

## Plan for Holiday Travel, Don't Drink and Drive & More

The following are highlights from this week at the N.C. Department of Transportation. The stories below are also featured in NCDOT Now, the department's weekly newscast on YouTube.

**Plan Ahead for Holiday Travel** It's the time of year where millions of people travel near and far to see loved ones for the holidays. Whether you're traveling by car, plane or train, the N.C. Department of Transportation wants to make sure you get there safely.

Construction work that would require lane closures along major highways will be suspended by the N.C. Department of Transportation from Friday, Dec. 20 to Thursday, Jan. 2 to accommodate travelers for Christmas and New Year's Day.

There will be some locations where the type of project or construction conditions make it unsafe to open all lanes on interstates, U.S. and major N.C. highways. That includes where a bridge is being replaced, or where lanes are blocked off with concrete barriers so drivers must still be alert for any lane closure signs.

Drivers can check the status of the highways they plan to use by visiting [drivenc.gov](http://drivenc.gov) before starting their trips. The site provides current road conditions by route, county or region 24 hours a day. Once underway, a passenger in the vehicle can check the same site for updates or call 511 for the information between 8 a.m. - 8 p.m. on weekdays, 8 a.m. - 5 p.m. on weekends and 9 a.m. - 5 p.m. on Dec. 24-26 and Jan. 1.

Ideally, plan to leave on week to get a head start and be on the road at non-peak times. The weekends before Christmas and New Year's Day, as well as Dec. 24, will see the heaviest traffic congestion periods for most of the state, especially on interstates such as I-95, I-77, I-85, I-40 and I-26. Drivers should anticipate needing extra time to reach their destination and consider using an alternative route if possible.

Because of the expected heavy volume, drivers need to avoid distracted driving situations such as texting or using a cellphone so they are paying close attention to the road. And all occupants of a vehicle must be wearing a seat belt.

Expect a heavy law enforcement presence on the roadways, as the Governor's Highway Safety Program annual Holiday "Booze It & Lose It" campaign is already under way. Through January 5, law enforcement agencies in all 100 North Carolina counties will conduct enhanced patrols to assist travelers, catch drunk drivers and enforce other traffic laws.

**Holiday Booze It and Lose It** It's always important that if you plan to drink, you don't drive. As part of the Governor's Highway Safety Program's Holiday 'Booze it & Lose it' Campaign, state and local law enforcement officers will patrol day and night to catch impaired drivers behind the wheel.

The campaign runs now through Jan. 2.

**Gifting or Getting a Drone** If you're on Santa's 'nice' list, you may have a drone waiting for you under the Christmas tree. Drones are a popular holiday gift, but it's important new owners take the time to know how to safely fly an unmanned aircraft.

More than 30,000 North Carolinians now own and operate drones for recreational use. With this number growing, NCDOT is reminding pilots to:

- Always fly within 400 feet of the ground;
- Never fly near airports;
- Avoid flying over events or crowds; and
- Don't fly at night, even if the drone has lights.

For additional guidelines, go to [ncdot.gov](http://ncdot.gov) and search 'drones'.

## Audubon Plantings for Birds

Native plants play an important role in providing the food that birds need to survive and thrive in a way that non-native plants do not. North Carolina, with its diverse geography, is home to thousands of native plant species! Our natural wildlife, including birds, have adapted to the resources provided by North Carolina's native plant population.

These plants and trees are home for our birds.

Did you know a pair of Carolina Chickadees needs nearly 10,000 caterpillars to raise a single nest full of babies? Almost all land birds require insects to feed their young. Even seed-eating birds often must feed their babies insects to ensure their survival. Insects cannot adapt to eating non-insect plants. Fewer native plants means fewer insects, which in turn means fewer bird babies growing to adulthood.

Because of this, Audubon has developed valuable shareable resources about native plants. We know how busy life can be, so we've made it easy for you to learn more. Just go to the website, [www.audubon.org/native-plants](http://www.audubon.org/native-plants), and type in your zip code to see which native plants would thrive around you. In North Carolina, we have even developed a list of nurseries participating in Audubon North Carolina's Bird-Friendly Native Plants program.

