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Gay Lookabill Appointed to Anson County Board of Education

This is a release from the Anson County Board of Education: On behalf of the Anson County Schools Board of Education we are announcing the appointment of our newest BOE member, Gay Lookabill.

Pictured above, Mrs. Lookabill is shown being sworn in by School Superintendent Michael Freeman to serve on the ACS BOE. Mrs. Lookabill is filling an at large seat created by a recent board member resignation. She brings a tremendous amount of professional and personal experience that prepares her for this role. Mrs. Lookabill will be a strong advocate for all children in Anson County. Welcome Mrs. Lookabill!

Board of Education Regular Meeting is February 26

The Anson County Board of Education will hold its regular meeting on Monday, February 26 in the Administrative Office Board Meeting Room, located at 320 Camden Road in Wadesboro.

Closed session will begin immediately after the opening of the meeting at 4:30 p.m. Open session to the public should begin around 5:30 p.m.

February is American Heart Month

Free education session on heart disease and prevention this Friday includes blood pressure screenings.

Love is in the air because heart health month is here. The Anson County Health Department encourages everyone to keep those hearts pumping healthily.

February is a month of heart awareness and heart disease is the leading cause of death for both men and women in the United States. The leading cause of heart disease is high blood pressure. High blood pressure is when your blood pressure, the force of the blood flowing through your blood vessels, is steadily too high. In 2017, the American Heart Association (AHA) and American College of Cardiology (ACC) released new guidelines for high blood pressure. Blood pressure between 120/80 and 129/80 is raised blood pressure, and a blood pressure of 130/80 or above is considered high.

High blood pressure is often called the "Silent Killer" because it shows no symptoms. Nearly 75 million people have high blood pressure in the United States. About 54% of those 75 million people have their blood pressures under control. Along with heart disease, high blood pressure can also cause stroke, which is the 2nd leading cause of death in the United States.

More than 40% of African Americans have high blood pressure. African American men who live in the Southeast region makeup a lot of this percentage in the United States according to the Centers for Disease Control and Prevention (CDC). African American men have the highest hypertension death rate, and this is three times higher than the rate for white men. Studies show that high blood pressure goes untreated in many African Americans. However, there is no certain answer why the rate of high blood pressure is higher in African Americans than any other race group. Researchers believe high rates of high blood pressure in African Americans may be due to genetics and environmental factors.

African Americans are not the only people at risk for high blood pressure and heart disease, here are several high risk factors: Genetics; Increased age; Excessive weight; A family history of high blood pressure; Having diabetes; Inactivity; High dietary salt and fat; Low intake of potassium and Smoking.

There many ways to prevent high blood pressure that can later result in heart disease. Lifestyle changes can help control high blood pressure such as: eating healthy, being active, not smoking, and monitoring blood pressure rates.

The Health Department is partnering with Atrium (formerly Carolinas HealthCare System Anson) to identify, monitor, and manage high blood pressure in the county. The hospital has a new Mobile Health Clinic that provides ongoing blood pressure screenings at ten sites in the county. Also, the hospital is working with the AHA to bring the AHA's Check.Change.Control Program to the county. The program includes the ideas of distant monitoring and online tracking as key features to improve outcomes in hypertension management, physical activity, and weight reduction.

On February 23, from 3 to 4 p.m. the Anson County Health Department will be providing a free educational session on heart disease and prevention methods. Included in the session will be free blood pressure screenings. Please feel free to stop by.

The Health Department is located at 110 Ashe Street in Wadesboro. For more information contact Dinikia Savage at the Anson County Health Department at (704) 994-3342.

Storytime Every Wednesday

The Anson County Partnership for Children offers Storytime in the Early Childhood Resource Center each Wednesday, from 10 to 10:30 a.m. for children ages 3 to 8. For more information call 704-694-4036.



NETworX Holds Second Graduation Ceremony

Anson NETworX held its second graduation ceremony Feb. 8 at First United Methodist Church (FUMC), Wadesboro. Warren Crawford, Damien Stephone, and Teria Howard received certificates of award for completion of the 14-week course. Princess Collins and Cedric Donta Liles were awarded certificates for completing the NETworX Kids course of study.

NETworX is a program that offers individuals the opportunity to self-improvement in different areas such as: Financial Planning, Family Relationships, Emotional Support and Organizational Skills. These classes teach strategies and frameworks for personal growth, goal setting, and self improvement.

A community-sponsored organization, NETworX meets at FUMC, which donates office and classroom space as well as use of the fellowship hall. Norma Villagrana is Anson administrator. Classes are facilitated by Becky Dill and Hugo Villagrana. Brenda Bennett and Lula Ann Davis coordinate meals that are donated by area churches, organizations, and businesses.

The next NETworX class will run March 8 to June 14, 2018. The classes will meet at 5:30 p.m. for a community meal, followed by classes for adults and school-age children. Childcare for smaller children and transportation are provided.

NETworX will hold a Poverty Simulation workshop on April 21 at FUMC. Participation allows people to experience the experience of poverty from different angles.

Anyone interested in participating in NETworX as a class member or as a volunteer, or in participating in the Poverty Simulation can call or text Villagrana at 816-351-4232.

