

## Energy Efficiency Tip of the Month

Insulating your electric water heater is an easy, inexpensive project that can improve energy efficiency and save you money each month. The Department of Energy rates this project level as medium difficulty, meaning most homeowners can tackle this project on their own. You can purchase pre-cut jackets or blankets for about \$20 at most home improvement stores. Visit [energy.gov](http://energy.gov) for project tips and additional considerations.



source: [energy.gov](http://energy.gov)



## Thyroid Awareness

Your thyroid is a small, butterfly-shaped gland situated at the base of the front of your neck, just below your Adam's apple. Hormones produced by the thyroid gland - triiodothyronine (T3) and thyroxine (T4) - have an enormous impact on your health, affecting all aspects of your metabolism.

When your thyroid doesn't produce enough hormones, the balance of chemical reactions in your body can be upset. There can be a number of causes, including autoimmune disease, hyperthyroidism treatments, radiation therapy, thyroid surgery and certain medications according to Mayo Clinic.

- Although anyone can develop hypothyroidism, you're at an increased risk if you:
- Are a woman
  - Are older than 60
  - Have a family history of thyroid disease
  - Have an autoimmune disease, such as type 1 diabetes or celiac disease
  - Have been treated with radioactive iodine or anti-thyroid medications
  - Received radiation to your neck or upper chest
  - Have had thyroid surgery (partial thyroidectomy)

• Have been pregnant or delivered a baby within the past six months

If you have any questions, please contact Anson County Health Department and ask for Katia Vanderhorst Health Educator at (704) 944-3387.

## THE CHURCH CALENDAR IS BROUGHT TO YOU BY THESE SPONSORS

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## Carolina Plumbing Service



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704-233-4700 [Carolinaplumbing4700@gmail.com](mailto:Carolinaplumbing4700@gmail.com)

## Church News

**JANUARY 16 - 20**

**Revival** At Victory Temple Miracle Center with Rev. Larry Williams at 7:30pm nightly. The public is invited.

**JANUARY 22**

**21st Appreciation Service for Elder Mae Robinson** at Johnson Chapel Holiness Church, 11:45am with Elder Pandora Little of Johnson Chapel. All are invited.

**FEBRUARY 5**

**Lay Council Program** At Rocky Mount AME Zion Church, 2pm with Rev. Donnie Bennett, Pastor of Mt. Sinai Baptist Church in Rockingham.

**FEBRUARY 12**

**February Birthday** At Johnson Chapel Holiness Church, 3pm with Apostle Annette Ross. All are invited.

## Events

**JANUARY 19**

**Free Movie for Seniors** at Grace Senior Center, *Turning Red* at 12:30pm. Refreshments will be provided. Information 704-694-6616.

**JANUARY 26**

**Crafts & Workshops With Yarn for Seniors** at Grace Senior Center, 12 noon. Create something and exercise your fingers and wrists too! For information call Tonja Smith 704-694-6616.

**Beekeepers Meeting** At Welika Fish House. 6pm if you want to eat, 7pm meeting. Open to anyone interested in having bees for honey & pollination. Info 704-272-7154 or Facebook page.

**JANUARY 28**

**Bowman Class of 1973 Reunion Meeting.** All classmates invited to plan 50th class reunion. 3pm at Lady Bug Restaurant in Wadesboro. Info Brenda S. Rorie 704-695-5196.

## Funny, Random & Weird Holidays this Week

- January 19 Thursday - Tin Can Day & Popcorn Day
- January 20 Friday - Penguin Awareness Day
- January 21 Saturday - Soup Swap Day & Squirrel Appreciation Day
- January 22 Sunday - Hot Sauce Da & Answer Your Cat's Questions Day
- January 23 Monday - Handwriting Day
- January 24 Tuesday - Compliment Day & Macintosh Computer Day
- January 25 Wednesday - Opposite Day



Immediate openings at our Wadesboro facility.  
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### DIVISION 00

### SECTION 00 11 13: ADVERTISEMENT FOR BIDS

**Anson Middle School – New School**  
Wadesboro, North Carolina

Sealed proposals will be received by the Architect on behalf of the **Anson County Board of Education in the Board Room at the Board of Education Building, located at 320 Camden Road, Wadesboro, NC on Tuesday, January 31, 2023. All bids will be publicly opened and read for the construction at 2:00 p.m. on this date.** Bids will be received for a Single Prime Contract for the construction as shown and noted in the contract documents. All Contractors are hereby notified that they shall be properly licensed under the State Laws of North Carolina governing their trades. All Contractors will be required to submit a Statement of Qualifications (AIA Document A305 or equivalent) twenty-four (24) hours before requesting Bid Documents.

