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Holly Allison Kiker, OD



A Matter of Balance

A workshop for people concerned about falls

You will learn how to:

- ✓ View falls as controllable
- ✓ Set goals for increasing activity
- ✓ Make changes to reduce fall risk at home
- ✓ Exercise to increase strength and balance

In Person No Cost

April 7,9,14,16, 21,23,28,30

10am - 12 noon

Location: Grace Senior Center 199 Highway 742 South Wadesboro, NC 28170 704-694-6616



A Matter of Balance was most helpful - it made me more aware of what can be done to ensure safety at home. The class provided a definite time each week to meet and discuss concerns with others. - Former Participant

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

South Piedmont to Host Open House on March 26

South Piedmont Community College will host an Open House on Thursday, March 26, from 4:00 p.m. until 7:00 p.m. at two locations in Monroe. The event will take place at the Old Charlotte Highway Campus, 1851 S. Piedmont St., and the Tyson Family Center for Technology, located at 3509 Old Charlotte Highway.

The drop-in style event invites prospective students and community members to explore South Piedmont's programs, tour campus facilities, and meet faculty and staff. Visitors will have the opportunity to learn about academic programs, workforce training opportunities, financial aid, and the many student support services available through the college.

Guests will also be able to see the different programs offered at each campus location. The Old Charlotte Highway Campus is home to university transfer, adult education, medical sciences, and public safety programs. The Tyson Family Center for Technology houses many of the college's skilled trades and workforce development programs.

"Open House is a wonderful opportunity for prospective students and community members to experience South Piedmont firsthand," said President Dr. Stacy Waters-Bailey. "We invite anyone interested in starting college, returning to finish a degree, or gaining new career skills to come see how South Piedmont can help them achieve their goals."

Those interested in attending are encouraged to register online at www.spcc.edu/openhouse. Or, you can scan the QR code.



Cliff Hyatt Benefit Breakfast and Auction on March 28

A community breakfast and auction will be held on Saturday, March 28, to support Cliff Hyatt of the New Salem community, a longtime home builder whose life changed dramatically after a serious automobile accident four years ago. The benefit will take place from 6:00 until 10:00 a.m. at New Home Baptist Church in Peachland.

Cliff Hyatt has spent his life building houses and is widely known in the community for his dedication to quality craftsmanship. Friends describe him as a perfectionist and a tireless worker when it comes to framing homes.

Four years ago Hyatt was involved in a devastating accident on Highway 218 between Olive Branch and Richardson Creek. According to organizers, a young driver attempted to pass on double yellow lines while navigating a curve and struck Hyatt's driver's side door. The impact forced Hyatt's vehicle off the road, down a ditch and across a field. Hyatt's quick reaction helped prevent a head-on collision, allowing the other driver to walk away unharmed.

Hyatt, however, suffered severe injuries. Damage to his vertebrae has required three surgeries so far and also led to a heart attack, with doctors expecting that at least one more surgery may be necessary. The injury shifted his spine and damaged nerves, leaving him unable to lift his arms fully, bend normally, or walk without the risk of his legs giving out beneath him. Although the surgeries have relieved some of the pain, they have not restored the function needed for him to return to work.

Due to an ongoing battle with the insurance company and the inability to qualify for disability support, Hyatt has been without steady income for more than four years. His wife, Jennifer Hyatt, has been working two jobs while the family continues to face mounting medical bills and household expenses.

The upcoming benefit aims to help ease that burden. All proceeds from the breakfast and auction will go toward assisting the Hyatt family with medical costs and other essential expenses. The March 28 event will be hosted by New Home Baptist Church, located at 1617 New Home Church Road in Peachland. Breakfast will be prepared by the Christian Cooking Convoy.

Checks may be made payable to New Home Baptist Church with "Cliff Hyatt" written in the memo line. Donations may be mailed to P.O. Box 72, Marshville NC 28103.

Cliff and Jennifer Hyatt are the parents of Summer Tarlton, CJ Hyatt and Conner Hyatt. Organizers say the community's support and generosity will make a meaningful difference for the family as they continue to face the challenges ahead.

Golf, Good Times and a Few Mulligans Await at the Terry Jordan Invitational

11th Annual Tournament Tees Up For April Fun on April 17

The fairways are calling - and they're bringing along a little friendly competition, a few strategic mulligans and plenty of laughs. Gum Springs Baptist Youth will host the 11th Annual Terry Jordan Invitational Golf Tournament on Friday, April 17 at Twin Valley Golf Club in Wadesboro, with an 8:00 a.m. shotgun start.

This popular annual event promises more than just a day on the course. Golfers can expect a lively mix of camaraderie, competition and the occasional "creative scorekeeping," all in support of a great cause. Whether you're a seasoned player or someone whose best shot is the breakfast beforehand, organizers say everyone is welcome.

The tournament will follow a two-man captain's choice format, with one "A" player per team - ensuring a balance of skill, strategy and just enough pressure to make that short putt feel very, very long. Cash prizes will be awarded for first, second and third place, giving teams an added incentive to bring their A-game (or at least their A-player).

Entry is \$65 per player, which includes golf, lunch and a cart - a solid deal, especially considering the price of a good excuse to spend a spring morning outdoors. Mulligans will be available for purchase, because sometimes even the pros need a do-over, and a Split the Pot contest on Hole 14 adds a little extra excitement to the round.

Registration will take place at Twin Valley Golf Club, located at 2305 Country Club Road in Wadesboro.

Those interested in participating or learning more can contact Stephanie at 704-694-8788, Evan at 704-690-1307 or Lynn at 704-695-2200.

So dust off those clubs, practice your best "I meant to do that" swing and get ready for a day where the grass is green, the competition is friendly and the stories get better with every hole.

Thank you for reading The Express!

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