Fresh produce, health checks, and helpful hands offered free

The Anson Mobile Food Market is back on Thursday, October 16, at 4:00 p.m. sharp, setting up at Wadesboro Primary School, 1542 US 52 South. Think of it as a rolling farmers' market that delivers the goods - literally.

Shoppers can expect bags filled with fresh vegetables, fruit, and bread (when available). And this market isn't just about filling your pantry - it's about boosting your health. Free blood pressure and blood sugar checks will be offered, along with booths covering

healthy living tips and resources. Elderly or disabled attendees don't have to worry about juggling heavy bags - volunteers will be on hand to help. Everyone in Anson County is welcome, and no paperwork or proof of income is required. Just show up, smile, and get ready to head home with six to eight different types of produce.

Nothing is required for you to receive food, just come.

The Mobile Food Market, sponsored by the Anson County Extension and its partners, is more than a grocery stop. It's an educational event targeting two top health concerns in Anson County: tobacco use and hypertension. Local agencies will be set up with information, services, and encouragement.

So mark your calendar for October 16 - it's free, it's fresh, and it's one market you don't want to miss.

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Coming from Anson County, we are on the left before you get to Food Lion



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GULLEDGE FIRE DEPARTMENT Saturday, Oct. 11 11am until...

CHICKEN OR PORK

Served with Baked Beans, Slaw, Rolls, Homemade Desserts & Drink \$13/Plate



\$13 Cartons Available Warm or Cold

Church

Homecoming & Revival

At Johnson Chapel Holiness Church. Sun 11:45am - Pastor Pearl Taylor. No afternoon service. Mon - Bishop Jerry T. Hardison, Tue & Wed - Pastor Sylvia McLendon. All at 7pm nightly. All are invited.

OCTOBER 6 - 12 63rd Annual

Convocation Revival

Grace Temple Church, 717 Firetower Lilesville in Pre-Musical on Mon at 7pm. Services are Tue-Sun 10am & 7pm & all are welcome to any or all of the services.

OCTOBER 12

Family & Friends

Day At Rocky Mount AME Zion Church in Ansonville at 2:30pm with Rev. Anthony Ledbetter, Pastor of

Piney Grove Church in Wadesboro. A cookout dinner will be served after the morning service. Appreciation Program Celebrating

God Servant Rev. JoAnn Bennett, 2pm at Ebenezer Missionary Baptist Church with Rev. Barbara Thomas. You are invited. Pastor Rev. Alban Burney. Women of Grace

At New Grove Missionary Baptist Church 2:30pm featuring 5 speakers: Pastor Samantha Bowden, Min. Lilly Ingram, Rev. Maudie Parsons, Rev. Teresa David & Pastor Cynthia Martin.

OCTOBER 12 & 13

145th Homecoming & Revival At Ebenezer Presbyterian Church, 2271 Shiloh Church Rd in Morven. Homecoming Sun with Rev Shelby Lawson of China Grove, NC at 11am, followed by dinner. "Ministry in Song" with Gospel Music Workshop of America Mass Choir from Charlotte. Revival Monday at 7pm. Speaker to be announced. **OCTOBER 18**

Fall Festival At Harmony Community Church, 1984 Pulpwood Yard Rd in Peachland. Costume contest starting at 5:30pm, with dinner & events to follow! FREE EVENT! Info 704-272-7127.

OCTOBER 19

75th Homecoming

At Bethany Freewill Baptist Church, Old Lilesville Rd in Wadesboro

THE EXPRESS • October 8, 2025 • Page 4 THE CHURCH CALENDAR IS BROUGHT TO YOU BY THESE SPONSORS

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WADESBORO Rev. Tommy McKenzie. Catered meal

provided. **OCTOBER 20 - 24**

Fall Revival

At Victory Temple Miracle Center, 1685 Morgan Sellers Rd in Wadesboro. Pastor Larry Williams of Tabernacle of God Ministries in Dillon, SC at 7pm nightly.

OCTOBER 25 50 Years of Ministry Celebration

For Dr. T.J. Horne at Harvest Ministries Outreach Center in Wadesboro, 4-7pm with Pastor Diane Barrino & other musical guests. Donated tickets are \$10, formal event attire is black & silver. **OCTOBER 26**

51st Pastoral Anniversary

For Pastor D.S. Taylor at East Rock Ford Missionary Baptist Church, 11am.

Pastoral Anniversary Pastor Gregory Everett & Lady Donna Everett at First Baptist Church-Sikes Ave in Wadesboro with Pastor Keith Bradley of Heirs Christian Center in Charlotte at 11am.

15th Pastoral Anniversary At Rock Hill Missionary Baptist Church for Pastor T.J. Horne at 11am with Rev. Eddie May, followed by dinner. Rev. LaGrant Maye at 3pm.

