



## Monthly Newsletter

showcasing activities and accomplishments of the departments within Rutherford County Government.

### Airport

Article taken from Daily Courier, Edition 01.14.23

# Benfield renamed chairman of County Airport Authority



MIKE BENFIELD

BY SCOTT CARPENTER  
SCARPENTER@THEDIGITALCOURIER.COM

RUTHERFORDTON — Rutherford County Commissioner Mike Benfield will continue serving as chairman of the Rutherford County Airport Authority, it was decided at the Airport Authority meeting on Monday.

The commissioners also

function as the Airport Authority, since 2015, and hold separate meetings as that body, with separate leadership. Prior to 2015, the airport authority was a separate board tasked with overseeing the airport operations, even though it was still owned by Rutherford County. The change in gover-

nance was made due to mismanagement by the previous airport authority.

Rutherford County Airport is the only public airport in Rutherford County. There are, however, several independently owned private airstrips.

SEE BENFIELD/PAGE A2

Benfield says he believes use of the airport will pick up this year, even though fuel sales have dipped slightly over the past couple of months.

“Winter is usually a good time to fly,” he said. “I expect activity will pick back up. I think people were probably cutting back a bit with some uncertainty around inflation.”

The airport, Benfield and other officials say, is an important component of the Rutherford County economy. It is

used by not only those who fly for pleasure, but also by business people.

“Local industry executives use the airport. And industry folks who may be looking to relocate to Rutherford County,” Benfield said. “This airport is an asset to our community.”

There are typically 45 to 50 aircraft at the Rutherford County Airport on a typical day. Like at other small airports, there is also a growing demand for hanger space.

More hangars are being constructed

at the county airport, and more are being planned.

The airport was recently awarded a \$1.24 million grant by the N.C. Department of Transportation for safety improvements. Lights, signs, and navigational aids will be replaced this year.



New Hangar Construction



### Military Helicopter Fuel Stop



### Director Devon Raisch attended Titan Fuels Training Seminar in Charlotte, NC.



### Hands-On Training with Titan Fuels at Wilson Air Center



Animal Control



**Rutherford County Animal Control has reduced dog adoptions to \$40 beginning 01/23/2023. Please stop by and visit our available dogs 🐶**



911 Communications

Monthly Call Summary



Total 911 Calls	Total Admin Calls	Total Calls
3,834	8,591	12,425

## Cooperative Extension



### Tracy Davis, Family & Consumer Sciences

The Rutherford County Extension & Community Association (ECA) held its annual Achievement Program January 18, 2023 at Cooperative Extension. Members were recognized for their accomplishments during 2022. The Longevity Award was presented to Suzanne Gibson as a 25-year member. Four members received the High Attendance Award: Kay Dalton, Angie Francis, Suzanne Gibson, and Arnita Camp-Harrison. The Recycling Award was earned by Mary Webster. Outstanding Members, Cathy Holmes and Kelly Dale, were recognized for this highest honor.

During 2022, ECA members participated in community service projects including a book collection for children, sewing dignity clothing protectors for nursing home residents, and creating handmade cards for the Boys & Girls Home of N.C. The group donated food and cooking supplies to Rutherford County families in need, awarded a \$500 college scholarship to a local high school student, and recycled over 5,000 pounds of recyclable material. Activities also included hosting educational programs and district meetings and assisting Cooperative Extension agents with programs.

ECA is an outreach of Family & Consumer Sciences through N.C. State Extension. Its mission is to strengthen families through leadership development, community action, and educational programs. During the coming year, ECA members will continue working on the National Project in Common: BEE-cause Pollinators Feed the World. Programs and workshops will be presented to various groups in the county about the importance of pollinators such as bees, butterflies, and hummingbirds, and ways to protect their survival.

For more information about the Rutherford County Extension & Community Association (ECA), contact Cooperative Extension at 287-6010.

**Photo - Incoming Officers 2023 pictured l to r:** Suzanne Gibson, Arnita Camp-Harrison, Karen Laughter, Ruby Ham, Janis Byers, Kelly Dale, Kay Dalton



Do you know a college student looking for a summer internship? Applications opened on January 20th for the NC State Extension Summer Internship Program. Applications are due February 17, 2023.

