Toni Welch Retires From DSS

TONI WELCH retired from the Department of Social Services effective February 28, 2022. TONI graduated from Southwest Randolph High School in 1984. She attended East Carolina University, transferred to UNC at Greensboro and graduated with a Bachelor of Science in Finance in December 1989. TONI began her employment with the Department of Social Services on June 1, 1990 as an Income Maintenance worker and was promoted to the Services area as a social worker March 1, 1992. In 1994, she was promoted to a CPS Treatment worker under LISA CHEEK and promoted to CPS Supervisor February 1, 1998. In January 2001, TONI took over Supervision of the Foster Care team and served in that position for 12 years until she was promoted on March 1, 2012, to Program Administrator of all social work programs. She currently supervises and manages the following program areas: Adoptions and Foster Home Licensing, Foster Care, In Home Services, and Adult Services.

TONI has passionately served Randolph County’s families and citizens during her employment with the Department of Social Services. TONI’S advice for new hires is, “Do today, do not put off until tomorrow, because tomorrow may not allow you to do what you could have accomplished today.”

Some of TONI’S fondest memories while at the Department include: the monthly Prevent Worker Burnout (PWB) dinners, annual weekend beach trip with work friends, and the “friendly” but very competitive, sometimes injury causing, basketball games at the YMCA (only a few remaining employees will have knowledge of the short lived DSS Basketball league). Her accomplishments include serving her community, working with a dedicated, passionate and talented staff, AND the friendships she has made along the way.

TONI has been married to Chuck Welch for 31 years. Together they have three sons: Chas (29), Cam (25) and Caden (18). Her family organizes a yearly golf tournament in honor and memory of her late father-in law, Steve Welch. Steve was the golf pro at Asheboro City Golf Course for over 45 years. This event has raised over $59,000 that her family has donated back to the Randolph County Community.

TONI’S hobbies include cooking (when she has time), playing cards and games with her family, and watching HGTV and Food Network. TONI loves the beach and spending time there is number one on her retirement plan list! When not at the beach, she plans to work on some home projects and spend time with family and friends.

Congratulations TONI. You will be greatly missed. Best wishes for a very long and very happy retirement!
Congratulations on 40 Years!

In 1982, Reid Linthicum met the late Colonel Fred Rutledge. “That chance meeting changed the course of my life,” stated Reid. He was impressed by the Sergeant’s character, professionalism, and demeanor. After a few patrol ride-a-longs, Freddie convinced him to complete his GED, to enroll in Basic Law Enforcement Training and to become a Reserve Deputy.

After becoming a sworn officer, he discovered a lifelong passion for Patrol duty and for serving the citizens of Randolph County, “the county where I have never ‘officially’ worked a single day.” He found that his experiences when working for the Sheriff’s Office helped train, guide, and propel his career with The Christman Company, where he works full-time.

Lt. Linthicum stated he learned early on that the professionalism, ethics, integrity, and commitment required to be a good officer are also desirable traits for those who wish to succeed and advance in the corporate world. He said he also learned how teams should work, how to treat fellow coworkers, crisis management, dispute resolution, and many other skills that he relies on today in his corporate executive role.

“Today, I continue to serve at a time when all the headlines seem to be negative toward law enforcement officers because I feel called by the Lord to do so, and because someone must continue to represent law and order and stand for what is right. I have the utmost respect and admiration for my fellow officers and for the job they perform every day. I believe the majority of our citizens still respect and support law enforcement, despite the negative headlines. I also still believe serving is a noble cause and that it truly matters. I hope my meager service in some small way helps the citizens we serve and my brother officers. After over three decades it’s still very satisfying for a citizen to say to me “thank you for your service” and at the end of my shift to hear someone say on the radio “thanks for your help tonight 268.” This is why I serve.

I thank my amazing wife of 41 years for her tolerance, understanding, and support. I thank the Lord for providing me with the opportunity to proudly wear the badge of the Randolph County Sheriff’s Office. I am truly blessed.”

