



# FOCUS ON CURRITUCK

## A REPORT TO THE COMMUNITY

June 2007

### ANNUAL WATER QUALITY REPORT RELEASED

#### Mainland System Earns Good Marks



Results of the 2006 Drinking Water Quality Report have been released. The results show the Currituck Mainland Water System (PWS ID# 04-27-010) is producing safe, superior drinking water for its customers.

Included in the report are details about water sources, its contents, and comparisons to standards set by regulatory agencies.

The following information is being provided in an effort to keep customers informed. It is a requirement that the Water Department release these results to the public.

The Currituck County Water Department's goal is to provide a safe and dependable supply of drinking water. The Department's staff works to ensure the highest quality of water possible.

If you have any questions or comments, please contact the Water Department at 453-9382.

#### What the EPA Wants You to Know

Drinking water, including bottled water, may reasonably contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791).

Some people may be more sensitive to contaminants in drinking water than the general population. Immuno-compromised people such as those with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline.



The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity. Contaminants that may be present in source water include: microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife; inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming; pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses; organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production...

See WATER on Page 3

### HURRICANE SEASON IS HERE

It's June. Are you ready for hurricane season? The season began June 1 and will run through November 30. The National Weather Service and several other storm tracking agencies are calling for a very active season.

Currituck County officials recently participated in a state-wide pre-hurricane season video conference with North Carolina Emergency Management and other State agencies. Progress with the State's integrated WebEOC, radio network, and emergency response equipment was reported.

Currituck Emergency Management officials also partnered with the U.S. Coast Guard, National Weather Service, and other county emergency management departments to sponsor a Hurricane Awareness event at the U.S. Coast Guard Base in Elizabeth City.

See HURRICANE on Page 2



### Currituck to Host 2007

#### "Mountains to the Coast" Bike Ride

The Currituck County Department of Travel and Tourism is proud to welcome the final leg of Cycle North Carolina's "Mountains to the Coast" bike ride.

The ride is organized by NC Amateur Sports, a non-profit organization that promotes health and physical fitness in North Carolina. This exciting annual event takes up to 1,200 riders on a recreational bike tour of the Tar Heel State.



This year's event will begin on September 29 in West Jefferson and finish at the Currituck County Historic Courthouse on Saturday, October 6. See CYCLE on Page 2

**Focus On Currituck: A Report to the Community** is an award-winning publication of the Currituck County Public Information Department. It received a State award from the N.C. Association of Government Information Officers.

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*The Focus on Currituck newsletter is printed and mailed to your home for just \$0.60 per issue.*

# Storms, Cycles, and a New Hire

## HURRICANE: From Page 1

The National Oceanic and Atmospheric Administration's "Hurricane Hunters" were on-hand giving residents, dignitaries, and students tours of their flying laboratory, the WP-3D Orion aircraft, aka "Kermit."



Over a hundred Currituck students were able to learn all that goes into keeping people safe before, during, and after a severe weather event.

Currituck County officials met for a pre-season WebEOC (Emergency Operations Center) training on May 23. At this meeting, participants discussed the season's outlook, identified areas of concern, and participated in training exercises. This is the third year the County has implemented WebEOC as a tool for the dissemination of up-to-the-minute information to personnel both working on a scene as well as monitoring conditions in the Emergency Operations Center.

"We believe in maximizing all available resources to ensure the highest level of safety for our residents," said Dan Scanlon, Currituck County Manager.

County Emergency Management officials wish to remind citizens that preparation is vital to protecting life and property. If you have not already done so, update and/or compile a Hurricane Survival Kit. The kit should include:

- Water - at least 1 gallon daily per person for 3 to 7 days
- Food - at least enough for 3 to 7 days
  - non-perishable packaged or canned food / juices
  - foods for infants or the elderly
  - snack foods
  - non-electric can opener
  - cooking tools / fuel
  - paper plates / plastic utensils
- Blankets / pillows, etc.
- Clothing - seasonal / rain gear / sturdy shoes
- First aid kit / medicines / prescription drugs
- Special items - for babies and the elderly
- Toiletries / hygiene items / moisture wipes
- Flashlight / batteries
- Radio - battery operated and NOAA weather radio
- Telephones - fully charged cell phone with extra battery and a traditional (not cordless) telephone set
- Cash (with some small bills) and credit cards - Banks and ATMs may not be available for extended periods
- Keys
- Toys, books and games
- Important documents - in a waterproof container
  - insurance, medical records, account numbers, Social Security card, etc.
- Tools - keep a set with you during the storm
- Vehicle fuel tanks filled
- Pet care items
  - proper identification / immunization records / medications
  - ample supply of food and water
  - a carrier or cage
  - muzzle and leash



