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

Board of Education Budget Development Workshop is April 9

The Anson County Board of Education will hold a budget development workshop on Tuesday, April 9 in the Administrative Office Board Meeting Room, located at 320 Camden Road in Wadesboro. The meeting will begin at 3:30 p.m. and run to about 5:30 p.m. Additional dates will be determined if needed.

Anson Women's League Will Host Anson Dancing with the Stars

Anson Dancing with the Stars will be held on Friday, May 31, starting at 7 p.m. at Wadesboro Primary School, located on Highway 52 South. Local celebrities and leaders will delight spectators with an amazing dance competition to support local charities.

Chris Stinson, Anson Dancing with the Stars 2014 Champion and Principal of Anson High School, will be the Master of Ceremony. Leon Gatewood, CEO of Helping Our Loved ones Learn and Achieve (HOLLA!) will not only dance, but will serve as DJ of the event as well.

The dancers competing for the Anson Dancing with the Stars Champion title are: David & Katie Edwards, Leon Gatewood & Kim Harrington, Curtis & Toforya Hailey, Mike & Wendy Hill, Anne & Luke Hyatt, Thedis Spencer & grandson Kyler, Gina Clarke & surprise guest. Event tickets are \$10, and can be purchased through an Anson Women's League member or at Twin Valley Golf Club, located in Wadesboro. Doors open at 6:15 p.m. for guests to get a choice seat.

A panel of esteemed judges will rank the dancers, and the combined total of judge and spectator votes will decide the reigning champion dancers. Attendees can vote for their favorite couple by purchasing voting tickets which will be sold at the event. Votes are \$1 per vote or \$5 for 6 votes.

The winning couple will receive the Anson Dancing with the Stars Mirror Ball Trophy and \$100 towards their favorite local charity.

Snacks and drinks can be purchased at the event. Cash only for tickets and snack sales at the event.

Also, for tickets and information you can contact Caroline Goins at 704-694-4036 x103 or caroline.goins@ansonchildren.org.

All proceeds will benefit the Anson Women's League Scholarship fund and other community service projects.



Ansonville Elementary School's Kid's Heart Challenge Raised \$4,610

Ansonville Elementary School recently finished this year's Kid's Heart Challenge, formally Jump Rope for Heart. AES Physical Education teacher Mrs. Heather Kendall directed the fundraiser.

With help from students, staff and community members, AES raised \$4,610.05. All proceeds were donated to the American Heart Association as a part of their nationwide Kid's Heart Challenge campaign.

The staff at AES would like to thank all family, friends and community members who helped make this year's campaign a huge success.



SPCC to Receive Special Funding for Emergency Medical Science Programs

South Piedmont Community College named one of five NC Community Colleges to receive funding

Blue Cross and Blue Shield of North Carolina (Blue Cross NC) has invested \$1 million with the North Carolina Community College System (NCCCS) to help fund associate degree programs in Emergency Medical Science (EMS) at five community colleges across the state.

South Piedmont Community College was selected as one of the five community colleges to receive special funding through this investment. According to Dr. Maria Pharr, President of South Piedmont Community College, "South Piedmont joins the NC Community College system in expressing our gratitude to Blue Cross and Blue Shield of North Carolina for their investment and support."

The investment will address health care needs across North Carolina including the opioid epidemic, by supporting student academic success, faculty recruitment, retention and professional development; and state-of-the-art equipment and technology, such as simulation manikins that give students real-time feedback.

Like much of the country, North Carolina has seen dramatic increases in addiction and overdose rates in recent years. Since 2010, deaths resulting from heroin overdoses in North Carolina increased 884 percent. The dramatic increase in overdoses emphasizes the importance of adequately trained and sufficiently resourced emergency medical personnel.

"We want to ensure access to quality emergency medical care for all North Carolinians, and that starts with training the next generation of first responders," said Patrick Conway, MD, President and CEO of Blue Cross NC. "This investment will provide students with required resources and technology necessary for academic success."

The investment aims to specifically target combating the opioid epidemic in the state's most distressed areas, based on statewide data. These areas have some of the highest unintentional opioid deaths in the state. The five colleges awarded the funding are Brunswick, Lenoir, Rockingham, South Piedmont and Wilkes. The investment will:

- Support advanced coursework for EMS faculty, with a focus on targeting best practices for patient treatment, clinician safety, and understanding of the opioid crisis – both in safety for health care providers and safety for patients.
- Replace outdated training equipment and technology, including low and high-fidelity manikins, to expand opportunities for clinical practice.
- Expand funding for subject matter expert tutors, simulation lab faculty and student scholarships and emergency funds.

Health professionals that train in rural and underserved settings are more likely to choose to practice and remain in such settings. Community colleges provide affordable educational opportunities for persons living in these geographic areas, allowing students to remain close to home while pursuing a degree, and offer rewarding career opportunities for graduates once they complete their education.

Annually, the NCCCS provides education and training for the majority of Registered Nurses (RNs), Licensed Practical Nurses (LPNs), and EMS personnel in North Carolina. Over the past eight years, the NCCCS has had 45,412 emergency medical technicians (EMTs), 6,749 Advanced EMTs, and 16,346 paramedics enrolled in EMS programs.

