



Connection

Cumberland County's Employee Newsletter

Employee Recognition Ceremony 2016

COUNTY EMPLOYEES who achieved 20, 25, 30 or 35 years of service this year were honored by the Board of Commissioners during the annual Employee Recognition Ceremony on April 26 in the Courthouse. Among those honored were Joyce Brown and Lorinda Raynor, who have each worked for the Cumberland County Public Library for 35 years. Eight employees were recognized for 30 years of service: Crystal Black (DSS); David Cameron (Central Maintenance); Darryl Gregory (Central Maintenance); Thomas Lloyd (Planning & Inspections); Timothy Loughman (Sheriff's Office); Linda Morrison (Animal Control); Lois Mouw (Library); and Lisa Scales (Register of Deeds).

A total of 70 employees were honored, including County Manager Amy Cannon for 25 years and Deputy County Manager James Lawson for 20 years. A photo album and video of the ceremony can be found at the County Intranet link http://intranet/pio/employee_anniversary.aspx



Joyce Brown



Lorinda Raynor



Crystal Black



Thomas Lloyd



Timothy Loughman



Linda Morrison



Lois Mouw



Lisa Scales

NOT PICTURED: David Cameron and Darryl Gregory



County Manager Amy Cannon received her 25-year service pin and Deputy County Manager James Lawson received his 20-year pin during the annual Employee Recognition Ceremony on April 26. Pictured left to right, are Commissioner Jeannette Council, Chairman Marshall Faircloth, Lawson, Cannon, Commissioners Glenn Adams, Kenneth Edge, Charles Evans and Larry Lancaster.

Employee Anniversaries

20 YEARS

James Lawson
 Andra Brewington
 Angelita Marable
 Tatum Buckley
 Lasandra Mason
 Jennifer Butler
 Tina May
 Sandra Cabbie-Hooks
 Debbie McArthur
 Vanessa Carroll
 Franklin Monroe
 Lisa Chance
 Vernell Racine
 Patricia Crouch
 Yvette Rouse
 Gary Dail
 Farida Ruby
 Sheila Dail
 Catherine Sapp
 Johnnie Davis
 Daniel Singleton
 Reesa Eastman
 Patricia Smith
 Lillian Elliott
 Paul Spiegler
 Robert Flores
 Jennifer Vinson
 Stephanie Garison
 Candice York
 Ronald Gonzalez
 Beverly Young
 Donnette Hall
 Annie Harris
25 YEARS
 Lynetta Allen-Geddie
 Felicia Harris
 Kenneth Black
 Linda Harris
 Edward Byrne
 Todd Hathaway
 Amy Cannon
 Melissa Hawkins
 Toni Gotshall
 Robert Hendricks
 Sarah Guill
 Robert Johnson
 Lynette Hodges
 Barbara Jones
 Kimberly Holloman
 Tracy Labbe

John Legette
 Yvette Mason
 Sandra Napier
 Lisa O'Connor
 Troy Owens
 Connie Owensby
 Corliss Parson
 Sandra Robinson
 Sarah Smith
 Christopher Sparks
 Judy Stephens

30 YEARS
 Crystal Black
 David Cameron
 Darryl Gregory
 Tom Lloyd
 Timothy Loughman
 Linda Morrison
 Lois Mouw
 Lisa Scales

30 YEARS

35 YEARS
 Joyce Brown
 Lorinda Raynor



Amy Cannon

County Manager's Message

On April 26, I was proud to be among 70 employees who were recognized for their 20, 25, 30 and 35 years of service to Cumberland County government. Collectively, the years of service represented by the group totaled 1,605 years. I received my 25-year pin during the celebration and had the opportunity to thank each person for their commitment to Cumberland County and to serving the citizens of this community.

These long-serving employees decided many years ago to become public servants and over time they have made sacrifices in their lives to be able to do that.

As you know Cumberland County provides unique services. We provide services that no one else provides in this community. As such, each and every day our employees enrich the lives of the citizens of Cumberland County. You should be proud of that.

I am proud of you and what you do each and every day and I am honored to be a part of your team.

Cumberland County. Caring. Committed. Community.

FY2017 County Budget Meeting Schedule

COUNTY MANAGER AMY CANNON will present the FY2017 recommended budget to the Cumberland County Board of Commissioners on May 26 at 7 p.m. in Room 118 of the Courthouse. The recommended budget will be posted to the County's website just prior to the meeting.

The complete County budget meeting schedule is below:

| | | | |
|---------|-----------|--|----------|
| May 26 | 7:00 p.m. | Manager's Budget Presentation | Room 118 |
| May 31 | 5:30 p.m. | Budget Work Session | Room 564 |
| June 2 | 5:30 p.m. | Budget Work Session | Room 564 |
| June 7 | 5:30 p.m. | Work Session/Department Head Appeals | Room 564 |
| June 13 | 7:00 p.m. | Budget Public Hearing/Work Session | Room 118 |
| June 16 | 8:30 a.m. | Budget Work Session (if needed)/Adopt Budget | Room 564 |

The budget presentation on May 26 at 7 p.m. and the public hearing on June 13 at 7 p.m. will be televised live on Fayetteville Cumberland Educational TV (FCETV) Time-Warner Channel 5. You may also view the meetings live through the County's website at www.co.cumberland.nc.us

Cumberland County Citizens' Academy Graduates 35

CUMBERLAND COUNTY CITIZENS' ACADEMY Spring 2016 graduated 35 people – the largest class ever. The following County employees graduated: Linda E. Bryant (Sheriff's Office), Marty Sierra-Donovan (Health), Monika Fuller, (DSS), Gaby Kienitz (Library), Sue Johnson (Tax), Daphine Little (DSS), Jean McArthur (Health), Sandra Napier (Tax), Devon Newton (DSS), Georgia Pate (Tax), Mary Taylor (DSS), Toni Terry (Health) and Randolph Washington (Library).

