

## Anson Singers in Concert this Sunday

The Anson Singers Community Choir will present their Spring Concert this Sunday, April 28 at 3 p.m. in the First United Methodist Church of Wadesboro. The Singers are a choir made up of singers from throughout Anson County and surrounding counties. It is directed by Emily Litaker Privette.

The major work in the concert will be the Mass in G, and will be the Austrian composer Franz Schubert. This work will feature soloists Carol Williams, William Dick, and John Pitts, and will be accompanied by Charles Litaker on the organ.

As an added attraction, the Elementary Singers from SouthPointe Christian School in Pageland, SC will present several pieces that were showcased in their recent South Carolina Christian Schools Choral Festival in Greenville, SC. The South-pointe Singers will also join with the Anson Singers for several special numbers.

The Anson Singers is a non-profit organization and receives no public funds for their continued operation. A freewill offering will be received at the concert to help support the work of the organization. Donations are tax-deductible to the extent allowable by law.

The Anson Singers is actively seeking more members. If you love to sing, or would like to become better at singing, please come join the Singers for the new season beginning in late summer. Anyone in Anson or the surrounding areas is welcome!

## Cowboy Church Gospel Sing to Feature Forever Reign

In a release from the Cowboy Church: The Pee Dee Cowboy Church is pleased to welcome Forever Reign to perform for our Fifth Monday Gospel Sing and Pot Luck Dinner.

What began in October of 2011 as a couple teenagers has grown to a close knit group of varying ages, including a drummer, acoustic and lead guitarists, and several singers. But their special blessing is 6 year old Holden on the bass guitar. He is awesome! The main thing they want everyone to know is they are not in this for the money or the fame. The reason for their labor of love is "to lift up our Lord and Savior Jesus Christ."

Bring a dish to share and meet us at 6 p.m. at the Circle G Arena, located at 301 North Cowan Street in Lilesville on Monday, April 29th.

## Remembering..... By Ed McBride



## Oasis Shriners Bowl Game 1975

Some of you might remember this one pictured above - made up for the Shriners then in 1975. (Not sure, but I think Allen was around then!!)

This particular game was played in Charlotte, and you can see in the photo how well attended it was. This unit was just completed in time for the expectant mid-game show. It was only a "tiny bell" - about 24 feet high! The directors staff made up the bell, and guess who did all the signs...even the "crack" in the bell!! Well, I had that joy to do all the signage and artwork. I also had a chance to watch it as it exploded!

Of course this type of entertainment was really a must for the BIG game - always!  
Ed

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| Silver Queen Corn                                   | American Purple Top Rutabaga                                   | National Pickling, Long 8 Cucumber               |
| Trucker's White Corn                                | Bloomsdale Spinach   | Black Beauty Zucchini                            |
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|   |  | Straightneck Squash                              |

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## Spring Festivals Shine Across North Carolina

### Inaugural Beer Month, statewide star party put the 'new' in spring renewal

Festive new events are blooming among the azaleas, dogwoods and rhododendron that color North Carolina's spring landscapes. Joining Merlefest, three steeplechases and other perennial favorites are the inaugural NC Beer Month, the first statewide star party and a grand display of historic vehicles at the first Pinehurst Concours d'Elegance.

Here are some of the season's highlights. Find more reasons to visit at [www.VisitNC.com](http://www.VisitNC.com).

