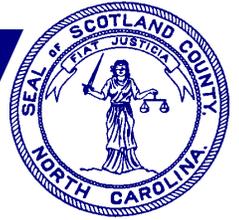


Scotland County

Monthly



DECEMBER 2009

A newsletter for Scotland County employees

Federal summit hones in on funding sources for rural regions

More than 200 officials from a seven-county region gathered at the Laurinburg-Maxton Airport to learn about federal funding opportunities that would benefit business and industry, education, health care, transportation, agriculture and workforce development.

U.S. Representative Larry Kissell hosted the half-day event along with U.S. Representative Mike McIntyre. Scotland County was selected as the location for the federal resources summit because of its central location to all the other counties — Montgomery, Anson, Richmond, Robeson, Bladen and Columbus.

Kissell said Scotland County also was selected because in a region where unemployment is high, Scotland registers the highest at more than 17 percent.

Laurinburg-Maxton Airport as the site for the summit gave representatives from federal agencies opportunity to see all the airport has to offer, especially its location in the heart of the Department of Defense corridor.

Guest speakers stressed the importance of counties and municipalities working collaboratively and on project-focused partnerships. They said the strength-in-numbers approach to funding requests would stack the odds in favor of federal funding making its way to the region.

County Manager Kevin Patterson said while much of the information provided was not new, it did give all those in attendance opportunity to network and determine where there might be a mutual need for federal grants.



State Representatives Doug Yongue, left, and Garland Pierce, center, confer with U.S. Representative Larry Kissell on the needs of North Carolian as well as the legislative district.

TDA proposes tournament plan

Parks and Recreation and the Tourism Development Authority (TDA) will work together to promote tournament use of the James L. Morgan Recreation Complex in 2010.

Although 11 tournaments were held at the Morgan Complex in 2008, none were held in 2009 even though 33 tournaments were booked.

There was a limited effort on the County's part to push, explained TDA Executive Director Cory Hughes, who added that there also was a limited effort on the part of the tournament director to pull in teams.

Hughes explained that fields are frequently booked to block others. Hughes conceded that the economy also played a part in the lack of tournaments at the Complex.

Hughes recently proposed a business plan to put the County on the "road to success" with tournaments.

"The solution is an approach that partners Parks and Recreation and the TDA together, with the TDA as the 'risk' partner in the effort," Hughes explained.

The TDA has already pledged \$5,000 for marketing and support and for the development of a dedicated website for tournament programs.

Hughes advised that the number of tournaments be limited to four or five events in major sports — primarily baseball, girl's fast-pitch softball, men's softball and soccer — and marry the program to a single director in each sport.

Supplement the 'travel' program with local intramural weekend tournaments and inter-town rec tournaments. "This would increase participation and self-esteem of local youth," Hughes said.

Ask an Expert 24/7 via Extension website feature

Residents now have the expertise of all of the nation's land-grant universities at their fingertips, thanks to a new web tool offered by the Scotland County Center of North Carolina Cooperative Extension.

With this new Extension resource, called Ask an Expert, County residents can submit questions, via the county Extension website, at any time of day or night, said Extension Director Cathy Graham.

Ask an Expert at scotland.ces.ncsu.edu and click Ask on the black menu bar near the top of each page

"They will get timely answers by email from Extension faculty from NC State University, North Carolina A&T State University and other land-grant institutions."

"Cooperative Extension has always provided an excellent source of credible, research-based information on a myriad of topics," Graham said. "Ask an Expert allows Scotland County residents to access that information with greater convenience."

"Additionally, Ask an Expert provides information that people can trust," she said. "That's not always the case with answers found using other web search tools."

With Ask an Expert, residents can get information about **see Ask, page 3**

High School Culinary Arts Program gets food demonstration using soy products

by Sharon English, Extension Agent, Family and Consumer Science

The Bagpiper Restaurant at Scotland High School, the only student-operated restaurant in the State, was a perfect venue for the Soybean Association to share the nutritional and health benefits of soy products.

In a collaborative effort, Cooperative Extension and the NC Soybean Producers Association offered a soy food presentation to 36 culinary students in the School of Leadership and Public Service at Scotland High School.

