

CUMBERLAND COUNTY CONNECTION



Free Health Screenings Available at Wellness Fair March 27-30

THE ANNUAL COUNTY EMPLOYEE WELLNESS FAIR is scheduled for March 27-30 at the Agri-Expo Center at 131 East Mountain Dr. The hours each day will be 6:30 a.m. to 4 p.m. Employees will not be seen without an appointment, so be sure to schedule a time slot through your wellness representative.

At the health fair, employees will be weighed and screened for high blood pressure, cholesterol and blood glucose. You will also submit their Personal Wellness Profiles. It is very important to complete the profile survey before you arrive for your appointment.

Participation in this year's fair is particularly important as it will establish a relationship between the employee and the county's new employee Wellness Center, which will include a pharmacy, acute-care clinic and wellness program. Located in the E. Newton Smith Center

on Fountainhead Lane, the Wellness Center is expected to open in early July.

Once the center opens, all county employees will be able to use the Express Care Clinic and participate in the wellness programs offered through the wellness coordinator's office. However, only employees and retirees who are enrolled in the county's Blue Cross Blue Shield health insurance can use the pharmacy.

All employees can participate in the four-day wellness fair. It is free and you will be on work time. Employees who are covered by the county's Blue Cross Blue Shield insurance will save on their insurance premiums.

Deputy Health Director Rod Jenkins reminds employees to:

- Schedule an appointment with their wellness representative.
- Adhere to your scheduled appointment.
- Complete the Personal Wellness Profile prior to your appointment and bring the document with you to the wellness fair.
- Follow the instructions included in health assessment information provided with your Personal Wellness Profile.

Employees who participate in the Wellness Fair by completing a health risk assessment and having their biometrics taken will reduce their health insurance costs by \$30 a month. Health insurance costs with the county's Blue Cross Blue Shield plan are shown in the chart above.

	MONTHLY RATES	PER PAY PERIOD
BASE RATES WITHOUT HEALTH RISK ASSESSMENT/BIOMETRICS		
Employee Only	\$ 51.00	\$ 25.50
Employee + Child	\$157.00	\$ 78.50
Employee + Children	\$254.00	\$127.00
Employee + Spouse	\$241.00	\$120.50
Employee + Family	\$326.00	\$163.00
BASE RATES WITH HEALTH RISK ASSESSMENT/BIOMETRICS		
Employee Only	\$ 21.00	\$ 10.50
Employee + Child	\$127.00	\$ 63.50
Employee + Children	\$224.00	\$112.00
Employee + Spouse	\$211.00	\$105.50
Employee + Family	\$296.00	\$148.00



JAMES MARTIN

County Manager's Message

IN A FEW SHORT WEEKS, EACH OF YOU WILL HAVE THE OPPORTUNITY TO PARTICIPATE in our eighth annual employee Wellness Fair on March 27-30 from 6:30 a.m. to 4 p.m. at the Agri-Expo Center. All employees are eligible to participate in the fair at no cost to the individual and on county time.

It is especially important for employees to participate in this year's fair. Not only will you save \$30 a month on your county health insurance premiums, you will be laying the groundwork for your participation in the county's new Wellness Center, located in the E. Newton Smith Center on Fountainhead Lane. All employees are eligible to use the Express Care and Wellness Clinics at the center, but only employees enrolled in the county's health insurance plan can use the pharmacy.

Before you can use the center's services, you must establish a formal relationship with the clinic by providing a health history and other information. By completing your personal wellness profile survey and participating in the health screening at the fair, you are creating a formal relationship with the Wellness Center and can be seen as a client.

We will continue our focus on wellness in April as we celebrate National County Government Month and the theme Healthy Counties, Healthy Families. We will have a special Healthy Connection in April that will include healthy recipes and first-hand work-out tips submitted by employees. Be sure to send your healthy recipes and fitness success stories to Sally Shutt by March 15.

I hope you enjoy the increasingly warm weather and take advantage of the chance to walk, run or ride a bike on your way to better health.

