



Connection

VOLUME III, ISSUE II

MARCH 2006

We Are Family: Caring, Committed, and Compassionate...

It is with great pride we remember the life of Cumberland County Sheriff's Deputy Christopher Brian Matthews. Matthews, who was a member of "A" Platoon, was killed while answering a call for help from a fellow officer on September 30, 2005.

Deputy Matthews was initially hired to serve as a Detention Officer in the Cumberland County Detention Center on January 7, 2002. A couple of years later, he completed the Basic Law Enforcement Training academy and was assigned to road patrol as a Deputy.

Deputy Matthews was a fine officer who was respected by those whom he worked with and quickly became part of the "A Platoon" family. It was no surprise when Matthews began to establish relationships within the Sheriff's Office. Who would have known those friends would last him a lifetime. Command Staff describe Matthews as a "great officer who works well with others. He is confident in everything he does and it shows in his work." Fellow

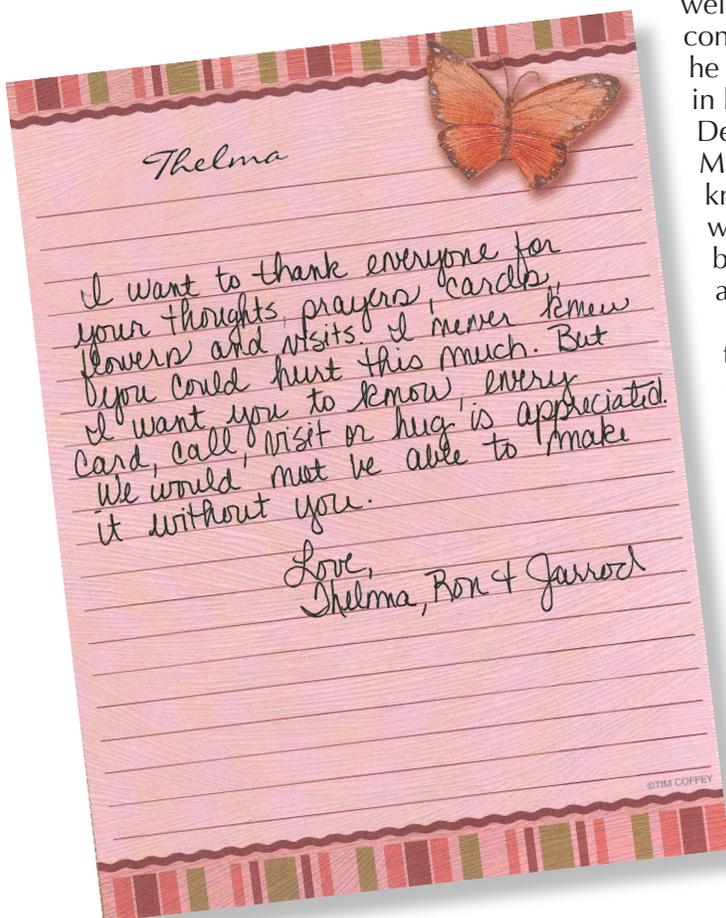
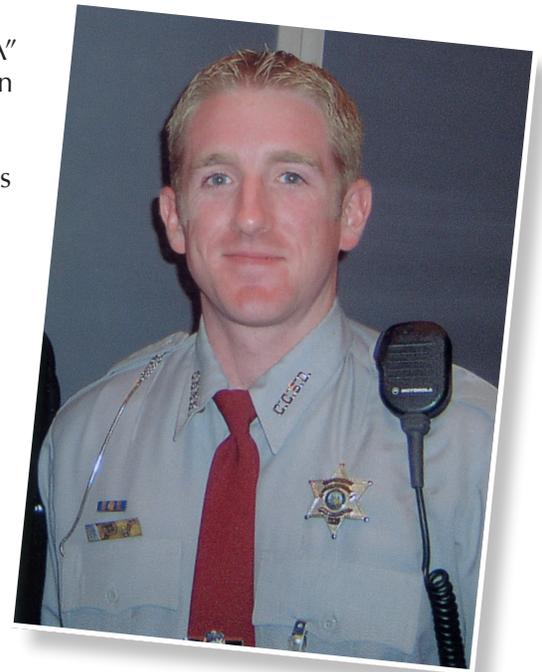
Deputies agree, calling Matthews a brother and knew that no matter what happened, their brother would always be there to protect and serve.

