

Dignity, Sympathy
and Respect

Our reputation is
based on competence
and caring. Every
detail is taken care of.



704-694-2524
Visit Us On-Line At
leavittfuneralhomewadesboro.com

**Mrs. Patricia
Gaddy Diggs**

Mrs. Patricia Gaddy Diggs, 84, died Friday, September 7, 2018, at Grand Strand Regional Medical Center in Myrtle Beach, SC.

Funeral services will be held at 11:00 a.m. on Wednesday, September 12, 2018, at Morven Baptist Church with Rev. Tommy Threath officiating. Interment will follow in Sandy Plains United Methodist Church Cemetery.

Pat was born October 21, 1933, in Anson County, a daughter of the late James Willall Gaddy and the late Margaret Ed-dins Gaddy. She was a certified nurse's assistant and worked for a number of

Obituaries

years at Wadesboro Nursing Home as well as in home care. She was a member of Morven Baptist Church.

Surviving are her children, Deborah Diggs Win-free of Wadesboro, Rhonda Diggs Little of Myrtle Beach and James Lee "Pete" Diggs (Polly) of Brentwood, TN; her grandchildren, Ashley Little Price (Ted) of Raleigh, Brian Ross Diggs of Franklin, TN, Blake Joseph Diggs of Atlanta, GA and Hayley Patricia Diggs of Brentwood; her great-grandchildren, Ted Franklin Price, Jr. and Alexis Bennett Price of Raleigh; her brothers and sister, Jimmy Lee Gaddy and Norma Gaddy, both of Chesterfield and Richard Allen Gaddy of Cheraw; and her nieces and nephews and their families.

In addition to her parents, she was preceded in death by her son Riley Franklin Diggs, Jr. and her sister Judy Rayfield.

In lieu of flowers, memorials may be made to Morven Baptist Church, P.O. Box 337, Morven, NC 28119 or to Sandy Plains Cemetery Fund, c/o, James Phillips, 1591 Pevitt Road, Morven, NC 28119.

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

**Mr. John
Douglas Helms**

Mr. John Douglas Helms, 73, died Wednesday, September 5, 2018, at the Virginia Hospital Center in Arlington, VA.

Funeral services will be held at 1:00 p.m. on Saturday, September 15, 2018, at Fountain Hill United Methodist Church in Peachland. Interment will be in the church cemetery. The family will greet friends following the service at a reception in the church fellowship hall.

Douglas was born June 29, 1945, in Union County, NC, a son of the late John Reece Helms and the late Mildred Cornelia Ross Helms. In addition to his parents, his brother Michael R. Helms and his brother-in-law Sherrill Griffin preceded him in death.

He was a 1963 graduate of Forest Hills High School in Marshville, and a 1967 graduate of the University of North Carolina at Chapel Hill with a Bachelor of Arts in History. He continued his education at Florida State University, earning a Master of Arts Degree in 1970 as well as a Doctorate in American history in 1977.

During his college studies he first researched the impact of the boll weevil on cotton crops and continued this research in his Master's and Doctoral studies.

Following his education Douglas moved to the areas of Arlington, VA, and

Washington, DC where he worked at the Smithsonian Institute and at the National Archives. He later became employed with the United States Department of Agriculture, Natural Resources Conservation Services, as historian. At the time of his retirement he had worked for more than 30 years with the department. He was the first historian for NRCS.

In 2008 the NRCS published his history of snow surveys, "The History of Snow Survey and Water Supply Forecasting" (Washington, D.C.: U.S. Department of Agriculture, 2008). In addition to chronicling the history of snow surveying, the bulletin also contained interviews with many of the pioneers who had participated in the beginnings of snow surveying. Although George Dewey Clyde figures prominently as a character in Helms's narrative history, he died in 1972 and his recollections were never recorded.

To say Douglas was a "history buff" as well as a history professional is an understatement. He was very instrumental in the recognition of the Hugh Hammond Bennett Conservation Site in Anson County and was featured as a speaker at the site's dedication ceremony. Douglas published a book entitled, "He Loved to Carry the Message" about Bennett's writings about soil conservation. This volume included early writings by

Bennett himself. At the time of his death Douglas was preparing a biography of Hugh Hammond Bennett.

Douglas was well respected among his colleagues and in his area of knowledge. He was often booked as keynote speaker for conferences abroad. He was a member of the North Carolina Society, an honor society which promotes literature, history and culture.

He also contributed writings for a book published by the Anson County Historical Society. He cherished deep family roots and history in both Anson and Union Counties. He loved the Fountain Hill Community, which felt like home to him, and Fountain Hill Church and Cemetery, which has been a part of his family for generations and where he will be laid to rest.

