THE EXPRESS • October 16, 2013 • Page 2 EAT IN • TAKE OUT • DAILY BUFFET 910-582-3339 · Fax 910-582-3369 Super Wal-Mart Shopping Center 722 US Hwy 74 E in Rockingham

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WADESBORO TOWN COUNCIL

November 5th 2013

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Movie Night at the Ansonia Theatre

It's almost halloween. Spooky and hilarious, the movie The Ghost and Mr. Chicken is perfect for the holiday! You are invited to come to the Ansonia Theatre for this movie...just like old times! Join your friends - young, old and everyone in between on Friday night, October 18 at 7 p.m. Doors open at 6:30. This 1966 movie stars Don Knotts (Barney on the Andy Griffith Show) at his comedic best.

Tickets (available in advance or at the door) are general seating and cost \$5. Snacks and drinks will be for sale in the Arts Council office. For information call 704-694-4950.

SPCC to Host Multicultural Festival this Friday and Saturday in Wingate

South Piedmont Community College will host the 2013 Multicultural Festival on October 18-19 at The Jesse Helms Center (3910 Hwy. 74 East, Wingate). The free event will run from 5 p.m. until 9 p.m. on Friday and from 11 a.m. until 5 p.m. on Saturday and is open to the public.

Food and film will be the focus on Friday. Charlotte Magazine's "Best of the Best" Personal Chef Bill Bigham (formerly with the College of Culinary Arts at Johnson and Wales University) will offer Asian, Caribbean and Cuban cooking demonstrations. Six foreign films will be shown: Life Is Beautiful, When Harry Tries to Marry, The Chosen, The Joy Luck Club, The Triplets of Belleville and Ponyo. Our international film session on Friday encourages viewers

to reach beyond the boundaries of their own experiences, said Steven Smith, event organizer and sociology instructor at the college. "Selected films provide viewers with windows into societies and cultures from around the world. Parents can enjoy the movies while trained childcare providers and a professional storyteller entertain children.' International dance demonstrations, interactive activities and

faculty-led discussions will be featured on Saturday. Food trucks and a craft marketplace will offer food, drinks and handcrafted items for purchase that represent a variety of cultures. This is a two-day event because there is such a variety

of hands-on activities and enjoyable entertainment to be showcased," said event organizer Anjella Tabor-Smith, who teaches Spanish at South Piedmont. enthusiasm of performers will really draw people into the experience. For example, on Saturday you can experience African, Indian, Latin, Hawaiian and Mexican dances. Henna hand painting, a Japanese tea ceremony, Haiku

poetry writing, a lesson on basic sign language and art lessons are among the activities on Saturday. Faculty will lead discussions on cultural issues, including topics on civil rights and religion. Free childcare with various children's activities will be provided for children under age 6.

Attendees will be invited to submit recipes for a recipe book that will celebrate how families gather together and how food can join diverse people in fellowship.

For a full schedule of festival events, www.spccevents.com.

Author Robert Macomber to Speak at Library

Robert Macomber, an award winning maritime author, lecturer and television commentator will present a book talk and book signing at Hampton B. Allen Library on Friday, October 18 at 10 a.m. Everyone is invited.

Free Memory Screening Day

Enjoy this reprint of the Remembering column from July 4, 2007

National Memory Screening Day, an annual initiative of the Alzheimer's Foundation of America (AFA), will be held at Grace Senior Center on Tuesday, November 19. Free confidential memory creenings will be held from 10 a.m. to 2 p.m. Qualified healthcare professionals will administer the memory screenings and provide educational materials about memory concerns, brain health and caregiving. The face-toface screenings consist of a series of questions and tasks, and take five to 10 minutes to administer.

AFA suggests memory screenings for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; who believe they are at risk due to a family history of dementia; or who want to see how their memory is now and for future comparisons.

Screeners emphasize that results are not a diagnosis, and encourage individuals who score poorly as well as those who still have concerns to pursue a full medical examination.

Such screenings are becoming increasingly important as the number of baby boomers turning age 65 - the at-risk age group for Alzheimer's disease - continues to climb. The federal government's historic "National Plan to Address Alzheimer's Disease" urges a greater emphasis on both early diagnosis and education about Alzheimer's disease and related

For more information and to register for the National Memory Screening Day, call Wanda Talbert at (704) 694-6616.

Rabies Vaccination Clinic is Saturday

The 2013 Fall Rabies Vaccination Clinic will be held on Saturday, October 19 between the hours of 2 and 5 p.m. at Tractor Supply in Wadesboro. The reduced cost of the rabies vaccination is \$5 per vaccination. This clinic is sponsored by Brown Creek Animal Hospital and the Anson County Health Department.

Ghost Stories at the Depot

One night only, Saturday, October 26, beginning at 7 p.m. at the Polkton Depot, get into the Halloween mood with a good scare! Come out to hear creepy tales about Anson County. Groups will hear stories in thirty minute increments. Check

out the latest novel by local author C. Moore (Cindy Ponds Newell) and enjoy refreshments while you wait. Door prizes will also be available! This spooky event ends at midnight. Copies of Newell's novels will be available, and they'll be

offered at a discounted price that night only. The cost of the ghost story hour is \$5 per person. Newell said, "This is the perfect alternative to 'haunted

houses,' but rest assured, you'll get a good scare!" The Polkton Depot is located just beyond the railroad tracks

at the intersection of Highways 218 and 74.

Stroke and Osteoporosis Screenings Coming to Wadesboro

Residents living in and around the Wadesboro community can be screened to reduce their risk of having a stroke or bone fracture. Twin Valley Country Club will host Life Line Screening on Wednesday, October 23.

Four key points every person needs to know: 1) Stroke is the third leading cause of death and a leading cause of permanent disability; 2) 80% of stroke victims had no apparent warning signs prior to their stroke; 3) Preventive ultrasound screenings can help you avoid a stroke; and 4) Screenings are fast, noninvasive, painless, affordable and convenient.

Packages start at \$159. All five screenings take 60-90 minutes to complete. For more information regarding the screenings or to schedule an appointment, call 1-877-237-1287 or visit www.lifelinescreening.com. Pre-registration is required.



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Anson Community Hospital Carolinas HealthCare System

Call 704.695.3472 to Schedule an Appointment.

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