January 2016

Connection

Cumberland County's Employee Newsletter

New Chairman, Vice Chairman

THE BOARD OF COMMISSIONERS unanimously elected Marshall Faircloth as its new chairman and Glenn Adams as vice chairman during the commissioners' meeting Dec. 7. Faircloth, who served as vice chairman this year, accepted the chairman's seat from outgoing 2015 chairman Kenneth Edge.

Faircloth was first elected in 1992 to the Board of Commissioners and served until 1996. He was re-elected to the board in 2008 and his current four-year term expires in 2016. Commissioner Faircloth is from District 2 and previously served as the board's vice chairman in 2011 and chairman in 2012.

Faircloth, a Certified Public Accountant, has worked in public accounting and financial consulting in Fayetteville since 1972.

Adams was elected to the Board of Commissioners as a District 1 representative in 2014. His term expires in 2018. Adams, a lawyer, is a senior partner with Adams, Burge and Boughman, P.L.L.C.

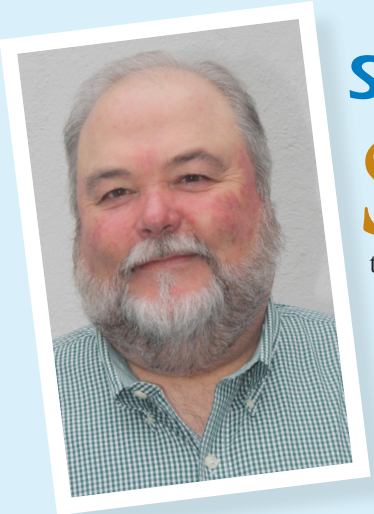
Faircloth said the board was prepared to take on the challenges they will face in the next year, including determining the method of local sales tax distribution for the county and its municipalities.

"I challenge each individual here to keep up the hard work," he said.

Chairman Marshall Faircloth presents a plaque to Commissioner Kenneth Edge in recognition of his service as chairman of the Board of Commissioners in 2015.

Chairman Marshall Faircloth welcomes Commissioner Glenn Adams to his new seat after Adams was unanimously elected to serve as vice chairman of the Board of Commissioners for 2016.

Solid Waste Director Howard Retires



Howard

SOLID WASTE MANAGEMENT DIRECTOR BOBBY HOWARD retired Dec. 31 after serving 33 years with the department. He had been the director for 11 years.

Howard, a Fayetteville native and South View High School graduate, started with the County as a temporary carpenter in 1982 with Solid Waste Management. He became a permanent employee in 1983 when he was promoted to truck driver. Other promotions followed through the years. He worked as a heavy equipment operator, assistant landfill operations supervisor and landfill supervisor. He was named interim Solid Waste Management director in October 2003 and appointed permanent director in March 2004.

The department has 68 employees and an annual budget of more than $17 million. It includes the Ann Street Landfill, Wilkes Road Treatment and Processing Facility and 17 container sites and recycling centers.

"It is the best place in the world to work," Howard said. "I will really miss the people here."

"We are grateful to Bobby for his long service to the citizens of Cumberland County. He has done an outstanding job as our Solid Waste Management director and is legendary for his resourcefulness and willingness to assist in any way possible," said County Manager Amy Cannon.

Amy Cannon

County Manager's Message

IF YOU MADE RESOLUTIONS RELATED TO YOUR HEALTH THIS YEAR, our employee Wellness Services program is ready to assist.

Did you know you can meet one-on-one with a wellness coach for free and on County time? That's one of the services offered at the Employee Wellness Clinic at 226 Bradford Avenue. The clinic is open Monday through Friday and is staffed by a nurse practitioner, office support and a registered nurse, who also serves as a wellness coach.

The clinic provides lifestyle management education, blood pressure checks, diabetes education, weight management education and healthy eating resources. You can make an appointment through the online system or by calling 910-433-3847.

Be sure to check out the Wellness Program activities listed in the Connection. You can take classes or participate in team sports as well as walking, running or biking groups. It helps to stay motivated when others are encouraging you along the way.

Finally, don't forget to take advantage of the savings offered through our Employee Pharmacy. The pharmacist is there to answer your questions regarding your medications.

Best wishes to each of you for a wonderful 2016 and my sincere thanks for your service to our citizens.

United Way Reps Recognized

United Way Departmental Representatives were recognized on Dec. 14 by County Manager Amy Cannon, who thanked them for their work on this year's campaign. (L-R) Sally Shutt, co-chair; Al Foote, DSS; Joanie Rodriguez, Veterans Services; Michelle Babson, co-chair; Debbie Cashwell, Sheriff's Office; Nancy Vanterpool, Central Maintenance; Marty Sierra-Donavan, Health Department; Tiffany Torres, Library; Mary John, Health Department; Carol St. Louis, Finance; Sheena Reeves, Tax Administration; County Manager Amy Cannon; Angie Cunningham, Print, Design and Mail Services; Stacey Merritt, Finance; Juanita Pilgrim, United Way; and Assistant County Manager Melissa Cardinali.

