

# Employee Newsletter

Edgemcombe County  
July 2008



## From the County Manager

On Thursday July 17th, we held our service award luncheon where employees with 5 year increments of service were recognized and honored. These 38 employees have a total of 585 combined years of service to the citizens of Edgemcombe County. The food and entertainment was enjoyed by all who at-

tended. I would like to say thank you to all who planned and participated in the event. It was great that 6 of our 7 Commissioners attended, and they really showed their appreciation for your service. The entertainment was great. I am continually blown away by the level of talent we have among our employees.

I would like to especially congratulate James Bullock

(Jail), Carol Scott (Health), and James Pearce (Coop. Extension) on 30 years of service.



Service Award Banquet

## Mark Your Calendar

Commissioners' Meeting

Aug. 4th 2:00 PM

NIMS Training  
August 12th

CPR Training  
August 19th

## Website Stats!!

Our website got over 1.6 million hits in the last 6 months, with over 9,000 hits per day. That is a lot for a County website. If you haven't, be sure to check it out and see all the info and services available.

## Brain Teaser

It's Prtrey fnuny how we can raed tihs einrte snetnece wtiwh all tehse lttters all out of palce, and we can cnotniue to keep raednig and sitll mekas snece of waht we are raeding. No mtttar how mnay tmies you raed tihs oevr and oevr you can sitll mkae snece of it.

How is taht pssoiible?

An explanation is on our website.



Edgemcombe County has the **CodeRED™** Emergency Telephone Calling System for mass emergency notifications to notify residents and businesses within minutes of an emergency or a potential hazard. The system can also be used to quickly notify staff of emergencies, for example when the Emergency Operations Center (EOC) is being opened and staff may be required to come in.

The system can call every registered number within the County, or be tailored to call certain areas or specific phone lists.

**CodeRED™** will even leave messages on answering machines and cell phones.

Every employee should be registered in the system. If you do not live in Edgemcombe County, you will need to register your number with Emergency Services.

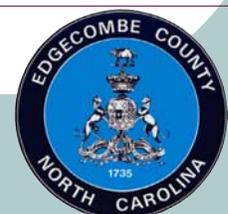
Registration is simple. Just go to ...

[www.edgemcombecountync.gov/code](http://www.edgemcombecountync.gov/code)

and click on the **CodeRED™** icon. Then enter your name, address and phone number. You may add up to two emergency phone numbers.

You should note that this system is used for emergency notifications only. Unlike some other systems, the one used by the school system for example, Edgemcombe County does not use **CodeRED™** for community announcements.

For more information, contact Dee in Emergency Services at 641-7816



## Reducing the Risk Factors for Stroke

Last month's newsletter featured an article on recognizing the symptoms of a stroke. But, how can you reduce your risk factors for having a stroke?

Anyone can have a stroke, but your chances for having one increase if you meet certain criteria. Some of these criteria, called risk factors, are beyond your control....

- Age
- Gender
- Race
- Family History

Previous Stroke or TIA

Other stroke risk factors are controllable...

- High Cholesterol
- High Blood Pressure
- Excessive Weight/Obesity
- Tobacco Use
- Alcohol Use

**Here are some things that you can do to reduce your risk factors...**

**Eat a Healthy Diet** - include lots of fruits and vegetables

**Exercise Regularly** - simply burn more calories that you take in. Losing a relatively

small amount of weight can reduce your risk factors.

**Know your blood pressure** The only way to know if your pressure is high is to have it checked; and don't assume that because you got a good reading at your last dr's visit, that it's still good.

**Stop Smoking**— not only does it reduce your risk for stroke, but other deadly diseases as well.



## Seven Tips for Debit Card Use

Debit cards are a convenient way of making financial transactions, and more and more merchants are providing the opportunity to use them. **Yahoo Finance** offers some helpful tips to remember if you are a frequent debit card user.

1. **Know your debit card's liability policy** - Does your bank protect you if unauthorized purchases are made? You need to find out.
2. **Lose your PIN, Lose Your Money** - PIN-based transactions are often not protected in the same way signature-base transactions are. If your debit card information is stolen along with your PIN, your entire back account could potentially be wiped out. Protect your PIN and never keep it written down; if you must, not in the same place where you carry your card.
3. **Its easier than you think to have your debit card information stolen** - Your physical card does not have to be stolen to be used, just the information it contains. Beware of email scams, seemingly tampered ATM's or people lurking close by when you are using your card.



4. **Check your online bank statement everyday** - it only takes minutes and it can save you big bucks. The sooner you find suspicious transactions, the quicker you can report it and the more you save yourself in headaches (and

wallet aches).

5. **Don't let your debit card out of your sight** - Make sure all your debit transactions are handled without the card being taken out of your sight. Once you take your eye off the card, anyone who handles it has the opportunity to steal the card information.
6. **Check your credit report regularly** - If you suspect your debit card information has been compromised , report it to the credit bureaus right away. Order a copy of your credit report and monitor it regularly. They are now offered to everyone free at least once per year. In your web search engine, simply type in "free credit report".
7. **Know when to use your debit card** - There are certain situations in which it just makes sense to use your credit card instead of your debit card. If you are making a "sight unseen" purchase over the internet, for example, you have more recourse with a credit card if the item arrives in poor condition or not at all.

If you can avoid it, don't use a debit card for a hotel stay, car rental, or even at the gas pump. When you do, some banks put a block on a certain amount of money in your account until the entire transaction is complete and posted, which could take days. In the meantime, your money is tied up and you won't be able to access it, which could lead to fees being incurred for an overdrawn account.

### HURRICANES ALREADY PLAGUING THE US!!

With Hurricane Dolly battering Texas & Mexico with heavy wind and rain, we are reminded that we are in the heart of hurricane season. Be sure to know how you can be prepared.

For more info, go to the National Hurricane Center at

[www.nhc.noaa.gov](http://www.nhc.noaa.gov)



### Quote of the Month

"Be not simply good; be good for something."

Henry David Thoreau

### Looking for a Reason to Celebrate?

Here are some holidays that you can celebrate in August...

- 4th - Coast Guard Day
- 5th - Sisters Day
- 6th - Atomic Bomb Day
- 9th - Smokey the Beard Birthday
- 14th - V.J. Day (Victory over Japan)
- 16th - King's Death (Elvis)
- 19th - National Aviation Day
- 20th - National Homeless Animals Day
- 26th - Women's Equality Day