



# County Connection

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### Special points of interest:

- Jan 1: Offices Closed
- Jan 21: Offices Closed
- Jan 25: Pay Day
- Feb 22: Pay Day

## Calendar of Events

### January

#### 1. New Years: Offices Closed

7. BOC meet @ 6:30pm

#### 21. MLK Jr Birthday: Offices Closed

### February

4. BOC meet @ 6:30pm

#### 14. Valentine's Day

18: BOC meet @ 6:30

### Welcome New Employees!!

Charlie Cash - 911

Barbara Hodges - Library

David Kylander - 911

David Slade - EMS

### Thought for January:

Follow your dream...take one step at a time and don't settle for less, just continue to climb.

Amanda Bradley

### Thought for February:

The highest love of all finds its fulfillment not in what it keeps but in what it gives.

Source Unknown



### Bizarre Holidays:

1/4: Clean Desk Day

1/31: Scotch Tape Day

2/15: Burger Lovers Day

2/22: Polar Bear Day





## Stop Singing Those Holiday Spending Blues

<http://finance.yahho.com>

**The 2007 Holiday Season has come and gone but here are some useful tips to implement in 2008 for the Holiday Season.**

### 1. Stop Singing Those Holiday Spending Blues

The key to manage holiday spending: plan, budget, and save. Financially happy holidays are a year-long endeavor.

### 2. Start with Savings

Not having enough money during the holidays can make you reach for your credit card, adding interest payments to your holiday expenses if you can't pay the bills off in January. To avoid credit card use, begin setting aside a little money each paycheck in January in a special account reserved for holiday expenses.

### 3. Build a Budget

With a savings plan underway, your next step is to start planning for holiday expenses. Figure out where the money goes and target a savings goal, don't forget about the other expenses besides gifts (meals out, decorations).

Your goal should be to bring your holiday budget in line with what you will be able to save before the holidays. If there is a gap between savings and expenses, try to find ways to reduce costs or save more (bring your lunch to work). You can also examine your gift list and non-gift expenses.

### Cutting Back on Spending

You can begin to reduce holiday expenses by starting your shopping for next year as soon as the holiday season winds down. Post-holiday sales offer deep discounts on wrapping paper, cards, and decorations. Watch for sales and clearance to find the best prices throughout the year. You can also look for bargains online. Compare online prices with those of local retailers to make sure you're getting a bargain - and don't forget to include the price of shipping in your overall cost.

### 5. Gift Giving Alternatives

Creativity is a key ally in managing holiday expenses. Homemade coupons for a home-cooked meal, a pledge to mow the lawn, or paint/clean the house can be just as valuable as store bought items.

Buying after the holiday can also work to your advantage. If there are people on your gift list you know you want see until after the holidays, postpone your shopping to take advantage of those late-December discounts.

## FEBRUARY IS HEART MONTH

[www.goredforwomen.com](http://www.goredforwomen.com)



### Quick Facts About Heart Disease and Stroke:

- Only 13% of women view heart disease as a health threat, even though it's women's No. 1 killer.
- 1 in 3 adult females and males in the US suffers from a form of Cardiovascular disease (CVD).
- On average, an American dies of CVD every 35 seconds.
- 64% of women who died suddenly of coronary heart disease had no previous symptoms.
- Stroke is the No. 3 cause of death for women, and is the leading cause of serious, long-term disability.
- Stroke kills more women than men. In 2003, females represented 61% of stroke deaths.

### Heart Attack Warning Signs

- Chest discomfort - discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body - arms, back, neck, jaws or stomach.
- Shortness of breath - may occur with or without chest discomfort.
- Other signs of discomfort - breaking out in a cold sweat, nausea, or lightheadedness.

### Stroke Warning Signs

Learn to recognize a stroke, because time lost is brain lost. Warning signs include:

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

Not all these warning signs occur in every stroke. If you or someone with you has one or more stroke symptoms that last more than a few minutes, immediately call 911.

# Employee and Departmental News

- Congratulations to our 2007 retirees: Wade Anderson (Jail), Brenda Hodges (Aging), David Lucas (EMS), and Jill Thompson (DSS).



## Employee Birthdays

### January

Brenda Andrews	Tax
Mel Brown	Parks
Maria Cable	Health
Misty Coe	911
Julia Early	EMS
Jennifer Eastwood	Health
Andrew Foster	Parks
Dennis Hancock	EMS
Joey Knight	Coop.
Chad Jarvis	EMS
Walter Lewis	EMS
Don Loper	DSS
Keith McKinney	Sheriff
Joyce Miller	Health
Kevin Newcomer	Sheriff
Tammy Riggs	Deeds
Jennifer Russell	DSS
Michael Ruth	Parks

James Shell	911
Audrey Simpson	DSS
Grady Stokes	Landfill
Wanda Talley	Health
Kenneth Travis	Gov't
Michelle Waddell	DSS
Robert Webb	IT
Jeremiah Whitt	EMS
Denise Wilkins	Health
James Williams	Coop.
Yvette Williams	DSS
Cynthia Williamson	Jail
Jerome Wilson	Parks
<b>February</b>	
Bobby Badgett	Sheriff
Kevin Byrd	Lake
Rosa Carrington	Sec. 8
Vanessa Chriscoe	Parks
Janice Garland	DSS

Amy Hooker	DSS
Tyrone Jeffreys	Jail
Christopher Jones	Sheriff
Charles Lambert	Parks
Melissa McFarling	DSS
Charlotte Miller	DSS
Kenneth Mitchell	911
William Reynolds	Sheriff
Harvey Rudd	911
Tonya Sharpe	EMS
Jeffery Stein	Parks
Amanda Stephens	Health
Susan Trost	Jail
Pam Turner	Health
Irvin Watlington	Jail
Michael Welch	Sheriff
Lucinda Wilson	DSS