

# LEG PAIN

You Don't Have To Live With It!

That "searing, burning pain" in your thigh and calf...that "aching, numbing" feeling in your hip and buttocks...that "tingling" in your foot and toes and loss of balance...

It interferes with your ability to walk, to ride a bicycle, play golf, garden...to have FUN IN LIFE!

Leg pain, thigh ache and numbness, and tingling in the foot may actually be caused by a pinched NO back nerve even though you have NO back pain - it could even be Sciatica.

Dr. Dial is an expert at finding the CAUSE of your leg pain and numbness and CORRECTING IT...

...WITHOUT THE USE OF DRUGS OR SURGERY!



Dr. Brian Dial

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## Upper PeeDee Farm and Food Council Local Farm and Food Updates

• Farm Fresh Ventures (FFV) Farm Coop – Have you been wanting to support your local farmers? Eat more local produce? FFV is now selling subscriptions for a weekly produce box of fresh vegetables and fruit for a family of four, May 7 through September. Nine core growers from our farmers are part of this farmers' coop, maybe even some farmers you know. FFV allows payroll deduction, and splitting boxes are encouraged, especially if you have just two people in the family. FFV accepts Debit/Credit Cards. You can subscribe online or call your local Cooperative Extension office. To learn much more go to [www.farmfreshventures.com](http://www.farmfreshventures.com).

And if you would like to help FFV, volunteers are welcome to help box the produce once a week in Wadesboro at the Farmers Market, 8 a.m.

• Save the Dates for UPFFC County Public Forums: Anson - Tuesday, April 30, 6:30 p.m., Lockhart-Taylor Center; Montgomery - Monday, April 28, 6 p.m., Cooperative Extension Office; Stanly - Thursday, April 25, 6:30 p.m., AgriCivic Center

• Anson New Tech High School "Living Off the Land" Anson New Tech students hosted a Shiitake Mushroom workshop on March 25th, from 1 to 4 p.m. The workshop was led by an NC A&T University Professor. Both students and community members participated in hands-on work culminating in the inoculation of three of their own logs. On April 19th community members are welcome to come out and support the students as they present their business plans. Presentations will begin at 8:30 a.m. at Anson New Tech, 118 West Ashe Street in Wadesboro. The following have been mentors to our teams: Group #1 Cut Flowers; Martha Parker; Group #2 Hydroponics; John Lee; Group #3 Shiitake Mushrooms: Robert Colf; Group #4 Heritage Chickens; Gary Sikes; Group #5 Free Range Pigs; Dale Nelson; Group #6 Dairy Beef; Group #7 Perce; Group #7 Vegetables; Aimee Rankin; Group #8 Honey Bees; Jerry Taylor, Wayne Davis; and Group #9 Blueberries; Joyce Johnson.

• Farmers Markets Opening Soon! Look for the markets listed below to open during April and May. We will be listing all of their info in April Updates and on our new, upcoming UPFFC website.

**Stanly Commons Farmers Market** This new farmers market will be opening in May on Mondays, 10 a.m. to 2 p.m. at the Commons in Albemarle. The goal is to encourage Public Health clients and employees of the county and hospital to buy fresh, local fruits and vegetables. This is one way that will not only address the epidemic of obesity, but also contribute to the growing local farm and food system in our region. There will be cooking demos to showcase healthy ways of preparing seasonal produce. The first vendor meeting was March 26, held to plan the setup of the market, advertising, etc. For information about selling, contact Jennifer Layton, SC Public Health Education Specialist and market manager, 704-986-3018 [jlayton@stanly-countync.gov](mailto:jlayton@stanly-countync.gov)

**Albemarle/Stanly** Opening day is Saturday, April 13, 8 a.m. to noon, with the annual plant sale, spring craft sale, and special activities for children. See much more at [www.albemarle-downtown.com/farm-market](http://www.albemarle-downtown.com/farm-market), 704-984-9415. During June through August the market will operate on Wednesdays as well.

**Wadesboro/Anson** Contact Francis Campbell at [francis.campbell@nc.usda.gov](mailto:francis.campbell@nc.usda.gov)

**Troy/Montgomery** The Montgomery County Farmers' Market Association had its annual pre-season vendor meeting for new and returning vendors March 25. Applications for the 2013 season are available. For more information call 910-439-4854 or 910-576-6011 or online at [www.mcfma.com](http://www.mcfma.com). The market will open to the public starting April 18.

**Locust/Stanly** To be announced

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### Notice from the Anson County Board of Education

As the Anson County Board of Education works to recruit and hire a new superintendent, board members would like direct input from interested members of the community. Please take some time to access and complete the community survey through the link listed below. Please note that the survey must be completed in a single online session, as partial responses cannot be saved for later completion. Also, please note that the survey may only be completed once from a single IP address/computer. The deadline for completing the survey is April 16, 2013.

Hard copies of the community survey will be available at the Anson County Schools' Central Office, the Anson County Chamber of Commerce, the Hampton B. Allen Library and the Grace Senior Center.

The community survey will help shape the search and decision-making processes. The Board encourages all stakeholders to assist it in defining the qualities and characteristics of an exceptional leader for the Anson County Schools. Thank you for sharing your thoughts and opinions.

