



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 

Basic Facts about Radon

Radon is an odorless, colorless, naturally occurring radioactive gas associated with lung cancer. Radon exposure carries a serious health risk. It can be reduced easily and cost-effectively if action is taken quickly. This gas can be released in rock, soil and water that can build up to dangerous levels inside any home; whether new or old, sealed or drafty and homes with or without a basement.

Breathing radon can increase your risk of lung cancer. It is the number one cause of lung cancer among people who do not smoke. It is the second cause of lung cancer among people that do smoke. An estimate of more than 20,000 deaths occur yearly due lung cancer caused by radon. If you smoke and your home has high radon levels, your risk for lung cancer can increase even more.

Homes with high levels of radon can be found in any state. Radon levels can vary greatly from home to home, even levels next door can be different. Radon is measured by radioactivity levels per liter of air called, picocuries. The average indoor radon level is about 1.3 pCi/L and the average outdoor level is 0.4pCi/L. If home radon level is above 4 pCi/L, it is highly recommended to get your home fixed. Radon mitigation is not a do-it-yourself project. Instead, it is important to hire a qualified radon mitigation contractor. Methods used may include sealing radon entry routes, ventilation, or removing radon in the soil underneath the home.

Testing our home for radon is easy. A simple test will tell you if your home has a high radon level. Most radon test last between two and seven days. It is as easy as opening a package and putting the test kit in the right place. After sending the test kit back to the address in the package, the company will send your radon test results in about two weeks. If your home has a radon problem, it can be fixed. Fixing a radon problem reduces the risk of lung cancer for you and your family. If you would like to get your home tested, here are the links to two organizations that provide radon testing certifications:

certifiedradonpros.org/index.html, www.nrsb.org/find-a-pro.

By Roshunda Terry, County Extension Director

Push Pink for Breast Cancer Awareness Month

October has arrived and the Anson County Health Department is pushing pink in recognition of Breast Cancer Awareness Month. Additionally, the Health Department will be providing a light breakfast, free of charge, to the breast cancer survivors of Anson County. The breakfast will be hosted on Tuesday, October 29, from 9 to 10 a.m.

Breast cancer is the 2nd leading cause of death among women in the United States. African American women under the age of 35 have a breast cancer rate two times higher than White women the exact age. In 2016, Anson County's breast cancer diagnosis was 187% higher than the state rate, only 2% lower than the county with the worst rate. Statistics reveal that each year it is estimated that over 40,000 women will die from breast cancer. If breast cancer is detected late, the cancer cells can develop aggressively, which can become fatal.

Breast cancer screenings are important factors in preventing and detecting breast cancer. Two popular breast cancer screenings are clinical examinations and mammograms. Clinical examinations are physically done by a healthcare provider. The provider carefully feels the patients' breast for any abnormalities or changes. Mammograms are x-ray screenings used to detect lumps or other signs of breast cancer. It is recommended that women undergo regular screenings. The American College of Radiology recommends that all women have a baseline mammogram at the age of 40. Mammograms are recommended annually for women 45-54 years of age and every other year for women 55-74.

Self-breast exams help women become familiar with the way their breasts normally look and feel. Self-Breast exams allow women to examine their own breast tissue to notice any visual or physical changes to lower the risk of breast cancer. For other methods to lower the risk of breast cancer, follow these approaches:

- Limit alcohol.
- Don't smoke.
- Eat healthy.
- Control weight gain.
- Be physically active.
- Breast-feed.
- Limit dose and duration of hormone therapy.
- Avoid exposure to radiation and environmental pollution.

Genetic mutation is a vital risk factor for breast cancer. It is important that women learn their family history of breast cancer, and to get an understanding of genetic counseling and testing. Genetic counseling is one of the key factors to help reduce the threat of breast cancer because it determines the overall risk. This particular method helps women learn about inherited gene mutation. Gene mutation is done with a blood or saliva sample at a medical facility. Other risk factors that may increase the chances in getting breast cancer include:

- Gender
- Menstrual periods.
- Not having children or having them later in life.
- Being overweight.

