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Cobb-Vantress Open House at New Site

Cobb-Vantress and the Anson County Chamber of Commerce cordially invite you to attend an Open House and Ribbon Cutting Ceremony at the new Cobb-Vantress location on Friday, September 13 at 11 a.m. The new location is 300 Cobb Street, left off Highway 109 North in Wadesboro. Manager Emily Crawford and staff welcome you to take a tour of the new facility, and enjoy hot dogs with all the trimmings, chips and drinks too!

NCDOT Offers New Curriculum to Teach Kids About Walking and Biking Safety

The N.C. Department of Transportation is offering a new, free way to educate children on the basics of walking and bicycling safety. The Let's Go NC! curriculum consists of lesson plans, materials, and supplemental tools that anyone can use to teach elementary-aged children grades K-5 about the basics of walking and biking. The curriculum is intended for use by schools, clubs, after school programs, law enforcement and other groups.

"We applaud the NCDOT for creating valuable lessons about bike and pedestrian safety to share with North Carolina's elementary school students," said State Superintendent June Atkinson. "It is never too early to start teaching students how to make smart, safe and healthy decisions every day."

"Let's Go NC! exemplifies our department's focus on safety, education and alternative transportation while providing a fun and beneficial experience for children," said Bicycle and Pedestrian Division Director Lauren Blackburn. "The lessons enhance kids' understanding of traffic safety, encourage a healthy and active lifestyle, and build independence and self-esteem."

The curriculum is divided into two primary lesson sets: Let's Go Walking and Let's Go Biking. Each lesson set has three distinct teaching levels divided by grade - K-1st, 2nd and 3rd, and 4th and 5th. It features hands-on learning and skill-building activities, as well as math, reading, social studies, science, art and music.

All curriculum materials, including lesson plans, lesson videos and guidance materials for instructors are easily accessible online at www.ncdot.gov.

Learn more about the curriculum at <https://connect.ncdot.gov/projects/BikePed/Pages/LetsGoNC.aspx>.



Richard Goforth

Each week The Express will share some of the many accomplishments of our local Agricultural Extension agents. Their dedication to and work for Anson citizens benefits all of us either directly or indirectly. This week's spotlight is on Poultry - Richard Goforth, Area Specialized Agent.

From Richard Goforth: Poultry production is North Carolina's largest agricultural commodity. Manure produced during production continues to increase in value for growers and local crop farmers with the rise in commercial fertilizer prices, which are driven by the cost of oil. Poultry litter is a good fertilizer but must be used properly to prevent contamination of water resources.

The NC Cooperative Extension helps growers and farmers develop nutrient management plans and keep required records to meet Division of Water Quality regulations. Extension works with growers and farmers to take proper soil and litter samples analyzed by the North Carolina Department of Agriculture. These plans set application rates based on crop needs and soil types. This ensures that excess nutrients are not applied to fields, saving farmers money on fertilizer and preventing run-off and leaching to water resources.

Extension developed a new plan to help a grower use 1,324 tons of poultry litter properly and provided additional training and assistance with two established plans in Anson County.



This represents an estimated savings of \$13,945 over commercial fertilizer cost. For more information contact the Anson County Center at 704-694-2415 or send mail to PO Box 633, Wadesboro NC 28170. They are located at 501 McLaurin Street.

Extension Notes Ideas for Saving Money at Home

With costs going up on everything from food to entertainment, families struggle to keep household expenses flat. Just maintaining the same standard of living can be difficult with inflation. So finding creative ways to save is always a good idea.

There are a number of things you can do each day to help reduce the cost of running a household. The NC Cooperative Extension Family Resource Management Program "Take Control" offers many helpful hints.

Here are some simple ideas to get you started. Challenge family members to come up with even more money-saving ideas.

