

Hertford County Highlights

Quarterly Newsletter

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Howard Hunter III sworn in as NCACC President

“Howard J. Hunter III, one of the youngest presidents in NCACC history, takes the oath of office as President of the North Carolina Association of County Commissioners on August 18, 2012 in Raleigh. He is shown here with his mother, Dr. LaVerne Espy (left) and his wife, Dr. Wanda Hunter. Hertford County staff supports Howard Hunter III, as he is sworn in as the NCACC President. We congratulate Howard J. Hunter III for his election as President of the North Carolina Association of County Commissioners.

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SMOKE ALARMS *What You Need To Know*

Okay, Where Do I Put Them?

Install smoke alarms on every level of your home, including the basement. Many fatal fires begin late at night or in the early morning. For extra safety, install smoke alarms both inside and outside sleeping areas.

Since smoke and many deadly gases rise, installing your smoke alarms at the proper level will provide you with the earliest warning possible. Always follow the manufacturer's installation instructions.

Where Would I Get Smoke Alarms?

Many hardware, home supply, or general merchandise stores carry smoke alarms. If you are unsure where to buy one in your community, call your local fire department (on a non-emergency telephone number) and they will provide you with some suggestions. Some fire departments offer smoke alarms for little or no cost.

Are Smoke Alarms Hard to Install?

If your smoke alarms are hard wired, that is wired into the electrical system, you will need to have a qualified electrician do the initial installation or install replacements.

For battery powered smoke alarms, all you will need for installation is a screw driver. Some brands are self adhesive and will easily stick to the wall or ceiling where they are placed.

For all smoke alarm installations, be sure you follow the manufacturer's instructions because there are differences between the various brands.

If you are uncomfortable standing on a ladder, ask a relative or friend for help. Some fire departments will install a smoke alarm in your home for you. Call your local fire department (on a non-emergency telephone number) if you have problems installing a smoke alarm.

How Do I Keep My Smoke Alarm Working?

If you have a smoke alarm with batteries:

- 1) Smoke Alarms powered by long-lasting batteries are designed to replace the entire unit according to manufacturer's instructions.
- 2) In standard type battery powered smoke alarms, the batteries need to be replaced at least once per year and the whole unit should be replaced every 8-10 years.

- 3) In hard-wired, battery back up smoke alarms, the batteries need to be checked monthly, and replaced at least once per year. The entire unit should be replaced every 8-10 years.

What if the Alarm Goes Off While I'm Cooking?

Then it's doing its job. Do not disable your smoke alarm if it alarms due to cooking or other non-fire causes. You may not remember to put the batteries back in the alarm after cooking. Instead clear the air by waving a towel near the alarm, leaving the batteries in place. The alarm may need to be moved to a new location. Some of the newer models have a "hush" button that silences nuisance alarms.

How Long will my Smoke Alarm Last?

Most alarms installed today have a life span of about 8-10 years. After this time, the entire unit should be replaced. It is a good idea to write the date of purchase with a marker on the inside of your alarm so you will know when to replace it. Some of the newer alarms already have the purchase date written inside. In any event, always follow the manufacturer's instructions for replacement.

Anything Else I Should Know?

Some smoke alarms are considered to be "hard-wired." This means they are connected to the household electrical system and may or may not have battery backup. It's important to test every smoke alarm monthly and replace the batteries with new ones at least once a year.

The U.S. Fire Administration would like to remind you of some important fire safety and prevention information.

- Plan and practice escape plans several times a year.
- Make sure your whole family knows when and how to call emergency telephone numbers.
- Obtain and learn how to use a fire extinguisher.
- Install carbon monoxide detectors.
- Consider installing residential fire sprinklers in your home.

Contact your local fire department on a non-emergency phone number if you need help or have questions about fire safety in your home.

Additional Resources

For more information on smoke alarms, please visit the USFA Web site at www.usfa.dhs.gov/citizens/



Fire Prevention Week
October 7th - 13th

NC FAST (North Carolina Families Accessing Services Through Technology)



Pictured from left to right are Patricia Nixon-Vann, Maudie V. Chambers and Rochelle Askew

North Carolina Department of Health and Human Services has implemented a new Food and Nutrition Service Case Management System: NC FAST (North Carolina Families Accessing Services Through Technology) NC FAST went into pilot production for four counties: Carteret, Catawba, Guilford and Johnston county beginning May 21, 2012. The pilot program was successful with a few challenges as expected. Hertford County began classroom training for NC FAST on August 27, 2012, through September 14, 2012 and began our “soft launch” on September 17, 2012. The newly trained county staff had access to the live NCFast system but was able to enter only “new” applications. When Hertford County staff is ready for our “hard launch”, all cases will be converted into the NC FAST system. At this point, access to the old system will be turned off. All counties in North Carolina will change the way they take applications through NC FAST:

Economic Benefits

Project 2&6 is on schedule to begin pilot production April 2013, with full implementation to all 100 counties completed by October 2013 which includes screening and intake for Work First (TANF), Medicaid, Special Assistance and Refugee Assistance.

Project 3 has not yet started, and is tentatively planned for July 2012 through June 2016 which includes screening, intake and assessment for LIEAP (Low Energy Assistance Program), Child Care, and CIP (Crisis Intervention Program).

Services

Project 4 which includes screening and intake for Child Protective Services (CPS) and intake for general services has been initiated and is working to obtain federal approval to expedite this project in the schedule.

Project 5 which includes screening, intake and assessment for Adult Protective Services (APS) and general services is tentatively planned for July 2015 through June 2017.

Advantages of NC Fast:

Less paperwork – case managers will no longer complete paper-based application forms.

Easy navigation from one task or section in NC FAST – home page pods, navigational tabs and shortcuts that help streamline movement through and organize information.

Improved system access to allow clients to apply for benefits online, and have this data automatically feed into NC FAST.

Workloads will be centrally organized – each worker will be able to easily view active and newly assigned cases.

Increased worker productivity – a knowledge-based system with eligibility policy and rules embedded in the software.

The County Champion is Maudie V. Chambers, the Food and Nutrition Service Supervisor. The Champion serves as a liaison to the NC FAST County Readiness Team. The County Champion is familiar with the county’s operation, with knowledge of the Food and Nutrition Service process, energetic and enthusiastic about NC FAST. She coordinates with other county staff on topics including technical readiness, data conversion preparation, training planning and delivery. The Champion serves as the primary point of contact between the program and the county.