Two County Department Heads to Retire

TWO CUMBERLAND COUNTY DEPARTMENT HEADS with a combined total of 58 years of service are retiring this spring.

Emergency Services Director Kenny Currie will retire April 1, and County Engineer Bob Stanger will retire a month later on May 1.

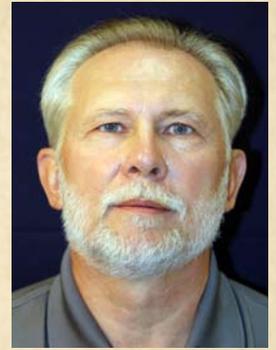
Currie has been with Cumberland County government for 28 years. He started out as an EMT in December 1983 and later worked as a dispatcher, communications supervisor and deputy Emergency Services director. He became the Emergency Services director in March 2008.

Stanger, who was hired on Jan. 25, 1982, has been the County Engineer for the last 30 years. During that time the county constructed several facilities, including the Headquarters Library, Crown Coliseum, Agri-Expo Center, Detention Center, Department of Social Services and the Public Health Center, which opened in January 2010.

"We are grateful for their long service to the citizens of Cumberland County, and we will miss their experience and expertise," County Manager James Martin said.



CURRIE



STANGER

Health Department Seeks Public Input

THE CUMBERLAND COUNTY DEPARTMENT OF PUBLIC HEALTH has five simple questions for the public. The short survey takes only a few minutes to complete and is part of the department's accreditation process through the North Carolina Accrediting Board.

Citizens are encouraged to complete the survey through the county's website, www.co.cumberland.nc.us, or pick up a hard copy at the Health Department, 1235 Ramsey St.

"We want to assess the level of service that our agency provides and also gather feedback on the kinds of services our citizens use for their health care needs," said Deputy Health Director Rod Jenkins.

Commissioner Edge Honored for Public Service

COMMISSIONER KENNETH EDGE was recognized for his commitment to public service by the Mid-Carolina Council of Governments at the group's annual meeting on Jan. 26.

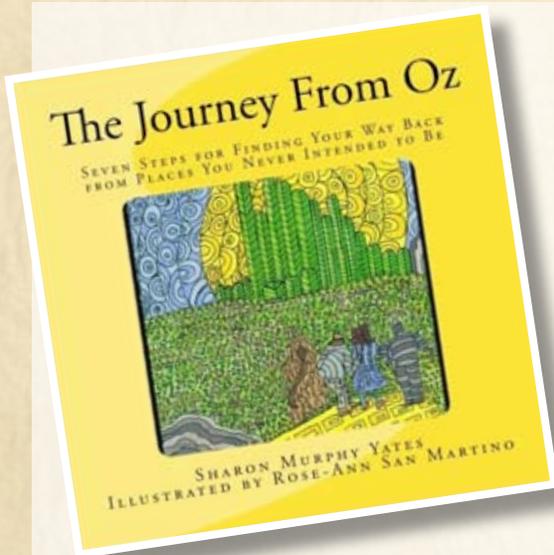
Edge received the M.H. "Jack" Brock Memorial Award, which is presented annually to an outstanding elected county official from Cumberland, Harnett, or Sampson County.

Brock was a founder and leader of the Mid-Carolina Council of Governments who served three terms as chairman of the council's Board of Directors.

Edge has been a Cumberland County commissioner for three terms and has twice served as chairman. He is the current president of the North Carolina Association of County Commissioners. A retired school principal, he served on the Cumberland County Board of Education for six years. Edge has been appointed to the Mid-Carolina board of directors.



Commissioner Kenneth Edge, left, accepts award from Jim Caldwell, director of Mid-Carolina Council of Governments.



Yates Writes Book: "The Journey from Oz"

SHARON MURPHY YATES, who has worked at Cumberland County Mental Health for more than 30 years, has released a new book, which offers encouragement to anyone facing challenges in life.

