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Four Die in Sunday Wreck

Four members of a family from Ansonville were killed in a head-on collision Sunday morning, July 15th on Highway 52 north of Wadesboro. The victims were Ryan Robinson, 41, his fifteen year old daughter, Latavia, and his two granddaughters, Latresha Wall, 13 and Taleyah Wall, 10. The only other passenger, Robinson's wife Rose, was seriously injured in the crash. According to the North Carolina Highway Patrol, which is still investigating the crash, Cheryl Powell Bailey, 44, of Wadesboro was driving north on Highway 52 in a 2007 Chrysler van when she crossed the center line, striking Robinson's 2001 Audi. Bailey suffered a broken pelvis and broken femur. It is reported that the occupants of both vehicles were on their way to church at the time of the accident. Sources have said that Robinson was wearing a seat belt, but the three girls were not wearing their seat belts. According to WSOC TV Bailey was airlifted to CMC with serious injuries where she remained Monday afternoon. Bailey told investigators she doesn't remember anything prior to the accident, and troopers still don't know what caused her to drift across lanes. Robinson's family members are struggling to deal with their loss. "They loved to go to church, always wanted to go to church," said Tameka Little, mother to Latresha and Taleyah. Little said the two girls called her after they left for church services to tell her they loved her -- just moments before the crash. "We did that every day, every night, say good night, I love you," Little told WSOC Eyewitness News through her tears. "I just miss them...I just miss them." Other relatives described all three girls as constant companions, with bright futures and a love for singing and dancing. "Latavia was a cheerleader, in fact she had just made varsity at Anson High School," said her cousin, Demetrice Elliott. "We know that God has a plan, and the only thing we have to lean on...there's a purpose for everything, and we don't question it. He needed them for something. Their work here was done. We just have to keep the faith." The Highway Patrol has stated that charges against Bailey are pending.

Wadesboro Man Dies from Apparent Stabbing

Officers from the Wadesboro Police Department are investigating a homicide that took place Saturday evening, July 14th at about 9 p.m. It is reported that the officers responded to a 911 call where the caller hung up, but not before a loud noise was heard in the background. When officers arrived at the residence, belonging to Dexter Little and located on Ballard Street, they found Prince McBride, 48, bleeding outside. They immediately administered first aid to McBride until rescue personnel arrived. He later died at Anson Community Hospital. Little was arrested at the scene. He was reportedly standing on the front porch holding a knife. The North Carolina State Bureau of Investigation (SBI) is working with the Wadesboro Police Department on this case.

Democrats Endorse Write-In Candidate

The Executive Committee of the 8th Congressional District Black Leadership Caucus Political Action Committee met on Saturday, July 7th and announced that they would endorse Antonio Blue, Mayor of Dobbins Heights in Richmond County, to be the write-in candidate to replace Congressman Larry Kissell. Their official statement was, "The Executive Committee and the general membership feel that Congressman Kissell has abandon issues that are crucial to the survival of low wealth individuals and communities across the 8th District. The candidate we have chosen, a retired military person is known on state and federal levels. He is an elected official who is fair and consistent. This man is committed to improving the lives of the people that he serves and will make an excellent representative for the people of the 8th Congressional District. We present to you Antonio Blue, write-in candidate for United States Congress, representing North Carolina District 8."

Three Months and Fifteen Pounds Later, I'm Hooked!

