

We Care
About Your
Family's Eyes
As Much As
You Do!



We Accept
Most Insurances
Accepting
New Patients

**ANSON FAMILY
OPTOMETRIC, PLLC.**

1134 Holly Street in Wadesboro (On Hwy 74 across from CVS)
Mon-Thurs 8:30-5 & Closed Fridays 704-694-3618



**Access to family planning health care
is critical to reaching your life's goals.**

**Improving
the health of
this generation
and the next.**



WWW.FAMILYPLANNINGFOUNDATION.ORG

**Schedule a physical and/or birth control consult
today at the Anson County Health Department**

ANSON COUNTY HEALTH DEPARTMENT

110 Ashe Street

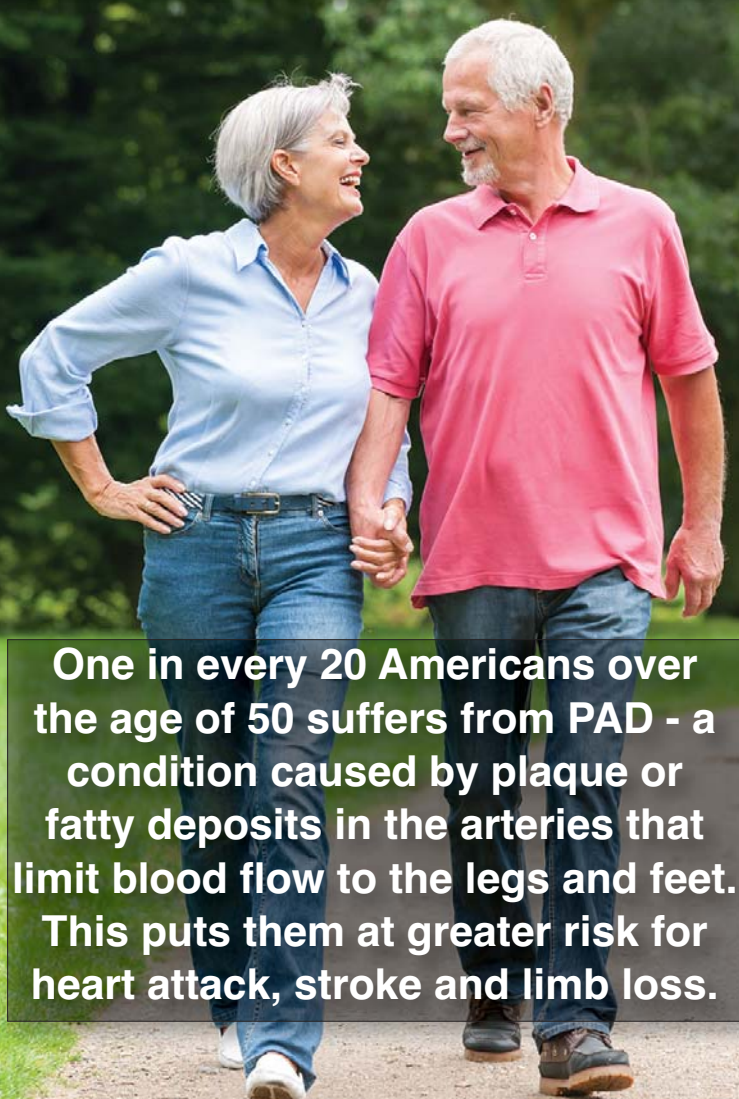
Wadesboro 704-694-5188

Sliding fee scale for the uninsured.



FUNDED BY TITLE X REPRODUCTIVE HEALTH SERVICES

Don't let leg pain slow you down.



**One in every 20 Americans over
the age of 50 suffers from PAD - a
condition caused by plaque or
fatty deposits in the arteries that
limit blood flow to the legs and feet.
This puts them at greater risk for
heart attack, stroke and limb loss.**

Symptoms of Peripheral Arterial Disease (PAD)

**PAIN
ACHING
NUMBNESS**

**DISCOLORATION
BURNING SENSATION
SWELLING**

Call (704)226-0531 for your PAD assessment today!

