

May 2012

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Women – Your Health is a Top Priority

Submitted by Kim Horton, Henderson County Department of Public Health

A woman plays many roles as mom, wife and daughter, but often she puts the needs of the people she loves and cares for above her own needs. Her children's doctor appointments are always made. She makes sure her elderly mom and dad get to the store. She and her husband attend all their child's soccer games. These are all important to do, but meeting these needs means a woman's needs are usually in last place or not met at all. Eventually her own health and well-being suffer, and she is no longer able to continue the care giving that her loved ones depend on.

If you are that woman, you need to make your own well-being a priority. Taking care of yourself first is the focus of National Women's Health Week, a nationwide observance held each year that begins on Mother's Day. This year, it begins on May 13 and is celebrated through May 19. National Women's Health Week encourages women to make their health a top priority and take steps to improve their physical and mental health and lower their risks of certain diseases.

How many of the following guidelines do you practice?

- I visit a health care professional for regular checkups and preventative screenings.
- I am active for at least 30 minutes every day.
- I eat at least 5 fruits and vegetables every day.
- I get enough sleep and try to manage my stress.
- I practice safety and avoid unhealthy behaviors such as smoking and not wearing a seatbelt or bicycle helmet.

Maybe you have good intentions about your health but never quite get around to doing what you know you should be doing. Try this. For the next month, focus on only one new healthy behavior. Ask your partner or a friend to encourage you and hold you accountable. Next month, choose another activity to add to your goals. Think how much better you could feel in a month or two.

Don't put your own well-being in last place. To inspire you to get started, take a look at these resources below:

- **23 and ½ hours: What is the single best thing we can do for our health?** For a surprising answer, watch this at www.youtube.com/watch?v=aUalnS6HIGo.
- **MyEatSmartMoveMore.com** is your source for tips and information to help you eat smart and move more everyday! They also have a free monthly newsletter to sign up for that has tips and ideas to help you eat smart and move more! The website is www.myeatsmartmovemore.com.
- **QuitlineNC** helps you quit smoking by pairing you with a Quit Coach who will help you make a plan to quit for good. The service is free. Call the Quitline NC at 1-800-QUIT-NOW any time from 6 a.m. until 3 a.m., seven days a week, to sign up, or visit www.quitlinenc.com.

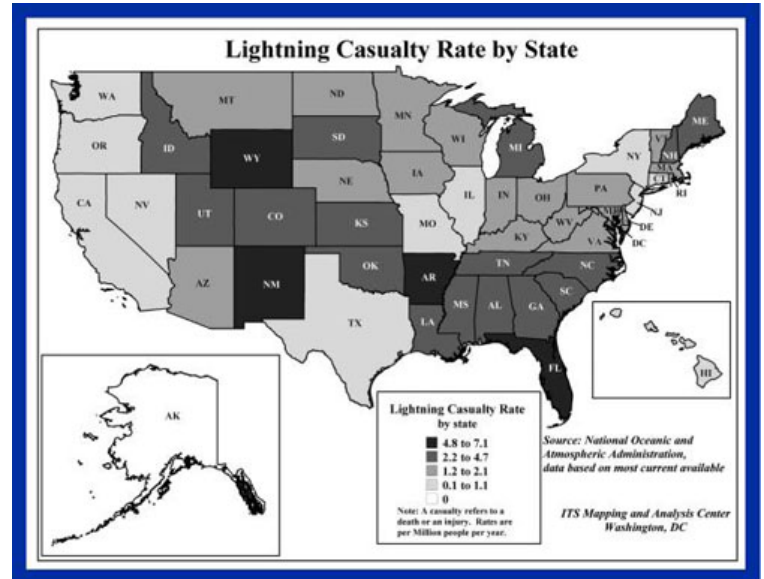
Lightning Safety

Submitted by Rocky Hyder, Emergency Services Director

As we move into the late spring and summer season thunderstorms become more frequent and the risk of lightning strikes increase incrementally with thunderstorms and outdoor activity. In the US, an average of 300 people are injured and 80 people are killed each year by lightning. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms.

Lightning Facts

- Lightning's unpredictability increases the risk to individuals and property.
- Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.
- "Heat lightning" is actually lightning from a thunderstorm too far away for thunder to be heard. However, the storm may be moving in your direction.
- Most lightning deaths and injuries occur when people are caught outdoors during the afternoon and evening.
- Your chances of being struck by lightning are estimated To be 1 in 600,000, but could be reduced even further by following safety precautions.



