



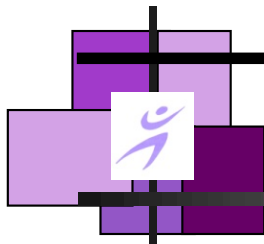
The Insider

Jan 2018

UNIVERSAL MH/DD/SAS Mission Statement

Universal MH/DD/SAS is dedicated to helping individuals and families affected by mental illness, developmental disabilities and substance abuse in achieving their full potential to live, work and grow in the community.

WHY THE NEED FOR THE INSIDER ? *The purpose of this newsletter is to provide specialized information to all Universal MH/DD/SAS employees. The intent is to develop a better informed workforce, to foster a greater sense of community and to build morale.*



MESSAGE FROM THE AGENCY DIRECTOR

Inside This Issue

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- ❖ Birthdays

Team members and friends,

I believe that Universal has some of THE BEST of THE BEST people in our field. Therefore in this edition of The Insider, we want to focus on YOU!

It is important that you remember to do things for yourself. It is important that you simply take care of yourself, take measures to improve yourself. Things that are going to make you be the BEST you that YOU can be.

Therefore throughout this edition we want to help you do just that – focus on yourself.

NOTE: Videos are included in this edition of The Insider, therefore you will need to:

- 1- Look at this edition via electronic devices
- 2- Click on those links and accept the possible security warnings about opening a link from a document.
- 3- ENJOY!



Mitchell taking a celebratory lap around the track during Homecoming celebrations!

Morganton's Mitchell proudly escorting the 2017 Homecoming Queen at Freedom High School!
Can you tell that his peers adore him!
We are so proud of you Mitchell...Congrats!





Burlington's Day Program visited the local Fire Station!





Lance and Ricky at Forest City's Paint and Pastries Party

Wilson's Halloween Party



New Bern's Back to School Bash



BEST VERSION OF YOURSELF

FEARLESS MOTIVATION | ITUNES | GOOGLE PLAY | AMAZON MP3 | SPOTIFY



<https://www.youtube.com/watch?v=IkDBImBAmNO>

Click here or paste this link into your browser



There's an old saying in the boxing world: "Champions don't become champions in the ring; they are merely recognized there." The implication, of course, is that the hard work of winning happens during an intense training regimen. The blood, sweat and tears on the gym floor; the relentless planning for every possible scenario; the sacrifice and careful preparation. This is the stuff that ultimately enables victory.

Professional athletes achieve at the highest levels by spending 90% of their time training and 10% of their time performing. In most areas of life, however, we do the exact opposite. In fact, most business leaders, parents and professionals spend closer to zero percent of their time in thoughtful study of their craft or training for improvement. Instead, we labor through the days in full-exertion mode and then wonder why we fail to reach our full potential.

Imagine a star tennis player who never trained and only stepped foot on the court during major tournaments. Or a pro football player who never bothered with conditioning, learning the plays, or running drills with his teammates. Predictably, these athletes would unravel in a spectacular fashion. Which is exactly what we do when we fail to commit the time and energy to our own personal development.

While you probably don't have the luxury of devoting 90% of your days to training, carving out just 5-10% of your time for focused improvement will quickly improve your performance. Simply put, a training regimen will jettison your career to the next level.

Just like the pro athletes who develop a written training program with specific maneuvers and goals, you should be taking the same proactive approach for your own career. Reading books, attending lectures (or watching them online,) running "drills," solving practice problems, doing simulations with colleagues and even trying to decode your competitors' approach are all helpful exercises to include in your training plan. If you have the discipline to improve yourself without the prodding of others, you will quickly fly past those who lack the ambition to push themselves to becoming world-class.

Abraham Lincoln had it right when he said, "If I had eight hours to cut down a tree, I would spend six hours sharpening my saw." The sooner you begin the process of sharpening your own "saw," the faster you will achieve your biggest goals. The time to get started is now. Your championship awaits.



