

H.D. POPE FUNERAL HOME

Personal Service • Peace of Mind • Pleasant Memories



What's your New Year's Resolution?

"If you don't like something, change it. If you can't change it, change your attitude." ~Maya Angelou

Whether you make resolutions or not, it is a good practice to perform a self-evaluation and set goals. Many view the new year as a fresh start—an opportunity to make something better. Likewise, at H.D. Pope Funeral Home we resolve to continue to provide the best quality service to you and your loved ones during your time of need. Thanks for being a part of our family. Happy New Year!

1

LOSE WEIGHT

Even if you don't want to lose weight, incorporate good nutrition and exercise.

2

GET ORGANIZED

Organization at work and home reduces stress.

3

SPEND LESS, SAVE MORE

Make a budget and stick to it.

January

1 - New Year's Day

2 - H.D. Pope 13th Annual Holiday Celebration

15 - Martin Luther King Jr.'s birthday

18 - Martin Luther King, Jr.'s birthday observed



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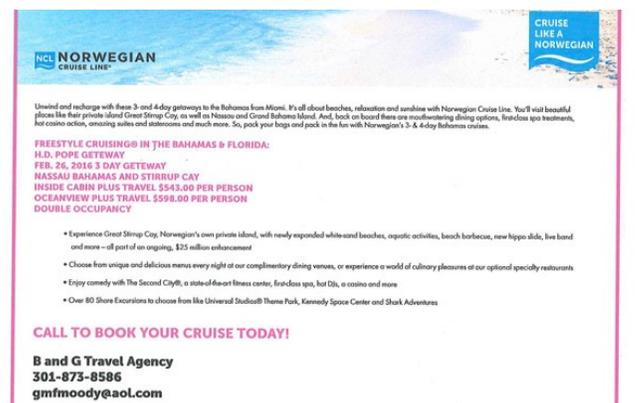
Martin Luther King, Jr. Day

“Through his words and example, Dr. King challenged individuals to take action and lift up their neighbors and communities through service.”

On November 2, 1983, President Ronald Reagan signed legislation to have Dr. King’s birthday celebrated as a federal holiday. While his birthday is January 15, his birthday is observed on the third Monday in January and “serve(s) as a time for Americans to reflect on the principles of racial equality and nonviolent social change espoused by Martin Luther King, Jr.”

Dr. King believed “everybody can be great because everybody can serve”. As a result, the day is designated as a day of service and includes activities such as painting, community beautification, tutoring, volunteering, building homes, delivering meals, or teaching a skill. In honor of Dr. King, consider what you can do to serve your community this year.

Sources: *Newstex Global Business Blog, Now is the time: Martin Luther King, Jr. day of service: make it a day on, not a day off*



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HCC'S BRICK BY BRICK CAMPAIGN

The Halifax Community College Foundation Inc. is offering a wonderful opportunity for you to support its students and show your commitment to educational excellence through its first-ever Brick-by-Brick Campaign, "Order Our Steps." Engraved bricks will be featured at the main entrance to The Centre, its premier multipurpose venue, and will be sold throughout the remainder of the year. Your brick will be visible for generations to come. Purchase of a brick is tax-deductible, according to applicable tax law. Proceeds will provide assistance to the Foundation to support scholarships, events, activities and operating expenses. To download and complete an order form, look for the image below on the funeral home’s website.

