

Warren County Board of Commissioners



PUBLIC SERVICE ANNOUNCEMENT

To satisfy open meeting requirements, the Warren County Board of Commissioners' office provides notices, announcements and agendas of Commissioners' meetings by e-mail to any interested citizen. Please send your contact information including e-mail address to

paulapulley@warrencountync.gov

to be added to the "Sunshine List". Information is also available to the public by regular mail for a minimal fee, call (252) 257-3115 to inquire about receiving Board of Commissioners' meeting information by postal mail.

A "Community Events" distribution list has been created to assist with circulating information into the community for non-profits and not-for-profit programs that benefit citizens. To have information regarding your program or event circulated by e-mail, forward a flyer with full details (event type, date, time & location) to the Clerk to the Board of Commissioners' office no less than **fourteen (14)** days in advance of your event, send to:

angelenakdunlap@warrencountync.gov.

Warren County administration strives to keep you informed, therefore a weekly radio program "The Warren County Report" is available on WARR radio 1520 AM Thursdays at 11:45 am with information for you the Warren County citizen.

November National Days

November 1st

National Calzone Day*

National Authors' Day

National Family Literacy Day

National Cook For Your Pets Day

National Vinegar Day

National Deep Fried Clams Day

National Brush Day

November 2nd

National Deviled Egg Day

Traffic Directors Day – Nov 2 Except if it falls on a weekend, then it's the following Monday

November 3rd

National Housewife's Day

National Sandwich Day

National Men Make Dinner Day (Must Cook.

No BBQ Allowed!) – First Thursday in November

November 4th

National Jersey Friday*

National Chicken Lady Day

National Candy Day

National Stress Awareness Day

November 5th

National Doughnut Day

National Love Your Red Hair Day*

November 6th

National Nachos Day

Saxophone Day

Daylight Saving Time Ends – First Sunday in November

November 7th

National Bittersweet Chocolate with Almonds Day

Color the World Orange Day

National Canine Lymphoma Awareness Day

November 8th

National Cappuccino Day

National Harvey Wallbanger Day

National Parents as Teachers Day

National STEM/STEAM Day*

November 9th

Microtia Awareness Day*

National Scrapple Day

November 10th

Marine Corps Birthday

National Forget-Me-Not Day

National Vanilla Cupcake Day

November 11th

National Sundae Day

Veterans Day

November 12th

National Pizza with the Works Except

Anchovies Day

National Chicken Soup for the Soul Day

November 13th

National Indian Pudding Day

November 14th

National Pickle Day

National Spicy Guacamole Day

November 15th

National Bundt (Pan) Day

National Philanthropy Day

National Clean Out Your Refrigerator Day

National Spicy Hermit Cookie Day

National Raisin Bran Cereal Day

America Recycles Day

November 16th

National Fast Food Day

National Button Day

National Educational Support Professionals Day – Wednesday of American Education Week

November 17th

National Baklava Day

National Take A Hike Day

Great American Smokeout – Thursday Before Thanksgiving

November 18th

National Vichyssoise Day

Mickey Mouse Birthday

November 19th

National Carbonated Beverage With Caffeine Day

National Play Monopoly Day

National Adoption Day– Saturday Before Thanksgiving

November 20th

National Peanut Butter Fudge Day

National Absurdity Day

November 21st

National Stuffing Day

November 22nd

National Cranberry Relish Day

November 23rd

National Jukebox Day* – Day Before Thanksgiving

National Cashew Day

National Eat a Cranberry Day

National Espresso Day

Tie One On Day – Day Before Thanksgiving

November 24th

National Sardines Day

National Day of Mourning – Fourth Thursday in November

Thanksgiving Day – Fourth Thursday in November

Turkey-free Thanksgiving – Fourth Thursday in November

November 25th

National Parfait Day

Blase' Day

Shopping Reminder Day

National Day of Listening – Day After Thanksgiving

National Native American Heritage Day – Day After Thanksgiving

Black Friday – Day After Thanksgiving

Buy Nothing Day – Day After

November 25th - Cont'd

Thanksgiving

Flossing Day – Day After Thanksgiving

Maize Day – Day After Thanksgiving

You're Welcomegiving Day – Day After Thanksgiving

November 26th

National Cake Day

Small Business Saturday – Saturday After Thanksgiving

November 27th

National Craft Jerky Day*

National Bavarian Cream Pie Day

November 28th

National French Toast Day

Cyber Monday – Monday After Thanksgiving

November 29th

Electronic Greetings Day

National Day of Giving –

#GivingTuesday – Usually Follows Cyber Monday?

November 30th

National Mousse Day

National Meth Awareness Day

Computer Security Day

Stay Home Because You're Well Day

Rockefeller Center Tree Lighting – Changes Annually

The Town of Warrenton, Warren County Jaycees
& Warrenton Revitalization Committee Present

