

Play Steel Magnolias Begins Friday at the Ansonia

Help the Ansonia Theatre celebrate the 25th anniversary of the release of *Steel Magnolias*. You will laugh and cry along with this superb cast who play the six women who come together in this hilarious and heartwarming story of life, love and loss in a small Louisiana parish.

Featured in this production are Lindsay Melton (Truvy), McKayla Renee High (Shelby), Gina Clarke (Annelle), Terra Threatt Medlock (MLynn), Sharon Nance Doster (Ouiser), Libby Dandridge (Ouiser/Claire) and Leslie Capell (Claire). The play is directed by Tommy Wooten, and Amy Stewart is the Assistant Director.

The show will be performed on two weekends - Friday, Saturday and Sunday, November 7, 8, 9 & 14, 15, 16. Friday and Saturday shows will be at 7:30 p.m. Sunday shows will be at 3 p.m. Tickets are \$15 with reserved seating only. Doors open 30 minutes prior to each performance.

Although there may be tickets available at the door, some of the previous shows at the Ansonia have sold out, so get your tickets early if possible.

Box Office hours are on Friday from noon until 5 p.m. The office is located in the Anson County Arts Council building (right next to the theatre). You can always call and leave a message at other times by calling 704-694-4950. Tickets are available at Lacy's too. Or you may use Paypal at www.ansoniatheatre.com. The website will also give you more info on upcoming shows. Be sure to visit the website while you are here.

You may actually want to see the show more than once since there is different casting on the 2 weekends.

19th Annual American Indian Heritage Celebration

During American Indian Heritage Month

It is no wonder that the 19th Annual American Indian Heritage Celebration at the N.C. Museum of History in Raleigh was named a "Top 20 Event" in 2014 by the Southeast Tourism Society. This free family-friendly festival will take place on Saturday, Nov. 22, from 11 a.m. to 4 p.m. Members of all eight state-recognized tribes come from across North Carolina to participate in this exciting celebration.* Passionate about sharing their heritage, these musicians, dancers, craftspeople, storytellers and others provide many opportunities to learn about the state's Indian culture, past and present.

When you arrive, see a dugout canoe being burned into shape on the museum's front porch. Then choose from countless engaging presentations and hands-on activities



throughout the museum and outdoors on Bicentennial Plaza.

But wait ... there are more reasons why the American Indian Heritage Celebration is a Top 20 Event. During the opening ceremony, watch a traditional welcome dance and enjoy music by Sacred Cedar productions, a

Haliwa-Saponi group featuring N.C. Heritage Award recipient Arnold Richardson. Intertribal drum groups and Miss Indian North Carolina Karyl Frankiewicz also will provide music.

A celebration highlight - the Call to Grand Entry - occurs at noon. Each tribe, dressed in brilliantly colored regalia, will process onto Bicentennial Plaza for the roll call of tribes and organizations. With beadwork glistening and ribbons flowing, the tribe of members will create a sight to behold. Later in the program, these children and adults will demonstrate traditional dances.

With so much to see and do, stay the day and grab lunch from vendors. Try some traditional Indian foods with a modern twist, such as Indian tacos or Sappony and

A sampling of the day's activities follows. For a schedule of all performances and presentations, visit NCMOH-programs.com or call 919-807-7900.

- Meet craftspeople who make weapons, jewelry, pottery, beadwork, baskets, stone pipes, fishing and hunting tools, and more. Among them are well-known potter Senora Lynch (Haliwa-Saponi), wampum and jewelry maker Julian Hunter (Meherrin), and weapon maker John Blackfeather Jeffries (Occaneechi-Saponi).

- Join hands-on activities galore. Weave a ribbonwork bookmark, go on a scavenger hunt, or play a game of traditional chunky or corn cob darts.

- Watch the world-renowned Warriors of AniKituhwa of the Eastern Band of Cherokee Indians bring to life the Cherokee War dance and the Eagle Tail dance.

- Let Lumbee storytellers Gwen and Barbara Locklear enthrall you with captivating tales. Lloyd and Dawn Arneach will share stories from the Eastern Band of Cherokee.

- Learn about American Indian instruments, specifically flute and drum, during a presentation by Arnold Richardson.

- Hear a panel discussion moderated by Kay Oxendine, producer of Women's Sacred Radio and former editor of 360 View newspaper. Participants will focus on American Indians and the media, and they will share their work experiences.

- Examine a longhouse model and a display of traditional housing to see how American Indians once lived.

- Hear about the Cherokee language and learn a few words with Freeman Owle.

For a fascinating experience, come to the 19th Annual American Indian Heritage Celebration! The event is supported by the N.C. Commission of Indian Affairs, Raleigh Arts Council, PNC, N.C. Museum of History Associates, Food Lion, and United Arts Council of Raleigh and Wake County.

For information about the N.C. Museum of History, a Smithsonian-affiliated museum, call 919-807-7900 or access ncmuseumofhistory.org or follow on Facebook, Twitter, Instagram, Google+ or YouTube.