★ Reserve Deputy Randolph County Sheriff’s Office, March 31, 1982-present. Current rank of Lieutenant.
★ Patrol Division hours served to date: approximately 7,000
★ Sheriffs served under: 4 elected, 2 appointed
★ Hobbies: Aviation. I co-own a small plane that I enjoy flying. I have landed it at approximately 150 different airports in 15 states from the Canadian border to Florida and all over the Midwest. I recently piloted a L39 military attack jet owned by a colleague at Christman in Michigan. I have also flown the New Spirit of St. Louis; the single engine Columbia 300 Erik Lindbergh flew solo across the Atlantic to France to commemorate the 75th anniversary of his grandfather’s famous crossing in 1929. The New Spirit of St. Louis is now an exhibit in the Smithsonian Air and Space Museum in Washington.
★ Vice President of Operations at The Christman Company November 1979-Present
★ Most memorable incident on Patrol? Wow. That’s more difficult to answer. I’ve really never done anything special. Just responded to a few thousand calls just like our deputies answer every day. The ones that are forever in my memory are those that involved a death. The DOA’s from natural causes and unnatural causes. The young lady who was a victim of a hit and run that I attempted unsuccessfully to keep alive on the side of the highway by administering CPR. I’ll refrain from speaking further of those. So I’ll go with this. About 7 years ago I responded to a domestic dispute just after midnight. The female involved met me at an intersection up the road from the address where the incident occurred. She alleged that a male at the residence had assaulted her and had also damaged her vehicle. I proceeded to the residence and discovered the male subject laying in the driveway complaining of injuries and stating he needed an ambulance. I requested EMS to respond and walked away towards the residence to obtain a witness statement. When I turned away from the male he immediately stood up and approached me with a 5’ walking stick and he began taking swings at me with it. I avoid getting struck and ended up spraying him with a heavy dose of OC spray and as a result of the wind, spraying myself equally as well. I was eventually able to get the male subject wrestled to the ground and even though I was completely blind from the OC, get him in handcuffs. EMS arrived and after flushing my eyes with several bottles of saline solution for a half hour in the ambulance, I was able to transport the male to the magistrate and ultimately to jail.

-Amanda Varner
New Employees

L-R: Amy McMasters, Social Services; Wesley Wirt, Sheriff’s Office; Larry Hicks, Emergency Services; Emily Stevens, Public Health; Alisa Leonard, Social Services; Tiffany Luther, Emergency Services

L-R: Sarah Minter, Emergency Services; Kimberly Moore, Social Services; Nicholas Hill, Emergency Services

L-R: Neyla Zasidko, Sheriff’s Office; Michael Politoski, Sheriff’s Office; Zoe Welch, Emergency Services; Tina Garrett, Public Library

L-R: Madison Globoschutz, Sheriff’s Office; Justice McDaniel, Sheriff’s Office; Brittany Tompkins, Social Services; Angela Polito, Public Library; James Amato; Sheriff’s Office
L-R: Jessica Outen, Social Services; Delfino Benitez, Emergency Services

L-R: Ricky Collins, Sheriff’s Office; Alejandro Holt, Social Services; Ashley Rose, Public Library; Nereida Rodriguez-Cruz, Social Services

L-R: Jessica Outen, Social Services; Delfino Benitez, Emergency Services

L-R: James “Mac” deFriess, Javari Taylor. Both are from Emergency Services.

Rosalinda Santanden-Hernandez, JDRC

Tammy Gallimore, TDA
Human Resources

Annual Enrollment will be held from April 18th through April 28th. More information will be coming soon.

-Susan Wagner

Sheriff’s Office

Congratulations
★ Detective JOSH HARTONG is promoted to Detective Sergeant in Criminal Investigations.
★ Congratulations to Dep. BRAD HARB and his wife on the birth of their daughter, Eleanor Grace Harb, born on January 20, 2022.
★ Congratulations to Cpl. ISAAC PERRY and his wife on the birth of their son, Xander Isaac Perry, born on January 30, 2022.
★ Congratulations to Lt. REID LINTHICUM on 40 years with the Randolph County Sheriff’s Office as a Reserve Officer. See story.