[Click here to learn more and apply.](#)



## County Manager/Commissioners

The County Manager, Commissioners and staff were involved in several resourceful telephone conference and in-person meetings involving the following individuals, departments, boards, and businesses:

- Community Health Council
- JCPC
- County Attorney
- SOG ARP - American Rescue Plan
- January Board of Commissioners' Meeting (**highlights below and following pages**)
- Board of Education
- TCC-TAC Joint RPO Meeting
- CCBA-CDBG
- Tourism Advisory Committee
- Finance
- WCAB Update
- Planning and Projects
- Foothills Regional Commission
- RRDC Meeting
- Opioid Settlement Committee
- Economic Development Board
- Pangaea Board Meeting
- Partners Board Meeting
- DSS Board
- Department Head Performance Evaluations
- NCACC Call for County Managers
- Board of Commissioners Agenda Review for January meeting
- Airport Authority Agenda Review for January meeting
- Airport Authority Meeting
- Rural Development
- MyFutureNC, Isothermal Community College
- Senior Center Advisory Board
- Broad River Water Authority

The January Board of Commissioners' meeting was held on January 9, 2023. The meeting was also livestreamed and can be seen by visiting the Rutherford County webpage at [www.rutherfordcountync.gov](http://www.rutherfordcountync.gov).



**The next Board of Commissioners' meeting will be held  
Monday, February 6, 2023 at 6:00 pm.**

### **Highlights from the RC Board of Commissioners' January 2023 Agenda**

**Public Hearing - Grant for Transportation Services** (presented by Director Kerry Giles, pictured right)

#### **Appointments**

#### **Commissioner Reports**

- NC Senior Tar Heel Legislation
- Compilations for Volunteer Fire Departments



Highlights from the  
RC Board of Commissioners' January 2023 Agenda continued

**New Business**

- Budget Amendments
- Budget Calendar 2023-2024 Budget (presented by Director Paula Roach, pictured right)
- Notice of Intent to Amend Broad River Water Authority Bylaws
- NCDOT Paved Trail and Sidewalk Feasibility Study Program Grant Application



**Human Resources**

**HR Director and HR Analyst:**

- Held meetings to discuss personnel issues, exit interviews, and retirements
- Attended Commissioner meeting
- Conducted monthly orientation
- Attended HR Association meeting
- Completed payroll changes
- Held interviews for Revenue Department
- Attended JCPC meeting
- Conducted interviews for Library and Building Inspections
- Conducted JCPC program monitoring

**CONDOLENCES**

Our thoughts and prayers continue for employees and families listed below:

Kaleb Johnson (EMS) in the recent loss of his grandmother, Nancy Burns.

**RUTHERFORD COUNTY JOB OPPORTUNITIES**

Detention Officers

EMS Workers

Heavy Equipment Operator

Animal Control Vet Tech

Building Inspections



**NEW EMPLOYEES**

**Full-time**

Candace McDonald (Transit)

Misty Strickland (Register of Deeds)

Heather Wright (DSS)

Megan Seals (Revenue)

Austin Coggins (Sheriff)

**Part-time**

Sherrie Toler (911)

Deborah Tone (DSS)

*We're excited to have you  
as part of the team!*

**We're Hiring!**

Rutherford County Library System is looking for a library associate with Spanish language skills! If you or someone you know might be a good fit for this position, please consider submitting an application. Here are the details:

**POSITION AVAILABLE-** Rutherford County Library is seeking a **part-time Library Associate with Spanish language skills**. The ideal candidate will communicate orally and in writing in both Spanish and English; translate library handouts into Spanish; meet with members of the Spanish-speaking community; interpret for patrons; prepare library displays; help provide tours, and with the help of other staff members develop and present programming for all ages. Customer service experience a plus. 19 hours per week, days and location vary. \$14.49 per hour. Background check, EOE, open until filled. To apply, please visit <https://rutherford.rja.revize.com/forms/7> or apply in person at Rutherford County Human Resources, 289 N Main Street, Rutherfordton, NC, 28139.

**Community Art Project at RC Library**

County Library is excited to embark upon a Community Art Project in 2023! A Community Art Project is a collaborative approach to making art in a public setting, such as a library or community space, or with the resulting product intended as public art or installed in a public location.

Rutherford County Library's Community Art Project is a Yarn-Woven CD Wall Installation. We're upcycling old compact discs by weaving over one side with small lengths of yarn. We will collect all the finished CDs made during our in-house weaving workshops and string them together for an art installation to be displayed within the County Library for the entire community to enjoy.

This project began in January 2023 and will continue throughout the year, or until we are out of supplies or space to hang the finished piece.

For more information, please call Engle at 828-287-6115.



RUTHERFORD COUNTY LIBRARY SYSTEM  
**CD WEAVING**  
 COMMUNITY ART PROJECT

WEAVE YARN AROUND A CD TO CREATE BEAUTIFUL COMMUNITY ART FOR DISPLAY IN THE LIBRARY!

