

Scotland County

Monthly



MARCH 2011

A newsletter for Scotland County employees

Longtime volunteer N.W. Quick to receive State recognition

Norman N.W. Quick inspired thousands of youth to become productive citizens in their community during his 50 years as a Parks and Recreation volunteer.

Now the County and the State will honor Quick for his invaluable service to community.

Quick will be recognized April 4 as an Outstanding Volunteer in Scotland County by the Board of Commissioners.

He will travel to Raleigh April 21 to receive the Medallion Award. He is one of 20 people statewide selected for the honor.

The Governor is usually directly involved in the presentation of the Medallion Awards. Her signature will appear on both the certificates for the Medallion Awards and on the locally presented Volunteer Service Awards.

When he heard of the recognitions he would receive, Quick said, "I was very excited and surprised. I had no idea I had even been nominated!"

The Governor's Volunteer Service Award was first given in 1979. This year marks the 33rd consecutive year of the award that honors people who have shown concern and compassion for their neighbors by making a significant contribution to their community through volunteer service.

Quick's half century of volunteering with Parks and Recreation midget football began in the days when he was a full-time police officer. Yet he still found time to devote 20 to 30 hours a week

Third annual shred event, medication drop a success

Two popular events, Shred-It and Operation Medicine Drop, joined forces to give citizens a one-stop opportunity to protect themselves from identity theft and to prevent accidental poisoning in the home

The 3rd annual Shred-It event brought more than 200 individuals to the Scotland High School parking lot where they disposed of 11,050 pounds of paper.

Scotland County Cooperative Extension and Extension and Community Association (ECA) sponsored the event where Shred-It, a company that specializes in secure document management, safely shredded personal documents.

Cooperative Extension Family and Consumer Science Agent Sharon English said, "The 11,050 pounds of shredded paper was equivalent to 55 trees."

She added, "The first two shred events were so successful, Shred-It this year brought in two trucks, and we were able to implement a drive through service."

English said, "A youth volunteer group helped haul boxes and bags right to the shredder. Many people never had to get out of their cars."

The community shred provides a safe, economical and
See Shred, page 3



Raymond Moody (left) with N.W. Quick. Moody recalled his days as a youth playing opposition to teams coached by Quick.

coaching practices and attending games. "My employers were happy to work around my schedule."

Quick explained that what he was doing was replete with positives. "I wanted to be involved with the youth in our community,
see Quick, page 3

Greenhouse will provide restaurant with fresh produce

Students entering Scotland High School in the fall will have a hands-on opportunity to experience agriculture.

Through a collaborative effort of Cooperative Extension, Scotland County Schools, Richmond Community College, Scotland County Engineering and local farmer Bill Carmichael, an on-site greenhouse will serve as an outside agricultural classroom for students.

The project began in late 2009 with a conversation between Cooperative Extension and Chef Steve Dibble, Culinary Arts Instructor at Scotland High School.

Dibble said at the time he would like to offer more vegetarian meals and salad options at The Bagpiper, the student-operated restaurant. However, the cost and availability of fresh produce made it very difficult.

It was decided that a greenhouse would be a great way to not only have the fresh vegetable options for restaurant patrons, but it would re-introduce a previously discontinued agriculture program.

As a result of the talks Carmichael donated a greenhouse frame to Cooperative Extension to be utilized for the project. Richmond Community College provided \$17,164 in funding to complete the installation of the greenhouse. RCC will use it as a train-

See Greenhouse, page 4

NCACC dissolves County Health Plan

The North Carolina Association of County Commissioners (NCACC) Risk Management Pools Board of Trustees voted to dissolve its County Health Plan.

The County Health Plan was dissolved because the financial situation was deteriorating more rapidly through December than projected. The Group Benefits Pool, better known as the County Health Plan, will end June 30.

"The major driver behind this decision is that we could never place Group Benefits Pool members in a situation that we would not have sufficient funds to pay claims," explained NCACC Executive Director David Thompson. "This would lead to an assessment to members to pay their own claims, which would simply not be acceptable."