In the event of a storm, the Currituck County Public Information Department will issue press releases and other important information on [currituckgovernment.com](http://currituckgovernment.com).

Mediacom Channel 18 and Charter Channel 19 will also display evacuation notices and other information.

To find out more about how you can prepare for a disaster, log onto the Emergency Management section of [currituckgovernment.com](http://currituckgovernment.com), or visit the State's website [readync.org](http://readync.org).

## CYCLE: From Page 1

Participants make regular stops along the trip to enjoy local restaurants, shops, and lodging facilities.

"We are thoroughly excited about ending the ride in Currituck County," said Chuck Hobgood, NC Amateur Sports President. "In addition to promoting health and fitness, the ride has a positive economic impact on the communities we visit."

The Department of Travel and Tourism is planning to create a "street festival" atmosphere for the ride's finish at the Historic Courthouse.

The finish line on Courthouse Road will feature the Grave Digger monster truck. Designated camp sites will be offered to riders on Saturday night.

The first Cycle North Carolina was organized in 1999. The founding partners of Cycle NC include the North Carolina Department of Transportation and the North Carolina Department of Commerce's Division of Tourism, Film and Sports Development.

For more information on the "Mountains to the Coast" bike ride, visit [cyclenorthcarolina.org](http://cyclenorthcarolina.org).

To find out how a business can serve as a vendor, or for additional details, please call the Travel and Tourism Department at 232-2708 or log onto [visitcurrituck.com](http://visitcurrituck.com).

## New EMS Chief Stresses Professionalism



On April 16, Michael Carter began work as Currituck's new Emergency Medical Chief. Carter brings a vast array of experience to the position and is very happy to be a part of the Currituck community.

Carter served the past seven years in the Virginia Beach Fire Department, leaving as a master firefighter/paramedic. He received his bachelor's degree in Emergency Medical Systems Management from Hampton University and a Master of Public Administration from Old Dominion University.

Thoroughly impressed with the knowledge and expertise of Currituck's Emergency Medical personnel, he is hoping to channel that proficiency into an even more top-knotch department.

Some of Carter's immediate goals are standardizing policies and procedures, fostering professionalism, and improving response times.

Carter plans to work closely with local volunteers to further enhance the department's capabilities. "We want to incorporate the volunteer base as much as possible," said Carter.

## Currituck County Board of Commissioners

Barry C. Nelms, *Chairman, Poplar Branch Township*  
Phone: 453-4153

Gene A. Gregory, *Vice-Chairman, At-Large*  
Phone: 336-4706

Janet L. Taylor, *Moyock Township*  
Phone: 435-6965

Ernie Bowden, *Fruitville Township*  
Phone: 453-3940

J. Owen Etheridge, *Crawford Township*  
Phone: 455-0586



Send an e-mail to the Commissioners at [commissioners@co.currituck.nc.us](mailto:commissioners@co.currituck.nc.us).

Board of Commissioner meetings are aired on Mediacom Channel 18 every Monday and Tuesday, 7:00 p.m.

# Water Quality Report...

## WATER: From Page 1

...and can also come from gas stations, urban storm water runoff, and septic systems; and radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

## When You Turn on Your Tap, Consider the Source

The water that is used by this system comes from 28 groundwater wells located off Maple Road and drawing from the Yorktown Aquifer. Currituck County obtains processed water from the South Camden Water Plant to supplement its water supply. This water is blended at the Currituck Water plant for distribution.

## Source Water Assessment Program (SWAP) Results

The North Carolina Department of Environment and Natural Resources (DENR), Public Water Supply (PWS) Section, Source Water Assessment Program (SWAP) conducted assessments for all drinking water sources across North Carolina. The purpose of the assessments was to determine the susceptibility of each drinking water source (well or surface water intake) to Potential Contaminant Sources (PCSs). The results of the assessment are available in SWAP Assessment reports that include maps, background information and a relative susceptibility rating of Higher, Moderate or Lower.

