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### Diabetic Support Group Meets

The Diabetic Support Group will meet on Thursday, June 28, from 10:30 a.m. to 12:30 p.m. at Calvary Episcopal Church in Wadesboro. The speaker will be Ms. Joanne Clark who is with the North Carolina Seniors' Health Insurance Information Program (SHIIP).  
For more information contact Ruth Hildreth at 704-694-3979.

### July 4 is Free Fishing Day in North Carolina

July 4 is your one chance a year to get hooked on fishing - for free! From 12:01 a.m. until 11:59 p.m., everyone in North Carolina - resident and non-residents alike - can fish in any public body of water, from mountain trout waters to coastal waters, without purchasing a fishing license or additional trout fishing privilege. Although no fishing license is required to fish on July 4, the NC Wildlife Resources Commission reminds anglers that all other fishing regulations, such as size and creel limits and lure restrictions, still apply.

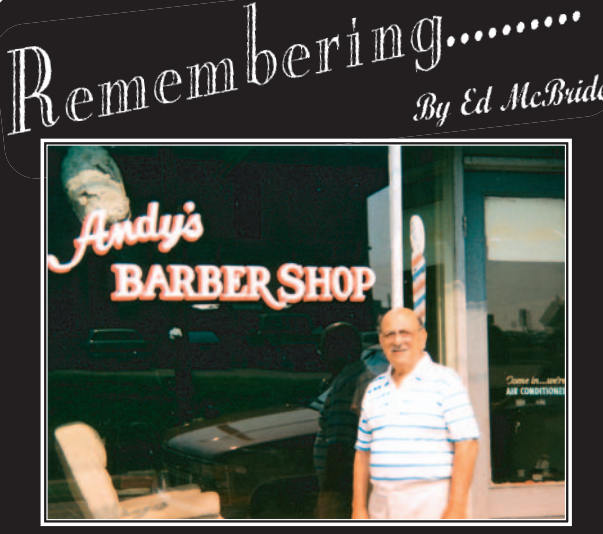
To give anglers a better chance of catching fish, the Commission stocks a variety of fish in waters across the state - including trout and channel catfish. The agency also provides free access to fishing sites across the state, including public fishing areas and boating access areas. A list of more than 500 fishing areas open to the public is on the Commission's website, [www.ncwildlife.org/fishing](http://www.ncwildlife.org/fishing).

Authorized by the NC General Assembly and started in 1994, North Carolina's annual free fishing day always falls on July 4. "The Wildlife Commission offers a free fishing day to show novice anglers how much fun fishing can be and to remind lapsed anglers how much fun they've been missing," said Robert Curry, chief of the Wildlife Commission's Division of Inland Fisheries. "It's a great opportunity for anglers of all ages and abilities to experience the incredible fishing that North Carolina has to offer."

While a fishing license is not required for anglers 15 years and younger, anyone age 16 and older must have a fishing license to fish in any public water in North Carolina, including coastal waters. To purchase a license:

- Call the Commission at 1-888-248-6834. Hours of operation are 8 a.m.-5 p.m., 7 days a week;
- Go to [www.ncwildlife.org](http://www.ncwildlife.org) using a computer or mobile device;
- Visit a local Wildlife Service Agent.

For a list of all public fishing areas, visit [www.ncwildlife.org/fishing](http://www.ncwildlife.org/fishing) or call the Division of Inland Fisheries, 919-707-0220.



### Remembering... By Ed McBride

#### The Barber Shop - Days Gone By

My son Tommy and I were talking, thinking of days gone by - even about haircuts and the many barbershops that were here downtown and in surrounding areas. It was then that I thought of the many G.I.'s who had come home at the end of World War II. Many of them were members of our Sunday School class - a class then, that on special occasions would have close to 100 in attendance!

I do remember one Sunday, after Sunday School, many of us were out on the church lawn, mostly reminiscing or whatever. Andy Pesce and I were talking, when I told him how glad I was when he came "south" to live...and before that I had been the ugliest one in our class! And, no, I didn't get hit, but Andy and I had a great friendship through the years - Sunday School, Church, Lions Club, and many activities helping others.

