

Legislative Update

From Sen. Gene McLaurin: Congratulations are in order ... I begin by congratulating 16 year old Ashton Locklear, a native of Hamlet, NC for her hard work and amazing performance in the World Women's Gymnastics Championships. As part of Team USA, Ashton played a significant role in helping Team USA secure the World Championship Title in Nanning, China. Daughter of Carrie and Terry Locklear, Ashton grew up training at Physical Awareness & Gymnastics with Terry Barrett in Hamlet and began competing at the young age of 5. She is a shining example of what can be achieved when someone works hard, receives support from family and friends, and uses their God given talents. Please join me in congratulating Ashton on Facebook, and wishing her well in the future. We may be watching her compete in the Olympics one day soon. <http://www.teamusa.org/News/2014/October/08/Team-USA-Womens-Gymnastics-Golden-At-World-Championships>

• NC League of Municipalities Award Recently I had the opportunity to join members of the N.C. League of Municipalities – a group that represents mayors and city council members statewide - in Greensboro for their Annual Meeting. I was humbled to accept the Community Champion Legislator Award for my efforts in Raleigh to stand up for our rural area of the state as well as other small towns across the state.



Senator Gene McLaurin (left) and Paul Meyer, Executive Director of the NC League of Municipalities.

• Farm Bureau Meetings Our county Farm Bureau Boards are currently having their annual meetings. I was able to attend the Anson County Farm Bureau Meeting at the Lockhart-Taylor Center recently. Anson County was named the 19th best place in the country to farm, and the 3rd best place in our state. I could not pass up the opportunity to express our appreciation for farmers here in our district. The NC Farm Bureau is a true example of a grass roots organization – as they use their expertise and influence to educate legislators and other state leaders on issues of importance to the farm community in N.C. As a member of the Senate Agriculture Committee, I have enjoyed working closely with farmers in our district as well as Farm Bureau members to promote and protect our family farms.

• Education Recently I shared with you my appointment to the Best NC Task

Force on Early Childhood Educators and the Task Force on Teacher Compensation, Evaluation, and Retention. These two working groups have just begun to meet, so I am in the process of reaching out to educators in our district to get input, so I can better represent the needs of our rural schools. Too often I have heard from teachers who have expressed difficulty in making ends meet with a mediocre state salary. All the while, they have remained dedicated to their students and work overtime to meet the demands of the job. Please write to me (Gene.McLaurin@ncleg.net) to share your thoughts on how to accomplish our shared goals of raising teacher pay in proportion to at least the National Average, as well, as attracting the best and brightest to the profession, and retaining high quality teachers. It is disheartening to know that several public universities in our state, known for their Schools of Education, have experienced low interest in these programs, losing 40-50% of their enrollments. If we want our youth to consider paying it forward by investing in education and becoming a teacher one day, we have a lot of work to do.

• Fall Festivals I have attended several fall festivals recently: Norman Fest in Richmond County, Best of Badin Festival in Stanly County, Taste of Pee Dee in Anson County, and several other events at Morgan Ridge Vineyards in Rowan County.

• Young Leaders Advisory Council Thanks again to the Laurinburg/Scotland Chamber for partnering with me in September to host the Young Leaders Advisory Council that met in Laurinburg last month. This was a great opportunity to meet more young professionals in our district and discuss state policy and budget matters. Thank you to everyone who came out.

As always, if you need assistance in communicating with any state agency, please reach out to my office for help, as we can advocate for you, help get your questions answered, and find solutions. (919) 733-5953, Gene.McLaurin@ncleg.net

From the Providers Desk: Health Care & Technology

Sandra C. Teal, RN, FNP, Carolinas HealthCare System Anson

You may have heard about the ways technology is revolutionizing health care. This includes apps for your smart phone, electronic medical records, virtual visits, and online systems that give you instant access to your medical information. One of these new tools that can play an important role in your health is online patient communication systems. These online systems, like Carolinas HealthCare System Anson's MyCarolinas, can play an important role in helping you and your doctor communicate.

How many times have you misplaced a letter with your lab results? Struggled to remember all the medications you've taken in the last few months? Or wished you could ask your doctor the question you forgot to ask during your appointment? Systems like MyCarolinas provide all of this kind of information and can really help you stay involved in your health care. These systems can be your medical home – collecting and coordinating information from all of your doctors that are part of the same health care system.

Just recently, I've sent several patients messages responding to their lab results and also adjusted their medications via MyCarolinas. In addition, I've been able to answer certain questions through MyCarolinas that patients may have forgotten to ask during their appointment, preventing additional office appointments.

- Online systems like MyCarolinas can provide:
- Secure messaging - Securely send messages to your healthcare team
 - Health summary - View data from your electronic medical record including medication history, allergy list, immunizations, problem list and discharge summary
 - Lab results - View lab and test results 72 hours after results have been returned to physicians
 - Directly book appointments - with select physicians
 - View and renew prescriptions
 - Pay online - Pay hospital or physician bills
 - Manage your child's health - you can add a child under the age of 13

I encourage you to take the time - today - to sign up for your new online help. If you aren't sure how to do that, please call them. Their staff will be happy to help.

Sandra C. Teal, RN, FNP, sees patients at Carolinas HealthCare System Anson. For more information, visit CarolinasHealthCare.org/anson.