Two Super Users (one primary and one secondary) are Rochelle Askew and Patricia Nixon-Vann. They will manage cases that transfer from a converted county to a non-converted county. The case activities they must manage include: recertifications, changes and hearings.

NC FAST’S MOTTO: REMEMBER: “WHAT YOU DO TODAY CAN IMPROVE ALL YOUR TOMORROWS.” – RALPH MARSTON

Best of luck to the County Champion, Super Users, and the Food and Nutrition Service Unit in their endeavor to maximize the benefits of this new technology system.



Senior Fair Day



On September 12, 2012 Senior Fair was held at C S Brown Cultural Arts Center. This day is an opportunity for the vendors and organizations in our area to educate our seniors on services available to them and answer any questions they may have about eligibility. Hertford County Department of Social Services participated in

this event. Debbie Cobb and Rhonda Morris represented our agency with a colorful display and shared valuable information about the services offered to our customers we serve in Hertford County. There were lots of games and fun activities for the seniors in which to participate. Several door prizes were awarded, as well as prizes for winners of the games. This year's theme was "You Are Never Too Old To Play."



Medicare Counseling

At Your Local Pharmacy

Drugco - October 4, 2012
from 9:00 AM - 12:00 PM

Mizzelle's - October 4, 2012
from 1:00 PM - 4:00 PM

Colonia - October 9, 2012
from 1:00 PM - 4:00 PM

Medicare Part A,B,C,D and
Medi-gap (Supplements)

Medicare Part D Annual
Enrollment is
October 15, 2012 thru
December 7, 2012

Make sure the plan you have
is still the best for you.

For more information contact
Office of Aging at 358-7856

ASK

Medicare Mania Fair



The Hertford County Office of Aging, in partnership with the AAA and S.H.I.I.P (Senior Health Insurance Information Program), had its Annual Medicare/ Low Income Subsidy Mania Fair at the First Presbyterian Church in Ahsokie on Monday, October 8, 2012 from 1:30pm to 3:30pm. This event is designed to educate Medicare

Beneficiaries and the public about Medicare by playing games and having special events. Featured games were the *Medicare right left game*, *Medicare true and false trivia*, *LIS guess what topic I go in* and the famous *Medicare Hollywood Squares game*. Over 30 people were in attendance and a great educational time was had by all.



Raised the most dunking booth money this year



Adonica Hampton, DSS Director, participated in the 2012 Ahoskie Heritage Day Dunking Booth at the request of Brenda Allen, Ahoskie Chamber of Commerce member/DSS staff member. Ms. Hampton agreed immediately because it would be something new that she'd never done before, it was for a good cause, a way to have some lighthearted fun with DSS employees, and for employees to have some lighthearted fun with her. Signs were posted throughout DSS announcing the event for DSS staff to come out and "Dunk the DSS Director". Ms. Hampton can now say "she's been there, and

done that". Fun was had by all in attendance and she raised the most dunking booth money this year. Yes, that means she was dunked the most, people.

**Brenda Allen,
Social Services
Accounting
Tech III,
dunked DSS
Director 3 for
3.**

Dunked 3 for 3



"Wright retires after 24 years"



Kathleen W. Wright, a veteran of 24 years as Register of Deeds will say farewell on November 30, 2012. She won the primary and general election and started to work in December of 1988.

Kathleen has never considered herself a POLITICIAN. Her goal has always been to serve people in and out of Hertford County to the best of her ability and as fair as possible. Her motto is: "I do unto others as I want them to do unto me". Citizens coming in and out of Kathleen's office,

her fellow co-workers and the county and state employees will miss her smile and service. She will certainly miss taking the mail to the administration building and getting a chance to have her daily visits with other county employees.

Kathleen has made many improvements in the Register of Deeds Office and met so many acquaintances that she hopes to keep in touch with after leaving. When asked what she will do when she retires, 'We'll see. I guess we (my husband and I) will travel to see our grandchildren (and their parents too) who live in Greensboro, Charlotte, and GA and do things that I feel are important to me. "I'll just do what retired people do".

Departmental Highlights

“By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands — your own.”—Mark Victor Hansen

Emergency Management

Welcome Jeremy Brittenham, Fire Inspector !!!!

In July Hertford County Emergency Management Team attended Hazards Tabletop Experience that was sponsored by NC Division of Public Safety—Hazardous Materials Preparedness Grant. This event was a GREAT success and it opened com-



munication lines between responding agencies and partners. It gave insights to the strength and weakness when responding to an event of this type. Classroom instruction took place in Winton followed by hands-on experience at Gillam & Mason in Harrellsville.



EMS

Hertford County EMS would like to introduce our newest full time employee that joined our staff in August, Caesey Minton. She was previously a part-time employee and received her EMT-Intermediate certification in August. In September, David Slade, EMT- Intermediate joined our part-time staff.

Over the last couple months, we have assisted with the Watermelon Festival in Murfreesboro and Heritage Day in Ahoskie. During the fall months, we provide units and assistance to all of Hertford County JV and Varsity home football games as well as the football games for Chowan University.

Data Center

Pardon Our Dust: The Hertford County phone system upgrade has begun! You have either seen or will be seeing cabling crews pulling wire or installing equipment in various places. New telephone poles are going up and new infrastructure is being installed. Metro legs are also being installed which will pull Ahoskie DSS, COA and EMS into the new system as well and provide higher Internet speeds than before. The project is scheduled to be completed at the end of the year, but there is much to do before then!

If you have questions about any of these alerts, please contact the Data Center at 5702 or 358-7831.

Hertford County Cooperative Extension

Welcome to our team . . . Caroline Stephenson, Hertford County 4-H Extension Agent and Anassou Banna, Area Small Farms Extension Agent. Please stop by and welcome them!

Congratulations to Melanie Storey for receiving Awards of Excellence and Executive Board Award during North Carolina Cooperative Extension Secretaries Association. KUDOS to Rebecca (Becky) Castello and Crystal Smith for receiving Communicator Award highlighting Hertford County 4-H during the NCAE4-HA State Conference in August.

Hertford County Public Library

Hertford County Public Library would like to welcome Anya Ross as a new staff member. Anya will be a part-time children's library assistant. Anya is currently studying for her MLS at North Carolina Central University.