1. **Make sure anger isn't spoiling your life!**

Anger is an interesting emotion indeed. There are those who are angry at everyone and everything it seems (including being angry at themselves for past mistakes). And then there are those people who never seem to get angry. The thing is, though, bad stuff happens in life - to all of us - and expressing that anger, when the bad stuff occurs, is, healthy! So make sure you *are* dealing with your anger in a healthy way.



2. **Be more assertive!**

I firmly believe that the world would be a better place if we were all a little more assertive. It would mean that people would say 'no' when they mean 'no', etc. It would mean that minor issues would be dealt with then and there - they would not, as often happens, fester for days or months or years to become something much less pleasant (and damaging, to all concerned.)

I used to be an expert in not being assertive, so I realized being assertive isn't something you can just switch on, but assertiveness really is an important skill to develop nevertheless.

3. **Learn how to communicate effectively!**

Communication skills that we all should possess and develop include verbal skills, and non-verbal skills like written and body language skills. Chances are none of us are experts at all these forms of communication. So I say congratulate yourself on your good communication skills (but don't take them for granted) and develop those skills that you lack. Again, everyone benefits from clear, effective communication. Go to it! ;-)

"Whether you think you can or you think you can't, you're right" ~ Henry Ford



5. Have a more positive attitude!

Positivity does not mean that you need to feel that everything is wonderful, all of the time. Clearly, we all have bad days. No, having a positive attitude to life really is summed up by the words in this song, "*Accentuate the positive, eliminate the negative...*"

In other words, instead of always looking for what's wrong in a situation try and see if you can find what's right in it. You won't always succeed, but life will be more fun whilst you're trying. :-)

6. Love yourself, every day!

Ah, self-love, self-esteem and self-confidence - 3 great qualities to possess. If you really love and believe in yourself, you will achieve more and get more of the things in life that you think are important. So how do you do it, love yourself! Well, you can start the self-love journey by seeing how bad the problem is in the first place:

7. Don't fear success! Don't fear failure!

Fear of success and fear of failure are apparently, fear of the same thing: fear of the unknown. So I say, don't fear the unknown! Everything is unknown until it is known. "There's nothing you can do, that can't be done": that's what John Lennon sang and he basically meant that anything is possible - you just have to believe it first.

Again, not fearing success (or failure) is easier said than done. It is still possible - just take the first step and then the next...

So there you have it - some self improvement tips, advice and ideas a la SelfHelpCollective.com!



Read a book everyday

Pick up a new hobby

Create an inspirational room

Level up your skills

Weekly exercise routine

Start a life handbook

Get out of your comfort zone

Identify your blind spots

Stay focused with to-do lists

Acknowledge your flaws

Start a journal

Start a blog

I BELIEVE I CAN FLY



Learn a new language

Write a letter to your future self



Create BIG HAIRY AUDACIOUS GOALS (BHAG)

Learn from people who inspire you

Start a good habit

Avoid negative people

Mediate Reduce the time spent on chat programs

Learn chess or any strategy game

Learn public speaking

Start a business venture

Show kindness to people around you

Read one personal improvement article per day

Stop watching TV

Take up a new course

Overcome your fears

Wake up early

Let go of the past

Put someone up to a new challenge

Get into action

Ask for feedback

Quit a bad habit

Learn from your friends

Start a 30 day challenge

Get a mentor/coach

Take a break



If you procrastinate because you're unorganized, here are six strategies to help you get organized:

- 1. Keep a To-Do List.** This will prevent you from "conveniently" forgetting about those unpleasant or overwhelming tasks.
- 2. Prioritize your To-Do List using Eisenhower's Urgent/Important Principle.** This will enable you to quickly identify the activities that you should focus on, as well as the ones you can ignore.
- 3. Become a master of scheduling and project planning.** If you have a big project or multiple projects and you don't know where to start, these tools can help you to plan your time effectively, and reduce your stress levels.
- 4. Tackle the hardest tasks at your peak times.** Do you work better in the morning or the afternoon? Identify when you're most effective and do the tasks that you find most difficult at these times.
- 5. Set yourself time-bound goals.** Setting yourself specific deadlines to complete tasks will keep you on track to achieve your goals and will mean that you have no time for procrastination!
- 6. Use task and time-management apps.** There are numerous apps designed to help you to be more organized, such as Trello and Toggl.

