


Energy Efficiency Tip of the Month

An easy way to save energy is to seal air leaks and holes where plumbing pipes run through walls in your home. You can also check wall-mounted cabinets for plumbing holes or air gaps in the back. Fill any holes or gaps with spray foam. Wear protective gloves and use a damp rag for cleanup.



source: energy.gov

Pee Dee Electric
Your Touchstone Energy® Cooperative

Help for Parents of Children Who Stutter is as Close as Your Library

Thanks to some generous donations, the Stuttering Foundation has donated a DVD, entitled *Kids Who Stutter: Parents Speak*, to public libraries across the country. In this 16 minute DVD, parents and speech-language experts talk about how to promote easier talking as they interact with their children. The professionals offer simple tips that parents can follow easily.

The DVD features some of the world's leading therapists with children who stutter: Lisa A Scott, Ph.D. of the Florida State University's School of Communication Science and Disorders; Ellen Kelly, Ph.D., of Vanderbilt University School of Medicine; speech-language consultants Frances Cook, MBE, MSc, Willie Botterill, MSc, and Elaine Kelman, MSc., from the Michael Palin Centre for Stammering Children in London.

"This is an important tool for families and teachers of children who stutter," added Jane Fraser, president of the nonprofit Stuttering Foundation. "Our latest DVD is designed to give parents and teachers the tools they need to play a vital role in the process of helping children who stutter."

For more information about stuttering write the nonprofit Stuttering Foundation, PO Box 11749; Memphis, TN 38111-0749, call 800-992-9392, or visit www.stutteringhelp.org.

Since 1947, the nonprofit Foundation has provided free materials to public libraries nationwide. A library that will shelve them can download a request form at www.stutteringhelp.org/libraries-information, email info@stutteringhelp.org or call 800-992-9392.

ANSON REGIONAL MEDICAL SERVICES (ARMS)

CELEBRATING NATIONAL HEALTH CENTER WEEK AUGUST 8-13

The Key to Healthier Communities

NATIONAL HEALTH CENTER WEEK

Free COVID Rapid Testing & Vaccinations

Tuesday, Aug 9
9am - 3pm

Call 704-694-6700 for additional information.

ANSON REGIONAL MEDICAL SERVICES

ARMS Main Office 203 Salisbury Street Wadesboro, NC 28170	ARMS Union Office 1410 East Franklin Street Monroe, NC 28112
--	---

704-694-6700 www.arms-chc.org

Governor's School Supply Drive Kicks Off to Support Students, Teachers and Public Schools Across State

On Monday Governor Roy Cooper announced the beginning of the Governor's School Supply Drive and encouraged people to donate school supplies for public school students and teachers across the state. On average, teachers in North Carolina spend over \$500 of their own money on supplies for their classrooms each year.

"While you're out shopping, consider buying some extra school supplies to donate," Governor Cooper said. "Our teachers work so hard, and they shouldn't have to dip into their pockets to cover the cost of classroom supplies that their students need."

The Governor's School Supply Drive will run from August 1 to August 31, 2022. As in past years, the State Employees' Credit Union (SECU) and Communities In Schools of North Carolina are partnering to collect and deliver the school supplies.

"We are happy to assist with this important effort to support North Carolina teachers and students through the collection of much-needed classroom supplies," said Jim Hayes, SECU president and CEO. "Not only does our presence in all 100 counties makes us a natural fit to serve as donation sites, the supply drive is a great demonstration of our credit union philosophy of 'People Helping People.'"

"Imagine returning to school without the supplies you need to engage in learning," said Jill Cox, President and CEO of Communities In Schools of North Carolina. "Everyone can help ensure no student faces this challenge by participating in the Governor's school supply drive and dropping off a few items, including items our teachers need like copy paper. Together, we can ensure NC students start the school year on the right foot."

Requested supplies include: Paper – all types, including copy paper; Pens and pencils; Crayons and markers; Dry erase markers; USB flash drives; Spiral notebooks; Sanitizing wipes; and Tissues.

Donation bins will be available in all State Employees' Credit Union locations statewide. North Carolina residents can participate by dropping off supplies at a SECU location or by organizing a drive at their own workplace.

At the end of the drive, volunteers with Communities In Schools of North Carolina and VolunteerNC and Governor Cooper's cabinet members will help distribute the supplies to classrooms across the state.

