

Hertford County Highlights

Quarterly Newsletter
ISSUE 04 April - June 2012



Community Health: Raising the Bar

Hertford

CHANGE

Obesity

Reduce by:

0% 5% 10% 15% 20%

Adjust the 2020 improvement goal to see the impacts.

Obesity increases the likelihood of certain diseases and other health problems. Approximately 300,000 deaths per year may be attributable to obesity, and the annual healthcare cost may be as high as 147 billion dollars.

Community strategies to reduce obesity:

- 1 Reduce children's total screen time by 30 minutes
- 2 Show employers that wellness programs can save them money
- 3 Provide nutritional counseling to those obese or at risk

VIEW SOURCES

Food Insecurity

Creative Economy

Graduation Rates

Smoking

Percent adults obese

HERTFORD COUNTY



Hertford County

IMPACT	TODAY	10% IMPROVEMENT
Percent adults obese	34.3%	30.9%
2011 Health Rankings Out of 100 counties	70th	55th
Preventable hospital visits For every 1000 visits	70	66
Personal income	\$26,985	+\$1,555
Hospital inpatient charges Per capita, 2009	\$2,572	-\$109

BACK

CONTINUE

Healthy Counties, Healthy Families

We all know that county government services and programs play a central role in our communities and families. That's why this year's National County Government Month focuses on the heart of the matter. National County Government Month is held each April throughout the nation, and is an annual celebration of County Government. Since 1991, the National Association of Counties has encouraged counties to actively promote the services and programs they offer. This year's theme is "Healthy Counties, Healthy Families". Throughout this issue of Hertford County Highlights, we will share with you various aspects of healthy living and provide links throughout our articles for more information.

Pictured Above: N.C. State University, Institute for Emerging Issues, has an interactive site for showing how community health has an impact on everybody's bottom line.

<http://www.ncsu.edu/iei/documents/healthtool/>



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Print responsibly

Feeling Stressed?



Tips to reduce and manage job and workplace stress

- Tip 1: Recognize warning signs for excessive stress at work
- Tip 2: Reduce job stress by taking care of yourself
- Tip 3: Reduce job stress by prioritizing and organizing
- Tip 4: Reduce job stress by improving emotional intelligence
- Tip 5: Reduce job stress by breaking bad habits
- Tip 6: Learn how managers or employers can reduce stress

http://www.helpguide.org/mental/work_stress_management.htm

SIGNS AND SYMPTOMS OF EXCESSIVE JOB AND WORKPLACE STRESS



Feeling anxious, irritable, or depressed

Apathy, loss of interest in work

Problems sleeping

Fatigue Trouble concentrating

Muscle tension or headaches

Stomach problems

Social withdrawal

Loss of sex drive

Using alcohol or drugs to cope

April Is Stress Awareness Month

For the 20th consecutive year, April 2012 has been designated Stress Awareness Month. During this thirty day period, health care professionals and health promotion experts across the country will join forces to increase public awareness about both the causes and cures for our modern stress epidemic. Print the bookmarker to the right and cut out to help remind you of Tips to relieve Stress.

Current members of the Hertford County Highlights committee are: Cindy Barber, Crystal Askew, Crystal Smith, Ivy Boyce, Jackie White, Josephine Green, Sara Turner and Sandy Brock. If you have an interesting story, event or subject you would like for us to cover, please contact us!

Stress

Less

IMPROVING YOUR LIFE

STRESSED OUT

Stress comes from a variety of sources including work or school, finances, and life changing events. Your stress levels is defined by how your body reacts to the situations.

MANAGING YOUR STRESS

Get Organized!

- * Prioritize your tasks.
- * Make and use a "to-do" list
- * Plan your leisure time around your work and chores.
- * Do not take on more than you can handle.
- * Plan and keep a realistic household budget.

Stretch and Get Physical

- * Regular physical exercise helps reduce stress.
- * Try to exercise for at least 30 minutes a day, 3 times a week.
- * Join a class or find a partner for support and encouragement.

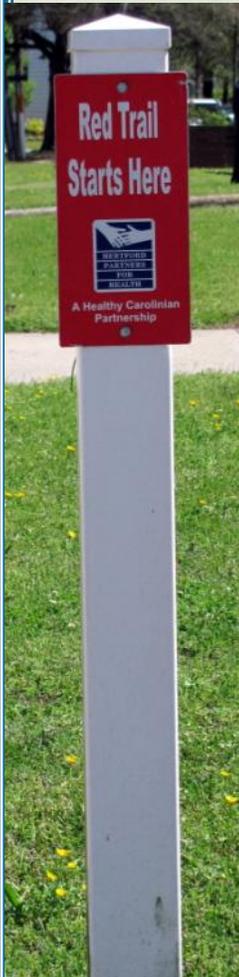
Be Kind to yourself and to Your Body!

- * Eat Plenty of Foods that are good for you.
- * Take a hot bath or read a book before bedtime.
- * Talk out your concerns with a friend or relative.
- * Relax and get a good night's sleep.
- * Learn from your mistakes and let them go.
- * Be generous with your love and affection.
- * Look for the humor in your daily life; share it with others.



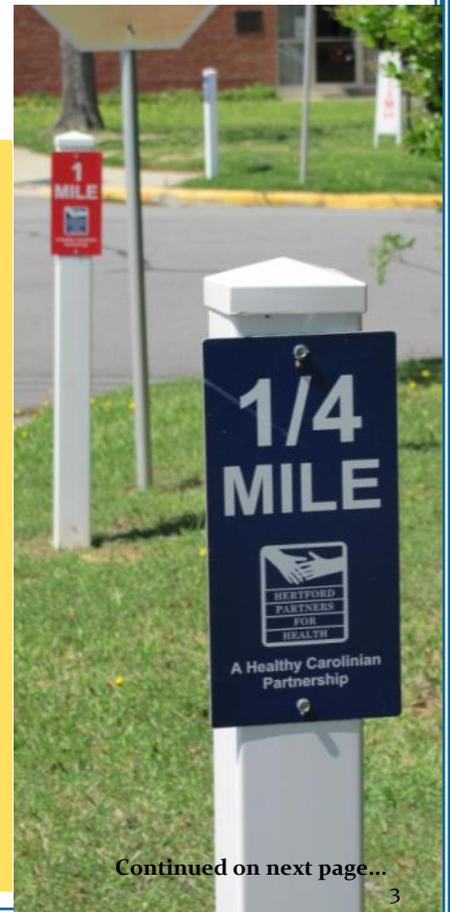
Eat Smart, Move More...