If you're prone to delaying projects because you find them overwhelming, try breaking them down into more manageable chunks. Organize your projects into smaller tasks and focus on **starting** them, rather than on **finishing** them.

In his 2011 book, "The Procrastination Cure," Jeffery Combs suggests tackling tasks in 15-minute bursts of activity. Start with quick and small tasks first. These "small wins" will give you a sense of achievement and will make you feel more positive and less overwhelmed by the larger project or goal that you are working towards.



Here are a few resources you can contact 24/7:

[Call 911](#) if the crisis is a life-threatening emergency. Make sure to notify the operator that it is a psychiatric emergency and ask for an officer trained in [crisis intervention](#) or trained to assist people experiencing a psychiatric emergency.

[National Suicide Prevention Lifeline](#) – Call 800-273-TALK (8255) to speak with a trained crisis counselor.

[Crisis Text Line](#) – Text NAMI to 741-741 to connect with a trained crisis counselor to receive crisis support via text message.

[National Domestic Violence Hotline](#) – Call 800-799-SAFE (7233) to speak with trained experts who provide confidential support to anyone experiencing domestic violence, or seeking resources and information.

[National Sexual Assault Hotline](#) – Call 800-656-HOPE (4673) to connect with a trained staff member from a sexual assault service provider in your area, that offers access to a range of free services. Crisis chat support is also available at [Online Hotline](#).





There are **86,400 seconds** in a day.
It's up to you to decide
what to do with them.

— Jim Valvano

carf INTERNATIONAL

Universal was recently awarded our 4th 3-year National Accreditation. This year our company received a minimal number of recommendations, fewer than ever before. This is evidenced by our commitment to excellence!

The CARF Reviewers were extremely complimentary of all our programs.



Are you aware of the National Alliance for Direct Support Professionals?

WHAT IS THIS? NADSP is a world with a highly qualified and professional direct support workforce that partners with, supports and empowers people with disabilities, to lead a life of their choosing.

Recently Universal's Training Department participated in a NADSP Train-the-Trainer that will enable us to meet the mandates for the Home and Community Based Settings Rule. This training is entitled INFORMED DECISION MAKING. More information will be coming soon!

Universal Direct Support Professionals (DSPs) may soon reap the benefits of this training. This allows for our direct care staff to interact/participate/use the National Alliance for Direct Support Professionals' website. IF you are interested in utilizing this website, please contact Training Director, Drema Greer at dgreer@umhs.net. Send your email address to Drema and she will enter you into this group.



Making a world of difference
in people's lives



With the popularity of smartphones, information exchange is easier, faster and better than it's ever been in the history of the world. Think about it: we have the ability to communicate worldwide, have information at our fingertips, learn new things and watch cuddly cat videos every second of every day. Smartphones have truly been a revolutionary.

