NOVEMBER 4, 2020 • VOLUME 32, ISSUE NO. 1634



205 West Morgan Street • Wadesboro, NC 28170 • 704-694-2480 • TheExpressNews@gmail.com • www.TheExpressNewspaper.com

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

Anson County Board of Commissioners Meet November 10

The next regular meeting of the Anson County Board of Commissioners is scheduled for Tuesday, November 10 at 6 p.m.

The meetings take place in the Board Room, Suite 209 of the Anson County Government Center which is located at 101 South Greene Street in uptown Wadesboro.

To schedule an appearance at a board meeting, please sign up prior to the meeting. Information is available at 704-994-3201.

The Commissioners' board meetings are live streamed on their YouTube channel. Also, the videos are archived so they can be viewed at any time. Visit youtube.com and search for Anson Commissioners.

738 Reported Cases of COVID-19 in Anson County, Now at 11 Deaths

Health Department encourages everyone to wear a mask to protect themselves and others

As of Monday, November 2 the Anson County Health Department posted that Anson County had 738 reported cases of COVID-19. 29 of those cases were active. At that point they had discharged 709 cases, 698 to baseline health and eleven deaths.

In a release the Health Department stated, "With the number of cases rising in our state, we would like to encourage people to take a part in protecting themselves and others. Remember to wear a mask, keep distance from others, wash your hands often, and download the SLOW-COVID app. Learn more about the free SlowCOVIDNC Exposure Notification app at covid19.ncdhhs.gov/Slow-COVIDNC. #StayStrongNC. Let's all do our part!'

The NC Department of Health and Human Services (NCDHHS) reported statewide as of Monday, November 2 there were 278.028 total cases of COVID-19, with 4,390 deaths, 4,116,019 completed tests and 1,146 hospitalized.

As of Monday, October 26 there were 261,742 total cases of COVID-19, with 4,170 deaths, 3,863,108 completed tests and 1,193 hospitalized, and as of October 13 there were 234,481 total cases of COVID-19, with 3,816 deaths, 3,437,598 completed tests and 1,103 hospitalized. On Monday, October 5 there were 219,754 total cases of COVID-19, with 3,637 deaths, 3,188,371 completed tests and 971 hospitalized.

Recent history in Anson County: March 31 - 1 cases April 28 - 23 cases; May 26 - 62 cases; June 22 - 107 cases; July 27 - 285 cases; August 3 - 306 cases; August 9 - 328 cases; August 19 - 376 cases; August 26 - 408 cases; September 4 - 461 cases; September 14 - 513 cases; September 21 - 553 cases; September 28 - 605 cases; October 5 - 649 cases; October 12 - 670 cases; October 19 - 692 cases, October 26 - 720 cases.

Anson County's Unemployment Rate Increased to 8.5% in September

Anson County's unemployment rate for September was 8.5%. That was up from August's 8% rate. The July rate was 10%, the June rate was 7.9%, May's rate was 10.1%and April's rate was 8.2%. In March the unemployment rate in Anson County was 4.9%. Statewide the unemployment rate was 7% in September, up slightly from August's 6.8% rate. In July's the unemployment rate was 8.9%.

In September 2019 the unemployment rate in Anson

Chamber of Commerce 58th Annual Membership Meeting

On Thursday, October 15 the Anson County Chamber of Commerce held its 58th Annual Membership Meeting virtually. At the event recognition was given to several Chamber members:

• Howard McLean was recognized for his leadership as the 2020 Chairperson for the Chamber.

 Michael Freeman and Jeremy Taylor were recognized for their dedication and years of service to the Chamber Board of Directors.

The membership voted on new board members for 2021, Ashley Scarborough and Harry Workman.

Award winners were: Henry Little III Community Leadership Award:

Angela Tina Caraway • W. Dunlap Covington Community Service Award: Ashley Rivers Scarborough

Electric

Chamber Champion Award: Pee Dee









Angela Caraway

Ashlev Scarboroug

Howard McLean

Jeremy Taylor

Congratulations to all award winners!

Chamber Director Shelby Emrich gave special thanks to the meeting sponsor - Atrium Health.

Kindergarten-Fifth Grade On-Campus Classes Have Started

On Monday, November 2 Anson County elementary schools began in-person classes. The schedule calls for Anson Middle School and the high schools to begin in-person classes on January 4, 2021. Students were given the choice of returning to the classroom or remaining in remote learning.

