



“The Center of the State”

A NEWSLETTER FOR EMPLOYEES OF THE CITY OF ASHEBORO

APRIL 2013

Taking Care of Asheboro is a Cagle Family Tradition

Remember the old Hank Williams, Jr. song, “Family Tradition?” Well, the Cagle family could write its’ own song about the family tradition of working for the City of Asheboro for more than 40 years.

When **Jimmy Cagle** was born, his family lived on City View Street, and then moved a stones throw over to Peachtree Street in 1971. when he was about 8 years old. It was also about that time that his brother **Jeff** was born. Their father, **Willie**, had been working for the City of Asheboro for about a year. **Willie** was hired as the first employee of the Recreation Department, doing mowing and maintenance. His mother worked from home, caning the Kennedy Rockers for P&P Chair Company. **Jimmy** attended McCrary Elementary, then went on to North Asheboro Junior High, and Asheboro High.

Jimmy had a great childhood, hunting and fishing with his father and gardening with his grandparents who lived close by. He played baseball through the 10th grade. He started working at Byrd’s Seafood when he got his driver’s license.

After graduating from high school in 1982, **Jimmy** got a job that summer with First National Bank. The bank had received a grant to help spruce up the city’s parks, so **Jimmy** ended up working with his father. Once the summer was over, he married his high school sweetheart, Diane, and he was hired full-time with the city. He admits that it was a blessing having a father as his boss, but it was also tough. **Willie** was much harder on **Jimmy** than he was the other employees, and expected much more out of him. It wasn’t long before everybody recognized his talent for maintenance and electrical work, so he gradually moved from mowing to helping out with electrical and plumbing work. In 1991, his brother **Jeff** was hired by the city and carried on the tradition.

In the early days, most departments looked after their own mowing and maintenance, but as the departments became more specialized, the Recreation employees were expected to keep up all of the city’s facilities. So, in the early 1990’s, the Grounds Maintenance Department was created and **Willie** and **Jimmy**, along with the rest of the maintenance employees split off from Recreation.

Over the years, **Jimmy** has attended several community colleges, and is licensed in electrical, plumbing, refrigeration,

and general contracting. He is also licensed to do inspections in any of the four trades, including hvac. And he’s helped out our Building Inspections Department many times



over the years. He even taught electrical certification classes at Randolph Community College for several years.

Willie retired in 1997, and with all of his incredible skills and abilities, **Jimmy** was selected as the Assistant Grounds Maintenance Superintendent, and was eventually named Facilities Maintenance Superintendent in June of 2009.

Jimmy feels like the city has changed a lot during his 31 years, mostly for the better. He says he does miss the closeness of the employees in the old days, when the city was much smaller and he knew every single person that worked for the city. He is amazed at the high quality of employees we have now, with high skill levels, a hard work ethic, and professional attitudes. He’s also impressed with the large amount of safety training we have now, and the quality of the equipment. He doesn’t miss the old days of digging water lines with a mattock and a shovel.

The hardest part of being Superintendent for **Jimmy** has been the change from spending all those years as just “one of the guys” to being “the boss.” But he feels like he has the best Facilities Maintenance staff that the city has ever had and he feels so lucky to have so many talented people working for him.

He feels like the city is a good place to work, with good people, and it has been good to him and his family. He likes the freedom of days off, the retirement, and the job security that comes from being a city employee.

Jimmy spends most of his free time doing things with his daughter, Hannah, who is 17 years old. He wants to cherish every minute he can with her before she is grown and gone. It’s funny that all of us who have worked with **Jimmy** over the years feel the same way about him. We want to cherish every minute we still have him working beside of us, sharing his wonderful talents with us, and keeping up the high standards of the Cagle Family Tradition.

April Birthdays

JT Cox	Billy Middleton
Justin Cox	Brad Phillips
Eddie Greene	Mark Porter
Bobbie Hatley	Todd Spencer
Karen Henley	Charles Swiers
Mike Hunter	Frank Voncannon
Sam Lautenschleger	David Wagner
Donald Law	Mike Walker
Randy McNeill	Roy Wright



SPRING INTO APRIL WITH A TASTE OF LEMON

There are many health benefits of lemons that have been known for centuries. The two most effective are lemon's strong antibacterial, antiviral, and immune-boosting powers and their use as a weight loss aid.

