

Free Breath Control and Meditation Workshops Offered

Long Life Fitness is offering three free breath control and meditation workshops. They will be taught by Leslie Snow, RYT 200, ACSM-CPT. The workshops will be held on Tuesdays, July 9 and 16, from 7 to 9 p.m. and Saturday, July 13, from 9 to 11 a.m. at Calvary Episcopal Church in Wadesboro. You are invited to attend any one or all three.

Everyone can benefit from these workshops, especially people with respiratory dysfunction, those suffering from depression, anxiety and sleeplessness. Breath control, called pranayama in yoga, is considered more important than yoga postures for maintaining health and tranquility.

Meditation is also an important yogic tradition. It helps to quiet the mind and improve focus and concentration. Leslie will teach several methods of breath control and meditation during the workshops.

Bring mats, blankets and pillows for lying and sitting comfortably on the floor, if desired. Chairs are also available. Leslie Snow is a registered yoga teacher and certified personal trainer. She studied breath control and meditation in Rishikesh, India in February of this year. For more information contact her at 904-534-3141.

State Fire Marshal Urges Residents to Leave Fireworks to the Pros

Legal or not, Goodwin reminds citizens that fireworks are too risky for amateurs

Insurance Commissioner and State Fire Marshal Wayne Goodwin warns North Carolinians about the dangers of consumer fireworks as they celebrate this holiday weekend. "Many people falsely believe that because sparklers and similar fireworks are legal and readily available that they are safe," said Goodwin. "Too often, it's small consumer fireworks that start fires or cause serious burn injuries. I encourage North Carolinians to leave all fireworks to the professionals."

In 2012, about 8,700 people nationwide ended up in hospital emergency rooms with injuries involving legal and illegal fireworks, with 60 percent of those injuries occurring in the month surrounding the July 4th holiday, according to the U.S. Consumer Product Safety Commission. Injuries from sparklers, bottle rockets and small firecrackers made up approximately 1,000 of those emergency room visits.

"It is really tragic that a day of celebration can be changed in an instant by the use of consumer fireworks," said Dr. Bruce Cairns, M.D., a trauma surgeon at the North Carolina Jaycee Burn Center at UNC Healthcare in Chapel Hill. "One of the major goals of the Jaycee Burn Center is to provide care to burn victims as early as possible. We support the fire service in encouraging families to enjoy a fireworks display provided by trained and licensed professionals."

A simple handheld sparkler can burn at a temperature of 1,200 degrees Fahrenheit. To put that into perspective, water boils at 212 degrees, a cake bakes at 350 degrees and wood burns at 575 degrees.

Last year in North Carolina, fire departments responded to more than 100 fireworks-related calls with an estimated \$300,000 worth of property damage.

North Carolinians are encouraged to only attend public fireworks displays performed by trained and permitted professionals. After the display, do not pick up or touch leftover fireworks because they may still be active.

"On the Fourth of July, we want everyone in the state to enjoy a fireworks and safe celebration of our nation's founding; however, even legally sold consumer fireworks pose a serious danger," said Interim Deputy Chief Dace Bergen of the Chapel Hill Fire Department. "It only takes a second to become seriously burned by high-temperature sparklers or other fireworks. Please consider attending one of the professional displays in your area, such as the fireworks celebration planned for UNC's Kenan Memorial Stadium."

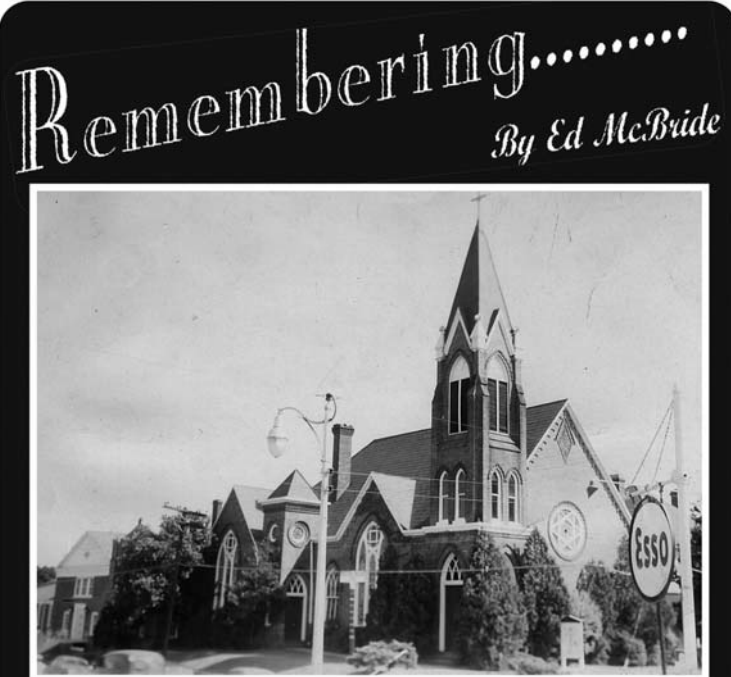
Pressure Canner Dial Gauge Testing

It is that time of year again. Gardens will be coming off and people will start pulling out their canners to put up vegetables. Pressure canning is a must for all low acid foods. This includes all vegetables, meats, poultry, seafood and soups or a combination of any of these items.

Make sure your steaming dial gauge is correct. The Anson Cooperative Extension Center is offering Pressure Canner Dial Gauge testing for steam dial gauge lids only. Weighted gauges do not require testing.

