



TEAM BLADEN

March 2016
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:

DSS: Vickie Smith

Economic Development:

Chuck Heustess

Elections: Cynthia Shaw

Emergency Services:

Bradley Kinlaw

EMS: David Howell, Jr.

Extension: Sandra Cain

Finance: Lisa Coleman

Human Resources: Shonteia Keaton

Library: Kelsey Edwards

Operations: Robert Mazur

Planning: Greg Elkins

Recreation: Grant Pait

Register of Deeds:

Beverly Parks

Revenue: Renee Davis

Senior Services: Joan Allen

Soil & Water: Dean Morris

Sheriff: James McVicker

Water: Randy Garner

EARLY VOTING FOR PRIMARY STARTS MARCH 3

Bladen County voters wishing to participate in **early voting** for the Tuesday, March 15, primary election may do so beginning **March 3** at various locations throughout the county. Early voting, also called pre-poll voting or advance polling, is an effort to increase voter participation in elections and relieve congestion at polling stations on election day. In North Carolina, it has previously taken place in May but has been moved to March this year. "Of course, a lot of people take advantage of early voting," said Cynthia Shaw, director of the Bladen County Board of Elections. "It cuts down on Election Day traffic. We now have more people that vote early or use absentee ballots than we have traffic on election day. It gives voters a window of time to vote.

"Between early voting, absentee ballots, and election day, there's really no reason why anyone can't vote," she added. Early voting is taken advantage of by all kinds of people. It is especially helpful to those people who cannot make it to the polls on Election Day, including poll workers and campaign promoters who are working on election day.

Any resident wishing to take advantage of early voting can do so at one of the following locations:

— Elizabethtown: Bladen County Public Library at 111 N. Cypress St.

— Bladenboro: Bladenboro Historical Society at 818 Main St.

— Dublin: Lion's Club at 120 Second St.

— East Arcadia: East Arcadia Town Hall at 1516 East Arcadia Road, Riegelwood

The following are the hours for the voting centers listed above:

— Thursday, March 3, and Friday, March 4, from 8:30 a.m. to 6 p.m.

— Saturday, March 5, from 9 to 11:30 a.m. (however, the Bladen County Public

Library voting center will open at 8:30 a.m.)

— Monday, March 7, through Wednesday, March 9, from 8:30 a.m. to 6 p.m.

— Thursday, March 10, and Friday, March 11, from 8:30 a.m. to 6:30 p.m.

— Saturday, March 12, from 8:30 a.m. to 1 p.m.

Anyone wishing to find out more information can go to the Bladen County website and pull up the Board of Elections under the "Departments" tab or contact the Bladen County Board of Elections office at 910-862-6951.



BE SEEN. BE HEARD.

NC VOTER ID

BEGINNING IN 2016, MOST VOTERS WILL NEED TO SHOW ACCEPTABLE PHOTO ID AT THE POLLS.



A drivers license issued by the state of North Carolina Division of Motor Vehicles including a learner's permit or a provisional license. These cards may be expired up to four years before they are presented for voting.

Out-of-State Drivers License or Non-Operators Identification Card

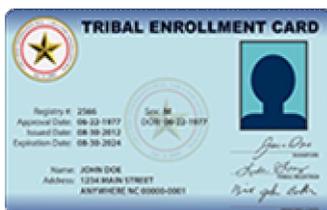
Voters who register within 90 days of the Election Day may present an unexpired out-of-state drivers license or non-operators identification card issued by the District of Columbia or any state, commonwealth or territory within the United States.



A United States Passport (unexpired), including both the passport book and passport card, issued by the United States Department of State.



A United States Veterans ID Card issued by the United States Department of Veterans Affairs. A Veterans ID card bearing an expiration date must be unexpired, but Veterans ID cards without an expiration date are also acceptable.



A tribal card issued by a federally-recognized tribe. If the card bears an expiration date, it must be unexpired. If it does not bear an expiration date, it must bear a printed issuance date that is not older than eight (8) years before it is presented for voting. A tribal card issued by a state-recognized tribe, provided that it has been approved by the State Board of Elections. This card must be unexpired.

IF YOU DO NOT HAVE ONE OF THESE FORMS OF PHOTO ID, YOU ARE ELIGIBLE FOR A FREE NC ID CARD FROM THE DMV.

WWW.VOTERID.NC.GOV

NEW VOTER ID PSA RELEASED

RALEIGH, N.C – The State Board of Elections today released a new public service announcement designed to educate voters on the 2016 voter ID requirements.

The “Be Recognized” ads will air on local television and radio through the 2016 Election cycle, the goal is to make sure every voice is heard at the voting booth. This election voters will be asked to show a photo ID at the polls. If for some reason a voter can't get an ID, they will still be able to vote.

Photo ID is not required to vote by mail-in absentee, and exceptions are available for voters who cannot obtain photo ID.

“No voter will be turned away from the polls because they lack acceptable photo ID,” said Executive Director Kim Westbrook Strach.

For more information about these new voting procedures and to learn more about the State Board of Elections voter outreach team, visit VoterID.nc.gov.

The North Carolina State Board of Elections is the state agency charged with overall responsibility for administration of the elections process and campaign finance disclosure in North Carolina. The office of the State Board of Elections works in conjunction with County Board of Elections offices to ensure that elections are conducted lawfully and fairly.

For additional information visit North Carolina State Board of Elections website at www.ncsbe.gov.

BE RECOGNIZED. 