Our sympathy to the following employees:
★ GINDY BEANE in the passing of her father, Yogi Barker, on January 25, 2022.
★ Cpl. GREGG DEATON in the passing of his father, Darrell Deaton, on January 25, 2022.
★ Dep. FLETCHER SWAIM in the passing of his grandfather on February 4, 2022.
★ AMANDA VARNER in the passing of her mother-in-law on February 15, 2022.
★ Dep. JAMIE GURLEY in the passing of his grandfather on February 16, 2022.
★ Sgt. PETER BELAND in the passing of his grandmother on March 5, 2022.
★ Lt. KYLE COX in the passing of his grandmother on March 5, 2022.

Welcome to new employees:
★ WESLEY WIRT – Patrol
★ MICHAEL POLITOSKI – Detention Center
★ NELYA ZASIDKO – Detention Center
★ MADISON GLOBUSCHUTZ – Detention Center
★ JUSTICE MCDANIEL – Patrol
★ RICKY COLLINS – Patrol

-Amanda Varner

Information Technology

The Information Technology “Heads Above The Rest” award for providing outstanding support above and beyond the normal call of duty was presented to DOUG MOORE this past quarter for the incredible work with managing the Microsoft Windows upgrade. Congratulations, DOUG.

-Michael Rowland
Emergency Services

Welcome to our newest part-time EMS team members: EMTs DELFINO BENITEZ, J.R., MAC deFRIESS, GENE DOBBINS, and JAVARI TAYLOR.

Welcome new 9-1-1 team members: full-time BRITTANY WADDELL who is transferring from RCJ, and KALYN EOUTE who comes to us from Chatham County 9-1-1. Part-time AMY DOMINGUEZ and CAS-SANDRA COCO.

Congratulations to paramedic TIFFANY LUTHER who has completed all of her state and local requirements to practice at the paramedic level.

Congratulations to sergeant paramedic COREY LEE who has been selected as the new training administrator for Emergency Services and has been promoted to the rank of Lieutenant. COREY has a master’s degree in public health with a concentration in healthcare administration. He has been with Emergency Services since 2014, serving as a paramedic and paramedic crew chief.

Welcome back to paramedic DANIEL RAMIREZ who has been deployed with the NC National Guard for the past year and a half helping with COVID vaccinations.

In January 2022, we lost a wonderful co-worker and friend, JOEY THOMPSON. JOEY, 49, had been with Emergency Services since 2013 serving as a 9-1-1 Telecommunicator. To everyone who reached out to us with your thoughts and prayers during this difficult time, Thank You! JOEY was a great representative of our County motto: “Serving with Heart from the heart of NC.”

Now that COVID is finally trending downward, we will be re-opening our headquarters for limited tours of our 9-1-1 center and conducting EMS, Emergency Management, or fire safety presentations for civic organizations. If you know of an interested group, please give us a call at (336) 318-6911. Our Fire Marshal’s Office is also available to conduct fire safety and fire extinguisher training if needed.

-Donovan Davis/Janet King

Public Health

Congratulations to CINDY TROGDON and her husband John who welcomed their second granddaughter, Eleanor Lane, on January 17, 2022. Eleanor weighed in at 6 lbs. 12 oz. and was 19 inches long. Proud parents are Carrie and Zach Adkins.

-Wendy Kennon

Tax

Congratulations to SHEA BURROW on her new position as Personal Property Appraiser as of January 17th.

Congratulations to MELISSA MARTIN on her new position as a Tax Information Specialist as of March 1st.

-Gayle Routh
The 2022 Official Travel Guide is here!

We are so excited to share our 2022 Official Travel Guide with you. Order yours today for quick travel tips, a build-your-own ultimate bucket list adventure, and fun facts about the Heart of North Carolina in Randolph County. This is your invitation to play in your hometown and inspire your loved ones to join you!


Want to know more information about our organization’s efforts in the tourism industry? Visit our website www.HeartofNorthCarolina.com OR follow us on social media platforms by searching @theheartofnc.