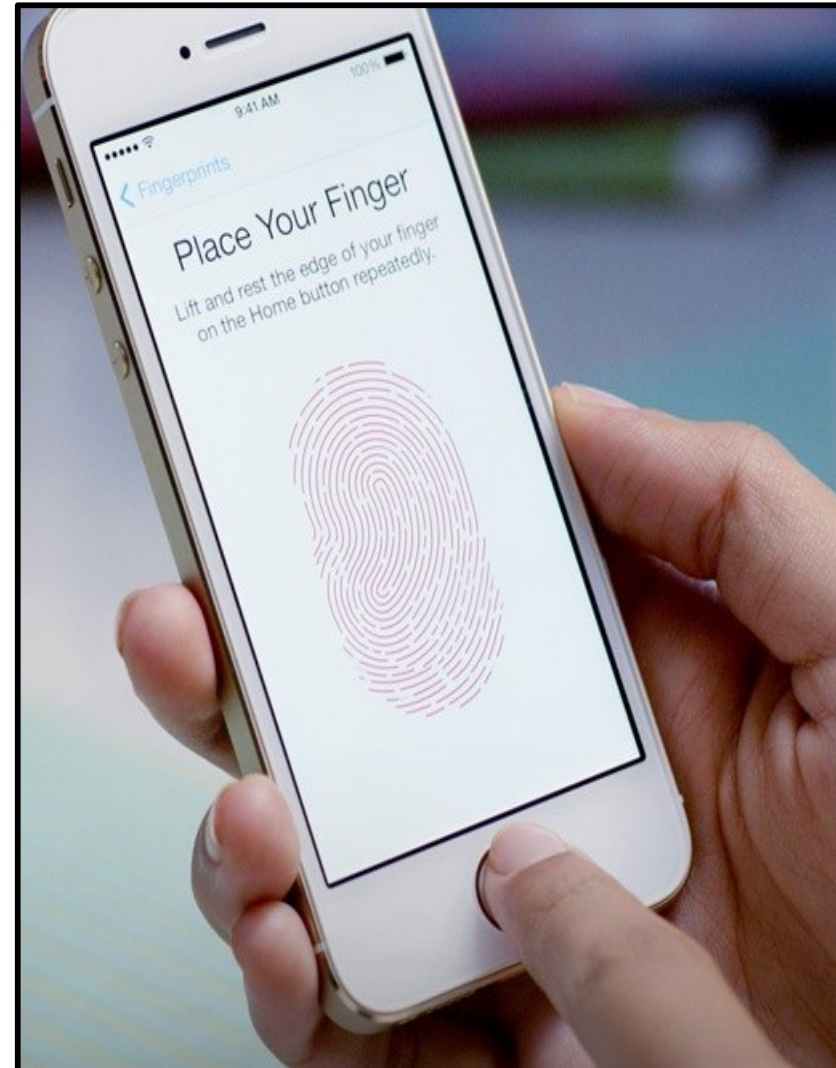
With that increased ability comes many security concerns. In healthcare, the biggest of those concerns is HIPAA compliance. We have to be careful with the data that we've been entrusted by our persons served, their families and the community at large. We are the guardians of this crucial data. It takes all of us to make sure that we are diligent with the protection of this data.

But, that's not the focus today. The focus today is on your private information. Smartphones continue to evolve and keeping them secure is one of the most important things we can do. Biometrics have become the most prevalent security tool on smartphones. Do you know what biometrics are?

According to the US Department of Homeland Security, Biometrics are defined as, "unique physical characteristics, such as fingerprints, that can be used for automated recognition." Using your fingerprint to unlock your smartphone is a perfect example. As is face recognition that's appearing on the latest smartphones.

Does using Biometrics for simple daily tasks, like opening a door or unlocking a phone, pose any security risks? The answer to that question comes down to privacy. A recent hack at the US Government Office of Personnel Management compromised the fingerprints of 50,000 people. If the US government can be hacked, anyone is susceptible.

To bring this full circle, medical records continue to be lucrative to hackers. The data included in medical records is some of the most private data available. Is there something in your medical record that, if lost could pose a threat to your privacy? What if your medical record included your fingerprint? With that said, we should all continue to focus on security and privacy of our own data, as well as that we are entrusted to protect.



If you have any questions or would like more information about biometrics or any other IT issue, feel free to contact Leslie Cothren at lcothren@umhs.net. If you have an official Information Technology request, please e-mail that to trackit@umhs.net.



Universal's Cultural Sensitivity Mission Statement?

"Universal MH/DD/SAS strives to develop awareness and respect in order to celebrate the diverse backgrounds of people."