 **YOUR VOICE MATTERS.**

*If you're unable to obtain an ID, voting options are available.
For information on assistance, exceptions, and free IDs:*

VoterID.nc.gov | 866-522-4723

 **NORTH CAROLINA**
State Board of Elections

Sponsored by the North Carolina State Board of Elections and the
North Carolina Association of Broadcasters in cooperation with this station.

SALES TAX REFERENDUM TO BE ON BALLOT IN MARCH



Voters in Bladen County will be going to the polls on March 15 and will be asked to vote on a quarter-cent sales tax referendum that will be used to reduce the property tax rate by two cents. The proposed sales tax would generate about \$460,000 for Bladen County. The sales tax would not apply to such purchases as groceries, utilities, gas, prescription drugs, certain agricultural supplies or motor vehicles.

According to information supplied by Bladen County officials, tourists and visitors would pay the sales tax along thereby lessening the tax burden on the county's property owners, businesses, and elderly homeowners on fixed incomes.

A sales tax is considered a fair tax because it is generated on items folks choose to purchase. The original vote by the commissioners was 6-3 to place the referendum on the ballot. The sales tax referendum has been on the ballot twice in the county and was voted down each time.

<http://www.bladenonline.com/sales-tax-referendum-to-be-on-ballot-in-march/>

LET YOUR VOICE BE HEARD ON HOW BLADEN COUNTY BUDGE

The County of Bladen is developing it's budget for the fiscal year 2016-2017 (July 1, 2016 – June 30, 2017) The Board of County Commissioners will hold a Pre-Budget Hearing on Monday, March 21, 2016, to receive comments on next year's budget. The hearing will be held at 6:30 pm in the Commissioner's Room, Room B6 of the Bladen County Courthouse, 166 Broad Street, Elizabethtown, NC. The commissioners have put together some questions they would like the public to answer. BladenOnline.com has posted this survey in hopes people will answer the questions. BladenOnline.com will submit the answers to the commissioners at the meeting.

We invite you to fill out the form Pre-Budget Survey. To fill it out, visit:

https://docs.google.com/forms/d/1QYDaNnu0eeTMc038QWVsQteis7L7e0v5sI2_sdbvb7I/viewform?c=0&w=1&usp=mail_form_link

<http://www.bladenonline.com/let-your-voice-be-heard-on-how-bladen-county-budgets-their-money/>

VFW PRESENTS AWARDS

The Raymond W. Biglow Veterans of Foreign War (VFW) Post 8062 held their regular monthly meeting on Saturday, February 20th, and hosted a reception for recipients of the VFW Law Enforcement Officer of the Year and the VFW Firefighter of the Year awards for the local Post.

VFW Post 8062 Commander Oliver Gause presented the Firefighter of the Year to William R. "Rusty" Marsh of the Clarkton Fire Department and the Law Enforcement Officer of the Year to Richard "R. J." Bailey, II of the Bladen County Sheriff's Department.

The Post meets the third Saturday of each month at 3:00 p.m. at their facility on Hill Street in Elizabethtown. Any veteran who served on foreign soil is invited to attend and join the local group.



BLADEN COMMUNITY COLLEGE RECEIVES \$1.3 M GRANT TO ENHANCE FACILITIES

WASHINGTON — Bladen Community College will receive a \$1.3 million grant to build Science, Technology, Engineering and Math facilities.

The money, according to Penny Pritzker, U.S. Secretary of Commerce, will come from the Department of Commerce's Economic Development Administration. The facilities will include an industrial chemistry lab, an advanced manufacturing technology simulation lab, a computer classroom, office space and an advanced technology industry bay.

"The Obama Administration is committed to helping communities develop a workforce with 21st century skills," said Pritzker. "As part of the Skills for Business initiative, this EDA investment will allow Bladen Community College to establish a facility that will provide local workers with the training they need to compete for high-skill jobs being offered by regional employers."

The Economic Development Administration has served the public for 50 years by promoting competitiveness and preparing the nation's regions for growth in the worldwide economy. The administration makes investments in economically distressed communities in order to create jobs, promote American innovation and accelerate long-term sustainable economic growth.

<https://robesonian.com/news/education/84476/bladen-college-receives-1-3m-grant-to-enhance->

NC CONNECT BOND

DUBLIN – During the upcoming March 15th election, North Carolina voters will decide the outcome of the Connect NC Bond Act, a \$2 billion bond to support higher education, state parks, and other infrastructure. In a news release last October, Governor McCrory stated that a highly educated workforce is vital to North Carolina's future prosperity. In Bladen County, the bond will bring \$6,533,125 to Bladen Community College, \$651,750 to Jones Lake State Park, and \$575,250 to Singletary Lake State Park.

According to Bladen Community College president William Findt, a significant portion of the bond money would be spent on a new building with classrooms, offices, and a teaching auditorium. "In late 2011, the college developed plans for a 20,000 square foot building on campus that would house workforce training programs." At that time, the cost was estimated to be \$6 million. The building would house science curriculum, emergency medical services, industrial training, and computer labs. Findt comments that any additional funds from the bond will be spent on campus renovations, including replacement of the auditorium roof, improved campus lighting, and sidewalk and parking lot repairs and replacements. "The list for renovations is long," he states.

Connect NC will benefit every community in North Carolina by investing in local education, parks, roads, and public health. The projects will generate thousands of jobs across the state.

Remarkably, the bond will not increase taxes for North Carolinians because of the state's strong fiscal health.

