

MISSING DOG



REWARD \$300

Spayed female. Comes to the name Sugar.
Last seen in Welika Fish Camp - Lilesville area.

Please Call 704-695-2977

Wreaths Across America Event is Saturday

No ceremony this year, but volunteers asked to help place wreaths

Each year, millions of Americans come together to REMEMBER the fallen, HONOR those who serve and their families, and TEACH the next generation about the value of freedom. This gathering of volunteers and patriots takes place in local and national cemeteries in all 50 states - most recently at more than 2,000 participating locations - as part of National Wreaths Across America Day. Each year, a new theme is chosen to help volunteers and supporters focus their messaging and outreach in their own communities. The organization announced that the theme for 2020 is "Be an American Worth Fighting For."

Local Event On this Saturday, December 19 at 7:00 a.m. Wreaths Across America will be at Anson Memorial Park in Wadesboro to Remember and Honor our veterans through the laying of Remembrance wreaths on the graves of our country's fallen heroes. There will not be a ceremony due to Covid-19, but volunteers are asked to attend and assist with placing the wreaths.

Thank you so much for supporting Leavitt Funeral Home, Anson Memorial Park and Anson Community Hospice and Wreaths Across America! For more information contact Ken Caulder at ken@leavittfh.com or 704-694-2524.

Nutrition for Older Adults

Good nutrition is important, no matter your age. As we get older, our bodies tend to need more vitamins and nutrients. This comes from our bodies not properly absorbing the needed vitamins and to also maintain health. These needs can be unique but they are important to give your body what it needs to be in the best state of health possible.

Below are some tips to follow to eat healthy and maintain a balanced diet as an older adult.

• Fruits and Vegetables - Whole fruits and vegetables are rich in important nutrients and fiber, and generally low in calories. Fruits and vegetables with deeply colored flesh have the highest amounts of nutrients. Stock your pantry with multiple forms; frozen, fresh, canned and dried, that will be always available to incorporate into your favorite dishes. Ways to incorporate more is by replacing apples and pears with nectarines, peaches and berries. When eating out choose a variety of vegetables, add more deeply colored flesh alternatives by substituting romaine lettuce or spinach for iceberg lettuce; green or red peppers for cucumbers and celery.

• Healthy Oils - Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins. They serve as good substitutes for solid fats. Use liquid vegetable oils such as soybean, corn, canola and olive when cooking and preparing things like salad dressings. Ways to incorporate healthy oils is by using oils to dress salads, moisten meat and fish, brown meats and sauté fruits and vegetables.

• Fluids - Consume plenty of fluids (especially in warmer weather). Fluids can come from water, tea, coffee, soups, fruits and vegetables. Creative ways to incorporate more fluids: get a special water bottle that you can carry with you while you are on the go, add a lemon, lime or orange wedges, or a favorite sliced fruit to your jug or glass of water to perk up the flavor also, you can drink unsweetened water-based beverages such as coffee or tea.

• Protein - Protein rich foods provide many important nutrients. Choose a variety including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, soy products, and low/non-fat dairy products. Prepare protein rich foods with little added salt and saturated fat (butter, cheese); experiment with new herbs and spices. Some good sources of protein are shellfish, lean meat, seafood, nut butter, beans and eggs in moderation.

By Roshunda Terry, County Extension Director

The Ansonia Theatre Proudly Presents

FRUIT CAKES

Julian Wile's

Directed by

Tommy Wooten



DECEMBER
11th - 20th

Tickets & Info 704-694-4950
or ansoniatheatre.com

Governor Cooper Encourages

Residents to Prepare for Winter Weather

Do not leave pets outside for long periods of time. Bring pets inside when temperatures drop below freezing.

Governor Roy Cooper is encouraging North Carolinians to plan and prepare now, before potentially dangerous winter weather arrives.

"All North Carolinians should be prepared for inclement weather throughout the year," Governor Cooper said. "This year has shown us just how unpredictable North Carolina's weather can be."

