



Talk of the Town

January 10, 2014
23rd Edition

Town Tidbit:

Did you know? Typically, January is our coolest month of the year with an average low of 30F and an average of high of 50F.

New Year's Resolutions

5 Easy Tips for Success

It's the end of the year, so it makes sense that we discuss how to make those New Year's resolutions come true (for a change!). If you're serious about keeping those resolutions, then you'll appreciate this article. Here are five tips to help make you more successful when making those resolutions. ([full article](#))

1. Pick Realistic Goals
2. Define Those Goals
3. Set a Schedule
4. Don't Be Upset by Setbacks
5. Enlist Additional Help or Support

And remember...

Not every New Year's resolution was meant to be kept. Some are easier to keep than others. Sometimes it helps for a person to make a few fun resolutions you know are unrealistic and have no intentions of keeping. Since you'll break those right away, you will then have more time and energy to focus on the real ones. This may or may not work for everyone, so give it a try.

Keeping these few simple tips in mind this New Year may help to increase your chances of success. Consider that the New Year is not only a time to make changes in your life, but also a time to be thankful for being alive and well for another year.

As an incentive to kick-start your healthy New Year's goals, Smithfield Recreation and Aquatic Center has a great offer for you!

- One Free Month
- No Money Down
- No Enrollment Fee

Offer good through January 31, 2014. [Click here](#) or call 919-934-1408 for more details.



Johnston County Officer of the Month

Smithfield's Officer Jeremy Stewart

Johnston County District Attorney Susan I Doyle, in an effort to recognize and thank law enforcement officers, has a program to publicly honor a Johnston County officer each month for their hard work and dedication to the citizens of Johnston County. In an earlier, release, Doyle stated, "Our officers do invaluable work to protect our community; however, they rarely get thanked or recognized. This award is a way for my office to express our appreciation for the tireless and dangerous work that these men and women do on a daily basis." The January 2014 Officer of the Month is Smithfield Police Department's Officer R. Jeremy Stewart. This is a well-deserved recognition. Please join us in congratulating Officer Stewart when you see him.



SSS Marching Band

Honored by the Town Council

WHEREAS, this hard work has been evident with the many awards at local and regional Band Competitions culminating in the first place finish in the US Bands National Championships in MetLife Stadium, Newark, New Jersey on November 9, 2013, with the 2013 Spartan Regiment earning the distinction of National Champions; and

WHEREAS, Brian Jones and the students comprising the 2013 Spartan Regiment are a credit to themselves; their school; and the community; and are worthy of recognition for their efforts

NOW THEREFORE, I, John H. Lampe, II, Mayor of the Town of Smithfield, the Town Council; and the Citizens of Smithfield, do hereby express our deepest gratitude and appreciation to Brian Jones and the students of the 2013 Spartan Regiment for their hard work, passion, and dedication to excellence.
(Excerpt from the Proclamation)



Congressman Mike McIntyre

To Retire at End of Term

U.S. Congressman Mike McIntyre released the following statement on his decision to retire at the end of this congressional term:

"In eastern North Carolina, we have demonstrated that public service is a partnership between the people and the representative they entrust to speak on their behalf.

"For us, this has been where the priorities of policy over politics, issues over ideology, dialogue over dollars, and cooperation over campaigning have prevailed.

"Having answered the call entrusted through this partnership, I will be retiring from the U.S. House of Representatives at the end of this term.

"This partnership has transcended politics and allowed us to accomplish monumental tasks, such as quadrupling the number of veterans' clinics in our area, passing the tobacco buyout, expanding our military bases, establishing an economic commission to promote jobs and fight poverty-and ensuring that the North Carolina coast will continue to be an economic engine and environmental treasure.

"We also have built new fire and police stations, town halls, and workforce development centers; opened new farmers' markets and senior centers; improved airports and the Wilmington Port; and expanded educational and recreational opportunities for our children and youth.

"We have helped thousands of constituents from all walks of life in ways that have significantly impacted their lives.

"None of this could have been accomplished without the strong commitment of my family, the hard work of my staff, and -- especially -- the willingness of people throughout our region to put partisanship aside and work together to get things done for the betterment of eastern North Carolina.

"Indeed, I am grateful to all of the Democrats, Republicans, and Independents with whom we have successfully worked through nine elections over 18 years.



"My family and I are ready for a new chapter and excited about new opportunities to continue helping North Carolina.

"My prayer is that those in public service will always put the people they represent first and that God's blessings will continue to be upon the great citizens of the Seventh Congressional District who live, work, worship, play, serve, and retire in eastern North Carolina."

