



Team Bladen

November 2014
Bladen County
Government Newsletter

4 K



4 FOOD



A Walk-Run Stroller Fundraiser to benefit Bladen Crisis Assistance

Saturday, November 22, 2014 – 9:00 A.M.
at the Industrial Park In Elizabethtown

Pre-register BY NOVEMBER 7, 2014

For a t-shirt in your size provided by
Healthworks Fitness and Wellness!

\$15 - Individuals \$30 – Family

**Registration on the morning of the event begins at 7 A.M.,
with a \$5 late fee per category.**

**T-shirt sizes are guaranteed only if registrations are re-
ceived by November 7, 2014.**

STROLLERS ARE WELCOME!

Entry forms are available at Healthworks, the Town of Elizabethtown, Elizabethtown-White Lake Chamber of Commerce, NC Cooperative Extension office, Bladen Community College, Bladen 4-H, Bladen County Library and the Bladen County Health Department.

**ALL PROCEEDS BENEFIT BLADEN CRISIS
ASSISTANCE!**

Submit your completed entry form and payment before November 7th, to be guaranteed your t-shirt size of your choice! Return entry forms to Healthworks Fitness and Wellness, 1001 W. Broad Street, Elizabethtown.

Department Heads:
Co. Manager : Greg Martin
Animal Control : Kory Hair
Building Inspections:
Matt Chadwick
Clerk of Courts:
Nikki Dennis
Computer Operations:
Robin Hewett
*Consolidated
Human Services*
Health: Cris Harrelson
DSS: Vickie Smith
Economic Development:
Chuck Heustess
Elections: Cynthia Shaw
Emergency Services:
Fire: Bradley Kinlaw
EMS: David Howell, Jr.
Extension:
Ryan Harrelson
Finance: Lisa Coleman
Human Resources:
Amy Pharr
Library:
Operations: Robert Mazur
Planning: Greg Elkins
Recreation: Grant Pait
Register of Deeds:
Beverly Parks
Revenue: Christopher Ellis
Senior Services: Joan Allen
Soil & Water: Dean Morris
Sheriff: Prentis Benston
Water: Randy Garner



Fall Harvest Foods



It's not just the leaves that start changing color when fall takes hold. At farmer's markets and on produce shelves, the landscape shifts as well, ushering in a new array of **reds**, **oranges**, **yellow**s and creamy whites. To help you explore the best of the season, we've rounded up our **fall-harvest** favorites!

APPLES The star of fall, these crisp, vitamin C-packed orbs are as versatile as can be—sautéed or roasted until soft and served with meat, or paired with sugar and spices, like cinnamon and nutmeg, for a decadent dessert. Certain varieties, such as Jonathan and McIntosh, begin to crop up in mid-September; others, including Jonagold and Braeburn, appear later in fall through early December.

PUMPKIN They make for delicious pies, but pumpkins can offer so much more! These orange beauties, which are related to squash and begin to appear in late September until November, contain a bevy of antioxidants, as well as vitamin A and fiber. They can be boiled, roasted or steamed, and turned savory for stews and side dishes, or sweet for desserts. While the big ones are best for carving, stick to smaller pumpkins with smooth, unblemished skin for cooking—they'll have more flavor.

BEETS Scarlet colored or golden, beets are a brilliant addition to your fall menu. Loaded with foliate, potassium and much more, they're best from June through the end of October. Earthy and tangy, fresh beets are terrific roasted and served alone, atop a salad or spun into soup.

BUTTERNUT SQUASH This great gourd should be a mainstay of your meals beginning in October until December. It's hearty, filled with fiber and vitamins A and C, and is extremely versatile. Look for butternut squash that's pale, blemish-free and heavy for its size. Then roast it, sauté it or simmer it in a soup—cooking it up savory style with various herbs, or bringing out its sweetness with maple syrup, ginger or apples.

PEARS Early October kicks off pear season, which lasts well through winter—and good thing, because these juicy, soft-skinned fruits are fantastic in savory and sweet dishes. Myriad varieties are available, ranging in color (bright yellow to brown) and texture (crisp to buttery). Whatever the type, seek out those that are blemish-free, plump and have a stem intact. Once soft to the touch, they're ready for eating alone, baking, boiling or poaching.