UPFFC's Farm & Food Fest 2014 Featuring the Workshops and Speakers

Calling all farmers and everyone interested in our local farms and local food to register now for the Upper PeeDee Farm and Food Council's Farm and Food Fest 2014. This event for the region will be Saturday, November 8, 8:45 a.m. to 3 p.m., at the renowned Lucky Clays Farm located near Norwood, www.luckyclaysfarm.com.

Attendees will choose two of the three workshops that feature expert panelists from around the state, plus an information-packed plenary session. Workshops are:

- "Aquaponics/Hydroponics" – Led by Bradley Todd, Greenhouse Manager and staff of Lucky Clays Fresh, learn how they are producing tilapia, prawns, lettuces, herbs and edible flowers for the Charlotte market.
- "Alternative Energy for Farm and Home" – Joel Olsen, o2 Energies; Sean Hackett, Entropy Solar Integrators; and Debra Nesbitt, USDA Renewable Energy for America (REAP) will share the newest options and benefits of solar and wind.
- "Marketing for the Small Farm: Connecting Producers with Consumers," Smithson Mills, Asheville businessman; Rebecca Dunning, NCSU's "NC Growing Together;" and Debbie Hamrick, NC Farm Bureau, will discuss the latest on how connecting producers and consumers of healthy local food can build our farm and food system.

The plenary session features two speakers who will assure us that "Local Food Is Here to Stay." Debbie Hamrick, NC Farm Bureau, and Christy Shi, Shi-Day Consulting, will tag-team about how interest in local farms and food is surging in NC, especially in the Charlotte region and beyond, and how you can be a part of that movement.

You will enjoy a menu of delicious, locally-grown food, catered by the Charlotte region's ROOTS. The Naked Pig, Bountiful Harvest Farm, Hilltop Angus and other local farms are contributing product from summer and fall harvests.

Uwharrie Bank is underwriting the event and will be on hand to discuss lending options to local farmers for farming and food production.

You must pre-register by October 31 for the 2014 Farm and Food Fest. Purchase tickets now at www.upffc.org. For more information, contact info@upffc.org or Shannon Johnson at (704) 984-9415 or Nancy Bryant at (704) 474-9134.

Do You Need a Coat or Blanket? Would You Like to Donate?

The Faith-Based Center of Hope has begun their "Warm Coats, Warm Hearts" program. They have distributed coats to several of the churches and schools in Anson County.

Blankets for the elderly are also available. To donate coats and blankets or to request help, please contact Vancine Sturdivant at 704-848-4412 or Ester Lindsey at 704-848-8452.

Halloween Safety Tips from Sheriff Allen

From Sheriff Tommy Allen: The holiday season is about to begin with Halloween in a few days. The last few years have been uneventful with no major accidents or injuries. However, as Halloween is on a Friday this year, kids and adults may be out later than usual. Kids do start out early, beginning usually just before sunset. Twilight is a very dangerous time as it is often hard to see people walking in the late afternoon sun.

With that said, here are some safety reminders to help make this Halloween safe and fun for all. First of all for parents: Stop at houses that are well-lit and never allow a child to enter a stranger's home. Tell your children not to eat any treats until they have returned home and you have had a chance to inspect them. Halloween is for kids, and parents should always be with kids age 14 and under.

Make sure your children are dressed in bright clothing and have them to carry a flashlight with fresh batteries. Masks can obstruct a child's vision. Use facial make-up instead. Do not allow children to carry sharp objects. I once had a twelve year old come to my house carrying a real machete. I don't know what that parent was thinking.

As we drive around, remember there will be a lot of children out late in the evening and after dark. Watch for them on roadways and medians and darting out from the evening parked cars. Expect the unexpected. Sometimes we can over decorate our homes. Make sure there are no open flames around Jack O'Lanterns where costumes could brush against and catch fire.

Extra Deputies will be out patrolling this Halloween. We hope they are not needed, but they will be available just the same. With a few precautions and some good old common sense we can make this Halloween a fun time, but more importantly, a safe time for kids and adults as well.

Wadesboro Rotary Club

BBQ

AND COW PASTURE BINGO

Tuesday, November 4, 2014 at the National Guard Armory

Cow Pasture Bingo
Win \$1,000

Tickets \$10 each
Winner determined by survey
Decision of judges is final

PORK BBQ OR ADOBE CHICKEN

SERVING 11 A.M.-6 P.M.
Plate includes BBQ or chicken, baked beans, slaw, roll and cookie

Tickets \$9 each
Takeouts available
Bake sale items as priced



HOLIDAY AUCTION

28th Annual Holiday Auction Benefiting Hospice of Union County and Hospice of Anson County

Saturday, November 8, 2014
First Baptist Church | W. 109 Morrow Ave. | Monroe, NC 28110

REGISTRATION AND PREVIEW
8 a.m. to 9 a.m.

LIVE AUCTION
9 a.m. to 1:30 p.m.

SILENT AUCTION
9 a.m. to 1 p.m.

For more information on items available for bid, visit CarolinasHealthCare.org/Hospice-Holiday-Auction

To donate an item to auction, contact Wayne Berg at 704-292-2130 or Wayne.Berg@houc.org