Thompson added, "Since the decision was made prior to issuing new policies, our projections show that we will be able to pay out all claims and run-outs and still have some residual funds remaining that would be disbursed to our current members after the final run-out period."

He added, "The Board of Trustees had approved subsidizing the Pool to keep premiums down this past year to try to increase membership." Only 25 percent of counties participated in the County Health Plan under the Group Benefits Pool.

"The hope was to have another year to attract new members, but the high amount of claims submitted by members exceeded the premiums. This accelerated the negative cash flow," Thompson explained.

Members of of Group Benefits Pool will continue to receive the same service through the end of the current contracts as well as a period covering the next 24 months on existing claims as the transition is completed.

Meanwhile, County Manager Kevin Patterson and Human Resources Manager Susan Butler are receiving proposals from other health plan providers.

Laurel Hill Fire Department retrofits brush truck for return to field service

by Roylin Hammond, EMS

The Laurel Hill Fire Department has a new fire truck, pictured right. The 1986 three-quarter-ton Chevy brush truck is new to the Laurel Hill firemen and is already providing useful service.

Fire Chief Clyde Locklear said the diesel pick up truck, converted into a brush truck, replaces a 1977 gasoline Dodge brush truck that was on loan from the NC Forest Service.

The new 1986 diesel model also came from the NC Forest Service, but it actually will belong to the Laurel Hill Fire Department after two years.

Chief Locklear said his department spent less than \$1,800 on repainting and equipping the truck, which includes a new bar light, water tank and hose reel unit and tool box. AVHF radio also was installed.

Although the truck has been in-service a little more than a month, it has been used to respond to dozens of fires, pictured far right, since the current dry weather results in the high incidents of woods and grass fires.



Tommy Hatcher

The fire photo was taken by retired EMS Dispatcher Tommy Hatcher, who now serves EMS as official scene photographer for any disaster event. Brush truck photo was taken by Roylin Hammond.



PostScripts

Congratulations to **Frances Moody**, Health, on the March 1 birth of granddaughter Leah Simone Leavin. ❁ Congratulations to grandmother **Linda Holland**, Administration, and uncle **Adam Holland**, DSS, on the March 2 birth of Eden Abigayle Jones. ❁ **Linda Holland**, Administration, will be a model in a spring fashion show April 18 during the Belk Breast Cancer Survivor Night. Holland said of the event, which will be 7 p.m. in Aberdeen, she gets to select the outfit she will model while specialists will do her hair and makeup. For more information about the event, call Holland at 277- 2401. ❁ **National Public Health Week** is April 4 to 10. The theme this year is *Safety is No Accident: Live Injury-Free*. ❁ April 10 to 16 is **National Public Safety Telecommunicators Week**.

Our condolences to ...

Thomas Milligan, Inspections, on the March 22 death of his father, Willie J. Milligan.

Introductions & transitions

Welcome to those individuals who joined Scotland County departments as of January 16, 2011: **Amy Locklear** and **Carol Jackson**, Sheriff; **Miyaka Mackie**, DSS; **Joquin Cooper**, temporary with Sheriff.

Make every month a healthy one

While the trees remain bare, there are still plenty of colorful and nutritious foods to fill your plate. During the 2011 National Nutrition Month® in March, the American Dietetic Association (ADA) encouraged everyone to add color and nutrients to meals through its theme *Eat Right with Color*.

Adding a splash of colorful seasonal foods to your plate makes for more than just a festive meal. A rainbow of foods creates a palette of nutrients, each with a different bundle of potential benefits for a healthful eating plan.

The ADA offers ways to brighten up your plate in every season with this quick color guide:

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

Green fruits include avocado, apples, grapes, honeydew, kiwi and lime while green vegetables include artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach.

See Fruits, page 4



Students plant trees in honor of Arbor Day

Text and photo by Martha Norfleet, Soil and Water

Amy Richburg and Martha Norfleet celebrated Arbor Day with fourth grade classes of various schools.

