

107  
Bulk Rate  
U.S. Postage  
PAID  
Permit # 149  
Wadesboro, NC  
28170  
Postal  
Customer

# THE EXPRESS

205 West Morgan Street • Wadesboro, NC 28170 • 704-694-2480 • [TheExpressNews@gmail.com](mailto:TheExpressNews@gmail.com) • [www.TheExpressNewspaper.com](http://www.TheExpressNewspaper.com)

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

## Uptown Wadesboro Summer Jam is this Friday - Time for Some Fun!

Come out this Friday, July 1 for the Uptown Wadesboro Summer Jam. The event starts at 6:30 p.m. and features live music by Sandy B's and Gary Covington, corn hole, a dunking booth, face painting, bubbles, sidewalk chalk, glow sticks, beach balls, free popcorn and snow cones. The Carolinas HealthCare System Mobile Health Clinic will be there from 4 to 8 p.m. offering free health screenings that include blood pressure checks, pre-diabetic screenings, weights and heights and body mass index. The Summer Jam takes place from 6:30 to 9:30 p.m. in the parking lot at the corner of Wade and Washington Streets. Oliver's Hometown Restaurant and Bar will be open during and after the Summer Jam with delicious food and cold drinks. They are located at 121 East Wade Street, across the street from the Wadesboro Town Hall.

## Town of Wadesboro's July 4 Holiday Schedule

The Wadesboro Town Hall will be closed on Monday, July 4 for the Independence Day Holiday. Also there will be no garbage pickup on July 4. The Monday and Tuesday collection routes will be done on Tuesday, July 5.

## Safe and Fun Activities for Kids this Summer

Talking regularly with kids about the dangers of alcohol, tobacco and other drugs reduces their risks

It's late June, which for many families means kids sitting around the house complaining of summer boredom. Annoying? Yes. Potentially dangerous? You bet.

While there is absolutely nothing wrong with teens experiencing a little boredom, too much time on their hands with "nothing to do" can lead to trouble, like experimenting with alcohol and drugs or engaging in other risky behaviors. On the other hand, there are the teens whose summers are completely scheduled out with non-stop activity and not a chance of stepping out of line; but that can be physically and mentally exhausting.

Teens need a healthy mix of both leisure and recreational activities to create balance and well-being for their body and mind. Exercise along with relaxation can improve their emotion and mood, self-esteem, social connections, sleep, cognitive functioning and overall quality of life. It is also important to note that when parents and children get active or relax together, the family bond is likely to improve and strengthen.

Here are some safe, fun ideas to help teens avoid the pitfalls of summer boredom while maintaining a balance of physical activity and relaxation:

- Invite a few friends over for grilled hot dogs and s'mores
- Bake some cupcakes and deliver them to homebound seniors or residents at a nursing home
- Volunteer at a local animal or homeless shelter
- Reach out to an old friend
- Gather some friends to play cards or board games
- Have a pamper your pet day - maybe a bath, a walk and a special treat for your pet
- Host a movie night at your house - rent an outdoor projector, pop some popcorn and invite some friends over
- On a rainy day, head to the movies with your siblings or have a movie marathon at home
- Make dinner for your family
- Volunteer to babysit for a neighbor or someone else you know who could use your help
- Buy a few inexpensive plastic kiddie pools for you and your friends to goof around in
- Go out for lunch with one or both of your parents
- Set up a tent or self-made "fort" and have a campout in your backyard
- Create a neighborhood scavenger hunt for you and your friends
- Make homemade ice cream or have an ultimate banana split making contest
- Use a tarp to create a giant slip and slide and invite friends to join in
- Invite a friend for a run or to workout with you
- Get outdoors - take a hike, go fishing or plan a canoe trip with a group of friends
- Host a gathering around a TV sporting event
- Check out a list of carnivals or fairs coming to town, or head to an amusement park

After reading through the ideas above, encourage your teen to make note of things that caught their interest, and to then add to the list as they think of more. They should also keep it in a handy spot so that when boredom strikes or they can't think of anything to do, they can simply pull out their list of summer boredom busters and they'll have a variety of ideas at their fingertips.

