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Serving Anson County and the Municipalities of Ansonville, Lilesville, McFarlan, Morven, Peachland, Polkton and Wadesboro.

Board of Education Regular Meeting Scheduled for Monday, January 28

The Anson County Board of Education will hold its next regular meeting on Monday, January 28 in the Administrative Office Board Meeting Room, located at 320 Camden Road in Wadesboro. The meeting will begin at 4:30 p.m. with the Closed Session. Open Session should begin at about 5:30 p.m.

HOLLA! to be Featured on Television this Week

WTVI in Charlotte, a PBS affiliate, will air a feature program on Anson County's HOLLA!. The show is called "Carolina Impact" and it will air on Thursday, January 24 at 5:30 p.m., Saturday, January 26 at 5:30 p.m. and Sunday, January 27 at 1:30 p.m. Carolina Impact is a program focusing on the issues, people and places that impact our community. The program will also be available on the WTVI website by today or Thursday (www.wtvi.org/carolina-impact)

Free Groceries Available to Eligible Families this Saturday, Next Wednesday at BRLC

The Burnsville Recreation & Learning Center (BRLC) Emergency Food Pantry will distribute free food products this Saturday, January 26, from 1 to 4 p.m. They will distribute free food again on Wednesday, January 30, beginning at 10 a.m. These foods are provided by the NC Department of Agriculture through the Second Harvest Food Bank of Metrolina. Families will be served until the food runs out - first come, first served. Neighbors will be served once a month from these products. The US federal income guidelines will be a determining factor for each individual's eligibility and food items will only be available to Ansonians who qualify. Individuals who have not registered before nor received food from the BRLC Emergency Food Pantry must have financial documentation as proof of income to be served. A neighbor who does not have the necessary documentations will not be served. Families that receive food stamp assistance automatically qualify. Each family will only be provided these commodities this month. Parents are asked not to bring small children because of limited space. Neighbors, please park in the parking lot behind the center.

BRLC distributes free groceries to eligible families on Wednesdays at 9 a.m. and at other times. You can contact them at 704-826-8737 for information. BRLC is located at 13349 Highway 742 North in Burnsville, across from the Fire Department. For more information check www.burnsvilleelc.org.

Mens Industrial League Basketball

Anson County Parks & Recreation is offering Mens Industrial League Basketball. Register as a team, with a minimum of six players and a maximum of 10 players. To register the team you must show check stubs or proofs of employment. This league is for ages 18+. Registration runs from Monday, January 28 through Friday, February 8. You may come to the Parks & Recreation Office, located in Little Park at 845 Airport Road in Wadesboro, to register Monday to Friday, 8:30 a.m. to 5 p.m. You can also visit the Parks & Rec website (www.co.anson.nc.us, click on "County Services" and look for "Parks and Recreation") and fill out a registration form and send it in by email or text. For more information contact Jeff Waisner at (704) 695-2550, Wendell Small at (704) 695-2782 or Allen Jackson at (704) 694-5751.

Building Better Caregivers Workshop at Grace Senior Center

A family caregiver is someone who assists a relative or friend with the things that he/she can no longer do because of an illness or have become frail. Most caregiving experiences start with taking them to the doctor or grocery store and gradually increases to doing housework, preparing meals and assistance with bathing and dressing. In most situations the care continues and as time goes by, more and more of your time will be needed. Often caregivers neglect themselves while providing compassionate comfort and support for a loved one. Many studies have shown caregivers are twice as likely to develop a chronic illness due to the prolonged stress. Building Better Caregivers is a free educational series that will help you to:

- Reduce stress for caregiver and care partner
- Improve health using self-care methods
- Manage difficult care partner behaviors
- Plan for the future
- Find information and resources
- Increase communication skills

Classes consist of six 2 ½ hour sessions, held once a week. Classes will be held at the Grace Senior Center, located at 199 Highway 742 South in Wadesboro, just past IGA. Sessions will be held each Tuesday, from 9:30 a.m. to 12:00 p.m. beginning on Tuesday, January 29 and ending on Tuesday March 5, 2019. Respite may be available, please call to inquire. For more information or to register contact Rita Short at 704-994-3494 or 704-694-6616.

East Polkton School Alumni Black History Month Celebration

The East Polkton School Alumni will host their 2019 Celebration of Black History Month on Saturday, February 23 at the Lockhart-Taylor Center in Wadesboro. The event will take place from 4:00 until 8:00 p.m. The guest speaker will be Nathel Hailey, President of the Union County NAACP. Tickets are available from East Polkton School Alumni members. Contact Cynthia Myles for additional information at 704-408-2729.



1957 Third Year Primary Sunday School Class

These young people are the Third Year Primary Sunday School Class at the First United Methodist Church in Wadesboro. The photo was taken in 1957. Pictured are, from left, front row: Sylvia Mullis, Mary Ella Rogers, Janice Covington and Linda Gaddy. Back row: John Edgar Gray III, Terry Covington, Bill Capel, Henry Little, Andy Maner, Allen Molaro and Mrs. Thomas Stanback. Loraine Billingsley and Chris Little were not present for the photo.

NC Long Term Care Ombudsman

Advocacy for residents in long term care facilities

In North Carolina the Long Term Care Ombudsman Program consists of an Office of the State Long Term Care Ombudsman and 16 Offices of the Regional Long Term Care Ombudsman that are housed in Area Agencies on Aging. Long Term Care Ombudsmen assist residents of long term care facilities in exercising their rights (rights information at www.ncdhhs.gov) and attempt to resolve grievances between residents, families and facilities. The regional ombudsmen help support the efforts of Adult Care Home and Nursing Home Community Advisory Committees.

