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

Anson County Board of Commissioners Meets March 5

The Anson County Board of Commissioners now meets two times per month. The first regular meeting for March takes place on Tuesday, March 5 at 6:00 p.m. The second meeting will be held on Tuesday, March 19 at 6:00 p.m. The meetings take place in the Board Room, Suite 209, of the Anson County Government Center which is located at 101 South Greene Street in uptown Wadesboro. To schedule an appearance at a board meeting, please sign up prior to the meeting. Information is available at 704-994-3201. The Commissioners' board meetings are live streamed on their YouTube channel. Also, the videos are archived so they can be viewed at any time. Visit youtube.com and search for Anson Commissioners.

Class of 2028 High School Selection Information Event is Monday, March 4

Class of 2028 High School Selection Open House for parents will be held at Anson High School and Anson Early College High School on Monday, March 4, from 4:00 to 7:00 p.m. Parents/Guardians and students will be able to tour both schools and check out each school's offerings. More information on the High School Selection Process can be found on the district website, located at ansonschools.org or the social media pages.

Free Tax Assistance at Grace Center

Free income tax assistance will be available for Anson County Residents sixty years of age or older of low- or moderate-income needing help in preparing their income tax returns. The assistance is a program sponsored by AARP and Grace Senior Center. Volunteer counselors trained in cooperation with the Internal Revenue Service will be at Grace Senior Center on Wednesday, March 6 and Wednesday, April 3, from 9:30 a.m. to 2:30 p.m. each day. This free assistance is designed to help taxpayers fill out forms 1040EZ, 1040A, 1040 and the North Carolina return. Persons using the services should bring a picture ID, this year's tax package, age and earnings statements (forms W-2) received from employers, interest statements from the bank (form 1099-INT), a copy of last year's tax return, and any other relevant information about income and expenses. Electronic filing of returns will be available. If you are interested call Grace Senior Center to register and for additional information at (704) 694-6616.

NC WISEWOMAN Program Addresses Women's Heart Health

According to the American Heart Association, one in three adult women has some form of cardiovascular disease. In the United States from 2016-2018, women of all ages died at a rate of 129.5 per 100,000 from all heart diseases, while women in North Carolina died at a rate of 121.5. In 2017, heart disease was the leading cause of death for women in the United States. In 2020, heart disease surpassed cancer to become the leading cause of death in the United States.

What is NC WISEWOMAN Program? The North Carolina Well-Integrated Screening and Evaluation for Women Across the Nation (NC WISEWOMAN) Program provides cardiovascular disease screening, intervention, counseling and referral services to women eligible for the North Carolina Breast and Cervical Cancer Control Program (NC BCCCP). NC WISEWOMAN Program's mission is to provide low-income, underinsured, or uninsured 40- to 64-year-old women with the knowledge, skills, and opportunities to improve their diet, physical activity, and other life habits to prevent, delay, or control cardiovascular and other chronic diseases. Learn more at bit.ly/NCWiseWoman.

Where are local providers located? NC WISEWOMAN services are offered in conjunction with NC BCCCP services at approximately 31 local health departments and community health centers across the state.

Who is eligible for NC WISEWOMAN Program services? Women who are eligible for NC BCCCP services and reside in counties that have a participating NC WISEWOMAN Program provider are also eligible for NC WISEWOMAN Program services.

What services are offered?

- Heart disease risk factor testing
- Monitoring of Blood pressure; Cholesterol; Blood sugar; Height and weight (BMI)
- Healthy Behavior Support Services (classes, counseling, activities)
- Referrals to health care providers and sources of low-cost medications

What are the benefits to NC WISEWOMAN Program services?

- Enrollees with high blood pressure, high cholesterol or high blood sugar will be able to see a doctor.
- Enrollees will set goals to improve their health, such as eating more fruits and vegetables or walking 30 minutes each day.
- Enrollees will feel good about taking control of their health!

Symptoms of heart disease and warning signs of heart attack or stroke often differ for women and men. Learn ways to protect and improve heart health and when to seek emergency care. Visit bit.ly/NCWiseWoman.

Anson Animal Shelter Needs Volunteers - Would You Like to Help?