The relative susceptibility rating of each source for Currituck Water was determined by combining the contaminant rating (number and location of PCSs within the assessment area) and the inherent vulnerability rating (i.e., characteristics or existing conditions of the well or watershed and its delineated assessment area). The assessment findings are summarized in the table below:

### Susceptibility of Sources to Potential Contaminant Sources (PCSs)

Source Name	Susceptibility Rating
Currituck Wells 3,6,8,9,14,26	Lower
Currituck Wells 1,2,4,5,7,10,11,12,13,15,16,17,18,19,20,21,22,23,24,25,27,2	Moderate
South Camden Shallow Wells 1,2	Moderate
South Camden Deep Wells 1,2	Lower

The complete SWAP Assessment Report for Currituck Water may be viewed on the Web at: <http://www.deh.enr.state.nc.us/pws/swap>. Please note that because SWAP results and reports are periodically updated by the PWS Section, the results available on this web site may differ from the results that were available at the time this CCR was prepared. To obtain a printed copy of this report, please mail a written request to: Source Water Assessment Program - Report Request, 1634 Mail Service Center, Raleigh NC 27699-1634, or email request to [swap@ncmail.net](mailto:swap@ncmail.net). Please indicate your system name, PWSID, and provide your name, mailing address and phone number. If you have any questions about the SWAP report, please contact the Source Water Assessment staff by phone at 919-715-2633.

It is important to understand that a susceptibility rating of "higher" does not imply poor water quality, only the systems' potential to become contaminated by PCSs in the assessment area



## Violations That Your Water System Received for the Report Year

### NOTICE TO THE PUBLIC

#### IMPORTANT INFORMATION ABOUT YOUR DRINKING WATER Currituck County Mainland Water

#### Has Not Met Monitoring Requirements

We are required to monitor your drinking water for specific contaminants on a regular basis. Results of regular monitoring are an indicator of whether or not our drinking water meets health standards. During the compliance period(s) specified in the table below, we did not complete all monitoring or testing for the contaminants group listed and therefore cannot be sure of the quality of our drinking water during that time.

Violation Awareness Date: **January 25, 2007**

CONTAMINANT GROUP	ENTRY POINT/ LOCATION CODE	COMPLIANCE PERIOD BEGIN DATE	SAMPLING FREQUENCY	WHEN SAMPLES WERE OR WILL BE TAKEN
(LC) Lead and copper	MULTIPLE	AUGUST 2005	3 YEARS	August 2008

### What should I do?

There is nothing you need to do at this time.

**What happened? What is being done? When will the problem be corrected?** In the year the samples were taken, the customer population increased to over 10,000. This milestone raised the number of samples required from 20 to 30. However, we were not made aware of the change in population until after sampling occurred. The results of all 20 samples taken were acceptable and no contaminants were reported.

### What If I Have Any Questions Or Would Like to Become More Involved?

If you have any questions about water quality or this report, please contact Dennis Curtis at Currituck County Water, 453-9382. We want our valued customers to be informed about their water utility. If you want to learn more, you may attend any of our regularly scheduled monthly meetings. Please call for an appointment.

## Water Quality Data Table of Detected Contaminants

The Water Department routinely monitors for over 150 contaminants in the drinking water according to Federal and State laws. The following table lists all the drinking water contaminants that were detected in the last round of sampling for the particular contaminant group.

The presence of contaminants does not necessarily indicate that water poses a health risk. **Unless otherwise noted, the data presented in this table is from testing done January 1 through December 31, 2006.** The EPA or the State requires monitoring for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. Some of the data, though representative of the water quality, is more than one year old.

Unregulated contaminants are those for which the EPA has not established drinking water standards. The purpose of unregulated contaminant monitoring is to assist the EPA in determining the occurrence of unregulated contaminants in drinking water and whether future regulation is warranted.

### Important Drinking Water Definitions:

**Not-Applicable (N/A)** - Information not applicable/not required for that particular water system or for that particular rule.

