

143  
Bulk Rate  
U.S. Postage  
PAID  
Permit # 49  
Wadesboro, NC  
28170  
Postal  
Customer

# THE EXPRESS

205 West Morgan Street • Wadesboro, NC 28170 • 704-694-2480 • [TheExpressNews@gmail.com](mailto:TheExpressNews@gmail.com) • [www.TheExpressNewspaper.com](http://www.TheExpressNewspaper.com)

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

## Daylight Savings Time Starts Sunday

Daylight Saving Time 2017 will start this Sunday, March 12, at 2 a.m. So on March 11 before bedtime, most people will "spring ahead" - setting clocks forward one hour.

Since the time on most cable boxes, computers and cell phones moves ahead automatically, Daylight Saving Time is not as much of a hassle as it used to be.

So, what does it mean, other than the fact that we lose an hour of the day? We gain more hours of sunlight. Sunset on March 12 will be about an hour later than on March 11.

Benjamin Franklin is credited with the idea of Daylight Saving Time...although Franklin was famous for taking the credit for other people's work. Franklin published a satirical essay in 1784 titled "An Economical Project," in which he raises the idea of saving money by making good use of daylight.

Germany was the first country to implement Daylight Saving Time. In 1916, during World War I, the country began saving daylight to conserve electricity. In the United States Daylight Saving Time was first established in 1918.

Daylight Saving Time is not observed in all 50 states. Hawaii and Arizona (with the exception of the state's Navajo Nation) remain on the same time year-round.

We'll go back to Standard Time on Sunday, November 5.



## Graceful Reflections Event

This is a release from the Anson Association's Woman's Missionary Union: The Anson Association's Woman's Missionary Union (WMU) repeated an event held in 2016 called the Graceful Reflections event on Saturday, February 25, hosted by New Home Baptist Church. The event focused on the beauty within as opposed to the outward appearance as girls, teens and their leaders were reminded that God looks on the inside and that they are "Loved, Worthy and are Enough."

When society and "Hollywood looks" place so much emphasis on outward looks, the speaker, Jenn B, was honored to be invited back and to encourage the young ladies - the next generation. She stated, "In today's world I believe they need God's words to resonate within them when the world begins to challenge them, their beliefs and identity."

Each girl received a gift and a bracelet with the words "Loved Worthy Enough" impressed on it. If they knew someone else who needed a reminder of their worth they were encouraged to take a second bracelet.

Music was provided by Maddy Davis. The duet was by Abby Wilson and Lindsey Thomas.



## Special Town of Wadesboro Meeting is Set for Thursday

A special meeting of the Town of Wadesboro has been set for Thursday, March 9 at 5:30 p.m. to discuss the following:

- Fire Station
- Fire Station Bricking Full Building & Related Budget Amendments & Change Orders
- Resolution on Early Voting/Absentee Balloting for 2017 Municipal Election

The meeting will be held in the Town of Wadesboro City Hall Conference Room.

## Anson County 4-H Clover Crawl Social is Friday

Anson County 4-H and 4-H Youth Promise are pleased to announce that the Clover Crawl is back. The event will be held Friday, March 10 at the Lockhart-Taylor Center in Wadesboro, from 6 until 11 p.m. The Clover Crawl, an adult event 21 and over, will be sure to bring an evening of fun, food, dancing and great socializing. Heavy Hors D'oeuvres and drinks will be served. The DJ again this year is 4-H alumnus Ryan Short of Ryan Short Entertainment ([www.ryanshort.net](http://www.ryanshort.net)). Funds raised will be used to support ongoing 4-H youth programs in Anson County.

Advance tickets are \$30 per person. They can be purchased at the Extension Office, located at 501 McLaurin Street in Wadesboro, Lacy's, or from committee members and staff. Ticket price at the door will be \$40. Tables can be purchased, which includes eight tickets for \$300. Only 12 tables will be sold. If you are interested in purchasing a table please call the Extension Office.

The money raised from the Clover Crawl will support programs that address the well being of youth, families, and communities in Anson County. 4-H programs annually reach over 1,087 young people in the community. Youth participate in activities and programs such as school enrichment, summer camps, after school programming, community service and other year-round educational programs. Anson 4-H and 4-H Youth Promise also work with adults, volunteer leaders and youth to provide community projects, parenting skills and enhanced leadership abilities. All 4-H programming is available to any youth between ages 5-19.

