



## MCRC Weekly Newsletter May 12, 2023

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### Notable Notes From the Region

**-Sampson County Top 5 in State for Low Cost of Living:** A [recent study](#) that ranked the counties with the lowest cost of living in the state, named Sampson County as the 5th lowest cost of living in North Carolina. The rankings were conducted by Stacker and based on the consumer price index and access to affordable housing (housing-to-income rates) as recorded in the US Census and from the US Bureau of Labor Statistics. The study shows that despite rising prices due to inflation, Sampson County remains an affordable location, making it more appealing for future economic development.

**-Cumberland County Summer Food Collection:** This Saturday, Cumberland County is inviting residents to help "fill the truck" by donating food items to help assist students who need assistance during the summer. Starting at 8:00 AM, a box truck will be set up outside the Judge E. Maurice Braswell Courthouse at 117 Dick Street for food donations. The food collection will be from 8:00 AM until noon. Cumberland County is asking that all who contribute donate non-perishable food items, and in particular, kid-friendly items like snacks and microwavable meals. Non-perishable items in cans, plastic jars, boxes, and sturdy bags will be accepted. In addition to food, the County will also be collecting personal hygiene items, diapers, and other items that may be needed by students and those with families. Please do not donate items in glass containers.

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## Updated Local Government Services Resources

Be sure to check out the [Local Government Services](#) page on the Mid-Carolina Regional Council website as we will soon be putting up two new resources available for local governments. The first resource is a compilation of various rates and fees charged by local governments in the area. The document specifically charts fees for zoning, utilities, and parks & recreation rates. The second resource is a salary comparison spreadsheet that shows the minimum paid salary, the maximum paid salary, and the average salary range for all the positions found on the job description template, which is already on the Local Government services page. Please note that for both resources (the rate and fee study and the salary comparison) all the statistics were found through individual research based on available information. If you have any questions or comments on the new resources, please contact Samantha Wullenwaber at [swullenwaber@mccog.org](mailto:swullenwaber@mccog.org).

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## Updated Guidelines for Debt Applications

The Local Government Commission (LGC) of the North Carolina Department of State Treasurer has updated its guidelines for the review and approval of debt applications for any local government looking to issue debt. The LGC created a [blogpost](#) detailing the updated guidelines, as well as a [resource page](#) that has other posts related to the LGC approval of debt. For more information on local debt management [click here](#).

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## NC Senior Tar Heel Legislature Members Needed for Sampson and Harnett Counties

The Mid-Carolina region is in need of two alternates for the North Carolina Senior Tar Heel Legislature (NCSTHL). Sampson and Harnett counties require more alternate members to the legislature in order to comprise of a full delegation from the region. The NCSTHL is for all state residents aged 60 and up. Members of the NCSTHL are volunteers from all walks of life. Some are retired, some still work. They commit to educate themselves about how the state's aging services and funding streams work, evaluate the effectiveness of the distribution network, measure the impact of current policies and processes, and act to propose legislation that addresses the problems. To inquire about appointment as a NCSTHL delegate or alternate, contact Tracy Honeycutt, [thoneycutt@mccog.org](mailto:thoneycutt@mccog.org), or 910-323- 4191 x27. The Wake County Shrine Club hosted the March 2023 Senior Tar Heel Legislature earlier this week, for more information on the event, please click [here](#).

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### Upcoming COG Events

**Monday, May 15:** Mid-Carolina Senior Games Track and Field Events, 800 M Run and 5k Power Walk

9:00am - 800 M Run - Campbell University

9:30am - 5k Power Walk - Campbell University

**Wednesday, May 17:** Gentle Yoga, Every Wednesday 3:00 PM-4:00 PM, Mid-Carolina Regional Council, 6205 Raeford Rd., Fayetteville, NC 28304. Gentle Yoga is appropriate for all levels of experience but is particularly accessible to anyone new to the practice of yoga. Event is free but registration is required, to register, please contact Barbara White, 910-323-4191, ext. 28, or at [bwhite@mccog.org](mailto:bwhite@mccog.org). For more

information on the event, [click here](#).

**Thursday, May 18:** Family Caregivers Bingo, Every third Thursday of the month from 11:00 AM-12:00 PM, Mid-Carolina Regional Council, 6205 Raeford Rd., Fayetteville, NC 28304. For more information on the event, [click here](#).

**Thursday, May 18:** Sampson County Caregiver's Academy "Helping Those Who Help Others", Grandparents Support Group at 11:00am, Information Sharing and Activities at 1:00pm, Basic Computer Class at 2:30pm, 307 East Main St., Clinton, NC 28328. Registration is required. For more information, please contact [bwhite@mccog.org](mailto:bwhite@mccog.org) or [pmclymore@mccog.org](mailto:pmclymore@mccog.org).

**Thursday, May 18:** Cumberland County Caregiver Support Group, 12:00 PM-1:30 PM, Mid-Carolina Regional Council 6205 Raeford Road, Fayetteville, NC 28304. Registration is required. The Family Caregiver Education and Support Group provides a supportive and educational environment to enhance the caregiver & family understanding of Alzheimer's & Dementia or related cognitive impairments. Please RSVP to Barbara A. White, 910-323-4191, ext. 28, [bwhite@mccog.org](mailto:bwhite@mccog.org) or to Carla Smith, 910-323-4191, ext. 23, [csmith@mccog.org](mailto:csmith@mccog.org). To view the flyer for the event, please [click here](#).

**Monday, May 22:** Bingosize, Mondays and Wednesdays 10:00 AM-11:00 AM, Bill Crisp Senior Center, 7560 Raeford Rd., Fayetteville, NC 28304. View event flyer by [clicking here](#).

**Monday, May 22:** CPR and First-Aid Training, 9:00 AM-3:00 PM, Mid-Carolina Regional Council, 6205 Raeford Rd., Fayetteville, NC 28304. Participants will receive a 2-year certification in CPR and First-Aid. All participants must register for the event by May 18 by contacting Barbara White at 910-323-4191, ext. 28, [bwhite@mccog.org](mailto:bwhite@mccog.org). The cost of training is \$40, for more information, [click here](#).

**Thursday, May 25:** Caregivers Mental Health Workshop, 10:00 AM-12:30 PM, Mid-Carolina Regional Council, 6205 Raeford Rd., Fayetteville, NC 28304. Event is presented by Healing Minds Therapeutics. Please RSVP to the event by May 24 by contacting Barbara White at 910-323-4191, ext. 28, [bwhite@mccog.org](mailto:bwhite@mccog.org). Light refreshments will be served at the workshop. For more information on the event, [click here](#).



## SCHOOL OF GOVERNMENT

### UNC School of Government Worthwhile Reads

Excusing Board Members from Voting on the Budget  
(Published 6/19/17) Read [here](#).

Evaluating the County Director of Social Services  
(Published 5/11/23) Read [here](#).

Responding to First Amendment Audits: What is a "Forum" and Why Does it Matter?  
(Published 11/15/22) Read [here](#).



#### About Us

Mid-Carolina Council of Governments is a multi-county, planning, development, and human services organization. We reach across county and municipal borders to provide technical assistance to our local governments and to administer programs that benefit our region's citizens. Our mission is to provide creative regional solutions to relevant and emerging issues in Cumberland, Harnett, and Sampson Counties while providing a standard of excellence in the delivery of federal, state, and regional services for our local governments and the people they serve.

Mid-Carolina Council of Governments | 6205 Raeford Road, Fayetteville, NC 28304  
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