

Scotland County

Monthly



DECEMBER 2008

A newsletter for Scotland County employees



Elected officials sworn in

Elected officials who took the oath of office December 1 are, left to right, Commissioners John Alford and Bob Davis, School Board member Terence Williams, Commissioner Joyce McDow, School Board member Dr. Jeff Byrd, Superior Court Judge Richard Brown, Commissioner Clarence McPhatter, School Board members Darwin Williams and Charles Brown, Register of Deeds Debra Holcomb and Clerk of Court Philip McRae.

During the Board of Commissioners annual reorganization, J.D. Willis was elected Chairman for 2009 while Betty Blue Gholston was elected Vice Chair.

Photo by Tim Martin, Administration

Recreation Complex tournaments grow

The opening of the James L. Morgan Recreation Complex last year presented an entirely new learning curve for staff.

"We learned a lot about how to do a tournament and how to be efficient with County money," said Parks and Recreation Director Shannon Newton.

In the first year of operation the Recreation Complex made more than \$500 through tournaments held from February to June in fiscal year 2007-2008.

In 2008-2009, Newton said the Recreation Complex brought in \$6,698 more than it spent.

"When we first operated the facility we planned for the worst and marketed for the best," Newton said in a report to the Board of Commissioners.

She added, "We have learned a lot about operations, cost control and efficiency."

The Recreation Complex marketing plan developed by Newton has proved fairly accurate. "Girls' Fast Pitch Softball and Boy's Baseball are the tournaments of choice," Newton said. "In 2009, these are the tournaments that will receive first priority."

Because popularity of the Complex is growing, Parks and Recreation in November received approval from the Commissioners to charge a \$100 non-refundable deposit for all persons and groups reserving dates for tournaments. Deposits will be applied toward the cost of the field rental but will not be refunded if the event is canceled.

FCC releases health screening results

Approximately 62 percent, or 206 employees, participated in four health screenings held in August through FirstCarolinaCare (FCC), the County's health insurance provider. There was a slight increase in participation from 2007.

The 206 employee participants included 52 males and 154 females. The following is an overview of the health screening results:

24 percent of the participants had elevated triglyceride levels.

24 percent of the participants had elevated total cholesterol levels.

54 percent of the participants had elevated LDL cholesterol levels.

21 percent of the participants had elevated glucose levels.

40 percent of the participants had elevated blood pressure readings (greater than 120/70).

4 percent of the participants had elevated blood pressure readings (greater than 140/90).

Additionally, 74 eligible females had bone density testing, and 19 were not within normal range.

Other voluntary information gathered indicated that 34 of the participants, nearly 17 percent, use tobacco products regularly/occasionally. According to FCC, the goal should be to have 0 tobacco users.

FCC recommended that changes in nutrition and increase in regular exercise, as well as smoking cessation could reduce the elevated values noted among the health screening participants.

The FirstQuit smoking cessation program would be beneficial. FirstQuit is available through FCC based on an a sufficient level of interest among employees.

The FCC Chronic Care Management Program works with participating employees who have needs associated with the management of chronic conditions such as diabetes.

High employee participation is very important at the health screenings because it provides an excellent opportunity for FCC chronic care nurses to identify and begin working with employees who have chronic care needs or who could benefit from health improvement classes such as smoking cessation.

The sooner FCC is able to identify members with chronic care needs, the sooner the process can begin to help improve the health status of the employer workforce.

FCC health screenings, offered at no additional cost to the employer or employees, can catch potentially chronic health conditions early on before they become catastrophic and costly to both the member and the employer.

