

Friday, Jan. 13...... MLK, Jr. Gala 6 to 10pm Saturday, Jan. 14... MLK, Jr. Prayer Breakfast 9am MLK, Jr. Parade at 12 noon

Monday, Jan. 16..... MLK, Jr. Ceremonial March at 8am Program at 9am

Lockhart-Taylor Center in Wadesboro

Church News

DECEMBER 31 Watchnight Service At Morning Star Redeemed Church of God, 10pm with Elder Roman Henry. New Year's Eve Service at Divine Unitu

House of Restoration Ministries, 6090 NC 109 S, Wadesboro. 10pm with Pastor Gregory Tillman & his Poplar Hill Baptist Church family.

ONGOING Radio Ministry

On WKDX 1250 AM Sun 8:15am w/Elder Garcia Morman

Sunday Night Service At Lambs Ark of Refuge, 6pm. Located at 121-C Wortham St in Wadesboro (turn at Dollar General) Service Times

Wadesboro Church of God.

Sunday School 10am, morning worship 11am, Intercessory prayer 5:45pm, evening service 6pm **Bible Study**

At Evangelistic Outreach Center, first and third Sundays, 4:30pm

Events JANUARY 3 **Board** of **Commissioners** Meet 6pm in Board Room, Suite 209, in Government Center, 101 S Greene St in uptown Wadesboro. This

is the regular monthly meeting. Meeting available online at *youtube.com*, search for Anson Commissioners. To appear, sign up prior to meeting. Info 704-994-3201

ONGOING EVENTS Direct and Counter Cyclical Program Sign-ups Call the Farm Service Agency Office at 704-694-3516 ext. 2 to complete eligibility forms Lions Club Welcomes

New Members The Wadesboro Lions Club meets at Papa Joes Restaurant the 2nd & 4th Thursday each month at 6:30pm For more info call Jim Chandler 910-571-1448



Know the Warning Signs and Symptoms of Stroke

Make sure you can spot the symptoms in yourself and a loved one

Strokes are one of the top three causes of death in the United States and the leading cause of long-term disability. What's more, North Carolina is located in what researchers call the stroke belt, meaning the death rates for stroke are highest in this area compared to the rest of the United States.

While most stroke cases are unpredictable, identifying warning signs as soon as possible can make a big difference in how someone is treated for and recovers from a stroke.

'Symptoms can include weakness on one side of the body, numbness, confusion, fatigue, dizziness, blurred vision, a severe headache and potentially paralysis," says Joe Bernard, MD, an interventional radiologist at Atrium Health. "However, each stroke case has its own unique combination of signs and symptoms, so not everyone will experience all of them simultaneously nor at the same level of intensity.

F.A.S.T is an easy way to remember the signs of stroke. If you spot these signs in yourself or a loved one, you should call 911 immediately.

• Face Drooping: Does one side of the face droop, or is it numb? Ask the person to smile. Is the person's smile uneven?

 Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

• Speech Difficulty: Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

• Time to call 911: If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Some lifestyle choices and medical conditions can put you at a higher risk of stroke. Some examples include: Poor nutrition

- Lack of physical activity
- Smoking
- High stress
- High blood pressure

By making an effort every day to move more, eat more



fruits and vegetables, get more sleep, quit smoking and regularly checking your blood pressure, you can cut down on your risk of having a stroke.

To learn more about stroke care visit stroke.org.

Funny, Random & Weird Holidays this Week

December 29 Thursday - Pepper Pot Day December 30 Friday - Bicarbonate of Soda Day December 31 Saturday - Make Up Your Mind Day January 1 Sunday - Polar Bear Plunge Day January 2 Monday - Buffet Day January 2 Monday - Run It up the Flagpole and See If Anyone Salutes It Day January 2 Monday - Science Fiction Day January 3 Tuesday - Fruitcake Toss Day January 3 Tuesday - Festival of Sleep Day January 4 Wednesday - Trivia Day

Breast Cancer Information

One of the biggest reasons raising awareness about breast cancer is important is that breast cancer is the most commonly diagnosed cancer in women and it is second leading cause of death among women.

The facts remain that while women and men of any age can be diagnosed with breast cancer, breast cancer does affect older women disproportionately more than it does the young and middle-aged. The risk of developing breast cancer increases dramatically with age, making seniors the most likely age group to develop it. In fact, approximately 24 percent of breast cancer cases in the United States are diagnosed in women aged seventy to eighty-four years old. As America's population continues to grow older, it follows that the annual number of breast cancer diagnoses is expected to rise.

Breast cancer is the second leading cause of death for women in the United States, though a breast cancer diagnosis is not limited to only women. However, it is the most commonly diagnosed cancer for women all over the world. One in eight women will be diagnosed with breast cancer, and one woman will die from breast cancer every 13 minutes.

For more information contact Katia Vanderhorst at the Anson County Health Department at (704) 994-3387.

GET INFO ABOUT SPONSORING THE CHURCH CALENDAR 704-694-2480 **OR EMAIL:** theexpressnews@gmail.com

Anson County Tax Collector PROPERTY TAX REMINDER



ANSON COUNTY TAXES ARE DUE NOW!

Please see that all of your Anson County Property Taxes are paid in full prior to January 6, 2023. FEES AND INTEREST BEGIN JANUARY 6, 2023.

Also, if you wish to use property taxes as an income tax deduction, payments should be made by December 31, 2022.

Please pay your taxes immediately. Mail your payment to:

Anson County Tax Collector **101 South Greene Street** Wadesboro, NC 28170

Telephone 704-994-3220

Or visit the office Monday through Friday, 8:30 a.m. to 5 p.m. We accept cash, check or credit / debit card.

An after hours drop box is available too. Thank you.

You may call 704-994-3220 for total taxes owed.