

REMEMBER SENIOR DAY



10 Dinners Starting at \$3.99 All Day Wednesday

Each meal includes coffee or 16oz iced tea
126 West Caswell Street in Wadesboro

1715 Hwy. 52 North (next to Waffle House) 704-982-0440
Albemarle, NC 28001

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Special Occasion Dresses for Mothers & Bridesmaids • Wedding Accessories
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Large Variety of Japanese & Chinese Cuisine
FREE EGG DROP SOUP OR TEA
With Purchase for Dine-Ins Every Tuesday, Thursday & Saturday in December
100 Walton Drive in Wadesboro
704-694-3323 Next to Dollar Tree

The Music Ministry of First Baptist Church of Wadesboro (Lee Avenue) will share with our community the following events for Advent:

The Chancel Choir will present...
LET HEAVEN AND NATURE SING
Saturday, December 10 at 7 p.m.
At 6:45 there will be pre-service music by:
Elaine Johnson-Piano Todd Johnson-Cello
Janet Wright-Violin Adult Handbell Choir
Also Sunday, December 11 at 11 a.m.
Pre-service music at 10:45 a.m.

The Children's Choirs will present...
IT ALL HAPPENED IN THE COUNTRY
Thursday, December 15 at 7 p.m.

The Youth Choir will present...
'Twas the Last Mailing Day Before Christams
Sunday, December 18 at 5 p.m.
The church's nursery will be available for all of the services.

Church

DECEMBER 9 & 11
1st Anniversary
Of Preaching to Reach Ministries of Morven. Fri-7:30pm & Sun-11am & 3pm. Dinner served after afternoon service
DECEMBER 10
Christmas Ball
For West Deep Creek MBC at Laverne Banquet Hall at Wingate College, 5pm
Holiday Music Concert
By We Care First Church Ministry at Harvest Ministries, 4pm w/many musical guests
DECEMBER 11
Special Service
Family, Friends & Acquaintances Service at Grace Temple COG, 11am w/Pastor Louis Marshall. Dinner served
Children's Christmas Play
At Mineral Springs Baptist Church, 11am. Everyone is invited
3rd Anniversary
Of Bishop Tervester Lindsey and Min Terry Lindsey at Rose of Sharon Friendship COG, 3pm w/Elder Sylvia McLendon
Christmas Cantata
"Beautiful Star" at New Hope UMC, 6pm
Special Program
One Hundred Men in Black at Gatewood Station AME Zion, 3pm w/Bishop Walter Ellerbe
DECEMBER 11 & 18
Deceasing Youth Revival
At Harmony Community Church, 6-9pm w/worship by various artists, speaker Josh Meadows, food, fellowship & fun!
DECEMBER 15 & 18
Christmas Cantata
"Ho, Ho, Ho, Emmanuel" at Deep Creek Baptist Church. Thu-7pm & Sun-11am
DECEMBER 17
Free Meal
For elderly, sick, homeless & shut-in at Ebenezer Missionary Baptist Church, 11am. If you can contribute money or time, please call 704-848-4412

DECEMBER 17
Feeding Community
Feeding
At Johnson Chapel Church, 11:30am-4pm. Come one, come all!
Christmas Luncheon
At First Baptist Church, Sikes Ave, 11am
Christmas Program
At House of Faith, 6pm w/Rev Josie Caldwell
DECEMBER 18
Holiday Event
At Harvest Ministries, 10:30am-3pm. Free dinner & hundreds of toys, prizes, bicycles & more for participants. Rides available, call 704-695-2879.
Christmas Cantata
By Choir of Faith Baptist Church, 6pm. Refreshments served after
Christmas Program
At Lindsey Chapel Church, 3pm. All are invited
Christmas Program
At West Deep Creek MBC. Dinner follows service
ONGOING
Baptist Training Union
On the 3rd & 4th Sundays after morning service at Cedar Creek MBC
Subar MBUC Class
For women at New Parkers Grove MBC, noon-1:30pm each Tue & Thu. Snacks served
Weekly Bible Study
At Centenary AME Zion Church, Wednesdays, 6:30pm, public invited
Bible Study & Prayer
At Savannah AME Zion Tuesdays at 6pm. The public is invited
Live on the Radio
Min Gregory Williams on WADE 1340AM every 1st & 3rd Saturday, 2pm
Bible Class
Tuesday nights at Lakeside Holiness Church, 6:30-7:30pm, activities for children
Bible Study
At Parsons Grove MBC Tue at 6:30pm & Wed at noon
Noon Prayer
At Greater St. Mark COD, noon on Tuesdays

This Church News Calendar is brought to you by:

SHADY OAKS Bed & Breakfast
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C&M AUTO SUPPLY
Auto Parts
Your locally owned Auto Parts Store
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DAYS INN of Wadesboro is NOW EXECUTIVE INN
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This is a place you can call home...
MEADOWVIEW TERRACE
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Would you like to advertise in the Church Calendar?
Call 704-694-2480 for information.

