

# Fishing for Free in North Carolina's Public Waters on July 4

On July 4, anyone in North Carolina, regardless of age, can enjoy one of the state's best outdoor activities for free.

Free Fishing Day, which runs from 12 a.m. until 11:59 p.m., offers residents and out-of-state visitors the opportunity to fish without having to purchase a license; however, all other fishing regulations apply, such as length and daily possession limits, as well as bait and tackle restrictions.

Authorized by the N.C. General Assembly in 1994 and sponsored by the N.C. Wildlife Resources Commission, North Carolina's annual free fishing day, which always falls on July 4, was created to promote the sport of fishing.

"Free Fishing Day is a great opportunity for families to enjoy some quality time together on the water," said Christian Waters, the agency's chief of the Inland Fisheries Division. "Fishing is an inexpensive activity that anyone, no matter what their age or skill level, can enjoy."

To give anglers a better chance of catching fish, the Commission stocks a variety of fish in waters across the state — including trout and channel catfish. The agency also provides access to fishing sites across the state, including public fishing areas and boating access areas. The interactive fishing ([www.ncwildlife.org/Fishing/Wheretofish](http://www.ncwildlife.org/Fishing/Wheretofish)) and boating ([www.ncwildlife.org/Boating/Wheretoboat](http://www.ncwildlife.org/Boating/Wheretoboat)) maps on the Commission's website list more than 500 fishing and boating areas, many of which are free, that are open to the public.

Many of the boating areas likely will be crowded over the busy holiday weekend, so the Commission urges boaters to be patient, courteous and follow the boating etiquette tips below:

- Realize that parking lots will be crowded. Be patient and remain calm until an open parking space is available
- Wait your turn in the launch line. Get in line without block or cutting off others
- If possible, park your vehicle and trailer while someone moves the boat away from the ramp
- Also if possible, have someone move the boat away from the ramp while you retrieve your vehicle and trailer
- Observe no-wake zones and be cautious

Also, because of COVID-19, the Commission recommends maintaining a social distance of at least 6 feet between you and others while on the boat ramp, on beaches or islands, or when rafting up with other boaters. Read more social distancing while boating safety tips at [www.ncwildlife.org](http://www.ncwildlife.org).

While anyone can fish for free on July 4, on all other days of the year, a fishing license is required for people age 16 and older, in order to fish in any public water in North Carolina, including coastal waters. Purchasing a license online is quick and easy. Other ways to purchase a license are: • Call the Commission at 888-248-6834. Current hours of operation are 8 a.m.-2 p.m. • Visit a local Wildlife Service Agent (Find them at [www.ncalvin.org/WildlifeServiceAgentMVC](http://www.ncalvin.org/WildlifeServiceAgentMVC)).

For more information on fishing in public, inland waters, visit the Fishing page, [www.ncwildlife.org/Fishing](http://www.ncwildlife.org/Fishing).

Due to the COVID-19 virus, the sales counter at the Wildlife Commission's headquarters in Raleigh is closed. They encourage the public to visit their website, [www.ncwildlife.org](http://www.ncwildlife.org), to purchase fishing, trapping and hunting licenses and to renew a vessel registration. Currently, the Commission's License and Vessel Registration Call Centers are open from 8:00 a.m. - 2:00 p.m., Monday-Friday. For the most up-to-date information on agency-related closures, cancellations and postponements visit [www.ncwildlife.org/covid19](http://www.ncwildlife.org/covid19).

## Alzheimer's Association Provides Virtual Services

Special July topics include Effective Communication and Dementia-Related Behavior

While the on-going coronavirus (COVID-19) pandemic still threatens the health of millions in this country and around the world, it continues to create additional challenges for people living with Alzheimer's and all dementia, their families and caregivers, including 180,000 in North Carolina and their estimated 479,000 caregivers.

