

CUMBERLAND COUNTY HEALTHY CONNECTION



Celebrate National County Government Month! *Healthy Counties, Healthy Families*

In addition to essential healthcare and wellness programs, Cumberland County Government provides an array of important services such as public safety, planning, inspections, child support, veterans services, transportation, library, environmental, community development, criminal justice, cultural and recreational. Our mission is to provide quality services to our citizens while being fiscally responsible.

To learn more about Cumberland County Government and the services we provide, visit

www.co.cumberland.nc.us.



CUMBERLAND
★ COUNTY ★
NORTH CAROLINA

NACO National Association of Counties
The Voice of America's Counties

SPECIAL NCGM ISSUE • April 2012



JAMES MARTIN

County Manager's Message

THIS SPECIAL EDITION OF OUR COUNTY EMPLOYEE NEWSLETTER is dedicated to National County Government Month and this year's theme of "Healthy Counties, Healthy Families," which is particularly appropriate as we prepare for the July opening of the employee Wellness Center.

We asked employees to share their personal fitness tips and favorite healthy recipes, and I think you will find their first-person stories inspiring.

This issue also includes healthy eating tips, as well as the schedules for meetings regarding cafeteria employee benefits and 20 different rabies vaccination clinics being held throughout the county this month.

On Monday, April 9, we will honor employees who have reached 20, 25, 30, 35 and 40 years of service. This is one of my favorite activities each year during National County Government Month, and I hope you will join me in congratulating these individuals, whose names are included in this edition.

Finally, I want to thank all county employees for the work you do daily to serve our citizens and make Cumberland a safe, healthy and better place to live.



Training Reminder

THE NEW PERFORMANCE MANAGEMENT PROCESS FOR SUPERVISORS AND MANAGERS, DSS Conference Room A

One-day course from 9 a.m. -5 p.m. Supervisors may choose from the following dates: April 10, 11, 17,19,25 /May 1, 2, 9, 10,17, 22, 23. Registration deadline for April classes is April 6. Deadline for May classes is April 27. For more information, contact Fred Starling at 678-7652 or Patania Eiland at 323-6100.

Help With Prescription Costs

CUMBERLAND COUNTY, through its membership in the National Association of Counties, distributes prescription drug discount cards that offer average savings of 20 percent off the retail price of commonly prescribed drugs.

The prescription discount cards, in English and Spanish, can be picked up at various county offices, including the Department of Social Services, Health Department, Mental Health Center and all library branches.

Simply present the card at a participating retail pharmacy and save an average of 20 percent on your prescription medicine. There is no enrollment form or membership fee, and nine out of 10 pharmacies nationwide accept the cards.

You and your family may use your prescription discount card any time your prescription is not covered by insurance. There are no restrictions and no limits on how many times you may use your card.

Visit www.caremark.com/naco to find a participating pharmacy and a price estimate for your prescription. For more information, call toll-free 1-877-321-2652.



Fitness Tips From County Employees

Your Co-Workers Are Living Healthier – And You Can Too

David Wilkes Information Services

IN APRIL 2010 AS PART OF A WELLNESS PLAN to reduce the cost of my health insurance, it was discovered that I had cholesterol problems. My HDL (good) cholesterol was 22. It is supposed to be above 40. I was informed by my doctor that I could start medication or improve my health through diet and exercise. I am 6 feet tall and weigh 165 pounds; I don't know anything about dieting! And I really didn't do much in the way of exercising.

That same month, I joined the Health Plex and started with their Healthy Living program. As part of my cardio program, I started running. After about two laps around the small 1/10 of a mile track, I was out of breath and had to stop. But I stuck with it and returned five days a week, running and walking until about two months later I could run one mile without stopping. It took me about 12 minutes but I did the whole mile without walking. About the same time, I was watching the Biggest Loser Season 9. There was a guy named Michael who weighed over 500 pounds on that show. I was watching one night and he and the other competitors ran a marathon. That's when I told myself, "If that guy can run like that, I can too." So I started running a little faster and longer each time.

One night at the Health Plex, I saw a flier on the wall advertising a 5K race called the Green Beret Jingle Bell Jog in December 2010. I ran that race and I won first place in my age division for 40 - 45 year olds at 29 minutes! I thought, wow, that was pretty good and I didn't die!

Two years later, I have now competed in 13 races including two Sprint Triathlons. My best 5K race was about two months ago. I finished the Run United 5K for the United Way in 22:30. I was 2nd place overall. The other top five finishers were all high school track runners. By the way, my HDL cholesterol is now 63 and I never had to take any cholesterol medication! The numbers are all due to regular exercise and improving my eating habits.



DAVID WILKES

Kendra D. Valentine

Department of Social Services

WORK OUT REGULARLY, AT LEAST THREE TIMES A WEEK, and I have found it useful to exercise in the mornings before you start your day. It helps to activate your body, mind, and soul. And it also helps you feel good about yourself when you get dressed.

I never work out without music because it helps keep the tempo of your workout and adds motivation. Music also helps you block out surrounding distractions and noises. Another helpful tip, if possible, is to not work out around clocks. It may sound crazy, but sometimes if you are working out and you are constantly reminded of what time it is, you may start to feel as though time is not going by fast enough and it distracts your workout. In the words of Nike JUST DO IT! Also, remember to switch up your workouts so it doesn't feel like a routine and remember HAVE FUN!!!!