On January 23, 2006 Deputy Matt Hurley and his wife named their newborn son Matthew Christopher, in honor of Deputy Matthews. It was a small gesture, but one that will keep Deputy Matthews' spirit alive, forever.

Editor's Note: This is a painful story of loss that has deeply affected our family of county employees. Not only was Brian a part of that family, but so is his mother, Thelma, who works in the Finance Department. Her gratitude is expressed here on behalf of the entire Matthews family for the kindnesses shown to them during their bereavement. This reminded me of a verse by Adam Lindsay Gordon that may be meaningful to some readers.

*Life is mostly froth and bubble,
Two things stand like stone
Kindness in another's trouble
Courage in one's own*

Look around at the people with whom you work here in Cumberland County – almost every day, if you are alert to it, you can see examples of both kindness and courage.



COUNTY MANAGER'S MESSAGE



Next month, we'll be observing County Government Week, April 23-29. One of the highlights of that observance is that we acknowledge the longevity of county employees who have served 20 years or more. The ceremony honoring these employees is scheduled for 8 a.m. on Tuesday, April 25th in Room 118. A reception follows, and I am looking forward to thanking these employees for their lengthy service. It's a great way to celebrate County government – and the arrival of spring!

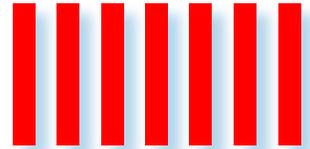
The Health Fair for county employees held last month at the Crown Coliseum was the kick-off event for a campaign to improve the health of the County's workforce, collectively and individually. A healthier workforce incurs fewer healthcare costs and that is good for the county's budget – but it's also good for the individual employee. The Wellness Plan is an opportunity for each employee to feel better, look better, and actually be healthier. And if healthcare costs can be contained, it will diminish the urgency of changing the county's health insurance plan in a way that makes healthcare more expensive for employees.

County management, with the assistance of Finance department personnel, are engaged in hammering out a budget to propose for the coming fiscal year. The cost of providing a generous healthcare plan will certainly be under scrutiny as we wrestle with the task of establishing the budget priorities for FY2007. I urge you to do all that you can to maintain your good health, and to make judicious choices about everything you do that can affect your health.

County Government Week



NATIONAL
COUNTY
GOVERNMENT
WEEK



County Government Week will be observed April 23-29, 2006. The theme this year is "Protecting Our Communities." A reception honoring Cumberland County employees with 20 or more years of service will be held at 8:00 a.m. on Tuesday, April 25. Service pins will be awarded to those who have achieved an anniversary of 5, 10 or 15 years of service between April 17, 2005 and April 29, 2006.

Eat Healthier Foods To Avoid Stroke Risk

A British study involving more than 250,000 people from Japan, Europe and the United States has recently found that eating more than five servings of fruit and vegetables daily seems to reduce the odds of suffering a stroke.

The average fruit and vegetable consumption daily in most developed countries is 3 to 5 servings. (A serving of each is estimated to be about 2.8 ounces.)

Professor Graham MacGregor of St. George's Medical School at the University of London says, "For the first time we have shown a quantitative relationship between fruits and vegetable consumption and stroke."

Researchers suspect that potassium is an important factor in preventing stroke. MacGregor said that fruits and vegetables are also less calorie-dense, have very little fat and contain antioxidants which may also be beneficial.



Deliver The Letter, And Let's Do It Better!

