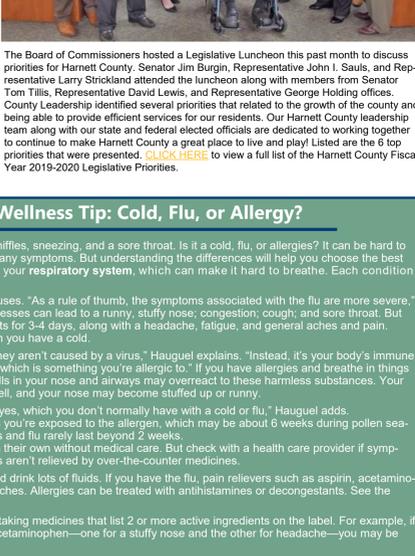


Harnett Connect

Monthly Employee newsletter • Keeping You Connected

County Leadership Meets with Legislative Representatives to Discuss Priorities for the County

- Expanding Broadband Access to Underserved Areas**
- Address Disparities Related to Impact Aid Funding for Military-Connected Students**
- Support County Efforts to Expand Natural Gas Capacity**
- Allow Counties to Enact Public Fees to Support Basic Education**
- Give School Systems Flexibility in Establishing their K-12 Calendars**
- Grant County Boards of Commissioners the Ability to Construct Schools**



The Board of Commissioners hosted a Legislative Luncheon this past month to discuss priorities for Harnett County. Senator Jim Burgin, Representative John I. Sauls, and Representative Larry Strickland attended the luncheon along with members from Senator Tom Tillis, Representative David Lewis, and Representative George Holding offices. County Leadership identified several priorities that related to the growth of the county and being able to provide efficient services for our residents. Our Harnett County leadership team along with our state and federal elected officials are dedicated to working together to continue to make Harnett County a great place to live and play! Listed are the top priorities that were presented. [Click here](#) to view a full list of the Harnett County Fiscal Year 2019-2020 Legislative Priorities.

Health & Wellness Tip: Cold, Flu, or Allergy?

You're feeling pretty lousy. You've got sniffles, sneezing, and a sore throat. Is it a cold, flu, or allergies? It can be hard to tell them apart because they share so many symptoms. But understanding the differences will help you choose the best treatment. Cold, flu, and allergy all affect your respiratory system, which can't make it hard to breathe. Each condition has key symptoms that set them apart.

Colds and flu are caused by different viruses. "As a rule of thumb, the symptoms associated with the flu are more severe," says NIH's Dr. Teresa Hauguel. Both illnesses can lead to a runny, stuffy nose; congestion; and a sore throat. But the flu can also cause higher fever that lasts for 3-4 days, along with a headache, fatigue, and general aches and pain. These symptoms are less common when you have a cold.

"Allergies are a little different, because they aren't caused by a virus," Hauguel explains. "Instead, it's your body's immune system reacting to a trigger, or allergen, which is something you're allergic to." Unlike colds and flu, allergies and breathe in things like pollen or pet dander, the immune cells in your nose and airways may overreact to these harmless substances. Your delicate respiratory tissues may then swell, and your nose may become stuffed up or runny.

"Allergies can also cause itchy, watery eyes, which you don't normally have with a cold or flu," Hauguel adds. Allergy symptoms usually last as long as you're exposed to the allergen, which may be about 6 weeks during pollen seasons in the spring, summer, or fall. Colds and flu rarely last beyond 2 weeks.

Most people with a cold or flu recover on their own without medical care. But check with a health care provider if symptoms last beyond 10 days or if symptoms aren't relieved by over-the-counter medicines.

To treat colds or flu, get plenty of rest and drink lots of fluids. If you have the flu, pain relievers such as aspirin, acetaminophen, or ibuprofen can reduce fever or aches. Allergies can be treated with antihistamines or decongestants. See the "Wise Choices" box for more details.

