



Video call hands-free & share your view so others feel like they're right there with you. Toggle between your phone and glasses camera to switch perspective.

Spark creativity, get information and control features with your voice - just ask Meta Al.

Discreet open-ear speakers let you enjoy rich audio quality, music and calls, while keeping you connected to the world around you.

> Capture exactly what you see and hear with the new ultra-wide 12 MP camera and five-mic system.

Now Accepting New Patients. We Accept Most Insurances.





1134 Holly Street Wadesboro (On Hwy 74 across from CVS) Mon-Thurs 8:30-5 Closed Fridays

704-694-3618

Access to family planning health care is critical to reaching your life's goals.

How would you finish this sentence?

FAMILY PLANNING IS THE FOUNDATION FOR



Schedule a physical and/or birth control consult today at the Anson County Health Department

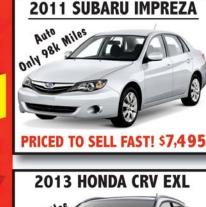
ANSON COUNTY HEALTH DEPARTMENT 110 Ashe Street Wadesboro 704-694-5188

Sliding fee scale for the uninsured.



FUNDED BY TITLE X REPRODUCTIVE HEALTH SERVICES



















www. Beachum Lee Ford.com

\$1,000 cash or trade. Payments based on 72 months, at 7,40% interest, WAC. 720 or higher Beacon Score. Certain conditions apply. Payments do not include tax, tag, title and doc fee of \$269. See salesman for details

BEACHUM & LEE FORD

Business is GREAT...There Must Be a Reason!



THE EXPRESS • January 29, 2025 • Page 2 **Introduction to Beekeeping School**

Classes begin Thursday

Article submitted by Aimee Colf, Horticulture/Forestry Agent: There are a number of ways to become educated in beekeeping. One way is to learn from local beekeepers and apiary inspectors. Another way is to attend a beekeeping conference. Some learn best outside the classroom watching a demonstration or hands-on experiences. Either way, before you decide, it's important to know what you are getting into before purchasing your first hive of honey bees.

Anson County Extension is hosting a 2025 Introduction to Beekeeping School, running from February 6 to March 18. This school targets aspiring beekeepers and those interested in gaining knowledge about the honey bee. It will provide an overview of what hobbyists should know as a responsible beekeeper. It will cover equipment, anatomy, honey bee life cycle, nutrition, pests, diseases, seasonal management, and products of the hive. Instructors are local beekeepers and members of the Anson County Chapter of the NC State Beekeepers Association. At the completion, students will be tested on their beekeeping knowledge to assess the quality of instruction and knowledge gained.

Registration is \$55/person or \$75/couple. Classes will be held Tuesdays and Thursdays, 6:00 to 8:00 p.m. at Anson County Cooperative Extension, located at 501 McLaurin Street in Wadesboro. If you have questions or would like to register please contact Aimee Colf, Cooperative Extension Horticulture Agent, at aimee_colf@ncsu.edu or 704-694-2915. Class size is limited to 25. Instructors will share other learning opportunities, mentioned above, that new and experienced beekeepers use to network and build knowledge throughout the year.

Application Period Now Open for State Government Summer STEM Program

High school girls interested in STEM-related public service careers can apply through February 24

The application period for the annual Lady Cardinal Mentorship Program is now open. North Carolina high school girls, grades 9-12, can now apply through February 24, 2025 for this four-week paid summer STEM enrichment opportunity with North Carolina state government. Established in 2019 by the NC Department of Administration's Council for Women and Youth Involvement, the Lady Cardinal Mentorship Program provides college bound girls an opportunity to explore STEM-based careers within state government to help recruit more young women into these fields.

According to the U.S. National Science Foundation, women comprised 35% of the science, technology, engineering and mathematic workforce in 2023 and continued to earn less than their male counterparts. Each year, the Lady Cardinal Mentorship Program seeks to improve gender equity in STEM by nurturing the interest of high school girls in STEM-related public service careers.

'The statistics are disheartening and, if left unchanged, the gender wage gap will not begin to close until year 2060 based on data collected from the Status of Women in North Carolina Employment and Earnings Report," said NC Department of Administration Secretary Gabriel J. Esparza. "The Lady Cardinal Mentorship Program seeks to improve the outlook for North Carolina women, allowing local students to actually see what they can be in state government STEM careers.'

Interested students can visit the DOA website for Lady Cardinal program and application information (doa.nc.gov lady cardinal). Candidate interviews will occur mid to late March and selected applicants will be notified of placement in April. The mentorship program will run weekdays July 7 through August 1. All mentees are expected to work 40 hours a week, with time divided between

working side-by-side with women leaders 24 hours per week and working on a group project 16 hours each week. The summer enrichment opportunity also includes lunch and learn sessions and field trips to various state government agencies. Students will earn a \$1,700 stipend at the end of the program.

This year's participating state agencies include the departments of Administration, Commerce, Environmental Quality, Health and Human Services, Information Technology, Natural and Cultural Resources, Public Safety, Revenue and Transportation, as well as the Governor's Office, the Office of State Budget Management and the Office of State Human Resources.

In addition to working on a technology project, last year the Lady Cardinal mentees participated in a geology tour with the NC Department of Environmental Quality, visited Research Triangle Park's Biogen Campus, and engaged in lunch and

learn sessions with state government leaders among many other educational activities. The Lady Cardinal Mentorship Program's purpose and goals are based on recommendations from the 2018 Status of Women in NC Employment and Earnings Report released by the Council for Women and Youth Involvement in collaboration with the Institute for Women's Policy Research. The report highlights the growing disparity in employment and earnings among women and men in North Carolina.

To learn more about this report and apply for the summer 2025 Lady Cardinal

Mentorship Program, visit the NCDOA website, doa.nc.gov. About NCDOA and the NC Council for Women and Youth Involvement

The N.C. Department of Administration acts as the business manager for North Carolina state government. Under the leadership of Secretary Gabriel J. Esparza, the department oversees government operations and advocacy programs. The department's advocacy programs help to promote and assist diverse segments of the state's population that have been traditionally underserved. NCDOA's Council for Women and Youth Involvement division advises the governor, state legislators and state leaders on issues that impact women and youth.

Save Your Drink Tabs for a Good Cause

The Women's Committee of the Anson County Farm Bureau is beginning a project to support the Ronald McDonald House. Families are able to stay for free or reduced prices while their child is being treated at the hospital for a serious sickness or injury. The tabs may be small, but they help so many families in their time of need.

Tabs are sold to a recycling partner and the money is donated to the Ronald

A collection container will be at the Anson County Farm Bureau office, located at 211 Morven Road in Wadesboro. Please save your tabs from drink cans, canned foods, and even cat or dog food cans. You can drop them off at the Farm Bureau office Monday through Friday, 8:30 a.m. to 5:00 p.m.

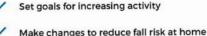




A workshop for people concerned about falls

You will learn how to: View falls as controllable







A Matter of Balance was most helpful - it

provided a definite time each week to

- Former Participant

meet and discuss concerns with others.

made me more aware of what can be done to ensure safety at home. The class



No Cost

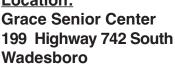
In Person



Tuesdays & Thursdays



12 noon to 2pm





All participants are welcome, respected, and valued. Please contact us to request accommodations.