For more information about the Connect NC Bond Act, visit www.connect.nc.gov. For more information about Bladen Community College, call [910-879-5500](tel:910-879-5500).

<http://www.bladenonline.com/nc-connect-bond-vote-will-boost-community-college-and-county-parks-in-bladen-county-with-no-tax-increase/>

LOWER CAPE FEAR HOSPICE IN NEED OF VOLUNTEERS



Lower Cape Fear Hospice, a nonprofit hospice serving the area for 35 years, is in need of volunteers to help families in Bladen County.

Hospice volunteers help patients where they live—in their homes, nursing homes and assisted living facilities. Volunteers are needed to assist patients and families with lawn care, pet care, providing meals, helping to fulfill a bucket list item, planning a life celebration, baking a cake for a special occasion or creating a memory board or photo album as a

family keepsake. Volunteers can also provide respite for caregivers and much-needed emotional support for families and patients with advanced illnesses. They serve as caring friends to people in need. They offer companionship, can visit or read to patients, listen, hold a hand, run errands, allow caregivers to rest, and help patients tell their life stories.

Volunteers with specialized training or certifications can also help by providing manicures or pedicures, hair styling and other special services. Volunteers are also needed to help with administrative support, assist with special events and fundraising, and to share Lower Cape Fear Hospice's message in the community. There is also a need for veterans who are willing to be a part of LCFH's veteran-to-veteran volunteer program.

Individuals of all ages, walks of life and talents, as well as groups, are encouraged to volunteer. All training will be conducted at LCFH Bladen County office, 116 W. Broad Street in Elizabethtown. Sessions will cover the basics of hospice care, communication skills, spirituality at the end of life, veteran-to-veteran volunteering, dealing with grief, advance care planning and more.

For more information or to register, contact Lisa Clark, community outreach coordinator for Bladen and Columbus counties, at [910-620-2264](tel:910-620-2264) or email lisa.clark@lcfh.org.

Lower Cape Fear Hospice is a nonprofit agency that provides healthcare and comfort to people with advanced illnesses; support and counseling to families; and education to the community in Bladen, Brunswick, Columbus, New Hanover, Onslow and Pender counties in North Carolina; and Horry County in South Carolina. For more information, visit www.lcfh.org or facebook.com/lcfhospice.

WOMEN'S HISTORY MONTH—HISTORY

Local Celebrations

As recently as the 1970's, women's history was virtually an unknown topic in the K-12 curriculum or in general public consciousness. To address this situation, the Education Task Force of the Sonoma County (California) Commission on the Status of Women initiated a "Women's History Week" celebration for 1978.

The week March 8th, International Women's Day, was chosen as the focal point of the observance. The local Women's History Week activities met with enthusiastic response, and dozens of schools planned special programs for Women's History Week. Over one-hundred community women participated by doing special presentations in classrooms throughout the county and an annual "Real Woman" Essay Contest drew hundreds of entries. The finale for the week was a celebratory parade and program held in the center of downtown Santa Rosa, California

Mobilizing a Movement

In 1979, Molly Murphy MacGregor, a member of our group, was invited to participate in The Women's History Institute at Sarah Lawrence College, which was chaired by noted historian, Gerda Lerner and attended by the national leaders of organizations for women and girls. When the participants learned about the success of the Sonoma County's Women's History Week celebration, they decided to initiate similar celebrations within their own organizations, communities, and school districts. They also agreed to support an effort to secure a "National Women's History Week."

Presidential and Congressional Support

The first steps toward success came in February 1980 when President Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week. In the same year, Representative Barbara Mikulski, who at the time was in the House of Representatives, and Senator Orrin Hatch co-sponsored a Congressional Resolution for National Women's History Week 1981. This co-sponsorship demonstrated the wide-ranging political support for recognizing, honoring, and celebrating the achievements of American women.

A National Lobbying Effort

As word spread rapidly across the nation, state departments of education encouraged celebrations of National Women's History Week as an effective means to achieving equity goals within classrooms. Maryland, Pennsylvania, New York, Oregon, Alaska, and other states developed and distributed curriculum materials for all of their public schools. Organizations sponsored essay contests and other special programs in their local areas. Within a few years, thousands of schools and communities were celebrating National Women's History Week, supported and encouraged by resolutions from governors, city councils, school boards, and the U.S. Congress. Each year, the dates of National Women's History Week, (the week of March 8th) changed and every year a new lobbying effort was needed. Yearly, a national effort that included thousands of individuals and hundreds of educational and women's organizations was spearheaded by the National Women's History Project.

WOMEN'S HISTORY MONTH—HISTORY

National Women's History Month

By 1986, 14 states had already declared March as Women's History Month. This momentum and state-by-state action was used as the rationale to lobby Congress to declare the entire month of March 1987 as National Women's History Month. In 1987, Congress declared March as National Women's History Month in perpetuity. A special Presidential Proclamation is issued every year which honors the extraordinary achievements of American women.

Presidential Message 1980

President Jimmy Carter's Message to the nation designating March 2-8, 1980 as National Women's History Week.

"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well.

As Dr. Gerda Lerner has noted, "Women's History is Women's Right." – It is an essential and indispensable heritage from which we can draw pride, comfort, courage, and long-range vision."

I ask my fellow Americans to recognize this heritage with appropriate activities during National Women's History Week, March 2-8, 1980.

I urge libraries, schools, and community organizations to focus their observances on the leaders who struggled for equality – – Susan B. Anthony, Sojourner Truth, Lucy

Stone, Lucretia Mott, Elizabeth Cady Stanton, Harriet Tubman, and Alice Paul.

