

Anson Writers' Club Contest Now Accepting Entries

The Anson County Writers' Club (ACWC) is pleased to announce its Twenty-Fifth Contest in Prose and Poetry. The ACWC will award over \$400 in prize money to the winners of the annual writing contests.

First, second and third place winners in the adult prose and adult poetry categories will receive \$50, \$30 and \$20, respectively. Youth winners (grades 10-12) will receive \$20, \$15 and \$10, respectively. Grades 3-6 and Grades 7-9 will compete separately in the children's division. Prizes are \$15, \$10 and \$5, respectively, for prose and poetry winners in both categories.

All winners will receive a certificate suitable for framing and will be honored at a reception for friends and family on Sunday, Feb. 22, 2015. Winning entries of the contests will be published in an anthology, Anson Pathways IX, which will be released in 2016. Previous issues of Anson Pathways, which has been published every three years since 1991, are available at the Anson County Arts Council.

The adult contests are open to anyone residing in, having resided in, attending school in or working in Anson County; or members of the ACWC. There is a \$1 entry fee, which is waived for students at any institution of higher learning.

There is no entry fee for students. Entries will be accepted from students living in or attending school in Anson County. Rules and entry forms will be provided to all schools.

Deadline for the 2014 contests is 5:30 p.m. on Monday, Dec. 8. A complete copy of the rules and an entry form that must accompany each entry are available at the Hampton B. Allen Library, the Anson County Chamber of Commerce, or by writing to ACWC 2014 Contests, P.O. Box 363, Wadesboro, N.C., 28170 (enclose a self-addressed, stamped envelope).

The contest co-chairmen urge writers to study the contest rules carefully. In past years, some excellent entries that might have won were disqualified because the writers did not follow instructions. For more information, call contest co-chairmen Kaye Ratliff at 704-694-5431 or Beverley Getzen at 704-694-7022.

During Domestic Violence Awareness Month Legal Aid Helps Light the Pathway to Peace

While recent high-profile incidents continue to fix the nation's attention on the problem of domestic violence, Legal Aid of North Carolina is doing its part locally during Domestic Violence Awareness Month to shine a light on the critical ways Legal Aid can help victims escape from violence.

Throughout October, Legal Aid's field offices around the state will display purple lights in their windows to mark Domestic Violence Awareness Month and symbolize the ways that committed and compassionate Legal Aid attorneys can help light a pathway to peace for victims of violence. The effort is inspired by a campaign launched by the West Virginia Coalition Against Domestic Violence.

"Everyone knows that uneasy feeling you get when walking down a dark path," said TeAndra Miller, head of Legal Aid's Domestic Violence and Sexual Assault Practice Group. "Because you fear the unknown, you may walk very gingerly, start down the path and turn around or freeze in your tracks. Some victims have shared that they experience similar feelings when they are ready to seek assistance to end the violence. We want people to know that we are one of many lights – an important light – that can lead victims down the lit pathway to peace."

Every year, Legal Aid's domestic violence and sexual assault advocates, working in partnership with shelters and other service providers, help thousands of North Carolinians secure protective orders against their abusers, protect custody of their children, defend their housing and essential property rights, and address issues of employment, immigration, education and more.

"Legal Aid lawyers are the unsung warriors in the fight against domestic violence," said Miller. "With no fanfare and often no recognition, Legal Aid advocates are on the front lines everyday representing victims and ensuring they have real, viable opportunities to escape their abusers with their safety, property and family intact."

The role played by civil legal aid lawyers in the fight against domestic violence is not often in the spotlight, but a 2003 study by two economics professors found that the increase in the availability of civil legal aid in the 1990s, when federal funding for legal aid programs was at its peak, was one of the primary factors explaining the sharp decline in domestic violence incidents during that decade.

"Because legal services help women with practical matters such as protective orders, custody, and child support they appear to actually present women with real, long-term alternatives to their relationships," wrote Amy Farmer and Jill Tiefenthaler in Explaining the Recent Decline in Domestic Violence, published in the April 2003 issue of Contemporary Economic Policy (onlinelibrary.wiley.com/doi/10.1093/cep/byg002/abstract).

Throughout October, Legal Aid advocates will be hosting, co-hosting and attending outreach events across the state to help raise awareness of the problem and spread the word about the help that is available. The events include a candlelight vigil in Greenville, documentary screening and panel discussion in High Point, march and rally in Wilmington, training session for law students in Raleigh, and a community summit in Durham.