County Kudos

2015 Cumberland County Government United Way Campaign

$31,084.57

United Way

Incentive Prize Winners

Gave at least $10
$100 VISA gift card
Brenda Clark Register of Deeds

Gave at least $25
Two $100 gift card winners
Gwen Izzell Tax Administration
Ann Johnson Senior Community Service Employment

Gave at least $50
Two $100 gift card winners
Angela Adams Library
Kim Brown Library

Gave at least $75
Two $100 gift card winners
Amy Kinlaw Tax Administration
Anntoniette Wright-Harris DSS
Half-day off voucher
Marvin Thomas Tax Administration

Gave at least $100
Two $100 gift card winners
Lynetta Allen-Geddie Health Department
Sandra Napier Tax Administration
Half-day off voucher
Darryl Gregory Central Maintenance

Thank you to everyone who contributed to the United Way campaign. Your donations will benefit our citizens through various community programs.

County Kudos

PROUD TO BE A PART OF THE CHANGE. PROUD TO LIVE UNITED

United Way

United Way Success Stories

Cooperative Extension

Employees who paid $5 were allowed to wear jeans for an entire week. Goodies were placed in our break room and employees could enjoy a snack by making a contribution. Although we are a small staff, we were excited to participate and support the county in reaching the overall United Way fundraising goal!

- Lisa Childers

Department of Social Services

On Nov. 19, the Department of Social Services invited the United Way and three of the agencies it sponsors to provide a learning opportunity for DSS employees and give them a unique insight into the good work their donations support.

The United Way presented an overview of all the agencies and services that receive grant funding. They highlighted a couple of projects that have far-reaching impact, such as the Dolly Parton Imagination Library and the 211 Services Information Line. The Red Cross provided information about their services and taught employees how to perform "Hands-Only CPR." The Boys and Girls Club explained how they ensure that children benefit from structured programs and a hot meal when school is not in session. The Council on Older Adults presentation focused on the services they offer to seniors: respite care, wheelchair ramp building and hot meal delivery. The learning sessions were successful in showing employees how far their dollars go in supporting the community. DSS raised $7,232.76, which is 25 percent more than last year.

- Al Foote

Department of Public Health

The Department of Public Health raised $2,811 for 2015, almost $600 more than in 2014. The most notable improvement in our fundraising was $588 collected in the Other Giving category (which is the fundraising portion).

We kicked the month off with a Pizza Luncheon, which included speakers from United Way, Better Health, and Habitat for Humanity. Tickets were sold prior to the event for pizza and a drink, with a drawing of the tickets for a prize.

The following week we had a chili cook-off with cornbread. We had seven different types of chili, with three different types of cornbread. That was a blast! Trophies were given to 1st, 2nd, and 3rd place winners. All those who participated were able to vote with a bean for the winner.

Throughout these two weeks we had T-shirt sales. Each shirt had a hand holding a smaller hand, and the wording "Public Health" across the front. A portion of the shirt sales went to the United Way fundraiser.

Finally, to kick off the final week, we sold passes for dress down week. The passes were $5 for the week or $1 dollar a day. Monday was jean day, Tuesday was tacky sweater day, Wednesday was wacky Wednesday, Thursday was sports jersey Thursday, and finally fun hat Friday.

Great giving and great times once again at The Cumberland County Department of Public Health.

- Mary John

County Kudos

Health Department NCPHA Award Winners

THE HEALTH DEPARTMENT was recognized with several awards at the annual North Carolina Public Health Association (NCPHA) awards held at the 2015 NCPHA Conference in September. The winners nominated by the Health Department are listed below:

Norton Group Award: Cape Fear Regional Bureau for Community Action Inc.
The Norton Group Award is given to a group for outstanding cooperation and service to public health in North Carolina during the past year.

Partners in Public Health Distinguished Group Award: Dr. Esther Smith
This award, established in 1998,recognizes other organizations and professions who have made significant contributions to public health in the state.

Esters

All-Star Awards: Laconia Esters
Laconia Esters was named a Public Health All-Star. The All-Star Awards recognize to someone who epitomizes "public health." Laconia Esters receives the award from NCPHA President Lisa Macon Harris.

Outstanding Contributions to Social Work in Public Health: Carolyn Barnes
Carolyn Barnes receives the NCPHA award for Outstanding Contributions to Social Work in Public Health.

Barnes

McLymore

Jeanne Palmer Health Educator Excel Award: Phyllis McLymore
Phyllis McLymore received the Jeanne Palmer Health Educator Excel Award, which is given in recognition for the promotion of health and well-being of North Carolina residents and/or health education.