January Birthdays

1 Clarice Holmes (Elections); 3 Debra Webb and Joan Walters (DSS) and Billy Norris (Parks and Recreation); 4 William Matthews (Health) and Angelita Locklear (DSS); 5 Ronald Ivey (Sheriff), Doris Donovan (Parks and Recreation) and William Mullis (Public Works); 6 Annette Gooselin (Sheriff) and Deborah Tardiff (DSS); 7 Wiley Luther (Sheriff) and Larry Locklear (Transportation); 8 Deanna Carlyle (EMS); 10 Kenneth McDonald (Library); 11 Sandra Lockey (EMS) and Stacy Shannon (Transportation); 12 Tyrone McKoy (Sheriff); 14 Rena McMillan (Jail); 15 Brandon Scott (EMS); 16 Betty Crowley (Jail); 17 Herman Gillis (E-911 Wire) and Shawnquetta Jones (Recreation Complex); 18 David Bridgeman (Health Board) and Jannett Garcia (Health); 19 Michael Hamer (Parks and Recreation); 21 Clyde Willoughby and Jonathan Edwards (Sheriff); 22 Karen Chavis (DSS); 23 Robin Belperain (DSS); 25 Dr. Olivia Guzman (Health Board); 26 James Monroe (Sheriff); 27 Martin Clark (Public Works) and Kimbrick Morris (EMS); 29 James Ellerbe (Public Works); 30 Willette Jones (DSS) and Tony Strickland (Parks and Recreation); 31 Nicole Yarborough (DSS).

Introductions & transitions

Welcome to those individuals who joined Scotland County departments since September 16, 2008: **Djuna Bethea, Gary Hutchinson, Gregory Watson, Kenneth Bethea, Victor Womack** and **William Grant**, Jail; **Greg Icard**, Administration; **Preston Jackson**, Sheriff; **Joyce Riggan** and **Susan Grier**, DSS; **Vanessa Jefferson** and **Brandon Scott**, part-time with EMS; **Chassidy Brewer**, part-time with Elections. **Persephone Stewart** is temporary with DSS.

Post Scripts

Best wishes to **Terry Williams**, Soil and Water Conservation District, on her retirement. ❁ Congratulations **Jan-Marie Mathews** on the December 18 birth of her first grandchild, Alexander Hoyle Pfaender-Purvis

Our condolences to **Leroy Davis**, Public Buildings, on the death of his father and to **Nancy Bostick**, Administration, and **Lynda McMillan**, Health, on the death of their sister, Samantha White.

Worm composting a lesson in recycling

by **Terry Williams, Soil and Water Conservation**

Assumption: Kids love playing in dirt. Conclusion: Third, fourth and fifth-graders in Scotland County enjoy classroom visits from Amy Richburg and Terry Williams.

Richburg and Williams of the Soil and Water Conservation District office teach students how to take care of soil, how soil is made, soil uses and how worms add nutrients to the soil.

The following are tips from Williams on worm composting:



Terry Williams demonstrates worm composting.

Worm composting is a simple procedure. Worms live in a plastic storage bin in a bed of wet, shredded newspaper. They eat tea leaves, coffee grounds, bread, egg shells and vegetable scraps. As the worms eat, the material left behind is called worm castings. This material is rich in nutrients and can be added to potted plants and gardens. It takes about six months to complete the process, and the yield will be about a one-gallon bag size of compost.

Worm composting is cheap and easy. Materials needed are one (8-10 gallon) plastic storage bin (dark, not see through), newspaper, about one pound of redworms (purchased at farm supply stores), small nail and hammer, or hand drill. Drill about 20 evenly spaced 1/16 inch holes around the top of the bin and in the lid. Tear newspaper in one-inch strips. Worms need moist bedding, so soak the paper and squeeze out excess water. Cover the bottom of the bin with three to four inches of moist newspaper, fluffed up. Add worms to the bedding.

An earthworm can consume about one-half of its weight per day. Feed and moisten paper weekly. Place the bin in a well-ventilated area such as a laundry room, garage or under the kitchen sink. When the bin is full of castings (worm poop), separate the worms out and start the process over with fresh bedding. As long as you provide food, moisture, oxygen and a dark environment with a favorable temperature, worms will grow and reproduce.

Worm composting is fun for children and teaches recycling of organic waste. **For more information visit www.cityfarmer.org/wormcomp61.html.**

Employees challenged to game of who's who



Can you name these county employees or the year this picture was taken? The photo dates from the late 70s or early 80s. No one in the photograph is still involved in EMS now. "I doubt many people could name everyone. I certainly can't," said EMS Director Roylin Hammond.