



“Kick Butts Day”...Cigarette Butts that is!

March has arrived, and this month the Anson County Health Department is collaborating with Anson County Early College High School (students are pictured above) in supporting the youth by participating in the national “Kick Butts Day” on Wednesday, March 20. This event was created by the Campaign for Tobacco-Free Kids organization. The Campaign for Tobacco-Free Kids is represented all over the United States and in other areas of the world.

Kick Butts Day is a national day of engagement that allows youth to stand out, speak up, and grab control against tobacco. The first Kick Butts day was held in 1996, and has been presented every year since. The Campaign for Tobacco-Free Kids is expecting participation in more than 1,000 activities in schools and communities across the United States and other parts of the world.

On Kick Butts Day youth schools, health advocates, and other organizations raise awareness of tobacco and the harm it causes to our citizens and our communities. This event helps our young people reject the use of tobacco products and encouraging others to stay tobacco free.

The Campaign for Tobacco-Free Kids provides an activities guide for all organizations that desire to participate in Kick Butts Day. The Campaign for Tobacco-Free Kids also works with multiple organizations to promote, expose, strengthen, mobilize, power, and inform the public on the consequences of tobacco use. The Campaign for Tobacco-Free Kids is a nonprofit organization that accepts donations from individuals, foundations, corporations, and other nonprofit organizations.

The Anson County Health Department is supporting The Campaign for Tobacco-Free Kids, and the national Kick Butts Day event by collaborating with Anson County Early College High School. A visual display created by students will be ready to view on March 20. The ACHD will have a visual display set on the front lawn of the Health Department. The powerful displays will help our children and our community realize the deadly consequences of tobacco use. The public is encouraged to come by the Anson County Health Department to view the display.

Tobacco use is the number one cause of preventable death in the United States and around the world. Cigarette smoking causes more than 480,000 deaths each year in the United States. Cigarette smoking increases risk for death from all causes in men and women. Cigarette smoke contain over 7,000 chemicals and more than 70 are linked to cancer. Cigars, smokeless tobacco, vapors, electronic-cigarettes and hookah all contain chemicals such as nicotine, just as cigarettes, making them unsafe for both children and adults. Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer. Smoking causes about 90% of all lung cancer deaths. In addition, since 1964 second hand smoke has caused about 2,500,000 deaths. Smoking can also affect a baby’s health before and after birth. Quitting smoking prevents several health related risks.

The Anson County Health Department is offering free 1 on 1 tobacco cessation sessions provided by their Health Educator and Certified QuitSmart leader, Dinikia Savage. QuitSmart success rates are high and are proved to be more effective than other methods. QuitSmart also produced impressive quit rates in published research studies, such as the V.A. Medical Center in Durham North Carolina with a 51% quit rate over a 6 month period. With QuitSmart, tobacco users are assured of high quality professional help.

The QuitSmart tobacco cessation sessions will be scheduled on a monthly basis. For more information or to schedule a QuitSmart smoking cessation session, please contact Dinikia Savage at 704-994-3342.

The Quitline smoking cessation hotline is also available through the Health Department and worldwide. Individuals seeking assistance in their efforts to quit smoking can call anytime at 1-800-QUIT-NOW (1-800-784-8669).

An Anson County Tobacco-Free website has been created for the youth of the county to participate in activities, events, and to make a statement and take a stand against the harmful effects of tobacco and its related products such as vapor, e-cigarettes, and JUUL. Please visit Tobacco-FreeAnson.com if interested.

Anson County Kick Butts Day has its own filter from the social media mobile application Snap Chat. The filter will be available at Anson County Early College, Anson Academy, Anson High School, and ACHD on Wednesday, March 20, from 7 a.m. until 5 p.m. Feel free to participate and join the fun.

For more information about The Campaign for Tobacco-Free Kids or Kick Butts Day, please visit their website at KickButtsDay.org.

The visual display of the deadly consequences of tobacco will be available for viewing Monday to Friday, 9 a.m. to 4:30 p.m. March 20-28. The Health Department is located at 110 Ashe Street in Wadesboro.

Blood Pressure Testing at Grace Senior Center

Blood pressure tests will be offered at Grace Senior Center on Wednesday, March 20 at 10:45 a.m.

Additional tests will be offered on June 19, September 18 and December 18, all at 10:45 a.m.

Grace Senior Center is located at 199 Highway 742 South in Wadesboro, just past IGA.

The telephone number is 704-694-6616.

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Anson County Tax Collector TAX REMINDER



DELINQUENT ANSON COUNTY TAXES WILL BE PUBLISHED IN THE EXPRESS NEWSPAPER DURING THE MONTH OF MARCH 2019.

A \$20 FEE WILL BE ADDED TO ALL DELINQUENT ACCOUNTS THAT ARE PUBLISHED.

TO AVOID THIS FEE ACCOUNTS MUST BE PAID IN FULL. PLEASE MAKE PAYMENTS ON UNPAID TAX ACCOUNTS IMMEDIATELY.

Call 704-994-3220 with questions.

Remit payments to:

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

Office Hours: Monday through Friday, 8:30 a.m. to 5 p.m.

Credit & Debit cards are accepted.

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

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