

Since 2002 the National Association of Family and Consumer Sciences has promoted Living Well, a public service campaign to encourage "Raising Kids, Eating Right, Spending Smart, Living Well." In 2008 the United States Senate passed a resolution recognizing the campaign as the second full week of the month. Now the entire month of March is dedicated as Living Well Month. Some of the ideas for living well include better ways to budget your finances, keep your home safer, and make healthy lifestyle choices that are best for your family. Here are some easy ways for you to "Live Well" this month!

Consider options for family mealtime. Mealtime is more than just eating food together. Mealtime allows you to model healthy eating to your children, pass on family beliefs, and discuss everyone's busy schedule. Research has shown that positive mealtime experiences can lead to better communication between your family, improved school performance and better nutrition for your children. Adopt healthy lifestyles. What you eat does make a difference in how you feel. Eating food that is good for your body is just as important as sleep, relaxation, and exercise. Setting goals will help to relieve stress and give you something to work towards.

Live green. Adopting an environmentally friendly lifestyle will also benefit your community. Look for packages made from recycled materials. When shopping for appliances, look for EnergyStar rated choices. Also, consider carrying reusable bags when you go shopping so that you can eliminate extra plastic waste.

A safe home is a happy home. One way to keep your home safe is to make sure that electrical cords are not beneath furniture, rugs or carpeting. You should also secure lamp, extension, and telephone cords out of the flow of traffic to reduce accidents.

And finally, manage your finances wisely. One way is to create a financial binder to use as a regular reference to your entire financial situation. Update it quarterly, as well as whenever a significant change occurs (birth, death, marriage, divorce, relocation, purchase or sale of assets). Simple lifestyle improvements like the ones listed above will help you to "Live Well" this month and in the future. Join the campaign to improve individuals, families, and the community.
 By Janine B. Rywak, County Extension Director

Obituaries
 Continued from page 3

Rev. Steve Hill officiating. Kermit was born May 16, 1945, in Anson County, a son of the late Clifford Columbus and Etta Mae Turner Smith. He was the owner and operator of Kermit Smith Electric.

Surviving are his wife, Sara Mills Smith of the home; his daughters, Kim Carpenter of Norwood and Traci Diggs of Peachland; his grandchildren, Dylan and Jordan Carpenter, both of Norwood and Colbi and Kendal Diggs, both of Peachland; his brothers, Smitty (Beth) Smith and Larry (Linda) Smith, all of Wadesboro; his sisters, Mildred (Myrtle) Bowers of Matthews and Myrtle Diggs of Wadesboro; the Surratte family, Janice and Tom McRae of Wadesboro, Margaret Beaver of Matthews, Wayne and Hazel Surratte of Monroe, Warren and Betty Surratte of Cheraw and Vivian and Claude Maree of Wadesboro. He was preceded in death by his sister, Bobbie Ann Saunders.

In lieu of flowers memorials may be made to the New Anson County Animal Shelter, 101 S. Greene St., Wadesboro, NC 28170 or to the charity of the donor's choice.

The arrangements were in care of Leavitt Funeral Home. Online condolences may be made at leavittfuneral-home.wadesboro.com.

Mrs. Ronda Bowers Williams

Mrs. Ronda Bowers Williams, 57, died Saturday, March 15, 2014, at FirstHealth Moore Regional Hospital in Pinehurst.

Funeral services will be held at 8 p.m. on Wednesday, March 19, 2014, in the Chapel of Leavitt Funeral Home with Pastor Mark Bryant officiating. The family will greet friends one hour prior to the service on Wednesday.

Ronda was born September 27, 1956, in Stanly County, NC, a daughter of the late Jesse Junior and Gladys Laura Eudy Bowers. Her brother Jesse Bowers, Jr. preceded her in death.

She had worked as a Certified Nursing Assistant for 30 years with Rockingham Manor.

Surviving are her sons, James Williams, Claude Williams and Hank Williams, all of Rockingham and Odell Williams of Hamlet and 12 grandchildren.

The arrangements are in care of Leavitt Funeral Home. Online condolences can be made at leavittfuneralhome-wadesboro.com.

Mrs. Nezzie Lee Edwards Curran Wilson

Mrs. Nezzie Lee Edwards Curran Wilson, 91, died Saturday, March 15, 2014, at Ambassador Health and Rehab in Wadesboro.

Services were held on Monday, March 17, 2014, by the graveside in Anson Memorial Park.

Nezzie was born January 25, 1923, in Anson County, a daughter of the late Jessie and Minnie Parker Edwards. She was retired from BFI Waste Management as bookkeeper.

Surviving are her daughter, Charlotte Boatwright of Bennettsville, SC; her brother, Flave Edwards of Charlotte;

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Enjoy a Chili Lunch at Bowling for the Arts on April 8

Wouldn't you like a change from that same ol' same ol' lunch routine? On Tuesday, April 8 the Anson County Arts Council is sponsoring its annual Bowling for the Arts chili lunch at the First Presbyterian Church Fellowship Hall, located at 208 South Greene Street in Wadesboro. Hours are 11:30 a.m. to 1:30 p.m.

For \$10 you'll enjoy homemade chili (spicy or mild), slaw, cornbread, dessert and tea. For \$25 you'll get lunch PLUS your choice of a wooden or pottery bowl made by a local artisan. Anson County residents Joe Madaras, Emmett Patterson, Ruth Ann Pope and James Price have created beautiful bowls for the event.

Tickets are available at the Arts Council and Lacy's in Wadesboro or from any ACAC board member. Information at 704-694-4950. Delicious food, wonderful art - a perfect combination.

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