



August 24, 2015

## Weekly Report

# Highlight of Departmental Activities

*The Weekly Report showcases the activities and accomplishments of the many Departments within Rutherford County Government. Click on the directory lists, headings and text in blue to be linked to more information.*

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### Agriculture/Cooperative Ext.

#### County Extension Director

- Met with the Rutherford County Cattlemen's Association Board of Directors to plan several fall educational events for Beef Cattle producers.
- Helped coordinate the load out of four tractor trailer loads of Mountain Cattle Alliance cattle from Rutherford and Cleveland Counties valued at nearly \$500,000.
- Continued to assist clients with technical advice through office visits, phone calls, emails, and farm visits.

#### Family and Consumer Sciences

- Attended training for Healthy Living curriculum.
- Assisted Extension & Community Association with monthly meeting and fundraising event.
- Taught Cooking with Herbs class.

### Airport

The Airport sold 566.8 gallons of 100LL to 27 aircraft and 614.0 gallons of Jet A to 2 aircraft last week.

Pictured:

An R-44 helicopter stopped in for fuel while trying to beat an incoming afternoon thunder-storm.



## Board of Elections

Our Board met this week to appoint precinct Chief Judges and Judges for the next two years. Nominations for these positions were received from the Party Chairman and then the Board selected the new appointees from this group. Staff participated in an on-line training on procedures for Same Day Registrations at One-Stop voting. This will be a manual process this November since the courts have not ruled on the current lawsuit against the State.

## County Manager and Commissioners

The County Manager, Commissioners and staff were involved in meetings, webinars, and projects making for a very busy week. Monday began with several department head meetings.

Tuesday consisted of discussions with individual department heads, in addition to appointments with citizens. County Manager Garrison, Chairman Bryan King, and Vice Chairman Alan Toney attended meetings with Congressman Patrick McHenry on Tuesday, which were held in several county locations. The Congressman spoke on issues that most directly impacted our businesses in Rutherford County. We appreciate our congressman for his time and willingness to update us and appreciate the opportunity to be connected with the



work in Congress **(pictured left)**. Also, on Tuesday, Lake Lure Classical Academy had a special presentation by community leaders, school supporters, staff and students at the groundbreaking and ceremonial “turning of the dirt!” **(Pictured right)** Commissioner Benfield opened up the Airport Authority Meeting on Tuesday evening.



Wednesday consisted of various meetings and office work. Thursday the mayors, town officials, Chairman and County Manager met for the quarterly Towns and County Meeting (formerly known as Mayors/Manager Meeting) to work on defining common goals, as well as potential partnering opportunities. Matt Blackwell presented ‘Enhancing Economic Development Efforts’ and the meeting ended with round-table sharing **(pictures on page 15)**. The week concluded with several additional departmental meetings, project discussions, appointments, conference calls, public relations, advising, and preparation for various responsibilities.

## Economic Development

This week, the Economic Development Department prepared two industrial proposals, conducted an industrial site visit, and held the monthly EDC Board meeting. Economic Development staff continues to be busy following up with multiple industrial recruitment and expansion prospects, reaching out to industry representatives to meet grant reporting deadlines, and working on marketing and advertising efforts including increasing our social media presence. This week’s schedule also included presenting at the bi-monthly Mayors and Managers meeting, and attending miscellaneous meetings with county departments and industry allies.

## Finance

The Finance Office continues working to close out the fiscal year and prepare for the arrival of the auditors. The Finance Officer and Assistant Director attended several interdepartmental meetings. The Finance Office has processed accounts payable this week.

## Fire Marshal/Emergency Management

Fire Marshal and staff:

- Conducted a origin and cause investigation of a vehicle fire.
- Worked on existing investigations.
- Participated in a statewide Emergency Operations Center exercise.
- Completed additional Emergency Management Performance Grant activities.
- Scheduled and attended various meetings.
- Performed maintenance on equipment.

## Are you *ReadyNC*? ... for Floods

Floods are one of the most common dangers in North Carolina and can occur any time, any where. They may be caused by large amounts of rain, hurricanes or dam failures. Most hurricane damage is caused by flooding.

