

Anson High School Wrestling

Anson Bearcat Wrestling had a great holiday season. Your Bearcats won our conference opener sweeping both Monroe and Forest Hills. The following week your Bearcats performed well at the Hayes Invitational where Macayla Mason and Emmanuel Chambers took 3rd for their weight classes along with a 4th place finish by Jackson Stinson and Genesis Moore.

At the Bobby Abernathy Invitational Genesis Moore took home a 3rd place medal. Next our Bearcats made waves at the Al Kessie Invitational where Genesis Moore won a 3rd place medal along with 4th place finishes by Drekwon Owens, Titus Mungo, and Macayla Mason. Shavondra Tanner went on an impressive 4-2 run December 21 on her return from an injury.

This past weekend your Bearcats faced some difficult competition at the Pirate Duals with a team 2-2 record. This brings your Bearcat Wrestling Team record to 4-4 with 2-2 conference wins. This places the Bearcats in position for 3rd overall in conference.

Anson High School Boys Varsity Basketball

• Thursday, January 11 - **AHS lost to Parkwood 72-65 (conference game).**
Leading players: Jayden Little 22 points, 7 rebounds, 4 assists, 3 steals; Ryan Robinson 15 points, 6 rebounds, 2 assists, 2 steals; Jaqualin Liles 11 points, 7 rebounds.
We got off to a great start but could not maintain that level of intensity. We are a young team and still growing but at this point in the season we need to take the next step to compete in the tough RRC conference.

AHS Varsity Boys Basketball record is 8-6, conference 1-2.

Anson High School JV Boys Basketball

• Thursday, January 11 - **AHS JV beat Parkwood 55-42. Leading players:** Taviane Robinson 11 points, 11 rebounds; Tesean Harris 6 points, 3 assists, 2 steals; Slade Winfield 6 points, 4 rebounds, 2 assists, 3 steals; Josh Walls 6 points, 3 rebounds, 2 steals.
We got off to a really slow start scoring only 8 points in the 1st half and were in position to win the game in the 4th quarter. We need to be better at the foul line as that is where this game was lost.

AHS JV Boys Basketball record is 10-2, conference 2-1.

Anson High School Girls Basketball

• Thursday, January 11 - **AHS lost to Parkwood 71-30**

NEXT GAMES - Friday, January 19 at home versus Forest Hills. JV Boys 5 p.m.; Varsity Girls 6 p.m.; Varsity Boys 7:30 p.m.

Anson Mobile Market is Thursday

Anson County Extension, the Anson County Health Department and Atrium Health Anson have partnered to offer the Anson Mobile Market. This is an event that will afford the citizens of Anson County to receive six-eight different types of fresh produce monthly. This is a free initiative, so please stop by and get some produce.

This event is to assist in the scarcity of fresh, healthy food in the county. It will also serve as an educational event to offer education on the two targeted areas of the county health assessment which are tobacco use and hypertension. Agencies will be set up offering services and information in those two targeted areas.

This month's event will be in the Uptown Wadesboro Square on Thursday, January 18 starting at 10 a.m. Bundle up and come for some fresh, free goodies.

Nominate a Community Champion Today!

Know someone who shows strength, leadership, and dedication to bettering their rural community? Nominate them to be publicly recognized at the NC Rural Center's annual Rural Summit. Nominations for the 2024 Rural Summit are now being accepted through Friday, Feb. 2, 2024.

These awards recognize rural advocates who have made a significant impact on rural economic development through their leadership. Whether by leading local or statewide efforts to influence policies in support of rural economic development or by inspiring others to work together to improve their communities, these advocates exemplify an unwavering commitment to our rural communities.

More information is available at: ncruralcenter.org. To make a nomination visit this site: www.tfaforms.com/5102101.

What is the Rural Summit? The Rural Summit is the NC Rural Center's annual conference. Each year, we think of it as our state's rural homecoming- a unique opportunity for local leaders and state partners to come together in conversation and celebration.

The Rural Summit 2024 is taking place March 20-21, 2024, at the Raleigh Marriott Crabtree Valley. The 2024 Rural Summit will bring together community leaders, policymakers, and rural advocates from across the state and nation to engage in a thoughtful, intentional dialogue about what we can do today to advance policy and systems change across a broad spectrum of rural development issues.

What to Expect:

- Keynotes & Breakouts - Local and national leaders in rural economic development will share their insights.
- Peer-to-Peer Connection - In-person opportunities to connect with your peers.
- Education & Resources - You'll leave with new knowledge and tools, and inspired to advocate for your community.

You can register at: ncruralcenter.org.

You Decide: Are Living Costs and Inflation Lower in NC?

By Mike Walden: Although the inflation rate leveled off in 2023, according to polls, it is still a big issue for people. Just to remind you, when it is said the inflation rate is 'down,' this doesn't mean the average price level is falling. Instead, it means most prices are still rising, just at a slower pace. Indeed, the Federal Reserve's goal is not to cause prices to fall, but instead to have the average price level increase at about 2% annually.

