

## TEN NOMINATED FOR EMPLOYEE OF THE YEAR

by  
Dave Hardin

**Editor's Note:** here in alphabetical order are excerpts from the nominations for Employee of the Year.

**Brian Arndt, Deputy Sheriff, Shift Supervisor, Sheriff's Office:** "I have served with Brian on road patrol over two years and he has always been the "Go To" man on the shift. Brian has always displayed a vast knowledge of the road patrol job, demeanor and courtesy towards the citizens and fellow officers consistent with the Sheriff's Office. Brian has gone above and beyond to ensure our readiness on C-Platoon. Brian has always been straightforward if any of us were messing up or needed to do things a different way. Brian would always take as much time as needed to answer a question and would, a lot of the time, make us answer our own questions during conversation with him. Brian works twelve hour road patrol, works Dillard's for the Sheriff's Office, works the campground every year as well as actively participating in the campground services with his church and devotes his time to us on and off the clock. Brian would be an excellent candidate for employee of the year and there is much more I could write about but would easily take up multiple paragraphs."

**Heather Ball, Business Manager I, Social Services:** "Heather has worked as the Evaluation Coordinator with Social Services for 6 years – a position in which her responsibilities have morphed over time. Heather is in many respects the ideal employee – friendly, diligent, smart, great team player, versatile, deliberate, great attitude, punctual, and organized with keen attention to detail. She is one of the hardest and quickest workers I've ever had the pleasure of supervising. However, because her work is often "behind the scenes" – she is not likely to get (and probably wouldn't want) the attention she deserves. Her main responsibilities include overseeing the evaluation and fidelity monitoring of the post-care Child Wellbeing Project. This includes working closely with evaluators and project staff to collect data to assure fidelity and

quality service delivery (and therefore, continued funding of our project). Heather continues to provide updates to the ACCESS database she created 2 years ago, provides a monthly data reports for Success Coach Services and participates in a monthly program review meeting so that project staff can analyze usage of the service and brainstorm barriers to service delivery. Heather also provides ongoing support, guidance and consultation to project staff around data gathering, fidelity and quality assurance.

**Nate Baumgarner, EMT Paramedic, Emergency Services:** "Nate was recently promoted to the rank of Crew Chief within the Specialty Services division of EMS. Prior to and after his promotion he, on a consistent basis, goes above and beyond the call of duty of a Paramedic. He works considerable amounts of overtime shifts, providing coverage for shifts that would often require an EMS Supervisor to vacate their duties to fill the open slot. Nate goes the extra mile to "answer up" and respond to calls even outside their designated area when he is the closer unit. Often, Nate arrives early to work and answers calls prior to the official start of his shift. Nate also promotes and ensures a similar work ethic in his subordinate employees. He ensures his unit is clean and prepared to respond to any situation. Nate is the epitome of professionalism, as he is always neatly dressed in the appropriate uniform, and conducts his duties as a Paramedic with the utmost respect for his patients. Nate is an exceptional patient advocate. He offers the best patient care possible regardless of nationality, creed, socioeconomic status, or heritage. Nate's character is beyond reproach; I have always found him to be honest, dependable and enthusiastic."

**Julie Byrd, WIC Director, Public Health:** "Julie has been instrumental in starting the first Catawba County Public Health Farmer's Market that now serves 150-200 patrons each week.

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The Farmer's Market (FM) is a partnership with WIC, Eat Smart, Move More-Catawba County, and Public Health. In an effort to increase the WIC FM vouchers redemption, Julie started thinking outside the box.

WIC FM vouchers are allotted to local WIC agencies based on past redemption rates and cost. Each year WIC clients who qualify receive additional vouchers to go to a local FM that is WIC approved to purchase locally grown fresh fruits and vegetables. In conjunction with a Doctoral Student's dissertation from UNC-Greensboro, Julie was given approval to open the first Local Health Department led WIC market. This pilot project will potentially lead to other NC Public Health facilities to consider the opening of their own Farmer's Market. She has spent many hours on conference calls, writing documents, communication and presentations with the State WIC office for this approval for the past 2 years. The first goal of the market was to increase the redemption of the WIC FM vouchers for our local WIC agency".

**Amy McCauley, Community Outreach Manager, Public Health:** "Employed by Public Health for a mere three years, Amy's leadership and desire to make a difference in our community and in the lives of the people has made a lasting impact. She approaches each day with a fresh perspective and as an opportunity to advance excellence. This philosophy along with clarity of focus on the goal to be achieve results in a high level of success. Amy's leadership skills and flexibility were quickly tested. After only 10 days of work, she was thrust into the position of managing the Community Health Assessment (CHA) process when the assigned manager took an extended leave because of a family emergency. Coordinating the development of the complex 125+ page CHA is a daunting assignment for a seasoned PH employee. However, Amy didn't hesitate to take ownership for the project and remained in the lead role through successful completion of the report. As the coordinator of Catawba County Health Partners (CCHP), Amy immediately identified the need and worked with the board on a plan to achieve financial sustainability. By October 2012, Catawba County Health Partners had raised \$194,510 to further the work of the coalitions to address community health priorities."

