

THE EXPRESS

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Serving Anson County and the Municipalities of Ansonville, Lilesville, McFarlan, Morven, Peachland, Polkton and Wadesboro.

Daylight Savings Time Commences this Weekend

Remember to change your smoke detector batteries

We switch to Daylight Savings Time at 2:00 a.m. on Sunday, so remember to move your clocks ahead one hour before going to bed Saturday night. And, importantly this is the time to replace your smoke detector batteries. Twice a year battery replacement when the time changes helps ensure that your smoke detectors are in good working order. You and your family deserve no less!

The National Fire Protection Association recommends that smoke detectors be replaced every 10 years.

Applications Available Now to Become an NC Pre-K Site

Licensed, 4- & 5-STAR childcare facilities are invited to apply to become NC Pre-K sites for the next two-year cycle starting July 2025.

The deadline to submit an NC Pre-K site selection application is 5 pm on March 21, 2023. Current NC Pre-K sites must apply to be considered for the next funding cycle.

The North Carolina Pre-Kindergarten Program is a free, high-quality program designed to enhance school readiness for eligible four-year-old children. In NC Pre-Kindergarten, NC licensed teachers provide developmentally appropriate play-based instruction to help children strengthen and learn a variety of skills in a classroom environment.

Approved sites are required to comply with all applicable NC Child Care Rules, specifically Rule .3000 NC Pre-Kindergarten Services, the NC Pre-Kindergarten Program Requirements, and the NC Pre-K Program Fiscal and Contract Manual.

For more information or to request an application contact Karen Gerald at 704-694-4036 or by email at karen.gerald@ansonchildren.org.

The Anson County Partnership for Children is the contract administrator for NC Pre-K in the county. For more information about NC Pre-K and the site selection process visit www.ansonchildren.org.

South Piedmont to Host Free Community Luncheons in Honor of Women's History Month

In honor of Women's History Month, South Piedmont Community College will host a pair of luncheons featuring several of our area's most accomplished female leaders. The luncheons are free and open to the public.

"This event is sure to spark ideas and conversation, as well as inspire attendees as they hear how members of the South Piedmont community have overcome barriers and blazed new trails for the women following in their footsteps," said Director of Student Life, Engagement, and Leadership Alen Doty.

Slated to speak at the events are:

- Interim South Piedmont President Michelle Brock
- Director of Secondary Education Partnerships Dr. Marsha Thomas
- Faculty member and published author Katherine Widner
- Quality Enhancement Plan and MIC Center Director Connie Gardner
- Director of Public Safety Curriculum Programs Deborah Barrett
- And from Wingate University, Dr. Brandy Clemmer, representing the School of Sport Sciences

The luncheons will take place at the following dates, times and locations:

- **Tuesday, March 18** 12:30 p.m.-1:30 p.m. at South Piedmont L.L. Polk campus, 680 U.S. 74, Polkton in the Raye Board Room
- **Thursday, March 20** 12 p.m.-1 p.m. at the South Piedmont Old Charlotte Highway campus, 4209 Old Charlotte Highway, Monroe in the Building A Conference Room

The events are free to anyone who would like to attend, but registration is required.

To register, visit events.spcc.edu.

James Ray Goins, Jr. Gets Life Sentence for Murder

On Monday, February 24 a Scotland County jury convicted James Ray Goins Jr., 37, of First-Degree Murder, Possession of Firearm by Felon, and First-Degree Burglary. Goins was sentenced to serve the rest of his natural life in prison without the possibility of parole.



The State's evidence showed that in the early morning hours of May 17, 2016, the Defendant broke into the home of Kenneth Canup, Kimberly Kelly, and her 14-year-old daughter while they slept. Goins fatally shot Kelly and wounded Canup.

"It is important to my office that our citizens feel safe in their own homes. This type of behavior will not be tolerated in our community," said District Attorney Jamie Adams. "I would like to especially thank the jurors for fulfilling their civic duty."

This case was investigated by the Scotland County Sheriff's Department and prosecuted by District Attorney Adams and Assistant District Attorney Matthew Victory of Prosecutorial District 21.

Prosecutorial District 21 consists of Anson, Richmond, and Scotland Counties.

Friends of the Hampton B. Allen Library Yard Sale Fundraiser

The Friends of the Hampton B. Allen Library are having their 2nd annual Spring Clean Community Yard Sale fundraiser on Saturday, April 26. The event takes place from 9:00 a.m. to 1:00 p.m. at 120 South Greene Street in uptown Wadesboro.

For more information please call 704-694-5177.



Wacky Wednesday Celebrated at Lilesville Elementary School

From positive messages, to Wacky Wednesday to college / career day, to red, white, and all things Dr. Seuss... Read Across America Spirit Week sure was fun at Lilesville Elementary School!

Wingate Establishes Pro Bono (No Charge) Occupational Therapy Clinic for New Mothers and Children

It's not uncommon for new mothers to experience any number of difficulties after giving birth: pain or discomfort, difficulty feeding their newborn, postpartum depression. Wingate University's Doctor of Occupational Therapy (OTD) program is here to help.

In conjunction with an already-established pro bono clinic for adults, the program has started Women, Mothers, Babies (WoMB), a free clinic to help women in the early days of their child's life. Clinic days and times are yet to be determined.

Dr. Patee Tomsic, one of four OTD faculty members who established the clinic, with help from a \$10,000 grant from Foundation for a Healthy Carolina, says that occupational therapists' strength is being able to help with such a wide variety of problems. "We are such a holistic profession that we are able to help in that holistic way," she says. "There are a lot of things you can experience as a mother, and we can help with almost all of them."

