



Talk of the Town

January 30, 2015
35th Edition

Town Tidbit:

Did you know? The Town of Smithfield Police Department responded to 27,056 calls for service during 2014. That is an average of almost 75 per day. Please thank an Officer for all they do when you see one. They would certainly appreciate it!

NC 210 Closure

Work Began January 19th

(Released 01/13/2015) The N.C. Department of Transportation has rescheduled the closure of a section of N.C. 210 near Smithfield in Johnston County to begin on Monday, January 19, 2015, weather permitting. The project was supposed to begin on Monday, January 12; however, due to inclement weather in the area this week, the closure has been rescheduled. The closure will be in place for approximately eight months.



The closure is necessary for crews with S.T. Wooten Corp. of Wilson to replace two bridges over Swift Creek and the Swift Creek overflow. Both bridges were constructed in 1934 and are classified as Functionally Obsolete, which means they were built to design standards that are no longer in use. The new bridges will be built to modern design standards.

During the closure, through traffic on N.C. 210 will use U.S. 70 Business/Market Street, Swift Creek Road and Cleveland Road as a detour route around the closure. Local traffic will be able to use N.C. 210, but will not be able to cross the bridges. Message boards will be in place near the intersection of N.C. 210 and U.S. 70 Business/Market Street, and at the intersection of N.C. 210 and Swift Creek Road to alert traffic of the closure.

These replacements are part of a \$10.4 million express design-build contract awarded to S.T. Wooten Corp. in 2013 to replace 12 bridges in Johnston County with new bridges by late 2015.

To date, nine of the 12 bridges in Johnston County have been replaced, including bridges on N.C. 96, Juniper Church Road, Benson-Hardee Road, Old Stage Road, Eldridge Road, Bizzell Grove Church Road, Old Beulah Road and two on Shoeheel Road. A bridge on Micro Road is currently under construction and is expected to open in mid-April, weather permitting.

Express design-build allows construction to go from zero to completion in less time for each bridge. This is more efficient than traditional design-build for less complex projects. The express design-build method allows the design, environmental permitting, utility relocation and construction to take place at the same time, under one contract. This method reduces overall construction time, helps the department avoid cost inflation, allows the contractor to make innovations that save taxpayers money, lessen environmental impact and alleviate driving delays for motorists.

Motorists are advised to use caution while traveling in the area and to expect delays. NCDOT reminds motorists to watch signs for construction information, stay alert and obey the posted speed limit.

Online Bill Pay Now Available

Smithfield utility customers may now pay their bill online via the Town's website (www.smithfield-nc.com) or by calling 1-855-331-7952. The town accepts Visa and MasterCard credit/debit cards or checks.

There is a nominal transaction fee of \$2.45 and payments are limited to \$700 or less. When entering your Town of Smithfield account number, please remove the decimal. Example: Account number 23001234.0091 should be entered as 230012340091

Customers can still take advantage of other payment options, including, bank draft, the afterhours drop box, walk in, and mail.



Are You Stressed?

Tips for Taming Your Stress

What is stress?

Life asks a lot of us; spouses, jobs, arguments with friends, sick pets. At a certain point we have more to deal with than we can handle emotionally. That's when stress kicks in.

It's your response to danger

You know the feeling of sweaty palms, racing heartbeats, and an upset stomach. This is stress, and it's how your body responds to physical dangers. The hormones that are released used to help people face physical threats. But since we don't fight saber-toothed tigers anymore, the hormones aren't as helpful.

Serious side effects

Stress tends to last for weeks or longer instead of minutes or hours due to the demands of modern life. Your system is in overdrive and these hormones can disrupt some of your body's processes. This can lead to:

- Higher risk of heart disease
- Obesity
- Digestive problems
- Memory loss
- Insomnia
- Depression

Don't panic, you can do plenty to fight the side effects.

