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Obituaries

Miss Elsie Tillman

Miss Elsie Tillman passed away Sunday, January 29, 2012, at Presbyterian Hospital in Charlotte.

Services were held on Friday, February 3, 2012, at Smith's Funeral Chapel in Wadesboro. Repast was held at Mt. Pleasant Baptist Church Fellowship Hall in Wadesboro.

She was born on January 29, 1942, to the late Charlie 'Bill' and Annie Sue Tyson

Tillman of Wadesboro.

Elsie graduated from Anson County Training School (J.R. Faison High School) class of 1960. She attended Barber Scotia College in Concord, NC. She was employed for many years with Wachovia Bank, now Wells Fargo Bank of Charlotte, and retired in 1994.

She was a lifetime member of Mt. Pleasant Baptist Church in Wadesboro. Elsie served on several boards including Missionary, Usher and Building Committee. She was also an ordained Deacon. While living in

Charlotte she was an active member of the Greater Mount Sinai Baptist Church. She was a lifetime member of the NAACP.

She was preceded in death by her parents, a brother, Wilson James Tillman and niece, Wendie Norton.

Elsie is survived by her sisters, Susie Norton (Wyndom) and Charlie Ann Williams (Kennie), both of Charlotte; brothers, Rev. Oscar Tillman (Shelia) of Phoenix, AZ and Samuel Tillman (Lillie) of Decatur, GA; and many aunts, uncles, nieces, nephews and cousins who loved her dearly.

All Day Friday - All You Can Eat



Calabash Shrimp Country Style Fish

Shrimp **\$7.99** Fish **\$5.99**

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Extension Notes Making Meetings Healthier

We all hear the news, tips and media announcing that America needs to get healthier. Why should we be worried? Our food choices, lifestyle and surroundings all affect our health. We know that choosing the right foods can prevent diseases and help us live better lives. Most North Carolinians' diets are low in fruits, vegetables and whole grains, and are high in fat, saturated fat and sugars. Eating a steady diet of unhealthy foods and drinks is associated with four of the 10 leading causes of death: heart disease, some types of cancer, stroke and type II diabetes.

Health problems related to poor nutrition and physical inactivity cost North Carolinians about \$24.1 billion each year in medical care costs, lost productivity and workers' compensation. That cost gets passed down to everybody in the form of high insurance premiums. Most health recommendations are geared towards personal lifestyles. But what about work? Church? Community organizations? We all spend a great portion of our time in meetings in all of these settings. If North Carolina needs to get healthier, why not tackle it together and start with those meetings?

Think about all of the food-related events you are involved in (meetings, trainings, church suppers, fundraisers, luncheons, receptions, etc.) and promote good health by using some of these suggestions.

- Offer healthy food choices at breakfasts, lunches, dinners, potlucks and receptions. Fruits and vegetables are low in calories and high in vitamins, minerals and fiber. Offer smaller portions of foods and beverages. Offer lower-calorie beverages—water, low-fat milk, and unsweetened teas.
- Offer only healthy foods at mid-morning or mid-afternoon meeting breaks. Combine those healthy options with a physical activity break. Identify the healthy food and beverage choices. People want to know which foods and drinks are healthier. Consider labeling the healthy foods and beverages you offer.
- Prepare or ask the caterer to use lower-fat preparation methods. Select lower fat entrees. Serve added fats like dressings and condiments on the side. Include whole grain breads and skip the butter or margarine. Offer baked, roasted or grilled meats and fish, served with vegetables prepared without added fat.
- Choose entrees in tomato-based sauces rather than cream, butter, or cheese sauces. Choose lower fat and lower calorie desserts such as fresh fruit with yogurt dips, light ice cream, frozen yogurt, sherbert, sorbet, or angel food cake with fruit topping.
- Then, keep food safe to eat. Foods that are safe from harmful bacteria and viruses are vital for healthy eating. From farm to table, everyone shares the responsibility of keeping food as safe as possible by washing hands and surfaces often; separating raw, cooked, and ready-to-eat foods whiles hopping, preparing, and storing; cooking and chilling foods to a safe temperature; and serving foods safely.

Lead by example. When group leaders role model healthy eating and physical activity, it makes a powerful statement. Show your members or employees that you are concerned about their health and well being.

Buy healthy foods when you dine out. Prepare and eat healthy meals at home. Do not forget to build physical activity into your events as well. Encourage physical activity in your organization and "walk the talk" yourself. *By Janine B. Rywak, County Extension Director*

SPCC Releases President's List, Dean's List for Fall 2011 Semester

South Piedmont Community College Vice President of Student Success Elaine Clodfelter has released the names of students who have been included on the President's List and Dean's List for the fall semester 2011.

Students on the President's List were enrolled in an associate degree or diploma program for a minimum of 12 credit hours and earned a 4.0 average. Students on the Dean's List were enrolled in an associate degree or diploma program for a minimum of 12 credit hours and earned a grade point average of at least 3.5 on a 4.0 scale.

Only courses at or above the 100 level are considered in calculating the eligibility for academic honors, and students are not eligible for consideration unless all coursework for the semester is complete. Listed below are Anson County students:

PRESIDENT'S LIST
Jessica M. Coleman, Morven, Criminal Justice Technology; Andrew J. Morris, Morven, Business Administration; Shia L. Vang, Polkton, Associate in Science; Christopher M. Burr, Wadesboro, Air Condit., Heat., & Refrig. Technology; Freddie L. Leak, Wadesboro, Air Condit., Heat., & Refrig. Technology; Henry L. Nordan, Wadesboro, Business Administration; Frankie R. Tarlton, Wadesboro, Electrical/Electronics Technology.