Lightning Safety

- Remember the 30/30 lightning safety rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.
- Use a corded telephone only for emergencies. Cordless and cellular phones are much safer to use.
- Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage to household appliances.

Food Preservation Classes

Submitted by Ivy Olson, Cooperative Extension Administrative Assistant

It is that time of the year again where we begin thinking of preserving some of the summer's garden bounty. Whether you're an experienced canner or a novice at food preservation, you'll want to attend one of the four workshops, "**Food Preservation: Canning High and Low Acid Foods**" offered on April 30 at 2 p.m. and again at 6:30 p.m. at the North Carolina Cooperative Extension Office, located in Jackson Park.

"**Food Preservation: Canning High and Low Acid Foods,**" Part 2 of our Food Preservation series will be offered on May 14 at 6:30 p.m. and again on May 16 at 2:00 p.m. Are you interested in making jams, jellies, pickles and relishes. If so, this class is for you.

Sponsored by the N.C. Cooperative Extension Service, the program will cover all the latest on canning high and low acid foods, making soft spreads and pickles, and freezing and dehydrating. Cost for the programs is \$10.00 and pre-registration is required. Call the Henderson County Extension Office at (828) 697-4891 one week prior to the workshop to register.



Library Elf

Submitted by Simon Coultas, Librarian, Henderson County Public Library

Keep track of your library card account with Library Elf. The Library Elf is a service that will email you to notify you of items on hold, items that are due and items that are overdue. If you prefer, the Elf will send you a text message. If you have multiple card holders in your family you can put all the card into one Elf account making it easier to keep track of what the whole family has checked out.

To sign up for this service visit the library website and click on the green Library Elf link.

Please note that Library Elf notifications are sent in addition to the traditional mailed and telephone notices you receive directly from the Library. If you no longer wish to receive the latter please let a staff person know that you prefer to use the Elf service exclusively and we will no longer call or mail notices.

Rabies Vaccination Clinic for Dogs

Submitted by Brad Rayfield, Animal Services Director

There is a rabies vaccination clinic for dogs to be conducted by Henderson County Veterinarians during the week of May 7, 2012 through May 12, 2012. The clinic will be held at the Veterinarian's office **BY APPOINTMENT ONLY** for a reduced fee of only \$7.00 per dog. State law and county ordinances requires all dogs four month of age and older to have a current vaccine.

For an appointment, please call one of the following veterinarians:

All Saints Animal Hospital.....	(828) 697-1717
Animals R Us Veterinary Clinic.....	(828) 693-7387
Animal Care Clinic.....	(828) 692-7201
Apple Valley Animal Hospital.....	(828) 685-1650
Etowah Valley Veterinary Hospital.....	(828) 890-1401
Fletcher Animal Hospital.....	(828) 684-4244
Haywood Animal Hospital.....	(828) 697-0446
Health Care for Pets Hospital.....	(828) 891-4848
Hendersonville Veterinary Hospital.....	(828) 692-0561
Kanuga Animal Clinic.....	(828) 692-0941
Laurel Park Veterinary Hospital.....	(828) 697-5686
Merry Forest Animal Hospital.....	(828) 890-2471
Mills River Animal Clinic.....	(828) 891-9685
North State Animal Hospital.....	(828) 692-1902
White Oak Veterinary Hospital.....	(828) 687-2803

4-H Mini-Gardening

Submitted by Ivy Olson, Cooperative Extension Administrative Assistant



In this project, youth will plant a 10' x 12' vegetable garden at home and maintain a garden journal. All county youth, ages 9-18, as of January 1, 2012 are eligible to participate. 4-H will provide all the seeds and plants for the garden at no charge. Each child will plant the same vegetables. For more information and a registration form, please visit <http://henderson.ces.ncsu.edu/4-H>. Twenty space are allotted for this project, and these spaces will fill on a first-come, first-served basis. **NO TELEPHONE RESERVATIONS ARE ACCEPTED.** You may mail, email, or fax your registration form.

Mini-Gardening Orientation: Tuesday, May 15 at 7:00 p.m. at the Bullington Center on Zeb Corn Rd. At this session, children will receive seeds and plants and will learn how to prepare and plant the garden. A parent and/or adult helper should plan to attend the workshop with each child. Please bring written directions to your house, from Jackson Park, when you come to orientation.

