Absentee Ballots Postmarked by Election Day

November 10, 2015 (Tuesday)

11 AM County Canvass to State

BLADEN COUNTY HEALTH DEPARTMENT HAS FLU VACCINE

Bladen County Health Department currently has flu vaccine that also includes the Intradermal (0% shorter needle) and the High Dose (for those aged 65 and older, offers better protection).

CDC recommends a yearly flu vaccine for everyone 6 months and older as long as they are not allergic to eggs. While how well the vaccine works can vary, flu vaccine is the best way to protect against flu. Vaccination can reduce flu illnesses, doctors' visits, and missed work and school, as well as prevent hospitalizations.

It takes about two weeks after vaccination for protection to set in so start thinking about getting vaccinated now.

The Bladen County Health Department wants to remind the public that the best way to be protected against the flu is to be vaccinated. We are urging everyone to get vaccinated as early as possible to protect you and your family.

The flu vaccine is given through the Immunization Clinic at the Health Department. Appointments can be made but walk-ins will also be accepted. Clinic hours are Monday through Friday 8:30 am until 11:30 am and 1 pm until 4:00 pm

Insurances that are currently accepted are:

- Medcost
- Blue Cross Blue Shield
- United Healthcare
- Cigna
- Medicare
- Medicaid

For those that cannot make it out to our clinic, we are offering the convenience of a Drive Thru Flu Clinic. This clinic will take place Friday, October 23rd, 2015 at the Bladen County Health Department from 1pm-4pm. With proper insurance or payment, you will be able to receive the flu vaccine without even leaving your drivers seat! Please bring your insurance information with you.

Cost of the vaccine without one of the insurances mentioned above will be as follows:

- High Dose Vaccine-Ages 65 and older- \$60.00
- Intradermal Vaccine-95% Shorter Needle- \$47.00
- Flu (Regular) Vaccine- \$44.00
- Preservative Free- \$49.00

FLU VACCINATION

Why should people get vaccinated against the flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, [estimates of flu-associated deaths](#) in the United States range from a low of about 3,000 to a high of about 49,000 people. During recent flu seasons, between 80% and 90% of flu related deaths have occurred in people 65 years and older. “Flu season” in the United States can begin as early as October and last as late as May.

During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. Traditional flu vaccines (called “trivalent” vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. There are also flu vaccines made to protect against four flu viruses (called “quadrivalent” vaccines). These vaccines protect against the same viruses as the trivalent vaccine and an additional B virus.

There are several [flu vaccine options](#) for the 2015-2016 flu season.

Traditional flu vaccines made to protect against three different flu viruses (called “trivalent” vaccines) are available. In addition, flu vaccines made to protect against four different flu viruses (called “quadrivalent” vaccines) also are available.

Trivalent flu vaccine protects against two influenza A viruses (an H1N1 and an H3N2) and an influenza B virus. The following trivalent flu vaccines are available:

- A [trivalent shot containing virus grown in cell culture](#), which is approved for people 18 and older.
- A [recombinant trivalent shot that is egg-free](#), approved for people 18 years and older.

<http://www.cdc.gov/flu/protect/keyfacts.htm>

FLU VACCINATION

- [Standard-dose trivalent shots](#) that are manufactured using virus grown in eggs. There are several different flu shots of this type available, and they are approved for people of different ages. Some are approved for use in people as young as 6 months of age. Most flu shots are given with a needle. One standard dose trivalent shot also can be given with a [jet injector](#), for persons aged 18 through 64 years.
- A [high-dose trivalent shot](#), approved for people 65 and older.

The quadrivalent flu vaccine protects against two influenza A viruses and two influenza B viruses. The following quadrivalent flu vaccines are available:

- A [quadrivalent flu shot](#) that is manufactured using virus grown in eggs. There are several different flu shots of this type available, and they are approved for people of different ages. Some are approved for use in people as young as 6 months of age.
 - An [intradermal quadrivalent shot](#), which is injected into the skin instead of the muscle and uses a much smaller needle than the regular flu shot. It is approved for people 18 through 64 years of age.
- A [quadrivalent nasal spray vaccine](#), approved for people 2 through 49 years of age.

