

Sisters team up for race to honor loved one

Kathy Vardo of Hayesville reads countless messages from her sister Tam Driscoll, of Portland, Ore. But these weren't just any messages. They were e-mails requesting support for yet another race her sister was doing to raise life saving funds for blood cancer.

Tam has completed 13 endurance events to benefit the Leukemia and Lymphoma Society and raised more than \$100,000 reaching out to others. Vardo had always admired her sister, but never thought this was something she could do.

That has changed. Vardo is joining her five sisters to race for a cure in memory of their seventh sister, Nancy Driscoll, who lost her fight



Showing their grit and determination are sisters making up Team Nancy: (from left) Pam Haines, Kathy Vardo, Debbie Metcalf, Tracey Driscoll, Barbara Ludeman and Tam Driscoll. Kathy, a Hayesville resident, is seeking donations in support of the team's plans to take part in an endurance race to raise money for the Leukemia and Lymphoma Society.

last summer.

"I knew what my sister was doing for Nancy and for total strangers was very

important," Vardo said. "I just didn't think I could physically or mentally do it. Well, I am now making the

commitment and I am proud of what we are all doing." Vardo has been training and her mileage is increas-

ing daily. With some fundraising accomplished, Vardo needs more to meet her goal. She wants to raise \$3,900 and is only halfway there.

Her son, Kyle, 15, a student at Hayesville High School is helping raise money on his mother's behalf. A car wash last Saturday and Kyle's pitching of candy bars and wristbands is appreciated.

"Whether it's \$5 or \$50, every dollar counts in this game of life," he said.

The race is a way to focus memories the sisters have of the times they spent with Nancy. During the course of her treatment, the sisters appreciated the extra years they had to spend with her.

"Losing a sister to cancer is unacceptable, not to men-

tion painful and gut wrenching," Vardo said. "We want to stop cancer from taking more lives and are taking action with this race. It's a tough challenge, but having our sister Nancy's spirit and memory fuel our feet and hearts is worth every step. We feel like we are making a difference in so many lives." Even though the members of Team Nancy are at different levels physically, plans are to cross the finish line together. To donate, visit: www.tdriscoll.com and click on the view team page, then select Kathy Vardo. Checks may also be made out to LLS and sent to Kathy Vardo, 212 Fox Springs Drive, Hayesville, NC 28904.

NEW ARRIVALS WELCOMED

August Maddison Patterson

Amos Mayden and Alicia Shawntelle Patterson announce the birth of their daughter, August Maddison Patterson.

August Maddison was born Aug. 24, 2010 at Union General Hospital, Blairsville, Ga. She was delivered by Dr. W. David Breedlove.

August Maddison weighed 5 pounds, 14 ounces and was



August Maddison Patterson

19 and a half inches long. Mrs. Patterson is the former Alicia Shawntelle Crowder.

Caroline Vera Wade

Brittany Nicole and Joshua Allen Wade announce the birth of their daughter, Caroline Vera Wade.

She was born on Aug. 26, 2010 at Union General Hospital, in Blairsville, Ga. and delivered by Kevin Davis, MD.

The birth weight of the baby was 7 pounds, 1 ounce and 19 1/2 inches in length at birth.



Caroline Vera Wade

Mrs. Wade is the former Brittany Nicole Wells.

The one gadget you should learn to program

Remember the blinking VCR clock? When the power went off in your home or apartment did you dread figuring out how to re-set this seemingly complicated device? If you are old enough to remember thinking that the world was on the brink of disaster with all these new electronic gadgets — well, look at us today. Recently Becky, our publisher, wrote about "GDS," or "Gadget Distraction Syndrome." The beeps and dings and alarms of our life with gadgets that are supposed to help us — are stressing us out!

There is one gadget; however, that you need to know about and use in your home. How would you like to save \$200-250 a year? That's what Energy Star, an international organization that assesses how efficient consumer products are, says we can save if we use a programmable thermostat.

Those of you who are al-

ready using a programmable thermostat in your house can read no farther. Pat yourself on the back for being so energy efficient and take some of your \$200-250 savings and go to dinner. The rest of you — read on.

To earn 200-250 a year, you will need to find out if you already have a programmable thermostat in your house. Either find the little thermostat booklet that came with your house (they did leave that there for you, didn't they)? or find a teenager.

