



Great Selection of Bed

& MATTRESSES

MARTIN FURNITURE FACTORY OUTLET

Highway 74 West in Wadesboro • 704-694-3185

FOREVER TREE LIGHTING CEREMONY

This event is open to all community members. Please join us on:

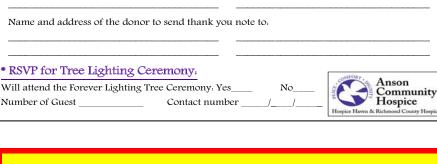
TUESDAY, DECEMBER 7TH Leavitt Funeral Home 2036 Morven Road in Wadesboro

If you would like to place an ornament on the Forever Tree in honor or in memory of someone, please contact: Sandy Black, Bereavement Coordinator at Anson Community Hospice (704) 695-1595. The deadline is December 3.

Or mail completed form to: Anson Community Hospice at 1119 US Highway 1 N, Rockingham, NC 28379.

We request a \$10 donation per ornament. Donations are tax-deductible and will help fund grief support for the community.

Placeornament(s) in HONOR of:	Placeornament(s) in MEMORY of:
Name and address of individual(s) to send ac	knowledgement to:
Name and address of the donor to send thank	k you note to:
RSVP for Tree Lighting Ceremony.	controler. A





Bulk Slaw:

\$ 5.00

THE EXPRESS • November 10, 2021 • Page 2 **Governor Cooper Urges Families to Take Action** and Apply for Child Tax Credit Payments

Eligible families must sign up by November 15 deadline

Governor Roy Cooper encourages families across North Carolina to apply for child tax credit payments. These dollars can immediately improve the food and financial security of families with children at a critical time as they work to recover from the pandemic. Families can visit GetCTC.org to find out if they are eligible for the payments and sign up to get them. The tool is mobile friendly and can be completed within about 15 minutes

"It is important for eligible North Carolina families to apply for this credit before the rapidly approaching deadline," said Governor Cooper. "These funds will help families recover from the pandemic and care for their children at a time when it is needed most.'

As a result of the American Rescue Plan, more families with children will now qualify and receive money from the child tax credit. The law expanded eligibility, increased the amount of the tax credit, and made it fully refundable. This means even families that don't file taxes or have no or very low income in 2021 can receive the full credit amount. Anyone who has a child with a Social Security number in their household can receive the credit, even if the child's parent or parents who are living in the household do not have a Social Security number. Families that were not required to file taxes this year can visit GetCTC.org to get their tax credit and start receiving payments.

Access the simplified sign-up tool in English at www.getctc.org/en.

Wadesboro Christmas Parade Scheduled for December 2

Uptown Wadesboro, Inc. (UWI) is accepting entry forms for the Wadesboro Christmas Parade scheduled for Thursday, December 2, starting at 4:00 p.m.

Professional float rentals are available on first come basis. The cost is \$400 for the float rental, which includes sponsor/organization sign on the side.

Please contact UWI at 704-694-4181 if you are interested in a float rental, and to receive a parade entry form.

Free Groceries Available to Eligible Families this Saturday

A new shipment of USDA foods will be distributed via drive-thru this Saturday, November 13, from 11 a.m. until 1 p.m., or as long as supplies last, at Burnsville Recreation & Learning Center (BRLC). Please note that neighbors will only be served once monthly with these items as long as they last.

The items are distributed on a first come, first served basis for eligible Anson County citizens and those living near the Union and Stanly County lines. All Ansonians will need to apply if you have not used the BRLC Emergency Pantry recently.

Families or family members who receive federal food assistance automatically qualify Neighbors who arrive early will have the opportunity to take advantage of various Care

The serving process is drive-thru only. All neighbors are asked to wear your masks.

Please do not arrive before 10 a.m. on Saturday morning. You can contact BRLC at 704-826-8737 for information, from 8 a.m. to 12 noon on Wednesdays. BRLC is located at 13349 Highway 742 North in Burnsville, across from the Fire Department. For more information check their Facebookk page or burnsvillelc.org.

Less Than One Week Until the 2021 Holiday Challenge

The Holiday Challenge will begin on November 15 and run through December 31. Now's the time to encourage your friends and family to join the Holiday Challenge with you - having a support system can make all the difference!

You are invited to join the 15th annual "Eat Smart, Move More, Maintain, Don't Gain! Holiday Challenge." Rather than focusing on trying to lose weight, this FREE seven-week challenge provides you with strategies and resources to help maintain your weight throughout the holiday season.

