CUMBERLAND COUNTY CONNECTION

Give Blood and Help to Save a Life

COUNTY EMPLOYEES and members of the public will have two opportunities to donate blood on Tuesday, Sept. 21. The Cape Fear Valley Blood Donor Center will set up the Bloodmobile at the Headquarters Library that morning from 9 to 10:45 a.m. The vehicle will then move to the courthouse parking lot off Cool Spring Street from 1 to 4 p.m.

- All the blood donated to the Cape Fear Valley Blood Donor Center stays right here in our community.
- Every two seconds, someone in the U.S. needs blood.
- Donating is quick and easy and a great way to give back to your community while saving lives.
- Just one donation can help save the lives of three people.
- One out of 10 people entering a hospital needs blood.

To sign up to donate, contact Susan Parrish at the library by calling 483-7727 ext. 119. At the courthouse, contact Sally Shutt at 437-1921 or at sshutt@co.cumberland.nc.us. For more information on blood donation, call the Cape Fear Valley Blood Donor Center at 615-LIFE (5433).

Blood Donor Center
Cape Fear Valley Health System

Job Fair October 6th

JOB SEEKERS will have a chance to network with perspective employers on Oct. 6 from 9 a.m. to 2 p.m. at the Crown Expo Center on East Mountain Drive.

The Cumberland County Department of Social Services Work First Program and the Workforce Development Center, along with other community partners, are seeking employers to participate in the upcoming 12th Annual "Fall into Work" Job Fair, which is free and open to the public.

The event provides a great opportunity for employers to find new employees as well as advertise their businesses. Last year's job fair at the Crown featured 98 employers and drew more than 4,500 job seekers. The booth space is free and is equipped with wireless Internet access.

For more information and to sign up for a table, call Robert Relyea at 677-2222 or Bill Kiser at 677-2177. Please respond by or before Sept. 24 as space will fill up quickly.

The Work First Program is partnering with Fayetteville Technical Community College, City of Fayetteville Community Development, Beasley Broadcast Group, Fayetteville-Cumberland County Chamber of Commerce, Hardee's, Fayetteville PWC and the Workforce Development Center.

VOLUME VIII, Issue 5 • September 2010

JAMES MARTIN

County Manager's Message

School is back in session; summer is winding down and there is a lot going on in the next two months with our county departments.

The **West Regional Branch Library** located on Century Circle off Strickland Bridge Road is expected to open in the next month. This new addition will be the eighth library branch in our system and is unique in a couple of ways. It is jointly located with New Century International Elementary School and it will be the first library to offer self check-out to customers.

The Crown Center's parking lots, grounds and four buildings will be home to the **Cumberland County Agricultural Fair** from Sept. 16 to Sept. 26. This annual family event will showcase our county's agricultural heritage, complete with exhibits, competitions and livestock shows.

Hundreds of job seekers are expected to visit the Crown Expo Center on Oct. 6 for the **Fall into Work Job Fair** hosted by the Department of Social Services' Work First Program and sponsored by Workforce Development and other community partners.

Flu shot clinics are scheduled in late September and early October, and I encourage you to get a flu shot and follow the recommendations on flu prevention included in this Connection issue.

Finally, the Board of Commissioners will be considering changes to the county's **funeral leave policy** at its Sept. 7 meeting. The Policy Committee is recommending that the Personnel Ordinance no longer include a separate funeral leave and instead employees would receive three additional paid sick leave days per year. Employees who wish to take time off to deal with a death or attend a funeral would request sick leave from their supervisors. If the proposal is approved Tuesday, we will send out more information to all employees.

Backpacks Donated to Homeless Students

Staff from the Cumberland County Register of Deeds office donated more than 200 backpacks stuffed with school supplies to the Fayetteville Police Department for distribution to homeless students in Cumberland County Schools. Last year the office donated 125 backpacks.

Below are the Winners from our American Heart Association Raffle Drawing:

1st Prize: $500
Melinda Seeman
(DSS Employee)

2nd Prize: $400
Terry Briscoe

3rd Prize: $300
Mary Lockamy

4th Prize: $200
Stephen Jelenik (Sheriff's Office Employee)

5th Prize: $100
Deacon Stephens

Department Rep. Winners for paid day off Vouchers:

Krissy Johnson
(Register of Deeds)

Kim Reeves
(Criminal Justice Support)

Congratulations to the Winners and Thank you all for your support and contributions!!

Employee Briefs

Cannon Accepts Award

ASSISTANT COUNTY MANAGER AMY CANNON accepted the Government Finance Officers Association's Certificate of Achievement for Excellence in Financial Reporting from County Manager James Martin at the Aug. 2 Commissioners meeting.