Tame your stress

If you can't get rid of the things that cause the stress, then you'll have to find more power to deal with it. Here are some activities that can help:

- Get out and exercise
- Laugh out loud
- Talk to friends and family
- Do yoga
- Get more rest
- See a counselor or therapist

Try some of these tips to live your life with less stress. Talk to your doctor if you're feeling really stressed. Sometimes other health problems have similar symptoms. For additional information on stress go to the link provided. (Courtesy of [Wellness Works](#))



Smithfield-Selma High Mentoring Program Kicks Off

The Smithfield-Selma High School mentoring program held its first speaker series on Friday, Dec. 12, with former Johnston County Principal Gary Ridout as the featured speaker.

The event served as the kickoff to a service project with the Smithfield Rescue Mission, which will happen this January.

In his discussion on servant leadership, Ridout shared the stories of many of the people that enter the Smithfield Rescue Mission. As spoke to the students he slowly transformed himself from a homeless man to a productive citizen, which helped them to see how the rescue mission literally transforms lives.

The mentoring program involves almost 40 students and community members in weekly school based mentoring sessions that began this school year. Built upon collaboration between Susan Lassister, Citizens Study Commission co-chair and Patrice Hardy, Intervention Coordinator at Smithfield-Selma High School, this program is sparking academic and social promise in our greater community.

"Mentoring at SSS is providing both mentors and mentees with a wonderful experience," said Patrice Hardy, Intervention/Parent Coordinator. "We are excited about the opportunity to impact our greater Smithfield-Selma community."

(PHOTO: Gary Ridout, former JCS Principal and Smithfield-Selma High School Mentor, leads the session on the servant leadership dressed as a homeless man.)



Parks & Recreation / SRAC



Baseball - Registration is underway until February 6th for Baseball for boys between the ages of 7-14. (Age as of 5/1/15 determines playing age.) Registration fee is \$35 for Smithfield Residents and \$70 for Non-Smithfield Residents. (A Smithfield resident lives within the Town limits and pays taxes to the Town.) Practices will begin mid-March with games beginning in April. Forms available at SRAC or on-line at www.smithfield-nc.com.

Softball - Registration is underway until February 6th for Softball for girls between the ages of 7-14. (Age as of 1/1/15 determines playing age.) Registration fee is \$35 for Smithfield Residents and \$70 for Non-Smithfield Residents. (A Smithfield resident lives within the Town limits and pays taxes to the Town.) Practices will begin in April. Forms available at SRAC or on-line at www.smithfield-nc.com.

T-Ball - Registration for T-Ball begins February 9th and runs until March 6th. T-Ball is open to boys and girls between the ages of 5-6. (Players must be 5 years old as of 5/1/15.) Registration fee is \$30 for Smithfield Residents and \$60 for Non-Smithfield Residents. (A Smithfield resident lives within the Town limits and pays taxes to the Town.) Practices will begin in April. Forms available at SRAC or on-line at www.smithfield-nc.com.

Fun & Fellowship Softball League - Team registration for our church league Fun & Fellowship Softball will be February 9th - March 6th. Entry fees are \$475 per team. Teams should expect to play two games per week on Mondays, Tuesdays, Thursdays and/or Fridays depending on field availability. League play should begin in April. To be registered the Team Registration form and fee must be turned in. For further information contact 934-2148, or packets will be available beginning February 9th.

American Red Cross Lifeguard Training - Smithfield Recreation & Aquatics Center will be offering 4 sessions of American Red Cross Lifeguard Training. In order to take the course, participants must 1) be at least 15 years of age; 2) Pass a pre-course swim test; and 3) attend 100% of all classes. Registration for pre-course is \$25 non-refundable deposit. If you pass the pre-course, class fee is \$175 for Smithfield Residents and \$200 for Non-Smithfield Residents, and your deposit is applied to this fee. Pre-course swim test includes: 1) A 300 yard swim with rhythmic breathing and breath control. You may use the following strokes all or in combination: freestyle and breaststroke. You may NOT swim on your back. 2) You must tread water for 2 minutes using only your legs, with your hands placed under your armpits. 3) You must swim 20 yards to retrieve a brick in 9 feet of water, then swim the brick back 20 yards to the wall, using only your legs. All this must be done in a time limit under 1 minute and 40 seconds. You may NOT use goggles for #2 and #3. YOU MUST COMPLETE ALL OF THE ABOVE TO CONTINUE IN THE CLASS.

