

An Opportunity to Help a Family Who Lost Their Home and Business in a Fire

Dear Editor,
This letter is about an event that is called "Thanks In Giving Before Christmas." Milton and Phyllis Cox of Wadesboro lost their business and home through a devastating fire, which took everything except their greatest gift; life!
Barbers and cosmetologists of their profession are reaching out to everyone to please let's take this opportunity as "A Time of Thanks in Giving Before Christmas," monetary gifts into the lives of the Cox family.
On Monday, November 25 at 6:30 p.m. in the big fellowship hall of West Deep Creek Missionary Baptist Church, located at 4557 Deep Creek Road in Wadesboro, there will be an event where you can meet and greet the Cox family. There will be singing, dancing, dinner and an opportunity for you to help the family with a monetary gift. This will help them to have a wonderful Thanksgiving and a merry Christmas. For more information call Judy Little at 704-475-4904.
Sincerely, Judy Little, You Are So Special Beauty Salon

The Health Department Supports Diabetes Awareness Month in November

Educational class on diabetes at Health Department on Wednesday, Nov. 27
The Anson County Health Department is bringing in the month of November by raising awareness on Diabetes. November represents Diabetes Awareness Month and the Health Department supports those battling with diabetes every day.
The number of diabetic cases in Anson County have been consistent over the past few years. Several cases have been linked to poor nutrition and lack of physical activity. The rate of diabetic cases in Anson County is 12.5%, about .4% higher than the rate of North Carolina.
Diabetes is a condition that occurs when the body cannot use glucose (a type of sugar) normally. Glucose is the fuel that feeds your body's cells, but to enter your cells it needs a key. Insulin is that key. Insulin is a hormone in the body that adjusts the amount of glucose in the blood.
There are two main types of diabetes, type 1 and type 2. Both types of diabetes are chronic diseases that affect the way your body controls glucose. Type 1 diabetes is when the body does not produce any insulin, and type 2 diabetes is when the body does not produce enough insulin.
Diabetes is diagnosed or caused by various factors including genetics, lifestyle factors, and obesity. Type 1 diabetes is usually diagnosed in children or teenagers, or if an individual has a parent or sibling with the condition and genes that are linked to the disease are passed. The cause for type 2 diabetes involves obesity, age, parents with the condition, no physical activity, high blood pressure, high cholesterol, or high triglycerides. Pre diabetes is also a cause in developing type 2 diabetes. Pre diabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes.
Gestational diabetes is also a type of diabetes. Gestational diabetes is first seen in a pregnant woman who did not have diabetes before she was pregnant. Some women have more than one pregnancy affected by gestational diabetes. Gestational diabetes usually shows up in the middle of pregnancy. Those who develop gestational diabetes are at higher risk of developing type 2 diabetes later in life.

Symptoms of diabetes include:

- increased hunger
- increased thirst
- weight loss
- frequent urination
- blurry vision
- extreme fatigue
- sores that don't heal

Treatment methods for diabetes include daily blood sugar monitoring, a healthy diet, and exercise. If blood sugar levels are too high, medication will be needed.
Atrium Health Anson offers assistance through HealthQuest for insulin and other various medications. HealthQuest is a pharmacy that provides assistance in finding and applying for pharmaceutical company prescription assistance programs. This pharmacy also provides, when available, free medications. This assistance is offered to Union, Anson, Chesterfield, Lancaster and Stanly County residents who are underinsured or uninsured and cannot afford prescriptions. Medication is offered monthly with a \$20 administrative fee per month to participate in the program. The fee may be reduced/waived when there is undue hardship. For further questions contact HealthQuest at 704-994-4720.
Atrium Health Anson also offers a Diabetes Educator for the members of the Anson community.

The Anson County Health Department is providing an educational class on diabetes Wednesday, Nov. 27, from 2 to 3 p.m. The Anson County Health Department is located at 110 Ashe Street in Wadesboro.
Please contact Dinikia Savage at 704-994-3342 for any questions and concerns.