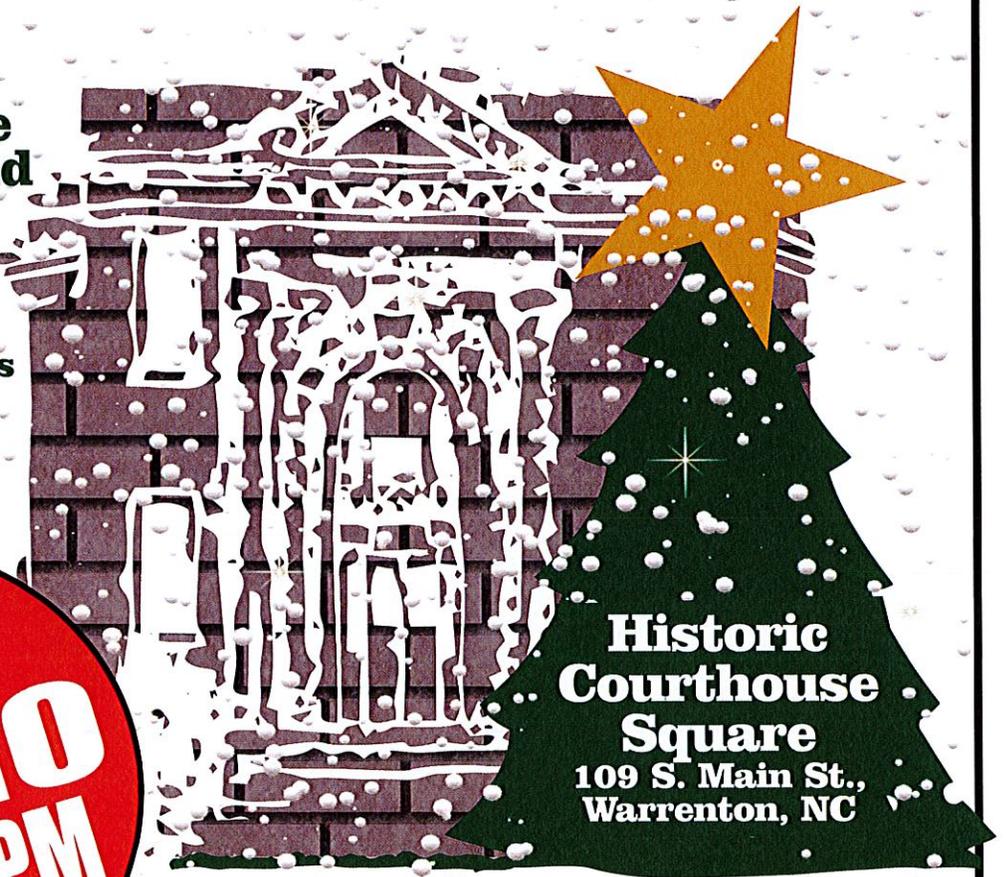
The Prelude to Christmas & Parade

Featuring the

**Vance-Granville
Community Band**

& Holiday Tunes by

**DJ Lee Burrows
Solid Sound Productions**



**Saturday
Dec 10
4 PM - 8 PM**

**Historic
Courthouse
Square**
109 S. Main St.,
Warrenton, NC

**Enjoy the parade,
lighting of the
Courthouse Christmas
tree and visits with
Santa.**

**For More Information Contact: 252-257-1122
E-mail: TownAdministrator@Warrenton.nc.gov
Handicap parking will be available on Market Street.**



Attend the 2017 NC Farm School, Eastern Piedmont Session

**Realize the dream of owning your own farm!
Learn from the successful farms of our graduates!**



Classes will meet at the Franklin County Extension Center on:
February 13th and 27th, March 13th and 27th, April 10th and 24th, May 8th and 22nd

Farm Field Days to be held on:
March 22nd, April 19th, May 17th, June 14th

Information Sessions to be held as follows:
Franklin County Extension Center, December 12, 2016, 6:30 PM
(103 S. Bickett Blvd., Louisburg)

Wake County Extension Center, December 13, 2016, 6:30 PM
(4001-E Carya Dr., Raleigh, NC)

CLASS TOPICS INCLUDE:

- Marketing, budgeting, finance, risk management, and farm production training tailored to your goals
- One on one business consultations with NC State University Specialist
- Continued events and relationships to help you develop your business beyond 2017 NC Farm School
- Access to farming resources developed in our program exclusively for NCFS Students
- Relationships with extension agents in your county connecting you to valuable resources

To receive an application go to <https://ncfarmschool.ces.ncsu.edu/2017-registration/>



Farm School sessions give students the tools to create viable farm business plans. The program also includes field trips to working farms, many of which completed our program and operate successful farms. Participants learn economically sustainable farming methods in a range of production systems, including fruits, vegetables, specialty crops, poultry, animal husbandry, and agritourism.

**“What NC Farm School did was help us take what
we have and grow it and make it our own”**
- Jennifer and Ben Rosencrans, Crossings Farm, Lexington, NC



For info call Kelsey Lichtenwalner or Paul McKenzie (252-257-3640)

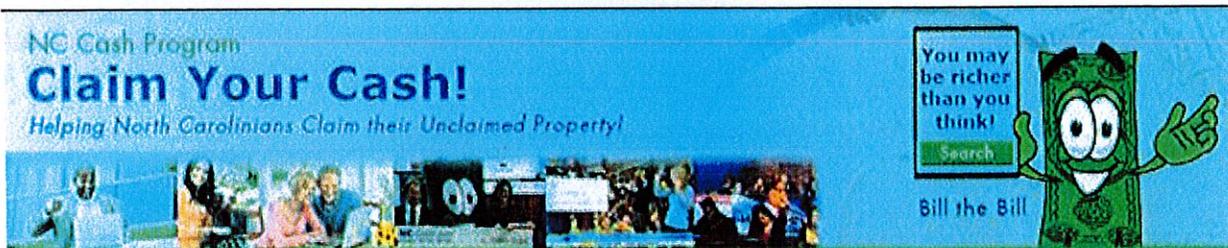
North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Warren County Cooperative Extension at 252-257-3640, pqm@ncsu.edu, or in person least 5 business days prior to the event.