Understanding the true history of our country will help us to comprehend the need for full equality under the law for all our people.

This goal can be achieved by ratifying the 27th Amendment to the United States Constitution, which states that "Equality of Rights under the Law shall not be denied or abridged by the United States or by any state on account of sex."

By Molly Murphy MacGregor, Executive Director and Co-founder of the National Women's History Project

"Working to Form a More Perfect Union: Honoring Women in Public Service and Government"

2016 National Women's History Month Honorees



NATIONAL WOMEN'S HISTORY MONTH 2016

“Working to Form a More Perfect Union: Honoring Women in Public Service and Government”

The National Women's History Month theme for 2016 honors women who have shaped America's history and its future through their public service and government leadership. Although often overlooked and undervalued, collectively they have dramatically influenced our public policy and the building of viable institutions and organizations.

From championing basic human rights to ensuring access and equal opportunity for all Americans, they have led the way in establishing a stronger and more democratic country.

Each of these public leaders succeeded against great odds. The diversity of their experiences demonstrates both the challenges and the opportunities women in public service have faced. Their ability to use the art of collaboration to create inclusive solutions and non-partisan policies, as well as their skill and determination, serve to inspire future generations. The tenacity of each Honoree underlines the fact that women from all cultural backgrounds in all levels of public service and government are essential in the continuing work of forming a more perfect union.

History helps us learn who we are, but when we don't know our own history, our power and dreams are immediately diminished. Multicultural American women are overlooked in most mainstream approaches to U.S. history, so the National Women's History Project champions their accomplishments and leads the drive to write women back into history. Recognizing the achievements of women in all facets of life – science, community, government, literature, art, sports, medicine – has a huge impact on the development of self-respect and new opportunities for girls and young women.



Each time a girl opens a book and reads a womanless history, she learns she is worth less.
~ Myra Pollack Sadker

5K BUNNY FUN RUN RELAY FOR LIFE



Relay for Life has a 5K Bunny Fun Run and a Golf Tournament scheduled soon by Otis Evans. The 5K will be held March 26th in Bladenboro and the Golf Tournament will be held April 8th. All proceeds, excluding expenses will benefit the American Cancer Society.

The events' organizer, Evans is a cancer survivor of less than one year. He has also been a caregiver. His first wife, Charlotte "Bit" Evans, was diagnosed with breast cancer in 1996 and passed away in 2009.

Also, his brother, Thomas, was diagnosed with melanoma cancer in July of 2007 and later died in October of the same year.

Evans said, "As if all of this wasn't bad enough, I lost my mother as a result of an accident in July 2007. Very trying times!"

He explained, "I started supporting the American Cancer Society in 1997 on a regular basis via local Relay for Life Events; I have supported through various fundraising events as well as through my own personal donations."

Evans remarried and has increased his support to try and find a cure for cancer that has affected him and his family. He said, "I want to continue to make a difference in my community in 2016. This year, Donna and I are planning two charity events with all proceeds benefiting the American Cancer Society."

**5K Bunny Fun Run – March 26, 2016

**Golf Tournament – April 8, 2016

Currently he is looking for sponsorships to help with funding of prizes, door prizes, t-shirts, memorandum type gifts, gift cards, food; drinks; etc., and other miscellaneous items that may be needed to make these events successful.

For more information about the events or for the registration forms you may visit: <http://www.bladenonline.com/5k-bunny-fun-run-relay-for-life/>.

To register for the 5K, go to: <http://www.active.com/bladenboro-nc/running/relay-for-life-5k-fun-run-2016>.

BLADEN SOIL & WATER CONSERVATION DISTRICT WINNERS

Bladen Soil and Water Conservation District proudly announces the winners in the 2016 Poster, Essay, Public Speaking, Computer Generated Slide Show, and Computer Generated Poster contests for Bladen County Academy, Primary, Elementary, Middle school, and High School students. This year's theme is "We All Live in a Watershed."

First and Second place District winning entries are awarded cash prizes, and First place entries advance to the Area VI I competition, which consists of 9 Conservation Districts throughout Southeastern North Carolina. Area winners advance to State level competition.

The District is happy to have had so many students participate this year in our contests, and wants to express their gratitude to the local teachers who made time in their busy schedules to fit in these competitions. The Soil and Water Conservation District believes that teaching children the importance of conserving our natural resources at an early age will benefit everyone in the future. Congratulations to the winners and good luck to the Area VII competitors!

Computer Designed Poster

1st Place McKoy Tyner Paul R. Brown Leadership Academy

Slide Show-6th Grade

2nd Place Devin Avant Clarkton School of Discovery

1st Place Kayla Todd East Arcadia School

Public Speaking

8th Grade-2nd Place Madison Cooke Elizabethtown Christian Academy

8th grade-1st Place Samaria Grant Tar Heel Middle School

7th Grade-2nd Place Tamera Bethea Paul R. Brown Leadership Academy

7th grade-1st Place Cheyanne Jacobs East Arcadia

Poster

6th Grade-2nd Place Nigee Lacewell Paul R. Brown Leadership Academy

6th Grade-1st Place Sydney Gardner Clarkton School of Discovery

5th Grade-2nd Place Daniella Maldonado Tar Heel Middle School

5th Grade-1st Place Alyssa Strickland Elizabethtown Christian Academy

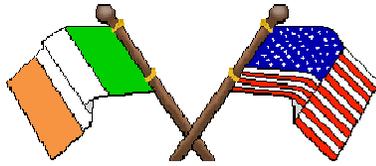
4th Grade-2nd Place Daniel Rygiel Bladen Lakes Primary School