Anson County Schools Superintendent Howard McLean released this message

I wanted to take a minute to welcome K-5 in-person learners back to school! All Cohort A students will begin in-person classes on Monday, November 2 - Thursday, November 5. Friday, November 6 will be a remote day for all students. Cohort B students begin November 9 and Cohort C students will begin November 16. Updated school calendars can be found on our website at www.ansonschools.org.

This school year has certainly been unique and will continue to be as we open our doors for K-5 students. The start of this school year has been eventful and challenging at times for everyone, but our team of Anson County School educators are moving forward and are encouraged by new opportunities for students.

It is our promise that any challenge that emerges will be thoughtfully discussed and reviewed by a team of educators, administrators, board members, parents, and students when appropriate. We would like to reassure our families that as we make our way through this school year, we will continue to put the health of our Anson County School District family first by monitoring the trends of this virus, as well as listening to guidance from local and state health officials. If at any time we feel it is in the best interest of our students and staff to make the switch to 100% online learning, we will work with the Anson County Board of Education to promptly make that transition. Continuously monitoring changing circumstances and guidance from local and state officials will guide our path forward as we welcome more students back to on-campus learning in the future.

The overall success of this school year will require each of us working closely together, listening to one another's concerns and doing our part to contribute to a positive, healthy and safe school experience.

New Visit NC Farms App Available

Do you have an appreciation for farming and rural life? Want to know where to find fresh, local produce? Want to know where to go and learn about agriculture and its importance to Anson County and North Carolina? There's a new App for Anson County visitors and locals that shares all of this.

The Visit NC Farms app is an initiative across North Carolina, offered through the NC Department of Agriculture & Consumer Services. Anson County just joined this regional worthwhile venture and is currently seeking local farms and agribusinesses to join. The app is a digital marketing tool, available to the 10 million residents and over 50 million annual visitors to North Carolina. Anson County listings will include farms, farmers markets, food banks, local shops, ag-related special events, and even farms for wedding venues.

The Visit NC Farms App_will totally change the way we connect our farmers in the community and to visitors. This application combines tourism and agriculture together, both being economic drivers for Anson County.

The NC Dept. of Agriculture & Consumer Services describes the application to promote farms and fisheries, farmers markets, local food and drink, farm lodging, value added products, farm to-table restaurants, community food access, and special events to residents and visitors. The application also helps farmers strengthen consumer awareness and connection to local food as well as highlight products that are grown, raised, caught, made, and experienced on farms across the state. This app offers expanded promotion that will have a positive economic impact to the businesses as well as the county. Connecting people to agriculture is what this app beautifully does and is what people need today more than ever. For those interested joining the app or just want to learn more information, Anson Extension will be offering a Zoom information session about this opportunity on Tuesday, November 17 at 6:30 p.m. Please call the office to sign up, 704-694-2415. To get more information before the meeting or to download the application, visit the Apple or Android store on your phone and search "Visit NC Farms" or visit the website at VisitNCFarmsToday.com. By Roshunda Terry, County Extension Director

Vaccination Clinic is this Saturday You can have your pet

Rabies

vaccinated for only \$6 at Brown Creek **Animal Hospital**

It's time for the Fall Rabies Vaccination Clinic which will held this Saturday, November 7, from 2 to 5 p.m. at Brown Creek Animal Hospital on Highway 74 in Polkton. This is the perfect opportunity for you to vaccinate your pet for only \$6.

The clinic will be set up at the back.

All dogs, cats and ferrets four months of age and older must have a current rabies vaccination that is administered by a licensed veterinarian.

The vaccination clinic is sponsored by Anson County Animal Control and Brown Creek Animal Hospital.

Town of Wadesboro **Veterans Day** Schedule

Wadesboro Town Hall will be closed on Wednesday, November 11 to celebrate Veterans Day. There will be no garbage pickup on Wednesday, November 11. Garbage collection will be shifted a day, in other words Wednesday's route will be picked up on Thursday, and Thursday's route will be picked up on Friday. The Town of Wadesboro appreciates your consideration in allowing our employees time with their families. As always, you will still be able to leave your utility bill payments in the night deposit box at Town Hall. If you have an emergency please call Dispatch at 704-694-2167.



Michael Freeman



Pee Dee Electric

1634



County was 4.1%, and statewide the rate was 3.5%

Anson's total labor force in September was 10,720. Of that number 9,807 were employed and 913 were unemployed. In August the total labor force was 10,473, with 9,638 employed and 835 unemployed.