THIS SIMPLE CRAFT IS FOR EVERY AGE!  
*(Little ones may need assistance)*

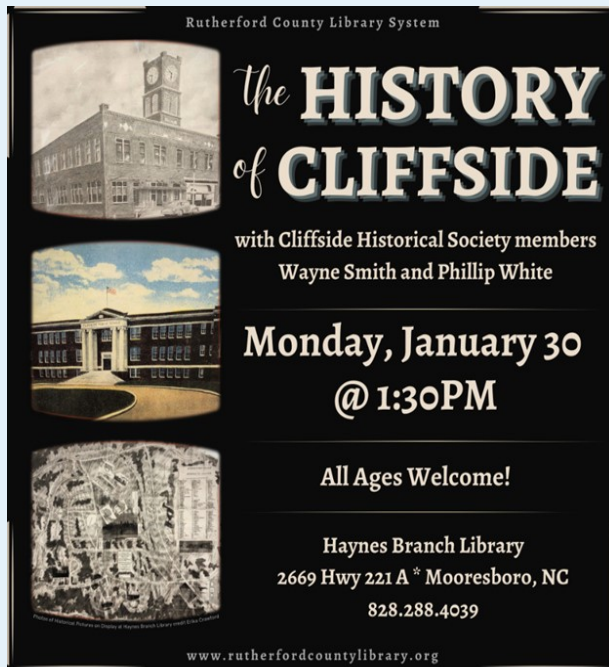
ALL MATERIALS & INSTRUCTIONS PROVIDED!

**UPCOMING WEAVING WORKSHOPS:**  
 MONDAY, FEBRUARY 6 @ 10:30AM  
 THURSDAY, FEBRUARY 16 @ 4:30PM

COUNTY LIBRARY \* 255 CALLAHAN KOON ROAD \* SPINDALE, NC  
 WWW.RUTHERFORDCOUNTYLIBRARY.ORG

**Upcoming Programs & Events**

Wayne Smith and Phillip White, members of the Cliffside Historical Society, will present a free program for all ages about Cliffside and it's history on Monday, January 30 at 1:30PM. This FREE program is at Haynes Branch Library, 2669 Hwy 221A in Mooresboro, and no registration is needed.



Rutherford County Library System

*the* **HISTORY of CLIFFSIDE**

with Cliffside Historical Society members  
 Wayne Smith and Phillip White

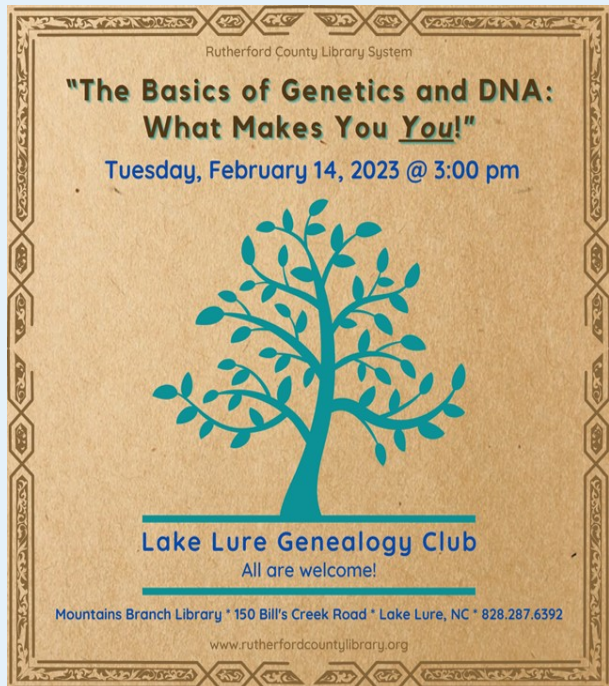
**Monday, January 30**  
**@ 1:30PM**

All Ages Welcome!

Haynes Branch Library  
 2669 Hwy 221A \* Mooresboro, NC  
 828.288.4039

www.rutherfordcountylibrary.org

Lake Lure Genealogy Club is hosting a special presentation at their next meeting. Everyone is invited to enjoy "The Basics of Genetics and DNA: What Makes You You!" on Tuesday, February 14 at 3:00PM. This FREE program is at Mountains Branch Library, 150 Bill's Creek Road in Lake Lure, and no registration is needed.