The Scotland Soil and Water Conservation team provided young Dogwood trees for the children to plant at their respective schools.

Nine schools, including 31 classes, participated in the "outdoor" time. The children dug holes, fertilized the soil, placed the trees, filled in dirt and watered the seedlings.

Teachers and students received Arbor Day handouts and activity sheets, and each class received a recognition certificate for observing Arbor Day.

Pictured are students from Shaw Elementary School along with Richburg, right, placing a tree and covering its roots with dirt.

Quick recognition a half century in the making

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hoping to touch their lives and direct them in the right way, not only how to deal with sports but how to deal with life. In sports, it's like winning and losing. Life is the same way. It's not always roses."

He said only a handful of youth he worked with wound up in trouble. Most went on to contribute to others through volunteer and professional coaching and service-oriented careers and activities.

"I'm convinced I helped them progress in life and to grow up to be good, productive citizens of the community," Quick said.

He added, "Volunteering isn't just about doing something for yourself. It's about doing something for the kids and doing something to help them.

"I've enjoyed it as much as the kids have. I was fortunate to have dedicated parents. You've got to have both. Parents have to be interested in their kids and do things with them," Quick advised.

"I and the entire community appreciate what Coach Quick has done," said Raymond Moody, Assistant Athletic Superintendent, Parks and Recreation. "He's always been there for Scotland County. He lives up to his nickname 'The Living Legend'."

Parks and Recreation Athletic Director Al Blades said, "The writer Elizabeth Andrew had a quote that fits N.W. Quick perfectly. 'Volunteers do not necessarily have the time; they just have the heart.' N.W. was the Police Chief in Laurinburg for many years, his job demanded lots of his time, but he found the time to coach his football team for 50 years."

the Birthday list for April

1 Mark Jackson (EMS); **2** Glenn Chatman (Public Works) and Randall Gibson (EMS); **4** Buffie Hunt (EMS); **6** Shekesha McPhatter (DSS); **9** Joy Davis (Library) and Berta Adams (Jail); **12** Betty Smith (Health) and Michael Alford (Parks and Recreation); **14** Jimmy King (Parks and Recreation), Bill Edge (Sheriff), Kisse Phy (EMS) and Lakeisha Jackson (DSS); **15** Melinda Salley (Health); **16** Erica Hall (Health), Tammy Cole (DSS), Alan Stewart (Parks and Recreation) and Jerry Johnson (Elections); **17** Persephone Stewart (DSS); **18** April Snead (DSS); **19** Robert McRae (Transportation); **20** Sandra McNeil (DSS); **21** Suzanne Lee (Health), Pat Campbell (Public Buildings), Michael Woods (Sheriff) and Kevin Hudson (Jail); **23** Roger Alford (Sheriff); **24** Marty Pate (Tax); **25** Sandra Miller (Jail); **26** Christy Lowry (EMS); **27** Tina Clark (Health); **28** Sandy McCrimmon (Transportation) and Sharon English (Cooperative Extension); **29** Debra Sandlin (EMS).

Community participation results in successful shred, medication drop event

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environmentally friendly way for people to rid their homes of potentially damaging information.

Operation Medicine Drop was sponsored by the Laurinburg Police Department, the Sheriff's Department, Mid-Carolina's Region and NC Safe Kids. It is a statewide initiative to provide people with a safe way to dispose of old or unneeded prescription and over-the-counter medications.



The Shred-it truck and volunteers prepare for a busy morning at the Scotland High School parking lot. Photo by Sharon English, Cooperative Extension

Operation Medicine Drop educates the public about how proper disposal of medications can prevent poisonings and drug abuse and help protect our waterways.

This was the first year that Operation Medicine Drop collaborated with Shred-It, and it was a big success. The total estimated doses collected was 19,264 with the following breakdown: controlled substances, 1,151.5; prescription drugs, 14,211.5; over the counter, 3,443; and unknown, 458.

"The ultimate goal of this program is to reduce accidental poisonings," said Laurinburg

Police Officer Josh Byrd. "Citizens were able to safely dispose of unused and expired medication and no one was questioned about how they obtained any of it."