Church News

DATE TO BE ANNOUNCED
Collar Sandwich Plate
Sale at New Life Ministries Pentecostal. Taking pre-orders. \$8 plate includes collards, cornbread fritters, fatback, chow chow, peppers & drink. Order & info 704-690-4900
NOVEMBER 21 & 22 Taking It Back Crusade at Johnson Chapel Holiness Church. Thu-7:30pm with Pastor Cindy Wiggins from House of Faith. Fri-7:30pm with Prophetess Frances Hardison from Emmanuel Temple. All are invited
NOVEMBER 24 Guest Speaker Elder Ivan Ledbetter & Devine Image Ministries at New Beginning Baptist Church, 416 McLeod St in Morven, 11am. All are invited
Turkey Giveaway In parking lot of You Are So Special beauty salon (across from Captain D's), 2pm done by West Deep Creek MBC. Must be Anson citizen, must have state ID & bill or proof with same address as ID
Community Singing At New Life Ministries Pentecostal, 1678 Hwy 109 South in Wadesboro, 5pm with special guest DJ Woodie & Alexandria Brooks. All are invited. Local singers invited. Call 704-690-4900.
Thanksgiving Outreach Dinner at House of Faith. All are invited
Pre-Thanksgiving Program at Parsons Grove MBC in Lilesville, 3pm with Rev T.J. Horne
NOV 29 & DEC 1 Pastoral Celebration At Johnson Chapel Holiness Church. Fri-7:30pm with Pastor Jeremy Ludd of Morning Star Baptist in Patrick, SC. Sun-4pm with Pastor Sonya Ellerbe of United Christian Fellowship Church in Salisbury, NC. All are invited
NOVEMBER 30 Pack the Pews Program at Church of God of Prophecy, 3pm
DECEMBER 1 Pack a Pew Program at Flakes Chapel, 2:30pm with Pastor Terry Little of West Deep Creek MBC
DECEMBER 8 Candlelight Service At Rock Hill MBC, 3pm with Deaconess Lillian Rorie from Flat Rock MBC. All missionaries asked to wear white. Everyone is invited
DECEMBER 14 Christmas Program At Parsons Grove MBC, 5pm with Rev Bention
DECEMBER 31 New Year's Eve Service at Parsons Grove MBC, 10pm-midnight with Bishop Walter Ellerbe

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ONGOING
Victory in the Sanctuary Every Saturday at 11:30am at Pathway to Peace, 11775 Hwy 109S, Peachland. Info 704-695-1441
Tools for Christian Living Academy, fourth Saturdays, New Piney Grove Ministries, 6pm-7pm
Bible Study At Thomas Chapel AME Zion every Wednesday, 7pm
Gospel Aerobics At Pleasant Hill A.M.E. Zion Church of Wadesboro, Tuesdays, 5:30pm, Bible Study from 6pm to 7pm
Bible Study Every Tuesday at 7pm at Expected End Ministries
Bible Class Every Wednesday at 6:10-8pm at West Rocky Ford MBC. Classes for both adults and youth
Sunday Night Service At Lambs Ark of Refuge, 6pm. Located at 121-C

Wortham St in Wadesboro (turn at Dollar General)
In Home Prayer Meetings Offered by New Life Ministries Pentecostal. Call Pastor Randy Brooks 704-690-4900 or Sister Linda Mitchell 704-270-4071
Bible Study At Christ Chapel of Truth on Hwy 74E in Wades
Bible Study Every Wednesday at Poplar Springs MBC, 6-7pm
Bible Class At Lindsey Chapel FCOG every Wednesday, 7pm. Genesis to Revelations. Everyone invited
Power Hour Every Wednesday, 7pm at Tabernacle House of Praise
Bible Study Each Wednesday, 7pm at Madison Grove MBC. Everyone invited
Men's Prayer Breakfast Every second Saturday at 9am at Garris Grove MBC