All Holiday Challenge material will be delivered directly to your inbox when the program begins. You can participate as little or as much as you would like to. We have seen that the more you participate, the more likely you are to maintain or lose weight. You will receive the following: weekly newsletters; healthy recipes; daily tips; weekly challenges; tools & resources; and access to a private Facebook group.

Please note, this is a FREE program delivered across the United States and around the world. If you would like a more in-depth program with personalized support, consider Eat Smart, Move More, Weigh Less.

Extension Director Roshunda Terry says, "We're all in this together, let's maintain and not gain this year! If you have questions visit esmmweighless.com/sign and click on the frequently asked question section. If you cannot find your answer there, feel free to contact Roshunda

Sandhills Center Family Support Programs for November

Terry at 704-694-2915. You can also sign up at esmmweighless.com/sign.

- November 17: Handling Crisis through the Holidays will be held virtually from 11:30 -12:30 pm. Bruce Womble, BA QP Director for Mobile Crisis, of Therapeutic Alternatives will present. To register, contact Charmaine Ford at randmontadufsp@gmail.com or 336-870-3802. Upon registration, you will be sent the link to the webinar.
- November 17: Engaging Young Adults in Careers webinar will be held including an important discussion on programs and services for youth and young adults to include information on career counseling, skills assessment, short-term occupational training, GED prep and supportive services. The presentation is scheduled for Wednesday from 12:00 - 1 P.M., presented by Jeremiah McCaffity, Community Outreach Coordinator with NCWorks. Contact LaMonica Mitchell, Family Support Advocate, at 1-919-215-7153 or email guilfordfspadvocate@gmail.com to register. The deadline for registration is Friday, November 12, 2021 at 5 P.M.
- November 18: The Effects of Alcohol and Drug Misuse During the Holidays will be held from 1:00-2:00 pm via WebEx. Emily Nicholson with Alcohol and Drug Services (ADS) will be the presenter. Contact Suzanne Maness for more info or to register, call (910) 627-1769 or email connectionsfsp@gmail.com. Registration deadline is November 16, 2021.
- November 18: Parents, Foster Parents and Caregivers Support Group meeting will be held from 5:30-7:00 pm via WebEx. It is a support group for families of children with emotional, learning or behavioral challenges. Suzanne Maness will be the facilitator. For more info or to register, call (910) 627-1769 or email connections fsp@gmail.com. Registration deadline is November 16, 2021. • November 18: COVID: Resources & Strategies to Support Students & Families
- webinar will be held virtually from 1:00-2:00pm on Thursday, November 18, 2021. Jessica Sawyer Horne, MSW, LCSW, LCAS CCS, School Based Mental Health Counselor Montgomery County Schools will be the presenter. Certificate of attendance is available. To register, contact Shirlyn Morrison-Sims at search.family.suppor.program@gmail.com or 919-906-7103. Upon registration, a link to the web meeting will be sent.

Consider Houseplants to Improve Your Indoor Air Quality Now that winter is coming and our homes and workspaces are closed with very little

fresh air circulating, the problem of indoor air pollution occurs. Toxins can build up from various sources such as formaldehyde used in the manufacture of building materials and carpeting. Noel Vietmeyer who specializes in gathering information on unconventional resources for the National Academy of Sciences says "In less than an hour, for example, a gas stove can fill a small kitchen with more carbon monoxide and nitrogen dioxide than the national air quality standards allow in city air. What's a homeowner to do?" Scientists at NASA may have produced one solution that is cheap and attractive. House-

plants. Their studies show that the average spider plant may scrub the air more effectively than many high-tech machines. "For some unknown reason they have the ability to assimilate these gases at a phenomenal rate. It's because they produce 'baby' plants that feed out of the air," said Bill Wolverton who works with the National Space Technology Laboratory. Snake plants are also said to be good air cleaners indoors.

Consider adding more plants to your home because they also give off oxygen and take up carbon dioxide. If your house plants have been outside for the summer, you might consider dividing them and sharing if you know someone who does not have their own.

In the spring the Marshville Museum and Civic Center will again have their plant exchange

in April, so you can divide your plants again and bring them to share with others at the plant

event called "Looking Back at Grandmother's Garden." Some old-fash-

ioned plants that are not found in nurseries are called "pass-along" plants and are often found at the plant exchange. Cour-

tesy of the Marshville Mu-

Civic Center

and

seum