Available Class Dates -

Session 1 Option: Sunday, March 1st - 2-4pm; Friday, March 7th - 3-8pm; Saturday, March 8th - 9am-6pm; and Sunday, March 9th - 1-7pm.

Session 2 Option: Sunday, March 22nd - 2-4pm; Friday, March 27th - 9am-5pm; Saturday, March 28th - 9am-6pm; and Sunday, March 29th - 1-5pm.

Session 3 Option: Sunday, April 26th - 2-4pm; Friday, May 1st - 3-8pm; Saturday, May 2nd - 9am-6pm and Sunday, May 3rd - 1-7pm.

Session 4 Option: Monday, May 11th - 5-7pm; Friday, May 15th - 3-8pm; Saturday, May 16th - 9am-6pm; and Sunday, May 17th - 1-7pm.

YOU MUST BE IN ATTENDANCE AT ALL DATES IN THE SESSION YOU SIGN UP FOR. SESSIONS CAN NOT BE MIXED.

18th Annual Daddy Daughter Dance - Dads, you can take your wife out on the 14th, then take your other special girls in your life to the Daddy - Daughter Dance on February 21st! Dads and their daughters (ages 3-14) will enjoy musical entertainment, appetizers and a special daddy-daughter photo to remember the evening by. Fee is \$45 for Smithfield Residents and \$50 for Non-Smithfield Residents. \$5 for each additional daughter. Reservations must be made and paid by February 13th. No phone reservations will be accepted. Registration forms can be found at www.smithfield-nc.com.

WONDERLAND TEA PARTY

All princesses and Alice's out there who don't want to be late for a very important date need to show up at the Smithfield Recreation & Aquatics Center. Come dressed as your favorite princess or your favorite Alice in Wonderland character and fun will be had by all. We will have tea, crafts and games. Pre-registration is required by January 30th.

Date: Saturday, February 7, 2015

Time: 10:30am - 12:00pm

Ages: 4-10 years old

Fee: \$15-Smithfield Resident \$20-Non Smithfield Resident

Pottery: Beginning Handbuilding

This class is designed for students interested in creating pottery without using the wheel. Through a combination of demonstrations and individual work time, students will develop their handbuilding skills while making distinctive pieces such as plates, vases, and bowls. The variety of construction techniques include stiff slab and soft slab. During the 6 week class session, students may come in during open studio times to work freely on projects. An instructor will be available to answer questions.

Clay can be purchased @ SRAC for \$20/25lb bag. Class max: 5 people

Dates: Tuesday Days: January 27-March 3, 2015 Time: 10am-12:30pm

Thursday Nights: April 23-June 4, 2015 Time: 6pm-8:30pm

Fee: \$100-Smithfield Resident \$125-Smithfield Non-Resident

Pottery: Wheel Throwing

Just beginning or a little rusty, students will be introduced to the pottery wheel, pottery equipment and how to create mugs, vases, and other vessels. Because of limited wheels, student to teacher ratio is very good and students will have a very personal learning experience. Clay can be purchased @ SRAC for \$20/25lb bag. Class max: 4 students

Instructor: Kristin Sasser

Dates: Thursday Nights: January 29-March 5, 2015 Time: 6pm-8:30pm

Tuesday Days: April 21-May 26, 2015 Time: 10am-12:30pm

Fee: \$100-Smithfield Resident \$125-Smithfield Non-Resident

SMITHFIELD SRAC Kids

Night

When SRAC closes, the fun begins! Drop your kids off in a safe, supervised environment that is kid friendly and parent free. Swimming, gym time, snack and other organized activities are offered throughout the night. Please contact the center to find out the activities for each night. Activities will vary.