Family was very important to Douglas and he held very dear his relationships with his maternal aunt and uncle, Avis Ross Lee and Blonnie Ross, and his paternal aunts and uncles, Lois Helms Huggins, Kate Helms Huggins, Roy, Bill, J.C., Marvin and Parvin Helms, all of whom preceded him in death. Douglas had a very special relationship with his uncles, Roy, Marvin and Parvin who all lived on the Helms family farm in the Olive Branch Community.

He enjoyed traveling, especially on a family trip

to New Zealand with his sisters and brothers-in-law, and traveling the world as a Formula 1 race fan. He was a collector. Among his collections were books, family history, soil service information, coins and stamps. He really enjoyed baseball and had a passionate ear for Bluegrass music.

Surviving Douglas are his sisters and brother-in-law, Flora Faye Helms Griffin of Simpsonville, SC, and Martha Helms Cooley (James) of Oak Ridge, NC; his sister-in-law, Judy Helms of Stallings, NC; his nieces and nephews, Marcia G. Murff of Greenville, SC, Alan Griffin (Tracy) of Simpsonville, SC, Jason Cooley (Caroline Evarts) of Los Alamos, NM, and Savannah McKinney (Patrick) of New Orleans, LA, and their families; his cousins who were very dear to him; and his friends in Arlington, VA, who were indeed a second family to him.

In lieu of flowers, memorials may be made to Fountain Hill Church Cemetery Fund, c/o, Judy Horne, 2152 Cappadocia Church Road, Peachland, NC, 28133 or Anson County Historical Society, 206 E Wade St., Wadesboro, NC 28170 or Union County Historical Society, P.O. Box 397, Monroe, NC, 28111.

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

Not All Attention Problems Are ADHD

It's a common assumption, there are other causes that are easily overlooked

Trouble paying attention is often first identified by a teacher who notices that a student seems more easily distracted than most other kids his age.

Maybe the child takes an unusually long time to finish schoolwork in class. Maybe when the teacher calls on him, he doesn't seem to have been following the lesson. Maybe he seems to tune out when instructions are given, or forget what he's supposed to be doing. Maybe homework assignments often go missing.

While all children, especially those who are very young, tend to have shorter attention spans and be more distractible than adults, some have much more trouble focusing and staying on task than others.

Since difficulty paying attention is widely associated with ADHD, that tends to be the first thing teachers, parents, and clinicians suspect. But there are a number of other possibilities that can be contributing to attention problems. To avoid misdiagnosis, it's important that these other possibilities, which are not always obvious, not be overlooked.

Here is a checklist of some of the other issues that may make a child struggle to pay attention in school:

• Anxiety A child who seems not to be focusing in school could have chronic worries that teachers (and even parents) are not aware of. There are many different kinds of anxiety, but what they have in common, says neurologist and former teacher Ken Schuster, PsyD, is that anxiety "tends to lock up the brain," making school hard for anxious kids.

A child with separation anxiety might be so preoccupied about something bad happening to her parents while she is apart from them that she is unable to concentrate on schoolwork.

Some kids are extremely worried about making a mistake or embarrassing themselves. When the teacher is calling on them, they may try to disappear, Dr. Shuster notes. "They might look down, they might start writing something even though they're not really writing something. They're trying to break the connection with the teacher in order to avoid what's making them feel anxious."

Sometimes when a child takes an unusually long time to finish her work in class, it's not because she's daydreaming but because she's, struggling with perfectionism that requires her to do things exactly the right way. Or if she doesn't turn in her homework, it could be not because she didn't do it, but because she is worried that it isn't good enough.

• Obsessive-compulsive disorder Kids with OCD, which often starts in the grade-school years, have an added source of distraction: They not only have obsessive thoughts, but feel they must perform rituals, or compulsions, to prevent bad things from happening. A child with OCD might be compulsively lining things up on his desk, or tapping, or counting in his head. Or he might be focused on needing to go to the lavatory to wash his hands.

"A kid may be sitting in class having an obsession about needing to fix something, to avoid something terrible happening. Then the teacher calls on him," says Dr. Jerry Bubrick, a clinical psychologist at the Child Mind Institute who specializes in anxiety and OCD. "When he doesn't know the answer to the question, it looks like he wasn't paying attention, but it's really because he was obsessing."

Since children with OCD are often ashamed of their symptoms, they may go to great lengths to hide their compulsions while they're in school. To a teacher who's not aware of the OCD, distraction might look like ADHD, but it isn't.

• Stress or trauma Children can also appear to be suffering from inattention when they have been impacted by a trauma. Kids who've witnessed violence or other disturbing experiences may demonstrate difficulty paying attention and a persistent sense of insecurity called hypervigilance.

Kids whose home lives involve acute stress may develop these symptoms, or even post-traumatic stress disorder.

"Many of the symptoms of PTSD look like ADHD," explains Dr. Jamie Howard, a clinician at the Child Mind Institute who specializes in trauma. "Symptoms common in PTSD, such as difficulty concentrating, exaggerated startle response, and hypervigilance, can make it seem like a child is jumpy and spacy."