**Non-Detects (ND)** - Laboratory analysis indicates that the contaminant is not present at the level of detection set for the particular methodology used.

*Continued on next page...*

# Water Quality Report Continued...

**Parts per million (ppm) or Milligrams per liter (mg/l)** - one part per million corresponds to one minute in two years or a single penny in \$10,000.

**Parts per billion (ppb) or Micrograms per liter** - one part per billion corresponds to one minute in 2,000 years or a single penny in \$10,000,000.

**Maximum Contaminant Level** - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

**Maximum Contaminant Level Goal** - The "Goal" (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

**Extra Note:** MCLs are set at very stringent levels. To understand the possible health effects described for many regulated constituents, a person would have to drink two liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

## Microbiological Contaminants

Contaminant (units)	MCL Violation Y/N	Your Water	MCLG	MCL	Likely Source of Contamination
Total Coliform Bacteria (presence or absence)	N	0	0	one positive monthly sample	Naturally present in the environment
Fecal Coliform or <i>E. coli</i> (presence or absence)	N	0	0	0 (Note: The MCL is exceeded if a routine sample and repeat sample are total coliform positive, and one is also fecal coliform or <i>E. coli</i> positive)	Human and animal fecal waste

## Nitrate/Nitrite Contaminants

Contaminant (units)	MCL Violation Y/N	Your Water	Range		MCLG	MCL	Likely Source of Contamination
			Low	High			
Nitrate (as Nitrogen) (ppm)	N	ND	N/A		10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
Nitrite (as Nitrogen) (ppm)	N	ND	N/A		1	1	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits

## Unregulated Inorganic Contaminants

Contaminant (units)	Sample Date	Your Water	Range		Secondary MCL
			Low	High	
Sulfate (ppm)	6/14/04	9	N/A		250

## Unregulated VOC Contaminants

Contaminant (units)	Sample Date	Your Water	Range	
			Low	High
Chloroform (ppb)	12/1/04	41.7 mcg/L	N/A	
Bromodichloromethane (ppb)	12/1/04	13.1 mcg/L	N/A	
Bromoform (ppb)	12/1/04	28.3 mcg/L	N/A	
Chlorodibromomethane (ppb)	12/1/04	42.7 mcg/L	N/A	

### Did You Know?

A special website has been established just for **mosquito** complaints?



Go to [www.arhs-nc.org/ehs/mosquito/index.htm](http://www.arhs-nc.org/ehs/mosquito/index.htm)  
OR call the Health Department at 232-2271.



## Lead and Copper Contaminants

Contaminant (units)	Sample Date	Your Water	# of sites found above the AL	MCLG	MCL	Likely Source of Contamination
Copper (ppm) (90 <sup>th</sup> percentile)	8/19/05	0.482	0	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead (ppb) (90 <sup>th</sup> percentile)	8/19/05	4	1	0	AL=15	Corrosion of household plumbing systems, erosion of natural deposits

# Water Quality Report Continued...

## Inorganic Contaminants

Contaminant (units)	Sample Date	MCL Violation Y/N	Your Water	Range		MCLG	MCL	Likely Source of Contamination
				Low	High			
Antimony (ppb)	6/14/04	N	ND	N/A		6	6	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder
Arsenic (ppb)	6/14/04	N	ND	N/A		0	10	Erosion of natural deposits; runoff from orchards; runoff from glass and electronics production wastes
Barium (ppm)	6/14/04	N	ND	N/A		2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
Beryllium (ppb)	6/14/04	N	ND	N/A		4	4	Discharge from metal refineries and coal-burning factories; discharge from electrical, aerospace, and defense industries
Cadmium (ppb)	6/14/04	N	ND	N/A		5	5	Corrosion of galvanized pipes; erosion of natural deposits; discharge from metal refineries; runoff from waste batteries and paints
Chromium (ppb)	6/14/04	N	ND	N/A		100	100	Discharge from steel and pulp mills; erosion of natural deposits
Cyanide (ppb)	6/14/04	N	ND	N/A		200	200	Discharge from steel/metal factories; discharge from plastic and fertilizer factories
Fluoride (ppm)	6/14/04	N	ND	N/A		4	4	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
Mercury (inorganic) (ppb)	6/14/04	N	ND	N/A		2	2	Erosion of natural deposits; discharge from refineries and factories; runoff from landfills; runoff from cropland
Selenium (ppb)	6/14/04	N	12	N/A		50	50	Discharge from petroleum and metal refineries; erosion of natural deposits; discharge from mines
Thallium (ppb)	6/14/04	N	ND	N/A		0.5	2	Leaching from ore-processing sites; discharge from electronics, glass, and drug factories

Synthetic Organic Chemical (SOC) Contaminants Including Pesticides and Herbicides  
Tested 3/3/05, all contaminants were below the detection limits.

