

**Mr. Dan R. Hedgepeth**

Mr. Dan R. Hedgepeth 82, passed away on March 31, 2019 at Hospice of Union County.

Funeral Services were held on Thursday, April 4, 2019, in the Chapel of Morgan & Son Funeral Home. Interment followed in the Peachland City Cemetery.

Mr. Hedgepeth was born in Halifax County, NC on January 11, 1937, to the late Aaron and Therrie Hedgepeth. He was a veteran of the U.S. Army and a retired diesel mechanic.

He was preceded in death by his first wife Helen Hedgepeth.

Mr. Hedgepeth is survived by his wife Joyce C. Hedgepeth of the home; his stepchildren, Patricia Edwards and her husband Robert of Monroe and Sharon Smith and her husband Gary of Charlotte; his brothers, Jerry Hedgepeth and Ronald Hedgepeth, both of Roanoke Rapids.

Online condolences may be made at [morganandsonfuneralhome.com](http://morganandsonfuneralhome.com).

Morgan & Son Funeral Home was in charge of arrangements.



**Helping Children Cope with Stress**

While some stress is normal and even healthy, children today seem to encounter many stressful life events at earlier ages. Stress shows itself in children by complaints about stomachaches, being nervous, trouble sleeping, anger flares and infections. An unhealthy response to stress occurs when the demands of the stressor exceed an individual's coping ability. Often stress results from something that is beyond our control. Control has a great deal to do with levels of stress.

Some stress is normal. Daily and life challenges can be expected. For example, most children will attend school and will have to go through many transitions. Most adolescences will have to come to terms with their sense of who they are to determine where they fit. Being afraid of the dark and feeling peer pressure are predictable stressors. Other stressors are not as predictable. Disruptions to a child's normal daily routine can cause problems with stress. Small amounts of stress, as experienced before a test or when meeting new people, are necessary to present challenges for greater learning. Simple stress experienced when learning a new skill or playing and exciting game raise a person's level of excitement or pressure above the normal level.

Problems begin when ordinary stress becomes too much stress, or distress. There are a variety of reasons for children to feel stress. Death, divorce, remarriage, moving, long illness, abuse, family or community violence are some to name a few can heighten stress. Under stress, the heart rate and breathing are at a higher speed and muscles are tense. Our bodies need relief from stress to reestablish balance.

You do not have to be a therapist to help children with stress. One key element in reducing stress is a stress-free environment. A stress-free environment is based on social support, having the ability to find hope of thinking through solutions, and being able to anticipate stress but also learn ways to avoid it. Social support means having people to lean on during difficult times. Parents who listen, friends to talk to, hugs, and help in thinking through solutions are ways children feel support. Children must learn to think through their problem. Specific strategies include self-talk, writing about the problem and deciding. Thinking positively and thinking up real solutions are important. If we can foresee an event, we can often block it as a stressor. Ignoring problems, changing the subject, not worrying about it or changing an action can be coping strategies.

As adults we can make sure we don't add to children's stress by expecting them to act in adult ways. We can praise, be positive, see positive solutions, help children name their feelings, be patient, teach honesty and give lots of love and encouragement, particularly during difficult times.

By Roshunda Terry, County Extension Director

**BEAT THE RUSH!**

**SCHEDULE YOUR CHILD'S PHYSICAL NOW**



**SPORTS • CAMPS  
KINDERGARTEN  
PRE-K • DAYCARE**



**Same Day Sick  
Appointments  
Available  
Accepting New  
Patients**



**O. Elliott Peters, MD, FAAP**  
Serving Anson County Since 2008

**Sarah P. Elliott, MD**  
Serving Anson County Since 1996

*"Children Are A Gift From God"*

**Call 704-994-2300 for an Appointment**

904 Morven Road, Wadesboro, NC 28170



**Ansonia Spotlight is on Terra Medlock**

Terra Medlock left audiences in tears with her stage debut as M'Lynn in *Steel Magnolias* in 2014. She took to the stage like a fish to water and she hasn't stopped swimming since.

Terra has become a staple on the Ansonia stage, having appeared in numerous productions. Her credits include *The Wonderful Wizard of Oz*, *Brighton Beach Memoirs*, *Blood Brothers*, and most recently in our hit show *All Shook Up*, where she also was co-choreographer.