CAULIFLOWER October ushers in this low-calorie member of the cabbage family, which is chockfull of vitamins, minerals and fiber. It has a delicate flavor and hearty texture, which is brought out best by roasting (though it can also be steamed or boiled). It's delicious as-is, diced into chunks or pureed smooth, and can be used in soups or side dishes. Whether you go for the white, orange or purple variety (there's no difference in taste), choose cauliflower with firm florets and bright outer leaves that aren't wilted or moldy, and it will keep in the fridge for up to five days.

PARSNIPS Ever wondered what that pale carrot look-a-like is in the produce aisle? Most likely it's a parsnip, the unsung hero of the root vegetables. Fibrous and slightly sweet, they're a triple threat, containing vitamins, minerals and fiber. Available in late fall and through winter, select parsnips that are on the small side, and are firm and blemish-free. Peel them as you would a carrot, and then steam, roast or sauté.

POMEGRANATES Although it takes a little elbow grease to harvest the goods (otherwise known as arils) out of this ruby red fruit, it's well worth the effort. Not only are pomegranates rich in antioxidants, vitamins and minerals, but they also have a piquant taste and unique crunch that perks up salads and desserts, and, in juice form, makes for a great marinade. Available from late October until February, choose fruit that's heavy for its size and has smooth skin.

SWEET POTATOES Often mistaken for yams, sweet potatoes are in fact a vitamin-rich tuber of their own. Pale brown to purple on the outside and vivid orange inside, this sweet-tasting starch is at its peak around November until January, and offers beta-carotene, fiber, potassium, and vitamins A and C. Baked, boiled or roasted, they work as a side or in a main dish, mashed, chunked or in slivers. Like potatoes, opt for small-to-medium-size taters that have smooth skin, with no cuts or soft spots.

Make the most of autumn by scooping up these seasonal eats!

November 2014

- 1 Bladenboro Annual Rotary Club Pancake Breakfast, 7:30 AM, Bladenboro Historical Building
Early Voting Ends, 1 PM, Bladen County Public Library, Elizabethtown
Diabetes Health & Wellness Event , 10 AM – 1PM, Cape Fear Valley Education Center
“Pulling For Cody” Benefit, 12 PM, White Lake
White Lake Fright Night , 9 PM – Midnight, Camp Clearwater

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3 Prayer Service 8:15 AM

4 Division Manager’s Meeting 11 AM

ELECTION DAY

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6 Kuraray Ribbon Cutting, 10 AM, Dupont Campus

7 United Way “Day of Caring”, 7:30 AM, Farmer’s Market, Elizabethtown
Bladen County Senior 2nd Annual Fall Festival, 2 PM, Senior Center

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10 Veterans’ Day Celebration, 11 AM, National Guard Armory
Board of Commissioners Meeting, 6:30 PM

11 **VETERANS’ DAY, COUNTY OFFICES CLOSED**

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13 Bladen County Fire Assn., 6 PM, White Lake

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15 “Cool Schools” Motorcycle Festival, 9:30 AM Elizabethtown Middle School

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17 Board of Commissioners Meeting, 6:30 PM

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19 Bladen County Employee Appreciation Luncheon, 11:30 AM –2 PM

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22 4K4 Walk-Run-Stroll Fundraiser, 9 AM, Industrial Park
A Joey Merritt Benefit Bike Ride, 9 AM, Hickory Grove Fire Department

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27 **THANKSGIVING , COUNTY OFFICES ARE CLOSED**

28 **COUNTY OFFICES ARE CLOSED (BLACK FRIDAY)**

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WE SALUTE OUR VETERANS!

This month, take the time to thank a Veteran for their service to our country.

Our grandparents, parents, uncles, and aunts served during WWII, Korea, Vietnam, Desert Storm and many other conflicts.

Now there's a younger generation of patriots - sons and daughters, nieces and nephews. ALL helping to make this county strong!

Thanks to Retired and Active Duty Personnel,
We live in a FREE Country!

WE SALUTE EACH AND EVERY ONE OF YOU!

VETERANS' DAY CEREMONY SET!

The 2014 Veterans' Day Ceremony
will be held
at the Elizabethtown National Guard Armory
on Monday, November 10, 2014
at 11 AM.

ARMY! NAVY! AIR FORCE! MARINES!
COAST GUARD! NATIONAL GUARD!