Generally, the numbers we see in the news about inflation are measuring the inflation rate for the country. In today's column, I want to bring the inflation rate closer to home by discussing two topics related to prices.

One: What is the cost-of-living in North Carolina compared to the nation? When analyzing the same living standard in North Carolina to other states as well as to the nation, is the cost-of-living lower or higher? That is, if consumers purchase the same type and quantity of products and services, is the total cost higher or lower in North Carolina than elsewhere?

The second topic addresses how the cost of that 'market basket' of products and services has recently changed in North Carolina relative to the nation. This is simply a more elaborate way of asking how the inflation rate in North Carolina compares to the national inflation rate.

There's good news for the comparative cost-of-living in North Carolina. Data from the federal government for 2022 - the latest available - show the cost of the same products and services bought by a typical household was 5.8% lower in North Carolina compared to the nation. Among the 50 states and the District of Columbia, North Carolina had the 23rd lowest cost of living. Washington, D.C., California and Hawaii were the most expensive states, while Alabama, Mississippi and Arkansas were the least costly.

Two expenditure items are driving North Carolina's relatively lower cost-of-living. The first is the cost of housing, which is 18% lower than the national cost. A big reason is that the percentage of North Carolinians living in rural regions of the state is more than twice as high as in the nation. The cost of housing is typically much lower in rural areas than in cities due to lower population densities and less expensive land. When more people are competing for housing and land in urban areas, both land and housing costs rise.

Government data show the second factor helping North Carolina have a more moderate cost-of-living is education services, which are 10% under the national average. A major cause is the relatively low tuition and fee costs of North Carolina's public universities compared to similar institutions in other states.

However, the good news for North Carolina's relative cost of living has been better. In 2005, the first year the federal government published the state cost-of-living data, North Carolina's cost-of-living was 11% lower than the national average. This is a discount almost twice as great as in 2022. Hence, although living in North Carolina is still a relative bargain, the bargain is not as great as it used to be. What happened? There's an easy answer - growth happened. During the last two decades North Carolina has been one of the fastest growing states in the nation. Both North Carolina's population and economy have expanded, driving up the cost of real estate. More people and businesses competing for the same amount of land inevitably pushes up land and structure costs. This is one of the downsides of a growing state.

Now on to the second topic - how North Carolina's recent inflation rate compares to the national inflation rate. Using the most recent data for 2021 and 2022 and measuring the annual inflation rate from December 2021 to December 2022, the national rate was 6.5%. For the same time period, North Carolina's inflation rate came in just a little over 6.5%. Hence, the news on both topics - North Carolina's relative cost-of-living and relative inflation rate - can be read as positive. But will it remain this way? A big reason why it may not is the forecast for North Carolina's population. North Carolina's 2023 population was estimated at 10.8 million. The forecast for 2050 is 14 million, a 30% increase. In contrast, the nation's population is expected to increase 15% - half the North Carolina rate - from 2023 to 2050.

While more people in the state is good for many reasons - greater business opportunities, expanded innovation, more workers, increased variety and enhanced national prominence - one negative could be increased costs, particularly for housing. This could cause North Carolina's below-average cost-of-living to gradually disappear and its annual inflation rate to exceed the nation's. Consequently, as North Carolina grows, strategies for reducing the adverse impacts on living costs, such as directing more growth to lower-cost rural areas, will become more important.

There are many wonderful reasons for living and working in North Carolina, with one being a lower cost-of-living. But how long will our lower living costs last, and what can be done to prolong this advantage? You decide.

Church

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JANUARY 27

Gospel Singing Program

to support building fund, 5pm at Red Hill Missionary Baptist Church, 190 Dennis Rd, Wadesboro. Hot dog sale too! Min. Pam Smith is Master of Ceremony.

Appreciation Soup Luncheon for Law Enforcement Officers

sponsored by Harris Chapel AME Zion Church. The event takes place at Grace Senior Center, 199 Hwy 742 South in Wadesboro, on the left just past IGA. 12-1:30pm. Vegetable beef soup, chicken soup, potato soup, sandwiches, dessert & drinks. Door prizes & tokens of appreciation will also be given away to officers.

JANUARY 28

4th Pastoral Anniversary Celebration

for Pastor Samantha Bowden at Red Hill Missionary Baptist Church, 190 Dennis Rd, Wadesboro. Min. Helen Nicholson at 11am & Dr. Anita Owens-Scott at 3pm.

Building Fund Program

at Johnson Chapel Church, 2pm with Pastor Gary Gaddy.

FEBRUARY 11

Family & Friends Program

2pm at Johnson Chapel Church with Pastor Carlos Melton.