Have you ever seen a sign like the one on the right? Chances are, that if you have been to the County Offices in Winton you have! Initiated in 2009, the Hertford County Public Health Authority in partnership with the NC Cooperative Extension Service launched a program entitled “Eat Smart, Move More...North Carolina”. This initiative, originally developed to address health issues to those who lacked access to facilities or were uninterested in routine exercise, was launched across the state of North Carolina. The Statewide initiative promotes increased opportunities for healthy eating and physical activity through policy and environmental change interventions and enhanced public awareness of the need for such changes. Here in Winton, the initiative created three distinct walking trails. There is the “Red Trail”, the “Blue Trail” and the “Yellow Trail”. All three trails end at their point of beginning, and all three are one (1) mile long.



The “Red Trail” starts at the corner of West Cross Street and North King Street (close to the steps for the Social Services entrance). Walk toward Main Street for one block, then turn right and proceed down Main Street until it reaches the intersection of Mulberry Street (to the Duck Thru). There you will see the 1/2 mile marker and you should turn around and return on the same route back to the point of beginning. You will see a red “1 mile” marker when you return.

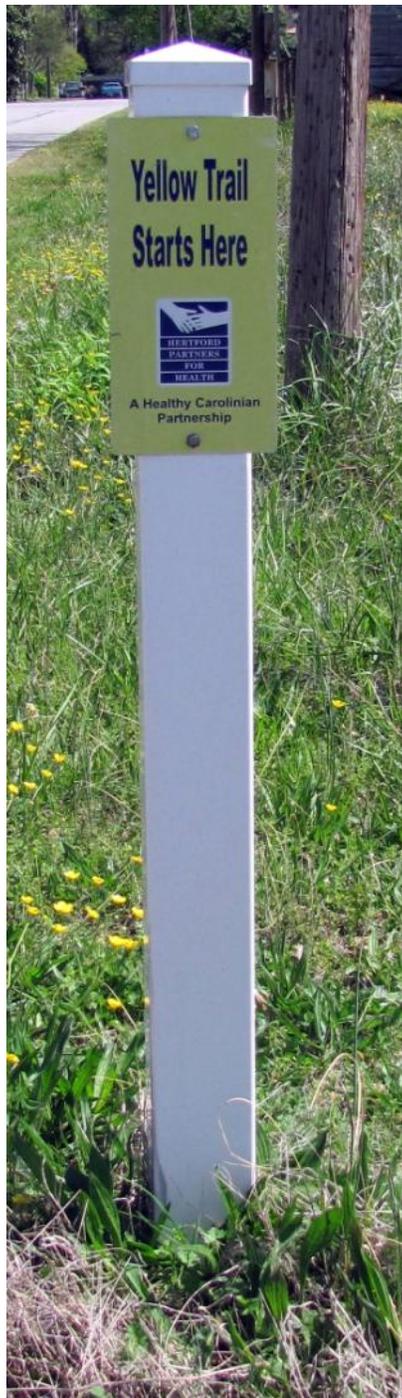
The “Blue Trail” is slightly more complex, and starts at the corner of West Cross Street and North King Street (just across the street from the corner of Social Services Building). From the beginning point, walk south (away from the river) along King Street for one block, turn left and walk along Tryon Street for one block, turn left and walk along Main Street for one block and turn left and walk along Cross Street for one block (this is 1/4 of the walk and also the place of beginning) then the trail turns right as you walk along King Street down to the park at the river. Once you reach the river, turn around and head back up the hill until you reach River St. where you turn right. Walk one block to Taylor Street, and turn left. Walk two blocks to Tryon Street and turn right. Walk as far as the end of the street, then turn around and walk back up Tryon Street until you reach King Street. Turn left on King Street and walk one block until you are back at the beginning point.



Continued on next page...

The "Yellow Trail" starts at the corner of King Street and Tryon Street. Walk by the County Offices on Tryon towards Main Street. Cross over Main Street and walk one more block to Murfree Street. On Murfree, turn right and walk two blocks. You will see a 1/2 mile marker (on east mulberry) make a U-turn and follow the route back to the corner of Tryon and King Street.

Physical activity is essential for all of us. Children, adults and seniors can benefit from moderate activity every day. Take a walk with a friend, take the stairs instead of the elevator, or work in your yard. Dancing works too and is great fun! Thirty minutes or more of motion for adults and 60 minutes for children on most days can help keep you in shape and feeling good. Can't find a 30 minute chunk of time? Break it up throughout the day.



Walking Safety Tips

Find a buddy: Walking with someone can be a great motivator and make the time more enjoyable. In addition, there is always safety in numbers.

Walk facing the traffic: Especially if there are no sidewalks or pathways on your route, the "rules of the road" say you should walk against the traffic. This also keeps you aware of any potential danger coming towards you.

Vary your route: This is for safety as well as enjoyment. It is much more interesting to experience different surroundings from time to time.

Beware of drivers: Do not assume that drivers know when pedestrians have the "right of way." Be especially cautious of driveways - most drivers are watching for oncoming cars, not walkers.

Don't overdo it, especially if you are a beginner. Let your body adjust to the new activity, gradually increasing the duration and frequency of your workouts.

Wear appropriate shoes.

For the first few weeks, do not push too hard. Your breathing should be elevated, but you should not be gasping for air. Use the Talk Test to know if you're walking at the right intensity level. If you cannot answer a question, you are walking too fast. If you can have a full conversation, you are walking too slowly.

Walking shouldn't hurt. If you experience any kind of muscle, joint, chest or head pain, see your family physician right away.

Wear a watch so you can monitor the time spent walking. Set small goals to gradually increase the amount of time you walk each week. Use your pedometer.

Have Fun



10 tips

Nutrition Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."

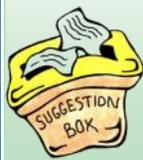


10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Departmental Highlights

A WORD FROM THE DESK OF THE COUNTY MANAGER . . .



Everything you ever wanted to know about Hertford County Government... But was afraid to ask! Coming soon to a conference/break room near you! A suggestion - What were you thinking box! Complete anonymity! All G; PG and PG-13 rated questions answered by administration! - Answers to be featured in an upcoming newsletter.

STAY TUNED!



EMS

Hertford County EMS would like to introduce our 2 new full time employees that joined our staff on March 26, 2012. They include Shannon Midgett, EMT-Intermediate and Debra Earley, EMT-Intermediate. At this time, we are currently fully staffed.

In March, we received and began using new 12 lead ECG monitors funded by The Duke Endowment and NC Office of EMS "Lead the Wave" grant. These cardiac monitors will improve EMS service delivery and care to patients of sudden cardiac arrest. The use of these monitors have been shown to improve patient monitoring, resuscitation and rapid assessment of cardiac arrest patients. We received 2 defibrillators with a retail value of \$26,200.00.

Data Center

Ever needed the help desk at home?

