

Move more. Sit less. Feel better!

During the current pandemic, exercising at home can support your overall well-being. The mental health benefits of exercise are clear, especially during the stress of COVID-19 - regular physical activity is key to improving health and wellness.

Adults need at least 150 minutes of moderate intensity (brisk walking) activity every week or 75 minutes of vigorous intensity aerobic (jogging or running) activity. This is the minimum that adults need for substantial health benefits. More physical activity will help achieve even greater health benefits like managing body weight and preventing gradual unhealthy weight gain.

Activity doesn't have to be a 60-minute cardio workout at the gym. It can be accumulated throughout the day, a few minutes at a time, and done anywhere. Keep in mind that any activity you do is good for you. When you add more and different types of activities, you get more and different types of benefits.

Here are a few examples of how to exercise while being at home:

- **Lifting Weights:** Regular strength training a few times a week is safe and helpful for people of all ages.
- **Walking:** Start with 10-15 minutes a few days a week. As it becomes easier, work up to 30 minutes on most days of the week.
- **Stretching:** Begin with shoulder and neck stretches, or a full body stretch by reaching your arms upward several times a day. A good stretch can go a long way!

Remember to warm up before beginning any exercise and cool down at the end of any exercise. Both warming up and cooling down are important to avoid injury. This can be done by doing 5-10 minutes of low intensity activity, such as walking at an easy pace or stretching.

By Roshunda Terry, County Extension Director

Letter to the Editor

Never In My Wildest Dreams

I always dreamed of living in the country, down a gravel road. Never in my wildest dreams did I actually think my dream would come true. We moved to Anson County in 2009, despite my husband's commute, in order to live out this dream. We thought we had found paradise, never dreaming that our dream would become a living nightmare when a gun range opened 1,713 feet from our property. As I walked this morning, I realised that when I saw the sun shining it filled me with dread rather than pleasure, as it would bring out business for the gun range. I relish the rain and the mud and anything that might impede their noisy infringement on my daily life. I dread the daylight savings' changes to increased daylight as then it will prolong my daily torment as the range changes their hours to include every waking moment of daylight.

I have spent past years out here tending my garden and my chickens, relishing my time outside. I now must try to complete my chores before 9 a.m. as that is when the range opens. I cannot even escape the noise inside my closed up home during that time. The gun shots seem to reverberate inside the walls of my home. We cannot count on their adherence to their stated hours or days closed as they seem to operate on their own whims, so there is no reprieve for us at all. They even have events after hours that interfere with our trying to sit out by a fire in the yard at night. We had friends from Charlotte over on a Saturday night who remarked that it was quieter at their place IN CHARLOTTE than our place with the range's activities that night.

We cannot find help on this issue anywhere...and I have tried everything. It is as if our lives, the lives of all of us in this community, and other communities who live nearby the many gun ranges in the area, do not matter. We do not count. Our tax dollars do not count. Somehow our quality of life is sacrificed and is not at all important to the owner of the range, the users of the range, and the powers-that-be in the county.

Never in my wildest dreams did I think that everything we had built, poured our love sweat and money into, would be stolen from us by a gun range opening next door.

Lisa Pierce, Polkton

Help Feed Hungry Adults and Children in Anson County

Donate canned goods and other non-perishable food by February 15 at the Anson County Cooperative Extension Center, located at 501 McLaurin Street in Wadesboro. Be a part of a statewide Cooperative Extension campaign that feeds the hungry and celebrates small farmers. Everything collected feeds local food-insecure residents and children. The telephone number is 704-694-2415.



Schedule a physical and/or birth control consult today at the Anson County Health Department

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* All events are subject to change because of the COVID-19 situation. You may want to seek confirmation of events.

Church News

FEBRUARY 27

Community Outreach Event.

