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Small Business Administration Offers Disaster Assistance to Anson County

North Carolina residents and businesses, including those in Anson County, affected by severe weather, wind and rain June 13 can apply for low-interest disaster loans from the US Small Business Administration, SBA Administrator Karen G. Mills announced Wednesday. Mills made the loans available in response to a letter from Gov. Pat McCrory on July 3, requesting a disaster declaration by the SBA. The declaration covers Anson County and the adjacent counties of Cabarrus, Davidson, Montgomery, Richmond, Rowan, Stanly and Union.

"The SBA is strongly committed to providing the people of North Carolina with the most effective and customer-focused response possible to assist homeowners, renters, and businesses of all sizes with federal disaster loans," Mills said. "Getting businesses and communities up and running after a disaster is our highest priority at SBA."

Loans up to \$200,000 are available to homeowners to repair or replace damaged or destroyed real estate. Homeowners and renters are eligible for loans up to \$40,000 to repair or replace damaged or destroyed personal property," said Frank Skaggs, director of SBA's Field Operations Center East in Atlanta.

SBA's customer service representatives are available at the Disaster Loan Outreach Center to answer questions about the disaster loan program and help individuals complete their applications.

The Center is in the Stanly County Agri-Civic Center, 26032 North Road in Albemarle. Hours will be 8 a.m. to 5 p.m. through Friday, July 19 and 9 a.m. to 1 p.m. on Saturday, July 20.

Fountain Hill United Methodist Church Celebrates 200 Years

Fountain Hill United Methodist Church Bicentennial Celebration - 1813-2013

On Sunday, July 28 the congregation of Fountain Hill United Methodist Church will host the 200th Birthday celebration of their church. Located on the edge of Anson County at 7320 Highway 218 East in Peachland, activities will include displays of past memorabilia, a balloon launch, a time capsule ceremony, an old-time hymn sing-along as well as a free catered lunch. Excitement abounds as plans are being made to honor God's church.

Originally known as Traywick's Meeting House and established by Berryman Traywick in 1813, the first church was made up of eleven members. Services took place at Mr. Traywick's residence. A grandson of Mr. Traywick, Reverend Joe B. Traywick, wrote an article in 1922 and described the house as a "crude stick and dirt log cabin." Rev. Traywick wrote that his grandfather, "moved from Wake County, along with his three brothers-in-law and a Mr. Chaney and settled in the wilderness in what is now Fountain Hill community in the fall of 1802. The land was one vast wilderness, with no towns and no roads, merely a few pioneer settlers and a few cleared trails." Berryman Traywick built his cabin "close to the strong fountains of water that fell from the hill." Rev. Joe Traywick remembered "drinking from the historic spring of clear water after a fervent and interesting Sunday afternoon sermon."

In circa 1825 the first actual church building was built. It was a log structure that sat on land that is recorded as located "some 500 yards from the present site near the old Carroway cemetery." The name was changed to Lebanon. In March of 1854, "sparks from a nearby trash fire burnt the church building to the ground."

"Another church building was erected in 1855 near Fountain Hill's present day location in the corner of Anson County. This land hosted a majestic flint rock hill out of which flowed a refreshing fountain that was a water source for many families in the 'White Spring' or 'Fountain Hill Spring' community." (This spring remained viable and flowing until late 2005) It was in 1855 that the name of the church was changed and remains Fountain Hill. This land, "containing four acres more or less," was deeded to the trustees of the church in 1881 by Mr. Asa Traywick, who was the son of Berryman Traywick.

In 1891 another frame church was built where the present day church stands. It was approximately 100 yards from the 1855 church location.

"As the community and congregation grew, the need for more auditorium space and church school rooms grew. In 1937 the decision was reached to excavate and utilize flint rock from the nearby hill and build a church for the future years. With the cooperation and faithful work of the people of the community, irrespective of denominational lines, rock was gathered and placed on the grounds. Timber was also milled from the grounds and the Duke architect drew up plans and Mr. Helms, a contractor from the Unionville area, built the present day Fountain Hill Methodist Church. The church building was valued at \$7,000 in 1937 and was paid for by the date of dedication in the same year."

In 1977 a Fellowship building was added, with the mortgage retired on that addition less than a year after construction.

In 2013 the congregation of Fountain Hill United Methodist Church is blessed to continue to worship in the beautiful, quaint, unique building constructed from materials provided from God's earth and gathered by the hands of many of their ancestors. Reverend Coy D. Blackman serves as the pastor for Fountain Hill/Mt. Moriah Charge, and together the two churches build and maintain a parish.

Although small in number, the congregation of Fountain Hill United Methodist Church - both past and present - exemplifies that all things are possible for those that love and trust God. Happy 200th Birthday Fountain Hill!

Statewide Growing Awareness in Buying Local Food

As North Carolina farms begin their peak produce season, consumers have greater access to fresh, local fruits and vegetables through the growing number of farmers markets and other produce marketing efforts across the state. As a result, North Carolinians have an opportunity to reverse a pattern described in a new report from the Centers for Disease Control and Prevention that said North Carolinians are still not eating enough fruits or vegetables.