Departmental Highlights (cont.)

Hertford County Sheriff Department

Cassandra Hart (Senior Cook) retired from the Sheriff Department on August 24, 2012. Congratulations and Thank you!

Welcome Michael Robinson, Detention Officer to Hertford County Sheriff Department!!!

Hertford County Board of Elections

2012 is a Presidential Year. This will be a very busy year for the Board of Elections. Filing, voter registration and voter participation will increase dramatically.

ARE YOU READY FOR 2012?

Is my voter record up-to-date and current?

Now is a great time to check your voter registration status. If you have moved within the county or changed your name, we would like to correct that information. If you need to make changes such as name of address updates, simply go online for the forms or stop by Elections Office. Changes must be authorized in writing.

Where do I vote?

This information is on the voter card we mailed you when you registered to vote. If you make an update to your record, we will automatically mail you a new card with this information. If you're still not sure, just give us a call at 252-358-7812 or go to the State Board of Elections website for all your voter information: www.ncsbe.gov.

<u>Polling Place</u>	<u>Name</u>	<u>Address</u>
A1 – Ahoskie 1	Ahoskie Elementary School	200 N Talmage Avenue, Ahoskie
A2 – Ahoskie 2	Ahoskie Old Band Building	701 W Main Street Ahoskie
A3 – Ahoskie 3	R L Vann School	415 East Holloman Street, Ahoskie
BR-Bryantville	Bryantville Community Bldg.	115 Tarheel Road Como
CM – Como	Como Fire & Rescue Building	1201 US 258 North, Como
CO – Cofield	Cofield Town Hall	105 Melton Street, Cofield
HV - Harrellsville	Amanda S Cherry Resource Center	1750 NC 45 South, Harrellsville
M1 – Murfreesboro	Murfree Center	201 E Broad Street, Murfreesboro
M2 - Murfreesboro	Parkers Grove Community Bldg.	131 Mapleton Rd Murfreesboro
ML - Aulander	Millennium Community Bldg.	337 Millennium Rd Aulander
SJ - Aulander	St John Fire Department	1127 NC 561 W Aulander
UN - Ahoskie	Roanoke Chowan Community College	109 Community College Road
WN – Winton	Hertford County Office Building	704 N King Street, Winton



SOUNDSIDE - Recently there has been a lot of attention given to Tablet PC's. There is a distinct difference between what a tablet PC and a laptop PC. However, Tablet PCs have become quite popular thanks to their extreme portability, easy to use interfaces and the wide range of ways they can be used. In many ways, they can almost replace a laptop for someone on the go. But is a tablet really a better choice for someone over a more traditional laptop? After all, laptops can also be extremely portable and have a much wider range of tasks they can be used for. Lets take a look at the various differences between tablet PCs and laptops to see how they compare to one another and which of the two may be better. By examining these in more detail, one can then have a clearer understanding of which of these two types of mobile computing platforms would serve them better.

Input Method: The most obvious difference between a tablet PC and a laptop is the lack of a keyboard. Tablets rely solely on a touch interface on the screen for all input. This is fine when it involves mainly pointing, dragging or tapping to navigate around a program. The problems come in when you have to input text into a program when such as an email or document. Since they have no keyboard, users are required to type on virtual keyboards that have varying layouts and designs. Most people cannot type





HERTFORD COUNTY 4-H Youth Attends NCACC Youth Summit



Commissioner Johnnie R. Farmer, Commissioner William F. (Bill) Mitchell, 4-Her Samatha Newsome, Commissioner Howard J. Hunter III

A 4-H'er from Hertford County attended the third annual North Carolina Association of County Commissioners (NCACC) Youth Summit, which was held in Raleigh, North Carolina August 17-18, 2012. North Carolina 4-H and the North Carolina Cooperative Extension Service partnered for the third year with the NCACC on a multi-year initiative to increase youth involvement in county government. This initiative aims to overcome the mindset that many youth are disengaged and lack trust in government.

The 4-H'er who attended from Hertford County was Samantha Newsome. Over 110 youth and adults from over 65 counties in North Carolina attended this event. The event is sponsored and supported by the North Carolina association of County Commissioners.

For more information on the 4-H program in Hertford County, please contact Caroline Stephenson at (252) 358-7822 or caroline_stephenson@ncsu.edu.

The 4-H program is the youth education program of North Carolina Cooperative Extension, based at North Carolina State and North Carolina A&T State University. More than 235,000 young people ages 5 through 18 participate in North Carolina 4-H activities each year with the help of 20,400 adult and youth volunteers.



Starting a Farmer's Market

The Hertford County Cooperative Extension Service is partnering with the Hertford County Health Authority to begin the ground work on starting a farmer's market in Winton, NC. We are very excited about the opportunity and we need your help in this process. As we look for potential farmers to participate in selling their goods at the market we are looking

for those who would support and be consumers of the market. As you know for any market to be successful, we must know who the buyers and sellers are, so we are asking for your input on a farmer's market. We are not just asking for your personal opinion but as a Hertford County citizen we hope that you can help provide insight on how Hertford County citizens will support this market. We are looking for input on location, times, days, and produce that will make this most beneficial for Hertford County citizens. We are also open to any suggestions you may have to reach more citizens with this project or how your organization can provide benefits. We hope that you will spread the word and have conversations with citizens. It is very important to have your feedback on this opportunity to determine its success so that we provide the most beneficial opportunities for our citizens.

Please fill out the Farmer's Market Questionnaire and email to Wendy Drake, Assistant Extension Agent, Agriculture wendy_drake@ncsu.edu



FARMERS MARKET QUESTIONNAIRE

1. What day of the week are you most likely to attend?
2. What time of day are you most likely to attend?
3. What location in the Winton area would you like to see a farmers market?
4. What fruits and vegetables are you most likely to buy from a local farmers market?
5. What prices are you willing to pay at a farmers market?
6. Would you be more willing to participate in a farmers market if there were value added programs available? (how to prepare fruits and vegetables, activities for kids, etc.)
7. What would limit you from participating in a farmers market?
8. What factors would be most encouraging for you to participate in a farmers market?
9. Would you be willing to pay for your purchases in all cash?
10. If the farmers market is not on your way home are you likely to still attend?
11. Would you be willing to buy fruits and vegetables from a farmers market or from the grocery store?
12. Would you like to see other items available at the farmers market besides fruits and vegetables? (baked and canned goods, seafood and meats, crafts)
13. What other input do you have for a potential farmers market in Winton?



