

**BENT OUT OF SHAPE?**

**Tired of Pain?**

We accept  
**Medicare  
Medicaid  
BC/BS  
Medcost  
& Most  
Insurance**

Call  
**Dr. Dial**

Mon-Wed-Thur...9am-6pm  
Tue.....9am-4pm  
Friday.....by appointment

**WADESBORO CHIROPRACTIC**  
207 Morven Road • 704-694-7246  
www.wadesborochiro.com

**PINE BLUFF APARTMENTS**

177 Anson High Road  
Wadesboro, NC 28170

**Family Households  
1 & 2 Bedroom Apartments  
Units for Persons  
with Disabilities Available**

Rental Assistance Available  
on a Limited Basis

Please Call (1) 704-695-1349  
TDD/TYY # (1) 800-735-2962

"This institution is an equal  
opportunity provider and employer"

EQUAL HOUSING OPPORTUNITY

**Suffering from Aches & Pains?**

**Let Us Show  
You Dramatic Pain Relief from:**

- Migraines & Headaches
- Chronic Neck & Back Pain
- Joint Pain • Fibromyalgia • Sciatica
- Chronic Disc Disorder

**NOW ACCEPTING NEW PATIENTS!**

**Taiwo Bada - P.T.**

For immediate pain relief call:  
**704-695-1585**

160 Walton Drive • Wadesboro  
(Next to Dollar Tree in Wal-Mart Shopping Center)

**HOMETOWN VIDEO**

118 West Wade Street

**5 Day Rentals!** (704) 694-6856

Uptown...next to  
Employment Office

- ALTEL PHONES
- NOTARY SERVICES
- COMPUTER REPAIR
- FAX & COPY SERVICES
- DVD, CD & GAME REPAIR

- Footloose.....March 6
- Immortals.....March 6
- Jack and Jill.....March 6
- Lion King 1 1/2.....March 6
- Recoil.....Steve Austin.....March 6
- Tooth Fairy 2.....with Larry the Cable Guy.....March 6
- WWJD 2.....March 6
- Black Butterfly.....March 13
- Happy Feet 2.....March 13
- Girl with the Dragon Tattoo.....March 20
- The Muppets.....March 20
- The Sitter.....March 20
- Hop.....March 23
- Alvin and the Chipmonks.....March 27

**New Release DVD's \$280**

**5 DAY RENTALS**

**1,000's of Titles 99¢ for 5 Days**

**New Beginnings  
Cancer  
Support Group**

The New Beginnings Cancer Support Group will meet on Monday, March 19th at 6 p.m. at the Lady Bug Restaurant in Wadesboro. The guest speaker will be Cameron Quick with the American Cancer Society.

For more information call (704) 694-3988.

**Special Fly-Fishing Course Offered for Women Only**

The N.C. Wildlife Resources Commission will offer a special fly-fishing weekend for women through the Becoming an Outdoors-Woman program on March 9-11 in the mountains. Activities will be held at the Pisgah Center for Wildlife Education and Davidson River Campground, south of Asheville near Brevard in Transylvania County. The registration fee is \$125, with partial scholarships available.

"It doesn't matter what skill level or previous experience you have," said BB Gillen, outdoor skills coordinator for the Wildlife Commission. "This weekend is tailored for individuals, so each angler will gain new skills and improve techniques, and learn about an angler's important role in conservation on mountain streams."

The workshop will be held rain or shine. March can be cool or even cold, so appropriate dress is advised. Fly-fishing equipment will be provided, but participants can bring their own gear.

Gillen also recommended sunscreen, insect repellent, rain gear, a folding chair, hat and water bottle, along with outdoor clothes, shoes, socks, toiletries, flashlight, liners and, if camping, a tent. Lodging opportunities are conveniently located nearby.

Becoming an Outdoors-Woman program is an international program in which women 18 years old and up can learn outdoor skills through hands-on experiences. In North Carolina, Becoming an Outdoors-Woman workshops are held across the state and provide instruction on fishing, hunter safety, target shooting, archery, canoeing, motorboat safety, outdoor cooking, tracking and map-and-compass skills.

For more information on the fly-fishing weekend, gift certificates and scholarship opportunities, contact Gillen at 919-218-3638 or bb.gillen@ncwildlife.org.