Be careful to avoid "drug overlap" when taking medicines that list 2 or more active ingredients on the label. For example, if you take 2 different drugs that contain acetaminophen—one for a stuffy nose and the other for headache—you may be getting too much acetaminophen.

"Read medicine labels carefully—the warnings, side effects, dosages. If you have questions, talk to your doctor or pharmacist, especially if you have children who are sick," Hauguel says. "You don't want to overmedicate, and you don't want to risk taking a medication that may interact with another."

TREATMENTS

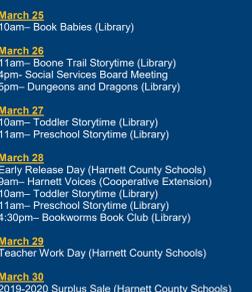
- | | | |
|--|---|---|
| Common Cold <ul style="list-style-type: none"> Symptoms last up to 2 weeks Stuffy, runny nose, sore throat, cough Treated with rest, fluids, over-the-counter (OTC) medicines to ease symptoms | Airborne Allergy <ul style="list-style-type: none"> Lasts as long as allergens (such as pollen, pet dander) are present Stuffy, runny nose; itchy, watery eyes Treated with antihistamines, decongestants, nasal steroids | Seasonal Flu <ul style="list-style-type: none"> Symptoms usually last 1-2 weeks High fever (100-102°F or higher in youngsters), headache, aches and pains, weakness, exhaustion, cough, chest discomfort Treated with rest, fluids, OTC medicines; prescription antiviral drugs |
|--|---|---|

Article provided by National Institutes of Health, part of the US Department of Health and Human Services. The advice provided is for informational purposes only.

County Departments Get New Look on Harnett Webpage



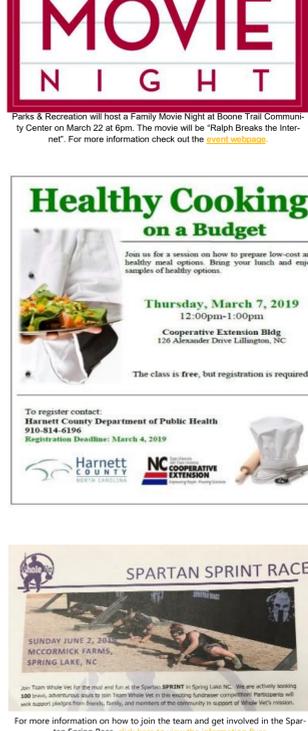
In addition to their recent name change, Harnett Regional Water has updated their county website to continue promoting the department's new brand. The website will better serve the growing customer base by providing many updated customer service options. These customer service options include: an online outage report form, online account where customers can access account information, pay bills, and view water consumption reports, setting up service or transferring service, and educational information for conservation. Frequently asked questions, and upcoming capital projects. Harnett Regional Water is also using the webpage to post public notices, such as the upcoming disinfection process change which will begin on March 1. To see the new features and explore the Harnett Regional Water webpage, visit: www.harnettwater.org



The Sheriff's Department also has a new look that promotes a more user friendly webpage. Citizens have the ability to apply for a gun permit online, search the inmate population, look at the community crime map in their neighborhood, view news releases, and felony arrests reports. The website also includes services provided by the Sheriff's Department, which include: Police Athletic League, the Citizens Academy, Project Life-saver, Sex Offender Registrar, and Church Security Information. Sheriff Wayne Coats also promotes the importance of crime prevention by providing educational material and programs that allow citizens to help prevent and promote safety in their communities. To view the new site, visit: www.harnettsheriff.com/sheriff-wayne-coats.asp