The book is titled "The Journey From Oz: Seven Steps for Finding Your Way Back from Places You Never Intended to Be." The 36-page book uses the "Wizard of Oz" theme and was illustrated by Fayetteville artist Rose-Ann San Martino Bryda. Yates said the book has a unique approach to helping people recover from unexpected curves in their lives.

"It could be anything that throws you off course; a death, a serious illness, the loss of a job, the loss of a dream ... any stressful situation you find yourself in where direction and answers aren't clear," Yates said.

The book touches on common themes and offers advice in dealing with difficulties.

"Inability to concentrate, restlessness and loss of interest in everyday activities are factors related to stress," Yates said. "When someone is facing a crisis, they generally don't have the time or ability to read most self-help books."

Yates explained that the book offers simple suggestions for overcoming obstacles in life by presenting one idea at a time.

"The use of stories as a technique to improve self-awareness is something I learned in my early days of counseling," Yates said. "Stories allow us to view situations similar to ours in a non-threatening light. The Wizard of Oz offers the perfect background because it deals with facing change and challenge and it's a story to which most everyone can relate."

Bryda uses bright colors and a unique style to complement the words of the book. In addition to extensive work as an artist, Bryda also works in the mental health field.

"The idea of combining two of my passions – Mental Health and art – was very appealing to me," Bryda said. "I've done a lot of set and prop design and this was an exciting opportunity to take my art in a new direction, and I love The Wizard of Oz."

The book was released in December and is available at Amazon.com and on Kindle. It should be available at other outlets soon.

Health Department News: Healthy Living Program Wins Statewide Award

CUMBERLAND COUNTY SCHOOLS' HEALTHFUL LIVING DIVISION won a statewide award after being nominated by its partner organization, the Department of Public Health.

The division received the Public Health Partners Award from the North Carolina Association of Local Health Directors. In the partnership, nurses with the Health Department go out to the county's public schools to help administer health education programs and immunizations.

The Health Department recognized Shirley Johnson, coordinator of the Healthful Living Division, on Feb. 2. The division is a combination of health education and physical education. It includes a planned, sequential K-12 program that integrates information about specific health topics.

Pamela James is the Health Department's School Health Program supervisor; and Pat Baros, Sandy McMillian and Theresa Byrd are the team leaders. Wanda Tart is the nursing director, and Buck Wilson is the Health Director. There are 21 school nurses in the program.



Shirley Johnson (center) is recognized by Department of Public Health School Nurse Program Team Leaders (left to right) Sandy McMillian, Theresa Byrd, Pat Baros and School Health Program Supervisor Pamela James. Johnson, the Cumberland County Schools' Healthful Living Division coordinator, received the Public Health Partners Award from the North Carolina Association of Local Health Directors.



“The partnership between the school nurse program at the Health Department and the Healthful Living office is a wonderful collaboration to ensure our children in school are healthy because healthy children learn better,” James said.

Twenty-One School Nurses partner between the Cumberland County Schools Health Program and the Health Department Healthy Living Office.

Department of Social Services Hosts Food Drive

THE DEPARTMENT OF SOCIAL SERVICES hosted an agency food drive on Nov. 30-Dec. 1 as part of Cumberland County Government's 2011 Urban Ministry/Salvation Army Food Drive. The agency's local chapter of the N.C. Social Services Association assisted with the collection of over 800 food items from DSS employees.



Pictured from left to right are (front row) Shoktwala Coleman, Julie Buch, Rayshundra McWilliams, Theresa Taylor, Sylvia Cook, Betty Beasley (State vice president) Sarah Guill (President) Kim Cribb, Tracey Morrison (Membership Chair) and Angela Wall. Second row, from left, are Al West, Linda Bryant, Janine Wright, Ursula Merritt, Assistant Director Richard Everett, Treasurer June Lockett and Secretary Courtney Gordon.

Rock The Red Pumps for HIV/AIDS Awareness Day

EVERY 35 MINUTES, A WOMAN WILL TEST POSITIVE FOR HIV IN THE UNITED STATES. About a quarter of all HIV patients are women and those rates are disproportionately higher for African-American women. The AIDS virus is now the leading cause of death among black women ages 25 to 34, according to the Centers for Disease Control.



