Communicate, Collaborate, and Coordinate If both parents are trying to work from home, remember that you're on the same team together. Try to set up a schedule that suits everyone. Some of us are taking shifts, where one parent works from 8:30 a.m. to 12:00 p.m, while the other cares for the kids, then switching from 12:30 p.m. to 5:00 p.m. Make a plan, but leave room to be flexible. Include Your Kids Ask your children to "help" in ways that make sense for their ages.

You might help them make a "Time to Work" sign for you, then explain that when you hang it on the door, that means you need to concentrate. Help them make special artwork for your workspace - especially if you'll be in video meetings. Your kids are more likely to respect boundaries between work time and family time if they feel invested in both. Set Realistic Expectations "Productivity" looks different right now than it did

months ago. And, most of the people you work with are likely dealing with issues very similar to yours. Be a living example of the things you hope to receive from others. Give grace to your family, coworkers, and yourself.

As much as you can, enjoy this time you have together. It may be hard to remember right now, but just a few months ago, many of us were trying to find ways to spend more time with our kids. It's true that our current circumstances come with real challenges. But, it's also true that we have the power to choose how we respond. We can see them as setbacks that are causing us pain, or as opportunities to draw our families closer than ever.

COVID-19 Impact on NCDOT Forces Project Delays

As people across North Carolina have taken lifesaving measures to stop the spread of COVID-19, traffic volumes have plummeted, causing at least a \$300 million budget shortfall for the N.C. Department of Transportation (NCDOT) for this fiscal year (end-

Because NCDOT revenue is fully funded through the Motor Fuels Tax, Highway Use Tax and DMV fees, this significant impact has forced the department to notify local governments, stakeholders and the general public that all but about 50 major projects scheduled to start in the next 12 months are delayed. Projects moving forward are funded by GARVEÉ bonds, BUILD NC bonds and fed-

eral grants. A list of the projects that are still scheduled to be awarded in the next year is available

on the NCDOT website (www.ncdot.gov). The list of projects that have schedule changes can be found there also. These changes do not affect construction projects already underway or that have aleady been awarded.

The department is taking other significant steps to decrease expenditures, including:

• Allowing only mission critical purchases Laying off temporary and embedded consultants

- Suspending or decreasing many programs and services
- Hiring freeze (except for positions that impact public safety)

BOWMAN SENIOR HIGH SCHOOL

Believe it or not, it's been 50 years since

we graduated from Bowman High School.

If you are interested in joining us for

our reunion, October 10, 2020,

please contact one of the following:

Janet Brower Ross704-695-5457

Carol Benton Black 704-695-5345

Kay Howell Vaughn704-694-8016

Sandra Pegram Mabry ..704-695-5611

Gayle Davis Pegram 704-690-4783

Fran Turner Thomas704-694-8803

The department is in the process of developing plans for potential furloughs and a

Reduction in Force (RIF). Those plans are not yet complete and no decision has been made at this time to enact them.

Alzheimer's Association Free Virtual Education Classes

While the COVID-19 pandemic threatens the health of millions in this country and around the world, the novel coronavirus presents unique challenges for more than 5 million Americans, including 180,000 in North Carolina, living with Alzheimer's and their caregivers. The Alzheimer's Association, Western Carolina Chapter and the Alzheimer's Association, Eastern North Carolina Chapter are offering free virtual education programs and online support groups in the coming weeks to help all North Carolina caregivers and their families. The Alzheimer's Association offers a number of education programs that can help those living with Alzheimer's and their families understand what to expect so they can be prepared to meet the changes ahead and live well for as long as possible. 'During this challenging time, it's critical that all North Carolina caregivers have

access to Alzheimer's Association resources even if they cannot venture out," said Katherine L. Lambert, CEO of the Western Carolina Chapter. "The COVID-19 crisis is altering Americans'

CLASS OF

daily lives, but the needs of Alzheimer's caregivers cannot be put on hold. These online programs allow us to connect with caregivers and provide necessary information even amid the current crisis.

Each virtual education program is approximately one hour and allows the audience to questions and engage with others going through the journey online.

Church News

* All events are subject to change because of the COVID-19 situation. You may want to seek confirmation of events.

MAY 31 100 Women in Hats Fundraiser at New Life Trinity Church, 2:30pm for County Domestic Violence Coalition with Min Peggy Hubbard of West Rocky Ford Baptist Church in Wadesboro **JUNE 14**

Family & Friends Day

At New Life Trinity Church, 2:30pm. Theme "Value Your Family & Friends"

ONGOING * All events are subject

to change because of the COVID-19 situation. You may want to seek confirmation of events.