NCPHA Service 25-Year Service Award: Theresa Renzi and Marian Kuczero (NO PICTURE)

Nursing Leadership Scholarship: Krystle Vinson (NO PICTURE)

Ebola Preparedness Recognition Awards: Alicia Kornegay, Sherrie Miller, Greg Phillips, Heather Salisbury, Sharon Stanley and Buck Wilson (NO PICTURE)

Pictured left to right: Laconial Esters, Dr. Esther Smith, Buck Wilson, Hannah Smith, & Ashley Rozier

County Kudos

Edge Receives Order of Long Leaf Pine

Commissioner Kenneth Edge accepts the Order of the Long Leaf Pine award from N.C. Rep. Billy Richardson during the Dec. 7 Board of Commissioners meeting. The Office of Gov. Pat McCrory presented the award to Edge in recognition of his decades of public service as a public school teacher and administrator; Cumberland County Board of Education member and a county commissioner.

North Carolina Rep. Billy Richardson, on behalf of Gov. Pat McCrory, presented COMMISSIONER KENNETH EDGE with the Order of the Long Leaf Pine during the Dec. 7 meeting. The award is one of the state's highest civilian honors.

"Your life is a playbook on how to build a consensus and be a part of something bigger than yourself," Richardson said. "Yours is a career marked by a commission that worked together, rather than divided, under your leadership."

Edge also announced he will not be seeking re-election when his current term ends in 2016. Edge was first elected to the Board of Commissioners as a District 2 representative in 2000 and has been elected every four years since. Edge served three terms as the board's chairman and vice chairman.

"I want to sincerely thank the citizens of Cumberland County for electing me to serve 16 years as a Cumberland County commissioner and six years as a Cumberland County School Board member," Edge said. "Serving has been an honor and a privilege. The rewards have been much greater than the challenges."

To his fellow board members, Edge said, "Serving with all of you who will continue as commissioners and others on previous boards will always have a special place in my heart. I thank you for your tutelage, your patience, your kindness and the memories that we share."

A retired educator, Edge served on the Cumberland County Board of Education from 1994-2000 and was its chairman in 1996. Edge was elected president of the N.C. Association of County Commissioners in 2011. Edge also thanked his family for their support during his years of service as an elected official.

Senior Assistant Register of Deeds Retires; Receives Order of Long Leaf Pine

State Sen. Wesley Meredith, right, presents Senior Assistant Register of Deeds Pam Stultz the Order of the Long Leaf Pine Dec. 18. Register of Deeds Lee Warren is at left.

CUMBERLAND COUNTY SENIOR ASSISTANT REGISTER OF DEEDS PAM STULTZ received the Order of the Long Leaf Pine Dec. 18 during her retirement ceremony. North Carolina Sen. Wesley Meredith presented the order to Stultz on behalf of Gov. Pat McCrory. The Order of the Long Leaf Pine is among the most prestigious awards presented by the Governor of North Carolina.

Stultz has been employed with the Register of Deeds Office since 1987, following four years of employment with the State of North Carolina. In 2011, Stultz received the Charles W. Moore award from the North Carolina Association Registers of Deeds. The award is given annually to a register of deeds assistant or deputy in recognition for outstanding service to the association.

Cumberland County Register of Deeds Lee Warren also presented Stultz with a ceremonial key to the Deeds vault in recognition of her years of service to the Cumberland County Register of Deeds office.

"We are thankful for Mrs. Stultz's dedication to the Register of Deeds Office as well as her commitment to the citizens of Cumberland County," Warren said. "She has been a mentor and friend to so many of our staff members and we wish her the best as she enjoys her family and grandchildren."

In retirement, Stultz said she plans to spend time with her husband, Jack, two grown children and three great-grandchildren.

County Kudos

Graphic Designer Wins Award

CUMBERLAND COUNTY GOVERNMENT GRAPHIC DESIGN INFORMATION SPECIALIST II CLAUDIA SIEVERS received a first-place award for photography from the North Carolina Association of Government Information Officers. Sievers accepted the Excellence in Communications Award Nov. 19 at the William and Ida Friday Center in Chapel Hill.

Sievers won for a photograph taken during a full-scale hazardous materials exercise held jointly by Cumberland and Bladen counties at the Chemours Work Site off N.C. Highway 87 on Aug. 29. The photograph appears in a brochure promoting the Local Emergency Planning Committee. Photographs were judged based on technical, visual and aesthetic criteria, as well as content, timeliness and impact on the intended audience.

Claudia Sievers is recognized by Chairman Marshall Faircloth at the Dec. 21 Board of Commissioners meeting. Emergency Services Director Randy Beeman is at left. The award-winning photo was taken during a hazardous materials training exercise under the direction of Emergency Services.

A Fayetteville native, Sievers has been with Cumberland County for eight years. She was a graphic designer with the library system before joining the Public Information Office in 2014.

