TEAM BLADEN

JUNE 2015
Bladen County
Government Newsletter

DEPARTMENT HEADS:

Co. Manager : Greg Martin
Animal Control : Kory Hair
Building Inspections:
Matt Chadwick
Clerk of Courts:
Nikki Dennis
Computer Operations:
Robin Hewett
Consolidated
Human Services
Health: Cris Harrelson
DSS: Vickie Smith
Economic Development:
Chuck Heustess
Elections: Cynthia Shaw
Emergency Services:
Fire: Bradley Kinlaw
EMS: David Howell, Jr.
Extension:
Ryan Harrelson
Finance: Lisa Coleman
Human Resources:
Amy Pharr
Library: Kelsey Edwards
Operations: Robert Mazur
Planning: Greg Elkins
Recreation: Grant Pait
Register of Deeds:
Beverly Parks
Revenue: Christopher Ellis
Senior Services: Joan Allen
Soil & Water: Dean Morris
Sheriff: James McVicker
Water: Randy Garner

SUMMER READING 2015

Program Schedule

Mondays @ 3 PM
Bridger Memorial Library
Tuesdays @ 3 PM
Clarkton Library
Wednesdays @ 3PM
Elizabethtown Library

The North Carolina Zoo will host two special programs on Thursday, July 30th at 3:00 p.m. and 6:30 p.m., at the Elizabethtown Library. This event is sponsored by Wal-Mart!

Parents must register their children in advance by June 22, 2015 for summer reading!

"EVERY HERO HAS A STORY"

2015 Summer Reading Program Theme

Readers of all ages will explore all things underground this summer as Bladen County Public Library presents "Every Hero Has a Story" during their summer reading program. Activities include group games, art projects, science and engineering experiments and so much more. The 2015 Summer Reading Program is open to young people, preschool through young adult, with programs, prize drawings, story times and more.

Registration for "Every Hero Has a Story" will end on Monday., June 22, 2015. For more information, call the library at 910.862.6990. ALL programs are free of charge.

The purpose of summer reading is to combat summer learning loss. The objective of summer reading is to keep all of students engaged in reading throughout the summer break. Literacy involves *reading, writing, speaking, listening, and thinking.* Summer reading programs boost student achievement and encourage them to strive to become better readers and students. In fact, more kids partake in public library summer reading programs than play Little League baseball. Although summer reading programs began more than a century ago and more than 95 percent of public libraries now offer them, people are challenging their value more than ever.

History is full of heroes –young and old, human and animal, real and fictional! Their stories entertain, amaze, and inspire us.

SUMMER READING GOALS

- To motivate children to read
- To develop positive attitudes about reading and books
- To enable children to maintain their reading skills during summer vacation
- To encourage regular use of the library
- To attract new users to the library
- To promote library services and materials throughout the community
- To foster cooperation between community agencies
- To offer experiences through which children can learn to work cooperatively

More information is available at www.cslpreads.org

FREE SUMMER MEALS

FREE - summer meals open to ALL 18 years and younger -June 15 through August 14, 2015.

Dates are subject to change.

Breakfast 8am - 9am Lunch 11:30 am-1pm

Locations: Dublin Primary, East Arcadia, Bladenboro Middle, and Elizabethtown Primary School

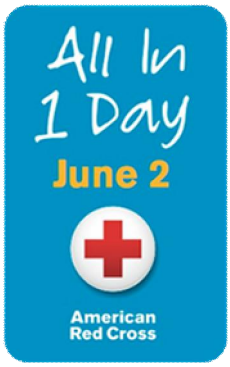
For more information, contact Amy Stanley at 910.862.4136 or *amstanley@bladen.k12.nc.us*

HELP US ENSURE THAT NO CHILD GOES HUNGRY THIS SUMMER.

AMERICAN RED CROSS GIVING DAY

https://givingday.redcross.org/

Support Red Cross Giving Day.



Schedule your gift today and it will count on June 2.