**Regina Reitzel, Reference Librarian, Library:** "Regina meets several of the (award) criteria listed

above such as great attendance, attitude, and good customer service. Her attendance, to my knowledge is great, because she shows up to work every day ready to face a challenge. She seems to always overcome any obstacles ranging from technical problems to customer needs. Being around her makes you really want to come to work and be ready to work as a team player. She displays that high energy level, friendly smile, and perfect tone in her voice, and reflects on others she works around. This is why she gets asked the most questions throughout a day from employees and patrons. Regina's attitude plays a big role in her great customer service. This says a lot because you always seem to notice the same patron return including new ones. She does an excellent job organizing and teaching some of the computer classes to the public. I think her knowledge and skills in technology is a great asset to the library system. She currently works with The Library Corporation to keep our programs up-to-date. Some of these programs include our online catalog, NC Live, and e-books online, which are designed for our patrons to access in a user friendly way. Internal programs include Library Solutions 1 and 2 (LS1, LS2 PAC), which helps employees access patron accounts more easily and efficient for better service."

**Jeff Sigmon, Certified Landfill Operations Specialist, Utilities & Engineering:** Jeff diligently works above and beyond the expectations of the Utilities & Engineering Department. His dedication to the overall success of the Solid Waste Program and commitment to service for the Utilities and Engineering Department as well as Catawba County has been exemplary. When he was asked to take on new responsibilities, in addition to his existing job duties, to include Biodiesel and Crop Processing Facilities and Crop Maintenance he never hesitated and was eager to learn and expand his knowledge. Through working with ASU staff and area farmers, he has learned operating requirements and processes to provide the County with the expertise needed for operations of the Biodiesel and Crop Processing Facilities. Jeff was intricately involved in the start-up of the Crop Processing Facility and processed the first 1,000 gallons of oil from the spring canola crop that is converted through a process to biodiesel fuel and used for research and in landfill equipment. With Jeff's assistance, crop production acres have

(continued on next page)

expanded from 50 to 85 during the past year and there are plans to expand further before the end of the fall planting season.”

**Georganna Stephens, Administrative Assistant**

**I, Tax:** “Georganna is an excellent example of all of the criteria in which you are seeking nominations. The Tax department has recently converted data into a new system (from Unifers to IAS World,) and as a result of this massive conversion, countless issues and crises have arisen. There has been some training provided by the vendor for operating the new system, but Georganna has taken extraordinary initiative to learn how to maximize the potential of the new program. She demonstrates the term “above and beyond” at a whole new level in this regard. She works at home evenings and weekends on solutions to complicated issues that arise in the conversion of data, and works consistently to ensure that the data in the new system is accurate and complete. And all the while that she is learning the intricacies of the new system, she is also responsible for supervising and training me as an office support specialist in the revaluation department. As a teacher and mentor, Georganna teaches by example with an outstanding, impressive work ethic. She is always patient, pleasant, and easy to approach with a question or problem. She understands different styles of learning, appreciates that everyone has strengths and weaknesses, and has a good grasp of when and how to .”

**Heather Weaver, Income Maintenance Caseworker, Social Services:**

“Heather not only completes her own duties in a timely and accurate fashion, she also consistently helps others with their work load. She does not have to be asked, she just sees a need and readily jumps in to volunteer. She has helped me out with many difficult applications, by not only telling me, but by showing me the steps to take so I can do it myself next time. She is always the first person to offer a hand, when someone is in need. I was moving offices and she was the first person to call and ask if I needed any help. She helped pack boxes, files, and then helped me carry it upstairs, all of this while she was on intake, checking her screen every five minutes to make sure no one was in the lobby waiting. She is a great mentor, friend, co-worker, and employee. She always agrees to help even if she is not on intake, and we are having a busy day she will jump right in and begin accepting clients, so they are not in the lobby waiting. Unless she is with a client, she answers her

phone each and every time someone calls, including me with one of my many questions, and she is always glad to help. She not only helps me, she helps many other coworkers as well. She will assist in the reception areas and run the front desk when they are in need, and takes on the upcoming reviews and applications from a now vacant position.

**Avajeon Wickes, Executive Assistant, County Manager’s Office:**

“Avajeon regularly goes above and beyond in her day-to-day work, actively participating in many committees. This year she managed to continue meeting the expectations of her job while taking on a special cause: The Patio Project. Avajeon worked diligently this year to increase the morale and motivation of Government Center employees by giving them a place to relax and reenergize. Avajeon rallied employees, bringing them together in support of the cause so that it became a project for employees, by employees. She even got the County Manager and Assistant County Manager to don aprons and grill up food! I think Avajeon’s above and beyond effort is the epitome of what the Employee of the Year award stands for and I think her initiative deserves recognition.”

## Useful Excel Tricks

***You want to know the date exactly 90 days from now (You need to know when your password will expire?)...***

- Type the Excel function, =TODAY()+90, in a cell. The date for 90 days from now will appear.