Pictured above are, from left, front: Teleya Chambers, Cedric Donta Liles, Terence Chambers and Teria Howard. Back row: Warren Crawford, Lonnie Baucom, Princess Collins, Hugo Villagrana, Norma Villagrana, Brenda Bennett, Damien Stephone Lilly, Alicia Gaddy and Lula Ann Davis.

Domestic Violence Coalition BBQ is Friday

Anson County Domestic Violence Coalition (ACDVC) will hold its annual BBQ Fundraiser on Friday, February 23, from 10 a.m. to 6 p.m. This year the event will be held at Calvary Episcopal Church, located at 304 East Wade Street in Wadesboro. You can dine in and take outs are available. Deliveries to local businesses and organizations are courtesy of the Anson County Sheriff's Office.

Sandwiches are \$4, pints are \$10 and quarts are \$20. Plates are \$8 and include chopped BBQ, slaw, baked beans, roll and dessert. Drinks are included with dine-in orders.

Call in and fax orders are welcome. The fax number is 704-694-4515 and the office number is 704-694-4499.

Gail Dove of ACDVC said, "The Anson County Domestic Violence & Rape Crisis Center is a non-profit organization funded solely by grants and fundraisers. We encourage you to come join us for some delicious BBQ and help promote awareness against Domestic Violence and Sexual Assault. Thank you for your continued support!"

Annie the Musical Last Weekend at the Ansonia

Annie the Musical will be performed on Friday, Saturday and Sunday at the Ansonia this weekend. This is a live, locally produced play. Shows are at 7:30 p.m. on Friday and Saturday, 3 p.m. on Sunday. This is the last weekend for the play. Tickets are available, but going fast! Visit ansoniateatre.com or call 704-694-4950 for tickets.

Ansonia Theatre Presents

February 16th - 25th

THE MUSICAL Annie

Directed by Tommy Wooten Music by Gail Litaker

Choreography by Gina Clarke

Camp Haven - A Day Camp for Children Who Have Experienced Loss

Has there been a significant loss in your life or your child's life? Camp Haven provides a day for children to share their grief with others and learn of the many ways that grief can come, be it through death, divorce or separation.

Children oftentimes experience feelings that are not always understood which can lead to feelings of stress, anxiety, anger, sadness or fear. Camp Haven is a place for kids to be kids and have fun with children who are going through something similar to their own situations.

For more info, please contact Sandy Black at sblack@rchospice.com or call 910-997-4464.

Details: Camp Haven Spring 2018, Thursday, March 15, 8:30 a.m. to 3:15 p.m. Location is Richmond County Hospice Campus, 1119 US Highway 1 North in Rockingham. For ages 5-12 who have experienced a loss of a parent, friend or pet, or who are involved in parents' divorce or a parent's incarceration. The camp is free.

Antonio Huntley Arrested for Attempted First Degree Murder

On Sunday, January 28, officers from the Anson County Sheriff's Office were dispatched to the Quick Stop on Main Street in Morven in reference to a vehicle being shot into. Upon arrival deputies met with the victim, Deborah Little. Little stated that she and her passengers were driving down White Oak Street in Morven, and when they passed by the Antonio Huntley residence they heard a pop and noticed a hole in the driver's window. Little believed she had been shot and drove to the Quick Stop to meet deputies and an ambulance. She was transported to Atrium (CHS-Anson) with minor injuries to the left side of her head.



Antonia Huntley

During the investigation it was found that the bullet fired into the car struck Ms. Little in the head but did not penetrate. Also, evidence was gathered that indicated Antonio Huntley of White Oak Street in Morven fired the shot into Little's car as she drove past his residence. Little and Huntley had been in a dating relationship in the past, and they have current domestic cases pending in court.

Huntley was taken into custody without incident and charged with Attempted First Degree Murder. He was placed under a \$250,000 secured bond, and was seen at his first court appearance on Tuesday February 13.

Square Foot Gardening Presentation on Thursday

H. W. Little & Company is sponsoring a course called Square Foot Gardening. Certified instructor John Marek will teach attendees how to grow more in less space, with the least amount of work! Learn the basics of the Square Foot Gardening method that was pioneered by Mel Bartholomew.

The seminar will take place on Thursday, February 22, from 5 to 6 p.m. at H. W. Little, located at 109 South Greene Street in Wadesboro. There will be refreshments, prizes and special offers.

Wadesboro Town Council Annual Planning Retreat

The Wadesboro Town Council's annual planning retreat will be held this Saturday, February 24 starting at 9 a.m. in the Town Hall Meeting Room.

Anson High School FFA Petting Zoo is Saturday

Everyone is invited to a Petting Zoo this Saturday, February 24. The Future Farmers of America (FFA) from Anson High School are hosting the event, from 9 a.m. to 1 p.m. at Tractor Supply in Wadesboro. Come out to experience calves, chinchillas, a rabbit and chickens firsthand.

BCSWCD Board Meeting

The Brown Creek Soil & Water Conservation District monthly board meeting will be held on Tuesday, February 27 at 10:00 a.m. at the BCSWCD office, located at 1758 Morven Road in Wadesboro.

For more information call 704-694-3516.