Juvenile Day Reporting Center

The Juvenile Day Reporting Center would like to welcome our newest employee, KIARA ORTIZ! KIARA is our new Teen Court/Restitution Case Manager and has jumped right in and taken over the program. Her work experience in the court system as well as social services has been invaluable in her new position! Welcome!!

ROSALINDA SANTANDER-HERNANDEZ has been promoted to case manager after joining our team in January as a transportation aide. ROSALINDA has a background in assisting youth in a library and college setting. We are so excited to see her grow in her new role.

The Juvenile Day Reporting Center was honored at the Asheboro City School Board with a partnership award! We are so thankful for this partnership in providing critical services to our youth! We are excited for future initiatives to help our youth!

We are excited to announce that Randolph County has been chosen to participate in a pilot program for Traffic Teen Court! We will be working alongside our District Attorney’s office who will identify traffic offenses appropriate for the program. Youth will become educated in traffic laws while being held accountable for their actions without being sent to adult traffic court. What a great opportunity for the youth in Randolph County!

-Pam Resch
Child Support Services

Join us in extending our sympathy to **JUDY ROWLAND** and her family in the passing of her mother, **Glenda Odum**, on February 23, 2022.

Join us in extending our sympathy to **ROGENIA SMITH** and her family in the passing of her sister, **Deborah Thompson**, on February 24, 2022.

- Damon Brown

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**CONGRATULATIONS!**

On March 11, 2022, the Randolph County Board of Commissioners was honored to accept this special recognition presented by the Asheboro/Randolph Chamber of Commerce recognizing Randolph County government as the “2021 Industry of the Year!” Thank you to the over 900 employees in over 22 County Departments and Agencies for your service and dedication that brought this special recognition to all of our Randolph County government! You are all truly “Serving with Heart from the Heart of North Carolina!”

Thank all of you for the jobs you do!!

-Hal Johnson, County Manager

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**LATE BOOKS?**

**DVDs, Audiobooks?**

**NO PROBLEM!**

**Randolph County Public Libraries are now FINE-FREE!**

Return your items without fear or penalty!

OVERDUE FINES HAVE BEEN ABOLISHED AND ALL PAST FINES ARE FORGIVEN

RANDOLPH COUNTY PUBLIC LIBRARIES
Primary Election is May 17, 2022

The 2022 Primary Election is Tuesday, May 17, 2022! On Election Day, May 17, polls will be open from 6:30 a.m. until 7:30 p.m., and voters must vote at their assigned polling place. During a Primary Election, Democratic and Republican voters must vote in their party’s primary. Unaffiliated voters may choose to vote one of the party’s ballots.

One-Stop early voting will begin on April 28 and end on May 14 at 3 p.m. During early voting, voters may vote at any of the four early voting sites, since these sites will have all ballot styles for Randolph County. Residents may also register to vote during early voting by bringing proof of identity and proof of residency. To be able to vote on Election Day, May 17, residents must be registered to vote by Friday, April 22.

For more information on the election, a list of polling places or a list of candidates running for office, please visit the Board of Elections website or call our office at 336-318-6900.

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**EARLY VOTING April-May 2022**

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**RANDOLPH COUNTY 2022 PRIMARY ELECTION**

**MAY 17, 2021 6:30 am-7:30 pm**

Questions? Call 336-318-6900
March is National Social Work Appreciation month. As we face ever changing and challenging times in our community, take the time to learn about the many positive contributions of the social work profession and about how “The Time is Right for Social Work”. Join us in uplifting the Social Workers of our county and celebrate their unheralded contributions to the children and families of Randolph County. Their goal is to improve the lives of children and families of Randolph County, often at the cost of limiting time with their own families. Our Social Workers strive every day to ensure the safety of children and advocate for the families of Randolph County. Join us this month to recognize our Social Workers and the great things that they do.

“Today’s society possesses challenges that often effect our most vulnerable and at-risk population. The Randolph County Social Work staff is charged with responding to situations involving abuse and neglect, domestic violence, violent crimes and deaths of children; social workers work to create stability within family units. This group’s provision of direct service to those in crisis often results in their own secondary trauma, which is far reaching and effects all areas of health. Our staff do a stellar job and dedicate their time and hearts to serving the children and families of Randolph County. During this social worker appreciation month I want to let them know how much they are appreciated and how lucky Randolph County is for their service.”