Jan



Human Trafficking Awareness Month

National Disability Month



Mar

Feb



Gang Prevention Awareness Month



Wilmington's QP ~
Jamal Rolle



Morganton's IFTS ~
Rebecca Hill



Corporate's Data Specialist
~ Loretta Bull



Corporate's Financial
Assistant ~ Susan Propst



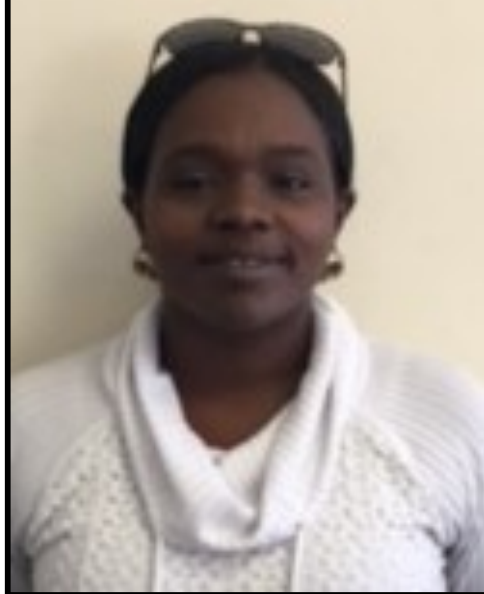
Welcome to Arbor House's
Res. Lead ~ Cheryl Hendricks



Asheville's OA ~ Carlee
Goodman



Welcome to Asheville's
CPSS ~ Jessica Tuck



Asheville's QP ~
Dianne Rogers





Congrats to **Wilmington's Christina Clatterback** ~ promotion to **Regional Program Manager**



Welcome to **Burlington's QP** ~ **Angela Steward**



Congrats to **Corporate's Jennifer Carroll** ~ promotion to **Vice President/Controller**



Congrats to **Corporate's Heather Everhart** ~ promotion to **Accounting Department Manager**

Asheville's Thanksgiving Dinner



Universal always has the best looking booth at the Pinehurst Conference – **Thanks Beverly Smith**





<https://www.youtube.com/watch?v=bZC0kyOLGJQ>

Click here or paste this link into your browser



Asheville

WEIGAND JR, CHARLES	01/01
HENSON, MATTHEW	01/05
BINNS-CRAVEN, ALEX	01/06
DAWKINS, MORGAN	01/07
LEWIS, ANITA	01/09
Darity, Betty	01/11
SMITH, KRISTIE	01/14
FISHER, SHANNON	01/17
MURRAY III, MAURICE	01/18
DUNCAN, WILLIAM	01/19
BRANDON, JULIE	01/22
HART, MICHELE	01/23
WARD, COURTNEY	01/24
PHARES, SHERRY	01/27
FREEMAN, TAMMY	01/31
STIMAK SR, MICHAEL	02/02
EVERETT, ANGELA	02/05
WESTON, CRYSTAL	02/06
SIMS, PATRICIA	02/08
PRESSLEY, STAYCE	02/13
MURRAY, JOEL	02/14
WILLIAMS, VANESSA	02/19
PIMENTA, EVAN	02/20
Bacon, Jr, Evan	02/22
BENJAMIN, TAUSHA	02/24
BRYANT, ZANTORA	02/25
BURLEW, JUSTIN	02/29
DUCKER, HELEN	03/03
STREETER, CHERYL	03/06
BENDERSKY, SILVIA	03/09
JUSTICE, TIFFANY	03/10
REDMON, EMILY	03/12
ROBERTS, SHELBY	03/16
KOHLHEPP, DEBORAH	03/17
ROBINSON, SIMON	03/19
GOGGANS, ROSEMARY	03/22
THOMPSON, NICHOLAS	03/24
CHAPMAN, MICHAEL	03/24
HOLLAND, KIMBERLY	03/31

