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Suicide Lunch & Learn Program

A lunch & learn program entitled How to Prevent Suicide and Care For Those Affected will be held on Thursday, July 27 at the First United Methodist Church in the Fellowship Hall, located at 410 East Washington Street in Rockingham, from 12 noon to 3 p.m. NC Chapter Area Director Betsy Rhodes with American Foundation for Suicide Prevention (AFSP) and Dana Cea, AFSP-NC Chapter Area Co-Chair & Communications Ambassador will be the guest speakers. Lunch and resources are provided free.

Contact Suzanne Maness (910)627-1769, toll free (877) 211-5995, or by email at connectionsfsp@gmail.com to register. The deadline to register is Monday, July 24.

Metal Sculpture Class in July

Join the Cheraw Arts Commission in July for Metal Sculpture classes with Internationally acclaimed SC sculptor Bob Doster. The Arts Commission is offering a two day workshop on Wednesday and Thursday, July 19 and 20. The 9 to 11 a.m. classes at the Cheraw Community Center are geared for both students (4th grade & up) and adults.

Participants will design their pieces, cut the metal shapes and paint their whimsical creations. As a teaching artist, Bob Doster has worked with over 150,000 students of all ages.

Cost of the two day workshop is \$50, which includes all supplies. Call the Cheraw Arts Commission at 843.537.8420 x 12 to preregister or for additional information

Cheraw Arts Commission Presents Play with Clay classes

Learn basic clay techniques at Play with Clay classes. Participants will hand build an owl and decorative bowl using pinch pot and slab techniques on July 31 and August The 2 day instruction will be from 5:30 to 8:00 p.m. at the Cheraw Commu-Ages 12 nity Center. through adult can participate. The registration fee is \$30 which includes all supplies including glazing products.

Local potter Jane Crossman will provide instruction. Call the Cheraw Arts Commission to register and for information



For several years in the late 1990's and early 2000's Bill Billingsley wrote a column for The Express. It began with the title 'Billingsley's This and That' with the title later evolving to become Billingsley's "T N T"

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Bill managed WADE Radio station in Wadesboro for many years. He was extremely well known in the community, with many friends. He was also known nationwide for his pitch-perfect and authoritative 'radio voice.'

Due to a computer mishap, it appeard that Bill's "TnT" columns were lost. But, after working on the project for several years, we have managed to recover at least some of his work. Because of that good fortune, we are proud to present a column below that Bill wrote for the June 30, 1999 edition of The Express.

Billingsley's This and That

First, I want to tell you how I had planned to wind up the last column.

You remember I got to naming old songs and got carried away, so that there was not space to continue with WADE1 stuff (although the old songs were, really), and I never got to tell you about the Sunday the station caught fire. It did, and the boy on duty first called me.

Isn't that something?! Called me instead of the fire department. I hurried out there to see just what it was all about and found that there was

indeed a fire or something smoldering in the attic. I immediately called the fire department. Their pumping truck came right away.

Now, there is nothing unusual about this first part. But wait.

At that time the entire department was made up of volunteers. One of the men, the first one to approach the building, took his fist and jammed it needlessly through one of the panes in the casement window of the control room, leaving shattered glass everywhere and loosing blood like a hemophiliac. His hand was so chopped up he had to be taken to the emergency room at the hospital. I told the chief that it was a smolderer in the attic and up he went up after I pulled

the stairs down for him. Took care of a smoldering bit of insulation, created by a high voltage wire coming un-shielded (for some good reason), and all that would have ever happened is smoke (no real fire). With that my Sunday duty had been completed, so I returned to my home and whatever it was that I was doing -- in the recliner, I guess.

I have never been so pleasantly surprised as I was the other night! The girl who was brought up right under my eyes, and who turned out to be our high school mascot when I got to be a senior ready to graduate at Polkton High, telephoned from another state. I'm afraid we talked much too long, but having been married to a real smart man who was a pharmacist and being a school teacher, herself, I doubt if she

When she was a really small girl her parents (who are not with us anymore) came to live in the upstairs apartment at our house. And since it was right across the street from the school, it was ideal for Mr. Entrekin, who taught there.

I still kept up with her after they moved into a house just a short jump from our house. She wore (I think) overalls and had a small straw hat which she wore to an apple tree to pick up all the apples the squirrels hadn't already gotten.