The Alzheimer's Association, Western North Carolina Chapter and the Alzheimer's Association, Eastern North Carolina Chapter are continuing to offer free virtual education programs and online support groups to help all North Carolina caregivers and their families. Launched in May in response to the impact COVID-19 was having on those affected by dementia, the Alzheimer's Association now offers a number of education programs that can help those living with Alzheimer's and their families understand what to expect so they can be prepared to meet the changes ahead.

"We serve a vulnerable population, so we see it as our duty to ensure that all North Carolina caregivers have access to Alzheimer's Association resources," said Katherine L. Lambert, CEO of the Western North Carolina Chapter. "The COVID-19 crisis is altering daily lives, but the needs of Alzheimer's caregivers cannot be put on hold. These online programs allow us to connect with caregivers and provide necessary information especially amid the on-going crisis."

Special topics highlighted in July include Effective Communication Strategies and Understanding and Responding to Dementia-Related Behavior, both of which are even more important in light of the COVID-19 pandemic as caregivers strive to care for individuals living with dementia at home or at a distance.

**Effective Communication Strategies** This program is for caregivers, learning to decode messages through attitude, tone of voice, facial expressions and body language can help both parties to connect and communicate in meaningful ways. Effective Communication Strategies explores how communication takes place when someone has Alzheimer's disease.

Effective Communication Strategies is being offered on July 13 and July 22.

**Understanding and Responding to Dementia-Related Behavior** Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. This program helps decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Understanding and Responding to Dementia-Related Behavior is being offered on July 14 and July 30.

Other programs in July include: COVID-19 & Caregiving (in English & Spanish), 10 Warning Signs of Alzheimer's, Understanding Alzheimer's and Dementia, Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning and Healthy Living for Your Brain and Body.

Each virtual education program is approximately one hour and allows the audience to ask questions and engage with others going through the journey online.

Attendees are invited to join via video/webinar or through a toll-free number. There is no charge to participate, but registration is required. For a complete list of upcoming virtual programs or to register for a class, visit:

[alz.org/northcarolina/helping\\_you/virtual-offerings](http://alz.org/northcarolina/helping_you/virtual-offerings) or call 800-272-3900.

Participants will be sent conferencing details prior to the date of each virtual program. More than 16 million family and friends, including 479,000 in North Carolina, provide unpaid care to people with Alzheimer's or other dementias in the United States. To help family caregivers navigate the current complex and quickly changing environment, the Alzheimer's Association has also offered additional guidance to families at [alz.org/covid19help](http://alz.org/covid19help).

For more information, visit [alz.org/northcarolina](http://alz.org/northcarolina) or call the 24/7 Helpline at 800.272.3900.

**Additional Facts and Figures:** ([www.alz.org/facts](http://www.alz.org/facts))

- Alzheimer's disease is the sixth-leading cause of death in the United States.

- More than five million Americans are living with the disease, including 180,000 North Carolina residents — a number estimated to grow to as many as 210,000 by year 2025.

- More than 16 million family and friends, including 479,000 in North Carolina, provide unpaid care to people with Alzheimer's or other dementias in the United States.

- In 2019, friends and family of those with Alzheimer's in North Carolina provided an estimated 545 million hours of unpaid care, a contribution valued at \$7.15 billion.



### Town of Lilesville NOTICE OF PUBLIC HEARING

The public is hereby advised that per N.C.G.S. 159-12, the Town Clerk has submitted the proposed budget for the Town of Lilesville for Fiscal Year 2020-2021 to the Board of Commissioners. A public hearing on the proposed budget will be held on Monday, June 29, 2020, at 5:00 p.m. or as soon thereafter as may be heard in the Lilesville Fire Department, located at 202 West Wall Street, Lilesville, NC 28091.

Copies of the proposed budget are available at Lilesville Town Hall for public inspection during normal business hours until the budget is adopted.

All persons interested and wishing to be heard should contact Lynn Whitlock at 704-848-4711 in order that their opinion may be a matter of record.

