

## 4-H'ers Hold Favorite Foods Show

Anson County 4-H'ers participated in their tenth annual Favorite Foods Show on Saturday, November 8 at the Cooperative Extension Center in Wadesboro. The aroma of casseroles and baked goodies filled the air at the local 4-H Office as excited youth and adults entered their homemade dishes for competition. There were 21 entries for competition this year. Judges for this year's event was Patricia McDougald of Wagram, NC and Mary Diggs of Morven.

4-H'ers and 4-H volunteers prepared foods at home and then brought to the show for display and judging. Categories included appetizers/snacks, breads, salads, side dishes, main dishes, beverages and desserts. The event culminated at noon with the announcement of winners and a tasting party of all the foods entered. A recipe book of all dishes will also be prepared for all participants.

Cloverbud participants were Kendall Duncan in the Appetizers & Snacks, Salads and Beverages and Andrew Martin in Appetizers & Snacks and Beverages.

The junior category of Appetizer/Snacks LaNiya Leak was the winner. Quenton Cromartie came in 2nd place and Katherine Brown came in 3rd. Jamiya Bennett also participated in this category. In the Side Dish category, Quenton Cromartie placed 1st and Jameya Bennett placed 2nd.

The Beverage division was represented with Jamiya Bennett coming in 1st, Milayah Smith placing 2nd and Katherine Brown placing 3rd in the Jr. Category. Winner in Junior Desserts was Milayah Smith placing 1st.

This is the fifth year that the Favorite Food Show was opened to the 4-H Volunteer Leaders. Entries were judged and one entry was declared Best of Show. The volunteer leader who participated this year was Hannah Dunlap. Her Chicken Casserole was declared Best of Show.

The second annual Cupcake Challenge was broken into four categories - Cloverbud, Junior, Senior and Adult Division. This year there were two participants. In the Junior Division 1st place was awarded to Na'La Brown for her Spice Cake Cupcakes. Adult Division 1st place went to Hannah Dunlap for her Vanilla Cupcakes.

Winners in the Favorite Foods Categories received scholarship money to be used towards 4-H programs and trips in the 2015 year. Scholarships are provided through fundraisers efforts and local contributions. Adult Division, Chili Cook off and Cupcake Challenge participants received ribbons and gifts.

To obtain more information about 4-H in Anson County contact Roshunda Terry, 4-H Agent, at 704-694-2915.

## Compare Health Insurance Plans During the Open Enrollment Period

**The first day to purchase individual health insurance is November 15**

Insurance Commissioner Wayne Goodwin wants to remind North Carolinians who purchase individual health insurance coverage to take advantage of the open enrollment period to compare plans and choose coverage. The open enrollment period for 2015 coverage begins on November 15, 2014 and ends on February 15, 2015. In order to have coverage effective January 1, 2015, you must enroll by December 15.

"Insurers will soon be sending renewal notices to their customers with information about 2015 coverage and costs. I encourage people to take action during the open enrollment period. Look at your options and decide if it's in your best interest to keep the plan you had last year or switch to another plan with your current insurance company or with a different company," said Goodwin. "By looking at all plans available to you, you may be able to save money or find a better benefits package for your needs."

The Department of Insurance is in the process of completing its review of individual health insurance plan rate filings submitted by insurance companies. Companies have filed average changes in premiums ranging from -10.6% to +17.6% for individual plans.

**Buying Individual Coverage** If you do not have the option to buy health insurance through your employer, you can buy coverage in the individual market on the federal exchange at [www.healthcare.gov](http://www.healthcare.gov). Depending on your household income, you may be eligible for premium subsidies and cost-sharing reductions for plans purchased on the federal exchange. If you are renewing a plan purchased through the exchange last year, you should confirm your subsidy eligibility.

You may also purchase individual coverage off the exchange through an agent or broker or directly from an insurance company. Eleven insurers plan to sell individual health insurance coverage in North Carolina for 2015. Three of the 11 have expressed their intent to participate on the federal exchange.

