

### Do You Need a Coat or Blanket? Would You Like to Donate?

The Faith-Based Center of Hope continues their "Warm Coats, Warm Hearts" program. They have distributed coats to several of the churches and schools in Anson County. Blankets for the elderly are also available. Ebenezer Missionary Baptist Church is the pick up site, or you can deliver donated items there. Just call to schedule it. To donate coats and blankets or to request help, please contact Vancine Sturdivant at 704-848-4412.



## Anson 4-H Yard Sale

**SATURDAY, OCTOBER 31  
6:30AM TO NOON**

**PARKING LOT OF  
FORMER SUNTRUST BANK**

*Corner of Washington Street & Highway 74*

**Women, Mens & Children's Clothing  
Jewelry, Small Furniture, Crafts  
Appliances & Much, Much More!!!**

*Sponsored by:  
Anson County  
4-H Volunteer  
Leaders Association*

### National Memory Screening Day at Grace Senior Center Nov. 4

National Memory Screening Day is an ongoing national effort to promote early detection of memory problems, including Alzheimer's disease, and to encourage appropriate intervention, including medical treatments, social services and other resources. AFA believes that memory screenings are a significant first step toward early diagnosis.

National Memory Screening Day provides free, confidential memory screenings to individuals concerned about memory loss with the objective of early detection and intervention. The event encourages Americans to participate by offering screenings at no charge and in convenient locations in communities across the nation. National Memory Screening Day also provides a valuable opportunity to learn more about healthy lifestyle choices for successful aging.

Grace Senior Center will provide free Memory Screening on Wednesday, November 4, from 9 a.m. to 2 p.m. Please call to pre-register at (704) 694-6616. Office Hours are Monday-Friday, 8:30 a.m. to 5 p.m.

### Extension Notes *Is It a Sweet Potato or a Yam?*

The fall season brings a bounty of foods that we look forward to each year. The sweet potato, one of the state's top cash crops, is one of those foods. Since 1971 North Carolina has ranked as the number one sweet potato producing state in the United States.

But is it a sweet potato or a yam? What is in a name? When it comes to the yam, there is a bit of confusion. The truth is what you have been calling a yam is most likely a sweet potato. Even more, it is possible that you have never even tasted a yam! According to the NC Sweet Potato Commission, that sweet, orange-colored root vegetable that you love so dearly is actually a sweet potato. Yes, all so-called "yams" are in fact sweet potatoes.

Most people think that long, red-skinned sweet potatoes are yams, but they really are just one of many varieties of sweet potatoes. So where did all of the confusion come from? Here is a breakdown of the main differences between yams and sweet potatoes. A true yam is a starchy edible root of the Dioscorea genus, and is generally imported to America from the Caribbean. It is rough and scaly and very low in beta carotene, so it is light-fleshed. Depending on the variety, sweet potato flesh can vary from white to orange and even purple.

The orange-fleshed variety was introduced to the United States several decades ago. In order to distinguish it from the white variety everyone was accustomed to, producers and shippers chose the English form of the African word "nyami" and labeled them "yams."

Even though the USDA requires that orange-colored sweet potatoes always be labeled "sweet potato," most people still think of sweet potatoes as yams regardless of their true identity.

Now that you know the difference, here are a few tips on how to handle sweet potatoes so you can have fresh, sweet and delicious sweet potatoes whenever your craving strikes. Follow these proper storage procedures carefully in order to prevent your sweet potatoes from bruising or spoiling.

Avoid storing sweet potatoes in the refrigerator, which will produce a hard center and unpleasant taste. Instead, store your sweet potatoes in a cool, dry, well-ventilated container. For best results, store them in a basement or root cellar away from strong heat sources. Your sweet potatoes can store for up to two weeks if stored properly.

*By Janine B. Rywak, County Extension Director*



**SOUTH  
PIEDMONT  
COMMUNITY COLLEGE**

# Spring 2016

## registration

**Come to campus to enroll in classes.**

### October 26-30, 2015

**Old Charlotte Highway Campus**

**L.L. Polk Campus**

**Building B - Room 188**

**Garibaldi Building - Room 264**

4209 Old Charlotte Highway, Monroe

680 Hwy. 74, Polkton

**www.spcc.edu**

**704.272.5391**

**admissions@spcc.edu**

### Spring Classes Start January 11

### Anson County Schools Hosts a College Fair for Students

Representatives from area colleges and universities filled the gym at Anson High School on Monday, September 28 for the Anson County Schools College Fair. Post-secondary institutions provided a vast array of programs and opportunities for students. All Anson County high schools were invited to attend during the time allotment for the fair. Seniors and Juniors from the area schools had the opportunity to speak with representatives and learn about programs, admission requirements, and financial information the schools offer.

Institutions in attendance consisted of both public and private entities that belong to the Carolinas Association of Collegiate Registrars and Admissions Officers (CACRAO). CACRAO fairs are typically held in areas with a larger concentration of secondary schools instead of small rural areas.

The Anson County School System was very fortunate to be able to host this event. Superintendent Michael Freeman said, "I am so proud and excited to see the number of colleges that are here providing options for our students to consider as they develop future plans and make decisions. I am also proud of our staff who are available to guide students and provide clarification as they are exposed to college and career options. Dr. Kim Ingold and other staff members did a wonderful job of planning and hosting this event for our students."

Institutions in attendance were from South Carolina, Mississippi, Virginia, with the majority from North Carolina. Larger institutions such as North Carolina State University, University of North Carolina at Chapel Hill, Appalachian State University, University of North Carolina at Charlotte, East Carolina University and University of North Carolina at Wilmington were some of North Carolina's institutions that were in attendance. There were a total of 54 higher education institutions ready to meet and assist our students with educational opportunities to ensure a bright and successful future.

Students provided contact information to receive more detailed material in the mail or future contact from a representative. Brochures and pamphlets were available for interested students to read and share with family members at later date. Application deadlines for post-secondary institutions are quickly approaching for Fall 2016 admission, therefore this fair was provided at a pivotal time for college bound seniors. It is not too early for juniors to begin researching institutions and programs that are needed or required for their chosen career path.



*Senior Timothy Horne speaks with Kelsy Walker from Mississippi State University.*

### Town of Wadesboro Veteran's Day Schedule

The Wadesboro Town Hall will be closed on Wednesday, November 11 due to the Veteran's Day Holiday. Also, there will be no garbage pickup that day.

Wednesday's trash collection route will be picked up on Thursday, November 12 and Thursday's collection route will be picked up on Friday, November 13. The normal schedule will resume on Monday, November 16.



### ANSONVILLE PARADE & HOMECOMING

**Saturday, November 7th**

**Register for the parade at  
www.ansonvillefire.com  
or call 704-826-6097**



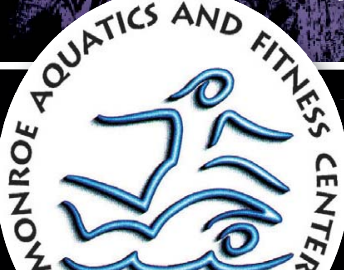
# SPOOKTACULAR SAVINGS!

## 50% OFF JOINING FEE!

**EXPIRES 11-2-2015**



### GREAT TIME TO ENJOY OUR OUTDOOR TRACK!



**Located off Hwy 74 across the street from  
Lowe's on Hanover Dr. in Monroe**

**704-282-4680**



@mymafe