George Hatcher

Planning Department

I HAVE BEEN EMPLOYED WITH CUMBERLAND COUNTY since 1998 and purchased a bike through the “Apple Bucks” wellness program we used to have. I enjoyed riding the bike and started exercising to help reduce my weight, blood pressure and cholesterol levels. That bicycle was stolen from my carport, which left me angry at the thief, but moreover I was left feeling that I had lost something that was valuable to me in both health and spirit.

It didn't take long for me to purchase another bicycle and get back to riding. I started doing little loops around the neighborhood where we have a few steep short hills. I was very proud when I could keep a 10 mph average. My colleagues at work started having these “biggest loser” contests where we would weigh in and the person who lost the highest percentage of body weight wins. I never won the contest, but I always ended up losing weight.

I was getting close to 200 lbs at that time. My weight has gone down to 165 lbs, my blood pressure and cholesterol are down, and my bicycling speed has increased to 18 mph.

With a reasonable exercise program (last year I logged 7,800 bike miles) and support of your friends (at work, in a bike club, anyone to hold you accountable), you can reverse the unhealthy lifestyle you may be living.



GEORGE HATCHER

Tawana Dawkins Child Support Department

I HAVE JUST DECIDED to live a healthier life and I have found that living healthy is good, but it can get expensive. I grill when I can, and I cook in bulk. I find that I eat more and eat the wrong things if I have nothing ready when I get home. I grill entire packages of chicken or whatever I like. And, I buy vegetables bulk as well. When I come home I am able to take out a portion and microwave it and stop those hunger pangs before they get out of control.

I eat small meals throughout the day such as fruit, and I drink about 8 to 10 glasses of water a day. I find it flushes out my system, keeps me hydrated and it helps me have more energy throughout the day.

I lost three pounds the first two days. I start off slow by taking away the bad things and replacing them with a good one, this way I don't feel as if I am depriving myself of anything. I took away sugar, but replaced it with Splenda. Salt is harder to discontinue, so I have started using alternative seasonings.

When eating the small meals, I eat a total of 6 to 7 times at about 3 to 4 hours apart, I find this allows me to have a small nutritious snack that wipes out the hunger pangs before they come and allow me to eat far less.

When I take my break at work, I get up and go outside and walk in the general area. I eat lunch for about 30 minutes and the other 30 minutes I walk. The fresh air opens my lungs, wakes me up and helps me not only physically to be more fit but it also helps me to be more alert and do my job better in the afternoons when one can become sluggish after lunch.

Hope Ward

County Attorney's Office

MY DOCTOR ASKED ME how I gained 40 pounds in one year. I told him I gained it by sitting on the couch and eating ice cream sandwiches. In all seriousness, the weight was hindering me due to my knees and the talk of knee replacement surgery was being considered at my age.

That was in August. My doctor offered me medication to help kick start my weight loss, but that was not the route I wanted to take. At that point I decided it was time to do something, since gaining weight was completely the reverse of what I was supposed to be doing, being a gastric bypass patient five years ago.

I started taking the steps instead of the elevator and my doctor cut my caloric intake to 1,000 calories per/day (since I am a gastric bypass patient that is really a lot for me). I always drank a lot of water, and I stopped drinking sweet ice tea. I still drink coffee and hot tea, usually two cups per day of each, and I do XBOX Kinect Dance Central game every night with my son for about 20-30 minutes. It is fun and you are dancing and exercising without even realizing it.

Each day I would take the steps as far as I could, then get off and take the elevator until I reached my goal of being able to walk all the way up from the lower level to the 5th floor which is where I am now. I take my time and I walk up, that is a total of 10 flights, and if you count the landing it is 132 steps. I do this two, sometimes three times a day, and I also take them down occasionally. I have lost 65 pounds since August 8, 2011.

It is NOT easy, but before you know it, you will see the white circles (along the floor of the staircase near the 5th floor) and you are there.



HOPE WARD

Kristine Wagner Community Transportation

AFTER BEING A SMOKER FOR OVER 10 YEARS, I decided to quit smoking in February of 2011. Quitting smoking then helped motivate me to improve my health further by losing weight and living a healthier lifestyle.

Over the last eight months, I have lost 70 pounds. I am often asked how I have done it, and my response is simple: being conscious of what I eat and exercising. I have learned that there is no such thing as a “diet,” it is a lifestyle change.

I started by cutting back on soda, sweets, and fast food. I ate better sized portions of healthier choices (salad, grilled/baked chicken, vegetables, fruit, and lots of water).

I exercise about 4-5 days a week by either doing Zumba on the Wii, or by using my Bowflex treadclimber.

I also use a free website called www.myfitnesspal.com to track the food I eat and my exercise.

Cynthia James Department of Social Services

THERE ARE THOSE OF US WHO WANT TO EXERCISE, but we just can't make it out of the bed. Well worry not. Take two eight pound weights and complete all of your arm exercises right there in the comfort of your bed. This can be done either in the morning or just before you retire for the night. Because the weight is so light you must increase your reps. I complete 30 arm lifts, 30 full curls, 30 presses and 30 tricep presses. I also complete 50 crunches (in the bed) and 50 leg lifts (in the bed).