You don't have to wait until June 2 to support Red Cross Giving Day! Pledge your support today by scheduling a donation in advance of Giving Day. And thanks to the generosity of our corporate supporters and individual major gift donors, your gift will be eligible to be matched. On Giving Day, your credit card will be charged and you'll be able to share your #allin1day support with your friends and family.

Let's stand together – All In 1 Day – so that every day, when needed, neighbors in your community will not be alone. When you give to the American Red Cross, you are delivering help and hope to people when they need it most. You can also help spread the word by signing up to be a Giving Day Social Ambassador today.

Nearly **200** times a day, the Red Cross helps a family affected by a home fire or other disaster.

Nearly **5,600** times a day, someone receives a Red Cross blood transfusion.

Every day the Red Cross provides nearly **1,000** services to military members and their families.

On average, **15,500** people a day receive lifesaving Red Cross health and safety training, including mobile app downloads.

8 TIPS FOR EXERCISING IN SUMMER HEAT

http://www.active.com/running/articles/8-tips-for-exercising-in-summer-heat

Summer is the perfect time to go outside and have fun. It's one of my favorite times of year because there are so many outdoor activities to choose from. Everything is more fun outside, whether you're swimming, running or cycling. But the summer heat can be a problem if you're not careful, particularly in areas with extreme heat and humidity. If you don't drink enough water, you can get dehydrated and suffer from light-headedness and nausea. If not recognized, dehydration can even result in kidney failure and or, in extreme cases, death. However, if you drink too much water without replenishing your electrolytes, you can experience hyponatremia. This can lead to confusion, nausea, muscle cramps, seizures or even death in extreme cases.

You may not be racing in the desert, but there are some things to keep in mind when it comes to exercising in the heat:

- The time of day is important. Unless you are training for an event that takes place in the daytime heat, avoid exercising from 10 a.m. to 3 p.m. It's the hottest part of day. Generally, the early morning is the best time to workout, especially if it's going to be scorcher that day.

- Wear loose, light-colored. The lighter color will help reflect heat, and cotton material will help the evaporation of sweat.. You may also want to try specially designed, "hi-tech" running shirts and shorts. They are often made from material meant to keep you cool.

- Sunscreen is a must. I use SPF 45 just to be safe. It's important to protect your skin. You can get burned and suffer sun damage to your skin even on cloudy days.

- Stay hydrated. Before you go out, drink a glass or two of water. Carry a bottle of water or even a hydration pack such as the CamelBak. Take a drink every 15 minutes, even when you're not thirsty. When you're done with your workout, have a few more glasses of water

- Replenish your electrolyte and salt intake while exercising. I like to use SUCCEED capsules--small, simple packs of sodium and electrolytes that keep my system in check.

- If you can, choose shaded trails or pathways that keep you out of the sun.

- Check the weather forecast before you start your workout. If there's a heat advisory, meaning high ozone and air pollution, you might want to take your workout indoors. These pollutants can damage your lungs.

- Most importantly, listen to your body. Stop immediately if you're feeling dizzy, faint or nauseous.
  If you're looking for some specially designed clothing for working out in the sun.

NCDMV Begins Single Sticker Registrations

RALEIGH —The N.C. Division of Motor Vehicles will begin to issue a single registration renewal sticker today. Changing from the current dual sticker setup to a single sticker will result in significant cost savings for the state.

