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Serving Anson County and the Municipalities of Ansonville, Lilesville, McFarlan, Morven, Peachland, Polkton and Wadesboro.

Four Men Arrested in January Double Homicide in Wadesboro



Patrick Polk

On Monday, April 15 warrants were obtained by Wadesboro Police Detectives on four men in the January 7 double homicides of Jerry Rorie, age 25, and Marcus Allen, age 24. These warrants came after a three month long investigation into the shootings by Wadesboro Detectives and agents with the North Carolina State Bureau of Investigation.

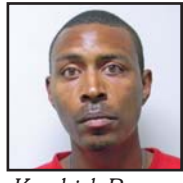


Cordero Little

Warrants were obtained on Patrick Polk, age 22 of Wadesboro, for First Degree Murder; Cordero Little, age 18 of Polkton, for First Degree Murder, and Possession of Firearm by Felon; Mitchell Crowder, age 42 of Wadesboro, for First Degree Murder; and Kendrick Parson, age 31 of Wadesboro, for Possession of Firearm by Felon, Possession of Stolen Firearm, Accessory after the Fact (Felony), and Obstructing Justice (Felony).



Mitchell Crowder



Kendrick Parson

Polk, Little and Crowder are all in the Anson County Jail under a no bond at this time. Parson is in the Anson County Jail with a \$500,000 bond. Court dates are set for all four subjects later this month.

Peachland-Polkton Elementary School Recognizes Their Terrific Kids



Peachland-Polkton Elementary School recognized its Terrific Kids for the third 9 weeks. They are pictured, from left, front: Ladante Huntley, Katrina Cruz, Maziah Patton, Alana Dixon, Haily Martin, Bostyn Bridgers, Lela Chaney, Jaden Baxley, Madelyn Burr, Caroline Austin, Emmanuel Gomez, Tori Davis, Nathan High, Gracie Mills and Jesus Gomez.

Middle row: Desi Dutton, Cameron Parker, Jayson Harper, Jovan Streater, Alexis Gomez, Grant Thuleen, Derika Brown, Bailey Winfield, Ja'Mia Bennett, Carmen Wright, Jesse Griffin, Sydney Lee, Reagan Thomas, Kiara Mullis, Levi Thomas and Laura Castrejon.

Back row: Caitlin Turner, Katilin Carpenter, Callie Thompson, Riley Jackson, Kayli Wilson, Erica Hatcher, Diamond Polk, Terreque Robinson, D'Metri Sturdivant, Revie Byars, Alyssa Boone, Adrianna White and Jakeia Boggan. Not pictured are the following: Riley Terry, Aidan Purser, Elisabeth Bustard, Jayden Sturdivant, Romeo Robinson, Victor Paulin, Brady Ross, Alex Vang and Matthew Larcom.

Unemployment Dropped Over 1% in Feb.

Anson County's unemployment rate for February was 11.6%, down from January's 12.8% rate. The state of North Carolina's unemployment rate for February was 9.5%.

In February 2012 Anson County's unemployment rate was 11.2%. Anson's total labor force in February was 10,938. Of that number 9,664 were employed and 1,274 were unemployed. In January the total labor force was 11,128, with 9,709 employed and 1,419 unemployed.

Unemployment rates decreased in 99 of North Carolina's counties in February and increased in one. All 14 of the State's metro areas experienced rate decreases.

Graham County had the highest unemployment rate at 20.2 percent while Orange County had the lowest at 5.9 percent. Among the Metro areas, Rocky Mount at 13.2 percent experienced the highest rate and Durham-Chapel Hill at 7.0 percent had the lowest. The February not seasonally adjusted statewide rate was 9.5 percent.

When compared to the same month last year, not seasonally adjusted unemployment rates fell in 76 counties, increased in 18 and remained unchanged in six. Twelve metro areas experienced rate decreases, while one experienced an increase and one remained the same.

The number of workers employed statewide (not seasonally adjusted) increased in February by 1,334 to 4,256,262, while those unemployed fell 36,535 to 446,588. Since February 2012, the number of workers employed statewide increased 50,088, while those unemployed decreased 20,401.

Men for Change 2013

In a release from the Anson County Domestic Violence Coalition: Anson County Domestic Violence and Rape Crisis Center is asking the men of Anson County to take a pledge to create a community free from violence for women and children.

ACDVC began the fundraiser on April 3 and will continue through May 27, asking men to take this pledge: "I pledge to seek equality and respect in all my relationships with women. I commit to lead by example, to be a role model to other men and a mentor to our younger generations to create a community and future, free from violence for our women and children."

An insert will be in The Express Newspaper the week before Father's Day, in June 2013, listing the name of each contributor. Individual pledges are \$5. To pledge In Honor or In Memory of someone will cost \$10. Any business that would like to pledge will be asked to donate at least \$25.

We need YOUR help so that every man in our county has the chance to participate. Forbes Jewelers will be donating a piece of men's jewelry to the participant who raises the most money!

The proceeds from this fundraiser will go directly to assist victims of domestic violence and sexual assaults within Anson County. ACDVC is a nonprofit organization and all donations are tax deductible. Tax letters will be mailed after June 16th.