With changes in my eating habits, I have gone from a size 16 pant to a 12 pant. It can work. Yes, I eat cake, candy and bread. But, it is always in moderation and only in the day time (if I can help it).

Al Brunson Facilities Maintenance Manager

DURING MY 27 YEARS IN THE ARMY, I was an avid runner and was in great shape. As a paratrooper here in the 82nd Airborne Division, fitness was paramount, and luckily I thoroughly enjoy running. I ran in several marathons during time in the Army and even managed to run one in 3:07 (3 hours 7 minutes). Despite my great shape I did indulge in cigar smoking and did not consciously think about what I ate. After I retired, I enjoyed "civilian life" for a number of years before I really began thinking about my long-term health. With that, I refocused and began to adapt better life habits. I quit smoking, and began to exercise and run again. My wife shared my thoughts and we have been members of Healthplex for many years and go there at least 4 times per week

My three sons followed my footsteps in the 82nd Airborne Division and likewise have a great appreciation of fitness and running. Together, despite the numerous deployments of the last decade, we four have participated in the Army Ten-miler, Myrtle Beach Half-Marathon, and a number of other 10k races together. All of our busy schedules keep the number of times we are able to gather as a family to a precious few opportunities; but we always make strong efforts to gather for runs and races throughout the year.

Making the conscious choice to live a better, more healthy lifestyle has paid huge dividends for me and my wife. The fact that the whole family gets involved makes it all the more enjoyable....and it's also great to show the young fellas that the Old Man can still do it

On a more serious note, I'd like to remind all males over 45 to be sure to get their annual PSA test during their checkups. In May of 2009 I was diagnosed with prostate cancer and had surgery in November of that year. After a period of recovery, I was back to running and ran a half-marathon the following February. Although the diagnosis was frightening, it was by no means a death sentence, and you CAN get well, and regain your health. Just be sure to get checked each year, those tests could save your life.



SGM (R) Al Brunson, (white cap), with his three sons, (from left) Maj. Javi Brunson, Col. Xavier Brunson, and (in blue shirt) Maj. Tavi Brunson, with friend MG Anderson at the Army 10-Miler in Washington DC., October 2011.



Healthy Recipes

County Employees Submit Their Favorite Recipes

Chicken Noodle Casserole

1 (3 pound) chicken-cooked, deboned and shredded
6 ounces whole grain spaghetti
1 can low sodium reduced fat cream of mushroom soup
1 can low sodium reduced fat cream of chicken soup
1/4 cup water or skim milk
Salt and pepper to taste (easy on the salt!)
1 cup shredded mozzarella cheese

Cook spaghetti in a large pot of boiling water until it is al dente (about 8-10 minutes). Drain and set aside.

Preheat oven to 350 degrees.

In a 9x13 baking dish combine the shredded chicken, cooked spaghetti, soups, water or milk, salt and pepper. Mix all together. Sprinkle cheese on top of mixture and bake in preheated oven for 20 to 25 minutes or until cheese is melted. Let cool ten minutes and serve.

This is a healthy all-in-one comfort food dish! It has all the flavor of chicken soup in casserole form! I added a can of drained peas for color and veggie goodness. A can of drained Veg-All would be delicious as well. Bon appetit!

Kathy A. LaMaster
Department of Social Services

Cheddar, Apple, and Walnut Salad

1 spray olive oil cooking spray
4 slices uncooked turkey bacon
2 slices mixed-grain bread, cut into 1/4 inch cubes
9 oz baby spinach leaves
2 heads large Belgian endive, sliced crosswise 1/2 inch thick (about 3 cups)
4 oz low-fat cheddar or Colby cheese, cut into thin chunks
1 large McIntosh apples, cut into thin wedges
6 Tbsp low-fat balsamic vinaigrette

Coat a large nonstick skillet with cooking spray; heat over medium-high heat. Add bacon and cook as package directs until crisp, about 4 minutes; remove bacon to a paper towel. Let bacon drain briefly, then crumble into bite-size pieces; transfer to a large bowl.

Add bread cubes to same skillet. Cook over medium heat, tossing often, until slightly golden and crisp, about 3 minutes; remove to a plate and set aside. Add walnuts to skillet; cook, tossing often, until lightly toasted, about 2 minutes. Transfer walnuts to bowl with bacon.

Add spinach, endive, cheese, apple and dressing to bowl; toss to mix and coat.

Place about 4 cups of salad mixture on each of 4 plates. Sprinkle each serving with about 3 tablespoons of homemade croutons.

I enjoy this salad because it is just wonderful but also very light. It is easy to make and I consider it healthy because it has several items that are filling and are low in sugar, sodium, and saturated fat.

Makkeitia Brown
Department of Social Services

Cardamom Citrus Fruit Salad

1 large ruby pink grapefruit
3 navel oranges or a combination of navel oranges, blood oranges, mandarin oranges and/or tangerines
1/4 cup raw honey (or agave)
2 tbsp fresh lime or lemon juice
1/4 teaspoon ground cardamom

Peel the fruit. Cut away the membranes of the individual segments with a sharp knife. Collect the peeled segments in a bowl. Drain off any excess juice from the fruit into a bowl and add the lime juice, honey, and cardamom. Stir the liquid until well incorporated and chill. Pour over fruit mixture and gently fold in so that all the fruit is coated. Let stand for 15 minutes or chill until ready to serve.