- Biltmore Festival of Flowers, March 21- May 19 in Asheville. The gardens at George Vanderbilt's 8,000-acre Asheville estate come alive with more than 100,000 tulips as poppies, pansies, snapdragons and acres of azaleas chime in. Roses begin a reign that runs through summer, and natural gardens and walking trails showcase native and exotic blooms. Designer presentations, seminars and accessible experts add take-home value to the experience, which is accompanied by concerts and other activities. [www.biltmore.com](http://www.biltmore.com)
- Easter Sunrise Service, March 31 in Winston-Salem. The nation's largest Moravian sunrise service draws more than 6,000 worshippers to Home Moravian Church for a service that traces its origins to Saxony in 1732. First held here in 1772, the service includes a procession to God's Acre, the Moravian graveyard, and music from a band with about 500 musicians. [www.salemcongregation.org](http://www.salemcongregation.org)
- NC Beer Month, April 1-30. With more than 70 breweries, North Carolina is truly the state for Southern beer. All month long, travelers can let their love of ales, porters, stouts and other styles lead them to festivals, tastings, tours and other adventures from the mountains to the coast - and lodging packages sweeten the deal. Find details at [www.ncbeermonth.com](http://www.ncbeermonth.com)
- Triple Steeplechase, Multiple dates in Raeford, Tryon, Mineral Springs. Admire the nimble horses that run the course and enjoy the competition for fanciest hat and finest tailgate feast - it's all part of the American jump-racing tradition. North Carolina has three steeplechases: the Stoneybrook Steeplechase, April 6, Raeford (near Pinehurst), [www.carolinahorsepark.com](http://www.carolinahorsepark.com); the Blockhouse Steeplechase, April 20, Tryon, [www.trhcevents.org](http://www.trhcevents.org); and the Queens Cup Steeplechase, April 27, Mineral Springs (near Charlotte), [www.queenscup.org](http://www.queenscup.org).
- MerleFest, April 25-28 in Wilkesboro. Upbeat songs and poignant music will be in the air at Wilkesboro, home of one of the world's finest traditional music festivals. Guitar master Doc Watson created the four-day event in memory of his music partner and son, Merle, who died in 1985. Headliners include North Carolina natives Charlie Daniels and the Avett Brothers plus the Nitty Gritty Dirt Band, who worked with Watson on the landmark "Will the Circle Be Unbroken." In what's likely to be the festival's most heart-felt moments, an all-star lineup assembled by mandolin virtuoso Sam Bush will pay tribute to Watson, who died in 2012. [www.merlefest.org](http://www.merlefest.org)
- Pinehurst Concours d'Elegance, May 3-5 in Pinehurst. Pinehurst, America's original golf resort, turns on the dazzle with the Iron Mike Rally, a 36-mile drive to the Parade Field at Fort Bragg to honor the men and women of the military; a collector car auction; a "Heroes" gala; and the climactic Concours competition. [pinehurstconcours.com](http://pinehurstconcours.com)

- Grandfather Mountain Naturalist Weekend, May 17-19 in Linville. Observe the rare pink-shell azalea (Rhododendron vaseyi), endangered and regionally rare crayfish and other natural treasures at Grandfather Mountain, an International Biosphere Reserve. The weekend includes a bird count, an owl prowl, a climate workshop, a culture walk, a habitat animal training workshop and other programs — plus a walk across the famous Mile High Swinging Bridge. [www.grandfather.com](http://www.grandfather.com)
- White Squirrel Festival, May 25-26 in Brevard. This town on the edge of Pisgah National Forest is best known for music, mountain biking and white squirrels, which are counted in fall and celebrated in spring. Memorial Day weekend's White Squirrel Festival includes music, a gallery walk, a Soap Box Derby down Jailhouse Hill and other events in the delightful hometown. [whitesquirrelfestival.com](http://whitesquirrelfestival.com)

## Diabetes Prevention: 5 tips for taking control!

Diabetes prevention is as basic as eating more healthfully, becoming more physically active and losing a few extra pounds. It is never too late to start. Consider the latest diabetes prevention tips from the American Diabetes Association:

- **Tip 1 - Get more physical activity.** Research shows that both aerobic exercise and resistance training can help control diabetes, but the greatest benefit comes from a fitness program that includes both.
- **Tip 2 - Get plenty of fiber.** Reduce your risk of diabetes and improve your blood sugar control by eating foods rich in fiber which include fruits, vegetables, beans, whole grains, nuts and seeds.
- **Tip 3 - Go for whole grains.** Whole grains may reduce your risk of diabetes and help maintain blood sugar levels. Many foods from whole grains come ready to eat, including various breads, pasta products and many cereals. Look for the word "whole" on the package and among the first few items on the ingredient list.
- **Tip 4 - Lose extra weight.** Diabetes prevention may hinge on weight loss. Overweight adults reduced their diabetes risk by 16% for every 2.2 pounds of weight loss. Those who lost 5% to 10% and exercised regularly reduced their risk by almost 60% over three years.
- **Tip 5 - Skip fad diets and make healthier choices.** Excluding or strictly limiting a particular food group may cause you to give up nutrients. Instead, think variety and portion control as part of an overall healthy-eating plan.

Share your concerns about diabetes prevention with your doctor. They may be able to offer additional suggestions based on your personal medical history or other factors. More information is available at the Anson County Health Department at 704-694-5188.

## Parks and Recreation 8th Annual Walking Program

Anson County Parks and Recreation is teaming up with Wadesboro IGA, Anson Bank & Trust, and Jeff's Trophies and T's to offer their Walking Program this spring. The program is free of charge and you can register at Parks and Recreation main office at Little Park Monday through Friday, from 8:30 a.m. to 5 p.m.

Participants who pre-register by Friday, May 3 will receive a pedometer and a t-shirt. Those who complete all benchmarks by June 1st will receive a small prize. Contact Wendell T. Remate, CPRP at 704-695-2782 for information.

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