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

Covid Update for Anson County

According to the latest information posted by the Anson County Health Department on Thursday, November 17 the county was at 7,940 total Covid-19 cases, with 25 active and 100 deaths. On November 4 the county was at 7,910 total Covid-19 cases, with 10 active and 100 deaths.

The Health Department offers Moderna COVID Vaccines on Thursdays. They offer the primary series and the bivalent "Fall" booster. They are offered on Thursdays in a walk-in clinic. No appointment is necessary.

Flu Shots The Anson County Health Department has started giving Flu shots on Mondays, Tuesdays, Wednesdays and Fridays, from 8:30 a.m. to 11:30 a.m. and then 1 p.m. to 4 p.m. by appointment only. For an appointment call 704-694-5188 and press 1.

The Health Department accepts these insurances as in-network: Blue Cross Blue Shield; Cigna; United Healthcare; Medcost; Aetna; Multiplan; Ambetter; Medicare; Wellcare Medicare; Medicaid; and Medicaid - Prepaid Health Plans: 1. Healthy Blue, 2. Amerihealth Caritas, 3. Wellcare - Medicaid, 4. Carolinas Complete Health, 5. United Healthcare - Medicaid.

Patients without one of the primary health insurance plans listed above or who do not have any insurance may be seen using the Sliding Fee Scale. Household members and income for the household is used to determine the percentage pay for the patient.

The Health Department is located at 110 West Ashe Street in Wadesboro.

North Carolina's October Employment Figures Similar to September Rates

The state's seasonally adjusted October 2022 unemployment rate was 3.8 percent, increasing 0.2 of a percentage point from September's revised rate. The national rate increased 0.2 of a percentage point to 3.7 percent.

North Carolina's unemployment rate decreased 0.6 percentage points from a year ago. The number of people employed decreased 10,310 over the month to 4,933,609 and increased 154,352 over the year. The number of people unemployed increased 9,944 over the month to 194,125 and decreased 23,846 over the year.

Seasonally adjusted Total Nonfarm employment, as gathered through the monthly establishment survey, increased 8,300 to 4,827,400 in October. Major industries experiencing increases were Professional & Business Services, 4,900; Education & Health Services, 2,600; Government, 2,300; Other Services, 2,300; Manufacturing, 1,900; Trade, Transportation & Utilities, 1,300; and Construction, 900. Major industries experiencing decreases were Leisure & Hospitality Services, 6,300; Financial Activities, 1,100; and Information, 500. Mining & Logging employment remained unchanged.

Since October 2021, Total Nonfarm jobs increased 194,900 with the Total Private sector increasing by 184,100 and Government increasing by 10,800. Major industries experiencing increases were Professional & Business Services, 60,700; Leisure & Hospitality Services, 32,200; Education & Health Services, 31,800; Trade, Transportation & Utilities, 13,600; Manufacturing, 12,700; Construction, 11,800; Government, 10,800; Financial Activities, 9,400; Other Services, 8,800; and Information, 3,100. Mining & Logging employment remained unchanged over the year.

Frying a Turkey? Be Careful!

Thanksgiving is a wonderful time to gather with family and friends for a delicious meal, but it's easy to lose focus on fire safety. Turkey frying can be dangerous because oil fires happen quickly. Make sure to plan for fire safety especially when cooking this holiday season.

Unattended cooking is the No. 1 cause of home fires and injuries in the United States.

According to the National Fire Protection Association (NFPA), Thanksgiving Day is the peak day for fires caused by cooking with approximately 1,000 home fires occurring on this day.

Turkey fryer fires cause an average of five deaths, 60 injuries and more than \$15 million in property damage each year. Outdoor, gas-fueled turkey fryers are discouraged unless used by a properly trained professional. A better alternative is to use newer turkey fryers, which are powered by TRU-Infrared technology, and require no oil.

The Office of State Fire Marshal offers the following safety tips for frying turkeys this Thanksgiving:

- Use extreme caution when cooking with oil. Hot oil can spill or splash onto the flame, igniting a fire. Also, oil inside a turkey cooker pot can stay dangerously hot for hours after use.
- Don't overheat the oil. Cooking oil, if heated beyond its cooking temperature (375 degrees), can ignite.
- Turkey fryers should not be used under a garage, deck, breezeway, porch, barn or any structure that can catch fire.
- Make sure the turkey has thawed completely before putting it in a turkey fryer. Frozen, or partially frozen turkeys, will cause hot oil to splatter or produce hot steam, which leads to burns.
- NEVER use water to extinguish a grease fire!



Understanding Breast Cancer Awareness Event

On October 29 the Morven Chapter Las Amigas hosted a Breast Cancer Awareness Paint and Sip at the HOLLA! Center in Morven. During this event Dana Thomas, Nursing Supervisor at Anson County Health Department, presented information about breast cancer. Las Amigas sisters along with their guests painted breast cancer canvases created by Telesha Rae Heiling.

Research shows that breast cancer accounts for about 30% of all new cancer cases in women each year in the United States. A woman's risk of breast cancer nearly doubles if she has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. Approximately 15% of women who get breast cancer have a family member diagnosed with it. Breast cancer is one of the leading causes of cancer-related death in women in the United States, second only to lung cancer.

Morven Chapter Las Amigas would like to challenge every woman do their routine breast examines and to understand their family's history.

Free Food and Nutrition Education Program at Cooperative Extension



The Expanded Food and Nutrition Education Program (EFNEP) is a free nutrition education program for limited resource families. It is designed to help children and families acquire the knowledge, skills, attitudes and changed behavior necessary for nutritionally sound diets. EFNEP has worked in local communities to teach participants skills and strategies to stretch their food dollars, eat nutritious meals, and improve their overall health. EFNEP is a program of Cooperative Extension through NC State University and N.C. A&T State University.