### Know the Terms

**Flood watch** – rainfall is heavy enough to cause rivers to overflow their banks. Flooding is possible.

**Flood warning** – flooding is occurring or very likely to happen in an affected river, lake or tidewater area.

**Flash flood watch** – flash flooding in specified areas is possible.

**Flash flood warning** – flash flooding is occurring or is likely to happen along certain streams and select areas.



### Be Safe! Act Quickly

- Build an emergency kit.
- Make a family communications plan.
- Listen to the radio or television to learn what to do.
- Do not build in a floodplain unless you take the proper steps to raise and support your home.
- If you live in a flood high-risk area, elevate your home's furnace, water heater and electrical panel above base flood elevation.
- Think about putting in "check valves" to prevent flood water from backing up into the drains of your home.
- If you can, build barriers to stop floodwater from entering the building. Seal walls in basements with water-proofing compounds.
- Be aware of flooded or washed-out roads. Just a few inches of water can float a car. Don't walk or drive through moving water. Think: **Turn Around, Don't Drown.**

### Remember...

- ◇ Insurance companies do not include flood damage on a standard homeowner's policy. You may need to buy a separate flood insurance policy.
- ◇ Find out if your home is in a flood zone. Go to [www.ncfloodmaps.com](http://www.ncfloodmaps.com) to learn about the risk of flooding in your area.



### Get ReadyNC!

Download the FREE ReadyNC mobile app for both iPhone and Android phones.

**ReadyNC.org**  
Plan. Prepare. Stay Informed.



## Are you **ReadyNC?** ... for **Hurricanes**

Hurricane season runs June 1 through November 30. In North Carolina, most storms occur between August and October. Hurricanes can bring tornadoes, severe winds, heavy rains and floods.

### Know the Terms!

**Hurricane Watch (48 hours before)** – hurricane conditions (winds more than 74 mph) are possible.

**Hurricane Warning (36 hours before)** – hurricane conditions (winds more than 74 mph) are expected.

**Tropical Storm Warning** – tropical storm conditions (winds of 39 to 73 mph) are possible within 36 hours.

### Hurricane Categories

- **Tropical Depression** - contains winds up to 39 mph
- **Tropical Storm** - 39 - 73 mph winds
- **Category 1** – 74 to 95 mph winds
- **Category 2** – 96 to 110 mph winds
- **Category 3** – 111 to 130 mph winds
- **Category 4** – 131 to 155 mph winds.
- **Category 5** – winds 156 mph or greater.

### Be **Safe!** Act **Quickly**

- Update your emergency supplies kit.
- Discuss your family communications plan.
- Watch and listen to the weather reports.
- Know evacuation routes if you need to leave home. Listen to local authorities.
- Put fuel in your vehicle and have some cash on hand.
- Be aware of flooded or washed-out roads. Just a few inches of water can float a car.
- Keep a photo I.D. with you that shows your home address. You will need it when asking police if it is okay for you to re-enter your area or home.
- Secure your property.
  - Bring inside all outdoor furniture, garbage cans and anything else that is not tied down.
  - Cover windows with permanent storm shutters or board up windows with 5/8" plywood.
  - Trim trees and shrubs around your home, and clear clogged rain gutters and downspouts.



**Get ReadyNC!**

Download the free  
ReadyNC mobile app.

**ReadyNC.org**  
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## Human Resources

The HR Director held meetings to discuss personnel issues, exit interviews, and retirements. The HR Director attended several meetings including the HR Association where Andrew Kopp of Workability was the guest speaker. EMS and Transit are currently accepting applications. Apply at [Rutherfordcountync.gov](http://Rutherfordcountync.gov) or 289 North Main Street. Please see segment "Fall into Wellness" on pages 4 to 7 for important topics on health and wellness.

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Impact.  
Insight.  
Innovation.

# WellToday

**It's As Easy as Your ABCs**  
Heart disease and stroke are the first and fourth leading causes of death in the United States. Together, these diseases cause 1 in 3 deaths. The good news is that you can reduce your risk by following the ABCS! Keep the ABCS in mind every day and especially when you talk to your health care professional:

**Appropriate Aspirin Therapy:**  
Ask your health care professional if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care professional if you have a family history of heart disease or stroke, and mention your own medical history.

**Blood Pressure Control:**  
Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high for a long time, you may suffer from high blood pressure (also called hypertension). High blood pressure increases your risk for heart attack or stroke more than any other risk factor. Find out what your blood pressure numbers are, and ask your health care professional what those numbers mean for your health. If you have high blood pressure, work with your health care professional to lower it.

**Cholesterol Management:**  
Talk to your health care professional about cholesterol and how to lower your bad cholesterol if it's too high

**Smoking Cessation:**  
Smoking raises your blood pressure, which increases your risk for heart attack and stroke. If you smoke, quit. Talk with your health care professional about ways to help you stick with your decision. It's never too late to quit smoking. Call 1-800-QUIT-NOW today.

Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by 2017. It is led by the Centers for Disease Control and Prevention and the Centers for Medicare & Medicaid Services, two agencies of the Department of Health and Human Services.



this issue

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### September is National Cholesterol Education Month

Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke, two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found. Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke.

There are two kinds of cholesterol: high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is also called "good" cholesterol. LDL is called "bad" cholesterol. Generally, when we talk about high cholesterol, we are talking about "bad" LDL cholesterol. Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control.

Screening is the key to detecting high cholesterol. Because high cholesterol does not have symptoms, many people do not know that their cholesterol is too high. Your doctor can do a simple blood test to check your cholesterol level.

The National Cholesterol Education Program recommends that adults aged 20 years or older have their cholesterol checked every 5 years. You may need to have your cholesterol checked more often if any of the following statements applies to you:

- Your total cholesterol is 200 mg/dL or higher.
- You are a man older than age 45 or a woman older than age 50.
- Your HDL cholesterol is lower than 40 mg/dL.
- You have other risk factors for heart disease and stroke.

Although the number of people who said they were screened for cholesterol within the previous 5 years increased from 73% to 76% from 2005-2009, only a handful of states have met the 82% Healthy People 2020 objective, and disparities in getting screened persist.

Make therapeutic lifestyle changes by:

- Eating a healthy diet. Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Other types of fats, such as polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol.
- Exercising regularly. Physical activity can help lower cholesterol. The Surgeon General recommends that adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.
- Maintaining a healthy weight. Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol.
- Not smoking. If you smoke, quit as soon as possible.

A variety of community and clinical activities address screening and treatment for high cholesterol. All states and the District of Columbia are now funded to address heart disease and stroke prevention. This includes increasing quality improvement efforts in health systems, such as using health information technology and team-based care as well as community-clinical linkage to support self-management outside of clinical settings, along with health extenders such as community pharmacists and community health workers.

<http://www.cdc.gov/features/cholesterolawareness/>

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## De-Stress at Your Desk: Office Yoga

The benefits of yoga extend well beyond the physical stretch the body receives. New research indicates that yoga may help lower heart disease risk as much as conventional exercise. Despite variations in the type of yoga practiced, all participants in the studies reviewed showed improvements in a number of factors that affect heart disease risk. They lost weight, lowered their blood pressure and decreased the level of harmful LDL cholesterol. Yoga is a unique combination of physical activity, mindful breathing and meditation. All of which positively affect cardiovascular risk factors. Detailed below is a gentle flow between two poses **Cow** and **Cat**. When practiced together they stretch and strengthen the spine, while encouraging deep breathing and a calm mind.

### Step-by-Step Instructions:

- 1) Begin on your hands and knees with your wrists directly under the shoulders and the knees under the hips, hip width apart.
- 2) On the inhale, drop your belly towards the floor. Lift the chin and gaze up. Slide the heart forward and up creating a gentle backbend in the spine. This is **Cow Pose**.
- 3) On the exhale, draw your belly towards the spine and round your back towards the ceiling. Release the crown of the head towards the floor, gaze looks underneath the body. This is **Cat Pose**.



Cow Pose

Cat Pose

- 4) Inhale, coming back into **Cow Pose**. Then exhale as you return to **Cat Pose**.
- 5) Continue flowing back and forth between these two poses another 8–10 times. Try not to hurry through this. Instead move at the pace of your slow, deep breath.

Monthly Yoga Column written and modeled by Emily Carper, RD, LDN, RYT

# Fruits & Veggies Matter

## Fill Half Your Plate with Fruits & Veggies!

<http://www.fruitsandveggiesmorematters.org/key-nutrients-in-fruits-and-vegetables>



Americans are not eating enough fruits and vegetables, and the federal government is not too happy about it. A new study by the Centers for Disease Control and Prevention says up to 80% of all Americans are not eating the recommended amount of fruits and vegetables. The CDC called on the U.S. to create consumer demand for fruits and vegetables through various means, including competitive pricing and promotion. The CDC is the lead government agency and primary health authority behind the Fruits & Veggies—More Matters® health initiative.