"This is well-deserved recognition for Claudia's talent and visual expertise. We are so proud of her and grateful for the important role she plays in our communications efforts," said Sally Shutt, the County's governmental affairs and public information officer.

Lewis Graduates City Academy

Melvin Lewis, a planner with Emergency Services, graduated from the City of Fayetteville Citizens' Academy in November.

The seven-week program was held at various city properties including the Fayetteville Airport and N.C. Veterans Park. Lewis is also a graduate of Cumberland County Citizens' Academy.

Lewis

If you are going to be out of the office:

1. Transfer your phones to Voicemail.
2. Change your Voicemail greeting if you will be out of the office for an extended period of time and state when you will return.
3. If possible, leave a contact person should the caller need assistance.
4. For email - Use Automatic Replies to notify others if you will be out of the office, on vacation or unable to respond to their email messages in a timely manner.
5. In the event that the County closes due to inclement weather, try to change your voicemail indicating the closing.

County Kudos

County Employees Give Blood

ERWIN KELLY, an applications programmer with Information Services, donates blood Dec. 9 with the help of Tiffany Snyder, a phlebotomist with the Cape Fear Valley Blood Donor Center. Kelly was one of several County employees who gave the gift of life during the quarterly blood drive.

CAPE FEAR VALLEY
BLOOD DONOR CENTER

Thanks Erwin and everyone else who gave!

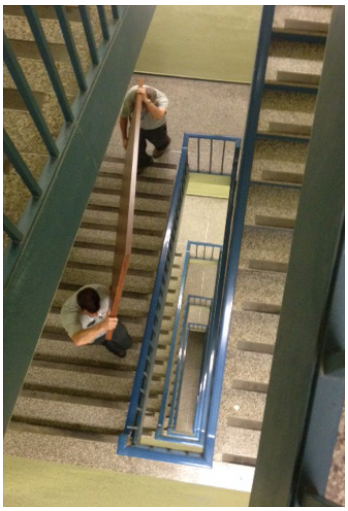
Soil and Water District Receives Award

Cumberland Soil and Water District Administrative Program Officer Donna Foster holds up the Volunteer Award presented to Cumberland Soil and Water for having the most volunteers present at the Area VII Envirothon.

THE CUMBERLAND COUNTY SOIL AND WATER CONSERVATION DISTRICT Received the 2015 Volunteer Award at the Area VII Soil and Water Conservation Fall meeting held in Columbus County Nov. 17. The award was presented for Cumberland having the most number of volunteers at the Area VII Envirothon held at Raven Rock State Park in Harnett County last March. Envirothon is competition among middle and high school students in the study of wildlife, forestry, soil, aquatics, and current environmental issues. Cumberland Soil and Water Conservation District is one of the many supporters of the Envirothon. Area VII is Bladen, Columbus, Cumberland Harnett, Hoke, Richmond, Robeson, Sampson and Scotland counties.

All in a Day's Work for County Carpenters

CUMBERLAND COUNTY CARPENTRY SHOP SUPERVISOR TEDDY WILLIAMS AND SHAWN CURRAN installed a new cabinet they built for the Public Information Office in the Courthouse on Nov. 25. The cabinet sections were too large for the elevator and the men carried the heavy pieces up five flights of stairs. Williams and Curran are part of the County's Engineering & Infrastructure Department. **Good work Teddy and Shawn!**



Holiday Food Drive Nets 3,740 Pounds of Donations

THE CUMBERLAND COUNTY EMPLOYEE HOLIDAY FOOD DRIVE resulted in 3,740 pounds of donations, delivered to the Fayetteville Urban Ministry Dec. 14. This is an increase of 716 pounds over donations in 2014. Thanks to the employees who contributed! At left, Tax Administration employees representing the department's five divisions stand with a cart of donated items. *They are, from left, Megan Williford (Assessment/Audit), Melissa Oliphant (Customer Service), Jennifer Lee (Collections), Kathy Anderson (Appraisers) and Michelle Babson (Mapping).*

Human Resources Adopts Needy Family for Christmas

THE HUMAN RESOURCES DEPARTMENT adopted a family in need for Christmas. The HR staff purchased gifts to help a mother who has five children from ages 18 months to 12 years-old. The gifts were collected under a Christmas tree and donated to the family. John Holmes, who serves on the Salvation Army's Advisory Board, identified a family in need. Pictured from left are Patania Eiland, Reesa Eastman, Julean Self, John Holmes, Fred Starling, Kimberly Sanders, Sheren McInnis and Laura Blackley.

Tax Administration
Gifts, Cheer to Nursing Home

TAX ADMINISTRATION employees adopted the 92 residents of Cumberland Village Assisted Living center on Cedar Creek Road for Christmas. They packed shoe boxes for all of the residents, including 12 residents who had no family members to visit them. Tax Administration employees, with the assistance of their own family members, delivered the Christmas gifts to Cumberland Village Dec. 13, where they also spent time with the residents, spreading holiday cheer.