*Contains fiber, vitamin C, potassium and phytochemicals, healthy carbs and all natural ingredients

Karin Cosgrove
Tax Administration

Easy Oven Beef Stew

2 pounds beef stew meat, cut into 1-inch cubes
4 large carrots, cut into 1-inch pieces
2 medium onions, cut into 1-inch pieces
2 celery ribs, cut into 1-inch pieces
2 medium parsnips, cut into 1-inch pieces
1 garlic clove, minced
1 can (14-1/2 ounces) Italian stewed tomatoes
1-1/2 cups beef broth
1 can (8 ounces) tomato sauce
1/2 cup quick-cooking tapioca
1 teaspoon instant coffee granules
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1/2 teaspoon salt, optional

In a 5-qt. Dutch oven, combine all ingredients. Cover and bake at 350° for 2-1/4 to 2-1/2 hours, or until the meat and vegetables are tender, stirring occasionally. Yield: 8 servings.

Nutritional Facts One serving (prepared with reduced-sodium beef broth and tomato sauce and without added salt) equals 230 calories, 6 g fat (0 saturated fat), 53 mg cholesterol, 401 mg sodium, 27 g carbohydrate, 0 fiber, 23 g protein. Diabetic Exchanges: 2 meat, 2 vegetable, 1 starch.

Originally published as Easy Oven Stew in Country Woman January/February 1995, p31

Sana Moulder
Cliffdale Regional Branch Library



Healthy Recipes continued...

Oven Fries

Makes 6 servings – Serving size 10 fries

Non-stick cooking spray

4 medium baking potatoes or sweet potatoes

2 tablespoons oil

Seasonings (optional)*

*try one or several of these seasonings: salt, pepper, seasoning salt, garlic powder, onion powder, chili powder, paprika

Directions

1. Preheat oven to 475°F.
2. Lightly spray baking sheet with non-stick cooking spray.
3. Wash potatoes thoroughly and dry with a paper towel.
4. Cut potatoes into long strips about 1/2 inch thick
5. Put oil in a plastic bag. Add potatoes and toss to evenly coat with oil. You may add seasoning to the bag.
6. Spread strips in a single layer on a baking sheet and place in preheated oven.
7. Bake at 475°F for 20 minutes.
8. After 20 minutes, take sheet out of oven and turn potato strips over.
9. Immediately return sheet to oven and bake at 475°F for 15 more minutes.

Susan Johnson

Cumberland County Cooperative Extension

Hearty Vegetable Salad

Makes 8 servings, Serving Size: 1/2 cup

1 (15 ounce) can baby green lima beans, drained

1 (15 ounce) can whole-kernel corn, drained

1 medium tomato, chopped

1/4 cup chopped onion

1/3 cup Italian dressing, fat-free

Black pepper to taste

1. Heat lima beans and corn in microwave.
2. In large bowl, combine lima beans, corn, tomatoes and onions.
3. Pour Italian dressing over vegetable mixture and toss. Add black pepper to taste.
4. Serve immediately or chilled with nacho chips.

Candy Underwood

Cumberland County Cooperative Extension

4-H EFNEP Fruit Salad Recipe

- Bananas, apples, tangerines

- 1 can unsweetened pineapple tidbits

- Plain or vanilla yogurt

Cut and mix several bananas, apples, tangerines or oranges. Add in can of unsweetened pineapple tidbits. Serve in small drink cups. Top each drink cup with 2-3 Tablespoons plain or vanilla yogurt, if desired.

Krista Underwood

Cumberland County Cooperative Extension

Taco Soup

1 lb. Lean Ground Beef, browned and drained

1 16 oz jar of Pace Medium Salsa

1 16 oz jar of Pace Medium Picante

1 can black beans (reduced sodium)

1 can kidney beans (reduced sodium)

1 can sweet corn (reduced sodium)

1 medium chopped onion

1 packet taco seasoning (reduced sodium)

1 can chicken broth

Mix and simmer.

Kristine Wagner

*Community Transportation, Planning
Department*

Eggplant curry with cilantro-yogurt sauce

Cilantro-Yogurt Sauce:

3/4 cup whole-milk plain yogurt

1/4 cup chopped fresh cilantro

1 Tbsp fresh lemon juice

Eggplant Curry

2 medium eggplants (about 1 1/2 pounds total), cut crosswise into 1/2 -inch-thick slices

3 Tbsp (or more) vegetable oil, divided

1 medium onion, chopped

1 large carrot, peeled, chopped

2 Tbsp curry powder, divided

2 tsp ground coriander

2 tsp ground cumin

2 tsp ground cardamom

1/2 cup dry white wine

1 cup all-purpose flour

1. Mix all ingredients for the cilantro-yogurt sauce in a small bowl. Season to taste with salt and pepper. Cover and refrigerate. (Can be made one day ahead; keep chilled.)
2. Sprinkle eggplant slices lightly with salt. Let stand 30 minutes.
3. Meanwhile, heat 1 Tbsp oil in large saucepan over medium heat. Add onion, carrot, tomatoes, 1- 1/2 Tbsp curry powder, and remaining spices. Sprinkle with salt and pepper; sauté vegetables until soft, about 6 minutes. Add wine; stir until almost dry, about 2 minutes. Cool slightly.
4. Purée vegetables in blender until smooth; if you want a really smooth sauce, strain it. (I don't usually bother.)
5. Place flour in shallow bowl. Pat eggplant slices dry. Sprinkle with remaining 1/2 Tbsp curry powder, then coat with flour.
6. Heat 2 Tbsp oil in large skillet over medium heat. Working in batches and adding more oil as needed, fry eggplant slices until golden brown and tender, about 2 minutes per side.
7. Serve the curry sauce over rice, with eggplant and cilantro-yogurt sauce on top. Enjoy!