Microsoft has launched Answer Desk, an online support center that provides *free* help to customers dealing with basic Microsoft software issues. If you're having a problem with, say, Excel or Windows, Microsoft technicians can help you out at no charge. Answer Desk staff can assist you over the phone or via a custom Web chat service. Support is available around the clock to anyone with a Hotmail account, which costs nothing and is easy to create. Answer Desk's free service is available only for dealing with simple problems involving Windows products. For more complex issues, you'll have to pay. Microsoft aims to make the experience seem personal. Each of its technicians has a profile picture, a personal page that you can bookmark, and a Yelp-like star rating. If you find a technician who is particularly helpful, you can search for and request that person in the future, by name or by ID number. Check it out at www.answerdesk.com

E-file your taxes for free.

The Internal Revenue Service tax season is underway and the government's Free File program is open. There are many online, software and brick and mortar tax filing services that promise fast return E-filing for a fee. However Free File is a program that allows people, within a certain tax bracket, to have their federal tax return prepared for free. If you make less than \$57,000 a year, you can go out to the Free file site to prepare your taxes and use it for free. Not only is the service offered at no charge, but it can also lessen the wait time. Combined with direct deposit, refunds can be had in as few as 10 days. Taxpayers must access the Free File products, which is your choice of 19 online tax programs, including Turbo Tax, through the IRS.gov website or authorized kiosks to avoid any charges for preparing or e-filing a federal tax return. Last year there were about 230,000 Free Files. The IRS feels that is a low number because people just don't know about it. Taxpayers have an extra two days to file federal tax returns this year, because April 15 is on a Sunday and federal offices in Washington D.C. are closed on Monday the 16th for a holiday - making the 2012 federal tax filing deadline April 17th.



Hertford County Cooperative Extension

Just in: Job posting for Hertford County 4-H Agent. Anyone interested click on the link below and look under Job Listings on the home page of our website. <http://hertford.ces.ncsu.edu/>

If you are looking for summer educational opportunities for your youth (ages 5 -18), please contact Hertford County Cooperative Extension, 358 -7822.

Are you interested or know someone who will benefit in learning skills and strategies to feed your family nutritious meals on a limited budget and improve their overall health. The skills learned also help families learn how to change behaviors that place them at risk for being overweight and the diseases associated with being overweight. If you answered YES, please consider participating in Expanded Food and Nutrition Education Program (EFNEP) by contacting Gina Bonsu, EFNEP Program Assistant, gina_bonsu@ncsu.edu or 358-7822.

Hertford County Public Library

Summer Reading Program

Our reading program begins June 19th and runs thru July 26th this year. Here is a copy of the schedule with scheduled performers. All programs start at 10:30 am at the library, Except for the poetry contest, which starts at 10:00 am at the C. S. Brown Cultural Arts Building

June 19th- Joy the Clown

June 21st- Story time

June 26th- C Shells, puppets, stories

June 28th- Rob the Magician

July 10th- Mark Daniel- storyteller

July 12th- Story time

July 14th- The Next Top Poet- for ages 12-17 poetry contests

July 17 Fli-Rite Learning- story tellers, performers

July 19th- Fish the Magish

July 24th- The North Carolina Aquarium- Live animals, stories

July 26th- Joy the Clown- Awards program

All are welcome to come, children under the age of six (6) must be accompanied by a parent, groups and daycare centers are welcome, but please call in advance to accommodate seating.



Departmental Highlights (cont.)

Register of Deeds

Kathleen Wright, Register of Deeds, has announced her retirement to become effective November 30. The announcement comes early because her position is elected, she did not file for re-election of Register of Deeds. Her plan is to enjoy retirement with family and especially grandchildren (while she can keep up with them) and while good health will allow her to travel. She has served 24yrs. While she has enjoyed her job she wants to slow down, but stay involved in other ways with the community. She believes we all have a mission and hers is to give a smile to all and help others anyway she can.

Hertford County Sheriff Department

Please join us in welcoming our newest hire: Sheriff Deputy William Harrison (3/11/2012) Detention Center: Richard Spivey (2/8/2012), Aleyshia Stallings (1/18/2012), Jermaine Artis (3/23/2012), James Joyner (3/16/2012) – Communications: Tiffany Grant (3/6/2012).

Hertford County Department of Social Services

Adult Services

Christy Hodges, Social Worker III, is the Adult Home Specialist for HCDSS. She monitors the Homes for the Aged and Family Care Homes in Hertford County for rule compliance and also investigates complaints made concerning these facilities. There are 15 facilities with approximately 250 beds for disabled/aged residents licensed in Hertford County that Christy monitors. Tony Coats, eastern district supervisor from the State Office in Raleigh, conducted an Annual Over-Site Review of her work on January 2012 and concluded that her work for 2011 met all state requirements. He reviewed monitoring reports, complaint reports, training attended and participation in on-site yearly monitoring with state monitors at facilities. He congratulated Christy on a job well done and thanked her for her participation in state monitoring.

Work First

This past year we have had the opportunity to work with a program called "JobBoost". This program has successfully placed 15 TANF eligible customers in employment. Even though we did not have a 100% success rate with our customers, we rejoice over the fact that 5 have become employed permanently while in the program. Five are still working toward becoming permanent and 5 are no longer employed due to various reasons.

The Work First Program offers supportive service programs for individuals who work, but are still under the 200% poverty scale. Work First Programs embrace family-centered practice principles and provide services that promote security and safety for all. Family-centered practice respects the family's right of self-determination and capabilities, and assumes the family has the capacity to grow and change when provided the proper supportive interventions. A family-centered approach provides a guide for service delivery and staff behavior.

The Work First Unit is involved in many community activities. Each month, Hertford County Department of Social Services has a Community Outreach Day in Murfreesboro at Hertford County Quola to assist customers who cannot come to Winton or Ahoskie for assistance. Customers have expressed their support and desire for this to continue due to financial issues or the lack of transportation. The next Community Outreach Day will be April 11, 2012.

Hertford County Board of Elections

One-Stop

<u>Location</u>	<u>Date</u>	<u>Hours</u>
Board of Elections	April 19 – 20	8:30 am – 5:00 pm
700 North King St.	April 23 – 27	8:30 am – 5:00 pm
Winton, NC 27986	April 30 – May 4	8:30 am – 5:00 pm
	May 5	8:30 am – 1:00 pm
Ahoskie Nutrition Site	April 23 – 27	12:00 noon - 6:00 pm
415 Holloman Ave.	April 30 – May 4	12:00 noon - 6:00 pm
Ahoskie, NC 27910	May 5	8:30 am – 1:00 pm
Murfree Center	April 23 – 27	12:00 noon - 6:00 pm
201 E. Broad Street	April 30 – May 4	12:00 noon - 6:00 pm



EMPLOYEE

OF THE QUARTER

Hertford County has thus far recognized three individuals, nominated by their peers, who have excelled in the performance of their duties and responsibilities! Nominations for this past Winter quarter, 2011, are in to the Human Resources Office, and nominations for Spring quarter 2012 are almost due! The winner of the Winter quarter will be announced sometime this spring, along with the employee of the year! After the awards committee has chosen the winners, The Hertford County Highlights will feature those individuals in our upcoming issue!