"It's time for women to protect themselves whether it's by getting tested or learning more about the disease," said Phyllis McLymore, a health educator with the Cumberland County Public Health Department. "We must all do our part to end the disease."

In recognition of National Women and Girls HIV/AIDS Awareness Day on March 10, the Health Department is encouraging Cumberland County employees to participate in the "Rock the Red Pump Campaign" by wearing red pumps on Friday, March 9. Visit www.Redpump.org for more information. The campaign's goal is to generate conversation in the blogosphere about the issue of HIV/AIDS and how it affects women. For more information, contact McLymore at 433-3894.

Board Clerk Earns Certification

RITA PERRY, former city clerk for the City of Fayetteville and now the clerk to the Cumberland County Civic Center Commission, has earned the designation of Certified Municipal Clerk (CMC) by the International Institute of Municipal Clerks Inc. Only those clerks who successfully complete the demanding education requirements and who demonstrate a record of significant contribution to their local government, community and state are granted the CMC designation.

Crown Marketing and Sales Director Marshall Perry (no relation to Rita Perry) called Perry a "terrific team player" and praised her on her certification.

"Rita Perry is very dedicated to the employees of the Crown Center and Cumberland County Government," Perry said. "She has the heartfelt concern to make the work environment the best possible for all staff members and the public we serve. She is very efficient, great at multitasking and always ready to share ideas and give credit and praise for work performed by others."



PERRY

Fair Housing Month Means Fair Housing for All

APRIL IS NATIONAL FAIR HOUSING MONTH, and Community Development would like to acknowledge this time by sharing with you some information on what is meant by equal access to housing and how you can protect yourself from being a victim of housing discrimination.

What is the Fair Housing Act?

The Fair Housing Act prohibits discrimination in housing or housing related transactions on the basis of race, color, religion, gender, national origin, familial status, or disability (also known as the protected classes) by housing providers, to include landlords and real estate agents, or lending institutions such as banks or mortgage companies.

- The following practices, if initiated for discriminatory reasons, are prohibited under the Fair Housing Act:
- Refusal to rent or sell housing.
- Refusal to negotiate for housing.
- To set different terms, conditions or privileges for sale or rental of a dwelling. To set different terms or conditions for securing a loan based on one's protected status.
- To falsely deny that housing is available for inspection, sale or rental.
- To profit by fraudulently persuading owners to sell or rent housing (this is called blockbusting).
- To refuse to make a reasonable accommodation or modification to the physical property or in rules or policies if necessary for the disabled person to use the housing.

For more information or to receive fair housing brochures in English or Spanish, please contact Cumberland County Community Development at 910-323-6112.



KEATING

Director Gets Dunked to Benefit United Way

CHILD SUPPORT DIRECTOR AUSTIN KEATING volunteered to get wet in the dunking booth at the department's second annual United Way campaign event on Feb. 3. Keating agreed to give his staff the chance to dunk him if Child Support exceeded the 2010 amount raised for the non-profit.

The challenge worked and the department raised 61.8 percent more than the previous year, which resulted in a very wet day for Keating, who was dunked five times by staff members. He was a good sport, enduring the cold water and temperature with a smile. Employees with good aim were Ben Logan, James Quick, Kerry Stribling, Detra Williams and Jacqueline Acevedo.

"The Child Support Department exhibited great enthusiasm toward United Way so getting a little wet was well worth the rewards of seeing staff sharing together," Keating said.

As a whole, Cumberland County employees from all departments raised \$39,738 for United Way.

Deputy County Manager, Veterans Services Director Explore Veterans Court



SHARON SANDERS, AMY CANNON

DEPUTY COUNTY MANAGER AMY CANNON AND VETERANS SERVICES DIRECTOR SHARON SANDERS attended the Veterans Treatment Court Planning Initiative Training in San Jose, Calif., from Feb. 6-10. The training was conducted by the U.S. Department of Justice's Bureau of Justice in collaboration with the National Drug Court Institute.