Tablet or Laptop?



FROM PAGE 7

Input Method Continued: quickly or as accurately on a virtual keyboard. Users do have the option of adding an external Bluetooth keyboard to most tablets to make this more like a laptop but it adds costs and peripherals that must be taken with the tablet.

Size: This is probably the biggest reason to go with a tablet PC compared to a laptop. Tablets have the size roughly of a small pad of paper and a weight that is less than two pounds. Most laptops are far larger and heavier. Even one of the smallest ultraportable, weighs just over two pounds and has a profile that is larger than an iPad 2. Add in more powerful components that require additional cooling and power and they get even larger. Because of this, it is much easier to carry around a tablet than a laptop especially if you happen to be traveling.

Battery Life: Tablets are designed for efficiency because of the low power requirements of their hardware components. In fact, the battery takes up the majority of the interior of a tablet. In comparison, laptops use more powerful hardware. The battery component of the laptop is a far smaller percentage of the laptop's internal components. Thus, even with the higher capacity battery of laptops, they do not run as long as a tablet. Many of the tablets right now can run up to ten hours of web usage before require a charge. This means that tablets can achieve all day usage, which few laptops can achieve.

Storage Capacity: In order to keep their size and costs down, tablet PCs have had to rely on new solid-state storage memory as a means to store programs and data. While these have the potential for faster access and low power usage, they have one major disadvantage in the amount of files they can store. Most tablets come with configurations that allow between 16 and 64 gigabytes of storage. By comparison, most laptops still use traditional hard drives that hold far much more. Extremely affordable notebooks still have 160 gigabytes of storage, which allows for ten times the amount of data as the most affordable tablets. This won't always be the case though as some laptops have moved to solid state drives as well and may have as little as 64GB of space.

Performance: Since most tablet PCs are based on extremely low powered processors, they will generally fall behind a laptop when it comes to computing tasks. Of course, a lot of this will depend on how the tablet or laptop is being used. For tasks like email, web browsing, playing video or audio, both platforms will typically work just as well as neither requires much performance. Things get more complicated once you start doing more demanding tasks. For the most part, multitasking or graphics

Performance it typically better suited with a laptop.

Software: The software that runs on a laptop or tablet can be vastly different in terms of capabilities. Now if the tablet PC is running Windows 7 such as the HP Slate or ASUS Eee Slate it can theoretically run the same software as a laptop but will likely be slower. This can make it easy to use it as a primary laptop using the same software used in a work environment. The two other major tablet platforms right now are Android and iOS. Both of these require applications specific to their operating systems. There are tons of programs available for each of these and many will do most of the basic tasks that a laptop can do. The problem is the lack of the input devices and hardware performance limitations mean that some more advanced features supplied by corresponding laptop class programs may have to be dropped in order to fit into the tablet environment.

Cost: Tablets are relatively new to the market and as a result, they tend to carry a fairly high price premium for the new technologies they have installed in them. The average starting price for a tablet PC seems to have settled around \$499. By comparison, there are laptop computers that can be found for as little as \$300 to \$400. Of course, most people are probably not going to be looking at the least expensive laptop.

Stand Alone Device: This category is describing a situation where a tablet PC would be your only computer system. It isn't something that many people would necessarily think about when looking at the devices but it is pretty critical. A laptop is a fully self contained system that one can use fully as a computer system in terms of loading data and programs onto and backing up. Many tablet PCs actually require an additional computer system beyond the tablet for backing up the device or even activating it. The iPad 2 is a good example of this as the first thing a user is required to do is hook it up to a PC to activate it. Now, one could do this on another person's computer but you still have the problem of backing up data especially if you want to temporarily remove an application if you have limited space.

CONCLUSION: As it stands, laptops still offer a greater level of flexibility when it comes to mobile computing. They may not have the same level of portability, running times or ease of use of a tablet but there are still a number of issues that tablets need to resolve before they become the main means of mobile computing. Over time, many of these issues will likely be resolved. If you already have a desktop computer, than a tablet PC may be an option if you use it mainly for entertainment and web usage. If it is going to be your primary computer, than a laptop is definitely the way to go.



E-Conservation

power to control what you spend

What About the Heating System?

What is Annual Fuel Utilization Efficiency?

The efficiency of a gas (natural or propane) or oil furnace is measured by the Annual Fuel Utilization Efficiency (AFUE), which describes the heat produced from the energy used. This rating takes into consideration losses from pilot lights, start-up, and stopping. For example, a furnace with an AFUE rating of 80 converts 80 percent of the fuel it burns into usable heat. New furnaces usually rate in the mid 70's to low 80's, whereas older furnaces will be in the 50's or 60's. ENERGY STAR® qualified oil and gas furnaces have annual fuel utilization efficiency (AFUE) ratings of 83% and 90%, or higher, making them up to 15% more efficient than standard models. Unlike the Seasonal Energy Efficiency Ratio (SEER) and Heating Season Performance Factor (HSPF) ratings, the AFUE does not consider the unit's electricity use for fans and blowers.

What is the Heating System Performance Factor?

The Heating System Performance Factor, or HSPF, applies only to heat pumps. HSPF is the ratio of heat provided in Btu per hour to watts of electricity used. This factor considers the losses when the equipment starts up and stops, as well as the energy lost during the defrost cycles. Typical values for the HSPF are 6.8 for standard efficiency, 7.2 for medium efficiency, and 8.0 for high efficiency. Variable speed heat pumps have HSPF ratings as high as 9.0, and geothermal heat pumps have HSPFs over 10.0. The higher the rating, the more efficient the heat pump. ENERGY STAR® qualified heat pumps have a higher

seasonal efficiency rating (SEER) and heating seasonal performance factor (HSPF) than standard models, which makes them about 20% percent more efficient than standard new models. The HSPF averages the performance of heating equipment for a typical winter in the United States, so the actual efficiency will vary in different climates.

What is Coefficient of Performance?

The Coefficient of Performance, or COP, is an older standard used prior to HSPF to measure the efficiency of heating systems. By definition, all electric resistance space heaters have a COP rating of 1. A unit with a rating of 3 means that the unit is three times more energy-efficient than electric resistance heating (generally considered the most expensive method of heating).