Lambert Honored

CUMBERLAND COUNTY COOPERATIVE EXTENSION AGENT COLBY LAMBERT received the "Achievement Award" from the National Agriculture Agents Association in Tulsa, OK.

Stay Informed on facebook & twitter

You can receive all the latest county news via Facebook and Twitter. Visit http://www.facebook.com/CumberlandNC for news releases, job postings and alerts. You can also follow county government on Twitter at http://twitter.com/CumberlandNC.

Mental Health Director Hank Debnam accepted Employee Productivity Award on behalf of the center's Crisis Intervention Team program.

Commissioners, Mental Health Program Honored

TWO CUMBERLAND COUNTY COMMISSIONERS were elected to offices in the North Carolina Association of County Commissioners at the group's annual conference Aug. 26-29 in Greenville. Kenneth Edge, the vice chairman of the commissioners, was elected first vice president of the association. Jeannette Council, who has served as a commissioner since 2000, was elected the District 6 Director. District 6 includes Cumberland, Harnett and Sampson Counties.

The association also recognized Chairman Billy R. King with a Long-Time County Service Award in honor of his more than 20 years as a commissioner, and Cumberland County Mental Health Director Hank Debnam accepted a $1,000 Local Government Federal Credit Union Employee Productivity Award on behalf of the center's Crisis Intervention Team jail diversion program.

Health Department

Let's Talk About It: Teen Sexual Health

Monday, Oct.11, 6 p.m.
Headquarters Library
300 Maiden Lane

OCTOBER IS "LET'S TALK MONTH" in Cumberland County and across the country. Let's Talk Month is a national campaign that encourages parents to be primary sex educators for their children. This is a time to encourage and support family communication and bonding between parent and child.

Young people today have many questions concerning sex, and according to a recent survey by the Kaiser Family Foundation, preteens and teens ages 10 to15 indicated that they want more information from their parents on issues such as AIDS, the pressure to have sex and how drugs and alcohol affect one's decision to have sex. Unfortunately, many parents do not discuss sexual issues or risks with their children due to insecurities. Here are a few tips to help parents feel more comfortable and prepared for discussing difficult issues with their children.

TALKING TIPS FOR PARENTS

-Take a deep breath, listen and be patient
- Remind yourself it's OK to feel uncomfortable
- Talk to your children early and often
- Do not wait for your children to ask questions; it's OK to initiate conversation
- Be "ask-able"

Parents are invited to the Headquarters Library on Oct. 11 at 6 p.m. for a presentation entitled **"Let's Talk About It: Teen Sexual Health"** by Martina Sconiers, a health educator from the Cumberland County Department of Public Health. A question and answer session will follow. For more information, please call 433-3891.

PARENTS MATTER! Program

CUMBERLAND COUNTY DEPARTMENT OF PUBLIC HEALTH and Planned Parenthood of Central North Carolina were awarded $4,860 from North Carolina Healthy Schools to implement two "Parents Matter!" programs targeting 20 to 24 participants with children who are 9-11 years old.

Grant monies were used to provide gift cards, incentives and refreshments to reinforce attendance and a reward for participation. Parents Matter is an evidence-based program for parents and pre-teens. This community-level program is designed to enhance protective parenting practices and promote parent child discussions about sexuality and sexual risk reduction. The North Carolina HIV/STD Branch released data confirming that Cumberland County ranked fourth for HIV disease from 2006-2008. Research has shown that parents need to begin the conversation around these issues early and often, even if they do not think their son or daughter is at immediate risk.

Bethel AME Zion Church in Spring Lake was the first group to participate in the five-week series. The second Parents Matter! Program was implemented at Grove View Terrace. Parents Matter facilitators are Monika Simmons-Thigpen, Gilda Mosketti, Martina Sconiers, Martha Beatty and Phyllis McLymore-Moore. To learn more about the Parents Matter! Programs please call 433-3894.

SUMMER ENRICHMENT PROGRAM

TERA GARDEN located on Law Road hosted a Summer Enrichment Program to provide adolescents with the necessary tools to teach them how to reduce their risk of contracting a sexually transmitted disease, including HIV and possibly a teen pregnancy. Phyllis McLymore-Moore, Public Health Educator with Cumberland County Department of Public Health, facilitated the six-week program. For more information or to register a group call 433-3894.