METROLINA SURGICAL SPECIALISTS, PLLC

Vascular Surgery • Endovascular Intervention

Obinna N. Eruchalu, MD, FACS, FICS, RPVI

907 Fitzgerald Street • Monroe, NC 28112

Phone (704) 226-0531 • Fax (704) 292-7880

NOW ACCEPTING NEW PATIENTS Monday-Friday 8 a.m. to 5 p.m.

Arbor Day Celebrates the Importance of Planting Trees

This year marks the 150th anniversary of Arbor Day, and its importance is just as relevant now as when it was first recognized. Established in 1872 as a tree-planting holiday, Arbor Day was first observed in Nebraska and was celebrated by the planting of more than a million trees. Arbor Day quickly grew into a national holiday before transitioning to a day recognized by many countries across the globe.

The national observance of Arbor Day takes place on the last Friday in April each year. North Carolina observes Arbor Day on the first Friday following March 15. This year North Carolina Arbor Day will take place March 18.

"Trees clean our air, filter our water and are essential to wildlife habitats, which are benefits to all of us," said Agriculture Commissioner Steve Troxler. "Planting trees is an easy way we can all contribute to the sustainable management and preservation of North Carolina's forests for future generations."

One goal identified in the recently updated North Carolina Forest Action Plan is to conserve and enhance the sustainable management of urban forests. Planting trees and responsible urban forest management at the local level including community involvement and participation in urban forestry recognition programs are critical to sustaining healthy forest resources in North Carolina.

North Carolina is fortunate to have a variety of state forestry programs that protect forest resources by supporting landowners and communities with tree-planting, site preparation and forest improvement, said David Lane, state forester. Among these are cost-share programs such as the Forest Development Program and the Urban and Community Forestry grant program, both managed by the N.C. Forest Service. The NCFS Urban and Community Forestry program also oversees the application and award process for Tree City USA, Tree Campus Higher Education and Tree Line USA.

Learn more about N.C. Forest Service urban and community forestry programs and services at www.ncforestservice.gov/Urban/Urban_Forestry.htm. Learn more about the updated North Carolina Forest Action Plan at www.ncforestactionplan.com.

Healthy Eating!

Learn what it means to "eat healthy." Learn how to create a "balanced plate" with MyPlate. Learn how to read a food label and what to look for. Learn grocery shopping tips and ideas. Share quick and easy cooking tips.

This program will be presented by Karen Moody, MS, RD, LDN of FirstHealth Diabetes & Nutrition Education Center.

Sponsored by Connections, a family support program of Sandhills Center in collaboration with North Carolina Families United

Date & Time: Wednesday, March 23, 1 to 2 p.m. via WebEx

Email connectionsfs@gmail.com to register with Suzanne Maness by March 21.

Shiitake Mushroom Workshop on March 26

This is a release from Aimee Colf, Horticulture Agent, Anson Cooperative Extension: Anson Extension is hosting a home-scale shiitake mushroom workshop at the Anson Farmers Market on Saturday March 26! Join us! This fun workshop covers home-scale log cultivation of shiitake mushrooms.

These mushrooms are native to Japan and second in popularity only to button mushrooms. Shiitake, or "mushroom of the shii (oak tree)" in Japanese, are highly regarded for their rich, buttery, earthy flavor, and medicinal properties. Shiitake cultivation in the U.S. has grown in the past 25 years as a seasonal specialty crop, fruiting late Fall and late Winter, about 8 months after inoculation. Offer your logs the right outdoor environmental conditions and they will produce mushrooms for 4-5 years.

Shiitake taste wonderful sliced in a simple stir-fry with olive oil, squash, onions, brown sugar, roasted garlic and herb seasoning, and dash of cayenne, salt/pepper. But there are a multitude of savory options to explore. Their meaty texture is even a simple meat substitute in pasta. Fresh shiitake keep well in the fridge for 2 weeks. If sauteed before freezing, they keep for up to two months.

The \$20 workshop fee covers instruction and two demonstration logs participants will prep and inoculate, with tools provided on-site. The workshop will last an hour.

To reserve a spot, please bring your \$20 workshop fee (cash or check) payable to "Anson Extension" to 501 McLaurin Street in Wadesboro. To keep gatherings at a minimum, 4 mini workshops are staggered that morning and early afternoon: 10am, 11am, 12 Noon or 1pm. Participants will register for an available spot.

