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Obituaries

Mr. Robert Ward Turner

Mr. Robert Ward Turner, 77, died Saturday, September 1, 2018, at Autumn Care in Marshville.

Funeral services were held on Monday, September 3, 2018, at Rocky River Baptist Church with Rev. Dennis Stegall and Rev. Donald Thompson officiating. Interment followed in the church cemetery.

Ward was born August 31, 1941, in Anson County, the oldest son of

the late James Jennings Turner and the late Margie Lee Thomas Turner. He was a life-long farmer, and a he farmed row crops and cattle. He retired from the North Carolina Department of Transportation as a Crew Leader 4 with 32 years of service. He was a member of Rocky River Baptist Church.

Surviving are his wife Mary Grace Ponds Turner; his sons, Robert Christopher Turner (Amy) of Polkton and Calvin Burns Turner (Tammy) of Ansonville; his granddaughter Katie Turner Newton of Ansonville; his brother and sister-in-law, Thomas Anderson Turner and Trudy of Polkton; his sister Fran

Turner Thomas of Polkton; his sister-in-law Betty Jo Needham of Bisco; and his nephews, Paul Turner, Andy Turner, Kevin Thomas and Shane Thomas and their families.

In lieu of flowers, memorials may be made to Rocky River Baptist Church, 297 Rocky River Church Rd, Polkton, NC 28135 or to The Friends of the Anson County Animal Shelter, c/o Jan Taylor, 121 Trexler Dr., Wadesboro, NC 28170.

The arrangements were in care of Leavitt Funeral Home. Online condolences may be made at www.leavittfh.com.

Depression & Suicide Workshop Presented on September 27

A Depression & Suicide workshop will be held on Thursday, September 27 at the Hampton B. Allen Library, from 12 noon to 1:30 p.m. Sheila Raye with Therapeutic Alternatives, Inc. will be the guest speaker. Participants will learn about the risk factors, warning signs, how to prevent suicide and treat depression. Lunch and materials will be provided free.

Contact Suzanne Maness at (910) 627-1769, toll free (877) 211-5995, or by email at connectionsfsf@gmail.com to register. The deadline to register is Monday, September 24.

Notice of Regular Meeting Sept. 11 WADESBORO HOUSING AUTHORITY

The Board of Commissioners of the Wadesboro Housing Authority meets on the second Tuesday of the month.

The meeting is held at 12:00 noon at Papa Joe's Restaurant in Wadesboro.

704-694-4852

Breastfeeding is Nature's Health Plan

August is known for Breastfeeding Awareness Month. Breastfeeding, also known as nursing, is considered a superpower only a mother can provide, it's "nature's health plan. The Anson County Health Department encourages and supports breastfeeding because it benefits a mother and her child.

Breast milk is human milk for human babies. A mother's milk supply is personalized and changes over time to meet a baby's needs. Research shows that breastfed babies are healthier and get sick less often. Breast milk has hundreds more ingredients than formula that help babies grow and protect them from allergies and illnesses. Breastfed babies have a lower risk of stomach problems, ear infections, respiratory infections, the common cold, the flu, and being hospitalized for pneumonia and meningitis.

Breast milk supports a growing baby starting the day they are born. In the first days of breastfeeding, a mother releases a small amount of colostrum before the milk supply arrives. Colostrum is a thick milk that often has a yellow color. Sometimes it is referred to as "liquid gold" because of the color and its value to a baby. From 2 weeks until a year, breast milk benefits include protein which makes it easier for a baby to digest, the reduction of Sudden Infant Death Syndrome (SIDS), diarrhea, and childhood cancer. Breast milk also helps a baby's brain development, muscles, and structure. The benefits of breastfeeding last far after breastfeeding has stopped. Breast milk helps protect against childhood leukemia as well as diabetes, obesity, and hypertension later on in life.

Breastfeeding is beneficial for a mother as well as her baby. Mothers who breastfeed recover from childbirth more quickly and easily. The hormone oxytocin, released during breastfeeding, returns the uterus to its regular size more quickly and can reduce postpartum bleeding. Studies show that women who have breastfed, experience reduced rates of breast and ovarian cancer later in life. Breastfeeding delays the return of the mother's menstrual period, which can help extend the time between pregnancies. There are also added bonuses. Breastfeeding promotes a strong sense of love and attachment between a mother and her child. Human milk is also much less expensive than formula. During nursing you will need, at most, an extra 400 to 500 calories daily to produce sufficient milk for your baby, while formula can cost between \$4 and \$10 per day.