Domestic violence victims who need help should contact their local domestic violence or sexual assault agency. Visit the websites of the North Carolina Coalition Against Domestic Violence (nccadv.org/service_providers.htm) and the North Carolina Coalition Against Sexual Assault (www.nccasa.org) for more information.

Domestic violence victims who need legal help should call our toll-free Helpline at 1-866-219-LANC (5262), fill out the online application (www.legalaidnc.org/apply) or contact their local office.

Other civil legal aid organizations in the state that can help domestic violence victims include Legal Services of Southern Piedmont in Charlotte (www.lssp.org) and Pisgah Legal Services in Asheville (www.pisgahlegal.org).

Legal Aid of North Carolina's work would not be possible without the help of supporters in the legal community and beyond. If you are an attorney who would like to provide pro bono service to Legal Aid clients, contact your local office for more information. Support our work by making a donation during Domestic Violence Awareness Month at www.legalaidnc.org/donate.

Legal Aid of North Carolina is a statewide 501(c)(3) nonprofit law firm that provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity. Learn more at www.legalaidnc.org or find them on Facebook or Twitter.

Electronics Recycling Drive is November 1

Cub Scout Pack 530 will hold an electronics recycling drive on Saturday, November 1 at Peachland United Methodist Church. Everyone is invited to drop off unwanted items from 9 a.m. to noon. This includes any items that plug in or charges up...and this service is free.

Among the items they accept are computers, phones, monitors, vcr/dvd players, small appliances, white goods, televisions, inkjet and toner cartridges and more. A certificate of destruction is provided for computers to ensure that your data is safe.

This recycling event will help keep Anson County clean and green.

If you cannot transport large items, or if you have questions, contact Laura Laney at 704-994-9173.

Anson Football Pink Out Game October 24

On Friday, October 24, the Anson High School Football game will be in the pink. It is "Pink Out" night in honor of Breast Cancer Awareness Month.

Everyone is encouraged to come to the game wearing pink! During pre-game there will be a special flag presentation, and at halftime we will host our annual Mass Band performance which includes the Anson Middle School Band playing alongside the Anson High School Band.

Athletic Director Terry Mabry would like to invite all of you to take part in this very worthy cause. She encourages you to come out and support the Bearcats!

Flu Vaccinations Available at Health Department

The 2014-2015 flu season is upon us, and you may be undecided about whether to get the flu shot. The New England Journal of Medicine reports that receiving your yearly flu shot is a heart smart move. The Journal reports that the odds of having a heart attack are increased five fold in the first three days of diagnosis of influenza. Infection triggers an inflammatory response through out the body that causes a narrowing of arteries and stresses the heart.

The Centers for Disease Control and Prevention (CDC) recommends vaccination before December to ensure that protective antibodies are in your system before flu activity is typically at its highest. The CDC continues to encourage vaccination throughout the flu season, which may begin as early as October and last through May.

While the CDC's Advisory Committee on Immunization Practices (ACIP) recommends everyone over the age of 6 months should get the flu vaccine each season, it is especially important for the following high risk groups:

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
- Health care workers
- Household contacts of persons at high risk for complications from the flu
- Household contacts and out of home caregivers of children less than 6 months of age

The Anson County Health Department has begun offering appointments for Flu shots (influenza vaccine) for the 2014-2015 season. Flu shots will be available by appointment and available to walk-in patients on Wednesdays, from 3 to 5 p.m. The health department will accept all types of insurance for flu shots. Flu shots are free for children under 18 years old if they are uninsured. The cost for adults is \$35 and a high dose flu vaccine is available for those who qualify for \$80.

The pneumonia vaccine will also be available for adults 65+ years old or those with risk factors for \$70.

If you have any questions, or to schedule your appointment, please call Anson County Health Department at 704-694-5188 or 704-994-3320.

Healthy Living and Eating Seminar is October 19

Pathway to Peace Ministries presents ANEWSTART, healthy living seminar and cooking class on Sunday, October 19, from 3 to 5 p.m. Learn how to cook plant-based foods that will heal you. Learn how to lose weight, have more energy, reduce cholesterol, reverse diabetes, lower blood pressure, and much more.

Interested? Come! Seminar and cooking class is FREE! It will be held at 11775 Highway 109 South in Peachland. For more information call 704-695-1441.

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