When should I get vaccinated?

Flu vaccination should begin soon after vaccine becomes available, if possible by October. However, as long as flu viruses are circulating, **vaccination should continue to be offered throughout the flu season**, even in January or later. While seasonal influenza outbreaks can happen as early as October, during most seasons influenza activity peaks in January or later. Since it takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

Flu vaccine is produced by private manufacturers, and the timing of availability depends on when production is completed. Shipments began in August and will continue throughout October and November until all vaccine is distributed.

Vaccine Supply and Distribution

How much vaccine will be available during 2015-2016?

Flu vaccine is produced by private manufacturers, so supply depends on manufacturers. For this season, manufacturers have projected they will provide between 171 to 179 million doses of vaccine for the U.S. market. (Projections may change as the season progresses.)

<http://www.cdc.gov/flu/protect/keyfacts.htm>

INVISIBLE WOUNDS OF WAR EXHIBIT OPENING RECEPTION



<http://www.bladenonline.com/invisible-wounds-of-war-exhibit-opening-reception/>

Please join us for the Invisible Wounds of War project exhibit opening reception at UNCW Randall Library on November 5, 2015 6:00 – 8:00pm. Invisible Wounds of War is a project that explores the psychological, spiritual and moral injuries of war.

The exhibit will include writing by Veterans participating in the project workshop as well as writing that was submitted anonymously online. It also includes self-portraits designed by the Veterans and made in collaboration with Jen Johnson. The work illustrates the pain and struggle of the invisible wounds from war but also focuses on transforming the Veterans narrative to one that ends with hope and healing. The reception is free and open to the public.

Invisible Wounds of War made possible by funding from the North Carolina Humanities Council, a statewide nonprofit and affiliate of the National Endowment for the Humanities, Carolina Case Management & Rehabilitation Services, Inc. and private donations. The project is co-directed by Jen Johnson and Kyle Horton.

The exhibit will be up throughout the month of November. www.invisiblewoundsnc.com



INVISIBLE WOUNDS OF WAR

Upcoming Events

This project is made possible by funding from the North Carolina Humanities Council, a statewide nonprofit and affiliate of the National Endowment for the Humanities, Carolina Case Management & Rehabilitation Services, Inc. & private donations.

THURSDAY NOVEMBER 5, 2015 6pm – 8pm. Exhibit opening reception. The exhibit will include the Veterans' photography and writing from the workshops and online submissions. Curated by Jen Johnson. The exhibit will remain on display through November. LOCATION: UNCW Randall Library. Free Parking in Lots H and I.

SATURDAY NOVEMBER 7, 2015 10:00AM – 11:30AM Mindfulness Workshop. Free mindfulness workshop will be offered for Veterans & active duty and their partners and spouses. Taught by Jen Johnson, MS, MS, MFA, LPC Counselor and mindfulness teacher. LOCATION: UNCW Education Building, Room 162. Free Parking in Parking Deck.

FRIDAY NOVEMBER 13, 2015 6:30PM Kirsten Holmstedt, MFA Book Reading from Soul Survivors: Stories of Wounded Women Warriors. Co-sponsored by UNCW Women's Studies and Resource Center. LOCATION: UNCW Fisher University Union Bldg, Azalea Coast Rooms. Free parking in Lot M.

TUESDAY NOVEMBER 17, 2015 6:30- 8:30PM Lecture Series CME/CEU credits available. Holding Hope: Suicide Prevention as a Community and Public Health Concern. Marion Gittings, MSW, LCSW, Suicide Prevention Coordinator at the Wilmington VA and psychotherapist in private practice. Healing the Invisible Wounds of War with Mindfulness, Writing and Photography Jen Johnson, MS, MS, MFA, LPC, Counselor and Mindfulness-Based Stress Reduction Teacher in private practice, writer and photographer in Wilmington, NC. Co-sponsored by UNCW College of Health & Human Services & SEAHEC. LOCATION: UNCW, 1051 Multipurpose Room, McNeill Hall, College of Health & Human Services Building. Free parking in Parking Deck.