If you like this recipe, you can add any other vegetables you like, just steamed and mixed with the sauce...green beans and cauliflower are especially good.

Selena Beckman-Harned

Crown Center



Healthy Recipes continued...

Ellen's Perfect Pasta Salad

1 box pasta of choice (I like bowties for this)
6 green onions, chopped
1 head broccoli, chopped
2 cups green beans, chopped into 2-inch lengths
1/2 cup pine nuts, toasted
1/4 cup lemon juice
2 Tbsp Dijon mustard
1 large garlic clove, crushed
Salt and pepper, to taste
2/3 cup olive oil

Optional: Rotisserie chicken, shredded.

1. Put water and 2 Tbsp of salt to boil. When the water boils, start the pasta.
2. While waiting for the pasta, measure lemon juice and mustard into a 2-cup measuring cup. With a small whisk, stir in garlic, a big pinch of salt and a few grinds of pepper.
3. Measure oil in another cup. Slowly whisk oil into the mixture, first in droplets, then in a slow steady stream to make an emulsified vinaigrette.
4. Steam or blanch the broccoli and beans until al dente.
5. Mix the vegetables, pasta, and dressing (and chicken if desired) and top with toasted pine nuts.

*Selena Beckman-Harned
Crown Center*



7TH Annual Torch Run

Saturday, April 21, 2012

Retired Military Association Bldg Parking Lot
120 Old Elizabethtown Road
Fayetteville, NC 28301

Registration and breakfast begin at 8:00 am
Ride begins at 9:30 am

\$15.00 per rider or passenger
(price covers ride, breakfast and lunch)

\$1.00 raffle tickets (must be present to win)

Rain Date: Saturday, April 28, 2012

Ride sponsored by the Cumberland County Sheriff's Office
100% of Proceeds Benefit Special Olympics

Why not try the Mediterranean Diet?

The Mediterranean Diet consists mainly of fruits, vegetables, fish, whole grains, nuts, legumes, seeds, herbs, and spices. It limits unhealthy fats. It reduces the risk of cardiovascular mortality. It reduces the incidence of some cancers and reduces the incidence of Parkinson's and Alzheimer's Diseases. It is recommended to eat fish at least twice a week. Moderate portions of poultry, low-fat or skim dairy-cheeses, yogurt and milk are recommended.

Here are the basics of the diet:

- Get plenty of exercise.
- Eat primarily plant-based foods, such as fruits, vegetables, whole grains, legumes, and nuts.
- Replace butter with healthy oils such as olive oil or canola oil.
- Use herbs and spices instead of salt to flavor foods.
- Limit red meat to no more than a few times a month.
- Eat fish at least two times per week.
- Drinking red wine in moderation is optional. 5 oz. per day for women, and 10 oz. day for men. Purple grape juice can be used as an alternative to red wine.
- Eat an average of 9 servings of antioxidant rich fruits and vegetables daily.



10 Tips to a Great Plate

- 1. Balance calories:** Find out how many calories you need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance your calories.
- 2. Enjoy your food, but eat less:** Take your time to enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals.
- 3. Avoid oversized portions:** Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out choose a smaller portion size, share a dish, or take home part of your meal.
- 4. Foods to eat more often:** Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health. Make them the basis for meals and snacks.
- 5. Make half your plate fruit and vegetables:** Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as a dessert.
- 6. Switch to fat-free or low-fat (1%) milk:** They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.
- 7. Make half your grains whole grains:** To eat more whole grains, substitute a whole for a refined product—such as eating whole wheat bread instead of white bread and brown rice instead of white rice.
- 8. Foods to eat less often:** Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages and bacon. Use these foods as occasional treats, not everyday foods.
- 9. Compare sodium in foods:** Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labels “low sodium,” “reduced sodium,” or “no salt added.”
- 10. Drink water instead of sugary drinks:** Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets. *Provided by USDA Center for Nutrition and Policy Promotion*