Mini-garden volunteers will visit each child's garden twice during the summer to give pointers, evaluate the care of the garden and review the garden journal. Judging dates for mini-gardens will be in June and July. Youth will submit their journal for judging by Friday, August 3. The garden journal and the overall care of the garden throughout the project are used to determine winners. Cash prizes will be awarded. Winners will be announced at the Mini-Gardening Awards Program/Pot Luck Dinner on Tuesday, August 14, 6:00 p.m. Each child brings a dish for the dinner using vegetables from his or her garden.

Note: This program is only available to Henderson County residents. Former mini-garden participants may repeat this program, if there is room. Newcomers' names will be added first.



Garden Jubilee Festival

Submitted by Karen Baker, Henderson County Travel & Tourism

The 18th Annual Garden Jubilee is Historic Hendersonville's premier lawn & garden show, and one of the largest gardening shows in Western North Carolina. The Garden Jubilee is a spectacular two day festival, held on Saturday, May 26 & Sunday, May 27 of Memorial Day weekend. Gardening is one of America's favorite pastimes and the Blue Ridge Mountains provide a healthy environment for growing a vast variety of flowers and plants. Bring a wagon or a cart to make transporting your plants easier.

The centerpiece of the Garden Jubilee is more than 250 vendors lining Main Street and the Lowe's Expo, located at the Visitors Information Center (201 South Main Street). A series of free lectures is presented throughout the 2 day show by garden experts and national lawn & garden representatives.

Local and regional nurseries will be selling 1000's of annuals, perennials, vegetables, herbs and hard to find plants on every block of the festival. A great way to enhance the beauty of a garden is to add ornamentation. There will be handmade lawn furniture, jewelry, garden tools, yard art, planters, wind chimes, birdhouses, as well as soaps, and pottery. Garden related vendors will be located on Main Street in Historic Downtown Hendersonville from Sixth Avenue to Second Avenue. Main Street will be closed to traffic from Sixth Avenue to Caswell Street, with vendors living both sides of the street. A variety of food vendors will be located in the food court, between Barnwell & Caswell Streets.

The Lowe's Expo will offer free garden clinics, plants for sale, free hands-on kids clinic and beautiful backyard displays. Nationally known lawn and garden product specialists will be giving free one-on-one advice and samples of their products. If you have a question or need advice about your garden or lawn, you've come to the right place. The Lowe's Kids Clinic located at the Visitors Information Center will offer free hand-on building projects for children ages 4-12.

The Garden Jubilee Hospitality Tent will be located in the Historic Courthouse block, between First & Second Avenues. The Hospitality Tent offers shoppers an area to leave their plants and other purchases while they continue to shop. A festival map and vendor directory will be available for shoppers searching for a particular vendor, product or general information.

Southern Living Magazine's landscape & garden specialist, Bill Slack, will be returning by popular demand to Garden Jubilee in the Lowe's lawn and garden tent located at the Visitors Information Center. Bill Slack has been a landscape and gardening specialist with *Southern Living Magazine* for 19 years and is making his 10th appearance at Garden Jubilee. He will be giving free clinics in the Lowe's lawn and garden tent. Mr. Slack will offer three talks on Saturday, May 26 at 11:00 a.m., 1:00 p.m. and 3:00 p.m.; and two on Sunday, May 27 at 1:00 p.m. and 3:00 p.m. He is a registered landscape architect, author and lecturer appearing on many national radio & TV programs. He was named the Outstanding Extension Landscape Architect in the US by the American Society of Landscape Architects. Bill has completed his 19th publication *Southern Living Garden Guide to Landscaping*. In between Mr. Slack's talks, product representatives from Stay Green, Spectracide, Pennington Lawn & Garden Products and Old Castle will give informative talks and helpful tips.

Please leave your pets comfortably at home, Hendersonville City ordinance prohibits animals in the event area.

Memorial Day weekend is the kick-off to the summer season, spend it in Historic Hendersonville, visit www.historichendersonville.org. For more information call Henderson County Travel & Tourism at (828) 693-9708 or (800) 828-4244. Garden Jubilee is coordinated, produced and sponsored by Henderson County Travel & Tourism.

Sponsored by:

"Lowe's – Let's building something together"
Golf Cart Center & Affordable Equipment Rental
Henderson County Travel & Tourism

4-H Summer Fun

Submitted by Ivy Olson, Cooperative Extension Administrative Assistant

Sewing Camp – Learn How to Sew a Pajama Eater

Open to ages 10-18, beginners are welcome. 4-H membership not required. 4-H will provide volunteer instructors to help each child learn to use a sewing machine and a kit with all the materials needed to complete the project. (Your pajama eater will be unique and will not look exactly like the sample).



