



Talk of the Town

May 24, 2013
11th Edition

Town Tidbit:

Did you know? Between the Smithfield Parks & Recreation Department and the Smithfield Recreation & Aquatics Center, approximately 250,000 people are served annually with the various programs, activities, tournaments, etc. that the two offer. It is estimated that the local economy sees an impact of approximately \$2 million through these offerings.

Exercise is Medicine

Be Sure To Get Your Daily Dose of Exercise

The Mayor and the Town of Smithfield would like to remind the citizens of Smithfield that "Exercise is Medicine" and we should exercise every month of the year - not just the month of May!

Physical inactivity is a fast-growing public health problem and contributes to a variety of chronic diseases and health complications, including obesity, diabetes and cancer. Even with all the benefits of physical activity, in the U.S. and many other countries, levels of inactivity are alarming. We are facing what is now referred to as an "inactivity epidemic."

In the U.S., where we are seeing a startling increase in chronic diseases and consternation over health care costs, many see the Exercise is Medicine® initiative as part of the solution. During May, communities throughout the U.S. will hold activities that recognize that physical activity and exercise - shown to help prevent and treat more than 40 chronic diseases - should be part of everyone's health care plan.

Come out and join us for a walk on the Neuse Riverwalk & Buffalo Creek Greenway this Sunday, May 26th at 2:00pm. We will meet under the pavilion (next to the purple play park.) Look for the white tent. This is not a race and is free and open to the public. Wright-Way Wellness will be available to check BPs before and/or after the walk.

It doesn't matter whether you walk 20 minutes, 30 minutes or the entire 2.94 mile trail. Just come out, walk and get your BP taken and get information regarding high BP.



"Click It or Ticket"

Campaign Underway

On Monday, the Governor's Highway Safety Program officially launched its Memorial Day "Click It or Ticket" campaign, marking 20 years of seat belt safety awareness efforts that have saved countless lives. To honor this milestone and show support for the cause, GHSP is asking North Carolinians to get out their cell phone cameras, snap a self-portrait of them buckled up while parked and share it on social media, using the hashtag, "#SafetySelfie."

"As the state that started "Click It or Ticket" two decades ago, we're known for finding unique ways to encourage people to fasten their seat belts," said Don Nail, interim director of GHSP. "The '#SafetySelfie' is just one more example of our innovative approach to changing motorists' behavior for the better. By harnessing the power of social media, we hope to convince the small percentage of people who aren't buckling their seat belts that it's the right thing to do."



The process is easy and takes less than a minute to complete. With your vehicle in a parked position, activate your cell phone camera and take a picture showing your seat belt buckled securely. Then, share the photo with your friends, family and co-workers via Twitter, Facebook, Instagram and Pinterest with the hashtag, "#SafetySelfie." GHSP also encourages you to add comments urging others to follow your example and fasten their seat belts before putting the vehicle in drive.

"This is about saving lives and spreading the word that seat belts should be second nature every time you step into a car," said Cris Mulder, Deputy Secretary for Communication at the N.C. Department of Transportation.

Around Town

For fun or to help others in our community

"Walk on the Greenway" - Come out and join us for a walk on the Neuse Riverwalk & Buffalo Creek Greenway this Sunday, May 26th at 2:00pm. We will meet under the pavilion (next to the purple play park.) Look for the white tent. This is not a race and is free and open to the public. Wright-Way Wellness will be available to check BPs before and/or after the walk. It doesn't matter whether you walk 20 minutes, 30 minutes or the entire 2.94 mile trail. Just come out, walk and get your BP taken and get information regarding high BP.

"Exercise: Simple changes, big rewards" - Tuesday, May 28th at 10:00am and Wednesday, May 29th at 6:00pm (same presentation) by Scott Wright, Exercise Physiologist and Owner of Wright-Way Wellness. Location: Banquet room at the SRAC. Free and open to the public. Call (919) 934-2148 to register.

Annual Memorial Day Sidewalk Sale - Shop special savings from select stores during the sidewalk sale - extra savings on top of everyday savings of 25% to 65%. May 24th-27th: Fri - Sat 10 am-9 pm; Sun 11 am-7 pm; Mon 10 am-9 pm.

Memorial Day Town Hours:

Sanitation Schedule - Household waste and yard debris collections for Monday, May 27, 2013 will be collected on Wednesday, May 29, 2013. All other customers will have their household waste and yard debris collected on their regular scheduled day. Please have your curbside container and or all debris at curbside after 5:00pm on the day before your collection day. All curbside containers must be removed from curbside no later than 8:00am on the day after collection.

SRAC - Closes at 5pm.

Town Hall - Closed.

Neuse Little Theatre - "Welcome to Mitford" - A drama/comedy by Robert Inman; adapted from the Mitford novels by Jan Karon. May 31, June 1 & 8 at 8pm; June 2nd at 3pm. Visit www.neuselittletheatre.org or call 919-934-1873 for more info.

Running Club - Do you like to run? Do you want to meet other people who have your same interest? Join the Smithfield River Rats Running Club. We will meet on Thursdays at 6:30pm starting May 30th at the large picnic shelter in Smithfield Community Park. \$20 membership fee includes a t-shirt. This is a club for beginners as well as seasoned runners. All ages and abilities are welcome. Run distances will vary and assistance will be provided for meeting personal goals. All runs will be followed by a light stretch or cool down. Contact Tiffany Pearson at 919-934-2148 x112 or email tpearson-parks@ncrbiz.com for more info.

Smithfield Farmer's Market - Time: 9AM-1PM; Days: Friday & Saturday. New location - 724 N. Brightleaf Blvd. Smithfield, NC 27577. Come enjoy fresh vegetables, fruits, plants, and flowers from local farmers. Also come enjoy locally made items from people in the community. We are looking forward to a new year with new produce and a new location. Come check us out.