Mark Your Calendar

- March 1**
10am- Pre-K Yoga Class (Library)
11am-6pm- PAL BBQ Fundraiser (Sheriff's Department)
- March 2**
8:30am- Basic School Age Care Training (Cooperative Extension)
11am- Dr. Seuss Birthday Celebration (Library)
- March 4**
9am- Board of Commissioners meeting
10am- Board of Commissioners meeting
6pm- Planning Board meeting
6pm- Board of Education meeting
- March 5**
11am- Boone Trail Storytime (Library)
6pm- Veterans' Council Meeting
- March 6**
9am- Development Review Board
10am- Toddler Storytime (Library)
11am- Preschool Storytime (Library)
5:30pm- Trivia Night (L. Simms)
- March 7**
10am- Toddler Storytime (Library)
11am- Preschool Storytime (Library)
12pm- Healthy Cooking on a Budget (Health & Cooperative Extension)
6:30pm- Family Bingo Night (Parks & Recreation)
- March 8**
8am- CPR/First Aid Training (Cooperative Extension)
- March 11**
10am- Book Babies (Library)
6pm- Board of Adjustment meeting
- March 12**
9am- Board of Commissioners work session
11am- Boone Trail Storytime (Library)
6pm- Dungeons and Dragons (Library)
6pm- Parks & Recreation Advisory Committee
- March 13**
10am- Toddler Storytime (Library)
11am- Preschool Storytime (Library)
- March 14**
6-week Report Cards Issued (Harnett County Schools)
10am- Toddler Storytime (Library)
11am- Preschool Storytime (Library)
6pm- Harnett Off Broadway- Ovarianitis Attendance Area (Harnett County Schools)
- March 15**
5:30pm- Parent's Night Out (Parks & Recreation)
6pm- Harnett Off Broadway- Western Attendance Area (Harnett County Schools)
- March 16**
11am- Family Storytime (Library)
- March 18**
9am- Board of Education work session
10am- Book Babies (Library)
6pm- Board of Commissioners meeting
6pm- HS-SDS Training (Cooperative Extension)
- March 19**
11am- Boone Trail Storytime (Library)
- March 20**
10am- Toddler Storytime (Library)
11am- Preschool Storytime (Library)
- March 21**
11am- Toddler Storytime (Library)
11am- Preschool Storytime (Library)
6pm- Harnett Off Broadway- Harnett Central Attendance Area (Harnett County Schools)
7pm- Soil & Water Conservation District Board Meeting
- March 22**
6pm- Harnett Off Broadway- Triton Attendance Area (Harnett County Schools)
- March 26**
10am- Book Babies (Library)
- March 26**
11am- Boone Trail Storytime (Library)
11am- Preschool Storytime (Library)
5pm- Dungeons and Dragons (Library)
- March 27**
10am- Toddler Storytime (Library)
11am- Preschool Storytime (Library)
- March 28**
6-week Release Day (Harnett County Schools)
9am- Harnett Voices (Cooperative Extension)
10am- Toddler Storytime (Library)
11am- Preschool Storytime (Library)
4:30pm- Bookworsh! Book Club (Library)
- March 29**
Teacher Work Day (Harnett County Schools)
- March 30**
2019-2020 Surplus Sale (Harnett County Schools)



Parks & Recreation will host a Family Movie Night at Boone Trail Community Center on March 22 at 6pm. The movie will be Ralph Breaks the Internet. For more information check out the [event webpage](#).

Healthy Cooking on a Budget

Join us for a session on how to prepare low-cost and healthy meal options. Bring your lunch and enjoy samples of healthy options.

Thursday, March 7, 2019
12:00pm-1:00pm
Cooperative Extension Bldg
120 Alexander Drive Lillington, NC

The class is free, but registration is required.

To register contact:
Harnett County Department of Public Health
910-814-6196
Registration Deadline: March 4, 2019

SPARTAN SPRINT RACE

SUNDAY, JUNE 2, 2019
McCORMICK FARMS, SPRING LAKE, NC

Join Team Harnett for the fun and fun at the Spartan SPRINT in Spring Lake, NC. We are actively seeking healthy and fit athletes. Bring your lunch and enjoy samples of healthy options.

For more information on how to join the team and get involved in the Spartan Spring Race, [click here to view the information flyer](#).

