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Obituaries

ember 25, 1931, in Union County, NC, a daughter of the late George Washington Broome and the late Jennie Ola Williams Broome. She graduated from Lilesville High School, and worked as a nurse's aide with Wadesboro Nursing Home. She enjoyed crocheting and word puzzles. Willard was a member of Cathedral Baptist Church.

Surviving are her daughter, Karen (Joel) Hornback of Wadesboro; her grandchildren, Jennie (Ryan Dutton) Copeland of Wadesboro and Clinton Walters of Wadesboro; her great-grandchildren, Hilary, Edward, Jacob and Trinton; her sisters, Andrea (Bleachy) Preslar of Norwood and Daphne Thomas of Charlotte; and sisters-in-law, Edna Broome and Nellie Dutton.

In addition to her parents, she was preceded in death by her son Randy Purvis Walters, her husband Thomas Griggs, and

siblings, Harold Broome and Colleen Carter. Arrangements were in care of Leavitt Funeral Home. Online condolences may be made at www.leavittfh.com.

Mr. William Edward "Bill" Hooks

Mr. William Edward "Bill" Hooks, 89, died Thursday, August 24, 2017, at Carolinas Medical Center Mercy in Charlotte. A graveside service was held on Monday, August 28, 2017, at Anson Memorial Park.

Bill was born July 6, 1928, in Anson County, the only child of William Marshall Hooks and Mary Alice Tyson Hooks. He was a graduate of Lilesville High School and was a veteran of the United States Air Force.

For many years he worked with his father at Hooks Service Stations in Wadesboro. He retired from Phillip Morris in Concord and later worked at Hornwood in Lilesville.

Bill loved gospel music and playing his guitar. He was a member of Victory Baptist Church, where he served as choir director for a number of years.

Surviving are his wife, Patsy Mason Hooks; and his cousin, who was more like his brother, Bob Hooks of Norwood and his family.

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

Mrs. Laura Hildreth Pope

Mrs. Laura Hildreth Pope, 84, died Sunday, August 27, 2017, at Autumn Care of Marshville.

Funeral services will be held at 3 p.m. on Wednesday, August 30, 2017, at Polkton Baptist Church with Rev. John Greene officiating. Interment will follow in Williams Cemetery.

The family will greet friends one hour prior to the service at the church.

Laura was born May 16, 1933, in Anson County, a daughter of

the late Julius Seabern Hildreth and the late Sarah Margie Broadaway Hildreth. She was a graduate of Polkton High School and a member of Polkton Baptist Church.

Following a time of employment with Burlington Industries, she enrolled in nursing school at Anson Technical College where she earned her degree as an LPN. She later graduated from Stanly Community College as a Registered Nurse. Laura's nursing career spanned more than 35 years. She worked for many years at Anson County Hospital and the hospital in Cheraw, SC.

Surviving are her children, Danny Pope, Tony (Joy) Pope, Sherry Pope (Enos) Sturgill and Carol Pope Harrington, all of

Polkton; her grandchildren, Heather Hicks, Bree Bowers and Sarah Pope, all of Polkton and Emily Stewart of Ansonville; her great-grandchildren, Kelsey, Natalie and Summer; her sisters, Thelma Carpenter of York, SC, Virginia Holloway and Linda Hildreth, both of Polkton and Jewell Deese of Rockingham.

In addition to her parents, she was preceded in death by her husband Horace Kenneth Pope, grandchildren, Summer Taylor and Seab Pope and brothers and sisters, Ernest, Coy, Harrell, Clayton, Jean Hildreth and Mildred Johnson.

In lieu of flowers, memorials may be made to Polkton Baptist Church, P.O. Box 10, Polkton, NC 28135.

Back to School: Your Child's Mental Health

The beginning of a new school year can be a stressful time for children, with new teachers and classmates, bigger classrooms, new routines and more schoolwork. This time can be particularly unnerving and overwhelming for children who are facing major transitions such as starting elementary school or entering middle school. As a parent there are proactive steps you can take to support your child as he or she heads back to school.