Events

DECEMBER 8
Senior Citizen Luncheon
11am in Ingram Room at Lockhart-Taylor Center in Wadesboro. Register 704-694-6616
DECEMBER 11
Santa in Morven
Come see Santa & Mrs. Claus at the Meeting Place across from Town Hall in Morven, 2-4pm. They will also be collecting Toys for Tots if you can donate
Candle Lighting Service
By Compassionate Friends, 7pm at Calvary Episcopal Church in Wadesboro. Followed by fellowship & refreshments. 704-694-8774
DECEMBER 12
50+ Club Meets
At Hampton B. Allen Library, 10:30am w/author Richard Ritch Guss. 704-694-5177
DECEMBER 16
Youth Basketball Registration
Deadline: Register at Little Park, M-F, 8:30am-5pm. Ages K-12, boys & girls, \$25 per player. 704-694-5868
DECEMBER 17
Free Meal
For elderly, sick, homeless & shut-in at Ebenezer Missionary Baptist Church, 11am. If you can contribute money or time, please call 704-848-4412
DECEMBER 18
Holiday Event
At Harvest Ministries, 10:30am-3pm. Free dinner & hundreds of toys, prizes, bicycles & more for participants. Rides available, call 704-695-2879.
DECEMBER 19
New Beginnings
Christmas party, 6pm in Sunroom at Anson Community Hospital (use back entrance). Please bring finger foods & \$5 gift suitable for a man or woman
JANUARY 11
Tourism Meeting
Anson County Tourism Development Authority meets at noon at Lady Bug Restaurant. Public is invited
ONGOING EVENTS
Learning Center Hours
Burnsville Recreation & Learning Center, Mon-Fri, 10:30-5:30pm. Computer

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Super Special Combo
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823 Hwy 24/27 East Albemarle

RELIEF FROM PINCHED NERVES

Dear Doc:
My wife has a pinched nerve in her neck from watching too much Oprah. Can chiropractic help? Oprahified
Dear Oprahified:
Many patients suffering with pain are told their symptoms are due to "pinched nerves". Unfortunately, pinched nerve is a poor description of a painful problem. Though nerves can become pinched, usually the result of severe trauma or advanced degeneration of the spine, actual pinching of nerves is uncommon.
Nerves communicate information between the brain and the rest of the body by leaving the spine through small openings between vertebrae. These holes, called foramen, can change size and shape when vertebrae are incorrectly aligned or not moving normally. The result can be irritation of the nerve or inflammation within the foramen, causing pain, especially upon movement. Hence the feeling that a nerve is "pinched". Pain can also be caused by irritated discs and joints, and from muscle spasms.
Chiropractic doctors are skilled at diagnosing and correcting spinal conditions that can be contributing to "pinched nerves" and other muscle/joint pain. By restoring correct spinal alignment and joint and muscle function, chiropractic care can help the nervous system to communicate normally, relieving pain and enabling the body to regain health.
For example, a man recently sought chiropractic care for severe pain in the back and hip that radiated down his leg. The pain had become progressively worse over several days of golf, eventually making all activities involving walking, sitting and standing excruciatingly uncomfortable. His medical doctor told him he had a "pinched nerve" and prescribed extra-strength painkillers, to no avail. Chiropractic examination revealed this patient's pelvis was rotated back on the right, causing abnormal sacroiliac and spinal motion. Key muscles in his back and pelvis had consequently become weak and irritated. Several days of golf forced these unhappy muscles to tighten and gradually spasm, finally irritating the sciatic nerve.
Understanding the root cause of his pain enabled this patient to realize the solution lay in correcting alignment and function, not in medication. Gentle chiropractic adjustments to restore pelvic and spinal alignment/function, combined with soft tissue therapies to "trick" spasmed muscles into relaxing and becoming longer and stronger, provided rapid relief. Within a few weeks this patient was back on the golf course, playing better than he had in months.
So, get your dear wife to the chiropractor...and unplug the T.V.!

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CAREFUL PLANNING FOR A BRIGHTER FUTURE

The Anson County Health Department offers Family Planning Services for Pregnancy Prevention

Services are offered regardless of inability to pay. Services are kept confidential.

Services offer are: Physical with Pap Smear
Methods of Contraception: Pills, Injections
Emergency Contraception, Nuvaring, IUD & Implanon

For Appointment Call the Anson County Health Department
704-694-5188 ext. 3320

Funded by Title X Family Planning Services