There are great places with knowledgeable staff to help answer all your native plant questions! Find a participating nursery near you by visiting:

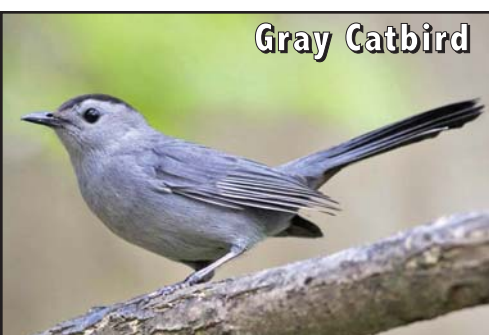
[nc.audubon.org/conservation/bird-friendly-communities](http://nc.audubon.org/conservation/bird-friendly-communities)

for bird-friendly-native-plants.

North Carolina has shown a great commitment to communicating about the benefits that native plants provide from the mountains to the coast. Every October, North Carolinians celebrate Native Plants Week, and earlier this year, a new law was passed that will make native plants the standard choice for planting along North Carolina roadways.

Whether you live in the country or in the city... in the woods or on a farm, choosing native plants for your land is a simple step you can take to help sustain the plants intended to grow in our region and the wildlife that depend on them.

Find more information about Audubon plantings for birds at [nc.audubon.org](http://nc.audubon.org).



Gray Catbird

## Moods & Foods Workshop

A Moods & Foods Workshop will be held on Thursday, January 16 at the First United Methodist Church in the Fellowship Hall, located at 410 East Washington Street in Rockingham from 12 noon to 1:30 p.m. Molly Koczarski, MS, RDN, LDN with FirstHealth of the Carolinas Diabetes & Nutrition Education Center will be the guest speaker. Resources and lunch will be provided free.

Contact Suzanne Maness at (910) 627-1769 or by email at [connectionsfsf@gmail.com](mailto:connectionsfsf@gmail.com) for more information. The deadline to register is January 13, 2020.

## PINE TERRACE APARTMENTS

502 Pine Terrace Street  
Wadesboro, NC 28170

Family Households  
1, 2 & 3 Bedroom Apartments  
Accessible Units

Rent is Based on Income  
Rental Assistance Available

Please Call (1) 704-694-5606  
TDD/TYY # (1) 800-735-2962



"This institution is an equal opportunity provider and employer"

EQUAL HOUSING OPPORTUNITY



**A  
HAPPY  
NEW  
YEAR  
TO YOU!**

Accepting  
New Patients

We Accept  
Most Insurances

**704-694-3618**

Call for an appointment today

Locally Owned & Operated



**ANSON FAMILY  
OPTOMETRIC, PLLC.**



Holly Allison Kiker, OD

1134 Holly Street in Wadesboro (On Hwy 74 across from CVS)

Mon-Thurs 8:30-5 & Closed Fridays 704-694-3618



## Do Not Smoke When Near Oxygen Tanks

North Carolina Insurance Commissioner Mike Causey urges residents to always be careful when around oxygen tanks and to never smoke when they're nearby.

"Tragedy recently struck a Nash County family when a woman died while smoking a cigarette while using her oxygen tank," said Commissioner Causey, who is also the State Fire Marshal. "Portable oxygen tanks have enhanced the quality of life for many with various medical conditions. But having oxygen in your home means you need to put extra safety rules into practice."

So far, 107 people have died in North Carolina fires this year. In 2018, 135 people died in fires.

Commissioner Causey and the National Fire Protection Association recommend the following safety tips when oxygen tanks are nearby:

- Never smoke when using an oxygen tank. There is no safe way to smoke in the home when oxygen is in use.
- Don't burn candles, matches or wood stoves if oxygen tanks are in use in the home.
- Even sparking toys can ignite an oxygen source.
- Keep oxygen cylinders at least five feet from a heat source, open flames or electrical devices.
- Keep body oil, hand lotion, and items containing oil and grease away from a place where oxygen tanks are in use.
- Never use aerosol sprays containing combustible materials near oxygen sources.