The Animal Shelter depends on the help of volunteers to ensure that animal residents receive love and care. More volunteers will also help relieve the workload on staff which can result in more time for resident animals to be adopted before they are euthanized (put to sleep). Please consider volunteering. For more information on helping or making a donation, call 704-994-2738. A rescue from Animal Shelter can bring lots of happiness and love into any home...and you will make the animal happy too! It's a win-win.

And remember, older animals need a home and love too!



Brynna Little is Winner of Anson County Schools' District Spelling Bee

At their regular meeting on Monday, February 26, the Anson County Board of Education recognized district spelling bee participants. Brynna Little from Lilesville Elementary School was the Winner of the Anson County Schools' District Spelling Bee that was held on January 25, and she will now advance to the regional competition at Bank of America Stadium on March 17. Congratulations to all participants, we are proud of you!

- **Brynna Little** - Lilesville Elementary School (Winner)
- **Jeyceon Bennett** - Wadesboro Primary School
- **Chyna Blakney** - Wadesboro Elementary School
- **Brianna Furr** - Peachland-Polkton Elementary School
- **Ngan Nguyen** - Morven Elementary School
- **Calhoun Metcalf** - Ansonville Elementary School
- **Leo Dong** - Anson Middle School
- **Cherish Chambers** - Anson Middle School

Brynna (center) is pictured with her mother, Ashley Little (left) and her Step-Grandmother Barbara Thomas.

Superintendent Howard McLean Announces His Retirement

Mr. Howard E. McLean, Superintendent of Anson County Schools, is announcing his retirement effective May 31, 2024. Superintendent McLean began his career with Anson County Schools in January 1987 as a 9th grade Health and Physical Education Teacher. During his time in Anson County Schools, he has served as Teacher, Assistant Principal, Principal, Executive Director of Teaching and Learning, and Associate Superintendent. In July 2020, Mr. McLean was unanimously named as Superintendent of Anson County Schools. During his tenure in Anson County Schools, Mr. McLean received several honors, two of which were him being named Wachovia Principal of the Year for the 2002 and 2007 school years. Mr. McLean entered his position of superintendent during the pandemic, and his first task as Superintendent of Anson County Schools was the safety of all students and staff. The pandemic was in full force, schools were shutting down, and leadership in this area was new to everyone. Mr. McLean and his team worked with our local health department and the Centers for Disease Control and Prevention for guidance. His efforts during the pandemic led him to be selected as the 2021 NC Healthy Schools Superintendent of the Year by NC Healthy Schools and NC SHAPE. His leadership and support of the whole school, whole community, and whole child model in our community was recognized by Anson County School District Staff and the North Department of Public Instruction (NCDPI), especially during his tenure in a pandemic year. His leadership during those two years will never be forgotten.



Mr. McLean has always focused on improving the lives of the students we serve, and under his strong leadership, we have seen schools grow in many areas. During the 2022-23 school year, our district testing data showed bright spots in most of our schools; however, much work is still to be done. During the January 2024 school board meeting, five of our schools were recognized by NCDPI for achieving and exceeding expected academic growth under North Carolina's Accountability System. If the Anson County School District continues this trajectory, it will have great success. Over the years, Mr. McLean has built relationships with Commissioners and Legislators, helping ensure our district receives the funding we need. On October 30, 2023, the Anson County School Board unanimously approved to move forward with a \$41 million new middle school project. The new school will house 7th and 8th grade students when it opens with the option to build a 6th grade wing at a later time. Superintendent McLean helped to secure over \$15 million of these funds to build this new facility. Citizens of Anson County should be proud of this accomplishment. Serving the community has been a priority for Mr. McLean and he has wholeheartedly served his community exceptionally well over the years. He is a member of the Chamber of Commerce Board of Directors, Anson County Economic Development, and Wadesboro Rotary Club. He previously served on the Anson County Partnership for Children Board of Directors. He is also a member of numerous professional organizations, including North Carolina Association of Educators, North Carolina Association of School Administrators and the Sandhills Region Education Consortium. In serving his community, Mr. McLean has always had a heart for mission and outreach, primarily when it benefits the lives of our very own students. He has supported numerous projects, including Barn Blast, the Christmas Giving Project, United Way, Anson County Animal Shelter, Homes for Hope, and civic organization fundraisers that directly benefit students through scholarships. "It has been an honor to serve the families, students and educators of Anson County Schools for the past 37 years. I am grateful for the opportunity to have led this district. I will always cherish the friendships and lessons learned throughout my career here in Anson County. I will always remember my mentors (Tommy Cooper, Michael Freeman, Carolyn Bennett, Norma Lassister, Dr. Jim Sims, Dr. Altheria Patton) and so many others. These are life-long friendships that will never be forgotten. It's time to say good-bye to a place I truly love; a place "Where Greatness Grows" in Anson County", stated McLean. On behalf of the Anson County Board of Education, the Anson County School System and the citizens of Anson County, Chairman George Truman stated, "We want to thank Mr. McLean for his many years of outstanding service to our children. His leadership and commitment to quality education spread through the pandemic and the aftermath until most recently leading five of our schools to exemplary growth. We hope he excels in his retirement as he has repeatedly done for all of us."