The American Academy of Pediatrics recommends breast milk as the sole source of nutrition for your baby for about 6 months and can be continued for as long as both mother and baby desire it. Breast milk is the perfect food for any baby. Breastfeeding saves lives, money, and time.

The Anson County Health Department provides a Breastfeeding Peer Counselor by the name of Hilary Wall. Hilary Wall assists WIC clients to overcome difficulties and successfully establish breastfeeding. She provides support and encouragement to breastfeeding mothers. The Anson County Health Department also provides rental breast pumps free of charge to WIC clients who meet specific requirements.

For more information about breastfeeding please contact our WIC Clerk and Breastfeeding Peer Counselor Hilary Wall at 704-994-3350.

The Health Department is located at 110 Ashe Street in Wadesboro.

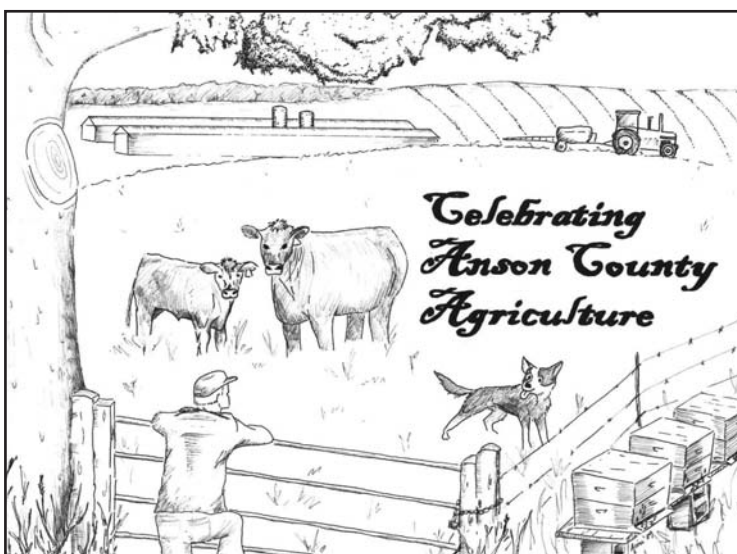
For further information or concerns, contact Dinikia Savage at the Anson County Health Department at (704) 994-3342.

Ag T-Shirts are Here - Celebrate Anson Agriculture!

Celebrate agriculture! And, show your pride in Anson County's agricultural heritage by wearing a t-shirt that says so. Celebrating Anson County Agriculture t-shirts have arrived at the Cooperative Extension Center and are now available.

Navy Heather shirts with orange print to also show our Bearcat Pride are \$8 for adult sizes small through three extra-large and \$6 for youth sizes small through large. Funds from the sale of shirts will go back into the cost of them. The project is not one to raise money, simply to promote agriculture.

Shirts are available at the Extension Center at 501 McLaurin Street in Wadesboro. They can be purchased Monday through Friday, from 8:30 a.m. until 12 noon and 1 until 5 p.m. while supplies last. Celebrate Anson County agriculture!




HOPE Pregnancy Resource Center to Hold 5K

HOPE Pregnancy Resource Center will hold their Stand Fast for Life 5K on Saturday, September 15 at 8:30 a.m. The event will take place at South Piedmont Community College's Polkton campus.

HOPE Pregnancy Resource Center is a local nonprofit that strives to offer hope to women in crisis and save the lives of the unborn. They offer limited ultrasounds, pregnancy tests, pregnancy verification, clothes up to 4T and prenatal, parenting & childbirthing classes. All services are free and confidential. They are open Mondays and Tuesdays, 1:30 to 4 p.m.

HOPE is located at 148 East Morgan Street in Wadesboro. The telephone number is 704-690-6689. The website is www.hprc-anson.org.



Happy Birthday Dad!

Love, Frances, Sandra David & Neal

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