Fee: \$8-Smithfield Resident (pre-registration)

\$12-Non-Smithfield resident (pre-registration)

\$5/each add. child during pre-registration

\$10-Smithfield Resident (register night of)

\$15-Non-Smithfield Resident (register night of)

Date: Saturday, February 7, 2015

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.

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](#)



Why Advertise

At the Smithfield Recreation & Aquatic Center
& with Smithfield Parks & Recreation?

Approximately 110,000 indoor visitors per year
Approximately 108,000 outdoor visitors per year

(These numbers do not even include events such as basketball tournaments, gym rentals, and special events where numbers are estimated by the booking party.)

Indoor Option:

Advertisement banner around the indoor track

Time period	Cost
1 month	\$100.00
3 months	\$250.00
6 months	\$500.00
12 months/ 1yr	\$1,000.00

(This cost is hanging the banner that is provided by your company.)

We are able to provide the banner with your company logo and advertisement for \$75 for a 3x6 or \$130 for a 4x8.

Outdoor Option:

4x4 panel on scoreboard magnetic or sheetmetal outside at ballfield. (1 year is February-November)

Time period	Cost
1 year	\$300.00
2 years	\$500.00
3 years	\$600.00

(This cost is hanging the panel that is provided by your company.)

However we can provide the panel with your company logo for \$115.

Corporate Option:

\$3,000 per year (which can be paid in full or in four payments of \$750)

- Your business logo on the back of our newsletter. We print 9,000 copies per year.
- Your company logo will be placed on our webpage. (We have approximately 7,500 views per month.)
- Your company will receive one free shelter reservation or banquet room rental per year. (This would allow you to hold an employee picnic, company event, or meeting at our facility.)
- Your employees register for SRAC memberships at the corporate rate. (As members they have access to racquetball, basketball, indoor running, walking track, water aerobics classes, fitness classes, workout room, weight room, lap swim, splash park, child care, and more!
- Your company can pick the indoor or outdoor option for advertising for the year.

A minimum of one year contract must be signed by the manager or business owner agreeing to pay our fee for advertising your business.

Our Team Wants To Help Your Team!
Call 919-934-1408 for more details!

Around Town

For fun or to help others in our community

The JoCo Scrabble group - meets on Monday nights from 6 pm to 8 pm at the McDonald's in West Smithfield (W. Market Street). There is no cost beyond whatever food you choose to buy. This is a social group of adult (or teen) Scrabble players. Players vary in ability levels, so don't hesitate to come and play. For more information, please email southerner@earthlink.net. Please put Scrabble in the subject line so that we know what the message is about.

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.

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

December 02, 2014



Regular Meeting summary:

1. Mayor Lampe administered the oath of office to new Police Officer, David Sholes.
2. Town Manager Paul Sabiston recognized Public Utilities Director Ken Griffin for obtaining certification as a Public Power Manager by the American Public Power Association.
3. Phyllis Pearson of Petway Mills and Pearson, PA presented the FY 2013-2014 Audit to the Council.
4. Approved Zoning Text Amendment ZA-14-04 to the Town of Smithfield Unified Development Ordinance, Article 19-4, On-Premise Signs which will allow for properties located within commercial zoning districts with more than one street front one additional ground sign.
5. Approved the Consent Agenda.
6. Approved a request by the Parks and Recreation Department to reallocate funds to purchase two scoreboards for the Community Park
7. Authorize staff to advertise for a Public hearing to be held 2015 for the closing of the right of ways on two alleys.
8. Planning Staff gave the Council an update on the West Smithfield Beautification Project.

The Town Council regularly meets the first Tuesday of each month beginning at 7:00pm at the Town Hall Council Chambers located at 350 East Market Street - unless rescheduled. The next Regular Council Meeting is scheduled for Tuesday, January 6th. Come join us and get involved!

[View Minutes of Past Meetings Here](#)

Employment Opportunities

with the Town of Smithfield

- **Parks and Recreation Director**
- **Police Officer I**
- **Water Plant Operator**

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.

Contact: **Tim Kerigan** - HR Director / Public Information Officer
350 E Market Street, Smithfield, NC 27577
919.934.2116 x1109