The goal of the Soybean Association is to provide information to youth and adults on the health benefits of soy products. Participants learn the link between nutrition, healthy food choices and farm activities.

Chef Steve Dibble, instructor/director of the High School's Culinary Arts Program, agreed that the information would be of value not only for his students but for restaurant customers interested in making healthier food choices.

Chef Alex Forde, owner and operator of Eden's Vegetarian Dining and Catering in Smithfield, NC, provided a cooking demonstration to students on dishes prepared with soy products. The foods included tofu and pimento dip appetizer, brown rice, vegetable stir-fry with soy chicken, vegetable and tofu whole-wheat spaghetti and soy burger chili.

Many of the students had never tried foods made with soy and were surprised by the flavors. Candice Thomas, a Culinary Arts student, said, "I learned that soy products are healthy and that the food is better than I thought it would be. My favorite was the soy chicken and vegetable stir-fry."

"Society needs to learn more about healthy eating, and this demonstration provided my students with an opportunity to see and taste products made with soy," Chef Dibble said. "Students gained knowledge of the health benefits that soy provides in a diet."

Soybeans, the largest acreage crop in the State, are an affordable source of protein for livestock and human consumption. North Carolina farmers grow 1.6 million acres of soybeans a year. The first commercial soybean processing plant was established in Elizabeth City.

Earl Hendrix, a Hoke County soybean producer, shared the agricultural aspect of growing and producing soybeans, which he describes as a "miracle crop." Students also learned the many ways soybeans are used today in both food and non-food products.

Laura Rogers, program administrator with the NC Soybean Producer's Association, introduced students to the edamame bean; a soybean that can be eaten fresh and is best known as a snack with a nutritional punch according to the USDA.

Edamame, highly rich in protein, can be cooked in the shell for five minutes, salted and eaten in mixed salads, soups or just as a snack. It provides a great source of vitamins A, B, C, in addition to iron and calcium.

Chef Dibble's students sampled the soybeans while learning the history of how the edamame soybean came to the United States.

Rogers explained, "A major focus of the soyfoods program is to gauge acceptability of soy and soy-enhanced foods, and also to demonstrate the ease of incorporating soy menus. The program educates community agencies on the health benefits and economical values of soy foods."

"The information was very informative," said Precious Leak, culinary arts student. "I now have a different outlook on soy products and am more open to try new and healthy foods using soy."

A follow-up workshop is planned so students can learn how to incorporate soy products in baked goods and desserts.



Earl Hendrix, Hoke County soybean producer, left, talks with students while Chef Alex Forde prepares for a cooking demonstration.

the Birthday list for January

3 Debra Webb and Joan Walters (DSS); **4** Angelita Locklear (DSS); **5** Doris Donovan (Parks and Recreation), Ronald Ivey (Sheriff) and William Mullis (Public Works); **6** Deborah Tardif (DSS); **7** Bruce Clark (EMS), Wiley Luther (Sheriff) and Larry Locklear (Transportation); **8** Deanna Carlyle (EMS); **11** Stacy Shannon (Transportation) and Sandra Lockey (EMS); **12** Tyrone McKoy (Sheriff); **15** Brandon Scott (EMS); **16** Betty Crowley (Jail); **17** Herman Gillis (E-911 Wire); **18** Jannett Garcia (Health); **21** Clyde Willoughby and Jonathan Edwards (Sheriff); Nancy Cheeks (Health) and Karen Chavis (DSS); **23** Robin Belperain (DSS); **26** James Monroe (Sheriff); **27** Martin Clark (Public Works) and Kimbrick Morris (EMS); **29** James Ellerbe (Public Works); **30** Willette Jones (DSS); **31** Nicole Yarborough (DSS).

Introductions & transitions

Welcome to those individuals who joined Scotland County departments since October 16, 2009: **Bobby Lowery, Jr.** and **Tryon Jacobs**, DSS; **Ronetta Hunt**, part-time with EMS; and **Carolyn Walls**, temporary with DSS. **Tom Sheller** has joined Parks and Recreation as the Tennis Programs Coordinator. Sheller can be contacted at the Tennis Center on Atkinson Street, 277-2592. He is available Mondays, Tuesdays and Thursdays, 12 p.m. to 5 p.m.

