

1545  
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.

## Board of Education Regular Meeting Scheduled for Monday, February 25

The Anson County Board of Education will hold its next regular meeting on Monday, February 25 in the Administrative Office Board Meeting Room, located at 320 Camden Road in Wadesboro. The meeting will begin at 4:30 p.m. with the Closed Session. Open Session should begin at about 5:30 p.m.

## VA Offers Same-Day Care

The US Department of Veterans Affairs announced that all of its more than 1,000 medical facilities across the country now offer same-day services for urgent primary and mental healthcare needs. Same-day services may include a face-to-face visit with a clinician; advice provided during a call with a nurse; a telehealth or video care visit; an appointment made with a specialist; or a prescription filled the same day, depending upon what best meets the needs of the Veteran. For more info visit [www.blogs.va.gov/VAntage/44400](http://www.blogs.va.gov/VAntage/44400).

## Pee Dee Electric Energy Efficiency Loan Program

Pee Dee Electric is offering an Energy Efficiency Loan program to its members. Developed with the member in mind, Energy Efficiency Loans are available to qualified members who want to increase the efficiency of their homes. With the help of Pee Dee Electric, members can now borrow funds from the cooperative and repay the loan through their monthly electric bill. Loans from \$400 to \$7,000 are available and can be used towards new electric heat pumps; duct repair or replacement; insulation for ceilings, walls or floors; window and door upgrades; electric water heaters; and caulking or weather stripping. Loans are available to any member of Pee Dee Electric who owns an existing home served by the cooperative and who receives a monthly electric bill. Applicants must have had service with Pee Dee for at least two years and have a good credit history established with the cooperative and with Online Utility.

For more information about Energy Efficiency Loans through Pee Dee Electric, members are encouraged to visit [PDEMC.com](http://PDEMC.com), or call the cooperative directly at 704-694-2114. Pee Dee Electric is a not-for-profit cooperative whose goal is to provide reliable, dependable electric service for its members while focusing on value, quality customer service, and enhancing life in the communities they serve. Pee Dee's service area consists of Anson, Montgomery, Moore, Richmond, Scotland, Stanly and Union counties. For more information about Pee Dee Electric, please visit [www.pdemc.com](http://www.pdemc.com).

## Parks & Rec Spring Registration

Anson County Parks & Recreation is holding their spring registration, with a deadline of March 1. The sports are:

- Tee Ball (ages 4-6)
- Coach Pitch (ages 7-8)
- Minor Baseball (ages 9-10)
- Major Baseball (ages 11-12)
- Girls Softball (ages 4-6, 7-8, 9-10, 11-12 & 13-15)
- Micro Soccer (ages 3-4)
- Youth Soccer (grades: K-2, 3-4, 5-6, 7-9 & 10-12)

The cost for these programs is \$25. You may come to Parks & Recreation office at Little Park (845 Airport Road in Wadesboro) to register Monday through Friday, from 8:30 a.m. to 5 p.m. Or you can also go to their website at [www.co.anson.nc.us](http://www.co.anson.nc.us) and fill out a registration form and send it to us by email or text. For more information, contact: Jeff Waisner (704) 695-2550 [jwaisner@co.anson.nc.us](mailto:jwaisner@co.anson.nc.us); Wendell Small (704) 695-2782 [usmall@co.anson.nc.us](mailto:usmall@co.anson.nc.us); or Allen Jackson (704) 694-5751 [ajackson@co.anson.nc.us](mailto:ajackson@co.anson.nc.us).

## February Mobile Food Pantry Info

Margot Barnes, Director of Anson Crisis Ministry has released statistics from the February 2019 Mobile Food Pantry which was held on Wednesday, February 6. Barnes said, "Thank you to our 31 volunteers!"

