

# THE EXPRESS

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

## The Anson NAACP Meets July 28

The next meeting of the Anson County Branch of the NAACP (National Association for the Advancement of Colored People) will be held on Monday, July 28 at 6:30 p.m. at Ebenezer Baptist Church. The church is located at 612 Salisbury Street in Wadesboro.

They welcome you to come and see what is going on. "Each one reach one."

Meetings are held the fourth Monday of each month.

For more information contact Anson NAACP President Sinic Marsh at [mrshs6@yahoo.com](mailto:mrshs6@yahoo.com) or 704-254-0630.

## School Board Meeting is July 28

The Board of Education will hold their regular monthly meeting on Monday, July 28 in the Administrative Board Room, located at 320 Camden Road in Wadesboro. Closed Session will begin immediately after the opening of the meeting at 5:00 p.m. Open Session for the public will begin at 6:00 p.m.

If the public wishes to sign up for public comment, they can sign up in-person. A sign-up sheet will be available 30 minutes before the meeting begins for any individual or group to indicate their desire to address the board. Public comment will be held during the Open Session portion of the meeting at 6:00 p.m.

The meeting will be live streamed on the Anson County Schools' YouTube channel for the public to view. To find the channel you can search YouTube for "Anson County Schools."

## Class of 1985 Reunion Information

*This is a release from Tracy Medley Merriman:*

The time is quickly approaching for our 40th reunion on Saturday, September 20. Hoping to see everyone there. Please be reminded that the deadline to submit payment is August 8, 2025.

Thank you all for your responses. We need your continued support for a successful event.

Letters and registration forms have been sent out, and if you do not have this information please contact Tracy Medley Merriman.

Absolutely NO REGISTRATION ON SITE.

If you have not registered, please check your inbox & messenger for that information. If you do not have that information, let someone know or contact Tracy Merriman at 843-910-2894 or through Facebook messenger.

Please register as soon as possible. Registration and payment will not be available at the reunion.

## Anson County Toys for Tots Call to Action

*This is a release from Anson County Toys for Tots:*

As the holiday season begins to draw near, you can be sure that your local U.S. Marine Corps Reserve Toys for Tots Coordinator is gearing up for this year's Toys for Tots campaign. Since 1947, Marines have been making Christmas wishes come true for children-in-need. The local Toys for Tots team works very hard to make Toys for Tots a success, but we could never do it without the help of concerned citizens and business leaders.

**We rely on local businesses for assistance in several areas, including:**

- Providing toy collections sites
- Assisting in the transportation and storage of toys
- Helping to promote Toys for Tots in the media
- Underwriting special events
- Monetary Donations
- Assisting with such critical services as printing

The Marine Corps Reserve believes that "Every Child deserves a Little Christmas," and we are asking you to help us send children in need of our community a message of hope this Christmas through the gift of a new toy.

Visit [anson-county-nc.toysfortots.org](http://anson-county-nc.toysfortots.org) or Scan the QR Code, look under the GET INVOLVED tab for ways to volunteer, donate and much more. You may contact Coordinator Lamar Liles via email at [Anson.County.NC@toysfortots.org](mailto:Anson.County.NC@toysfortots.org) or by phone at 704-294-2612.

"Together We Can Provide A Help'n Hand"



## “Speeding Catches Up With You” Campaign Targets Dangerous Driving

Speeding is one of the most frequent traffic violations, but its consequences can be deadly. The North Carolina Governor's Highway Safety Program and law enforcement agencies statewide are launching a weeklong initiative called "Speeding Catches Up With You" to crack down on speeding.

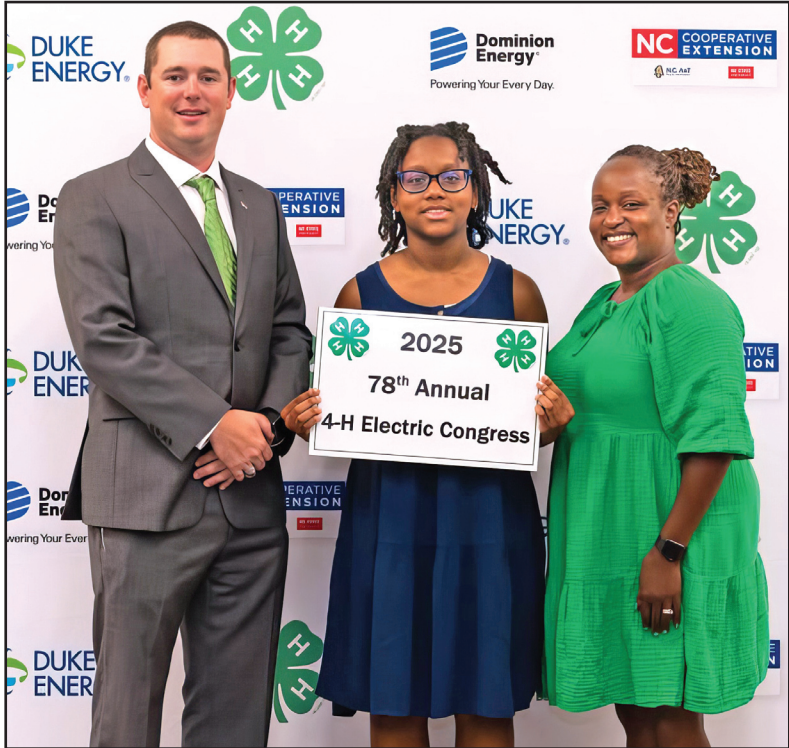
"Speeding remains one of the leading causes of serious injuries and fatalities on our roads," said Mark Ezzell, director of the Governor's Highway Safety Program. "This campaign reminds drivers that no destination is worth the cost of a life. Speeding is dangerous. It's illegal, and it will catch up with you."