If you would like to be participate in selling pledges, please contact Patricia Scott at 704-694-4499 for details. If you want to make a donation to Men for Change 2013, our mailing address is ACDVC, PO Box 694, Wadesboro, NC 28170.

ACDVC would like to say a special thank you to Eric Forbes from Forbes Jewelers and The Express Newspaper for their generous support and contribution to this fundraiser!

Take Advantage of the Rabies Vaccination Clinic on May 4

The 2013 spring Rabies Vaccination Clinic will be held on Saturday, May 4, between the hours of 2 and 5 p.m. at Tractor Supply in Wadesboro. The reduced cost of the rabies vaccination is \$5 per vaccination. This clinic is sponsored by Brown Creek Animal Hospital and the Anson County Health Department.

Rabies is caused by a virus that animals and people can get through certain exposures to the saliva or nervous tissue from a rabid animal and is nearly always fatal without proper postexposure prophylaxis. Rabies is zoonotic, which means it can spread from animals to people. Rabies is 100% preventable. In most cases, preventing rabies is as simple as ensuring adequate animal vaccination and control, avoiding contact with wild animals, and educating those at risk.

Rabies prevention starts with the animal owner. All dogs, cats, and ferrets must be vaccinated against rabies. Consider vaccinating valuable livestock and horses. Animals that have frequent contact with humans should be vaccinated. Pet owners can reduce the possibility of pets being exposed to rabies by not letting them roam free. Spaying or neutering your pet may reduce any tendency they might have to roam or fight, and thus reduce the chance that they will be exposed to rabies.

Reduce the risk of exposure to rabies from wildlife. Do not feed or water your pets outside; even empty bowls will attract animals. Keep your garbage securely covered; open garbage will attract wild or stray animals. Wild animals should not be kept as pets. Enjoy all wild animals from a distance and teach children never to handle unfamiliar animals - even if they appear friendly. Bat-proof your home in the fall and winter.

If your pet bites someone or if you are bitten by a dog or cat, contact the local Animal Control Officer at 704-694-4947. The animal control officer is required to monitor the dog, cat, or ferret for 10 days. According to facilities available, the animal may be maintained at its home or may be required to be housed at the local animal shelter or at a licensed veterinarian's office.

You Can Call Me Lentil But You Can't Call Me Lamb Chop!

You can call me berry, you can call me sprout, you can call me lentil, and you can even call me corny. But you can't call me lamb chop! If the saying, "You are what you eat" is true, then any of those names would be appropriate...with the exception of the latter.

One year ago Allen and I began our journey toward a healthier lifestyle, to include a whole food, plant based diet. You may remember that after three months I chronicled our experiences in The Express. Stating that with only a few months into our decision, we were both happy we started the somewhat "rad for us" dietary improvements, leaving us feeling better in so many different ways.

Today, after a year of healthier eating I am overwhelmed with what we have accomplished with so little effort. Our weight teeters back and forth but I believe it safe to say that Allen has lost 15 pounds and I, 8 pounds, which is a very small peek at a much broader picture. Weight loss was not our purpose for giving up most of our meat, dairy, fatty, sugary and processed foods. It was our general health and wellness that we wanted to steer in a better direction, and what a life altering decision that has been.

I feel better than I did in my twenties. How many of you can say that? Perhaps you ARE in your twenties, feeling pretty lousy and wondering why? The number of Americans suffering from health issues like obesity, high blood pressure, diabetes, high cholesterol, fatigue, depression, just to name a few, are on the rise in both children and adults.

And in all fairness, I have never been one to be overweight, but my cholesterol was above normal and my blood pressure high. To boot, I have some very serious health issues. At age 22, I was diagnosed with Rheumatoid Arthritis. Then about eight years later, Systemic Lupus, and in 1998 with a blood disorder called Factor V Leiden Mutation. Each disease is most likely inherited, and can be life altering, even life threatening. Let me just say, health problems affect your life and how you live it, bottom line. There were some very tough years and some very unhealthy times. I believed I was doing all that I could for my health and honestly thought I was on the right path, only to discover I couldn't have been more wrong.

Today, Allen and I both enjoy our food, just like before. But I can take this a step further than he, medically speaking. During this past year I have been tested and retested and have no signs of Rheumatoid Arthritis or Factor V Leiden Mutation. And even though my Lupus test remains positive, I have more energy and vitality than ever before. Additionally, my cholesterol and blood pressure are both at normal levels. How's that for impressive results? I owe it in most part to our diet and to my husband who carefully plans and prepares our meals. Yes, I'm a lucky lady.

But neither of us is saying that what we are eating, or rather what we are NOT eating is a cure-all for whatever ails you. One year later we still do not proclaim to be vegetarians because we do have meat when we want it. But by cutting back on the foods that may have been causing us to feel less than our best, we have discovered what works for us to feel better than any of our previous bests, ever.