Unregulated SOC Contaminants Including Pesticides and Herbicides  
Tested 3/3/05, all contaminants were below the detection limits.

Volatile Organic Chemical (VOC) Contaminants  
Tested 12/1/04, no violations.

## Disinfection and Disinfection Byproducts Contaminants (Tested 7/10/06 & 12/04/06)

Contaminant (units)	MCL/MRDL Violation Y/N	Your Water (AVG)	Range		MCLG	MCL	Likely Source of Contamination
			Low	High			
TTHM (ppb) [Total Trihalomethanes]	N	58.8	N/A		N/A	80	By-product of drinking water chlorination
HAA5 (ppb) [Total Haloacetic Acids]	N	20	N/A		N/A	60	By-product of drinking water disinfection

## South Camden Water CCR Results 2006

**Unregulated Inorganic Contaminants** - 04/15/06 All tested contaminants were below MCL values.

### Unregulated VOC Contaminants

Contaminant (units)	Sample Date	Result
Bromoform (ppb)	4/10/06	1.6
Chlorodibromomethane (ppb)	4/10/06	0.6
Bromodichloromethane (ppb)	4/10/06	N/D

### Disinfection Byproduct Contaminants

Contaminant (units)	Result	MCL
TTHM (ppb)	50	80
HAA5 (ppb)	N/D	60
Chlorine (ppm)	0.77	4

## Lead and Copper Contaminants

Contaminant (units)	Sample Date	Your Water	# of sites found above the AL	MCLG	MCL	Likely Source of Contamination
Copper (ppm) (90 <sup>th</sup> percentile)	6/15/06	N/D	0	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead (ppb) (90 <sup>th</sup> percentile)	6/15/06	N/D	1	0	AL=15	Corrosion of household plumbing systems; erosion of natural deposits

For more information, visit the Currituck County Water Department at [www.currituckgovernment.com](http://www.currituckgovernment.com).



# Currituck Public Library Update

## SUMMER READING PROGRAM HELD THURSDAYS AT THE PUBLIC LIBRARY

Theme: GET A CLUE @ YOUR LIBRARY



- June 14: From the Sea to the Sky -  
Arrival by Sea through NASA's Exploration of the Sky...  
The Legacy of Jamestown.
- June 21: Currituck County Sheriff's Department's Safety Program
- June 28: What Gives You Energy & Is Enjoyed by All the Senses?  
N.C. Cooperative Extension Family & Consumer Science Staff
- July 5: Donna Corbo – Ruger the Rock & Friends
- July 12: Outer Banks Center for Wildlife Education - "Skins & Skulls"
- July 19: Author Dawn Matheson's "Roby Lee and Bumble Bee"
- July 26: "Amazing Al" Motivational Magic

## CURRITUCK COUNTY PUBLIC LIBRARY SUMMER PROGRAMS

The following programs are scheduled for children throughout the summer:

### TODDLER TIME – TUESDAYS – 10:00 AM

- June 19: Peek a Zoo  
June 26: My Favorite Pet  
July 3: To the Beach  
July 10: Elmer the Elephant  
July 17: Crafts R Us  
July 24: Choo Choo Clickety-Clack!

### STORY TIME – THURSDAYS – 10:00 AM

- June 21: My Crayons Talk  
June 18: Dog's Noisy Day  
July 5: Hickory Dickory Dock  
July 12: Crafts R Us  
July 19: Who Am I?



## County Librarian Gerri Andrews Retires



In January 2001, Gerri Andrews made the decision to change careers from being a public school librarian to becoming the librarian of the Currituck County Public Library in Barco. She will retire on June 30, 2007. Although her tenure as librarian has been brief, she has brought many changes to the library.