Alert from the Office of Senator Bryant

If you wish to unsubscribe, please [click here](#)

Unclaimed Property Claims for Warren County Residents



Senator Angela Bryant is in the process of locating all constituents within her district that may have property claims in this state that have not been claimed. There is approximately \$438 million in the unclaimed property fund. You may be one of the North Carolinians who is owed money from the fund. Unclaimed property consists of bank accounts, wages, utility deposits, insurance policy proceeds, stocks, bonds, and contents of safe deposit boxes that typically have been abandoned for one to five years.

Unclaimed Cash				
www.nccash.com 919-508-1000				

Unclaimed Cash				
www.nccash.com 919-508-1000				

Unclaimed Cash				
www.nccash.com 919-508-1000				

Announcement of Public Assistance Applicant Briefings
FEMA-4285-DR-NC
Hurricane Matthew
Disaster Declaration Date: 10/10/16
Declared Incident Period: October 4, 2016 and Ongoing

The state of North Carolina has received a federal disaster declaration for Public Assistance (PA) Category A (Debris Removal) and Category B (Emergency Protective Measures) for 41 counties in central and eastern NC. The declaration date is 10/10/16, with an event incident period of October 4, 2016 and ongoing. The disaster number is FEMA-4285-DR-NC, and includes the following counties: Beaufort, Bertie, Bladen, Brunswick, Camden, Carteret, Chowan, Columbus, Craven, Cumberland, Currituck, Dare, Duplin, Edgecombe, Gates, Greene, Harnett, Hertford, Hoke, Hyde, Johnston, Jones, Lee, Lenoir, Martin, Moore, Nash, New Hanover, Onslow, Pamlico, Pasquotank, Pender, Perquimans, Pitt, Robeson, Sampson, Tyrrell, Wake, Washington, Wayne, and Wilson.

The first step in the process is for all potentially eligible PA applicants (i.e., local governments, state agencies, private non-profits) in the declared counties to attend an Applicant Briefing at one of the dates/locations listed below. At the briefing, potential applicants will be given an overview of the PA program/process, any event-specific details, and the "Request for Public Assistance" (RPA) form, which is the application to participate in the PA program in order to receive reimbursement for eligible response and recovery costs incurred as a direct result of Hurricane Matthew. The RPA form is also attached to this email in case some applicants wish to fill out the form prior to the briefing to submit at the briefing. It can also be filled out at the briefing, and all RPAs will be collected from those attending the briefing. The applicant forms will require your Federal Tax ID, FIPS, and DUNS numbers. For those applicants unable to attend any of the scheduled briefings, they can also submit their RPA directly to State Public Assistance (send to Wendy.Estes@ncdps.gov.) The deadline to submit the RPA has been extended by FEMA to 12/8/16.

After receipt of the RPA and FEMA's approval of the application, FEMA will then begin contacting each applicant directly to schedule a Kick-Off Meeting to begin project formulation for the declared Categories A and B. Additional damage assessments will be conducted post-Kick-Off Meeting with each applicant in order to determine if all eligible PA damages and costs from all eligible applicants in the county will qualify the county to add the permanent work categories (C through G) to the declaration in order to make reimbursement available for infrastructure damages.

Applicant Briefings Schedule:

Fri, 10/28/16 @ 1:00 PM

Wilson, Nash, Edgecombe, Harnett, Johnston

**Location: Wilson County Administrative Building, Commissioner's Meeting Room
2201 Miller Rd South
Wilson, NC**

Monday, 10/31/16 @ 9:30 AM

Duplin Dept. of Social Services Bldg
Location: 423 N. Main St.
Kenansville, NC 28349

Monday, 10/31/16 @ 9:30 AM

Lenoir
Location: Lenoir Community College
231 Hwy 58 South
Kinston, NC 28502

Monday, 10/31/16 @ 2:00 PM

Brunswick, New Hanover
Location: Brunswick Community College, Odell Williamson Auditorium Events Center
150 College Rd NE
Bolivia, NC 28422

Monday, 10/31/16 @ 2:00 PM

Pender
Location: Pender County Emergency Operations Center
805 Ridgewood Avenue
Burgaw, NC 28425

Tues, 11/1/16 @ 9:30 AM

Jones
Location: County Communications Bldg
110 S. Market St.
Trenton, NC

Tues, 11/1/16 @ 9:30 AM

Cumberland, Hoke
Location: The Crown Theater
1960 Coliseum Dr.
Fayetteville, NC 28306

Tues, 11/1/16 @ 9:30 AM

Robeson
Location: Robeson County Emergency Operations Center
38 Legend Drive
Lumberton, NC 28358

Tues, 11/1/16 @ 2:00 PM

Greene, Wayne
Location: Wayne County Emergency Operations Center
134 N John Street
Goldsboro, NC 27530

Tues, 11/1/16 @ 2:00 PM

Columbus

Location: Boys & Girls Home of NC
400 Flemington Drive
Lake Waccamaw, NC 28450

Tues, 11/1/16 @ 2:00 PM

Bladen

Location: Bladen County Community College, Dublin Campus, Building 9 Auditorium
7148 NC 41 W
Dublin 28332

Wed, 11/2/16 @ 9:30 AM

Craven, Pamlico

Location: Riverfront Convention Center
203 S. Front St.
New Bern, NC 28560

Wed, 11/2/16 @ 9:30 AM

Sampson

Location: Sampson County Auditorium , Building A
435 Rowan Road
Clinton, NC 28328