You are invited to the Dr. Seuss Birthday Celebration

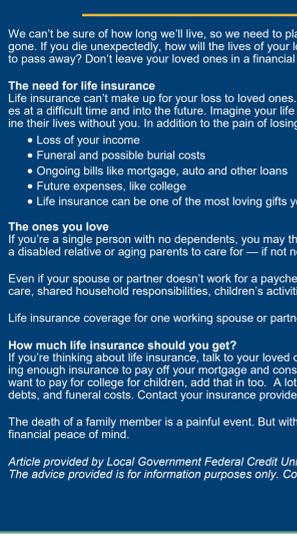
SATURDAY, MARCH 23 AT 11 AM

Join us for a fun-filled day of Seuss-themed activities, including a parade, games, and a special performance. Free admission, donations appreciated.

Board of Commissioners March Meeting Schedule

Date	Time	Meeting
Monday, March 4	9:00am	Board Meeting
Tuesday, March 12	9:00am	Work Session
Monday, March 18	6:00p	Board Meeting

Development Services Announces Draft of Northwest Area Plan



Did you know that the population in Northwest Harnett County has grown by 56% since 2000? Harnett County Development Services has begun the process to create a Small Area Plan for the northwestern part of the County. The plan will look at the area between NC 210 to the east, the Cape Fear River to the south, and the Wake County line to the North. The planning effort will build on policies in the 2015 Comprehensive Growth Plan and focus on balancing the rural character of the area while accommodating growth and determining infrastructure needs. The outcome of this plan will be a revised land use plan to guide rezoning and recommendations that will guide public and private investment decisions for years to come. It is anticipated that this planning process will take approximately six months.

[CLICK HERE](#) to view the draft plan for the Harnett County Northwest Area Study

[CLICK HERE](#) to view some frequently asked questions

[CLICK HERE](#) to take a quick survey regarding the Harnett County Northwest Area Study

Public Information

Stay informed with our website, social media, and staff contact information.

Harnett County Public Information

Stay Informed www.harnett.org/publicinfo

Follow us on Social Media

- Facebook: Harnett County Government
- Twitter: @HarnettCounty
- Instagram: @Harnett_County
- Nextdoor: Harnett County Government

Staff Contact

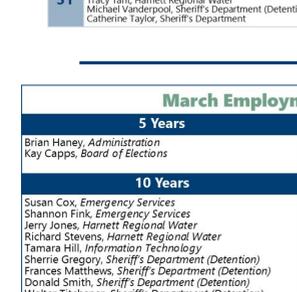
Ashley Deans
Community Relations Coordinator
Email: adeans@harnett.org
Phone: 910-814-6001

You can stay up-to-date with Harnett County by following us on social media. Along with our Facebook, Twitter, and Instagram pages, Harnett County now has a Nextdoor account which will allow us to interact with 171 neighborhoods within the county. That's right, you have a neighborhood! If you have information, upcoming events, or "we did good" stories, contact [Ashley Deans](mailto:Ashley.Deans@harnett.org) to help promote to the community.

Welcome Back Corporal Eric Cook



On February 25, the Sheriff's Department held a press conference to welcome back Corporal Eric Cook. It was 10 months ago that Eric responded to a call which resulted in him sustaining gunshot injuries to his chest and face. Eric has been a dedicated deputy and knew he'd return back to the job he loved. He stated, "It has taken a lot of determination and commitment over the last 10 months, but I'm happy to say I'm back to work, full duty, and be able to continue serving the citizens of Harnett County."



Sheriff Wayne Coats also presented Cpl. Cook with the Purple Heart Medal. Sheriff Coats stated, "The Purple Heart Medal is a visual reminder of his bravery and sacrifice he has made for this community. It's Eric's family, who has been a huge support system through this recovery journey, was present at the press conference this morning. Eric is also being returned to duty and get back in a normal routine. Eric stated, "I wondered how I'd feel putting the uniform on. It feels really good, I feel normal, it feels like it was nothing I meant to do."