Burlington

COBB, TAMMY	Burl	01/05
KELLY, TARA	Burl	01/05
ALBRIGHT, CHRIS	Burl	01/14
ERICH, RAYMOND	Burl	01/17
WELLS, JACQUELINE	Burl	01/27
SELLARS, JANE	Burl	02/02
RICHMOND, MESHAYE	Burl	02/04
Bondurant, Amanda	Burl	02/05
SUMMERS, TAVARIS	Burl	02/06
ARGUETA, KARLA	Burl	02/18
AMMERMAN, NICOLE	Burl	02/18
JOHNSON, KATHRYN	Burl	02/19
WOODS, ANGELIA	Burl	02/19
WRIGHT, ALYCIA	Burl	02/22
FULLER, MARGARET	Burl	02/26
SPIRLES, SONYA	Burl	02/26
HUGHES, RACQUEL	Burl	03/04
FULLER, MELISSA	Burl	03/05
Fogleman, Pamela	Burl	03/14
JOHNSON, NAQUANA	Burl	03/14
WATKINS, GLENDA	Burl	03/16
Reese, Brenda	Burl	03/22
Bynum, Sheila	Burl	03/24
LEATH, GLORIA	Burl	03/26
Leath, Gloria	Burl	03/26
FLORENCE, LYNN	Burl	03/28
LYNCH, KIMBERLY	Burl	03/31
ALBRIGHT, JAIMIE	Burl	03/31

Corporate

FUNCHES, GERALD	Corp	01/07
GREER, ROBERT	Corp	01/10
COTHREN, LESLIE	Corp	02/01
BROWN, ALICIA	Corp	02/19
BEDFORD, TERRY	Corp	02/28
CARROLL, JENNIFER	Corp	03/26
WILEY JR, GARRY	Corp	03/27

Forest City

CHATHAM, TONYA	FC	01/05
GOODE, ALEGRA	FC	01/19
RODRIGUEZ, GABRIELA	FC	01/22
TAYLOR, JANICE	FC	01/23
PITTS, MAKADRIN	FC	01/24
Davis, Johnny	FC	01/29
CLONTZ, CHEYENNE	FC	02/11
LOGAN, KAY	FC	02/23
EVANS, ROBERT	FC	02/25
WADDELL, KATHLEEN	FC	03/09
HARRIS, ANNIE	FC	03/10
Dills, Allison	FC	03/10
Williams, David	FC	03/11
BEST, KAREN	FC	03/19
WHITLEY, DOLLY	FC	03/24



Continued on next page



Morganton

MACK, RONNIE	Morg	01/03
HOLLIFIELD, WANDA	Morg	01/08
MARTINEZ, SHARON	Morg	01/09
BARNES, DAKOTA	Morg	01/14
CUTSHALL, CATHY	Morg	01/16
SMITH, ROBERT	Morg	01/22
WARD, JENNIFER	Morg	01/23
ELLIS, LARRY	Morg	02/05
JOHNSON, NATALEE	Morg	02/12
DOAK, TIPPY	Morg	03/02
HIGHTOWER, CHRIS	Morg	03/03
SMITH, SHELLIE	Morg	03/04
BUTLER, AMANDA	Morg	03/07
INGRAM, JANNIE	Morg	03/10
BIGGERSTAFF, CHRISTY	Morg	03/14
DEHART, WANDA	Morg	03/16
HOWELL, CHASTITY	Morg	03/29

Raleigh – Group Homes

MEBANE, BRITTANY	Rebecca's Home	02/01
REID, DANIELLE	Rebecca's Home	02/10
POLK, SHANIQUA	Rebecca's Home	03/13
SUTTON, LATONYA	Rebecca's Home	03/30
FREEMAN, ANITTA	The Arbor House	01/01
KING, BERNICINE	The Arbor House	01/29
MURRAY, KIMBERLY	The Arbor House	02/26
BELL, JACQUELINE	The Arbor House	03/07
LYNCH, LISA	The Arbor House	03/10
WHITEHEAD, STERLYN	The Arbor House	03/20
GRAY, PHYLLIS	The Arbor House	03/22

★HAPPY★
BIRTHDAY!

