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**Mrs. Jane Lee  
Grim Tarlton**

Mrs. Jane Lee Grim Tarlton, 73, died Monday, February 18, 2013, at Carolinas Medical Center in Pineville.

Funeral services will be held at 3 p.m. on Thursday, February 21, 2013, in the Chapel of Leavitt Funeral Home with Rev. Curtis Williams officiating. Interment will follow in Lilesville Cemetery.

The family will greet friends at the funeral home one hour prior to the service on Thursday.

Jane was born April 28, 1939, in Winchester, VA, a daughter of the late Elmer and Catherine Ritenour Grim. She had worked at Carolina Apparel Group and had worked at Alan's One Stop Convenience Store. She was currently enrolled at South Piedmont Community College.

Surviving are her children, Barbara Jacobs and Mary Lee (Dewey) Eddins, all of Wadesboro, Cindy (Jerry) Cronk of Ansonville, Robert Tarlton of Lilesville and Cathy Cowick of Morven; her sister, Patricia Chrismore of Winchester; eleven grandchild-

**Obituaries**

dren; ten great-grandchildren; and her loving and devoted Chihuahua, Domino.

In addition to her parents, she was preceded in death by her brothers and sisters, Jack and Pete Grim, Rita Ritter and Natalie Colvin.

The arrangements are in care of Leavitt Funeral Home. Online condolences may be made at [leavittfuneralhomewadesboro.com](http://leavittfuneralhomewadesboro.com).

**Mr. James William  
"Bill" Lanier**

Mr. James William "Bill" Lanier, 80, died Tuesday, February 12, 2013, at Carolinas Medical Center Union in Monroe.

Funeral services were held on Friday, February 15, 2013, at Hopewell United Methodist Church with Rev. Paul McClure officiating. Interment followed in the church cemetery.

Bill was born December 14, 1932, in Stanly County, NC, a son of the late John Malone Lanier and the late Lucy Mae Gaddy Lanier. He was a member of Hopewell United Methodist Church, a veteran of the Korean Conflict, and was retired from Stanly Fixtures.

Surviving are his daughters, Pam Lanier of Monroe and Ann (Mike) Morgan of Polkton; his grandchildren, Brittany, Scott, Chrissie and Jamie; and two great-grandchildren.

In addition to his parents, he was preceded in death by his wife, Betsy Harward Lanier in 2010 and by his brothers and sister, Julian and Walter Lanier and Nancy Hunter.

Memorials may be made

to Hopewell United Methodist Church, c/o Susie McSwain, 424 Pork Rd., Peachland, NC 28133.

The arrangements were in care of Leavitt Funeral Home. Online condolences may be made at [leavittfuneralhomewadesboro.com](http://leavittfuneralhomewadesboro.com).

**Marjorie Linda  
Hightower Barber**

Marjorie Linda Hightower Barber, 66, died Sunday, February 10, 2013, in CMC-Union.

A graveside memorial service will be held at 11 a.m. on Friday, March 1, 2013, in Eastview Cemetery with Rev. Dr. Lloyd Griffith officiating.

Linda was born in Anson County on July 15, 1946, a daughter of the late William Douglas Hightower and Marjorie Stipp Hightower.

Survivors include her children, Christa Barber McManus (John) of Monroe and Fredrick Douglas Barber of Monroe; their father, Henry F. Barber of Monroe; two grandchildren, Jana McManus and Bailey McManus; two brothers, W.D. "Bill" Hightower II (Margaret) of Norwood and F.M. Hightower (Debbie) of Wadesboro.

Leavitt Funeral Home is in charge of arrangements. Online condolences may be made at [leavittfuneralhomewadesboro.com](http://leavittfuneralhomewadesboro.com).

**Mr. Robert  
Claxton "Bob" Long**

Mr. Robert Claxton "Bob" Long, 79, died Thursday, February 14, 2013, at his home.

Graveside services were held on Saturday, February 17, 2013, in Sharon Memorial Park in Charlotte.

Born in the Mint Hill area

of Mecklenburg County on June 22, 1933, Bob was one of thirteen children born to the late Silas Elijah and Bessie Taylor Long. He was retired from WCI Steel, Inc., with over thirty years of service. He had served as President of the local chapter of the United Steelworkers Union (USW). He enjoyed hunting and fishing as well as watching baseball and hockey and enjoyed raising chickens, quail and guineas.

Survivors include his wife of 54 years, Sarah Cox Tucker Long of the home; a son, Jack Tucker Jr. (Mechele) of Peachland; two grandchildren, Andrew "Drew" Tucker of Peachland and Anna Lauren Tucker of Wingate and her mother, Debi Tucker of Mint Hill; a brother, Silas Elijah Long, Jr. of Charlotte and a sister, Elizabeth "Lib" Richardson of Charlotte; and numerous nieces and nephews.

