

# Church News

NOW - OCTOBER 10

## Bible Study

At Morven Baptist Church Wed DVD 7pm by Dr David Jeremiah 'What Are You Afraid Of?'

SEPTEMBER 23 - 26

## Homecoming & Revival

At Victory Baptist Church in Lilesville. Homecoming Sun 11am followed by lunch (bring covered dish). Revival Mon-Wed with Jimmy Knotts & special music, 7pm

SEPTEMBER 30

## Missionary Program

At House of Faith Church,

3:30pm to Pastor Mary Little

OCTOBER 7 - 12

## Revival

At Johnson Chapel Holiness Church. Sun 11:45am with Bishop William Taylor. Mon-Bishop Jerry Hardison, Tue-Pastor Anita Scott, Wed-Pastor Michael McLeod, Thu-Pastor Cindy Wiggins, Fri-Pastor Joletha Dockery, all at 7:30pm. All are invited

OCTOBER 14

## 140th Anniversary

At Kesler Chapel AME Zion, 10am. Theme is "1878 - 2018: Forging Forward for Freedom."

## Pastor Appreciation

Service for Pastor Josie

Caldwell at New Hope Christian Faith Church in Ansonville, 3pm with Rev Renwick Fisher. All are invited

OCTOBER 14 - 17

## Homecoming & Revival

At Ebenezer Presbyterian Church. 138th Homecoming Sun 11am with Elder Marilyn Pride followed by lunch, then Dr Gregory Davis at 3pm. Revival Mon-Dr. Vivian Kellock, Tue-Bishop William Taylor, Wed-Rev KENZA Maxwell, all at 7pm

OCTOBER 19

## Fellowship Program

At West Deep Creek MBC, 7pm with Pastor Terry Little

OCTOBER 21 & 23-25

## Homecoming & Revival

At Morning Star Redeemed COG. Homecoming Sun with Elder Carl Ingram at 11am & Bishop Gleen at 3pm. Revival Tue-Rev Vincent Tillman, Wed-Rev Charles Sturdivant, Thu-Rev Terry Little, all at 7:30pm

## ONGOING

## Rides to Service

At East Rock Ford MBC. Call 704-695-2997

## Thursday's Child

Children's choir, Gail Litaker director, an outreach ministry of First United Methodist Church, open to all children grades K-6, no pre-registration necessary, Thursdays, 4-5pm, cost is free, 704-694-5179

## Exercise, Exercise & More!

Free at Henderson Grove MBC in Lilesville, Mon & Thur evenings 6-7:30pm. Exercise ball, rubber band, hula hoop, walking, jogging & fun. Physical & mental health info. 704-848-4225

## Fun for Seniors

Every 3rd Tuesday at Rock Hill MBC, 11am-1pm for 55 & older (exceptional adults too) are welcome

## Bible Study

Wednesdays, 6:30pm at Forestville A.M.E. Zion Church

## Radio Ministry

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

## Reading Program

At New Parkers Grove MBC, for anyone in third grade and up who needs help with reading, Tuesdays and Thursdays, 4-5pm, 704-994-9182

## Time for You

Music, prayer & praise at 6pm at Wightman UMC

## Bible Study

Every Wed night, 7pm at Victory Temple Miracle Center

## Prayer/Bible Study

Thursdays 6:30-8:30pm at House of Faith

## Bible Study

Every Wednesday at noon at Expected End Ministries by Pastor Betty Tillman

## "LET'S MAKE THE CHURCH BEAUTIFUL AGAIN"

Whatever happened to the beautiful church? The church who resembles the one who died for it, Jesus Christ! The church who understood the scripture that said, "and ye shall know the truth, and the truth shall make you free." 1 The church who was unafraid to take a stand for what is right, because we are the "righteousness of God"! 2 The church who worships in the "beauty of God's holiness." 3 Worshipping not only at their local church, but in their homes, their schools and in their businesses. Born-again believers, the church is not a building! We are the church!

The last time I heard prominent leaders in our county voice their opinion about how alcohol will bring prosperity to our county they promised an Applebee's Restaurant. As if alcohol or a restaurant would bring prosperity. Tell that to the ones who are addicted to alcohol! Come hear their stories on Sunday night when they speak about broken homes, fortunes lost and hopeless lives! The evil one is still in the life stealing, killing and destroying business! Jesus said that he came that we might have a "super abundant life!" 4 We don't need more alcohol! We need more Jesus!