***You want to generate a random number...***

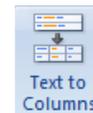
- If you want to generate random numbers in Excel between, say 1 and 10, use the RANDBETWEEN function. This function allows you to specify the range of numbers it is to pick from.
- The syntax for the RAND function is: =RANDBETWEEN (Bottom,Top) where Bottom is the lowest number the function is to use and Top - the highest number the function is to use.
- Example: =RANDBETWEEN(1,100) picks a number between 1 and 100 ( and it can be 1 or 100)
- To get Excel to display another random number, press the F9 function key.

There is also a RAND function in Excel, but it does not generate integers. The function looks like this: =RAND(), and it generates answers that look like this: 0.39493114 or 0.698, depending on the width of the cell. (And again, F9 will generate a new random number.)

***You want to split the data in a cell into 2 cells...***

- In the example to the right, we want to separate last name from first name and put them in separate columns. First select the range of data that you want to convert.
- On the Data tab, click Text to Columns tool.
- In Step 1 of the Convert Text to Columns Wizard, click Delimited, and then click Next.
- In Step 2, choose what kind of delimiters separate your words; spaces? commas? In our example we would select the Comma check box, and then clear the other check boxes under Delimiters.
- The Data preview box displays the first names and last names in two separate columns.
- Choose Text, then decide on Destination. The default is that the newly split data will cover the existing data and one column to the right. If you want to leave the data as is, but put the split data somewhere else, perhaps in columns to the right, click on the red arrow  at the end of the Destination line, then click on the first cell you want the newly split data to go into. See results below:

Doe, Jane
Hudson, Norman
Simmons, Ann
Green, Joseph



Doe, Jane	Doe	Jane
Hudson, Norman	Hudson	Norman
Simmons, Ann	Simmons	Ann
Green, Joseph	Green	Joseph



## SAFETY IS A STATE OF MIND

submitted by  
Miriam Powell, Risk Manager

### TOGETHER ON PATHWAYS TO WELLNESS

A MENTAL HEALTH PROBLEM OR SUBSTANCE USE DISORDER CAN AFFECT ANYONE. THESE CONDITIONS DO NOT DISCRIMINATE BY AGE, RACE, ETHNICITY, GENDER, OR INCOME STATUS AND ARE AS PREVALENT AS MANY OTHER HEALTH ISSUES. IT IS ESTIMATED THAT BEHAVIORAL HEALTH CONDITIONS – WHICH INCLUDE MENTAL AND/OR SUBSTANCE USE DISORDERS – WILL SURPASS PHYSICAL CONDITIONS AS THE MAJOR CAUSE OF DISABILITY IN THE UNITED STATES BY 2020. HOWEVER, OPTIMISM IS WIDESPREAD: TWO-THIRDS OF AMERICANS BELIEVE THAT PEOPLE CAN MANAGE A MENTAL ILLNESS WITH TREATMENT AND SUPPORT AND NEARLY TWO-THIRDS SAY THEY WOULD NOT THINK LESS OF A PERSON WITH AN ADDICTION.

EVERY SEPTEMBER, THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA) ([HTTP://WWW.SAMHSA.GOV](http://www.samhsa.gov)), WITHIN THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS) ([HTTP://WWW.HHS.GOV](http://www.hhs.gov)), SPONSORS *NATIONAL RECOVERY MONTH (RECOVERY MONTH)* TO INCREASE AWARENESS AND UNDERSTANDING OF MENTAL AND/OR SUBSTANCE USE DISORDERS. THIS CELEBRATION PROMOTES THE MESSAGE THAT BEHAVIORAL HEALTH IS ESSENTIAL TO HEALTH, PREVENTION WORKS, TREATMENT IS EFFECTIVE, AND PEOPLE DO RECOVER.

THE 2013 *RECOVERY MONTH* THEME, “*JOIN THE VOICES FOR RECOVERY: TOGETHER ON PATHWAYS TO WELLNESS*,” REPRESENTS THE MANY WAYS THAT PEOPLE CAN PREVENT BEHAVIORAL HEALTH ISSUES, SEEK TREATMENT, AND SUSTAIN RECOVERY AS PART OF A COMMITMENT TO LIVING A MENTALLY, PHYSICALLY, EMOTIONALLY, AND SPIRITUALLY HEALTHY LIFE. THE THEME HIGHLIGHTS THAT PEOPLE ARE NOT ALONE ON THIS JOURNEY TO SEEK TOTAL HEALTH EVERY DAY. FAMILY, FRIENDS, AND COMMUNITY MEMBERS CAN SUPPORT INDIVIDUALS THROUGHOUT THE ENTIRE RECOVERY PROCESS. THE THEME ALSO EMPHASIZES THAT THERE ARE MANY PATHS TO WELLNESS, INCLUDING PROFESSIONAL TREATMENT, MEDICAL CARE, SELF-HELP, AND GROUP SUPPORT, AND EACH PERSON EMBARKS ON HIS OR HER OWN UNIQUE PATH.

