

# NEWSLETTER



MID-CAROLINA  
REGIONAL COUNCIL

*Creative Regional Solutions*



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\* HELLO \* \* \*  
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\* \* \*

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A GLIMPSE INTO ROSEBORO, NC HISTORY



2

GET READY FOR THE 2025  
SENIOR GAMES!

The 2025 Senior Games are just around the corner. GET READY!

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TEAM MCRC: UNITED IN  
PURPOSE, DIVERSE IN  
FOCUS

Celebrating our collective purpose and the power of teamwork

4

KING AND LOCAL  
GOVERNMENT

Honoring Martin Luther King, Jr. and Local Government's Role in furthering his vision



# M+BILE OUTREACH EVENT

kingdomimpact  
global ministries  
2503 Murchison Road, Fayetteville

Your health, our specialty.

January 16th  
10am-2pm

*At Mobile Outreach Event, you'll have the opportunity to enjoy:*

**FREE MEAL**

**Narcan for emergencies**

**FREE warm winter wear**

**\$10 gift card for STI testing**

**FREE Lock boxes for Medication Safety**

**Information on Youth Programs**

**Blood Pressure screening**

**Veteran services**

**Harm reduction**

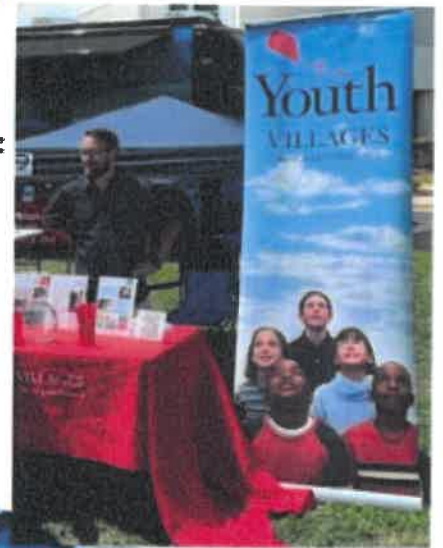
**See if eligible for Medicaid/Food Stamps**

**And SO MUCH More.**

thank you

to our community

partners for making this possible!





Roseboro, a member municipality of the Mid-Carolina Regional Council, is a quaint town with roots stretching back to the late 19th century. It owes its origin to the Cape Fear and Yadkin Valley Railroad. This railroad, built between 1889 and 1890, spurred the development of several communities, including Roseboro, transforming a modest crossroads with a single store into the

vibrant town of approximately 1,400 residents today.

The town's name pays homage to John M. Rose, secretary of the Cape Fear and Yadkin Valley Railroad, as confirmed by historical research. Incorporated in 1891, Roseboro's early leadership included Mayor Almond Butler and Town Marshal E.R. Johnson. Many of the surnames of the first commissioners remain prominent in the community today.



Roseboro quickly became a hub of activity, establishing its own post office in 1890 under Postmistress Sue Truelove and welcoming thriving businesses, including a cotton mill in 1925. The same year, the town introduced its first water and sewer system, later modernized and revamped in the mid-20th century. Remarkably, street paving was achieved through an innovative community funding effort, avoiding town debt and reflecting the town's resourceful spirit.



The town flourished as a center for lumber, farming, and commerce, boasting several firsts for Sampson County: the first drug store (Tart & West Druggist), the first automobile agency (Underwood Motor Company), and the first bank (Bank of Roseboro, established in 1909). During the Great Depression, the Bank of Roseboro stood resilient as the county's sole surviving bank, later merging with First Citizens Bank.

With its rich history, thriving businesses, and long-standing organized government,

Roseboro remains a testament to community resilience and growth. Today, the town continues to preserve its heritage while embracing modern advancements, making it a cherished cornerstone of Sampson County.