Jennifer Parks and Denise Taylor of Tax Administration, who coordinated with Cumberland Village Assisted Living to gather shoe boxes of gifts for the residents, stand in front of a Christmas tree at the center.

Ryan's Reindeer Run

THE CUMBERLAND COUNTY EMPLOYEES' RUNNING GROUP participated in Ryan's Reindeer Run 5K race on Dec. 19. The County's Employee Wellness Program encourages employees to walk, run, bike or participate in other activities to improve their health. Ryan's Reindeer Run is an annual event held in memory of Ryan Patrick Kishbaugh, who died in 2003 at age 18 from the effects of Hodgkin's Lymphoma.

County employees participated in Ryan's Reindeer Run Dec. 19

Observing Adoption Awareness

Social Services Balloon Launch

Department of Social Services employees launched balloons Nov. 30 to commemorate the end of November as Adoption Awareness Month. DSS Staff, from left, are Julie Mullan, Yei Williams, Heather Norton, Sarah Guill, Debbie Gear, Martha Russel, Jobina Johnson, Lolita Inniss, Loretta Baskett, Jackie Morris (Social Work Supervisors, Children's Services), Mary McCoy (Children Section Chief) and Christal Alford. The balloon launch capped a month of activities and events to raise awareness of the need for foster and adoptive parents for more than 900 children living in foster care in Cumberland County. The Department of Social Services is seeking families and individuals to provide a loving foster or adoptive home for these children. Foster parents must be at least 21 years of age, residents of Cumberland County and financially stable and have sufficient room in their home. Information sessions are held on the third Thursday of each month at noon and 6:30 p.m. at the DSS building, 1225 Ramsey St. Call 910-677-2541 or go to ccdssnc.com for more information.

DSS Hosts Permanency Roundtables Forum

DSS Children's Section Chief Mary McCoy, left, participates in the Permanence Roundtable on Nov. 5 with Phyllis Duncan-Souza and Ralph Bayard of the Casey Family Program.

Social Services held a Permanency Roundtables Forum Nov. 5. The purpose of the Permanency Roundtable, an initiative of the Casey Family Programs, is to help achieve permanency for children whose cases are moving slowly through the system. The roundtables include a group of internal and external agency experts who hear case presentations and make suggestions or recommendations for moving the child to a permanent living situation. The forum involved DSS staff agency, community partners and staff from Casey Family programs. A panel of seven people who have all recently aged out of foster care or teens currently in foster care spoke to the group about what permanency looks like for them. They also spoke about the life impact from the lack of a permanent living situation. Also attending the forum was Judge Julian Corpening from New Hanover County. Judge Corpening spoke about the importance of the judicial system embracing the idea of achieving permanence for children as quickly as possible. Cumberland County is one of three counties in North Carolina utilizing the Permanency Roundtables as a tool to achieve timely permanence for children.

2nd annual Chili Cook-Off

The Cumberland County chapter of the North Carolina Social Services Association held its 2nd annual Chili Cook-Off Contest Nov. 6 at DSS. Last year's inaugural Chili Cook-Off helped the chapter win a Best Practice Award for Innovative Fundraising from the North Carolina Social Services Institute. The theme for this year's event was Fall Harvest. Sixteen DSS employees entered the contest. The winners were:

1st Place – Lynn Pippin, Pumpkin Chili
2nd Place – Renaye Andrews, Traditional Chili
3rd Place – Dave Sippel, White Bean and Rice Chili

DSS employees who worked as volunteers during the Chili Cook-Off are, from left, Christina Chisholm, Pamela Gordon, Robert Hanley, Kristin Bonoyer, Yei Williams, Teresa Taylor, Janet Johnson, Shirley Williams, Christina Macias and Venika Gooseby.

Motorcycle Club Donates Gift Cards

The Dogg Pound Motorcycle Club, a non-profit motorcycle club in Cumberland County, donated gift cards worth $300 to help needy families buy Thanksgiving and Christmas meals and a trailer of toys to the Department of Social Services. The cards were donated on Nov. 23 and the toys on Dec. 14, to be distributed to families. Dogg Pound MC President Jeff Stanko said it is the eighth year the club has donated gift cards to DSS to go toward needy family meals during the holidays. DSS thanks Dogg Pound MC for their generosity during the holiday season.

Sheriff's Office Donates to Second Harvest Food Bank

THE SHERIFF'S OFFICE wrapped up the 2015 Shop with the Sheriff Christmas Season at the Second Harvest Food Bank Dec. 16. The Sheriff's Make a Difference food drive collected enough donations to prepare 55 boxes of food. Community Policing deputies delivered packaged food to each family who participated in the Shop with the Sheriff program. Each family also received a stocking of personal hygiene products donated by Target and Walgreens Pharmacy. Each child received a stuffed stocking donated by Canteen Cares.