"A diet high in fruits and vegetables is important for managing weight and preventing many chronic diseases including diabetes, heart disease and some cancers, all of which currently add to health care costs in North Carolina," said Dr. Carolyn Dunn, professor of nutrition and NC Cooperative Extension specialist at NC State University.

This is an important issue for North Carolina because the cost of health care for diet-related disease in the state is skyrocketing. The cost of excess weight alone is more than \$17.6 billion annually for the state, according to a 2012 report by Be Active North Carolina.

The CDC's 2013 State Indicator Report on Fruits and Vegetables (located at www.cdc.gov) reported that four out of 10 North Carolina high school students (44.5 percent) and adults (40.8 percent) eat fruit less than one time per day, both worse than the national rates of 36 percent and 37.7 percent respectively. About four out of 10 NC high school students (39.6 percent) and two out of 10 NC adults (21.9 percent) eat vegetables less than one time per day, with adults doing better and high school students doing worse than the national rates of 37.7 percent and 22.6 percent respectively.

The median fruit intake by NC adults as well as adolescents was once daily. For adolescents this is the same as the national average, but for adults this is slightly below the national average of 1.1. The median vegetable intake by NC adults is the same as the national average (1.6 times per day), and intake for high school students is 1.1 times per day (slightly below the national average of 1.3).

"There are many exciting projects across the state that focus on getting children and teens to eat more fruits and vegetables," says Dr. Nancy Creamer, co-director of the Center for Environmental Farming Systems.

FoodCorps, a partnership of CEFS and 4-H, is an example of these efforts. FoodCorps, based on the model of AmeriCorps, places service members in school gardens working on nutrition education, garden engagement and farm-to-cafeteria access. This year, the six service members in North Carolina have engaged more than 7,000 children this academic year alone. Data show that people who raise their own produce are more likely to eat fruits and vegetables.

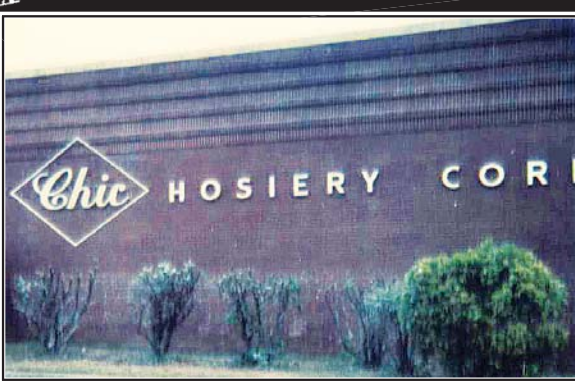
In Goldsboro, Students Working for an Agriculture Revolutionary Movement, or SWARM, is the Wayne Food Initiative's emerging leaders program for youth ages 16-19 and is coordinated through partnership with CEFS. Students from multiple Goldsboro high schools participate in SWARM. The HBO series Weight of the Nation recently chronicled a SWARM teen successfully advocated to bring a salad bar to her Goldsboro high school.

The 10% Campaign is a CEFS effort aimed at encouraging consumers, business and food service groups to spend 10 percent of their food dollars on locally sourced foods. The 10% Campaign website (www.nc10percent.com) includes information on where to find local food across the state, including farmers markets, grocery co-ops, restaurants, community-supported agriculture programs and produce box subscriptions.

Since 2010, the 10% Campaign has recorded nearly \$40 million dollars in local food purchases by more than 6,500 individuals and more than 850 businesses. Consumers can sign up through the website and report their local food purchases to help increase these numbers.

The State Indicator Report on Fruits and Vegetables summarizes North Carolina's data from multiple sources for fruit and vegetable consumption, as well as environmental supports that can make it easier for North Carolina residents to make the healthy choice to eat more fruits and vegetables.

Remembering.....
By Ed McBride



Chic Hosiery Corp.

Another "look back" - for just a "little while." Remember the former Burlington hosiery plant on White Store Road? It closed many years ago, then a new business reopened in the building, Chic Hosiery Corp.

I got the to make their new sign, using their logo. The picture of the sign above was made when I installed the sign, on May 11, 1982. This sign was all hand made by me, with white all metal letters. I used copy from a business envelope...and the sign finished at several feet tall - quite some difference in size!!

As you can see, some of my jobs were quite different than the sketches or drawings that were given to me!

So many changes and additions as time marches on and on! Ed

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Remembering.....
By Ed McBride

THE BOOK IS NOW AVAILABLE

We are pleased to offer this 80 page book containing nearly 200 Remembering columns by Ed McBride that were published in The Express Newspaper.

This book was presented to Ed for his 90th birthday, August 10, 2012. The subjects of his columns - people, businesses, churches, schools, events - have touched the lives of many people associated with Anson County, North Carolina and beyond.

Each book is printed to order, therefore the price is slightly higher than mass produced books.

Call The Express for information, 704-694-2480 or visit www.Blurb.com and search "Ed McBride."

A Collection of Columns

Written by Ed McBride for The Express Newspaper

REMEMBERING.....
By Ed McBride

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