I even remember the early days in the Lions Club, having our meetings, food at the roller hotel - a full meal with coffee or tea, hot homemade rolls...the works, all for only dollar! Oh well, we can't have everything! My new Studebaker car cost only \$875 brand new, and Allen's grandfather, Dr. Bob Lyon, had a new Studebaker President which was less than \$3,000 with all the accessories of the day...even an automatic hill holder!! Ed

# LEG PAIN

## You Don't Have To Live With It!

That "searing, burning pain" in your thigh and calf...that "aching, numbing" feeling in your hip and buttocks...that "tingling" in your foot and toes and loss of balance...

It interferes with your ability to walk, to ride a bicycle, play golf, garden...to have FUN IN LIFE!

Leg pain, thigh ache and numbness, and tingling in the foot may actually be caused by a pinched nerve even though you have NO back pain - it could even be Sciatica.

Dr. Dial is an expert at finding the CAUSE of your leg pain and numbness and CORRECTING IT...

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### SPCC Massage Therapy Program to Start New Class August 1

South Piedmont Community College's Massage Therapy program will start a new class on Aug. 1 on the Old Charlotte Highway Campus in Monroe. With convenient and day and evening classes, the 500-plus hour program can be completed in as little as 24 weeks. SPCC's program provides all the skills and competencies necessary to sit for the national certification exam. This career-oriented program is designed for individuals who are focused on the health and well-being of their clients. Certification in massage therapy can lead to jobs in chiropractic offices, spas, salons, wellness and fitness center, or provide the opportunity to start one's own business.

The Massage Therapy program has minimal prerequisites for entry. Small class sizes ensure individual attention with state-of-the-art training and equipment.

For information about the program, call program director Mary Berger at 704-290-5865 or go to [www.spcc.edu](http://www.spcc.edu), click on "Corporate and Continuing Education" and scroll down to "Massage Therapy."

### Research on Children Who Stutter - Situation Should Not Be Ignored

Parents who notice their young child beginning to stutter should seek help right away; and help is available at most public libraries. In the past, experts incorrectly believed that paying attention to a child's stuttering would exacerbate the situation. It was even feared that offering the child therapy "would arouse the child's awareness and cause more stuttering," said Ehud Yairi, speech-language pathologist and researcher at the University of Illinois at Champaign-Urbana and Tel-Aviv University. However, research by Yairi published in the Journal of Speech, Language and Hearing Research reveals that all children may be aware of the differences between fluent speech and stuttering as early as age three, and that they often display a social preference for fluent-speaking children by the time they are four years old.

"These findings should provide support to the important idea that we should shift from a 'hands-off' approach to more direct therapy techniques, and even help to some with school-age children" added Barry Guitar, Ph.D., of University of Vermont.

"Any time parents are concerned about a child's fluency," notes Jane Fraser, president of the Stuttering Foundation, "they should educate themselves about the disorder and the many ways they can work to prevent stuttering from becoming a chronic problem."

The book, *If Your Child Stutters: A Guide for Parents*, also available in Spanish, answers for parents and teachers often have. Written by leading experts, it describes the difference between normal disfluencies and stuttering and gives tips for parents of ways to help their child immediately. A library that will shelve them can contact the Foundation at 1-800-992-9392, e-mail [info@stutteringhelp.org](mailto:info@stutteringhelp.org), or visit [www.stutteringhelp.org](http://www.stutteringhelp.org) or [www.tartarmudez.org](http://www.tartarmudez.org).

**Seven Tips for talking with your child**

1. Speak with your child in an unhurried way, pausing frequently.
2. Reduce the number of questions you ask your child.
3. Use your facial expressions and other body language to convey to your child that you are listening to the content of her message and not to how she's talking.
4. Set aside a few minutes at a regular time each day when you can give your undivided attention to your child.
5. Help all members of the family learn to take turns talking and listening.
6. Observe the way you interact with your child.
7. Above all, convey that you accept your child as he is.

### Don't Forget Your Sunglasses!

UV rays can increase the risk of cataracts, macular degeneration and other eye diseases.  
50% of UV damage to eyes is done before a person is 18 years old, so kids need sunglasses too!


Sunglass frames with a close fitting wrap around style provide the best UV protection.  
Polarized lenses reduce reflected glare from surrounding water.