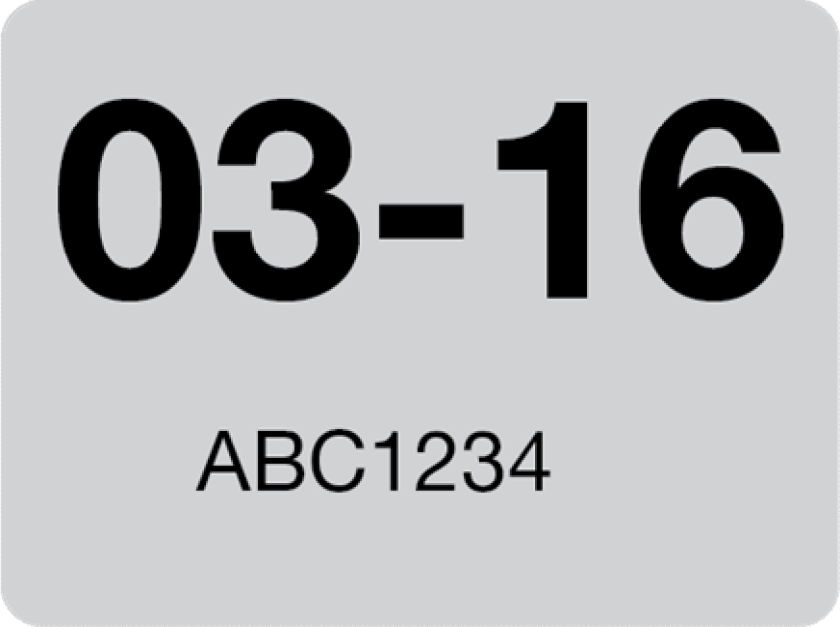
The single registration renewal sticker will be grey. The expiring month and year will be printed on the sticker, above the license plate number. The single sticker is required to be placed on the upper right-hand corner of the license plate.

The current setup has a red numbered month sticker on the upper left-hand corner of the plate, and a sticker with the year and plate number in the upper right-hand corner.

Once a vehicle owner gets the new sticker and places it on the vehicle, the red month sticker should be removed.

There are no changes to the Limited Registration Plate (LRP) sticker design. However, the LRP expiration month and year will be printed under the plate number on those stickers.

NCDOT



JUNE IS MEN'S HEALTH MONTH

Anchored by a Congressional health education program, Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities. This site maintained by Men's Health Network with the help of contributions from our generous supporters. Men's Health Network is a member of the Combined Federal Campaign – # 10825

Goal of Men's Health Month

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with thousands of awareness activities in the USA and around the globe.

Plan a "Wear Blue" event to help spread the knowledge of Men's Health Month. Choose any day that works for your group or team. Set a goal amount to raise, that way you have something to strive for!

Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue. Pick a day and start a fun Wear BLUE day at work.

Host a Wear BLUE day to raise awareness and money for education about men's need to seek regular checkups, or testicular cancer education, prostate cancer education, or other health issues that affect men. (Cardiovascular disease, skin cancer, lung cancer, diabetes, gout, and more.)

Men live sicker and die younger. Wear BLUE was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives.

Men's health awareness can mean many different things.

It means raising awareness of making healthy lifestyle choices, making regular annual visits to the doctor, getting educated on heart disease or diabetes, starting general health conversations with their male friends, and much more.

HURRICANE PREPAREDNESS~BE READY

Two keys to weather safety are to prepare for the risks and to act on those preparations when alerted by emergency officials. These are essential pieces to the Weather~Ready Nation.

Refer to the Federal Emergency Management Agency's (FEMA) Ready.gov/hurricanes or comprehensive information on hurricane preparedness at home and in your community.

Gather Information

Know if you live in an evacuation area. Assess your risks and know your home's vulnerability to storm surge, flooding and wind. Understand National Weather Service forecast products and especially the meaning of NWS watches and warning.

Contact your local National Weather Service office and local government/emergency management office. Find out what type of emergencies could occur and how you should respond.

Contacts

Keep a list of contact information for reference.

- Local Emergency Management Office
- County Law Enforcement
- County Public Safety Fire/Rescue
- State, County and City/Town Government
- Local Hospitals
- Local Utilities
- Local American Red Cross
- Local TV Stations
- Local Radio Stations
- Your Property Insurance Agent

Plan & Take Action

Everyone needs to be prepared for the unexpected. Your friends and family may not be together when disaster strikes. How will you find each other? Will you know if your children or parents are safe? You may have to evacuate or be confined to your home. What will you do if water, gas, electricity or phone services are shut off?