Landon Allen Appointed as New Head Football Coach at Anson High School

This is a release from the Anson County School System: It is with great pleasure that we announce Coach Landon Allen as our new head football coach at Anson High School. Coach Allen has been the assistant head football coach and defensive coordinator for the Bearcats since 2016. Allen is a native of Oakboro, NC, and a West Stanly high school graduate (2011). At West Stanly Allen was a multi-sport athlete in football and track & field, earning All-Rocky River Conference honors in both of these athletic fields. After high school, Allen extended his athletic and academic career at Brevard College from 2011-2016. At Brevard Allen was a standout student and athlete, earning titles and awards of Defensive MVP (2014), 2nd Team All SAC Conference (2015), Team Captain (2015-2016), John McKissick award winner (2016) and induction into the Hampshire Honor Society (2016). During his tenure with the Bearcats Allen has demonstrated exceptional leadership, mentorship, and a genuine commitment to the success of our student-athletes. Coach Allen's journey to this position is a testament to his dedication, passion, and unwavering commitment to our school and its athletic program. Please join us in congratulating Coach Landon Allen on his new position, and let us continue to support and uplift our football program under his guidance.



No School on March 15

Friday, March 15 is an optional teacher work day for Anson County Schools, so there is no school for students that day. Have fun!

Domestic Violence Coalition BBQ Fundraiser is Thursday

Anson County Domestic Violence Coalition will hold its annual BBQ Fundraiser on Thursday, February 29, 10:00 a.m. until 6:00 p.m. or until they sell out. The event will be held at Calvary Episcopal Church, located at 304 East Wade Street in Wadesboro. This will be take-out and delivery only. All deliveries require a minimum of five orders. Deliveries to local businesses and organizations are courtesy of Anson County Sheriff's Office. The costs: Sandwiches \$5, Pints \$12 and Quarts \$22. Plates are \$10 and include chopped BBQ, slaw, baked beans, roll and dessert. Call-ins or faxed orders are welcomed and encouraged to ensure you get yours before the food sells out! The fax number is 704-694-4515 and the office number is 704-694-4499. The Anson County Domestic Violence & Rape Crisis Center is a nonprofit organization funded solely by grants and fundraisers. They encourage you to come and to the event for some delicious BBQ while helping to promote awareness against Domestic Violence and Sexual Assault. Thank you for your continued support!

Grace Senior Center Has It Going On In March!

Grace Senior Center is an excellent resource for Anson County's senior citizens. They provide programs, services, activities and fellowship that are beneficial...ALL FREE...AND ALL FUN & INFORMATIVE! Be sure to check the Express Events Calendar for even more activities at Grace Senior Center. Grace Senior Center is located at 199 Highway 742 South in Wadesboro, on the left just past IGA. For information call 704-694-6616.

March Events

- **Tuesdays & Thursdays, March 5-28** Matter of Balance Class, 10am-12
- **Tuesday, March 5** Claris Tablet Workshop, 12 noon - 12:30pm
- **Tuesday, March 12** Claris Tablet Workshop, 12 noon - 12:30pm
- **Tuesday, March 19** BINGO, 12 noon - 12:30pm
- **Nutrition** every Monday, Wednesday & Friday, 9am - 2pm

The Express is on the web at www.TheExpressNewspaper.com