EMPLOYEE NEWSLETTER

EDGECOMBE COUNTY EMPLOYEE NEWSLETTER NOVEMBER 2006

Mark Your Calendars

Commissioner Meeting
Dec 4th 7:00 PM

Coop, Extension Farm City Breakfast
Dec, 6 7:30 AM

Retirement Social for Marvin Rouse, Judy Cole & Jackie Freeman
Dec, 13th 3:00-5:00

Christmas Holidays
Dec 25 & 26

CPR Training
Dec 18th

Quote of the Month

"Effective leaders are made, not born."
General Colin Powell

Brainteaser

This is how the names of the following celebrities come out when spell-checked. Can you figure out who they are?

1. Court Cops
2. Action Cutter
3. Kite Wingless
4. Summon Cowbell
5. Mercy Stripe
6. Deli Moose
7. Camera Dies
8. Renew Sewage

Go to www.edgecombecountync.gov

FROM THE COUNTY MANAGER

I hope that everyone had a wonderful and *filling* thanksgiving holiday. We all work hard at what we do, and having a couple of days off helps to recharge our batteries.

The department heads and I recently attended a workshop on risk management. Here are a few points that were made that I think are worth sharing:

- All accidents are preventable. Though we don't intend for them to happen, there are steps that can be taken to prevent them.
- Report workplace accidents immediately, even if you are not injured. This will help with preventing accidents in the future.
- Accidents don't just happen, they are caused. Figure out what happened, why it happened, and how to make sure it doesn't happen again.
- Keep your eyes open for hazards in your office, other places in your building and even in the parking lot. Report them to your supervisor or maintenace immediately. You may prevent someone from being seriously injured.

Using these strategies and being safe will save property, limbs and even lives.

Just a reminder that check requests are due on Tuesdays by 10:00 to finance. Checks are written 52 weeks a year, therefore there is no excuse for late payments.

Surviving Holiday Feasts

Food, and lots of it, is a part of our holiday celebrations. Thanksgiving and Christmas can deliver a one-two punch that can quickly knock out any progress we have made in losing weight and living healthy. Here are a few tips to help you, and the buttons on your shirt, survive the holiday.

1. Control your portions. There is usually lots of food and desserts to choose from, and you want them all. Just get very small portions and don't go back for seconds if you are not still hungry (remember there is a difference between being hungry and craving the tasteof something.)
2. Dont' starve yourself in preperation of the big meal. Eat sensibly throughout the day and you are less likely to gorge yourself at feast time.
3. Turkey breast is very lean and healthy, but limit the greasy gravy and other unhealthy sides that we pile on with it.
4. Choose low calorie drinks to go with your meal like diet sodas, tea sweetened artifical sweetener or splenda, or water.
5. Get your shopping and other holiday preparations done early. Stress can slow your metabolism, and we often seek comfort in food.
6. Remember those less fortunate. There are needy families right in your

www.edgecombecountync.gov
for the answers.

6. Remember those less fortunate. There are needy families right in your community. Share your food with others.

Holiday Credit Tips

Tis the season for shopping, and retailers are eager to sign up customers for their credit card. Many stores offer the enticement of a discount on your total purchase if you apply for a store account. Here are several good reasons to just say "no thanks".

- The interest rate on retail accounts is frequently higher than what you can obtain through a credit union or bank.
- The retailer will check your credit to determine whether you meet their lending criteria. When the retailer looks at your credit report, it is recorded as an inquiry.

Too many inquiries lower your credit score since it suggests to lenders that you are applying for too much credit.

- It is more difficult to keep up with the charges and payments on several credit cards. It is much easier to use one credit card from a credit union or bank that can be used for most purchases.

Provided by Edgecombe Cooperative Extension

Safety Tip

While Cooking:

Never place anything on or near the stove.

Roll up or fasten long sleeves with pins.

Keep children away from the stove

By. Angela Davis
Safety Committee

Joke of the month

What is the difference between a good lawyer and a great lawyer?

A good lawyer knows the law; a great lawyer knows the judge.

KEEP AMERICA BEAUTIFUL
NASH & EDGECOMBE COUNTIES

County employees, time is here again to recycle our out of date Tarboro telephone books! Embarq, Waste Industries, and Keep America Beautiful of Nash & Edgecombe Counties are working together to recycle Tarboro telephone books. Please help save paper, water, landfill space, and your tax dollars by recycling as many telephone books as you can between November 27th and December 15th. Recycling your telephone books is easy: **Drop off site - Edgecombe County Administration Building** – 1st floor lobby area

You may recycle your telephone books at home with your residential service. Add your old telephone books with your regular residential recycled materials. If you don't have residential recycling, please contact a neighbor or friend who does and ask them to allow you to recycle your telephone book in their bin or bring them to the Edgecombe County Administration Building.

Edgecombe County Convenience Centers – Recycle old telephone books in special bins at the following convenience center sites:
(Mon. – Sat. 7:00 a.m. – 6:00 p.m.; Sun. 2:00 p.m. – 6:00 p.m.):
BAIE ROAD SITE: State Road 1136, Phone: 446-7895
BURNETTE FARM ROAD SITE: State Road 1524 & 1526, Phone: 823-1729
COLONIAL ROAD SITE: State Road 1601, Phone: 827-5422
DICKENS ROAD SITE: State Road 1505, Phone: 641-1234
GAY ROAD SITE: Gay Road, State Road 1268, Phone: 446-6896
HART'S CHAPEL ROAD SITE: State Road 1117 off State Road 1337, Phone: 641-2795
LIVING HOPE SITE: State Road 1111 (off NC 124-W), Phone: 827-2961

LIVING HOPE SITE: State Road 1111 (off NC 124-W), Phone: 827-2961

SPIVEY ROAD SITE: State Road 1500, Phone: 823-4796

WELLS ROAD SITE: State Road 1410, Phone: 437-1122

For questions or comments, please contact Cornelia McGee-Anthony, Keep America Beautiful Coordinator at (252) 972-1327 or send email to anthonycc@ci.rocky-mount.nc.us .