Smithfield Community Park Craft & Wellness Fair - Saturday, June 8th, 2013 from 9am-4pm at the Smithfield Community Park - 650 Booker Dairy Road. We are having our first craft and wellness fair! Come out for handmade crafts and hobbies, food, businesses, and wellness information. Vendors who are interested please contact Kristen Sasser at ksasser-parks@ncrbiz.com or Tiffany Pearson at tpearson-parks@ncrbiz.com or call 919-934-2148 to ask questions or to secure your spot.

301 Endless Yardale -The first annual 301 Endless Yard Sale will be held in Johnston County's towns along US 301 on June 14 and 15. The two-day event is designed to attract visitors from a 50-100 mile radius and off the interstates to the communities along 301 in Johnston County to buy and sell antiques, collectibles, and yard sale items. The event encourages businesses and residents to participate by having yard sales, sidewalk sales and special promotions for a continuous stretch from one end of the sale route to the other. Once established, the organizers hope to extend the sale to all the counties along US 301 in North Carolina and other states as well. Visit www.301endlessyardsale.com for more info.

3 Little Pigs Triathlon - The Fourth Annual 3 Little Pigs Triathlon will be held June 15th. (Chick-fil-A is the title sponsor.) Races begin at 7:30 a.m. (Our third year had 462 racers - so register early.) The race is comprised of a 250 yard swim, a bike portion (14 miles) and a running portion (5 km). The swim portion is in the Smithfield Recreation and Aquatics Center; the bike portion takes you from SRAC into rural Johnston County, on a scenic but flat course; and the run portion is an out and back course that takes you through Smithfield's Community Park and onto its new Buffalo Creek Greenway and back to SRAC. Feel free to bring your family - your kids can play at the park while you do all the work! All proceeds raised during the event will be split between Smithfield Parks and Recreation Department/Friends of the Park and the Rotary Club of Central Johnston County. [Click Here for Registration Info](#)

FY 13-14 Budget Public Meeting - The Town Council will hold a public hearing on the proposed Fiscal Year 2013-2014 budget on Wednesday, June 19th at 7:00pm in the Town Hall Council Chambers, for the purpose of receiving comments on the proposed budget. Citizens wishing to be heard are invited to make written or oral comments.

Free Foreclosure Prevention Services - The Raleigh Area Development Authority has expanded to Smithfield to provide free foreclosure prevention services to Johnston County residents in need of assistance with mortgage payments. Services are free and authorized by HUD. Eligible clients include those who have lost a job, suffered a major injury, or lost a spouse. Smithfield office hours are by appointment only. Call 919-807-8400 to schedule a consultation or visit www.rada-nc.org for more information.

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.

Parks & Recreation / SRAC



*** Memorial Day - SRAC closes at 5pm ***

It's our Summer Swim Special! - For just \$90, you'll get access to all the fun features and amenities the SRAC has to offer for three full months. And, get this - for each additional, qualifying family member, the price is just \$75. [Click here](#) or call 919-934-2148 for more info.

SRAC Summer Camp 2013 - It's that time again! Time to register your child or children for one of the most popular summer camps in Johnston County! This year we're offering another eight weeks of art, swimming, sports and outdoor fun from 8:30am until 4:30pm each day. [Click here](#) for complete details or stop by the front desk at the SRAC for an official registration form.

Swimming Lessons - SRAC is offering Saturday swimming lessons for children 3-12 years old. \$40 Smithfield residents / \$50 Non-Smithfield residents. [More Info](#)

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](#)

BCBS will now pay for your membership at the Smithfield Recreation and Aquatics Center!
[HEALTHWAYS](#) Prime program now offered at the SRAC! Healthways Prime program is an insurance based Fitness program paid through BCBS! No need to pay any out of pocket expenses for your facility membership, let BCBS pay it for you. The Healthways Prime program reimburses the SRAC for each time you visit on a monthly basis! STOP BY NOW for your tour and to get started at the SRAC! For more information, contact Dale Ham at the Smithfield Recreation and Aquatics Center at 919-934-1408.

Council Meeting Highlights

May 07, 2013

Regular Meeting summary:



1. Approved rezoning request for Penco Land Company.
2. Approved Conditional Use Permit for Penco Land Company.
3. Approved Resolution #523 (10-2013) declaring vehicles and equipment as surplus personal property and the approval of the electronic auction of surplus personal property.
4. Approved bid award additions to the 2012-2013 Street Resurfacing Project.
5. Approved Resolution #524 (11-2013) to maintain and support the current integrity and funding for the Parks and Recreation Trust Fund (PARTF).
6. Appointed Councilman Charles A. Williams and Mayor Pro-temp Emory Ashley to the Employee Benefits Joint Committee.
7. Approved a one-year renewal of the contract with Petway, Mills & Pearson, PA to conduct the Town's FY 2012-2013 Annual Audit.
8. Approved an agreement with Envirolink for temporary services.
9. Considered RFPs for Primary Health and Ancillary Employee Insurance Brokerage Firms and approved brokers Mark III (Primary) and Municipal Benefits (Ancillary).

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, June 4th, beginning at 7:30pm. Come join us and get involved!
[View Minutes of Past Meetings Here](#)

*** The Town Council will hold a public hearing on the proposed Fiscal Year 2013-2014 budget on Wednesday, June 19th at 7:00pm in the Town Hall Council Chambers, for the purpose of receiving comments on the proposed budget. Citizens wishing to be heard are invited to make written or oral comments. ***

Employment Opportunities

with the Town of Smithfield

- **Police Officer I**
- **Finance Director**

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

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