EFNEP focuses on the following 4 core areas:

- Diet Quality and Physical Activity: Improve diets and nutritional and physical wellbeing through the adoption of federal food and physical activity recommendations.
 - Food Resource Management: Increase ability to buy, grow, prepare and store food that meets nutritional needs.
 - Food Safety: Improve household food safety and sanitation practices.
 - Food Security: Increase ability to have enough healthy food to eat either through purchasing directly or by accessing food assistance programs when necessary.
- Participants learn by actively participating. EFNEP offers youth programs, typically six sessions long and held in a community or school setting. Children and teen programs work within community groups and schools to create fun, hands-on and age-appropriate nutrition education opportunities. Participants learn to:
- Prepare basic meals and snacks in a fun setting
 - Shop smarter on a budget
 - Grow and store fresh food
 - Follow and modify healthy recipes
 - Recognize what ingredients are in the foods they eat
 - Understand the importance of food safety
 - Appreciate the benefits of being active

EFNEP educators are members of the community who serve and teach participants how to improve their nutritional health and well-being. Program participants acquire knowledge, skills, attitudes, and changed behaviors that support healthy eating and active lifestyles through a series of hands-on and fun lessons, EFNEP participants learn about:

- Healthy Eating and Cooking for Less
- Saving Money at the Grocery Store
- Being Active, Cooking and Planning Meals

If you are interested in learning more about EFNEP as well as interested in partnering with EFNEP, you can contact DeNisha Lisenby at dllisenb@ncsu.edu or call (704) 694-2915. DeNisha said "I am an Anson Native and it gives me great delight to serve the needs of my own community of Anson County and I look forward to working with you."

Protect Your Dogs and Cats from Winter Woes

In many areas, winter is a season of bitter cold and numbing wetness. Help your pets remain happy and healthy during the colder months by following these simple guidelines.

- Don't leave pets outdoors when the temperature drops. Most dogs, and all cats, are safer indoors, except when taken out for exercise. Regardless of the season, shorthaired, very young, or old dogs and all cats should never be left outside without supervision. Short-coated dogs may feel more comfortable wearing a sweater during walks.
- No matter what the temperature, windchill can threaten a pet's life. A dog or cat is happiest and healthiest when kept indoors. If your dog is an outdoor dog, however, he/she must be protected by a dry, draft-free doghouse that is large enough to allow the dog to sit and lie down comfortably, but small enough to hold in his/her body heat. The floor should be raised a few inches off the ground and covered with cedar shavings or straw. The house should be turned to face away from the wind, and the doorway should be covered with waterproof burlap or heavy plastic.
- Pets who spend a lot of time outdoors need more food in the winter because keeping warm depletes energy. Routinely check your pet's water dish to make certain the water is fresh and unfrozen. Use plastic food and water bowls rather than metal; when the temperature is low, your pet's tongue can stick and freeze to metal.
- Warm engines in parked cars attract cats and small wildlife, who may crawl up under the hood. To avoid injuring any hidden animals, bang on your car's hood to scare them away before starting your engine.
- The salt and other chemicals used to melt snow and ice can irritate the pads of your pet's feet. Wipe the feet with a damp towel before your pet licks them and irritates his/her mouth.
- Antifreeze is a deadly poison, but it has a sweet taste that may attract animals and children. Wipe up spills and store antifreeze (and all household chemicals) out of reach. Better yet, use antifreeze-coolant made with propylene glycol; if swallowed in small amounts, it will not hurt pets, wildlife, or your family.
- Probably the best prescription for winter's woes is to keep your dog or cat inside with you and your family. The happiest dogs are those who are taken out frequently for walks and exercise but kept inside the rest of the time. Dogs and cats are social animals who crave human companionship. Your animal companions deserve to live indoors with you and your family.



REMEMBER TO KEEP YOUR PETS WARM. BRING THEM INSIDE OR PROVIDE SHELTER.

Town of Lilesville Holiday Schedule

The Town of Lilesville's holiday garbage pickup service is changed from Thursday, November 24 to Wednesday, November 23.

Cheraw Paper Lantern Parade & ChristmasFest is December 2

Join in Cheraw's annual Paper Lantern Parade & ChristmasFest on Friday, December 2 in Cheraw. The evening event for families will be presented from 5:00pm - 7:30pm in downtown Cheraw at Centennial Park area.

ChristmasFest features an Ice Sculpting Demonstration by Artisan Ice Sculptures and Balloon Twisting by Made Ya Look Balloons. Families can enjoy Free Photo Ops with Santa and other roving characters from Imagine Circus. Face painting, cookie decorating, and other holiday activities are included in the Christmasfest activities. This is a free event with complimentary snacks for kids. The Paper Lantern Parade lineup will begin at 7pm followed by the parade at 7:15pm.

For additional ChristmasFest event information, contact the Cheraw Arts Commission 843.537.8420 x 12 or Rob Wolfe, Cheraw Main Street Director at 843.537.8425.

Operation Stay Warm Blanket Drive Thru

The White Oak Grove Baptist Church will sponsor a blanket drive for needy and homeless citizens of Anson County on Saturday, December 3, from 10:30 a.m. until 12 noon. They have 50 new blankets that are free, 1 per household, on a first come, first serve basis. If you know someone who has a need for a blanket, please assist them with transportation to this event.

"With the expectation of higher energy costs this winter we want to do our part to assist those that do not have adequate heat. If you would like to help us in our efforts by donating a new blanket please call 704-961-2045 and leave a message," said Brenda Huntley.

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