

1529  
Bulk Rate  
U.S. Postage  
PAID  
Permit #149  
Wadesboro, NC  
28170  
Postal  
Customer

# THE EXPRESS

205 West Morgan Street • Wadesboro, NC 28170 • 704-694-2480 • [TheExpressNews@gmail.com](mailto:TheExpressNews@gmail.com) • [www.TheExpressNewspaper.com](http://www.TheExpressNewspaper.com)

Serving Anson County and the Municipalities of Ansonville, Lilesville, McFarlan, Morven, Peachland, Polkton and Wadesboro.

## Remember, Clocks 'Fall Back' to Daylight Standard Time Saturday Night

Change your clocks and your smoke detector batteries

Daylight Standard time officially begins at 2 a.m. this Sunday, November 4. Remember to move your clocks back one hour before you go to bed Saturday night.

As daylight standard time approaches, N.C. Insurance Commissioner and State Fire Marshal Mike Causey wants to remind all North Carolinians - when you change your clock this weekend, remember to change the battery in your smoke alarm.

"Smoke alarms cut the risk of dying in a fire in half, but they need to work in order to do it," said Commissioner Causey. "Taking just a few minutes to change batteries in smoke alarms can be the difference between life and death."

According to the National Fire Protection Association (NFPA), families have an average of three minutes to get out of their homes after their smoke alarm sounds due to fire. However, those life-saving minutes only occur when alarms are fully powered and operational.

The NFPA reports three out of every five home fire deaths across the nation resulted from fires in homes with no smoke alarms or no working smoke alarms. In fires in which the smoke alarms were present but did not operate, more than half of them had missing or disconnected batteries after nuisance alarms, such as the alarm going off during cooking. Dead batteries caused one-quarter of the smoke alarm failures. Hardwired power source problems caused 7 percent of the failures. The rest of the failures occurred because of defective or improperly installed alarms.

In addition to changing or checking your smoke alarm battery, residents should take note of the following fire preparedness tips:

- Place a smoke alarm on every level of your home outside sleeping areas. If you keep bedroom doors shut, place a smoke alarm in each bedroom.
- Teach children what the smoke alarm sounds like and what to do when they hear it
- Prepare and practice an escape plan - know at least two ways out of a room, crawl low under smoke and plan where to meet outside.

For more information on how to check smoke alarm batteries or have an alarm installed, contact your local fire department or the Office of State Fire Marshal at 1.800.634.7854.



## Anson Schools Superintendent Michael Freeman Recognizes Board of Education for Their Commitment to the School System

During the recognition portion of the Anson County Board of Education Meeting on Monday, October 29, Superintendent Michael Freeman took a moment to praise the Board of Education (BOE) for their tremendous commitment to supporting Anson County Schools (ACS).

In recent years the BOE has been instrumental in supporting the redesign of Anson High School (AHS) making AHS and Anson County Early College High School (ACEC) great choices for students to earn credentials forming the foundation for a bright future.

Anson Middle School continues to transition through a major reform academically, similar to AHS and ACEC.

This BOE is also committed to working with the Board of County Commissioners to build a new middle school and completing major renovations at Anson High School. All Anson County Public Schools are demonstrating specific academic growth in the area of student learning."

Mr. Freeman said, "I want to thank the Board of Education for their success as elected officials representing children and families in Anson County."

## Open Enrollment for 2019 Federal Health Insurance (Affordable Care Act) Begins this Thursday, November 1

You can apply online for tax subsidies to offset premium cost with the Affordable Care Act

Officials with the N.C. Department of Insurance remind residents that Open Enrollment for the 2019 Federal Health Insurance Exchange (Affordable Care Act) begins Thursday, November 1 and runs through December 15, 2018, for coverage to start January 1, 2019.

"It is imperative consumers who do not have health insurance elsewhere take part in Open Enrollment to make sure they choose the best insurance plan to meet their needs and to determine if they qualify for tax subsidies, which can offset premium costs," said Insurance Commissioner Mike Causey.

Eligibility for Advanced Premium Tax Credit Subsidies or APTCS is determined through the enrollment process at [www.healthcare.gov](http://www.healthcare.gov).

The state's largest insurer, Blue Cross and Blue Shield of North Carolina, has plans available in all 100 counties of the state, while CIGNA Healthcare of North Carolina has plans available in five counties: Orange, Chatham, Wake, Johnston and Nash.

Also, for 2019, there is a new company on the Exchange approved for operation. Ambetter of North Carolina has plans available for Wake and Durham counties.

What if you do not choose a plan during the November 1 - December 15 time period? Outside the Open Enrollment period, North Carolinians who buy health insurance from [Healthcare.gov](http://Healthcare.gov) under the Affordable Care Act (ACA) may enroll in an insurance plan only if they qualify for a special enrollment period due to life events, such as having or adopting a child, losing health coverage or moving to a different service area.

According to the 2010 ACA, which is still active legislation, residents are required to maintain ACA compliant insurance. However, under the Tax Cuts and Jobs Act, the ACA penalty for not maintaining ACA compliant insurance is reduced to \$0 (zero) beginning in this 2019 plan year. Residents are still guaranteed to be insurable and are encouraged to sign up for health insurance if they meet one of the following conditions:

- They have current qualifying ACA coverage but may want to change their plan for 2019.
- They don't have health insurance through their employer or their spouse's employer.
- They don't have government coverage (such as veterans, Medicare and Medicaid).
- They are older than age 26 and can no longer be on a parent's health insurance.