2010 Holiday Schedule

January 1, New Year's Day

January 18,
Martin Luther King, Jr. Birthday

April 2, Good Friday

May 31, Memorial Day

July 5, Independence Day

September 6, Labor Day

November 11, Veteran's Day

November 25 and 26,
Thanksgiving

December 24 and 27, Christmas

State public health agency shares 2009 H1N1 virus facts

What is 2009 H1N1?

2009 H1N1 (sometimes called “swine flu”) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread.

Why is 2009 H1N1 virus sometimes called “swine flu”?

This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a “quadruple reassortant” virus.

How does 2009 H1N1 virus spread?

Spread of 2009 H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something — such as a surface or object — with flu viruses on it and then touching their mouth or nose.

Can I get 2009 H1N1 more than once?

Getting infected with any influenza virus, including 2009 H1N1, should cause your body to develop immune resistance to that virus so it's not likely that a person would be infected with the identical influenza virus more than once. People with weakened immune systems might not develop full immunity after infection and might be more likely to get infected with the same influenza virus more than once.

What are the signs and symptoms of the virus?

Symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever. Severe illnesses and deaths have occurred as a result of illness associated with this virus.

How severe is illness associated with 2009 H1N1 flu?

Illness with 2009 H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred. In seasonal flu, certain people are at “high risk” of serious complications. This includes people 65 years and older, children younger than five years old, pregnant women and people of any age with certain chronic medical conditions. About 70 percent of people who have been hospitalized with this 2009 H1N1 virus have had one or more medical conditions previously recognized as placing people at “high risk” of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease. Young children are also at high risk of serious complications from 2009 H1N1, just as they are from seasonal flu. And while people 65 and older are the least likely to be infected with 2009 H1N1 flu, if they get sick, they are also at “high risk” of developing serious complications from their illness. CDC laboratory studies have shown that no children and very few adults younger than 60 years old have existing antibody to 2009 H1N1 flu virus; however, about one-third of adults older than 60 may have antibodies against this virus. It is unknown how much, if any, protection may be afforded against 2009 H1N1 flu by any existing antibody. **Source: flu.nc.gov**

Diagnosis: H1N1 flu

The following letter briefly describes one individual's ordeal after being diagnosed with H1N1

On the evening of November 17, my wife (Debra Holcomb, Register of Deeds) took me to the ER at Scotland Memorial Hospital.

I had a severe case of viral pneumonia and (although I did not know it at that time) the H1N1 flu. I was transferred to the ICU unit, where I remained until November 27.

The quality of the care given to me for those nine days was superb. I could not have received better care anywhere.

The purpose of this letter is two-fold. Not only am I writing to praise the ICU unit, but to also remind each of you (if you have not already done so) to get the H1N1 flu shot, after consulting with your doctor. This can be very serious, and although the care received was great, you do not want to spend nine days in ICU if you can avoid it. — Crowell Holcomb

2010 Census basic questions answered

Census questionnaires will be delivered to households in early 2010. It seems a long time away, but it's not.

Planning and successful execution of a nationwide complete count of U.S. residents takes time, especially when it comes to getting the word out about what the Census is and why it's important to count everyone.

Here are answers to some basic questions:

What: The census is a count of everyone residing in the United States.

Who: All U.S. residents must be counted — people of all races and ethnic groups, both citizens and non-citizens.

When: Census Day is April 1, 2010.

Questionnaire responses should represent the household as it exists on April 1, 2010.

Why: The U.S. Constitution requires a national census once every 10 years. The census will show state population counts and determine representation in the U.S. House of Representatives. (More detailed socioeconomic information will be collected annually from a small percentage of the population through the **American Community Survey**.)

How: Census questionnaires will be delivered or mailed to households via U.S. mail in March 2010. Many households will receive a replacement questionnaire in early April. Census workers also will visit households that do not return questionnaires.