Governor Cooper's School Supply Drive is offered in partnership between the North Carolina Governor's Office, State Employees' Credit Union, Communities In Schools of North Carolina, TeachNC, North Carolina Business Committee for Education, the North Carolina PTA and VolunteerNC (the North Carolina Commission on Volunteerism and Community Service).

New Arrivals

POWER RECLINERS



AIR CONDITIONERS
ALL SIZES HEAT+COOL UNITS

LIFT CHAIRS



DINING ROOMS



WE FINANCE
EZ TO APPLY OWN IT NOW!

VISIT OUR SLEEP SHOP
GREAT SELECTION OF BEDS & MATTRESSES

MARTIN FURNITURE FACTORY OUTLET

Highway 74 West in Wadesboro • 704-694-3185

OUR HOURS Mon-Fri 8:30-5 Closed Saturday 8:30-1 Sunday

Jury Duty Scammers Continue to Target North Carolinians

The FBI Charlotte Division is warning the public about a telephone scam claiming you have failed to report to jury duty. During the call, the scammer impersonates a law enforcement officer or officer of the court. The caller claims you failed to report for jury duty and may threaten criminal prosecution or jail time. The scammer tells the victim that he or she can avoid arrest by paying a fine immediately and may request payment information or other personal information. The scammer also may request that the victim purchase a prepaid card, such as a Green Dot card or gift card, or payment.

The scammer may provide information like titles and badge numbers of legitimate law enforcement officers or court officials, names of federal judges, and courtroom addresses to make the scam appear credible. Scammers may even "spoof" the phone number so that it appears to be from the Court or a government agency when it is not.

If someone receives such a call or email, they should not provide any personal information, credit card numbers, prepaid cards, or money. Federal courts do not call prospective jurors and ask for money or personal identifying information over the telephone. If someone summoned for jury duty fails to appear, that person will receive correspondence by U.S. Mail, not by phone or email.

Here are some tips to avoid becoming the victim of this type of phone scam:

- Always be suspicious of unsolicited phone calls.
- Never give money or personal information to someone with whom you don't have ties and did not initiate contact.
- Trust your instincts: if an unknown caller pressures you, or says things that don't sound right, hang up!
- If concerns remain about the caller's claims, verify the information with the appropriate law enforcement agency or court officials.

Anyone receiving a jury duty/failure to appear scam phone call should report it, with a description of the caller and any available caller ID information, to FBI Internet Crime Complaint Center (IC3) at www.ic3.gov.

How to Pick a Peach

Lots of peaches at Pee Dee Orchards. Recipes at ncpeachrecipes.com.

July is here and that means it's time for peaches. There is nothing better than standing in an orchard and biting into a freshly picked ripe peach. You can't beat that sweet, juicy taste! The best-tasting peach is the one picked just as it becomes ripe on the tree. That is fine for those who have their own fruit trees or access to a local orchard, but what about those of us who get our fruit at the market?

You too, can enjoy these fresh summer flavors, if you know how to judge the ripeness of fruit. The key to determining the ripeness of a piece of fruit is the color. Look at the background color, not the reddest part of the fruit. If the fruit is still on the tree, the side in the shade has the background color. It should be yellow if you want to eat the fruit immediately.

Those who want to extend the fresh-picked season can pick the fruit when the background color is greenish-yellow. At this stage peaches can be stored in the refrigerator for several days. The fruit will not ripen in the refrigerator. To complete the ripening process, you will need to let them sit at room temperature for four or five days – until they soften.

The same is true for store-bought fruit. Look for the best background color: yellow for immediate eating and greenish-yellow to let it ripen at home. If the fruit you see in the store is green, it probably will not ripen correctly for high-quality eating.


When buying peaches, buy the greenish-yellow ones. Leave as many pieces out at room temperature as you will eat during the course of a day or two and refrigerate the rest. After a couple of days take a few pieces out of the refrigerator to ripen at room temperature.

For a host of peach recipes visit the North Carolina Peach Growers Society website: ncpeachrecipes.com.

By Debbie Dillion, N.C. Cooperative Extension, Union County Center

The Ansonia Theatre Proudly Presents

August 5-14



GHOST THE MUSICAL

Book & Lyrics by Bruce Joel Rubin
Music & Lyrics by Dave Stewart & Glen Ballard
Directed by Tommy Wooten

ansoniatheatre.com 704.694.4950

EAST WADE GULF

for your

VEHICLE INSPECTION

Oil Changes • Drinks & Snacks

115 East Morgan Street
Beside Wadesboro City Hall

Alan Jackson 704-694-2787

Mon-Fri 10:30am-4pm

