

Back To School!



SPORTS
With MEL

The Field of Dreams is trying something new this fall as they begin a co-ed softball league. If you are interested in sponsoring a team or playing contact Renee Brown at reneebrown@gmail.com. The deadline to register is July 30, so hurry up and don't miss out. Games will begin the first weekend in August. *By Melanie Lyon*



First Football Practice this Saturday

Anson High School Football Practice will begin this Saturday, July 30, beginning at 9:30 a.m. at the Anson High School Football Practice Field. All players must have a current physical examination.

Something New at Field of Dreams

Drew Tucker has Undefeated Season

Drew Tucker of Peachland earned the title Southern Piedmont Swim Conference 11-12 boys MVP at the championship swim meet on July 23rd in Huntersville, NC. Drew, a member of the Marlins Swim Team in Monroe, had an undefeated season and won three Gold individual medals in the 50 Back, 50 Butterfly, 50 Free and broke the conference record for the 50 Free. He also won two Silver medals in the 200 Medley Relay and 200 Free Relay. Marlins Swim Team also named Drew the 11-12 Boys MVP at the team banquet.
Drew is a seventh grader at East Union Middle School and swims year round for the Wingate Aquadogs at Wingate University. He is the son of Jack and Mechele Tucker of Peachland and the grandson of Dennis and Patt Clapper of Monroe and Robert and Sarah Long of Polkton.

From the Desk of the Wadesboro Chief of Police Janie Schutz

Well folks, it has been quite awhile since I've written to you all and I thought it was about time to give you a little report on how things are going at the Wadesboro Police Department. First of all, you all need to know that the officers at the department are doing a good job of all of the citizens here. I realize that there will always be some "naysayers" and that's alright because that's human nature and I'm not going to change human nature. However, from where I sit right now, I see our officers going out and doing their job and doing it well. Certainly there are some constraints on our ability to catch the "bad guys" but the effort is there and that's where it all begins.
I'd like to tell you a little about a phrase I coined after I arrived here in 2009. That phrase is "Full Force Policing." I fully believe that is important for any police agency to examine all aspects of the policing job, and believe that we, as officers, can do it all. Doing it all is doing it full force. That means that officers cannot and will not pick and choose which laws they want to enforce. Our oath and our deep commitment to safety of this community require that we enforce and answer all calls for service: from assaults, to larcenies, to domestics, and of course the dreaded traffic laws. Not only do we answer calls but we also go out an actively seek out ways to protect the public. Our officers receive training we receive calls but we are also proactive in searching out potential problems in order to try and keep the criminal element out of Wadesboro. I would hope that the people of this community would come to appreciate an officer that cares and therefore enforces any and all of the laws that our legislators in Raleigh or our town council saw fit to enact. In reality there is no real choice in the matter. The law is the law.

Recently, our department handled a Breaking & Entering call that couldn't have gone better and it was a concerted effort from all parties involved. In the early morning hours of last week a citizen called in about suspicious activity going on at a neighbor's house. Four young males were observed carrying tools as if they were weapons and pushing a shopping cart that most certainly was not theirs. The caller trusted our officers and our officers did their job and they did it well. Long story short is that our entire department, from patrol to investigators, to the Major and myself took an active role in going full force. We kept hot leads hot and eventually our efforts led to a search warrant where all of the stolen items were recovered. The four young men were arrested and a fifth person was arrested as an accomplice. Because of all of our efforts that day, our community became just a little bit safer because of those we put in jail that day. Again this is community policing at its best. When the police have the support (the eyes and the ears) of the community, amazing things can be accomplished. Thank you ma'am for your help!

In a short side not, there are numerous counterfeit bills beginning to float around our town. Secret Service has been notified and we have a strong lead on where these bills might be being made at. I'm asking all businesses to be sure to check all bills and all denominations with the special marking pen. What I have seen so far is that the quality of the counterfeit bill is fairly good but never good enough. With the help of all business owners, I foresee an arrest in the near future of those involved.

Thank you all for allowing me to serve as your Police Chief and please remember the my office door is always open and if you have any concerns please feel free to stop by or give a call at (704) 694-2167 or wadesboropolicechief@windstream.net.

Foods Study Confirms What We Already Know!

In a release by Leslie Snow, Certified Personal Fitness Trainer: The results of an important study were published in the New York Times last week. Important results are that some foods are bad, i.e., cause weight gain over time, and we should eat less of them; conversely some foods are good, and we should eat more of them.