Raising Awareness for Our Babies

IN SEPTEMBER, THE CUMBERLAND COUNTY DEPARTMENT OF PUBLIC HEALTH is recognizing our most precious citizens by bringing awareness to a very serious issue, infant mortality. Infant mortality is defined as the rate of deaths occurring in the first year of life. There are several contributing factors to infant mortality such as the health of a woman prior to conceiving; improper prenatal care; and the lack of appropriate safety measures such car seats, safe sleep practices, and home safety.

According to the North Carolina State Center for Health Statistics, 62 infants died during 2008 in Cumberland County. This is a rate of 10.9 infant deaths per 1,000 live births, which exceeds the state's rate of 8.2 per 1,000 for the same year as reported by the NCSCHS.

Whether you are planning a family, work with families, or just know individuals who are planning families, there are things we can do to help save our babies.

- Encourage women to take a multivitamin every day, especially if they are planning for a baby, as well as exercising daily for at least 30 minutes.
- Ladies who are already pregnant should be encouraged to get prenatal care as early as possible, and to keep their appointments during their pregnancy.
- For those families who already have babies at home, encourage them to be mindful of safety around their home. Parents can become more aware of hazards around their home by getting on the floor and seeing what babies can get into when they are exploring.
- Safety gates, outlet covers, and cabinet locks are great inexpensive items to help keep babies safe.

For more information on infant mortality and baby safety, call Michaela Penix, Maternal Child Health Educator, at 433-3858.

National Cholesterol Education Month

SEPTEMBER IS NATIONAL CHOLESTEROL EDUCATION MONTH, a good time to get your blood cholesterol checked and take the steps to lower it if it is high. Cholesterol is a waxy, fat-like substance found in your body and in many foods. Your body needs cholesterol to function normally and makes all that you need. However, having too much can build up on the wall of the arteries and cause serious problems with your health. Many factors can help in the determination of your cholesterol level being too high or low. The following factors are the most important:

HEREDITY- your genes influence how high your LDL (bad) cholesterol is by affecting how fast LDL (bad) Cholesterol is made and removed from your blood.

WHAT YOU EAT- two main nutrients in the foods you eat make your LDL (bad) cholesterol levels go up: saturated fat found mostly in foods that come from animals; and cholesterol which comes only from animal products. Saturated fat will raise your LDL-cholesterol more than anything else in your diet.

WEIGHT –Excessive weight can also increase your LDL cholesterol level. If you are overweight and your LDL cholesterol is high losing weight may help you lower it.

PHYSICAL ACTIVITY/EXERCISE- regular physical activity may also lower LDL cholesterol and raise HDL (good) cholesterol levels.

AGE AND SEX-Before the age of menopause, women usually have a lower total cholesterol level than men of the same age. As women and men get older, their blood cholesterol levels rise until about age 60 to 65 years of age. However after the age of about 50, women often have higher total cholesterol than men of the same age.

STRESS- Over long periods of time stress has been shown to raise blood cholesterol levels. Stress may do this by affecting your habits. For example when people are stressed they may console themselves by eating fatty foods or by not continuing their exercise program. This allows the stress to build up and may affect your blood cholesterol level.

The National Cholesterol Education Program (NCEP) suggests that an adult age 20 years or older have their cholesterol checked every 5 years. Cholesterol has no symptoms. As a result, many people do not know that their cholesterol levels are too high. With lifestyle changes such as proper diet, increased physical activity, and in some instances, medication, cholesterol levels can be controlled. For more information on cholesterol please contact Chasity Sessoms, Wellness Coordinator at 433-3896. *Sources: http://www.medicinenet.com;http://www.cdc.gov/*

2010 Flu Shot Clinics

Friday, September 24, Cumberland County Courthouse

9 AM – 4 PM in Room 119

Tuesday, September 28, Department of Social Services

9 AM – 4 PM in Meeting Room B

Thursday October 7, Mental Health Executive Place

9 AM – 4 PM in the First Floor Conference Room at Executive Place

Wednesday October 13, Department of Social Services

9 AM – 4 PM in Meeting Room A

The flu shots are free to all employees and their dependents age 4 (age limit change for 2010) and over with Blue Cross Blue Shield coverage. You must bring your current BCBS Healthcare card and a picture ID. For those employees who do not have BCBS coverage with Cumberland County the cost for the shot will be $30 (cash or check). If you are unable to attend one of the dates listed above, contact your primary care physician to schedule an appointment to receive your flu shot. There should not be a charge as long as your visit is for the flu shot only. (Children under age four must receive shots from their primary care physician)

Steps to Take Before the Flu Gets You!

ACCORDING TO THE CENTERS FOR DISEASE CONTROL, hand washing is the single most effective way to prevent the spread of disease. The chance of getting an infection would be substantially lower if everyone would wash their hands more frequently and were conscious of what they touched.