[www.surveymonkey.com/s/WQPCQLX](http://www.surveymonkey.com/s/WQPCQLX)

Sincerely,  
The Anson County Board of Education  
Lisa G. Davis, Chairperson, Bobbie Little, Vice Chairperson,  
Mike Turner, Beulah Pratt, Frank Liles, Carol Ann Gibson,  
Russell Sikes, Marilynn Bennett, George Truman

Remembering.....  
By Ed McBride

### Old Ansonville Methodist Church Fire

Remembering a long time back, I remember when I had an opportunity to ride with my granddaddy Ballard occasionally to Sunday School at Grandville. I was about four years old, and the old Methodist Church was in about the same location as the present church.

One Sunday morning about that time, while I was at home looking out the kitchen window, I saw very black and heavy smoke towards Ansonville. Not long after my granddaddy came to tell us that the church had burned. Of course at my age I could not imagine such. I found out very soon that the older church members started clean up and began a new church building, which is the present structure (pictured above).

Since those years have passed so many other structures have been torn down, moved or burned. I still remember that old building too!

### Extension Notes Saw for Goals and Dreams

What do you dream of having and doing? People of all ages dream about how they would like to live, what they would like to buy, and what they will do when they are retired. Smaller, immediate wants are often easier to attain, while, somehow, it seems more difficult to do the planning to reach long-term goals. But remember, a goal is a dream with a deadline. So we need to plan how we will realize at least some of those dreams.

How do you get started? Now is the time to distinguish goals from dreams. Then you will need to determine how they fit into your budget. What if there is not enough money in your fit into your budget? What if there is not enough money, you will need to identify spending goals (unnecessary expenses). Work to find ways to reduce current spending to be redirected towards the goals.

For example, if you buy lunch out everyday, you might want to carry your lunch most days instead. Calculate how much you will save and divert it to your goals. How about that cup of coffee purchased each morning on your way to work? Are you willing to make it at home instead?

What about fast food breakfast every morning? Breakfast at home is much cheaper. Then there are the candy bars/snack foods/soda you routinely purchase from a work vending machine. You could bring snacks (healthy ones) from home instead. And if you drink water instead of sodas, that also adds up.

What about lottery tickets? Or non-nutritious foods purchased at the grocery store? Do you have other impulse purchases?

One important goal is to save money from every paycheck, even if it is a small amount. The habit of regularly saving is more important and beneficial than the amount saved. You can always increase savings once the habit is started. If you truly think you do not have any money to save, try this exercise. Start with putting a penny the first day in a jar. Each day, double the amount so, the second day, you will put in the jar 2¢, third day, 4¢, fourth day, 8¢, fifth day, 16¢, etc. Now, if you keep doing that, do you know how long it will take to accumulate \$1 million? Since most of us cannot put aside that much, stop when it gets too rich for you and start all over again with one penny.

Before long you will have a nice emergency fund started. You can add that to a savings account or if you do not have one, start a savings account. It really is all about choices. We all have to make them and we all live with them.

Not making a deliberate choice is a choice too! So use focus and purpose to make yours count. Once you have converted your dreams into goals, all you need to do is follow your plan.

Oh, by the way, it takes 28 days of saving as above to surpass \$1 million. By Janine Rywak, County Extension Director

### Chamber Open Golf Tournament

Anson County Chamber is well underway with the planning of the 13th Annual Chamber Open to be held on Friday, April 19th at the Twin Valley Country Club. 26 teams have already booked their spots. There is still room for you to save a spot for your team. Opportunities for Hole Sponsors, Course Prize Sponsor, Lunch Sponsor and more are also available.

The "Ball Drop" event will also be going on again this year. Balls are already being sold and come do not have to win.

Come join in the "Premier Golf event of Anson" for food, fun and fellowship! For more information call or email today, 704-694-4181 or [ansonchamber@windstream.net](mailto:ansonchamber@windstream.net).

### Blood Drive is Next Tuesday, April 16

There will be a Community Blood Center of the Carolinas Blood Drive on Tuesday, April 16 at South Piedmont Community College in Polkton. The community is urged to come out between 8:30 a.m. and noon to donate. There's a free t-shirt to all donors. The minimum weight requirement for blood donors is 120 pounds.

It's Organ Transplant Month in April. An average of 79 people receive organ transplants daily. Every transplant procedure requires a blood transfusion of several units of blood, but the blood must be compatible. Your blood counts!

More blood counts can be found at Community Blood Center of the Carolinas website, [www.cbcc.us](http://www.cbcc.us). CBCC has donation centers in Charlotte, Concord, Gastonia, Hickory, and Union County.

Call 704-972-4700 or go to [www.carolinadonor.org](http://www.carolinadonor.org) to make an appointment at any location.

### Ground Breaking Ceremony for New Gullede Fire Department

The Gullede Volunteer Fire Department, Station 9, will have a ground breaking ceremony for their new fire station on Sunday, April 7 at 4 p.m. The public is invited.

### BRLC Free Food Pantry Every Wednesday

Burnsville Recreation and Learning Center holds their Emergency Food Pantry outreach every Wednesday morning from 9 to 11 a.m. Volunteers are available to serve families. For more information call BRLC at 704-826-8182.

### REMEMBER SENIOR DAY

**CAPTAIN D'S SEAFOOD KITCHEN** 10 Dinners Starting at \$4.29 All Day Wednesday

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