



“The Center of the State”

A NEWSLETTER FOR EMPLOYEES OF THE CITY OF ASHEBORO

OCTOBER 2013

## All Employees Encouraged to Attend 16th Annual Health/Wellness Fair

The Annual Employee Health Fair is always one of the favorite events for city employees. Each and every employee is encouraged to attend. We will have lots of exciting and educational booths for everybody to visit, good food, and plenty of prizes to be given away.

**Date: Wednesday, October 9**  
**Place: Public Works Conference Room**  
**Time: 8:30 a.m. to 2:00 p.m.**

**Refreshments and Lunch will be served!!!** We will have marinated chicken (in lemon sauce), whole potatoes in cream sauce, green beans, baked beans, tossed salad, yeast rolls, peach cobbler, and tea/lemonade.

## 2013 Health Fair Vendors

- Employee Assistance Program**—Frank Horton & Associates (Jaci Betts)
- Northern Safety**
- White Oak Urgent Care**—bone density
- Juice Plus**—the next best thing to fruits and vegetables (Tori Baker)
- Prevo Drug Store**
- Natural Highs**—Free Massage
- Air Gas National Welders** (Steve Baldwin)
- Holistic Health Coach**
- Health 1st Chiropractic and Rehabilitation**
- Triad Foot Center**
- Randolph Hospital**—Cardiovascular, Diabetics Education, and Pulmonary
- Hands & Rehab Specialists of NC**
- Home Instead Senior Care**—Education
- MedCost Benefit Services**
- Dr. McCall Sink**—Chiropractics
- Asheboro Dental Care**
- The Design House Salon & Spa**
- City of Asheboro Nurse Practitioner**
- City of Asheboro Recreation Services and Cultural Services Departments**
- Randolph County Senior Adults**
- Seniors' Health Insurance Information Program**

**Door Prizes** will include blankets from Acme McCrary, gift certificates from Burges Flower Shop, Jeds Barbeque, San Felipe, Sir Pizza, and many more.....



## Don't Get Caught by the Flu Bug!

Free flu shots will be given by City Nurse **Janet Williams** for any interested employee from now until November 22. Also, if you have dependents who are on the city's health insurance plan, they are welcome to come by for flu shots. The Employee Health Clinic will be open from 7:00 a.m. to 4:00 p.m., Monday through Friday. There will be no assigned appointments, just come by when you can work it out with your supervisor.

Remember—The flu is a contagious disease, which can be spread easily by just coughing, sneezing, or sharing nasal secretions. It takes up to 2 weeks for protection to develop after the shot. Protection can last up to a year.

**Marriage** Congratulations and best wishes to **JT Cox** (Operations), and his new bride, Rachel Ingle, who were married on July 26.



## City Employee Golf Tournament

Saturday, October 19  
3:00 p.m. Shotgun Start  
\$10.00 per person  
Captain's Choice

You may sign up as an individual or as a team. Call **Andy Nelson** or **Bruce Edwards** at 625-4158 or drop by the clubhouse to register.

## Reassignment

### Wastewater Maintenance

**Anthony Floyd**—Water/Sewer Technician II

## Condolences

We offer our deepest condolences to the family of our dearest coworker **Kathern Hinshaw**, who passed away on September 8. **Kathern** retired from the city as a Receptionist/Operator on July 31, 1989, with 19 years of service.

## October Birthdays

Ricky Asbill	Alan Kinney
Shannon Auman	Jason Maness
Jimmy Cagle	Trevor Nuttall
Marshall Cook	Jeff Pasour
Nate Davis	Billy Poole
Mark Dildy	Greg Routh
Stewart Gatlin	Tom Scaramastra
Jeremy Gordon	Sherrill Sermon
Jerry Hatley	Gentry Smith
David Hill	Jeremy Sudduth
Timmy Hussey	Joe Terry
Alan Jarrett	Dina Tutterow
Mike Jones (Police)	Matthew Vann
Doug Kinney	Sarah Warner



## 2013 United Way Campaign Begins

The city's 2013 United Way Campaign will be getting geared up in October. Please remember that even the smallest donation goes a long way towards helping the needy in our community. All employees who give any amount of money will have a chance at winning some great prizes. In addition, all "Caring Share" givers (one hour's pay per month) will be eligible for some incredible prizes provided by the city.

As in the past, the Randolph County United Way is offering all those who give at least \$100 a chance to win a car. All "Caring Share" givers in Randolph County will have a chance to win two recliners from Klaussner Furniture, a set of tires from Oliver Rubber, or a one-year family membership at the YMCA.

### Promotions

#### Cultural Services

Michaela Moffitt– Cultural Aide III (Part-Time)

#### Fleet Maintenance

Jeff Fox – Fleet Maintenance Superintendent

#### Police

Logan Conner– Police Officer II

Michael Welborn– Master Police Officer

#### Wastewater Maintenance

Jake Helms– Water/Sewer Operations Supervisor

#### Water Maintenance

David Johnson– Asst. Water/Sewer Maintenance Supt.

#### Water Meter

Greg Allred– Meter Reader II

David Wilburn—Meter Reader II

## October Service Anniversaries

### 25 Years

Bill Barton– Fire Inspections

Alan Jarrett– Fire

John Smith – Fire

### 20 Years

Richard Thompson– Police

### 15 Years

Dina Tutterow– Water Quality

### 5 Years

Joe Hunt– Police

Tim Marley—Police

**Happy Retirement !!** Congratulations and best wishes to **Felix Ward** (Cultural and Recreation Services) on his retirement on August 31, with 20 years of service. At the time of his retirement, Felix served as the Cultural and Recreation Services Director.

### Dual Employment

#### Facilities Maintenance

Terry York—Facilities Technician I (Part-Time)

## Vitamin D Anyone?

Vitamin D – known as the "sunshine vitamin." Vitamin D is produced by the body in response to being in the sunlight. It is also in some fish, fish liver oil, egg yolks, dairy products and grain products. Vitamin D stimulates the absorption of calcium in our bodies, and it is so vital for our bones, muscle function, immune system, circulation, the respiratory system, and brain development. Vitamin D deficiency has been linked to an increased risk of cancer. Scientists are also now looking at how adequate Vitamin D levels may be important for decreasing the risk of high blood pressure. There are so many more benefits of Vitamin D. It definitely does your body good. You are certainly Vitamin D deficient if you any of the following ailments:

Respiratory disease / infections in children, Muscle Weakness, Psoriasis, Chronic Kidney disease, Diabetes, Asthma, Periodontal disease, Cardiovascular Disease – Congestive Heart failure is associated with Vitamin D deficiency, Schizophrenia and Depression, Cancer – Noted: "The Association for Cancer Research, revealed that increased doses of the sunshine vitamin were linked to a 75 percent reduction in overall cancer growth and 50 percent reduction in tumor cases among those already having the disease."

"Prevention is Proactive"

Take your Vitamin D3

Intake Levels for Vitamin D:

Infants 0-12 months 1000 IU

Children 1-18 years 2000 IU

Adults 19- and older 2000 IU

Some experts are recommending for 19 years and older to take 2000 to 5000 IU a day. That may seem like a lot but to put it in perspective, the skin produces approximately 10,000 IU of Vitamin D in response to 20 to 30 minutes of summer sun exposure. To get the same amount from milk you'd have to drink about 100 glasses.