During Gerri's tenure, she served clients of Currituck County. From her first day as librarian, she reached out to the community. Among the services she initiated are:

- Scheduled forums of interest. One, in particular, was the North Carolina writers' series. Another focused on different cultures and important historical events;
- Scheduled cultural events. A favorite was the Navy Brass Quintet;
- Arranged instruction for classes on computer programs;
- Created a poetry program/contest for students in the public schools;
- Encouraged writing through a series of writing workshops;
- Established an active Friends of the Library group. The Friends have provided refreshments for library programs and special events, held book sales and other fund raisers to support library programs, and volunteered hours of time to keep the library shelves organized and displays up-to-date and attractive;
- Worked with the Currituck Library Foundation to look for ways to improve the services of the library and to update programs including the recent publication of Mrs. Marion Fiske Welch's book *MOYOCK*;
- Established a working relationship with the Currituck Arts Council.



No matter the task, Gerri always had a positive attitude. Her quiet voice, friendly smile, gracious manner, and expertise made the library a focal point of many people's lives.

Best wishes to Gerri for continued success and an enjoyable retirement.

## After 23 Years At the Public Library, Diane Ferebee Retires

When Diane Ferebee began her career at the Currituck County Public Library in 1984, books were hand-stamped with a Gaylord machine, and a card catalog contained thousands of cards identifying each book by its author, title, and genre.

During her thirteen years with the Library, Diane has been a part of ushering in the Age of Technology. Books are now entered into a database that can be accessed on computers in any of the regional libraries or even at home. Library patrons can now check books in and out, read newspapers, take computer classes, or attend a book talk or lecture series.

Diane's love of reading drew her to the library. She soon learned that working in the library meant participating in trainings and workshops to keep abreast of the library changes. Although her primary responsibilities are procurement and finance, she is perhaps best known as the "overdue lady."

Diane worked first under the leadership of librarian Jane Marshall. Under her guidance, Diane learned the importance of paying attention to details, teamwork, and developing good organizational skills.

Diane says the current librarian, Gerri Andrews set the pace for keeping the library current with technology. She modeled a contagious, fresh outlook on patron needs and gave a new appreciation for including cultural programs as a part of the library program.

Diane's first involvement with library work began when she was in elementary school. She recalls printing the book titles and Dewey Decimal information on the spine of books using India ink.

Diane will retire on July 1st. The staff of the Public Library wishes Diane a happy retirement!



# Happy and Healthy Families

## Smart Family Moves: Less TV, More Meals Together

If you are a parent or grandparent, you naturally want the best for the children in your family. You want them to be happy and healthy. You want them to do well in school and be successful in life. What you may not realize is that a couple of simple family habits can help your children achieve everything that you hope for them. Two ways to accomplish this are by reducing 'screen time' (TV, DVD, video games, movies, and computers) and eating more meals together.

"Research shows that reducing screen time is one key to ensuring children's health and success at school," says Georgia Kight, Family & Consumer Sciences Extension Agent with North Carolina Cooperative Extension.

"Overall, many children spend more total hours with screen entertainment than they do in school. With about two-thirds of school aged children having a TV in their bedroom, screens are interfering with needed sleep as well."



For optimal health and development, the American Academy of Pediatrics recommends no TV or videos for children two years and under, no more than two hours of total quality screen time for older children, and no TVs in children's bedrooms.

Regular family meal times are also closely linked to children's health and academic performance. Studies show that children who eat more meals with their families are less likely to be overweight and more likely to report getting good grades as teenagers. Forty percent of families report watching TV during meals, which interferes with quality conversations and distracts children from eating when they are hungry and stopping when they are full.

North Carolina Cooperative Extension has developed a curriculum entitled "Families Eating Smart, Moving More," designed to provide families the skills and motivation to improve eating and physical activity behaviors. This program is available to be shared with groups such as PTA, civic groups, parenting groups and worksites.

For more information, contact Georgia Kight at 232-2261.