Fruits and vegetables can be great sources of the following important nutrients:

**Calcium:** Calcium is essential for healthy bones and teeth. It is also needed for normal functioning of muscles, nerves and some glands. Fruits and vegetables that contain 100mg to less than 190mg of calcium per reference amount (10%-19% of the daily value) qualify to carry the label “good source of calcium.” Examples include (1/2 cup cooked):

- Collard Greens
- Cowpeas
- Green Soybeans
- Spinach
- Turnip Greens

**Fiber:** Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease. Fruits and vegetables that contain 5 grams or more fiber per reference amount (20% or more of the Daily Value per reference amount) qualify to carry the label “high in fiber.” Examples include:

- Apple
- Blackberries
- Lima Beans
- Pinto Beans
- Spinach

**Folate:** Healthful diets with adequate folate may reduce a woman’s risk of having a child with a brain or spinal cord defect. Fruits and vegetables that contain 80 micrograms or more folate per reference amount (20% of the Daily Value per reference amount) qualify to carry the label “high in folate.” Examples include:

- Asparagus
- Broccoli
- Lentils
- Spinach
- Strawberries

**Iron:** Needed for healthy blood and normal functioning of all cells. Fruits and vegetables that contain 3.6 mg or more iron per reference amount (20% of the Daily Value per reference amount) qualify to carry the label “high in iron.” Examples include:

- Lentils
- Spinach
- White Beans
- Winged Beans

**Vitamin A:** Keeps eyes and skin healthy and helps protect against infections. Fruits and vegetables that contain 1000 International Units (IU) or more of vitamin A per reference amount (20% of the Daily Value per reference amount) qualify to carry the label “high in vitamin A.” Examples:

- Cantaloupe
- Carrots
- Grapefruit

**Vitamin C:** Helps heal cuts and wounds and keeps teeth and gums healthy. Fruits and vegetables that contain 12 mg or more vitamin C per reference amount (20% of the Daily Value per reference amount) qualify to carry the label “high in vitamin C.” Examples include:

- Oranges
- Potatoes

## This Month’s Q&A: Ask the Expert

### Q: Which cooking method is best for retaining nutrients in fruits & veggies?

There is no one right way to cook a particular food, and no matter how careful you are, food preparation of any kind results in some nutrient loss. However, certain techniques can help you minimize nutrients lost. Try these methods next time you cook fruits or vegetables:

- Use a steamer or cook in small amounts of water. If possible, use the leftover cooking liquid in a soup or another dish.
- Cook fruits and vegetables “just until tender” and avoid overcooking.
- Cut and cook fruits and vegetables in pieces that are as large as possible to reduce exposure to air that destroys some vitamins.
- Cook fruits and vegetables as soon as possible after cutting.
- Prepare fruits and vegetables as close to serving time as possible.





## High Triglycerides? These Dietary Changes Can Help

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Healthy Mind/Healthy Body, September 2014.  
www.uhc.com/myhealthnews.

If you think high triglycerides can't affect your health, think again. Most fat in food, as well as in your body, is present in the form of triglycerides. Usually the body can control the amount of triglycerides it makes. But sometimes, unhealthy levels build up in the blood. High triglycerides can increase your risk of a heart attack or stroke, among other health risks.

Typically, a high triglyceride level is a signal that your diet needs extra attention. Or, it may be due to an inherited disorder. Triglycerides are often raised in people with poorly-controlled diabetes or kidney problems. They can also be raised in a person with an underactive thyroid. The National Cholesterol Education Program guidelines for fasting triglycerides are:

|                 |                     |
|-----------------|---------------------|
| Normal          | Less than 150 mg/dL |
| Borderline high | 150 to 199 mg/dL    |
| High            | 200 to 499 mg/dL    |
| Very high       | 500 mg/dL or higher |

### How To Lower Your Level

If your triglycerides are high, it's likely you have other major heart disease risk factors. These can include obesity or high blood pressure. Diet and lifestyle changes can help you lower your triglycerides. They may also keep your body mass, cholesterol, diabetes and blood pressure in check. Here's how to begin:

- **Lose excess weight.** If you're overweight, a weight loss of even a few pounds can be helpful. Taking in fewer calories and having smaller portion sizes are good ways to start.
- **Avoid sugary foods and beverages.** Like blood glucose levels, triglycerides are affected by the amount of sugar in the diet. Try to avoid sweets, soda, cakes, pastries and cookies. Also, limit other types of processed grains, like white pasta, white potatoes and white bread.
- **Eat plenty of wholesome foods.**
  - \* Fresh fruits (versus juice)
  - \* Fresh or frozen vegetables
  - \* Beans, such as lentil, split pea, kidney, pinto and black
  - \* Small portions of whole grains, such as brown rice, sweet potatoes, barley and oatmeal
  - \* Lean proteins, such as fish, skinless chicken, turkey, tofu or very lean beef