FRIDAY NOVEMBER 20, 2015 6:30PM Film Screening & Panel Discussion: Ground Operations. This film explores the stories of combat men and women who served in Iraq and Afghanistan and their struggles to return to civilian life. They found a sense of meaning and purpose in organic farming and pasture-raised livestock as a way of working on American food security. Co-sponsored by UNCW Randall Library & UNCW College of Health & Human Services. LOCATION: UNCW, 1051 Multipurpose Room, McNeill Hall, College of Health & Human Service Building. Free parking in parking deck.

For disability accommodations notify Jen Johnson 5 days in advance 910-208-0518
info@invisiblewoundsn.com | www.invisiblewoundsn.com | 910-208-0518

HEALTHCARE OPEN ENROLLMENT



Annual Enrollment is October 15 – November 18, 2015. Wellness premium credit activities are expanding this year, so it is more important than ever to take action or you are at risk for paying more in 2016 than you should.

Members on the Enhances 80/20 Plan and the Consumer-Direct Health Plan can save money by taking the Health Assessment on the **Personal Health Portal**. *You can do that now!* To complete your assessment, you can simply visit the State Health Plan's website (<https://shp.nctreasurer.com>) and click on Personal Health Portal. You can also complete or update your Health Assessment by calling 1-800-817-7044.

For more information on how to update or complete your Health Assessment in the Personal Health Portal including step-by-step directions visit www.shp.nctreasurer.com/Pages/Health-Assessment.aspx.

IMPORTANT REMINDERS:

- The Health Benefit Estimator Tool is NOW AVAILABLE! This is a great tool that you will be able to use to determine what plan option is the best fit for your family. It's available on the Plan's website by clicking **Health Benefit Estimator** in the green bar.
- The 2016 Rate Calculator is NOW AVAILABLE! You can determine your 2016 premium rates using this calculator. It's available on the Plan's website by clicking **2016 Rate Calculator** in the green bar.
- You should receive the Enrollment Decision Guide in the mail this week. They are also available on the Plan's website.

HOW TO ENROLL/COMPLETE WELLNESS ACTIVITIES:

1. To enroll in or change your plan, or to complete wellness activities, visit the State Health Plan website (www.shpnc.org) and click Enroll Now to log into the eEnroll system. You may be required to create an account if you are a first-time eEnroll user.
2. Review your dependent information and make changes, if needed.
3. Attest to and complete the applicable wellness activities, to reduce your monthly premium.
4. Review the benefits you've selected. If you are OK with your elections, you will be prompted to save your enrollment.
5. The final step is printing your confirmation statement for your records.

COMMISSIONERS RECOGNIZE EMPLOYEES

Bladen County Commissioners recognized employees who have reached various levels of service with the county, on Monday, October 19, 2015. The most recent list of honorees were introduced Monday evening by Chairman Charles Ray Peterson:



Beverly Parks, Register of Deeds—20 years
Willie McLaughlin, Central Services, 25 years
Thomasenia Campbell, EMS—10 years
Clara Johnson, Health—20 years
Lisa Nance, DSS—25 years
Vickie Smith, DSS—15 years

Others recognized but unable to attend included:

Carol Cain, Revenue—10 years
Kenneth R. Hester, Sheriff's Office—5 years
Jeffrey Tyler, Sheriff's Office—10 years
Glenda Bagwell, EMS— 5 years
Crystal Simmons, Health—20 years
Martha Collins, Division of Aging—15 years
Johnice Autry, Extension—25 years

ELIZABETHTOWN POLICE DEPARTMENT

STORY TIME



Bladen County Public Library

Main Branch

Thursday, November 5, 2015

3:30 P.M.