Rutherford County Library System

**"The Basics of Genetics and DNA: What Makes You You!"**

Tuesday, February 14, 2023 @ 3:00 pm

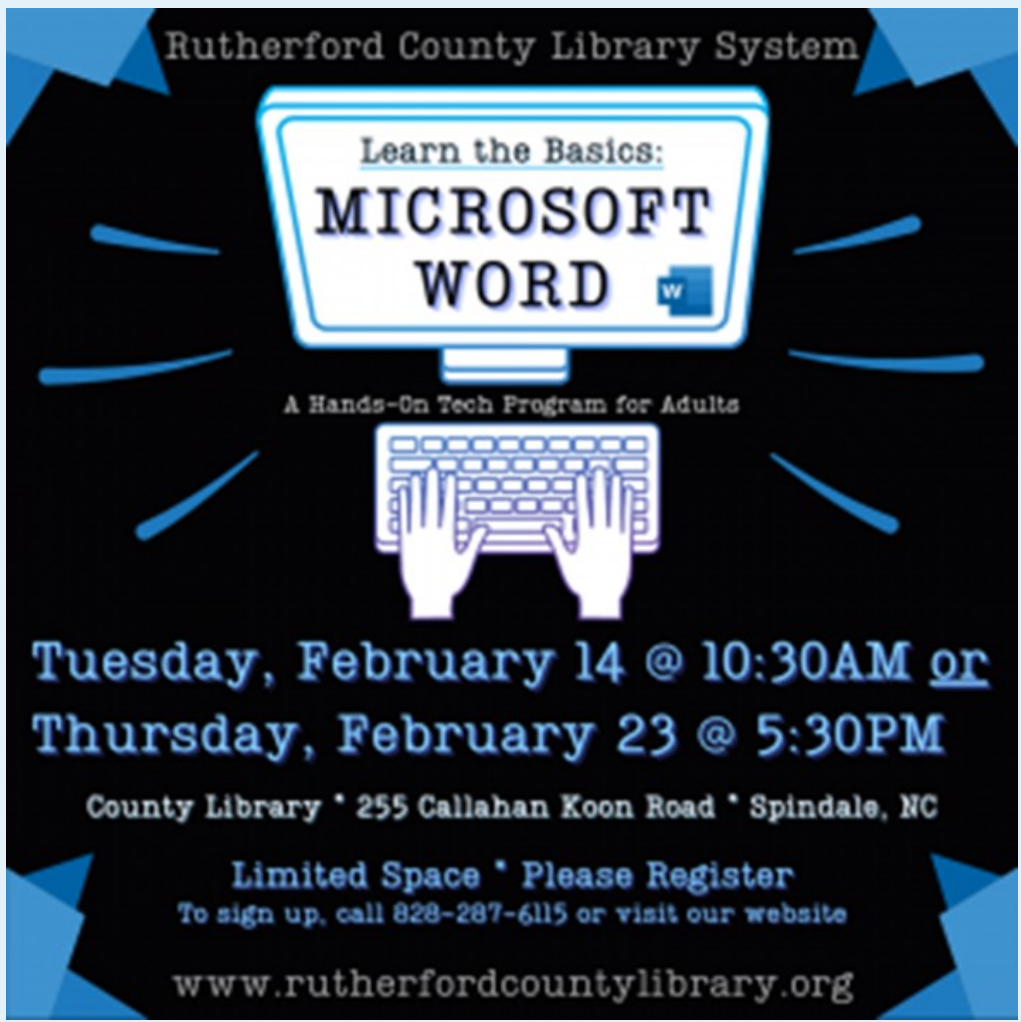
**Lake Lure Genealogy Club**  
 All are welcome!

Mountains Branch Library \* 150 Bill's Creek Road \* Lake Lure, NC \* 828.287.6392  
 www.rutherfordcountylibrary.org





Learn the basics of using Microsoft Word to create documents. Attendees will use a library laptop to practice formatting text, paragraph alignment, bullet & number lists, and cut/copy/paste. This FREE workshop for adults is at County Library, 255 Callahan Koon Road in Spindale, but space is limited so please call 282-287-6115 or visit our website to sign up. Choose to attend either the day session on Tuesday, February 14 at 10:30AM OR the evening session on Thursday, February 23 at 5:30PM.



Rutherford County Library System

Learn the Basics:  
**MICROSOFT  
WORD**

A Hands-On Tech Program for Adults

Tuesday, February 14 @ 10:30AM or  
Thursday, February 23 @ 5:30PM

County Library \* 255 Callahan Koon Road \* Spindale, NC

Limited Space \* Please Register  
To sign up, call 828-287-6115 or visit our website

[www.rutherfordcountylibrary.org](http://www.rutherfordcountylibrary.org)

Learn a new recipe at this month's "On the Menu with Maria!" In February, Maria is demonstrating how to make Asian Chicken Meatball Lettuce Wraps with Mango Salsa! Sound delicious?!? Want to try a sample?? Then come on to Mountains Branch Library on Friday, February 24 at 1:00PM, all are welcome and no registration needed!



Rutherford County Library System Presents

**On the Menu with Maria**  
A Recipe Demonstration & Tasting Series

**Asian Chicken Meatball  
Lettuce  
Wraps with  
Mango Slaw**



Friday, February 24 @ 1:00PM  
All are welcome for this FREE program!