Proposal must be on standard forms furnished by the Architect and must be addressed as follows:

Bid: **Anson Middle School - New School**  
**Attn: Mr. Howard McLean, Superintendent**  
**C/O Pinnacle Architecture**  
**320 Camden Road**  
**Wadesboro, NC 28170**

Proposal forms, plans and specifications may be obtained from the office of the Architect, **Pinnacle Architecture, P.A., PO Box 187, (630 Team Rd. Ste 200), Matthews, NC 28106 (28105) (704)847-985** [shannon@pinnaclearchitecture.net](mailto:shannon@pinnaclearchitecture.net). A deposit will be required for each set of plans and specifications (Limit 4) along with shipping account information or prepaid shipping label, prior to plans and specifications being sent out. Deposits for plans and specifications will be \$200.00 for each set. The full deposit is refundable to contractors submitting a Bona Fide bid and returning the plans and specifications in satisfactory condition within ten (10) days of the bid date. All subcontractors and suppliers will be required to purchase plans and specifications. Individual sheets or partial sections of specifications will not be issued.

A brief summary of the project scope:

The Project consists of the construction of a new middle school, approximately one hundred nine thousand (135,000) square feet. The school will house an administration wing, classroom wings, gymnasium, media center and cafeteria with a full-service kitchen. The building will be conditioned by a combination of split system air conditioning and vertical exterior heat pump; electrical service will be 277/480V & 120/208v with an emergency generator. The building will be fully sprinklered. This project includes Alternates of additional classrooms, Owner preferred items and a diesel-powered generator (see Section 01 23 00).

Each proposal must be accompanied by a deposit of cash or a certified check on a bank or trust company insured by the Federal Deposit Insurance Corporation in an amount equal to not less than five percent (5%) of the proposal; or, in lieu of the deposit of cash or certified check, a bid bond in the above amount. Successful bidder may not withdraw his bid within thirty days after the opening thereof without forfeiture of his bid bond. In the event of the failure of the successful bidder to execute the contract within ten (10) days after the award or to give satisfactory surety as required by law, the above deposit will be retained by the Owner as liquidated damages.

The Owner reserves the right to accept or reject any and/or all bids, to waive informalities, and to award the contract to other than the low bidder should it be deemed in the best interest of the project or the Owner.

Anson County Schools  
Mr. Howard McLean  
Superintendent

## New Brown Creek Soil & Water Conservation District Scholarship

The Brown Creek Soil & Water Conservation District Scholarship seeks to recognize and provide \$500 of financial aid to students with an interest in pursuing an education and career in a field related to natural resources and/or agriculture.

### To be eligible, the applicant:

- Must be a graduating or graduated high school student from an academic institution located in Anson County, North Carolina.
- Must be enrolling or enrolled as a full-time undergraduate pursuing an Associates or Bachelor's degree, majoring in a field that is directly related to natural resources and/or agriculture (e.g. Agribusiness, Agricultural Education, Animal & Veterinary Sciences, Environmental & Natural Resources Management, Forest Resources Management, Horticulture, Plant & Environmental Sciences, Wildlife & Fisheries Biology, etc.).
- Completed applications must be submitted to Brown Creek Soil & Water Conservation District by 11:59 p.m. EST on April 15, 2023.

### Scholarship Application and Requirements:

The Brown Creek Soil & Water Conservation District (BCSWCD) is now receiving applications for a \$500 undergraduate scholarship for the 2023-2024 academic year. This is the scholarship's inaugural year in which BCSWCD will award a scholarship to a graduating or graduated high school student from an academic institution located in Anson County, North Carolina.

The applications for the scholarship will be posted on the BCSWCD's government website at: [co.anson.nc.us/205/Brown-Creek-Soil-Water-Conservation](http://co.anson.nc.us/205/Brown-Creek-Soil-Water-Conservation) and the BCSWCD's Facebook page.

Additional notices to spread the word will be published in The Express and disseminated through the Anson High School, Anson County Early College High, South Piedmont Community College, and partner agencies such as the NRCS, FSA, NC Forest Service, and NC Cooperative Extension – Anson County.

All applications are due by 11:59 p.m. EST on April 15, 2023. Applications should be emailed to [NAddison@AnsonCountyNC.gov](mailto:NAddison@AnsonCountyNC.gov) with "BCSWCD Scholarship" as the subject. Applications will be reviewed and scored by BCSWCD staff and board members at the April 2023 board meeting. The award will be announced after that board meeting. The scholarship award will be issued directly to the awardee's respective institute of higher learning.

Applicants, who themselves, or their parents, that have received cost share assistance from the Brown Creek Soil & Water Conservation District, North Carolina Forest Service, USDA Natural Resources Conservation Service, or USDA Farm Service Agency within the past 10 years will receive additional consideration in review of applications.