



Does Your Child's Eyesight Make the Grade?

Vision problems are a leading cause of school performance problems, so be sure your child can see clearly at school. Make an appointment with Dr. Kiker today for a complete eye exam.



Holly Allison Kiker, OD



1134 Holly Street in Wadesboro (On Highway 74 across from CVS)
 Mon-Thurs 8:30-5 & Closed Fridays 704-694-3618

Access to family planning health care is critical to reaching your life's goals.

Unplanned births account for nearly

1 IN 10 DROPOUTS

among female students at community colleges.



Schedule a physical and/or birth control consult today at the Anson County Health Department

ANSON COUNTY HEALTH DEPARTMENT
 110 Ashe Street
 Wadesboro 704-694-5188
 Sliding fee scale for the uninsured.



FUNDED BY TITLE X REPRODUCTIVE HEALTH SERVICES

Don't let leg pain slow you down.



One in every 20 Americans over the age of 50 suffers from PAD - a condition caused by plaque or fatty deposits in the arteries that limit blood flow to the legs and feet. This puts them at greater risk for heart attack, stroke and limb loss.

Symptoms of Peripheral Arterial Disease (PAD)

- | | |
|-----------------|--------------------------|
| PAIN | DISCOLORATION |
| ACHING | BURNING SENSATION |
| NUMBNESS | SWELLING |

Call (704)226-0531 for your PAD assessment today!

METROLINA SURGICAL SPECIALISTS, PLLC

Vascular Surgery • Endovascular Intervention
 Obinna N. Eruchalu, MD, FACS, FICS, RPVI

907 Fitzgerald Street • Monroe, NC 28112
 Phone (704) 226-0531 • Fax (704) 292-7880

NOW ACCEPTING NEW PATIENTS Monday-Friday 8 a.m. to 5 p.m.

The Benefits of Blueberries

Most people know that oranges are a great source of vitamin C and bananas have plenty of potassium. Did you also know that eating blueberries can help reduce the risk of heart disease, lower your blood pressure, fight cancer and promote digestive health?

Blueberries are more than just a pretty face. They pack a nutritional punch with their many health benefits and are low in calories, containing only 80 calories per one cup serving. They provide 3.6 grams of fiber, which is important for maintaining healthy digestion and can help promote weight loss by keeping you full for long periods. They contain the potential to reduce the risk of heart disease. Blueberries contain natural fruit sugar for quick energy, have virtually no fat and are low in sodium. If you eat just one serving of blueberries, almost 16% of your daily needs for Vitamin C are met. Vitamin C is necessary for growth and development of tissues and promotes wound healing. Blueberries contain manganese, which helps the body to process cholesterol and important nutrients like carbohydrates and protein. Aside from all of the great benefits, blueberries make a great addition to yogurt, cereal, water and salads. They can be incorporated into smoothies and treats in a number of ways.

Storing or preserving blueberries is very easy to do. A common method of storage when you have large quantities is freezing by dry pack. This method is super easy! First of all, don't wash the blueberries. Washing will result in a tougher skinned product. Pack berries into containers, leaving head-space. Berries can also be frozen first on a tray, such as a cookie sheet lined with parchment paper, then packed into containers as soon as they are frozen. Seal and freeze the container. Remember to wash them before using! If storing in the refrigerator for immediate use, store them either in their original plastic clam-shell or in a covered bowl or container, again, making sure to rinse them before you use them. So the next time you are at the farmer's market or grocery store to pick up fruit, grab you some blueberries and enjoy this beneficial fruit. Small size, big benefits. *By Roshunda Terry, County Extension Director*

Hay Buying Considerations

Not all hay is created equal. The best quality forage for your horse will depend on many factors including age, physiological stage, and activity level. Horses can be nutritionally deficient even when plenty of forage is available to them. However, horses can be overfed and encounter health problems due to diets too rich from very high-quality hay. This is why knowing your forage quality is key to maintaining healthy animals.

The most important factor affecting quality is the stage of maturity at harvest. As forages mature, their nutritive value declines because they have fewer leaves and more stems. This means a lower protein and a higher fiber content. The nutritional needs depend on the physiological stage and activity of the horse. In general, a young growing horse has the highest requirements for energy, protein, minerals, and vitamins per pound of body weight. Non-pregnant, mature horses that are ridden less than daily have the lowest nutrient requirements. Other classes of horses fall in between these two extremes.