ONGOING

Community Bible

Monday nights 6-7pm at Henderson Grove Missionary Baptist Church, 1574 W. Wall St. in Lilesville. Everyone is invited.

Events

OCTOBER 16

Free Food - Anson Mobile Food Market

4:00 p.m. at Wadesboro Primary School, 1541 US 52 South. Fresh veggies, fruit & bread if available. Blood pressure checks, along with healthy living topics & booths. Nothing required to receive

food, just come! Volunteers will help you carry bags. Sponsored by Anson Cooperative Extension Service. **OCTOBER 21**

Board of Commissioners Meet 6pm in Board Room, Suite 209, in Government Center, 101 S Greene St in uptown Wadesboro. Meetings are available online at youtube.com, search for Anson Commissioners. To appear, sign up prior to meeting. Info 704-994-3201. **OCTOBER 27**

NAACP Meeting

They invite you to attend. 6:30pm at Ebenezer Baptist Church, located at 612 Salisbury Street in Wadesboro. They welcome everyone. Meetings are held the fourth Monday of each month. For info: Sinic Marsh mrshs6@yahoo.com or 704-254-0630.

NOVEMBER 8

Bike Ride To support Hope Pregnancy Resource Center. Registration 8-9:30am, breakfast 8am, briefing 9:45am, kickstands up 10am. \$20 single, \$25 rider. 2485 US 74, Wadesboro. RSVP 704-694-8988.

Library Lifts The 'Shhh' For Bluegrass

For one glorious morning, the Hampton B. Allen Library will suspend the national shushing ordinance and invite everyone to make joyful noise. On Monday, October 13 at 10:30 a.m., the Little Theater becomes a not-so-little soundstage as the library's Bluegrass Jam Group, directed by Randy Collins, tunes up between the biographies and the banjo jokes. Players are standing by with fresh strings and very forgiving metronomes.

Expect a friendly three-chord stampede of bluegrass, country, and gospel - otherwise known as the holy trinity of toe percussion. Applause is encouraged, clapping on the 2 and 4 is appreciated, and MIKE CAUSEY COMMISSIONER yes, library cards are valid for borrowing good vibes.

Questions, encores, or lost picks? Call 704-694-5177.



MOBILE FOOD MARKET

FREE FOOD MONTHLY

THURSDAY OCTOBER 16 BEGINS AT 4PM

WADESBORO PRIMARY SCHOOL 1542 US 52 South in Wadesboro

FRESH VEGETABLES, FRUIT & BREAD (IF AVAILABLE) BLOOD PRESSURE CHECKS BLOOD SUGAR CHECKS

OTHER HEALTHY LIVING TOPICS & BOOTHS Nothing is required for you to receive produce, just come.

Sponsored by NC Cooperative Extension, Anson County, Sandhills Aginnovation, Pilgrim's & Atrium Health Food given out as supplies last

NEWS RELEASE INFORMATION PROGRAM DATE: September 3, 2025 **CONTACT: Wanda Talbert (704) 694-6616**

Commissioner Causey urges Medicare RALEIGH — Insurance Commissioner Mike Causey reminds Medicare beneficiaries that it's time to compare

beneficiaries to check their options for 2026

"What worked for you this year may not be the best plan for you in 2026," Commissioner Causey said. "It is important to take advantage of the Open Enrollment Period by contacting local Seniors' Health Insurance

and evaluate their current plans and make necessary changes during the annual Open Enrollment Period.

Information Program (SHIIP) counselors to save money, improve your coverage or both." The Open Enrollment Period begins on Oct. 15 and runs for eight weeks to give you enough time to review and make changes to your Medicare coverage. Changes must be made by Dec. 7 to guarantee your coverage

will begin without interruption on Jan. 1, 2026. It is important to contact your local SHIIP counselor before deciding about coverage for 2026. This may help you receive a more affordable and better Medicare health and/or drug plan in your area. For example, even if

you are satisfied with your current Medicare Advantage or Part D plan, there may be another plan in your area that covers your health care and/or drugs at a better price. SHIIP is a division of the North Carolina Department of Insurance and offers free, unbiased information about Medicare, Medicare prescription drug coverage, Medicare Advantage, long-term care insurance and other health

insurance issues. SHIIP counselors can also help people find out if they are eligible for Medicare cost savings programs. Here are some of the ways to review and compare plans available for 2026:

- Get one-on-one help from a local SHIIP office by calling Grace Senior Center at (704) 694-6616.
- Get one-on-one help from SHIIP by calling 1-855-408-1212, Monday through Friday, from 8 a.m. to 5 p.m.
- Visit www.medicare.gov/find-a-plan.

Raleigh NC 27604 www.ncdoi.gove