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



## Anson County High Schools Hold Graduation Ceremony on Saturday, June 8

Graduation was held on Saturday, June 8 in the Anson High School stadium. Graduates from Anson Academy, Anson High School and Anson County Early College received their diplomas. The Express Newspaper's annual graduation special edition will come out next Wednesday, June 19. It features senior pictures and lots of photos from the graduation ceremony. Don't miss it!

Pictured are the honor graduates from each high school. They are (in alphabetical order): Joshua David Barbour, Brooke Lauren Baucom, Katherine Nicole Brown, Matthew David Burns, Amy Kay Carpenter, Charlotte Rachel-Lea Flake, Nicholas Anthony Giddings, Jeremiah Antonio Harris, Ladaria Elizabeth Jackson, Andrew David James, Erin Mae Kelley, Angel Edgar Lopez-Vazquez, Kenneth Wayne Lucas, Vontarya Ronquesha McBride, Mili Nguyen, Sakinah Viola Scott, Desirae Simone Smith, Madison Brooke Stovall, Kimberly Michelle Teal, Benjamin Franklin Tillman II, Alex Foster Walsh, Naiya Christine Woodburn, Deborah Elizabeth Abee, Sarah Rebecca Allen, William Ray Bennett, Jacquan Shiheim Brinson, Gabriel Bustos-Hernandez, James Brice Carpenter, Kaleil Antoine Colson, Kamryn Nicole Flake, Aalyah Desiree Gainey, Dalton Parker Heavner, Jayden Lee Helms, Noah Morrie Hinson, Savannah Rose Houser, Justin Mikel Huneycutt, Madison Grace Hyatt, John Michael Ingram, McKenzy Christa Johnson, MaKayla Nakia Kirkley, Ariana Jane' Marshall, Kurt Garrett McCormick, Alan Dale McRae II, Kara Grace Morgan, Jacqueline Castillo Palacios, Savanna Marie Perkins, Keenan Alonzo Phillips, Grayson Brent Preslar, Nordeza I'yonna Ratliff, Jordan Elizabeth Sikes, Zachary Dale Sikes, Jamiyah J'nae Sturdivant, Savannah Dawn Tarlton, Olivia Elizabeth Tucker and Taylor Elizabeth Watson.

## Farmers Market Open Wednesdays and Saturdays Starting June 22

It is close to time again to purchase locally grown vegetables and other items at the Anson County Farmers Market. The market will open on Saturday, June 22. After that, it will be open on Wednesdays and Saturdays through the end of September. The hours are 7 a.m. to 1 p.m. The Farmers Market is located 1736 Highway 52 South in Wadesboro, just past Wadesboro Primary School. For more information contact Francis Campbell at 704-690-0638.

## Uptown Wadesboro Farmers Market Season Begins Thursday

The Uptown Wadesboro Farmers Market will begin this Thursday, June 13, running from 3:30 to 5:30 p.m. The Farmers Market is open every Thursday on the Town Square through the end of August, weather permitting. Any vendors for vegetables, fruit, baked goods or arts and crafts who wish to participate should contact Uptown Wadesboro, Inc. at (704) 694-4181 or email [uptownwadesboro@windstream.net](mailto:uptownwadesboro@windstream.net).

## Town of Wadesboro Special Meeting

A special meeting of the Town of Wadesboro has been set for Thursday, June 13 at 5:30 p.m. for the following:

- FY 2019-2020 Budget Discussion
- Any other business to come before the Council

The meeting will be held in the Wadesboro Fire Department's Training Room, located at 205 East Morgan Street in Wadesboro.

## Book Sale at the Hampton B. Allen Library

The library book sale is back! The Friends of the Hampton B. Allen Library are hosting another book sale for an entire week in the downstairs portion of the library. Come by for great deals! The sale starts on Monday, June 17 and runs through Friday, June 21. The sale hours are 9 to 11 a.m. Paperback books are 25¢, hardcover books are 50¢, and magazines are 10¢ each or 12 for \$1. Here's a great deal...purchase a Friends of the Library bag for \$10, and all the books you fill the bag with are free! For more information call 704-694-5177.