Will the Fuel I Use Make a Difference in My Energy Costs?

Yes, so check with your local utility before replacing an existing system. Many utilities have a department dedicated to conservation. They can advise you not only on the types of fuel available in your particular location, but also on new technologies that make the most of the fuels available to you.

Keep in mind that fuels are measured and sold in different units such as gallons of oil, therms of natural gas, or kilowatt hours (kWh) of electricity, so comparing the price of dissimilar units is not useful. A more useful comparison is the fuel cost per amount of heat produced.

The Energy Information Administration's Heating Fuel Comparison Calculator (<http://www.eia.doe.gov/neic/experts/heatcalc.xls>) helps you make this comparison by factoring in the relative price based on the fuel heat content and the efficiency of the heating appliance. The site provides step-by-step instructions, including how to find cost and efficiency data to use with the calculator. In choosing a heating system, don't rely solely on cost as many factors will determine the best heating system for your needs. To help you choose a heating system, the site also provides numerous links to additional information.

This publication was adapted from The University of Florida, NASULGC/DOE Building Science, Community of Practice, Frequently Asked Questions, 3/27/07



Twelve Ways to Save Money

1. Cook at home often rather than eating out.
2. Make your own coffee.
3. Brown bag lunch at least three times a week.
4. Make a list before going shopping.
5. Buy in bulk whenever feasible.
6. Buy generic items or store brand when feasible.
7. Use grocery bags to line trash can.
8. Consolidate and pay off bills.
9. Pay your bills on time to avoid late fees.
10. Instead of buying books, borrow them from the library.
11. Bottle your own water.
12. Regulate your electric use.

(Source: <http://financialhighway.com/45-ways-to-save-money/>)

Sweet Potatoes

Versatile Sweet Potatoes Virtually Year-Round

Sweet potatoes are a naturally sweet, nutritiously rich southern favorite. Though these orange spuds are harvested in the fall, they can be stored for up to eight months in a cool, dark place for enjoyment throughout the year, so don't be afraid to stock up. It

won't be hard to find locally grown sweet potatoes in North Carolina. More than 40 percent of the nation's sweet potatoes are grown on 43,000 acres of North Carolina soil. Tips from The Produce Lady will help you enjoy the versatility of this abundant North Carolina crop that offers plenty of nutrition and flavor with little preparation.

NUTRITION - Sweet potatoes are an excellent source of vitamin A from beta-carotene. In fact, the amount of beta-carotene is directly related to the color of the sweet potato flesh. The darker the orange, the greater the health boost. You may also find white or even purple-fleshed sweet potatoes. Purple sweet potatoes rival the blueberry in antioxidant activity. Sweet potatoes are also a good source of vitamin C and dietary fiber.

SELECTION & STORAGE - Look for sweet potatoes that are firm and smooth (not soft and wrinkled). Avoid potatoes that have worm holes, cuts or other signs of visible injury. All the sweet potatoes from one plant are harvested at the same time, so they will vary in size. The larger potatoes are good for casseroles, breads or preserving. The medium-sized sweet potatoes are ideal as an individual vegetable serving, while the small, fingerling potatoes are perfectly sized for kids.

Store sweet potatoes like Irish potatoes - no refrigeration, just a cool, dark, well ventilated place. You may also preserve sweet potatoes by canning or freezing. In both cases, you will need to cook first.

PREPARATION - Sweet potatoes have smooth, thin skin and a blocky shape with tapered ends. The skin is edible, but wash it thoroughly to remove any remaining soil. Baked sweet potatoes or roasted sweet potatoes are two simple preparations. No peeling is required, nor is flavor enhancement necessary, though you might experiment with sweet or savory toppings to please the palate. Baked sweet potato "fries" are a kid-friendly favorite. Sweet potatoes can be boiled, but they may lose some nutrients using this cooking method.

HISTORY - The sweet potato originated in Peru and Ecuador and is considered a prehistoric plant. Botanically speaking, the sweet potato's name is *Ipomoea batatas*. While sweet potatoes and Irish potatoes both grow underground, the vegetables we eat originate from different plant parts. The sweet potato is actually a root, while the Irish potato is a swollen underground stem. You can watch *The Produce Lady* give cooking demonstrations with sweet potatoes and other fresh produce at farmers markets across North

Carolina during the late summer and fall. For a schedule of appearances and fresh produce facts and recipes from *The Produce Lady*—including more tips on sweet potatoes - visit www.theproducelady.org.



What's in Season?

Apples

Broccoli

Cranberries

Grapes

Leafy Greens

Oranges

Pomegranate

Pumpkins

Sweet Potatoes

Tangerines

Winter Squash



Recipe:

- ◆ Oven Sweet Potato Fries
- ◆ Non-stick cooking spray
- ◆ 2 tablespoons oil
- ◆ Seasonings (optional)*

* Try one or several of these seasonings: salt, pepper, seasoning salt, curry powder, ground cumin, ground cloves, cinnamon, sugar

Preheat oven to 475 degrees F. Lightly spray baking sheet with non-stick cooking spray. Wash potatoes thoroughly and dry with a paper towel. Cut potatoes into long strips about 1/2 inch thick. Put oil in plastic bag or container, add potatoes and seasonings, toss to evenly coat with oil and seasonings. Spread strips in a single layer on a baking sheet and place in preheated oven. Bake at 475 degrees F for 20 minutes. After 20 minutes, take sheet out of oven and turn potato strips over.

Immediately return sheet to oven and back 15 more minutes at same temperature. Makes 6 servings.

Serving Size: 10 fries.

Article submitted by: Stephanie Parker Helmkamp
Family and Consumer Sciences Area Agent
Cooperative Extension Service





Sheila Privott
Elections - Director

Sheila Privott is a Hertford County native. Sheila was born in Como and after marriage now resides in Ahoskie.

Sheila enjoys spending time with her family and listening to those heartfelt sermons at her church. She also enjoys watching *Hoarding Buried Alive*, *Restaurant Impossible*, and *House Hunters*. Sheila's favorite hobby is watching Hertford County High School Friday night football games, "Go Bears"! When asked if there was one thing she could change in Hertford County, Sheila stated "she would like to see more businesses added to the area to provide salaries so people could provide for their families".

When asked about a must see in Hertford County, Sheila stated "Every one should take a ride across the Parker's Ferry".