Space is limited and will fill on a first-come, first-served basis upon receipt of the registration form and payment of the required \$15 fee. Please bring correct change or make check payable to "Henderson County 4-H". Registration deadline is June 25th. For more information please visit henderson.ces.ncsu.edu/4-H or call NC Cooperative Extension/Henderson County 4-H at 697-4891.

Camp is offered in the afternoons July 9-13 from 1:00 to 4:00 p.m. or in the mornings July 16-20 from 9:00 a.m. to noon.



Zentangle Art Class – Back by Popular Demand!

"A new form of artistic expression, where anything is possible, one stroke at a time."

Zentangle is easy to learn and east to do. It's relaxing and fun and helps to increase focus and concentration. Zentangle required no special abilities and no costly equipment. It's portable and can be done almost anywhere. Two instructors will guide you as you learn to create your own unique designs.

The class is open to rising 5th graders through age 18. 4-H membership is not required. The \$15 fee includes all supplies. You will receive a sketching pencil, a pen with archival link, a small sketch book and a cloth bag to hold your supplies.

Class size in limited and will fill on a first-come, first-served basis upon receipt of the registration form and payment of the required fee. Please bring correct change or make check payable to "Henderson County 4-H". Registration deadline is June 25th. For more information please visit henderson.ces.ncsu.edu/4-H or call NC Cooperative Extension/Henderson County 4-H at 697-4891.

The class runs July 30 – August 3 (no class on Wednesday, August 1).

DSS Yard Sale

Submitted by Darlene Stone, Foster Parent Recruiter and Training Coordinator, DSS

The Henderson County Department of Social Services & Safe Kids will host a giant yard sale, car wash and child safety seat check in the Health Department Parking Lot (1200 Spartanburg Highway) on Saturday, May 12 from 8 a.m. to noon. Space can be reserved with a minimum \$10.00 donation. Please make checks payable to Henderson County DSS. To be a part of this event and reserve your space please contact (828) 694-6252/(828) 243-9961 or email families4kids@hendersoncountydss.org. Please make your reservation no later than May 4th.

In addition, HCFPA is also collecting items for their own table this year. Clothes, shoes and broken items will not be accepted. If you have anything you would like to donate please drop it off the day of the sale.

Proceeds benefit the Henderson County Foster Parent Association (HCFPA) which supports school supplies for foster children, recognizing foster children's birthdays, ongoing education for foster/adoptive families, children's activities and maintaining a foster closet.

Commissioners Move Forward with Creation of 4th Community Plan for Green River, Tuxedo and Zirconia

On April 2, 2012, the Henderson County Board of Commissioners approved the creation of a community plan for the Green River, Tuxedo and Zirconia area. This represents the fourth community plan undertaken by the County. The County completed the first three community plans (Etowah-Horse Shoe, Edneyville and Dana).

As with the previous three plans, the Commissioners will appoint an advisory committee to work with planning staff to draft a plan for this area. The committee will consist of up to 11 persons including 9 voting members that live, operate a business, or own property within the boundary of the community plan. The Board of Commissioners will also appoint a non-voting liaison from the Henderson County Planning Board. Due to the proximity of the Village of Flat Rock, the charter provides for a non-voting liaison from the Village to serve as its representative.

Residents, business and property owners of Green River, Tuxedo and Zirconia are encouraged to participate in the community planning process for their area. Henderson County Board of Commissioners Chairman Tommy Thompson states, "This planning process provides an excellent opportunity for residents to directly shape the county services and policies for their community. We are looking for volunteers with a variety of backgrounds including business owners, residents, farmers, summer camp operators and others."

The planning process typically takes place over an 18-24 month period and uses a variety of means to obtain public input. The plan will address issues related to land use & development, community facilities & public services, agriculture, economic development, housing, transportation, community character & design, and natural & cultural resources. Once the plan is completed by the committee, the County Planning Board will review and provide comment prior to consideration by the Board of Commissioners.

Planning Director Anthony Starr stated, "The plan when completed will include specific recommendations for this area of the County and will guide future growth and county policy in these communities based on the residents' input and wishes."

The committee application and detailed information, including the planning boundary, committee charter and process for Green River, Tuxedo and Zirconia are available at www.hcplanning.org or www.hendersoncountync.org. For more information about the community planning process, please contact Senior Planner Autumn Radcliff or Planning Director Anthony Starr at 697-4819, or email: planning@hendersoncountync.org.