- The services provided by the Ombudsman Program include:
- Answering questions and giving guidance about the long term care system. An ombudsman will:
 - Explain long term care options.
 - Provide advice on selecting a long term care facility and provide information on specific facilities.
 - Explain residents' rights and other federal and state laws and regulations affecting long term care facilities and residents.
 - Give guidance on the Medicaid and Medicare programs. Specifically on coverage criteria, application procedures and what services these programs cover.
 - Give guidance on matters such as powers of attorney, living wills and guardianship.
 - Educating community groups and long term care providers on various topics such as residents' rights, restraint use, care planning, activities and new laws.
 - Investigating and assessing matters to help families and residents resolve concerns and problems. Common areas of complaints include:
 - Inadequate medical and personal services being provided to residents such as problems with medication, nutrition and personal hygiene.
 - Financial concerns such as handling of residents' funds, Medicare, Medicaid and Social Security.
 - Rights of residents, such as the right to be treated with courtesy and to have individual requests and preferences respected.
 - Nursing home administrative decisions such as admission to or discharge from a facility.
 - Working with appropriate regulatory agencies and referring individuals to such agencies when resolutions of concerns or grievances are not possible through the Long Term Care Ombudsman Program alone.
 - Raising long term care issues of concern to policymakers.
- Contact** For assistance with the Long-Term Care Ombudsman Program matters please contact Victor.oriya@dhhs.nc.gov, renee.kea@dhhs.nc.gov or lakendra.dixon@dhhs.nc.gov

Free Movie is The Greatest Showman

Hampton B. Allen Library's free movie for Monday, January 28 in the Little Theatre at 10:00 a.m. will be *The Greatest Showman*. Orphaned, penniless, but ambitious and with a mind crammed with imagination and fresh ideas, the American Phineas Taylor Barnum will always be remembered as the man with the gift to effortlessly blur the line between reality and fiction. Thirsty for innovation and hungry for success, the son of a tailor will manage to open a wax museum, but will soon shift focus to the unique and peculiar, introducing extraordinary, never-seen-before live acts on the circus stage. Some will call Barnum's wide collection of oddities, a freak show; however, when the obsessed showman gambles everything on the opera singer Jenny Lind to appeal to a high-brow audience, he will somehow lose sight of the most important aspect of his life: his family. Will Barnum risk it all to be accepted? Everyone is invited to come and enjoy this wonderful movie. Any questions please call 704-694-5177.

Bridge Closure on Highway 742 Over Rocky River at Stanly/Union County Line South of Oakboro

North Carolina Department of Transportation (NCDOT) bridge maintenance crews were conducting a routine inspection of this bridge on Monday, January 14, when a crack was discovered in the bridge's substructure. Regular bridge inspections help the Department identify whether a bridge needs maintenance and repairs. Inspection crews inspect all 13,500 of NCDOT's bridges every two years. The bridge was closed to traffic that afternoon, on a segment of Highway 742 that carries an average of 1,700 vehicles per day. NCDOT crews installed a detour for motorists along Highway 742, Old Sandbar Road, NC 205, NC 218, Fish Road, St. Timothy Road and Benton Edwards Road, returning to Highway 742 after approximately 11 miles. Division 10 forces are working with NCDOT Structures Management Unit to determine the scope of repairs, which would include an emergency contract to remove and replace the damaged elements. The Department anticipates the closure will be in place for about a month.

Anson Women's League Soup Luncheon is February 12

Mark your calendars for the annual Anson Women's League Soup Luncheon on Tuesday, February 12, at First Baptist Church on Lee Avenue in Wadesboro. Dine in, take-out, or deliveries for ten orders or more are available. Dine-in hours are 11 a.m. to 1:30 p.m. This meal is a warm treat of homemade vegetable beef soup, toasted cheese sandwich, beverage, and homemade dessert. The cost per ticket is \$8. Anson Women's League has a history of local projects, support of local nonprofit organizations, and scholarships for high school seniors that are provided each year for up to four young women who will attend college in the fall. The soup luncheon is the primary fundraiser for the year. Support of the soup luncheon from the community is greatly appreciated. Please contact Ross Huntley at RHuntley@co.anson.nc.us or Bonnie Morgan at bonnie.morgan@windstream.net for delivery orders by Thursday, February 7 at noon. Tickets may be purchased from any member of Anson Women's League. Walk-in guests are welcome. Please consider becoming a member of Anson Women's League, enjoy the friendships you will make, and become a part of an organization that selflessly gives back to the community. Please contact Bonnie Morgan at 704-695-5373 for questions regarding the soup luncheon or becoming a part of the organization.

Do You Need a Coat or Blanket? Would You Like to Donate?

The Faith-Based Center of Hope continues their "Warm Coats, Warm Hearts" program. They distribute coats to those in need as well as to schools in Anson County. Blankets for the elderly are also available. Gumbys on Highway 74 in Lilesville is a drop off site for donations, or a pick up point for those who need a coat. Just call to schedule it. To donate coats and blankets or to request help, please contact Vancine Sturdivant at 704-848-4412.

Storytime Every Tuesday at the Library

The Hampton B. Allen Library features Storytime for children every Tuesday at 10 a.m. This program is free and an enjoyable learning experience for children. For more information call 704-694-5177.