In addition to her talents as a singer and dancer, Terra is also a cherished mother, wife, sister, daughter and friend. She lives in Marshville with her husband David and their four beautiful children. People like Terra are what makes our theatre such a success!

We love you, Terra!!! ♥  
The spotlight is on YOU!



**Atrium Health Patients Can Now Use Amazon's Alexa to Reserve an Appointment**

For any of the 31 Charlotte area urgent care locations

Atrium Health patients will now be able to use Amazon's electronic personal assistant Alexa to not only locate the nearest urgent care and emergency department, but now will be able to reserve a spot at an urgent care location as well.

Once the Atrium Health skill is enabled on their Alexa device, patients just need to say, "Alexa, open Atrium Health." Alexa will respond and guide a patient through the process of reserving a spot at one of Atrium Health's 31 urgent care locations. Patients can also get wait times at urgent cares or emergency room facilities, as well as phone numbers or urgent care hours.

Providing this skill through voice technology is part of Atrium Health's commitment to making healthcare easier to access and manage. Atrium Health is one of a few healthcare providers in the nation with Alexa "skills."

"Our goal at Atrium Health is to provide our patients with the best care when and where they need it," says Rasu Shrestha, M.D., MBA, EVP and Chief Strategy Officer at Atrium Health. "Voice is an interactive technology that our patients are already using in many aspects of their lives. The use of this exciting technology is part of our commitment at Atrium Health to provide access to care in a way that is most convenient for them."

Teaming up with Amazon Alexa was a natural fit for Atrium Health as developing new voice skills advances the mission to provide health, hope and healing for all.

Over the last several years, Atrium Health has provided new, easier ways to access care, from live video visits, to eVisits answered within hours, online scheduling for doctors' and urgent care visits and the MyAtriumHealth portal which provides patients with their doctors' notes and lab and test results. Atrium Health has also used virtual care technology to increase access to behavioral health services, as well as improved access to world-class clinical services such as the latest cardiac imaging and early cancer clinical trials. These are just some of the technological advances Atrium Health has made to provide exceptional, convenient care for its patients.

For a demonstration of the Atrium Health skill on Alexa, view the video on YouTube called, "Alexa, Open Atrium Health."

**Chesterfield's Yard Sale of the Carolinas is May 11**

Chesterfield's annual Yard Sale of the Carolinas will be held on Saturday, May 11, from 7 a.m. to noon. The event is located between the 200 and 300 blocks of West Main Street (in front of County Courthouse) in Chesterfield. It is a day of fun and great deals! There's something for everyone!

Single booth space (one parking space) is available for \$15, and multiple spaces may be reserved.

Registration is available at the Sunshine Shoppe, located at 122 Main Street in Chesterfield.

For more information call 843-623-3938.

The event will be held regardless of weather. It is sponsored by Chesterfield County - Discover the Undiscovered, the Greater Chesterfield Chamber of Commerce and the Sunshine Shoppe.

**SELL IT! RENT IT! HIRING!  
ADVERTISE YOUR SERVICE!  
USE THE CLASSIFIEDS  
AND REACH EVERY  
HOUSEHOLD IN ANSON COUNTY!**

**704-694-2480 OR**

**TheExpressNews@gmail.com**

**SPRING  
CLEARANCE  
EVENT**

**CHECK OUT  
OUR SPRING  
CLEARANCE  
ITEMS!!!**



**VISIT OUR YOUTH SECTION**

**WE FINANCE  
EZ TO APPLY  
OWN IT NOW!**

**We have  
HEATERS  
KEROSENE • GAS  
ELECTRIC • WOOD**

**VISIT OUR  
SLEEP SHOP  
HUGE SELECTION OF BEDS**

**SAME OR NEXT  
DAY DELIVERY!**

**MARTIN FURNITURE FACTORY OUTLET**

Highway 74 West in Wadesboro • 704-694-3185

**Ask About Our  
GIFT  
CERTIFICATES**

**RABIES  
VACCINATION CLINIC**

**Location:**

**BROWN CREEK  
ANIMAL HOSPITAL**

**7453 Highway 74  
Polkton**

Set up at the rear of the building



**THIS SATURDAY  
April 13  
2pm to 5pm  
\$5 per vaccination**



Sponsored by Brown Creek Animal Hospital & the Anson County Health Department

North Carolina General Statute 130A-185 requires that every dog, cat & ferret over four months of age be vaccinated against rabies and that the vaccination be administered by a licensed veterinarian.

**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**

