

Elvis! At 50+ Club Meeting

The Hampton B. Allen Library announces the 50+ Club will meet Monday, October 10th in the Little Theatre at 10:30 a.m. Tribute artist Roy Gaddy will be performing hit songs by Elvis Presley. The show is invited to attend. Any questions please call 704-694-5177.

REMEMBER SENIOR DAY



10 Dinners Starting at \$3.99 All Day Wednesday

Each meal includes a 16 oz. drink
126 West Caswell Street in Wadesboro



CANDIDATE FOR MAYOR OF POLKTON CYNTHIA WILLIAMS

Early voting will start on October 20, 2011. The actual voting day is November 8, 2011. Please keep in mind that I am a write in candidate, and you MUST write my name on the ballot in order for the vote to be counted.

Paid for by the candidate

SPCC Offers NC Licensing and Renewal Courses

South Piedmont Community College in the coming weeks will offer several initial and renewal courses mandated by the state to secure or retain an N.C. license for technical and professional skills. Beginning in October, the classes will be offered at the Lockhart-Taylor Center in Wadesboro or the Whitaker Applied Technology Center on the L.L. Polk Campus in Polkton.

The courses, ranging from four to 12 hours, include Mechanical/HVAC Renewal (Oct. 15), Escort Vehicle Operator (Oct. 15 and Dec. 10), Plumbing Renewal (Oct. 22), Vehicle Safety Inspection (Oct. 24), Notary Public (Oct. 26 and Nov. 19), Unarmed Security Guard (Nov. 1-2), Electrical Contractor Renewal (Nov. 12), Escort Vehicle Operator Renewal (Nov. 12), Auto Dealer Renewal (Nov. 15), Auto Dealer Pre-licensing (Dec. 15), ServSafe (TBA) and Wastewater Operator Renewal (TBA).

For more information or to register, call Sandy Huntley at 704-272-5456 or visit the Lockhart-Taylor Center at 514 North Washington Street in Wadesboro.

Extension Notes Green Your Dorm Room

While outfitting you or your college student's dorm room this fall, where you can, remember to choose environmentally friendly products. One way to do this is by looking for products that have earned the Energy Star rating. These products have met minimum EPA requirements, so they use less energy, save money, and help protect the climate. From laptops and printers to your schoolwork, to TVs and mini fridges for your practice breaks, qualified products make it easy for you to make a difference. Here are a few tips to help you shop "green" for back to school.

When purchasing appliances and equipment, look for qualified products that use less energy. Energy Star products can be found in table lamps, CFL or LED light bulbs, which use 75% less energy than regular incandescent light bulbs, qualified computers which use 65% less energy, and mini fridges, that can use 20% less energy. Remember to check the labels on electronics, entertainment systems, TVs, DVD and Blu-Ray players, and speakers, that can be purchased to use less electricity. Electronics can be more efficient both when in stand-by mode and when in active mode, and use the latest and greatest technology.

Did you know that the buildings where we work, play, and learn are responsible for nearly 20% of both the nation's energy use and greenhouse gas emissions? That includes college buildings and dorm rooms, so making a change today to help cut down on this energy. It can be as easy as using a power strip. It is a myth that keeping your electronics on is better for them. It is infinitely better, both for your equipment and for the environment, to turn your electronics off, especially when you are not going to use it for a while, like at night. Plugging everything into a power strip makes this easier by creating a central "turn-off" point.

Power Down. Make sure that you enable the power management features on your computer and monitor so they go to sleep (switch to a low power mode) when not in use. Here is another bonus tip, set your printer to print double-sided and cut paper waste in half which also saving money.

Unplug it. Did you know that your office equipment and electronics are still drawing energy from an electrical outlet even when not turned on? To avoid wasting energy, remember to unplug your chargers after your electronics are all charged up.

Fill it up and save. Did you know that running full loads of laundry instead of partial loads can save up to 3,400 gallons of water a year and save energy at the same time? Also, be sure to wash with cold water whenever possible.

Work from the outside in. Check for air leaks around doors and windows and suggest that someone help seal leaks with weather stripping. Plus, keep doors and windows closed when the air conditioning or heat is on.

Share savings. We all know that, collectively, our individual changes make a big difference. Share your savings story and get your friends to share theirs to see how it all adds up. You can also hang signs or posters in your dorm building with tips for saving energy to encourage your friends to make a change.

