

Mr. Guy Randle Edwards, Jr.

Mr. Guy Randle Edwards, Jr. went home to be with his Heavenly Father on June 11, 2020, at the age of 73.

The funeral service was held graveside at Red Hill Baptist Church in Ansonville on Monday, June 15, 2020, at 11:00 a.m.

Guy was born in Rowan County, North Carolina on March 19, 1947. He was the son of the late Guy Randle Edwards, Sr. and Laura Mae Winfield Edwards.



Growing up, he attended Anson County schools and was the valedictorian of his graduating class at Anson High School. He went on to attend the University of North Carolina at Chapel Hill and completed his undergraduate degree at the University of North Carolina at Charlotte. He later attended North Carolina A&T State University where he earned his Master's in Safety and Driver Education.

Growing up he enjoyed playing baseball, fishing, hiking, and spending time with friends and family.

For over 15 years he was a Safety and Driver Education instructor and made a difference in the lives of young people through the courses he taught. He later served as a Benefits Counselor with Colonial Life Insurance. He was able to help tens of thousands of teachers across North Carolina when they sat down with him to review their benefits. His goal was to treat them all with dignity, respect, and honesty. Guy retired from Colonial Life Insurance in April of 2019.

He was an active member of Red Hill Baptist Church, serving as a Sunday School teacher of the Minnie Pope Class, Deacon, and a member of the Brotherhood.

He loved going to the beach, eating banana pudding, driving his Corvette, attending car shows, shooting fireworks at the annual Edwards cookout, eating late night bowls of cereal, being in nature, watching Lawrence Welk and car show programs, listening to the Beach Boys, and traveling with his family.

In addition to his wife of 32 years, Lynne Cowan Edwards; he is survived by his daughter, Marianne Edwards and fiancé David Gebhardt; brother Darrell Edwards (Sharon); sisters, Cynthia Bower (George), Fonda Hardison (Dutch) Ronda Scheil (John); sister-in-law Gail Werner (Joe); eleven nieces and nephews; two great nieces; and three great nephews.

It was Guy's wish for memorials to be sent to the Red Hill Baptist Church Brotherhood in Ansonville, NC:

Red Hill Baptist Church Brotherhood
Attn: Stephanie Maner
4747 Red Hill-Mount Vernon Road
Polkton, North Carolina 28135

Online condolences may be made at www.edwardsfuneralhomes.com.

DHHS Shares Health Guidance to Re-Open Public Schools

Guidance formed through collaborative process with DHHS & School Leaders

New health guidelines released recently represent a first step to help North Carolina K-12 public schools find a safe way to open to in-person instruction for the 2020-21 academic year, health and education leaders announced Monday.

The StrongSchoolsNC Public Health Toolkit (K-12) lays out a comprehensive set of baseline health practices that public schools should follow to minimize risk of exposure to COVID-19 for students, staff, and families. In addition to specific requirements, the Toolkit recommends practices that schools should implement to minimize spread of COVID-19 while allowing in-person teaching to resume.

Governor Roy Cooper, State Superintendent of Public Instruction Mark Johnson, State Board of Education Chair Eric Davis, and NC Department of Health and Human Services (DHHS) Secretary Mandy Cohen shared the guidance Monday.

"Getting children back to school to learn is a high priority, but they must be able to do so in the safest way possible," said Governor Cooper. "Every child, family and public school educator in North Carolina deserves strong protection to lower the risk of virus spread."

Schools are asked to plan for reopening under three scenarios – Plan A: Minimal Social Distancing, Plan B: Moderate Social Distancing, or Plan C: Remote Learning Only. NC DHHS, in consultation with the State Board of Education and Department of Public Instruction, will announce by July 1 which of the three plans should be implemented for schools to most safely reopen. The remaining plans may be needed if the state's COVID-19 metrics change over time.

"Opening schools will be possible if we keep working together to slow the spread of COVID-19. We will each need to do our part and practice the 3 Ws – Wear a cloth face covering. Wait six feet apart. Wash your hands frequently. These easy actions will have outsized impact in keeping viral spread low to in order to help get our children back to school," said Cohen.

The Public Health Toolkit was developed collaboratively by DHHS and DPI with input from a range of stakeholders across the state, including local superintendents, State Board of Education members, the Governor's Teacher Advisory Council, and members of the Governor's COVID-19 Education and Nutrition Working Group.

"We are working together to balance the need for all of our children to get back to school – especially children who rely on public schools for their education, health, safety and nutrition – while at the same time proceeding cautiously and deliberately to protect their health and safety," said Chairman Davis. "I know meeting these public health requirements will take a tremendous effort by our schools – but I also know we are doing the right thing and that our schools will rise to the challenge."

The StrongSchoolsNC Public Health Toolkit will be a companion to operational guidance under development by DPI that will offer strategies for how to implement the public health guidance, and cover other non-health areas for reopening planning, including scheduling, instructional practice, and staff training.

"Today, North Carolinians have the important first step of returning to schools in the fall with this release of the final health guidance for schools from the NC Department of Health and Human Services," Superintendent Johnson said. "In addition, the North Carolina education agency has already been leading workgroups, comprised of diverse stakeholders from teachers to school staff to superintendents to other support professionals, to create draft operational strategies that will help our school systems prepare for the fall. We will now seek feedback on the draft operational strategies from other stakeholders across the state to ensure that we best capture the needs of all our schools."