SMART MONEY TIPS

Smart Uses

for Your Tax Refund

Get the most out of your tax refund by developing a plan. Make a commitment to enjoy part of the money. Be smart, and use the rest for practical purposes. Allocate 80 percent of your refund for “smart uses” and the remaining 20 percent as cash for enjoyment or to make a special purchase.

Consider the following smart uses to improve your finances and make the coming year more enjoyable.

PAY DOWN DEBT

Paying down credit card debt will save you money on high interest rate debt. Credit card debt can be hard to pay off when making only the minimum payment because most of the payment goes to interest. If you carry over a balance every month, only a few dollars of each minimum payment goes toward reducing the principal owed. Paying down debt is like earning interest. For example, if your credit card charges 18 percent interest on purchases, paying down that debt is like earning 18 percent on your money. Reducing credit card debt will improve your financial security because credit card companies can and do increase interest rates, even on “fixed interest rate” cards. Beginning in July 2010, credit card issuers will have to follow stricter rules, which provide consumers greater protection against abrupt changes of interest rate. Until then, reducing this debt is the best way to avoid unpleasant payment increases.

SAVE FOR SPECIAL EVENTS

Set aside some money for holiday and birthday gifts. Make an additional deposit into a savings account or open a new one especially for this purpose. Then make regular additional deposits over the coming

months. Whatever you save in this account will help you avoid creating new credit card debt when those special events occur. If you changed your income tax withholding and are receiving additional money in your paycheck, consider putting 10 to 15 percent of the recaptured pay into this account. Congratulations! You are on your way to stress-free holidays and birthdays.



OPEN AN EMERGENCY SAVINGS ACCOUNT

Open an emergency savings account to provide easy access to funds for unexpected expenses. When the tire goes flat, the car battery needs replacing, or the washing machine breaks, money in an emergency account will let you pay for these expenses without going into debt. For example, if you

are stranded because your car breaks down and have to use your credit card, you can use the money in an emergency account to pay the credit card charge in full. An emergency savings account can help you stay out of debt or keep credit balances from growing while you pay off the credit account. Do not feel bad or give up if you must use some of the money when the emergency account is just starting to grow. Recognize the value of being able to pay for the

expense in cash or mostly cash. Make a commitment to keep adding to the account. An emergency savings account is an important tool to help you stay on track to reduce and eliminate debt.

FATTEN YOUR RETIREMENT SAVINGS

A modest deposit can make a substantial impact on your retirement account. For example, if you deposit \$400 from your tax refund in a Roth IRA account at age 29, earn an average return of 8 percent, and add \$100 a month to the account, it will grow to \$248,872 by age 65. Suppose you deposit only \$50 a month? The account will grow to \$127,629 by age 65. The account balance can grow even more by increasing one or more of the following components: the initial deposit, the regular monthly deposit, the average interest rate earned, or the length of time to retirement.

Start Your Plan Today

Decide which Smart Uses fit your current financial situation, and get started.

Remember, you can start with one or two Smart Uses and add others as your budget allows. Smart financial management is an ongoing daily process. Take the first step today.

See another Extension publication for more information:

Bird, Carolyn L. *Smart Money: Getting the Most from Your Tax Refund (FCS-528-01)*. Raleigh: North Carolina Cooperative Extension, NC State University.

Prepared by

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4-H Youth Development and Family & Consumer Sciences*

Published by

North Carolina Cooperative Extension Service

5,000 copies of this public document were printed at a cost of \$xxx or \$.xxx per copy.

COLLEGE OF
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E09-51829

FCS-528-02
SK 02/2009 BS

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How to Eat Healthy on a Small Budget

In today's economy it is becoming more and more difficult to eat healthy due to the high cost of food versus low (or no) income. We know that it is important to eat healthy, especially if we are trying to lose excess weight. So how can we eat healthy without going broke?

Is there a way to eat healthy on a small budget?

Yes! Many people disqualify themselves from healthy eating because they assume it is too expensive. While this is true in some cases, there are ways that healthy eating can be affordable. Use the tips below to help you find ways to save more and eat healthier!

- **Use a grocery list** - It's amazing how much money we can spend on food when we're aimlessly wondering through the grocery aisles. What we need is to know exactly what we are going to buy. This makes it so much easier to stick to a budget.



- **Keep colors basic** - "Go with 'standard' colors of vegetables and fruits—green peppers, for example, are not as exotic as yellow, red or orange, but are a fraction of the cost."

- **Coupon** - You can find grocery coupons in your local newspaper or even online. Invest some time in finding coupons and you may save big bucks.



- **Avoid junk food** - Steering clear of junky foods such as cookies and simple starches will cut down on your grocery bill and allow you more funds to buy healthy foods.



- **Buy in bulk** - "Choose a large bag of fruit (like apples or pears) instead of the single, large fruits priced per pound."

- **Don't get too hung up on buying organic** - While it is probably best to eat organic foods, it's not always possible financially. Don't let this deter you from healthy eating altogether. If you can't afford organic, hormone-free meat, you can probably afford lean cuts of non-organic meat. Always choose your healthiest option within your price range.

- **Stock up on staples** - Keeping your cupboard full of low-cost staple foods will help you stay within your budget as you plan and create meals. What healthy foods are good to have on hand? Brown rice, lentils, beans, whole wheat pasta and frozen vegetables and fruits.



- **Drink water** - You may be amazed how much money you will save by cutting out sodas and other caloric drinks and simply drinking water. It's possible that significant weight loss could result from this alone!



- **Think thrifty** - "Use less expensive cuts of meat for casseroles that you slow cook; add extra vegetables and beans to make the meal go further."

Get Ahead of Rising Gas Prices —

Tips to help you save gas

Every time you turn the corner, it seems like gas prices have risen yet again. Besides taking out a second mortgage, what can you do about these ever-rising fuel costs? Well, there are some things you can physically do—and some habits you can change—that can both decrease the amount of fuel you use and lower your price per gallon. Let's consider these three questions:



1. Where do you buy your gas?

If your answer is one of the larger names in the oil industry, you may want to rethink your habit.