Supplies Kit

Put together a basic disaster supplies kit and consider storage locations for different situations. Help community members do the same.

SHELTERS IN BLADEN COUNTY

East Bladen High School

West Bladen High School

East Arcadia BCC Campus

Bladen Lakes Primary School

Register every person arriving with you at the shelter.

Do not take pets, alcoholic beverages or weapons of any kind

Take blankets or sleeping bags, flashlight, special dietary food, infant needs, lightweight folding chairs, activities and games for children.

Be prepared to offer assistance to shelter workers if necessary, and stress to all family members their obligations to keep the shelter clean and sanitary.

Take a 3-day supply of all medications.

Emergency Supply Check List

Plan for 3 days without water
Flashlight with batteries
Extra batteries
Portable radio
Extra pair of glasses
First Aid handbook
First Aid Kit
Medication for a least 3 days
Medical/special needs equipment
Important documents & Important numbers
Nonperishable food for 3 days
Can opener

Crescent Wrench

Baby and pet supplies
Water 3-6 gal. Per person
Fire extinguisher
Smoke detector
Whistle
Warm clothing
Bedding
Garbage bags
Cooking tools

Money: small bills

SUMMER SOUNDS CONCERT RETURNS

Cape FearValley Bladen Healthcare and the Elizabethtown-White Lake Chamber of Commerce have announced the 2015 Summer Sounds Concert schedule.

July 19th will feature Band of Oz

July 23rd features North Tower

August 13th The Fantastic Shakers

August 27th Blackwater Rhythm & Blues

Platinum Sponsorship $2000

Gold Sponsors $1000

Silver Sponsors $500

Bronze Sponsors $250

For more information, email tourism28337@embarqmail.com or send your inquiry to P.O. BOX 306, Elizabethtown, NC 28337.

CAPE FEAR RIVER RUN

The Cape Fear River Run, a half-marathon and 5K race, will be held Saturday, June 6, starting and finishing at the Cape Fear Farmer's Market in downtown Elizabethtown. The event will benefit School Ministries, Inc. The half-marathon will begin at 6:45 a.m. and the 5K will start at 7:30 a.m. Registration and packet pickups will take place at the Farmer's Market on Friday, June 5, from 5 to 7 p.m., and Saturday, June 6, from 6:15 to 7:15 a.m. Cost of the events are: Half-marathon $71 per person: two-person relay team half-marathon $73 per team; 5K $30 per person. Registration is available online at https://its-go-time.com/cape-fear-river-run. The event is being sponsored by Woodmen of the World.

THE CAPE FEAR RIVER RUN

HALF MARATHON AND 5K

Benefit Run FOR School Ministries, Inc.

CAPE FEAR RIVER RUN HALF MARATHON AND 5K

THE RACE

Saturday, June 6, 2015
6:45 a.m.

Farmers Market
106 Martin Luther King Dr.
Elizabethtown, NC 28337

DISTANCES OFFERED

Half Marathon, Half Marathon Relay & 5K

Participants may choose to run the marathon solo or as part of a two person relay. 5k participants may choose to run or walk this TIMED event. See course description below.

START TIMES

6:45 a.m. – Half Marathon Race starts
7:30 a.m. – 5K Race starts

Please plan to be at the start line 10 minutes prior to the start of the race wearing your race number on the front of your shirt. Walkers are asked to line up in the back.

ABOUT THE RACE

The Cape Fear River Run provides a late season, great run, just before summer begins, near the Cape Fear River. Elizabethtown is a historic landmark for tourism stops on there way to beautiful White Lake NC. The Cape Fear River Run is more than a run, its an opportunity to use a hobby, a talent and physical effort to run/walk for a great cause to provide Youth in our nation with Hope through God's word! This event is sponsored by "Woodmen of the World."