**Remember the kids too!**

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Holly Allison Kiker, OD

## ANSON FAMILY OPTOMETRIC, PLLC.

1134 Holly Street Wadesboro (On Highway 74 across from Forbes Jewelers)  
704-694-3618 Monday-Thursday 8:30-5 & Friday 8:30-3:30

### Parks and Recreation Swim Lessons

The Anson County Parks and Recreation pool is open on Tuesday, Wednesday, Thursday, Saturday and Sunday, from 2 to 5 p.m. The fee to the pool is \$1 per person. The pool is closed on Mondays and Fridays for maintenance.

Swim Lessons will be available for \$18 on these dates:

- July 2 - 12
- July 16 - 26
- July 30 - August 9

Call 704-694-5868 or 704-694-5751 for more information.

## THE EXPRESS CLASSIFIEDS

### NCHurriClaims.com

New website helps North Carolinians prepare for hurricane season

Insurance Commissioner Wayne Goodwin encourages all North Carolinians to prepare for the hurricane season by visiting [www.NCHurriClaims.com](http://www.NCHurriClaims.com), a new website created by the North Carolina Department of Insurance. NCHurriClaims.com is North Carolina's source of insurance-related information related to hurricanes and other natural disasters. The website includes tips for before and after a storm, descriptions of insurance coverages, important contact information and more. It will be updated with news and alerts throughout the hurricane season, which runs from June through the end of November.

"Don't wait until a storm approaches to protect your loved ones and property. NCHurriClaims.com makes it easy for you to learn how to prepare," said Goodwin.

Learn more about the importance of reviewing your insurance policies, creating a home inventory, and compiling important documents in a secure place at [www.NCHurriClaims.com](http://www.NCHurriClaims.com).

<b>2010 Mercury Mariner</b> Premier Package 25K Miles <b>\$249 per month</b>	<b>2011 Ford F150 XLT 2WD</b> Crew Cab Black, 24K Miles <b>\$24,900</b>	<b>2010 Toyota Camry LE</b> 30K Miles Auto Silver <b>\$227 per month</b>	<b>2002 Pontiac Firebird</b> 66K Miles Black T-Tops <b>\$9,585 OBO</b>
<b>2011 Mercury Grand Marquis</b> White Loaded! Stk#1277P <b>\$235 per month</b>	<h2>SUMMERTIME DEALS</h2> <p>At Beachum &amp; Lee Ford!</p>		<b>Ford Fusion's</b> Several to Choose From! Starting at... <b>\$11,900</b>
<b>2000 Lincoln Navigator</b> Stk#1506B Super Buy At <b>\$7,500</b>	<b>2007 Ford Ranger</b> Reg Cab, 68K Miles Auto, White, V6 Loaded! Price Reduced...This Week Only <b>\$7,500</b>	<b>2010 Ford Edge Limited</b> White <b>\$259 per month</b>	
<b>2010 Mazda 5 6 Passenger Mini Van</b> 18K Miles All Power Loaded! Stk#1177P <b>\$229 per month</b>	<b>2012 Ford Focus SE</b> Charcoal Gray 21K Miles Moonroof <b>\$189 per month</b>	<b>2010 Ford Ranger</b> 14K Miles <b>\$189 per month</b>	<b>2005 Ford Focus ZX4</b> White <b>\$139 per month</b>

Special Used Car Low Rate Financing: 2011 2.99% for 75 months; 2010 @ 2.9% for 75 months; 2008 - 2009 @ 4.9% for 72 months; 2006 - 2007 @ 6.5% for 63 months; 2004 - 2005 @ 9.9% for 54 months. Based on \$1,800 cash or trade. Certain conditions apply; 760 or higher Beacon; does not include tax, tag, title & \$169 doc fee. \*\*Based on Ford certified used car credit.

### Request For Applications

#### Anson County Partnership for Children Announces Funding Opportunities for Fiscal Year 2012-2013

The Anson County Partnership for Children is the local, non-profit agency that directs the spending of Smart Start funds in Anson County. The partnership is currently seeking applications from individuals, for-profit organizations and not-for-profit organizations for the administration of the following approved activities.

Successful bidders must be able to meet bidder qualifications specific to the activities, including performance measures.

For more information and to obtain a bid package, please call Ashlie Jones at 704-694-4036 or email at [acpc@windstream.net](mailto:acpc@windstream.net).

**Completed bid packages due by 5:00 p.m. on Wednesday, June 27, 2012.**

- Child Care Resource and Referral
- Family Support
- Evaluation
- Education Support
- Reach Out and Read
- Raising A Reader

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