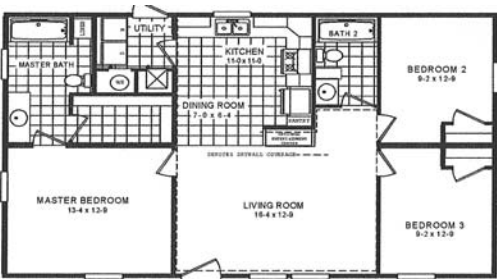


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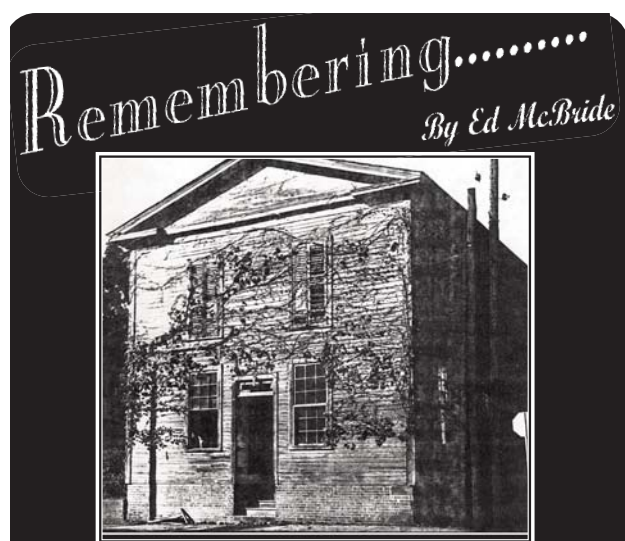
Yoga Instructor Leslie Snow Completes Advanced Training in India

Long Life Fitness is pleased to announce that Leslie Snow recently became a registered yoga teacher (RYT200) with Yoga Alliance USA. Ms Snow received the required 200 hours of training in Astanga Vinyasa Yoga, primary series, in Rishikesh, India in February 2013. In addition to learning yoga asanas, or postures, Ms Snow studied breath control, meditation, philosophy, and anatomy and physiology.

Ms Snow's teacher, Nagesh Hiregoudar, (E-RYT200) holds a Masters degree in Yoga Sciences. His lineage is yoga from the famed Pattabhi Jais, who popularized Hatha yoga in the United States in the 1960's and 70's.

In addition to the RYT200 certification, Ms Snow also holds a Personal Trainer Certification with American College of Sports Medicine (ACSM) and Aerobics and Fitness Association of America (AFAA).

Long Life Fitness plans to offer workshops on breath control and meditation, and continues to offer beginning and intermediate yoga classes, as well as individual and small group fitness training. For more information, contact Leslie Snow at 704-272-9254.



Kilwinning Lodge, Wadesboro

Kilwinning Masonic Lodge #64 was chartered here in 1813 - this would make this charter 200 years old this year. (Mr. McBride was just starting his sign painting business at the time. Editor) The Kilwinning building was on the corner of Greene and Morgan Streets, serving for many years there at that location. During the years, about 60 years ago, the building was moved to its present location. The walls were veneered with brick, and of course, the building was restored and painted inside.

Records show that a Charleston, SC museum has many Kilwinning records, including some old records that range from Charleston to an area near Charlotte. Those records also include the Wadesboro Presbyterian Church, along with information showing that Kilwinning Lodge had let the church use the lodge building many years ago - adding more history to Kilwinning Lodge.

Kilwinning Lodge, before it was moved down to its present location many years ago, even had hanging kerosene lanterns. Members bought kerosene by the small cans at H. W. Little & Company Hardware back "many moons ago!" Ed

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Appreciation Banquet for Vancine Sturdivant is this Friday

An appreciation banquet for Mrs. Vancine Sturdivant will be held this Friday, March 22nd at 6 p.m. at the Lockhart-Taylor Center. The cost of the banquet is \$10. Tickets can be purchased in advance but will also be available at the door. For tickets or further details contact Winnie Brown at (704) 475-0755.

Diabetic Support Group Meets March 28

The Diabetic Support Group will meet on Thursday, March 28, from 10:30 a.m. to noon at Calvary Episcopal Church in Wadesboro. You are invited to attend. The speaker will be Bernadette Joyce, Registered Dietician from American Community Hospital. Her topic is Carbohydrates in Fruits and Vegetables. She will also teach how to count carbohydrates.

For more information on the Diabetic Support Group please call Ruth Hildreth at 704-694-3979 or Beth McLendon at 704-694-4291.

Fifth Annual Carolinas Writers Conference Set for April 20

The fifth annual Carolinas Writers Conference will be held Saturday, April 20 at South Piedmont Community College's (SPCC) Lockhart-Taylor Center in Wadesboro. Registration will begin at 8 a.m. for the day-long event. The featured authors are Rob Dunn, Marjorie Hudson, Angela Knight and Robert Macomber. Author talks will take place during the morning session and hands-on workshops will be held in the afternoon.

The conference, sponsored by Anson Bank and Trust, the Anson County Writers' Club, the Union County Writers' Club, SPCC, and the Anson County Tourism Development Authority, will be of interest to both readers and professional as well as beginning writers. The cost for those who only want to hear the morning talks is \$5. Workshops are \$15 and an all-event ticket that includes admission to Back Porch Stories that evening is \$20.

While the author talks are consecutive, attendees can sign up for only one workshop, as they will run concurrently. Students may attend free if they volunteer to assist during the day or evening, or write a 500-word essay explaining why they want to attend.