Sheriff's Lt. Leake, Sgt. Yergeau, Deputy Sanchez and Deputy Johnson unload donations at the Second Harvest Food Bank on Deep Creek Road Dec. 16.

Chief Deputy Ennis Wright and Deputy Sanchez unload donations at the Second Harvest Food Bank on Deep Creek Road Dec. 16.

Sheriff Earl "Moose" Butler assists Capt. Reyes, Sgt. Swain and Deputy Sanchez unload donations at the Second Harvest Food Bank on Deep Creek Road Dec. 16.

Detention Prevention Program

Cumberland County Sheriff's Deputies Cpl. Donald Nancy, Sgt. Victor Worsley and Cpl. Khaflani Jones talk to the Anson High School Junior ROTC class Dec. 11 about the Sheriff's Detention Prevention Program. The deputies used the mobile jail cell to educate the students about choices, peer pressure and staying out of trouble. The deputies also talked about careers in law enforcement. The mobile jail cell, which debuted in July, is designed to help educate the public on the look and feel of a real jail cell without actually being incarcerated.

Prescription Plan Changes for BCBS NC Members

January brings changes to the prescription drug plan to county employees, retirees and beneficiaries covered under Blue Cross Blue Shield.

Some injectable products will have quantity limitations, including Levemir, Lantus, Lantus Solostar and Forteo. Some drugs that are only available in brand name, like Saphris and Seroquel XR, will require step therapy and quantity limits.

The biggest change will be the restructuring of prescription drug tiers. Tiers will no longer be based on drug classification. Currently, the four tier formulary is Tier 1 – generic; Tier 2 – preferred brand; Tier 3 – non-preferred brand; and Tier 4 – specialty.

The new four-tier formula as of Jan. 1 is:

Tier 1 Drugs which are of the lowest cost, most of which are generic.

Tier 2 Drugs which are of medium cost, most of which are generic, though some are brand-name.

Tier 3 Drugs which are of higher cost, most of which are brand-name drugs, though some are specialty drugs.

Tier 4 Drugs which are of the highest cost, most of which are specialty drugs.

Plan members may have received letters from Blue Cross advising them of how these changes will affect them. If a drug you are taking has been moved to a higher tier, it will have a higher copayment. Affected members should discuss these changes with their health care providers and determine whether more cost-effective medications are available.

Members can continue to use the Employee Pharmacy for their prescription needs at a significant savings. While copayments for each tier are less at the Employee Pharmacy, the tier changes beginning this month will be implemented. Please contact the pharmacist or staff members of the Employee Pharmacy at (910) 433-3861 with any questions about these changes.

New Wellness Clinic Hours Start Jan. 4

The Employee Wellness Clinic began new hours Monday, Jan. 4.

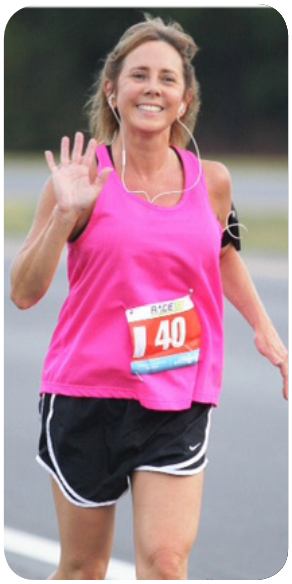
Monday, Tuesday & Thursday
7:15 a.m. – 3:30 p.m.

Wednesday
8:15 a.m. – 5:30 p.m.

Friday
7:15 a.m. – 1 p.m.

Please call 910-433-3847 to make an appointment or complete the online appointment application. Appointments are preferred, but walk-ins are welcome.

A Runner's Success Story



I want to share with you just how effective walking/running can be. When we started the walking and running groups in April of 2015, I was struggling with a cholesterol issue. Primarily my good cholesterol (HDL) was really low. A problem I have struggled with since my early 30s. Nothing I have ever tried brought my HDL to more than 39. Six months of consistently running two to four times a week increased my HDL to an all-time high of 53! And for the first time ever, my cholesterol ratio was acceptable. And to top it off I've lost 10 pounds and shaved 10 minutes off of my 3-mile time!

Please give walking and/or running a try if you too struggle with a cholesterol or weight issue. It could be your answer too.

Tammy Gillis
Internal Audit & Wellness Services Director

Patriots Softball Team Enjoys First Season

THE CUMBERLAND COUNTY PATRIOTS COED ADULT SOFTBALL TEAM ended their inaugural season with a 4-11 record. The team provided employees recreation and fitness in a fun activity. Employees on the Patriots softball team on one game night are, from left, BACK ROW, Joe Simmons (Maintenance), Will McNeil (DSS), Amanda Tew (Sheriff's Office), Nakeisha Gaddy (DSS), Dave Sippel (DSS), Joel Strickland (Planning) and FRONT ROW, Regina Mitchell (DSS), Subira Sanders (Sheriff's Office), Ebony Stevenson (DSS), Shantel Bishop (Sheriff's Office), Michelle Jennings (DSS), Dwaine Goins (Maintenance). Not pictured is Coach Rhonda Cherry (Tax Administration). Kanisha McMillian (DSS) filled in as coach while Cherry was out because of an injury.