The Extension Center will offer free testing throughout the season, ending late summer, July 31. Simply bring your canner lid, or just the gauge, to the Extension Center at 501 McLaurin Street and drop it off. Gauges will be checked, and you will receive a call when it is ready to be picked up. Office hours are 8:30 a.m. until 5 p.m. Canning publications and information are also available.

For questions and information contact Janine Rywak, County Extension Director at 704-694-2915.



First Methodist Church

Wadesboro's First Methodist Church was organized in 1790, later meeting under "the arches" of the old court house until the deed for property (1832) and the wood church was completed on a lot that was, until recent years, Crawford Motor Company's car lot on Salisbury Street. This church building was replaced in 1891 with a brick church with elevated sanctuary floors, stained glass windows, curved rows of pews, and many other features - built on the corner of South Greene and East Morgan Streets.

Pictured above is that church in the early 1950's - and no, the Esso sign was not part of the church property, but was on the opposite corner service station lot which was adjacent to the Blalock Motor Sales Company.

However, the sign in front of the tall shrubbery had, at one time, been the church sign with

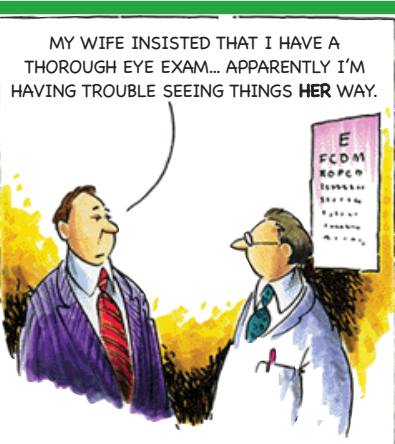
changeable message space, glass covered, too. My job was to "fix it" - so I covered the entire frame with a new metal panel - hand lettered "First Methodist Church" times for services, "Welcome" and the Pastor's name. This sign served well until the building program for the new (current) sanctuary was completed.

Some interesting facts: This church was at one time part of the South Carolina Annual Conference, which encompassed part of Mecklenburg County and Virginia. There were not any places here large enough for the conference except the newly built Kilwinning Lodge building, which was on the corner then of West Martin and South Greene Streets. The Conference did meet at the Lodge. Old records of the Methodist Church and the Masonic Lodge refer to same!

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Hey, Isn't that a Gulf Coast Spiny Softshell Turtle?

We understand if you have never seen nor heard of the Gulf Coast Spiny Softshell Turtle. Neither had we until J. D. Bricken, the Manager of the Pee Dee National Wildlife Refuge showed us this picture of one he caught on Tuesday, June 18.



Bricken said, "The North Carolina Zoo in Asheboro asked me to capture a softshell turtle for their exhibit if I could," Bricken said. "I've looked, but have never seen one until I spotted this one on the bank of Brown Creek at the Refuge. I managed to run over and catch it by the tail before it could escape back into the water."

The turtle was unharmed during the capture, and Bricken contacted the NC Zoo about it. A zoo representative came to the refuge, measured the turtle, and declared that Bricken had captured the largest softshell turtle ever measured - a state record! Bricken's turtle measured 470 millimeters across, beating the old record of 454 millimeters. Unfortunately though, the turtle was so big that it would not fit in the area the zoo had created for a softshell turtle! Bricken turned it loose where he caught it.



If you've never seen a softshell turtle it could be because the critter is shy, and it has a snorkel shaped nose that allows it to breathe without emerging from the water. They are not endangered, and thrive in Anson County.

The Pee Dee National Wildlife Refuge is located at 5770 US Highway 52, about 7 miles north of Wadesboro. Their telephone number is 704-694-4424.

Wesley Horne Installed as Rotary Club President

For the second straight year, the president of the Wadesboro Rotary Club is a third-generation Rotarian. Wesley Horne was installed as President for 2013-14 at the club's recent installation banquet. He follows his father Chuck Horne, who served as President in 1994-95, and his late grandfather Ken Horne, who was President in 1959-60.

Last year Carly Little, followed her father, Henry Little, and grandfather, Hal Little, as President of the Wadesboro club.

Little will continue to serve on the board of directors as immediate past president. Other officers for 2013-14 are Todd Moore, President-Elect; Leslie Leslie, Vice President and Membership Chair; Ashley Rivers, Secretary; and Kim Ingold, Treasurer.

The board of directors also includes: Jarvis Woodburn, Sergeant-at-Arms; Past District Gov. Lois Crumpler, Club Trainer; John Witherspoon, Foundation Chair; Lewis Evans, Community Service Chair; Ken Caulder and Terri Martin, Club Service Co-Chairs; Kim Ingold, Vocational Service Chair; Jason Kiker, New Generations Chair; Alex Sewell, Public Relations Chair; and Don Altieri, Planetarium and Science Center Chair.

Also at the club's installation banquet, Jason Kiker and Chris Johnson were named Paul Harris Fellows. Kiker was cited for his efforts with New Generations, his role as adviser of the Wadesboro Rotary Club's Youth Shooting Team, and for serving as sponsor/host of the club's sporting clays competition. A non-Rotarian, Johnson was recognized for his community service work. The club made \$1,000 contributions in each recipient's name to the Rotary International Foundation.

Founded in 1927, the Wadesboro Rotary Club is one of 58 clubs in Rotary International District 7680, which includes approximately 3,000 clubs in 14 west-central North Carolina counties. Rotary International includes 14,000 clubs and about 1.2 million members worldwide.

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