

THE EXPRESS

Bulk Rate
U.S. Postage
PAID
Permit #149
Wadesboro, NC
28170

Postal
Customer

205 West Morgan Street • Wadesboro, NC 28170 • 704-694-2480 • TheExpressNews@gmail.com • www.TheExpressNewspaper.com

Serving Anson County and the Municipalities of Ansonville, Lilesville, McFarlan, Morven, Peachland, Polkton and Wadesboro.

Anson County Unemployment Rate was 11.8% in December

Anson County's unemployment rate for December was 11.8%, basically the same as November's rate of 11.6%. The state had an unemployment rate of 9.5%.

Looking back at December 2011, *deja vue* sets in as the rate was the same as this December, 11.8%.

Anson's total labor force in December was 11,238. Of that number 9,907 were employed and 1,331 were unemployed. In November the total labor force was 11,340, with 10,019 employed and 1,321 unemployed.

Unemployment rates increased in 97 of North Carolina's 100 counties in December, decreased in one, and were unchanged in two. Thirteen of the state's metro areas also experienced rate increases while one metro decreased. The December (not seasonally adjusted) statewide rate was 9.5 percent.

Graham County had the highest unemployment rate at 18.5 percent, while Orange County had the lowest at 5.9 percent. Among the Metro areas, Rocky Mount at 12.5 percent experienced the highest rate, and Durham-Chapel Hill at 7.2 percent had the lowest.

When compared to the same month last year, not seasonally adjusted unemployment rates dropped in 93 counties, increased in five and remained unchanged in two. All fourteen metro areas decreased over the year.

Statewide, the number of workers employed (not seasonally adjusted) decreased in December by 58,847 to 4,262,359, while those unemployed rose 19,610 to 444,851. Since December 2011, the number of workers unemployed decreased by 29,895, while those employed increased by 93,514.

Peachland-Polkton Elementary School Terrific Kids



Peachland-Polkton Elementary School is pleased to recognize their Terrific Kids for the second 9 weeks.

They are pictured here, from left, front row: Autumn Hayes, Jaxon Valler, Mario Thomas, Richard McKenzie, Amaya Little, Summer Hardison, Kailey Tucker, Jesse Furr, Brittany Phifer, Kaegan Chambers, Skylar Faulk, Bryna Williams. Second row: Shyheim Wall, Carmen Jackson, Nathan Houseman, Derek Carpenter, Brooklyn Short, Sheneeka Allen, Mallory Cox, Mayci McCollum, Tucker Pearson, Hunter Pace, Rocky Moore, Tyler

Crayton-White, Brant Gibson, Samantha Tucker, Chase Helms, Aaron Purser. Back row: Jarvis Maness, Caroline Thacker, Madison Seppelt, Mason Martin, Destiny Barrett, Julian Suriba, Zachary Caudle, Alex Johnson, Tywaun Allen, Charmaine Bennett, Madison McCollum, Ruthie Snodgrass, Ayden Hunter, Chloe Lambert, Victoria Paulin, David Godwin. Not pictured: Willie McLendon, Mandy Meachum, Kaylie Beachum, Emily Hill, Brooke Johns, Cameron Johns, Kazoua Thao, Nathan Tucker, Shaquanda Dunlap and Eric Vang.

Upcoming Arts Council and Ansonia Theatre Events

- Saturday, February 16 - Art and Soul - dinner and dancing to the music of the Bobby Plair All-Stars in the Ingram Room at Lockhart-Taylor Center, 6:30 to 10 p.m. \$25
 - Tuesday, March 12 - Soul Street Dancers - a contemporary mix of choreography to the most popular music of the decades, from Vivaldi to Michael Jackson. You'll be amazed! 7:30 p.m. in the Ansonia Theatre \$10
 - Tuesday, March 19 - Songs and Stories of Native Americans in the Ansonia Theatre, 7 p.m. \$5
 - Saturday, March 23 - "An Evening with John Denver," a tribute concert celebrating the music of the late artist in the Ansonia Theatre, 7 p.m. \$10
 - Tuesday, April 16 - The Tarradiddle Players, "The Real Story of the Three Little Pigs" in the Ansonia Theatre, 6 p.m. Free
 - Saturday, April 20 - Back Porch Stories. Anson County Writer's Club Professional Storytelling Event in the Ansonia Theatre, 7 p.m. \$5, students \$2
- Tickets are available in Wadesboro at the Arts Council (704-694-4950) and Lacy's. For Ansonia events visit www.ansoniatheatre.com.

Anson County 4-H Clover Crawl Social is Back!