- **Increase omega-3 fats in your diet.** Eat fatty fish, such as salmon, sardines or light tuna at least twice a week. Also include walnuts, flaxseed oil and dark leafy greens for vegetarian sources of omega-3. Other healthy fats include avocados, olive and canola oil, natural peanut butter and nuts (in moderation, as they are high in calories). Use these fats to replace saturated and trans sources of fat. These sources can include butter, cheese, red meat, fried foods, margarine and processed foods.
- **Ask your doctor about an omega-3 supplement.** If your triglycerides are high and you're not getting enough omega-3, ask your doctor if a supplement is right for you. The American Heart Association recommends 2 to 4 grams daily of DHA plus EPA (fish oil source of omega-3 fats) under a doctor's supervision.
- **Avoid or limit alcohol.** Alcohol is high in calories and sugar. It can also have a powerful effect on triglycerides. Small amounts of alcohol may increase your level. This can be especially true if you fall into the "high" or "very high" category.
- **Exercise regularly.** With your doctor's approval, work up to at least 30 minutes of moderate-intensity physical activity at least 5 days a week. That's 150 minutes per week. This can also raise HDL ("good") cholesterol. Whether it's walking, swimming or biking, choose something you enjoy so you'll stick to it.
- **Consider combining lifestyle changes and medication to treat hypertriglyceridemia.** The medications generally used for treating elevated cholesterol (statins) may also reduce triglycerides. However, when the triglyceride levels are high, medication for the treatment of triglycerides may be needed. In this situation, triglyceride medications are used in addition to cholesterol medications. But they do not replace cholesterol medications.



### EXERCISE TIP

Aerobic exercises will lower your triglycerides much more than anaerobic exercises. Aerobic exercises are continuous exercises such as running, bicycling and walking. Anaerobic exercises are start-and-stop exercises such as weightlifting, baseball, basketball and football. "How to Improve Triglyceride Levels," a "Harvard Women's Health Watch" report, recommends at least 30 minutes of moderate- to vigorous-intensity aerobic exercises such as bicycling, brisk walking and stair climbing "most days of the week." You're exercising moderately if your heart rate is at least 55 percent of your maximum heart rate (220 heartbeats per minute minus your age). The "Nutrition News" report recommends bicycling, gardening, swimming and walking at least five days per week. "Controlling Cholesterol" author Kenneth Cooper wrote that cross-country skiing, swimming, running, bicycling and walking are the best aerobic exercises.

### Upcoming Events

- 5 Sept — Hendersonville, NC  
Apple Festival BK
- 10 Sept — Charlotte, NC  
River Jam Run
- 27 Sept — Chapel Hill, NC  
Carolina for the Kids 5K & 10K
- 3 Oct — Greenville, SC  
Get Out 10K Trail Run



### WEBHEALTH

Use the following resources to learn more about September's topics.

www.cdc.gov  
www.acsm.org



### Bananas Are "A-Peeling"

Bananas are one of the most widely consumed fruits in the world for good reason. The yellow fruit packs a big nutritional punch, wrapped in its own convenient packaging. Some scientists believe that the banana may have even been the world's first fruit. Bananas are naturally free of fat, cholesterol and sodium.

**Heart health:** The fiber, potassium, vitamin C and B6 content in bananas all support heart health. An increase in potassium intake along with a decrease in sodium intake is an important dietary change that a person can make to reduce their risk of cardiovascular disease.

**Diabetes:** Studies have shown that type 1 diabetics who consume high-fiber diets have lower blood glucose levels and type 2 diabetics may have improved blood sugar, lipids and insulin levels. One medium banana provides about 3 grams of fiber.

**Blood pressure:** Maintaining a low sodium intake is essential to lowering blood pressure, however increasing potassium intake may be just as important because of its vasodilation effects. According to the National Health and Nutrition Examination Survey, less than 2% of US adults meet the daily 4700mg recommendation. One medium banana provides 450mg of potassium.

**Preserving memory and boosting mood:** Bananas also contain tryptophan, an amino acid that studies suggest plays a role in preserving memory and boosting your mood.

Fresh bananas are available year-round. Unlike other fruits, the ripening process of bananas does not slow down after they are picked. Bananas should be stored at room temperature.

Like apple sauce, ripe mashed bananas can be used in baked goods to replace oil or butter. Mashed bananas lend a moist, naturally sweet flavor to muffins, cookies and cakes.

<http://www.medicalnewstoday.com/artides/271157.php>

## Recipe Corner

### Chocolate Banana Strudel

Being healthy doesn't have to mean missing out on decadent desserts. Healthy substitutions and portion control can help make any favorite food a part of our New American Plate. Bananas and chocolate are a classic combination offering fiber, potassium and flavonoids. Top with fresh strawberries for added nutrition and a pop of color. View more dessert recipes at [aicr.org](http://aicr.org).