So go ahead and call me names if that's what it takes to get YOU onboard. You can call me beanie but you can't call me weenie. Or you can call me fruity but you can't call me fatty. You can call me nutty but you can't call me nacho. You can call me celery but you can't call me crazy! Then, stop and think about your own wellness and what could stand to be tweaked. The plant based, whole foods way of eating will require more trips to the produce sections of IGA and Food Lion. You may want to join the newly started Anson County vegetable subscription coop (through the Extension Office, 704-694-2915), which will provide you with locally grown fruits and vegetables. When it comes to meal prep, that may take more time in most cases, that is if you stop throwing frozen pizzas in the microwave or circling the drive-thru three times a week.

There is a ton of research outlining the whole food, plant based diet. Watch one of the documentaries or read a book on the subject. That one step sent us running to the vegetable garden, and a year later we're as happy as two rabbits eating carrots! *By Melanie "Nutty Fruity" Lyon*

Presbyterian Salad Luncheon Raises Money for Local Needs

It's the same scenario the first Tuesday every month - at 9 a.m. four or five people are already lined up at the door of First Presbyterian Church of Wadesboro seeking help with emergencies. The minister listens to each story of need. The stories have a common theme...there's not enough money to pay the bills, buy the groceries, get the medicine.

This scene is repeated each month, and has been for several years, but in this continuing recession with double digit unemployment, the needs are growing. Often people are referred to First Presbyterian from Anson Crisis Ministry or the Department of Social Services when the funds at these agencies have been depleted. Recipients can be helped once a year, and the funds received must alleviate a crisis, not a perpetual financial problem.

To raise money to assist with local needs, as well as state, national and world missions, First Presbyterian holds two fundraisers annually: a Salad Luncheon in the spring, and another fundraiser in the fall. This year the Salad Luncheon will be held this Friday, April 26, beginning at 11:30 a.m. in the Fellowship Hall of the church, located at 208 South Greene Street in Wadesboro. The menu will feature a variety of fresh vegetable salads, congealed salads, ham biscuits, and the delicious potato and chicken salads made by the Women of the Church. Scrumptious homemade desserts are also on the menu.

You are cordially invited to participate in enjoying a delicious meal, and helping First Presbyterian raise money to assist people in our community who need a helping hand at this difficult time.

VFW Car Show in Norwood Saturday

The Norwood Veterans of Foreign Wars (VFW), Post 6183 will sponsor it's 18th Annual Arbor Day VFW Car Show this Saturday, April 27th in conjunction with the annual Norwood Arbor Celebration. The show will take place at the Norwood Elementary School Baseball Field located behind the school. (Directions to the park will be posted.) The gates will be open from 7:30 a.m. to 12 noon to allow for same day registration. Judging will begin at 12 noon. Trophy presentation will follow.



Plaques will be presented to the top 100 entrants, along with dash plaques to the first 75 entrants. Along with those awards they will present trophies for best car/truck, best interior (both), best paint (both), and best engine (both). They will also present a beautiful trophy for Best in Show.

All winners will be selected by the entrants except for special presentations. Each entrant will get one vote for their favorite in each category. There will be many give-aways throughout the show, and a 50/50 drawing will result in someone winning some needed dollars.

Registration fees are \$15 to pre-register and \$20 at the gate. All monies raised will go to help needy veterans and local folks in need. For more information please call Bob Hooks at 704-474-0203 or Steve Culp at 704-474-3719. Come on out, bring your classic and custom cars and enjoy the day with everyone.

Yard Sale for Domestic Violence Coalition is Sat.

Anson County Domestic Violence Coalition is sponsoring a yard sale this Saturday, April 27th, from 6 a.m. to 1 p.m. The sale will be held at Calvary Episcopal Church, located at 304 East Wade Street in Wadesboro. All proceeds will go towards assisting the victims and survivors of domestic violence and sexual assault in Anson County.

Please come out and help support this great cause. If you need more information you may contact any staff member at (704) 694-4499 or (704) 690-0362.

Pee Dee Wall Meeting is Sunday

The next meeting of the Pee Dee Wall (Protecting our Water, Air, Land and Lives) will take place this Sunday, April 28 at the Hampton B. Allen Library at 4 p.m. The main topic of the meeting is the upcoming vote on Fracking by the Anson County Board of Commissioners.

For more information contact Denise Lee at 704-826-6324 or peedeewall@yahoo.com.

Women's League Meets May 14

The Anson Women's League will meet on Tuesday, May 14th, from noon to 1 p.m. at Twin Valley Country Club. The speaker will be Chris Stinson of Principal at Anson New Technology High School.

Lunch is available for \$8.50. All women who live or work in Anson County are invited. Please RSVP for meal to Angela Smith by Thursday, May 9th by 5 p.m. at 704-385-9327.

Postal Service Food Drive is May 11

The United States Postal Service is having it's 3rd Annual Food Drive on Saturday, May 11. If you receive mail in Wadesboro, you are asked to please donate canned foods by setting them out beside or in your mailbox for the Saturday mail delivery on May 11. Postal Carriers will collect the canned food and donate all of it to a local food bank.

This is convenient way to help many families in need in Anson County. Even one can of food will help, but the carriers will collect as many as you will donate.

For more information contact Tracy at 704-572-8406.

Storytime at the Library

Every Tuesday the public is invited to enjoy storytime at the Hampton B. Allen Library. The program begins at 10 a.m.