DEAN'S LIST
Lamar D. Gaines, Ansonville, Associate in Science; Gwen E. Greene, Lilesville, Human Services Technology; Elizabeth A. Grice, Morven, Associate in Arts; Jerri H. Jordan, Morven, MA-Medical Lab Assistant Cert; Judith I. Blankenship, Peachland, Accounting; Lisa A. Herman, Peachland, Medical Office Administration; Dillion C. Meachum, Peachland, Associate in Arts; William K. Torrence, Peachland, Associate in Arts; Virginia F. Watkins, Peachland, A.G.E. - Medical Sonography; Alicia B. Davis, Wadesboro, Paralegal Technology; Dallas A. Jarrell, Wadesboro, Criminal Justice Technology; Gennifer K. Jones, Wadesboro, Associate in Arts; William M. Taylor, Wadesboro, Business Administration.

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NC Tourism Office Unveils Tools to Assist Wine Travelers

Expanded wine guide, billboards and mobile website to help visitors find wineries

The North Carolina Division of Tourism, Film and Sports Development today announced the release of three new tools to help travelers find their way to more than 100 wineries in North Carolina. A new mobile website, winery guide and billboard campaign are designed to draw attention to wineries as attractive destinations where visitors can connect with North Carolina traditions in taste and agriculture.

"America's viticulture story begins in North Carolina," said Lynn Minges, Assistant Secretary of Tourism, Marketing and Global Branding for the N.C. Department of Commerce. "More than four centuries later, the state has cultivated a \$1.28 billion wine industry that has made North Carolina one of the top states for wine tourism. These new tools will help travelers plan their trips and also encourage those driving through our state to stop and spend time here."

The new travel tools are:

Mobile website — visitncwine.com: With travelers on the move increasingly using their smartphones and other mobile devices to find their way, the Division has introduced a mobile web application for visitncwine.com. It includes:

- Listings, descriptions, mapping/directions and photos for each of the wineries.
- Ability to search for wineries and winery events.
- Geo-location for proximity searches.
- Filters for regions, amenities and the state's three American Viticultural Areas.
- Opportunity to capture personal lists of "Favorites" and places to "To Visit."
- Access to real-time updates that keep the information current and accurate for travelers.
- For a screen grab of the mobile site, go to www.nccommerce.com/w/resources/marketing-tools/websites

The North Carolina Winery Guide: This pocket-size brochure will combine panoramic views of North Carolina wine with close-ups of each winery. Users can learn about the variety, traditions and nuances of North Carolina wines with breakouts on grape species and hybrids, glimpses of history, and color photographs that reflect the scenic backdrops of wine destinations. The 56-page brochure will also provide maps and winery listings that include a brief description, directions, contact information, amenities and grape varieties. The free guide is available at North Carolina's nine Welcome Centers, at wineries across the state and by calling 800-VISITNC. To see images of the guide, go to www.nccommerce.com/w/resources/marketing-tools/brochures

Outdoor advertising: New billboards are providing statewide exposure for wineries and the visitncwine.com website. Outdoor boards are strategically placed on key corridor highways to reach North Carolina residents and out-of-state travelers who may be looking for a stopover destination or activity. They also promote the new mobile website application for visitncwine.com. Images of attractive vineyard landscapes are paired with headlines such as "Wine needs time to breathe. So do you." To see images of the billboards, go to www.nccommerce.com/w/resources/marketing-tools/outdoor-advertising-program.

"Whether travelers prefer red or white, muscadine or Merlot, many develop deep connections to North Carolina as they explore the diverse and beautiful wine regions of our state," Minges said. "The Division's mobile website, winery guide, and billboard advertising campaign will make sure they find their way to the more than 100 unique wineries in North Carolina."

North Carolina has a long and rich history with wine dating back to Giovanni da Verrazano's discovery of the first cultivated grape in the Cape Fear River Valley in 1524, and the state is home to the Mother Vine, the nation's oldest known cultivated grapevine. Today, North Carolina's thriving wine industry generates an annual economic impact of \$1.28 billion and supports 7,600 jobs across the state. The number of wineries has doubled since 2005 and grown five-fold in the last decade.

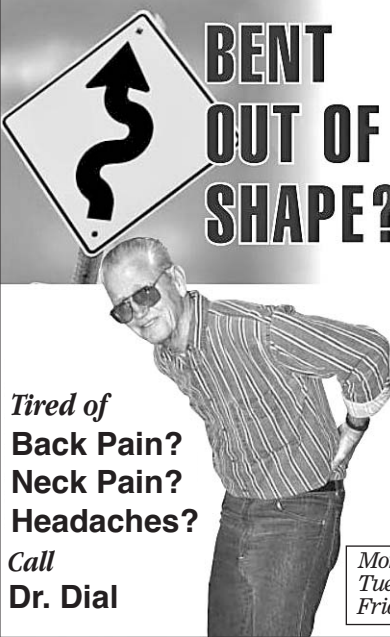
In the 2011-2012 session of the North Carolina General Assembly, a legislative change shifted the marketing efforts for the wine industry to the N.C. Division of Tourism, Film and Sports Development. This change enabled the wine industry to fully integrate into the Division's comprehensive and innovative tourism marketing programs for both domestic and international audiences.

Follow North Carolina wine on Facebook at facebook.com/visitncwine and on Twitter via @VisitNCWine.

Toys for Tots Yard Sale

Toys For Tots will host a County-wide Yard Sale on the Square in Wadesboro on Saturday, March 3rd, beginning at 5:30 a.m. All proceeds go to the 2012 Toys For Tots campaign.

To donate items or money to the yard sale please contact Vancine Sturdivant at 704 848-4412, Bernice Bennett at 704 694-6616, Jennifer Tarlton at 704 694-3115 or Ester Lindsey at 704 848-8452.



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