Lemons contain many substances – notably citric acid, calcium, magnesium, Vitamin C, bioflavonoids, pectin, and limonene that promote immunity and fight infection. There are so many more benefits from the lemon that does the body good. Some of the benefits are listed below:

Lemon contains citric acid, which can be effective in treating acne. Try drinking lemon juice with water the first thing in the morning. Also, you can wash your face with its juices at night before bed. Also, lemon juice helps keep the skin fresh by removing wrinkles. Lemon Balm has a calming effect: Removes fatigue, Exhaustion, Dizziness, Anxiety, Nervousness, and Tension.

Lemons can also be used as a room freshener, and you can heal canker sores by squeezing lemon juice into a glass of lukewarm water and rinsing your mouth out with it three times a day.

For fever and chills, add the juice of one lemon to a cup of warm water with honey and drink at once, then every two-hours until the fever or chill subsides. Also, for colds and runny nose or sore throat, drink the freshly squeezed juice of one lemon in a glass of lukewarm water every two-hours.

Cure corns and calluses by placing a slice of lemon on the corn or calluses with bandages fasten on for overnight.

Fight fatigue. When feeling fatigue, suck on some lemon juice to help give you back a quick pick-me-up.

Have bad breath? Chewing on a lemon slice after every meal will help take bad mouth odors away.

Lemons also lower hypertension, high cholesterol, cardiovascular disease and stroke, and lemons give the metabolism a kick.

They are good for insect bites and good to keep insects away. Just use a spray bottle with lemon juice and water. Spray areas like picnic areas and children play areas.

For your stomach, lemon juice is a digestive aid and liver cleanser. Drink the juice of one freshly squeezed lemon in a glass of lukewarm water after each meal. The lemon acid will stimulate the production of stomach acid and the activity of stomach muscles. Lemons prevent nitrosamines from forming in the gut.

It helps both in preventing and curing osteoarthritis.

Lemons can also help in the treatment of Gonorrhea and urinary tract infections.

Lemon is also used as a drink. Lemonade helps a lot with diarrhea.

Lemons are good for the mouth. They help in teeth whitening, remove plaque from teeth and strengthen the enamel.

The importance of the lemon is clear. Make it a habit to use it daily.

Welcome to Our New Employees

Environmental Services

Milton Boswell—San Equip Oper I (Part-Time)

Facilities Maintenance

Richard Wilson—Facilities Tech II (Part-Time)

Wastewater Maintenance

Jake Helms—Water/Sewer Equipment Operator I

Promotions

Fire

Roy Wright—Fire Chief

Police

Michael Fulk—Master Police Officer

Condolences

We offer our deepest sympathy to **Tami Garner** (Building Inspections), on the death of her father, **Pete Rich**, on March 7. **Pete** retired as the city's Street Superintendent on August 29, 2005, with over 21 years of service.

Employee Spring Golf Tournament

Saturday, April 20

3:00 p.m.—shotgun start

Entry fee is \$10.00

Trophy and prizes to be given away to winners and closest to the pin winners.

Open to individuals or a team of four. Four person captain's choice. Register by Thursday, April 18. Drop by the clubhouse to register or contact **Andy Nelson**, Golf Professional, or **Bruce Howell**, Assistant Golf Professional, at 625-4158.



Looking for a way to save some money? If your medication costs are draining your wallet, talk to your doctor or pharmacist for a solution. At Prevo Drug, a pharmacist

will be happy to go over your medication list and advise you of any generic alternatives. Generic medications with the City of Asheboro plan are \$4/30 days or \$8/90 days. Call today, 625-4311.

Happy Retirement !!!

Congratulations and best wishes to **Burt Harvey** who retired from the city on March 31, with over 17 years of service. At the time of his retirement, **Burt** served as a Police Lieutenant.