Anson County 4-H and 4-H Youth Promise is pleased to announce that the Clover Crawl is back. The event will be held Friday, March 15 at the Twin Valley Country Club in Wadesboro, from 7 p.m. until midnight.

The Clover Crawl is an adult event, 21 and over. The event will be sure to bring an evening of fun, food, dancing and great socializing. Heavy hors d'oeuvres and drinks will be served. This year's DJ/Entertainer is 4-H alumnus Ryan Short of Ryan Short Entertainment (www.ryanshort.net). Funds raised will be used to support ongoing 4-H youth programs in Anson County. Advanced tickets are \$30 per person and can be purchased at the Extension Office, located at 501 McLaurin Street in Wadesboro, Lacy's, or from committee members and staff. Ticket price at the door will be \$35.

The fundraiser helps make up dollars lost due to shortfalls and cutbacks in funds that have traditionally provided 4-H programming and operating budgets. The dollars raised from the Clover Crawl will support programs that address the well being of youth, families and communities in Anson County.

4-H programs annually reach over 1,200 young people in the community. Youth participate in activities and programs such as school enrichment, summer camps, after school programming, community service and other year 'round educational programs.

Anson 4-H and 4-H Youth Promise also work with adults, volunteer leaders and youth to provide community projects, parenting skills and enhanced leadership abilities. All 4-H programming is available to any youth between ages 5-19.

4-H Agent Roshunda Blount said, "Our fundraiser was a popular success last year. We are optimistic that we will have an even better response this year. 4-H programs have had much impact on the youth in this county through the years. With the public's help and support, programs can continue to make significant contributions to their future, and the future of our county."

If you would like to learn more information about this event please contact Roshunda Blount, or Erin Dempsey, Program Director at 704-694-2915.

New State Obesity Prevention Plan Announced

As nearly two thirds of North Carolina adults and a third of all youth struggle with obesity and overweight, a new state obesity plan released this week will help curb this major public health issue. Though recent studies show obesity rates may be leveling off across the nation, obesity remains one of the most pressing health issues in our state. North Carolina's Plan to Address Obesity: Healthy Weight and Healthy Communities 2013-2020 was released by Eat Smart, Move More North Carolina on Thursday, January 31. Eat Smart, Move More North Carolina is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray.

More than 325 health directors, public health professionals and partners are expected at the conference. The conference's theme, Where Health Begins - Social Determinants, fits with the plan's focus on the factors that play into many of the causes of poor eating habits and inactive lifestyles: a person's zip code.

"We need to help people make better choices in what they eat, and we can do this by making healthier choices available and easy to access," said Dr. Carolyn Dunn, professor, N.C. State University, N.C. Cooperative Extension and lead writer of the ES-MMNC obesity prevention plan. "People face nearly insurmountable challenges in making good decisions about what to eat and when and how to be physically active. Often people's choices are driven by where they spend their time. If healthy foods and drinks are available, people tend to choose those or at least have the option to make healthy choices. If the options are less than healthy, then people really have no choice."

The strategies in the plan are organized around eight community settings: health care, child care, schools, colleges and universities, work sites, faith-based and other community organizations, local governments, and businesses and industries. Each sector has a list of proven strategies that can be employed to help those who spend time in those settings make better eating and activity choices.

The strategies outlined in the plan, including access to fruits and vegetables and places to be active, come from the most reputable sources of what works to help people eat healthier food and get adequate physical activity. "These proven strategies are responsible for the leveling off of obesity rates in some populations," said Dr. Vondell Clark, a pediatrician from Catawba County and vice chair of the Eat Smart, Move More NC Leadership Team. "Strategies such as enhancing workplaces to allow new mothers to breastfeed their infants and serving healthy food and large doses of physical activity in child care and schools make a difference because they affect the environment where so many children spend much of their time."

The plan will be rolled out to the entire state over the course of the year with guidance to all Eat Smart, Move More NC partner organizations encouraging them to adopt strategies from the plan. The plan also includes ways to measure the state's progress over time in both the making of healthier places, as well as improvements in individuals' eating habits, physical activity, and body weight.

The Eat Smart, Move More NC team will release data from time to time on progress of these indicators to show how the state overall is faring in reaching its stated objectives. "We will capture not only numbers, but success stories from our partners who will implement this plan," said Dr. Dave Gardner, chair, Eat Smart, Move More NC. "We will be able to show how, over time, the strategies we implement will move us toward a healthier population."