Please call 910-862-6990 to register in advance.

This is a free event open to the community.

THE 10th ANNUAL BLADEN COUNTY VETERAN'S DAY CEREMONY



Bladen County Annual Veteran's Day Ceremony

Tuesday, November 10, 2015

11:00 a.m. @ National Guard Armory

1001 Swanzy Street, Elizabethtown, NC

Guest Speaker: Command Sergeant Major Annie L. Walker

Commandant Noncommissioned Officer Academy

United States Army Soldier Support Institute

Fort Jackson, SC

For more information call 910.862.3255 Ext. 203 or

gabrilla.garrett@nccommerce.com

NC Department of Commerce, NCWorks Career Center

401 Mercer Mill Road, Elizabethtown, NC

WILDLIFE AND WATER QUALITY WORKSHOP

TUESDAY, NOVEMBER 17, 2015

5:00 P.M. - 8:30 P.M.

POWELL MELVIN AG. CENTER

450 SMITH CIRCLE

ELIZABETHTOWN, NC

This will be a unique opportunity for landowners and land managers to learn more about black bears, bobwhite quail, management techniques and ways of getting assistance for managing your property.

Please call Benjy Strobe at 910.874.5562 to preregister or email: benjy.strobe@ncwildlife.org before November 10th. Supper will be provided.

1.5 hours of Animal Waste OIC credits for those that need them.



Information courtesy of the Bureau of Indian Affairs, U.S. Department of the Interior

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the "First Americans" and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kans., formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations, under variants on the name (including "Native American Heritage Month" and "National American Indian and Alaska Native Heritage Month") have been issued each year since 1994.

<http://www.nativeamericanheritagemonth.gov/about/>

Thanksgiving Day is a national holiday celebrated primarily in the United States and Canada as a day of giving thanks for the blessing of the harvest and of the preceding year. It is celebrated on the fourth Thursday of November in the United States and on the second Monday of October in Canada. Several other places around the world observe similar celebrations. Thanksgiving has its historical roots in religious and cultural traditions and has long been celebrated in a secular manner as well.

History

Prayers of thanks and special thanksgiving ceremonies are common among almost all religions after harvests and at other times. The Thanksgiving holiday's history in North America is rooted in English traditions dating from the Protestant Reformation. It also has aspects of a harvest festival, even though the harvest in New England occurs well before the late-November date on which the modern Thanksgiving holiday is celebrated.

In the United States

In the United States, the modern Thanksgiving holiday tradition is commonly, but not universally, traced to a sparsely documented 1621 celebration at Plymouth in present-day Massachusetts. The 1621 Plymouth feast and thanksgiving was prompted by a good harvest. Pilgrims and Puritans who began emigrating from England in the 1620s and 1630s carried the tradition of Days of Fasting and Days of Thanksgiving with them to New England. Several days of Thanksgiving were held in early New England history that have been identified as the "First Thanksgiving", including Pilgrim holidays in Plymouth in 1621 and 1623, and a Puritan holiday in Boston in 1631.

The practice of holding an annual harvest festival did not become a regular affair in New England until the late 1660s. Thanksgiving proclamations were made mostly by church leaders in New England up until 1682, and then by both state and church leaders until after the American Revolution. During the revolutionary period, political influences affected the issuance of Thanksgiving proclamations. Various proclamations were made by royal governors, John Hancock, General George Washington, and the Continental Congress, each giving thanks to God for events favorable to their causes. As President of the United States, George Washington proclaimed the first nationwide thanksgiving celebration in America marking November 26, 1789, "as a day of public thanksgiving and prayer to be observed by acknowledging with grateful hearts the many and signal favours of Almighty God". In modern times the President of the United States, in addition to issuing a proclamation, will "pardon a turkey" which spares the bird's life and ensures that it will spend the duration of its life roaming freely on farmland.