- Save money on cleaning products by selecting multi-purpose cleaners. You usually do not need a different cleaner for every job. In reality, a multi-purpose cleaner can take care of many cleaning jobs in your home. It is not always necessary to purchase a specialized cleaner.
- Save money on cleaning accessories by selecting reusable items. Remember when dust rags were just that? Rags. There are many disposable items you may love for their convenience, yet they can add significantly to your budget. You may decide to go back to damp cloths for dusting, reusable toilet brushes and sponge mops. These items produce the same results with little or no cost.
- Save money on dishes and utensils by eliminating paper and plastics. While paper and plastic products offer convenience, their cost can add up quickly. Use dishes and silverware instead of paper plates and plastic ware. It may require a bit more work in terms of cleanup, but it will help your wallet and it means less trash in the landfill.
- Save money on household products by using store brand products. This is especially true for disposable items such as trash bags, sandwich bags and paper plates. You will get the same use with less cost. The important thing is to make certain that the quality is comparable. For example, if you buy thin paper towels, you may end up using twice as many for the job, thus producing no savings.
- Save money on utilities by implementing energy-and water-saving behaviors. Turning off appliances when not needed, adjusting the thermostat temperature and reducing the length of your shower are a few ways to cut utility costs.
- Save money on home repairs by fixing small problems before they become large problems. While it may be tempting to let household repairs wait, don't. Your home is likely your single largest investment, and it is important that you maintain that investment. Make repairs as they are needed. This can keep them from becoming major problems that end up costing more in the long run. *By Janine Rywak, County Extension Director*

4-H'er Curtis Crump Featured in State Extension Magazine

Anson County 4-H'er Curtis Crump is featured in Perspectives Magazine speaking about the impact Cooperative Extension has made in his life. This article is a part of the National Branding Initiative by Cooperative Extension to provide personal messages on how Extension helps its clients.

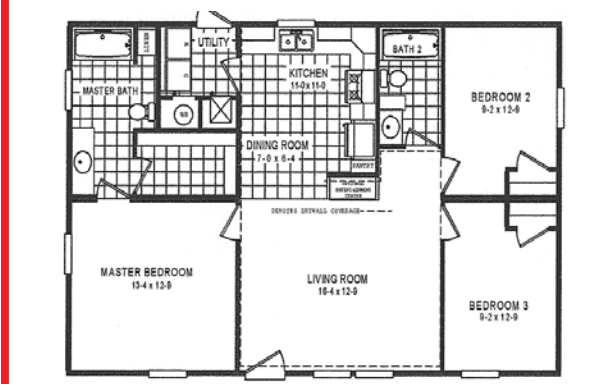
Counties across the state were asked to submit possible candidates who could tell how Extension programs had positively impacted their lives. County Extension Director Janine Rywak made Curtis' submission. Weeks later 4-H Agent Roshunda Blount was notified by the magazine's managing editor that Curtis was selected for the next round which included questions, a testimonial and a photo shoot. Curtis handled the rest.

After submitting his questions, a week later Curtis had been selected to speak about his experiences with 4-H (Cooperative Extension's Youth Education Program) to illustrate the differences Extension makes. A time was set up for his photo shoot and the rest was history until the publication came in the mail at the Extension Office Thursday, August 15.

Curtis is a rising sophomore at East Carolina University studying Healthcare Administration. He is the son of Emma Henry and Curtis R. Crump. Anson County Cooperative Extension and Anson County 4-H are proud of you Curtis!

Perspectives Magazine is published quarterly by the College of Agriculture and Life Sciences at North Carolina State University. To access the article visit www.cals.ncsu.edu/agcomm/news-center/perspectives-issues/fall-2013. In the left hand column you will see "View the latest print version of Perspectives." Click on the magazine and Curtis' article begins on page 4.

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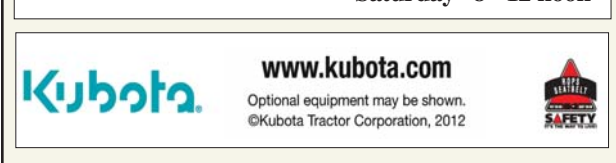
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MEETING NOTICE STOP THE FRACK ATTACK
Sunday, September 8 • 4pm
At the Hampton B. Allen Library
The Public is Invited

Therese Vick with the Blue Ridge Environmental Defense League will make a presentation of the dangers of fracking and drilling wastes. She will also give an update on rules and legislation.

Waste Connections owns and operates an industrial landfill in Polkton. In their other landfill they already dump drilling wastes. These wastes are contaminated with hazardous chemicals, and can also be radioactive.

It is proven that all landfills will eventually leak

- Why should you attend this meeting?**
- To Protect Your Family
 - For Love of Your Country
 - To Learn How to Get Involved and Help