Chances are you'll save 5 to 15 cents per gallon (or more) simply by filling up at one of the warehouse clubs, an independent convenience store chain, or even one of the supermarket fuel pumps. Want to map out the cheapest price in town? Log on to a site such as GasBuddy.com or GasPriceWatch.com and type in your zip code. You'll get a recent listing of the stations in your area, priced per gallon in ascending order. You can even rank prices according to the grade of gasoline you prefer.

2. What do you keep in your trunk?

In other words, how much extra weight do you haul around that slows your vehicle's efficiency? The more unnecessary weight we carry, the harder our cars have to work. So if you've got 100 to 200 pounds of "stuff" in your trunk, clean it out and save yourself a few miles per gallon.

3. How well do you maintain your vehicle?

By keeping tires inflated to the manufacturer's recommended amount, ensuring your oil is changed with the recommended grade at least every 4,000-5,000 miles, and keeping an eye on fluid levels, you help maximize your car's fuel economy.

Other tips to help you save gas include walking or biking whenever possible, combining trips to avoid unnecessary traveling, and slowing down when you can (without hindering traffic flow). The slower you go, the better your fuel economy. You can also improve efficiency by rolling down windows instead of turning on the air. However, if you're maintaining speeds of 55 or higher, you're better off with the AC on and the windows rolled up—due to aerodynamic factors.

Though they won't cut the price of a gallon of gas in half, hopefully these fuel-saving tips and healthy vehicle habits will at least take you down the road at a rate that's a bit easier on the wallet. So here's wishing you happy driving, safe travels, and big savings wherever you may go.

<http://www.lgfcunewsworks.org/feature-getaheadgas.php>

Are you interested in SAVING MONEY???

Question: Can ceiling fans lower a utility bill?

Ceiling fans can help lower your utility bill if you also increase your thermostat setting. With a ceiling fan running, you can raise the thermostat setting by 2 to 4 degrees during the cooling season with no reduction in comfort. Increasing the room temperature by even two degrees can cut your cooling costs 4 to 6 percent. Ceiling fans give the sensation that a room is cooler than it actually is because it creates a breeze. This breeze will help perspiration evaporate from your skin so that you feel cooler.

Question: Should you use ceiling fans in place of air conditioning?

No. Unlike your air conditioning system, ceiling fans do nothing to lower humidity levels. When we use air conditioning, we are not only cooling the air we are also removing moisture from it. Ceiling fans are best used in conjunction with air conditioning.

Question: Is it ever appropriate to use ceiling fans alone?

Using ceiling fans alone is advisable only when the relative humidity is less than 50%.

Question: Should I leave the ceiling fan running at all times?

No, because they cool people, not rooms. Ceiling fans are less costly than air conditioning, but they still use electricity. Turn the fan on only when someone is in the room.



How Healthy Are You?

Answers can be found
on page 16.

1. A recent fitness walk left you breathless, and you've been having trouble sleeping. you've also been dealing with an upset stomach and occasional dizziness. These could be symptoms of:
 - A. Depression
 - B. Heart disease
 - C. Diabetes
 - D. High blood pressure
 - E. All of the above
2. What's the leading cause of death for women?
 - A. Cancer
 - B. Heart disease
 - C. Stroke
 - D. Accidental injuries
 - E. Diabetes
3. When should you have your first cholesterol screening?
 - A. At age 10
 - B. At age 20
 - C. At age 35
 - D. At age 40
 - E. It depends on your risk factors
4. What lifestyle changes may reduce a woman's risk of breast cancer?
 - A. Staying trim as an adult
 - B. Drinking a glass of red wine each day
 - C. Getting moderate to vigorous physical exercise regularly
 - D. A and C
 - E. There is little you can do to lower your chances of developing breast cancer
5. When should you have your first colonoscopy to screen for colon cancer?
 - A. At age 35
 - B. At age 40
 - C. at age 45
 - D. At age 50
 - E. At age 55
6. What percentage of your diet should fat make up?
 - A. About 10 percent of your daily calories
 - B. About 20 percent of your daily calories
 - C. About 30 percent of your daily calories
 - D. About 40 percent of your daily calories
 - E. There is no recommended amount of fat; you should strive to eat as little of it as possible
7. Which of the following is not a good approach to managing stress?
 - A. Talking directly to the person who is causing the stress
 - B. Giving yourself a treat, like comfort food or a cocktail
 - C. Accepting that there are things beyond your control
 - D. Trying cognitive-behavioral therapy to learn new coping skills
 - E. Working out regularly
8. Which factors may increase your risk of having a stroke?
 - A. Hypertension and aging
 - B. Being female and Caucasian
 - C. Being female and African-American
 - D. Menopause
 - E. B and C
9. What is a healthy blood pressure level?
 - A. 110/70
 - B. 125/85
 - C. 135/90
 - D. 140/95
 - E. 150/95
10. How many cups of fruit and vegetables should you eat daily?
 - A. At least one cup of fruit or vegetables
 - B. One cup of fruit and one cup of vegetables
 - C. 1 cup of fruit and 1 ½ cups of vegetables, for a total of 2 ½ cups
 - D. Two cups of fruit and two cups of vegetables
 - E. Four to five cups of fruit and vegetables

The questions on this page are excerpted from a multiple choice quiz entitled "How Healthy are you?" at

<http://www.realsimple.com>

Click on the link above to visit the site for more information and detailed answers. If you got fewer than half right, consider brushing up on your medical knowledge by subscribing to a free health newsletter.

Strawberries

What would spring be without luscious strawberries? Sure, you can buy strawberries in grocery stores year round, but there's nothing like the taste and smell of sweet strawberries grown locally and picked fresh. The Produce Lady provides these tips for selecting and enjoying this popular fruit.

Nutrition

Strawberries are a super source of nutrition, providing antioxidants, which help reduce the chance of heart disease and cancer, and phytonutrients, which aid in the prevention of cancer and diabetes. Strawberries are high in vitamin C, promoting healthy gums, teeth and bones. They are also a good source of potassium, which helps maintain blood pressure and aids muscle contractions.

Selection & Storage

The best quality strawberries are firm and red with no blemishes. They have a distinctive sweet scent that makes them irresistible. The flavor is more intense when the berries are eaten soon after picking. Many local strawberry farms offer a you-pick option. This is a great opportunity for a family outing to learn how strawberries grow. If time prohibits the you-pick approach, farm stands also offer pre-picked berries, often by the pint or the gallon. Store ripe berries in the refrigerator for only a few days. Do not wash berries prior to storage. For the best quality, gently wash them immediately before eating. The local strawberry season may be as short as four weeks, so be sure to stock up on fresh berries to preserve for enjoyment throughout the year. Here is an easy, healthy method for freezing berries. Wash and cap the strawberries. Place them in a single layer on a cookie sheet, and put them in the freezer. Later, place the frozen berries in freezer bags. Simply remove the number of berries you need for specific recipes. These berries are great in smoothies or mixed with other fruits for a taste of springtime all year long.