Mountains Branch Library  
150 Bill's Creek Road \* Lake Lure, NC \* 828.287.6392

[www.rutherfordcountylibrary.org](http://www.rutherfordcountylibrary.org)

## Planning and Projects

Wishing Tim Culler (Maintenance) a very happy birthday and enjoy celebrating all year long!

(Birthdate: January 12th)



## Revenue Office

<b>Customer Service</b>	
Phone Calls	1,542
Taxpayer Office Visit Assistance	632
<b>County Growth Indicators</b>	
Deeds Transferring Property	46
Transfer By Estate	6
Plats reviewed	2
Parcels with mapping changes (Split or Merged)	56
Parcels Reviewed with Building Permits	225
Parcels Reviewed w/o Building Permits	683
<b>Collections Progress</b>	
Deeds Certified	33
Legal Actions (Garnishments, Attachments, etc.)	1
<b>Total Taxes Collected</b>	<b>\$6,957,749.12</b>



## Rutherford County Senior Center



### October-December Report

SERVICE TYPE	NUMBER OF MEALS
Congregate Meals	5793
Ellenboro Congregate Meals	1163
<u>Home Delivered Meals</u>	<u>11715</u>
<b>Total Meals:</b>	<b>18,671</b>

#### **SENIOR GAMES**

Barbara Hill recently attended the statewide Senior Games Coordinator Conference in Atlantic Beach, North Carolina. This was a wonderful opportunity to discuss ideas with coordinators from other Senior Centers across the state and learn how to keep making the games better each year (pictured right).

#### **ADVISORY COMMITTEE**

The Advisory Committee met on Thursday, January 19, 2023. We appreciate their service.

#### **JANUARY NEW PARTICIPANTS**

The Senior Center had 27 new participants join this month.

#### **NEW KITCHEN EQUIPMENT**

A big thank you to Rutherford County Government for replacing some dated kitchen equipment this month. Our kitchen staff was super excited to receive the new steamer and steam kettle to replace the old units. The old units were thirteen (13) years old and were constantly needing repair. Thank you Rutherford County Maintenance for installing (pictured below).



Solid Waste

Material	Weight
MSW/Household Garbage	2845.32 tons
Construction/Demo Debris	585.56 tons
Metal	77.09 tons
Recycle	255.49 tons
Electronics/TV	3.4 tons
Tires	74.14 tons

Solid Waste Department has implemented new Convenience Center hours beginning January 1, 2023.



We welcome new staff members to the Solid Waste Team!

Ethan Garland, Heavy Equipment Operator (below left)

Kerri Ryan, Part-time Truck Driver (below middle)

Amber Philbeck, Part-time Scale Operator (below right)





**Tourism Development Authority**  
RUTHERFORD COUNTY, NC

Monthly Report / January 2023

**Tourism Master Plan**

- The Towns, County and the TDA continue to move Rutherford Bound forward.
- Lake Lure, Chimney Rock, Spindale and Rutherfordton complete Phase II planning and are in the process of project funding.
- Ellenboro steering committee approves Cotton Gin Park project to move forward.
- TDA/RB/DbD/Towns applying for a number of grants for asset projects.
- TDA hired Teddy Consulting to assist with funding for Rutherford Bound
- Chimney Rock receives \$300,000 ARC Grant.
- Spindale receives \$395,000 Commerce Grant.
- Rutherford Bound funds raised \$16,062,150.

Be sure to follow us at: [RutherfordBound.com](https://www.RutherfordBound.com)

**Welcome Center Updates:**

- The Lake Lure Welcome Center's monthly visitor traffic total for December was 1,489.

**Marketing**

- 2023 Travel Guide is in production
- We still have cases of the 2022 guide

If you would like a case of guides, please contact Elizabeth Randall, Administrative Support for the TDA by email at [elizabeth.randall@rutherfordcountync.gov](mailto:elizabeth.randall@rutherfordcountync.gov)

**Agri-Tourism**

- The TDA will be attending the annual Ag conference February 20-21 in hopes to learn about new ways to expand Agritourism in Rutherford County.

**Relocate to Rutherford County**

- Committee to reconvene in 22-23 fiscal year.

**Trails Committee**

- 2023 has been deemed the "Year of The Trail" by the state. Committee is looking at funding from the state for multiple projects.
- The committee has put 2022-2023 "Grant Action Plan" in place.

**Keep Rutherford County Beautiful**

- There are a number of ways to get involved in Keep Rutherford County Beautiful's cause, including Adopt/Sponsor-a-Highway sign-ups, independent litter pick-ups, and donations. Please visit the KRCB website for more information. <https://www.KeepRCNCBeautiful.org/>
- As of January 17<sup>th</sup>, Rutherford County has become an affiliate of Keep America Beautiful.
- KRCB is gearing up the marketing plan for the 2023 year.



