Are You Ready for Winter?

North Carolina’s proximity to the Appalachian Mountains, Atlantic Ocean and Gulf Stream make winter weather unpredictable. Typically, there are 6 to 12 winter storms each year in the central part of N.C. Home fires occur more in winter than in any other season. As you stay cozy and warm this winter season, be fire smart! To keep your family safe, make sure to plan ahead. Follow safety tips and watch the news or listen to the radio for weather updates.

Know these terms, so you know what to expect and what to do.

- Watch: severe winter conditions could occur, but don’t know when.
- Warning: 4+ inches of snow or sleet is expected within 12 hours. Be prepared for possible power outages or roads made impassable.
- Advisories: winter weather conditions are expected to cause delays and problems.

@ReadyNC.org

Winter Safety Tips
- keep alternative heating sources ready
- dress warmly and in multiple layers
- properly vent kerosene heaters
- keep electric generators outside
- don’t burn charcoal inside your home
- keep fresh batteries on hand
- 3 day supply of non-perishable food

Drive Safely
- keep an emergency kit in vehicle
- reduce your speed when driving
- leave room between vehicles
- In Extreme Conditions
- pull off the highway
- stay calm in vehicle

City Council
Mayor Karen K. Alexander
Mayor Pro Tem Maggie Blackwell
Council Member Brian Miller
Council Member Kenneth Hardin
Council Member David Post
City Manager Lane Bailey

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#PositiveGossip
GET FIT IN 2017

The arrival of a new year typically comes with a renewed commitment to get fit and healthy. That commitment usually requires a plan of action and resources to help reach that goal. Salisbury residents who want to drop a few pounds or get on a path to a healthier lifestyle can benefit from City Park’s Fitness Center located at 316 Lake Drive and the various exercise classes offered by Parks and Recreation.

The Fitness Center offers a cooler, less crowded space than the larger gymnasiums in Salisbury—perfect for those just starting on their weight loss journey. For only $2 per visit or a $20 per month membership for an individual, the City Park Fitness Center boasts free weights, two treadmills, resistance training machines and a stationary bicycle. For those interested in outdoor activities, the facility also has a walking trail and tennis courts at no cost.

Families of three (last two people over 16 years of age) can purchase a family membership for $30. While Fitness Center visitors under 16 must be accompanied by an adult, children are able to utilize the building’s computer lab with free Internet access during the parent or guardian’s workout.

Hours of operation are Monday through Thursday, noon to 8 p.m., Friday noon to 6 p.m. and Saturday 9 a.m. to 1 p.m.

The Fitness Center isn’t the only option towards a healthier body. Exercise classes such as Cardio Kickboxing, Zumba and Nia Technique are open for walk-ins. Priced at $4 per class, all classes offer a fun, varied workout for your muscles. Cardio Kickboxing and Zumba are offered on Mondays and Wednesdays at 5:30 p.m. and Fridays at 10 a.m. at City Park. All Parks and Recreation facilities have free Wi-Fi powered by Hotspot. Call (704) 216-PLAY for more information.

SALISBURY FIRE DEPARTMENT MARKS 200TH YEAR

On December 8, 1817, 32 citizens pledged approximately $400 designated to buy equipment to protect the city of Salisbury from fire, now considered the official beginning of the Salisbury Fire Department.

This year, the Salisbury Fire Department will celebrate its 200th Anniversary with a number of events to mark the special occasion.

Each fire station is set to host an open house to give residents an up-close-and-personal look at how each station serves the public. The open houses are set to begin this month, continuing through late spring.

Neighborhood Fire Safety Days will also be incorporated into the yearlong celebration. Safety days, to be held at local parks, will bring the fire department to Salisbury neighborhoods, and allow young and old alike to touch and try firefighting equipment.

The department’s annual Firefighter Awards Ceremony is held each September and honors the men and women who have gone above and beyond the call of duty.

October boasts Fire Safety Day and National Fire Prevention Week. Additional activities will mark the annual weeklong informational commemoration about how to keep your home fire safe.

Finally, the new Fire Station No. 6 ground-breaking and fire apparatus dedication will take place in November, just one month before the official 200th Anniversary Downtown Fire Apparatus Parade.

Watch for more details on each of these events in the city’s newsletter, The Lamplighter, and on the city’s public TV station, ACCESS16.

MEDICATION DROP BOXES

In an effort to keep medications out of the hands of small children and prescription drug abusers, the Rowan County Health Department, in partnership with local law enforcement, has implemented medication drop boxes located throughout the area.

According to Amy Smith, Health Education Specialist and Wellness Coordinator for Rowan County, the boxes were purchased with funds from the state and Center for Disease Control after witnessing an increasing number of overdoses and abuse of prescription medication.

“Patients who no longer need the medication or in the event of a death, this is an opportunity to remove the medicine from the home immediately,” said Smith. “Other locations have drop offs a few times a year. These boxes provide an opportunity to dispose of the medicine year round, including after business hours.”

The medication drop boxes cost $995 each, and are located at all times.

Respective municipal law enforcement officials are the only ones who have keys.

Periodically the boxes are emptied and the medicines weighed. The medications are then incinerated. Each locale weighs the total amount of medication incinerated before they are destroyed and reports the weight back to the County. For example, to date since July 2016, the Health Department has collected 51 pounds of medicine, Rockwell has collected 63 pounds and Granite Quarry has collected 60 pounds.

“We work collaboratively with the Rowan County Sheriff’s Office and police departments in China Grove, Granite Quarry, the City of Salisbury, Rockwell, and Spencer about housing these drop boxes in either their town halls or the police department lobbies,” said Smith. “We also reached out to each pharmacy in our area to ask them to promote the drop boxes as well.” Recently, Tines Street Drug Store on South Main Street has also installed a medication drop box within their store for their customers and for anyone who lives within the area.

There are restrictions on what can be accepted. Restricted items include thermometers, inliners, aerosol cans, ointments, lotions and liquids and medications form businesses or clinics. Also, needles are not permitted.

For more information on the medication drop boxes, please contact Amy Smith at (704) 216-8859.

DROP BOX LOCATIONS

After hours access is available at some locations. For more details call (704) 216-8859.

China Grove Police Dept.
333 North Main Street
China Grove, NC 28023
8 a.m.-5 p.m., Mon-Fri, after 5 p.m. call 911

Granite Quarry Police Dept.
143 North Salisbury Avenue
Granite Quarry, NC 28146
9 a.m.-5 p.m., Mon-Fri

Kannapolis Police Dept.
401 Laureate Way
Kannapolis, NC 28081
Open 24/7

Rockwell Police Dept.
303 West Main Street
Rockwell, NC 28138
8 a.m.-5 p.m., Mon-Fri

Rowan County Health Dept.
1811 East Innes Street
Salisbury, NC 28144
8 a.m.-5 p.m., Mon-Fri

Rowan County Sheriff’s Office
102 Central Avenue
Landis, NC 28088
8 a.m.-5 p.m., Mon-Fri

Rowan County Sheriff’s Office
232 North Main Street
Salisbury, NC 28144
8:30 a.m.-5 p.m., Mon-Fri

Spencer Police Dept.
500 South Salisbury Avenue
Spencer, NC 28159
8:30 a.m.-5 p.m., Mon-Fri

PROTECT YOUR WATER PIPES FROM FREEZING

- Insulate pipes or hoses in exposed outdoor areas.
- Cover pipes in unheated crawl spaces, basements, exposure doors, and air vents in foundations.
- Allow one or more cold water faucets to drip slowly to prevent freezing.