# Praise & Worship Vaccination Clinic

**YOU'VE  
GOT THIS.**  
*We've got you.*



**Hosted by Mid Carolina Vaccine  
Outreach Program & Glory's Light  
Deliverance Ministry**

**Vaccines Provided:  
Flu Vaccination**

**\*Please bring insurance card for billing  
Please call 919-396-2355**

- **Praise and Worship Session**
- **Caregiver Support Information**
- **Health and Wellness Awareness**
- **Express Discount Pharmacy**

**Date: 1/25/2024 9am-1pm**

**Location: 949 Country Club Drive  
Fayetteville NC 28301**

**Visit our [website.com](#) for more  
information.**



**Get vaccinated.**



**Get peace of mind.**

The Aging and Disability  
Vaccination Collaborative,  
powered by USAging,  
has teamed up with  
community providers in  
your area to provide easy  
access to vaccines.

This project is supported by the Administration for  
Community Living (ACL, U.S. Department of Health and  
Human Services (HHS)) through USAging as part of a  
financial assistance award to USAging totaling \$74,999,835  
with 100 percent funding by ACL/HHS. The contents are  
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HHS or the U.S. Government.

# Get Ready for the 39th Annual Mid- Carolina Senior Games!



The 2025 Mid-Carolina Senior Games are just around the corner, marking nearly four decades of promoting health, wellness, and community among adults 50 and older in Cumberland, Harnett, and Sampson counties.

## What Are the Senior Games?

Mid-Carolina Senior Games are part of a network of 54 local games in North Carolina that provide year-round health and wellness opportunities for seniors. Participants enjoy wellness workshops, health fairs, Silver Striders Walking Clubs, exercise classes, and special social events, along with the much-anticipated spring sporting events and Silver Arts competitions.

For athletes, there are more than 54 sporting events, while Silver Arts participants can showcase their talents in visual, literary, heritage, and performing arts categories. Medal winners qualify for the North Carolina Senior Games State Finals in Raleigh each fall, with opportunities to advance to the National Senior Games every two years.

## Opening Ceremonies

Don't miss the Opening Ceremonies, a highlight of the Games, which include a Health & Fitness Fair and the official kickoff for the month of events. Join the celebration and cheer on local athletes as they prepare to compete at the state and national levels!

- **Date:** April 9, 2025
- **Time:** 9:00 AM
- **Location:** Monarch Stadium, Methodist University  
5400 Ramsey St, Fayetteville, NC 28311

## Sponsorship Opportunities

Becoming a sponsor of the Mid-Carolina Senior Games is a unique opportunity to support the region's seniors while promoting healthy, active lifestyles. Sponsors gain year-round exposure to the senior community, demonstrate their commitment to social responsibility, and contribute to economic development in the Mid-Carolina region.

## Learn More

For details about volunteer opportunities, sponsorships, event schedules, or how to participate, visit the Mid-Carolina Senior Games Facebook page or contact Local Coordinator LaShonda Gough at 910-323-4191, ext. 40, or [lgough@mccog.org](mailto:lgough@mccog.org).

# Team MCRC:



**MID-CAROLINA  
REGIONAL COUNCIL**

*Creative Regional Solutions*

## United in Purpose, Diverse in Focus

At Mid Carolina Regional Council (MCRC), we are a collective force of dedicated professionals working across four distinct departments: Aging, Local Government Services (LGS), Workforce Development, and Administration. While each department has its unique focus, importance, purpose, and drive, we all share a common goal—to serve our communities with excellence and foster growth, connection, and sustainability across our region.

### **Aging: Advocates for Our Older Adults**

The Aging department is a cornerstone of MCRC, championing the needs of older adults. From nutrition programs and caregiver support to advocacy and education, this team ensures seniors in our communities can live with dignity, independence, and enhanced quality of life. Their work touches the heart of our region, reminding us that every generation is vital to our collective story.

### **Local Government Services: Empowering Communities**

LGS is pivotal in providing technical assistance, planning, and advisory services to local governments. Their expertise in zoning, economic development, and infrastructure planning helps municipalities thrive. This department is the backbone of many local initiatives, ensuring our towns and counties are well-equipped to navigate challenges and seize opportunities.