If you have questions about this document please contact Elizabeth Randall, Administrative Support for the TDA by email at [elizabeth.randall@rutherfordcountync.gov](mailto:elizabeth.randall@rutherfordcountync.gov)

Rutherford County Tourism

## Transportation Services

### EMS



Rutherford County Emergency Medical Services wants everyone to stay safe this winter. With freezing temperatures outside, please become familiar with the signs of hypothermia.

### Highlights

- When exposed to cold temperatures, your body begins to lose heat faster than it can be produced.
- Low body temperature may make you unable to think clearly or move well.
- You may not know you have hypothermia.
- If your temperature is below 95°, the situation is an emergency—get medical attention immediately.

Congratulations to Derek Baugham and Linda Dominquez on receiving their Paramedic certification and passing local boards.

During Christmas, we had visits, not only by Santa Claus, but by The Grinch as well. We enjoyed having them at our crew Christmas parties, as well as in the Forest City Christmas parade. Even with staff moving to Transit and the backup 911 Center during our renovation, Santa still found us!



The past couple of weeks have been exciting at EMS. We received our ventilators and are in the process of training staff on them. Our training this past month has been on how to operate, and problem-solve the new ventilators, plus documentation. We are also working with Rutherford Regional on some specialized transports. We had an introductory meeting with ICC and Rutherford County Schools as we explore options to help students be more aware of careers in EMS and training to become a certified EMT.



Paramedics Nataly Dominguez (left) and Derek Baugham (right) received congratulations from Medical Director, Dr. Kramer and Training Officer, Carl McKnight.



***Transportation Services continued***

EMS is anxiously awaiting the arrival of a baby boy for Community Paramedic Bryan Homesley and his wife, Paramedic Lillian Homesley, due any day now!



12/18/22 to 01/14/23	
EMD Complaint	Details
Sick Person	240
Falls	169
Transfer/Interfacility/Palliative Care	140
Breathing Problem	115
Traffic Accident	81
Chest Pain (Non-Traumatic)	65
Unconscious/Fainting	52
No Other Appropriate Choice	45
Unknown Problem/Person Down	41
Assist Invalid	35
Convulsions/Seizure	35
Abdominal Pain/Problems	28
Heart Problems/AICD	28
Cardiac Arrest/Death	27
Hemorrhage/Laceration	27
Overdose/Poisoning/Ingestion	24
Stroke/CVA	21
Diabetic Problem	20
Psychiatric Problem/Abnormal Behavior/Suicide Attempt	18
Traumatic Injury	18
Back Pain (Non-Traumatic)	13
Standby	11
Allergic Reaction/Stings	7
EMS Special Service	7
Assault	4
Choking	3
Medical Alarm	3
Stab/Gunshot Wound/Penetrating Trauma	3

**TRANSIT**

Winter definitely came in with a roar in December with single digit low temperatures during the Christmas holidays. Even though the temperatures have stayed mostly higher since, it is still important to remember that colder night temperatures, along with the wetter conditions, can lead to potential slippery situations, not only on roads and highways, but around steps and walkways that tend to not receive a lot of sun. Please remain vigilant in going about your daily routines with safety and those around you in mind.

Our total trip numbers have continued to remain stable even though we did see the numbers dip during the latter part of November and December due to the holidays. We continue to be thankful for this. As a result, we are still in need of additional part-time drivers. If you know of anyone looking for a part-time job (that continually gives back to others), please have them fill out an driver application for Transit. Applications can be filled out several ways: 1. At the County Office; 2. Transit office; or 3. County website and submit electronically. If you or someone you know are retiring and would like a part-time job, please apply. We would love to have you or them.

Operations Manager and Transit Specialist attended our regular monthly conference call with ModivCare vendor rep to discuss how things are going and any issues. Staff also attended monthly conference calls with NCDOT and NCPTA to stay updated on the state’s Public Transportation System and be advised of any changes approved to pass down to local agencies along with new opportunities that are available. Transit held its quarterly TAB meeting in November. We moved to a lunchtime meeting with lunch provided by Transit to help alleviate any scheduling conflicts with our TAB members. Transit conducted several interviews for our Transit Assistant position that was vacated by Shannon Patrick upon her retirement. We are very pleased to announce that we hired Candace McDonald to fill the position. Candace began her employment journey with Transit on December 12<sup>th</sup>, 2022. She has come in ready to go and has done a great job adapting to her duties and continues to learn daily. She will be our backup trip scheduler to Mark as part of her job duties.