Not all, but many county departments generate a great deal of mail in the course of a normal work day. If you work in such a department, you may already be aware of how expensive each piece of mail can be. There's the cost of employee labor, the supplies such as paper and envelopes, and then there's the cost of postage, which is measured and affixed by the staff of the Communications Center. That small and highly efficient staff deal with the mail from every department every day. They know a thing or two about the US Postal Service and offer up these handy tips to help you deal with the mail you generate even as you save money for the taxpayers who are picking up the tab:

1. Be aware of the opportunities to combine mail going to a single recipient. One recent day in the Communications Center, there were six letter-sized envelopes being mailed to the same citizen at the same address and the return address indicated they were being mailed by the same employee.
2. Use the proper sized envelope for large mailings. It may be possible to stuff a letter-sized envelope and still seal it, but think of what condition it may be in upon delivery. Use larger-sized envelopes for bulky and heavy contents.
3. The Communications Center staff can provide handouts that explain how properly to prepare an envelope for mailing.
4. Certified or insured labels go on the front of the mail piece, and green cards and return receipts go on the back.
5. When using a window envelope, be sure the entire address of the intended recipient is visible through the window.
6. And don't fail to separate the pre-stamped mail from that still needing postage.
7. Don't mail contents with paper clips, binding clips, etc., because they jam the US Postal mail processing equipment.

Following these simple guidelines will probably generate monetary savings for the county and will certainly delight the Communications Center staff. Thanks for your time and attention to the US mail!



Janet Barnes and Dennis Owens are seen at work in the Cumberland County Communications Center, on the 5th floor of the Courthouse. Help them out by preparing your mail properly.



Take 'Em Out To The Ballgame!

The Fayetteville SwampDogs announce special ticket pricing for all Cumberland County employees for the 2006 season, which opens on May 31, 2006. Box Seats season tickets are \$140, and General Admission tickets are \$99, which includes the 2006 Coasta Plain League All-Star Extravaganza. This two-day extravaganza will include the Homerun Derby, a fireworks display, luncheon and family fun entertainment.

Check out the SwampDogs website at www.goswampdogs.com for up to the minute information on all the fun activities planned for the SwampDogs sixth season in Fayetteville. They want you to join them at the "Swamp – where Baseball is Fun!"

County Employee Kudos



Great County Employees Doing Great Things

Last month, Cumberland County officials were notified that the county's entry into the National Association of Counties "Sustainable Communities" competition is a finalist. Entitled "Mission Essential: How Cumberland County, North Carolina Is Leveraging the Military Through the Base Realignment and Closure Process," our entry will move on to the next phase of competition, with winners being announced later this month at the NaCo Legislative Conference in Washington, DC. Partnering with Cumberland County government in the entry is the Cumberland County Business Council.

A great big Thank You to the many **county employees** who responded to the invitation to submit slogans for possible use on the new website, which is being unveiled soon. Well over 100 entries have been received. The website committee will be culling through them soon to select the finalists. It's apparent from the entries that we have many talented, interested and participatory employees in Cumberland County. Thanks again to those of you who submitted entries.



Sandra G. McMillian, a school nurse in the Cumberland County Health Department, has been inducted into the Machester Who's Who Executive and Professional Registry. In addition to her degree in nursing, Ms. McMillian holds a Ph.D. and Masters Degree in Divinity and Theology from Catalpa Bible Way College. She and her husband share the role of Pastor at New Life Covenant Fellowship Church.

One of Cumberland County's key employees in the Register of Deeds office is reaping the rewards for being a loyal customer of the Taco Bell restaurants.

Sheila Maxwell Dail, of the Indexing Section, recently was given the "Best Customer Award" by The Family Foods organization, headed by Ron and Sharon Matthews. They are the franchisees for not only Taco Bell, but for Long John Silvers and Italian Pie as well. Sheila lunches almost every day at Taco Bell, and her loyalty and appreciation of their delicious fare evidently has served her well.