ABOUT THE CAUSE

This is a benefit run for School Ministries, Inc. School Ministries exist to train communities, churches, and leaders across the nation to reach America's public school youth with Released Time Bible Education. (Devotional Bible study during the school for students with parental permission and no government resources)

Dunn Clowns

Shriners

20TH ANNUAL

AMMON BLUEBERRY FESTIVAL

JUNE 6, 2015

FREE ADMISSION

Pancake Breakfast 6:30 - 9:30 AM

Parade 10:00 AM

Opening Ceremony • Blueberry Auction

ENTERTAINMENT UNTIL 3:00 PM

NEW

Wildlife Expo Held in Ammon Community Building

Please Bring Your Display before 9:00AM

Pick up after 3:00PM

NEW

Games • Family Fun • Dunn Clowns

Crafts • Food • Blueberries For Sale

Antique & Classic

Car/Truck Cruise-In & Show

PROCEEDS HELP SUPPORT

AMMON VOLUNTEER FIRE DEPARTMENT

Sponsored By Ammon Ruritan Club

Not Responsible For Accidents

RURITAN NATIONAL

For More Information Call 910-588-4554

LIBRARY PROGRAM SURVEY

Please help us find out what types of library programming you would be interested in attending. The Bladen County Public Library survey is quick and easy. It will be available online at www.bladeco.libguides.com/home until Monday, June 8, 2015.

FRIENDS OF THE LIBRARY

Are you interested in joining Friends of the Library? Money received by the Friends from dues, the regular book sale, and from special projects is used solely for library needs beyond the budget provided by Bladen County, State Aid, and the towns of Bladenboro and Clarkton. Much of the Friend's money is used for children's programming and other special programs.

Join Bladen County Public Library Friends today! The annual Friends' membership fee is $10.00 per person.

If you have any questions or comments please feel free to call the Bladen County Public Library at 910.862.6990. concerning joining Friends of the Library.

---

ancestry library edition

Ancestry Library Edition brings the world's most popular consumer online genealogy resource to your library. It's an unprecedented online collection of individuals from North America, the United Kingdom, Europe, Australia, and more.

Answers await everyone—whether professional or hobbyist, expert or novice, genealogist or historian—inside the more than 7,000 available databases. Here, you can unlock the story of you with sources like censuses, vital records, immigration records, family histories, military records, court and legal documents, directories, photos, maps, and more.

This resource is only available inside any of the Bladen County Public Library branches.

COUPONING CLASS

CLARKTON PUBLIC LIBRARY

TUESDAY, JUNE 2, 2015

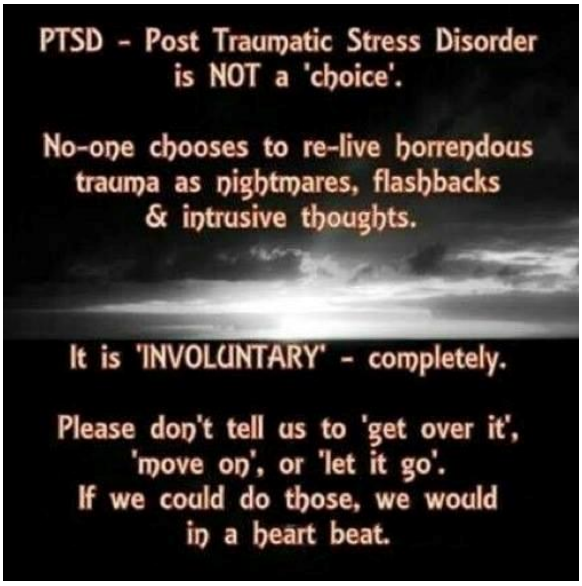
7:00 P.M.

EVERYONE IS INVITED TO COME AND LEARN HOW TO SAVE MONEY!'

In order to bring greater awareness to the issue of posttraumatic stress disorder (PTSD), the United States Senate designated June 27th as National PTSD Awareness Day. In addition, June has been designated as PTSD Awareness Month by the National Center for PTSD (NCPTSD). The tendency for veterans with post-traumatic stress disorder to lash out in anger can be significantly amplified if they are also depressed, according to research published by the American Psychological Association.