Wed, 11/2/16 @ 2:00 PM

Dare, Hyde

Location: Dare County Administration Building, Room 238
954 Marshall Collins Dr.
Manteo, NC 27954

Wed, 11/2/16 @ 2:00 PM

Carteret

Location: Carteret County Emergency Operations Center
3820 Bridges St. Suite D
Morehead City, NC 28557

Wed, 11/2/16 @ 2:00 PM

Onslow

Location: Onslow County Government Center
234 NW Corridor Blvd
Jacksonville, NC

Thurs, 11/3/16 @ 9:00 AM

Chowan, Bertie, Tyrrell, Washington, Martin

Location: Vernon James Center
207 Research Station Rd
Plymouth, NC 27962

Thurs, 11/3/16 @ 9:30 AM

Wake

Location: Wake County Human Services Office Building, Board Room 334 (3rd floor)
10 Sunnybrook Rd
Raleigh, NC 27610

Thurs, 11/3/16 @ 2:00 PM

Moore, Lee

Location: Rick Rhyne Public Safety Building Community Room
302 S. McNeil St.
Carthage, NC

Thurs, 11/3/16 @ 3:00 PM

Beaufort

Location: Beaufort County Emergency Operations Center
1420 Highland Drive
Washington, NC

Thurs, 11/3/16 @ 2:00 PM

Pitt

Location: Commissioners' Room
1717 W. 5th St.
Greenville, NC

Fri, 11/4/16 @ 9:30 AM

Gates, Hertford

Location: Gates County Emergency Operations Center
308 US 158 West
Gatesville, NC 27938

Fri, 11/4/16 @ 9:30 AM

Currituck

Location: County Administrative Building
147 Courthouse Rd, Conference Room
Currituck, NC 27929

Fri, 11/4/16 @ 2:00 PM

Camden, Pasquotank, Perquimans

Location: Public Safety Building
200 E. Colonial Ave
Elizabeth City, NC 27909

If you have any questions, please contact Andy Innis, NCEM Public Assistance Manager (919-218-3191; andy.innis@ncdps.gov), or Public Assistance Supervisors Dorothy Henderson-Bell (919-218-6642; Dorothy.henderson@ncdps.gov) or Charles Edwards (919-605-8105; Charles.edwards@ncdps.gov)

Alert from the Office of Senator Angela R. Bryant

This email account is not checked daily, so please direct all responses to Karon Hardy at bryantla@ncleg.net or call 919-733-5878.



MORE HURRICANE RELIEF INFORMATION

Hurricane Matthew- Disaster Relief Information

The Rural Center is keeping our friends, neighbors and loved ones in our thoughts and prayers as Hurricane Matthew continues to impact communities across central and eastern North Carolina. We've compiled a few of the many resources available to assist communities, small businesses and farmers. If you would like to help, please consider marking a contribution to the North Carolina Community Foundation Disaster Relief

Fund: <http://www.nccommunityfoundation.org/new-newsworthy/help-after-matthew-give-to-the-nccf-disaster-relief-fund>.

Important Resources:

The North Carolina Department of Public Safety is posting storm-related information online at <https://www.ncdps.gov/hurricane-matthew-2016>. Visit this site for information about road conditions, shelters, food assistance and other storm recovery help.

The U.S. Department of Agriculture (USDA) North Carolina Farm Service Agency (FSA) has a host of programs for to help farmers and livestock producers recover from heavy rains, flooding and other qualifying events related to Hurricane Matthew. For more information, visit www.fsa.usda.gov/ or contact your local FSA Office by visiting <http://offices.usda.gov>.

The U.S. Small Business Administration has announced a disaster declaration for North Carolina counties affected by Hurricane Matthew. The SBA offers disaster loans for small businesses, agricultural cooperatives, private nonprofits, homeowners and renters. For more information, visit: <https://disasterloan.sba.gov/ela/Account/Login>.

Seventeen federal agencies have partnered to form an online portal to help users access and apply for disaster assisted jointly through federal, tribal, state, local, and private sector partners. For more information, [visit: www.disasterassistance.gov](http://www.disasterassistance.gov).

The NC Rural Center
See what's happening on our social sites
Rural Economic Development Center, 4021 Cary Drive, Raleigh, NC 27610

Emergency Bridge Loan Program Activated for Small Businesses Impacted by Hurricane Matthew

Raleigh, N.C. - A group of small business support organizations activated the North Carolina Small Business Emergency Bridge Loan Program in response to Hurricane Matthew. The program will provide short-term, interest-free loans to small businesses that experienced physical or economic damage during the storm and recovery efforts.

The Bridge Loan Program is a partnership of the N.C. Rural Economic Development Center, the Small Business and Technology Development Center (SBTDC), and the Community College Small Business Center Network. The program has raised over \$3 million from funders including the Golden LEAF Foundation, N.C.'s Electric Cooperatives, BB&T, PNC and Wells Fargo.

"We have been gathering reports from eastern North Carolina about the impact the storm has had on families, businesses and farms. Restoring small businesses and family farms is crucial to our recovery from Hurricane Matthew, and the Bridge Loan Program will provide critical assistance while applicants wait for insurance payouts, SBA disaster loans, or other recovery programs," said Rural Center President Patrick Woodie.

SBTDC Executive Director Scott Daugherty said, "North Carolina ran a similar program in response to Hurricane Floyd in 1999 which made 217 loans totaling \$1.6 million to affected businesses. This quick response is exactly what small businesses need after the impact of Hurricane Matthew."