How many times have I said, "Vegetarians do not eat meat, therefore I could never be a vegetarian." But now, three months into a near "Whole Food, Plant Based Diet," I can see how easily vegetarianism is catching on, and how I am almost classified as one myself, while shaking my head in total disbelief at that very thought. So here's how this odd but factual story unfolds. Three months ago my husband Allen watched a documentary called *Forks Over Knives* and the next evening encouraged me to watch it as well. Of course I was reluctant and actually dreaded it, but agreed. Less than five minutes into the movie I was hooked! Allen recounted his, "Maybe we should try this," attitude and changed it to something more along the lines of, "Melanie, we don't have to do this with full steam ahead. We should just gradually make some changes to improve our health." But it was way too late for that. Like I said, I was hooked on the idea that eating a plant based, whole food diet was the key element I had been missing in my quest for better health. We typically ate some form of meat twice daily, including small portions of beef, pork, fish, chicken or truthfully, whatever we felt like or wanted to eat as our only guide. Why? Because we are both meat eaters, no, meat lovers! So this seemed like a very unlikely task to achieve in the very early stages. Admittedly, I had my doubts that I could stand it for three days, much less three months. Although we already ate lots of vegetables, we began adding fresh fruits and even more vegetables from our local IGA and Food Lion grocers, and we also extended out to a food coop for organically grown fruits and veggies. We included whole grains and legumes such as beans and found that it was basically, "As easy as pie." In three months I can honestly say that we've had one steak, and chicken twice. Well, Allen has cheated a few more times than I, but with both of us onboard this wild and crazy, mostly meat and dairy free ride, we are not afraid to talk about it any longer. We didn't tell anyone about our endeavors for fear we'd fail, miserably. But neither of us did, and three months and fifteen pounds later, we feel more invigorated, have more energy, our skin feels and looks healthier and we've both shed a bit of weight. Allen, I'm proud to say has lost the bulk of the 15 pounds, and I've lost about 2.5 pounds. But it wasn't at all about losing weight in the beginning it was about better health. Before the change in our diet I was at a point where I had to take an afternoon nap almost regularly, I now find that I am looking for things to do with my newfound excess of energy. It's great! This is the best I've felt in over ten years and I have nothing but my husband and my diet to thank. Let me encourage you to consider taking steps toward this way of thinking, way of life. By eating a variety of vegetables, fruits, whole grains, legumes and cutting out processed foods, sugar, white flour, meats and even dairy, you will find that you not only feel full and satisfied, but very quickly will feel better in general. Aim to fill your plate mostly with varieties of plant based, whole foods, which are filled with nutrients and fiber, rather than a t-bone or a slab of ribs. Try using almond milk on your whole grain cereal rather than regular milk. Use vegetable broth, vinegar, teriyaki or barbeque sauce for cooking instead of oils and butter. Substitute applesauce and pumpkin for shortening and butter when you bake, or just try to eliminate sugar when possible. The only thing it offers you is empty calories. Whole foods are foods that are unprocessed and unrefined, or processed and refined as little as possible, before being consumed. Whole foods typically do not contain added ingredients, such as salt, carbohydrates or fat. Examples of whole foods include unpolished grains, beans, fruits, vegetables and non-homogenized dairy products. Processed food has many definitions. The FDA defines it as any food other than a raw agricultural commodity, and includes any food that has been subject to processing, such as bleaching, dehydrating, chemically treating, pulverizing and more. The definitions might vary, but most will agree, if you can't pronounce the ingredients, you shouldn't be eating it. Research shows that vegetables and fruits protect against a range of cancers. There are many reasons why. As well as containing vitamins and minerals, which help keep the body healthy and strengthen our immune system, they are also good sources of substances like phytochemicals. These are biologically active compounds which can help to protect our cells from damage that can lead to cancer. Foods containing fiber are also linked to a reduced risk of cancer. These foods include whole-grain bread and pasta, oats and vegetables and fruits. Fiber is thought to have many benefits, including helping to speed up 'gut transit time' - how long it takes food to move through the digestive system. From my own short span of research, all I can say is, "I never in a million years thought I could transform so easily, without a hitch, with hardly a miss for anything that used to take up most of my plate." But it's the absolute truth. What started as a kind of joke has now brought both Allen and me as close to a vegetarian diet as we can be without calling ourselves true vegetarians, because we're not vegetarians. But this lifestyle change has improved our quality of life so drastically; neither would revert back to their former poor dietary habits. We just don't feel as neutral and we don't have an urge. We have definitely changed in a radical way. Our tastes have changed and the foods we used to crave now taste differently. If there happens to be something we want, like that steak we enjoyed, then we'll have it. But again, that's the only steak either of us has eaten in the entire three months. Had you asked me in April what I believed I would miss the most, my answer would have been, "A nice thick ribeye steak." I've always heard that experience is the best teacher, and what began as an experimental experience has taught me well. I know we no longer need meat or dairy products on a regular basis, if at all. And I know that eating healthier has made us both healthier people. It took experiencing that to actually believe it. But believe it I do. Come on and try it. I dare you to feel better!
By Melanie Lyon

Calvary Episcopal Church Children's Choir Circa Early



Pictured here is the Children's Choir at Calvary Episcopal Church in the early 1950's. They are, from left, front row: Elaine Brock, unknown, William Glazier, Margaret Ann Sparger and William Osborne. Second row: Bobby Osborne, Cynthia Glazier, Phillip Treadaway, Hilda Little and Bennett Griffin. Third row: Kay Winfree, Gail Blalock, unknown, Tommy Griffin, Judy Covington, Judy Caligan and Ross McConnell. Back row: Louise Treadaway, Frances Brock, Johnny Crider, Sidney Caligan, Jr., Ann Cameron Bowman and Jane Covington. Mary Charlotte Griffin and Reverend Harvey Glazier are standing in the back.