JAYNETTA BUTLER, Child Protection Program Administrator

“In a time where life is ever changing, substance abuse, homelessness, child and elder abuse is rising. The ladies and gentlemen whom I am proud to call Social Workers at Randolph County DSS are an exceptional group of individuals. A group of individuals that even during the tough times, times where they work long hours and late nights, and when they are physically and emotionally drained, the Social Workers of Randolph County are selfless, empathetic, dedicated, dependable, and compassionate. I want to give a big THANK YOU in appreciation for all that you do for the families in Randolph County.”

MELODY CUMMINGS, MS. Child Placement Program Administrator

-Tracie Murphy
Congratulations!!! Congratulations!!! Congratulations!!!

All Randolph County Departments are receiving NC Department of Labor 2021 Safety Awards

Why?
First, your department's type of work is categorized by a NC DOL industry classification (NAICS code) based on the type of work you do. Then, your Department's OSHA record (summary log) for 2021 was compared against other entities in your same classification. Now, if you are receiving a Silver Award then your OSHA incidence rate is less than the Statewide average in your classification. If you are receiving a Gold Award then your OSHA lost work time accident rate is less than the statewide average.

When?
Wednesday, March 30, 2022 at Noon

Where?
AVS Banquet Center, 2045 North Fayetteville Street in Asheboro

Who?
Each Department will select designee(s) to attend the banquet and accept the award on behalf of the Department (RSVP email forthcoming)

Silver Awards
(Criteria: Rate of days away from work due to a work related injury must be at least 50% below the Department's industry classification average.)
★ Randolph County Emergency Services – First Year Silver

Gold Awards
(Criteria: Rate of days away from work, job transfer or restrictions due to a work related injury must be at least 50% below the Department's industry classification average.)
★ Randolph County General Services – First Year Gold
★ General Services includes the following departments: Administration, Adult Day Reporting Center, Animal Services, Building Inspections, Child Support Services, Cooperative Extension, Elections, Information Technology, Juvenile Day Reporting Services, Planning & Zoning, Public Buildings, Register of Deeds Office, Soil & Water, Tourism Development Authority and Veteran Services
★ Randolph County Sheriff's Office – First Year Gold
★ Randolph County Public Health Department – Second Year Gold
★ Randolph County Public Library – Seventh Year Gold
★ Randolph County Tax Department – Eighth Year Gold
★ Randolph County Department of Social Services – Eighteenth Year Gold
★ Randolph County Public Works – Twentieth Year Gold

Thank you!!! Thank you!!! Thank you!!!

Thank you to all Randolph County Department employees for all of your efforts in making safety a priority! This is a measure of success in affirming we have a Risk Awareness work culture countywide!

-Cathryn Davis
Foster Care Visitation Rooms Upgraded at Social Services

The Department of Social Services has three rooms that are set up for scheduled court ordered visitations between youth in foster care and their parent/s. The primary purpose is to provide safe and supportive services that encourage healthy contact for court-ordered parental visitation. This visitation is designed to be a temporary measure as families work with the court toward a more permanent solution. These rooms see many emotions, good and bad. Randolph County Department of Social Services employs para-professionals who serve as Visitation Monitors. The visitation monitors supervise the visits and send a report to the social worker assigned to the child’s case. Our visitation monitors are JESSICA VONCANNON, TIFFANY “BROOK” DEZERN, and KAREN INMAN. The idea and vision for revamping the visitation rooms to make them more comfortable, inviting, and family friendly was theirs. Jennifer Allred, with NC FosterAdopt Mission, and Logan Neal, with Poplar Ridge Friends Church, as well as volunteers from their churches and friends/family brought the idea to life. They worked tirelessly to prepare room plans, obtain donations for furniture and decorations, and paint wall hangings for the rooms. The Randolph County Department of Social Services would like to offer our sincerest appreciation for everything Jennifer Allred with FosterAdopt Mission and Logan Neal with Poplar Ridge Friends Church and others have done to help make our visitation rooms great for our youth in foster care.
What’s New in Wellness?