FIVE BLACK FRIDAY SHOPPING TIPS

1. Set a budget

It is very easy to get carried away if you don't set a spending limit for yourself. But remember – even if something is heavily discounted, if it's outside your budget, it's still overspending! Consider whether it's something you really need. Would you still covet the items you're buying if they were full price?

With a bit of time to spare before Black Friday, you have the chance to think about what your budget will be.

2. Compare your prices beforehand

If you have a particular purchase in mind, be prepared to shop around to get the best bargain. Have a figure in mind you are willing to spend, and check around retailers. Is it cheaper to buy it online? Don't forget to factor in delivery costs if you are going to buy anything online too, as it could add on a fair amount if you are not careful.

3. Consider how you're paying

It could be a good idea to pay for items with your credit card – but only if you are able to pay it off in full. This is because credit cards give you an extra layer of protection.

If you use your credit card to buy something costing over £100 and up to £30,000, you're covered by Section 75 of the Consumer Credit Act. It means the credit card company has equal responsibility (or 'liability') with the seller if there's a problem with the things you've bought or the company you've bought them from fails.

4. Know your rights

The Consumer Rights Act 2015 says goods should be of satisfactory quality, fit to do the job intended, and last a reasonable length of time. If your goods break within six months, you can take them straight back to the shop – and it's up to them to prove the appliance wasn't faulty when you bought it. Your rights are extended when you buy a product online and you can return non-faulty items too. For example your decision may be based on a brief description or photography, so what you receive might not always be quite what you expected. Under the Consumer Contracts Regulations, you have the right to return your order up to 14 days from the day you receive your goods.

5. Be careful of extended warranties

Extended warranties are insurance policies that cover you for repair costs after the retailer's or manufacturer's warranty has expired. **But you already have statutory rights under the Consumer Rights Act for faulty products, so think carefully about whether you need one before getting them – they can often be quite expensive.**

NOVEMBER 2015

NATIVE AMERICAN HERITAGE MONTH

1. DAYLIGHT SAVING TIME
2. 8:15 AM PRAYER SERVICE; 6:30 PM BOARD OF COMMISSIONERS MEETING; 5:30 PM ELIZABETHTOWN PLANNING BOARD MEETING; 7PM TOWN COUNCIL MEETING
3. MUNICIPAL ELECTION
5. 10 AM BLADEN COUNTY PUBLIC LIBRARY (MAIN BRANCH) STORY TIME; 3:30 PM ELIZABETHTOWN POLICE DEPARTMENT STORY TIME, BLADEN COUNTY PUBLIC LIBRARY (MAIN BRANCH)
10. 11 AM BLADEN COUNTY VETERAN'S DAY CEREMONY, NATIONAL GUARD ARMORY, ELIZABETHTOWN; 2:30 PM BCC "MARKETING YOUR BUSINESS"; 6 PM BOARD OF EDUCATION MEETING; 8 AM BLADEN SOIL & WATER CONSERVATION DISTRICT SUPERVISORS MEETING, MCDUFFIE LIBRARY, POWELL MELVIN AG. CENTER; 6 PM CLARKTON PUBLIC LIBRARY OPEN HOUSE
11. VETERAN'S DAY—BLADEN COUNTY OFFICES CLOSED
12. BLADEN COUNTY FIRE ASSN. BLADENBORO FIRE DEPARTMENT
16. 6:30 PM BOARD OF COMMISSIONERS MEETING
17. 5 PM WILDLIFE AND WATER QUALITY WORKSHOP, POWELL MELVIN AG. CENTER
18. ANNUAL HEALTHCARE OPEN ENROLLMENT ENDS; 12 PM, 1PM NOVEMBER LUNCH & LEARN TENTATIVE DATE, POWELL MELVIN AG. CENTER; 10 AM GRANDPARENTS & KINSHIP CAREGIVER'S RAISING GRANDCHILDREN SUPPORT GROUP MEETING, BLADEN COUNTY DIVISION ON AGING
19. 5PM ELIZABETHTOWN LIBRARY BOARD MEETING
21. 10 AM CENTENNIAL CELEBRATION OF CAPE FEAR RIVER LOCK & DAM #1, RIEGLEWOOD, NC
22. 10 AM BCC EXHIBIT "CRAZY IN LOVE" BEGINS
26. THANKSGIVING HOLIDAY- BLADEN COUNTY OFFICES CLOSED
27. THANKSGIVING HOLIDAY- BLADEN COUNTY OFFICES CLOSED
28. THANKSGIVING HOLIDAY-BLADEN COUNTY OFFICES CLOSED