### **Workforce Development: Building Futures**

Workforce Development focuses on connecting individuals with meaningful employment opportunities while addressing the needs of businesses in our region. Through training programs, job fairs, and partnerships with local employers, this team strengthens our workforce and drives economic vitality. Their efforts lay the foundation for prosperity, one career at a time.

### **Administration: The Glue That Holds Us Together**

Behind the scenes, the Administration team ensures that all operations run smoothly. From managing budgets and coordinating events to fostering interdepartmental collaboration,

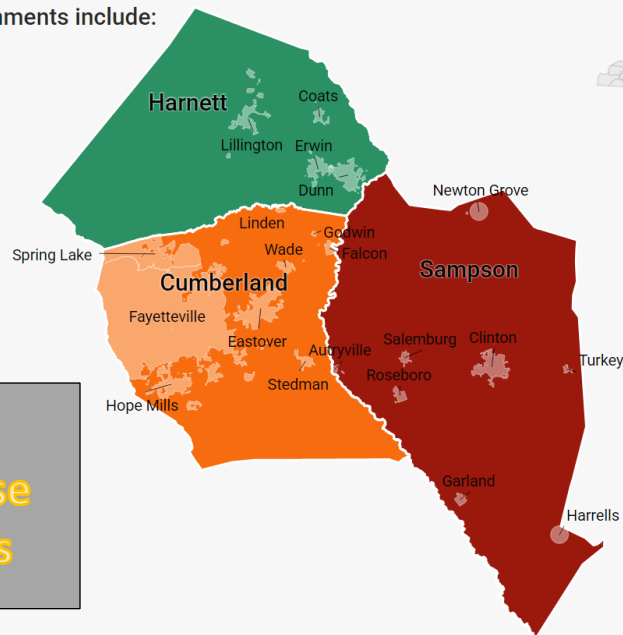
they provide the structure and support that allows each department to shine. Their work ensures that MCRC remains efficient, effective, and unified.

### **One Mission, One Team: Mid Carolina Regional Council**

Though we serve in different capacities, we are all part of one umbrella organization: Team MCRC. This unity is our strength. By embracing our diversity in roles and expertise, we create a network of support that amplifies our impact. Whether it's a caregiver finding resources, a small-town receiving planning assistance, a job seeker landing a life-changing opportunity, or an internal process being streamlined, it's all part of our shared mission.

At the heart of MCRC is a commitment to collaboration. Together, we make our communities stronger, more vibrant, and more resilient. We are proud to be Team MCRC—separate in focus but united in purpose. As we step into 2025, we encourage everyone to see MCRC as a team of individuals working towards a common goal and mission. While departmental lines may diversify our focus, they also enrich our collective strength. Together, we stand united in our purpose to serve, connect, and inspire. Here's to another year of making a difference, together. Moving forward into 2025, we remain steadfast in our commitment to unity, purpose, and teamwork as we continue to serve and strengthen our communities.

MCCOG's 24 member governments include:



**TEAM MCRC**  
United in Purpose  
Diverse in Focus

*Our mission is to provide creative regional solutions to relevant and emerging issues in Cumberland, Harnett, and Sampson Counties, North Carolina while providing a standard of excellence in the delivery of federal, state, and regional services for our communities.*



# What Causes Alzheimer's Disease in African Americans

*Takiyah D. Starks*  
*Wake Forest School of Medicine*



## February 7, 2025 • 10am - 2pm

### Smith Recreation Center

### 1520 Slater Avenue • Fayetteville, NC 28301

**Express Discount Pharmacy and the Vaccine Outreach Program will be providing COVID and Flu vaccinations.**

***Please bring your insurance card to receive services.***

# VENDORS EXHIBITS INFORMATION

## RSVP by February 5

**Barbara A. White**

910-323-4191 ext. 28 • [bwhite@mccog.org](mailto:bwhite@mccog.org)