2012 Employee Recognition

20 YEARS OF SERVICE

KELLY AUTRY	ACCOUNTANT II	FINANCE
DEBRA BROWN	DISPATCHER I	ANIMAL CONTROL
KENNETH CAIN	LIEUTENANT	SHERIFF'S OFFICE
MARY CAMPBELL	LIBRARIAN IV	LIBRARY
JOSEPH CASHWELL	DEPUTY I	SHERIFF'S OFFICE
SANDRA CRUMPLER	DEPUTY I	SHERIFF'S OFFICE
ANGELA CUNNINGHAM	PRINTING & GRAPHICS SUPERVISOR	PRINT SHOP
ANGELA DIAL	HUMAN RESOURCES TECHNICIAN I	SHERIFF'S OFFICE
MEME DIAZ	INCOME MAINTENANCE CASEWORKER II	SOCIAL SERVICES
HENRY ESDORN	QUALITY ASSURANCE SPECIALIST II	MENTAL HEALTH
VICKI FELIU	ACCOUNTING TECHNICIAN IV	CHILD SUPPORT
EDWARD FLORES	DEPUTY II	SHERIFF'S OFFICE
VONDA FLOYD	ASSESSMENT/AUDIT DIVISION MANAGER	TAX ADMINISTRATION
TAMMY GILLIS	SENIOR INTERNAL AUDITOR	ADMINISTRATION
SHEILA GRIFFIN	INCOME MAINTENANCE CASEWORKER I	SOCIAL SERVICES
JOYCE P. HAWLEY	PROCESSING UNIT SUPERVISOR V	MENTAL HEALTH
LEON JOHNSON	DEPUTY II	SHERIFF'S OFFICE
THERESA LOFTON	PROCESSING ASSISTANT IV	PUBLIC HEALTH
KIMBERLY MCLAMB	ADMINISTRATIVE OFFICER II	SOCIAL SERVICES
DEBRA MILLER	BUYER	FINANCE
CHANELL MORRISEY	INCOME MAINTENANCE CASEWORKER II	SOCIAL SERVICES
GLORIA NELSON	LIBRARIAN III	LIBRARY
CONNIE OWENSBY	PUBLIC HEALTH NURSE II	PUBLIC HEALTH
LYNN PIPPIN	SOCIAL WORK SUPERVISOR II	SOCIAL SERVICES
SHEILA RIDER	LIBRARIAN I	LIBRARY
MYRON SAMPSON	MAJOR	SHERIFF'S OFFICE
THOMAS SKIPPER	MAINTENANCE WORKER I	SOLID WASTE MANAGEMENT
MARY SMITH	PAYROLL SUPERVISOR	FINANCE
MARY STEINMETZ	GIS ANALYST	INFORMATION SERVICES
RUTH WHITEHEAD	ASSISTANT WEIGHMASTER	SOLID WASTE MANAGEMENT

25 YEARS OF SERVICE

VIOLET BAKER-JOHNSON	INCOME MAINTENANCE CASEWORKER II	SOCIAL SERVICES
JAMES BAREFOOT	MAINTENANCE WORKER I	SOLID WASTE MANAGEMENT
CHARLISA DAVIS	ENVIRONMENTAL HEALTH PROGRAM SPEC	PUBLIC HEALTH
JUDITH HARRIS	ADMINISTRATIVE ASSISTANT I	PUBLIC HEALTH
PATRICIA LINDSEY	SOCIAL WORKER III	SOCIAL SERVICES
WILLIAM MACIBORSKI	DEPUTY II	SHERIFF'S OFFICE
MICHELLE MACKEY	ASSISTANT REGISTER OF DEEDS	REGISTER OF DEEDS
DOROTHY MCNEIL	ADMINISTRATIVE OFFICER III	PUBLIC HEALTH
LEE MILLER	SENIOR APPRAISAL SPECIALIST	TAX ADMINISTRATION
RONALD NELSON	DEPUTY III	SHERIFF'S OFFICE
ED NORRIS	LOCAL MENTAL HEALTH ADMINISTRATOR I	MENTAL HEALTH
PHILLIP NORRIS	SERGEANT	SHERIFF'S OFFICE
DENNIS OWENS	MAIL PROCESSING CLERK	COMMUNICATIONS CENTER
ROBERT PAUL	APPLICATION ANALYST PROGRAMMER I	INFORMATION SERVICES
PAUL PEARSALL	CONSTRUCTION TECHNICIAN	SOLID WASTE MANAGEMENT
JAMES RENFROW	CHIEF ELECTRICAL INSPECTOR	PLANNING & INSPECTIONS
JOSEPH SIMMONS	GENERAL UTILITY WORKER	PUBLIC BUILDINGS/JANITORIAL
WILLIE SPELL	COOK SUPERVISOR	SHERIFF'S OFFICE
PAMELA STULTZ	SENIOR ASSISTANT REGISTER OF DEEDS	REGISTER OF DEEDS
THOMAS E. TURNER	VEHICLE OPERATOR I	MENTAL HEALTH
ANDREA WALLACE-WILLIAMS	ACCOUNTING TECHNICIAN II	PUBLIC HEALTH
SHARON WHEELER	TAX ANALYST	TAX ADMINISTRATION
RENE WREN	INCOME MAINTENANCE CASEWORKER II	SOCIAL SERVICES

30 YEARS OF SERVICE

DANA NASH	STAFF PSYCHOLOGIST II	MENTAL HEALTH
DONNA REEVES	CODE ENFORCEMENT OFFICER II	PLANNING & INSPECTIONS
PHILLIP SMITH	GIS TECHNICIAN II	TAX ADMINISTRATION
ROBERT STANGER	COUNTY ENGINEER	ENGINEERING
TEDDY WILLIAMS	CARPENTRY SUPERVISOR	PUBLIC BUILDINGS/Janitorial
ALICE WILLIAMS	INCOME MAINTENANCE CASEWORKER II	SOCIAL SERVICES