New Bern

WARD, TERRA	New Bern	01/01
SQUIRES, KIMBERLY	New Bern	01/05
HARKLEY, ANTHONY	New Bern	01/10
BROWN, MELLANIE	New Bern	01/11
Malecki, Patricia	New Bern	01/26
DEAN, IMANI	New Bern	01/27
BOOMER, MICHELLE	New Bern	02/04
ROBINSON, PHYLLIS	New Bern	02/07
JACKSON, GENELLE	New Bern	02/12
JONES, TIANYA	New Bern	02/13
PHILLIPS, JAQUAH	New Bern	02/14
NEWMAN, ETHEL	New Bern	02/15
MORRIS, MARIAN	New Bern	02/17
WILLIAMS, MATTIE	New Bern	02/23
WILLIS, CLORA	New Bern	02/27
DUCLOS, SHELLY	New Bern	02/29
KORNEGAY, INECIA	New Bern	02/29
DUCLOS, MARY	New Bern	03/01
GAYLOR II, JOSEPH	New Bern	03/03
MASON, GENE	New Bern	03/04
BOTINOVCH, JAMIE	New Bern	03/09
DILLAHUNT, SHERRY	New Bern	03/14
COLLINS, OLA	New Bern	03/19
RAY, CONTESSA	New Bern	03/20
DEAN, TAMMIE	New Bern	03/28

Raleigh

SALISBURY, BEVERLY	Ral	01/01
Vaughn, Anthony	Ral	01/02
MCKINNEY, JAQUELINE	Ral	01/04
WILLIAMS, EBONY	Ral	01/04
Pujeh, Ahmed	Ral	01/05
BONDS, TAMRA	Ral	01/06
ALVAREZ, LYDIA	Ral	01/07
PARRILLA, DELISA	Ral	01/07
ALLEN, AUDRYANNA	Ral	01/07
BOONE, WALTER	Ral	01/08
FREEMAN, DELPHYNE	Ral	01/10
GIBSON, LISA LEVETTE	Ral	01/11
ALSHAMY, GERALDINE	Ral	01/13
MITCHELL, AMBER	Ral	01/13
Morrison, Nakima	Ral	01/15
BRYANT, EBONY	Ral	01/15
ROCHELLE, GEORGE	Ral	01/17
RAWLS, JACQUELINE	Ral	01/17
TABORA GOMEZ, KARLA	Ral	01/17
Umeana, Toyin Katherine	Ral	01/19
Ojulari, Rebecca Ayodele	Ral	01/20
ROSS, SHANDRIEL	Ral	01/20
McGee, Kimberly	Ral	01/22
Springer, Raven	Ral	01/22
Harrison, Arleana	Ral	01/23
FULLER, ANJA	Ral	01/24
Cyrus, Jonnie	Ral	01/27
Gatling, Brittney	Ral	01/28
O'NEAL, MICKIE	Ral	01/29
JAMES, LORETTA	Ral	01/30
RUSSELL, TAMMY	Ral	02/02
DEAR, ELIZABETH	Ral	02/02
MCDUGAL, ARKELA	Ral	02/02
KING, JAMES	Ral	02/03

