



FRONTLINE

The "Award-Winning" Newsletter for City Employees

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National Garbage Man Day

National Garbage Man Day was celebrated the week of June 17. Please thank the person who collects your household trash, yard waste, bulky items or recycling. The City of Fayetteville celebrates the men and women of the Environmental Services Department who keep our city clean.

If the waste management industry were to decide to take a day off, we would quickly revert back to medieval waste management practices that happened before the systems were put in place to efficiently collect solid waste.

Without the garbage men of our communities, many cities would be driven to a state of disorder. According to the Centers for Disease Control, historically the eradication of many diseases in the Western World is due, in large part, to higher public sanitation standards resulting from efficient garbage disposal. A huge part of recovering from natural disasters is played by the men and women responsible for removal and disposal.

So, bake your friendly neighborhood garbage man some cookies, offer a cold drink or go ahead and give your landfill attendant a high five!



Giving Back to Encourage Students

At Sherwood Park Elementary, a celebration for a year of hard work and achievement was hosted by the principal, teachers and staff for the students. To help make the celebration more exciting, a group of local volunteer musicians, including **Adolph Thomas** from Community Development, visited the school and performed with vibrant dance music. Invited by Patricia Utley, the musicians came to help the principal and teachers promote learning, reading and thanks for a job well done. For this event, the group called themselves the "Bookworms." A few of the musicians are former volunteers of the Fayetteville Police Band, the Roll'rz. They enjoyed the work so much that they continued from time-to-time, making themselves available for school events at no charge. Other band members consisted of Zack Guinn - professional musician, Dr. Darryl McAllister - Robeson County Mental Health, Ledgerick Woods - Cumberland County Schools, Robert Cox - Cross Creek Mall Sears and James Forbes - professional musician.

"We enjoy giving the kids a good time and playing some of the classics, as well as some of their favorites," says Adolph Thomas. He gave away several copies of his dance single CD, "The Jump," which was one of the songs performed. Thomas actually wrote it for kids and family fun; he said of the students at the school, "It looked like they enjoyed it."



Bowers 2nd in State

Transit employee **Paula Bowers** participated in the North Carolina Public Transportation Association (NCPTA) state roado competition in Concord on June 4. Paula took second place in the Light Transit Vehicle (LTV) category. She had to navigate her way through 11 obstacles. Paula has consistently been the top or a top performer in Transit's local bus roado and the state roado competitions. Congrats Paula!



Bowers, center, is presented a check and trophy after the competition.

City Employee Profiles

CeCe Robinson and William Bowden, Environmental Services



Name: CeCe Robinson

Hometown: Roanoke Rapids, N.C.

Prior Job Before City: Before the City, she was an owner-operator of a log hauling business

Date Started: September 2012

Job Title: Equipment Operator III; started as Equipment Operator II

What I Do: I drive a one-arm bandit. Route schedule: Monday - Law and Tokay roads, Tuesday - Devonwood, Thursday - Haymount and Friday - Bingham and Bailey Lake roads

What I Like About My Job: I love doing what I do. I was a garbage hauler before log hauling. It gives me the benefit of being home every night with my three kids and grandkids.

Family: 3 kids and 2 grandkids

Hobbies: Spending time with my kids and grandkids



Name: William Bowden

Hometown: Fayetteville

Prior Job Before City: Was a cook at Ramada Inn off 301

Date Started: Started as a temp, as a collector, in the fall of 1987; started as a regular employee on June 9, 1989

Job Title: Equipment Operator III

What I Do: I operate a one-arm bandit and pick up household trash. Route schedule: Monday - Helen Street area (Bonnie Doone), Tuesday - Lagrange, Thursday - Off Village Drive and Friday - Off Bingham Drive

What I Like About My Job: I like the people I work with. I like talking with and helping residents.

Family: Wife of 28 years, two girls and 1 boy, 2 grandsons

Hobbies: Church, little league sports, playing pool and taking care of dogs.

Stormwater Division and Fayetteville Beautiful Receive Green Business Awards

The City of Fayetteville's Stormwater Division received the "Walk the Walk Clean Water" award during the 2017 Sustainable Sandhills Green Business Awards Luncheon on June 15. The Division was nominated for the award due to staff's leadership in environmental stewardship. Since 1995, the Stormwater Division has strived to create awareness about stormwater runoff and help improve water quality through pollution reduction.