- Total Families: 147
- New Families: 7
- Children & Youth Under Age 18: 99
- Youth & Adults Ages 19-64: 147
- Adults Over Age 65: 67

"Anson Crisis Ministry brought home 772 lbs. of undistributed food, and fed a total of 313 people," said Barnes. The next Mobile Food Pantry and CHS Health Bus visit will be held on Wednesday, March 6 at Marshville First Baptist Church, located at 1636 Old Highway 74 in Marshville, beginning at 8 a.m. More information will be published in The Express. Anson Crisis Ministry is located at 117 North Rutherford Street in Wadesboro. The telephone number is 704-694-2445, email is [ansoncrisisministry@windstream.net](mailto:ansoncrisisministry@windstream.net) and the website is [www.ansoncrisisministry.org](http://www.ansoncrisisministry.org).

## A Celebration of Different Cultures to be Held this Saturday at BRLC

Burnsville Recreation & Learning Center will celebrate different cultures and histories at an event this Saturday, February 23 at 5 p.m. This will be an opportunity to learn and understand more of the diverse cultures that are represented and located in Anson County and the surrounding areas. Guests from these places have been asked to come and share parts of their life experiences. Presentations will be made by people from Peachland, Polkton, Thailand, Kenya, Africa and Guyana, South America. All guests will also have the opportunity to taste favorite dishes from the different cultures. For more information call 704-826-8737, 9 a.m. to 5 p.m.

## Storytime Every Tuesday at the Library

The Hampton B. Allen Library features Storytime for children every Tuesday at 10 a.m. This program is free and an enjoyable learning experience for children. For more information call 704-694-5177.



## Peachland-Polkton Elementary School Terrific Kids

Peachland-Polkton Elementary School held its Terrific Kids Celebration for the first nine weeks on Tuesday, February 12. Pictured above are the students who were recognized for this honor. We are proud of these students for showing good character!

They are, from left, front row: Messiah Bailey, Javia Burns, Rocio Ortiz, Jayden Washington, AiLeen Morales, Macie Clark, Ellie Kellogg, Preston Tice, Scarlett Blalock and Rickie Huntley.

Second row: Trinity Honeycutt, Makayla Carpenter, Zoey Streater, Camille Hyatt, Corneilus Rorie, Leigha Clarke, Easton Taylor, Bella Osborne, Kvion Sturdivant, Hunter McMurray, Trinity Boone and Paris Steward.

Third row: MyAsia Dennison, Shelby Pierre, Kylie Treadaway, Anyah Bradley, Kaitlyn Edwards, Destinii Tanner, NyKenya Dubose, Esmeralda Cuaxinque-Villanueva, Makyle Ingram, Mavric Power, Titus Mungo and Kinston Harris.

Fourth row: Josue Montoya, Evelyn Romero, Eli Velasquez, Dylan Kiser, Nezziam Timmons, Nate Williams, Shaniyah Dennison, Madilyn Sasser, Ka'Ziya Buchannon, Fernando Flores-Garcia and Trinity Sellers.

Not pictured: Wyatt Mesquita, Bradlee Chavis and Makenzey Storz.

## February is American Heart Month

Free educational session on heart disease & prevention methods at Health Department Feb. 28