Congratulations graduates!



Linda E. Bryant



Marty Sierra-Donovan



Monika Fuller



Gaby Kienitz



Sue Johnson



Daphine Little



Jean McArthur



Sandra Napier



Devon Newton



Georgia Pate



Mary Taylor



Toni Terry



Randolph Washington



County Kudos

Tax Administrator Earns County Assessor Certificate

TAX ADMINISTRATOR JOE UTLEY successfully completed all the North Carolina Department of Revenue requirements for certification as a County Assessor on April 7. Congratulations Joel!



Joe Utley

Employee Completes Institute for Community Leadership



Kathy Pittman

KATHY PITTMAN, Administrative Coordinator for Tax Administration, graduated from the Institute for Community Leadership in April. Pittman was one of 30 county residents to complete the seven-month program that promotes community service and leadership.

The next ICL class will begin in September 2016. Applications are being accepted now. Go to leadership4us.org or contact Sally Shutt at 437-1921 or sshutt@co.cumberland.nc.us.

Retirements



Phil Smith of Tax Administration's mapping section retired in March after 34 years of service. Smith worked for Tax Administration from 1974 to 1984 and then from 1991 until this year. Smith, who grew up on a farm, said he plans to get back into agriculture by planting groves of pecan trees and blueberry bushes. Congratulations Phil!

Peggy Spencer retired from the Sheriff's Office Jan. 1 after serving since 1988. Spencer retired from the Detention Center with the rank of captain. **Janine Breeden-Wilson** retired from the Department of Social Services Jan. 1 after a career at DSS dating back to 1989. **Julia Stancil** also retired from DSS Jan. 1 after a career that began in 1989. Myrtle Aswell (not pictured) retired from DSS Feb. 1. Her career began in 1992. Congratulations retirees!



Peggy Spencer



Janine Breeden-Wilson



Julia Stancil

CUMBERLAND COUNTY

Peace Officers Memorial Service



THE PEACE OFFICER MEMORIAL will be held **May 12 at 8 a.m. in front of the Courthouse.** The ceremony pays tribute to law enforcement officers in Cumberland County who lost their lives in the line of duty.

Hosted by:

CUMBERLAND COUNTY SHERIFF'S OFFICE

Employee Wellness

Start Planning for Employee Wellness Fair in October

By *Tammy Gillis*
Internal Audit & Wellness Services Director



Tammy Gillis

THE 2016 EMPLOYEE WELLNESS FAIR is five months away, but it's not too early to start preparing. The fair is planned for Oct. 24 -28. Take advantage of our free team sports, zumba, yoga, walking groups and running group to help you get ready for the fair. If you are interested in the Weight Watchers

At Work Program and missed signing up for the first session, there will be another session scheduled prior to the Wellness Fair.

Most of you have heard about the \$250 waist/weight incentive planned for fiscal year 2018. Now is the time to start working towards that goal, for your health and your wallet. If your waist is already within the range, try to keep it that way. In many cases, you can meet or maintain your health goals with diet and exercise.

In addition, Cooperative Extension will be offering healthy cooking classes on May 26 and June 30 at 6 p.m. For more information or to get involved with Wellness Programs, contact me at 678-7728 or email me at tgillis@co.cumberland.nc.us.



Runners Compete in Mike to Mike Half Marathon

SEVERAL COUNTY EMPLOYEES competed in the Mike to Mike Half Marathon on April 3.

Pictured (left to right) are David Wilkes (IS); Carol St. Louis (Finance), who finished second in her age group; Tammy Gillis (Wellness Services Director) who cheered for the group and will be

back running soon; Carolin Drost, a friend and County supporter; and Justin Simonson (IS).



Not pictured are Don Carl (Sheriff's Office) and Rob Hasty (Legal) who also ran.

Carolyn Price and Renee Gleaton (Administration) participated in the Cape Fear Valley Health Foundation Friends of the Cancer Center Ribbon Walk & Run for Cancer April 10. Thanks for your help!

What ails you? Is it a cold or allergies?

By Connie Blackwell, FNP-C



Connie Blackwell

You're feeling under the weather. You're congested, sneezing and have a runny nose. How do you tell whether it's a cold or a seasonal allergy? Before you reach into your medicine cabinet in search of some relief, it's important to figure out what medicine you really need.

While there is overlap in the symptoms of a cold and allergies, there are also some distinct differences. Do you have itchy, watery eyes? Then it's most likely an allergy.

Are you feeling achy and a little feverish? It's probably a cold.

The season may also help you identify whether you have a cold or an allergy. Colds can knock you out at any time of the year though they are more common in cold winter months, but allergies strike when the triggers are in full force. If your car is covered in pollen and you're susceptible to pollen, you probably have a seasonal allergy.

How quickly your symptoms hit you can indicate whether it's a cold or an allergy. Allergic symptoms like sneezing or watery eyes occur soon after exposure to pollen triggers. A cold, on the other hand, takes a few days to develop after exposure. Colds can last a few days to a week before you feel like you are on the mend. Seasonal allergies can last a few months, particularly if you spend a great deal of time outdoors and are in contact with whatever is your allergic trigger.

How to treat a cold

Colds are caused by viruses and not bacteria so antibiotics will not treat a cold. Doctors suggest that people with colds stay home, get plenty of rest and drink fluids like water or tea to stay hydrated.

