

# COUNTY NEWS

## Maine County Commissioners Association Newsletter

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## The County Perspective on November Elections



Many changes are taking place due to the statewide elections that took place on Tuesday, November 4<sup>th</sup>. MCCA Executive Director, Rosemary Kulow has provided a synopsis of the Maine election results that are particularly important to counties.

*~ Click here to read the details.*



## Career Day in Aroostook County



This month, Deputy Sheriffs Erica Pelletier and Matt Cummings inspired youngsters at Junior High Career Day at the Central Aroostook Junior / Senior High School in Mars Hill. Deputies talked with the students about law enforcement as a possible career choice and answered their many questions about the field. Maybe one day we'll see one of these promising future leaders in a class such as the one below.

### Lake Region Vocational Law Enforcement Class



On November 12th, Cumberland County Sheriff's Officer Deputy Bryan LeBlanc and Master Correctional Officer Mark Renna visited the Lake Region Vocational Center Law Enforcement program. Alumnus, class of 2013, Nate Mitchell, is currently a Correctional Officer at the Cumberland County jail. CO Mitchell was also a member of the Explorer Post #3 where members learn firsthand what it takes to become a law enforcement professional through a week long training academy, job shadowing, and group projects that support the mission of the Sheriff's Office.

*~ Check out their website here.*



## National Diabetes Awareness Month

As we sit down this holiday to gorge ourselves on enormous quantities of delicious and likely highly caloric foods, we might consider whether this meal is the exception or the rule. Most of us know what kinds of foods and portions are healthy, but developing the habit of making good food choices is a profoundly difficult challenge. However, there are preventive measures that are not that extreme that can lessen our risk of diabetes. Even for those who are not a high risk for diabetes can make some simple, yet effective choices. For instance, bake or steam your food instead of frying. Why make the effort? Unfortunately, diabetes is a serious epidemic facing not only our nation but the world. It is a leading cause of blindness, kidney disease and amputations and increases risk of heart attack and stroke. Exercise and eating healthfully can keep blood glucose levels as close to normal as possible, delaying or preventing complications of diabetes. You can make a difference in the world, but you can't make a difference if you're not here.

*~Read more about the prevention of diabetes here.*



If you or someone in your family already has diabetes, you can use your free NACo Prescription Discount Card to purchase insulin and other diabetes related medications.

*~ Click here now to print out your card.*



## Taking Time to Celebrate Veterans

This is a picture of the 15th annual Veterans Day March which happened in Augusta Tuesday morning on November 11th. Veterans, soldiers and supporters walked approximately 5.7 miles from the Vietnam Veterans' Memorial in Capitol Park to VA Maine Health Care System, also known as Togus. Designated soldiers and veterans carried Summit Project stones, each representing a Maine Fallen Hero. A wreath-laying ceremony followed and a dedication of the Summit Project mobile display case built by Maine veterans.

*Click on one of the pictures below to read about this very special flag that has travelled around the world.*



St. John Students from Winslow



133 Engineer Battalion in Afghanistan



## Senior Thanksgiving Feast at Camp Sunshine

Cumberland County started the holiday feasting early at Camp Sunshine in Casco. Sheriff Kevin Joyce, the Cumberland County TRIAD, and Camp Sunshine enjoyed a Thanksgiving luncheon free to senior citizens. The menu included traditional favorites with turkey and all of the fixings, and was served by members of the Cumberland County Sheriff's Office and police services volunteers.