THE ANNUAL *RECOVERY MONTH* OBSERVANCE ALIGNS WITH SAMHSA’S MISSION TO REDUCE THE IMPACT OF SUBSTANCE ABUSE AND MENTAL ILLNESS ON AMERICA’S COMMUNITIES. IT SUPPORTS MANY OF SAMHSA’S STRATEGIC INITIATIVES, INCLUDING PREVENTING MENTAL AND/OR SUBSTANCE USE DISORDERS, PROMOTING RECOVERY AND RESILIENCE, AND INCREASING PUBLIC UNDERSTANDING.

IF YOU FEEL YOU NEED HELP WITH ANY ISSUE YOU ARE FACING:

- SEEK TREATMENT—AND ENCOURAGE OTHERS TO DO SO. SOME PEOPLE ARE RELUCTANT TO SPEAK UP BECAUSE THEY WORRY HOW SUCH AN ADMISSION WILL AFFECT THEIR CAREER OR THAT THEIR INSURANCE WON’T COVER TREATMENT. BUT THE EARLIER PEOPLE SEEK HELP, THE MORE QUICKLY THEY CAN RECOVER AND RESUME NORMAL LIFE.
- SPEAK WITH YOUR DOCTOR TO GET A COMPLETE DIAGNOSTIC EVALUATION INCLUDING ONSET, FREQUENCY, AND SEVERITY OF SYMPTOMS; FAMILY HISTORY; OTHER MEDICATIONS YOU’RE TAKING AND POSSIBLE SIDE EFFECTS; AND OTHER RELEVANT INFORMATION.
- EMPLOYEES OF CATAWBA COUNTY AND THEIR FAMILIES CAN SEEK TREATMENT THROUGH THE EMPLOYEE ASSISTANCE PROGRAM THROUGH THE COUNSELING GROUP, INC. PHONE NUMBER 828-322-9130.

# WELCOME NEW COUNTY EMPLOYEES!!

 <p><b>Christianna Galloway</b> Detention Officer Sheriff</p>	 <p><b>Amelia Kennedy</b> Deputy Register of Deeds Register of Deeds</p>	 <p><b>Vicki Kiehn</b> Vet Services Support Emergency Serv.</p>	 <p><b>Mark Mauney</b> Detention Officer Sheriff</p>
 <p><b>Jessica Norman</b> Protective Services SW Social Services</p>	 <p><b>Jamie Skeens</b> Protective Services SW Social Services</p>	 <p><b>Chelsea Westbrook</b> Outpatient Therapist I Social Services</p>	

## WHAT'S NEW?

**Chandra Henson** (seen at right in the photo), an adult services social worker at Social Services, recently received the Member of the Year Award from the N.C. Adult Foster Care Association at the group's annual meeting.

Henson's primary duty is monitoring and licensing adult care homes (assisted living facilities) in Catawba County. She also assists those who are seeking placement in adult care homes. She was nominated for the award by Rodney Franklin, her supervisor.

The award is given annually to an outstanding member of the N.C. Adult Foster Care Association. The mission of this organization is to advocate for the needs and rights of residents in long term care and participants in adult day settings through consistent interpretation and application of stated laws, policies and regulations.



In the nomination form, Franklin wrote:

"Chandra has a passion for ensuring quality care for residents

of adult care homes and excels at providing guidance for facility owners and operators. She strives to be as knowledgeable as possible in all areas of policy and procedure and is respected in the field as a 'go to' person when others need assistance."

The award is known to those in the field as the Beverley Wheeler Award. It was first given to Wheeler, who was an adult home specialist in Pitt County for 30 years.

## “75 Years of Public Health” Campaign invites community feedback



HICKORY, NC – Catawba County Public Health is commemorating its 75<sup>th</sup> anniversary this year. To help celebrate, Public Health invites residents to share their input on Public Health’s past and future through the “75 Years of Public Health” campaign.

The campaign is welcoming community members to provide input on two questions:

- How do you think Catawba County Public Health helps our community?
- What one thing would help make our county healthier 25 years from now?

Input is being collected during the month of September through the Catawba County Public Health website, [www.catawbacountync.gov/phealth](http://www.catawbacountync.gov/phealth). Feedback may also be mailed to Catawba County Public Health, Attn: 75 Years of Public Health, 3070 11<sup>th</sup> Ave. Dr. SE, Hickory, NC 28601.

Responses to the “75 Years of Public Health” campaign will be shared with the community through Public Health’s webpage and Facebook page and displayed throughout the Public Health facility. In October, all feedback will be placed in a sealed time capsule to help document Public Health’s role – and the community’s hopes for a healthier future – when the time capsule is opened in 2038.

“Looking back on seventy-five years of Public Health, people – individuals, families, neighborhoods, or the entire community – have always been our first priority,” said Doug Urland, Health Director, Catawba County Public Health. “That’s why we want to hear what our community remembers most about Public

Health in their lives and what they hope to see in the future and the future of their children.”