Wadesboro Police Offering \$5,000 Reward for Murder Information

The Wadesboro Police Department is offering a \$5,000 reward for information that will solve the February 2012 homicide of Sherri Evangelisti. Investigators are hoping the reward will help lead to a break in the case. According to family members Evangelisti was last seen on Thursday, February 9, 2012. Her body was discovered in an abandoned home on Klutz Street in Wadesboro on Tuesday, February 14th. The Wadesboro Police Department is asking anyone with any information to please contact them at 704-694-2167.

Patriotic Bach's Lunch is Today

Anson County Arts Council's July Bach's Lunch is today, from 12 noon to 1 p.m. This month's entertainment will feature patriotic music performed by Danielle and Rodney Clements. Come out and enjoy a box lunch of chicken salad on croissant with lettuce and tomato, potato salad, pickle, dessert and drink. Tickets are \$10.

1 Car Accident Injures Lumberton Man

At approximately 6:45 a.m. on Saturday morning, July 14th a compact car driven by Michael Poletti from Lumberton struck a power pole in front of the Laser Wash on Caswell Street in Wadesboro, resulting in the car overturning and injuries to Poletti. No other vehicles were involved in the accident. Ashlee Scarborough of Wadesboro came upon the accident immediately after it happened. "I went to the driver's side window of the overturned car to check on the driver. He was conscious, and told me his name and where he was from. I stayed there to comfort him until emergency personnel arrived," Scarborough said. "Upon his arrival at the scene of the accident Anson County Emergency Services Director Rodney Diggs pointed out to me that live wires were in the road right beside me as a result of the power pole that was broken in half by the impact of Poletti's car. I am so glad that no one else was involved." Witnesses observed several beer cans and bottles in Poletti's car, and reported a strong smell of alcohol. Poletti stated that he had come from Highway 220 in Rockingham and was on his way home to Lumberton, but he actually was traveling west on Highway 74 in the opposite direction from Lumberton. Judging by the skid marks, it appears that Poletti lost control of his vehicle in the area of Stanback Ferry Road, overcorrected, then went into a skid that was measured to be in excess of 100 feet before he hit the power pole. It was reported that he suffered arm and leg injuries.

Back to School with Pride Needs Your Help

The Back to School Pride event will be held again this year. This is a chance for the community to support area school students who are in need of uniforms and school supplies. This year's event will be held at Hatcher Park in Lilesville, beginning at 4 p.m. Many of you may not realize how much need there is among students whose families are struggling just to provide food and shelter. The added cost of basic clothing needs and necessary school supplies are sometimes just out of reach for those families who really are trying to make things better for their children. Those families may not be asking for a handout, but Vancine Sturdivant and Ester Lindsey are two Ansonians who have recognized their difficulties, so their Back to School with Pride program was hatched to help provide some of those students with the things they need. These are things that many of us may take for granted, but are so difficult to obtain for others...like pencils, paper, notebooks, uniforms and shoes. To give donations of money, uniforms or school supplies, all of which will be for the benefit of Anson students, please contact Vancine at 704-848-4412 or Ester at 704-848-8452.

Free Healthcare Information for Vets

Nurse educators from the rural health program at the W.G. (Bill) Hefner VA Medical Center in Salisbury will be conducting a diabetes self-management course at the Anson County Veterans Service Office, located at 111 North Greene Street in uptown Wadesboro on Thursday, July 19, July 26, August 2, August 9 and August 16. The 10 a.m. classes are free of charge. All veterans currently receiving VA health care are encouraged to attend. Former and current military members and their family members are also invited to attend the classes. The team also provides assistance/education on registration and enrollment for VA health care. For more information, contact the rural health program office, at 1-800-469-8262, ext. 4937/4642/4938, or visit www.salisbury.va.gov. Rural health outreach activities are posted at www.salisbury.va.gov/calendar.

Local Author Book Signing



Sandy Bruney with Hampton B. Allen Library Manager Donald Perkins.

Donald Perkins, Manager of the Hampton B. Allen Library, is shown here accepting two complimentary copies of "The Lunch Club" from Wadesboro author Sandy Bruney. The library will host a book signing by Sandy from 4 to 6 p.m. on Thursday, August 2. The novel is Bruney's second with Draumr Publishing. Like her first novel, "Angels Unaware," the story is about friendship and how it empowers women to face life's changes. Sandy also wrote a memoir, "I'd Rather go to California," and "Plot" with Elbert Marshall. Bruney's books are available locally at the Anson County Arts Council and at Fancy Crafts. E-book versions as well as print copies are available at www.amazon.com and www.barnesandnoble.com.

W.A.L.L. Meeting August 5

Anson County's W.A.L.L. (Protecting Our Water, Air, Land and Lives) will have a meeting for the public to attend on Sunday, August 5 at 4 p.m. in the basement of the Hampton B. Allen Library. For more information contact them at ansoncountysuall@yahoo.com.

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