

Mrs. Jill Edwards, School Counselor at Anson County Early College and Youth Career-Connect STEM Academy (YCC), arranged for YCC freshmen to have an opportunity to visit one college this semester.

Edwards, Robbie James and the teachers at YCC took approximately 25 students to the University of North Carolina at Chapel Hill on October 3 and approximately 64 students to Wingate University over the course of three dates: October 22, November 5 and 12.

At both schools students participated in an informational session where the speaker discussed general information about the school along with the admission requirements. Student mentors gave a walking tour of both campuses pointing out the significant buildings and other areas of interest.



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**Extension Notes Don't Wash That Bird!**

Bet the title of this article got your attention. And yes, I know we have all been told for years that you should wash poultry and meats before you cook them. But research has now proved otherwise, and yes, the experts are saying different from what we have always done.

Washing chickens and turkeys before cooking is a common practice in many kitchens that is completely unnecessary and potentially dangerous. Salmonella, Campylobacter and other pathogenic and potentially deadly bacteria are always going to be on raw chicken. In fact, Campylobacter is found on almost 50% of commercially available whole chickens. Thorough cooking kills those bacteria and makes the meat safe. Rinsing the raw chicken contaminates your sink, countertop, utensils, walls, floors, and everything else in the kitchen (including you) near the sink.

According to Dr. Ben Chapman, NC Cooperative Extension Food Safety Specialist, research by has found that there is a "potential increase in the risk of foodborne illness for individuals who wash chicken before cooking it."

Bacteria already present on the poultry can travel up to 3 feet from the place the meat is washed. Washing poultry can only cause harm because bacteria are not removed by washing but instead by cooking chicken to the proper temperature.

Marjorie Davidson, a consumer educator at the FDA, says, "Washing raw meat and poultry before cooking makes it more likely for bacteria to spread to areas around the sink and countertops." That will lead to cross-contamination of other foods and can lead to food poisoning.

Granny and Mama used to say they always rinse chickens and turkeys because "they never know who handled the bird before they bought it." The only thing some "unsanitary" person could add to the bird is more bacteria. Which is only destroyed by cooking.

So what should you do? Do not wash raw poultry. Clean and sanitize utensils and work surfaces after preparing raw poultry. Wash and dry hands after handling and preparing poultry, and use clean or one-use towels to dry.

And how do you make sure you have killed the bacteria? Cook that bird until a food thermometer inserted in the thickest part of the meat, away from bone, fat, gristle and the pan, reads a temperature of 165 degrees. That's the magic number. *By Janine B. Rywak, County Extension Director*

**Grace Trip to Orlando in March**

In a release from Grace Senior Center: Grace Senior Center is sponsoring a 3 day / 2 night trip to sunny Orlando, Florida from March 25 to 27, 2015. The cost of the trip is \$312 per person, based on 35 to 40 paying participants. If less than 35 paying persons, the cost may be slightly higher. The package includes 2 hot breakfasts, 2 full course dinners, including a dinner at Capone's Dinner Theatre, travel 7000 miles and 2000 years back to the land of the Bible at The Holy Land Experience, visit Universal's CityWalk which is a 30-acre entertainment complex with restaurants, shops, nightclubs and cinemas, Downtown Disney featuring unique shops in the Marketplace and Downtown Disney West and Motorcoach transportation.

We are now accepting deposits of \$50 with the final payment due on February 28, 2015. For more information or to register, please call Grace Senior Center at 704-694-6616.

**Polymer Clay Ornaments Class in Cheraw**

The Cheraw Arts Commission presents Adult Art night Polymer Clay Holiday Ornaments on Tuesday, December 16. Participants will learn how to make themed ornaments that can be used as gift tags, necklace pendant, tree ornaments or buttons. Brenda Branson is the instructor for the class.

The ornaments will be sculpted from polymer clay that is user friendly with no experience required. Participants will be able to take home their creations that evening to enjoy during the holidays. All tools and materials will be provided in the \$12 registration fee. Pre-registration is required by December 12.

Contact the Cheraw Arts Commission at 843-537-8420 ext. 12 to register.

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