Over-the-counter medications can help relieve some of the symptoms of a cold and let you get some sleep. However, be careful not to overmedicate when taking decongestants. Many decongestants can elevate your blood pressure and heart rate, so don't take them if you have high blood pressure. Nonsteroidal anti-inflammatory drugs (NSAIDs) including aspirin, ibuprofen and naproxen can help with pain and are common in cold medicines. NSAIDs can also elevate blood pressure. Before taking over-the-counter drugs, it's a good idea to ask your doctor what types are OK for you to use. Rather than an NSAID, your doctor may prescribe acetaminophen.

People with diabetes should also check with their doctor before taking over-the-counter (OTC) drugs for colds since some medicines such as cough syrup contain sugar. Decongestants with pseudo epinephrine and phenylephrine can open up air passages, but they also increase blood glucose levels.

How to treat an allergy

Allergies can be treated with decongestants, antihistamines or nasal sprays. The best over-the-counter treatments are steroid nasal sprays, such as Flonase and Nasacort. Claritin, Allegra, Zyrtec and Alavert are all popular brands of OTC antihistamines available to treat seasonal allergies. Older antihistamines with brand names like Benadryl or Chlor-Trimeton are also effective for runny noses and sneezing but cause drowsiness. People with medical conditions such as high blood pressure and diabetes should talk with their doctors before taking these drugs.

The medical community is reluctant to prescribe antibiotics so the better approach is continue using sprays and allergy pills for nine to 10 days to promote drainage of sinuses. If there is no improvement, or you develop a fever over 101, then it's time to see a provider.

Mindfulness

Take a minute to stop everything you are doing and focus on your breath. Can you still your mind? Sounds simple, right? Chances are if you are like most people you found it challenging to calm your mind for more than a few seconds. However, research suggests this skill may be vital to deal with one of the biggest public health issues facing us today: stress.



THIS MONTH'S WEBINAR

The Benefits of Mindfulness

Tuesday, May 17th at 12pm Eastern

Lots of us would like to be more mindful, and live a more balanced life, but we don't know where to begin. During this session you will learn a few practical techniques, like breathing and meditation exercises, that you can employ at any time (and in just a few minutes!) to get yourself into a more mindful state. A regular mindfulness practice can help you feel better, reduce your stress, and enjoy life more.

To register, <https://attendee.gotowebinar.com/register/683106053517683714>

POINTS TO PONDER

The Five R's of Mindfulness are an easy way to remember and practice mindfulness in our everyday lives:

- **Recognize:** Be aware of yourself. Recognize your thoughts and your own internal dialogue and when you're caught up in negative, fear-based thinking. Practice noticing your mental state.
- **Relax:** Explore ways to slow down, connect with your breath and relax your mind and body.
- **Review:** Gently review your options and ways that you might respond to a difficult situation. Ask yourself, "What can I control? What can I change (and not change)? Do I have a choice?"
- **Respond:** Practice responding from your deepest, wisest self while letting go of fear and worry about the past or future outcomes.
- **Return:** Check in with yourself and bring yourself back to mindfulness and an awareness of the present moment with openness and curiosity.

To learn more, log-in now at fhahelps.personaladvantage.com

Wellness Connection

Yoga

Wednesdays

5:30 – 6:30 p.m.

Massey Hill Recreation Center
1612 Camden Road

Zumba

Mondays and Thursdays

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

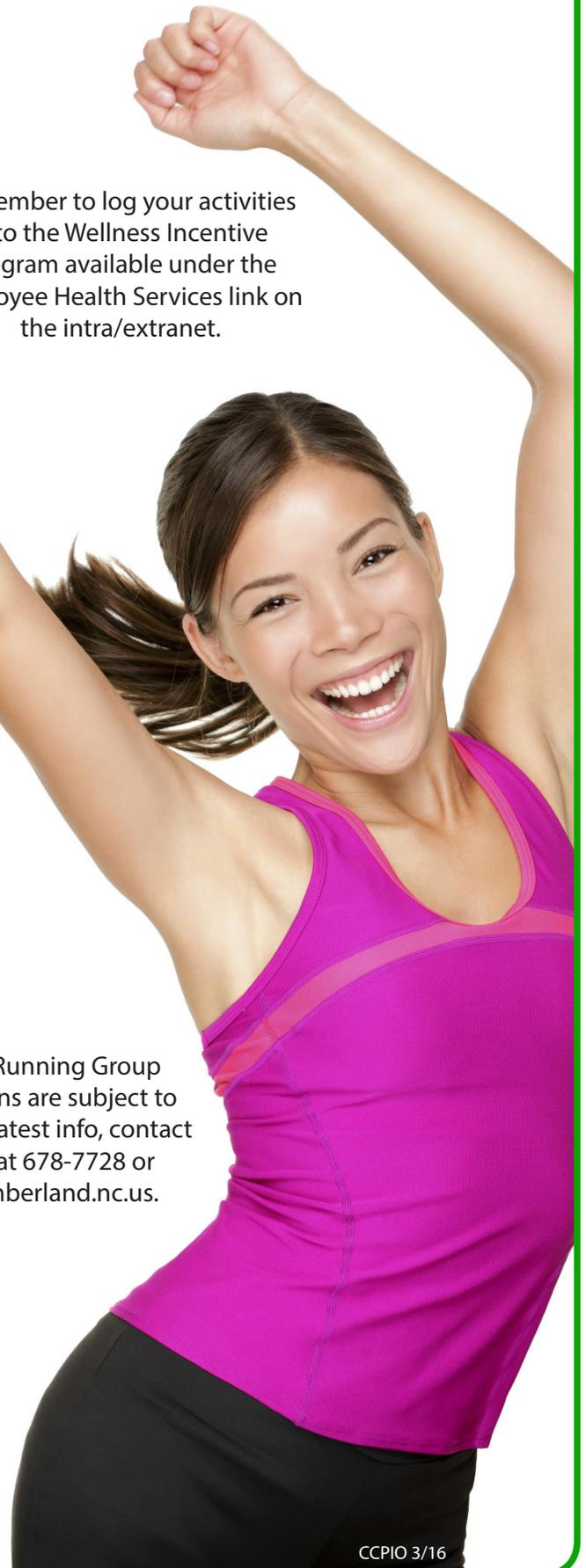
3 p.m.

