

Extension Notes *Reintroducing the Incredible Egg*

Large eggs contain 14% less cholesterol! According to the USDA, one large egg now contains 185 mg of cholesterol, down from 215 mg. A new USDA study shows eggs have 14% less cholesterol and more vitamin D. The amount of cholesterol in a single large egg has decreased according to the new United States Department of Agriculture (USDA) nutrition data. Consuming an egg a day fits easily within dietary guidance, which recommends limiting cholesterol consumption to 300 mg per day.

Eggs now contain 41 International Units of vitamin D, which is an increase of 64% from 2002. Eggs are one of the few foods that are a naturally good source of vitamin D, meaning that one egg provides at least 10% of the Recommended Daily Allowance (RDA). Vitamin D plays an important role in calcium absorption, helping to form and maintain strong bones.

The amount of protein in one large egg - 6 grams of protein or 12% of the Recommended Daily Value - remains the same, and the protein in eggs is one of the highest quality proteins found in any food.

Eggs are all-natural, and one egg has lots of vitamins and minerals, all for 70 calories. The nutrients in eggs can play a role in weight management, muscle strength, healthy pregnancy, brain function, eye health and more. At less than 15 cents apiece, eggs are an affordable and delicious breakfast option.

In 2010 a random sample of regular shell eggs was collected from locations across the country to analyze the nutrient content of eggs. The testing procedure was last completed with eggs in 2002, and while most nutrients remained similar to those values, cholesterol decreased by 14% and vitamin D increased by 64% from 2002 values.

By Janine B. Rywak, County Extension Director

People Urged to Leave Fawns Alone

Though white-tailed fawns seen hiding in the grass may look abandoned and very much alone, they usually are not, and the N.C. Wildlife Resources Commission is urging the public not to approach, touch, feed or move them. Contact with a human may harm the animal more than help it.

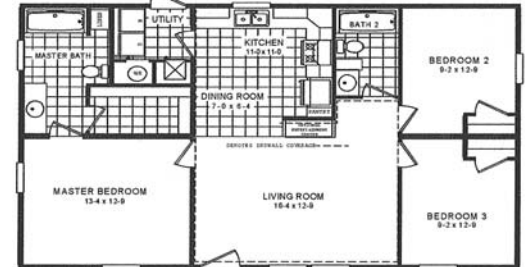
Whitetails are a "hider" species, which means the female will hide her fawn in vegetation during the first two or three weeks of its life as she feeds. Spotted and lacking scent, fawns are well-camouflaged and usually remain undetected by predators. The doe will return to the fawn several times a day to nurse and clean it, staying only a few minutes each time before leaving again to seek food. A human may never see the doe and think the fawn needs help or food. But staying away is a better option.

The fawn is well-equipped to protect itself. By the time it is 5 days old, already it can outrun a human. At 3 to 6 weeks of age, fawns can escape most predators.

Unless a fawn is in imminent danger — for example, under attack by dogs or injured in a tractor mowing accident — the best decision always is to leave it alone. If you are concerned about the fawn, leave the area and come back to check on the fawn the next day. Do not remain in the area. Does are very cautious and will not approach a fawn if they sense danger.

If a fawn is in the exact location when you check on it the following day and bleating loudly, or if a fawn is lying beside a dead doe (likely at the side of a highway), do not take the fawn into your possession. It is illegal to remove a fawn from the wild. Only fawn rehabilitators with a permit from the Commission may keep white-tailed fawns in captivity for eventual release. Instead, call the Wildlife Resources Commission at (919) 707-0040 for the contact information of a local, permitted fawn rehabilitator or see a list of fawn rehabilitators at www.ncwildlife.org.

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Events

- NOW-JUNE 30**
Pressure Canner Lid
 Testing, free at Extension office, 501 McLaurin St in Wadesboro. Info 704-694-2915
- JUNE 8**
Tourism Meeting
 Anson County Tourism Development Authority meets at Ladybug Restaurant, noon
- JUNE 9**
Board of Elections
 Regular meeting, 5pm in BOE office, 101 S Greene St, Suite B-01 in Wadesboro. Info 704-994-3223
- Compassionate Friends**
 Meet 7pm in Training Rm at Pee Dee Electric. 704-694-8774
- JUNE 11**
Deep Creek Reunion
 Anyone who attended Deep Creek School is invited to the reunion, 11:30am at Deep Creek Fellowship Hall. Covered dish lunch served
- JUNE 12**
Davis Reunion
 Pad & Priscilla Davis, 1pm at Cedar Grove Church on Hwy 742 North. All family & friends invited, bring covered dish & enjoy the day. Info 704-385-9795
- JUNE 18**
Free Concert
 Local musician Tim Hildebrandt & friends performing in the Ansonia, 7:30pm. Info 704-694-4950
- JUNE 25**
Griffin Reunion
 Descendants of Preston Alexander Griffin & Dallie Frances Hinson Griffin at Mt Vernon UMC, 4pm. Please bring beverage & covered dish. Info 704-694-5525
- JUNE 27**
Free Movie
Diary of a Wimpy Kid at Hampton B. Allen Library, 10am. Info 704-694-5177

- AUGUST 20 & 21**
Vancine Sturdivant Honored
 Red Carpet Affair, 8pm at Holla Resource & Development Ctr in Morven on Sat & 4-6pm on Sun. Tickets \$25, sponsorships available. Info 704-694-3552
- SEPTEMBER 10**
Class of 1973
 Bowman Senior High School reunion at Twin Valley Country Club, 6pm. Info & register Cheryl Cason-Coppadge 704-465-8399
- ONGOING EVENTS**
Cruise-In
 Third Thursday each month, 5-8pm at The Old Store. Bring your cars, trucks & motorcycles & show them off! Food discounts, door prizes, 50/50 raffle to benefit Feed My Lambs & lots of fun! Info 704-851-3637
- Parks & Rec Pool**
 Open Tue, Wed, Thu, Sat, Sun, 2-5pm. \$1 to swim
- Tuesday Movies**
 At Hampton B. Allen Library, 2pm. Only \$1. Preregister 704-694-5868

Letter to the Editor
Food Drive a Success

Greetings!
 I sincerely appreciate every business that partnered with Richmond County/Anson Community Hospice during the May 2011 Food Drive benefiting Anson Crisis Ministry. It has been a pleasure working together to serve those in need in Anson County. Together we collected approximately 1,500 pounds of food, 1,500 cups, 80 loaves of fresh bread, 60 hamburger and hotdog buns, and gift cards.
 Thank you for your collaboration and I look forward to working together on future community projects.
 Sincerely, Teina M. Chambers

Free Concert at the Ansonia June 18

The newly renovated Ansonia Theatre will host a concert by local recording artist Tim Hildebrandt, accompanied by his musician friends from across the country. They will be performing songs from Tim's latest CD *Hombres*. The event will be held at 7:30 p.m. on Saturday, June 18. This is a free event but donations to the Ansonia or Arts Council will be gratefully accepted.
 For more information contact the Arts Council at 704-694-4950 or ansonart@windstream.net. The website is www.ansoncounty-artsCouncil.org.

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