**The Express Classifieds Reach EVERY Household in Anson County!**

Call for  
**Your Ad Today  
704-694-2480**

**Catfish Stew Cookoff in Lilesville**

The town of Lilesville will be holding a catfish stew cookoff, on Saturday, March 10 at Hatcher Park, commencing at noon and running until 4 p.m. Judging will take place between 2 and 4 p.m. as individual stews are ready. There will be great music by Carson Hill and the Sons of Saron. Enjoy popcorn, snow cones, a moon bounce for the kids, and t-shirts and hats for sale.

You've often seen those pictures of people holding up large trophy-sized catfish. Have you ever wondered what they do with those fish after all the picture taking. Well some are given away and some are released to allow another angler a chance to have a trophy picture taken...and some will end up in catfish stew and that leads us to the catfish stew cookoff. There is a need to find who does the best stew!

Catfish stew is a little like barbeque, everybody's got a favorite. The major ingredients vary little from cook to cook - catfish, potatoes, onions, and tomato or milk base. The seasoning is the major difference, with cooks closely guarding their 'special' herbs and spices. It's been said that you don't make catfish stew for two or four, you make it for 25 or 30 and invite your friends to feast on your masterpiece.

Both 'white' (milk based) and 'red' (tomato based) stew will vie for the title of Anson County's Champion. This event will be judged by veteran catfish stew chef, Lilesville Mayor Richard Harrington and a select panel of judges. One overall champion will be named and will receive a trophy, certificate and a cash prize of \$250.

The rules (necessary for any competition) are simple. Competitors will be required to cook their stew in its entirety at the cook-off location. Judging will be based on flavor, authenticity and appearance. Each cookoff team will be responsible for its own supplies and means of cooking. Any number of people may be on a team. All entries will be required to include a recipe, with the winning recipe to be published after the cookoff. Entry forms are available at Scotty's Bait and Tackle, Lilesville Town Hall, all three Lilesville location of Whit's, Knott's Exxon, The Old Store and www.townoflilesville.org.

If you're not competing, you can still participate by rooting for your favorite team. Bring your appetize and for \$5 pick up a bowl and spoon and get a taste of each of the entries and be your own judge.

**Diabetic Support Group Meets March 22**

The Diabetic Support Group will meet at Calvary Episcopal Church in Wadesboro on Thursday, March 22 at 10:30 a.m.

For more information call Ruth Hildreth at 704-694-3979.

**Safe Drug Disposal Offered at March Operation Medicine Drop Events**

**More than 200 events statewide offer public safe, secure way to dispose of medications**

Between March 18-24, 2012, Safe Kids North Carolina and Operation Medicine Drop will provide a landmark number of sites throughout the state where the public can safely dispose of unused or expired prescription or over-the-counter medications.

"I'm so proud that this year's Operation Medicine Drop initiative will be bigger than ever," said Insurance Commissioner Wayne Goodwin, chair of Safe Kids North Carolina. "With more than 200 sites throughout the state, this year we can really make a big impact and ensure that drugs don't end up in the wrong hands or pollute our waters."

Operation Medicine Drop is a statewide blitz of events where the public is invited to drop off medications for safe and secure disposal. A partnership of Safe Kids North Carolina, the North Carolina Department of Insurance, the U.S. Drug Enforcement Administration, the State Bureau of Investigation, Riverkeepers and other local agencies, Operation Medicine Drop retrieved and destroyed more than 11.6 million dosages of medications over the past two years.

"We will take over-the-counter drugs, prescriptions, samples and pet medication; basically any medication that you no longer need," Safe Kids North Carolina Director Kelly Ransdell said.

Each year since 2001, an average of nearly 80,000 unintentional non-fatal poisonings among children were treated in emergency rooms throughout the country, with medications being the predominant cause of poisonings among young children. Among pediatric exposures, there has been a decrease in the exposures to cough and cold medicines, but an increase in exposure to pain killers since 2006.

Why should you participate in Operation Medicine Drop?

- To prevent poisonings: Poisoning from prescription medications is on the rise in North Carolina and death rates exceed the national rate. Since 1999, approximately 5,700 people in North Carolina have died from unintentional poisonings, according to the North Carolina Division of Public Health.
- To fight drug abuse: Many people think prescription and over-the-counter drugs are safe because they have legitimate uses, but when used improperly, they can be just as dangerous and addictive as illegal substances.
- To protect our waterways: Throwing medicines in the garbage, or flushing them down the toilet or sink, leads to water contamination and harms aquatic life.

