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Mrs. Katherine Loretta Tyson Clark

Mrs. Katherine Loretta Tyson Clark, 81, died Sunday, July 5, 2015, at Ambassador Health and Rehab in Wadesboro.

Funeral services will be held at 11 a.m. on Wednesday, July 8, 2015, at Forestville United Methodist Church with Rev. Kaye Fry officiating. Interment will follow in the church cemetery.

The family will greet friends Wednesday one hour prior to the service in the church fellowship hall and also following the service.

Mrs. Clark was born January 8, 1934, in Anson County, a daughter of the late James Culpepper Tyson and Bennie Laura Alvarine Jordan Tyson. She worked many years as a Certified Nurse's Assistant, having worked at Anson County Hospital, Lillie Bennett Nursing Center, Heritage Hills Nursing

Home and later in private duty in home nursing. She was a member of Forestville United Methodist Church.

Surviving are her husband of 63 years, William Marvin Clark of the home; her sons, Marv (Ida) Clark, Jr. of Myrtle Beach, SC, Tim (Janet) Clark and Alan (Gaye) Clark, all of Lilesville; her grandchildren, Kim (Randy) Daye, Cody Clark, Lucas Clark and Logan Clark; and her great-grandchildren, Rachael and Christopher Daye.

In addition to her parents, she was preceded in death by her sisters and brothers, Fannie Mae Tyson, Sarah Ruth Parker, Alice Sue Cauble, John Kermit Tyson, Sam Brooks Tyson, Hugh Lee Tyson, Robert Bennett Tyson and Thomas May Tyson.

In lieu of flowers, memorials may be made to Forestville United Methodist Church Cemetery Fund, c/o Deborah Moss, 133 Forest Rd., Lilesville, NC 28091.

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

Mrs. Lina Harrington McCollum

Mrs. Lina Harrington McCollum, 85, died Saturday, July 4, 2015, at Stanly Regional Medical Center in Albemarle.

There will be a memorial service at 11 a.m. on Wednesday, July 8, 2015, at Hopewell United

Methodist Church with Rev. Andrea McCumber and Rev. Paul McClure officiating. Interment will follow in the church cemetery.

The family will greet friends one hour prior to the service Wednesday in the church fellowship hall and other times at the home of Joe and Lou McCollum on Traywick Road in Peachland.

Lina was born May 27, 1930, in Anson County, a daughter of the late Beecher Beeman Harrington and Rose Belle Hyatt Harrington. She was retired from Anson County Hospital, having worked as a nurse's assistant for 25 years, and was a member of Hopewell United Methodist Church.

Surviving are her children, Bobby (Pam) McCollum, Jr. and Joe (Lou) McCollum, all of Polkton, Jackie (Greg) Gregory of Locust and Pam Helms of Ruby, SC; her grandchildren, Geneca (Donnie) Spivey of Norwood, Joey (Amy) McCollum of Peachland, Chris (Angie) McCollum of Terrell, Dale McCollum of Concord, Curtis (Mandy) Cox of Albemarle, Lori (Leigh) Hesling of High Point, Brooke (Andy) Smith of Mint Hill, Tripp (Jessica) Gregory of Jacksonville, FL, T. W. (Christina) McLean of Lilesville, Cody Helms of Ruby, SC, Travis (Ashleigh) McCollum of Oakboro, Tyler McCollum of Polkton and Chrystal Pope of Peachland; and 22 great-grandchildren.

In addition to her parents, she was preceded in death by her husband, Bobby Everette McCollum,

son, Walker McCollum, grandson, Stacy McCollum and sisters and brother, Louise Allen, Jewell Cranford and Beeman Harrington, Jr.

In lieu of flowers, memorials may be made to Hopewell United Methodist Church Building Fund, c/o Susie McSwain, 424 Pork Rd., Peachland, NC 28133.

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

Mrs. Pauline Vaughn Paul Deese

Mrs. Pauline Vaughn Paul Deese, 86, died Sunday, July 5, 2015 at the home of her niece in Midland.

Funeral services were held on Tuesday, July 7, 2015, in the Chapel of Leavitt Funeral Home with Rev. Lynn Bullock officiating. Interment followed in Lilesville Cemetery.

Pauline was born May 20, 1929, in Anson County, a daughter of the late John Spencer Vaughn and Laura Alice Saunders Vaughn. She worked at Gilead Manufacturing in Mt. Gilead for 43 years. At the age of 68, following the closing of the plant where she worked, she went back to school to get her GED, and while in school also received her Certified Nursing Assistant certification. She worked for several years as a CNA doing home health nursing and retired at the age of 80.

In addition to her parents she was preceded in death by her husbands, William Paul and Jack Deese and her sisters and brothers, Gladys Kistler, Ruth Cloninger, Infant Clara Vaughn, Wilson Vaughn and Henry Vaughn.

Surviving are her nieces and nephews and their families, which includes, Joyce Ray and her family of Midland who were her caregivers; and her step-children, Danny Deese, Richard Deese and Agnes Webb.

In lieu of flowers, memorials may be made to Hospice of Stanly County, 960 N First St, Albemarle, NC 28001.

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

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Extension Notes Throwing Away Food is Money and Time

Families living in the US throw out about 15 percent of the food and 10 percent of the beverages that they buy. This means that if your family spends \$100 a week on groceries, you could be throwing away \$25 a week, or \$100 a month in discarded food!

Imagine what you could do with that extra money - and with the extra time needed to shop for the food that gets wasted. Read on to find ways to reduce food wastage in your home. Then cash in on the savings!

- **Organize.** Save money at the grocery store by what you do before leaving the house. Check your food supplies and plan meals around what you already have. Use the oldest foods in your cupboard or freezer first. Make a grocery list for items you need to buy. Avoid buying perishables that are not in your menu plan. Or, adjust your meal plan if you buy perishables that you did not originally plan to get.
- **Buy fewer perishable foods in each shopping trip.** Buy only the amount of fresh meats, fruits, vegetables and other perishables that you can eat in a few days. Stuffing a refrigerator full of food makes it harder to know what is inside. Forgotten food is more likely to spoil.
- **Buy canned, frozen or dried foods to use until you shop again.** Serve small portions first. Rather than risk wasting part of a large served meal, plan to offer a second portion if you or a family member are still hungry.
- **Plan for "planned-overs."** You may have more product than a recipe calls for, such as the extra half package of some food. Or you may have more food than your family can eat at one meal. Make a plan to eat these foods later. Could you serve it for lunch tomorrow? Use it in a dinner salad? Freeze extras for later use?
- **Check your refrigerator daily for foods that need to be eaten soon.** If they are raw, cook seafood, poultry and meats in the first day or two. Be creative, or find a recipe to use up certain foods. For instance, use a too-ripe banana in banana bread. Chop rubbery carrots or other vegetables and cook them in a soup or in spaghetti sauce. Finally, most any overly ripe fruit can be used in a smoothie.

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