Cannon and Sanders are part of a team assembled by Chief District Court Judge Beth Keever. The other team members are District Court Judge George Franks; Mia Lamotte, Court Coordinator; Curtis Morrow, VA Justice Outreach Coordinator; Kelli Diamond, Public Defender's office; Larry Clubine, Alternative Care Treatment Systems; Randy Podobinski, Fayetteville Police Department; Sheila Moore, Probation and Parole; and Worth Pascal, District Attorney's Office. The team will be working together with the assistance of Judge Keever over the next several months to initiate a Veterans Treatment Court in Cumberland County. It would be the first court of its kind in North Carolina.

Employees Can Car Pool To Save Gas, Money and Relieve Parking Congestion

THERE IS A WAY FOR CUMBERLAND COUNTY EMPLOYEES TO SAVE MONEY ON GAS that doesn't involve walking or a bus ticket. Employees can car pool to not only save money, but also reduce traffic on congested roads and in parking lots.

But how do you find other employees who live in your neighborhood or area who might want to car pool? Mark Nottingham, transportation planner with the Fayetteville Area Metropolitan Planning Organization, said county employees can go online to <http://www.sharetheridenc.org/way2go> and sign up to car pool. The program helps match people at workplaces who may live close together and arrive at work at around the same time.

The website also gives some valuable car pool tips:

1. You should meet potential car pool partners so you will know if you are compatible. It is a good idea to learn their driving habits, such as speeding, music, smoking in the car and eating in the car.
2. Decide how to split costs, whether it is cash or simply taking turns driving an equal amount of time.
3. Pick a schedule. It's important to agree on a schedule and also make sure you communicate about days you can't ride, or will be late.
4. Get parking permission. If you plan to park at a centrally located area, such as a grocery store, church or park, make sure you have the property owner's permission to park.
5. Establish a trial period. After starting the car pool, meet with every driver and passenger to make sure the plan is working out for every person.

For more information, go to the website at <http://www.sharetheridenc.org/way2go> or call (919) 485-RIDE.



National Nutrition Month Means Watching Your Diet

MARCH IS NATIONAL NUTRITION MONTH and this year's theme is Get Your Plate In Shape. The month focuses on the importance of making more conscious eating habits and becoming more physically active. The Academy of Nutrition and Dietetics outlines several strategies to encourage and promote mindful eating behaviors. Emphasis is placed on eating more fruits and vegetables; limiting salt and products containing added sugar; choosing whole grains in bread, rice, cereal, and pasta; selecting smaller portion sizes; and actively participating in some type of physical activity that you find enjoyable. As we incorporate the components listed above into our daily lives, we will be more likely to be successful in our life-long journey toward a healthier lifestyle.



For more information, please contact the Health Promotion Coordinator at 433-3892 or go to <http://www.eatright.org>.

Learning to Cope With the Three Rs of Change: Recover, Refocus, Regenerate

MAJOR WORK AND LIFE CHANGES are common: promotions, relocations, divorce, parenthood and numerous other events. Whether these changes are welcome or unwelcome, all can be extremely stressful unless we learn how to adjust to them. Taking the time to recover, refocus and regenerate following life changes can help us survive and even thrive.

RECOVER: After a life change, you need to regain your sense of balance and routine. Your situation may be, at least for now, stressful, challenging or unfamiliar. You may have symptoms such as headaches, backaches or depression. To begin recovery, it will help to step back from your new situation. Plan a weekend getaway or take time just for yourself. Mini-breaks like going to the movies can help you get distance and perspective. Exercise and sharing your feelings with others are excellent stress reducers, which can help you get back on track.

REFOCUS: If you are able to look at the big picture, you will gain greater peace of mind about the change. Take time to think about what has happened, why, and what it might mean. You might realize that your feelings are mixed. For example, if you've been promoted, you might be pleased with the higher salary, but uncomfortable about supervising your friends. You may feel sad or angry about having to let go of familiar people and routines. With time, those feelings will change. Talking to trusted friends, family members, a counselor or human resource professional may speed the process.