The StrongSchoolsNC Public Health Toolkit (K-12) was developed using the most current CDC guidance for schools and includes requirements and recommendations for eight areas: Social Distancing and Minimizing Exposure; Cloth Face Coverings; Protecting Vulnerable Populations; Cleaning and Hygiene; Monitoring for Symptoms; Handling Suspected, Presumptive or Confirmed Positive Cases of COVID-19; Communication and Combating Misinformation; Water and Ventilation Systems; Transportation; and Coping and Resilience.

For example, it requires students and others to be screened for illness before entering school, and requires floor markings to maintain social distance. It also includes sample screening symptom checklists in English and Spanish, a flow chart protocol for handling suspected or confirmed cases of COVID-19, and a checklist of infection control supplies schools may need. The Toolkit will be updated as new health guidance is released by the CDC and additional resources are added.

Questions about the StrongSchoolsNC Public Health Toolkit (K-12) should be directed to StrongSchoolsNC@dhhs.nc.gov (in English or in Spanish).

The Mediterranean Diet

In our daily life, we may find it difficult to determine the best method for eating well and improving on our health. We may be very quick to try the newest fad diet to help lose weight in a shorter amount of time. However, a lot of these fad diets we see today may restrict a vital nutrient that may help lose weight but may also complicate your health due to nutrient deficiency. It's important to think about changing your lifestyle with better eating habits, but also getting the vital nutrients you may need.

The Mediterranean diet is a lifestyle approach to good health that includes a balanced variety of foods and daily exercise. The diet is based on the foods and beverages traditionally consumed by people living in countries along the Mediterranean Sea. In the 1940s Ancel Keys, a famous researcher and promoter of the Mediterranean diet, noticed that people living on the island of Crete had a very low rate of chronic disease and a long-life expectancy. Keys' Seven Countries Study in the 1950s showed that, despite a high fat intake, the population of Crete had very low rates of coronary heart disease and certain types of cancer. The traditional dietary patterns of Crete and the surrounding area in the early 1960s were considered to be largely responsible for the good health observed in these regions.

Numerous studies have linked the following with the traditional Mediterranean diet:

- Decreased risk of death from all causes, from heart disease and from cancer.
- Reduction in inflammation that increases risk for heart disease, decreased risk for hypertension, type 2 diabetes, and metabolic syndrome, lower abdominal obesity, improved glycemic control and insulin sensitivity in people with diabetes. Reducing the risk for cardiovascular disease, cancer, stroke, Alzheimer disease and dementia and improved cognitive function.

Generally, the Mediterranean diet relies on fresh rather than processed foods. It is lower in saturated fats, salt and sugar. It is rich in plant foods including fruits, vegetables, whole grains, legumes, beans and nuts. Olive oil is the primary source of fat. Cheese, yogurt, fish, poultry and eggs are eaten in low to moderate amounts. Only a small amount of red meat is consumed. Wine is included with meals in moderation. The traditional Mediterranean diet consists of minimally processed, seasonally fresh, locally grown grains, vegetables, fruits and nuts which are eaten at most meals. These foods are important sources of vitamins, minerals, fiber, and antioxidants. Soluble fiber slows the rate of digestion helping keep blood glucose in check.

The Mediterranean-style eating pattern has been shown to promote health and decrease risk of many chronic diseases. May was International Mediterranean Diet Month (also known as Med Month). This month-long celebration creates awareness of the delicious foods and wide-ranging health benefits associated with the Mediterranean way of eating and living. Please go to our Facebook page to find helpful tips and recipes. Our page name is North Carolina Cooperative Extension - Anson County.

By Roshunda Terry, County Extension Director

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Scam Alert: COVID Contact Tracing Inspires Copycat Scams

Public health officials are rolling out COVID-19 contact tracing programs to help slow the spread of the disease by informing people who have had contact with someone who has tested positive. Of course, scammers are finding nefarious ways to use these efforts for their personal gain.

How the Scam Works: You receive an unsolicited message via text, email, or a social media messenger. The message explains that you've come into contact with someone who has tested positive for COVID-19. The message instructs you to self-isolate and provides a link for more information. Alarmed, you are tempted to click and get more details. But don't fall for it! These links can contain malware that downloads to your device.

Another version of this scam involves a robocall claiming to be part of "contact and tracing efforts." Again, the call informs you that you've been exposed to someone who tested positive for COVID-19. After electing to speak to a representative, the "contact tracer" asks you to verify personal information. This starts with questions about your full name and date of birth, but can quickly move to Personally Identifying Information (PII) and/or financial accounts. While contact tracers do normally reach out by phone, be sure to hang up if the caller doesn't meet the guidelines described below.

How to tell a real contact tracer from a scam:

- Contact tracers will ask you to confirm your identity, but not for financial information. Tracers will ask you to confirm your name, address, and date of birth. In most cases, they will already have this information on file. They will also ask about your current health, medical history, and recent travels. They will not ask for any government ID numbers or bank account details.
- Contact tracers will identify themselves. The call should start with the tracer providing their name and identifying themselves as calling from the department of health or another official team.
- Contact tracing is normally done by phone call. Be extra wary of social media messages or texts.
- A real contact tracer will never reveal the identity of the person who tested positive. If they provide a person's name, you know it's a scam.
- Think the link may be real? Double check the URL. Scammers often buy official-looking URLs to use in their cons. Be careful that the link is really what it pretends to be. If the message alleges to come from the local government, make sure the URL ends in .gov (for the United States) or .ca (for Canada). When in doubt, perform a separate internet search for the website.