4th Grade-1st Place Addie Bowen Elizabethtown Christian Academy

3rd Grade-2nd Place Holland Davis Bladenboro Primary School

3rd Grade-1st Place Chandler Bordeaux Elizabethtown Christian Academy

IRISH-AMERICAN HERITAGE MONTH



Irish-American Heritage Month is celebrated by proclamation of the President and Congress in the United States to honor the achievements and contributions of Irish immigrants and their descendants living in the United States. It was first celebrated in 1991 and is not an annual event. The heritage month is in March to coincide with Saint Patrick's Day, the Irish national holiday on March 17. Heritage Months are usually proclaimed by nations to celebrate centuries of contributions by a group to a country.

Saint Patrick's Day is a Roman Catholic religious holiday that honors the saint, who introduced Christianity to Ireland in the early fifth century. It has developed in the United States as a celebration of all things Irish. With large ethnic Irish populations, Boston and New York City both claim the world's first Saint Patrick's Day parade, while Philadelphia claims to be the second oldest behind New York City. In New York City, it occurred on 17 March 1762, featuring Irish soldiers serving in the British military protecting the Colonies during the French and Indian War. In 1948, President Harry S. Truman, of Scots-Irish descent, attended the New York Saint Patrick's Day parade and gave a speech to attendees. This was a proud moment for the many Irish whose ancestors had to fight stereotypes and prejudice to find acceptance in the United States. In 1960 John F. Kennedy was elected as the first Irish American Catholic President; in 1961 he was in New York to review the Saint Patrick's Day Parade.

In tribute to all Irish Americans, the US Congress, by Public Law 101-418, designated March 1991 as "Irish-American Heritage Month". Congress again proclaimed March as Irish-American Heritage Month for 1995 and 1996.

Within the authority of the Executive Branch, the President of the United States has also issued a proclamation each year since 1991.

Each year in March, the Irish Taoiseach visits the United States for Saint Patrick's Day. A Shamrock Ceremony takes place in the morning at the White House where a crystal bowl containing shamrock, a traditional symbol of Ireland, is presented to the President in the Oval Office. This is followed by a Friends of Ireland luncheon hosted by the House Speaker in the U.S. Capitol or the Rayburn House Office Building. The luncheon is attended by the President, Vice President, the Taoiseach, the Speaker, and other officials. In the evening, a Saint Patrick's Day Reception takes place at the White House.



Queen

♡ Katie

Katie Guyton, daughter of Susan (Library) & Rodney Guyton of Bladenboro, NC recently won 1st Place T-Shirt Design at the 2016 State Junior Beta Club Convention in Greensboro, NC. Katie also won Homecoming Queen at Bladenboro Middle School. She is planning to attend the National Junior Beta Club Convention to be held in New Orleans, June 23 through June 26. In addition, she was named "A Honor Roll" student for the second quarter.



Hailey & Hunter Simmons, children of Brittany (Health Department) and Josh Simmons of Clarkton, NC displayed their school spirit at Elizabethtown Primary on the 100th Day of School and

Carolina Pride Day.



HOW MUCH PHYSICAL ACTIVITY DO ADULTS NEED?

Physical activity is anything that gets your body moving. You need to do two types of physical activity each week to improve your health— aerobic and muscle-strengthening.

Adults need at least:

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activities (i.e., jogging or running) every week and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

An equivalent mix of moderate- and vigorous-intensity aerobic activities and muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

10 minutes at a time is fine

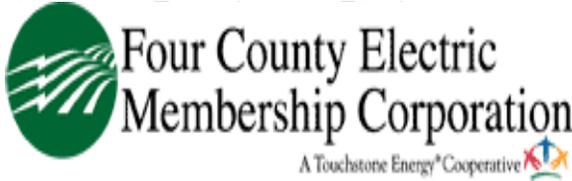
We know 150 minutes each week sounds like a lot of time, but it's not. That's 2 hours and 30 minutes, about the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week, so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

What if you have a disability?

If you are an adult with a disability, regular physical activity can provide you with important health benefits, like a stronger heart, lungs, and muscles, improved mental health, and a better ability to do everyday tasks. It's best to talk with your health care provider before you begin a physical activity routine. Try to get advice from a professional with experience in physical activity and disability. They can tell you more about the amounts and types of physical activity that are appropriate for you and your abilities.

<http://www.cdc.gov/physicalactivity/basics/adults/>

FOUR COUNTY EMC ANNOUNCES COMMUNITY MEETINGS



ting six community meetings throughout our service area. Make plans your neighborhood. You will receive valuable information about your meetings that are available to our members, but most of all you will hear ideas Meetings have been scheduled with registration starting at 6:30 p.m. and the meeting at 7 p.m. Meetings are held as another service to you, our members! We hope to see you at one of the meetings listed below. Refreshments will be served and members can register to win prizes during the evening. For more information about any of the meetings scheduled in your neighborhood, call Four County EMC at 1-888-368-7289.