Clark Park or Ft. Bragg

Contact Melvin Lewis (910) 321-6676

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

*Walking & Running Group meetup locations are subject to change. For the latest info, contact Tammy Gillis at 678-7728 or tgillis@co.cumberland.nc.us.



Cumberland County Employee Pharmacy

A Closed Pharmacy serving Cumberland County Employees and Retirees

227 Fountainhead Lane, Suite 104, Fayetteville, NC 28301 **(910) 433-3861**

Monday – Thursday 7:30 a.m. – 4:30 p.m.

Friday 8:30 a.m. – 1:30 p.m.

We are closed weekends and Cumberland County holidays. We are also closed if County offices are closed due to inclement weather.

Who May Use the Pharmacy?

Employees on the County's health insurance plan, as well as retirees and dependents covered under the plan, may use the pharmacy and not have a co-payment for most generic prescriptions. These individuals will also have cheaper rates for brand-name medications under the County's plan.

Employees who do not have insurance may use the pharmacy, but must pay the cost of the medication. The pharmacy will not file claims for any other insurance.

Retirees who have Medicare Part D prescription coverage through an outside insurance provider may not use the Pharmacy, as the Pharmacy is unable to bill medications to Medicare.

Getting Started

We've made it easy to begin using the Employee Pharmacy. Come in and present your County Blue Cross card when you drop off your prescriptions for the first time. We'll begin by setting up a profile for you in our computer system with all of the information we'll need to fill your prescriptions. From there, you'll have several options for getting prescriptions filled:

- **Bring in your new prescriptions** from any provider, and we'll fill them while you wait.
- **Request that your provider electronically prescribe, call, or fax in your prescriptions.** This will limit or eliminate your wait time for prescription preparation.
- **Bring in your current prescription bottles.** We'll contact your former pharmacy and transfer your prescriptions into our pharmacy.
- **Have your medication bottles handy** and call us to request prescription transfers. We'll do all the work.
- **Use our drop box** located in the hallway at our entrance to drop off prescriptions Mon.-Fri., 7:30 a.m.-5 p.m.

Ordering Refills

- **Online** Order refills online through the County Intranet or website, using the Refill Request Form.
- **By phone** Order refills by calling our Automated Refill Line at 910-483-4642 or 910-483-4643, or by calling our Pharmacy Technician line and speaking to a Pharmacy staff member at 910-433-3861.
- **In person** Order refills in person at the Employee Pharmacy.

Discounted Copays for Insured Employees, Dependents and Retirees

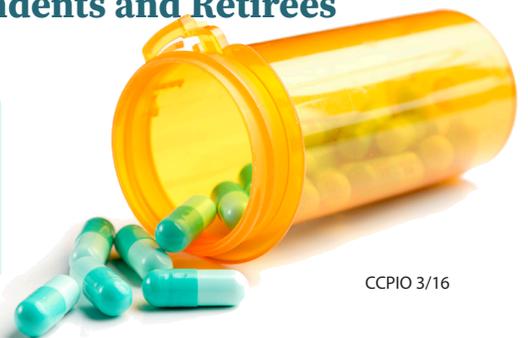
Tier 1: \$0 for 1-90 days' supply

Tier 2: \$25 for 1-30 days' supply
\$50 for 31-60 days' supply
\$75 for 61-90 days' supply

Tier 3: \$40 for 1-30 days' supply
\$80 for 31-60 days' supply
\$120 for 61-90 days' supply

OTC Medications

We offer a variety of OTC medications at a significantly reduced price. Only Cumberland County employees and retirees may purchase OTC items at the Employee Pharmacy





Departmental News



Tax Administration

Tax Administration Goes Green for St. Patrick's Day

Tax Administration employees showed their festive side for St. Patrick's Day by wearing various shades of green on March 17.

Social Services

March to Work Job Fair A Success



The March to Work Job Fair held by the Department of Social Services at the Crown Expo Center on March 23 was a success with more than 2,000 job seekers in attendance. There were 103 employers, which was the highest number since the event began in 1999. The Cumberland County Public Library provided 30 computers and technical services for the third year as part of the Internet Job Café.

Social Services would like to acknowledge the contributions of all of our "March to Work" 2016 community partners: Cumberland County Public Library & Information Center, Beasley Media Group, City of Fayetteville Community Development, Fayetteville Technical Community College, Hardee's, Public Works Commission, and Cumberland County Workforce Development. We truly appreciate their support.

Candace Tyler and Reesa Eastman, top photo, and Marta Fussa, right, answer questions from job seekers at the March to Work Job Fair.

DSS Celebrates County Government Week With Luau Theme

The Department of Social Services had fun during County Government Month in April by embracing a "Life is a Luau" theme as part of County Government Week. Here's a sampling of pictures that were included in a slide show presented during the luau-themed Employee Appreciation Luncheon on April 19. DSS Staff were encouraged to dress Hawaiian-style for this event. Thanks to all those who posed for being such great sports!