## Summer Jam 2019 is June 29

Uptown Wadesboro, Inc. presents this year's Summer Jam on Saturday, June 29, from 7:30 to 10 p.m. at the Plank Road parking lot on East Wade Street. The event will include music, drinks, popcorn, games and activities as well as fireworks. Kick off the 4th of July holiday in style by joining everyone at the event.

## Quilting Classes Offered at Marshville Museum and Cultural Center

Quilting classes are held the first Tuesday of the month, from 10 a.m. to 12 noon, with Norma Moore at the Marshville Museum and Cultural Center. If you are stressed out, come make a "crazy" quilt to lift your mood! Quilting will help you lose weight...you cannot eat and sew! It is much better than meds to help with winter blues! Come join in and see!

Joining the quilting group is not only to learn about quilting, but also a chance to meet new people!

Recently Norma Moore talked about a quilt top made from your mother's and grandmother's handkerchiefs. What a great gift for Christmas this would make. Also, ladies have made tops from their father's or husband's pants or shirts! One lady had a quilt made by her mother years ago from her fathers and husband's shirts and given to a grandson. The quilt was very worn and was repaired with the grandson's shirts covering the holes. This was then given to his new baby boy. What a wonderful memory quilt this made!

For more information please contact Norma Moore at 704-385-9392. The Marshville Museum is located at 201 North Elm Street.

## Hot Car Safety

In 2018, 52 children died from heatstroke in cars, either because they were left or became trapped. More than half of these cases were because an adult forgot about the child in the back seat.

To help avoid this catastrophe:

- Put your purse or phone next to the child's car seat so you'll always check the back before leaving the car.
- Keep a stuffed animal or memento in your child's car seat when it's empty. Move it to the front as a visual reminder when your child is in the back seat.
- Making a habit of checking your vehicle before getting out could save a life.

## Free Tobacco Cessation Sessions Offered at Health Department

Smoking is the leading cause of preventable death in the United States. Worldwide, tobacco use causes nearly 6 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030. The Anson County Health Department is now offering free one-on-one tobacco cessation sessions for Anson County residents who are interested in quitting.

The nicotine in cigarettes is a very powerful and addictive drug. For most people, quitting isn't easy. Current statistics show that it can take a person 30 attempts before becoming successful in quitting, and 1 in 20 smokers attempting to quit are successful without some form of help.

Smokers may have a much better chance of quitting with a support program. Smoking cessation sessions are intended to help individuals quit smoking. Smoking cessation programs combine several methods and targets the fears and problems people have when quitting. They also provide ongoing support for staying away from tobacco.

It doesn't matter how long an individual has been a smoker, quitting is always beneficial. Not only does it lower the risk of getting various cancers, including lung cancer, it also reduce the chances of having heart disease, a stroke, emphysema, and other serious diseases. Quitting also will lower the risk of heart disease and lung cancer in nonsmokers who otherwise would be exposed to secondhand smoke.

The Anson County Health Department is offering free one-on-one tobacco cessation sessions provided by their Health Educator and Certified QuitSmart leader, Dinikia Savage. QuitSmart success rates are high and are proved to be more effective than other methods. QuitSmart also produced impressive quit rates in published research studies, such as the V.A. Medical Center in Durham North Carolina with a 51% quit rate over a 6 month period. With QuitSmart, tobacco users are assured of high quality professional help.

The QuitSmart tobacco cessation sessions will be scheduled on a monthly basis. For more information or to schedule a QuitSmart smoking cessation session, please contact Dinikia Savage at 704-994-3342.

The Anson County Health Department is located at 110 Ashe Street in Wadesboro.

## Wadesboro Is Downtown Strong(er)

On Thursday, June 6 Wadesboro hosted the last of three sessions with Diane Young, a consultant representing Downtown Strong, an offshoot of Governor Cooper's Hometown Strong initiative. The sessions, which were attended by members of the Anson County Chamber of Commerce, Anson County TDA, AnsonEDP and Uptown Wadesboro, focused on creating actionable plans for the revitalization of our uptown area. Notably, the meeting was held in the boardroom of the new REV Uptown development, a tangible example of just the sort of revitalization the initiative is trying to promote. In fact, Diane noted that Wadesboro is ahead of the curve in terms of redevelopment compared to some of the other communities she is working with. Still, there is much to be done.