Owners of small businesses with 1 to 100 employees located in the 52 counties affected by Hurricane Matthew can apply for loans for up to \$15,000. Applications may be submitted through December 9, 2016. Loans are granted for terms of 90 or 180 days and are interest-free (0% APR) for that time period. To be eligible, a business must have been established prior to October 4, 2016, and demonstrate economic or physical damage as a result of Hurricane Matthew.

"Small Business Center staff stands ready to help businesses impacted by the storm. There has never been a more critical time for our state's key business assistance agencies to work collaboratively toward recovery," said SBCN Interim State Director Anne Shaw.

For more information or to find a program office, visit www.sbtdc.org/hurricanemattthew/. To apply, visit www.ncruralcenter.org/hurricanemattthew. For questions or assistance, call the SBTDC at (919) 715-7272.

About the Rural Center

The N.C. Rural Economic Development Center is a nonprofit with a mission to improve the quality of life of rural North Carolinians. The Center, in addition to playing a critical role in the state's response to Hurricane's Floyd and Fran, is an experienced lender with over 600 loans currently enrolled in its programs and a track record of over \$500 million in loans and private-sector leverage deployed to small businesses since its founding in 1987.

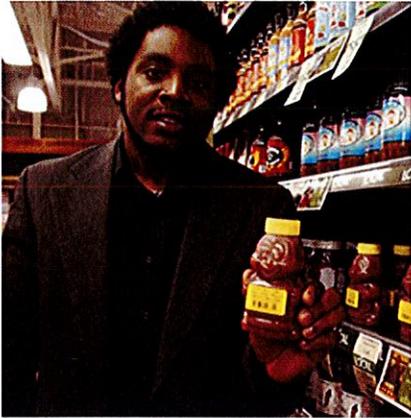
Rural Center Contact: Barry Ryan barry@ncruralcenter.org (919) 250-4314

The NC Rural Center

Rural Economic Development Center, 4021 Carya Drive, Raleigh, NC 27610

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Carolina Small Business launches loan fund for African American-owned small businesses in North Carolina.



After recognizing the need African American-owned small business owners have for capital, Carolina Small Business launches the African American Loan Fund designed to provide access to flexible and sustainable capital to help African-American small businesses start or grow their business.

African-American entrepreneurs are the fastest growing segment of the nation's small business owners. African-American ownership increased 60 percent during the economic expansion from 2002 to 2007, as compared to roughly 13 percent for white-owned firms during the same period. Approximately 1.9 million, or 7 percent, of the nation's small businesses are African-American-owned, including many of the independent shops, restaurants and service providers that create jobs and economic opportunity in underserved communities across the country.

"The African American Loan Fund plays a critical role in helping African-American entrepreneurs to face barriers in accessing capital and business services to grow or start their business. With the launch of this loan fund, we hope to help the African-American small business community to face these challenges and grow healthy, resilient small businesses," said Lenwood V. Long, Sr., President/CEO of Carolina Small Business. **"Our goal is to elevate the work that we're doing for underserved communities by helping them to succeed and create jobs across the state."**

Despite the rise of African-American small businesses, access to capital, particularly to loans between \$50,000 and \$350,000, has been documented to be a major obstacle to growth.

In North Carolina, African-American businesses accounted for 4.2 percent of firms, but only 1.3 percent of receipts in 2012. Similarly, Asian American Indian, and Hispanic businesses all showed a much lower level of receipts, compared to their concentration. Areas with a higher African American population, in general, had higher percentages of African American-owned businesses. Even in regions with high representation, African-American businesses receipts remain below 3 percent.

Carolina Small Business Development Fund previously known as The Support
Center.

Our mailing address is:
Carolina Small Business Development Fund
3128 Highwoods Blvd
Raleigh, NC 27604

Add us to your address book



From the office of
Rep. Bobbie Richardson

16 W. Jones St., 1217 Legislative Building
Raleigh, NC 27601 919-715-3032

Local Residents Wanted for Hurricane Matthew Disaster Recovery Jobs

RALEIGH, N.C. – North Carolinians looking for temporary work now have an opportunity to be part of the team to help their state recover from Hurricane Matthew, and to learn first-hand about the recovery process. North Carolina Works, in conjunction with the Federal Emergency Management Agency, is advertising open temporary positions.

If interested in working with FEMA, you can visit the NC Works workforce office serving your area or visit www.ncworks.gov to find available job opportunities. You also may call

[919-560-6880](tel:919-560-6880).

Positions are posted as the need arises. FEMA will be here to help the people of North Carolina recover for as long as needed.

If seeking a job with FEMA, you must be a U.S. citizen 18 years of age or older and have a valid government identification card, such as a driver's license or military ID. Before hiring, candidates will be subject to a complete background investigation and fingerprinting.

FEMA is committed to employing a highly qualified workforce that reflects the diversity of our nation and the people we serve. The federal government is an Equal Opportunity Employer. All applicants will receive consideration without regard to race, color, national origin, sex, age, political affiliation, non-disqualifying physical handicap, sexual orientation and any other

non-merit factor.

For more information on the North Carolina's recovery, visit the disaster webpage at fema.gov/disaster/4285; or visit the North Carolina Emergency Management website at ncdps.gov/

What Should I Do If My CO Detector Alarm Goes Off?

- Make sure no one is experiencing any signs of CO poisoning.
- If symptoms of CO poisoning are present, every one should exit the building leaving the doors open as you go.
- **GET IMMEDIATE MEDICAL HELP!**
- Use a neighbor's telephone to report the alarm and follow the instructions you are given.
- If symptoms of CO poisoning are not present, open the windows and doors, shut down heating and cooking equipment.
- Call a qualified technician to inspect and service your equipment.
- Be on the look out for symptoms of CO poisoning.