Debra Salzman



DSS Director Brenda Jackson and Children's Services Chief Mary McCoy



John Nalbano, Crystal Black and Vivian Tookes

May National Foster Care Month

May is National Foster Care Month and the Department of Social Services is recruiting foster parents who want to help give children loving homes. In order to become a foster parent in Cumberland County, you must be at least 21 years old, a county resident, have sufficient room in your home and be financially stable. If you are interested in learning more about foster parenting, you can attend information sessions at DSS, 1225 Ramsey St., on the third Thursday each month at 12 p.m. and 6:30 p.m. You can also call DSS at 910-677-2541. There will also be a Foster Care Awareness Fair on May 21 from 11 a.m. to 1 p.m. at the Cliffdale Branch Library, 6882 Cliffdale Rd.



Information Services

Financial Software Goes Live

CONGRATULATIONS to the Finance, Budget and Information Services Departments for the successful live launch of the Munis Financials software system on April 29.

Information Services has started the conversion to Munis software for Human Resources, Payroll and Benefits. This next phase is expected to go live in the fall.



Keith Todd

Beware Computer Viruses: Tips to Avoid “Ransomware”

By Keith Todd, Information Services Director

Many organizations are experiencing an increase of Ransomware in recent years and it's considered to be one of the biggest technology threats in 2016. Recent Ransomware infections have been reported at hospitals, schools and other government agencies. It is anticipated that Ransomware will continue to escalate in the future prompting the need to take proactive steps to protect the organization.

What is Ransomware?

Ransomware is a virus that restricts access to the infected computer in some manner and demands that the user pay a ransom to remove the restriction.

What is the impact?

Some variants of the virus encrypt files on the infected system and any other system/server (i.e. shared network drives) on which the infected computers have access.

How do you get it?

Ransomware typically propagates as a Trojan (hidden program). It enters the system when a user clicks on a link in email, opening infected email attachments, clicking on a link on a web page or by browsing a web page with infected advertisements.

Prevention Tips:

1. DO NOT open email attachments from unknown sources or from people who you don't expect to receive email from.
2. DO NOT click on links in emails from unknown or unexpected senders.
3. DO NOT click on advertisement links on web pages. Use extreme caution while surfing the internet.
4. Make sure your anti-virus software is running and updated. To check the status of your antivirus, launch the program from your programs menu. Click on Start > All Programs > Symantec Endpoint Protection > Symantec Endpoint Protection and select “Yes” if asked if you want to allow the program to make changes to your computer. The date of the latest update will be displayed on the screen. Please notify your IT department if the anti-virus is not updated.
5. Attend IT Awareness Training provided by County IT to discuss detailed security topics that can protect you and the County.



Health Department



Buck Wilson

Wilson Elected to Alliance of Public Health Agencies Board

PUBLIC HEALTH DIRECTOR BUCK WILSON has been elected to the board of directors of the North Carolina Alliance of Public Health Agencies (NCAPHA), a nonprofit organization that assists more than 30 local health departments and the N.C. Division of Public Health with staffing. Wilson served as president of the North Carolina Association of Local Health Directors in 2015.

Health Fair Holds Information Fair April 27

The Health Department hosted an information fair on April 27 as part of National Public Health Month and National County Government Month, which are both celebrated in April.

Pictured from left are Theresa Lofton, administrative assistant; Susan Dover, health educator; Malkia Rayner, public health nursing supervisor; Dr. Lan Tran-Phu, medical director, and Andrea Williams, accounting technician.



Health Department Receives Grant

Delta Dental Foundation President and CEO Curtis Ladig, second from left, visited the Cumberland County Department of Public Health April 26 to present a \$2,000 grant to the Dental Clinic. Health Director Buck Wilson, left; Dr. Eddie Graham, the clinic's public health dentist; and Commissioner Jeannette Council accepted the check in front of the Public Health Center. The grant will be used for the Smiles for Kids program that will offer clinic tours to Head Start children in hopes of reducing their anxiety about visiting the dentist and promoting the importance of oral health and hygiene.

Health Department Receives \$16,000 Oral Health Grant

The Health Department received a \$16,000 grant from the N.C. Department of Health and Human Services to expand its dental sealant

program. The grant funds offered through the Oral Health Partnership will be used to pay for sealant supplies and increase services to underserved populations.

“We are excited about this opportunity to bolster our efforts in combating oral disease and to provide additional dental services in order to improve the community’s oral health, which is essential to general health and well-being,” said Dr. Eddie Graham, Cumberland County Public Health Dentist.

Kindergarten Physicals

The Children’s Health Clinic at the Health Department provides physicals for children entering kindergarten. North Carolina law requires any child entering kindergarten to get a physical. A walk-in clinic for physicals will be held May 17 and May 31 beginning at 1 p.m. until the clinic closes that evening. Due to the amount of time required for physicals, all patients must be signed in by 5:15 p.m. This clinic provides physicals to students who are new to the North Carolina public school system.

Medicaid, private insurance or self-pay are acceptable forms of payment. Fees for service are based on family size and income. For appointments, call 910-433-3600, extension 1.



Health Opinion Survey Seeks Public Input

Cumberland County residents are invited to complete a community health opinion survey as part of the 2016 Community Health Needs Assessment. The Cumberland County Department of Public Health and Cape Fear Valley Health System are collaborating with other agencies and organizations to complete the 2016 Community Health Needs Assessment. The survey will gather information about the health and well-being of Cumberland County residents and help identify needs, concerns and health problems based upon community opinion. A community health needs assessment report and action plans will be developed based on the survey data and additional information pulled from state databases.