REGENERATE: All change is stressful for your body and your body needs time to heal. Get extra rest, avoid alcohol and cigarettes and eat properly. Try to increase your circle of support, connect with new people or reinforce old friendships. No one can escape change. Accepting the fact that change has taken place is important. When you take steps to recover, refocus and regenerate, you will find acceptance easier. These steps will help you successfully make the change part of your life.



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.

Cumberland County Government Annual Enrollment

GROUP MEETINGS: APRIL 3, 4, 5, 2012

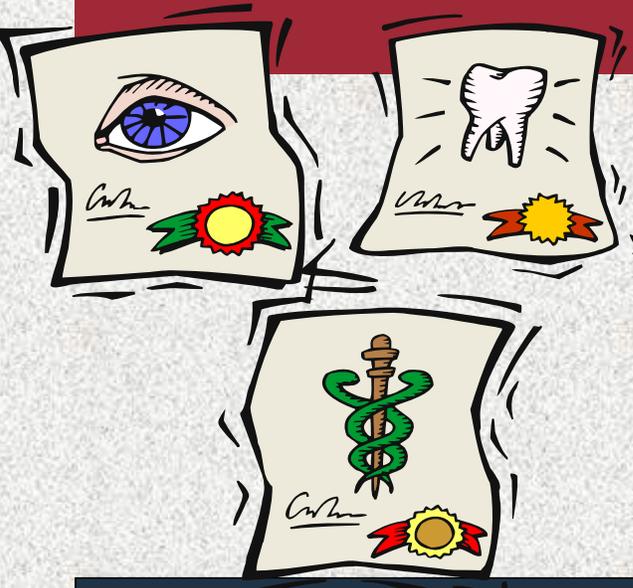
WEB ENROLLMENT: April 2 - May 1, 2012

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.



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

**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**



CROWN CENTER FAYETTEVILLE, NC

COMING ² THE CROWN...

March

- 1-3..... Eastern Regional High School Basketball Championship 
- 3..... Marvin Sapp: I Win Listening Party
- 2-4..... RV Sales Event
- 4..... FireAntz vs Columbus Cottonmouths 
- 8-11..... Ringling Bros. & Barnum & Bailey Circus
- 14-16..... Hugs & Kisses Consignment Sale
- 15..... FireAntz vs Knoxville Ice Bears 
- 16..... Wheel of Fortune Auditions
- 17..... FireAntz vs Pensacola Ice Flyers 
- 21..... North Carolina Symphony (School Show)
- 23..... FireAntz vs Columbus Cottonmouths 
- 24..... Cape Fear Heroes vs. Maryland Reapers 
- 24-25..... American Girl Fashion Show
- 27-30..... Cumberland County Health & Wellness Fair (County Employees Only)
- 28..... Showbiz 2012 Trade Show
- 31..... East Coast Step Show
- 31..... Cape Fear Heroes vs. Macon Steel 

NCHSAA Basketball Tournament



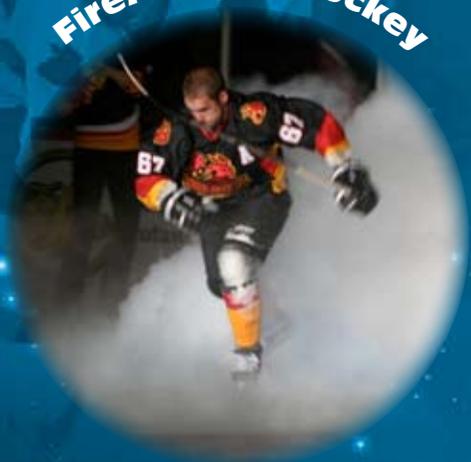
Feb. 28 - Mar. 3

Marvin Sapp



Mar. 3

FireAntz ice hockey



Mar. 4, 15, 17, 23

An Historic Partnership

King Louis XVI, France, and the American Revolution

Make plans to attend an international panel discussion on the American Revolution and the important role played by Louis XVI of France.