35 YEARS OF SERVICE

TONY FERGUSON	ENVIRONMENTAL HEALTH SUPERVISOR I	PUBLIC HEALTH
JOANN GRAHAM	SOCIAL WORKER III	SOCIAL SERVICES
PAMELA PRESSER	PROGRAM ASSISTANT V	SOCIAL SERVICES
MATTHEW ROONEY	GIS MANAGER	PLANNING & INSPECTIONS
CAROL ST LOUIS	INVESTMENT OFFICER	FINANCE
DENISE SYKES	PLANNER I	PLANNING & INSPECTIONS

40 YEARS OF SERVICE

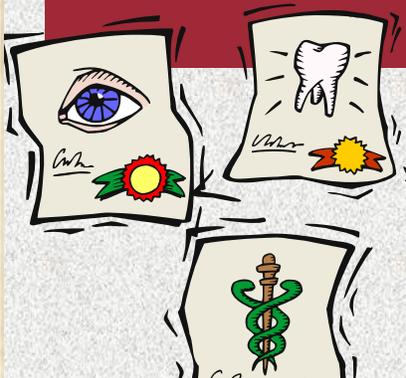
TINA BELANGER	ASSISTANT TAX ADMINISTRATOR	TAX ADMINISTRATION
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Cumberland County Government Annual Enrollment

WEB ENROLLMENT: April 2 - May 1, 2012
REPRESENTATIVES: APRIL 9 - APRIL 20, 2012
COVERAGE EFFECTIVE DATE: JULY 1, 2012

No changes will be allowed after the deadline date unless you experience a qualifying event.

Remember, you **MUST RE-ELECT** your Gilsbar Health Care and/or Dependent Care Account. It **will not** automatically continue each year.



Week 1

MONDAY APRIL 9TH 9 AM - 5 PM
 DSS – MEETING ROOM A
 1225 RAMSEY STREET
 **INFORMATIONAL MEETINGS @
 9AM, 10:30AM, 1PM & 2:30PM**

TUESDAY APRIL 10th 9 AM – 5 PM
 CUMBERLAND COUNTY COURTHOUSE
 ROOM 119, 117 DICK ST
 **INFORMATIONAL MEETINGS @
 9AM, 10:30AM, 1PM & 2:30PM**

WEDNESDAY APRIL 11th 9 AM – 5 PM
 CUMBERLAND COUNTY MAIN LIBRARY-
 PATE ROOM - 300 MAIDEN LANE
 **INFORMATIONAL MEETINGS @
 9AM, 10:30AM, 1PM & 2:30PM

THURSDAY APRIL 12th 9 AM – 5 PM
 DSS – MEETING ROOM A
 1225 RAMSEY STREET
 **INFORMATIONAL MEETINGS @
 9AM, 10:30AM, 1PM & 2:30PM**

FRIDAY APRIL 13th 9 AM – 5 PM
 CUMBERLAND COUNTY COURTHOUSE
 ROOM 119, 117 DICK ST
 **INFORMATIONAL MEETINGS @
 9AM, 10:30AM, 1PM & 2:30PM**

Products that can be self-enrolled on the Internet:

- Gilsbar Health Care Account
- Gilsbar Dependent Care Account
- Ameritas Dental
- Superior Vision
- BCBS Medical (Online Enrollment)

Products that require assistance from a Mark III Representative:

- Allstate Cancer (New)
- AUL Short-Term Disability (New)
- Unum Whole Life (New)
- Aetna Term Life

How to Log on to the Internet to Enroll

- Go to: www.mywecarebenefits.net/markiii
 - You will see Cumberland County Government Welcome Page
- Log In:
- Enter Case ID number: M107
 - Enter the Online ID, which is your social security number.
 - Enter your password which is: enroll12
 - Enter Security Code

Week 2

MONDAY APRIL 16TH 9 AM - 5 PM
 CUMBERLAND COUNTY MAIN LIBRARY
 PATE ROOM, 300 MAIDEN LANE,
 INFORMATIONAL MEETINGS @9AM, 10:30AM, 1PM & 2:30PM

TUESDAY APRIL 17TH 9 AM - 5 PM
 CUMBERLAND COUNTY COURTHOUSE
 ROOM 119, 117 DICK ST
 INFORMATIONAL MEETINGS @ 9AM, 10:30AM, 1PM & 2:30PM

WEDNESDAY APRIL 18TH 9 AM - 5 PM
 DSS – MEETING ROOM A, 1225 RAMSEY STREET
 INFORMATIONAL MEETINGS @ 9AM, 10:30AM, 1PM & 2:30PM

THURSDAY APRIL 19TH 9 AM - 5 PM
 DSS – MEETING ROOM A, 1225 RAMSEY STREET
 INFORMATIONAL MEETINGS @ 9AM, 10:30AM, 1PM & 2:30PM

FRIDAY APRIL 20TH 9 AM - 5 PM
 CUMBERLAND COUNTY COURTHOUSE – ROOM 119, 117 DICK ST
 INFORMATIONAL MEETINGS @ 9AM, 10:30AM, 1PM & 2:30PM

Contacts: Julie Crawford / 910.223.3327
 Cindy Horton / 800.532.1044, ext. 210
 Susan Murphy / 800.532.1044, ext. 215

**Plan Arranged and Enrolled by
 Mark III Employee Benefits / 1-800-532-1044**



2012 RABIES VACCINATION CLINICS

NORTH CAROLINA LAW: "The owner of every dog and cat over four months of age shall have the animal vaccinated against rabies." In Cumberland County, the owners of dogs and cats which have not been vaccinated in accordance with this law are subject to a civil penalty in the amount of \$100.00.