Residents are asked to take a few minutes to complete the online survey before midnight on May 20, 2016. To access the survey in English, go <https://www.surveymonkey.com/r/2016CumberlandCountyCommunityHealthNeedsAssessment>.

The Spanish version is available at <https://www.surveymonkey.com/r/2016CumberlandCommunityHealthNeedsAssessmentSurveySpanish>.

A link is also posted on the Health Department's webpage at www.co.cumberland.nc.us/health.

If you have questions about the survey, contact Barbara Carraway at bcarraway@co.cumberland.nc.us or 910-433-3893 or William Haithcock at whaith@capefearvalley.com or 910-615-7667.



Health Department Partners In Mosquito Surveillance Program

THE DEPARTMENT OF PUBLIC HEALTH is a partner in a voluntary program to survey potentially disease-carrying mosquitoes as part of a statewide public health response to the Zika virus. The survey will update the distribution range of two mosquitoes known to carry the Zika virus.

The Health Department's Environmental Health Division is working with Fort Bragg and N.C. State University to conduct the mosquito survey using ovitraps to collect mosquito eggs and larva of the *Aedes Aegypti* and *Aedes Albopictus* mosquitoes. Samples will be collected through October and a final statewide survey report will be sent for review by the N.C. Department of Health and Human Services in December. Cumberland County is one of 15 counties and three military installations that have volunteered to participate in the survey.

In addition to participation in the survey program, Environmental Health has stocked most ponds in Cumberland County with the *Gambusia* fish, a small fish that eats mosquito larvae.

Eleven cases of Zika have been reported in North Carolina, but none of those cases originated here. According to the Centers for Disease Control, all cases of Zika virus in the U.S. were contracted during travels to other countries and were not caused by mosquitoes here. Zika is currently active in countries in Central and South America and Asia.

One in five people infected with Zika will become ill. Symptoms include a mild rash, fever and headaches. Birth defects related to the Zika virus have been reported in Brazil. The Health Department recommends pregnant women should not travel to areas where Zika is present.

Free Mosquito Insecticide

Environmental Health is also giving away four-month supplies of the mosquito insecticide product Mosquito Dunks to county residents while supplies last. County residents can pick up the insecticide at the Health Department, 1235 Ramsey St., Monday through Friday between 7:30 a.m. and 5 p.m. and until 7 p.m. on Tuesdays. Go to the Environmental Health section on the third floor.

The Mosquito Dunks product is a biological pest control agent that kills mosquito larvae. It is non-toxic to fish, birds, wildlife and pets. The round-shaped product is placed in water, where it floats. It can be used in lakes, fish ponds, bird baths, flower pots, drainage ditches, aquatic gardens and decorative ponds, flood-control basins, unused swimming pools and other areas where standing water creates a breeding ground for mosquitoes. The active ingredient is *Bacillus thuringiensis*. Printed instructions will be available.

Mosquito Control Tips

Environmental Health also reminds citizens of other effective methods of mosquito control, including the "tip and toss" method. Tip over any containers that have standing water including tires, flower pots, buckets, jars and barrels. Replace water in bird baths weekly. Mosquitoes can breed in as little as an ounce of water.

In addition to insecticide, there are simple ways to prevent mosquito bites:

- Keep children's wading pools empty or stored on their side when not in use.
- Use insect repellent containing DEET when outdoors, which also repels ticks. Remember to always follow product directions.
- Wear long sleeves and pants at dusk and dawn, when mosquitoes are most active or stay indoors during these hours.
- Make sure your windows have good screens to keep mosquitoes out.





Emergency Services

Hurricane Preparedness Week May 15-21

Hurricane Preparedness Week is May 15-21 and Emergency Services encourages employees to be prepared by updating emergency plans and supply kits. Hurricane season officially begins June 1 and runs through November. Traditionally, mid-August through mid-October is the most active time for hurricanes in North Carolina.

A disaster-preparedness kit should contain enough non-perishable food and a gallon of water per person, per day, to last three to seven days. Other essential items include:

- Copies of insurance papers and ID in a sealed, watertight plastic bag.
- First-aid kit
- Weather radio and batteries
- Supply of prescription medicines
- Sleeping bag or blankets
- Changes of clothes
- Hygiene items such as toothbrush, toothpaste, soap and deodorant
- Cash or checkbook
- Pet supplies including food, water, leashes, muzzle and vaccination records.

Learn more at readync.org. To sign up for the free emergency and the severe weather notification service CodeRED, visit Cumberland County Emergency Services at co.cumberland.nc.us or call 910-678-7688.



Lewis Receives Emergency Management Certification

Emergency Services Planner Melvin Lewis received his Associate Level North Carolina Emergency Management Certification at the Emergency Management Association Conference in Cherokee, N.C., in March. Lewis, right, is congratulated by N.C. Emergency Management Association Second Vice President Scott Garner.



Jack Holtzman, Project Director with the Fair Housing Project, speaks during the Fair Housing Workshop April 26 at DSS.

Community Development

Community Development Holds Fair Housing Workshop

Cumberland County Community Development and other partners hosted the free workshop, “Fair Housing Rights for Tenants with Disabilities-Best Practices for Property Managers and Landlords,” April 26 at the Department of Social Services. A diverse audience of approximately 50 people attended, including property managers, real estate agents and the general public. Jack Holtzman, senior staff attorney with the N.C. Justice Center and Director of the Fair Housing Project of Legal Aid of NC was the keynote speaker. The workshop was organized by Community Development Community Services Specialist Gary Belton.