Naming Contest Winner for Joint City-County Athletic Program

The winning name for the new joint City-County athletic program partnership has been selected. The name, submitted by Michele Taylor of the City of Fayetteville human resources department, is

Fayetteville-Cumberland Athletic Conference (FCAC)

The partnership will include teams from both the City and County competing in sports such as basketball, volleyball and softball. Nominations were received from both City and County employees and reviewed by both organizations.

Exercise is the Key!

By Kristie LaMotta

Exercise may be the closest thing to the fountain of youth! Not only does regular exercise activity strengthen your muscles and improve heart and lung function, but it can also reduce your risk of high blood pressure, help lower your cholesterol and relieve stress. Studies show that just 30 minutes of physical activity a day can reap big benefits! For more tips or to help you set goals to improve your health, make a health coach appointment with Kristie at the Wellness clinic. Call 433-3847 or go online through the Cumberland County website at **www.co.cumberland.nc.us**

Wellness Connection

Ab Line Dancing

Tuesdays and Thursdays

12:15-12:45 p.m.
1:00-1:30 p.m.

E. Newton Smith Center
2nd Floor

Yoga

Wednesdays

5:30 – 6:30 p.m.

Massey Hill Recreation Center
1612 Camden Road

Walking Group

Tuesdays & Thursdays

5:45 p.m.

Vanstory Elementary School
400 Foxhall Road

Running Group

Mondays & Thursdays

5:30 p.m.

Honeycutt Park
352 Devers Street

Bike Group

Saturdays

8:30 a.m.

Clark Park
631 Sherman Drive

Sundays

3 p.m.

Clark Park or Ft. Bragg

Contact Melvin Lewis (910) 321-6676

Zumba

Mondays and Thursdays

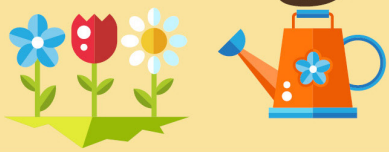
5:30 - 6:30 p.m.

Massey Hill Recreation Center
1612 Camden Road

Remember to log your activities into the Wellness Incentive Program available under the Employee Health Services link on the intra/extranet.

Cumberland County Cooperative Extension

Better Living Series



Cooperative Extension's Better Living Series returns for 2016, offering new and informative educational programs throughout the year. The workshops are at the Cooperative Extension Center, located at 301 E. Mountain Dr.

Sushi Making will be offered on Jan. 7 from 12 - 1:30 p.m. Attendees will learn how to make "sticky" rice and assemble sushi rolls. The class will include recipes, instructions and samples. The fee for the workshop is $5, due on before Dec. 31. Class size is limited.

Cooking with Soy will be offered on Jan. 21 from 12 - 1:30 p.m. Soybeans are a healthy source of fiber and high-quality protein, containing no cholesterol and little or no saturated fat. Join Laura Rogers from the N.C. Soybean Producers Association for a hands-on cooking with soy. There is a $5 fee for this workshop, due on or before Jan. 14.

Registration is required for each workshop. Workshop fees must be paid in advance. Fees vary; please check individual workshops for fee schedule.

Visit the Cooperative Extension website at cumberland.ces.ncsu.edu for a complete listing of the 2016 Cooperative Extension Better Living Workshops or for registration information. You may also contact Susan Johnson at 910-321-6405 for additional information.

Free Radon Test Kits Available at Health Department

The Health Department is giving away free short-term radon test kits to Cumberland County residents, while supplies last, as part of National Radon Action Month, observed in January. The kits allow citizens to test for radon gas and provide information on how to lower radon levels within a home. The kits are available at the Public Health Center at 1235 Ramsey St., during regular hours from 8 a.m. to 5 p. m .weekdays. Call 433-3688 for more information.

Radon is the odorless, colorless radioactive gas caused by the decay of naturally-occurring radium in the earth. Radon is the second-leading cause of lung cancer in the United States, according to the Environmental Protection Agency.

Radon map applications are available at the N.C. Radon Program's website ncradon.org. The map application provides information about the number of tests that have been conducted within a zip code, as well as the highest radon level recorded in that zip code.

