

HOMECOMING
 Sunday July 31 10:30am
LEON WHITLEY
is bringing the Homecoming message
 Bring a covered dish for lunch to follow service

CHURCH HOMECOMING & Revival

Aug 1: Jeff Glenn
 Aug 2: Johnnie Williams
 Aug 3: Chris Jackson
 Aug 4: Jerome Cash

ROCKY RIVER BAPTIST CHURCH
 297 Rocky River Church Road in Polkton
 In the Burnsville Community

Anson County Beekeepers Not Meeting in July

The Anson Beekeepers Association will not have a meeting this month because the NCSBA summer meeting in Hickory takes place July 28 to 30 of this month.

Check The Express for upcoming details of the next bee meeting that will take place on Thursday, August 25. You can also visit the Anson Beekeepers Association on Facebook.

Robin Sage Exercise is Taking Place

This is a press release from Fort Bragg: Special Forces candidates are participating in the Robin Sage training exercise, held within multiple North Carolina counties as the final test of their Special Forces Qualification Course training.

Between July 16 to August 3, students participate in this exercise before graduating the course and moving on to their first assignments in the Army's Special Forces community. Robin Sage is a two-week culmination exercise. The participants are students at the U.S. Army John F. Kennedy Special Warfare Center and School, based out of Fort Bragg.

The exercise's notional country of Pineland encompasses Alamance, Anson, Bladen, Brunswick, Cabarrus, Chatham, Columbus, Cumberland, Davidson, Guilford, Harnett, Hoke, Lee, Montgomery, Moore, New Hanover, Randolph, Richmond, Robeson, Rowan, Sampson, Scotland, Stanly, Union, and Wake counties in North Carolina and the South Carolina counties of Chesterfield, Dillon and Marlboro. Throughout the exercise, military and civilian support personnel, as well as community volunteers who serve as auxiliary, will participate in and/or provide support during each of these exercises. Military service members from units across Fort Bragg will also support the exercise. These military members act as realistic opposing forces and guerrilla freedom fighters, also known as Pineland's resistance movement. These troops play a critical role in the training exercise. To add realism of the exercise, civilian volunteers throughout the state act as role-players. Participation by these volunteers is crucial to the success of this training, and past trainees attest to the realism they add to the exercise.

All Robin Sage movements and events have been coordinated with public safety officials throughout and within the towns and counties hosting the training. Residents may hear blank gunfire and see occasional flares. Controls are in place to ensure there is no risk to persons or property. Residents with concerns should contact local law enforcement officials, who will immediately contact exercise control officials.

For the U.S. Army John F. Kennedy Special Warfare Center and School, safety is always the command's top priority during all training events. The following measures have been implemented:

- Formal written notification to the chiefs of law enforcement agencies in the affected counties, with a follow-up visit from a unit representative.
- All civilian and non-student military participants are briefed on procedures to follow if there is contact with law enforcement officials.
- Students will only wear civilian clothes if the situation warrants, as determined by the instructors, and will wear a distinctive brown armband during these instances.
- Training areas and vehicles used during exercises are clearly labeled.

Robin Sage is the U.S. military's premiere unconventional warfare exercise and the final test of over a year's worth of training for aspiring Special Forces Soldiers. Candidates are placed in an environment of political instability characterized by armed conflict, forcing Soldiers to analyze and solve problems to meet the challenges of this "real-world" training.

We appreciate the support and consideration the citizens of North Carolina extend to the Soldiers participating in the exercise and thank them for their understanding of any inconveniences the training may cause. Questions concerning the exercise should be referred to the U.S. Army John F. Kennedy Special Warfare Center and School Public Affairs Office at (910) 396-9394, or by email at pao_swcs@socom.mil.

In the event of an emergency, please contact your local law enforcement agency.

New Arrivals

WE FINANCE
 MONTHLY PAYMENTS
 FAST & EASY APPLICATION
 Own it now!

AIR CONDITIONERS
 ALL SIZES HEAT+COOL UNITS

STORAGE CABINETS

SECTIONALS

SAME OR NEXT DAY DELIVERY!

VISIT OUR SLEEP SHOP
 GREAT SELECTION OF BEDS & MATTRESSES

MARTIN FURNITURE FACTORY OUTLET
 Highway 74 West in Wadesboro • 704-694-3185
 OUR HOURS Mon-Fri 8:30-5 Closed Saturday 8:30-1 Sunday

Don't let leg pain slow you down.

One in every 20 Americans over the age of 50 suffers from PAD - a condition caused by plaque or fatty deposits in the arteries that limit blood flow to the legs and feet. This puts them at greater risk for heart attack, stroke and limb loss.