After receiving the nomination, the Stormwater Division was asked to provide evidence of activities that best portrayed their commitment to environmental stewardship. Staff provided Sustainable Sandhills with three documents that best describe their efforts in the past year: The 2017 Annual Report to N.C. Department of Environmental Quality, an abstract about the Person Street Green Innovative Stormwater Greenscape and a Wet Pond Study that was done in collaboration with North Carolina State University.

Staff is extremely honored to have received this award and is committed to continuing their work in helping to make our community a great place to live. If you would like to learn more about the Stormwater Division, please visit us on the web at www.fayettevilleenc.gov/stormwater.

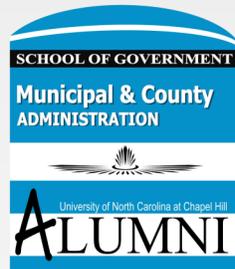
Spivey and Arata Graduate from Prestigious UNC Municipal Administration Program

Congratulations to Cheryl Spivey, Chief Financial Officer, and Kevin V. Arata, Corporate Communications Director, for graduating April 28 from the Municipal and County Administration program at the University of North Carolina at Chapel Hill School of Government.

The course, spanning four days per month over a seven month period, is designed for city managers, department heads and other city officials whose responsibilities require an understanding of functions beyond their individual areas of specialization.

The UNC School of Government, founded in 1931 as the Institute of Government, is the largest university-based local government training, advisory and research organization in the United States.

Representatives from the N.C. League of Municipalities were on hand to speak to previous alumni and graduates.



Arata, left, Assistant City Manager Jay Reinstein and Spivey at UNC Chapel Hill.

Scott Shuford Announces Retirement

After 36 years of service to the planning profession, Fayetteville Planning and Code Enforcement Director Scott Shuford has announced his retirement. He has been in Fayetteville for the past six years. Shuford has served in senior planning positions in Onslow County, Asheville, Wilmington and Carolina Beach in North Carolina; St. Petersburg, Clearwater and Brevard County in Florida; and served two years as a planning consultant.

"I have been honored to serve in this community of heroes while watching city leadership come to recognize and support quality of life as a primary economic development driver," Shuford said. "The downtown baseball stadium complex, the UDO, the gateway improvement initiative, blight removal, the Arts and Entertainment District Plan, the Civil War History Center, the CEED culinary incubator and the Climate Resiliency Plan prepared by Sustainable Sandhills will all serve to advance the physical and economic sustainability of Fayetteville well into the future. This is truly a city on the move."

Shuford plans to relocate to Asheville where he will manage the continuing education program for CASE Consultants International, a climate science information and communication firm.



Shuford, center, holds the Old North State Award with Councilman Kirk deViere and City Manager Doug Hewett.

Mayner Earns MPA from Penn State

Kenneth Mayner, Chief Branding Officer in Corporate Communications, graduated with honors (Pi Alpha Alpha) from The Pennsylvania State University (Penn State) on May 6 with a Master of Public Administration (MPA). Penn State, founded in 1855, is a land grant, research-intensive university and is considered a "Public Ivy."

Mayner, a Fayetteville native who has been with the City since 2005, holds a Bachelor of Science in Public History from East Carolina University, a Graduate Certificate in Web Design and Online Communication from the University of Florida and an Associate of Applied Science in Advertising & Graphic Design from FTCC. He is also a 2014 alumni of the UNC School of Government Municipal Administration Program. Congrats!



Fluid Intake Recommendations

An essential nutrient is a nutrient that the body cannot synthesize on its own—or not to an adequate amount—and must be provided by the diet. These nutrients are necessary for the body to function properly. The six essential nutrients include carbohydrates, protein, fat, vitamins, minerals and water.



Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells and provides a moist environment for ear, nose and throat tissues. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

Water is the main component of blood, which delivers oxygen, nutrients, hormones and a multitude of other substances to cells and removes metabolic by-products from cells. Water also has a protective function, cushioning the spinal cord and brain from sudden-impact injury, and is a critical component of temperature regulation. An inadequate consumption of fluid, particularly during physical activity, results in dehydration, causing early exercise fatigue and poor performance.

The Institute of Medicine determined that an adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day. The AI for women is about 9 cups (2.2 liters) of total beverages a day (AI is based on observed or experimentally determined estimates – used when Recommended Daily Allowance cannot be determined).

