### **Pastor Sylvia McLendon's** Twelfth Anniversary Celebrated

The Lindsey Chapel Friendship Church of God celebrated the 12th Pastoral Anniversary for Overseer Sylvia McLendon and Deacon Lewis



## Hundreds of Young Children Attend The Commedia Princess and the Pea

More than 500 children, many finely dressed as



princes and princesses, marched into the Ansonia Theatre Tuesday, April 12 to attend the performances of The Commedia Princess and the Pea by the Charlotte Children's Theatre. The performances were sponsored by the Anson County Partnership for Children, Anson County Arts Council and Anson Family Optometric. This annual Week of the Young Child event by the Partnership for Children promotes developmentally appropriate, high quality opportunities for young children in Anson County. A free evening performance was also provided for the public.

The heavy rain forecasted for the day cancelled the annual Week of the Young Child Parade, but that did not dampen the children's spirits, who came adorned with crowns and sparkly, glittery dresses. The story of the prince who was searching for a bride brought gales of laughter from the children. Several adult audience members (including Scott Gulledge, Kim Wilson, Jennifer Ross and Sara Phillips) were chosen to be potential brides and made hilarious appearances on stage.

Anson County Partnership for Children gave each classroom a copy of the book The Princess and the Pea to be read to the children. In addition, lesson plan activities were provided to prepare the children for the theatre experience. All children who participated in the performances were provided a book to take home to promote a love of reading.

Pictures from the Week of the Young Child event are available on the partnership website www.ansonchildren.org as well as the Anson County Partnership for Children Facebook page.

Anson County Partnership for Children is a non-profit public/private organization which was formed in 1996 in response to the North Carolina Smart Start initiative. The Partnership's mission is "helping to make Anson County a better place to be a child and to raise a child." For more information contact Bonnie Morgan at 704-694-4036 or email bonnie.morgan@ansonchildren.org or visit www.ansonchildren.org.

#### Extension Notes Keeping Raw Produce Safe

We all agree that eating a variety of fresh fruits and vegetables will help keep us healthy. On the other hand, we also hear safety warnings about consuming raw fruits and vegetables due to the potential of food-borne illness. So what do you do? According to the FDA (Food and Drug Administration), you should wash raw fruits and vegetables very well before you peel, cut, eat or cook with them. Here are some of the best ways to keep raw fruits and vegetables safe.

Wash all fresh produce under running, drinking water. The wash water temperature should be 10° F warmer than the temperature of any produce being washed to prevent thermal shock and absorption of water and bacteria to the inside cells.

Scrubbing with a clean brush is only recommended for produce with a tough rind or peel (i.e. carrots, potatoes, cucumbers, and squash) that will not be bruised or scratched by the brush bristles.

Throw away outer leaves of leafy vegetable like lettuces, cabbage before washing. Do not wash fruits and vegetables with bleach or soaps – it can absorb into the product and change the taste.

Wax coatings are used on some produce to keep in the moisture and keep good quality. These are safe to eat or you can cut it off. And what about pesticide residues left on fruits and vegetables?

The FDA, USDA and EPA strictly control pesticides. If there is any pesticide residue on the fruit or vegetable, it should be under the regulations and safe to eat. A lot of the pesticides are water-soluble and will come off with water, which is another reason to wash fruit and vegetables before you eat them.

Soaking produce is not recommended. Instead, place fragile items and soft fruits like strawberries, raspberries, blackberries, and blueberries in a colander and gently rinse.

Do this quickly because if the fruit absorbs too much water, it will lose flavor, texture and its aroma.

Is it necessary to dry produce after washing it? Drying produce with a paper towel may further reduce bacteria that may be present. Drying is not necessary for items that will be cooked. Greens like spinach, chard, kale and collards should be cooked wet as drying them may affect the quality of the cooked product.

What about cleaning products for produce? Fruit and vegetables are very absorbent and will absorb anything used to wash them. For the average consumer, research has shown that washing produce with tap water is just as effective as washing produce with any produce wash solutions that are on the market. Finally, do you need to wash leafy greens sealed in bags? Leafy green salads in sealed bags labeled "washed", "triple washed", or "ready-to-eat" do not need additional washing at the time of use unless specially directed on the label. By Janine Rywak

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# **Geneva Lisenby Presented with Award**

Geneva Lisenby was presented with an Ada Ford Singleton Award on Sunday, April 3 at Garris Grove Baptist Church in Wadesboro. It was presented by Rev. Charles

Ford, Sr., Chairman of the Ada Ford Singleton Biography Committee, for very special home support to Mrs. Singleton and her family during her 30 years of service as President of Anson County's NAACP. Along with this award Mrs. Lisenby is the first of two recipients to be financially compensated.



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# **Anson County Tax Collector** PROPERTY TAX NOTICE



THE ANSON COUNTY TAX COLLECTOR WILL INCREASE THE USE OF WAGE GARNISHMENT AND DEBT SET-OFF TO COLLECT DELINQUENT TAXES.

 WAGES TAX REFUNDS, AND LOTTERY WINNINGS WILL BE SEIZED TO SETTLE TAX DEBT.

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