

Retired medical doctor and Wadesboro native, Bo Kitchin of Monroe, will give a 30 minute lecture on the history of the antique medical instruments on display in the Ashe-Covington Medical Museum in uptown Wadesboro on Tuesday, September 8 at 6 p.m. Dinner at Oliver's Hometown Restaurant & Bar next door will follow the lecture. Tickets to this interesting event are \$20 per person, and include dinner. All proceeds go to benefit the Anson County Historical Society. If you would like to purchase a ticket please call the Historical Society at 704-694-6694. Hurry! Tickets are limited to the just 30 attendees.

Anson and Chesterfield to "Battle For The Border" September 11

Trophy presented by local nonprofit hospices

The Anson Bearcats and Chesterfield Rams will face off on the gridiron for the second annual "Battle For The Border" contest Friday, September 11. The winning team takes possession of a trophy presented by non-profit hospices serving the two counties, Anson Community Hospice and Hospice of Chesterfield County.

"I am very proud to be associated with anything that hospice does. I had the honor of hospice helping with the passing of my mom and they were so comforting. I know what they do for the families," Anson Athletic Director Terry Mabry said. "This is a great thing they are doing for our athletes. Chesterfield is a class act and we are excited to continue this rivalry."

Chesterfield Athletic Director Jimmy Weatherford added, "The Chesterfield High Athletic Department and football team are extremely excited about the opportunity to compete against Anson County High for the Battle For The Border trophy. I feel it adds to the game between the two schools which has been growing over the last several years. We would like to thank Hospice of Chesterfield County and Anson Community Hospice for sponsoring this event for each of our athletic departments."

Chesterfield holds a 3-2 lead over the past five seasons, including winning last year's inaugural "Battle For The Border" game, 34-7. Game time is set for 7:30 p.m. at Anson High School.

"Hospice of Chesterfield County is pleased to partner with Anson Community Hospice to recognize the student-athletes at Chesterfield and Anson high schools. We look forward to continuing this tradition in the future as a way to also raise awareness about the availability of hospice care and services in our communities," Hospice of Chesterfield County Community Relations/Development Coordinator Cindy Beard said.

David Jenkins Marketing and Communications Director at Anson Community Hospice added, "Anson Community Hospice is proud to partner with Hospice of Chesterfield County and support this great football rivalry. Our goal as a non-profit organization is to educate our community on the benefits of hospice services and to provide quality compassionate care to families and patients in their time of need."

Anson Community Hospice is a division of Richmond County Hospice. Hospice of Chesterfield County is a community-based, non-profit hospice founded by local churches and concerned citizens that has been providing compassionate care for the terminally ill since 1993. For more information contact Anson Community Hospice at (704) 695-1595 or Hospice of Chesterfield County at (843) 623-9155.

Tickets on Sale Now for Upcoming Ansonia Play, *Driving Miss Daisy*

Anson County Arts Council will present a locally produced play at the Ansonia Theatre in September. The acclaimed story, *Driving Miss Daisy*, will be staged over two weekends, September 11-13 and 18-21. The play, written by Alfred Uhry, is directed by Tommy Wooten with Gina Clarke.

The play will be presented each Friday and Saturday at 7:30 p.m., and Sunday at 3 p.m. It is reserved seating, and tickets are \$15. Tickets are available at Lacy's in uptown Wadesboro, the Arts Council at 110 South Rutherford Street in Wadesboro (704-694-4950) or online at www.ansoniatheatre.com.

NC Insurance Commissioner: Cutting Driver's Ed Could Be Costly

North Carolina Insurance Commissioner Wayne Goodwin encourages the North Carolina Senate and House of Representatives to preserve funding for driver's education as they negotiate a state budget. "North Carolina currently has some of the lowest car insurance costs in the country," Goodwin said. "In addition to the public safety concerns that come with eliminating driver's education programs, more untrained drivers on the road could ultimately lead to higher insurance rates for all drivers."