Since opening its doors in 1938, Public Health has helped prevent illness, promote healthy behaviors, and assure access to vital medical services in Catawba County. Examples include providing important back-to-school and preventive immunizations; responding to disease outbreaks; preventing dental decay among children; enforcing environmental health standards; providing access to family planning and prenatal services; assuring medical homes for children through innovative partnerships and case management; enabling patients to obtain care through home health services; and providing access to healthy nutrition through the WIC program.

The Centers for Disease Control and Prevention includes [immunizations](#), [motor vehicle safety](#), [control of infectious diseases](#), and the naming of tobacco as a health hazard among the top 10 public health achievements of the 20<sup>th</sup> century.

Located off Fairgrove Church Road behind Catawba Valley Medical Center in Hickory, N.C., Catawba County Public Health provides health and education services to eligible men, women, and children in the community. For more information, please call (828) 695-5800 or visit [www.catawbacountync.gov/phealth](http://www.catawbacountync.gov/phealth).



## Digital Bookmobile coming to Hickory

by  
Tammy Wilson



The Digital Bookmobile will be in Hickory Oct. 8 at the SALT Block, thanks to a joint venture of Hickory Public and Catawba County library systems.

The bookmobile will showcase the free eBook download service from websites of both libraries from 10 a.m. to 4 p.m. that Tuesday. Readers of all ages will learn how to download eBooks from N.C. Digital Library through interactive demonstrations and high-definition instructional videos. A gadget gallery—featuring Kindle®, iPod® touch, Android™ tablet, NOOK™, Sony® Reader™, BlackBerry®, Windows® Phone and more—will help visitors discover portable devices that are compatible with the library's download service.

Library card holders of either library system can check out and download digital titles anytime, anywhere by visiting either <http://www.catawbacountync.gov/library> or <http://www.hickorync.gov/library/>.

“Local library users are becoming increasingly interested in digital media and we are excited to offer this hands-on exhibit,” said Louise Humphrey, director for the Hickory Public Library System.

The Digital Bookmobile is housed inside an 18-wheel tractor-trailer. This 74-foot community outreach vehicle is a high-tech update of the traditional bookmobile. The vehicle is equipped with broadband Internet-connected PCs, high

definition monitors, premium sound systems, and a variety of portable media players, all of which help visitors explore the North Carolina Digital Library's download service. Interactive learning stations give visitors an opportunity to search the library's digital media collection, use supported mobile devices, and sample eBooks, audiobooks, music, and video.

Library customers can take advantage of the download service 24/7 when they visit the library's website. From there, they can browse the growing collection of bestselling, new release, and classic titles, and check out a digital title with a valid library card. Once downloaded, digital titles can be enjoyed on a computer or transferred to supported mobile devices. Many audio titles can also be burned to audio CD. At the end of the lending period, titles will automatically expire and are returned to the digital collection. There are never late fees or damaged items.

The Digital Bookmobile is operated by OverDrive, Inc. To check out and download digital books and more, visit the website of either Catawba County or Hickory Public library system. For more information about the bookmobile, log on to [www.digitalbookmobile.com](http://www.digitalbookmobile.com).

### **DO YOU HAVE IDEAS TO BETTER PREPARE US FOR ANY FUTURE NATURAL DISASTERS?**

Do you have any ideas for ways to help the county be better prepared to face a natural disaster in the future? Officials will soon be asking citizens in Catawba, Alexander, Burke and Caldwell Counties to share their ideas at a public meeting.

A public meeting has been scheduled for Tuesday, October 1, 2013, from 5 until 8 p.m. at the Western Piedmont Council of Governments at 1880 2nd Ave. NW, Hickory, (Town of Long View), in Conference Room A1.

**(see Hazard, pg. 14)**

**WELCOME TO OUR NEW WELLNESS COORDINATOR, KERI ELLIOTT!**



Keri comes to us with a background in health education as well as serving as an Athletic Director overseeing various athletic programs. She received her Bachelor's degree from Appalachian State University in Health Education and then studied abroad in the United Kingdom where she received her Master's degree in Nutrition, Physical Activity and Public Health.

Keri has learned through her research and personal experience, the challenges people face on a daily basis that hinder them from obtaining or maintaining their health and wellness goals. She has a true passion in helping people realize those challenges and working with them to help meet personal goals.

Keri enjoys a variety of fitness activities and strives to maintain an overall sense of well-being.

See below for more information about Keri's experience and passion for wellness. <http://catawbaorg/Intranet/benefits/wellness/KeriElliott.pdf>

***Please take a minute to welcome Keri to our wellness team!***

Keri's email address and phone number will be: [kelliott@catawbacountync.gov](mailto:kelliott@catawbacountync.gov), 828-695-5857.



**Stop the flu before it stops you...get your Flu shot!**

Don't let the flu get you down. Get your **FREE** seasonal flu shot at one of our onsite clinics provided by Blue Cross Blue Shield NC and Maxim Healthcare Services. **NO APPOINTMENT NECESSARY:**

Date	Building	Room	Time
Thursday, October 10, 2013	Public Health	Front classrooms	1:30pm to 4:30pm
Tuesday, October 15, 2013	Government Center	2 <sup>nd</sup> Fl meeting room	1:30 pm to 4:30pm
Wednesday, October 16, 2013	Government Center	2 <sup>nd</sup> Fl meeting room	7:00 am to 10:00 am
Monday, October 21, 2013	Social Services	Assembly Room	1:30pm to 4:30pm
Tuesday, October 22, 2013	Social Services	Assembly Room	7:00am to 10:00am

- Flu shots are filed under BCBSNC, you will **not** have a co-pay, the shots are at **no** cost to BCBSNC members.
- Please bring your BCBSNC insurance cards and a photo ID to any of the above clinics.



