



CONNECTION



VOLUME IV, ISSUE II

MARCH 2007

WALK YOUR WAY TO WELLNESS 10,000 STEPS A DAY

The County Health Plan understands that the way to reduce health insurance costs is to improve the health of your covered employees. As a result, the County Health Plan is creating the County Lifestyles Program.

The first component of this program is our 10,000 Steps a Day fitness campaign. The County Health Plan is challenging its members to sign up for the program and to begin walking 10,000 steps per day.

The CHP will provide pedometers to members who sign up so they can keep track of their effort, and employees who successfully reach their milestones will be entered into drawings for prizes like MP3 players, etc.

In January, employee-specific information on 10,000 Steps was sent to covered employees to get it kicked off and get folks engaged in walking 10,000 steps.

To learn more about the 10,000 steps program, go to www.nccountyhealthplan.org.



CUMBERLAND COUNTY CARES

The commissioners are asking citizens to nominate any individual, group or agency who has had a positive effect on the community for the Cumberland County Cares Award. Send a description of the work accomplished to Marsha Fogle, Clerk to the Commission, as well as your name and contact info. A committee has been formed to evaluate the nominations and select one each month for special recognition at the evening meeting of the commissioners.



Kenneth Edge, Chairman of the Commission, says "Citizens quietly go about doing good works that make Cumberland County a better place to be." He and his colleagues want to acknowledge that kind of work, hoping it will inspire others to do the same. Perhaps you know a person or an agency that could be selected as the Cumberland County Cares award winner. The nomination form is available on the county's website, www.co.cumberland.nc.us.

THE BLOOD DONOR CENTER NEEDS YOU!

One of the most generous and life-saving things one can do is to be a blood donor. Every day in our community, the need for blood of all types is encountered. Scheduled surgeries as well as accident emergencies can create the need for blood transfusions.

The Blood Donor Center will have their mobile unit in the parking lot of the courthouse between 1 and 4 pm on March 21. Every donor will get a free T-shirt. Call Sara VanderClute, Public Information Director, 437-1921 to schedule a 15 minute appointment on that afternoon.

If you have questions about your eligibility to be a blood donor, call the Cape Fear Valley Blood Donor Center at 609-6300.



COUNTY MANAGER'S MESSAGE



It's been said that March comes in like a lion, and goes out like a lamb. It's definitely a month of transition, and the end of the first quarter of the calendar year brings the annual task of preliminary budget planning. Managing the revenues and expenditures for county government is one of our most challenging responsibilities as public servants. Just as with our personal budgets, getting the most for the dollars we must spend is essential. We have to identify and prioritize our needs, and we must keep in mind the future needs of the county as well.

I want to encourage each of you to keep in mind the need to minimize expense for the county as you go about your daily jobs. Elsewhere in the newsletter you'll read of the Employee Suggestion committee, which evaluates money-saving suggestions from employees. If you can clearly see a way to reduce expense, send your suggestion in. You know how great it is when you find a way to save money in your own personal life; it's also a good feeling when you can save the taxpayers of Cumberland County money, even as we continue to deliver the county services they depend on.

It's too soon to tell what progress the FY08 budget will fund for all of us in Cumberland County; we have many needs and responsibilities and fully funding them all is simply not possible. But as March moves slowly toward April, you can know that your colleagues Finance and Administration will be working hard to present a budget to the commissioners that will continue the excellence that Cumberland County government represents.



Health Department Receives March of Dimes Grant

Phyllis McLymore, a Health Educator in the Cumberland County Health Department is a Project Coordinator for a program that has received a \$12,000 grant from the NC March of Dimes. The grant is intended to prevent birth defects, premature birth and infant mortality. McLymore says, "We will use the March of Dimes grant as seed money to meet our goal in helping to reduce the number of new HIV infections that occur each year in Cumberland County."



Save the Trees, Save Some Dollars

As county employees, we are confronted every day with choices to make as we deal with the various tasks involved in getting our work done. Sometimes, in our enthusiasm to save time, we forget the importance of saving resources, whether it's the paper we use or some other material that costs money.

Deputy County Manager Juanita Pilgrim encourages employees to carefully evaluate the processes or procedures in their workplace. If there's anything that could be done in a less expensive, resource-wasting way, submit a suggestion on how it could be done better or less expensively.

The County's suggestion committee has been dormant for a time, but Chairman Cindy Tucker is actively seeking submissions from employees at this time. Cindy can be reached at 678-7723.