Continued on next page



Raleigh

Parker, Katrina	Ral	02/04
Blalock, Ella	Ral	02/10
HAYES, ASHLEY	Ral	02/11
TINNEN, DEBRA	Ral	02/12
CALLENDER, MYESHIA	Ral	02/13
SARACENO, ERICA	Ral	02/13
SCOTT, MARY	Ral	02/15
SIMMONS, SYLVANUS	Ral	02/16
GREENE JR, GARLAND	Ral	02/16
MCRAE, LAVERNE	Ral	02/18
FAULKNER, ALEXIS	Ral	02/21
FAULKNER, KENYA	Ral	02/21
GARNER, DEVETA	Ral	02/24
AGUIRRE, ESTEBAN	Ral	02/25
PERRY, OTISTINE	Ral	02/26
CURRIN, WANDA	Ral	02/26
Gbajumo, Chenelle	Ral	02/26
WOOD, CAROL	Ral	02/26
INGE JR, ROGERS	Ral	02/27
HINES, CARLOS	Ral	02/28
SMITH, BELINDA	Ral	03/05
GELBLUM, MARY	Ral	03/08
TALLEY, TIMEKA	Ral	03/09
PICCIRILLO, ROSEMARIE	Ral	03/10
TAYLOR, PAUL	Ral	03/12
McGhee, Crystal	Ral	03/12
HUNT, JENNIFER	Ral	03/13
POOLE, SHARON	Ral	03/14
ADEBIMPE, SAMSON	Ral	03/15
FONT, SUSAN	Ral	03/15
AUSTIN, SHIRLEY	Ral	03/20
RICHARDSON, REBEKAH	Ral	03/21
BELAIRE, KENNY	Ral	03/25
MCCOY, SABRINA	Ral	03/26
UMEANA, EMEKA	Ral	03/26
MALLOY, DION	Ral	03/26
BRODIE, THOMASINA	Ral	03/27
MURRILL, BERNADETTE	Ral	03/28
DUNN, GLORIA	Ral	03/29
SMITH, TANISHA	Ral	03/29
HARRIS, LATONYA	Ral	03/30

Wilmington

PUGH, BRITTANY	Wilming	01/03
ARGYROPOULOS, ANGELINE	Wilming	01/05
MYERS, JETAUN	Wilming	01/07
HUTT, TAMI ANN	Wilming	02/12
FREDERICK, MADIE	Wilming	03/25
ROBINSON, JOSIE	Wilming	03/31
ROLLE, JAMAL	Wilming	03/31

Wilson

TERRELL, EVE	Wilson	01/03
BRASWELL, ELLA	Wilson	01/04
DIXON, LINWOOD	Wilson	01/07
RUDOLPH, JEFFERY	Wilson	01/14
WILKINS, ANITA	Wilson	01/28
ARTIS, LASHONDA	Wilson	01/30
WILLIAMS, HELEN	Wilson	01/31
FAISON, LYNDRA	Wilson	02/04
HORNE, ANGELA	Wilson	02/07
COX, YVONNE	Wilson	02/08
JONES, MALCOLM	Wilson	02/09
PORTER, MARILYN	Wilson	02/13
SIMMONS, MONIQUE	Wilson	02/27
Artis, Wesley	Wilson	03/10
SULLIVAN, KATHY	Wilson	03/12
NEWBORN, ANITA	Wilson	03/13

**Winston**

Walters, Brenda	Winston	01/07
HALL, MICHAEL	Winston	01/09
WATSON, JESSE	Winston	01/09
BYRD, NATHAN	Winston	01/16
HARVEY, SYLVIA	Winston	01/18
SCHOEFIELD, SUSAN	Winston	01/21
PARDUE, JEANETTE	Winston	01/24
KNIEJSKI, WINIFRED	Winston	01/25
ROBERTS, JENNIFER	Winston	01/25
LAMBERT, LISA	Winston	01/27
WILLIAMSON, GLORIA	Winston	01/28
ROUSE, TERRY	Winston	01/30
CLAYTOR JR, HAROLD	Winston	02/03
SEARCY, PHILLIP	Winston	02/05
MCLEAN, LATONJA	Winston	02/11
Winfield, Jessica	Winston	02/12
FARLEY, BRITTANY	Winston	02/12
CALDWELL, RYAN	Winston	02/16
TALBERT, TAMMY	Winston	02/18
BLUE, CHRISTOPHER	Winston	02/18
JENKINS, TERESA	Winston	02/20
WARD, MARLA	Winston	02/20
LASLEY, JOHN	Winston	02/24
BENNETT, TIA	Winston	02/25
MAHALA, APRYL	Winston	02/28
COVINGTON, SHANICE	Winston	03/01
PRICE, VELVET	Winston	03/06
VAUGHN, TREZZURE	Winston	03/15
MCCOY, CARLA	Winston	03/16
CLICK, DARRYL	Winston	03/16
REID, FERLANDOS	Winston	03/17
TURNER, RALPH	Winston	03/17