*Sponsored by*

*Mid-Carolina Regional Council, Smith Recreation Center, & Mid-Carolina Vaccine Outreach Program*





# Spotlight on MCRC Care: Mary Beth Haire

Dedicated Administrative Coordinator  
with a Passion for Making a Difference

With over 18 years of experience in administrative services, Mary Beth Haire brings a wealth of expertise, energy, and heart to her role as Administrative Coordinator for the Mid-Carolina Regional Council. Her professional journey includes serving with the City of Fayetteville's Development Services Department, where she honed her organizational and problem-solving skills. She also worked as a Project Coordinator for a concrete swimming pool company, managing complex projects with precision, and as an Accounts Receivable Coordinator for a local restoration company, ensuring efficient financial operations.



Mary Beth's role at MCRC is diverse and dynamic, perfectly suiting her ability to multitask and thrive in a multi-faceted environment. Whether coordinating meetings, managing schedules, or supporting key initiatives, she takes pride in her ability to juggle multiple responsibilities while striving to maintain a high standard of excellence. Her favorite aspect of her work is the variety of tasks she encounters daily, which keeps her motivated and engaged.

A proud mother of four "semi-grown babies," Mary Beth treasures her family above all else. She dedicates her lunch breaks to visiting her mother who resides not far from the MCRC office. At home, she finds solace and joy with her partner J, whom she lovingly refers to as her "most favorite person in the entire world," and her beloved furry four-legged feline companions, Lillybug, Mystic, and Ponyboy, who add extra warmth and character to her life.

Mary Beth's passion for her work goes beyond her daily responsibilities. She strives to make a positive impact on her workplace and the community it serves. Known for her compassion, good intentions, and candid nature, she believes in leaving every place she touches a little better than she found it. She aims to have her colleagues value her for her reliability, sense of humor, and the heart she brings to her role.

While Mary Beth describes herself as occasionally "a little messy and too much," those who know her see someone who is deeply caring, hardworking, and committed to her team and the mission. For example, when in a pinch—say, after a two-week holiday vacation—Mary Beth has no problem pulling off the ultimate multitasking feat: quickly creating an article about herself for the newsletter column she thought would be a good idea to help staff get to know each other better but forgot to request a bio from another team member. Giggle, wink. She hopes to one day become a cornerstone of the MCRC team, embodying the values of dedication, adaptability, and community spirit.



## Honoring the Legacy of Dr. Martin Luther King Jr.: The Role of Local Government in Advancing His Vision

Dr. Martin Luther King Jr. stands as a towering figure in American history, celebrated for his relentless pursuit of equality, justice, and nonviolent social change. His legacy resonates not only on a national scale but also profoundly influences the work of local governments and municipalities. As we honor his contributions, it is essential to

recognize the unique role that local governments play in advancing the principles for which Dr. King so passionately advocated.

### Dr. King's Vision of Justice and Equality

Dr. King's vision was rooted in the belief that all individuals deserve dignity, respect, and equal opportunities. He fought tirelessly against systemic racism, economic disparities, and social injustice, advocating for policies and practices that would dismantle barriers and uplift marginalized communities. Through speeches like his iconic "I Have a Dream," and initiatives like the Poor People's Campaign, Dr. King emphasized the importance of addressing inequality at every level of society.

### The Role of Local Governments

While federal legislation, such as the Civil Rights Act of 1964 and the Voting Rights Act of 1965, marked significant milestones in the struggle for civil rights, the implementation and ongoing realization of these ideals often occur at the local level. Municipalities and county governments are at the forefront of creating equitable communities, ensuring justice, and fostering inclusivity. Here are key ways in which local governments embody Dr. King's legacy:

