



A BIMONTHLY
PUBLICATION OF THE
ARROWOOD ASSOCIATION
www.arrowoodassociation.org

October Program

Rep. John W. Rhodes

Rep. John W. Rhodes is serving his first term in the North Carolina House of Representatives and is one of only two freshman who has passed controversial legislation through the House and consequently passed the Senate. He has aggressively championed pro-business and fiscal conservative legislation to move our state forward.

Before being elected to the N.C. House, Rep. Rhodes served as a Commissioner for the Town of Cornelius.

He is a fourth generation native of Mecklenburg County who grew up in eastern Mecklenburg County and attended Charlotte – Mecklenburg Schools. He has been active in public service in the region for over 20 years both serving as a firefighter and medic for Mecklenburg County EMS (MEDIC).

He is Broker/Owner of Rhodes Realty of Lake Norman in Cornelius and resides in Cornelius with his wife Gwen and their daughter Kate who turned 1 in September.

Please note: Sue Myrick was originally scheduled to speak at our October meeting, but a congressional scheduling conflict forced her to cancel. Sue sends her apologies and best wishes.

From The President

The Arrowood Association has decided to join efforts with the Community Blood Center of the Carolinas to better serve the needs of our local hospitals. We have seen reductions in donations over the past year and we welcome this as an opportunity to invigorate this well meaning gesture. CBCCs mission is to provide local control of the blood supply, ensuring that local needs are met first. The center is governed by a volunteer board of Directors made up of local medical, civic, and business leaders, and counseled by a medical advisory committee made up of local physicians. The Arrowood Association is dedicated to making the donation process as convenient and comfortable as possible, and our partnership with CBCC should accomplish this objective.

Tim Shattuck

Education

What a wonderful opportunity you have again this year to help with the education of students from Olympic High School. We have 86 students with a variety of career interests that want to job shadow this year. The job shadow dates are October 8, February 4 and April 7.

Please contact Dorene Kutrubs at 704-588-4260 ext. 449 for more information on how to be a part of this wonderful opportunity.

October 2003						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
General Membership Meeting Holiday Inn, Woodlawn		21	22	23	24	25
26	27	28	29	30	31	

General Membership Meeting

October 21, 2003 - 11:30am at the Holiday Inn at Woodlawn. Please call Carolynn at 588-6719 by Friday, October 17th, 2003 with your reservation. Lunch for one representative is included in dues - additional attendees will be charged \$12.50.

NO CASH - Checks are to be made payable to Arrowood Association.

2003 Meetings: October 21 - December 16

Limelight tables are an excellent means of advertising your product / service. The cost is \$45 for a 6-foot table which will be located outside of the general meeting room. For information, contact Carolynn Stebly at 588-6719.

Crime Prevention Tips Tips for a Safe Halloween

- Try to Trick-or-Treat when it is still light outside.
- Wear a costume that makes it easy for you to walk, see and be seen.
- If you must go out at night, make certain that your costume is light in color.
- Carry a flashlight so you can see and be seen easily.
- Use reflective tape on your costume so people driving cars can see you.
- A facemask will keep you from seeing well. Take off your mask before you cross a street.
- Why not use makeup instead of a mask?
- Have a parent or guardian go Trick-or-Treating with you.
- Only call on homes with lighted porches or with exterior lights on.
- Plan your Trick-or-Treating route ahead of time. Pick streets that are well-lighted.
- If you want to participate in Trick-or-Treating, leave your porch or front exterior lights on.
- Cross only at corners. Never cross the street between parked cars or in the middle of the block.
- If there is no sidewalk, walk facing traffic.
- Wait until you get home to sort, check and eat your treats.

Charlotte-Mecklenburg Police Department
Crime Prevention Fast Facts
704/336-2310
E-mail: crimepreventionunit@cmpd.org

Membership Update:

Change: WEDECO - Ideal Horizons

AA rep: Bill Maeslu

Fax: 704-716-7603

Sun Chemical

AA Rep: Rhonda Pittman

Email: rhondapittman@na.sunchem.com

Tel: 704-587-8333

Fax: 704-587-8348

Employees: 126

Controls Southeast

AA Rep: April Turner

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WWW.RandolphBuilders.com



Health News

Flu Facts For Fit Folks

As fall approaches we once again begin to think about the impending flu season and how to protect our families, employees and ourselves from this yearly respiratory menace. Influenza is caused by a virus that infects the nose, throat, and lungs of humans. It comes on suddenly and may cause fever to 103 degrees or higher, severe headache, extreme tiredness, dry burning cough, sore throat, nose congestion, and severe body aches. Unlike cold viruses, influenza tends to last one to two weeks and can cause life threatening complications such as pneumonia. About 10% to 20% of U.S. residents (millions of people) will get influenza each year. About 36,000 people per year in the U.S. die from influenza. Anyone can get flu (even healthy people) and serious complications can occur at any age. The following people are at risk for serious complications from flu:

- Persons 50 years or older
- Long-term care facility residents
- Those over 6 months of age with chronic diseases such as diabetes, kidney disease, or weakened immune systems
- Children and teenagers who are on long-term aspirin therapy and are at risk for Reye Syndrome after the flu
- Women who will be more than 3 months pregnant during flu season

A person can spread the flu one day before he feels sick. Adults can pass the flu virus to others for another 3 to 7 days after symptoms start. Children can pass the virus for longer than 7 days. Symptoms usually start 1 to 4 days after the virus enters the body. Some people can be infected with the flu virus and can spread the virus to others but have NO symptoms.

The best way to prevent the flu is to get a shot of influenza vaccine each fall before flu season. Flu shots may cause mild fever and mild aching for up to 24 hours but **DO NOT CAUSE PEOPLE TO GET THE FLU**. Flu shots are most effective if taken between mid-October and the end of December. Last year's flu shot will not protect you this year.

So let's all roll up our sleeves and protect ourselves, our families, and those who may have medical problems. Flu is a preventable disease.

Arrowood Association
P.O. Box 7381
Charlotte, NC 28241

Arrowood Association 2003 Committees/Chairperson			2003 Officers		
Committee	Chairperson	Phone#	President	Tim Shattuck	588-4260
Education Liaison	Dorene Kutrubs Boy Scouts of America	588-4260 Ext. 449		Boy Scouts of America	Ext. 414
Membership/ Blood Drive	Frances Pegram Awards by Frances	583-2827	Vice President	Jan Meyer Elite Resources	504-2299
Political Liaison	Peter Bergen Kirco Realty	529-1518	Treasurer	Queron Smith First Citizens Bank	388-3825
Roads/Transportation	Ken Chapman Crosland Commercial	561-5238	Secretary	Carolynn Stebly Arrowood Assoc. CU	588-6719
Crime Watch Neighborhood Liaison	Officer Travis Pardue Charlotte-Mecklenburg Police Dept.	643-5350	Sgt-At-Arms	Frances Pegram Awards by Frances	583-2827
Special Events	Lain Reavis SouthTrust Bank	942-3028 Ext. 704	Ex-Officio	Joel Randolph Randolph & Sons Builders	588-7116
Publicity/Public Relations	Shane Hughes	506-4850			
Newsletter	Carolynn Stebly Arrowood Association CU	588-6719			

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