Teenagers are amazing wizards with electronic devices; I really think that after about 1980 humans started being born with the "computer gene" and that is why parents and grandparents can't figure it out and kids know it instinctively. Ask the teenager if what you have is programmable. If they say yes, ask them to program it.

Programming will depend on your house schedule. If, for example, family mem-

bers leave in the morning for work, then program the thermostat to cool (in summer) down to only 82 during the day or heat (in winter) up to only 60 while you are gone. It will then re-adjust just before you get home so that the house is comfortable when you arrive. Most of these thermostats can also handle a separate weekend schedule.

The more you can fine tune the days, times and temperatures, the more money you will save. And the programmable thermostat has a battery so that a power failure will not make you reset it!

What if you don't have a teenager or a programmable thermostat? Then go to your favorite home improvement store and ask them to help you pick out the right model.

Before you go, find out what kind of heating and cooling system you have; probably a heat pump.

Do you also use propane to heat the house (dual fuel)? They will want to know the answers to these questions to help you get the right unit for your equipment. They may even be able to install it for you.

If you're handy, you can read the directions and install it yourself. You now have the booklet and you can follow the directions for programming (or borrow your neighbor's teenager).

Pat yourself on the back and go to dinner.

Columnist Lisa Turner is a local home inspector with Your Inspection Expert, Inc. Call 557-3306 or e-mail: Lisa@YourInspectionExpert.com.



Lisa Turner

Softball player giving back to others in need

Summer Carringer, a senior at Robbinsville High School, is starting the "Give a Glove, Catch the Love" program. The program involves collecting old or unused softballs and softball gloves to donate to the Baptist Children's Homes of North Carolina.

After playing softball from a young age and loving it, Carringer noticed the rising stack of unused balls and gloves she had outgrown and wanted to put them to better use. This sparked the idea for

the program. Anyone who has unused softballs, baseballs and gloves can donate them to "Give a Glove, Catch the Love." Help pass the love of softball on to others who may not have the opportunity to enjoy this sport

To donate unused softballs, baseballs and gloves, send them to: Summer Carringer, 990 Cochran's Creek Road Robbinsville, NC 28771;

Call (828) 479-3649; or e-mail: carringersummer@yahoo.com.



New member welcomed

Clay County Chamber of Commerce Executive Director Marcile Smith (right) welcomes Linda Bower, owner of Books & Beans to the Chamber family.

Green tomatoes good for more than just frying

Last week's "end of the garden" sad story evidently didn't apply to everyone in Clay County. Those of you still producing precious tomatoes, should consider yourselves fortunate. I have an unusual green tomato recipe. It's hard to beat fried green tomatoes floured with salt and pepper and browned on both sides, but if you're looking for something to satisfy your sweet tooth and give yourself a break from canning and blanching, take a chance on a green tomato cake. I know it sounds crazy, but remember, tomatoes are really fruit.

Fruit is sweet and topped off with browned butter icing, well you can't go wrong. When I baked it everyone loved it, but never guessed it had tomatoes in it, much less green ones! Enjoy those final tomatoes, red or green.



Barbara Lang

Green Tomato Cake

- 1 cup (2 sticks) butter, softened
- 2 1/2 cups sugar
- 3 large eggs
- 3 cups all-purpose flour
- 1 1/4 teaspoons cinnamon
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon nutmeg
- 2 1/2 cups diced green tomatoes
- 1 cup golden raisins (use regular ones if you don't have golden)
- 1 cup chopped walnuts
- Preheat oven to 350 degrees. Grease and flour a 12-cup Bundt pan. Beat butter and sugar with an electric mixer until creamy.
- Add eggs, one at a time, beating well after each addition. In a medium bowl, combine flour, cinnamon, baking powder, salt and nutmeg. Gradually add to butter mixture, beating well

(batter will be stiff). Stir in tomatoes, raisins and walnuts. Spoon batter into prepared pan. Bake 1 hour and 10 to 15 minutes, or until a tester inserted in center comes out clean. Let cool in pan on wire rack 10 minutes. Remove from pan and let cool completely. Spoon icing over cake.

Browned Butter Icing
1/2 cup (1 stick) butter
1 cup powdered sugar

In a medium saucepan over low heat, melt butter. Cook 6-8 minutes, or until butter is lightly browned. Whisk in powdered sugar until smooth.

Quote of the week: Don't cry because it's over. Smile because it happened. --Dr. Seuss

Barbara Lang writes a weekly recipe column for the Clay County Progress. She can be e-mailed at: badlang@dnnet.net

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