Car insurance rates in North Carolina are based on the claims experiences of the insurance companies. If, over time, they are paying out more for claims, it is likely that rates would increase for all drivers.

In the short-term, teen drivers already pay significantly more for car insurance than experienced drivers, and if they are charged points for convictions or at-fault accidents, their rates would increase in accordance with the state's Safe Driver Incentive Plan.

"It is to everyone's benefit to have skilled and safe drivers on the road," said Goodwin.

Learn more about teens and car insurance at www.ncdoi.com/teendrivers or by calling the North Carolina Department of Insurance at 855-408-1212.

Extension Notes Kale, the Leafy Green Super Food

Often called the queen of greens, kale is rapidly gaining popularity because of its exceptional nutrient richness, health benefits and delicious flavor. Kale is one of the healthiest vegetables you can eat. One serving is both low in calories and packed with vitamins and minerals, including 200% of your daily Vitamin C requirement.

When purchasing kale, choose dark colored bunches with small to medium leaves. Avoid brown or yellow leaves. Store kale in a plastic bag in the coldest part of the fridge for three to five days.

Kale is usually cooked to soften before eating, though you can shred some of the more tender small leaves and add them to salads. The stems tend to be tough, so you may want to remove them before use. The leaves are easier to puree without the stems.

When preserving kale for later use, freeze it. Choose young, tender green leaves. Wash thoroughly and remove woody stems. Water blanch for two minutes. Cool, drain and package, leaving 1/2-inch headspace. Seal and freeze.

Kale can be used in a variety of recipes, including frittatas, stir-fry, sautéed and braised. The leafy green is mild and versatile enough, it can be used in many creative ways to add vitamins and nutrients to your diet. Try these ideas:

- Enjoy with your favorite noodles, including fettuccini or rice noodles. Add chopped kale when pasta is about five minutes from being done. Season with a small amount of sesame oil, sesame seeds and salt.
- Toss canned sliced beets with cooked fresh or frozen kale, 1 to 2 chopped scallions and a grated carrot. Top with low-fat balsamic vinaigrette. You can also try sweetening your kale with raisins and nuts.
- For a one pot meal, braise kale in chicken or vegetable stock. Add garlic that has been sautéed in olive oil before adding stock and kale.
- For a tangy alternative, steam kale and season with lemon juice, olive oil, salt and pepper.
- Add chopped kale to any stir-fry. Substitute kale in recipes that call for spinach or collard greens. Add chopped fresh or frozen kale to vegetable or bean soups. Use them in a fall vegetable saute with potatoes, acorn squash, mushrooms and onion. Season with sage.
- Finally, a favorite with most everybody, make kale chips. Drizzle fresh kale with olive oil (tough stems removed), sprinkle with seasoning, and bake on a cookie sheet at low heat until crisp.

Information in this article came from a new publication that is part of the NC Co-operative Extension series *Grow It, Eat It*, that highlights local foods production and consumption in the state.

By Janine B. Rywak, County Extension Director



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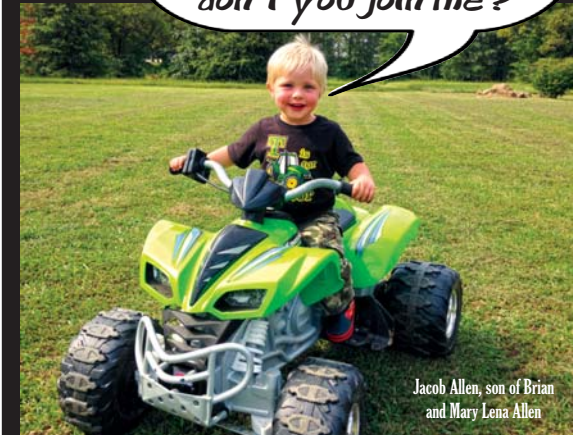
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