Thank you Eric to all the men and women from our Harnett County Sheriff's Department that put themselves on the line to protect and serve our community. We appreciate your service and working to keep our community safe!

You can view photos and video of the press conference in this photo album: [Deputy Eric Cook's Press Conference](#).

Human Resources Corner: Life Insurance

We can't be sure of how long we'll live, so we need to plan ahead for the financial needs of our loved ones after we're gone. If you die unexpectedly, how will the lives of your loved ones be impacted? Would your spouse or partner be able to pass away? Don't leave your loved ones in a financial bind when you're gone. Give the lasting gift of life insurance.

The need for life insurance
Life insurance can't make up for your loss to loved ones. It can, however, provide financial support to help with expenses your lives without you. In addition to the pain of losing a loved one, they're facing:

- Loss of your income
- Funeral and possible burial costs
- Ongoing bills like mortgage, auto and other loans
- Future expenses, like college
- Life insurance can be one of the most loving gifts you can give.

The ones you love
If you die unexpectedly, how will the lives of your loved ones be impacted? Would your spouse or partner be able to pass away? Don't leave your loved ones in a financial bind when you're gone. Give the lasting gift of life insurance.

Even if your spouse or partner doesn't work for a paycheck, don't overlook those contributions to the household. Child care, shared household responsibilities, children's activities, and just being a parent all involve time and effort.

Life insurance coverage for one working spouse or partner may not be sufficient.

How much life insurance should you get?
If you're thinking about life insurance, talk to your loved ones and evaluate your family's financial needs. Consider buying enough insurance to pay off your mortgage and consumer debts and replace some or all of your income. If you want to pay for college for children, add that in too. A lot will depend on your age, the age of your spouse and children, debts, and funeral costs. Contact your insurance provider when you're ready to purchase a policy.

The death of a family member is a painful event. But with proper planning, your family can have the support needed for financial peace of mind.

Article provided by Local Government Purpose Credit Union. Contact your life insurance advisor for additional guidance.

Professional Development Opportunities

ONLINE WEBINAR Rural Early Childhood Peer Learning Network March 19, 2pm-3:30pm REGISTER HERE	Harnett County Open Positions Click here to view job opportunities with Harnett County government.
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SLLC Supreme Court Midterm Webinar March 20, 1pm-2pm REGISTER HERE	<ul style="list-style-type: none"> Assistant Manager of Building Services Central Permitting Technician Code Enforcement Officer I, II, III Deputy Sheriff Detection Officer Part-Time EMT Basic Full-Time/Part-Time EMT Paramedic Telecommunicator- EMD
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Urban Early Childhood Peer Learning Network March 21, 2pm-3:30pm REGISTER HERE	
Rigorous Evidence 101 & Research Clearinghouses March 27, 2pm-3:15pm REGISTER HERE	

EMPLOYEE ENGAGEMENT WORKSHOP

Counties continually must "do more with less." Federal or state-mandated increased in services and programs, but with less revenue and funding, means finding new ways to keep up. One solution can be found in each and every county – their own employees. This hands-on training session, led by employee engagement expert Robert Lavigna, will focus on how engaging the county workforce can save time and money, and contribute to better employee development at the same time. Click on the photo below or follow this link: <https://www.facebook.com/ncgov>

Campbell University Honors County Employees at Men's Basketball Game

Campbell University hosted a Harnett County employee appreciation night at the men's basketball game on February 21, over 3,000 fans and employees packed the gym to watch the nation's leading scorer, Chris Clements, and the Fighting Camels take on the High Point University Panthers. The Fighting Camels secured their 5th straight home victory by defeating the Panthers 61-58.

Chris Clements again made history by scoring 27 points which moved him past Hersey Hawkins and into the 8th place on the NCAA Division I all-time leading scoring list.

