

The Family of Audrey Downer wishes to express their sincere appreciation for the many kind acts of love and sympathy expressed at the time of her passing.

Thank You

Keslar Chapel's Ladies Luncheon Focuses on Heart Health

This is a release from Keslar Chapel A.M.E. Zion Church: When it comes to matters of the heart, it's every woman's business to be empowered. Keslar Chapel A.M.E. Zion Church recently held a ladies health luncheon in observance of February being American Heart Health Month at Wadesboro Primary School cafeteria. The program, entitled "Empowered to live a healthy life in 2016," featured holistic approaches to having a healthy heart: mind, body and soul.

Guest speaker Dr. Holly Stegall of Carolinas HealthCare System Primary Care urged women to start their journey to a healthy heart by making one change that could improve their health. "One change could change whether you have that heart attack or not," she said. "Pick that one thing you can change and stick to that."

Ninety percent of all women in the United States have one or more of these risk factors for heart disease: high blood pressure, high cholesterol, diabetes, being overweight, physically inactive, excessive alcohol use, family history, gestational diabetes and being 55 or older. To improve your heart health, Dr. Stegall offered seven recommendations: quit smoking; get physically active (exercise 30 minutes a day, three times a week); eating a heart healthy diet and drink more water; maintain a healthy weight; control cholesterol levels; control blood sugar levels; and control your blood pressure.



Winnie Bennett, front, and another volunteer learn pilates movements.



Helen Tillman won the grand prize drawing at the ladies luncheon.



Dr. Holly Stegall speaks with a guest after the ladies luncheon February 6.

She also recommended that women ages 55 and older and men ages 45 and older take an enteric coated baby aspirin once a day.

She challenged the room, which was filled with women wearing red, to pick that one thing they could change, start or stop, and stick with it for three weeks in order to make it a habit, then it would become a normal part of their lives.

While Dr. Stegall ministered to the body, Sara Dean, faith ministry coordinator for Carolinas Healthcare System, spoke to the spirit of heart disease. Emotional health affects your physical health, she said. Anxiety, anger, hostility, depression and stress can affect your blood pressure. She urged the women to pray, attend worship service and make quiet time for themselves.

Barbara Davis, a pilates instructor at the Chesterfield YMCA in Chesterfield showed the women some of the basics of this exercise. Pilates is designed to improve physical strength, flexibility, posture and mental awareness. "It's a body mind workout," Davis said. It involves breaking, relaxation, concentration, control and flexibility.

Following the speakers there was a question and answer period, where several women asked questions. In particular were the similarities between acid reflux/indigestion and heart attack symptoms.

The bottom line, Dr. Stegall said, was to get checked out. Instead of diagnosing yourself, let a doctor figure it out to be on the safe side, she said.

Guests enjoyed door prizes and a delicious, heart-healthy meal. Denise Robinson, one of the coordinators for the February 6 luncheon, thanked everyone who helped to make the program a success.

REPUBLICAN CONVENTION

SATURDAY, MARCH 5TH

9 a.m to 11 a.m.

Registration 8 a.m. - 9 a.m.

Little Theatre at Hampton B. Allen Library

Guest Speakers

NC Sen. Tom McInnis • NC Rep. Mark Brody



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Lilesville's 6th Annual CATFISH STEW COOKOFF & STEW OF YOUR CHOICE CONTEST

SATURDAY, MARCH 12 11am to 3pm
Hatcher Park • Judging at 12 noon

You are invited to enter - no entry fee - deadline to enter is Wednesday, March 9

PRIZES TO CATFISH STEW WINNERS: 1st \$250 • 2nd \$100 • 3rd \$50

PRIZES TO STEW OF YOUR CHOICE WINNERS: 1st \$100 • 2nd \$75 • 3rd \$50

If you're not cooking you can join the fun and root for your favorite team. Or you can try your hand at being a judge. For \$5 you get to taste every entry.

CORNHOLE TOURNAMENT

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- Wednesday, March 9 Ansonville Fire Department 9am-1pm
- Friday, March 11 Peachland Meal Site 9am-1pm
- Monday, March 14 Lilesville Town Hall 9am-1pm
- Friday, March 18 Polkton - Dollar General Parking Lot 9am-1pm
- Monday, March 21 Glennie Bennett Community Center 9am-1pm
- Wednesday, March 23 Grace Senior Center 9am-1pm
- Monday, March 28 Burnsville Fire Department 9am-1pm

Miss Helen Renay Carpenter



Miss Helen Renay "Beemie" Carpenter, 46, died Tuesday, February 23, 2016, at CMC-Union Hospital in Monroe after complications from surgery.

Funeral services were held on Saturday, February 27, 2016, in Victory Baptist Church of Rockingham with Rev. Russell Edwards and Rev. Todd Carpenter officiating. Interment followed in Gum Springs Baptist Church Cemetery of Lilesville.

Born December 16, 1969 in Richmond County, Beemie was a daughter of Larry Frank and Catherine Brooks Carpenter of Wadesboro. She was a graduate of Anson High School and was licensed as a Certified Nurse's Assistant, working several years at Lillie Bennett Nursing Center. Beemie enjoyed being with and helping people of all ages, but none more so than children. She also loved her church and took much pleasure in some good natured teasing of her pastor, Russell Edwards.

Beemie enjoyed a close relationship with her family and looked forward to any occasion where they could fellowship together. Her outgoing personality and over-sized heart endeared her to many outside her family. She had a soft spot for animals, especially cats, and spent a good deal of time taking care of strays and finding good homes for them.

In addition to her parents, Beemie is survived by a brother, Todd Carpenter (Lorraine) of Laurel Hill; two sisters, Tammy Murdock (Tommy) of Morven and Ann Carpenter of Wadesboro; and four nephews, Nathaniel Carpenter, Toddrick Carpenter, Nicholos Carpenter and Randy Murdock.

Memorials may be made to St. Jude Children's Research Hospital, 501 St Jude Place, Memphis, TN 38105; or to the American Diabetes Association, P.O. Box 11454, Alexandria, VA 22312.

Leavitt Funeral Home is in charge of arrangements. Online condolences may be made at www.leavittfh.com.

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