Leavitt Funeral Home was in charge of arrangements. Online condolences may be made at [leavittfuneralhomewadesboro.com](http://leavittfuneralhomewadesboro.com).

**Mr. Harold  
Wilson Richardson**

Mr. Harold Wilson Richardson, 88, passed away Saturday, February 16, 2013, at Lillie Bennett Nursing Center.

Memorial services will be held at 3 p.m. on Sunday, February 24, 2013, at Christ Bible Discipleship Worship Center in Marshville with Apostle David Allen officiating. Harold was born December 19, 1924, in Roanoke, VA, a son of the late Harry and Mildred Lacy Richardson. He was also preceded in death by his daughter, Joyce.

He is survived by his two sons, Harry and Tracy and daughter, Gloria.



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**Extension Notes Celebrate National Heart Health Month**

February is National Heart Health Month, and not just because of Valentines' Day. The month has been designated since heart disease is the leading cause of death in the United States and targets all ages and backgrounds. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease, that is 1 out of every 4 deaths. However, heart disease is preventable and controllable.

This month the best way to observe and celebrate National Heart Month is to get heart healthy. Plan for prevention and make some lifestyle changes to get healthier. You can prevent heart disease by making healthy choices and managing medical conditions you may have. Although these tips seem like common sense and the choices may be simple, following through can be harder than it looks, especially if you have spent a lifetime developing unhealthy habits. But to stay around for another few years, you have to just do it.

- Eat a healthy diet. Include plenty of fruits and vegetables, at least 5 servings a day. Eat foods low in saturated fat and high in fiber. Limit your salt intake.
- Maintain a healthy weight. Being overweight can increase your risk for heart disease.
- Exercise regularly. Physical activity will not only help you maintain a healthy weight, it will lower your cholesterol and blood pressure. Adults need at least 30 minutes of moderately intense activity most days of the week.
- Monitor your blood pressure. High blood pressure often has no symptoms. If you haven't had your blood pressure checked, do it.
- Don't smoke. If you do, quit. If you don't, don't start.
- Limit alcohol use as it increases blood pressure.
- Have your cholesterol checked. Levels need to be checked at least every five years. Manage your diabetes and talk with your doctor about treatment options. Finally, take your medicine. Follow doctor's orders, and if you don't understand something, ask.
- The last thing to remember are the signs of a heart attack. They include pain or discomfort in the jaw, neck or back; feeling weak, lightheaded or faint; chest pain or discomfort; pain or discomfort in arms or shoulder; shortness of breath; nausea; and cold sweats. If you think you or a loved one is experiencing these symptoms, call 911 immediately. *By Janine B. Rywak, County Extension Director*

**Arthritis Foundation Exercise Program Offered at Grace Senior Center**

Get back into motion. Exercise and strengthen your body. Educate yourself. Become more active and stress free.

Are you an adult age 55 or older with any type of diagnosed Arthritis? The Arthritis Foundation Exercise Program will help you who have joint and/or muscle problems. Achieve improved joint mobility, muscle strength and endurance in order to improve the performance of your daily activities. Join us at a free 1-hour Arthritis Foundation Exercise Program, held twice a week for eight weeks.

- Learn basic arthritis self-management from a certified instructor.
- Learn basic principles of exercise and of joint protection.
- Learn tips for managing stress and pain, and how to make exercise a daily routine.

Classes will begin Monday, March 4 and run through Wednesday, April 24 at Grace Senior Center. Classes are on Mondays and Wednesdays, from 2 to 3 p.m.

To register or to get more information please call Wanda Talbert at 704-694-6616 or 704-994-3495. Office hours are Monday through Friday, 8:30 a.m. to 5 p.m.

**The Cheraw Arts Commission  
Brings Two Shows to Cheraw in March**

The Cheraw Arts Commission is pleased to announce The Barter Players of the acclaimed Barter Theatre from Abingdon, VA will present two shows on Wednesday, March 6 at the Theatre on the Green in Cheraw. *Miss Nelson is Missing*, geared towards Kindergarten+ audiences, will be featured during the morning at 10:30 a.m. An evening performance of *A Midsummer Night's Dream* will begin at 7 p.m. for students grade 6+ and adults.

In *Miss Nelson is Missing* the beloved teacher of Room 207 at Horace Smedley Elementary School is missing. The fifth graders hire a detective to find their dear teacher who has been replaced by a substitute teacher, the nefarious Viola Swamp. *Miss Nelson is Missing* is a musical based on the book by Harry Allard & James Marshall.