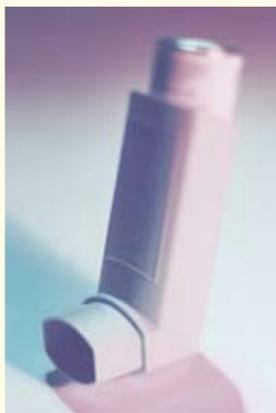
*Eat Smart, Move More is a program funded by the Albemarle Smart Start Partnership. Family & Consumer Science Program Assistants are available to visit child care centers, family homes and preschool classrooms to teach nutrition lessons and activities.*



*If you are interested in learning more about this program, contact Sheila Gregory or Erlene Jones at 232-2261.*

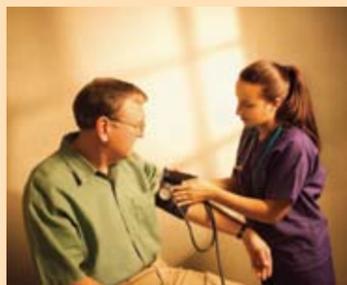
**Asthma** is a controllable, chronic disease that causes breathing problems. During an asthma episode, the muscles that wrap around the airways become swollen, and thick mucus is produced. The swelling, muscle tightening and mucus block the airways, making it difficult to breathe. Substances causing asthma symptoms are called asthma triggers and include:

- airway infections
- animal dander
- dust mites, molds, cigarette smoke
- pollen
- changes in the weather
- strong odors and fumes
- chemicals and medicines
- cockroaches



The Pediatric Asthma Coalition is scheduling an Asthma/Sports Injuries "Coaches" training this summer. The training will be held on Friday, July 20 from 9 am – 12 noon at Currituck High School. School sports coaches, physical education teachers and volunteer community coaches are invited to participate in the training. For more information, contact Mary Schwarga, Knapp Elementary School Nurse, or Georgia Kight, Family & Consumer Sciences Extension Agent, at 232-2261.

## "Give Your Heart a Healthy Beat"



*Give Your Heart a Healthy Beat* is a program that promotes healthy eating and exercise for people at risk for cardiovascular disease. This 7 week series runs July 18 through August 29, from 11 am – 12 noon.

Classes will be conducted in the Extension Kitchen, located in the Historic Courthouse. There will be weekly educational presentations, food demonstrations and physical activity opportunities.

Space is limited; pre-register by calling 232-2261. There is a fee for the cost of supplies.

## Mosquito Control

Albemarle Regional Health Services (ARHS) has created a special webpage, just for mosquito complaints:

[www.arhs-nc.org/ehs/mosquito/index.htm](http://www.arhs-nc.org/ehs/mosquito/index.htm).

ARHS provides Currituck County's Public Works Department with valuable information on where to focus its suppression spraying. The Public Works Department has employees who are licensed pesticide applicators. Adulticide Aqua-Reslin is applied with ULV machines (mosquito sprayers).

Mosquito complaints to ARHS help to determine where mosquito larva sampling will take place, where to set mosquito traps for counting and testing purposes, and where to coordinate spraying programs.

In addition to ARHS, the N.C. Department of Environment and Natural Resources offers information on identification and control of insect pests of public health significance at <http://deh.enr.state.nc.us/phpm/>.



## Move More!

Increased physical activity can help lower the risk of heart disease, stroke and diabetes as well as other chronic diseases. Most people average only about 3,000 to 5,000 steps a day in normal activities. Increasing the number of steps you take each day, and increasing the speed at which you take them, can improve your health. Using a pedometer can help monitor and improve your walking program.

If you are interested in increasing your daily steps, the first action is to purchase a pedometer and begin logging your steps. To receive a walking log sheet, contact the North Carolina Cooperative Extension, Currituck Center at 232-2261.



## Community Health Assessment



The Healthy Carolinians of the Albemarle partnered with Albemarle Regional Health Services, Albemarle Hospital Foundation and others to conduct a community health assessment. It describes the health status of Currituck County citizens to determine health trends and provides direction for healthy promotion activities.

The chronic disease sub-committee has been organized to develop an action plan that will work toward reducing death rates due to these chronic illnesses.

If you are interested in serving on the Healthy Carolinians of the Albemarle Partnership or the Chronic Disease sub-committee, contact Amy Cowan at 232-2271 or Georgia Kight at 232-2261.

# Events, Announcements, and Education

## Calendar of Events

**June 5** - Child Care Provider Training, "Making Change (\$) for Kids," at the Currituck Extension Center, 6:30 pm. There will be no registration fee; however, participants must pre-register.