"Our fundraiser has been a success in previous years. We are optimistic that we will have an even better response this year. 4-H programs have had much impact on the youth in this county through the years," said Anson County 4-H Agent Roshunda Terry. "With the public's help and support programs can continue to make significant contributions to their future, and the future of our county."

If you would like to learn more information about this event please contact Roshunda Terry at 704-694-2915.

## Free Eating Disorders Workshop on March 21

Connections Family Support Program is hosting guest speaker Kristen Buss on Tuesday, March 21st at the First United Methodist Church in the Bynum Building, located at 400 E. Washington Street in Rockingham, from 12 noon-1:30 p.m. Mrs. Buss will be speaking on the topic of eating disorders. She will be explaining the signs and symptoms of eating disorders, the differences between anorexia, bulimia, and binge eating, discussing how the media influences us in regards to how we look at our own image and our self-esteem, and the consequences of eating disorders on our bodies physically and our minds mentally. Mrs. Buss will also offer resources and treatment options for those battling eating disorders.

Mrs. Buss has an eclectic professional background that includes experience with equine-assisted psychotherapy, art therapy, and traditional office therapy. Experienced in working with children, adolescents, adults and couples, she specializes in treating eating disorders and substance abuse, as well as other mental and behavioral issues. Mrs. Buss graduated from The University of North Carolina at Pembroke with a Masters in Education and is a Licensed Professional Counselor. She is employed with FirstHealth of the Carolinas in Pinehurst at FirstHealth Behavioral Services.

Family members, providers, and professionals, such as teachers, social workers, case managers, therapists, counselors, and court counselors are encouraged to attend. Space is limited and we ask that you register in advance and no later than March 17th. Resources and lunch will be provided at no charge.

Connections Family Support Program is funded by Sandhills Center in collaboration with the National Alliance on Mental Illness (NAMI) in North Carolina. To register for this workshop, please contact Suzanne Maness toll free at 877-211-5995 or by email at [connectionsfsp@gmail.com](mailto:connectionsfsp@gmail.com).

## Safe Kids Anson Plans Operation Medicine Drop for March 18 at Wadesboro IGA

Safe Kids Anson Coalition will host an Operation Medicine Drop on Saturday, March 18 in the parking lot of Wadesboro IGA, from 10 a.m. until 12 noon. Citizens are encouraged to bring their unused, outdated or unwanted prescriptions or over the counter medications for proper disposal.

Safe Kids Anson asks that you leave medicine in original containers and please do not mix or combine pills. Coalition members are required to separate and count pills individually for safety purposes.

Safe Kids Anson, formed in 2011, is a community coalition comprised of organizations which focus on children's safety. Organizations include Wadesboro Fire Department, Wadesboro Police Department, 911 Communications, Anson County Health Department, Anson County Sheriff's Office, Anson County Partnership for Children, Emergency Management Services, as well as other agencies as needed for various projects.

Operation Medicine Drop provides a safe and secure opportunity for the appropriate disposal of unwanted medications and helps to prevent accidental poisonings and drug abuse.

## Wadesboro Civitans Announce Scholarship Opportunities!

The Wadesboro Civitan Club, the oldest civic organization in Anson County, will be accepting applications for college scholarships from now through April 24. The club will be awarding \$1,000 scholarships to four college-bound students from Anson County this year.

Applicants will be judged on academic achievement and financial need. In addition, because good citizenship and community involvement are important Civitan goals, applications will also be judged on the evidence of students' involvement in, and leadership roles in clubs, churches, extracurricular activities, and charitable service to the community. A written essay addressing these activities and the individual applicant's goals will provide further support in the evaluation process. Finalists will be interviewed by the scholarship committee in May so that the awards can be announced at Anson Schools Awards Night on May 30.

They welcome applications from all Anson County students, including those who are home schooled. The applications must be received on or before the deadline, April 24. Students may return the completed applications to their guidance counselors, or mail them directly to the Wadesboro Civitans at PO Box 751, Wadesboro, NC 28170. Late applications will not be accepted.