StarLab is Coming to the Hampton B. Allen Library

The Hampton B. Allen Library is excited to announce that the StarLab will be coming to the library April 12 to 17. The StarLab is a portable, inflatable planetarium dome that allows you to explore the frontier of the night sky and solar system. You can see displays of planets, constellation overlays, and much more.

The Sandhills Regional Library System was fortunate enough to receive the StarLab as part of a grant provided through the Institute for Museums and Library Services (IMLS) and Technology Act (LSTA). The StarLab has been touring each of the libraries in the region, and will be here at Hampton B. Allen Library in Anson County April 12 to 17.

The StarLab will be open to the public the following days and times:

- Friday, April 12 at 4 p.m.
- Monday, April 15 at 10 a.m. & 4 p.m.
- Tuesday, April 16 at 4 p.m.
- Wednesday, April 17 at 10 a.m. & 4 p.m.



Wadesboro Lions Club and Captain D's Spirit Night

This Thursday, April 4 the Wadesboro Lions Club will participate in Captain D's Spirit Night. Support your Wadesboro Lions Club by dining with Captain D's. (Drive-through or dine-in)

If you use their drive-through, tell the order taker you want to support the Lions Club. This will not add anything to your meal cost, but will allow the Lions to receive a donation from Captain D's.

If you dine-in you will have an opportunity, for a small donation, to win a free meal or fries or fish sandwich and several other items.

All proceeds benefit the blind and visually impaired in Wadesboro and Anson County.

For information about the different projects of the Wadesboro Lions Club please call Lion Jim Chandler at 910-571-1448.

Terry Jordan Invitational Golf Tournament is Saturday

The 6th Annual Terry Jordan Invitational Golf Tournament, sponsored by Gum Springs Baptist Church Youth, will be held this Saturday, April 6. The event will take place at Twin Valley Country Club with a 10 a.m. shotgun start.

This is a two man Captains Choice with 1 A player per team. The cost is \$50 per person which includes golf, a cart, lunch and a t-shirt. Mulligans will be sold. There will be a split the pot on hole 14.

There will be cash prizes, closest to the pin prize and a longest drive prize.

Sign up sheets are available at Twin Valley, or you can call Lynn Whitlock at 704-695-2200 or Johnny Goodwin at 704-475-1304.

Do You Have Springtime Allergies?

Spring in Anson County brings flower buds and blooming trees...and if you are one of the millions of people who have seasonal allergies, it also brings bothersome symptoms. Seasonal allergies, also called allergic rhinitis or hay fever, recur yearly and can last for weeks to months on end.

People develop allergies when their body's immune system (your defenders) reacts to substances as though they are a threat to you, and produces antibodies (fighters) to fight it. Your body releases histamines (a chemical) that lead to allergy symptoms. Symptoms include watery itchy eyes, sneezing, clear runny nose, congestion, dry cough, and itchy throat.

Pollen is the most common trigger of seasonal allergies, but you could also be affected by grasses and mold. Pollen is the fine powder released from flowering plants in order to reproduce. Pollen is spread by the wind and can be inhaled or land in the eyes or on the skin. If you have seasonal allergies, when your body comes into contact with the allergen symptoms can start.

To help keep your seasonal allergies under control, you can reduce your exposure to things that trigger your symptoms:

- Stay indoors on dry, windy days. The best time to go outside is after a good rain which helps to clear the pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Wear a pollen mask if you do outside chores.
- Remove shoes and clothes worn outside and shower to rinse the pollen from your skin and hair.
- Don't hang laundry outside to dry-pollen can stick to it.
- Close windows and doors at night or when pollen counts are high.
- Use the air conditioning in your house and car.
- If you have forced heating and air in your house, use high-efficiency filters and follow regular maintenance schedule.

If your symptoms are unrelieved by your normal over the counter medicines, or you have a worsening in symptoms, follow up with your provider. Anson County Health Department schedules same day sick appointments for ages 21+. Please call 704-694-5188 for more information. The Health Department is on Facebook: Anson County Health Department.

50+ Club Meeting to Feature South Wind Band

The Hampton B. Allen Library announces the 50+ Club meeting for Monday, April 8 at 10:30 a.m. in the Little Theatre. The band South Wind will be presenting a program of bluegrass, country and gospel music. Band members are Lorie Deese, Brent Collins, Mark Smith, Joe Rape, Rick Sullivan, Don McGinnis, Dwayne Starnes, Jeff Starnes and Robbie Griffin. Everyone is invited to come and enjoy the music of this talented band. Any questions please call 704-694-5177.

Ansonville Historical Society Spaghetti Supper is April 13

The Ansonville Historical Society is sponsoring its annual Spaghetti Supper at the Ansonville Fire Department on Saturday, April 13, from 5 to 7 p.m.

The \$10 plates will include spaghetti, salad, garlic bread, dessert and a drink. Carry outs are available.

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