Protecting Your Family From CO

Safe use and proper installation of household appliances that burn fossil fuels, as well as, proper use of vehicles, especially in attached garages, is the best protection you can provide for your family. CO detectors can add a level of protection, but are not a substitute for safe use of equipment. Have all heating equipment inspected and serviced each year and know the proper use and maintenance of household cooking equipment.

Examples of CO producing devices commonly used around the home:

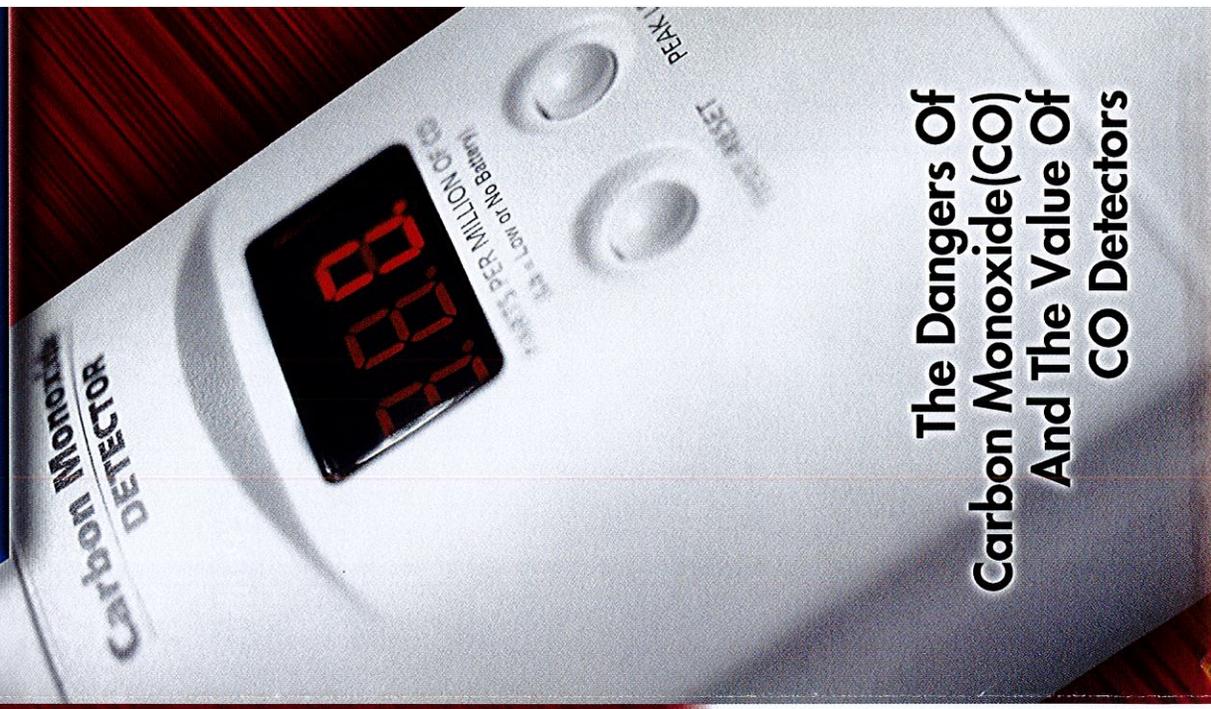
- Fuel fired furnaces (non-electric)
- Gas water heaters
- Gas stoves
- Gas dryers
- Fireplaces and woodstoves
- Gas and charcoal grills
- Lawnmowers, snowmobiles, and other yard equipment
- Automobiles

Remember...

Carbon Monoxide Detectors **ARE NOT** Smoke alarms. Install a smoke alarm on each level of your home and outside each sleeping area.

Carbon Monoxide

The Silent Killer



The Dangers Of Carbon Monoxide(CO) And The Value Of CO Detectors

WARREN COUNTY
FIRE MARSHAL'S OFFICE
firemarshal@warrencountync.gov

What is Carbon Monoxide?

Carbon Monoxide (CO) is an invisible, odorless gas that comes from burning fossil fuels such as gasoline, wood, coal, propane, oil, and methane. When these fuels burn incompletely, CO is produced. Home heating and cooking appliances can produce CO if damaged or misused. Vehicles such as cars, trucks, tractors and lawn mowers are also a source of CO. Any motor allowed to run indoors can produce dangerous levels of CO.

Effects of CO Exposure in People

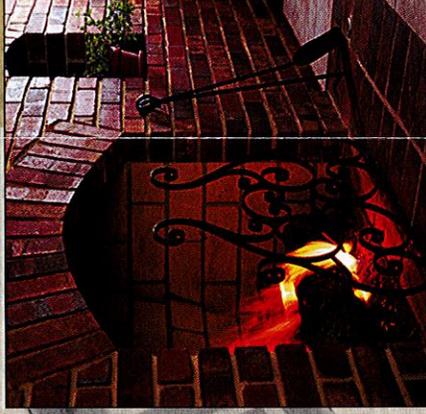
Carbon Monoxide replaces the oxygen in blood, causing the body to poison itself by cutting off the oxygen that is needed by organs and cells. Flu-like symptoms are an early indication of low level CO poisoning. More serious exposure can lead to dizziness, mental confusion, severe headaches, fainting, and even death. Carbon Monoxide is the leading cause of accidental poisoning deaths in the United States, according to the Journal of the American Medical Association (JAMA).