And, I saw her and her father when I was in Winston-Salem at WTOB and also my wife and small child visited when he had moved to Kernersville to teach.

They don't make people like that any more!

You have seen in this very column much about parenting: Now here's a snippet from Richard Louv's writings in Childhood's Future:

"When it comes to the emotional health of children, I've come to think of our current culture as a kind of giant General Motors, a big, self-satisfied undercapitalized child-production industry; this industry is staffed with distracted, stressed-out workers and poorly trained managers. It emphasizes production quotas, not quality. The industry's one-size-fits-all approach ignores market needs, as a result, the industry is spending more and more on recalls. On removing life threatening products from the road, on fixing what should never have been broken in the first place. (My underline, to emphasize what this column has been preaching for a long, long time).

While in the Air Corps during World War II, and we had stopped flying (to save gasoline), I was moved from Las Vegas to Amarillo to help deactivate that base. While there I was assigned some warehouses with, first, Italian prisoners as workers, then German and some German Youth Corps. One of the youngest insisted on wearing his uniform. Each day I ordered him to wear clothes like the others. No, he would always show up the same way.

After a long period of this he took the steel handle from the bedding packing machine and slipped up behind me, to hit me in the head. I didn't know all this until Barri had taken care of him with his 45 calibre pistol that I thought he had pointed at me. (And they said you could fire those with accuracy). Well, Ansel Berri did and that's one of the reasons (the main one, I guess) that you are reading this today. We didn't have to be concerned about his uniform anymore. To my chagrin, Berri was then honorably discharged before I was.

Ending with some old songs again:

"After Hours "Real Gone Guy", "Jim" "Through, For the Night" "Some Broken Hearts Never Mend" "Serenade in Blue"

A soft answer turneth away wrath: but grievous words stir up anger. Proverbs 15:1.

COMMUNITY MEDICAL, PA OF MARSHVILLE

Community Medical, PA of Marshville and Dr. Gary Henry would like to announce the addition of Brandi Thomas, FNP-C, Family Nurse Practitioner to the practice.

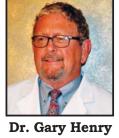
As a Union County native, Brandi looks forward to meeting the healthcare needs of her community. Dr. Henry will continue to serve his community, providing the same quality care he has for over 26 years.

Brandi's background is in primary care, chronic disease management, diabetes management/education, hypertension, long term care and aesthetics. She is a Business Management graduate of Wingate University, and has a Masters in Nursing, Family Nurse Practitioner from UNCC.

We are accepting new patients & accept most all insurances. We are here to help you! Call to arrange your appointment today!

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COMMUNITY MEDICAL, PA Family Practice / Medical Care 520 West Main Street, Marshville • 704-624-3388 or 704-694-3339 • Fax 704-624-3390

Program on Forestry Markets and Trends

Did you know Anson County ranks fourth in the state in timber sales? Are you a private forest landowner who has thought about selling timber in the near future but are unfamiliar with timber market trends or how to go about selling a tract of timber? Anson Extension will host two programs to help answer those questions.

The first program, "Timber Markets Explained," took place on Tuesday, June 6 with visiting speaker Dr. Dennis Hazel, Extension Forestry Specialist and Assoc. Professor at NC State University.

In July a follow-up program on "How to Sell Your Timber" is scheduled for Monday, July 17, between 5:30 and 7:00 p.m. at Anson Extension, 501 McLaurin Street in Wadesboro. Another visiting speaker, Dr. Mark Megalos, Extension Forestry Specialist, NC State University will explain factors that can influence your timber profit. He will also cover cost of regeneration, important management objectives to consider, and overall forestry financial planning. The program is free, but please register ahead by calling Anson Extension at 704-694-2415 to ensure adequate seating.

Day Trip to Myrtle Beach **Offered by Grace Senior Center**

Grace Senior Center is sponsoring a 1 day trip to Myrtle Beach, SC on Tuesday, July 25. The trip consists of enjoying time at the beach and boardwalk, shopping at Tanger Outlets, dining at Golden Corral and motor coach transportation.

The cost of the trip is \$60 for adults (ages 14 and over) and \$30 for children (ages 5 to 13). Dinner is included in your price. They are presently taking deposits payments, with the final payment due on July 14. For more information or to register please call 704-694-6616.