FEBRUARY 7-9 & 11

17th Pastor's

Anniversary Freedom Ministries #1 for Pastor Robert Ingram, Sun at 2:30pm. Dr. Donna Ingram McNair of Fairview Church of God in Polkton. Wed-Fri at 7pm.

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<p>H. W. Little & Company <i>Hardware & More!</i> Uptown Wadesboro 704-694-2214</p>	<p>Henry's Body Shop 704-848-4989 4225 Stanbackferry Ice Plant Rd • Lilesville Owner: Robbie Henry</p>

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Events

ONGOING EVENTS

Popcorn & a Movie 4th Thursday each month, 1-3pm at Grace Senior Center, 199 Highway 742 South, Wadesboro, just past IGA. Info 704-694-6616.

Compassionate Friends Meet on the 2nd Thursday of each month at 7pm, at the Training Room at First Baptist Church, Lee Avenue in Wadesboro. Bereaved parents, family and friends who have lost a child of any age are invited. Info 704-694-2425

Direct and Counter Cyclical Program Sign-ups Call the Farm Service Agency Office at 704-694-3516 ext. 2 to complete eligibility forms

Senior Box Program at Feed My Lambs starts the third Tuesday each month for seniors only. Located at 2290 Hwy 74 West, Wadesboro. 704-695-1820

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

Book Club 1st Thursday each month, 10am-12 noon at Grace Senior Center, 199 Highway 742 South, Wadesboro, just past IGA. Info 704-694-6616.

Craft & Workshops 3rd Thursday each month, 12-2pm at Grace Senior Center, 199 Highway 742 South, Wadesboro, just past IGA. Info 704-694-6616.

Alzheimer's Association and Hamlet Senior Center Launch Dementia Education Series

Multi-part series on various topic related to Alzheimer's, other forms of dementia and caregiving

The Alzheimer's Association - Western Carolina Chapter, in partnership with the Hamlet Senior Center, is launching the Wonderful Wednesday Lecture Series, a multi-part education series throughout the year focused on Alzheimer's, other forms of dementia and caregiving.

Currently, there are more than 369,000 caregivers in North Carolina providing care to more than 180,000 living with Alzheimer's. In Richmond County there is a 12.2% Alzheimer's disease prevalence rate in their age 65 and older population.

These monthly educational opportunities will feature information on topics including the signs of Alzheimer's disease, diagnosis, communication, living with dementia and caregiving techniques.

"Navigating the complexities of dementia is life-changing and leads to many questions," said Katherine L. Lambert, CEO of the Western Carolina Chapter. "We want individuals and families to know that they are not alone and that we are here for them from the beginning of a diagnosis and throughout their journey with Alzheimer's or other forms of dementia. We are grateful to the Hamlet Senior Center for providing the opportunity to bring this important education to Richmond County and surrounding areas."

The first three programs in the series will begin in January:

- "Know the 10 Warning Signs" - will take place on Wednesday, January 31 from 12:30-1:30 p.m. Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

- "Managing Money: A Caregiver's Guide to Finances" - will take place on Wednesday, February 7 from 12:30-1:30 p.m. For those facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

- "Effective Communication Strategies" - will take place on Wednesday, March 6 from 12:30-1:30 p.m. Communication is more than just talking and listening - it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help connect and communicate at each stage of the disease.

Remaining programs in 2024 will include:

- Understanding and Responding to Dementia Related Behaviors (April 10)
- Dementia Conversations (May 8)
- Healthy Living for Your Brain and Body (June 5)
- Understanding Alzheimer's and Dementia (July 10)
- New Advances in Alzheimer's Treatments (August 7)
- The Empowered Caregiver Part 1 (September 4)
- The Empowered Caregiver Part 2 (October 2)
- Caregiving During the Holidays (November 6)

Programs are open to the general public and individuals and families impacted by dementia. There is no charge to participate, but registration for programs is required for planning purposes. Coffee and light refreshments will be served. All programs will take place on Wednesdays from 12:30-1:30, unless otherwise noted on registration page. To learn more and register visit tinyurl.com/HamletSeries or call the Hamlet Senior Center at (910) 582-7985 or the Alzheimer's Association at (800) 272-3900.

Additional Facts and Figures: (alz.org/facts)

- An estimated 6.7 million Americans age 65 and older are living with Alzheimer's dementia, including 180,000 North Carolina residents, a number estimated to grow to as many as 210,000 by 2025.

- Nationally, more than 11 million caregivers of people with Alzheimer's disease or other dementias. In North Carolina, 369,000 caregivers provide a total of 533 million hours of unpaid care, valued at a total of \$8 billion.

- One in three seniors dies with Alzheimer's or other dementia.
- Nearly two-thirds of those with Alzheimer's - 3.9 million - are women.

- Older non-Hispanic Blacks and Hispanic Americans are disproportionately more likely than older whites to have Alzheimer's or other dementias.