

OCTOBER 2011

# EMPLOYEE NEWSLETTER

*Serving the residents, businesses, and industries of the County in such a manner as to sustain and raise the quality of life for the citizenry.*



## From the County Manager

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An Advocacy Team from the NC Association of County Commissioners visited Edgecombe County to hear from us on some of our challenges and opportunities. I am glad that there is an organization like the NCACC that is working hard to promote the interests of counties with the NC General Assembly. So much of what we do is impacted by legislative decisions. There is always an issue before the General Assembly that could have a great impact on us and our work, either positively or negatively. Their decisions affect things like what taxes we can or cannot levy, exemptions to those that we do levy, what can/can't go in our landfill, and what our responsibilities are to the school system, just as a few examples.

One major item under consideration currently is a proposal to shift state secondary road maintenance responsibilities to counties. This will be a huge cost to us. Another is a bill to shift the responsibility to house misdemeanants to county jails. The NCACC estimates this would cost into the millions.

If you are interested in these topics, the NCACC produces a monthly publication called "County Lines" that may be of interest to you. You can go to [www.ncacc.org](http://www.ncacc.org) to request receipt of this publication by email.

Lorenzo Carmon, County Manager

## Mark Your Calendars

- *Alzheimer's Walk Sat. Oct 1<sup>st</sup> at 9:00 AM*
- *Commissioners Meeting Oct. 3<sup>rd</sup> at 7:00 PM*
- *Dept. Head Meeting Oct. 5<sup>th</sup> at 8:30 AM*
- *Employee Service Awards Oct. 5<sup>th</sup> 11:30 AM*
- *Dept. Head Meeting Oct. 19<sup>th</sup> at 8:30 AM*

### Construction Update

*Work is moving along on our construction projects. Construction on the 4<sup>th</sup> floor of the Admin. Building is expected to be complete and the Board of Elections and Environmental Health moved to the 4<sup>th</sup> floor by mid-October. Once that happens, work will begin on 3<sup>rd</sup> floor Admin. in preparation to move the Register of Deeds to that space. Also, the work on the Human Services Building, (formerly owned by Embarq) is underway and on schedule. The anticipated completion date on all work is mid-February.*

*BEEN ON OUR WEBSITE LATELY? CHECK IT OUT!  
WWW.EDGECOMBECOUNTYNC.GOV*

### Funny Quote of the Month

*"Some people get lost in thought because its unfamiliar territory." -Unknown*

## Employee News



October 10<sup>th</sup> is Columbus Day

Many countries in the Americas celebrate the Anniversary of Christopher Columbus' arrival in the New World on October 12, 1492. Italian-born Columbus, at the age of 41, set sail from Spain in search of a westward route to Asia. A popularized notion that he intended to prove the world was round and not flat, is largely inaccurate. Most educated people in Europe at that time already accepted the truth of Earth's spherical shape. Columbus' voyage was instead primarily for economic purposes. A shorter route meant a cheaper route to reach valuable goods in Asia such as silk, spices, and opiates.

As most know, in his search for Asia, he actually landed in the Americas, in what is now the Bahamas. Though he made this first, and three other voyages to the new world, he always believed that he landed on part of the Asian continent.

Some do not view his accomplishments as accomplishments at all. Instead many consider the age of exploration that he ushered in as one of imperialistic take-over and the removal or eradication of millions of people already living in the land that Columbus "discovered".

Whether viewed as one to be glorified or villainized, it cannot be denied that Christopher Columbus not only sailed the world, but he also changed it.