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Mon & Wed 8-7
Sat 9-12

Events

NOVEMBER 23 Free Community Thanksgiving Dinner including giveaways of turkeys, groceries, coats, clothing, blankets & more, 12 noon at Harvest Ministries Outreach Center, behind Pizza Hut in Wadesboro. Rides available, call 704-695-2879
Free Groceries for Families in Need at Burnsville Recreation & Learning Center. 12 noon-2pm. Call 704-826-8737 for eligibility info & details
NOVEMBER 25 Board of Education Regular Meeting in Administrative Office Board Meeting Rm, 320 Camden Rd in Wadesboro. Meeting begins with Closed Session at 4:30pm, followed by Open Session at about 5:30pm
Free Movie *Unplanned* at the Hampton B. Allen Library, 10am. Info 704-694-5177
NOVEMBER 27 Deadline for Entry Forms for Wadesboro Christmas Parade to be held Dec. 5 at 4pm.

Forms available at Wadesboro Town Hall & REV Center, 114 West Wade St. Vendors must obtain permits from Town of Wadesboro. Info 704-694-4181 or uptownwadesboro@windstream.net
DECEMBER 4 Free Groceries For families in need Mobile Food Pantry & Atrium Health Bus at Bethel Community Center, 8180 NC 742 Hwy South in Wadesboro. Register 8-10am. Call for details 704-694-2445
DECEMBER 5 Wadesboro Christmas Parade, 4pm rain or shine. Info 704-694-4181 or uptownwadesboro@windstream.net
DECEMBER 6 Zimmer Friends Will Meet at 1:30pm at Papa Joes in Wadesboro. All are invited. Info Betty Huneycutt 704-694-4213
DECEMBER 6 - 8 Ansonia Play Miracle on 34th Street, the heartwarming holiday classic about the power of believing. Friday & Saturday 7:30pm & Sunday 3pm. Tickets & info at ansoniaattheatre.com or 704-694-4950
DECEMBER 17 Auditions For upcoming Anson Theatre Play *Little Shop of Horrors*, 6pm. Prepare a song to sing. Play presented March 13-22, 2020. Info 704-694-4950

DECEMBER 10 Christmas in the Park. Free & sponsored by the Town of Lilesville at Hatcher Park, 6-8pm with a tree lighting, Christmas carolers, live nativity scene, Christmas hayride, visits with Santa, crafts for kids to make, cookies & delicious hot cocoa. If inclement weather, event held in Lilesville Fire Dept. Info 704-848-4711
DECEMBER 13 - 15 Ansonia Play Miracle on 34th Street, the heartwarming holiday classic about the power of believing. Friday & Saturday 7:30pm & Sunday 3pm. Tickets & info at ansoniaattheatre.com or 704-694-4950
DECEMBER 14 Class of 1975 Bowman High School 45th reunion planning meeting, 4pm at Quincy's Restaurant in Monroe. Info Karen Burney Nash 704-219-0978 or JoLetha Gordon Little 704-694-6212
DECEMBER 17 Auditions For upcoming Anson Theatre Play *Little Shop of Horrors*, 6pm. Prepare a song to sing. Play presented March 13-22, 2020. Info 704-694-4950

ONGOING EVENTS
After School Program Kid Cafe Mon-Fri from 2:30-5:30pm. at the Burnsville Recreation & Learning Center, 704-826-8737
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
Free Movies 4th Monday of the month at Hampton B. Allen Library, 10am. Info 704-694-5177
Writers' Club Meets Fourth Sunday each month at First Presbyterian Church in Wadesboro, 3pm (except July & Dec). Open to public, new members of all ages invited. Info 704-694-5211 or sandybruney@gmail.com
MoMs Meeting Support group for mothers of multiples, third Tuesdays, 6:30pm, Lockhart-Taylor Center, 704-695-1031