To enroll in or change ACA health insurance policies for 2019, consumers may visit [www.healthcare.gov](http://www.healthcare.gov).

Also, consumer specialists within the N.C. Department of Insurance are available to answer any questions about health insurance during ACA Open Enrollment by calling 1-855-408-1212.

"The N.C. Department of Insurance is in full support of giving consumers broad access to quality, affordable healthcare," said Commissioner Causey. "We are doing our best to maintain a stable health insurance market that provides new products and more choices."

## Anson County 12 Step Recovery Meeting Schedules

The Anson County Recovery Meeting schedules have recently changed.

**Alcoholics Anonymous (AA)** The Anson AA group meets on the following schedule:

- Mondays at 8 p.m. for an open discussion meeting. Every first Monday is an open speaker meeting.
- Thursdays at 8 p.m. for an open discussion meeting.
- Saturdays at 9 a.m. for an open step study with breakfast served. (Beginning November 3)

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

**Chemically Dependent Anonymous (CDA)** The We Ain't Saints CDA group meets on Thursdays at 7 p.m. for an open discussion meeting.

Chemically Dependent Anonymous is a 12 step fellowship for anyone seeking freedom from drug and alcohol addiction. We of CDA do not make distinctions in the recovery process based on any particular substance. The basis of our program is abstinence from all mood changing and mind altering chemicals, including street type drugs, alcohol and unnecessary medication.

The primary purpose of CDA as a whole is to remain clean and to help others like us gain recovery. By sharing our Experience, Strength, and Hope with each other, we solve our common problem and help others recover from chemical dependence which has made our lives unmanageable.

CDA is not affiliated with any political, religious or commercial organizations or institutions. CDA remains grateful to the cofounders and fellowship of Alcoholics Anonymous for the Twelve Steps and Twelve Traditions which are the basis of our program.

**Narcotics Anonymous (NA)** The Surrendering for Survival NA Group meets on Fridays at 8 p.m. for an open discussion meeting.

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs.

All meetings are located at the Anson County AA Building, located at 2177 Country Club Road in Wadesboro. (Across from the Anson County Emergency Center.)

All meetings are non-smoking and handicap accessible!

The Disease of Alcoholism and Addiction does not discriminate! It affects people and family members of all ages and backgrounds! You are never too young, nor too old to be affected! If you need help, or if you are just curious what AA, CDA or NA is all about, please feel free to attend any of the meetings listed above.

## McLeod Safe Kids Offers Halloween Safety Tips

Everyone loves a good scare on Halloween, but not when it comes to child safety. There are several easy and effective behaviors that parents can share with kids to help reduce their risk of injury. On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.

McLeod Safe Kids Pee Dee/Coastal reminds parents of the following Halloween tips to keep their children safe:

### Keep Costumes Both Creative and Safe

- Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- When selecting a costume, make sure it is the right size to prevent trips and falls.

### Walk Safely

- Cross the street at corners, using traffic signals and crosswalks.
- Look left, right and left again when crossing and keep looking as you cross.
- Put electronic devices down and keep heads up and walk, don't run, across the street.
- Teach children to make eye contact with drivers before crossing in front of them.
- Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

**Trick or Treat with an Adult** Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit and trick-or-treat in groups.

### Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

For more information you can call McLeod Safe Kids at 843-777-5021.

## The Lilesville Fire Department Celebrates 75th Anniversary Saturday

Everyone is invited to the Lilesville Fire Department this Saturday, November 3 for their 75th Anniversary Celebration. There will be an all you can breakfast from 6 to 10 a.m. with delicious food that you can eat in, take out or call for delivery (704-848-4194). There is also an Open House from 6 a.m. to 12 noon.

Lilesville Fire Chief Marty Morton invites you to see the large assortment of specialized equipment on display. There will be an extrication demonstration at 11 a.m. T-shirts will be available for sale, and lots of free giveaways too.

Don't miss this great breakfast, and a chance to see the comprehensive amount of equipment the Lilesville Fire Department utilizes in their efforts to protect citizens and property. See you there!

## Halloween Trick or Treat Event at the Sheriff's Office Today

Sheriff Landric Reid would like to invite all trick or treaters to come to the Anson County Sheriff's Office parking lot today, Wednesday, October 31 where treats will be given out between 6 and 8 p.m. The Sheriff's Office is located at 119 N. Washington Street in Wadesboro.

"Everyone please come out and participate in this fun filled event. This is a way to give parents and their children a secure opportunity to participate in an enjoyable Halloween festivity, in a safe and well lit environment," Sheriff Reid said.

## Anson Animal Shelter Needs Volunteers - Would You Like to Help?

The Animal Shelter depends on the help of volunteers to ensure that animal residents receive love and care. More volunteers will also help relieve the workload on staff which can result in more time for resident animals to be adopted before they are euthanized (put to sleep). Please consider volunteering. For more information on helping, call 704-694-4832.

Anson County Animal Shelter is listed on [Petfinder.com](http://Petfinder.com). This is a searchable national database of pets available for adoption that includes a description and photo. All the animals that are up for adoption are listed and have a picture. Just go to [Petfinder.com](http://Petfinder.com) and search for any Anson County town or zip code.

A rescue from Animal Shelter can bring lots of happiness and love into any home...and you will make the animal happy too! It's a win-win.

**And remember, older animals need a home and love too!**

The Express is on the web at [www.TheExpressNewspaper.com](http://www.TheExpressNewspaper.com)