Preparation

Remember to always wash your hands before handling produce to ensure your food is safe. Wash berries just prior to using rather than prior to storing. Remove the green caps after the berries are washed to prevent water from soaking into the berry. Strawberries are popular in baked goods, smoothies and sauces; as a topping on cereal or desserts or simply eaten fresh. They are a great salad ingredient, especially when combined with fresh greens, nuts and cheeses. Of course, canning jams and preserves is a way to make sure berries can be enjoyed in the winter months.

History

Wild strawberries were documented in Europe as early as 234 B.C.; however, the ancestor of today's berry is a North American native. A member of the Rosaceae family, strawberries have their seeds on the outside of the fruit, which means, botanically speaking, it's not a berry at all, rather an "aggregate fruit." No matter how you slice it, from a culinary standpoint, a red ripe strawberry is a sweet, juicy treat that kicks off the fresh fruit season. You can watch The Produce Lady give cooking demonstrations with strawberries and other fresh produce at farmers markets across North Carolina during the spring. For a schedule of appearances and fresh produce facts and recipes from The Produce Lady – including more tips on strawberries – visit www.theproducelady.org.

What's in Season?

Strawberries

Squash

Green Beans

Blueberries

Cabbage

Corn

Eggplant

Peaches



Recipe:

Strawberry Bars

Directions:

Preheat oven to 350 degrees F. In a large bowl, mix everything together except the strawberry jam. Measure out 2 cups of this mixture in a square (8-inch x 8-inch) pan coated with shortening or nonstick spray.

Set aside the remaining mixture. Press the mixture in the pan using your hands or a spoon. Make sure you cover the entire bottom of the pan. Using a large spoon, spread the strawberry jam evenly over the top of the mixture in the pan. Take the mixture that was left in the bowl, and spread it over the strawberry jam. Press it down lightly. Bake for 25 minutes. Remove the pan from the oven, and allow it to cool for at least 15 minutes. Cut the bars into 12 squares. Serves 12.



Ingredients:

- 1 cup flour
- 1 cup rolled oats
- 1/2 cup butter or margarine, softened
- 1/3 cup light brown sugar
- 1/4 tsp. baking powder
- 1/8 tsp. salt
- 3/4 cup strawberry jam



-Article and recipe taken from theproducelady.org.



McCoy Gatling
Public Works: Water

McCoy Gatling is a native of Hertford County and currently lives in Murfreesboro. Mr. Gatling enjoys being with his family, fishing, and prefers “being outside and indulging in anything the outdoors has to offer.” The outdoor activities and sports played by his son keeps the Gatling family healthy.

“You don’t have to settle for less, you don’t have to worry about the rest as long as you have Jesus, you have the best.”

Mr. Gatling believes that he and the citizens of Hertford County “are one of a kind,” and anyone would be glad to be in their company. “The people in general of Hertford County are most attractive (good, wholesome people).” When asked about changes needed in the county, Mr. Gatling’s response was “more togetherness throughout the county...we are a great group of people, but need more positive opportunities to be together to show it.”



Debbie Cobb
Social Services

As a resident of Murfreesboro, Debbie Cobb came to Hertford County by way of Newsoms, Virginia. In 1982, Cobb became a permanent fixture in Murfreesboro when she married her husband who is a native.

“I am a genuine caring person...”

I am a people person”

Healthy living is as much a part of Mrs. Cobb’s lifestyle as her hobbies and interests. Her interests span from fashion to gardening to aerobics (former instructor). Cobb “buys fresh vegetables locally, cooks five days a week, and walks her dog three nights a week” for continued health. However, she gains the most enjoyment and movement from time spent with her grandson.

Cobb loves living in this area and believes others should visit and take in the historic sites of Murfreesboro, especially during the festivals. She also recognizes that the area needs “more establishments so people can spend their money locally.”



Employee Spotlight



Helen White
Finance

Helen White is a Hertford County native. She resides in the Early Station area which is about five miles outside Ahoskie city limits. In her spare time, she enjoys reading, sewing, learning new things, meeting new people, and being active in her church. For healthy living, Mrs. White has “decreased her soda intake, cut back fatty foods, and walks often.”

“When someone looks at me, I want them to see Christ working in me.”

White recognizes the need for places for young people to socialize or have entertainment to keep them from

getting into trouble, especially while they are out for summer vacation. Even though opportunities are few for entertainment in Hertford County, the amphitheater in Ahoskie is a “good place to sit and see attractions, programs, or just sit and relax.”



Sandy Brock
Tax Assessors’ Office

I am a native of North Carolina. However, with my dad being a retired United Methodist Minister, I had the opportunity to reside in various places in NC while growing up. As an adult, I have enjoyed venturing out further, residing in the Midwestern parts of the United States as well as the West Coast. Although I am not a native of Hertford County, I consider this home.

“Imperfection is beauty. Madness is genius and it is better to be absolutely ridiculous than absolutely boring.”

-Marilyn Monroe

Although I am also employed at the Vidant Wellness Center in Ahoskie, I enjoy when the weather and time permits, riding

my Harley, cooking, dancing, playing golf and racquetball. I also volunteer in fundraising for such organizations as Relay for Life. My passion, however, is spending quality time with my husband, grown children and grandchildren.



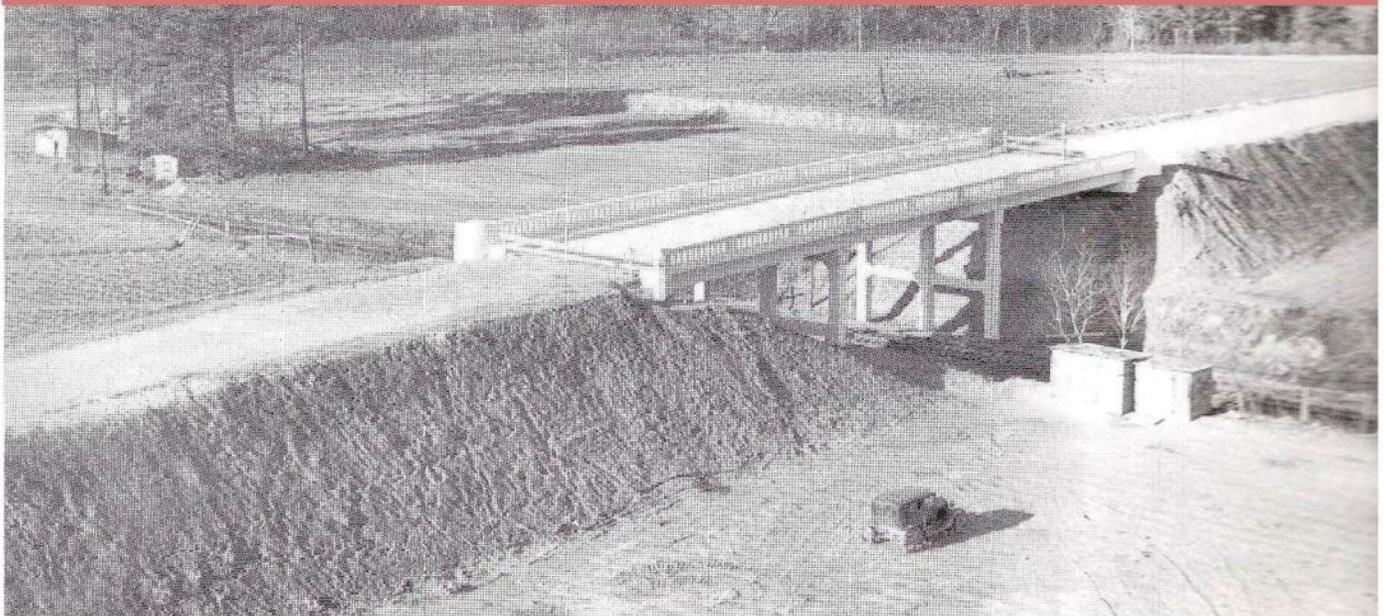
This is a 1955 view of a location in Hertford County. Where am I?



