

Emily Cooper, MD, MHA, medical director of Carolinas Primary Care at Carolinas HealthCare System Anson, answers common health questions

Knowing the risk factors for stroke is important - especially here in North Carolina. Our state ranks 7th in the nation for stroke death. Across the country, someone has a stroke every 40 seconds. Your chances of having a stroke increase if you have certain risk factors. There are two types of risk factors for stroke: "non-modifiable" (those you can't control) and "modifiable" (those you can control). Uncontrollable risk factors include race, age, gender and family history. Even though these risk factors can't be changed, you should still be aware of them.

However, there are many risk factors you can control, like certain lifestyle habits and medical conditions. High blood pressure, diabetes, atrial fibrillation (irregular heartbeat), atherosclerosis (plaque buildup in arteries), high cholesterol, circulation problems, obesity and smoking are all controllable risk factors for stroke. Medical conditions, like high blood pressure, are treatable by medications and healthy diets.

Simply making healthy lifestyle choices, such as exercising regularly and eating right, can help reduce many of these risk factors and minimize your risk of stroke. Making healthy changes in your life today can help protect you from stroke later on.

Talk to your primary care physician about managing these risks. Don't have a primary care physician? Find one now at [CarolinasHealthCare.org](http://CarolinasHealthCare.org).

Emily Cooper, MD, MHA, sees patients at Carolinas HealthCare System Anson. For more information, visit [CarolinasHealthCare.org/anson](http://CarolinasHealthCare.org/anson).

## R&N FEED

Highway 74 West in Polkton  
704-272-0837

Featuring...



THE PRIDE  
DOG FOOD



BARTLETT  
MILLING FEED

### MAY - JUNE SPECIAL

MULTIPURPOSE PELLETS

50lbs - \$8 per bag

MULTIPURPOSE SWEET FEED

50lbs - \$9 per bag



**ANSON COUNTY'S  
FINEST NURSING &  
REHABILITATION  
CENTER IS HIRING!**

### DIRECTOR OF NURSING

Must be a Registered Nurse. Long Term  
Care Administrative Experience Required.

Also LPN • CNA I & II

**GAY LOOKABILL, RN, ADMINISTRATOR**

*Come be a part of the new culture of caring.*

**Our Passion Makes Us Different,  
Our Expertise Makes You Better!**

*You can apply in person. Or send resume to:*

Reva Horne, RN, DON

405 South Greene Street, Wadesboro, NC 28170

Telephone (704) 695-3301

Or Fax: (704) 694-9493 • Or Email: [rhorne@Sanstonehealth.com](mailto:rhorne@Sanstonehealth.com)

**Kubota Z724X**  
Making deadlines look easy.



Add a Kubota Z724X, 48" to your crew today for \$7,999\*.

- Powerful, proven Kawasaki FX gasoline engine
- Heavy-duty deep welded 48" mower deck
- Ergonomically designed for optimal comfort with superior handling and drivability

**We are Kubota.**



3144 Highway 74 East  
Monroe 704-233-4242

Mon - Fri 7:30 am - 5:30 pm  
Saturday 8 am - 12 noon

[www.BrooksSales.com](http://www.BrooksSales.com)

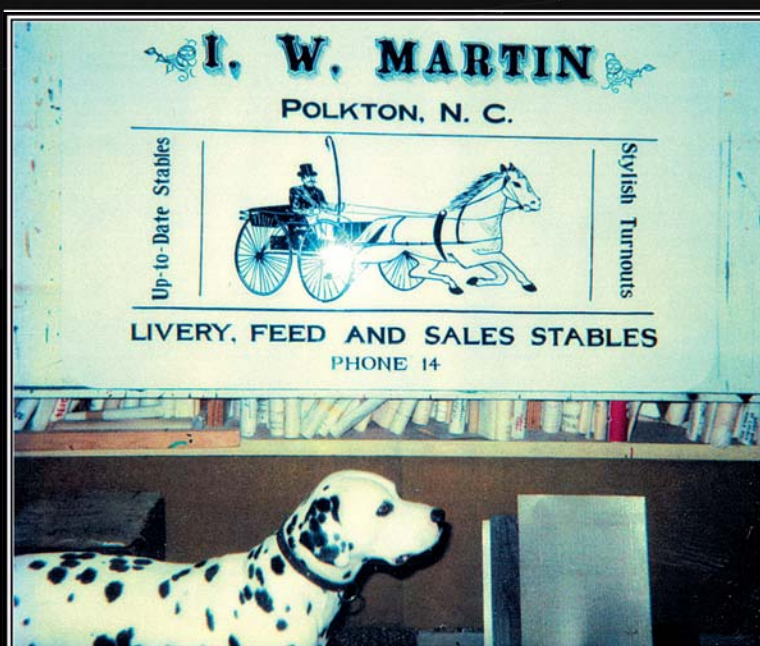
[www.kubota.com](http://www.kubota.com)

\*See [www.kubota.com](http://www.kubota.com) for specific Z700 model information and applicable limited time promotional pricing. Optional equipment may be shown.  
© Kubota Tractor Corporation, 2015



# Remembering.....

By Ed McBride



## I. W. Martin

The above sign was, and is, one of a kind!