Hay quality is determined by running an analysis of a sample at a forage testing laboratory. This analysis will typically include percent moisture, dry matter, acid detergent fiber, neutral detergent fiber, crude protein, and mineral content. Other values such as net energy, total digestible nutrients, and relative feed value can be calculated. In addition to laboratory analysis, a visual inspection should be made. Evaluate the stem to leaf ratio, fineness of stems, color, odor, weed content, molds, and other contaminants that could cause health problems or reduce animal consumption, or increase waste. Evaluations on color alone can be misleading. A bright green hay often indicates the absence of rain, molds, and heat damage, but bales bleached on the outside are commonly very green on the inside. Bright green weeds may have a lower nutrient value than bleached alfalfa.

Horses will eat 1.5-2.5% of their body weight every day in dry matter. Grass or hay can meet 50-100% of that requirement. If a 1100-pound horse eats 2% of his body weight each day in hay for 6 months, the horse will eat approximately 4,000 lbs of hay. You can figure out how much hay your horse will eat using the calculations below. Remember to make adjustments if your horse is on pasture and for forage lost to spoilage or feed waste.

Calculations:

- Horse weight (lb) x (percent daily intake ÷ 100) = lb eaten/day.
- lb eaten/day x 365 days/year = lbs/year.
- tons/year = lb/year ÷ 2000 lb/ton.

Example: 1100 lb x (2% ÷ 100) = 22 lb/day. 22 lb/day x 365 days/year = 8030 lb/year.

- **tons/year:** 8030 lb/year ÷ 2000 pounds/ton = 4 tons/year.
- **bales/year (35 lb/bale):** 8030 lb/year ÷ 35 lb/bale = 230 bales/year.

For a list of hay producers or for more information about purchasing hay please contact the Anson County Cooperative Extension Office at 704-694-2915.

By Kinsey Everhart, Anson County Cooperative Extension, Livestock and Row Crop Agent

Would you pay to win a prize? Sweepstakes scams cost victims more during pandemic.

Sweepstakes and lottery scams resulted in higher financial losses during the COVID-19 pandemic compared to the previous three years, particularly for older people, according to new research from Better Business Bureau (BBB). BBB warns consumers never to pay money to claim a prize. If anyone asks for money before delivering a prize, it is likely a scam.

The research is an update of BBB's 2018 in-depth investigative study, Sweepstakes, Lottery and Prize Scams: A Better Business Bureau Study of How "Winners" Lose Millions Through an Evolving Fraud. Since the study's publication, there has been a 16% decrease in complaints to the Federal Trade Commission (FTC), the FBI's Internet Crime Complaint Center (IC3) and the Canadian Anti-Fraud Centre (CAFC). However, financial losses reported to all three agencies rose dramatically in 2020 with the COVID-19 pandemic, with FTC logging an increase of more than 35% in reported dollar losses. The updated research highlights how these scams work and the importance of educating consumers, particularly those who may be susceptible to a specific scam.

According to Tom Bartholomy, BBB President and CEO, "This updated research highlights how these scams work and the importance of educating older adults and other people who may be susceptible to these scams. Because these scammers are so good at what they do, anyone could be a victim."

View the full report at www.bbb.org.

NOW HIRING PART-TIME CHILD CARE HEALTH CONSULTANT

The Anson County Partnership for Children is seeking a part-time Child Care Health Consultant (CCHC) CCHCs offer technical assistance through collaborative consultation, coaching, training, and advocacy.

The primary purpose of this position is to provide health and safety technical assistance to child care facilities in Anson County

The CCHC:

- Works collaboratively with child care facilities to assess, plan, implement, and evaluate strategies to achieve high quality, safe child care environments.
- Guides early care and education programs to achieve best practice standards.
- Provides health and safety training to improve health knowledge and skill development of facility staff.
- Provides support for the inclusion of children with special health care needs.
- Acts as a liaison to local health professionals and community service agencies by offering health education, community information, and referral resources to facilities and families.
- Evaluates progress by conducting periodic assessments using process and outcome measures.

Education and Experience:

- Degree in Nursing and a current and unencumbered license to practice as a Registered Nurse (RN) in North Carolina. A CCHC RN must also have knowledge of and skill in applying nursing theory, practice, principles, and techniques related to the field of public health within the nursing scope of practice.
- Bachelor's degree in public health or other health-related field (Master's preferred).
- Two years relevant experience in the professional discipline of nursing, public health, or related field.
- Completion of or willingness to enroll in NC Child Care Health Consultant Course.
- Equivalent combination of education and experience.

For more information, contact Caroline Goins at 704-694-4036 or caroline.goins@ansonchildren.org

Anson County Partnership for Children
 117 South Greene Street Wadesboro, NC 28170
 704-694-4036 www.ansonchildren.org



Anson County Partnership for Children does not discriminate on the basis of race, color, sex, national origin, religion, age or disability in employment or provision of service.