The conference will begin at 9 a.m. in the Ingram Room with Dunn leading off the author talks. A biologist at North Carolina State University, Dunn is the author of *Every Living Thing* and *The Wild Life of Our Bodies*. His topic, "Writing the Wild Life," will reveal how a tropical biologist ended up studying and writing about the "life in armpits, colons and bedrooms."

A New York Times best-selling author of paranormal romance, Knight's topic is "Fight! Writing a Great Fight Scene." The writer will discuss the techniques she uses to create and choreograph heart-pounding action sequences.

Hudson's *Accidental Birds of the Carolinas* won an Honorable Mention in the PEN/Hemingway competition for best first novel. She will illustrate her topic, "How Do Life Experiences Become Fiction Stories?" with readings from her book.

Macomber is known for his "Honor" series, detailing officer Peter Wake's adventurous career in the U.S. Navy from the Civil War to French Indo-China to the eve of the Cuban Revolution. His talk, titled "Go Out there and Get Your Story" will describe the unique challenges of researching and writing inside Cuba.

After a break for lunch, the conference will resume with in-depth workshops. Knight will team up with her husband Michael Woodcock, a 24-year veteran of the Spartan hostage negotiators use and recount some of his experiences as a negotiator. In the second hour, Knight will tell how to write realistic hostage negotiation scenes for romance novels.

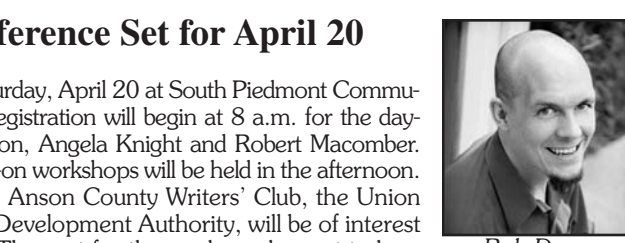
Dunn will discuss the challenges and advantages of being a scientist who writes full time, rather than a full time science writer, and give examples of how his writing influences his science and vice versa. He will also discuss the similarities between resolving scientific questions and resolving the denouement of stories about science in the world.

In her workshop, "Writing from Scratch," Hudson will talk about goals, methods, and organizing your writing life before participants write a story from prompts. Hudson says this workshop is for everyone from beginning writers to published writers who need a boost to their writing life. Those taking this workshop should bring a significant object that fits in the palm of a hand. These objects will be used as a prompt for a writing exercise.

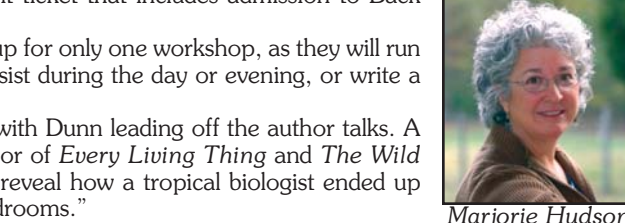
In Macomber's workshop, "Setting the Historical Scene," the author will tell how description, dialogue, writing style, formatting, pacing, and character play a role in setting the historical ambience of a book. Participants are asked to bring a one-paragraph description of the town of Wadesboro in 1964.

The day will conclude with Back Porch Stories, a storytelling event with Michael Reno Harrell, Martha Reed Johnson and Tyrus Jones, with Randy Rayfield as moderator, in the Ansonia Theatre in Wadesboro. Back Porch Stories is co-sponsored by the Anson County Arts Council. Cost is \$5, \$2 for students, or included in the \$20 all-event ticket.

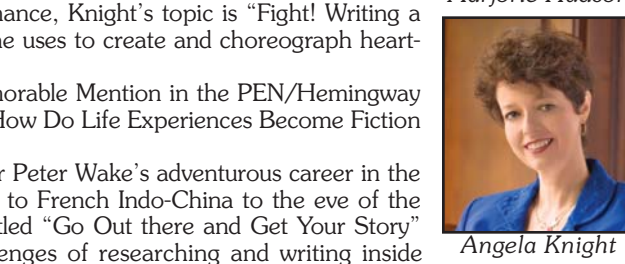
Early registration and payment can be made online via Paypal at www.carolinawritersconference.org or by mailing a check and workshop preference to: ACWC, 2013 Conference, P.O. Box 363, Wadesboro, NC 28170. More information about the conference and student scholarships is on the website. Email questions to info@ansoncountywritersclub.org or call 704-694-7022.



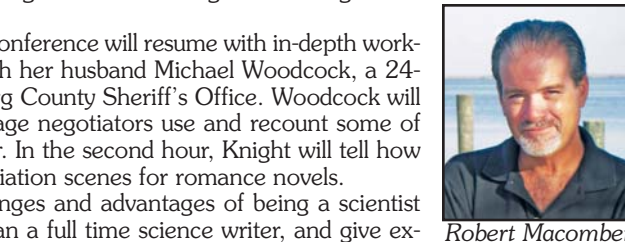
Rob Dunn



Marjorie Hudson



Angela Knight



Robert Macomber

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Free Movie is Cowgirls 'N Angels

Cowgirls 'N Angels, a free movie, will be shown in the Hampton B Allen Library in the Little Theatre on Monday, March 25 at 10 a.m. This movie stars Bailee Madison and James Cromwell, is rated PG, and has won an award of excellence. Hometown Video has been gracious enough to furnish this movie for the public to enjoy. Everyone is invited to come enjoy for this excellent movie.

If you have any questions or need additional information please call the library at 704-694-5177.