Governor Cooper urged residents to monitor changing weather conditions by listening to local media, update their plans and supply kits, and pay close attention to winter weather watches, warnings and advisories. Remember:

- A Winter Storm Watch is issued, when at least 3 inches of snow and/or ice accumulations of one-quarter inch or more within a 12 to 24 hour period are likely within the next 24 to 48 hours,
- A Winter Storm Warning is issued when at least 3 inches of snow and/or ice accumulations of one-quarter inch or more are likely within the next 24 hours,
- A Winter Weather Advisory is issued when 1 to 3 inches of snow or ice accumulations of less than one-quarter inch are expected within the next 24 hours, causing travel difficulties.

To help ensure you are ready for winter weather, North Carolina Emergency Management officials urge you to:

- Always keep at least a three-day supply of nonperishable food in your home.
- Keep fresh batteries on hand for weather radios and flashlights.
- Dress warmly. Wear multiple layers of thin clothing instead of a single layer of thick clothing.
- Properly vent kerosene heaters and ensure any electric generators are operated outside and away from open windows or doors to prevent carbon monoxide poisoning. Never burn charcoal indoors.
- Use a National Oceanic and Atmospheric Administration weather radio or a weather alert app on your phone to monitor changing weather conditions.
- Keep alternative heating sources and fire extinguishers on hand. Be sure your family knows how to use them.
- Store an emergency kit in your vehicle. Include scraper, jumper cables, tow chain, sand/salt, blankets, flashlight, first-aid kit and road map.
- Make an emergency supplies kit for your pet and include medical records, first-aid kit, enough canned/dry food and water for three to seven days and pet travel bag or carrier.

- **Do not leave pets outside for long periods of time.**
- Ensure your pet has a well-fitting collar.
- **Bring pets inside when temperatures drop below freezing.**
- **Move livestock and other animals to a sheltered location with food and water.**

If you must travel during bad weather, emergency officials remind motorists to leave plenty of room between you and other vehicles and, if driving on snow- or ice-covered roadways, reduce your speed. If conditions worsen, pull off the highway and remain in your vehicle. Do not set out on foot unless you can see a building close by where you can take shelter.

The Department of Public Safety and the National Weather Service work together to help North Carolinians plan and prepare for winter weather by providing accurate weather and safety information.

For more information on how to prepare for winter storms and other hazards that affect North Carolina, visit www.readync.org.



COMMUNITY
Christmas
Blessing...



(Sponsored in part by Poisson Poisson Bower)

DRIVE THRU

Harvest Ministries Outreach
Center

(BEHIND PIZZA HUT IN WADESBORO, NC)

Saturday December 19th 2020

12:00pm-2:00pm

EVENT BEGINS AFTER AREA CHURCH SERVICES

We will be giving away hundreds of TOYS, PRIZES, BICYCLES, AND MUCH MORE

ONE LUCKY PERSON WILL RECEIVE \$200.00 IN CASH OR A "SPECIAL PRIZE"

PARTNERING WITH
TOYS FOR TOTS!

TO DONATE
GIFTS CALL 704-695-2879

You're
Invited

FREE CHRISTMAS GIFT TO EACH FAMILY



30% off

ALL OPTICAL FRAMES
AND LENSES FOR
SELF PAYING PATIENTS*
For the month of December

As we near the end of your insurance year, we want to remind you to take advantage of any unused vision benefits.

Comprehensive
Eye Examinations
Contact Lens Services

Advanced Retinal
Imaging
Fashion Eyewear

Call for an
appointment today
704-694-3618

Accepting New Patients
We Accept Most Insurances



ANSON FAMILY
OPTOMETRIC, PLLC.

1134 Holly Street in Wadesboro (On Highway 74 across from CVS)

Mon-Thurs 8:30-5 & Closed Fridays 704-694-3618

* Excludes Costas. Discount only applies to in stock inventory.



Holly Allison
Kiker, OD