**Lynn B. Whitlock**  
Clerk to the Board  
Finance Officer

# Church News

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

## JUNE 27

**Community Outreach**  
Free household items & paper products by Lamb of God Church, 11am at 118 West Wade St in Wadesboro. 1st come, 1st served. Info 843-623-3777

# Events

## JUNE 25

**Cabin Fever Drive Through** at Grace Senior Center, 10am-12 noon for seniors 55 years of age and older. The drive-through will enable seniors to drive up in their car and handed a goody bag without leaving their car. Grace Senior Center is located at 199 Highway 742 South in Wadesboro, just past IGA. The telephone number is 704-694-6616

**Board of Education Regular Meeting** held virtually at 10am. The public is invited to dial in, (646) 749-3122. The access code is 825-610-685

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## JULY 1

**Free Groceries**  
For families in need Mobile Food Pantry at Marshville United Methodist Church, located at 310 Ross Street in Marshville.. Register 8-10am. Call for details 704-694-2445

## JULY 15

**Bach's Lunch**  
Takeout only, 11am-1pm at the Drake Gallery, 108 South Rutherford St in Wadesboro (next to the Ansonia Theatre). Menu is chicken salad lunch with sides, dessert & drink. Please call now (704-694-4950) & leave your name, number & how many plates you want as this will help with planning. Walk-up plates will also be available

## ONGOING EVENTS

### Food Commodities

**Food Distributed Free** every Wednesday at 9am & 2nd Saturday of each month at 9am at Burnsville Recreation & Learning Ctr, Hwy 742N across from Burnsville Fire Dept. Info 704-826-8182

### Food Pantry

Free food every Wed, 9-11am at Burnsville Recreation & Learning Ctr. 704-826-8182

THE CHURCH CALENDAR IS BROUGHT TO YOU BY THESE SPONSORS

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AUTO PARTS  
Your locally owned Auto Parts Store  
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Plank Road Shopping Center  
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Wadesboro, NC 28170  
Ph: 704-694-4178  
www.badcock.com

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Serving Anson County for over 100 years  
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"Freedom of Worship is a Precious Commodity"  
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**PEE DEE ELECTRIC**  
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"Owned by those we serve."

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Hardware & More!  
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704-694-2214

**Henry's Body Shop**  
704-848-4989  
4225 Stanbackferry  
Ice Plant Rd • Lilesville  
Owner: Robbie Henry

**ADVERTISE HERE! Call The Express to find out how...704-694-2480**

# ANSON PEDIATRICS

PROVIDING QUALITY PEDIATRIC CARE IN ANSON COUNTY

WE ARE CONTINUING TO SEE PATIENTS WHO NEED CARE, WHILE STAYING WITHIN THE GUIDELINES BEING ISSUED BY THE CDC AND STATE AUTHORITIES

**For Our Patients:** All are prescreened for symptoms of COVID-19.

- All patients are required to be in a mask while they are in our office.
- All visitors are requested to wait in their cars.
- Social distancing guidelines are maintained in our waiting rooms.
- Telehealth visits are available daily for patients who are unable to come in.
- Exam rooms, furniture, surfaces and equipment are cleaned according to CDC guidelines at least hourly and after contact with patients and staff.

**For our providers and staff:**

- We screen all staff members for symptoms of COVID-19 daily.
- All staff members and providers have access to, and are using PPE, (face masks, gloves, hand sanitizer) in accordance with CDC regulations.
- All exams, testing and procedures are carried out following the CDC guidelines regarding social distancing and PPE recommendations for providers and staff.

PLEASE REACH US IF YOU HAVE ANY QUESTIONS BY PHONE, PATIENT PORTAL & EMAIL  
**STAY SAFE AND STAY HEALTHY**

**Flu Shots Available We Offer ADHD Evaluations**  
Same Day Sick Appointments Available - Accepting New Patients



**Sarah P. Elliott, MD**  
Serving Anson County Since 1996



**O. Elliott Peters, MD, FAAP**  
Serving Anson County Since 2008

"Children Are A Gift From God"

Call 704-994-2300 for an Appointment  
904 Morven Road, Wadesboro, NC 28170