## What's For Lunch?

by

Glennie Daniels

FCS Extension Agent

Although schools try to offer kid friendly items, they cannot meet every child's food preferences every day. On days when your child may not want to eat what is offered on the school lunch menu, you can choose options to provide your child with food that is safe and nutritious.

Involving your child with the shopping and preparation of his lunch will increase the likelihood that he will eat the whole lunch. Include vegetables that your child likes at home in packed lunches. Go beyond sandwiches and try new food combinations to avoid monotony. Make the lunches colorful because children eat with their eyes. Include foods with different shapes and textures. Cut sandwiches in appealing shapes to make them more interesting.

Carried lunches are often packed in the early morning and held in a school locker until noon. If foods that do not need refrigeration are in the lunch bag, this is not a problem. For example, if the lunch is a peanut butter and jelly sandwich and an apple, cooling is not necessary. If the lunch contains meat or cheese, some type of sliced fruit or vegetables like melons, tomatoes and lettuce, room temperature promotes growth of illness-causing bacteria and becomes a significant concern.

The best way to keep bacteria from multiplying is to keep the temperature of the food below 41 degrees F. Packing healthy foods your child likes in temperature controlled containers will provide your child the nutrition needed to be a good learner without getting sick from a foodborne illness.

To reduce the risk of food poisoning, it is important to use good handling practices when preparing the food. Always wash hands with warm water and soap before handling food. Children should be encouraged to wash their hands before eating; include hand wipes in the lunch bag in case they

forget. Failing to wash hands can transmit a variety of disease-causing viruses and bacteria.

Keep counter tops and utensils at home clean. Use hot, soapy water and rinse well to be sure counters are clean. Keep food packages away from food preparation surfaces because the outside of food containers have touched a lot of dirty surfaces. Clean hands and clean counters go a long way toward preventing illnesses.

Wash fruits and vegetables well before packing the lunch bag. Use cool running water and rub exteriors of firm foods to remove any dirt, pesticides residues, or other contaminants.

Pack each type of food item separately to avoid cross contamination. Keep items needing refrigeration separate from those that don't need to be cool.

Here are some tips offered by Iowa State University Extension and Outreach to help you keep packed lunches cold:

Schedule a time, perhaps after dinner, to prepare a sandwich and refrigerate or freeze it. Consider making a week of sandwiches during the weekend and freeze the bread, meat, cheese and spread.

Keep freezer gel packs ready to go. Have extras on hand in case one gets left at school. These are not expensive and can help to prevent foodborne illness.

For the best cold holding results, wrap ice packs around the frozen sandwich. Place in the bottom of the insulated bag and put foods that do not need refrigeration on top.

Frozen fruit cups without added sugar can substitute as an ice pack.

Keep extra insulated carriers at home to serve as backups or to take your own healthy lunch to work.

Invest in an insulated carrier with a gel pack lid.

To help keep your children healthy, prepare nutritious lunches and pack them safely.

## SPIRIT CLASSIFIEDS

**TRUCK FOR SALE:** 1969 Ford F100 pickup truck. Carolina blue, 390 engine – automatic. \$3900. Transmission rebuilt, new brakes, new battery, new radiator. Please call Paul or Debbie. C) 302-3245 H) 256-3276.

**CANOE FOR SALE:** 18' fiberglass canoe (NOT plastic). Includes two paddles. Light weight – no trailer. \$350. Please call Paul or Debbie. C) 302-3245 H) 256-3276.

**USED TRANSMISSION FOR SALE:** 1991 Chevrolet S-10 used transmission 4 cylinder. \$395. Please call Paul or Debbie. C) 302-3245 H) 256-3276.

**TRUCK FOR SALE:** 2000 Toyota Tacoma 4x4 extended cab truck. 128k miles, suspension lift and new tires on truck. \$6500. Contact information is Hope Whitley 828-228-8375 call or text.

**COMPUTER REPAIR SERVICES:** Computer running slow? Need a memory, hard drive or other hardware upgrade for that new program? Virus have got your computer crawling? Call Dennis Weaver – 828-326-9836 after 5:30pm or email [dennisdweaver@gmail.com](mailto:dennisdweaver@gmail.com) Reasonable rates. Quotes available.