## Grace Senior Center Notes

**DANCERCISE EXERCISE** Dancercise Exercise at Grace Senior Center is held on Mondays, from 1 to 2 p.m. and on Thursdays, from 10 to 11 a.m. For more information call 704-694-6616.

**MOBILE HEALTH CLINIC** Is at Grace Senior Center the fourth Friday of each month, from 9 a.m. until 1 p.m. For more information call 704-694-6616.

**BINGO** Held every third Tuesday at Grace Senior Center, from 1 to 2 p.m. at no cost to seniors.

**TRIP TO MYRTLE BEACH** Grace Senior Center is sponsoring a trip to Myrtle Beach on Thursday, August 4. The deadline to pay for the trip is Friday, July 29. Call 704-694-6616 to register or for more information.

**TRIP TO SHATLEY SPRINGS** Grace Senior Center is sponsoring a trip to Shatley Springs in Crumpler, NC on September 15. Call 704-694-6616 to register or for more information.

## Monthly School Board Meeting is Thursday

The Anson County School Board will hold its regularly scheduled monthly meeting on Thursday, June 30 at the Charles Riddle Staff Development Center, located at 320 Camden Road in Wadesboro.

The meeting will begin at 5:30 p.m. with a Closed session. Open session begins at 6:30 p.m. and the public is invited to participate.



## PPES Kindergarten Students Enjoy Water Safety Program

The Red Cross came to Peachland-Polkton Elementary School and presented a program on Water Safety to kindergarten students on May 25. The students were educated and entertained by Tim Patton from the Red Cross, along with Barbara Whitley, Logan Russell, Gloria Woodard and Tracey Smith. Each student got a free rubber ducky, along with Barbara Whitley, Logan Russell, Gloria Woodard and Tracey Smith. Each student got a free rubber ducky and Dewey the Duck Book. The book talked about water safety, especially during the summer. The kids also learned a song about water safety. All of the students loved the program!

## New 'Ask An Expert' Resource Available

Anson County residents now have the expertise of all of the nation's land-grant universities at their fingertips, thanks to a web tool offered by the Anson County Center of NC Cooperative Extension. With this Extension resource, called Ask an Expert, county residents can submit questions, via the county Extension web site, at any time of day or night. They can get timely answers by email from Extension faculty from NC State University, NC A&T State University, and other land-grant institutions.

For over a century, Cooperative Extension has been providing unbiased, research-based information on a wide range of topics. Now, Ask an Expert allows you to access that information with greater convenience.

Using a short online form, residents can submit questions about agriculture and food, health and nutrition, lawn and garden, youth development and 4-H, and a host of other topics.

To access Ask an Expert, anyone can visit the Anson County Extension web site at [anson.ces.ncsu.edu](http://anson.ces.ncsu.edu) and click the Ask an Expert links at the top right or on the left panel of each page. Simply enter questions and email addresses in the spaces provided, and submit them. Questions will be directed to Extension faculty members who have the appropriate expertise to provide accurate and timely responses. Users also can attach photos to their questions.

The Ask an Expert resource also is available at [extension.org](http://extension.org), a nationwide web site that offers an interactive learning environment. The site delivers the best, most researched knowledge from the smartest land-grant university minds across America. The site connects knowledge consumers with knowledge providers. The extension.org site also offers a searchable database of answers provided in response to questions submitted by other users.

Of course, residents who need information still are welcome to call or visit the Anson County Extension center during business hours. The online resource just adds another avenue to available information and provides convenient access to Extension experts.

The Anson County Center of NC Cooperative Extension extends to county residents the educational resources of NC State University and NC A&T State University. Both universities commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation.

## Free Breast Health Education Class on July 11

**Uninsured women over 40 who attend class provided with free mammogram and follow-up care**

A free breast health education class will be held at the Myrtlewood Complex, located at 200 West Short Place in Wadesboro, on Monday, July 11, from 5:30 to 6:30 p.m.

Levine Cancer Institute is providing uninsured women of Anson County who are 40 years and older with a free mammogram and follow-up care when they participate in a breast health education class such as the one held on July 11.