### Ingredients

- Cooking spray
- 8 (9" x 14") sheets phyllo pastry\*
- 2 Tbsp. canola oil
- 8 Tbsp. whole-wheat panko
- 3 oz. dark chocolate (72%), finely chopped – until it resembles grated chocolate, divided
- 4 just-ripe large bananas, peeled and halved crosswise
- 1 large egg, beaten with 1 tsp. water
- 8 large fresh strawberries

\*If you can find only 13" x 18" sheets, cut in half to make 13" by 9" sheets

### Directions

1. Preheat oven to 400 degrees F. Coat baking sheet with cooking spray and set aside.
2. Place a sheet of phyllo with narrow end toward you. Brush it lightly with oil. Sprinkle 1 tablespoon panko over phyllo. Set a banana half 2 inches above bottom of phyllo. Sprinkle 1 tablespoon chocolate over and around banana. Lifting bottom edge of phyllo up over banana, roll it over, covering banana. Fold in sides, then finish rolling banana in phyllo. Transfer phyllo roll to prepared baking sheet. Repeat, wrapping remaining banana halves. Brush top, sides and ends of phyllo rolls liberally with beaten egg. Using small, sharp knife, make 2 diagonal slits in phyllo to let steam escape. Discard remaining egg
3. Bake phyllo rolls for 12 minutes, or until golden brown. Cool baked phyllo rolls on baking sheet for 20 minutes.
4. Meanwhile, cut bottom tip off each strawberry. Placing strawberry with bottom toward you and rotating blade of a sharp knife at 45-degrees, make 4 or 5 vertical cuts from base to near top, just below hull. Gently press on strawberry to fan out slices.
5. To serve, transfer warm phyllo rolls to individual dessert plates. Sprinkle 1 teaspoon grated chocolate over each roll. Place a fanned strawberry on plate, and serve.

### Nutrition Information

Servings per recipe: 8

#### Amount Per Serving

|                |      |
|----------------|------|
| Calories:      | 182  |
| Total Fat:     | 8g   |
| Saturated Fat: | <1g  |
| Protein:       | 3g   |
| Total Carbs:   | 28g  |
| Dietary Fiber: | 3g   |
| Sodium:        | 42mg |

**KYLIE ADAMS THOMAS, MS** earned a Masters Degree in Exercise Physiology and is an American College of Sports Medicine Certified Clinical Exercise Physiologist, a Certified Health Coach, a National Academy of Sports Medicine Certified Personal Trainer and Fitness Nutrition Specialist. She is also a CrossFit Level 1 (CF-L1) Trainer. She has worked as a wellness coordinator, personal trainer, and currently works as a Corporate Wellness Specialist for Benefit Controls where she helps create strategic wellness plans for corporate clients across the southeast.



## Library

### **Technology Resources Librarian – Kenneth Odom**

Items for the Makerspace have started to arrive! Littlebits, Snap Circuits and Arduinos (for teaching electronics and electronic prototyping), art supplies, the first of the looms, and the VHS/DVD recorder (for transferring VHS recordings to DVD). Patrons are becoming excited about the opportunities for learning this space will create and many of them are anxiously awaiting the use of the VHS/DVD recorder so they can transfer their old home movies.

### **Haynes Branch Manager – Deb Womack**

Haynes has been busy getting shelves in order for the new school year. We have been ordering the new books for the Battle of the Books for the new school year also. We did an outreach at BASICS in Cliffside on Saturday about library services. Our patrons are very excited now that they can see our new Library going up and we are looking forward to moving in the fall.

### **Mountains Branch Manager – Joy Sharp**

Mountains Library hosted two programs this week – a film screening and discussion night, and an author visit from Libby Bagby about the North Carolina State Dog, the Plott Hound (**pictured left and below**). Joy Sharp met with a member of the Mountains Branch Friends of the Library to discuss future fund raising events. Both Joy and Angie Turner, Assistant Librarian, attended webinars on new YA and Juvenile Non-Fiction titles.



### **Children's Librarian – Jeannie Smith**

The next Super Science Saturday is on August 22 at 11:00 with “Blast Off Into Physics!” We’ll learn about forces, motion, and gravity, and even launch (weather permitting) a real outdoor rocket. The program is for grades K-12 and it’s free. Thanks to KidSenses Children’s Museum for partnering with the Rutherford County Library System in providing these wonderful programs.

### **Stephanie Long – Circulation Manager**

The Circulation Manager completed her online personal profile in preparation for next week's PLA Boot Camp to be held at the Nashville Public Library in Nashville, TN. This intensive Library Management Training will be attended by 80 library employees from across the country.