Church we have a responsibility to bring light to the darkness! Be very careful for God says, "Woe unto him that giveth his neighbor drink." 5 He also said, "By our words[or votes] we are condemned or ...justified." 6 "Righteousness exalts(raises up) a nation," 7 a state or a county. Not alcohol! God makes it very plain for the church to "Be Sober!" 8

Therefore, church let's be beautiful again! Let the preachers in the pulpits of Anson County proclaim the truth about what the Bible says about alcohol. Let every member of the true body of Christ lift up their voice and conscience against the referendum on November 6th, and **Vote NO!**

Rocky Carpenter

Pastor

Harmony Community Church

- John 8:32
- Romans 3:22
- Psalm 96:9
- John 10:10
- Habakkuk 2:15
- Matthew 12:37
- Proverbs 14:34
- 1 Peter 5:8

## 2017-1028 Anson County Schools Annual Wellness Report

### Coordinated School Health Committee

The District School Health Advisory Council (SHAC) is made up of employees and community members that represent each of the 8 components of Coordinated School Health. The committee regularly solicits information from external advisory bodies and stakeholders for the improvement of health and wellness. The council is working to implement health initiatives that will promote positive outcomes. If you would like additional information on the Local Wellness Policy, please contact **Dr. Mary B. Ratliff** at the district office at (704) 694-4417.

### ACS Wellness Summary

Physical activity and achievement in schools play a crucial role in influencing physical activity behaviors. Across the district, various events were heavily promoted and open to students, families, staff, and community members. The events held to promote healthier lifestyles and to increase awareness included Zumba classes at local churches and community sites, Relay for Life, Jump Rope for Heart, Friendly Dental Van visits to schools, sports, immunizations, Tobacco Free Anson Initiative through Anson County Health Department, and The "WHY TRY" Abstinence Program at all elementary schools and Anson Middle School.

### Healthy Hunger-Free Kids Act 2010

The ACS Child Nutrition Program meets the Healthy, Hunger-Free Kids Act (HHFKA) 2010 provisions. The federal nutrition standards have been implemented in stages, to ensure that meals are healthier, well-balanced and provide students the nutrition they need to succeed at school. A student must select a fruit or vegetable at breakfast and at lunch to complete their meal. School meals offer daily:

- Variety of fruits • Variety of vegetables including dark green, red/orange & legumes • Only whole-grain rich items • Low fat/low sodium meat/meat alternates • Fat-free/1% milk • Age-appropriate calorie limits/portion sizes • < 10% saturated fat • Zero grams trans-fat • Sodium restrictions to promote healthier meals, most items are steamed and baked.

National School Lunch Program Federal regulations require that we offer minimum portion sizes of meat, fruit, vegetable, grains/breads and fluid milk during every lunch meal service. The portion sizes are designed to meet the needs of growing children and, as a rule, we increase the sizes as the children grow older. We offer fresh fruits and vegetables every day.

### Any food sold in schools MUST:

- be a "whole grain-rich" grain product; or
- have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- be a combination food that contains at least ¼ cup of fruit and or vegetable; or
- contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 (calcium, potassium, vitamin D, or dietary fiber).

### \* Foods must also meet several nutrient requirements:

#### Calorie Limits:

- Snack items: ≤ 200 calorie • Entrée items: ≤ 350 calories

#### Sodium Limits:

- Snack items: ≤ 230 • Entrée items: ≤ 480 mg

#### Fat Limits:

- Total fat: ≤35% of calories • Saturated fat: < 10% of calories • Trans-fat: zero grams

#### Sugar Limit:

- ≤ 35% of weight from total sugars in foods
- \*On July 1, 2016, foods may not qualify using the 10% DV criteria.
- \*\*On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

### Nutrition Standards for Beverages

All schools may sell: • plain water (without carbonation); • unflavored low fat milk; • unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP; • 100% fruit or vegetable juice and 100% fruit or vegetable juice diluted with water; • elementary schools may sell up to 8-ounce portions, while middle schools and high schools may sell up to 12-ounce portions of milk and juice. There is no portion size limit for plain water; • beyond this, the standards allow additional "no calorie" and "lower calorie" beverage options for high school students. • No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and • other flavored and/or carbonated beverages that are labeled to contain < 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces. • no more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

Competitive Food Sales apply to all foods & beverages sold via fundraisers, vending machines, school stores, school concession stands and any other place that is located on the school campus.

