

The Anson County Writers' club (ACWC) recently donated a copy of *The Yadkin-Pee Dee River Atlas* to the Anson County Historical Society (ACHS). ACWC president Kaye Ratliffe made the presentation to Tommy Allen, president of the ACHS.

The atlas contains detailed maps and information about the river's 200-mile stretch from the Blue Ridge Mountains to the South Carolina line, including its two navigable branches, the South Yadkin River and Hitchcock Creek.

W. E. Trout III, who compiled the atlas with John Hair, and Nancy R. Trout, said, "Our examination of these rivers was a voyage of discovery, searching at low water for signs of human activity. This 110-page illustrated atlas includes annotated maps as well as a history of navigation. It has special sections on Native American fish traps; on Pee Dee River fish wheels; on Judge Archibald DeBow Murphey and his attempt to make the river navigable in the early 1800's; on the railway network which developed in the region; and on the work of the Corps of Engineers who made still-navigable stone sluices (never used) intended for boats descending the river, carrying goods to the railway crossing. The river explorer can still see signs of all this and more."



Tommy Allen, president of the Anson County Historical Society, and Kaye Ratliffe, president of the Anson County Writers' Club, look over a copy of *The Yadkin-Pee Dee River Atlas*. The atlas is a gift to the historical society from the Writers' Club.

Pictures and information about the outdoor drama, *A Ripple in the River*, that was written by the ACWC and produced at the Helen Goodman Amphitheater on the Polkton campus of South Piedmont Community College for 10 years, are included in the atlas.

"The drama was based on the research we did on the canal in Old Sneedsboro," said Sandy Bruney, an ACWC member. "Bill Trout saw references to the drama and contacted us for more information. When the atlas was published the club ordered a copy and decided it would be a good addition to the historical society's library so that it would be available to everyone interested in early river navigation."

The Anson County Historical Society is located on East Wade Street in Wadesboro.

### Aware? Or Beware!

*This is a release from Mary Lynn Railton at the Anson County Health Department:* We are created male and female, sexual creations, created by the act of sexual intercourse. Sexual health and behavior is part of every person's life. Our behavioral choices are based upon our knowledge, our environment, our belief system and our culture. Risky sexual behavior results in unplanned pregnancy and the spread of sexually transmitted infections (STI's), including HIV.

Now we know that the STI called the Human Papilloma Virus causes cancers that can be debilitating and fatal years after the initial infection. At the Anson County Health Department we have a vaccine to inhibit the infection and spread of this virus. It is recommended for males, ages 11-21, and to females, ages 11-26.

The Health Department's Family Planning Program is dedicated to providing education and resources for the promotion of healthy attitudes and behaviors. Our Mission Statement is "To protect our environment, prevent the spread of diseases and promote the health and wellbeing of all the citizens of Anson County."

Call the Health Department today at 704-694-5188 and make a Family Planning appointment for a physical examination and counseling. Reduce your risks by being informed. Live long and be healthy.

### Artwork by High School Artists on Display

Artwork from top high school student artists around the state of North Carolina will be on display at the Anson County Arts Council Gallery during the month of December. The gallery is located on South Rutherford Street in Wadesboro beside the Ansonia Theater. This display of artwork is part of the North Carolina National Art Honor Society Traveling Exhibit which has been, and will continue to be, on display throughout the state of North Carolina for the 2016-2017 school year.

The traveling display consists of 36 pieces of art work selected from National Art Honor Society (NAHS) students at various high schools throughout the state, including four pieces from Anson High School students. Local students Amani Kahlid, Jada Lindsey, My Vue and Kate-rina Lee were each honored with a selection for the traveling exhibit. Nicole Sikes is the Anson NAHS sponsor and the art teacher for these students.

Artwork from the Traveling Exhibit can be viewed at the Anson County Arts Council Gallery during regular gallery hours which are typically 11 to 4 p.m. Tuesday through Friday, although hours may be adjusted through the holidays, and at other times by appointment. Guests are welcome to drop by or call the Arts Council Office at 704-694-4950.

The exhibit is currently on display at the University of North Carolina at Asheville through the month of November prior to its arrival in Anson County. After display in Anson, the traveling exhibit will move to Meredith College in Raleigh for the month of January, and will continue at various points in the state for the remainder of the school year.

### Know the Warning Signs and Symptoms of Stroke

**Make sure you can spot the symptoms in yourself and a loved one**

Strokes are one of the top three causes of death in the United States and the leading cause of long-term disability. What's more, North Carolina is located in what researchers call the stroke belt, meaning the death rates for stroke are highest in this area compared to the rest of the United States.

While most stroke cases are unpredictable, identifying warning signs as soon as possible can make a big difference in how someone is treated for and recovers from a stroke.

"Symptoms can include weakness on one side of the body, numbness, confusion, fatigue, dizziness, blurred vision, a severe headache and potentially paralysis," says Joe Bernard, MD, an interventional radiologist at Carolinas HealthCare System. "However, each stroke case has its own unique combination of signs and symptoms, so not everyone will experience all of them simultaneously nor at the same level of intensity."

F.A.S.T is an easy way to remember the signs of stroke. If you spot these signs in yourself or a loved one, you should call 911 immediately.

- **Face Drooping:** Does one side of the face droop, or is it numb? Ask the person to smile. Is the person's smile uneven?
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty:** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?
- **Time to call 911:** If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Some lifestyle choices and medical conditions can put you at a higher risk of stroke. Some examples include:

- Poor nutrition
- Lack of physical activity
- Smoking
- High stress
- High blood pressure

By making an effort every day to move more, eat more fruits and vegetables, get more sleep, quit smoking and regularly checking your blood pressure, you can cut down on your risk of having a stroke.

To learn more about stroke care in the Carolinas, visit [CarolinasHealthCare.org/Stroke-Neuroscience](http://CarolinasHealthCare.org/Stroke-Neuroscience).

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