"Forgiveness does not mean we have to allow ourselves to be mistreated . . . It does mean that we allow God to work in our lives and in the lives of the people against whom we hold bitterness. Learning to forgive others helps both the forgiven and the forgiver."



Brenda H. Allen
Social Services - Accounting Tech III

Brenda H. Allen is a Hertford County native and resides in the Early Station area with her husband Curtis. Brenda informed us she has one daughter Jessica.

She enjoys reading and spending time with her family. Brenda stated "she loves to attend church and loves her church family".

When asked one thing she would change if she could, Brenda stated "she would love to see economic growth in our area, more restaurants—not just fast food, more shopping options—especially for women in the clothing line." Brenda informed us that her sister has just opened Charlie's Family Restaurant in Ahoskie. She stated "a nice sit down home cooking place to eat".

Brenda shared that a must see in Hertford County is the beautiful Chowan River. Brenda stated "I think we have many older homes that are beautiful and worth the time just to ride around the county and see these homes and the surrounding landscapes."

"I am an imperfect Perfectionist" who is striving to make every day beautiful by showing kindness to others with words or just a smile so that they may see Jesus Christ working in my life."

Employee Spotlight



James Broglin
Emergency Medical Services - Director

James Broglin is a native of Hertford County and grew up in the Town of Winton. James now lives in the Ahoskie area with his family. James share that his interests have always been in the field of fire and rescue. He became a member of the Winton Rescue Squad at the age of fifteen as a Junior Member and then at eighteen he became a full member. He also became a full member of the Winton Fire Department at that time.

"Treat people the way you want to be treated."

During his spare time James enjoys working outside or taking a trip to the Outer Banks for some time away.

"If there was one thing I could change in the area or would like to see added, I would like to see more activities for young people. I feel this would give our young people more guidance and help them find better things in life than drugs, alcohol and violence".

When asked about a must see in Hertford County, James stated "as a child growing up in Winton, I spent a lot of time down by the Chowan River and now that I'm older, I find the Chowan River a great place to go do a little fishing or just to sit back and enjoy the scenery".



Sharon Freeman
Housekeeping-Coordinator

Sharon Freeman is a Hertford County native. Sharon grew up in Murfreesboro, NC. After getting married, she relocated to Ahoskie.

She enjoys spending time with her family. Sharon's hobbies include making flower arrangements, door pieces, window decorations, swimming and working in her flower beds.

Sharon stated "if there was one thing I could change in Hertford County,

it would be to have more restaurants such as a Golden Corral or an Applebee's". When asked why those two restaurants, Sharon said "because they are nice family style restaurants or a nice restaurant to go to after work". One thing Sharon feels is a must see in Hertford County is our country roads. She says "they are great to travel, especially by motorcycle". The sceneries are very beautiful and you must see the Roanoke-Chowan River on a sunny summer day. It is really relaxing."

"I am an outdoors person that appreciates the beauty of nature."



AUTUMN TRIVIA

GET RECOGNIZED! BE THE FIRST TO ANSWER THIS AUTUMN TRIVIA QUESTIONS CORRECTLY! EMAIL YOUR ANSWERS TO: IVY.BOYCE@HERTFORDCOUNTYNC.GOV

1. BECAUSE THE DAYS ARE SHORTER, WHAT IS THERE LESS OF IN AUTUMN?
2. IN THE NORTHERN HEMISPHERE, AUTUMN BEGINS IN SEPTEMBER, WHEN DOES IT BEGIN IN THE SOUTHERN HEMI SPHERE?
3. WHAT LANGUAGE DOES THE WORD AUTUMN COME FROM?
4. IN POETRY, WHAT EMOTION IS AUTUMN ASSOCIATED WITH?
5. AUTUMN IS ALSO KNOWN AS ?
6. PRIOR TO THE 16TH CENTURY,WHAT WAS AUTUMN REFERRED TO AS?
7. WHAT MAJOR HOLIDAYS ARE CELEBRATED IN AUTUMN?
8. WHAT FOOD IS ASSOCIATED WITH AUTUMN?
9. WHY DO LEAVES CHANGE COLOR IN AUTUMN?
10. PUMPKINS CAN GROW TO BE OVER 1,000 POUNDS.
11. WHAT DO PEOPLE REFER TO THE MOON AS IN THE FALL?



GET RECOGNIZED! BE THE FIRST TO ANSWER THIS HERTFORD COUNTY TRIVIA QUESTIONS CORRECTLY! EMAIL YOUR ANSWERS TO:

josephine.green@herthfordcountync.gov

**** Hertford County Trivia ****

Who am I? (Staff from the department questioned cannot answer the question about themselves.)

Q: To locate, identify and appraise all taxable real and personal property, in accordance with the state laws and administration procedures, while maintaining current information on the ownership and characteristics of property.

Q: I am officially responsible for the County seal and the retention of official records. These include minutes, ordinance books, records of county-appointed boards and committees and resolutions.



Winner of Summer

2012

Newsletter Trivia

Congratulations to:

Diare Merrick

winner of a gift card

Thanks for Participating



HAPPY BIRTHDAY



OCTOBER

NOVEMBER

DECEMBER

BETTY MASSIE
 CHESTER RIDLEY
 CINDY LASSITER
 CLAUDE R BLYTHE
 GAY SUMNER
 GWEN COOPER
 JAMES LIVERMAN
 JOHN HOWELL
 KATIE FENNELL
 KITTY ASKEW
 LAQUITA HOWARD
 LATASHIA NEWSOME
 MICHAEL NEAL BRINKLEY
 MARGARET WATSON
 PATRICIA GRANT

PATRICIA NIXON-VANN
 RACHEL ASKEW
 STANLEY LASSITER
 VANESSA SMALLWOOD
 VICKIE BOND
 VICKIE HOLLAND
 WILLIAM LIVERMAN

BENJAMIN OLIVER
 BRENDA FAISON
 DOTTIE ROBERSON
 GREG HUGHES
 JEFFREY JENKINS
 JOHNNIE FARMER
 JULIA PERRY
 KATHY RICHMOND
 LISA POPE
 LYNN GRULLON
 MELISSA BYRD