Caregivers should be mindful of safety tips to keep children safe from poisons. Children who are less than 6 years old are the most likely to be poisoned. A child's age, weight and medical history will affect the treatment of a poisoning. To avoid poisonings when taking care of children, be aware of the following tips:

- All medicines and household cleaning products should be stored in locked cabinets, out of the reach and sight of children.
- Keep children where you can see them at all times, even when you go to answer the door or telephone.
- Never leave young children alone.
- Do not leave poisons on a counter or in an unlocked cabinet.
- Never carry something that can be poisonous, such as a medicine, in a purse where children may find it.
- Safety latches on drawers or cabinets, and child-resistant caps on bottles, are helpful in keeping poisons out of the hands of children.

Operation Medicine Drop coincides with National Poison Prevention Week each year. 2012 is particularly noteworthy because it is the 50th year that local communities throughout the U.S. have commemorated National Poison Prevention Week in an attempt to raise awareness about the dangers of unintentional poisonings.

There are more than 215 Operation Medicine Drop events scheduled in communities across North Carolina. To find an event near you and learn more about Operation Medicine Drop, go to [www.ncsafekids.org](http://www.ncsafekids.org).

**District Youth Hunter Skills Tournaments Schedule Announced**

The NC Wildlife Resources Commission has set the schedule for the 2012 Youth Hunter Education Skills Tournaments, marking the 34th year for the popular statewide shooting sports events. The Commission will conduct nine district-level competitions in March, with hundreds of middle school and high school students taking part:

- March 10, New Hanover County Law Enforcement Officers Association Range in Castle Hayne, New Hanover County (District 2)
- March 17, Camp John J. Barnhardt in New London, Stanly County (District 6)
- March 17, Catawba Valley Wildlife Club in Hickory, Catawba County (District 8)
- March 17, Polk County Gun Club near Columbus, Polk County (District 9)
- March 24, Rose Hill Farms near Nashville, Nash County (District 3)
- March 24, Hunting Creek Preserve in Harmony, Iredell County (District 7)
- March 28, Coharie Shooting Range near Clinton, Sampson County (District 4)
- March 31, Eastern 4-H Center in Columbia, Tyrell County (District 1)

Competition is conducted on senior (high school) and junior (middle and elementary schools) divisional levels, with overall team and overall individual awards based on aggregate scores in all events. The tournaments represent opportunities for participants to showcase outdoor skills learned through the Commission's Hunter Education Program. There are events in rifle, shotgun and archery marksmanship, as well as an orienteering challenge and a wildlife knowledge test. Teams are organized within public and private schools, while home-schooled students and teams representing organizations such as 4-H or FFA also can compete, provided they meet eligibility requirements. Winning teams will advance to the state championship tournament, which will be held at the Millstone 4-H Center near Ellerbe on April 28.

"These events are a demonstration of skills covered through instruction by the Hunter Education Program and are instrumental in securing the future of the hunting tradition," said Travis Casper, state hunter education coordinator. "To pass this heritage along, we need to hunt like the future depends on it and share the enjoyment and fulfillment of shooting sports and conservation."

While the Youth Hunter Education Skills Tournaments are for students 18 years old and younger, the Wildlife Commission offers free hunter education courses and advanced hunter education on a regular schedule for all ages. Successful completion of the course is required for all first-time hunting license buyers in North Carolina.

For more information on free hunter education courses, the Home From The Hunt safety campaign or youth programs offered by the N.C. Wildlife Resources Commission, call 919-707-0031 or visit [www.ncwildlife.org/Hunting/LearnResources/HunterEducation.aspx](http://www.ncwildlife.org/Hunting/LearnResources/HunterEducation.aspx).

**SPCC Surgical Technology, Practical Nursing Application Deadlines are March 31**

There is less than a month left to complete applications and admissions requirements for those who wish to enroll in South Piedmont Community College's Surgical Technology or Practical Nursing programs this fall.

The deadline to have all admissions requirements met is March 31. The admissions process for SPCC's health programs is different than the normal admissions process.

To learn about the specific requirements for each program, go online [www.spcc.edu](http://www.spcc.edu) and click on "Future Students," then click on "Admissions to Health Programs"; or contact one of the health programs admissions technicians. Pam Simons can be reached on the Old Charlotte Highway Campus in Monroe at 704-290-5840 or [psimons@spcc.edu](mailto:psimons@spcc.edu); Joy Pope can be reached on the L.L. Polk Campus in Polkton at 704-272-5338 or [jpope@spcc.edu](mailto:jpope@spcc.edu).