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By Evangelist **BRENDA "BJ" PRATT**

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Being a Caregiver is Not Easy!

Learn how to balance your life with the Powerful Tools for Caregivers class

A family caregiver is someone who helps a relative or friend with the things that he/she can no longer do because of an illness or have become frail. Most caregiving experiences start with taking them to the doctor or grocery store and gradually increase to doing some housework, preparing meals and assistance with bathing or getting dressed. In most situations the care continues and as time goes by more and more of your time will be needed. This will take a toll on the Caregiver emotionally, physically and financially.

Powerful Tools for Caregivers is a free educational series designed to provide the Caregiver with the tools needed to take care of themselves so they can continue to provide good quality care.

You will benefit from this whether you are helping a parent, spouse, or friend. Someone who lives at home, in a facility, or across the country. This class will not only benefit those new to caregiving but also those who have been providing care for an extended period.

This program will help family caregivers reduce stress, boost self-confidence, improve communication skills, balance their lives, increase their ability to make tough decisions and locate helpful resources.

Classes consist of six 90 minute sessions held once a week. Lisa Ledford and Rita Short co-lead the series and both are experienced caregivers themselves, who have successfully applied the techniques they teach. Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action.

Classes will be held at the Liberty Home Care and Hospice office located at 921 E Caswell Street in Wadesboro. Sessions will be held each Tuesday from 1:30 pm to 3:30 p.m. beginning on Tuesday August 14 and ending on Tuesday September 18. For more information or to register, contact Rita Short at 704-694-6217.

Powerful Tools for Caregivers is sponsored by the Anson County Council on Aging and Liberty Home Care and Hospice.

Remembering.....
By Ed McBride



Thompson's Super Market

This was one that I did on October 15, 1959, and not too many people remember Thompson's Super Market, located on US 74 West. Back in those days I did several grocery store window "weekend" signs, and on this particular one I cut the paper out to resemble the fall leaves.

I thought you might want to check out the prices, since it was only fifty three years ago! Even I did not think it had been that long. Some of the prices were: Liver 19¢ lb, Bacon 39¢ lb, Tide 19¢ and Wesson Oil 39¢.

Oh well, I don't guess the above prices were too bad! Just think, a 2,500 new 1959 Plymouth, Ford or Chevrolet was only about \$2,500 then. And now they can get a brand new pair of shoes for \$100 - and then they were \$15...maybe less!!

Oh well, that's the way the ball bounces. We can't win them all, but we do try!! Thanks... Ed

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Anson County and Her Abundant Country Stores

A couple of weeks ago I wrote about my experiences in one of Polkton's country stores, specifically Mr. Frank Griffin's Store. So many of you have responded and even shared your own personal stories it is overwhelming. My heart is touched every time I hear from readers who relate to something I've written. I never take for granted that people will actually read my writings. More importantly, I am always amazed by the outpouring of stories shared with me about your experiences that happen to be akin somehow to my own.

These days it is rare for people to sit down and write out their feelings with pen and paper. It is easier to send a message, telephone, email or use the social networks. But I do still receive letters and would like to share one in particular with you today. The story is personal, sweet and sentimental and I believe you'll like and appreciate it as much as I do.

Hi Melanie, my name is Missy and I read your article, "To the Country Store For A Moonpie and a Mountain Dew." As I read the story it brought back some wonderful memories of my childhood. There was an old country store that I visited as a child. I spent a lot of time with my paternal grandparents and they lived across the street from the Church of God on Highway 109 North in Wadesboro.

Every day I had chores to do, but if I finished those chores I was given a nickel. My grandpa would take me and my nickel to Mr. Treadaway's Store, where the floors were made of wood and glass jars filled with all sorts of candy lined the counter. For my grandpa telling me, "Drink some of the Coke to make room for the peanuts." When I finished I would choose the candy that I wanted, but of course I couldn't eat it until after supper. Grandma would have had a fit if I messed up my supper! Mr. Treadaway would always fill my little brown paper sack with candy and give me two or three cents back from my nickel. What a deal that was!

My grandparents' house was torn down years ago to widen the bridge and the store has long been gone too. But those great memories remain. And yes, as you said, they are cherished. I'm glad I am not the only one who has these precious memories. Thanks Melanie for reminding me of them. I only wish that kids today could have memories like these because they are the best kind, to me. Thank you again, Missy Howell Martin.

These stories are as abundant as the many country stores along the highways and byways of Anson County. Their sweet simplicity is what makes them precious. In most cases the storeowner was a kindhearted man who more often than not, gave more than he received. And more often than not, will forever remain in our hearts and minds as cherished, wonderful memories of our past, and of days gone by.

By Melanie Lyon



Just a typical old country store. Looks familiar, doesn't it!

Everyone's turning to Kubota.



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Registered students are cordially invited to attend our Open House "A Pink & Black Tie Affair"

Drop In Anytime Between 5:30 and 7:30 p.m. Wednesday, August 15



Our studio is located in The Express Newspaper Building at 205 West Morgan Street in Wadesboro. Come meet us and tour the facilities. You're sure to love our new look!