Warmth and Comfort for Children Who Need It

Church members from Bluff Presbyterian in coordination with Project Linus made beautiful blankets that were donated to the Child Protective Services at Cumberland County Department of Social Services. These blankets will warm the hearts of many children and we are so thankful to our faith community partners for caring about children in our neighborhoods. It is often very scary for children in protective custody; that's why these blankets are so special. They provide comfort and security to our most vulnerable population.

The blankets were presented by Ms. Hall and Ms. Anders, members of Bluff Presbyterian, to Heather Skeens at DSS on December 12, 2006. This kindness and donation supports the Families Helping Families mission of DSS.



NEWS YOU CAN USE



DSS SENIOR HEALTH FAIR

If you have a senior citizen (over 55) in your family, this may be of interest to you. DSS is preparing for its 3d annual Senior Health Fair. Scheduled for May 10 from 8:30 a.m. to noon at DSS, it's open to all seniors. Various displays from community health care providers will be featured, and there's also going to be refreshments and door prizes.

DISCOUNTS FOR COUNTY EMPLOYEES

Did you know that there is a discount program just for public employees and retirees? Well, there is and you can check out just how many discounts and special offers you are eligible for by going to www.wesave.com. More than 1000 merchants participate in this benefit program, some offering double-digit discounts from suggested retail prices.



WeSave cards will be included with pay vouchers on March 9, 2007. Until then, WeSave has given us a dummy number to share with you that will enable you to access on the www.wesave.com website the discounts available to you as a public employee. Just go to the website, go to the "Merchants" section and enter the number 271055747.



COOPERATIVE EXTENSION SCHOLARSHIP

Each year the NC Cooperative Extension Secretaries Association – South Central District Scholarship is awarded to a student who is actively engaged in or has definite plans to pursue a career as an office professional. The scholarship is annually rotated within the South Central District – which consists of 14 counties. This year the \$200 scholarship will be awarded to a student residing in Cumberland County.

Scholarship information and application forms are available at area high school guidance offices, community college financial aid office, universities financial aid offices, and the Cumberland County Cooperative Extension office. Information and application form may also be found at <http://www.ces.ncsu.edu/assn/nccesa-sc/DistrictScholarshipGuidelines.html>

Counselors and advisors have been asked to share scholarship information with appropriate course instructors and with students expressing an interest in a career as an office professional. This area encompasses many different areas of study such as office systems technology, web design, and development, etc.

We actively solicit applications from students with outstanding scholastic ability and who are truly interested in pursuing their education as an office professional. We are, of course, interested in students who could benefit from financial assistance, however, this will not be the entire determining factor.

Application deadline is April 13, 2007.

If additional information concerning the scholarship is needed, contact Susan Johnson, Cumberland County Cooperative Extension, at (910) 321-6405.

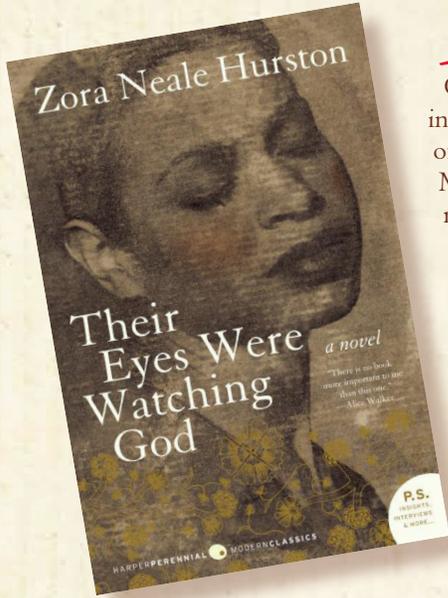
THE BIG READ IN CUMBERLAND COUNTY

The Cumberland County Public Library & Information Center will present THE BIG READ, a five-week long celebration of *Their Eyes Were Watching God* by Zora Neale Hurston.

Cumberland County is one of 72 communities nationwide participating in the Big Read, an initiative of the National Endowment for the Arts (NEA) designed to restore reading to the center of American culture. The NEA presents THE BIG READ in partnership with the Institute of Museum and Library Services and in cooperation with Arts Midwest. THE BIG READ for military communities is made possible by The Boeing Company.

THE BIG READ will kick off March 23 during the library's 4th Friday event featuring the Fayetteville State University Jazz Band. County Commissioner Jeannette Council will read a passage from the book, and free reader's guides, audio CD guides, bookmarks and other materials will be distributed.

Programming is planned at various locations during the project, including all public libraries, Fayetteville State University, Methodist University, Fort Bragg, Pope Air Force Base, and the Museum of the Cape Fear Historical Complex. Book discussions, guest speakers, music and film screenings are the slate. THE BIG READ ends with a blues performance by Dan Speller on April 27 at 7:00 pm at the Headquarters Library.