****Shiloh Baptist Church**

4587 NC Hwy 50 Hwy

Chinquapin – 03/14/16

****Hallsville Presbyterian Church**

541 South Blizzardtown Road

Beulaville – 03/15/16

****Baldwin Branch Church**

4047 Hwy 242 South

Elizabethtown – 03/17/16

****St Johns Baptist Church**

801 Webb Town Road

Maple Hill – 03/21/16

****Friendship Baptist Church**

1898 Bull Street

Garland – 03/22/16

****Centerville Baptist Church**

18577 NC Hwy 53 East

Kelly – 03/24/16

HEALTHY BLADEN COLLABORATIVE MEETING

A group called Healthy Bladen Collaborative meets every month because they are dedicated to making our communities healthier, and this month was no different. The members discuss upcoming events, services and other projects in our county set in place to help our citizens.

Marianne Valentiner, the chair of the collaborative gave a report from the last month's meeting listing information from agencies such as Young Families Connect RFA, NC Cooperative Extension, Bladen Community College, Bladen County Department of Social Services.

Valentiner updated the group about the progress the Bladen County Health Educators have had in distributing information throughout the community and stated they will continue in those efforts.

A new program at Bladen Community College called "Making a Real Change for Health, (M.A.R.C.H.) in collaboration with NC Cooperative Extension for weight loss management started on January 26th. This program will focus on weight loss/ management with weekly weigh-ins, nutrition, and physical activity. The class will be offered for 10 weeks and will end March 29th, 2016.

Bladen County Sheriff Department has been organizing a lot of classes for training. Sheriff McVicker and Captain Jeff Singletary were in attendance to talk about the ways their department is trying to help our community. They will be working with Eastpointe MCO to have officers trained in how to react to mentally unstable people in times of a crisis.

Elizabethtown Presbyterian Church is sponsoring a Journey to Jerusalem, which is a virtual visit to the old country, according to Dawn Maynard. There are 6,150 miles from Elizabethtown, North Carolina to Jerusalem, Israel. The church is asking for help. Everyone is asked to track the miles they walk, run, or cycle and record them by visiting www.etownpresby.org and click the red button at the top of the page.

The sales tax increase will be back up for a vote in the March primary according to County Commissioner Charles Ray Peterson. Peterson explained the benefits of the tax increase for all citizens in Bladen County.

Patti Miller with the Bladen County Recreation Department announced the recreation department is applying for a grant to upgrade the county park. She also said the recreation department is now accepting applications for the Girls Softball teams and Dixie Boys Baseball.

HEALTHY BLADEN COLLABORATIVE MEETING

Stacie Kinlaw with 4-H said there will be at least one 4-H class offered this summer, but it is still in the planning stages.

Bladen County Hospital representatives reported the hospital is working with other area agencies and caregivers to make sure the hospital's transition of care is working well. The hospital is also working on being certified in pneumonia care.

Brenda Clark with Bladen County Economic Development said a blood drive will be held at the industrial park every 50 days.

The Bladen Community College Legacy program and others working to reduce tobacco use in Bladen County reported there are 14 apartment complexes in Bladen County that are smoke free.

Janet Miller with the Department of Social Services reported they still have funds available for people needing assistance with their utilities. If someone needs assistance with their utilities expenses, they need to contact the Social Services Department.

Miller also announced March is National Social Worker Month and April is Child Abuse Awareness Month.

Cheryl Harris with Eastpointe MCO had several announcements. She said Eastpointe is now offering an Assessment and Management of Additions: Overview and Update for Healthcare Providers, and other resources to help not only the public but healthcare providers. They now have a Facebook page to go with their website to help keep people up to date on what they have to offer.

Elizabethtown Rotary will be holding the annual Elizabethtown Rotary 8K Trail Run and Walk at the Brown's Creek Bike Trail and Nature Park to raise funds for the USO of NC. For more information visit, www.elizabethtownrotary8K.org.

There is a calendar of events on the Health Department's website listing all the area events.

LGFCU 2016 tax services



Not an accountant? Not a problem.

Take advantage of tax preparation assistance from Local Government Federal Credit Union, including:

- ▶ **Volunteer Income Tax Assistance* (VITA) program:** If your 2015 household income was \$54,000 or less you may be eligible to have your standard income tax return prepared and filed at no cost to you.
- ▶ **Low-Cost Tax Preparation Service[†]:** If your 2015 household income exceeded \$54,000, you can have a standard income tax return prepared and filed in one of our branches for only \$75.

Choose to have your return filed electronically and receive your refund as quickly as 8-15 days! Visit lgfcu.org/taxprep for more information and a list of what to bring with you when you go to your local branch.

Certain tax returns may fall outside the scope of these programs. Call the Contact Center at 888.732.8562 for additional information. Calls may be recorded for quality assurance.

* VITA is an IRS-sponsored program available to help taxpayers with a household income of \$54,000 or less prepare and electronically file basic tax returns.

† The Credit Union's fee-based tax preparation program is not affiliated with the VITA program.

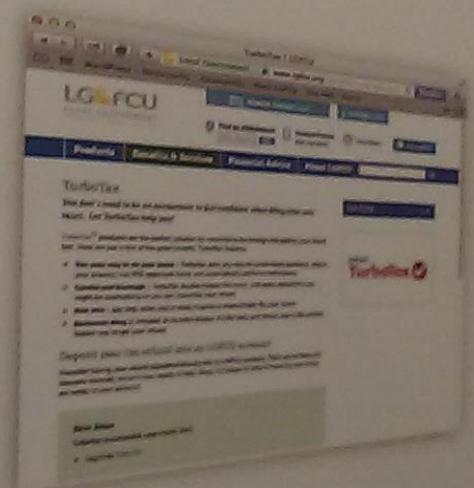
Prefer to file your own taxes?