Unemployment rates (not seasonally adjusted) increased in 95 of North Carolina's counties in September, decreased in three, and remained unchanged in two. Scotland County had the highest unemployment rate at 12.0 percent, while Watauga County had the lowest at 4.6%.

Thirteen of the state's metro areas experienced rate increases, one decreased, and one remained unchanged. Among the metro areas, Rocky Mount had the highest rate at 9.4 percent and Durham- Chapel Hill had the lowest at 6.0 percent. The September not seasonally adjusted statewide rate was 7.0 percent.

When compared to the same month last year, not seasonally adjusted unemployment rates increased in all 100 counties. All 15 of the state's metro areas experienced rate increases.

The number of workers employed statewide (not seasonally adjusted) increased in September by 86,137 to 4,575,430, while those unemployed increased by 17,367 to 343,190. Since September 2019, the number of workers employed statewide decreased 344,447, while those unemployed increased 168,572.

Deer Hunters: Always Be Aware of Your Surroundings

As deer hunting season continues around the state, the N.C. Wildlife Resources Commission's Home From the Hunt campaign reminds hunters to be sure to positively identify their target before pulling the trigger and to always be aware of their surroundings.

"It's natural to get excited when you have a deer or other game in your sights," said Chet Clark, the Commission's recruitment, retention and reactivation (R3) manager. "Hunters should opt for binoculars or a spotting scope, rather than a rifle scope, to avoid pointing their firearm at something they may not want to shoot. It's important to collect yourself and ensure there are no houses, vehicles or people in front of or behind your target. Being sure of your target will help you make certain you are taking the safest shot.'

The four primary rules of firearms safety are:

Always point a firearm in a safe direction.

 Treat every firearm as if it were loaded and never assume a firearm is unloaded.

 Keep your finger out of the trigger guard and off the trigger until ready to shoot. • Be sure of your target – and what's in front of and behind it.

Your Physical and Mental Health During COVID-19

We know that COVID-19 has changed the way we work, attend school and socialize with others. Fear and anxiety about COVID-19 can be overwhelming, and how you cope with these emotions and stress can affect your well-being, the people you care about, your workplace and community.

We are living in difficult times and most of us are anxious about what is yet to come. You may be experiencing more stress than usual because you are worried about being exposed to and/or getting sick with COVID-19, learning new communication tools and dealing with technical difficulties, and adapting to family members being home, working from home or unemployed and children attending school at the kitchen table.

Stress affects each of us differently and so we have different ways of dealing with it. Remember, we cannot control everything so focus on what you can control. Focus on thriving instead of just surviving during this difficult time by focusing 20% on problems and 80% on solutions.

Improving your mental health has many benefits that include: reduced anxiety and depression; improved moods; clearer thinking and increased self-esteem.

Being physically fit is also as important as being mentally healthy. Some of us probably have not been very active since we have been stuck at home. We ate too much, watched too much television and became depressed. Exercise is a preventative activity for both physical and mental health. It is one of the most unused treatments for improving our mental health. It helps to reduce our sensitivity to stress and it is FREE!

Exercise helps us to: sleep better; have more energy; think more clearly; reduce stress and makes us stronger.

Journaling is another powerful tool that benefits our physical and mental well-being. Using a journal offers space to release our inner fears and stress. It also allows us to reflect on the past and how we have overcome difficult situations.

So, how do we remain optimistic in these uncertain times?

- Savor life and make the most of it because it can be gone in a second.
- Nurture your relationships with family and friends and don't be afraid to ask for support.
- Express gratitude by writing down 3 things you are grateful for each day.
- Commit to your goals and stick to them!
- Practice kindness and learn to forgive because no one is perfect and we all make mistakes.
- Avoid over-thinking and comparing yourself to others. There is only one you and you are special!

• Take care of your mind, body and soul...it's all you have!

Operation **Christmas Child** Shoeboxes **Collection Week**

National collection week for Operation Christmas Child shoeboxes takes place November 16-23. Mt. Beulah Baptist Church is a drop off site, and they will have shoeboxes available to anyone who needs them.

Please contact Pastor Randy at 704-694-3063 or Hubert Wright at 704-695-4372 for information.

Mt. Beulah Baptist Church is located at 3373 Country Club Road in Wadesboro.

Drop Off Hours:

Nov. 16 9am-5pm; Nov 17-20 9am-1pm; Nov. 21 9am-12pm; Nov 22 2pm-5pm; Nov. 23 9am-12pm

The Express is on the web at www.TheExpress

Newspaper.com