Assistant professors Tomsic, Dr. Wynnet Sinclair and Dr. Reeti Douglas and associate professor Dr. Stacey Caplan came up with the idea for the WoMB clinic. They all have experience with maternity-related occupational therapy. Sinclair has been providing pelvic-floor therapy for years, helping women who experience incontinence or pelvic pain. Caplan, Tomsic and Douglas all have extensive experience with infant and child development, including specialties working with premature infants, feeding difficulties, torticollis and plagiocephaly, and other physical conditions. All four are becoming certified as lactation counselors.

Other common problems new mothers experience include back and joint pain, such as carpal tunnel syndrome, as well as depression and anxiety. Wingate OTD faculty members can also provide developmental help for infants.

"Maybe the baby is a couple of months old and they aren't meeting some of those early milestones," Tomsic says. "They can come to us and we can screen the child and provide some education and intervention there."

The Foundation for a Healthy Carolina grant has gone toward supplies, mostly for lactation support, and continuing education for faculty members, such as in the lactation and mental-health areas. Students will have hands-on and guided learning opportunities, but not quite to the extent of the student-run pro bono clinic offered by Wingate OTD, because of the intimate nature of the treatments. But even observing Wingate faculty members in action will be helpful to students. "It very much supports their learning in that if these are specialty areas that they're interested in pursuing in their career, they will have this experience already," Tomsic says.

Two Wingate students have also been instrumental in establishing the clinic, as part of their capstone projects.

Tomsic says that ultimately Wingate OTD would like to provide group education in addition to the clinic. "Let's say there are five women who are interested in learning more about the ins and outs of breastfeeding or common strategies for strengthening the pelvic floor," she says. "We could serve them with a community education class."

For now, Tomsic is just ready to bring in more patients. "It's just a matter of them finding out about us and making it over here," she says.

Referrals to, or inquiries about, the WoMB Clinic can be made via email to WoMB@wingate.edu or by phone at 704-233-8972.

Learn more about Wingate's OTD program at: wingate.edu/academics/graduate/occupational-therapy.

Dial 211 Offers All Kinds of Information

NC 211 is an information and referral service provided by United Way of North Carolina and powered by local United Ways of North Carolina. Families and individuals can call 2-1-1 or 1-888-892-1162 to receive free and confidential information on health and human services within their community.

You can also get all of the information at the website: nc211.org.

- **Basic Needs** Food, Housing/Shelter, Material Goods, Transportation, Utilities.
- **Consumer Services** Consumer Assistance and Protection, Consumer Regulation, Money Management, Tax Organizations and Services.
- **Criminal Justice and Legal Services** Courts, Criminal Correctional System, Judicial Services, Law Enforcement Agencies, Law Enforcement Services, Legal Services.
- **Education** Educational Institutions/Schools, Educational Programs, Educational Support Services.
- **Environment and Public Health/Safety** Environmental Protection and Improvement, Public Health, Public Safety.
- **Health Care** Emergency Medical Care, Health Screening/Diagnostic Services, Health Supportive Services, Human Reproduction, Inpatient Health Facilities, Outpatient Health Facilities, Rehabilitation/Habilitation Services, Specialized Treatment and Prevention, Specialty Medicine.
- **Income Support and Employment** Employment, Public Assistance Programs, Social Insurance Programs, Temporary Financial Assistance.
- **Individual and Family Life** Death Certification/Burial Arrangements, Domestic Animal Services, Individual and Family Support Services, Leisure Activities/Recreation, Mutual Support, Social Development and Enrichment, Volunteer Development, Volunteer Opportunities.
- **Mental Health and Substance Use Disorder Services** Counseling Approaches, Counseling Settings, Mental Health Assessment and Treatment, Mental Health Care Facilities, Mental Health Support Services, Substance Use Disorder Services.
- **Organizational/Community/International Services** Community Economic Development and Finance, Community Facilities/Centers, Community Groups and Government/Administrative Offices, Community Planning and Public Works, Disaster Services, Donor Services, Information Services, Military Service, Occupational/Professional Associations, Organizational Development and Management Delivery Methods, Organizational Development and Management Services, Political Organization and Participation, Research.

Gulledge Fire Department BBQ is Saturday!

Get your appetites ready for some of the most delicious barbecue you will ever eat...the Gulledge Fire Department BBQ! Their spring event is scheduled for this Saturday, March 8, from 11 a.m. until. They will serve generous portion chicken or pork plates with baked beans, slaw, rolls, homemade desserts and a drink - all for only \$13. You can also get warm or cold cartons for \$13.

The address is 34 Chewning Road, Wadesboro. It is located at the intersection of Chewning Road and Dickie Little Road.

Huge Yard Sale to Help Anson's Less Fortunate

Faith-Based Center of Hope will have a huge yard sale this Saturday, March 8 in the parking lot across from Papa Joe's Pizzeria, 911 East Caswell Street in Wadesboro, beginning at 8:30 a.m. All proceeds will go to help our less fortunate brothers and sisters.

Any contributions and donations are gratefully appreciated.

For more information please contact Vancine Sturdivant, CEO, at 704-294-0480, James Sturdivant 704-294-8073, Linda Richardson 704-465-0243 or Carol Leak 704-441-5771.

Hargett Store House Band in Concert March 10

The Hampton B. Allen Library invites you to come and enjoy the music of the Hargett Store House Band. The concert will be Monday, March 10 at 10:30 a.m. in the library's Little Theater.

Any questions please call 704-694-5177.

Chair Exercise Classes at the Library

The Hampton B. Allen Library is again hosting chair exercise classes every Thursday in March. Class begins at 10:00 a.m. in the library's Pritchett Room. Everyone is welcome.

Any questions please call 704-694-5177.