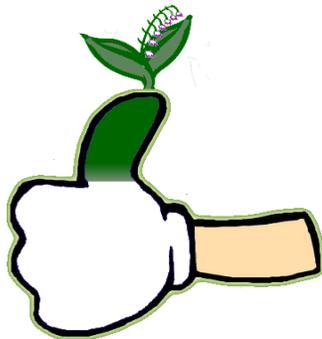
THIS EVENT IS FREE!

Fire Chief Bryon Graham will retire from the Elizabethtown Fire Department effective January 2015. New Fire Chief Nick West will take his place. Graham joined the fire department in November 1998 as a paid fireman and in July 2008 was promoted to fire chief. He is married to Barbara McLaney Graham and they have three daughters: Toni Cross, Amber Sholar, Kelly Johnson; and nine grandchildren.

Haley Hall represented Bladen County at the National 4-H Revue in Mobile, Alabama. This year's National Association (NACAA) Conference was hosted Auburn University. This organization is geared toward Extension educators and other professionals who work in agriculture, horticulture, forestry and natural resources, 4-H youth development, community development, administration, aquaculture and Sea Grant, and related disciplines.

BRING THE OUTSIDE IN!

Houseplants do more than just pretty up a room. They breathe in carbon dioxide and churn out oxygen, No **green thumb**? Try a low-maintenance spider plant!



GET OFF YOUR CAN !

The end of summer can be traumatic for those of us who think anything below 40 degrees qualifies as 'arctic.' With kids back to school and holidays on the way, it may be a challenge to find time to exercise, especially when there's not as much daylight. Walking is one of the best ways to get in extra exercise throughout the day and, with cooler weather, you can often get away with it without sweating too much, something that may make it easier to fit it in all day long. All you really need is a good pair of walking shoes and, perhaps, some fall winter gear to keep you warm, dry and protected. Get off your can and gear up for fall fitness today!



BLADEN COUNTY SENIOR CENTER

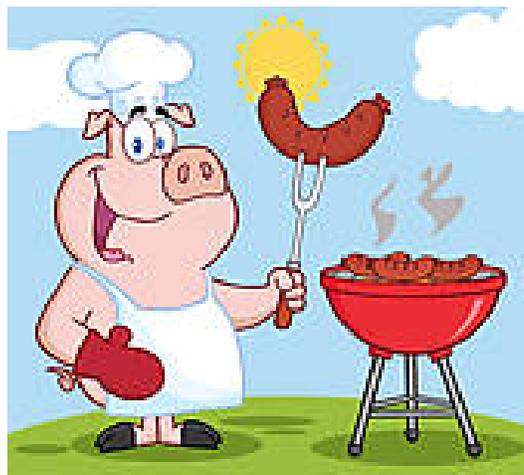
2ND ANNUAL

FALL FESTIVAL

NOV. 7, 2014 2 P.M. - 6 P.M.

BBQ CHICKEN/ BBQ PORK DINNER PLATE SALE \$7

Senior Center Director: Amy Ruffin



For tickets or questions call today! (910) 872-6331

ALL PROCEEDS GO TO BLADEN COUNTY SENIOR CENTER

[www.bladen
info.com](http://www.bladeninfo.com)

...because it takes **ALL** of us!



Reasons to **Register** & **Vote**

- It's your money.
- It's your children's education.
- It's your healthcare.
- It's your social security.
- It's your neighborhood.
- You live in North Carolina.
- IT'S YOUR JOB!



GENERAL ELECTION UNDERWAY IN BLADEN

Absentee voting by mail began September 5, 2014. The last day to request an absent ballot by mail was Tuesday, October 28. ALL absentee ballots must be postmarked by

ELECTION DAY, TUESDAY, NOVEMBER 4, 2014 by 5 p.m. or hand delivered to the Bladen County Board of Elections office by the voter or the voter's near relative. You must be registered to vote in Bladen County to be eligible to vote. There will no longer be in-person registration during one-stop voting according to Session Law 2013-381 passed by the North Carolina General Assembly.



BLADEN COUNTY BOARD OF ELECTIONS

P.O. BOX 512
301 S. Cypress Street
Elizabethtown, NC 28337
910-862-6591
elections@bladenco.org

Director – Cynthia Shaw
Deputy Director – Marsha White
Assistant Deputy Director – Gina P. Ward