Support Program for those with Children with Behavioral or Emotional Challenges

The Connections Family Support Program hosts a monthly family support group the third Tuesday of each month. This is a time for those with children who have behavioral or emotional challenges to share their experiences and learn from others, while obtaining support and resources.

The next meeting will be held on Tuesday, October 18. The group meets from 6 to 7:30 p.m. at the Cooperative Extension Center, located at 501 McLaurin Street in Wadesboro. Refreshments and materials will be provided free.

Contact Suzanne Maness at (910) 627-1769, toll free (877) 211-5995, or by email at connectionsfsp@gmail.com to register. The deadline to register is Friday, October 14.

Travelers Can Find a Place in the NC Fall of Fame

As the palette turns warm and the temperatures cool, the autumn spotlight trains on the Blue Ridge Parkway and Great Smoky Mountains National Park. The vivid displays that frame waterfalls, ridges and valleys set the standard for the #NCFallOf-Fame, and destinations all the way to the sea rise to meet it in ways that make the season endlessly vibrant.

Starting Thursday, Visit North Carolina invites travelers to celebrate the season by posting pictures and videos on Twitter and Instagram with the #NCFallOfFame tag. Weekly themes will elaborate on the pleasures found in the state's natural beauty, the harvest of flavors, toast-worthy drink and outdoor adventure. Winning posts will be inducted into the North Carolina Fall of Fame.

"Fall seems to be touched by wonder," said Wit Tuttell, executive director of Visit North Carolina. "Trees change color as if it were magic. The skies are their bluest and also their rosiest at sunrise and sunset. Winemakers transform grapes into wine, and pumpkins are turned into jack-o'-lanterns, pumpkin pie and pumpkin ale. The fresh air makes us crave the outdoors and step to the beat of some of our best-known festivals. There's no end to the marvels in the #NCFallOfFame.'

VisitNC.com makes the ideal first stop for planning a fall trip. Travelers will find inspiration by interest, region or special event with lodging and dining options to round out the plan. Park rangers and other local sources will provide real-time reports on foliage colors and fishing. Travel Deals will direct hikers, golfers, wine lovers and beer lovers toward savings, and luck will reward a beach-loving couple in the Fall Escape in the Outer Banks Sweepstakes.

Below are highlights and ideas from VisitNC.com

• Find your park In the final months of their centennial celebrations, North Carolina State Parks and the National Park Service continue to showcase their assets. More than 50 span the state, from Jockey's Ridge State Park and Cape Hatteras National Seashore to Gorges State Park and the Great Smoky Mountains National Park. The fall spectrum renders unmatched beauty across nature's vast canvas.

• Feast at festivals The endless celebration of North Carolina's most famous heritage food reaches its pinnacle at Lexington's Barbecue Festival (Oct. 22), where more than 15,000 pounds of pit-cooked pig will be served. Other signature food festivals include the 30th annual NC Seafood Festival in Morehead City (Sept. 30-Oct. 2) and the North Carolina Oyster Festival at Ocean Isle Beach (Oct. 15-16).

• Confront your fear From Sept. 30 to Nov. 5, scare seekers will get what they come for at Spookywoods, a top-rated haunts-and-horror experience at the Kersey Valley adventure park. Tweetsie Railroad's Ghost Train Halloween Festival in Blowing Rock (Sept. 23-Oct. 29) and Clayton Fear Farm (Sept. 30-Oct. 31) do the trick for kids. Hauntings from history can be found near Wilmington at Poplar Grove Plantation's Paranormal Ghost Tour (Fridays in October), in Winston-Salem on the Legends and Lanterns Halloween Tours (Oct. 28-29) and in Edenton on the Historic Edenton Ghost Walk (Oct. 14-15)

 Watch color on the rise Color fills the sky at Carolina BalloonFest in Statesville (Oct. 21-23), where mass ascensions, competitions and tethered rides are the centerpiece, surrounded by a rainbow of activities. The coast responds with the Carolina Kite Festival in Atlantic Beach (Oct. 29-30). And in the High Country town of Banner Elk, intense competition features bi-colored caterpillars that race up strings at the Woolly Worm Festival (Oct. 15-16).

• See stars in cars Oct. 6-8 is prime time in Concord, where Kyle Busch, Brad Keselowski and other Sprint Cup leaders rev up for the Bank of American 500 at Charlotte Motor Speedway. And in another part of the racing world, Henderson gets ready to host Roy Johnson and honorees at the East Coast Drag Times Hall of Fame & Reunion (Oct. 14-16) for a weekend of activities.

• Go wild Like hundreds of species of birds that flock to the North Carolina coast in the fall, wildlife lovers return each year for Wings Over Water (Oct. 18-23 and Dec. 9-11). Outings on land and water may also include the chance to spot black bear, river otter, alligators and other animals. Paddlers departing Weldon for the Roanoke River Ramble (Oct. 22) can also catch an eyeful and celebrate afterward.

"The #NCFallOfFame is truly spectacular," Tuttell said. "It's something to savor and share, to remember and then look forward to returning in all its beauty and magic."

Anson County Parks and Recreation Youth Basketball 2017 Registration

Anson County Parks and Recreation is offering registration for Youth Basketball from October 1 to 31. Programs are for grades K-2; 3-4; 5-6; 7-9; and 10-12. The cost is \$25.

You can register at Little Park Monday through Friday, from 8:30 a.m. to 5 p.m. Or, you can register by visiting www.anson.nc.us and emailing a registration form. Also, registration will take place at Walmart on Tuesday, October 18, from 3 to 5 p.m.

For more information contact Jeff Waisner 704-695-2550, Wendell Small 704-695-2782 or Morris Gatewood 704-694-575

THE EXPRESS • October 5, 2016 • Page 5 Music & Dialogue About Dizzy Gillespie During SC Jazz Festival in Cheraw October 14 Through 16

Enjoy an afternoon of music at Dizzy Gillespie's family church during this year's South Carolina Jazz Festival on Saturday, October 15. Ann Caldwell and the Magnolia Singers of Charleston will provide musical selections for the program. Longtime friend and author of Music Is Forever: Dizzy Gillespie, the Jazz Legend, and Me, Dave Usher, will share memories of his 50 year friendship with Gillespie.

Ann Caldwell and the Magnolia Singers is an a cappella group who performs Gullah spirituals, and stories indigenous to the South Carolina Lowcountry. The singers perform a beautiful blend of spirituals, infused with fine acoustic harmonies and percussion instruments.

The program will be at Wesley United Methodist Church in Cheraw from 2 to 3:30 p.m. at 307 Greene Street. This free event is appropriate for all ages. Visit www.scjazzfestival.com for additional information about the program and additional festival happenings or call 843-537-8420 x 12.



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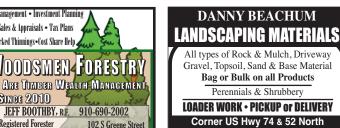
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