### **Maria Davis – Marketing and Outreach**

Marketing and Outreach is working on a grant application to host a mobile exhibition to promote STEM learning opportunities for patrons of all ages.

## Register of Deeds

| Transaction Group       | Cash               |
|-------------------------|--------------------|
| Copies                  | \$ 60.50           |
| Recording Fees          | 6,436.00           |
| Document Stamps         | 9,454.00           |
| Marriages               | 480.00             |
| Certified Vitals Copies | 1,380.00           |
| <b>Total</b>            | <b>\$17,810.50</b> |

## Revenue Department

**The Revenue Department** is still working 3842 November motor vehicle renewals and handled 46 VTS assists. The office answered 809 phone calls and assisted 459 customers. We completed 2 plat reviews, 1 project, 1 pre-permit and answered 5 data requests. Appraisers completed 56 building permits and 63 field reviews. A total of 75 new documents were recorded and 26 new accounts were set up. Transfers consisted of 39 straights, 5 estates, 1 merge, 7 splits, and 2 acreage adjustments. GIS created 9 new maps. The GIS website had 166,369 hits and 117,691 successful searches. E911 addressing assigned 7 new addresses, 1 new private drive and updated 33 addresses with new owner information. Part time maintenance workers completed maintenance on 9 road signs. Staff processed 9 exclusions/deferments and 14 appeal letters were mailed out. The PUV program assisted 5 program members. We had 2 refunds, 4 releases and 2 discoveries. Electronic payments consisted of 16 by credit card, 19 by website and 7 over the phone. Collection action consisted of 5 newspaper items. Staff completed 1 gross receipt, 20 occupancy taxes, 187 bank drafts, 8 bankruptcy issues and processed 2242 items mailed in,. In-person taxpayers at the counter brought in 223 tax payments. Twenty-three new deeds were certified for recording purposes.

## Senior Center



The Senior Center celebrated “Dog Days of Summer” this week with several activities. We hosted “Dog Days of Summer” Bingo, an activity of “Let’s Make Dog Biscuits”, and a presentation by Kimberly Christensen on “What is a Service Dog”. The Recipe Club also met at the Senior Center on Monday and shared their favorite summer vegetable recipes with the group.

On Tuesday, Leah McGrath, RD, LDN, the corporate dietitian for Ingles Market, spoke about healthy eating as we age (**pictured left**). Leah is the host of “Ask Leah”! She taught that for adults over 50, the benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times, and better management of the chronic health problems. As we age, eating can also be the key to a positive outlook and staying emotionally balanced. Healthy eating doesn't have to be about “dieting and sacrifice”, but about fresh, colorful foods, creativity in the kitchen, and eating with friends. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type 2 diabetes, bone loss, cancer, and anemia.

Lastly, the seniors enjoyed a cool treat on Friday at the Ice Cream Shop.

Upcoming:

“The Odd Couple” Play on Friday, August 28<sup>th</sup> at 6:00 p.m. Cost: \$3 each person or 2 for \$5

## Soil & Water

The Admin/Education Specialist worked on 2015 Conservation Field Day planning, sent District and Farmland Meeting Notices, and worked on District Annual Report. The Agriculture Cost Share Technician had meetings with Rutherfordton town manager, met with landowners about stream restoration, participated in a teleconference about avian flu plans, and met with building owners about new office location.

## Sheriff's Department

### **Presentation of Colors**

On Friday, August 14, 2015, members of the Rutherford County Sheriff's Office Color Guard, (Dep. Ed Toney, Dep. Webb Hardin, Dep. Tyler Greene, Cpl. Lynn Davis), presented the colors at the 5th annual American League World Series. The ALWS is being held at Veterans Field and Keeter Stadium in Shelby, NC (pictured below).



### **Message of Sympathy**

Dealing with the death of a loved one is a profoundly painful experience. Our thoughts and prayers are with Amy Ferguson of the Sheriff's Department in the passing of her father, Ray Ferguson. The funeral was on Wednesday, August 19th. May God bless and strengthen you and your family.