SANDRA BISHOP
 THOMAS HELMS
 THOMAS LINDSAY
 WILLIAM S . EARLEY

BRENDA JONES
 CANDI WILSON
 CHRIS SMITH
 CRYSTAL ASKEW
 DAPHNE LEE
 DAVEY GASTON
 DEBBIE BRINKLEY
 DONTA SPIVEY
 GARY HOYLE
 GILBERT STEPHEN
 JOHN BRITT

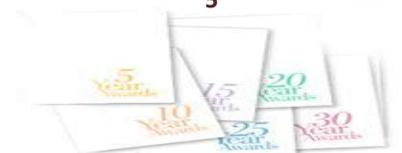
JONATHAN MORRIS
 MARY SUE PERSON
 MATTHEW BRADLEY
 ROBBIN STEPHENSON
 VELMA PERRY
 WILLIAM RICHARDSON



THANK YOU FOR YOUR YEARS OF SERVICE

Recognizing those employees with 5 year increments of service

EMPLOYEE NAME	DEPARTMENT	Month	YEARS OF SERVICE
DEBBIE COBB	SOCIAL SERVICES	NOVEMBER	25
GREG HUGHES	SOIL CONSERVATION	NOVEMBER	25
MAUDIE CHAMBERS	SOCIAL SERVICES	OCTOBER	20
VICKY OVERMAN	SOCIAL SERVICES	OCTOBER	20
ROBBIN STEPHENSON	FINANCE	NOVEMBER	20
CRYSTAL ASKEW	TAX ASSESSOR	NOVEMBER	15
PAUL VAUGHAN	INSPECTIONS	DECEMBER	10
VICKIE BOND	JAIL	DECEMBER	5
CHERYL DAVIS	EMS	NOVEMBER	5
VICKIE HOLLAND	SOCIAL SERVICES	OCTOBER	5
DAPHNE LEE	AGING	NOVEMBER	5
LIZZIE LLOYD	SOCIAL SERVICES	NOVEMBER	5
LLOYD PARKER	SHERIFF	OCTOBER	5
SHARON WILLIAMS	COMMUNICATIONS	NOVEMBER	5



Calendar of Events



OCTOBER

- October** – 11th –21st - North Carolina State Fair - Raleigh, NC
- October** – 12th –13th - Chowan University Homecoming. For more information visit www.chowan.edu/event-information
- October 13th – 14th** - Murfreesboro Historical Association will be sponsoring a Civil War Living History/Reenactment. Cost \$5.00 Call (252) 398-5922 for more information.
- October 26th** - Murfreesboro Historic District will be sponsoring a Ghost Walk. Call (252) 398-5922 for more information
- October 7th – 13th** – Fire Prevention Week
- October 13th - October 21st** - Shaw University Homecoming 2012 - For more information visit www.shawu.edu/homecoming/
- October 16th** - Senior Citizen State Fair Trip - Leaving Ahoskie Inn 7:00 AM - for more information call Office of Aging 358-7856
- October 19th** - Senior Ball - Theme: Night of Elegance - C.S. Brown Cultural Arts Center - for more information call Office of Aging 358-7856
- October 20th** - Music Event - Fall Choral Concert at 7:30 PM in the Turner Auditorium
- October 20th** - Elizabeth City State University Vikings Homecoming vs Chowan University Hawks at 1:30 PM
- October 24th** - "Southern Chicks" Relay For Life Team Spaghetti Lunch—11:30 AM –2:00 PM - Winton Community Bldg. Plates \$7.00
- October 26,27,28, & Nov 2, 3** - The Gallery Theatre, Inc. - The Ghost in the Meadow - For more information call (252) 332-2976
- October 26th -28th** - Meherrin-Chowanoke Annual PowWow - Ahoskie Amphitheatre, Ahoskie
- October 31st** – Halloween Carnival and Hayride at the Town of Ahoskie gym starting at 6:30 - 9:00 PM



NOVEMBER

- November** – Basketball clinics and workshops. Contact the Town of Ahoskie's Parks and Recreation Department.
- November 6th** - Election Day
- November 8th** – Women in Agriculture meet @ 7:00 PM Contact the Hertford County Cooperative Extension Office at 358-7822.
- November 11th** – Veteran's Day Parade on Main St in Ahoskie starting at 10:00 a.m.
- November 13th** - Murfree Center - Soup & Sandwich Day - Cost \$7.00 per person. Lunch will be served 11 AM - 1:30 PM
- November 14th** – GIS Day. Contact Land Records at 358-7809 for details.
- November 16th - 22nd** - National Farm-City Week
- November 19th** - Music Event - Chowan Winds Fall Concert at 7:30 pm at the Turner Auditorium
- November 27th** - Music Event - Meherrin Chamber Orchestra Fall Concert at 7:30 pm at Turner Auditorium



*We will include the
December 2012
Calendar in the
Special Holiday
Edition.*

If you have an interesting story, event or subject you would like the Hertford County Highlights to cover, please contact one of the following committee members: Crystal Smith, Crystal Askew, Sandy Brock, Rebecca Castello, Tonya Freeman, Josephine Green, Ivy Boyce, Jacqueline White or Sara Turner.



You can miss a lot in a week...



Get Your Flu Shot!

Great news! For your convenience and good health, Hertford County Public Health Authority has partnered with Blue Cross and Blue Shield of North Carolina (BCBSNC) and Maxim Health Systems to host a flu shot clinic right here onsite. You and your family members, age four (4) and over, are invited to participate, because vaccination is the best protection from the flu. (Children under age four (4) must receive shots from their primary care physician.)

Please note that participants will be required to bring their BCBSNC ID card and a photo ID with them to the clinic, and to sign a consent form before receiving a flu shot.

I have included answers to frequently asked flu questions below. Feel free to visit the BCBSNC Web site at www.bcbsnc.com/flu for more information, related links, and the latest flu news. If you have any other questions, don't hesitate to contact me.

Ramona Bowser

252-358-7833

Flu Shot Clinic Information

Date(s): **Oct. 30, 2012**

Time(s): **12:00pm-3:00pm**

Location(s): **Health Department-Winton, NC**

Cost per employee: **FREE for those with BCBS Ins. Otherwise \$30.00**

Participants will be required to have proper identification and sign a consent form before receiving a flu shot. We cordially invite all employees and their family members to participate because vaccination is the best protection from the flu.

*Cost per family member: **\$30.00 if NOT covered under employee's BCBS Ins Policy.***

Get Your Flu Shot!