Smithfield-Selma Chamber

Keith Dimsdale to Chair Chamber of Commerce in 2014

At its December 10 meeting, the Chamber Board of Directors named Keith Dimsdale to be the Board Chair in 2014. Mr. Dimsdale, the owner of Chick-fil-A in Smithfield, is the current chair-elect.



Appointed 2014 chair-elect is Crystal Roberts, the owner of Mountaintop Productions and current Marketing Committee Chair.

Keith Brinson, with Johnston County Farm Bureau Insurance, will be the Chamber's Tourism Authority Representative. Neil Watson of Watson, Cooke & Jones will continue as treasurer.

I-40 and I-440 Improvements

Project Gears-up

Roadway work on the Fortify project on I-440 in southwest Raleigh will gear up over the next several days, after being delayed by the bitter cold weather of the past few days.



I-440 West

Tonight around 11 p.m., crews are expected to continue placing concrete barriers on I-440 West where lane closures are already in place, going from the I-40/440 split toward the Poole Road exit. That leaves extending the lane closures the final mile of the project on the westbound side to the U.S. 64/264 exit, which is planned for Sunday and Monday nights. As soon as that traffic shift is in place, that section of highway will also have concrete barriers put in place, which could be finalized as early as Thursday night.

I-440 East

Traffic shifts and lane closures for the eastbound side are scheduled to start the middle of next week, weather permitting, and take about five days. As soon as the lane striping is done and orange traffic control barrels are in place, those barrels will be switched out for concrete barriers. That process is expected to take about six days, and be wrapped up by the last week of January.

Once concrete barriers are in place on both sides of the interstate, that will be the traffic pattern in the work zone until late spring. Crews will spend that time removing the asphalt and substructure for the two inside lanes and the median in both directions, and then rebuild the highway.

Motorists are urged to use extra caution when approaching and driving in the work zone to protect themselves, their passengers, other motorists and construction crews. Drivers need to observe the reduced speed limit, and pay attention to traffic and construction warning signs. A conviction for speeding in a work zone could cost a motorist an additional \$250 above the original speeding fine and court costs.

For more information, visit [here](#) or call the project hotline at (919) 707-2683 to speak with a dedicated project representative.

Parks & Recreation / SRAC



SilverSneakers Members - Verify your 2014 benefits. Now's the time to verify your health plan insurance information for the new year. Have you checked with your health plan to see if your [SilverSneakers Fitness Program](#) benefits have changed for 2014? Call the number on the back of your health plan ID card today! SRAC is a SilverSneakers approved site.

2014 Daddy-Daughter Dance -

Register now for a very special evening with your Daughter on Saturday, February 15th! This is our 17th Annual Daddy-Daughter Dance!!! Dads and their daughters (ages 3-16) will enjoy musical entertainment, appetizers and a special daddy-daughter photo to remember the evening by. The Dance is from 7:30pm until 10:00pm at SRAC. The cost is \$45 for Smithfield Residents and \$50 for Non-Smithfield Residents. There is an additional \$5 charge for each additional daughter. All registrations must be made and paid by February 10th. No phone reservations please!

Cupid's Gift - Parents Night Out, Kids Night In - This is a gift from Cupid to the Parents!!! Bring your children to SRAC from 6:30-9pm, then you and your spouse can go out and enjoy a nice Valentine's evening!! While at SRAC, kids will do crafts, decorate cookies, and watch a movie. Enjoy your night out while your kids enjoy their night in at SRAC! Fee is \$15/child. For questions, contact Tiffany Pearson or Kristin Sasser at 919-934-1408, or tpearson-parks@ncrbiz.com; or ksasser-parks@ncrbiz.com.

Pour It and Paint - Are you looking for something fun to do with your friends? Come paint in a relaxing environment and bring your favorite bottle of wine. The class is January 17th, at SRAC, from 7-9:00pm. Pre-registration is required. The cost is \$35. Must be 21 years or older to participate. We provide the canvas and paint, you provide the wine! Make it a date and bring a girlfriend too! The design for January is a Snowman. Registration Deadline is January 14th. For questions contact Tiffany Pearson at 919-934-2148, x112, or tpearson-parks@ncrbiz.com.

Pickleball Workshop - February 20th at 10am. Open to anyone interested. Pickleball is like a mini version of tennis - smaller net, paddles and smaller court and will be added to the Senior Games next year. Get your paddles ready!