By Sam Varner, NBC-HWC
Wellness Administrator

What is Health Coaching?

Just as a sports coach can help an athlete develop and excel at a sport, a Health Coach can help anyone improve their personal health and wellbeing. The coaching process is similar to talk therapy in that it involves two people discussing ideas and issues, but it is different in that the person who is being coached is in the driver’s seat, creating their goals as well as the strategies on how to arrive at their goals.

People tend to hire health coaches to help them with a broad variety of health issues such as weight loss, stress reduction, management of chronic conditions, improving diet and exercise, tobacco cessation, addiction, and even life issues like relationships and work stress.

A key technique utilized by Health Coaches is Motivational Interviewing, in which a coach asks open-ended questions intended to help their client elicit his or her own reasons for change. Instead of the doctor saying, “You need to lose weight,” a coach might ask, “How might your life be different if you lost the weight that you’ve been trying to lose?” The concept, which has been proven effective in many research studies, is that people who are changing for their own reasons, on their own terms, are far more likely to succeed when compared with someone being told what to do.

Health Coaches...

» Help people discover the “why” behind their desired health change.
» They empower people as the experts on their own bodies, minds, and circumstances.
» They help people identify challenges and blind spots that are preventing change.
» They provide support and accountability.
» They use their broad knowledge of health and wellness to help people navigate a variety of health concerns.

Randolph County’s employee wellness program is proud to offer Health Coaching at no cost to the employee. Many employees take advantage of Health Coaching to earn their Wellness Incentive. However, any employee can use Health Coaching to improve or change their health. If you would like to take advantage of this incredible wellness benefit, call the Wellbeing Hotline at 336.465.0791. We have five Board Certified Health and Wellness Coaches available to help you realize your best health.
Upcoming Events:  
Friday, March 25—Special Joint Commissioners Meeting  
Tuesday, March 29—Rabies Clinic  
Monday, April 4th—Board of Commissioners Meeting  
Friday, April 15th—County Offices Closed (Good Friday)  
April 18th through 28th—Annual Enrollment  
Thursday, April 28th—Early Voting Begins  
Monday, May 2nd—Board of Commissioners Meeting  

Safety Awards  
Congratulations to ALL County Departments for receiving 2021 Safety Awards from the North Carolina Department of Labor. Thank you for working to make the County a safer place for employees and citizens alike. Keep up the great work!  

2021 Industry of the Year  
Randolph County was honored by the Asheboro Randolph Chamber of Commerce on March 11, 2022, with the 2021 Industry of the Year Award. Thank you to all of our staff who work hard every day serving the citizens of Randolph County with heart, from the heart of North Carolina.  

Forever Home Fridays  
Our Animal Services staff have begun highlighting shelter pets on Fridays with “Forever Home Fridays” on social media. Adopters can submit stories and photographs of animals they’ve adopted from the Shelter to be featured each week. Take a look at these happy stories; it’s “impawsible” not to smile!  

Capital Projects Update  
Work continues on the County’s Detention Center expansion and renovation. The County is working with the State to make sure the Detention Center adheres to all requirements and safety standards.  

The renovation in the Clerk of Court’s space is nearing completion.  

The renovation of Northgate Commons continues and will soon welcome new departments to the space.  

It’s Budget Season!  
Budget kickoff has begun! Departments are in the process of preparing budgets for approval for the 2022-2023 fiscal year. The Board of Commissioners will be reviewing requests for additional staffing and equipment on a department by department basis.  