Everyone has heard the advice, “drink eight 8-ounce glasses of water a day.” That’s about 1.9 liters, which isn’t that different from the Institute of Medicine recommendations. Although the “8 by 8” rule isn’t supported by hard evidence, it remains popular because it’s easy to remember. Just keep in mind that the rule should be reframed as: “Drink eight 8-ounce glasses of fluid a day,” because all fluids count toward the daily total.

You don’t need to rely only on what you drink to meet your fluid needs. What you eat also provides a significant portion of your fluid needs. On average, food provides about 20 percent of total water intake. For example, many fruits and vegetables, such as watermelon and spinach, are 90 percent or more water by weight.

In addition, beverages such as milk and juice are composed mostly of water. Even beer, wine and caffeinated beverages—such as coffee, tea or soda—can contribute, but these should not be a major portion of your daily total fluid intake. Water is still your best bet because it’s calorie-free, inexpensive and readily available.

We know that proper nutrition is vital to good health and physical performance. Proper hydration is a big part of this nutritional picture, and learning how to properly hydrate (especially during the summer months) is critical. The little steps we take to improve our diets can add up to make a big difference in our overall health.



John Combs, City Wellness Coordinator
(910) 433-1645

New Planners Join City

Chester Greene II joins our planning staff from New York state, where he worked five years in city planning for the Town of Oyster Bay. In addition, he has over 10 years of experience as an environmental planner. Chet will be working in Current Planning, assisting Marsha Bryant, and reviewing Landscaping, Lighting and Building Façades.

Stephanie Goodrich joins our staff from Fairfax County, Va., where she worked as a Historic Preservation Planner. Stephanie has over five years of experience in historic preservation work. She will be overseeing the City’s Historic Districts, Certificates of Appropriateness for Minor and Major Works and will be the staff liaison to the Historic Resources Commission.



Greg Schaefer, City Safety Officer
(910) 391-0428

Summer Myths and Truths

Truth or Myth: Playing in the sand at the beach is completely safe. This is a myth. Sand at beaches contains all kinds of bacteria, including E. coli. It is a good idea to take a shower and change beach clothing as soon as possible after being on the sand. Use bottled water to rinse can tops and wash your hands before eating and snacks. Using hand sanitizer can also help reduce exposure to bacteria. Avoid touching your eyes or nose until you’ve cleaned your hands.



Truth or Myth: Oatmeal and milk can help ease the pain of sunburn. This is a truth. Cool water showers can help remove the heat and cool the burn. You can also use milk or milk soaked oatmeal to reduce skin inflammation. Aloe vera is a good treatment too, try cooling it in the refrigerator before application.

Truth or Myth: The best way to remove a tick from you or your pet is with a pair of tweezers. This is a truth. Other methods such as heat, Vaseline, alcohol or nail polish are possibly dangerous. Trying to kill the tick while it is attached can cause the tick to regurgitate to try and release, which injects the host with any disease it may carry.

The primary birthing months are May and June. Newborn ticks are extremely small but can still carry diseases. Ticks wait in the grass for a warm blooded host to come by, and once on the host, a tick will search for soft skin on which to attach. You will probably not feel the bite of a tick or even notice them for several hours. Use an insect repellent containing DEET and apply to clothing openings and open skin when in the outdoors: <https://www.cdc.gov/ticks/index.html>.

- After returning from your fun in the outdoors, you still need to take measures to protect yourself and your family.
- Brush clothing off before entering building or vehicles and perform a tick check.
- After returning from the outdoors, take a shower and check again for ticks.
- Separate clothing and laundry using the warmest water possible - remember ticks may be hidden or attached to your clothing too.
- Don't forget to check your pets and give them a bath with a flea and tick shampoo.

Submit Your Graduates' Information!

City of Fayetteville employees can honor and recognize their children, grandchildren, nephews, nieces or anyone in their families who have recently graduated or been honored with recognitions from pre-school, elementary school, middle school, high school or college. If you would like to recognize your family member, e-mail pictures, the name of the student, school, graduation/recognition, employee's name and relationship to student and the next school/field they will enter to Corporate Communications at corpcomm@ci.fay.nc.us.



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Corporate Communications Department

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If you would like to contribute to Frontline, please email us at nwalls@ci.fay.nc.us.