Raise PTSD Awareness and help make a difference!

"Greater understanding and awareness of PTSD will help Veterans and others recognize symptoms, and seek and obtain needed care." ~ Dr. Paula P. Schnurr, Executive Director of the National Center for PTSD.



JUNE 2015

1. 8:15am Prayer Service; 6:30pm Board of Commissioners Meeting; 5:30 pm Planning Board Meeting, Municipal Building; 7:00 pm Town Council Meeting, Municipal Building

2. American Red Cross Giving Day; 7pm Couponing Class, Clarkton Public Library

3.

4. 12pm~JCPC Recognition Luncheon, Powell~Melvin Agriculture Center, Elizabethtown

5.

6. 6:45 am Cape Fear River Run, Farmer's Market, Elizabethtown; 10am~3pm 20th Annual Ammon Blueberry Festi~val; 4pm~7pm Bladenboro's Spring Celebration, Bladenboro Farmer's Market

7.

8.

9.

10.

11. 7pm ~ Bladen County Fire Assn, Clarkton Fire Dept.

12. WEST BLADEN HIGH SCHOOL GRADUATION

13. EAST BLADEN HIGH SCHOOL GRADUATION

14.

15. 6:30pm Board of Commissioners Meeting

16.

17. June Lunch & Learn; 10 am—11:30 am Grandparents & Kinship Support Group, Division on Aging

18.

19. 7:30 p.m. Harrell's 300 Truck & Tractor Pull

20. 12th Annual NC Blueberry Festival, Burgaw, NC

21. Father's Day, First Day of Summer

22.

23.

24.

25.

26.

27. National PTSD Awareness Day

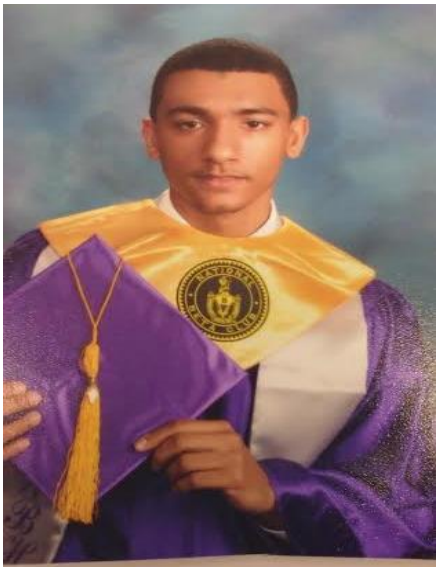
28.

29. Summer Reading Begins (Bridger Memorial Library—Bladenboro, 3 p.m.)

30. Summer Reading Begins (Clarkton Public Library, 3 p.m.)

HIGH SCHOOL GRADUATES

Olivia Elliott, daughter of Ann Marie (DSS) & Allen Hinson is graduating from East Columbus High School. She was awarded The Prince Memorial Scholarship and will be attending Southeastern Community College this fall.



Brian Floyd, II will graduate from West Bladen High School, June 12, 2015. He plans to attend Campbell University in the Fall. Brian has been an exceptional young man and I hope that he continues his dreams successfully. I am proud to be the grandmother of such a talented graduate. Brian played basketball for the West Bladen High School Knights, he is a Beta Club member, and he was nominated into the National Technical Honors Society. I solicit your prayers as he and all other graduates enter into their next journey of life.

Love Grandma Dorothy Zeigler-DSS

Excellent Job to the 2015 West Bladen Seniors

Andrew Jacob Moore, the son of Pam Moore, (DSS). He is graduating from South Columbus High School. He is graduating with Honors and in the Top 10% of his Senior Class. He was awarded a Presidential Scholarship from Campbell University, the NC Golden Leaf Scholarship, and the NC Dixie