Finally, turn off the lights. Remember to turn off your lights when leaving the room or other common areas. Duh, right? *By Janine B. Rywak, County Extension Director*

Deadline Extended for Mini-Grants to Benefit Youth Groups

The N.C. Youth Advisory Council of the Youth Advocacy and Involvement Office in the Department of Administration has extended the deadline by one week to submit applications for mini-grants available to youth groups to conduct community projects. The application deadline is now 5 p.m. Oct. 7. Up to \$6,292 is available to North Carolina organizations composed of young people, ages 13 to 18, which include programs to benefit their peers. The mini-grants will range from \$100 to up to \$500 each.

Examples of projects that have received funding since the program started in 1977 include after-school tutorial programs, purchases of recreational equipment and orchestral music, an alcohol-free graduation celebration and books for children in a hospital critical care unit. Requests for cost of food, entertainment, travel and salaries will not qualify for funding.

The State Youth Council and the Youth Advisory Council will meet in November to review applications for awards and will announce recipients in December.

For regulations or to download an application, visit www.doa.state.nc.us/yai/o/councils-minigrant.aspx or contact Cynthia Giles of the Youth Advocacy and Involvement Office at 919-807-4400.

SC Jazz Festival Jazz Mass is October 14-16 in Cheraw

Jazz will fill the air on October 14-16 at the 2011 South Carolina Jazz Festival in Cheraw. Over 35 jazz performances are scheduled during the weekend. The festival will conclude with an outdoor Jazz Mass on Sunday, October 16 beginning at 3 p.m. Area clergy, musicians and choir members will lead the community worship on the church grounds of First Presbyterian Church of Cheraw located at 300 Market Street. 2011 marks the fourth year of this annual event that is presented during the festival weekend by area churches. The Cheraw Ministerial Association and First Presbyterian Church of Cheraw are presenting this year's service.

The Jazz Mass will feature the Market Street Brass and the Jazz Mass Community Choir. The Market Street Brass was founded in 1974 as the resident faculty brass quintet at the University of North Carolina at Greensboro. The quintet performs music in all styles from Renaissance to jazz in a variety of settings. Some 50 or more engagements per year include concerts, services, and music for special events. The group has performed throughout the United States for professional music education conferences, public and private schools, colleges and universities, and concert series. In August 2005, the Market Street Brass traveled to PR China to perform concerts in Beijing and Changsha. In Beijing, concerts were played in the Forbidden City Concert Hall and the Peking University Concert Hall.

The Jazz Mass Community Choir features singers from various community churches who will share their talents for this wonderful service. The choir will present four selections from Missa Jazsis that were written especially for choirs, trumpet and keyboard.

The public is invited to attend this community worship set in the tones of soulful jazz. Seating will be available, while lawn chairs are welcomed. In case of inclement weather, the service will be held in the church sanctuary. For additional information visit www.scjazzfestival.com or call 843-537-8420.

Flu Vaccine Clinic is October 7th

New analysis: No link between vaccines and Autism

The measles, mumps, and rubella (MMR) vaccine does not cause autism or type 1 diabetes. A recent analysis of more than 1,000 studies involving vaccines by the Institute of Medicine (IOM) finds that vaccinations have few side effects, which are either short term, or easily treated. The committee examined potential side effects for certain vaccines recommended by the Centers for Disease Control and Prevention.

The expert panel which included pediatricians, immunologists, and internists reviewed more than 1,000 studies on vaccines between April 2009 and March 2011. The report released on August 25th reaffirmed vaccine safety.

Experts evaluated studies on the following immunizations: MMR, seasonal influenza (flu), hepatitis A, hepatitis B, human papillomavirus (HPV), varicella, meningococcal (meningitis), and tetanus. While there is evidence that a few side effects can occur, these are generally short term or treatable. There was not any evidence linking the studied vaccines to development of autism, or type 1 diabetes.

The Anson County Health Department will hold its annual flu vaccine clinic on Friday, October 7th from 9 a.m. to 3:30 p.m. For information on recommended / required vaccines or to schedule an appointment please call the Anson County Health Department at 704-694-5188.

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Immunizations (vaccines):

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- Hepatitis B Vaccine

*Must be a recipient of Medicare Part B. Does not apply to Medicare HMOs. Specific eligibility requirements may apply to certain screenings.

Contact Carolinas Primary Care at 704.694.DOCS (3627) to schedule an appointment for your FREE screenings.



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Appointment Hours : Mon, Tues and Fri: 8am-5pm Wed and Thurs: 8am-7pm
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