The Anson County Health Department provides women wellness visits to ensure women have access to mammogram screenings and appointments. Jennifer Dockery, the health department's nurse practitioner, encourages all women 20 years and older to conduct self-breast exams. Mrs. Dockery also advises women to be seen annually by their provider for clinical breast exams.

Atrium Health Anson offers mammography screening. Free mammography screening is provided to women who are local and do not have health insurance. Based on results, patients will be referred to the Charlotte Radiology Breast Center in Monroe for a full diagnostic mammography if needed.

The Anson County Health Department is located at 110 Ashe Street in Wadesboro. The telephone number is 704-694-5188. Atrium Health Anson is located at 2301 US 74 West in Wadesboro. The Charlotte Radiology Breast Center in Monroe, is located at 1550 Faulk Street on the campus of Atrium Health Union, contact (704) 292-2272.

Instant Pot 101 Class

Life gets busy and looking for quick ways to feed your family "real food" is important. Look no further, and sign up for Instant Pot 101. Come out and learn tips and tricks with hands-on practice! You will make recipes that highlight just how easy and safe an Instant Pot can be in making healthy, quick, and simple meals.

A light meal will be provided so you can taste the results!

Stop by the office to pre-register with your \$15 fee! If you have any questions, please feel free to call 704-694-2915.

When: Thursday, October 24

Time: 1 to 2:30 p.m. or 5:30 to 7 p.m.

Where: N.C. Cooperative Extension of Anson County office, 501 McLaurin Street in Wadesboro

Class Limit: 15 per session



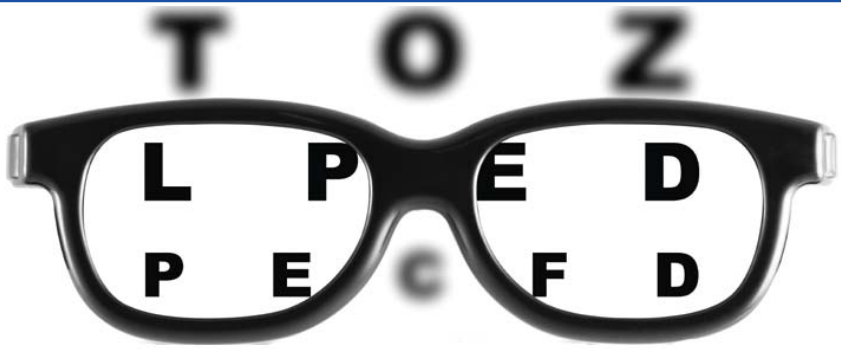
Happy Birthday Helen Cecilia Comer Greene

I must search my memory (because it has been so many years ago) and remember when big brother was introduced to his kid sister. I was nine years old at the time. Mom and Dad were so proud of this new bundle. She was named after her godparents - Cecil and Helen Shreve.

There are a lifetime of memories, and we both have overcome many obstacles. But, here we are in the 21st century and I am proud to be the older brother.

Happy 60th birthday kid sister. Mom and Dad would still be very proud of their daughter and who she has become. I know I certainly am.

Placed By Cam Comer, Jr. and family



ACCEPTING NEW PATIENTS • ACCEPT MOST INSURANCES



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



New Arrivals

THREE PIECE LEATHER SET SOFA, LOVESEAT & RECLINER



**SAME OR
NEXT DAY
DELIVERY!**

MARTIN FURNITURE IS YOUR ONE STOP FOR:
Recliners • Lift Chairs • Bedroom Sets • Mattresses • Sofas
Chairs • Loveseats • Youth Furniture • Bookshelves • Desks
Gas & Electric Fireplaces • Headboards • Dressing Tables • Lamps
Jewelry Armoires Accent Cabinets • Tables • TV Stands
Appliances • Appliance Parts • Vacuum Cleaners • Bunk Beds
Storage Cabinets • Curio & China Cabinets • Coffee Tables
Kitchen Carts • Chaise Lounges...and LOTS MORE!!!



**STORAGE
CABINET**

MARTIN FURNITURE FACTORY OUTLET

Highway 74 West in Wadesboro • 704-694-3185

We have
HEATERS

Lilesville Fire Department



All You Can Eat Breakfast

SATURDAY, NOV 2
6am until 10am

\$6 Per Person

eat in - take out - delivery

Call 704-848-4194