**Comparing Costs and Coverages** It's important to carefully evaluate your family's health care costs when deciding on a plan. To pick the best coverage, first calculate your costs from recent years and try to estimate what they might be for the coming year. Don't forget to include co-pays for doctor's visits, prescription medications and any procedures you might need.

Next, compare the premiums, out-of-pocket expenses and benefits under each plan. If you are buying a policy from federal exchange, you will be able to do a side-by-side comparison of the plans offered on the exchange. All plans have a Summary of Benefits and Coverage that summarizes key features and definitions in simple language to help you compare your options.

When choosing a plan, it's also important to check to see which medical providers (physicians, hospitals, labs, pharmacies, etc.) you may visit to receive covered care.

**Questions about health insurance?** Contact the North Carolina Department of Insurance at 855-408-1212 or learn more at [www.ncdoi.com](http://www.ncdoi.com).

For questions related directly to enrollment through the federal exchange, contact 1-800-318-2596 or visit [www.healthcare.gov/contact-us](http://www.healthcare.gov/contact-us).

## Waterfowl Hunting Safety

The N.C. Wildlife Resources Commission's Home From The Hunt campaign is reminding waterfowl hunters who use boats to exercise boating safety and hunting safety. The Wildlife Commission has set dates, bag limits and applicable regulations for the 2014-15 waterfowl seasons, with tundra swan (by permit only), duck and geese hunting segments opening on Saturday. Learn more at [www.ncwildlife.org](http://www.ncwildlife.org).

"Statistics show that most waterfowl hunters die from hypothermia and drowning than gunshot wounds," said Maj. Chris Huebner, the state boating safety coordinator. "Hypothermia is the loss of body heat and, left untreated, can prove fatal. Exposure to extreme cold, such as being in cold water or wearing wet clothes in cold conditions, can increase the chance of hypothermia."

Wear protective clothing and watch the weather, he said. Let someone know where you are hunting and an approximate return time. Additional boating safety tips include:

- Always wear a life vest.
- Don't overload the boat, especially with passengers.
- Keep hunting dogs prone in the center of the boat.

In the event of capsizing or swamping, stay with the boat. It will provide some flotation and will be the initial focus of a rescue attempt.

Waterfowl hunters should handle shotguns in a safe manner. Be aware of muzzle direction at all times. Never shoot while standing in an unsecured boat or move about a boat with a loaded shotgun.

Go to [www.ncwildlife.org/hunting](http://www.ncwildlife.org/hunting) or call 1-800-675-0263 for additional waterfowl hunting information.

## November 19 Webcast

### Celebrates a Traditional 18th Century Holiday at Tryon Palace

Enjoy a virtual visit to Tryon Palace during a live broadcast Wednesday, November 19 at 10 a.m. from His Royal Governor's Cooking Office. The 45-minute webcast will explore the history of the holidays with an 18th-century cooking demonstration, a hands-on historic craft to make at your location and an interactive discussion exploring colonial holiday traditions. Sign up for the webcast at [www.ncdcr.gov/DCRTV](http://www.ncdcr.gov/DCRTV).

Tryon Palace education staff will explain how the cooks worked with the massive fireplace, which was in a separate building from the palace, lest there be a fire! Teachers and students can send questions that will be answered in real time. Information on the craft will be available for teachers after sign-up and prior to the webcast.

For additional information, please call (252) 639-3584. The webcast is part of a series organized by the Connection to Collections Project (C2C) in the N.C. Department of Cultural Resources, in cooperation with the Tryon Palace staff.

A federal grant from the Institute of Museum and Library Services for the Connecting to Collections Initiative makes this forum possible. The N.C. Humanities Council, a statewide nonprofit and affiliate of the National Endowment for the Humanities, also supports Connecting to Collections programs. Since 2010, Cultural Resources has led the C2C project to guide North Carolina archives, museums, libraries, and historic sites with disaster preparedness, preservation of collections and disaster recovery.

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