SMITHFIELD/SELMA Youth Council - Smithfield and Selma Parks & Recreation Departments are starting a Youth Council. Looking for an opportunity to be involved in your community? Are you a high school student interested in being a part of a club that takes trips, does rewarding work, and starts the building blocks of your resume? For more information, contact Tiffany Pearson at tpearson-parks@ncrbiz.com or 919-934-2148.

Kids in Nature Series - Dates: Every Wednesday, Time: 9:30-10:30am, Ages: 3-5 years (with an adult). This hands on class will focus on one specific theme for the day. Participants will hike, create, experiment and LEARN about the natural world around them. PRE-REGISTRATION IS REQUIRED by the Monday before each class. Minimum 4 students. Fee: \$4.00-Smithfield Resident or \$6.00-Non Smithfield Resident (Fee applies to each child participating).

Doodlebugs - Dates: Every Friday, Time: 9:30-10:15am, Ages: 18 mos-3yrs. Dribble, drip, squish and squeeze. Delight in watching your child as together you get messy while creating and experimenting with different materials. Experiment with dough, pudding, gelatin, crayons, watercolors and more. Watch your young artist blossom! One child per adult please! You can sign up for one class at a time or for a 4 week session. PRE-REGISTRATION IS REQUIRED by the Wednesday before each class so that accurate supplies are provided. Fee: \$5/class or \$19.00/4 classes-Smithfield Resident, \$7/class or \$27.00/4 classes-Smithfield Non Resident.

Senior Coffee Corner - Every Tuesday & Thursday from 8:30AM to 10:30AM we will have FREE coffee available to all 55 and older adults. There will be occasional breakfast treats and brain teasers available. You do not have to be a member of SRAC to come hang out with your friends, read the paper, and enjoy a cup-a-joe. Where: The Smithfield Recreation and Aquatic Center. Questions: contact Tiffany Pearson 919-934-2148 ext.112, or tpearson-parks@ncrbiz.com.

Baseball Registration - After the holidays, we don't waste any time ... registration for Baseball begins on January 6 and runs through February 7. Baseball is open to boys, ages 7-14 years of age. (The child's age as of 5/1/14 determines playing age.) Registration is \$35 for Residents of the Town of Smithfield, and \$70 for Non-Smithfield Residents. (A Smithfield Resident resides within the Town limits of Smithfield and pays taxes to the Town of Smithfield.) Practices will begin mid-March with games beginning in April.

Softball Registration - After the holidays, it's time to start thinking of spring sports ... registration for Softball begins on January 6 and runs through February 7. Softball is open to girls, ages 7-14 years of age. (The child's age as of 1/1/14 determines playing age.) Registration is \$35 for Residents of the Town of Smithfield, and \$70 for Non-Smithfield Residents. (A Smithfield Resident resides within the Town limits of Smithfield and pays taxes to the Town of Smithfield.) Practices will begin in April.

T-Ball Registration - Boys and girls between the ages of 5-6 can register for T-Ball beginning February 10 until March 7. (The child must be 5 years old as of 5/1/14 to be eligible to play.) Registration is \$30 for Residents of the Town of Smithfield, and \$60 for Non-Smithfield Residents. (A Smithfield Resident resides within the Town limits of Smithfield and pays taxes to the Town of Smithfield.) Practices will begin in April.

Kinder Basketball Registration - Boys and girls between the ages of 3-4 can register for Kinder Basketball beginning February 10 until March 7. Registration is \$20 for Residents of the Town of Smithfield, and \$40 for Non-Smithfield Residents. (A Smithfield Resident resides within the Town limits of Smithfield and pays taxes to the Town of Smithfield.) Our Kinder programs only meet 4 times, and it is basically an introduction to the

sport of basketball. Play will be in mid to late March. As of this date, actual playdates have not been set.

Fun & Fellowship Softball League - Team registration for Fun & Fellowship Softball begins February 10 until March 7. Due to budget restraints and field availability, we can only accept the first 24 teams to register. To be registered, a team must turn in the Team Registration form and pay the fee. Due to limited space, spots can NOT be held. The entry fees for this year's league will be \$475 per team. A coach's meeting will be held around the end of March, with play beginning in April. Teams should expect to play two games per week on Mondays, Tuesdays, Thursdays and/or Fridays depending on field availability. For further information, call 934-2148, or pick up a packet at SPRD.