Thanks to everyone who came out to support Campbell University!

March Employee Birthdays

1 Ashley Deans, Administration Clarence Gibson, Development Services Kimberly Van Beck, Library Nicole Kirk, Social Services Terri Cliss, Social Services	16 Daniel Fleming, Emergency Services Jacqueline Warren-Ford, Finance Deborah Wilson, Health Department
2 Jackie Helton, Cooperative Extension Pamela Lowther, Emergency Services Liamna Simmons, Social Services Allan O'Brian, Harnett Regional Water Diana Vernon, Transportation	17 William Collins, Parks & Recreation
3 Sharon Williams, Cooperative Extension Randy Baker, Development Services Jamie Phelps, Harnett Regional Water Richard Stevens, Harnett Regional Water Wayne Coats, Sheriff's Department	19 Rodney Eason, Emergency Services Edison Eastham, Emergency Services Andrea Maness, Social Services April Rangel, Sheriff's Department Kenneth Rogers, Transportation
4 Shannon Warren, Social Services	20 Patrick Chase, Sheriff's Department (Detention) Kristina Davis, Social Services
5 Aryla Bryant, Communications Michael Morrison, General Services Mildred Paul, Social Services	21 Theresa Coupee, Sheriff's Department
6 Michaela Armstrong, Emergency Services	22 Paula Morrison, Sheriff's Department Tina Strickland, Finance Travis Holt, Harnett Regional Water Robert Knight, Sheriff's Department Veronica Aguirre, Social Services
7 Amanda Michalowski, Health Department Johnny Hawley, Sheriff's Department Liamna Simmons, Social Services	23 Bradley Stevens, Sheriff's Department
8 Roger Taylor, Harnett Regional Water Donald Lucas, Sheriff's Department	24 Joan Shaw, Parks & Recreation Hal Stroud, Sheriff's Department
9 David Boyd, Emergency Services Seth Cochran, Emergency Services Stephen Daily, General Services Gayla Hurwitz, Sheriff's Department	25 Elizabeth Broudy, Harnett Regional Water David Oakley, Sheriff's Department (Detention) Donovan Heist, Library Stewart Parker, Sheriff's Department
11 Debra Byrd, Cooperative Extension Robert Edmonds, Harnett Regional Water Sabrina Currin, Sheriff's Department	26 Amy Allen, Health Department Christopher Appel, Legal Services Kimberly Sirois, Library
12 Walter Massey, Development Services Robin Sawyers, Emergency Services David Whitenton, Sheriff's Department Kaye White, Social Services Michael Johnson, Solid Waste	27 Eileen Beeson, Animal Services Tina Strickland, Finance Billy Kelly, Parks & Recreation
13 Steve Blackburn, Board of Elections Seth Cochran, Emergency Services	28 Debra Strickland, Sheriff's Department
14 Scott Phillips, Emergency Services Robert Norris, Sheriff's Department (Detention)	29 Bobby Strickland, Sheriff's Department Pamela Little, Social Services
15 Latherian Christie, Harnett Regional Water Lee Harris, Health Department Kerr Davis, Health Department John Knight, Sheriff's Department Rodney Jackson, Sheriff's Department Kimberly Shallock, Social Services	30 Judy Holley, Administration Kimberly Honeycutt, Finance Patricia Davis, Health Department The Harnett County Rotary for life event will be on Friday, March 31st at Regional Harnett Government Complex. Sign up to join a team or start your own team now! For more information on how you can get involved with Relay for Life, contact Virginia Smith at 910-814-6683 or vsmit@harnett.org .
31 Krystal Ennis, Communications Michele Temple, GIS Tracy Tint, Harnett Regional Water Michael Vann, Sheriff's Department (Detention) Catherine Taylor, Sheriff's Department	