ARE YOU READY FOR ELECTION 2012



FIRST-TIME VOTERS - Individuals who have registered to vote and have not previously voted in an election and have not provided verifiable ID, must show one of the following types of ID to an election official the first time they present to vote. GS 163-166.12
NC Driver License or Identification Card, Student Photo ID or Utility Bill

SAME DAY REGISTRATION - Individuals who are not registered to vote in a county may register and vote at a one-stop site in their county upon showing proof of residence. The registrant would need to present or show a document that lists his or her current name and address in the county. GS 163-82.6A

2012 One-Stop

Board of Elections 700 North King St Winton, NC	October 18- 19	8:30 – 5:00	October 27	9:00 - 1:00
	October 20	9:00 – 1:00	October 29 - Nov 2	8:30 - 5:00
	October 22 – 26	8:30 - 5:00	November 3	8:30 - 1:00
Ahoskie Nutrition Site 415 Holloman Ave. Ahoskie, NC	October 22 - 26	1:00 – 7:00	October 29 - Nov 2	1:00 - 7:00
			November 3	8:30 - 1:00
Murfreesboro Center 201 E. Broad St Murfreesboro, NC	October 22 - 26	1:00 – 7:00	October 29 - Nov 2	1:00 - 7:00
			November 3	8:30 - 1:00

Sample Ballot
Hertford County, North Carolina
November 6, 2012

G001

SAMPLE BALLOT

BALLOT MARKING INSTRUCTIONS:
a. With the marking device provided or a black ball point pen, completely fill in the oval (○) to the left of each candidate or selection of your choice. In this case:
b. Where authorized, you may write in a candidate by filling in the oval and writing the name on the Write-in line.
c. If you tear, deface or wrongly mark this ballot, return it to request a replacement.

PRESIDENTIAL CONTEST
The offices of President and Vice President of the United States are not included in a Straight Party vote. This contest must be voted separately.

President and Vice President of the United States
(You may vote for ONE)

○ Barack Obama
Joe Biden
Democrat

○ Mitt Romney
Paul Ryan
Republican

○ Gary Johnson
James P. Gray
Libertarian

○ Write-in

STRAIGHT PARTY VOTING
a. Unless otherwise noted, a Straight Party vote is a vote for ALL candidates of that party in PARTISAN OFFICES. It is not necessary to mark individual candidates for PARTISAN OFFICES if you vote a Straight Party.
b. You may vote a Straight Party AND ALSO vote for a candidate of a different party in any individual office.
c. In any multi-seat office, a Straight Party vote is a vote for ALL candidates of that party. If you individually vote for any candidate in a multi-seat office, you must also individually mark all other candidates in that office for whom you wish to vote in order for all votes for that office to be counted.
d. If you do not vote a Straight Party below, you may vote by marking each office separately.
e. A Straight Party vote does not include US President and Vice President, unaffiliated candidates, nonpartisan offices, issues or referenda.

Partisan Offices

US House of Representatives District 1
(You may vote for ONE)

○ G. K. Butterfield
Democrat

○ Pete DiLauro
Republican

○ Darryl Holloman
Libertarian

NC Governor
(You may vote for ONE)

○ Walter H. Dalton
Democrat

○ Pat McCrory
Republican

○ Barbara Howe
Libertarian

○ Write-in

NC Lieutenant Governor
(You may vote for ONE)

○ Linda D. Coleman
Democrat

○ Dan Forest
Republican

NC Attorney General
(You may vote for ONE)

○ Roy Cooper
Democrat

NC Auditor
(You may vote for ONE)

○ Beth A. Wood
Democrat

○ Debra Goldman
Republican

NC Commissioner of Agriculture
(You may vote for ONE)

○ Walter Smith
Democrat

○ Steve Troxler
Republican

NC Commissioner of Insurance
(You may vote for ONE)

○ Wayne Goodwin
Democrat

○ Mike Causey
Republican

NC Commissioner of Labor
(You may vote for ONE)

○ John C. Brooks
Democrat

○ Cherie Berry
Republican

NC Secretary of State
(You may vote for ONE)

○ Elaine Marshall
Democrat

○ Ed Goodwin
Republican

NC Superintendent of Public Instruction
(You may vote for ONE)

○ June Atkinson
Democrat

○ John Tedesco
Republican

NC Treasurer
(You may vote for ONE)

○ Janet Cowell
Democrat

○ Steve Royal
Republican

NC State Senate District 3
(You may vote for ONE)

○ Clark Jenkins
Democrat

NC House of Representatives District 5
(You may vote for ONE)

○ Annie Ward Mobley
Democrat

Board of County Commissioners District 1
(You may vote for ONE)

○ Howard J. Hunter III
Democrat

Board of County Commissioners District 2
(You may vote for ONE)

○ Ronald J. Gatling
Democrat

Board of County Commissioners District 3
(You may vote for ONE)

○ William (Bill) Mitchell, Jr.
Democrat

County Register of Deeds
(You may vote for ONE)

○ Melanie Storey
Democrat

End of Straight Party Voting

○ Democratic

○ Republican

○ Libertarian

○ Write-in

○ Write-in

Continue voting next side →

North Carolina

-- VOTE BOTH SIDES --

NONPARTISAN OFFICES

NC Supreme Court Associate Justice
(You may vote for ONE)

○ Sam J. Ervin IV

○ Paul Martin Newby

NC Court of Appeals Judge
(You may vote for ONE)

○ Linda McGee

○ David S. Robinson

NC Court of Appeals Judge
(You may vote for ONE)

○ Wanda Bryant

○ Marty McGee

NC Court of Appeals Judge
(You may vote for ONE)

○ Chris Dillon

○ Cressie Thigpen

NC Superior Court Judge District 6B
(You may vote for ONE)

○ Cy Grant

NC District Court Judge District 6B
(You may vote for ONE)

○ Luther B. Culpapper

○ Vershenia Ballance Moody

County Board of Education
(You may vote for TWO)

○ J. Wendell Hall

○ David L. Shields

○ Marcus L. Williams

○ Write-in

○ Write-in

Soil and Water Conservation District Supervisor
(You may vote for ONE)

○ S. Pale Pierce

○ Write-in

End of Ballot

North Carolina

-- VOTE BOTH SIDES --

SAMPLE BALLOT