Learn more about studio policies, our many upcoming events, affordable costs, costuming, etc.

You're going to feel special...because you ARE special!!

It's an Anson County Celebration where "Twirly Girls" reign supreme!

ALL REGISTERED STUDENTS ARE INVITED

Majorettes by Melanie

704-695-2247

205 West Morgan Street in Wadesboro

Invasive Forest Pests in North Carolina & Anson County

In a release from Robbie Perry, Anson County Ranger: Because of new and devastating forest pests moving around the country in firewood and other wood products, southern states are banding together to put out a cohesive message to address this issue as part of the south wide 'Buy It Where You Burn It/Don't Move Firewood Campaign,'. Many different non-native or invasive forest pests are moving into North Carolina and potentially Anson County through the transportation of firewood from infested areas of the State to non-infested areas. These insects include wood borers which bore through the bark of living trees and eat the wood underneath, defoliators which feed on the leaves of trees and plants such as the gypsy moth which can destroy thousands of acres of hardwood forest each year, and vectors which are insects that host diseases and fungus's that can infect forest and lawn trees. Some of these pest have all but eliminated several species of trees in the United States.

Some of these invasive insects include the Asian long-horned beetle, the emerald ash borer, gypsy moth, the redbay ambrosia beetle, and the walnut twig beetle. Most of these insects have been found in North Carolina. Most of these insects do not have established populations in the State. However, two counties in North Carolina now have established populations of gypsy moth.

The economic costs associated with control and eradication of these pests are significant. For example, since its detection in the United States, the emerald ash borer has cost the U.S. Department of Agriculture more than \$200 million to survey and control. The estimated cost for the removal and replacement of ash trees damaged or killed will exceed \$10 billion by the year 2020.

The North Carolina Department of Agriculture as well as the NC Forest Service are working to limit the exposure to more forestland from these destructive pests. Sampling traps are hung in Anson County as well as the rest of the State to observe the movement of some of these insects and determine if treatment is necessary.

The help of the general public is needed to halt the advancement of these forest insects to protect the forestland of Anson County and surrounding Counties. It is recommended that firewood for use in homes or camping either be harvested or purchased within 50 miles of its intended place of use. Green firewood or wood that has been freshly cut poses the greatest potential for transmitting forest pests. However, seasoned wood, or wood that has been dried for 3 to 12 months still has the potential for transmitting insects from one place to another. The public is urged to use treated wood that can be bought locally to use for camping if locally harvested firewood is not available.

Additional information on the use and transportation of firewood is available at www.dontmovefirewood.org or feel free to contact the NC Forest Service's office in Lilesville at (704) 848-4705 and any of the rangers will be happy to assist you. Information as to any regulations in North Carolina and other surrounding states that pertain to the movement of firewood or other natural resource products can be found at www.nationalplantboard.org.

National Airborne Day is August 18

The public is invited to join paratroopers, past and present, as they gather at Fayetteville's Airborne and Special Operations Museum to celebrate National Airborne Day. This event will recognize the first US soldiers to jump out of perfectly good airplanes! This year's event, to be held on Saturday, August 18th, from 10 a.m. to 3 p.m., marks the 72nd anniversary of the first sets of parachute jumps at Fort Benning in Columbus, Georgia.

The celebration will include free-fall parachute demonstrations by the Golden Knights, the Army Parachute Team; the Black Daggers of the Army Special Operations Command; and the 82nd Airborne Division's All American Freefall Team.

Visitors can talk with soldiers from Fort Bragg as they display modern weapons, equipment and machinery alongside those used since World War II. Re-enactors, dressed in World War II uniforms will also walk amongst soldiers of today.

A ceremonial wreath will be laid in front of the iconic "Iron Mike" statue in honor of all Airborne and special operations soldiers who have fallen in defense of the United States.

The elite airborne ranks include prestigious groups such as the 173rd Airborne Brigade Combat Team, "Sky Soldiers," 82nd Airborne Division, "All American," and the "Screaming Eagles" of the 101st Airborne Division (Air Assault). All Airborne forces have also been represented in the former 11th, 13th, and 17th Airborne Divisions and numerous other Airborne, glider and air assault units and regiments. Paratroopers in the Army's XVIII Airborne Corps, the 75th Infantry (Ranger) Regiment and other Special Forces units conduct swift and effective operations in defense of peace and freedom. Airborne combat continues to be driven by the bravery and daring spirit of sky soldiers. Often called into action with little notice, these forces have earned an enduring reputation for dedication, excellence, and honor.

Former President George W. Bush proclaimed August 16, 2002, as National Airborne Day, then on August 3, 2009 the Senate recognized National Airborne Day with Senate Resolution 235.

The Airborne and Special Operations Museum is located at 100 Bragg Boulevard in Fayetteville. The telephone number is 910-643-2766. The email address is info@asomf.org.