

Anson Regional Medical Clinic is pleased to invite you to our

Community Health Center Celebration

Join us for a day of Summer Fun:

- Free Health Screenings
- Lung Cancer Screenings
- Head Start sign up day
- Food, drinks, snow cones, and more
- Workshops: Food preparation, Quitting Smoking, Basic Spanish Lesson, Legal counsel assistance with Health Care Power of Attorneys, Breast cancer awareness
- Movie time
- Games
- Prizes including a mini laptop
- School supplies and more!

Where: 203 Salisbury Street, Wadesboro, NC 28170

When: Tuesday, August 8, 2017

Time: 9:00 AM until 4:00 PM



Free, Public Festival to Celebrate Cane Creek Fishing Trail Opening

The N.C. Wildlife Resources Commission, along with Union County Parks and Recreation, N.C. BASS and Riley's Catch, is hosting a festival this Saturday, August 5 to celebrate the opening of a new fishing trail on Cane Creek Reservoir.

The North Carolina Fishing Trail at Cane Creek Festival will run from 9 a.m. to noon at Cane Creek Park, located at 5213 Harkey Road in Waxhaw. During the festival, attendees can fish from the bank of the reservoir or a pond stocked with catfish and learn about the fishing trail. Other events include instruction on casting basics, advanced fishing techniques and lure testing. Prizes will be awarded for youth who participate in all the different events. Additionally, boat rentals will be offered at reduced rates for festival attendees.

The North Carolina Fishing Trail at Cane Creek is a joint effort between the Commission and N.C. BASS, Riley's Catch and Union County Parks and Recreation. It consists of nine fishing sites that are scattered around the 350-acre reservoir. Each site is enhanced with fish attractors to attract largemouth bass and other sport fishes. The fishing trail is one of three the Commission has developed in cooperation with local governments and N.C. BASS to teach anglers how to catch largemouth bass and other sport fish during different times of the year.

"Largemouth bass and other sport fish use different habitats throughout the year," said Mark Fowlkes, the Commission's Piedmont Aquatic Habitat Coordinator. "These seasonal movements and habitat patterns are instinctive and triggered by changes in water temperature, daylight hours, spawning and feeding."

In the spring, prior to the spawning season, largemouth bass congregate in areas such as in river and creek channels near shallow flats. When fish begin to spawn they will move into shallow coves, onto flats and around points, in about 1 to 5 feet of water. They will spawn then slowly move into the open or deeper waters to spend the heat of the summer. As water temperatures decline in the fall, largemouth bass often move to the same creeks where they were found in the spring, searching for food. In the winter, they move to deeper water because of the short days and cold water temperatures.

"Teaching anglers about seasonal movements of fish can help increase their angling success and make fishing more enjoyable," said Bill Frazier, conservation director for N.C. BASS. "These principles can be used on other reservoirs, but it is important to remember that each reservoir is unique."

Youth members of N.C. BASS and Riley's Catch helped design, build and install the structures for each site using leftover materials from a previous Boy Scout fish attractor project. Additional materials were purchased with money youth members raised from hotdog sales at Bass Pro Shop. The Commission paid for buoy markers and designed a brochure with money from the Sport Fish Restoration Program.

"We appreciate the Commission's leadership in partnering with National and N.C. BASS Conservation and Youth programs," Frazier said. "Giving kids the opportunity to design and build the site structures was a great way to get them involved in learning about fish habitat while creating great opportunities for the public - an experience we hope can be duplicated in other reservoirs."

For more information about freshwater fishing in North Carolina, including an interactive map of public fishing sites across the state, visit www.ncwildlife.org/fishing.

Stride for Pride Tennis Shoe Drive Begins Another Season

Please consider a donation of shoes or money to help less fortunate students

The Shaundasia T. Smith Stride with Pride has begun their 7th annual season of collecting donations of new tennis shoes and/or money used to purchase tennis shoes that will be provided to underprivileged youth of all diversities in Anson County. These shoes are given to youth ranging in age from kindergarten to 12th grade, and all sizes are needed.

Stride with Pride is a joint effort of Sheriff Landric Reid and Patti Poulcott of Judy's Tax Service. Through the generous contributions of our community, last year Stride with Pride was able to give over 420 pairs of tennis shoes out. For 2017 the goal is to put a smile on as many faces as possible! Collections for the upcoming school year will be going on through August 15, but you can contribute at any time during the year.

Sheriff Reid said, "Patti Poulcott and I will be working to collect new shoes and monetary donations from area supporters. We hope that you will consider joining us in this important effort to help a child walk the halls of success this new school year."

Patti Poulcott said, "Through your generosity we can help our youth 'stride with pride' this coming school year. Collections are going on now. We hope that you will consider joining us to help our local children."

If you would like to donate shoes or money, you can go to Judy's Tax Service which is located at 102 South Rutherford Street in uptown Wadesboro. If you would like for someone to pick up your donation, or if you want more information, you can contact Patti Poulcott at 704-694-8386 or ppoulcott@carolina.rr.com or Sheriff Reid at 704-695-7771 or lreid@co.anson.nc.us.

Ladies Out at Grace Senior

Ladies Out is held every Monday at 1 p.m. at Grace Senior Center.

To find out what that means, and to register, call 704-694-6616.

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Fall 2017 Classes Begin August 15

