

BLACKVILLE COMMUNITY NEWSLETTER



August 2022 – Issue 178

“BACK TO SCHOOL”

The 2022-2023 school year will be starting soon. While some children and their families are excited and eager to return back to the classroom, others may not be. Some may experience anxiety, stress, and/or depression. It is important to recognize the emotions that your student is experiencing.

As our nation continues to deal with multiple stressors- COVID19, high inflation, and violence, the good news is that there are things that can help reduce anxiety and stress and improve overall mental wellness. These include:

- ❖ **Find Ways to Cultivate Hope**
 - Focus on your strengths.
 - Practice being grateful.
 - Reframe negative thoughts.
 - Limit screen time and media exposure.
 - Spend time with hopeful and positive people.
- ❖ **Strengthen your resilience and reduce the impact of ongoing stressors.**
 - Empower yourself to feel capable of handling uncertainty and difficult times and situations.
 - Learn from your experiences.
 - Do something that gives you a sense of meaning and purpose
- ❖ **Be kind and gracious to yourself and others. It helps to:**
 - Enhance empathy and reduce aggression.
 - Improve sleep.
 - Improve self-esteem.
 - Improve relationships.

- Improve overall physical health.
- ❖ **Be ready and prepared.**
 - Set a daily-consistent routine.
 - Model and practice being calm.
 - Develop goals for the year.
 - Talk with your child/teen about back-to-school anxiety and fears.

Remember, it is ok to ask for help! One in five individuals experiences a mental health issue. Pay attention to changes in behavior, mood (extreme sadness or anxiety), personality, sleeping habits, and eating patterns. Watch for signs of use of drugs or alcohol, engagement in severe out-of-control or risky behaviors, and/or withdrawal from others or routine activities.

Mental health issues can be treated and managed. Early diagnosis and treatment for children, adolescents, and families can make a significant difference in recovery. Take advantage of the resources in your community. You can ask for assistance from the school guidance counselor, school nurse, primary care physician, or by contacting Aiken Barnwell Mental Health Center-Polly Best Center at (803) 259-7170.

Lisa Hall, LPCA QA Director, Aiken-Barnwell
Mental Health Center

Grant for Mobile Home Repairs over 20+ years and Owner-Occupied Homeowners

Blackville Community Development Corporation has received a grant to make repairs to mobile home over 20+ years old and owner-occupied homeowners. To be eligible, you must live in Barnwell County, mobile homeowners name must be on the mobile home and the land must be in the owner’s name. Owner occupied homeowners must have deed to property.

You may apply at: BCDC office 5983 Lartigue Street, Blackville, SC, online www.bblackvillecdc.org or email info@blackvillecdc.org. You may contact: Ethel Washington or Evelyn Coker, 803-284-0735 office, 803-284-0714 fax

MEETINGS

- **August 4**, Blackville Community Dev. Corporation, VIRTUAL, 4:30pm
- **August 9**, Barnwell County Consolidated School Board Meeting, BHHS Auditorium - 6:00pm
- **August 9**, Barnwell County Council, SCAC Building, 6:00PM
- **August 15**, Blackville Town Council, Town Hall/CC, 6:30pm
- **August 22**, Barnwell-Blackville Branch NAACP, TBA
- **August 25**, Blackville Downtown Development Association, Sol Blatt Avenue, 6:00pm

HAPPY BIRTHDAY

August 1, Queen E. Byas
August 1, Alice Armstrong
August 2, A.A. Williams
August 5, Rev. James (Bo) Johnson
August 6, Trina McKnight
August 6, Treva (McKnight) Williams
August 7, Phillip Felder
August 8, Dwayne Black
August 12, Steven (Steve) Jowers
August 12, Brian Gibson
August 15, Letha Johnson
August 15, Nettie Mae Thomas
August 16, James Brown
August 19, Kenneth Hagood
August 20, Marilyn Cooke
August 21, Mary Johnson
August 22, Teresa Ashmore
August 23, Mary Ann Reed
August 23, Tyon Foust
August 28, Andre' Kinslow
August 28, Josephine Byas
August 30, Ken Cooke

HAPPY ANNIVERSARY

August 22, Edward and Norma Rockwell
August 31, Albert and Rose Raysor

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LIBRARY NEWS

Contact Ms. Lil – (803) 284-2295

SCHOOL NEWS

Opening Day – August 15, 2022

MEET and GREET

Sponsored by

“The Diamond District”
and

“Men of Gold”

August 27, 2022 - 11am - 1:00pm

Blackville Community Center

Brunch served – Free

All ages welcome!

SC WORKS JOB FAIR

Blackville Public Library

August 15, 2022 – 10:00am -2:00pm

Dress Professionally – Bring Resume

Prepare to be interviewed

Free and open to public

Published by the Town of Blackville and the Blackville Community Development Corporation. Contact vtalston@bellsouth.net, add “NEWSLETTER” to subject line. Newsletters available at Town Hall

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