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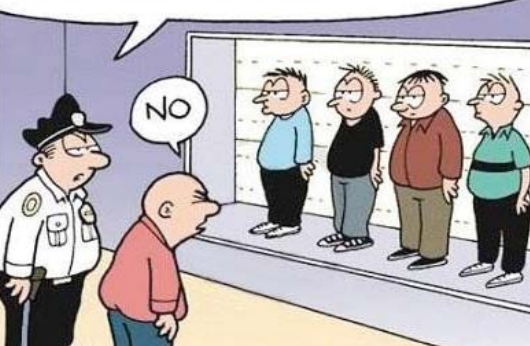
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ANSON HIGH SCHOOL ATHLETICS

2022 Fall Awards Night

**Thursday, November 17, 2022
6:30 p.m.
SPCC Garibaldi Building
680 US 74, Polkton, North Carolina**

Awards Presentation followed by Light Refreshments

Teams to be honored:

Cross Country, Men's Soccer, Volleyball & Football

We hope you will join us as we honor our Fall student athletes and coaches for their hard work and outstanding achievements!

For questions contact Randy Jordan (Athletic Director)

State Agencies Now Accepting Applications for Summer 2023 Student Internships

Application deadline is January 9, 2023

Beginning this week, college students can apply for up to 100 internships across multiple North Carolina state government agencies. Governed by the NC Department of Administration's Council for Women and Youth Involvement, the annual State Government Internship Program offers a 10-week, paid internship for college students interested in careers in state government.

"State government internships provide a fabulous opportunity to gain practical job experience while also exploring a potential rewarding career in public service," said NC Department of Administration Secretary Pamela B. Cashwell. "The program is a great way for students to network with peers and mentors, make connections and hone skills related to their respective career fields."

Students can use the application portal (ncadmin.nc.gov) to easily search and apply for internship opportunities by agency, location, and field of study. This year, the program is offering up to 100 different internships from as far west as Buncombe County to Dare County along North Carolina's coast. Applications will be accepted through January 9, 2023.

Internships integrate education, career development and public service. Opportunities exist in numerous recognized fields of study, from marketing to policy and research. Students can apply for summer projects including workforce development, business services, construction engineering, wildlife rehabilitation, among others.

The 2023 summer internship program will run May 22 - July 28. All interns are expected to work 40 hours each week for 10 weeks, earning a stipend of \$12 per hour. In addition to hands-on professional development opportunities, interns will also participate in activities to broaden their knowledge of public service and state government including virtual seminars and executive chat sessions with state government leaders for career development.

Since 1969, more than 4,300 internship opportunities have been awarded to North Carolina college students across the state. The internship program is open to all North Carolina residents attending a college, university, technical institute or community college. As in previous years, the pool of internships will be diverse ranging from virtual to in-person to hybrid depending on the project and location.

"Every year, the number of applications exceed our expectations," said Internship and Youth Programs Coordinator Candace D. Settle. "I encourage anyone who is interested in applying to do so early. This program is highly competitive."

Interns are selected through a process overseen by the North Carolina Internship Council. Selection is based on a thorough review of applications, including academic records and interest in state government. Qualified candidates also may be selected for a virtual interview with prospective supervisors.

For more information, please visit the State of North Carolina Internship website (ncadmin.nc.gov/public/internship-program-2023) or contact the Youth Programs Coordinator, Candace D. Settle at 984-236-0345. Information is also available in campus career services or cooperative education offices.

About NCDOA and the NC Council for Women and Youth Involvement The N.C. Department of Administration acts as the business manager for North Carolina state government. Under the leadership of Secretary Pamela B. Cashwell, the department oversees government operations and advocacy programs. The department's advocacy programs help to promote and assist diverse segments of the state's population that have been traditionally underserved. NCDOA's Council for Women and Youth Involvement division advises the governor, state legislators and state leaders on issues that impact women and youth.