Breast cancer is one of the most common cancers that a woman may face in her lifetime.

- 1 in 8 women will get breast cancer
- Breast cancer can happen at any age
- Your chances of getting breast cancer increase as you get older
- A mammogram can find breast cancer at an early stage that makes treating it easier

To find out more about breast cancer and to see if a free screening test is right for you, call Latoya Mallard at 828-446-6344 or email [Latoya.Mallard@carolinahhealthcare.org](mailto:Latoya.Mallard@carolinahhealthcare.org).

## McLeod Health Cheraw One Year Anniversary Celebration

**Former Chesterfield General Hospital is now operated by McLeod Health. Short drive for Anson residents, offering advanced heart, vascular, orthopedic, surgical, cancer, women's and children's services.**

McLeod Health Cheraw celebrated its one-year anniversary on Wednesday, June 22 in the popular Metz Café on campus. Staff, physicians, administration, directors and guests enjoyed cake and ice cream in honor of a successful first year for the hospital. Traci Hubbard, Vice President of Ancillary Services, spoke about her experiences on the first day that McLeod Health Cheraw was in operation a year ago and how far it has come as a hospital.

"On this day last year, I remember the excitement of our new beginning," said Hubbard. "It was a busy opening day, we were trying to get all of the processes down and function as a team. And, we did it! It's been a great year and we should all be extremely proud of our accomplishments as a hospital," continued Hubbard. "I am looking forward to the many years ahead."

In an effort to maintain health services for multiple regional communities, McLeod Health announced on this day last year, its agreement to operate the hospital in Chesterfield County. McLeod Health assumed operations of the former Chesterfield General Hospital, on June 22, 2015, as an acute care hospital and began operating as McLeod Health Cheraw. National for-profit hospital chain Community Health Systems ended its lease on Chesterfield General Hospital as of April 30, 2015.

McLeod Health Cheraw is only a 15 minute drive from Wadesboro, and very close to all Anson County communities.

The 59-bed McLeod Health Cheraw joined five other McLeod Health not-for-profit hospitals, and continues to serve a 15 county region with advanced heart, vascular, orthopedic, surgical, cancer, women's and children's services. "Our services in Cheraw and Bennettsville are consistent with our not-for-profit mission," said Rob Colones, President and CEO of McLeod Health. "The changing healthcare landscape makes it considerably more difficult for all hospitals, especially those in rural areas, to operate successfully. We believe that this affiliation allows McLeod Health the best way to continue serving the health needs for families in those communities, otherwise, both hospitals may have closed for good in April of 2015."

## Anson Farmers Market Open Wednesdays & Saturdays

The Anson County Farmers Market is open through November 1. The hours are 7 a.m. to 1 p.m. on Wednesdays and Saturdays.

It is located on Highway 52 South near Wadesboro Primary School.

Be sure to come out and take advantage of great prices on locally grown produce and other items.

For more information contact Francis Campbell at [Francis.Campbell@nc.usda.gov](mailto:Francis.Campbell@nc.usda.gov).

## Uptown Wadesboro Farmers Market is Now Open

The Uptown Wadesboro, Inc. Farmers Market is open every Thursday, from 4 to 6 p.m. Come the Square (corner of Wade and Greene Streets) and you will find a variety of produce and other food items from the area.

If you would like to participate as a vendor, please contact UWI at 704-695-1644.

## Anson County Parks and Recreation Kickball Registration

**Deadline to register is this Friday, July 1**

Registration for kickball for boys and girls in grades 3 to 6 began on Wednesday, May 18 and continues until Friday, July 1. You may come by the Parks and Recreation Office or register online at [www.co.anson.nc.us](http://www.co.anson.nc.us) before the Friday, July 1 deadline. The cost is \$25 per person.

For any questions please call Jeff Waisner 704-695-2550, Wendell Small 704-695-2782 or Morris Gatewood 704-694-5751.

The Express is on the web at [www.TheExpressNewspaper.com](http://www.TheExpressNewspaper.com)