LGFCU members receive special discounts on TurboTax[®] online tax preparation:

- ▶ **\$10 off** Deluxe Federal
- ▶ **\$15 off** Premier Federal
- ▶ **\$20 off** Home & Business Federal

Electronic filing is easy and convenient, and you typically receive your refund in less than two weeks. You can even choose to have your refund deposited directly into an LGFCU account!

Visit lgfcu.org/turbotax to learn more and to file your taxes today.



Get there faster with an **LGFCU** scholarship!

A bright future starts with a solid education. As a member of Local Government Federal Credit Union, you're eligible to apply for **college** and **career** scholarships!

COLLEGE

LGFCU Scholarship

LGFCU awards 120 one-year scholarships to members* to help pay for the costs associated with continuing education, including associate, bachelor's or master's degree programs and trade school certifications. All scholarships are for \$1,000.

APPLICATION DEADLINE: March 4, 2016

lgfcu.org/scholarship

*Applicant must have an individual account or hold a joint account with a parent, and a minimum GPA of 3.0.

CAREER

School of Government Scholarship

If you are a local government employee and want to strengthen your job skills, apply for LGFCU's School of Government (SOG) Scholarship. This scholarship covers tuition for classes, conferences and seminars offered by the SOG at UNC-Chapel Hill.

ANNUAL APPLICATION DEADLINES:

March 1 · June 1 · August 1 · September 1 · December 1

lgfcu.org/sog

NCSU Public Safety Leadership Initiative (PSLI)

If you are interested in leadership and management training, apply for the Administrative Officers Management Program (AOMP) or Law Enforcement Executive Program (LEEP). This scholarship covers tuition for these two programs offered by the PSLI at NCSU.

ANNUAL APPLICATION DEADLINES:

AOMP: April 1 · July 1 · December 1 | LEEP: September 1

lgfcu.org/aomp-leep

For more information or to apply, visit
the links above, or call **800.344.4846**.

Calls may be recorded for quality assurance.

LGFCU
LOCAL GOVERNMENT
FEDERAL CREDIT UNION

SEVEN WAYS TO STRETCH YOUR TAX REFUND

If you're getting a tax refund this year, you're probably at the high end of the tax season roller coaster of emotions. Before you're tempted to blow it all in one place, here are seven ways to stretch your refund and feel good about it.

Treat yourself to something special

If you're among the more than four million North Carolinians who have filed federal income taxes, you could be looking at an average refund of about \$2,400. Take a quick inventory of your finances. If you don't have to put the refund toward an immediate financial need, go ahead and spend some of it. Limit yourself to about 10 percent of the refund for something for yourself now. Take a class for fun, start that hobby you've been thinking about and maybe put the rest away for a vacation.

Plan for the unexpected

Did a car repair put a dent in your budget? If you were caught off guard with higher than normal home heating bills this winter and had to dip into your emergency fund, replenish it with your refund. No emergency fund? Now you have the funds to start one! It's a good idea to put away three to six months of expenses in the event of job loss, illness or unexpected expenses.

Get to a zero balance on credit cards

Rid yourself of high interest credit card debt. Try to pay off at least one card. From there you can work toward small, repeatable victories.

Simple savings

If you already have an emergency fund, put the money in a Share Account. It's an easy way to save for key family events such as marriage, children, or if you need to move a family member into the home.

Invest in the future

Use your tax refund to open or add to an LGFCU Individual Retirement Account (IRA) or contribute to a child's education with a Coverdell Education Savings Account. What may look like a robin's egg now, could be an ostrich egg in a few years.

Donate to charity

Consider donating some of your refund to a reputable charity. You're not only contributing to the greater good, you may be able to claim a deduction as well. Contact your tax advisor for additional guidance.

Make an extra loan payment

Reduce your balance on a loan. This way you can potentially reduce your monthly payments or at least shorten your repayment period. Plus, you could see a bump in your credit score because you'll be carrying less debt.