At their recent Awards Banquet, Family Foods presented a number of awards to employees. The "Best Customer Award" is a new award and our own Sheila Maxwell Dail is the first recipient. She received a lovely crystal memento, seen with her in the photograph, as well as a gift certificate to Rhudy's Gold & Diamond Showroom.



County Employees Begin Wellness Program With A Bang

Cumberland County's new Wellness Plan kicked off with a Health Fair on February 15, 16 and 17. More than 1,400 employees participated in having their health assessed with measurements of weight, blood pressure and blood sugar and lipid levels. The Wellness Plan is intended to minimize rising health care costs both for the county and for individual employees.



If You Build It, They Will Come

Cumberland Soil and Water Conservation District recently completed an outstanding educational exhibit at Lake Rim Park. Funding was provided by a grant from the US Fish and Wildlife Service. The exhibit is a display of five typical Cumberland County soil profiles. It includes a brief description of each soil type and an explanation of a soil profile.

Installation of the soils kiosk completes the educational project that included placing identification signage of plants on the upland and wetland trails at the park. In cooperation with the Lake Rim Park administration, the District staff worked with plant biologists and soil scientists from the USDA-Natural Resources Conservation Service to develop student-friendly descriptions of the plants and soils for the signs and exhibit.



John Ray, District Conservationist and Cumberland SWCD Department Head, applauded the work of Ted Williams and the carpentry staff; "Ted took the sketches of the design we wanted and they built it. We are very fortunate to have folks 'in house' with the expertise to do this – it saved our department a lot of money on the project."

Skill and Longevity Make Williams A Valued County Employee

Teddy Williams, of the County's Carpentry shop, is a well-known personality throughout the county's various offices. Observing his 25th year with the county later this year, he has assisted in building customized work stations and in keeping the county's facilities in good repair. On a sunny day in January, he was hard at work at Lake Rim Park, putting together a new exhibit for the Soil and Water Conservation District. One of the things he likes most about his job is that each day is different, presenting him with different tasks, challenges and environments.

The display he was working on will display the five major soil types found in Cumberland County, with narrative text. It's expected to be finished by the time this newsletter is published, so when you are next at Lake Rim Park, take a look at Teddy Williams' handiwork. The kiosk is located between the park's office and one of the pavilions.



Teddy Williams is seen here at Lake Rim Park recently as he began to work on a kiosk that will display the major soil types found in Cumberland County. Working with Soil and Water Conservation District personnel, Williams assisted with the design of the display.

James Martin, County Manager
County Manager's Office
117 Dick Street
Courthouse
Suite 512
Fayetteville, NC 28301
Phone: 910-678-7723
Fax: 910-678-7717
Email: jmartin@co.cumberland.nc.us

VISIT US ON THE WEB

[HTTP:// WWW.CO.CUMBERLAND.NC.US/](http://www.co.cumberland.nc.us/)

***Cumberland County
Government...
Working for you!***



Cumberland County NORTH CAROLINA

MISSION STATEMENT

It is the mission of the Cumberland County Government to assure all our citizens a better quality of life by providing for the public safety, public health, quality education, clean environment and economic development while being fiscally responsible.

VISION STATEMENT

Our vision for Cumberland County is that it be characterized by progressive leadership that provides for a prosperous, affordable, safe, and culturally inviting community.

Coming Up @ The Crown Center



Tickets for all these events are on sale now!



March 18
Stompfest in the
Crown Coliseum



March 22
Dwight Yoakam
in the Crown Theatre



March 24-26
Carolina Home
and Garden Show
in the Crown Expo



March 30
Wayne Newton
in the
Crown Theater



March 31
"Mame" in the
Crown Theatre



THE CROWN IS ALSO PACKED WITH SPORTS!

Patriots on March 3, 9, 11, 14, 17, 19, 21, & 31

Fireantz on March 4, 10, & 16 and April 1 & 7

Guard on April 22



Don't Miss! "The Red-Headed Stranger" WILLIE NELSON
April 7 in the Crown Arena