



Team Bladen

...because it takes ALL of us!

JANUARY 2015
Bladen County
Government Newsletter

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: James McVicker

Water: Randy Garner

NEW BEGINNINGS, NEW SHERIFF



James (Jim) McVicker began serving the people of Bladen County on December 1 as sheriff. McVicker has more than 40 years in experience in law enforcement and was previously employed in Cumberland County as a detective with the sheriff's office. He has been married to his wife Kathy Collins McVicker (pictured above) for 38 years. He is a thirty second degree mason and a member of the Bladen Lodge 646 and an active member of the Bladen County Law Enforcement Association. He has two sons, Philip and Atlas who are both members of the North Carolina Highway Patrol and reside in Bladen County. They have four grandchildren.



New Year's Traditions!

Black-Eyed Peas & Rice

Ingredients:

1 pound dried black-eyed peas, or cowpeas

6-8 ounces salt pork, diced

1 cup chopped onion

2 cloves garlic, minced

1/2 pound of cooked ham, cubed

1 ham bone or large ham hock

Add black pepper, to taste

1/4 teaspoon of crushed red peppers flakes

Add a dash Tabasco sauce



Preparation:

Pick over peas; rinse. Cover peas with cold water; bring to boil, boil 1 minute, remove, and cover pan. Let peas stand for 1 hour. Sauté salt pork until golden brown; add sauté until onion is tender. Add the salt pork and onion mixture to the peas, along with the ham, hambone or hock, and seasonings, adding enough water to cover. Bring to a simmer, cover and simmer gently until peas are tender but not mush, 1 to 2 hours. Remove ham from bone, chop and return to peas. Taste for seasoning and adjust. Cook rice separately. Mound rice on a platter and surround with peas.

HAVE A HAPPY 2015!

Collards with Smoked Turkey

Ingredients

4 lb collard greens

1/4 lb smoked turkey breast

3 cups reduced-sodium & fat
chicken broth

2 medium onions, chopped

3 whole garlic cloves, crushed

1 tsp red pepper flakes

Instructions

Wash and cut the collard greens and place them in a large stockpot. Add the remaining ingredients and enough water to cover.

Cook until tender, stirring occasionally, about 3 1/2 hours. The flavors will blend even more if you let the greens sit for a bit after cooking.



JANUARY 2015

1 NEW YEAR'S DAY - COUNTY OFFICES CLOSED

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5 8:15 AM Prayer Service; 6:30 PM Board of Commissioners Meeting

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8 Bridger Memorial Library Board of Trustees Meeting, 4 PM, Bladenboro

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15 NCACC Legislative Goals Conference, Pinehurst, NC; Bladen County Public Library Board of Trustees Meeting, 5 PM, Elizabethtown Library

11 AM MLK PARADE, ELIZABETHTOWN

8TH ANNUAL MISS BLADEN COUNTY
YOUTH FOCUS PAGEANT

16 NCACC Legislative Goals Conference,
Pinehurst, NC

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19 MLK JR. HOLIDAY - COUNTY OFFICES CLOSED

20 6:30 PM Board of Commissioners Meeting

21 Grandparents & Kinship Caregivers Raising Grandchildren Support Group, Bladen County Division
on Aging 10:00 AM -11:30 AM

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What You Should Know for the 2014-2015 Influenza Season

What sort of flu season is expected this year?

It's not possible to predict what this flu season will be like. Flu seasons are unpredictable in a number of ways. While flu spreads every year, the timing, severity, and length of the season usually varies from one season to another.

Will new flu viruses circulate this season?

Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year.

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How long does a flu vaccine protect me from getting the flu?

Multiple studies conducted over different seasons and across vaccine types and influenza virus subtypes have shown that the body's immunity to influenza viruses (acquired either through natural infection or vaccination) declines over time. The decline in antibodies is influenced by several factors, including the antigen used in the vaccine, the age of the person being vaccinated, and the person's general health (for example, certain chronic health conditions may have an impact on immunity). When most healthy people with regular immune systems are vaccinated, their bodies produce antibodies and they are protected throughout the flu season, even as antibody levels decline over time. Older people and others with weakened immune systems may not generate the same amount of antibodies after vaccination; further, their antibody levels may drop more quickly when compared to young, healthy people.

What will CDC do to monitor vaccine effectiveness for the 2014-2015 season?

CDC collaborates with other partners each season to assess how well the seasonal vaccines are working. During the 2014-2015 season, CDC is planning multiple studies on the [effectiveness of both the flu shot and the nasal-spray flu vaccine](#). These studies will measure vaccine effectiveness in preventing laboratory-confirmed influenza among persons 6 months of age and older.

For more pertinent information please visit the Centers for Disease Control & Prevention website:

<http://www.cdc.gov/flu/about/season/flu-season-2014-2015.htm>

HAPPY NEW YEAR



2015