**June 17-22** - State 4-H Camp at the Eastern 4-H Center in Columbia

**June 18, 19, 21** - Safe Sitters Series for teens ages 12 and older, 9 am – 4 pm each day at the Currituck Extension Center. Cost is \$15 to cover cost of CPR certification and program materials. Space is limited, so pre-register early.

**June 25-29** - 4-H/SOS Summer Blast Camp for youth ages 9-13 at Currituck County Middle School

**June 26** - 4-H District Activity Day to be held in Martin County. Youth will compete in District 4-H public speaking contests.

**July 2-6** - Camp Clover 4-H Day Camp for youth ages 5-8 at Griggs Elementary School

**July 4** - Independence Day Holiday; County offices closed

**July 4** - Independence Day Celebration at Currituck Heritage Park in Corolla; 6 pm - 11 pm

**July 7** - Fall Soccer on site registration, 9 am - 12 noon at Currituck Middle School

**July 9-13** - 4-H/SOS Summer Blast Camp for youth ages 9-13 at Moyock Middle School

**July 18-20** - Currituck Storm Football Camp, 6 – 8:00 pm at Currituck High School. For information, contact Tony Fallon at 453-9428.

**July 20** - Sports Injuries and Asthma Training for school athletic coaches, physical education teachers, and community league volunteer coaches to be held at Currituck County High School from 9 am – 12 noon. Call Mary Schwarga at J.P. Knapp School or Georgia Kight at 232-2261 for more information.

**July 23-27** - Camp Clover 4-H Day Camp for youth ages 5-8 at Knotts Island Elementary

**July 24** - Youth Cooking School offered for youth ages 5-8; cost is \$5.

**July 26** - Child Care Provider ITS-SIDS (Sudden Infant Death Syndrome) Training will be held at 6:30 pm at the Extension kitchen. No cost, but you must pre-register.

**July 30 - August 3** - Camp Clover 4-H Day Camp for youth ages 5-8 at Moyock Elementary School.

**July 31** - Youth Cooking School offered for youth ages 9 and older; cost is \$5.

**August 8** - American Red Cross Adult, Child, Infant CPR Recertification Class to be held at the Extension kitchen at 7:00 pm

**August 17-19** - District Horsemanship School in Williamston

**August 27** - 4-H Training: "Planning Age Appropriate Activities" 7-9 pm at the Extension kitchen.

**September 3** - Labor Day Holiday; County offices closed

### Did You Know?

You can rent shelters and other recreation facilities from the Parks and Recreation Department?



Call 232-3007 to find out more.

### Parks and Recreation Announcements

Summer Soccer Camp registrations are being accepted through July 13. A \$10 late fee will apply if payment is received after this date. The camp is open to children ages 3-18, and will be held July 23 – 27 at Knapp elementary school. For information contact CCPRD at 232-3007. Receive a free British Soccer jersey when you register online at [challengersports.com](http://challengersports.com).

The Currituck Athletic Association is hosting the District 1 Babe Ruth Softball tournament on July 5-7. Age divisions in the tournament are 8 and under, 10 and under, 12 and under, 14 and under, and 16 and under.

Teams participating in the district tournament will be from Dare, Bertie, Camden, Pasquotank, and Currituck counties, as well as Roanoke Rapids. Winners of the age divisions will travel to Wilson, N. C. to compete in the state tournament.

Anyone wishing to assist should contact Bob Koontz at 453-2689.



### TOPP Off Your Child's Education

TOPP (Teen Orientation to Public Policy) is a program that allows young people in grades 9-11 to serve as youth representatives to local boards, including: the Board of Commissioners, Board of Education, Planning Board, the Economic Development Board, and others.



Two youth will be selected from each Board to serve a one-year term (May 2006-May 2007). Youth will be required to attend monthly Board meetings and other committee meetings as deemed necessary by the Board Chairperson. Candidates must be enthusiastic, dedicated and willing to commit to this important role.

Youth can obtain an application by contacting the 4-H Youth Office at 232-2262 or e-mailing the 4-H Agent at [ellen\\_owens@ncsu.edu](mailto:ellen_owens@ncsu.edu).



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