## Social Services

**MEDIA RELEASE**  
**AUGUST 18, 2015**



289 N. Main Street • Rutherfordton, NC 28139 • 828.287.6060 (p) 828.287.6262 (f) • [www.rutherfordcountync.gov](http://www.rutherfordcountync.gov)



### **Public Information Contact**

Kim Aldridge  
(828) 287-6060

[Kim.Aldridge@rutherfordcountync.gov](mailto:Kim.Aldridge@rutherfordcountync.gov)

### **FOR IMMEDIATE RELEASE**

Rutherford County-----August is National Child Support Awareness Month, which was first proclaimed in 1995 by President Bill Clinton. This year marks the 40th year of the child support program. During the month of August, we take time to recognize the importance of child support and to acknowledge the critical role child support plays in the lives of millions of children. Rutherford County Department of Social Services, Child Support Division, would like to commemorate this year's Child Support Awareness Month by reminding everyone just how vital child support can be for families in need. *"Child support, especially that received on a regular basis, provides financial stability and removes the uncertainty many custodial parents feel, making them less dependent on public assistance,"* said Rhonda Ruppe, Child Support Supervisor.

Rutherford County Child Support offers services locating noncustodial parents, establishing paternity, establishing and modifying support orders (including medical support), collecting support payments and enforcing child support orders. They work with all parties involved to develop the best plan of support for the child. Currently, the agency has 3,431 open child support cases and collected \$4,859,402 on behalf of the children in Rutherford County in fiscal year 2014-2015. Ruppe added, *"We partner very closely with the court system, including judges, the Clerk of Court, and local attorneys, and could not do our work without them."*

DSS Director, John Carroll stated, *"Our Child Support Staff have a passion for the work they do and take this responsibility seriously. Ensuring that children are able to grow up strong, healthy, and able to reach their full potential is the number one goal of staff. Studies show that children who receive the financial and emotional support of both parents, grow up happier, healthier, and perform better in school over those who do not."* It is certainly not an understatement to say that the ten employees who work in the child support program in Rutherford County change children's lives for the better every day.

Anyone wishing more information about the Child Support Program in Rutherford County should contact Rhonda Ruppe at 287-6165.

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## Solid Waste

Customers served 352  
Loads hauled from convenience centers 58  
Loads shipped to Lenoir 34  
Recycling loads shipped to Conover 2  
Tire customers 24  
Community service workers 4

The director attended the Forest City Council Meeting to discuss recycling, met with County Manager on electronics recycling, held several internal meetings and met with several vendors. Also, the oil and anti-freeze contract has been returned to us for execution of the contract. The office staff has been busy this week with normal paper work and reports. The transfer station staff continue to process the MSW and recycling coming in while working hard to wrap and palletize electronics. The shop staff continues to perform preventative maintenance on the equipment and vehicles. The C&D staff continues to process the tonnages coming in while hauling dirt for cover. The convenience staff continues to assist customers while repainting curbing at some centers. The electrical work for the new recycling compactors at Gilkey and Greenhill convenience centers is being completed by Camp Electrical this week. The grass cutting and up keep of the airport continues.

Please continue to recycle!!!!

## Transportation Services

### **Emergency Medical Services:**

Staff attended two days of NCDOT training on setting performance measures.

| <b>TYPE</b>               | <b>CURRENT WEEK</b> | <b>WEEKLY AVG</b> |
|---------------------------|---------------------|-------------------|
| Total Miles               | 10,258              | 9,566             |
| # of Local Trips          | 1,126               | 881               |
| # of Out of County Trips  | 87                  | 66                |
| # Unduplicated Passengers | 234                 | 238               |
| <b>Total Revenue</b>      | <b>\$16,099</b>     | <b>\$14,549</b>   |

### **Transit Department:**

We had our monthly supervisor meeting, and also had 19 EMS personnel to complete ACLS training in the past week.

| <b>TYPE</b>        | <b>CURRENT WEEK</b> | <b>WEEKLY AVG</b> |
|--------------------|---------------------|-------------------|
| Emergency Calls    | 179                 | 168               |
| Convalescent Calls | 46                  | 59                |

## Veterans Services

### **Hamburger/Hotdog Cook Out**

Save the date!

September 18th, 11:00 a.m. to 2:00 p.m. at the Veteran's Office

Come join us for a good meal.

|                           |     |
|---------------------------|-----|
| <b>Mail In</b>            | 75  |
| <b>Mail Out</b>           | 41  |
| <b>Fax</b>                | 180 |
| <b>Phone Calls In/Out</b> | 120 |
| <b>Veteran Contacts</b>   | 211 |

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#### County Manager

Steve Garrison

#### County Commissioners

Bryan A. King, *Chairman*

Alan Toney, *Vice Chairman*

Michael Benfield, Eddie Holland, Greg Lovelace

#### County Office

Hazel Haynes, *Clerk to Board*

Richard Williams, *County Attorney*

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# Towns and County Meeting

August 20, 2015