Love is in the air because heart health month is here. The Anson County Health Department encourages everyone to keep those hearts pumping healthily. February is a month of heart awareness, and heart disease is the leading cause of death for both men and women in the United States. The leading cause of heart disease is high blood pressure. High blood pressure is when your blood pressure, the force of the blood flowing through your blood vessels, is steadily too high. In 2017, the American Heart Association (AHA) and American College of Cardiology (ACC) released new guidelines for high blood pressure. Blood pressure between 120/80 and 129/80 is raised blood pressure, and a blood pressure of 130/80 or above is considered high. High blood pressure is often called the "Silent Killer" because it shows no symptoms. Nearly 75 million people have high blood pressure in the United States. About 54% of those 75 million people have their blood pressures under control. Along with heart disease, high blood pressure can also cause stroke, which is the second leading cause of death in the United States. More than 40% of African Americans have high blood pressure. African American men who live in the Southeast region make up a lot of this percentage in the United States, according to the Centers for Disease Control and Prevention (CDC). African American men have the highest hypertension death rate, and this is three times higher than the rate for white men. Studies show that high blood pressure goes untreated in many African Americans. However, there is no certain answer why the rate of high blood pressure is higher in African Americans than any other race group. Researchers believe high rates of high blood pressure in African Americans may be due to genetics and environmental factors. African Americans are not the only people at risk for high blood pressure and heart disease, here are several high risk factors: Genetics; Increased age; Excessive weight; A family history of high blood pressure; Having diabetes; Inactivity; High dietary salt and fat; Low intake of potassium; and Smoking. There many ways to prevent high blood pressure that can later result in heart disease. Lifestyle changes can help control high blood pressure such as: eating healthy, being active, not smoking, and monitoring blood pressure rates. The Health Department is partnering with Atrium Health Anson to identify, monitor, and manage high blood pressure in the county. The hospital has a Mobile Health Clinic that provides ongoing blood pressure screenings at ten sites in the county, the AHA's Check.Change.Control Program is also being provided. The program includes distant monitoring and online tracking as key features to improve outcomes in hypertension management, physical activity, and weight reduction. On February 28, from 3 to 4 p.m. the Anson County Health Department will be providing a free educational session on heart disease and prevention methods. Included in the session will be free blood pressure screenings. Please feel free to stop by. The Anson County Health Department is located at 110 Ashe Street in Wadesboro. For more information contact Dinikia Savage at the Health Department at (704) 994-3342.

## Black History Month Event Set for March 2

Members of the Anson County Black History Month Planning Committee are hard at work planning an event for the Anson County community to celebrate the life and achievements of African-Americans in this country and in this county. The event, titled "From These Roots," will be held on Saturday afternoon, March 2 at 6:00 p.m. at the Lockhart-Taylor Center of South Piedmont Community College in Wadesboro. Prior to the main event at the Lockhart-Taylor Center, a Black History "Wax Museum" of characters from Black History will visit three restaurants in Wadesboro - Lady Bug, La Fogata, and Oliver's. The visits will commence for the lunch crowd at each location at approximately 12:15 p.m. Characters will share important information about the person from history that they are impersonating. The evening program will include dance, drama, praise and gospel, and fashion from a period in history beginning in the decade of 1940. However, earlier times will also be portrayed by performers. For more information about the events and/or to participate in any activity, contact Winnie Bennett at 704-851-9269 or Marlene Richardson at 704-694-2337 or any other member of the committee pictured. Pictured below, from left are Cornelia Liles, Betty Huntley, Beverly Getzen, Sandy Bruney, Winnie Bennett, Bernice Bennett, Vera Holsey, Joletha Little, Elizabeth Kersey, Marlene Richardson and Amethra Melton-Crawford.



## Domestic Violence Coalition BBQ is Friday!

Anson County Domestic Violence Coalition will hold its annual BBQ Fundraiser this Friday, February 22, from 10 a.m. until 6 p.m. This year the event will be held at Calvary Episcopal Church, located at 304 East Wade Street in Wadesboro. Dine in and take out are available. Deliveries to local businesses and organizations are courtesy of the Anson County Sheriff's Office. The food is delicious and the prices are great! Sandwiches are \$4, bulk pints of BBQ are \$10 and bulk quarts of BBQ are \$20. Plates include chopped BBQ, slaw, baked beans, roll and dessert, and the cost is only \$9. Drinks are included with dine-in orders. Call in and fax orders are welcome. The fax number is 704-694-4515 and the office number is 704-694-4499. The Anson County Domestic Violence & Rape Crisis Center is a nonprofit organization funded solely by grants and fundraisers. You are encouraged to come join in for fun and some delicious BBQ. Your participation will help promote awareness against Domestic Violence and Sexual Assault. Thank you for your continued support!

## BBQ Plate Sale this Friday

Faith Based Center of Hope is holding a BBQ plate sale this Friday, February 22, from 11 a.m. until. They will offer a wide variety of food, including chopped BBQ pork, ribs, chicken, baked chicken, baked beans, cole slaw, potato salad, corn and green beans. Plates cost only \$10, and sandwiches and sides can be purchased separately. The BBQ will take place at Gumby's in Lilesville, located at 10140 Highway 74. For orders call 704-294-0480, and please order by today, Wednesday, February 20.

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