SIX TIPS AND TRICKS FOR SAVING YOUR SLEEP (AND SANITY) AT THE END OF DAYLIGHT SAVING TIME

ENJOY YOUR EXTRA HOUR OF DAYLIGHT

If your typical wake up time is 8 AM on Sunday, November 1, you'll be up at 7 AM, which means you score an extra hour of light in the morning.

. . .OR THE EXTRA HOUR OF SLEEP

If you're too tired to get up on Sunday, it could mean that you are sleep deprived (like many of us are), so go ahead and take advantage of the extra hour to sleep in.

GET THE KIDS ON TRACK

Children can have a harder time making the adjustment, but getting them acclimated can be a breeze. Starting a week before the time change by putting kids to bed 15 minutes later than usual, every other night. Once you turn your clocks back on November 1, they will be right back on schedule.

PERK UP WITH BLUE LIGHT

It is perfectly normal to feel some afternoon grogginess for a week or so after the time change, but there is a natural remedy. Light therapy boxes, particularly those that emit blue light, can combat your brain's tendency to pump out melatonin (the sleep hormone) when it starts getting dark earlier in the day. Use the light for 20 minutes tops, and not after 7 PM, to gain a few hours worth of afternoon alertness without getting over stimulated.

SPRUCE UP YOUR SLEEP HYGIENE

Anytime you focus on sleep is a good opportunity to freshen up your sleep habits. That means keeping your bedroom dark, cool, and quiet, banishing electronics, cutting off caffeine in the afternoon, and keeping a consistent bedtime all year long.

AND DUH, REMEMBER TO SET YOUR CLOCKS BACK

Before you go to sleep on Saturday, October 31, remember to simply turn your clocks back one hour.

<http://www.foxnews.com/health/2015/10/27/6-tricks-for-saving-your-sleep-and-sanity-at-end-daylight-saving-time/>

BLADEN SOIL AND WATER CONSERVATION DISTRICT SUPERVISORS MEETING

The Bladen Soil and Water Conservation District Supervisors will meet Tuesday, November 10, 2015 at 8:00 a.m. at the McDuffie Library, Powell-Melvin Agricultural Center in Elizabethtown. For additional information call 910-862-3179, Opt. 3.

BLADEN COUNTY UNITED WAY'S DAY OF CARING

Bladen County United Way's "Day of Caring" is set for Friday, November 6, 2015, starting at 8 a.m. at the Cape Fear Farmer's Market. Food may be dropped off at the Cape Fear Farmer's Market on that same date. Visits to over 200 residents at the nursing homes will be made that day as well. The goal is to build 6 wheelchair ramps and to pack 150 food bags for student backpacks. Items needed for backpacks are as follows:

Hygiene Items

Soap, deodorant, toothpaste, toothbrush, wash cloth, hair shampoo, hair conditioner, feminine items, body wash, comb/brush, and hand sanitizer.

Food Items:

Peanut Butter, Chicken Noodle Soup, Jelly, Pop Tarts, Cookies, Crackers, Cup of Noodles, Macaroni and Cheese, Snack Size Fruit Cups (Pop Top), Spaghettios, Ravioli, Small Box of Real Fruit Juice, Chili, Protein Bars, Cereal (Sugar Free), Non-refrig milk—rice or soy milk, complete pancake mix (just add water), Tuna Fish, Chicken (Pop Top Can or Package), & Tuna Helper.