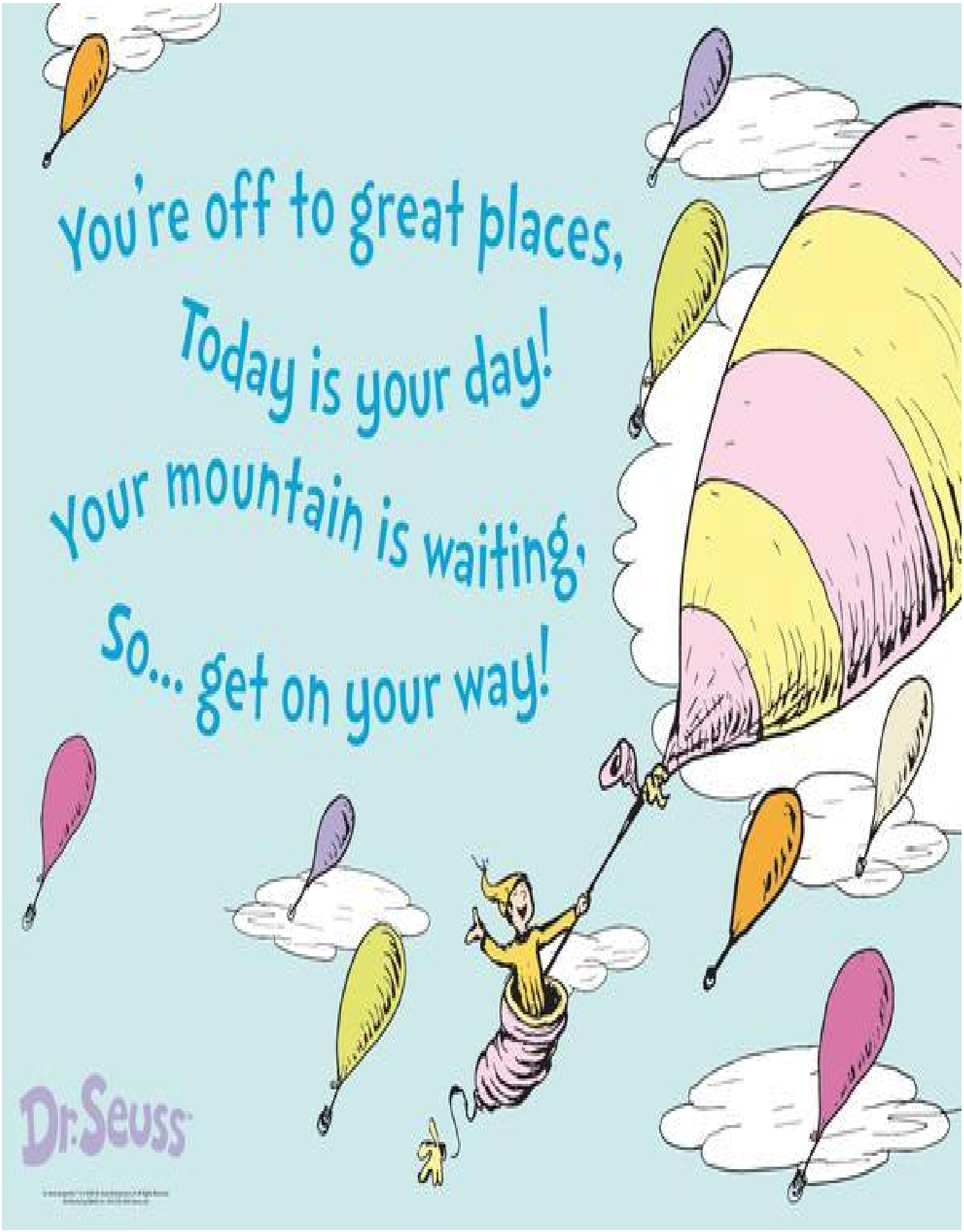
PRE– KINDERGARTEN GRADUATES

Hayleigh Brooke Simmons

Elizabethtown Primary School

Pre-K Graduate 2015

Parents: Josh & Brittany Simmons (Library)


You're off to great places,
Today is your day!
Your mountain is waiting,
So... get on your way!
Dr. Seuss