- From the study:
- The foods that contributed to the greatest weight gain were not surprising. French fries led the list: Increased consumption of this food alone was linked to an average weight gain of 3.4 pounds in each four-year period. Other important contributors were potato chips (1.7 pounds), sugar-sweetened drinks (1 pound), red meats and processed meats (0.95 and 0.93 pound, respectively), other forms of potatoes (0.57 pound), sweets and desserts (0.41 pound), refined grains (0.39 pound), other fried foods (0.32 pound), 100-percent fruit juice (0.31 pound) and butter (0.3 pound).
 - Also not too surprising were most of the foods that resulted in weight loss or no gain when consumed in greater amounts during the study: fruits, vegetables and whole grains. Compared with those who gained the most weight, participants in the Nurses' Health Study who lost weight consumed 3.1 more servings of vegetables each day.
 - And despite conventional advice to eat less fat, weight loss was greatest among people who ate more yogurt and nuts, including peanut butter, over each four-year period.
 - Exercise was found to aid in weight control. However, those that exercised yet still ate "bad" foods gained weight.

To help with some of our less than perfect eating habits I offer yoga-based fitness classes and personal training. Everyone is invited to join in our yoga-based fitness classes. We hold a free Introduction to Yoga-Based Fitness class the last Saturday of every month at the First Methodist Church in uptown Wadesboro. It is held from 9 to 10 a.m. You can learn the principals of yoga, breathing and poses.

Also, we offer Beginning Yoga-Based Fitness classes on Mondays and Fridays at Calvary Episcopal Church in uptown Wadesboro, from 8 to 9 a.m. The cost is \$50 per month in advance, due the first class of each month. Learn the correct form of the major poses (asanas), breathing techniques, and deep relaxation. Develop every day strength and flexibility. The cost is \$25 per month for one class per week. Or, you can drop in whenever you like for only \$8 per class.

I hope you can join either of our groups. For more information contact me at 704-272-9254 or leslie@lesliesnow.com.

- ✓ Car Repair
- ✓ Vacation
- ✓ School Expense

- ✓ Home Improvement
- ✓ Insurance
- ✓ You Name It!

If you've been turned down for a loan, give us a try! We have one of the highest approval rates around!

Loans from \$300 to \$7,500 JUST ASK!

BASIC FINANCE, INC

103 North Rutherford Street • Wadesboro
704-694-3619 Formerly Thrift Loan

It's Christmas in July
During The
"DOUBLE THE DATE"
DISCOUNT SALE
At The
SUNSHINE SHOPPE!

Throughout July everything in the stores will be discounted by TWICE the date!

- On July 28th – Everything 56% Off!**
- On July 29th – Everything 58% Off!**
- On July 30th – Everything 60% Off!**

Get An Early Start on Your Christmas Shopping & Save **BIG** on Jewelry - Flags - Sheet Sets - Tervis Tumblers Handbags & Much More!

Shop Early & Often! We Won't Be Reordering During The Sale! When An Item Is Gone, It's Gone At These Incredible Prices!

Thousands of Gently Used Clothing Items at our Chesterfield Store! Great Quality Clothing For The Entire Family at Unbelievable Prices!

Sunshine Shoppe
Hospice of Chesterfield County Thrift & Gift Stores

Proceeds benefit terminally ill patients and their families served by Hospice of Chesterfield County. Donations of new and gently used items greatly appreciated.

THRIFT & GIFT STORE	GIFT SHOPPES
122 Main Street Downtown Chesterfield (843) 623-3938 Monday-Friday 10-5:30 Saturday 10-2	160 Second Street (beside Rivers Edge Restaurant) Cheraw (843) 537-2008 Monday-Friday 10-5 Wednesday 10-1
The Sunshine Shoppe: <i>It's more than a store...it's an experience!</i>	114 East McGregor Street Pageland (843) 672-9155 Monday-Friday 10-5 Wednesday 10-1 • Saturday 10-2



Stop Taking Time Off from Work for Doctor Appointments.



Carolinan Primary Care
Anson Community Hospital
Carolinan HealthCare System

We Have Extended Evening Hours!

Call today for an appointment with one of our 4 physicians.
New patients accepted daily.

Appointment Hours:
Monday, Tuesday and Friday: 8am-5pm
Wednesday and Thursday: 8am-7pm

919 East Caswell Street : Wadesboro, NC 28170 : 704-694-DOCS (3627)
www.CarolinanMedicalCenter.org
"Taking Care of the Neighborhood - Since 1913"