The food will be packed and distributed to students by our local schools.

FOUR COUNTY EMC PLANS COMMUNITY MEETINGS

Four County Electric Membership Cooperative has announced a series of meetings over a few weeks. By attending a community meeting, you will receive valuable information about your cooperative. Love Grove Baptist Church in Tar Heel will be the site of an November 11 meeting and another meeting is planned on November 9 at Saint James Baptist Church near Lake Waccamaw. Others are planned for Rose Hill, Turkey, Currie and Rocky Point. Meetings begin with registration at 6:30 p.m. and the meeting begins at 7 p.m. For more information, call Four County EMC at 1-888-368-7289. All members are encouraged to attend.

CLARKTON PUBLIC LIBRARY

OPEN HOUSE

TUESDAY, NOVEMBER 10, 2015

6 PM - 8 PM

10413 N. COLLEGE STREET

CLARKTON, NC

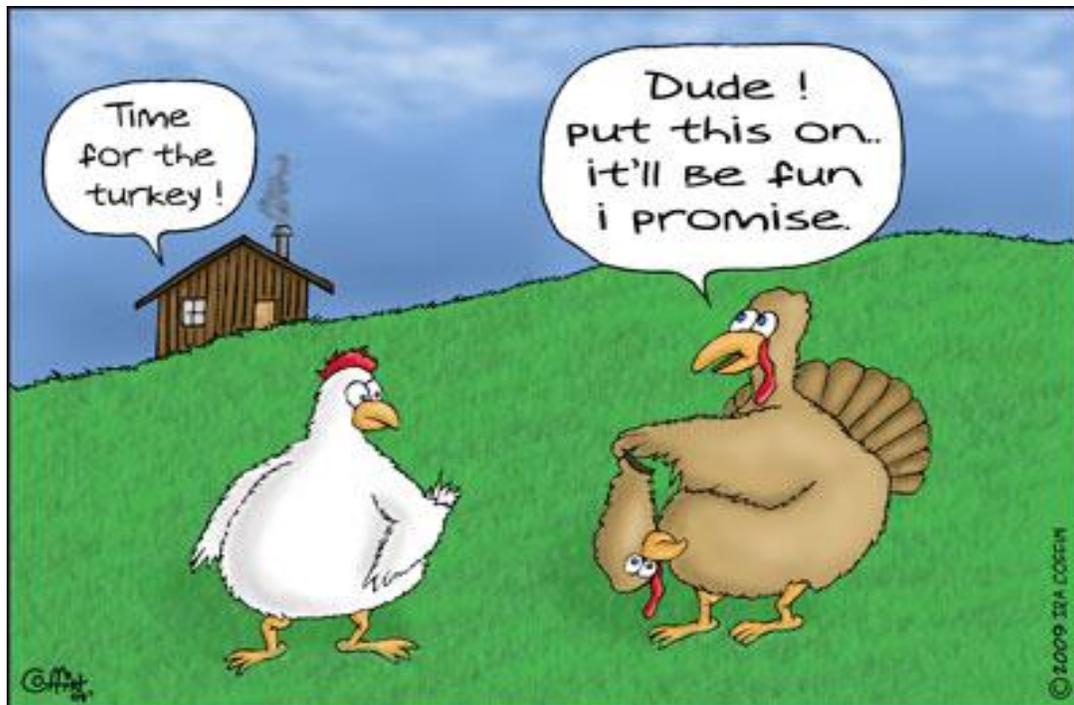
WE ARE THANKFUL FOR OUR PATRONS!