Operation Medicine Drop was held as a kick-off to NC Poison Prevention Week, March 20 to 26.

News of Note

4-H taking summer camp registrations

Scotland County 4-H is now taking registration for summer camp at Betsy-Jeff Penn 4-H camp in Reidsville, NC, June 26 to July 1. Campers will have opportunity to participate in horseback riding, wall climbing, canoeing, swimming, archery, hiking and more. Registration is \$300. A \$100 deposit is due by May 5, with the remaining balance due by June 2. Space is limited. Contact the Extension office at 277-2422 for a registration form and more information.

Library has 4-digit extensions

Scotland Memorial Library is now on the County telephone system. Library staff can be reached using the following four-digit extensions: Leon Gyles, 5130; Margaret Uncapher, 5131; Belinda Norton, 5132; Louise Williams, 5133; Joy Davis, 5134; Sherry Lane 5135; Circulation Desk, 5137/38.

Volunteer for Litter Sweep

Spring 2011 Litter Sweep is Saturday, April 30. Volunteers can collect vests, gloves and trash bags 8 a.m. to 5 p.m. at the Chamber of Commerce, 606 Atkinson Street, or 9 a.m. to 3 p.m. the day of Litter Sweep. Your team can win a cash prize for collecting the most bags of trash around the County. King of the Mountain prize is \$200 and 2nd place prize is \$100. Drop off bags at any of the five recycling centers — Stewartsville South, Williamson/Livingston Quarters, Sneads Grove, Wagram and Palmer Road. Be sure to notify the onsite volunteer of the number of bags collected.

Fruits and vegetables make colorful and nutritious meals

Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers. Look for orange and deep yellow in fruits like apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple and vegetables like carrots, yellow pepper, yellow corn and sweet potatoes.

Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.

An abundance of purples and blues can be found in blackberries, blueberries, plums and raisins while vegetables show off their purples and blues in eggplant, purple cabbage and purple-fleshed potato.

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

Look for reds in cherries, cranberries, pomegranate, red/pink grapefruit, red grapes and watermelon. Red vegetables feature beets, red onions, red peppers, red potatoes, rhubarb and tomatoes.

White, tan and brown foods sometimes contain nutrients that

Collaboration makes greenhouse part of academic programs

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ing site for the college and the public.

"The project began with the idea of growing vegetables for The Bagpiper Restaurant. From there it led to new agricultural programs at Scotland High School and Richmond Community College," said Cooperative Extension Family and Consumer Science Agent Sharon English.

"It has been amazing to see collaboration and hard work of so many people on this project," English said. "The greenhouse looks wonderful and we are ready to start planting."

The greenhouse, which is 35 feet by 100 feet, will incorporate vegetables grown both in-ground and hydroponically. Two hydroponic tables, which hold 312 plants each, will allow students to demonstrate how plants can grow in water using nutrient solutions without soil.



Fresh produce from the greenhouse will be on The Bagpiper Restaurant menu. Photo by Sharon English, Cooperative Extension.

More than 30 people attended the March 10 greenhouse dedication ceremony. The structure is located between Pate Stadium and the gymnasium.

A reception was held at The Bagpiper Restaurant after the dedication. Food was prepared and served by high school culinary students.

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may promote heart health and reduce cancer risks.

White, tan and brown fruits are banana, brown pear, dates and white peaches while vegetables feature cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn.

Get the most nutrition out of your calories not only in March but as part of a regular eating plan. Choose foods packed with vitamins, minerals, fiber and other nutrients — foods lower in calories.

Select fruits, vegetables, whole grains and fat-free or low-fat dairy more often. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.

You don't have to give up favorite foods to eat well. Keep the thought of "more" and "less" in mind, not "all" or "none." These small changes result in big rewards.

Make one change today to better health starting today. Take the stairs instead of the elevator. Choose a piece of fruit versus a high calorie dessert.

Source: American Dietetic Association. Submitted by Cardra Burns, Health Department.