U.S. fire departments respond to more than 60,000 non-fire CO incidents a year. Also, it is estimated that more than 400 people die annually due to accidental Carbon Monoxide exposure.

Many doctors say that it is difficult to determine the total number of CO related incidents because the symptoms of CO poisoning closely resemble many other common ailments.

What Are Carbon Monoxide Detectors?

Carbon Monoxide detectors measure the amount of CO gas present in the air, over time. Current CO detectors are made to sound an alarm at the lowest level of CO poisoning. This sensitivity may cause the alarm to sound before symptoms appear. It is important to treat all alarms seriously and have the cause of any alarm determined to be sure your home is safe.



CO Detectors in Your Home

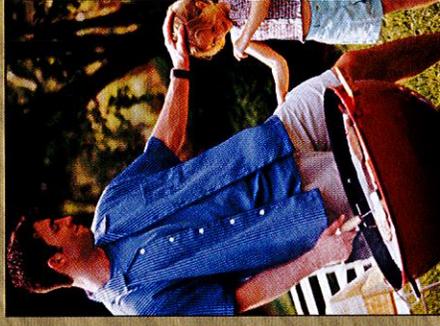
- Only purchase CO detector units that have been tested by at least one qualified testing laboratory.
- Follow the manufacturer's instructions for installation and use in your home.
- Install at least one CO detector in your home, near sleeping areas. Make sure its warning signal is clearly audible.
- Test your CO detector once a month, along with your smoke alarm.
- Replace CO detectors every 2 years, or as recommended by the manufacturer.
- Plan and practice a home evacuation plan with all members of your family in case of any emergency.

Protect Your Loved Ones from CO Poisoning

- Do not run motors indoors, even if the garage doors are open. This includes gas powered generators.
- Have your vehicles inspected for exhaust leaks.
- Have a qualified professional inspect, and if necessary repair, all chimneys, fireplaces, wood stoves, etc. each year before the onset of cold weather.
- Make sure heating equipment has an adequate supply of fresh air for combustion. Never use your oven to heat your home.

- Open the chimney flue when using the fireplace to ensure adequate ventilation.

- Always refuel kerosene heaters outdoors and after heater has cooled sufficiently. **KEROSENE HEATERS ARE ILLEGAL IN MANY AREAS. CHECK WITH YOUR LOCAL AUTHORITIES BEFORE PURCHASING ONE.**

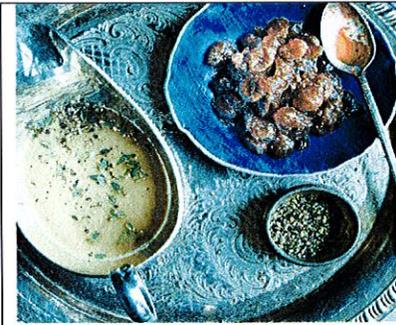


- Gas and charcoal barbecue grills can produce CO. Never use them indoors or in the garage, even if the garage doors are opened.
- When camping, use battery-powered heaters and lights in tents, trailers, and mobile homes.
- REMEMBER: Carbon Monoxide detectors are required in all recreational vehicles.

5 Things to Do This Weekend To Prep for Thanksgiving



1. **Make your stock.** If you think about it, a [lovingly made stock](#) can be the delicious thread throughout your Thanksgiving dinner. You'll use it in your [stuffing](#), your [gravy](#), and, perhaps, your casseroles. It will keep in the refrigerator for a few days and freeze well for up to one year. Plus, the smell of roasting turkey will get you in the spirit.



2. **Cook your cranberry sauce.** Tart cranberries plus a respectable amount of sugar will preserve [cranberry sauce](#) for weeks in the fridge. If you're not opting for the canned stuff (we'll only judge you a little if you are), get your cranberries sauced this weekend.

3. **Prep your pies.** Well-wrapped dough can be frozen for about three months, so there's no reason to wait until Thanksgiving Day to [make it](#). Just thaw it in the refrigerator two days ahead. Better yet, roll out the dough and line a freezer-safe pie plate with it. If you're making a [fruit pie](#), you can actually add the filling and the top crust. Wrap the whole pie tightly in plastic and bake right from the freezer, adding at least 25 minutes to the cooking time to ensure the bottom crust is fully baked (tent the top with foil if necessary to prevent over-browning). For [pumpkin pies](#) and other custard fillings, freeze the pie shell only, then, when baking, line it with parchment and beans or pie weights as necessary before baking and then filling.

4. **Thaw your bird.** Assuming your turkey is frozen, it will need a solid three to four days to come to refrigerator temperature. (Allow 24 hours for every four pounds of turkey). If you have a 16-pound bird, put it in the fridge on Sunday and you'll be ready to go on Thursday.

5. **Make your rolls or biscuits.** Want to do something that will really impress? Make your own [dinner rolls](#)! You can freeze formed dough on baking sheets in a single layer, wrap it well, then thaw the dough at room temperature before baking; alternatively, you can freeze the fully baked rolls and rewarm before serving. For biscuits, it's best to freeze the formed biscuit dough on a baking sheet and then bake right from the freezer, adding a few minutes of cooking time.



Cardinal Innovations Healthcare
Five County Community Operations
134 South Garnett Street
Henderson, NC 27536

RE: Mental Health & Substance Use/Addiction Disorders

Below is the link to an assessment needs survey which we are asking for your participation and to share with as many individuals and families as possible to ensure your voice is heard in determining healthcare needs in your area.