SRAC PAC Day Camp - Are your kids out of school for a teacher work day? Send them to SRAC for a day filled with art, swimming, sports, and outdoor fun (weather permitting). Children will need to bring their swim suit, a snack and their lunch. Registration and payment due the Wednesday BEFORE each camp day. Dates: January 20, February 17, March 28; Time: 8:00am-5:30pm; Ages: 5-12 years old; Fee: \$20-Smithfield Resident; \$22-Non-Smithfield Resident

Polymer Clay Beads and Pendants class -

Using basic polymer clay techniques we will form several types and sizes of beads and several types of focal beads and pendants. We will also use many types of additions (paint, inks, etc.) to embellish beads and pendants. A sealant will be used to waterproof and preserve your creations.

Date: January 25, 2014; Time: 9:30am-12:30pm; Ages: 9-adult; Fee: \$20 (includes all supplies)

Specialty Pottery Workshops -

Feeling creative? Want to try express your creativity through clay? Come learn how to build a specific clay project in just a few hours. Materials provided.

Wind Chimes-January 25, 2014

Bird Bath-February 22, 2014

Gnome Doors-March 15, 2014

Fee: \$20/person; Time: 9-11am; Ages: 8-adult

Join the SRAC! The area's most modern and well-equipped aquatics and fitness center is right in your own backyard. Check here for membership rates and special offerings for seniors, Johnston County School System employees and short-term memberships for Johnston County Community College students. Get Fit! [Membership Info](#)

Around Town

For fun or to help others in our community

Smithfield-Selma Chamber of Commerce - 2014 Annual Meeting; January 27th from 5:30pm to 9pm. For more info or to register, please call 919-934-9166 or [click here](#).

Book Club - The Public Library of Johnston County and Smithfield welcomes new members to its daytime book club. Meetings are at 12:30pm on the third Tuesday of every month. Club members suggest the titles to read, and the library lends copies of each month's selection to the members. For more information, call Morgan Paty at 919-934-8146 or email mpaty@pljcs.org.

Operation Helping Hand - Many of our citizens have fallen on tough times. Some have medical problems, are elderly or just can't financially put the pieces together. Some can't cut their grass, need minor help with construction and repairs or just need a hand hauling limbs and debris away from their home. If your church or civic organization is looking to lend a hand, our community could use a hand and would certainly appreciate it. If you or your organization is interested, please contact Brent Reck at 919-934-2116 or email at brent.reck@smithfield-nc.com.

Downtown Smithfield Development Corporation - Want to stay up to date with what's happening in Downtown Smithfield? [Click here](#) to sign-up for their newsletter or call 919-934-0887 for more information.

Council Meeting Highlights

January 07, 2013

Regular Meeting summary:



1. Proclamation - Recognizing Achievements - Smithfield-Selma Senior High Marching Band.
2. Received update on Johnston County Visitor's Bureau - Smithfield Wayfinding Assessment. Appointed Councilman Travis Scott to Wayfinding Committee.
3. Received report on Friends of the Park Fundraising Event.
4. Recognized organizations who donated benches for the Greenway.
5. Denied CUP-13-09 I&R Auto.
6. Approved ANX-13-01 Downtown Smithfield Development Corporation.
7. Pulled item 7 from the Consent Agenda for discussion. Approved after discussion. Approved remaining Consent Agenda items.
8. Authorized the Fire Department to participate in a regional grant application along with all Johnston County Fire Departments.
9. Approved a change to a special event - Johnston Health Foundation.
10. Considered and approved certification/promotion pay increases for two Police Officers.
11. Considered and approved Budget Amendment #8.
12. Considered and appointed Mike Fleming to the Johnston County Economic Development Advisory Board.
13. Considered and appointed Councilman Charles Williams to the Triangle J Council of Government Board as a second alternate. Considered and appointed Councilman Travis Scott to the Town of Smithfield's Library Board of Trustees.

The Town Council regularly meets the first Tuesday of each month beginning at 7:30pm at the Town Hall Council Chambers located at 350 East Market Street - unless rescheduled. The next Regular Council Meeting is scheduled for Tuesday, February 4th. Come join us and get involved! [View Minutes of Past Meetings Here](#)

Employment Opportunities

with the Town of Smithfield

- **Public Utilities Director**
- **Utility Line Mechanic**
- **Police Officer I**
- **Water Plant Operator/Trainee**

Full [Job Descriptions and Applications](#) may be obtained at the Smithfield Town Hall, 350 East Market Street, Smithfield, NC 27577, by visiting our website at www.smithfield-nc.com or by calling 919-934-2116. Only qualified applicants should apply. The Town of Smithfield is an ADA/EEO Employer.