



Parks & Rec Tennis for Children at Little Park

Children who are interested in learning how to play tennis can come to Little Park on Mondays, Wednesdays and Fridays, from 9 to 11 a.m. this summer for lessons. For more information, contact Jeff Waisner at 704-695-2550, Wendell Small at 704-695-2782 or Morris Gatewood at 704-694-5751.

Wingate University, CHS Provide Free Cancer Rehab



When Brittany Hills helps cancer patients and survivors get up and moving, it's more than simply a way to work in a real-life physical-therapy setting while she's still a student. It's also to honor her father. Hills' father died from pancreatic cancer last year, and during his last few months Hills saw how much physical therapy improved his quality of life. A former marathon runner, he was

originally given six weeks to live, but with a little help from PT he lived another year. "He used to wake up and do one of his rehabilitation exercises, and he'd always feel better the rest of the day," says Hills, a first-year student in Wingate's doctor of physical therapy program. "The little bit he did he loved. It made him feel like he was an actual human being."

Hills and fellow first-year DPT student Nicole O'Neill are trying to help others receive the same benefits at Carolinas HealthCare System hospitals in Union and Anson counties. Under the supervision of Dr. Stephen Morris, associate professor in the Wingate Department of Physical Therapy, the two kicked off their free "movement flow" classes on May 16 at CHS Union with three participants. They hope to eventually have quadruple that number - or more.

Classes are held once a month, from 5:30 to 6:30 p.m., alternating between the hospitals in Monroe and Wadesboro. The next class will be held on Tuesday, July 18 at CHS Union, though the organizers would like to eventually hold one a month at each hospital.

The classes are designed to help those who are either undergoing or have undergone cancer treatment improve their quality of life, extend their lifespan or keep cancer from recurring. As cancer-survivorship rates increase, rehabilitation is becoming more routine. A rehab regime has been shown to reduce the risk of cancer recurrence in many people, and at the least it can help them live longer and better.

"Rehab helps with any of the side effects of cancer treatments or aftereffects," says Chandra Stegall, lead occupational therapist for rehabilitation services at CHS Union. "We most commonly treat swelling; pain; limitations in movement patterns; neuropathy, or tingling in the hands and feet; balance issues; overall fatigue; and difficulties with activities of daily living. Of all the treatment patients have, this is their favorite, because they start to feel better."

Many patients can't afford extended rehab or don't know much about it. The free classes are designed to get them up and moving and to give them exercises they can then do at home. Hills and O'Neill structured the class so that it would provide general benefits, but exercises can be tailored to individuals.

For many participants, weight loss will be the primary goal. Others will be trying to get more range of motion out of, say, their shoulder, or they'll be looking to improve their balance.

For all of them, it's a chance to socialize with others who have gone through a similarly difficult situation. "You don't want to feel alone," Hills says. "You want to feel like you have people to support you."

To find out more about the classes, contact the Wingate University Department of Physical Therapy at 704-233-8358 or dpt@wingate.edu, or call CHS Union Rehab at 980-993-3277.

Anson 4-H'ers Place in South Central District Competition

Anson County 4-H'ers brought home top honors from district competition at their annual South Central District Activity Day. Over 500 youth and adults attended the event held at West Alexander Middle School in Taylorsville, NC. Below are the District level winning presentations won by Anson County 4-H'ers.

- District Gold winner was Keyshawn Tillman - Public Speaking, age category 11-13; and Milayah Smith - Health & Fitness, 11-13.

- District silver winner was Na'La Brown - Public Speaking, 14-18.

- District bronze winner was Cameron Tillman - Health & Fitness, 11-13. Other presenters were Katherine Brown - Citizenship & Community Service, age category 14-18 and Katie Edwards - Health & Fitness, 14-18.

Keyshawn and Milayah will go on and compete at state competitions in Raleigh on July 29. Congratulations to all on a job well done!

Others in attendance from the county were 4-H'ers Kendall Duncan, Quenton Cromartie, Akira LeGrand, Alexis Smith and LaMia Smith-Maxwell; 4-H Volunteer Leaders Sharon Edwards, Debra Ratliff, Betty Garris, Pearl Blount and Leslie Smith; and parents/relatives Kishi Tillman and Earlene Tillman.

The Cooperative Extension Service of the U.S. Department of Agriculture and state and local governments conducts 4-H Programs. 4-H programs focus on the development of life skills for youth. Programs are offered to all youth regardless of sex, race, religion, national origin or disability.



RESOURCE FESTIVAL
FRIDAY, JUNE 23 10AM-2PM
HOSTED BY SANDHILLS BEHAVIORAL CENTER

At Peaches n' Cream
2735 Hwy 74 West in Wadesboro

Hot Dogs, Chips & Drinks at 12 NOON for First 200 Attendees
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| Sandhills Behavioral Center | Anson Crisis Center • Head Start |
| Anson County Agriculture Extension Office | Burnsville Recreation & Learning Center |
| Anson Partnership for Children | Union/Anson Habitat |
| Department of Social Services | Anson Baptist Association |
| Domestic Violence Coalition | HOPE Ministries |
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Anson 4-H'ers Place in South Central District Competition

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Congratulations
Anson Graduates

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