**VOLUNTEERS AND RIDERS NEEDED FOR CAROLINA CYCLE CHALLENGE:** The Carolina Cycle Challenge (formerly Brett's Ride) is in need of riders AND volunteers. The ride is on Sunday, October 6 at 9 a.m. and it begins and ends at the Hickory Foundation YMCA. The ride includes 10-mile and 32-mile bike rides as well as a Tot Ride for kids. For more information about the Carolina Cycle Challenge or to register for the event, please go to [www.carolinacyclechallenge.org](http://www.carolinacyclechallenge.org) . If you are interested in volunteering, please contact Haley Kadish ([hkadish@catawbacountync.gov](mailto:hkadish@catawbacountync.gov)).

### Catawba County EMS Hardship Fund 3rd Annual B.B.Q. Challenge, Chili Cook Off and Auction

The Catawba County EMS Hardship Fund will be hosting their 3rd annual fundraiser on October 5, 2013 at the Double P Arena in Vale, NC.

The Catawba County EMS Hardship fund is a non-profit 501(c)(3) corporation to provide emergency assistance to EMS personnel who work for Catawba County. It was formed to offer help in times of hardship to those who make personal sacrifices and administer emergency care to the public each and every day.

We are asking for your help to make this fundraiser a success. Please consider a donation to be used either as a prize for the winning entries, or as a possible door prize or auction item.

Your support to this fundraiser, either by a prize donation or a financial contribution, would be very much appreciated. All donations are tax deductible.

Thank you for your support of the Catawba County EMS Hardship Fund and the EMS personnel who serve our area.

We hope to see you at our 3rd annual event. We are sure it will be an enjoyable occasion for all.

For more information, you may contact Tommy Poovey at 828-461-2203 or visit the Cookoff Facebook page at <https://www.facebook.com/pages/Butts-and-Beans-Challenge/428196017296544>.

## STATUS UPDATE ON COUNTY-WIDE GREEN PURCHASING INITIATIVE

by  
Mary Furtado  
Assistant County Manager

For FY13/14, the County's Purchasing department has a goal of making County operations more environmentally friendly by encouraging County departments and contractors to purchase at least 15% recycled and other environmentally preferred products. The target for this goal was lowered from the FY12/13 level of 20% to the current target of 15%, based upon actual performance and estimated potential. This goal doesn't incorporate the potential purchase of green services because of the challenge related to determining which services count as "green" and which do not.

The County has worked to make this goal realistic and achievable while still encouraging departments to stretch towards finding environmentally preferred alternatives to existing products that would be purchased through the normal course of business. For many products like office supplies, environmentally preferred alternatives to traditional products are readily available at a comparable cost and quality. Most major vendors have pre-selected lists of green alternatives available for customers to choose from. Some green products (like paperclips) are marginally more expensive than conventional products, but other products (like envelopes and pens) are less expensive.

Purchasing has been working with departments to identify areas of missed opportunity for purchasing green and also identifying suitable product alternatives to help increase this percentage. In fact, each department has been assigned a green purchasing target for this fiscal year. All departments are expected to buy environmentally friendly versions of 100% of their cleaning supplies, based on the fact that the County has a contract with a vendor who provides these products. (Special exceptions were granted to departments with more intense cleaning needs. For example, Public Health must use certain non-green cleaners in laboratory environments.)

For some products, the up-front purchase costs of going green may exceed the costs of non-recycled or less energy-efficient products. In these instances, departments have been instructed to consider return on investment over the life cycle of the product as well as the environmental benefits, performance quality, and available budget before making a final purchasing decision. For example, purchasing hybrid vehicles is initially more expensive than purchasing conventional vehicles. ROI analysis has revealed that over the life of the vehicle, however, it is less expensive to own and maintain a hybrid than a conventional vehicle provided that the vehicle mileage reaches 100,000. Therefore, the purchase of hybrid vehicles has been targeted to departments that consistently log a high number of miles driven, and every effort is made to retain the vehicles for at least 100,000 miles. Purchasing environmentally preferred computer equipment or building appliances like HVACs can be more expensive than purchasing traditional alternatives, but they are commonly much more energy efficient and therefore can be justified based upon the lower levels of electrical consumption that they enable. Environmentally preferred electronic equipment has been known to have lower disposal costs because of differences in the materials used to construct these products.

For more information, or if you have questions or comments, please contact Mary Furtado.

## INFORMATION MEETING SET FOR PROSPECTIVE FOSTER OR ADOPTIVE PARENTS

by  
Margaret Allen

Family Builders of Catawba Valley invites anyone interested in fostering or adopting a child to attend the resource family information meeting at 6-7:30 p.m. Tuesday, Oct. 8. The meeting will be held at the Family Services Center, 3050 11<sup>th</sup> Avenue Drive SE, Hickory, N.C. 28602 (behind Catawba Valley Medical Center).

There is currently an urgent need for foster parents and therapeutic foster parents, especially those who can accept sibling groups.

“We hold the resource family information meeting on the second Tuesday of each month to help raise awareness of the great need for foster homes for Catawba County’s waiting children,” said Sharon Hamby, a social worker. “We welcome anyone to attend to ask questions and to learn more about ways they can touch the lives of our county’s children in foster care.”

Resource families include family foster homes, therapeutic foster homes and adoptive homes. Specific information about becoming a resource family will be available at the meeting. Guests also will learn about required training for resource families and hear stories about the rewards of helping Catawba County’s children in foster care.