For questions contact Anson Extension at 704-694-2915 or aimee_colf@ncsu.edu.

Anson County Schools Spring Athletic Stats

Anson High School Softball Thursday, March 10 at Central Pageland. Gracie Stinson 2-3; Lauren Dutton 2 RBI; Camryn Martin 3-4, 1 RBI; Erin Lookabill 2-2, 2 RBI, 2 BB. Haileigh Boone (W) - in 5 innings of work she threw 13 K's, 2 BB's and allowed no hits.

AHS baseball and soccer Did not play due to game cancellations and inclement weather.

North Carolina's January Employment Figures Released

The state's seasonally adjusted January 2022 unemployment rate was 3.9 percent, decreasing 0.2 of a percentage point from December's revised rate. The national rate increased 0.1 of a percentage point to 4.0 percent.

North Carolina's unemployment rate decreased 1.6 percentage points from a year ago. The number of people employed increased 25,124 over the month to 4,809,793 and increased 179,320 over the year. The number of people unemployed decreased 9,594 over the month to 197,469 and decreased 70,319 over the year.

Seasonally adjusted Total Nonfarm employment, as gathered through the monthly establishment survey, increased 4,100 to 4,660,200 in January. Major industries experiencing increases were Professional & Business Services, 3,400; Construction, 2,900; Financial Activities, 2,700; Education & Health Services, 1,100; and Information, 100. Major industries experiencing decreases were Trade, Transportation & Utilities, 2,300; Other Services, 2,000; Government, 1,200; Leisure & Hospitality Services, 500; and Manufacturing, 100. Mining & Logging employment remained unchanged.

Since January 2021, Total Nonfarm jobs increased 166,500 with the Total Private sector increasing by 146,200 and Government increasing by 20,300. Major industries experiencing increases were Leisure & Hospitality Services, 49,600; Professional & Business Services, 37,300; Government, 20,300; Trade, Transportation & Utilities, 12,400; Financial Activities, 11,500; Education & Health Services, 10,400; Manufacturing, 7,300; Construction, 6,500; Other Services, 5,800; and Information, 5,400. Mining & Logging employment remained unchanged over the year.

Blue Cross NC Extends Telehealth Policy Through September

Blue Cross and Blue Shield of North Carolina (Blue Cross NC) is extending its expanded reimbursement telehealth policy through September 30, 2022. The policy was originally expanded effective March 2020 and covers doctor visits by video or phone the same as face-to-face visits.

"As we have seen throughout the COVID-19 pandemic, patients and physicians have relied on telehealth," said Roberta Capp, MD, chief medical officer at Blue Cross NC. "Blue Cross NC has covered telehealth at parity with in-person visits since the start of the pandemic in March 2020. Extending this policy helps our members access the care they need, when they need it."

The policy applies to all Blue Cross NC commercial plans and Medicare Advantage plans offered and administered by Blue Cross NC, including the State Health Plan. Members of the Federal Employee Program have telehealth covered at parity with in-person visits until further notice. The extended policy does not apply to Blue Cross NC members getting care from out-of-state providers. Providers may continue to use the platform of their choosing for telehealth services.

In 2020, 92% of Blue Cross NC members' telehealth visits were primary care or behavioral health services, compared to 8% for specialist visits, despite coverage and payment parity. The company saw similar trends for 2021 and will continue to monitor trends going forward.

Judy's Tax Service
For Hometown Service
And More...
See Us In 2022!

- ELECTRONIC FILING
- DIRECT DEPOSIT (Federal & NC State)

Hours: Monday - Friday 9 am - 6 pm
Saturday 9 am - 12 pm

102 South Rutherford Street • Wadesboro, NC
704-694-6342

Blue Cross NC has been covering telehealth for more than 20 years and will continue to do so in the future. The company will continue to use data and insights on telehealth to study its usage and update its telehealth policy in the future to best serve its members. The extended review period will ensure that telehealth remains a tool that improves health and increases access to affordable health care. More information on Blue Cross NC's COVID-19-related coverage and policies is available at: BlueCrossNC.com/Coronavirus.