Crown News

THE CROWN COLISEUM has opened the ESPN Radio Upper Deck bar and grille, which is open for lunch on Thursdays and Fridays from 11 a.m. to 2 p.m. The restaurant is also open one hour prior to the start of any ticketed event within the Crown. The menu includes entrees, appetizers and a kid's menu. The restaurant is also available for private parties and special functions by calling 910-438-4120. For information, updates and a view of the menu, go to the Crown's Facebook page at https://www.facebook.com/ESPNUpperDeck

Spectra Venue Management unveiled the POW-MIA Chair of Honor Dec. 1 at the Crown Coliseum. The chair was provided by Rolling Thunder Chapter 1 North Carolina and will remain empty to represent and honor soldiers that are currently missing in action. The chair is intended to bring daily reminders of the prisoners of war and those missing in action.

"We are honored to be a part of the Chair of Honor Program and to be able to create this space for the fallen and missing soldiers in our area. We are thrilled to take part in a cause so closely rooted to our town and we hope it brings light to the mission of Rolling Thunder," General Manager Jim Grafstrom said.

CROWN COMPLEX

Your Town, Your Crown • www.CrownComplexNC.com

JANUARY

- 7-8 An Affair To Remember Runway Extravaganza
- 8 Fayetteville FireAntz vs. Peoria Rivermen
- 9 Fayetteville FireAntz vs. Peoria Rivermen
- 15 Fayetteville FireAntz vs. Pensacola Ice Flyers
- 15 Keyshia Cole & Bruce Bruce
- 16 Fayetteville FireAntz vs. Pensacola Ice Flyers
- 21 Peter Cetera
- 24 Star Trek: The Ultimate Voyage
- 26 Fayetteville FireAntz vs. Columbus Cottonmouths
- 30 Boomerang Beer & Brats Fun Run

FEBRUARY

- 3 Lil Wayne: The Dedication Tour
- 12 Wild Kratts Live!
- 20 Jason Aldean: We Were Here Tour

MARCH

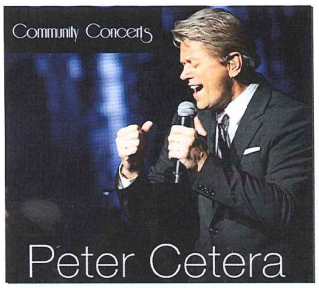
- 11 Boyz II Men
- 18 Big Top Out The Box Circus
- 24 Harlem Globetrotters

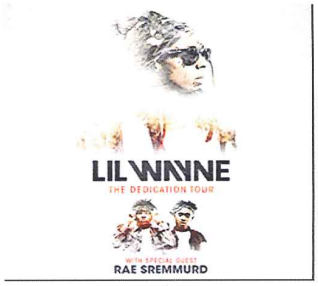
APRIL

- 7 Alton Brown: Eat Your Science
- 12 Clifford The Big Red Dog Live!
- 15 Jay Leno

MAY

- 13 Daniel Tiger's Neighborhood Live!





Home To The Fayetteville FireAntz & Cape Fear Heroes

FIREANTZ FAYETTEVILLE

For Tickets:
CapeFearTix.com
888-257-6208

Connect With Us @CrownComplexNC
#YourCrown

SPECTRA BY COMCAST SPECTACOR

CUMBERLAND COUNTY
NORTH CAROLINA

AMY CANNON
COUNTY MANAGER
COUNTY MANAGER'S OFFICE
117 Dick Street • Courthouse, Suite 512
Fayetteville, NC 28301
Phone: 910-678-7723 • Fax: 910-678-7717
Email: acannon@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.

co.cumberland.nc.us

YouTube

Coming soon!
cumberlandcountync

Your Employee Assistance Program Can Help

Call for assistance with:

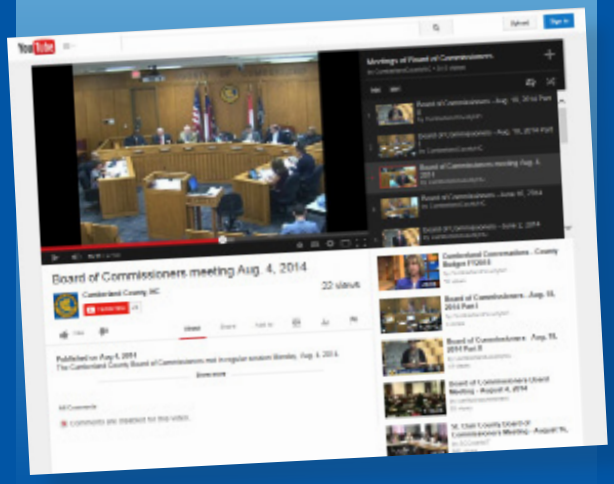
Depression • Finances • Alcohol/Drug Abuse Conflicts • Stress • Parenting

Any Other Personal Concern

Call Our Toll-Free, Confidential Number

1-800-326-3864

Stay Informed



Watch Commissioners' meetings LIVE on FCETV - Channel 5 or streaming on the County's website co.cumberland.nc.us.