Free household items & paper products. First come, first served basis. By Lamb of God Church, 10am at 118 West Wade St in Wadesboro. Info 843-623-3777

ONGOING

Virtual Services

At Church of Jesus Christ of Latter-Day Saints. Sundays 11-11:30am with Zoom: www.zoom.com or use Zoom app, click "join a meeting" and enter Meeting ID: 385 789 5966 Password: 699988. Or join via Zoom audio: 646-876-9923, same Meeting ID & Password. Questions & info 704-690-7577

Events

FEBRUARY 11

Council Meeting

Town of Wadesboro, regular monthly meeting (rescheduled from Feb. 1), 5pm. View online, get link on town's Facebook page prior to the meeting

FEBRUARY 13

Free Groceries for Families in Need at Burnsville Recreation & Learning Center. 11am-1pm. Call 704-826-8737 for eligibility info & details. Located at 13349 Hwy 742 North in Burnsville, across from the Fire Department. www.burnsville.org

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David Kiser Memorial Pheasant Hunt & Auction is Sat.

Hands of a Sportsman is holding a pheasant hunt and auction in memory of David Kiser on Saturday, February 13 at Devil's Rib Hunting Preserve in Peachland. There is no charge for entry to the outside auction, and lunch is free. Even if you are not hunting, anyone can come to the lunch and auction.

There will be a silent auction, live auction, and raffle items as well. All money raised will be used to further the cause of Hands of a Sportsman and to grow next year's hunt to hopefully include even more hunters. The mission of Hands of a Sportsman is to provide individuals with challenges seen or unseen which may be present as physical, emotional, financial, or circumstantial challenge the opportunity to participate and enjoy the sport of hunting.

Lunch will begin at 12 p.m., followed by the auctions at 2 p.m. Devil's Rib Hunting Preserve is located at 2466 Peachland-Polkton Road in Peachland. Their telephone number is 704-272-8930.

More information is available at handsofasportsman.org. Here are the auction items:

- **Hunting & Sporting Packages:** quail hunt with 25 birds, 3 person limit \$280 value; 2 quail hunts with 25 birds, 3 person limit \$280 value per hunt; Anson County hog hunt \$600 value; 500 sporting clay package for 4 people \$350 value; deer processing & skull mount \$250 value; Anson County rabbit hunt for up to 3 youth \$100 value.
- **Hunting Items & Gear:** Sig Sauer combo binocular & rangefinder \$1,050 value; crossbow package \$550 value; Vortex Optics package \$575 value; ten 50lb bags of roasted soybeans/corn mix \$120 value; 2 pairs children's muck boots C7 \$80 value per pair; Size 12 Wetlands hunting boots \$165 value.
- **Fishing Items:** 1/2 day near/offshore trolling for 4 at Oak Island \$695 value; 1/2 day fishing charter for 4 at Holden Beach \$695 value; Penn Battle III 2500 rod & reel, cast net & bucket \$211 value; Penn Pursuit III 2500 rod & reel, Abu Garcia Silver Max rod & reel, cast net & bucket \$186 value.
- **Grilling & Cooking Items:** Traeger Pro Series 22 wood pellet grill \$650 value; 28" Blackstone griddle cooking station \$250 value; Carolina Cooker bundt cast iron cake pan, pizza pan & cast iron skillet \$100 value; Carolina Cooker 7 piece enamel cookware set \$150 value; Pampered Chef Spice It Up collection \$58 value.
- **Art & Photography Items:** 1 hour photography session \$200 value; fire pit \$400 value; wooden flag with wildlife design \$125 value; Sandy Brady original artwork; 2'x2' hand painted barn quilt \$100 value; handmade crochet baby blanket \$30 value.
- **Guns:** Remington V3 12 gauge \$750 value; Winchester SXP Waterfowl Max 5 12 gauge \$500 value; Remington Model 700 SPS Varmint 308 \$575 value; Savage 20 gauge slug gun \$580 value; Stoeger Condor 20 gauge over & under \$400 value; 2 Savage Axis 11 223 XP Predator rifles \$400 value each; H&R used 12 gauge semi-automatic \$200 value.
- **Golf Packages:** Piney Point Golf Club 1 round for 4 \$140 value; Seven Lakes Country Club 1 round for 4 \$160-\$175 value; Eagle Chase Golf Club 2 rounds for 4 \$204 per round value; Whispering Pines Golf Club 1 round for 4 \$125 value.
- **Other Raffle Items:** Allen's Restaurant 2 \$30 gift certificates & 1 \$25 gift certificate; Ocean Isle Fishing Center gift certificate \$100 value; 2 buckets of Lucky Buck mineral supplement \$45 value; 2 handmade baskets \$25 value each; American flag

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