Symptoms of Peripheral Arterial Disease (PAD)

PAIN ACHING NUMBNESS

DISCOLORATION BURNING SENSATION SWELLING

Call (704) 226-0531 for your PAD assessment today!

METROLINA SURGICAL SPECIALISTS, PLLC
 Vascular Surgery • Endovascular Intervention
 Obinna N. Eruchalu, MD, FACS, FICS, RPVI

907 Fitzgerald Street • Monroe, NC 28112
 Phone (704) 226-0531 • Fax (704) 292-7880
NOW ACCEPTING NEW PATIENTS Monday-Friday 8 a.m. to 5 p.m.

Laying the Foundation

Growing up as a young girl in the small community of Burnsville, NC, Master Sergeant (MSG) Tameka Elaine Horne has always aspired to become a woman of great stature. Throughout her 23 years in the Army, she expressed the appreciation to mentors who have influenced her career, including family members who supported her. She gives honor to her parents Rayvon and Margaret Horne for instilling important values in her at a very early age.

Values reflect our sense of right and wrong. In addition, they help us grow and develop in ways that create the future we want. Ultimately, the decisions we make every day reflect our values. Without a strong foundation, it is often difficult to create anything of value. Therefore, in order to establish good key relationships in your life, you need strong foundations to build upon. The Burnsville Recreation and Learning Center (BRLC), in fact, is one of those avenues where people oall ages can go to seek guidance and self-development. Mrs. Carol Smith and her dedicated staff who volunteer their services have continued to do all these things and more.

MSG Horne stated that, "Being a part of such an amazing organization, which started during my childhood years, truly made a huge impact on my life, holistically. She still enjoys giving back to such a prosperous nonprofit organization whose overall goal is to empower, inspire, and help build successful futures."

BRLC has not only been instrumental in the Burnsville community, but many other surrounding areas. As the years progress, with relentless help of hard-working volunteers, who also believe in growth and prosperity, the Burnsville Recreation & Learning Center will continue to be a strong foundation for those in need of all the wonderful services the organization provides, such as Food Drives, Youth Summer Camps, Education Programs, etc. "When we strive to become better than we are, everything around us becomes better too." -Paulo Coelho

MSG Horne's awards and decorations include the Bronze Star Medal, Meritorious Service Medal (3OLC), Joint Service Commendation Medal, Army Commendation Medal (4OLC), Joint Service Achievement Medal (1OLC), Army Achievement Medal (2OLC), Joint Meritorious Unit Award, Army Good Conduct Medal (6th Award), National Defense Service Medal, Afghanistan Campaign Medal-Campaign Star (2 stars), Iraq Campaign Medal (2 stars), Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, and many others from three deployments and previous assignments.

Her next duty assignment will be in Fort Bliss, TX, where she will attend the Sergeant Majors Academy beginning August 2, 2022, in pursuit of attaining her next promotion to Sergeant Major.



Master Sergeant Tameka Elaine Horne

Choosing Healthier Cereals

Cereal can be a great breakfast option. It's quick, easy, and there are lots of healthy options to choose from. Many cereals have lots of added nutrients that children need to grow up healthy, especially when they're paired with milk. Although there are many healthy cereals, there are also many unhealthy options too. Check out these tips to make sure you are choosing the best cereal for your family.

Colorful Packaging Cereals marketed to children—the kind with colorful packaging, cartoon characters, and miniature versions of sweets like cookies and marshmallows - usually aren't a healthy choice. These are often full of sugar and sodium and have less of the important nutrients like fiber and protein. So don't get distracted by pretty packaging! Instead, take a look at the nutrition facts label:

Serving Size Look at the serving size. Some brands list small serving sizes to make their cereals seem healthier. If you know you'll eat more than the recommended serving, make sure to adjust the information on the nutrition label to the portion you normally eat.

Nutrition Label Choose whole grains. If the box doesn't say "100% whole grain," look at the first ingredient on the nutrition label's ingredient list. If it says the words "whole" or "bran," you're on the right track!

Fiber Fiber is also important in a healthy cereal, and goes hand-in-hand with whole grains. This nutrient helps with healthy digestion, and it helps us feel full for longer. Try to find cereals with at least 2 grams of fiber per serving. *By Judith Garcia*

4 BEDROOM 2 BATH
 PRIDE 28x68 1,791 sq ft
\$139,995 Price includes Delivery to Site, Set Up, County Permit Tax & Title

**Includes: Brick Skirt or Foundation • Heat Pump • Appliances
 Concrete Footers • 4x6 & 10x12 Decks • Electrical 200 amp Service
 Plumbing Under Home & to Septic within 10'**

No land or land improvements are included.

**2008 East Roosevelt Street (Hwy 74)
 Monroe • 704-225-8850 johnny@1stchoicemonroe.com**

1ST CHOICE HOME CENTERS