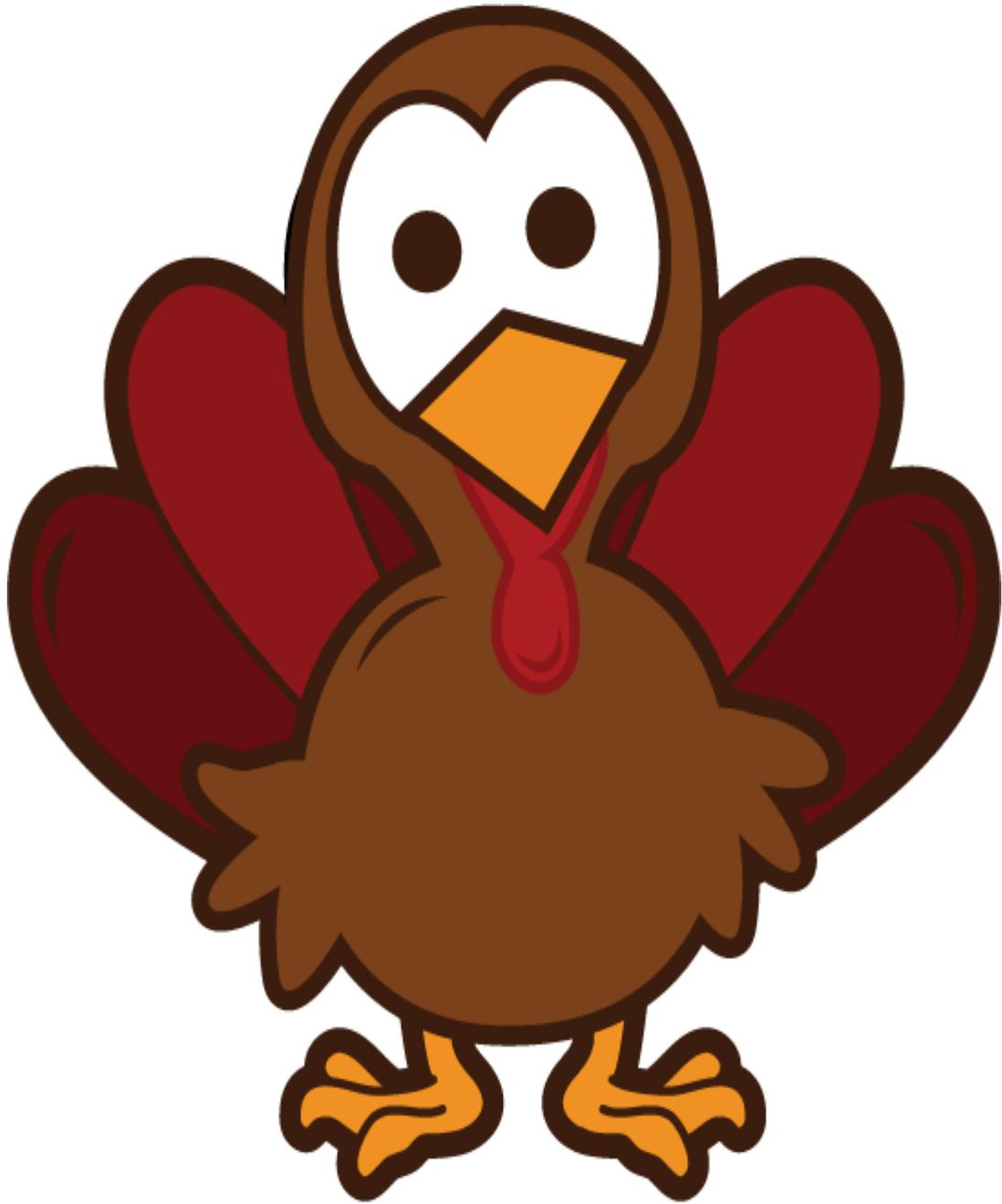
JOIN US FOR A CELEBRATION IN YOUR
HONOR!

Refreshments provided by the Red Hat Ladies

CALL 910.647.3661 FOR MORE INFORMATION.

TURKEY HUMOR





HAPPY

THANKSGIVING!