Application forms are available through the various high school guidance counselors, from the Hampton B. Allen Library, by telephoning Beverley Getzen at 704-694-7022, or sending an email to [bbgetzen@gmail.com](mailto:bbgetzen@gmail.com), Chairperson of the Civitan Scholarship Committee. You may also write to the Wadesboro Civitan Club at PO Box 751, Wadesboro, NC, 28170 to request a copy of the instructions and form. They welcome applications from all Anson County students, including those who are home schooled.

## McLeod Health Announces McLeod Occupational Health Cheraw Clinic Opening

This is a release from McLeod Health: McLeod Health is pleased to announce the opening of an On-Site Health Clinic located in the McLeod Cheraw Family Medicine building at 710 Chesterfield Highway. McLeod Occupational Health Cheraw is designed to manage and treat employees with injuries or work related illnesses.

"The commitment and investment of the well-being of our community is evident in the opening of this clinic not only to McLeod employees but area industries as well. It is a core standard of McLeod Health to provide convenience and timely access to healthcare," said Mib Scoggins, Administrator of McLeod Health Cheraw.

McLeod Occupational Health Cheraw, opening on March 6, 2017, will provide companies in the community with the following occupational health services: Urine Drug Screens, Respiratory Fit Testing, Audiometry Testing, Pulmonary Function Testing, Breath Alcohol Testing, Immunizations, Pre-Employment Physicals, DOT Physicals, HAZMAT Physicals, Worker's Compensation Injury, and Illness Treatment.

"We are excited about the opening of the McLeod Occupational Health Cheraw Clinic," said Octavia Williams-Blake, Vice President of Workplace Safety for McLeod Health. "We are truly dedicated to providing the best health care options for local industries and their employees. We believe this clinic will prove beneficial to the well-being of this area's work force."

The benefits of an industry partnering with an occupational health clinic include a reduction in direct health care costs, increased productivity, fewer lost work hours, improved employee job satisfaction and morale, and lower turnover rates.

Care will be provided by Holly Copeland, Family Nurse Practitioner. Holly obtained her Master of Science in Nursing from Walden University in Minneapolis, MN, and has over 21 years of nursing experience. Alex Newsom, MD, of McLeod Cheraw Family Medicine, will serve as the Medical Director.

To contact McLeod Occupational Health Cheraw, call 843-537-0060.

About McLeod Occupational Health: McLeod Occupational Health Services works closely with area businesses and industries to ensure the overall health and well-being of their employees. Their goal is to ensure injured employees can remain at work and safely perform productive jobs. The McLeod team of professionals works as partners to design a comprehensive Occupational Health program that addresses the specific needs of an employer.

## Gulledge Fire Department BBQ is Saturday

Gulledge Fire Department is holding their annual Spring BBQ this Saturday, from 11 a.m. until they run out. They will offer their delicious chicken or pork, served with baked beans, slaw, rolls, homemade desserts and a drink - all for only \$9 a plate! They also offer cartons, warm or cold.

Gulledge Fire Department is located at the intersection of Dickie Little Road and Gulledge Road. From Wadesboro, take Highway 109 south, past Rayfields Meat Center. Turn left on the next paved road (Dickie Little Road). Follow it all the way to the Fire Department.

Gulledge VFD offers fire, rescue, medical, and emergency services and provides fire prevention education and building inspections. It is a not-for-profit volunteer fire department funded in part by Anson County taxes, plus donations and money raised at the annual BBQs in October and March. They serve the Gulledge community of Anson County 24 hours a day / 7 days a week / 365 days a year.

## 50+ Club Meeting Features Music of Joe Dutton

The Hampton B. Allen Library's 50+ Club will meet on Monday, March 13 in the Little Theatre at 10:30 a.m. Joe Dutton & friends will be presenting a musical program. Everyone is invited to come and enjoy the music.

For more information call 704-694-5177.

## Blood Drive is March 14

A Wadesboro Community Blood Drive will be held on Tuesday, March 14, from 1:30 to 6 p.m. at the First Baptist Church on Lee Avenue.

To schedule a life saving appointment please visit [www.redcrossblood.org](http://www.redcrossblood.org) and enter the sponsor code 'Wadesboro Community.'

The Express is on the web at [www.TheExpressNewspaper.com](http://www.TheExpressNewspaper.com)