- Be interested and enthusiastic about the start of the school year. If you are confident and excited, your child will be too.
- If you have visited your child's school already, you are one step ahead of the game. If not, take a walk around the school with your child and locate his or her classrooms, lunchroom, playground and restrooms. This will help keep your child from feeling lost on the first day.
- Take time to listen to your child and discuss aspects of the new school that he or she is worried about. Remember to let your child know that it's normal to feel nervous about the start of school. For parents of younger children, suggest that your child take a family photo or special object to school to make his or her surroundings more comfortable.
- Spend time each day talking to your child about what happened in school. Give your child positive feedback about his or her new experiences.
- Praise and encourage your child to become involved with school activities and try new things.
- Attend school functions and stay involved in your child's education. Children whose parents are more involved with their education have higher achievement, are better adjusted and are less likely to drop out of school.
- Make a point to learn about how your child develops not just physically, but socially and emotionally, as well. If you are aware of what's typical behavior and thoughts for your child's stage of life, you will more readily be able to tell when things may not be right.

Anxiety and stress about starting school is normal for a child and usually passes within the first few days or weeks. If your child continues to seem anxious or stressed, it may be time to seek help. Talk to your child's teacher and/or family physician about what you can do as a parent. If problems persist, consider a referral to a trained and qualified mental health professional.

It is easy for parents to identify children's physical needs—like good food, safe housing, plenty of sleep and exercise. Children's mental and emotional needs may not be as obvious, but they are just as important. Good mental health allows children to develop socially, and intellectually, build self-esteem, learn new skills and develop a positive mental outlook. These tips can help you support your child's mental health:

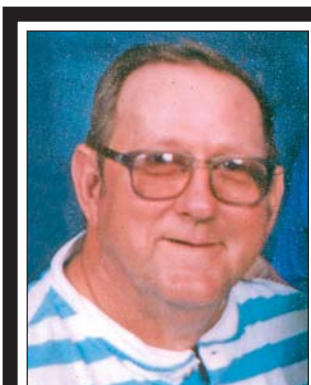
- Communicate. Spend time every day listening and talking to your child about what is happening in their lives. Share emotions and feelings with your children.
- Give children unconditional love. Children need to know that your love does not depend on their accomplishments.
- Nurture children's confidence and self-esteem. Praise and encourage your children, and set realistic goals that test their abilities. Accept mistakes and failures as a part of life.
- Encourage children to play. Playtime is important to children's emotional development. Play helps children be creative, develop problem-solving skills and self-control, and learn how to get along with others.
- Give appropriate guidance and discipline when necessary. Be firm, but kind and realistic with your expectations. The goal is not to control the child, but to help him or her learn self-control.
- Provide a safe and secure environment. Fear can be very real for a child. When they are frightened, try to find out why. Respond by being loving, patient and reassuring, not critical.

Knowing when to seek help When your child has an emotional problem, sometimes all it takes is a hug, kiss and a smile from you to make them feel better. However, sometimes children can develop emotional problems that will not go away, no matter how much love and support you give them. The following signs can help you determine if your child needs help from a professional. By identifying possible problems early, your child can be more easily treated.

- Decline in school performance
- Poor grades despite strong efforts
- Constant worry or anxiety
- Repeated refusal to go to school or to take part in normal activities
- Hyperactivity or fidgeting
- Persistent nightmares
- Continuous or frequent aggression or "acting out"
- Continuous or frequent rebellion and/or temper tantrums
- Depression, sadness or irritability

As parents, we believe we can fix almost anything in our children's lives but sometimes more help is needed. Nearly one in five children has a diagnosable mental health problem. If you are concerned about your child's mental health, consult with his or her teachers, guidance counselor or other adults that may have information about his or her behavior. If you think there is a problem, make an appointment with your child's doctor or school psychologist.

For more information If you or someone you know is in crisis now, seek help immediately. Call 1-800-273-TALK (8255) to reach a 24 hour crisis center or dial 911 for immediate assistance.



Happy Birthday Dad!

Love, Frances, Sandra David & Neal

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