HERTFORD COUNTY TRIVIA

E-mail your answers to josephine.green@hertfordcountync.gov

This is a 1938 photograph showing construction of a Site in Hertford County. Where is this bridge located and is it in use today?

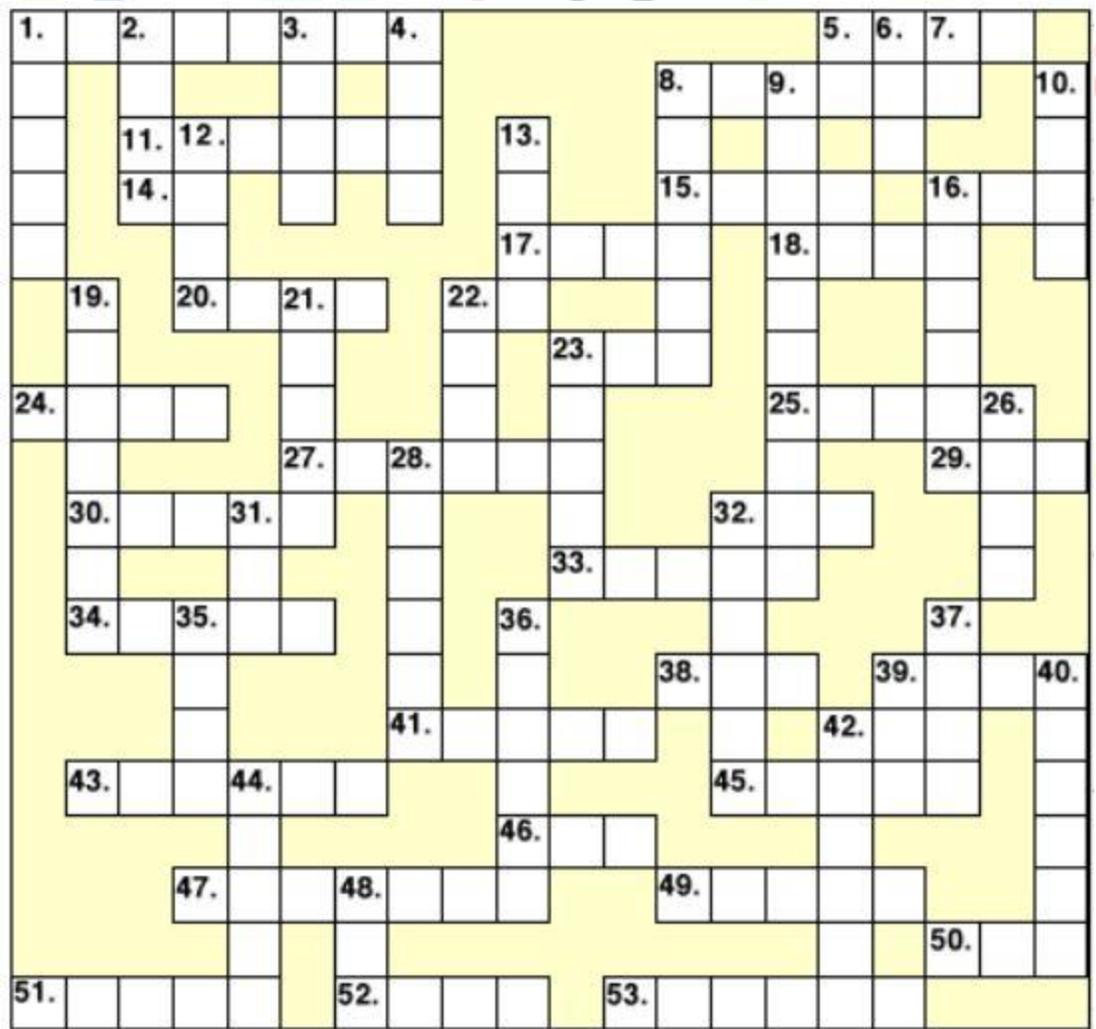




WELCOME SPRING!

Down:

1. Part of a flower
2. What you scratch
3. _____ N' roll
4. Opposite of future
5. Hot _____ cold
6. Fox's home
7. Take ____ or leave ____
8. Easter _____
9. Easter treats
10. Jesus was buried in this
12. Speed competition
13. Spring month
16. Hare
19. Appears after the rain
21. You play these
23. Spring month
26. Easter flower
28. A season
31. Shake head
32. Easter color
35. Tidy
36. Goodies
37. Beginning of leaves
39. Boy's name
40. Reach destination
42. Easter hat
44. _____ and field
48. Baby goat



Congratulations to Kathy Richmond for correctly answering Hertford County Trivia!

Across:

- | | | |
|---|--|----------------------------|
| 1. One bit of water falling from the clouds | 25. Spring month | 47. Easter or picnic _____ |
| 5. Garfield's dog friend | 27. Spring holiday | 49. Hides eggs |
| 8. Confidential | 29. _____ top | 50. Coloring agent |
| 11. Early spring flower | 30. Jelly _____ | 51. Baby chicken |
| 14. Laughing sound | 32. Opposite of no | 52. Water bird |
| 15. 12:00 p.m. | 33. Easter bunny does this with the eggs | 53. Passes out momentarily |
| 16. Outer edge | 34. Breezy | |
| 17. Be in want | 38. Ginger _____ | |
| 18. Coca _____ | 39. Musical Instrument | |
| 20. Easter bunny hides these | 41. Spring color | |
| 22. Opposite of she | 42. Resting Place | |
| 23. Spring month | 43. Baby cat | |
| 24. Discover | 45. Forests | |
| | 46. Bath _____ | |



How Healthy Are You?