RABIES VACCINATION CLINICS WILL BE HELD AS FOLLOWS:

TUESDAY, APRIL 3, 2012 4:00-6:00 P.M.

- Stedman Elementary School - 7370 Clinton Road Highway 24 Stedman
- EE Miller School - 1361 Rim Road
- Tarheel Specialties, Inc. - 10335 Ramsey Street Linden

THURSDAY, APRIL 5, 2012 4:00-6:00 P.M.

- Loyd, E. Auman Elementary School - 6882 Raeford Road
- Rockfish Elementary School -5763 Rockfish Road, Hope Mills Road
- Charlie Rose Agriculture Bldg., 301 E. Mountain Drive

TUESDAY, APRIL 10, 2012 4:00-6:00 P.M.

- Beaver Dam School-2059 S. NC 210 Highway Beaver Dam
- Massey Hill Classical School 1062 Southern Avenue
- Melvin Honeycutt School, 4665 Lakewood Dr.

THURSDAY, APRIL 12, 2012

- South View Middle School -4100 Elk Road, Hope Mills
- Lake Rim Park - 2214 Tarkin Drive (off Raeford Road)
- Spring Lake Middle School 612 Spring Ave.

TUESDAY, APRIL 17, 2012

- Warrenwood 4618 Rosehill Road
- Alderman Elementary, 2860 Alderman Road

THURSDAY, APRIL 19, 2012

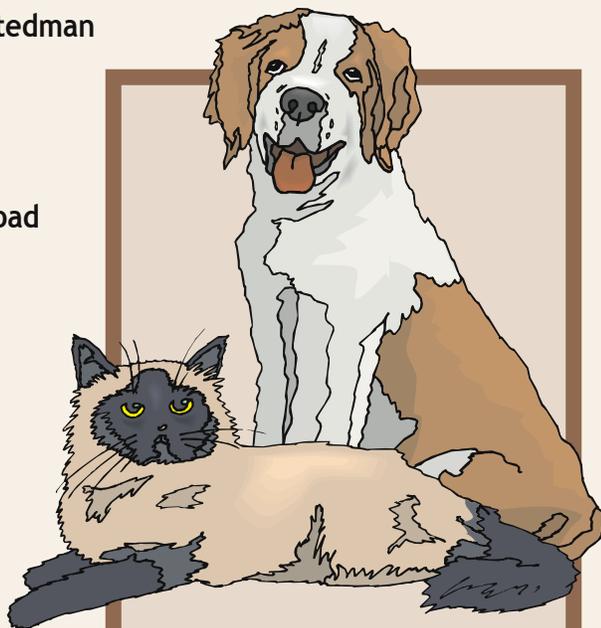
- Benjamin J. Martin Elementary School - 240 Reilly Road
- Clear Path (formally Monsanto) Parking Lot - 3768 Cedar Creek Road

TUESDAY, APRIL 24, 2012

- Eastover-Central Elementary School -5174 Dunn Road at Highway 13
- Northwood Temple Church -4200 Ramsey St. 401 N. at Andover Road

THURSDAY, APRIL 26, 2012

- District 7 Elementary School -5721 Smithfield Road
- Mazarick Park -1400 Belvedere Avenue



To remain properly immunized a dog or cat must receive two rabies vaccinations one year apart, then one vaccination every three years thereafter.

Please keep your dog on a leash. Keep your cats in separate carriers or boxes or leave them in your car. Owners may be held responsible for their pets and for any damage they cause.

FEE: \$10.00 PER DOG OR CAT • SORRY, NO CHECKS • NO ROLLED COINS • PLEASE BRING EXACT CHANGE

Cumberland County Animal Control



CROWN CENTER FAYETTEVILLE, NC

COMING *2* THE CROWN...

April

- 7-8..... Gun & Knife Show
- 7..... Miss Fayetteville Dogwood Festival Pageant
- 13..... Patti LaBelle (Community Concerts)
- 14..... Dancing with the Fayetteville Stars
- 14..... Cape Fear Heroes vs. Carolina Force 
- 20, 22..... Ballet Classics (School Show Friday, Public Show Sunday)
- 24, 26 Cumberland County Schools Spring Orchestra (School Show)

Cape Fear Heroes Indoor Football



April 14

patti LaBelle



April 13

Dancing with the Fayetteville Stars



April 14

**What shows or events would you like to see at the Crown?
Let us know at contactus@crowncoliseum.com.**

CROWN CENTER
1960 COLISEUM DRIVE
FAYETTEVILLE, NC 28306

910.438.4100
910.436.TKTS (8587)
WWW.ATTHECROWN.COM



CUMBERLAND ★ COUNTY ★ NORTH CAROLINA

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

Cumberland County Government... Working for you!

MISSION STATEMENT

To provide quality services to our citizens while being fiscally responsible.

VISION STATEMENT

To grow as a regional destination for employment, economic development, commerce and cultural pursuits.

Visit us on the Web: [http:// www.co.cumberland.nc.us/](http://www.co.cumberland.nc.us/)

Be sure to follow us on  & 



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.

Upcoming County Holidays



**Good Friday
April 6, 2012**

REMEMBER!

The deadline is April 16 for submissions to the May issue of *County Connection!*