Tuesday, November 4, 2014 at the National Guard Armory



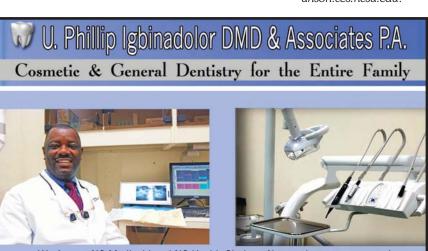


#### **Extension Office Offers Cattle 101 Management School**

The Anson County Cooperative Extension Office is offering a four-session Cattle 101 Management School for those relatively new or aspiring to be cattle farmers. The sessions will be held on Tuesday evenings, November 4, 18, and December 2, from 6:30 to 8:30 p.m. at the Extension Office. The last session will be held at a field day location on Saturday, December 13.

Cost for all for sessions is \$25, payable on the first day of the session. Topics to be covered include: terminology, nutrition, forages, reproduction, health management, and marketing. The programs are designed for those who have some experience with cattle to no experience at all, but are interested.

For more information or to register contact Jessica Morgan, Anson County Agriculture Agent, at 704-694-2415, or jessica\_morgan@ncsu.edu. A flyer and more information can found anson.ces.ncsu.edu.



We Accept NC Medicaid and NC Health Choice • New patients are accepted

Fellow Academy of General Dentistry • Dental Implant Restoration Preventative & Periodontal Cleanings • Protective Sealants • Porcelain Crowns / Bridges Tooth Colored Fillings • Bleaching / Whitening • Digital X-rays Simple & Surgical Extractions • Root Canals • Full & Partial Dentures • Denture Repair

www.upidental.com MONROE

CHARLOTTE 704-494-8484

704-238-8727

2416 West Sugar Creek Road • University • Derita Area BBB 701 E. Roosevelt Blvd • Building 800-B • Oppos

THE EXPRESS • October 22, 2014 • Page 2 Enjoy this Remembering column from 2007

# Remembering..... By Ed McBride



### "Old School Bus Days"

Seems like "the clock is doing double-time" as school and September are almost here! Seeing many school buses as they travel to and from school makes one think of the comforts, technology and safety - the miles traveled and the number of students transported. Yet, I always think back to the first school bus that I ever rode on.

Being in the first grade and riding!! We rode this Dodge Brothers/Graham bus - mechanical brakes, a wooden body, center seat with no back to lean on, just a flat seat from front to back. The tires were very ordinary - cotton cord reinforced - none of this modern new tire technology of nylon, etc. There were certainly no seat belts (never heard of such a thing then!).

Some of the "hard heads" would stand up and move around, too - the very rough dirt roads we traveled on made it more difficult for them, however. There were no paved roads, and at this period of time even Highway 52 was not even paved. So, you see, the quality of the school buses and the roads traveled "sorta matched up." Even the school bus arrival schedule could vary as much as, sometimes, an hour.

George Burns, being a high school senior, was the driver of our bus. He was very careful and never "speeded up" - even in his later years!!

Seriously, I do thank so many for such care, guidance and attention whether on the bus or in the classroom. Thanks for such dedication!! Ed

## NOW OPE

BRASINGTONS, INC.

Featuring...



YEAR ROUND Except 14 Ft. Wide.







PINEVIEW BUILDINGS IS COMING TO YOUR TOWN FOR ALL YOUR BACK YARD STORAGE NEEDS, HOBBY GARAGES, POOL **BUILDINGS FOR STORAGE & CHANGING & MAN CAVES.** 

COME WITH YOUR DREAMS, THE SKY IS THE LIMIT!
WE BUILD TREATED, PAINTED & METAL IN GARAGES, SIDE,
END & DELUXE PORCHES, LOFTED & UTILITY STYLE BUILDINGS











### **Memory Screening Day Comes**

Remember to get your free, confidential memory screening

to Wadesboro November 18

National Memory Screening Day is an annual initiative of the Alzheimer's Foundation of America (AFA). Grace Senior Center will offer free, confidential memory screenings on Tuesday, November 18. Screenings will be held from 10 a.m. to 1 p.m. Qualified health care professionals will administer the memory screenings and provide educational materials about memory concerns, brain health and caregiving. The face-to-face screenings consist of a series of questions and tasks, and take five to 10 minutes to administer.

AFA suggests memory screenings for anyone concerned about memory loss or experiencing warning signs of dementia; whose family and friends have noticed changes in them; who believe they are at risk due to a family history of dementia; or who want to see how their memory is now and for future comparisons.

Screeners emphasize that results are not a diagnosis, and encourage individuals who score poorly as well as those who still have concerns to pursue a full medical examination.

Such screenings are becoming increasingly important as the number of Baby Boomers turning age 65 - the at-risk age group for Alzheimer's disease - continues to climb. The federal government's historic "National Plan to Address Alzheimer's Disease" urges a greater emphasis on both early diagnosis and education about Alzheimer's disease and related dementias. For more information and to register for the Na-

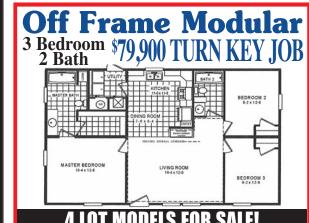
tional Memory Screening Day, call Wanda Talbert at (704) 694-6616.

#### Class of 1984 30th Reunion

The Bowman High School Class of 1984 will hold

their 30th Reunion the weekend of October 31 - November 2. The main event will be Saturday night at Twin Valley Country Club in Wadesboro. The cost is \$100 per couple and \$65 for singles. For more information contact B. Ingram at 704-694-

4005 or L. Gaddy at 704-694-4192.



2008 East Roosevelt Street Monroe • 704-225-8850

www.1stchoicemonroe.com

WADESBORO

**704-694-5191**