Through July 27, drivers can expect to see increased law enforcement presence on highways and local roads. Officers will focus on identifying and stopping drivers who exceed posted speed limits or engage in aggressive driving behavior.

In 2024 speed-related crashes in North Carolina led to nearly 400 deaths and thousands of preventable injuries. This speed campaign is one of GHSP's many year-round initiatives that promote safe driving through education, enforcement and community partnerships.

**Drivers are encouraged to:**

- Obey all posted speed limits.
- Allow extra time to reach their destinations.
- Stay alert and avoid distractions.
- Always drive sober and buckle up.



## Stride with Pride Shoe Drive is Back Again this Year!

Parents, please contact organizers with your needs.  
Donors asked to help area students.

*This is a release from Patti Poulnott of Judy's Tax Service:*

We want the community to know Stride with Pride is now collecting new tennis shoes and money for the kids in Anson county. With students returning to school in August, these kids need shoes to wear.

This is our 15th annual season of collecting and distributing new tennis shoes to the underprivileged youth of all diversities in Anson County. Stride with Pride is being done in memory of the late Sheriff Landric Reid, co-founder of Stride with Pride along with Patti Poulnott. We will offer all sizes, male and female, from kindergarten to 12th grade. Please contact us as soon as possible so we can get the sizes right.

**Message to parents** Instead of having a large gathering to distribute the shoes as we have done in the past, we plan to give out the shoes door to door. With that in mind, we need to stress the **importance of parents contacting us in the next few weeks** so that we can buy the shoe sizes that are needed. The quicker you can contact us, the quicker we can get the shoes to the kids.

As a reminder, we need you to either email or text Patti Poulnott with the shoe sizes (10-13 childrens and 1-12 youth/adult), ages, male or female shoe style, names of each child, along with your current address and contact phone number. That way we will have all the information to make the purchases and deliveries. If you do not contact us we will not know who needs new shoes.

We are collecting shoes and donations until August 14. Shoes will be handed out before the new school year starts.

- Patti Poulnott - Email: [ppoulnott@carolina.rr.com](mailto:ppoulnott@carolina.rr.com) or text: 704-694-8386

**Message to donors** We do this because we care about our kids here in our county, and hope that our donors will join with us and help us continue to help our youth. If you would like to make a donation please mail it to: Shaundasia T Smith Foundation, Stride with Pride Shoe Drive, c/o Judy's Tax Service, 102 S Rutherford Street, Wadesboro NC 28170.

We continue this charitable effort in memory of Sheriff Landric Reid.

If you have any questions please contact Patti Poulnott.

- Patti Poulnott - Email: [ppoulnott@carolina.rr.com](mailto:ppoulnott@carolina.rr.com) or text: 704-694-8386.

Patti Poulnott said, "We hope that you will consider joining us so that we can help our youth 'Stride With Pride' their way to success. Thank you to all the donors for your participation."

## Heat Stress and Abatement Methods for Cattle, Horses, and Small Ruminants

On the heels of the recent heat wave, no one needs a reminder that it has been HOT and HUMID the last few weeks. So, I'm going to jump right into signs of heat stress and how to avoid heat-stressed animals!

A quick note to begin with: don't overlook humidity! While the temperature may seem mild, high relative humidity can and will still contribute to heat stress much more quickly than you realize.

**Cattle** Temperatures start to work their way above a cow's comfort zone at about 70 degrees. Much above this and we need to be thinking about some heat abatement strategies.

- Avoid activity as much as possible during the heat of the day. Move, work, or handle cattle early in the morning or late in the evening.
- Make sure there is access to plenty of water. The shorter the distance the cattle have to walk to water, the better.
- Avoid large groups of cattle in one place. Do not pen cattle together without plenty of room in between to dissipate heat, and make sure they can all find a shady spot in the pasture (or barn) without having to group together too much.