Cliff Martin asked me to "fix him a sign for his barn" - giving me his dad's business card for the complete copy - "Up to date stables" and "Stylish turnouts" and "Livery, Feed and Sales - Stables, Phone 14". The location of which was behind the old shirt factory in the early 1900's.

I can "see Mr. Ike" now sitting on one of the benches in downtown Polkton - during World War II and

later. He lived across the street from the Baptist Church and came downtown several times a day - walking down the middle of the street - then on his return home however, he would use the only "cement sidewalk" in town!!

Ike died in the late 1970's at age 89.

And, my buddy, Spot McBride, really had no part in the sign - except to "oversee" the production, of which he approved!!

### 4-H Yard Sale on June 13

The Anson County 4-H Volunteer Leaders Association will be having a yard sale on Saturday, June 13, from 6:30 a.m. until 12 noon at the Old SunTrust Bank parking lot. Lots of neat items will be offered for sale, from clothing to crafts! All proceeds will go to further educational opportunities for 4-H Volunteer Leaders on the state and regional levels.

### Wadesboro Has a Recycling Drop-off Site

The Town of Wadesboro is operating a trial recycling drop-off site for residents and small businesses. The location is the back corner of the Police and Fire Station parking lot, with customers entering from East Morgan Street across from the Anson Rescue Squad facility.

The drop-off site will be open on Saturdays from 9 a.m. to 12 noon. Hours may be expanded as warranted in the future.

Wadesboro Town Manager Alex Sewell commented, "Thank you to the Town Council for allowing staff to try something new to address citizen concerns about recycling opportunities. Also, thank you to Town of Wadesboro staff for making this happen."

Below is a list of materials that are accepted. Items do not need to be separated by material type and can be commingled.

• **What you can recycle:** cardboard (flattened); all plastic containers #1 through #7 (free of hazardous materials and food contamination & no styrofoam or plastic shopping bags or plastic film; plastic containers #1 through #5 & #7 (i.e. commercial/retail/automotive); wide-mouth plastic containers; glass bottles & jars; cereal & food boxes; milk & juice cartons, juice boxes; aluminum cans; metal food cans; paperback books; magazines & phone books; shredded paper (in clear bags); empty

aerosol spray cans (no paint); spiral paper cans with plastic lids removed (chips, snacks, bread crumbs); rigid plastic containers & small hard plastic toys (HDPE must be less than 2 inches in length & 40 pounds); mixed paper, newspapers with inserts & junk mail.  
• **What you cannot recycle:** contaminated food items; pizza boxes; wire hangers; paper plates, napkins or paper towels; plastic bags; ceramics; pots & pans; styrofoam; pencil shavings; candy or gum wrappers; hard-bound books; rubber bands; garbage; light bulbs; batteries.

**Remaining Inventory Reduced!  
Making Room For New 2015 Models!**

Interest Rates As Low As 4.25% WAC

1570 E. US 74 Hwy. • Hamlet, NC • 910-582-5066 • [www.modular-home-nc.com](http://www.modular-home-nc.com)  
Hours: Mon.-Thurs. 8 a.m.-7 p.m. • Fri. 8 a.m.-5 p.m. • Sat. 9 a.m.-1 p.m.  
Licensed In North Carolina & South Carolina

**HAPPY MOTHER'S DAY!!**  
For the month of May visit us for **25% OFF SUNGLASSES** for Men & Women!

PRESCRIPTION OR NON PRESCRIPTION  
This offer excludes Costa Del Mar

*Remember the kids too!!*

**ALL SUNGLASSES 25% OFF IN MAY**

Accepting New Patients • Accept Most Insurances • 704-694-3618

**ANSON FAMILY OPTOMETRIC, PLLC.**

Holly Allison Kiker, OD

**1134 Holly Street Wadesboro** (On Highway 74 across from Forbes Jewelers)  
704-694-3618  
Monday-Thursday 8:30-5 & Friday 8:30-12:30