| Component  | Elementary & Physical Activity Progress Status |                                     |                      |
|--|--|-------------------------------------|----------------------|
|  | Elementary                                     | Middle                              | High                 |
| Nutritional Requirements   | Met  | Met                                 | Met                  |
| School Health Advisory Council has parents represented at each school              | Met  | Met                                 | Met                  |
| Minutes allotted for Physical Education Class Meets Requirements                   | Met  | Met                                 | Per Student Schedule |
| Minutes per day students have recess   | Met  | Met                                 | Met                  |
| NO Student removed from recess or physical education classes                       | Met  | Met                                 | Met                  |
| Energizers/ Activities   | Met  | Met                                 | Met                  |
| Provide daily recess   | Met  | N/A                                 | N/A                  |
| Provide physical education class at least twice per week                           | Met  | Met                                 | Per Student Schedule |
| Provide classroom physical activity integrated into school day learning activities | Met  | Met                                 | Met                  |
| Provide intramural physical activity opportunities                                 | Met  | Afterschool activities at 3 schools | Met                  |
| WHY TRY PROGRAM  | Met  | Met                                 | N/A                  |

Report submitted by Dr. Mary B. Ratliff, Administrator Student & Administrative Services, Anson County Schools.

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### Exercise Class

Each Thursday at 2pm at Hopewell UMC

### Intercosy Prayer & Bible Study

at Sandy Ridge MBC every Wednesday, 5pm

### Bible Study

At West Deep Creek MBC each Wednesday at 6:30pm

### Youth Night

At Vision of God Ministries in Morven each Sat, 5-7pm w/bible study, Christian movies, games, crafts refreshments & more

### Addiction Recovery

Support group meets every Sunday, 6pm at Harmony Community Church in Peachland. 704-272-7410

### Bible Study & Prayer

At Kesler Chapel AME Zion every Wednesday 7pm

### Bible Study Classes

Every Tuesday-Evangelistic Outreach Center on Hwy 74 in Polkton at 6:30pm

### Bible Study

Every Wednesday night at 7pm at New Grove MBC. Need a ride? Call 704-272-8884

### Bible Studies

By Women of Worth at N Wadesboro Baptist Church every 2nd & 4th Thursday 10am & every Thursday 7pm at Goodwind home, 116 Sunset Dr, Wadesboro

### Bible Study

Every Tuesday at 6:30pm at Pleasant Hill Baptist Church of Ansonville

### Bible Class

At Red Hill Baptist Church, 12noon, Wednesdays, public invited

### Service Schedule

At Abundance Grace Ministry of Morven. Sunday School 10am, praise & worship 11am. Discipleship class Thur at 6:30pm. All are welcome

### Men & Women

Fellowship at Abundance Grace Ministry of Morven second Saturday, 3-5pm

### Free Exercise Class

Every Wed & Thu, 5:30-6:30pm at New Grove MBC. Need a ride? Call 704-272-8884

### Wednesday Bible Study

New Meltonville MBC, 7pm

### Brotherhood Meetings

Every 3rd Saturday at N Wadesboro Baptist Church, 6pm. Bible study & meal, all men welcome

## Events

NOW - SEPT 27

### Uptown Wadesboro Farmers Market

begins, 4pm. Open every Thursday through September. Info 704-695-1644

SEPTEMBER 29

### Music on the Square

12th annual event hosted by the Town of Peachland, 3 to 10 p.m. Breaking Away plays 3-6pm & Loaded Dice play 7-10pm. Lots of food vendors, activities for kids & adults. Vendors & booths by youth & women's groups from local churches & the fire department. Info Lynn Griffin 704-272-7781

### Reunion Planning Meeting

for Bowman Senior High School Class of 1968, 9am at Hampton B. Allen Library. Info 919-619-9032 or jharr122@ncu.edu

SEPTEMBER 29

### Blood Drive

At Brown Creek Baptist Church, 9am-12. Info & appointments at 1-888-59-BLOOD or www.cbcc.us

OCTOBER 1

### Board of Education

Regular Meeting in Administrative Office Board Meeting Rm, 320 Camden Rd in Wadesboro. Closed Session at 4:30pm, Open Session at about 5:30pm

### ONGOING EVENTS

### 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 or to purchase a broom please call Jim Chandler 910-571-1448

### Childcare Association

Meets every 3rd Thursday of Month, 6:30pm. Info 704-695-1666

### Ansonville Museum

Ansonville Historical Society Museum open by appointment. Call 704-826-8129