Diane's recommendations to the group centered on two main points, better cooperation between the property owners, community leaders and businesses; and better promotion and a more proactive approach to bringing new businesses to uptown.

To address the former, Diane suggested we enlist the assistance of an outside property specialist to inventory our available properties, determine what needs to be done to make them viable as retail and office space, and, most importantly, meet with the owners to put together a realistic plan for the building. The Chamber attempted to do something similar to this a couple of years ago, but found the cost of hiring the specialist prohibitive. In this case, a grant from Downtown Strong will pay most, if not all, of the expense. Uptown Wadesboro has engaged the recommended specialist and is working to set a date for her to come to town for an initial meeting.

Concurrent with property development, Uptown Wadesboro will be working on a promotional package which will be used to recruit specific types of businesses to town. The specialist will help determine what types of businesses are most likely to succeed and what existing spaces are most appropriate for those businesses. There are a variety of different opinions about what businesses the uptown can support and it will be good to have a fresh set of eyes looking into that. As much as we might like a dress shop, a shoe store or a haberdashery, those may not be viable given our population and demographics.

Courtesy of AnsonEDP

## Free Groceries Available to Eligible Families Saturday

Free USDA foods will be distributed this Saturday, June 15, from 1 to 4 p.m., or as long as supplies last, at Burnsville Recreation & Learning Center (BRLC). Please note that neighbors will only be served once monthly with these items as long as they last. If any food items are left over after Saturday they will be distributed on Wednesday, June 19 at 2 p.m.

All participants who plan to pick up food are asked to bring someone to help them if they need help, as BRLC will no longer be able to provide this support.

The US federal income guidelines will be a determining factor for eligibility. The food items will only be available to Ansonians. Individuals who have not registered or received food before from the BRLC Emergency Food Pantry must have financial documentation as proof of income to be served. Those families who receive food stamp assistance will automatically qualify. Parents are asked not to bring children due to limited seating space. Neighbors are asked to please park in parking lot behind center. You can contact BRLC at 704-826-8737 for information, from 10 a.m. to 5 p.m. Monday through Thursday. BRLC is located at 13349 Highway 742 North in Burnsville, across from the Fire Department.

## Market on Market is this Saturday in Cheraw!

Market on Market will be this Saturday, June 15, from 9:00 a.m. to 1:00 p.m. in downtown Cheraw.

The family friendly monthly event features art, produce, food and entertainment on the third Saturday of each month from May through October.

Local farmers from the Cheraw Farmers Market will bring their produce to the downtown area for purchase. Roadie the Puppet Dog and his friends from the Columbia Marionette Theatre return from 10:00 a.m. until 12:00 noon. There will be special Father's Day art activities for kids.

Attendees can also create art with the Cheraw Arts Commission to be displayed for Cheraw's Main Street Window Project.

The Cheraw Merchants Association will present Ping Pong Ball Toss during the Market. The toss will be held at 11:00 a.m. - Theatre on the Green Area. Participants can vie for gift certificates and prizes from local merchants.

Contact the Cheraw Arts Commission for additional information about the Market event. The office number is 843.537.8420 x 12.

## Brown Bag Book Club Meets June 17

The Hampton B. Allen Library announces the Brown Bag Book Club meeting for Monday, June 17 in the Pritchett Room at 12:00 noon. Carolyn Digh Griffin will be the guest author. Carolyn is from Waxhaw, and is retired from Union County Public Schools where she was an Administrative Assistant to the Assistant Superintendent. Her books are southern faith-based stories. They reflect the lives of ordinary people and their life situations. Carolyn's writing career began after an extended illness that led to her retirement from the school district.

Everyone is invited to come, bring a covered dish and meet the author.

Any questions please call 704-694-5177.