Child Support Anniversaries

Thirty-four Child Support employees received 5-year service pins in April. Child Support became a County department five years ago after it transitioned from being a state agency. Congratulations and thanks for all you do!



Library

Headquarters Library Celebrates 30th

Headquarters Library at 300 Maiden Lane celebrates its 30th anniversary this year in June. The public is invited to a reception on June 12. Construction on Headquarters Library began in 1984. The library was opened in 1986, replacing the much smaller Anderson Street Library and the Frances Brooks Stein children's library on Hay Street.



Nominations Sought for Appearance Awards

The City-County Joint Appearance Commission is seeking nominations for its 2016 Appearance Awards program. Nominations must be submitted by June 1. The program recognizes properties in Cumberland County that are improving the appearance of our community. After reviewing all nominations, the Commission will recognize the best properties at an awards ceremony this summer.

Nominations are invited in the following award categories:

- Best Existing Single-Family Residential Property
- Best New Single-Family Residential Property
- Best Existing Multi-Family Residential Property
- Best New Multi-Family Residential Property
- Best Existing Non-Residential Property
- Best New Non-Residential Property
- Best Revitalization of a Residential Property
- Best Revitalization of a Non-Residential Property
- Best Housing Development or Neighborhood
- Best Residential Landscaping Project
- Best Non-Residential Landscaping Project
- Best Residential Green Project
- Best Non-Residential Green Project
- Best Restoration of a Historical Property
- Best Neighborhood Entrance/Community Gateway



The City-County Joint Appearance Commission is made up of members from Cumberland County and the eight towns in the County, as well as Fayetteville. In 2008-2009, the Commission started the Community Appearance Awards Program. For more information, log onto: www.fayettevillenc.gov/appearancecommission.

Cumberland County Cooperative Extension

Better Living Series



Container Gardening Tuesday, May 24 12 p.m. – 1:30 p.m.

Do you think you can't grow a garden because you live in an apartment or have very little space? Learn how to create a container garden. **\$10 fee due by May 19**

To register, visit cumberland.ces.ncsu.edu or call (910) 321-6405.

CROWN COMPLEX

Your Town, Your Crown • www.CrownComplexNC.com

MAY

- 13 Daniel Tiger's Neighborhood Live!
- 14 C&E Gun and Knife Show
- 20 Kings of the Street Feat. Jeezy & Kevin Gates
- 28 The Color Run: Tropicolor



JUNE

- 17 Ladies Night Out



JULY

- 15 I Love the 90s feat. Vanilla Ice, Salt-N-Pepa with Spinderella, Kid N Play, All 4 One, Coolio, & Young MC