BLADEN COUNTY PUBLIC LIBRARY

KID'S EASTER CELEBRATION



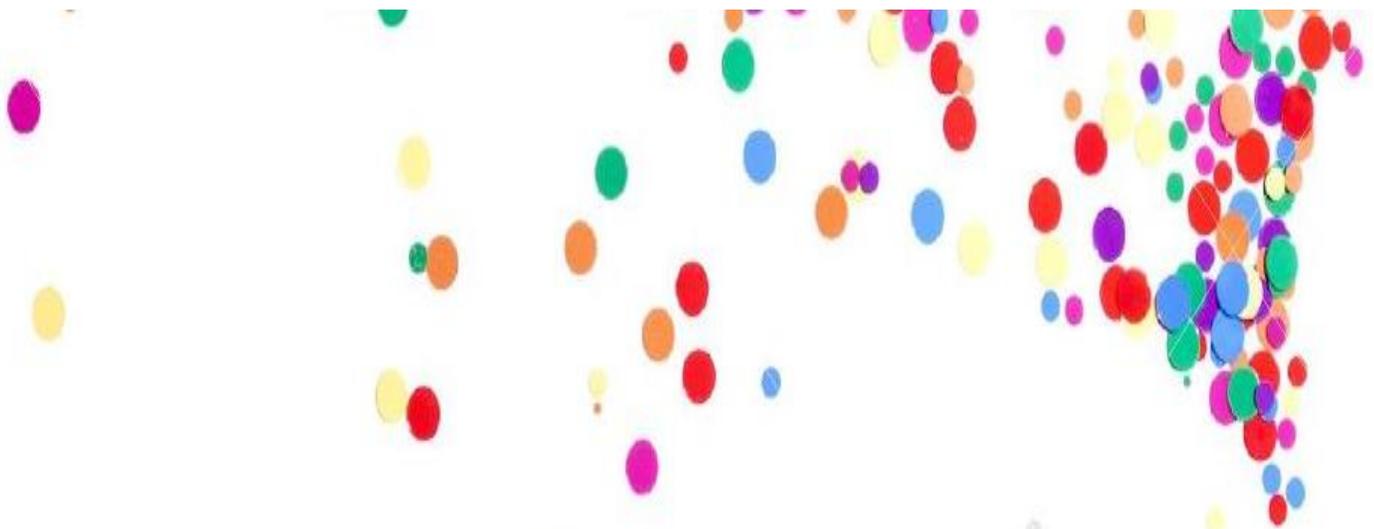
MAIN BRANCH - ELIZABETHTOWN

THURSDAY, MARCH 24, 2016

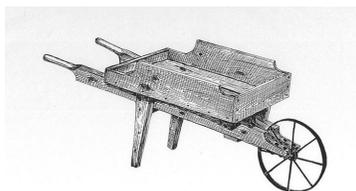
6:00 PM - 7:00 PM

PLEASE CALL 910-862-6990 TO REGISTER IN ADVANCE FOR THIS EVENT.
GUARDIANS MUST ACCOMPANY MINORS.

THIS EVENT IS SUITABLE FOR CHILDREN AGES 2-12.



24 TH ANNUAL OLD FASHION PLANTER'S DAY



FRIDAY & SATURDAY - MARCH 25 & 26, 2016
9252 Old Fayetteville Road, Garland, NC 28441 @ Ammon

GATES OPEN 9:00 AM

CONTACTS:

Show Grounds - John Graham
910-588-4071 jbgraham@intrstar.net

Vendors - Gloria Smith
910-588-4830 gloria.smith1414@icloud.com

Entertainment - Neil Smith
ncsmith@nccumc.org

Advertising - John Graham
910-588-4074
jbgraham@intrstar.net

COUNTRY, BLUEGRASS, AND GOSPEL SINGING—FRI. & SAT.

Saw Mill - Hit & Miss Engines - Old Tractors - Antique Cars

Craft Vendors * Children's Games & Rides * Antique Farm Equipment * Primitive Tools * Horse Equipment *
Swap Meet * Blacksmith

No four wheelers. Golf Carts permitted only for elderly & handicapped. Not Responsible for
accidents. Limited electricity. Limited Water.

ADMISSION DONATIONS FREE PARKING* EXHIBITORS ADMITTED FREE*

MARCH 2016 COMMUNITY CALENDAR

WOMEN'S HISTORY MONTH

IRISH-AMERICAN HERITAGE MONTH

1: BEEF CATTLE MEETING, BLADEN COUNTY EXTENSION OFFICE, 6:30 P.M.

3: **EARLY VOTING BEGINS**

5: CARDINAL POINTS OF USING A COMPASS, JONES LAKE STATE PARK, 10 A.M.

7: PRAYER SERVICE, 8 A.M.

8: BLADEN COUNTY BOARD OF EDUCATION MEETING, 6 P.M., BOE ADMINISTRATION BUILDING

10: **BLADEN FIRE ASSOCIATION, TAR HEEL FIRE DEPARTMENT, 7 P.M.**

12: GEOLOGICAL MYSTERIES OF THE CAROLINA BAYS, JONES LAKE STATE PARK, 10 A.M. ; BLADEN COUNTY FIREFIGHTER'S ASSOCIATION BBQ BENEFIT SALE, 11 A.M.—2 P.M. , BLADEN COUNTY TRAINING FACILITY (FORMER WHITE LAKE PRISON)

13: **DAYLIGHT SAVING TIME - "SPRING FORWARD!"**

17: ELIZABETHTOWN- WHITE LAKE CHAMBER OF COMMERCE AMBASSADOR PROGRAM, SAN JOSE, ELIZABETHTOWN, 6 P.M. ; **ST. PATRICK'S DAY**

19: CAROLINA BAYS, JONES LAKE STATE PARK, 10 A.M.

20: **FIRST DAY OF SPRING!**

21: BOARD OF COMMISSIONERS MEETING, 6:30 P.M.; PRE-BUDGET PUBLIC HEARING 6:30 P.M.

22: MCAB BLADENBORO COMMUNITY BUILDING, 7 P.M.

23: **LUNCH & LEARN, POWELL-MELVIN AG. CENTER, 12 P.M. & 1 P.M.**

24: BLADEN COMMUNITY COLLEGE JOB FAIR & INTERNSHIP EVENT, 10 A.M.—1 P.M. ; **KID'S EASTER CELEBRATION, BCPL MAIN BRANCH, 6 PM—7PM**

25: GOOD FRIDAY -COUNTY OFFICES CLOSED; **OLD FASHION PLANTER'S DAY, AMMON**

26: EASTER EGG HUNT, JONES LAKE STATE PARK, 11 A.M. ; RELAY FOR LIFE 5K BUNNY FUN RUN, BLADENBORO TOWN HALL, 9 AM; **OLD FASHION PLANTER'S DAY, AMMON**

27: **EASTER SUNDAY**; INFORMATIVE PROGRAM ABOUT BUTTERFLIES, JONES LAKE STATE PARK , 2 P.M.