March Employment Anniversaries

5 Years Brian Haney, Administration Kay Capps, Board of Elections	20 Years Timothy Lloyd, Sheriff's Department Gale Green, Health Department Charlotte Leach, JobLink Career Center
10 Years Susan Cox, Emergency Services Shannon Fink, Emergency Services Jerry Jones, Harnett Regional Water Richard Stevens, Harnett Regional Water Tamara Hill, Information Technology Sherrie Gregory, Sheriff's Department (Detention) Frances Matthews, Sheriff's Department (Detention) Donald Smith, Sheriff's Department (Detention) Walter Titchener, Sheriff's Department (Detention) Betty Ellis, Sheriff's Department Kay Kidd, Sheriff's Department	25 Years No anniversaries in March
15 Years Kenneth Bass, Social Services	30 Years Donny Osborne, Harnett Regional Water

Community Give Back Opportunities

Did you know, as a Harnett County employee, you are eligible for 1.5 hours of paid volunteer leave each week to assist in your community? Check out these fun ways to make a big impact in the community! In order to receive your volunteer leave benefit, please get approval from your supervisor prior to volunteering.

North Carolina Senior Games

Senior Games STATE FINALS

In partnership with Mid-Carolina Senior Games, Harnett County Parks & Recreation will be hosting the 2019 Senior Games.

These games are a vital source of physical activity and social pride and joy for many seniors throughout our community. If you are willing to volunteer, we would love to have you for a couple of hours. No prior experience is needed, as we will go over everything before each event begins. Just bring a big heart and your biggest smile!

Listed below are the dates and times of the events taking place in Harnett County this year. If you are able to help at any of these events, please contact Drew Bryant with Harnett County Parks and Recreation at wdbryant@harnett.org or at (910) 893-7518

2019 Harnett County Events

- Thursday, April 11th, Track Events at Campbell University (Irwin Beik Track), 8:30 AM - 11 AM
- Wednesday, April 17th, Track Events at Campbell University (Irwin Beik Track), 8:30 AM - 11:15 AM
- Tuesday, April 23rd, Track Events at Campbell University (Irwin Beik Track), 8:30 AM - 11 AM
- Thursday, April 25th, Cornhole Tournaments at Al Woodall Municipal Park in Irwin, 12:30 - 4 PM "Usually the largest event and requires many volunteers"

MEALS ON WHEELS AMERICA

TOGETHER, WE CAN DELIVER.

Looking to make an impact in your local community? Become a volunteer with the Meals on Wheels program. The Department on Aging's Elderly Nutrition Program offers opportunities for individuals and groups to assist with delivering meals to our elderly homebound clients. Delivery of meals typically takes about 45 minutes per day and is done five days a week. For more information and to sign up to deliver meals, contact Debra Vaughn at 910-814-6072 or dvaughn@harnett.org.

Relay for Life

Show your love. Share your commitment.

Relay for Life is looking for community partners. You can help support the fight for cancer by signing up to join a Harnett County team, starting your own team, participating in monthly meetings, and assisting at upcoming events! The next meeting will take place on Thursday, March 21st at 6pm in the Commons Area. The Harnett County Rotary for life event will be on Friday, May 31st at Regional Harnett Government Complex. Sign up to join a team or start your own team now! For more information on how you can get involved with Relay for Life, contact Virginia Smith at 910-814-6683 or vsmit@harnett.org.

HARNETT COUNTY BLOOD DRIVE

SHARE THE MIRACLE OF LIFE WITH THE WORLD.

THURSDAY, MARCH 7, 2019
1 PM - 5:30 PM
HARNETT COUNTY GOVERNMENT COMPLEX
307 W CORNELIUS HARNETT BLVD
LILLINGTON, NC 27546

To donate blood, sign up at: www.redcrossblood.org
or contact the Harnett County Department on Aging at 910-893-7578

Stay connected to Harnett County online! Visit the County webpage and social media pages by clicking on the icons below.

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For more information, contact:
Ashley Deans
Community Relations Coordinator
Email: adeans@harnett.org
Phone: 910-814-6001

