

Lilesville Police Department's K9 'Glock' has received a bullet and stab protective vest thanks to a charitable donation from non-profit organization Vested Interest in K9s, Inc. Glock's vest is sponsored by an anonymous donor and embroidered with the sentiment, "This gift of protection provided by Vested Interest in K9s, Inc."

Vested Interest in K9s, Inc. is a 501c (3) charity located in East Taunton, MA whose mission is to provide bullet and stab protective vests and other assistance to dogs of law enforcement and related agencies throughout the United States. The nonprofit was established in 2009 to assist law enforcement agencies with this potentially lifesaving body armor for their four-legged K9 officers. Since its inception, Vested Interest in K9s, Inc. has provided over 2,300 protective vests in 50 states through private and corporate donations, at a cost of over 1.9 million dollars. All vests are custom made in the USA by Armor Express in Central Lake, MI.



The program is open to dogs actively employed in the U.S. with law enforcement or related agencies who are certified and at least 20 months of age. New K9 graduates, as well as K9s with expired vests, are eligible to participate.

The donation to provide one protective vest for a law enforcement K9 is \$1,050. Each vest has a value between \$1,795 to \$2,234, with a five-year warranty, and an average weight of 4-5 lbs. There are an estimated 30,000 law enforcement K9s throughout the United States. For more information or to learn about volunteer opportunities, please call 508-824-6978. Vested Interest in K9s, Inc. provides information, lists events, and accepts tax-deductible donations of any denomination at www.vik9s.org or mailed to P.O. Box 9 East Taunton, MA 02718.

Extension Notes Tips for a Better Pot of Chili

During the cold winter months nothing beats a bowl of steaming, perfectly seasoned chili. Chili has turned into my go-to comfort food during the dreary months of the year. And I am not alone. I have learned that many people consider chili their comfort food too.

I have also learned that chili, chili recipes, and chili ingredients are very personal things. Cooks have strong opinions about their chili. From what goes into it, to when ingredients are added, some people are passionate about chili.

Some people use stew beef instead of ground, some make chili with no beans. Some like lightly spiced chili, some prefer eye-watering hot. But no matter how you make your chili, a few things remain the same. Chili is an economical, healthy and convenient dish that just about everybody can appreciate. There are some other universals too. To get you thinking in that direction, here are a few tips for your next pot.

Always brown meat first, whatever kind you use. Try to get a good sear on the meat for a richer, more flavorful chili. For a healthier recipe, choose beef that is at least 90% lean, or even opt for ground turkey.

Once the meat is browned, get it out of the pan and into the pan go your raw vegetables like onions, peppers and garlic. Give them a good sauté for even more richness in flavor. You can always sneak in additional veggies for more nutrition without losing flavor.

To get the biggest bang for your buck, use more beans. Beans add fiber and stretch your dish healthfully and inexpensively. Beans are naturally low in fat and contain no saturated fats, trans fat or cholesterol. Red beans have an abundance of antioxidants which have been shown to reduce the risk of certain cancers. So don't be a Texan, add beans!

If you are worried about added sodium you can either soak, rinse and cook your own dry beans, or rinse canned beans. Rinsing beans reduces sodium by 33%. You can also choose no-salt canned tomatoes and reduced sodium broths to control salt levels in your chili.

Herbs and spices are key to flavoring. And while some cooks may use flavor packets and others insist on individual ingredients, season early and season often. If you wait until the end of cooking you miss out on a lot of flavor.

For great chili with deep, rich flavors cook it low and slow. Let it simmer over low heat for a couple of hours. Great chili needs time to draw out the flavors from each ingredient and blend them together. If you need a quick weeknight meal, cook a big pot of chili on the weekend and reheat during the week. You will appreciate the flavors once you've tasted the difference.

And, try adding a splash of fresh lime juice to your chili at the end of cooking. That trick helps to brighten the dish and add another layer of complexity to the flavor. And wouldn't that make the Food Channel proud?