Monitoring your cattle is key to making sure they are handling the heat well. Look for signs such as rapid breathing, open-mouth breathing, panting, and drooling. Cattle showing these signs will need to be cooled off quickly. In more serious cases, trembling and loss of coordination can occur.

**Horses** In a pasture situation, the same heat abatement strategies will apply to horses. Where we really need to be careful is when it comes to riding and exercise. In hot, humid weather, it only takes 17 minutes of moderate-intensity exercise to raise a horse's body temperature to dangerous levels. When deciding whether or not to exercise your horse, use this formula:

Air Temperature (°F) + Relative Humidity (%)

If the total is 130 or less, you're good to go and your horse should be able to cool itself down. The higher over 130 the number gets, the harder it will be for your horse to cool itself down. It is recommended that you avoid exercising your horse when the number reaches 150 or above.

Signs of an overheated horse include rapid breathing, flared nostrils, profuse sweating, unpredictable behavior and gait, and a very high body temperature. To cool off an overheated horse, spray the head, back, neck, rump, and legs with a steady stream of cool water. Continue this until the horse is cooled back down.

**Small Ruminants** Though they may be a little more tolerant to heat than cattle and horses, the same recommendations and heat stress symptoms apply to sheep and goats as cattle. If you have wool sheep, do not shear them in the heat of the summer. Wool works as a natural insulator to keep sheep from getting too hot or too cold. A close shear in the summer can limit moisture absorption and will allow more solar radiation.

Again, take into consideration the relative humidity when thinking about heat stress in your animals. In more serious cases (an uncoordinated, trembling cow or a horse with an extremely high rectal temperature for example) heat stress should be treated as an emergency and a veterinarian should be called.

Something to keep in mind when it comes to heat stress, an ounce of prevention is worth a pound of cure.

*By Katelyn Stegall, Cooperative Extension Area Agent, Agriculture - Livestock*

## Zoe Martin Represented Anson County 4-H at the 2025 Electric Congress

Zoe Martin proudly represented Anson County at the 78th North Carolina 4-H Electric Congress in Wilmington July 15–17. She was accompanied by Caraina Edwards, an Anson County 4-H Volunteer Leader who served as a chaperone.

Sponsored by Duke Energy, Progress Energy and Dominion NC Power, Electric Congress is a statewide educational event that recognizes excellence in the 4-H Electric Program. Each year, the event rotates to different regions of North Carolina, offering unique learning experiences to participants.

During the event 4-H members took part in hands-on workshops, met representatives from their sponsoring power companies, and connected with other electric program winners.

Great job, Zoe. We're proud of you!

## Dates Set for 2025 Anson Ag Expo & Fair

Mark your calendars for the weekend of September 16-20, the dates for this year's Anson Ag Expo & Fair. The event's planning committee has started meeting to prepare for traditional fall festivities.

**Rocky River Youth Livestock Classic** The annual 4-H Youth Livestock Show, renamed the Rocky River Youth Livestock Classic, will be at the Stanly County Livestock Arena on Friday, August 15 ( heifers) and Saturday, August 16 (lambs & goats). The location address is 26130 Newt Road, Albemarle, NC 28001.

**Ag Fair** The Ag Fair will be held at the Extension Center in Wadesboro on Saturday, September 20. The Ag Fair will be open to the public on Saturday from 12:00 noon until 2:00 p.m.

Be on the lookout for more information to come, including schedules, fair book release, and much more. Come out and join the fun, and help us celebrate agriculture in Anson.

## Anson County Beekeepers Meet Thursday

The Anson Beekeepers will hold their regular bee meeting on Thursday, July 24 at 7:00 p.m. at the Anson County Extension Office, located at 501 McLaurin Street in Wadesboro. No meal will be served.

The topic for ther meeting is all about "Winter Prep Starts Now!"

There will also be 50-50 drawings to help and earn funds for the association. If you are able to bring some items for the drawings they will be greatly appreciated.

Not a member but would like to learn more about the local chapter and beekeeping educational programs? Do you need a beekeeper to re-home a visiting swarm? Visit the "Anson County Beekeepers Association" Facebook page for more information.

## Chair Exercise Classes

The Hampton B. Allen Library is hosting chair exercise classes every Thursday in July. Class begins at 10:00 a.m. in the library's Pritchett Room. Everyone is welcome.

Any questions please call 704-694-5177.

## INSIDE THIS EDITION...SAVE COUPON BOOK

SAVE HUNDREDS OF DOLLARS WITH COUPONS  
FOR MANY PRODUCTS THAT YOU USE EVERY DAY!

Check to see what coupons are in today's Save Coupon Book.

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Refresh Eye Drops • Depend & Poise • Xyzal • Allegra • Nasacort  
Omaha Steaks • CeraVe Lotion • Gas-X • Boost • Secret • Aleve • Dove