• Learning disorders When a child seems to be looking everywhere but at the pages of the book she is supposed to be reading, another possible cause is that she has a learning disorder.

Children with undiagnosed dyslexia might fidget with frustration or feel ashamed that they can't seem to do what the other kids can do, and be intent on covering that fact up.

If a child struggling with math, he might welcome distractions that allow him to think about something else, or avoid completing the assignment.

Auditory processing problems could cause a child to miss some of what the teacher is saying, even if she's listening, and that could look as if she's not paying attention.

Some kids are able to compensate for their learning disabilities by working extra hard, and they may be successful until they reach a grade where the work becomes too challenging.

"They've been able to hide their weakness until they get older and there's just too much heavy lifting," notes Dr. Nancy Rappaport, a Harvard Medical School professor who specializes in mental health care in school setting. "They're often diagnosed with ADHD or depression, unless someone catches the learning problem."

• Is it really ADHD? Inattention that is outside the typical range is one of the three key symptoms of ADHD, along with impulsivity and hyperactivity. Some kids do demonstrate only inattentive symptoms. But a diagnosis of ADHD shouldn't be made just on the basis of teacher reports or one quick visit to the pediatrician.

To make an accurate diagnosis, a clinician should collect information from several people who have observed your child, including you, other caregivers, and teachers. Parents and teachers should be asked to fill out a rating scale, to capture an accurate assessment of the frequency of symptoms.

The behavior has to continue over an extended period, and be observed in more than one setting—both at home and at school, for instance. And clinicians should carefully rule out other possible reasons for his behavior.

It's also important that a child's ability to pay attention be compared to others of his own age, not everyone in his grade. A study published in 2012 found that boys who are the youngest in their class are 30% more likely to be diagnosed with ADHD than the oldest boys in the class, and younger girls are 70% more likely to be diagnosed than the oldest girls. This suggests that that immaturity may also be mistaken for ADHD.

For more information visit childmind.org.

PINE RIDGE PLACE APARTMENTS

**29 Pine Ridge Place
Polkton, NC 28135**

**Elderly Households
(Persons 62, Handicap or Disabled)**

1 & 2 Bedroom Apartments

Accessible Units

Rent is Based on Income

Rental Assistance Available

Please Call (1) 704-272-8788

TDD/TYY # (1) 800-735-2962

*"This institution is an equal
opportunity provider and employer"*

EQUAL HOUSING OPPORTUNITY

CLASSIFIEDS

REAL ESTATE

HOUSES FOR RENT

Crider & Crider Properties
704-694-8809

8-1x1fn

HOUSE FOR RENT

In rural Anson County.
2 bedroom, 1 bath for mature
single person or couple. No
smokers. No inside pets.
803-427-4991

9-12x1chg

**EVENT SPACE
AVAILABLE**

James Holbrook Building
at 400 N Greene St in
Wadesboro. Includes tables,
chairs, linen, china &
centerpieces. Find with
Facebook! Call Brook at
Crider & Crider Properties
704-694-8809

**DANNY BEACHUM
LANDSCAPING MATERIALS**

All types of Rock & Mulch, Driveway
Gravel, Topsoil, Sand & Base Material
Bag or Bulk on all Products
Perennials & Shrubbery

LOADER WORK • PICKUP or DELIVERY

Corner US Hwy 74 & 52 North
704-475-2625 or 704-694-2221
www.BeachumLandscapingMaterials.com

WE SELL APPLIANCE PARTS

**MARTIN FURNITURE
FACTORY OUTLET**

High Quality - Low Prices

1367 Highway 74 West
Wadesboro • 704-694-3185

Brakes/Mufflers

Catalytic Converters • Shocks

Custom Dual Exhaust • Tie Rods

Wheel Bearings • Drivetrain Repair

AND MORE !!! CALL or COME BY

EXHAUST WORKS Tracy Caudle
3971 Hwy 74 West
Across from School Bus Garage 704-694-5270

**OFFICE SPACE IN
WADESBORO**

Two 3 room office suites
& a 2 room suite available
in uptown
Wadesboro. Call for
details. 704-681-5776

**Eddie's TREE REMOVAL
LAWN & LANDSCAPING**

HEATED MOBILE PRESSURE WASHING

Eddiemayelawnandlandscaping@yahoo.com

704-694-8779

501 N Rutherford Street in Wadesboro

**W. RANDALL CLINE,
D.D.S. & ASSOCIATES**

General, Cosmetic & Implant Dentistry

6604 E. Marshville Blvd.
Marshville, NC 28103
704-624-6300
www.marshvilledentist.com

CAROLINA COMFORT INSULATING COMPANY

Spray Foam & Fiberglass Insulation

Radiant Barriers Attic Tents

FREE ESTIMATE FULLY INSURED

704-272-7776 or 704-488-6362

C&C

**LANDSCAPING
& LAWN CARE**

Charlie Lockhart

704-242-4386