People using oxygen tanks may consider posting "No Smoking" or "No Open Flames" signs in and outside their home to remind guests not to smoke. Oxygen saturates fabric-covered furniture, clothing, hair and bedding, making it easier for a fire to start and spread.

## NC's Low Income Energy Assistance Program (LIEAP)

The Low Income Energy Assistance Program (LIEAP) gives families a one-time vendor payment to help pay their heating bills. Families must meet all of the following: an income test, be responsible for its heating bills and include a U.S. citizen or an eligible alien.

To apply for the program, the following information is needed: name, date of birth, and social security numbers for each household member; household's income; savings and checking accounts; and property, stocks, bonds, and other assets. Applications will be taken for a household member age 60 and above or disabled person receiving a service through the Division of Aging and Adult Services (DAAS), beginning December 1. All other households may apply beginning January 1. This program will end March 31, 2020 unless funds are exhausted.

Applications are available at the Grace Senior Center, Burnsville Recreation and Learning Center, Polkton and Morven meal sites. Also, applications can be accessed through [dhhs.gov](http://dhhs.gov). It is important to have a valid phone number and signature on the application.

For more information, contact the Anson County Department of Social Services at 704-694-9351.

RESPONSIVE • QUALITY • SUPPORT

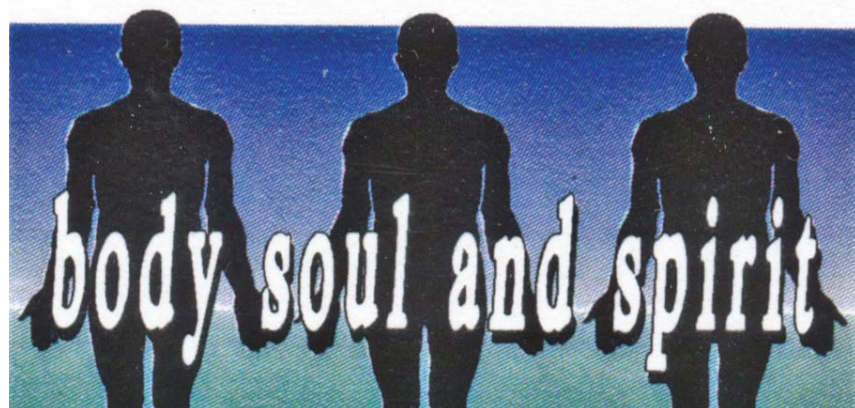
**William H. Josey,  
CPA, PLLC**

**INDIVIDUAL TAX RETURNS  
CORPORATE TAX  
BOOKKEEPING**

411 McLaurin Street in Wadesboro  
704-694-4385 • [www.joseycpa.com](http://www.joseycpa.com)

Mon-Thu 8-7  
Fri 8-5  
Sat 9-12

*Faith Builders Ministries*  
**Ministering To The Whole Man!**



**DEDICATION WEEKEND  
JANUARY 11 & 12**

**SATURDAY 10AM-2PM**

Meet & Greet with Music, Food, Fellowship & More

**SUNDAY**

Worship at 11am with Pastor Ted Ward

Dedication Service at 3pm

with Pastor Charles Sturdivant

of New Meltonville Baptist Church in Peachland

*Come out and be with us as we celebrate what God is doing!*

*Dinner will be served between 1pm and 2:30pm.*

Elder Ted Ward, Pastor • 201-755-5003

558 US 1 South in Rockingham

From Anson County take Highway 74 East Rockingham Bypass.

Exit onto Highway 1 South, church is 500 feet on the right.

[faithbuildersministriesintl.com](http://faithbuildersministriesintl.com) • [eldertward@hotmail.com](mailto:eldertward@hotmail.com)