Answers to Quiz:

1. B
2. B
3. B
4. D
5. D
6. C
7. B
8. A
9. A
10. E

HAPPY BIRTHDAY

APRIL

AVIS C. MURPHY
 BRIAN SAUNDERS
 MCCOY GATLING
 EVA PEELE
 DONALD HARRELL
 EMILY TAYLOR
 GARY PARKER
 ELIZABETH PARKER
 LINDA FREEMAN
 MARY PETERSON
 MELISSA CASTELOW
 NORMA HARRELL
 SHARON WILLIAMS
 TAMEISHA CAPEHART
 TAMMY RIDLEY
 TIFFANY MOORE
 WENDY DRAKE
 WILLIAM HARRISON
 TAWANDA C MCKIVER

MAY

BECKY CASTELLO
 BRIAN PEARCE
 CARLTON HOWARD
 CLIFTON BOYD
 CONNIE WILSON
 DANA RIDDICK
 JAIME AMBROSE
 JOSEPHINE GREEN
 KATHLEEN WRIGHT
 LLOYD THOMAS
 MYLINDA EURE
 RAYMOND EURE
 RICHARD HARRELL
 RICHARD TANN
 ROCHELLE ASKEW
 ROSE STEPHENSON
 SHEILA ADELL
 WENDY DAVIS
 WILLIAM SHARPE

JUNE

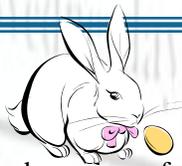
BETH BAGGETT
 CARLTON CALE
 CAROLYN PEARCE
 DEBRA MYERS
 DONNELL COOPER
 ERIC KOSS
 GINA BONSU
 JEFFREY A JENKINS
 JESSIE FENNELL, SR
 JOE RAWLS
 KIMBERLY BEALE
 LORIA WILLIAMS
 LORRAINE HOLLOMAN
 NANCY WALL
 PENNY DEANES
 RONALD GATLING
 RONALD JUSTICE
 SHARON FREEMAN
 STEPHANIE TYLER
 TAMMY PILAND

THANK YOU FOR YOUR YEARS OF SERVICE

EMPLOYEE NAME	DEPARTMENT	Month	YEARS OF SERVICE
BONJA WOOD	SHERIFF DEPT	4	5
JOE RAWLS	SHERIFF DEPT	4	5
LINDA PORTER	JAIL	4	5
NORMA HARRELL	SOLID WASTE	4	5
VELMA PERRY	JAIL	6	10
BRIAN SAUNDERS	SOIL CONSERVATION	5	10
JOSEPHINE GREEN	PLANNING AND ZONING & EDC	4	15
MARY SUE PERSON	JAIL	4	15
JACKIE FUTRELL	SOLID WASTE	5	20

Recognizing those employees with 5 year increments of service

Calendar of Events



April 6th - County Offices will be closed in observance of Good Friday. Passover begins at sundown.

April 6th - The Murfreesboro Chamber of commerce will sponsor an Easter egg hunt from 6:30-7:30 P.M. on Friday, April 6 at the Roberts-Vaughan Center. For more information contact Judy Hachey at 398-4886.

April 7th - The Town of Ahoskie will be having their Fifth Annual Easter Egg Hunt from 10:00 a.m. to 12:00 p.m. It will be held along Edgewood Drive at the Ahoskie Creek Recreational Complex site. The egg hunts will be broken down by age groups. Kids up to three years old will hunt area one, four to seven year olds will hunt area two while eight to twelve year olds will hunt area three. All hunts will take place along Edgewood Circle Drive. "We want to remind everyone that the event and activities will be free of charge and it definitely promises fun for the whole family."

April 7th - There will be an Easter Egg Hunt at The Carpenter's Shop at 3:00 p.m. for children ages 3-12.



April 8th - Easter

April 9th - Winton - Movie Day will be held at 1 p.m. at the Hertford County Senior Center in Winton. The event is free to the public.

April 9th - There will be an Easter Egg Hunt at Vidant Wellness Center of Ahoskie (formerly Viquet). There will be two separate hunts. The first will be for children ages walking - 5. The second hunt will be for ages 6-12. First hunt begins at 5:30 p.m. with the second hunt to occur approximately 10 minutes after the end of the first hunt.

April 16th - Bootcamp at Vidant Wellness Center (formerly Viquet). This session of bootcamp will be limited to 8 participants and will be incorporating the principle you may have seen in "Crossfit."

April 17th - Meherrin Chamber Orchestra Spring Concert at Chowan University at 7:30 pm in the Turner Auditorium.

April 20th - 2012 Jim Garrison Golf Outing at Chowan University *Supports Hawk Football* Shot-Gun start at Noon For more information, please contact (252) 398-6288.

April 22nd - Earth Day



Hertford County Highlights

ISSUE 04 April - June 2012

April 26th - ~~Chowan Winds and Jazz Combo~~ Concert at Chowan University at 7:30 pm in the Turner Auditorium.

May - Another session of Youth Bootcamp at Vidant Wellness Center (formerly Viquet). See Lisa Lane for details.

May 1st - Open enrollment begins for summer camp at Vidant Wellness Center (formerly Viquet). There's new pricing this year and limited spots available.

May 3rd - Vidant Wellness Center (formerly Viquet) will host Dr. Duncan Fagundus as he teaches about Rheumatoid Arthritis. Please RSVP by April 30, 2012 by calling 1-800-901-9206, reference number 756899.

May 10th - Mother's Day

May 28th - Memorial Day

May 28th - The Town of Ahoskie will be having a Memorial Day Ceremony at 11:00 a.m. in No Man's Land.

May 30th - National Senior Health and Fitness Day at Vidant Wellness Center (formerly Viquet). A free event for members and the public. Come enjoy classes, seminars, vendors, and a great social atmosphere. Senior membership sign up special offered on this day only!

May 5th - Vidant Roanoke Chowan Hospital will be sponsoring a Health Fair. It will be held in front of the Wal-Mart parking lot. Screenings, giveaways, and Vidant Membership specials will be among the events that day.

June - Summer Sizzler - Vidant Wellness Center (formerly Viquet) is offering a 3-month membership & Personal Training Special. Vidant Wellness is also offering Passport Memberships and 5 for 5 Member Referral Program. See a member service advisor for more information.

June - Following Bootcamp at Vidant Wellness Center ; there will be another Trainers Challenge.

June 14th - Flag Day

June 17th - Father's Day

June 20th - 1st day of Summer