The eight state-recognized tribes are Coharie, Eastern Band of Cherokee Indians, Haliwa-Saponi, Lumbee, Meherrin, Occaneechi Band of the Saponi Nation, Sappony and Waccamaw Siouan. For further information about the tribes, go to www.doa.state.nc.us/CIA.



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Flu Vaccinations Available at the Health Department

The 2014-2015 flu season is upon us, and you may be undecided about whether to get the flu shot. The New England Journal of Medicine reports that receiving your yearly flu shot is a heart smart move. The Journal reports that the odds of having a heart attack are increased five fold in the first three days of diagnosis of influenza. Infection triggers an inflammatory response through out the body that causes a narrowing of arteries and stresses the heart.

The Centers for Disease Control and Prevention (CDC) recommends vaccination before December to ensure that protective antibodies are in your system before flu activity is typically at its highest. The CDC continues to encourage vaccination throughout the flu season, which may begin as early as October and last through May.

While the CDC's Advisory Committee on Immunization Practices (ACIP) recommends everyone over the age of 6 months should get the flu vaccine each season, it is especially important for the following high risk groups:

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
- Health care workers
- Household contacts of persons at high risk for complications from the flu
- Household contacts and out of home caregivers of children less than 6 months of age

The Anson County Health Department has begun offering appointments for Flu shots (influenza vaccine) for the 2014-2015 season. Flu shots will be available by appointment and available to walk-in patients on Wednesdays, from 3 to 5 p.m. The health department will accept all types of insurance for flu shots. Flu shots are free for children under 18 years old if they are uninsured. The cost for adults is \$35 and a high dose flu vaccine is available for those who qualify for \$80.

The pneumonia vaccine will also be available for adults 65+ years old or those with risk factors for \$70.

If you have any questions, or to schedule your appointment, please call Anson County Health Department at 704-694-5188 or 704-994-3320.



ANSON COUNTY NC GENEALOGY SERVICES

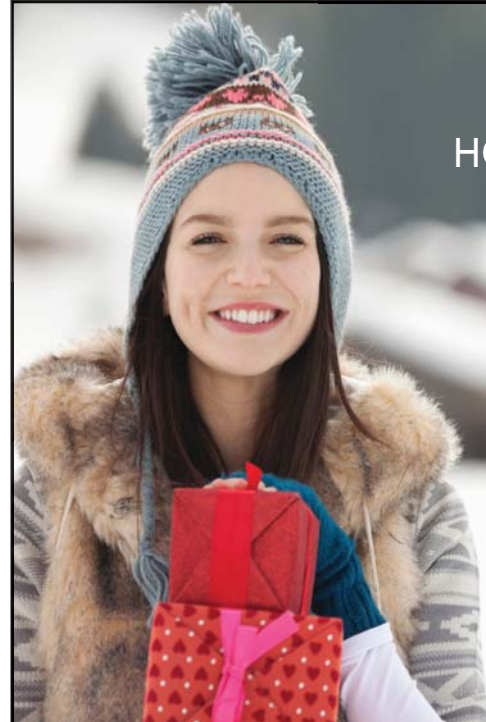
Steve Bailey of Anson County NC Genealogy Services is available to conduct family history research in Anson County. He has 38 years of research experience. References are available.

**A GREAT GIFT • USE AT FAMILY REUNIONS
A FASCINATING HOBBY • FUN & INTERESTING**

Call 704-475-3877 or Email genealogy1959@yahoo.com

Check my Facebook page for lots of local history & genealogy

HOLIDAY AUCTION



28th Annual Holiday Auction Benefiting Hospice of Union County and Hospice of Anson County

Saturday, November 8, 2014

First Baptist Church | W. 109 Morrow Ave. | Monroe, NC 28110

REGISTRATION AND PREVIEW

8 a.m. to 9 a.m.

LIVE AUCTION

9 a.m. to 1:30 p.m.

SILENT AUCTION

9 a.m. to 1 p.m.

For more information on items available for bid, visit CarolinasHealthCare.org/Hospice-Holiday-Auction

To donate an item to auction, contact Wayne Berg at 704-292-2130 or Wayne.Berg@houc.org



Carolinas HealthCare System

Remembering.....

By Ed McBride

REMEMBERING.....

By Ed McBride

THE BOOK IS NOW AVAILABLE

We are pleased to offer this 80 page book containing nearly 200 Remembering columns by Ed McBride that were published in The Express Newspaper.

This book was presented to Ed for his 90th birthday, August 10, 2012. The subjects of his columns - people, businesses, churches, schools, events - have touched the lives of many people associated with Anson County, North Carolina and beyond.

Each book is printed to order, therefore the price is slightly higher than mass produced books.

Call The Express for information, 704-694-2480 or visit www.Blurb.com and search "Ed McBride."



A Collection of Columns

Written by Ed McBride for The Express Newspaper