Funding for these services goes to the areas where the need is the greatest and is known. Therefore, you can see why it is so important for you to share the link with as many people as possible so our voices can be heard.

Thanks to you all!

The link is

[2016-2017 Cardinal Innovations Healthcare Needs Assessment](#)

For more information, contact:

Member Engagement
Mental Health & Substance Use/Addiction Disorders
Cardinal Innovations Healthcare
Five County Community Operations
134 South Garnett Street
Henderson, NC 27536

Office: 252-430-3063
Fax: 1-877-342-6574

November National Days

November 1st

National Calzone Day*
National Authors' Day
National Family Literacy Day
National Cook For Your Pets Day
National Vinegar Day
National Deep Fried Clams Day
National Brush Day

November 2nd

National Deviled Egg Day
Traffic Directors Day – Nov 2 Except if it falls on a weekend, then it's the following Monday

November 3rd

National Housewife's Day
National Sandwich Day
National Men Make Dinner Day (Must Cook. No BBQ Allowed!) – First Thursday in November

November 4th

National Jersey Friday*
National Chicken Lady Day
National Candy Day
National Stress Awareness Day

November 5th

National Doughnut Day
National Love Your Red Hair Day*

November 6th

National Nachos Day
Saxophone Day
Daylight Saving Time Ends – First Sunday in November

November 7th

National Bittersweet Chocolate with Almonds Day
Color the World Orange Day
National Canine Lymphoma Awareness Day

November 8th

National Cappuccino Day
National Harvey Wallbanger Day
National Parents as Teachers Day
National STEM/STEAM Day*

November 9th

Microtia Awareness Day*
National Scrapple Day

November 10th

Marine Corps Birthday
National Forget-Me-Not Day
National Vanilla Cupcake Day

November 11th

National Sundae Day
Veterans Day

November 12th

National Pizza with the Works Except Anchovies Day
National Chicken Soup for the Soul Day

November 13th

National Indian Pudding Day

November 14th

National Pickle Day
National Spicy Guacamole Day

November 15th

National Bundt (Pan) Day
National Philanthropy Day
National Clean Out Your Refrigerator Day
National Spicy Hermit Cookie Day
National Raisin Bran Cereal Day
America Recycles Day

November 16th

National Fast Food Day
National Button Day
National Educational Support Professionals Day – Wednesday of American Education Week

November 17th

National Baklava Day
National Take A Hike Day
Great American Smokeout – Thursday Before Thanksgiving

November 18th

National Vichyssoise Day
Mickey Mouse Birthday

November 19th

National Carbonated Beverage With Caffeine Day
National Play Monopoly Day
National Adoption Day– Saturday Before Thanksgiving

November 20th

National Peanut Butter Fudge Day
National Absurdity Day

November 21st

National Stuffing Day

November 22nd

National Cranberry Relish Day

November 23rd

National Jukebox Day* – Day Before Thanksgiving

National Cashew Day

National Eat a Cranberry Day

National Espresso Day

Tie One On Day – Day Before Thanksgiving

November 24th

National Sardines Day

National Day of Mourning – Fourth Thursday in November

Thanksgiving Day – Fourth Thursday in November

Turkey-free Thanksgiving – Fourth Thursday in November

November 25th

National Parfait Day

Blase Day

Shopping Reminder Day

National Day of Listening – Day After Thanksgiving

National Native American Heritage Day – Day After Thanksgiving

Black Friday – Day After Thanksgiving

Buy Nothing Day – Day After

November 25th - Cont'd

Thanksgiving

Flossing Day – Day After Thanksgiving

Maize Day – Day After Thanksgiving

You're Welcomegiving Day – Day After Thanksgiving

November 26th

National Cake Day

Small Business Saturday – Saturday After Thanksgiving

November 27th

National Craft Jerky Day*

National Bavarian Cream Pie Day

November 28th

National French Toast Day

Cyber Monday – Monday After Thanksgiving

November 29th

Electronic Greetings Day

National Day of Giving –

#GivingTuesday – Usually Follows Cyber Monday?

November 30th

National Mousse Day

National Meth Awareness Day

Computer Security Day

Stay Home Because You're Well Day

Rockefeller Center Tree Lighting – Changes Annually



NICKELS FOR KNOW HOW

On November 1st, you have an opportunity to cast your ballot in the Nickels for Know-How Referendum. If you purchase feed or fertilizer, you can vote whether or not to continue a fifteen cents per ton assessment that is used to fund agricultural research and education. To vote, come by the Vance or Warren Extension Center, or the Arcola Grocery Store in Warren County (if you are in another county tomorrow, contact the respective County Extension Center for polling locations). Here is a link to [more information](#).

POULTRY SHOW & SALE

Come out to the Vance County Regional Farmers Market this Saturday, 11/5 to show your support for the 4-H youth who will be showing off their poultry projects, starting at 4:15 pm. Immediately after the show, there will be an auction where you can bid on the birds! Auction registration starts at 5:30 pm.

US TOBACCO COOP REDEMPTION OPPORTUNITY

If you were a tobacco farmer who delivered tobacco to Flue Cured Tobacco Cooperative Stabilization Corporation in 1967 through and including 1973, please review the information at [this link](#).

EQIP FUNDING OPPORTUNITY

The USDA Natural Resources Conservation Service has announced a funding opportunity through their Environmental Quality Incentives Program (EQIP). Applications are due by November 18, 2016. Contact your local USDA Service Center for details.

LIVESTOCK NEWS

Livestock producers will not want to miss this informative newsletter, produced by Extension Agents in the Northeast District. Here's [the link](#).

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