Transit held its Safety Training for November, December and January. Topics covered during this training were: Defensive Driving, Distracted Driving, ADA Sensitivity, BloodBorne Pathogen Exposure, and Customer Service. Operations Manager also conducted mandatory ride-a-longs with all drivers during the month of December. Transit also conducted two random drug and alcohol tests since last report. Transit provided a van and driver for the EDC ribbon cutting for the new Love’s Truckstop that will be constructed this year. Operations Manager and Director met with Senior Center Director Tammy Aldridge to discuss placement location of the planned bus shelter. It was decided to place the shelter at the drive-thru area between the Senior Center and the Health Department to give passengers better access to the Health Department and the Library. This has allowed Transit to determine the three locations for bus shelters. A covered bus shelter will be placed at ICC at The Foundation, DSS on Fairground Rd, and between Health Department and Senior Center on Callahan-Koon Rd. Operations Manager also met with a concrete contractor to get a price and installation date for the three concrete pads that will be needed.

Transit was able to have our annual covered dish Thanksgiving meal in November with all employees for the first time in two years due to COVID. We have truly missed this time together just to visit and take a moment to be thankful for all we have and what we are able to provide for our county with our services. This is our favorite day of the year by far. The food is ALWAYS wonderful since employees bring their favorite recipe for the dish they volunteered to bring (**pictured below**). We also held our Christmas Goody Day in December where employees bring their favorite sweet treat for others to enjoy. We also played a little Dirty Santa during this time which is always fun and entertaining.

<b>FY 22-23 December Transit Numbers</b>					
<b>Operating Week</b>	<b># of Total Miles</b>	<b># of Local Trips</b>	<b># of Out of County Trips</b>	<b># of Unduplicated Passengers</b>	<b>Total Revenue</b>
<b>Dec 04 - Dec 10</b>	<b>7994</b>	<b>1330</b>	<b>42</b>	<b>138</b>	<b>\$11,837</b>
<b>Dec 11 - Dec 17</b>	<b>6686</b>	<b>1173</b>	<b>28</b>	<b>136</b>	<b>\$8,560</b>
<b>Dec 18 - Dec 24</b>	<b>6392</b>	<b>1012</b>	<b>57</b>	<b>136</b>	<b>\$10,825</b>
<b>Dec 25 - Dec 31</b>	<b>3471</b>	<b>635</b>	<b>27</b>	<b>79</b>	<b>\$4,141</b>
<b>Average</b>	<b>6136</b>	<b>1038</b>	<b>39</b>	<b>122</b>	<b>\$8,841</b>







County News

## 25 Best Small Towns Near Asheville, NC

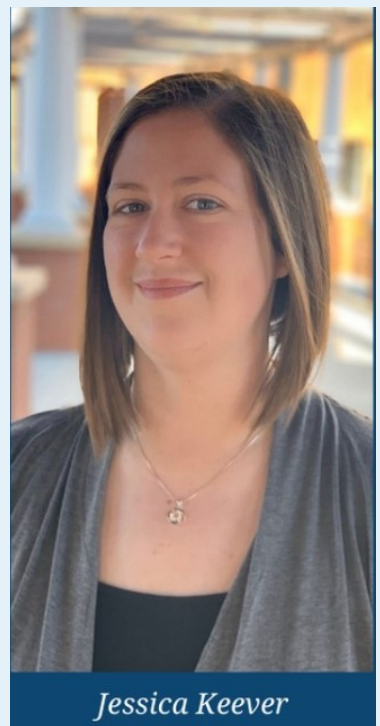
[Click here to read more.....](#)



*Birgit Dilgert*

Our staff works tirelessly to carry out the mission of Rutherford County Economic Development.

We are here to stimulate the economic development of our county and its several municipalities by fostering and promoting business and industry, developing commerce and trade, and inducing the location of enterprises to Rutherford County.



*Jessica Keever*

**RUTHERFORD COUNTY'S  
ECONOMIC DEVELOPMENT TEAM**

## JANUARY IS CERVICAL HEALTH AWARENESS MONTH



### TEN THINGS TO KNOW ABOUT HPV AND CERVICAL CANCER

#### HPV IS COMMON

Most sexually active individuals have HPV at some point. At any time there are approximately 79 million people in the U.S. with HPV.

#### DIFFERENT TYPES

Some types of HPV can cause genital warts while some other, different types are linked to cervical cell changes that, if not detected early, can increase a woman's risk for cervical cancer. HPV also causes some cancers of the penis, anus, vagina, vulva, and throat. HPV infections are usually harmless, though, and most are cleared naturally by the body in a year or two.