In *A Midsummer Night's Dream* laughter and love are on the loose in William Shakespeare's most beloved comedy. Puck leads two pairs of lovers in a merry chase outside the boundaries of the city. A wondrous wood brimming with possibilities sets the scene for Shakespeare's spectacular tale, exploring the inexplicable magic of falling in love - and the wonder of waking up from the sweetest of dreams. The Barter troupe's version uses only Shakespeare's language and brings all of the beauty and fun of *Midsummer* to vivid life.

The Barter Players have been acclaimed nationwide as one of the finest theatres for young people anywhere. In the grand tradition of Barter Theatre, the Barter Players perform with a unique combination of education and entertainment, plus the commitment to bring world-class theatre to young people of all ages and backgrounds.

Admission to *Miss Nelson is Missing* is \$5 at the door. Advance tickets for *A Midsummer Night's Dream* will be available at the Cheraw Community Center - \$8 for students up to age 18 and \$12 for adults. For additional information contact the Cheraw Arts Commission at 843-537-8420 x12.

**School Board Meeting Monday, Feb. 25**

The Anson County School Board will hold its regularly scheduled monthly meeting on Monday, February 25th at the Charles Riddle Staff Development Center, located at 320 Camden Road in Wadesboro.

The meeting will begin at 5:30 p.m. with a closed session. Open session begins at 6:30 p.m. and the public is invited to participate.

**ADVERTISEMENT FOR BIDS**

Sealed proposals will be received by the **WADESBORO HOUSING AUTHORITY FOR CAPITAL FUND PROJECT NC 50-50110, NC 50-50111 AND NC 50-50112 until 3:00 PM, March 12, 2013**, and immediately thereafter publicly opened and read at the Housing Authority Office, 260 West Short Street, Wadesboro, for the furnishing of labor, material and equipment entering into the Modernization of **Project NC 50 1 & 2 AND NC 50-3**. Scope of work will consist of the following and all other work as indicated on Drawings, in the Project Manual and as required by Codes: :

**NC 50-1; SITES 1 & 2**

1. Existing gas furnaces with cooling coils to remain. Extend condensate drain to exterior and provide new heat pump complete, poured-in-place concrete pad and anchor unit to pad.
2. Remove existing fused electrical panels and provide new circuit breaker panel, patch and repair walls disturbed. Provide a deduct alternate for existing fused electrical panel to remain.
3. Remove existing crawl space access door and provide new access door as noted.
4. At existing water supply piping at NC 50-1; provide new 3/4" valve, valve box and cover at rear of each apartment.
5. Provide new hardwired carbon monoxide detectors, wire per Code. At handicap apartments provide visual alarm.

**NC 50-3; SITE 1**

1. Remove existing gas furnace and provide new gas furnace with used cooling coils. Provide new condensate drain to exterior. Provide new heat pump unit, new poured-in-place concrete pad and anchor unit to pad.
2. Remove existing sewer pipe, provide new sewer pipe on new grade, below slab at Building F-1, Apartment 101 and 103.
3. Provide new hardwired carbon monoxide detectors, wire per Code. At handicap apartments provide visual alarm.

**A PreBid Conference has been scheduled for February 26, 2013 at 10:00 A.M. Meeting will be held at the Housing Authority Office, 200 West Short Plaza, Wadesboro, NC 28170.**

Electronic copies of Plans and Project Manual are available free of charge from Stogner Architecture, PA. For instructions on downloading these documents email [info@stognerarchitecture.com](mailto:info@stognerarchitecture.com). Documents will also be available On-Line from AGC [www.carolinasagc.org](http://www.carolinasagc.org), McGraw Hill - F. W. Dodge [www.mcgraw-hill.com](http://www.mcgraw-hill.com), Reed Construction Electronic Data [www.reedbusiness.com](http://www.reedbusiness.com) and Plans Online [www.sharpeimages.com](http://www.sharpeimages.com).

Documents may be obtained in printed form from AEC Imaging & Graphics, LLC, 125 Murray Hill Rd., Southern Pines, NC 28387; Telephone: 910-693-1034; Email: [accimaging@embarqmail.com](mailto:accimaging@embarqmail.com) with production costs being paid by the contractor.

All contractors are hereby notified that they must have proper license under the State laws governing their respective trades, whether or not Federal Funding is involved. North Carolina's Permanent Rules for Renovation, Repair and Painting will apply.

The Owner reserves the right to reject any or all bids and to waive informalities.

**Robert H. Liles, Executive Director  
WADESBORO HOUSING AUTHORITY**

Designer: Stogner Architecture, PA  
615 East Broad Avenue  
Rockingham, North Carolina 28379  
Phone: 910-895-6874  
Email: [info@stognerarchitecture.com](mailto:info@stognerarchitecture.com)

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