The Statue Stays  
The Board of Commissioners voted at their regular March meeting to keep the monument in front of the Historic Courthouse “where it is, as it is.” There was much discussion on the topic, and Commissioners talked about preserving the statue and promoting the history of Randolph County in other wars as well. There is a Veteran’s Memorial in front of the Courthouse that honors the sacrifices that many made.
SURVIVING SPRING

Allergies

1 in 4 people suffer from allergies

Common Symptoms

- Runny nose
- Nasal congestion
- Coughing
- Sneezing
- Watery eyes
- Itchy nose and eyes
- Worsened asthma symptoms (for asthmatics)
- Decreased quality of sleep

Triggers

Spring allergies are most commonly related to tree pollens:
- Birch
- Elm
- Maple
- White Ash
- Walnut

Remedies

- Nasal saline rinses
- Nasal steroid sprays
- Antihistamines (oral or prescription nasal spray)
- Immunotherapy (allergy shots)

Prevention

- Overall avoidance
- Check pollen counts daily and stay inside on high pollen days
- HEPA filter air cleaners in your home
- Wash bedding and clothing often in hot water
- Shower and change clothes after you’ve been outside on high pollen day

Allergy Testing

Testing can be done with a skin test or a blood test.
2-MINUTE HABITS FOR AN ALWAYS-CLEAN HOME

NEVER BE EMBARRASSED WHEN COMPANY DROPS IN

- Wake and Make
- Keep It Empty
- Clean a Room a Day
- Hang a Squeegee
- Assign Cubbies
- Unload When Clean
- Use It, Wipe It
- Snap It, Shred It
- Create a Doorway Box

Made Possible by REALTORS®
we all Scream for ICE CREAM

AVERAGE AMOUNT OF ICE CREAM CONSUMED BY ONE PERSON A YEAR BY COUNTRY

98% OF PEOPLE HAVE ICE CREAM IN THEIR HOMES

35.9 pints
USA

21.8 pints
AUSTRALIA

21.6 pints
NORWAY

16.9 pints
SWEDEN

12.7 pints
DENMARK

58% prefer ice cream in a bowl

BOWL or CONE

42% prefer a cone

IT TAKES 12 gallons of MILK TO MAKE 1 tub of ICE CREAM

MOST POPULAR TOPPINGS

1. HOT FUDGE
2. SPRINKLES
3. PEANUTS
Springtime safety for dogs

With people out and about enjoying time with their pets more, springtime normally brings an increased number of cases to our emergency clinics. Here are some top tips on things to look out for.

**Spring plants and flowers**
Always check your plants are safe for your pets. Species common at this time of year include lilies, daffodils, spring bulbs and azaleas. If you notice any signs of poisoning such as excessive salivation, vomiting, diarrhoea, and appearing ‘drunk’ or even collapsing, contact your vet immediately.

**Easter goodies**
Remember that chocolate and hot-cross buns (containing raisins) are poisonous to dogs.

**In the garden**
Be careful if you need to use any pellets, pesticides or other chemicals. Some slug and snail pellets contain metaldehyde, which is poisonous to dogs. Avoid using cocoa shell mulch as it is toxic to dogs and contains the same ingredients as chocolate.

**Wasp and bee stings**
If your dog is stung in or near the mouth or neck, you may need to seek veterinary help. Dogs, like humans, can be allergic or become allergic to stings. Signs include swellings, distress and breathing difficulties.

**Bugs**
Make sure your dog is up to date with his vaccinations, flea and tick medications as this is the time of year fleas and ticks start to increase in number.

**Warm weather and excessive exercise**
Be careful not to overdo it. Increase the length of your walks gradually to build up your pet’s fitness. Avoid heat stroke, which can be fatal. Be aware of the temperature and do not walk your dog in the heat of the day. Ensure your pet has access to shade and plenty of fresh clean water. DO NOT leave your dog in the car for even a minute on a sunny day. At 25 degrees Celsius, dogs in hot cars begin to pant excessively within 2 minutes and can die in less than 15 minutes.
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April 2022