Don't forget about toppings. They make the meal. Finish off with fresh ingredients like onions or scallions, chopped tomatoes, sour cream, chopped cilantro, shredded cheddar, and tortilla chips. I often make a side of cornbread too. As they used to say on Hee Haw, "Yum! Yum!"

Wow. I want some chili now. Think I'll call up some friends and make a big pot this weekend.

NCDOL Warns Employers of Poster Scam

The N.C. Department of Labor is urging businesses across the state to be on the lookout for suspicious correspondence, after the department recently received multiple reports of persons using scare tactics or threatening language in an attempt to sell labor law posters to employers.

"These scams surface several times a year and businesses will contact us," Labor Commissioner Cherie Berry said. "The threats of fines are bogus and should be ignored. The Department of Labor provides free sets of labor law posters to businesses."

The scammers will often pose as either government officials or as acting on behalf of a poster company, such as the North Carolina Labor Law Poster Service, a non-regulatory entity that does not operate under any government agency. Other names these companies are known to go by include Personnel Concepts and Labor Law Compliance. There have been reports of these companies threatening fines from \$7,000 to as much as \$17,000 for non-compliance. Mailings can often appear to be from an official source and request fees for posters that cost anywhere from \$84 to \$200. Businesses should be aware that scammers may also attempt to contact them by either email, text or by phone.

While labor law posters are required to be displayed at a workplace by law, NCDOL inspectors carry the most up-to-date versions of the posters in their vehicles and will distribute them free of charge. The N.C. Department of Labor will never fine a business that has older versions of the poster displayed.

The NCDOL will print new versions anytime a significant law is changed or updated by Congress. Businesses are not required to order a new poster each time a change is made. Employers that wish to order new posters can visit www.nclabor.com/posters/posters.htm or can

LES Students Learn How to Take Care of Their Teeth

February is National Children's Dental Health Month and students in kindergarten through third grade at Lilesville Elementary School were visited by a representative of an area dental practice to discuss the importance of their teeth and how to take care of them. The representative demonstrated effective ways to maintain good oral health by brushing, flossing, rinsing, and eating healthy snacks. The presentation included a video entitled; "Dudley's Grade School Musical" and students were provided dental health bags containing toothpaste and a toothbrush.

Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums.

Town of Wadesboro to Hold Budget Workshops in April

Budget workshops for the fiscal year 2017-2018 annual budget for the Town of Wadesboro will be held at the Wadesboro Town Council Meeting Room at 5:00 p.m. each Tuesday in April (April 4, 11, 18 and 25).

LUCY EDWARDS MARTIN
February 19, 2017

We're blessed to have you and are inspired by you every day.
With our love, Your Family

The Piedmont Bridal Show
Sunday, February 26, 2017
1 pm - 4 pm
Cole Auditorium (on RCC Campus)
1042 W. Hamlet Avenue
Hamlet, North Carolina 28345
Pre-register at: www.piedmontbridalshow.com

Sponsored By
Wop, COLDWELL BANKER, RICHMOND Celebrating 90 Years, belk, DORSETT PRINTING, DAILY JOURNAL

\$2.00 Admission
18 Years & Older No Children, Please

WADESBORO OFFICE NOW OPEN FULL TIME ACCEPTING NEW PATIENTS

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CHIROPRACTIC CENTER

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704-994-2341
308 East Caswell Street in Wadesboro
(In former Burch Chiropractic Center building)

Anson County Tax Collector

TAX REMINDER

2016 DELINQUENT ANSON COUNTY TAXES WILL BE PUBLISHED IN THE EXPRESS NEWSPAPER ON OR ABOUT MARCH 1, 2017. MAKE PAYMENT IN FULL BY TUESDAY, FEBRUARY 28 TO AVOID THE \$20 ADVERTISING FEE. NO EXCEPTIONS.

Call 704-994-3218 with questions.

Remit payments to:
Anson County Tax Collector
101 South Greene Street
Wadesboro, NC 28170

Office Hours: Monday through Friday, 8:30 a.m. to 5 p.m.
An after hours drop box is available too. Thank you.