The release of the plan coincided with the airing of a docu-drama entitled *Health Crisis in Carolina: Real Families, Real Struggles, Real Solutions*. This reality-style TV show follows three families as they learn how the places where they live, learn, work, play and pray impact their ability to make healthy choices. *Health Crisis in Carolina: Real Families, Real Struggles, Real Solutions* aired on UNC-TV. Check local listings for more air dates times or visit UNC-TV online at www.UNCTV.org.

Healthy Living Seminar

Pathway to Peace Ministries presents A New Start, a healthy living seminar and cooking class on Sunday, February 17, from 3 to 5 p.m. Learn how to cook plant-based foods. Learn how to lose weight, have more energy, reduce cholesterol, reverse diabetes, lower blood pressure and much more. Interested? Come! This seminar and cooking class is free!

The address is 11775 NC 109 South in Peachland. Contact them at 704-695-1441.

Game Day at Grace Senior Center

Game Day will be held at Grace Senior Center on Tuesday, February 26th at 2 p.m. What is Game Day? Game Day will consist of six bingo games with non-monetary prizes, three timed puzzle games, and some social/ice breaker games.

If you are interested in joining in on the fun, please call Grace Senior Center to register and for additional information at 704-694-6616.

Secondary Schools Have Early Dismissal for Parent/Teacher Conferences

On Thursday, February 7 only the secondary schools will dismiss early for Parent/Teacher Conferences. Dismissal and conference times are listed here:

- Anson New Tech & Anson Early College dismiss at 1 p.m.
- Anson High and Anson Middle dismiss at 1:30 p.m.
- Conferences are from 2 until 7 p.m.

Early dismissal is for secondary schools only, all other schools will operate on normal schedules.

Chili Cook-Off for Youth Missions

Everyone is invited to come out to the Lilesville United Methodist Church for their Chili Cook-Off. What better way to warm up is there than to enjoy a big bowl of delicious chili! Or, if you think you might have the best recipe for chili, then you are welcome to come enter a batch of it in the contest. For chili lovers it just doesn't get any better than this! The event is being held to help raise funds for Youth Missions.

Bring your appetites (and, maybe some Tabasco sauce if you like it hot) and/or your (hopefully) prize winning pot of chili this Friday, February 8, from 5:30 to 7:30 p.m. The cost to enter or sample is only \$5. For more information contact Norm Jones at 704-848-4694.

BRLC Golden Sweethearts Valentine Party

The Burnsville Recreation and Learning Center invites you to attend their Golden Sweethearts Valentine Party on Saturday, February 9. This event will take place from 2:30 to 5:30 p.m. and will feature great music from the 1940's, 50's and 60's along with games, delicious food and refreshments.

Director Carol Smith says, "Come one, come all to this spectacular event!" A small donation of \$5 per person is all it takes, and all proceeds will go to support BRLC and all the great works they do for the citizens of Anson County.

For information or to buy tickets call Linda Pratt at 704-826-8066 or Carol Smith at 704-826-8182. BRLC is located at 1961 Wightman Church Road (Highway 742 N) in Burnsville. Their website is www.brllc.us.

Look inside for special inserts from IGA Family Dollar

Veterans Concert to Feature Air Force Heritage Band February 18

The Armed Forces Museum and Archives of the Carolinas cordially invite you to attend a free 90 minute concert by the United States Air Force Heritage Band Jazz Ensemble, entitled *Rhythm in Blue*. The event will take place at the Levine Senior Center (1050 Devore Lane in Matthews) on Presidents Day which is Monday, February 18th, at 7 p.m. The concert is free and open to the public.

Rhythm in Blue features the diverse talents of 15 professional musicians whose commitment to excellence has earned worldwide acclaim and military distinction. The band incorporates a wide repertoire of jazz and fusion, from big band swing to cutting-edge contemporary music. Their fabulous vocalist radiates sounds of the great jazz divas and inspires with patriotic classics.

For additional information about this free concert, please contact Lisa Jillani, Media Director of the Armed Forces Museum and Archives of the Carolinas at ljillani@carolina.rr.com, or visit the band's website www.heritageofamericaband.af.mil.

Baby Bottle Drive Runs Through Sunday

In observation of Sanctity of Human Life Sunday, the HOPE Pregnancy Resource Center is holding a Baby Bottle Drive to help support the new ministry. The HOPE Center is asking businesses, churches & individuals to fill baby bottles with checks, coins or currency now through February 10th. You may drop your bottles off at the Anson Baptist Association, the Chamber of Commerce or call 704-690-6689 to schedule a pick-up time.

Amishlands Trip Registration Extended

The deposit for the trip to the Amishlands, sponsored by Grace Senior Center, has been extended until Friday, February 15. For more information please call Grace Senior Center at 704-694-6616.