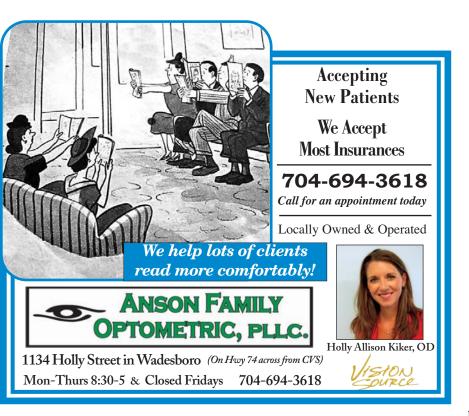


CHICKENS - DUCKS - RABBITS - GUINEAS - RELATED ITEMS At Snow Hill Feed & Farm Store 4315 Highway 145 North in Chesterfield, SC

We will start accepting consignments at 1pm on sale day. 20% commission on all sold items

For more info, give Bob a call at 843-921-2935.

BOB ROBESON & ASSOCIATES SCAL #1968 / NCAL #5532 Chesterfield, SC 843-921-2935 www.bobrobesonauction.com As always, we conduct estate and equipment auctions in North Carolina or South Carolina. Give us a call!



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



THE EXPRESS • April 12, 2023 • Page 2 **Anson Schools Sports Update**

Anson High School Track

Thursday, March 30 - Competed at Forest Hills.

- Girls: 3rd Place, Sade Clark 3rd 400 m dash; Jahmya Brewer 3rd 100 hurdles, 2nd 300 m hurdles; 4x100 m relay 1st Malayasia Gabriel, Janiyah Maxwell, Angelica Lugo, Trinity Sellers; Destiny Dulin 3rd Shot put; Janaiya Maxwell 4th; Janiyah Maxwell 1st long jump; Malayasia Gabriel 3rd; Angelica Lugo 2nd triple jump; Janaiya Maxwell 3rd high jump and 3rd triple jump.

Boys: 5th Place. Jazear Griffin 2nd 100 m dash; Johntavius Booker 2nd 110 hurdles, 3rd 300 m hurdles; 4x100 m relay 4th Dallas Lilly, Jazear Griffin, Kendrick Maye and Johntavius Booker.

• Wednesday, April 5 - Competed at Porter Ridge High School.

- Boys: 4x100 meter relay team 4th, Jazear Griffin, Kendrick Maye, Adwyn Gaddy, Dallas Lilly; 4x200 meter relay team 5th, Jazear Griffin, Kendrick Maye, Adwyn Gaddy, Dallas Lilly

- Girls: 100-meter dash Jemia Relay 6th Regional qualifying time; 200-meter dash Malayasia Gabriel 3rd, Janiyah Maxwell 5th; 4x200 meter relay team 2nd - Janiyah Maxwell, Jemia Raley, Trinity Sellers, Malayasia Gabriel; Shot Put - Destiny Dulin 4th; Discus - Pashunce Maxwell 6th; Long Jump - Malayasia Gabriel 1st, Janiyah Maxwell 2nd; Triple Jump - Janiaya Maxwell 3rd Regional qualifying jump.

See an Armadillo in North Carolina? The Wildlife Commission Wants to Know

The N.C. Wildlife Resources Commission is asking the public to report any sightings of nine-banded armadillos to help Commission biologists determine their range expansion in the Tar Heel state. If you observe an armadillo in the wild, please participate in the NC Armadillo project (www.inaturalist.org/projects/nc-armadillo) by uploading and sharing your photos or download the iNaturalist app, available for iPhone and Android.

Another option for reporting an observation is by emailing: armadillo@ncwildlife.org and including:

 A photo of the armadillo (if available)

• When it was observed (date & time) • The location where it was observed (GPS coordinates are best, but a detailed location description is acceptable)

Armadillos lack thick insulation and must dig for most foods.

Freezing conditions can cause them to starve or freeze to death, so mild winter temperature conditions are ideal for them. Given that North Carolina is experiencing fewer long stretches of below-freezing weather, armadillos are expanding northward.

Whether armadillos continue spreading beyond their current range will be largely determined by climate," according to Colleen Olfenbuttel, the Commission's black bear and furbearer biologist. "The number of counties with confirmed observations is 28, stretching from Cherokee to Dare counties. This makes it likely the armadillo is expanding its range naturally throughout North Carolina, rather than being helped by human intervention.³

Native to Central and South America, armadillos have gradually expanded their range into the southeastern United States. In 2007, the agency received the first confirmed sighting of a nine-banded armadillo in Macon County and in the last 16 years has received more than 898 reports in 70 counties, including Anson.

Learn more by reading the Commission's armadillo species profile, the 2022 armadillo observation report, available by visiting the armadillo webpage: (ncwildlife.org/Learning/Species/Mammals/Armadillo).

Parenting Through Together Support Group (Virtual)

Meeting date and time: Tuesday, April 18, 7:00 to 8:00 p.m.

This meeting will be held via web meeting on the 3rd Tuesday of each month from 7:00-8:00 p.m. This is the time for parents, caretakers and foster parents who have children who have behavioral, emotional, and/or learning challenges to share their



experiences and learn from others; this is not a training. Certificate of attendance is available. To register contact Karen Obas at: kobas@ncfamiliesuni-

tied.org. This meeting is provided by Sandhills Center. Sandhills Center is a publicly-funded LME-MCO (Local Manage-Entity-Managed ment Care Organization) committed to helping people to receive the best care possible for their mental health, intellectual/developmental disabilities, substance use disorders. They manage a network of service providers, ensure the quality of services being provided, and are a resource for behavioral health care information or assistance. More information at sandhillscenter.org.

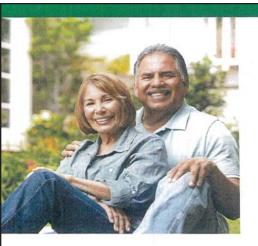
ANSON COUNTY HEALTH DEPARTMENT 110 Ashe Street

Wadesboro 704-694-5188 Sliding fee scale for the uninsured.



Guest Speaker: Former Pastor John Nance will deliver the Homecoming message at 11am. Dinner on the grounds to follow.

3520 Haileys Ferry Road in Lilesville



A six-week workshop for people with diabetes

You will learn how to:

- Work with your health care team
- Monitor your blood sugar
- Menu plan for healthy eating
- Prevent or delay complications
- Prepare for sick days
- Useful tips for proper physical activity

I've had diabetes for 50 years and I learned something new each week in these workshops. I absolutely loved them they were fun and I feel like my life is in better control. - Former Participant



FAMILY PLANNING

IS THE FOUNDATION



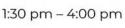
offered at no cost



DATES Each Monday







PLACE Grace Senior Center 199 Hwy 742 South

Wadesboro NC 28170 CENTRALINA

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

Call Rita at 704-994-3494 or Stephanie at 704-695-5239 for more information and to register