#### VACCINATION

HPV vaccines can help prevent infection from both high risk HPV types that can lead to cervical cancer and low risk types that cause genital warts. The CDC recommends all boys and girls get the HPV vaccine at age 11 or 12. The vaccine produces a stronger immune response when taken during the preteen years. For this reason, up until age 14, only two doses are the vaccine are required. Women and men can get the vaccine up to age 45, but for those 15 and older, a full three-dose series is needed.

#### TRANSMISSION

HPV is usually passed by genital-to-genital and genital-to-anal contact (even without penetration). The virus can also be transmitted by oral to genital contact, although this probably occurs less often. Studies show that male condoms can reduce HPV transmission to females, although condoms only protect the skin they cover.

#### TESTING

A Pap test can find cell changes to the cervix caused by HPV. HPV tests find the virus and help healthcare providers know which women are at highest risk for cervical cancer. A Pap/HPV co-test is recommended for women 30 and over. One HPV test has been approved for use as primary cervical cancer screening for women age 25 and older, followed by a Pap test for women with certain results.

#### TREATMENT

There's no treatment for the virus itself, but healthcare providers have plenty of options to treat diseases caused by HPV.

#### RELATIONSHIPS

It can take weeks, months, or even years after exposure to HPV before symptoms develop or the virus is detected. This is why it is usually impossible to determine when or from whom HPV may have been contracted. A recent diagnosis of HPV does not necessarily mean anyone has been unfaithful, even in a long-term relationship spanning years.

#### PREGNANCY

Pregnant women with HPV almost always have natural deliveries and healthy babies — it's very rare for a newborn to get HPV from the mother.

#### THE EMOTIONAL SIDE

It can be upsetting when HPV is first diagnosed, but remember that having HPV is normal! It doesn't mean that anyone did something wrong, just that like most others they were exposed to a common infection. There are 14 million new HPV infections in the U.S. each year alone!

#### FINDING SUPPORT

The American Sexual Health Association and the National Cervical Cancer Coalition have online support communities at Inspire.com that connect patients, partners, and caregivers. These are safe places where thousands of users find the information and support they need.



National Cervical Cancer Coalition

A program of the American Sexual Health Association

LEARN MORE AT

[WWW.ASHASEXUALHEALTH.ORG](http://WWW.ASHASEXUALHEALTH.ORG)

[WWW.NCCC-ONLINE.ORG](http://WWW.NCCC-ONLINE.ORG)

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## Rutherford County Health Department

ARE YOU LOOKING FOR A  
NEW JOURNEY?



JOIN OUR TEAM!

Current openings in Rutherford:

- PHN I
- Physician Extender II
- PHN II- Home Visits-  
Rutherford &  
McDowell Counties

Apply at [www.foothillshd.org](http://www.foothillshd.org)



## ROC Annual Ice Hike on the Blue Ridge Parkway

The Ice Hike provides a bird's-eye view of the Shining Rock Wilderness, featuring multiple waterfalls, stunning views of Looking Glass Rock, and incredible ice formations. With seasonal closures of the Parkway to motorized traffic, this hike offers an incredible opportunity for travel by foot and to see the Parkway in a way you may have never experienced before! We will hike approximately 12 miles, about half uphill, along the Parkway and forested trails. Over this distance, we will gain about 2,000 feet. This hike is rated as an A-1. We will meet at the Food Lion in Columbus at 8:30 am, far right near MyGym, and follow the leader to the trailhead - just past Brevard near the Davidson River area.

**When:** Saturday, February 4th at 8:30 am

**Where:** Food Lion, Columbus (250 W. Mills St. Unit 5, Columbus NC 28722)

**Click Here** to view a map of this hike created by Carolina Mountain Club

Contact our Trails Coordinator, Brenna Johnson, at [trails@rutherfordoutdoor.org](mailto:trails@rutherfordoutdoor.org) or 828.351.4068 to RSVP.

A recruitment poster for a Volunteer Fire Department. The text is centered and reads: "MAKE A DIFFERENCE." in large red letters, followed by "Join your Volunteer Fire Department" in bold black letters. Below that, it says "Serving your community as a volunteer firefighter is one of the most rewarding experiences you will ever have. Not only will you learn valuable skills, but you will have a positive impact on the lives of those around you." and "YOU can make a difference. Volunteer. Contact your local fire department today." in bold black letters.

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**County Manager**  
Steve Garrison

**County Commissioners**  
Bryan A. King, Chairman  
Alan Toney, Vice Chairman  
Michael Benfield, Commissioner  
David Hunt, Commissioner  
Greg Lovelace, Commissioner

**County Office**  
Hazel Haynes, Clerk to Board  
Kim Aldridge, Deputy Clerk  
Richard Williams, County Attorney

Rutherford County  
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