Bible Study At West Deep Creek

MBC each Wednesday at 6:30pm Youth Night

At Vision of God Min-

istries in Morven each Sat, 5-7pm w/bible study, Christian movies, games, crafts refreshments & **Addiction Recovery**

Support group meets

every Sunday, 6pm at Community Harmony Church in Peachland. 704-272-7410 Bible Study &

Prayer At Kesler Chapel AME

Zion every Wednesday 7pm

Bible Study Classes Every Tuesday-Evangelistic Outreach Center on Hwy 74 in Polkton at

6:30pm Bible Study

Every Wednesday night at 7pm at New Grove MBC. Need a ride? Call 704-272-8884

Bible Study Every Tuesday at 6:30pm

at Pleasant Hill Baptist Church of Ansonville

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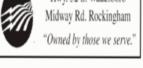
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Upcoming virtual education programs include: Understanding Alzheimer's and Dementia

- 10 Warning Signs of Alzheimer's • Understanding and Responding to Dementia-Related Behaviors
- Effective Communication Strategies
- Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning • Healthy Living for Your Brain and Body: Tips from the Latest Research

For a complete list of upcoming virtual programs, visit alz.org/northcarolina. Attendees are invited to join via video/webinar or through a toll-free number. There is no charge to participate, but registration is required at:

alz.org/northcarolina/helping_you/virtual-offerings or by calling 800-272-3900. Participants will be sent conferencing details prior to the date of each virtual program. In addition to the virtual education classes, the Alzheimer's Association offers online community resources at alz.org including ALZConnected, a free online

community where people living with Alzheimer's, caregivers, family and friends can ask questions, get advice and find support. More than 16 million family and friends, including 479,000 in North Carolina, provide unpaid care to people with Alzheimer's or other dementias in the United

> complex and quickly changing environment, the Alzheimer's Association has also offered additional guidance to families at alz.org/COVID19. The Alzheimer's Association free, 24/7 Helpline (800.272.3900) offers around-the-clock support for

States. To help family caregivers navigate the current

caregivers and families impacted by Alzheimer's and all dementia. Additional Facts and Figures: (From www.alz.org/facts) · Alzheimer's disease is the sixth-leading cause of

death in the United States. More than five million Americans are living with the disease, including 180,000 North Carolina

residents - a number estimated to grow to as many as 210,000 by year 2025. • More than 16 million family and friends, including 479,000 in North Carolina, provide unpaid care

to people with Alzheimer's or other dementias in the United States. • In 2019, friends and family of those with Alzheimer's in North Carolina provided an estimated 545 million hours of unpaid care, a contribution valued at \$7.15 billion.

Living Room

21' 11" x 12' 7"

Events

* All events are subject to change because of the COVID-19 situation. You may want to seek confirmation of events. MAY Z

Free Food Drive By Lamb of God Church,

11am at 118 West Wade Street in Wadesboro. Fresh fruit, vegetables & non-perishable foods on a first come, first served basis. Call for info, to donate or to volunteer 843-623-3777

Free Groceries

MAY 13

For families in need Mo-

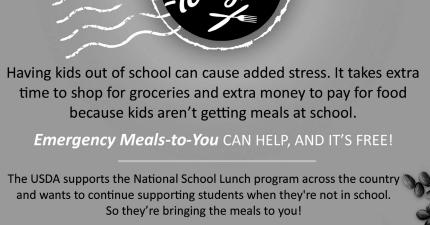
bile Food Pantry at Wingate Baptist Church, located at 109 East Elm St. in Wingate. Register 8-10am. Call for details 704-694-2445 JUNE 5 Reveal Party

For the new season at the

Ansonia Theatre. Invitation only for sponsors to have first dibs on seats, performance dates & the reveal of the 2020-21 season. To become a sponsor or for info, call 704-694-4950 or visit ansoniatheatre.com

Bedroom 2

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When you sign up to get Emergency Meals-to-You, every 2 weeks you'll get a box delivered to your home for each child in your household.

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Sign Up Here: https://NCmealstoyou.formstack.com/forms/apply Or take a photo with a smart phone of the square to the right,

take away the stress of buying groceries when school is out.

4 BEDROOM 2BATH

Bedroom 4 Bedroom 3 Site & Set Up 11' 0" x 12' 7" 11' 9" x 12' 7" Price includes heat pump, two 4x6 decks + steps, plumbing under home, concrete footings, brick skirting, electrical 200 amp service (home only), setup, blocked & tied down plus county permit.

13' 1" x 12' 7"

No land or land improvements are included.

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Family Room

15' 11" x 12' 7"

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