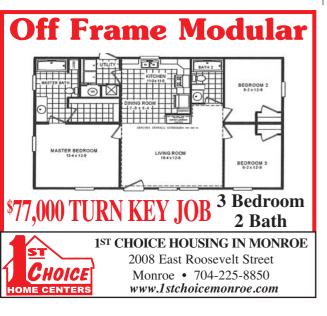
THE EXPRESS • August 22, 2012 • Page 2 Fall Sign Ups at Field of Dreams

Fall sign ups for baseball and softball are currently underway at Field of Dreams in Polkton. You may sign up to play between now and September 1.

Come to the Field of Dreams facilities on Saturday, August 25, or Saturday, September 1, between 10 a.m. and noon. sign Or you may online at up www.sportsmanager.us/aaya.htm.





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SPCC Presents Staff Awards at Convocation

A number of South Piedmont Community College employees were honored for their work in the past year during the first day of the school's convocation Aug. 6. The two-day event, the official kickoff to the new school year,

was held in the Charlotte Pipe and Foundry Company Conference Center the on Old Charlotte Highway Campus in Monroe. Director of Vocational Trades Baucom, Dennis EMS Coordinator Robby Smith and Masonry Instructor Terry James were honored as Innovators of the Year after they stripped down a donated ambulance and rebuilt it inside a classroom to create an ambulance simulator for EMT paramedic and students.

Other winners Assistant were Director of Facility and Property Mike Services Napier, Staff of the Massage Year:



Makena Stewart

Director Mary Berger, Continuing Therapy Program Education Faculty of the Year; Counselor Makena Stewart, Administrator of the Year; and Printing Services Technician Mary-Ellen Frizzell, Outstanding Customer Service of the Year.

Robby Smith

Mike Napier

Also, a large group shared the Collaborative Team of the Year award for their work in preparing for SPCC's reaccreditation visit from the Southern Association of Colleges and Schools later this fall. Those who shared that award were Jill Millard, Elaine Clodfelter, Vicki Geddings, Mark Little, Suzanne Rumble, Lori Starnes, Rita Adams, Charlene Broome, Susan Flake, Lauren Haney, Stuart Wasilowski, Michelle Brock, John DeVitto, Lynn Gambon, Marci Jackson, Mark Lupton, Lauren Sellers, Makena Stewart, Hayne White, Sheilita Douglas, Ernest Simons, Jason Thomas and Jennifer Chicosky.

Antique Road Show in Chesterfield

Ever wonder what that family heirloom is really worth? You are invited to come out to the Amateur Antique Road Show that will be held in Chesterfield on Saturday, October 6. A museum curator and local experts will offer informal verbal appraisals for free. Two items are allowed per individual, and the items must be small enough for one person to carry.

There will also be an Antique Car Show held at the same time. This event will be held at the Chesterfield Visitors Center, located at 100 Main Street. It will take place from 10 a.m. until 2 p.m. For more information call 843-623-2244, email chesterfielddistrict@chesterfield.scgen.org www.facebook.com/chesterfieldcountygenealogysociety.





Terry James



Mary Berger



Mary-Ellen Frizzell

- And now - oh well. Another day - progress??!!



Veterans Receive Classes on **Diabetes Self-Management.**

Nurse educators and pharmacy personnel from the rural health program at the W.G. (Bill) Hefner VA Medical Center in Salisbury conducted a six week class on diabetes selfmanagement at the Anson County Veterans Service Office in Wadesboro during the period of July 12th through August 16th, every Thursday. Many local veterans and their spouses or caretakers attended and were provided with lots of important information about diabetes, exercise, healthy eating and other good habits that will help them obtain and maintain their health while living with diabetes. Pharmacy personnel were also present to discuss and answer any questions about medicines and side effects to all that were present. Also present were administration personnel to enroll qualified veterans into the VA health care system on the spot. Educational handouts were provided to all that were in attendance along with Certificates of Appreciation for participating in the classes.

This resource was well received by the local veteran community and they are looking forward to continuous resources coming to Anson County in the future. Veteran Services Officer Ted Ward said, "Special thanks goes to Rural Health Program Manager Edwina Gray-Wright and her dedicated staff who did a wonderful job in providing and

sharing information that help empowered the lives of all who were in attendance.'

The Anson County Veteran Services Office has scheduled for the VA Rural Health Team to come back on Thurday, October 25, from 10 a.m. until 1 p.m. for free flue shots. For questions about this program or any veteran concerns contact Ted Ward at (704) 694-4418 or tward@co.anson.nc.us.



Remembering..... By Ed McBride HARDISON . HARDISO

Hardison & Hardison, Inc.

It is hard to believe that this business was so long ago. Hardison and Hardison were wholesale grocers, carrying everyday grocery items as well as minor hardware, candy and tobacco products. This was, of course, before the days of Wal-Mart, Food Lion, etc.

Some of our grocery stores back then were Gray's Market, Maner and Murray, A&P, Q&Q Grocery, Braswell's Market...and the list goes on. Now can you believe that there are no grocery stores, no clothing stores in the uptown area!!

Hardison and Hardison covered Anson and surrounding counties. The above new truck was one that I lettered about 1950.

It is also hard to believe the number of area changes in such a relatively short time, and the way business was conducted has changed. At the A&P, for instance, when I worked there we waited on every customer...getting their food order together, adding each item on the only adding machine in the store. Sometimes it was faster to add the order up on a paper bag than to wait your turn "at the adding machine."





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SPCC Massage **Therapy Program Offering Low-Cost** Massages

Low-cost massage clinics will be offered by South Piedmont Community College's Massage Therapy students beginning Sept. 6. The clinics are a teaching tool and help the students put into practice what they have learned. Those wishing to take advantage of one of the \$20, hour-long massages may begin making appointments starting Aug. 30.

Clinics will be held on Thursdays and Fridays from Sept. 6 to Dec. 14, excluding Thanksgiving week, on the Old Charlotte Highway Campus, 4209 Old Charlotte Highway. Appointment times are noon to 1 p.m. and 1:30 p.m. to 2:30 p.m. each day. Appointments are necessary for the one-hour massages.

There will also be free chair massages on the same days from noon to 2:30 p.m. No appointment is required for a chair massage. Patrons are served in the order they arrive.

For information or to schedule an appointment, contact Mary Berger at 704-290-5865.

For information about the enrolling in the next Massage Therapy class, which begins in January, go online to www.spcc.edu, click "Corporate and Continuing Education" and scroll down to "Massage Therapy classes."

New Beginnings Meet September 17

The New Beginnings Cancer Support Group will meet at 6 p.m. on Monday, September 17th at the Lady Bug Restaurant in Wadesboro. Any questions, please call

(704) 694-3988.