King Louis XVI of France from 1774-1792: An Unappreciated Monarch

Pascal Flaus, historian and archivist for the city of St. Avold, France, Fayetteville's sister city.

Will the Real Louis XVI Please Stand Up?

Dr. Robert Crout, Professor of History, College of Charleston, and President Emeritus of the American Friends of Lafayette.

Decision at Chesapeake: French Contributions to the Victory at Yorktown

Dr. John Duvall, past curator and director of the 82nd Airborne Division Museum and the Airborne & Special Operations Museum.

The panel moderator is Tim White, editorial page editor for *The Fayetteville Observer*.

Tuesday, March 6
7 p.m.

Headquarters Library
300 Maiden Lane



Detail of *Louis XVI, King of France and Navarre (1754-1793), wearing his grand royal costume in 1779, Antoine-François Callet (1741-1823)*



Robin Greene presents a first-person account of Sarah Louise Augustus, who comes of age during the Civil War and whose story involves a head-on collision with the moral ambiguities of slavery. Greene becomes Professor Greene in this historical novel, the fictional narrator whose story frames the narrative and whose own scholarly need for authenticity and precision nearly costs her more than she is willing to lose.

*Augustus:
Narrative of a
Slave Woman*

Greene is a Professor of English at Methodist University. She holds an M.A. from State University of New York at Binghamton and an M.F.A. from Norwich University.

Author Visit

Robin Greene

Tuesday, March 13 at 7 p.m.

Headquarters Library

300 Maiden Lane

Friends  Sponsored by the Friends of the Library.

CUMBERLAND COUNTY
**PUBLIC
LIBRARY**
& INFORMATION CENTER 

Job Fair

Wednesday, March 21

10 a.m. - 2:30 p.m.

Headquarters Library, 300 Maiden Lane

Professions Represented

Education, banking, manufacturing, sales, financial, technical, trade, information technology, federal and county governments.

Educational Institutions

Fayetteville State University

Fayetteville Technical Community College.

Representatives On Hand

Cape Fear Staffing, *The Fayetteville Observer/Cape Fear Employment*, North Carolina Employment Security Commission, Workforce Development, and PipelineNC, a BRAC Regional Taskforce initiated web-based job searching portal.

Programs Offered

Work on Your Resume 10 a.m. - 2:30 p.m.

Computers with CD and flash drive capability (bring your own) are available to create or revise a resume. You can print your resume only on the standard paper stocked in the printer. A librarian is available to answer questions.

Resume & Interview Tips 10 a.m. - 2 p.m.

Every hour on the hour you can attend a seminar on interview tips and dressing for success, which lasts approximately 20 minutes. Every hour on the half hour a professional human resources representative can review your resume. Presented by members of the Fayetteville Area Society of Human Resource Managers.

Job Searching With PipelineNC 10 a.m. - 12 p.m.

PipelineNC.com is your one-stop shop for anything job-related. Locate educational opportunities, plan your career, seek positions available now.

Career Readiness Certificate Training 10 a.m. - 2:30 p.m.

The NC Career Readiness Certificate is a portable credential that verifies a person's proficiency in three skill areas: Applied Math, Reading for Information, and Locating Information.





CUMBERLAND ★ COUNTY ★ NORTH CAROLINA

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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  & 

County Government Month: We Want Your Healthy Recipes!

NATIONAL COUNTY GOVERNMENT MONTH will be celebrated in April and this year's theme is "Healthy Counties, Healthy Families." We will publish a special "Healthy Connection" issue in early April devoted to healthy lifestyles, and



NATIONAL
COUNTY
GOVERNMENT
MONTH



we are asking employees to submit their favorite healthy recipes for publication. Please include a statement on why you like the recipe and consider it to be healthy.

We are also seeking employees' personal fitness tips, including a short description of how the activity improved your health.

Please send your recipes and fitness tips to Sally Shutt at sshutt@co.cumberland.nc.us by March 15.

Upcoming County Holidays



**Good Friday
April 6, 2012**