Ansonia November Spotlight is on Teri Brown

This is a release from the Ansonia Theatre: We would like to recognize Teri Brown this month in our spotlight. Teri has been a member of the Ansonia/Anson County Arts Council (ACAC) family for quite a while now, but we especially wanted to recognize her outstanding job on the set of our most recent play, *The Mousetrap*. Teri is a seasoned artist and is proficient in many forms of artistic media. She has assisted artist Mike Phillips on numerous Ansonia Theatre sets, always adding a rich dimension of her own that enhances the set as a whole. The Ansonia is so fortunate for Teri to have stepped up in this capacity after Mike's recent retirement.

Not only is Teri a talented artist, but she has assisted with summer art and theatre camps and is a veteran to the Ansonia stage. In fact, Teri's whole family consists of talented individuals. We are happy to have Donald, Ayla and Oliver lend their gifts to the Ansonia as artists and actors also.

We are blessed to have Teri as a member of our family. We couldn't do it without her!! We love you, Teri! The spotlight is on YOU!



Cutting Back on Sodium (Salt)

Nearly all Americans eat too much salt (sodium). Most of the salt comes from pre-prepared foods, eaten either at home or in restaurants. Salt plays a role in high blood pressure. Typically, the daily recommendation of salt to everyone is 2,300 milligrams of sodium a day, which is about 1 teaspoon a day. Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes or chronic kidney disease should reduce sodium intake to 1,500 mg a day. Processed foods, fast food, and restaurant foods are the major sources of dietary sodium. The most common name for sodium is salt.

Most packaged foods have a Nutrition Facts table. This will tell you how much sodium is in one serving of food. Compare sodium content for similar foods using the Nutrition Facts label to select brands with lower sodium. This is helpful in soups and frozen meals, where you have a large variety of brands for the same product. Also look for low sodium or no salt added on food products. Canned vegetables usually have a "no salt added" option. The serving size is located at the top of the table, usually right under the "Nutrition Facts" title. The amount of sodium is given in the list under the title. It is given in milligrams (mg). Check the serving size carefully. A single serving is often very small, and you may eat more than one serving. If this is the case, you will eat more sodium than listed on the label. For example, if the serving size for a canned soup is 1 cup (250 mL) and the sodium amount is 470 mg, if you have 2 cups (500 mL) you will eat 940 mg of sodium.

When preparing foods, try to limit adding salt. Using herbs and other spices for flavor will have you limit salt. Surprisingly you can add salt after cooking rather than during. Adding salt during cooking makes the salt cook down and is not easily tasted. So instead of adding while cooking and then adding again because the salt cannot be tasted, it is best to just add at the end. Also, rinse off canned foods like beans and vegetables before use to reduce sodium in them. Cook more often at home, so you can control what is in your food. Try dairy and protein foods that are lower in sodium. Choose more fat-free or low-fat options of milk and cheese. Purchase fresh meat like poultry, beef, seafood and pork rather than processed meats like luncheon meat, sausage and deli.

We know it is not easy to cut back on an ingredient that we have all gotten used to, so the recommendation is to cut back little by little. Try experimenting with fresh herbs and spices to determine what your taste buds like and incorporating those in your meals will minimize the use of salt. Remember, eating less salt now can help reduce chronic illnesses later.

By Roshunda Terry, County Extension Director

NCWorks Veterans Portal

Home to nearly 800,000 veterans and several major military installations, North Carolina has a distinguished history in serving the U.S. military veterans, and their families. The NCWorks Veterans Portal is an online website for veterans. This collection of resources provides services for veterans, transitioning service members, and eligible spouses to obtain employment.

The NCWorks Veterans Portal is at: veterans.ncworks.gov/vosnet.

Funny, Random & Weird Holidays this Week

- November 17 Thursday - Take A Hike Day & Use Less Stuff Day
- November 18 Friday - Push Button Phone Day
- November 20 Sunday - National Absurdity Day
- November 21 Monday - World Hello Day
- November 22 Tuesday - Go For a Ride Day
- November 23 Wednesday - Fibonacci Day