- 1. Promoting Economic Opportunity** Local governments play a critical role in fostering economic development and ensuring that opportunities are accessible to all residents. Initiatives such as workforce development programs, small business support, and affordable housing projects help bridge economic disparities—a cornerstone of Dr. King's vision.
- 2. Championing Equity in Public Services** From education to public safety, municipalities ensure that public services are delivered equitably. Local leaders can work to eliminate biases in policing, improve access to quality education, and expand healthcare services, all of which contribute to dismantling systemic inequality.
- 3. Encouraging Civic Engagement** Dr. King emphasized the power of collective action and the importance of citizens' voices in shaping their communities. Local governments provide platforms for civic engagement through town halls, community advisory boards, and participatory budgeting, empowering residents to actively contribute to decision-making processes.
- 4. Preserving History and Inspiring Future Generations** Municipalities have a responsibility to honor Dr. King's legacy through education and public commemorations.

Establishing memorials, hosting annual events like Martin Luther King Jr. Day parades, and supporting educational programs ensure that his message continues to inspire future generations.

### **The Ongoing Journey**

The work to realize Dr. King's dream is far from over. Local governments must continue to confront challenges such as gentrification, digital divides, and racial disparities in health outcomes. By staying committed to equity and justice, municipalities can ensure that their policies and practices reflect the inclusive society Dr. King envisioned.

### **A Call to Action**

As we celebrate Martin Luther King Jr. Day, let us not only reflect on his enduring legacy but also recommit ourselves to the work of building equitable communities. Local government leaders, staff, and residents alike have a role to play in advancing justice and equality. Together, we can honor Dr. King's vision by ensuring that his dream lives on in the neighborhoods, towns, and cities we call home.

#### **Fayetteville NC Annual MLK Parade**

**SATURDAY, JANUARY 18th, 2025**

**10:00am**

**Hay Street, Downtown Fayetteville, NC**

#### **32nd Annual MLK Worship Service**

**SUNDAY, JANUARY 19th, 2025**

**5:00 PM**

**Host Church: Lewis Chapel Missionary Baptist Church**

**5422 Raeford Road**

**Fayetteville, NC 28304**

**Host Pastor: Rev. Dr. Christopher Stackhouse**

**Keynote Speaker: Bishop Varnie N. Fullwood, Sr.**

**Senior Pastor, Mt. Pleasant Baptist Church Ministries**

**Clinton, NC**

#### **32nd ANNUAL MLK BRUNCH**

**MONDAY, JANUARY 20th, 2025**

**10:00 AM - 12:00 PM**

**Keynote Speaker: Rev. Dr. Christopher Stackhouse**

**Senior Pastor, Lewis Chapel MBC**

**Host Location: Crown Complex**

**1960 Coliseum Drive**

**Fayetteville, NC 28306**

**TICKETS MUST BE PURCHASED IN ADVANCE \$35**

Tickets can be purchased from

**The Crown Complex Box office \*Lewis Chapel MBC\* WIDU\* Manna Church\* Simon Temple AME Zion Church**

**\* Mt. Olive MBC \* New Life Bible Church**

# HARBOR FREIGHT

QUALITY TOOLS    LOWEST PRICES



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AmericanJobCenter®  
network



## HIRING EVENTS!

### NEW Store - Erwin, NC

January 16<sup>th</sup>-17<sup>th</sup> 11am-3pm

January 22<sup>nd</sup>-23<sup>rd</sup> 11am-3pm

January 30<sup>th</sup>-31<sup>st</sup> 11am-3pm

**Location: NCWorks Career Center-Harnett County**  
**900 S. 9<sup>th</sup> Street Lillington, NC 27546**

Associate Pay  
Starting at  
\$15.50

#### Requirements:

Register at [www.ncworks.gov](http://www.ncworks.gov)

Apply: [Jobs.harborfreight.com](http://Jobs.harborfreight.com)

Supervisor Pay  
Starting at  
\$18.50

  
28,000 Associates

  
Over 1,500 Stores

  
45 Years in Business

  
Over 7.7 Billion in Annual Sales

  
Family Owned

## WHY HARBOR FREIGHT?

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