Only 67 percent of Americans wash their hands with anything, even just water, after they use a restroom. This could put you and others at risk for a host of infections, ranging from the common cold and flu, to skin infections, digestive viruses and even more serious diseases, such as hepatitis A. Everyone is encouraged to follow these tips to reduce the spread of germs and diseases.

PLEASE WASH YOUR HANDS:

- Before and after you eat
- After you use a restroom
- Before you touch your eyes, nose or mouth
- Before and after you prepare food, and after you handle meat or fish, before moving on to other food items
- After you change a diaper
- After you pet a dog, cat or other animal
- After you touch plants or soil
- After you visit a hospital or nursing home
- After you come in contact with any body fluids or touch items that may have come in contact with body fluids.

KNOW THE TECHNIQUE:

Since children tend to spread infections more readily. Teach your children hand washing tips and techniques and set an example by following them yourself. Scrub your hands for 15 to 30 seconds with regular soap and water (it doesn't have to be antibacterial soap to work) before rinsing. Studies show it is the length of time spent washing, not the type of soap that makes the difference. Antibacterial waterless gels can be used if your skin is easily irritated or soap and water aren't readily available.

For more information on hand washing please contact the health education department at 433-3890 or visit cdc.gov.

** Information source for article is CDC.GOV

COMING UP @ THE CROWN

CUMBERLAND COUNTY AGRICULTURAL FAIR
September 16-26th

95.7 WKML Presents,
JOEY + RORY WITH SPECIAL GUEST GUY PENROD FROM THE GAITHERS
September 23rd, 7 p.m.

GUN SHOW October 2nd-3rd, Expo Center

NBA CHARLOTTE BOBCATS VS. OKLAHOMA CITY THUNDER October 6th, 7:30 p.m., Coliseum

WIDU 52ND ANNIVERSARY CELEBRATION October 7-9th

AN EVENING OF SMOOTH JAZZ WITH REGGIE CODRINGTON
October 22nd, 8 p.m., Crown Center Ballroom

WORLD VISION PRESENTS, MAX LUCADO, MICHAEL W. SMITH, THIRD DAY, AND TOBYMAC: MAKE A DIFFERENCE TOUR 2010
October 30th, 7 p.m., Coliseum

Library News

Librari-Con returns to the Library

THE HEADQUARTERS LIBRARY will host Librari-Con on Saturday, Sept. 4, from 10 a.m. to 5 p.m. Librari-Con is an annual anime mini-convention featuring anime viewing, panels and forums, Artists Alley, Chibi Corner, Manga Lounge, Cosplay Runway, and more. Visit www.cumberland.lib.nc.us for more info.

Storytelling Festival

THE 2ND ANNUAL CUMBERLAND COUNTY STORYTELLING FESTIVAL, October 22 and 23, takes place at Headquarters Library and is free for all ages. Featuring performances by Barbara Armstrong White, "Birdman Dave" Gulick and Timmy Abell, the event also includes a storytelling workshop, and children's activities.

Starting out the festival on Fourth Friday, musicians and storytellers Susana and Timmy Abell will perform their unique repertoire of unforgettable original songs and stories. Just before their performance is a puppet show, starting at 7 p.m.

On Saturday at 1 p.m., the storytellers are scheduled to perform. Armstrong White will share humor and wisdom through African, African-American and North Carolina-based tales. Gulick will incorporate live birds and audience participation while telling stories of Native America and Abell will offer the stories and music of Appalachia.

During the workshop on Saturday at 10 a.m., Armstrong White will teach participants how to transform their personal experiences and favorite stories into the oral storytelling art form. The workshop is open to teens and adults, but space is limited, so call 483-7727 ext. 331 to register.

This Storytelling Festival, which is sponsored in part by a grant from the Arts Council, is presented in partnership with Fascinate-U Children's Museum and Faces in the Community.

For more information about these programs and other library services, please visit www.cumberland.lib.nc.us, call (910) 483-7727 or find us on Facebook.

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/

EVERYONE NEEDS A REAL FRIEND NOW AND THEN. The kind of friend who can be trusted to keep a confidence, the kind of friend who 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.

Trick-or-Treating Hours

The Cumberland County Sheriff's Office has announced that Trick-or-Treating activities will be observed in the county on

Saturday, October 30, 2010

from 6:00 p.m. until 8:00 p.m.

All ghosts and goblins should have their goodies collected and be safely returned to their homes at that time. In advance, Sheriff Earl R. Butler would like to thank-you for your cooperation.

COUNTY HOLIDAY

Labor Day

MONDAY

September 6, 2010