AUGUST

- 6 Boz Scaggs



OCTOBER

- 15-16 Fayetteville Comic Con

NOVEMBER

- 19 Chris Young: I'm Comin' Over Tour



MARCH

- 17-19 Cape Fear Wildlife Expo



Home To The Fayetteville FireAntz

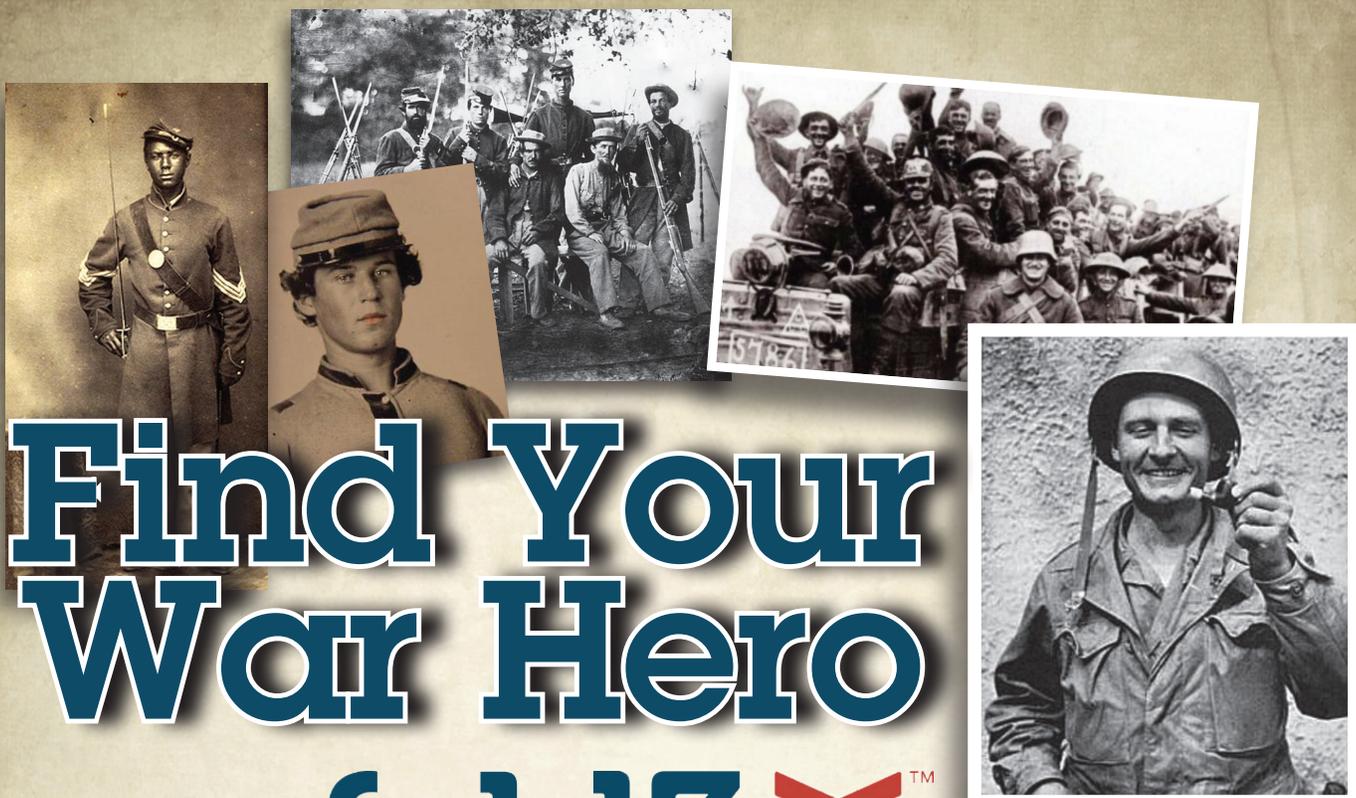


For Tickets:
CapeFearTix.com
888-257-6208

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Winner National Medal for Museum and Library Service



Cumberland County
Public Library

www.cumberland.lib.nc.us

Friends of the Library

Book Sales

Headquarters Library • 300 Maiden Lane

Members Only Sale*

Tuesday, May 17

5 p.m. – 8 p.m.

Public Book Sale

Saturday, May 21

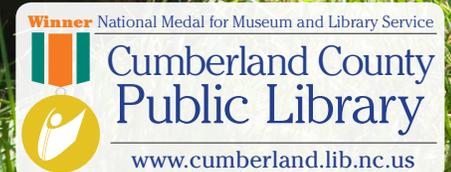
9:30 a.m. – 2 p.m.

*** You may join the Friends at the sale.**

Stock up on all your reading needs with books and magazines in good condition donated by the Friends of the Cumberland County Public Library and local residents.

Thousands of titles in good condition and unbeatable low prices—stock up now. Entrance to the book sale is at Headquarters Library through the back door near the benches by the creek.

Cash or check only.



Cumberland County Department of Social Services

Senior Health Fair

Learn about many different services available in
our community

For citizens 50+ and their caregivers

Wednesday, May 18

8:30 a.m. – 12 p.m.

Department of Social Services
1225 Ramsey Street, Fayetteville

**For more information,
call Makkitia McKoy at
(910) 677-2822.**



CUMBERLAND
★ COUNTY ★
NORTH CAROLINA

**OLDER
AMERICANS
MONTH**



BLAZE A TRAIL: MAY 2016

CCSO 1.14

On Your Mark,



Get Set... READ!

2016 Summer Reading • June 1 - August 15

Prizes available June 1 - August 15,
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Teen & Adult
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Win Prizes!

Prizes for **kids** for reading 4, 8, 12 and 24 hours, for **teens** reading 5 and 10 hours, and for **adults** reading 5 books.

For more details visit: cumberland.lib.nc.us

Winner National Medal for Museum and Library Service



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CUMBERLAND ★ COUNTY ★ NORTH CAROLINA

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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.

Find us on

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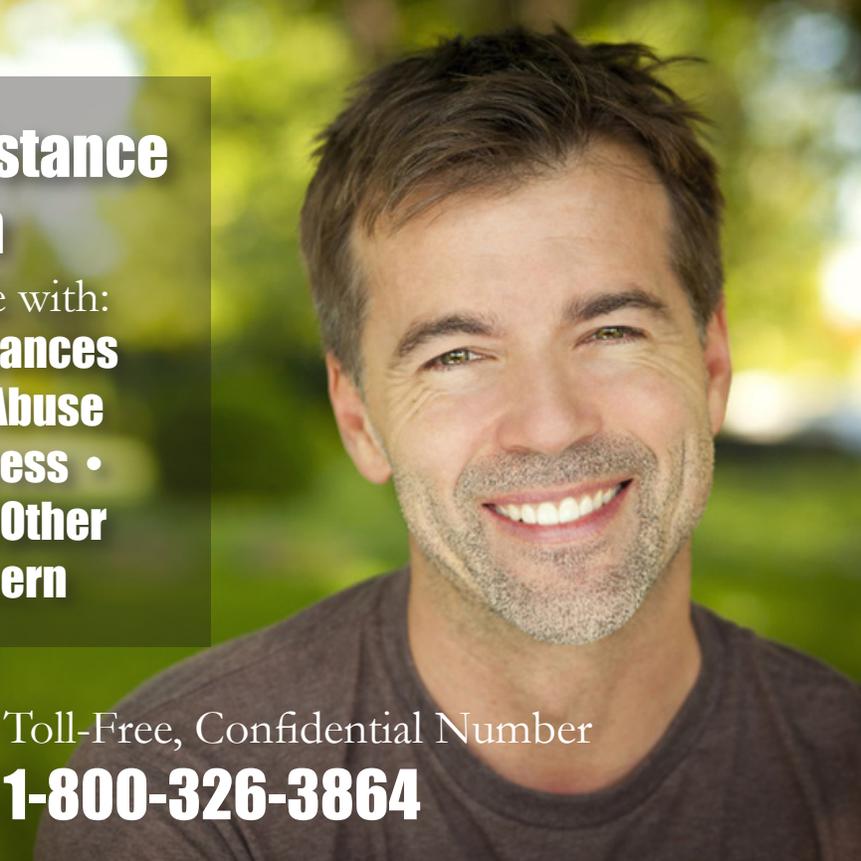


Visit us on the Web: www.co.cumberland.nc.us

Employee Assistance Program

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



County Holiday
All County Offices will be closed Monday, May 30, 2016
in observance of Memorial Day