Birthdays

1. Gregory Tillman
   Sarah Minter
2. Christopher Allen
   Crystal Hudson
   Christopher Maness
3. David Allen
   Harold Green
   Steven Nunn
   Clayton Overman
4. Peggy Jones
   James deFriess
   Wanda Maness
5. Cathryn Davis
6. Timothy Hussey
   Joshua Martin
7. Teresa Stinson
8. Kristen Morgan
   Cody Rich
   Brooke Thomas
9. Dakota Davis
   Tara Lancaster
10. Randy Freeman
11. Melissa Johnson
    Emma Folwell
    Katelyn McConnell
12. Helen Dwyer
    Ivic Lopez-Medrano
13. Christin Coats
14. Jaynetta Butler
    Patricia Carawan
    Nicole Wyche
15. Tony Chambers Jr.
    Reed Holdaway
    Sarah Hollaway
    Nelya Zasidko
16. Ann Baldwin
    Tonya Freeman
17. Ricky Collins
18. Dana Gibbs
    Katie Bequette
    Betty Gallimore
    Bradley Harb
    Harris Mason
    Mary Morton
    Kristy Thompson
    Mac Whatley
19. Mulundu Bulankay
20. Hannah Johnson
21. Hannah Johnson
22. Ronald Hamilton
    Jeff Mullins
    Norma Torres
    Elizabeth Schoeppler
    Dana Ware
23. Patricia Carter
    Farron Kendrick
    Bethany Cheek
24. Misty Martin
    Roy Harris
25. Jekeitha Enoch
    Dylan Nance
    Elizabeth Richardson
    Kimberly Rotenberry
    Thomasina Stallings
    Tammy Walker
26. Ronald Hamilton
    Norma Torres
    Elizabeth Schoeppler
    Dana Ware
27. Patricia Carter
    Farron Kendrick
    Bethany Cheek
28. Phyllis Calloway
29. Michael Blackwell
    Crystal Covington
    Carrie Dunn
    Jenny Garner
    Kelly Kinney
    Kimberly Griffin
30. Haley Garner
    Michael Somero
    Mary Joan Pugh
### May 2022 Birthdays

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<tr>
<th>Sun</th>
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</table>
| 1   | Ashley Garren  
      Amy Kimrey  
      Jodi Miller  
      Sandra Staley | 2   | Wesley Vann | 3   | Cynthia Lawson  
      Makayla Markie  
      Lynsay Saunders  
      Kaylie Parrish  
      Lynsay Saunders | 4   | Allana Jackson | 5   | Jennifer Evans  
      Richard Chriscoe  
      Jennifer Evans | 6   | Jason Burgess  
      Laverne Hinson  
      Tucker Daughtridge  
      Andrew Moore | 7   | Nathan Sheron |
| 8   | Michele Newman  
      Chad Oates  
      Zechariah Kearns | 9   | Sabrina Honeycutt  
      Brandy Swaney  
      Bryan Tysinger | 10  | Kellie Cook  
      Heather Johnson  
      Kenny Kidd | 11  | Victoria Eason  
      Bradford Ellis  
      Delia Sanders  
      Justin Trogdon | 12  | Lisa Canoy  
      Stephanie Fields  
      Tammy Gordon | 13  | Troy Albright  
      Ashley Hunt | 14  | David Bryant  
      Travis Cox  
      Hannah Harris  
      Karen Routh |
| 15  | Erica McFarlin | 16  | Rebecca Lambeth  
      Antonia Perdue  
      Antonia Perdue | 17  | Gary Gallimore Jr.  
      Amy McMasters  
      Belinda Johnson | 18  | Yalila Roman  
      Kimberly Moore | 19  | Brooks Julian  
      Cameron Tracy  
      Bill Alexander  
      Jordan Williams  
      Kimberly Acosta | 20  | Teresita Ramirez-Arellano | 21  | Jessi Bowman  
      Steve Shawver |
| 22  | Carla Hinton | 23  | Jonathan Frazier  
      Cody Kearns | 24  | Jack Palmer  
      Cindy Trogdon | 25  | Jennifer Montalvo | 26  | Celena Fleming  
      Melissa Tolar | 27  | Amber Scarlett  
      Yesenia Vazquez-Rincon | 28  | Jennifer Frazier  
      L’Tanya Haire |
| 29  | David Conard  
      Jennifer Lipford  
      Maxton McDowell  
      Sandy Newlin  
      Tonya Pollard  
      Michael Rudisill  
      Seth Stevens | 30  | Ian Fletcher | 31  | Kelly Braxton  
      Delfino Benitez  
      Bryan Davis |