For more information about the meeting or to schedule an individual appointment to discuss becoming a resource family, contact Sharon Hamby at Family Builders of Catawba Valley at (828) 465-8901 or email [shamby@catawbacountync.gov](mailto:shamby@catawbacountync.gov). For information on all services offered by Family Builders of Catawba Valley, visit [www.familybuilderscv.org](http://www.familybuilderscv.org)

## NON-PROFIT, COUNTY PARTNERSHIP MADE FLOOD RECOVERY EASIER

by  
Dave Hardin

I can’t write that Saturday, July 27 started like any other day. It had been raining a great deal for weeks. One flooding event, in the locations more likely to suffer when flooding happens in Catawba County, had already occurred.

There were more predictions for heavy rain when I went to bed the night before and I remember waking up about 3 a.m. to the sound of unusually heavy rain. I woke up again at 5:30 and immediately noticed it was still raining very heavily. A year’s worth of meteorology classes at Lenoir-Rhyne told me something was really wrong.

Of course, we know it was very wrong. Parts of Catawba County got half a year’s worth of rainfall in eight hours. I was privileged that morning and in the weeks to come to watch the initial response to the flooding and then the magnificent way in which non-profit and faith-based organizations worked together with some County agencies to help meet the needs of citizens affected by the flooding.

The Catawba County Board of Commissioners this week recognized the non-profit and faith-based organizations in that Flood Assistance Partnership that worked to address individual family needs following the extensive flooding.

The official Certificate of Commendation given by the Board of Commissioners to each agency read as follows: “On July 27, 2013, Catawba County and surrounding areas experienced unprecedented flooding which resulted in the devastation of homes, businesses, roads and bridges. The County’s Emergency Management Team was quickly joined by voluntary and faith-based organizations in a Flood Assistance Partnership to assist victims in removing flooring, walls and debris, initiating mold treatment, distributing clean-up kits, identifying and providing temporary housing and assisting with medical and emotional needs”...each agency was “an integral member of this partnership and its aid, compassion and hard work is commended by this Board. Catawba County and its citizens are fortunate to have (these agencies) as a partner in our community.”

The Partnership agencies include the American Red Cross, Christ Church, Eastern Catawba Cooperative Christian Ministry, North Carolina Baptist Men, New Life Christian Church, United Methodist Committee on Relief, Catawba County United Way and Greater Hickory Cooperative Christian Ministry.

Catawba County citizens have proven time and again that we get through tough times and natural disasters by working together and caring about each other. We did it again on July 27<sup>th</sup> and thereafter.

**2013**

**Catawba County  
Awards Banquet**

**Date: Tuesday, October 29th, 2013**  
**Location: CVCC Tarlton Complex**  
**Time: Doors open at 5:00pm**

Dinner will be served at 5:30 pm. Catered by Texas Roadhouse.  
 Menu: Choice of ribs or chicken, green beans, corn, salad, rolls, and dessert

Retirees will RSVP to Sarah Hunt at 828-465-8256.  
 Current employees will RSVP through PeopleSoft  
 by October 15th, 2013.

### HAZARD PLAN UPDATE (cont. from pg. 8)

"We need the help of the citizens of Catawba, Alexander, Burke and Caldwell Counties", said Karyn Yaussy, Emergency Management Coordinator. "We're preparing to update our *Multi-jurisdictional Hazard Mitigation Plan*. The purpose of this plan is to identify and assess our community's natural hazard risks (such as flooding, winter storms, tornadoes and wildfires) and determine how to best minimize or manage those risks. We are asking everyone who has suggestions about how we can reduce our risks from natural hazards, or be better prepared to meet natural hazards, to give us their input either at the October 1 meeting or through an online survey."

A full page of information on the *Hazard Mitigation Update* is available through a story at <http://www.catawbacountync.gov/>. Those who wish to go directly to the survey may visit <https://www.surveymonkey.com/s/unifourhazardsurvey>

The Federal Emergency Management Agency (FEMA) requires that local hazard mitigation plans be updated every five years. Catawba County's current plan was last updated in 2010 but the new plan will be regional in nature for Alexander, Burke, Caldwell and Catawba Counties. Having a FEMA-approved plan in place assures that the Counties and municipal jurisdictions remain eligible for a range of State and Federal disaster assistance and preparedness activities.

For more information on the update of the Multi-jurisdictional Hazard Mitigation Plan update or the survey now available via [www.catawbacountync.gov](http://www.catawbacountync.gov), you may contact Mary George at the Catawba County Planning & Parks Department, at (828) 465-8264 or [mary@catawbacountync.gov](mailto:mary@catawbacountync.gov).

### AUGUST DEADLINES

**September 27-** Story concepts, for which we must budget a lot of space

**October 4-** Short submissions and FINAL deadline.

Submissions are placed on a first come, first served basis as long as space permits

### CATAWBA COUNTY SPIRIT

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 Mary Furtado  
 Dave Hardin  
 Marcia Hardy  
 Amy McDonald  
 Miriam Powell  
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