If you are a member of a book club, community group, social organization or even a lunch bunch at work, consider reading *Their Eyes Were Watching God* in the next few weeks and then getting together and discussing Janie Crawford and all she experiences.

Thanks to several donor advised funds of the Cumberland Community Foundation, the library has purchased paperback copies of books that will be available in Book Club kits. Each kit comes with 10 copies of the book, 10 Reader's Guides, an audio guide, bookmarks and a schedule of THE BIG READ events. The kits will circulate for three weeks.



Pick up a copy of the book and start reading. You'll want to know what everyone else is talking about.

For more information, call Sally Shutt at 483-7727 ext. 114 or visit www.cumberland.lib.nc.us or www.neabigread.org.

THE BIG READ in Cumberland County is supported by the Arts Council of Fayetteville/Cumberland County, Cumberland Community Foundation, Up & Coming Weekly,

The Fayetteville Observer and KISS 107.7. Programming partners include Barnes & Noble, Cape Fear Regional Theatre, Carolina Speakers, Cumberland County Schools, Fayetteville Museum of Art, Friends of the Library, Fayetteville State University, Methodist University, Museum of the Cape Fear, Pope Air Force Base Library, Spring Lake Community Center and Throckmorton Library at Fort Bragg.

Library Has Its Own Success Stories

No doubt, success stories abound among the thousands of books in the various branches of Cumberland

County's Library system. But they create some success stories of their own, as evidenced in the examples below.

In the Hope Mills branch, Kari Smith, Library Associate II, helped a patron search for author "read-a-likes" by accessing NoveList, one of the library's electronic resources. The Nora Roberts fan was so impressed she now uses the site from home to look for more books in the style of her favorite authors.



Tammy Holt, Circulation Supervisor in the East Regional Branch, helped a customer who suffers from macular degeneration and is legally blind. She assisted him in filling out a library card application and she gave him information regarding the services for the blind. The NC Center for the Blind loans audio books and the machines on which to play them. The patron was very grateful for the help he found at his library.

COMING UP @ THE CROWN CENTER



MARCH

DATE	EVENT	VENUE	TIME
2	FireAntz vs Richmond	Crown Coliseum	7:35 PM
2	RV Expo	Crown Expo	10 AM - 9 PM
3	Only God Can Deliver Me	Crown Theatre	3PM & 8PM
3	FireAntz vs Pee Dee	Crown Coliseum	7:35 PM
3	RV Expo	Crown Expo	11 PM - 5 PM
4	RV Expo	Crown Expo	7:35 PM
9	The Four Tops & The Temptations	Crown Theatre	8:00 PM
10	Craftsmen's Festival	Crown Expo	
11	Craftsmen's Festival	Crown Expo	
11	FireAntz vs Pee Dee	Crown Coliseum	4:00 PM
16	FireAntz vs Richmond	Crown Coliseum	7:35 PM
17	St. Patrick's Day Beach Bash	Crown Arena	5 PM - Midnight
23	Carolina Home & Garden Show	Crown Expo	12 Noon - 7 PM
23	Fayetteville Blues Festival	Crown Arena	8:00 PM
24	Carolina Home & Garden Show	Crown Expo	10 AM - 6 PM
24	East Coast Step Show	Crown Coliseum	5:00 PM
25	FireAntz vs Knoxville	Crown Coliseum	4:00 PM
25	Carolina Home & Garden Show	Crown Expo	12 Noon - 5 PM
31	Camelot	Crown Theatre	7:30 PM



APRIL

10	Thomas & Friends	Crown Theatre	4 & 7 PM
28	Driving Miss Daisy	Crown Theatre	8:00 PM





CUMBERLAND COUNTY GOVERNMENT... WORKING FOR YOU!

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

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.

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

LIKE A BRIDGE OVER TROUBLED WATERS . . .

Everyone needs a real friend now and then. The kind of friend that can be trusted to keep a confidence, the kind of friend that truly wants you to be untroubled and unperturbed.

The Employee Assistance Program (EAP) can be a friend to you and your family members. Whether you are being overwhelmed with a personal or a work-related concern, let your EAP professional work with you to solve your issues. Your supervisor does not have to be made aware you are using the program, unless you choose to share that information.

To initiate the assistance of the Employee Assistance Program, please call 222-6157. If you call, you'll find a friend who wants to help.



CORRECTION

T. D. McDonald, seen here, was mistakenly identified in the January newsletter. We sincerely regret the mistake. Thanks to Mr. McDonald for bringing the error to our attention and for all that he does, every day, for the citizens of Cumberland County.

County Holiday
FRIDAY, APRIL 6
Good Friday