- Remember to **pay your taxes!** For employees who still owe past due taxes, there is still time to set up a payment plan before they become delinquent and go into garnishment. Also, you can breakup your tax bill and have them prepaid in installments to lessen the one-time burden it poses for many. See the Tax Collector's Office for more info.
- **Donna Applewhite**, Detention Officer, is requesting **shared leave**. If you would like to donate leave, call Carolyn Hedgepeth at 641-7832
- Congratulations to **Gloria Morning** with Cooperative Extension. Gloria is the winner of the Northeast District, **Secretary Award of Excellence**. This award was presented to her at the Extension Secretaries Association State meeting in Statesville, NC.
- Staff at Edgecombe County Department of Social Services would like to take this time and **thank Marva G. Scott, Director and Betty Battle**, Assistant Director for their exemplary leadership during the time where we provided services to the thousands of citizens eligible for the Hurricane Disaster Food and Nutrition Program. They had to provide services for two offices. We are proud to be employed for this Agency and to serve the citizens during the disaster.
- There will be a **Smartphone Class on Friday Oct. 28<sup>th</sup>** at 10:00 AM in the Auditorium of the Admin. Building. For more information, or to sign up, call Dee Waters 641-7888.



HIGH BLOOD PRESSURE IS A COMMON HEALTH PROBLEM AND A MARKER FOR HIGH HEALTHCARE COSTS. UNTREATED IT INCREASES A PERSON'S RISK FOR HEART DISEASE, STROKE, DEMENTIA, KIDNEY FAILURE, AND EYE DISEASE. AMONG EDGECOMBE CO. EMPLOYEES, 54% HAVE PREHYPERTENSION (120/80 – 139/89), AND 37% ALREADY HAVE HIGH BLOOD PRESSURE (140/90+).

SEE PAGE 3 FOR TIPS ON HOW TO BRING YOUR BLOOD PRESSURE DOWN.



Mark your calendars to volunteer for the fall NC Big Sweep Cleanup. It is officially the first Saturday in October. However, the Twin Co. area will have opportunities through Oct. 15<sup>th</sup>. For more information, contact KAB of Nash and Edgecombe Co. at (252) 467-4960 or click on the logo to go to their website.

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## RETIREMENT PLANNING CONFERENCE SCHEDULED

The NC Retirement System conducts retirement conferences for members. They provide an orientation for new members, pre-retirement planning, and educational information for personnel officers. If you are unable to attend a conference, you can get the presentations, as well as other retirement info online at [www.ncstateirerement.com](http://www.ncstateirerement.com). Here is a list of conference sites relatively close to us. For a full list, check the website.

Nov. 2<sup>nd</sup> - Wilson Co. Ag Center  
Main Auditorium, 1806 Goldsboro  
St. SW, Wilson NC

Nov. 17<sup>th</sup> - Agricultural Building,  
Auditorium, 359 Ferrell Lane,  
Halifax NC

Sessions for local government employees begin at 1:30 pm.

## Guard Your Social Security Number

Taken from the LGFCU  
"NewsWorks"



When it comes to the purchase of goods and services these days, requests for your Social Security number (SSN) are common. Companies may ask for it in order to process applications for auto loans, life insurance, medical care, cable TV service, apartment rentals...the list goes on and on. You may also be asked for it should someone need to run a credit check on you.

Each year, the media reports on computer breaches at corporations where important consumer information like this has been lost or stolen. To reduce your chances of becoming a victim of identity theft, think twice before giving your SSN out to anyone. Many people don't realize there are only a few organizations that have a valid reason to request your SSN. These include:

- Your employer (for wage and tax reporting purposes)
- Financial institutions where you have applied for credit (i.e. vehicle loans, mortgages, credit cards)
- Social Security Administration
- Medicare/Medicaid
- Department of Motor Vehicles (Required by the Patriot Act)
- Government student loan programs

Just because someone asks for this personal information, doesn't mean you have to provide it. In many instances, providing the number is optional and not a requirement. Businesses may try to deny service if you don't give them your SSN, but all is not lost. Why do you need my SSN? Is there a law stating it must be provided for this service? What will happen if I do not provide it? Can I offer my driver's license number instead? Will you accept a cash deposit on the account in exchange for obtaining the number?

Businesses may ask for your SSN for a number of reasons. However, with some effort on your part, it may be possible to get the goods and services you want without providing it. Ask to speak with a manager or supervisor who can waive this requirement or accept other information instead.

THE OFFICE ON AGING IS HELPING WITH ORGANIZING AN ALZHEIMER'S WALK THIS SATURDAY OCTOBER 1<sup>ST</sup> AT HERITAGE HOSPITAL. REGISTRATION STARTS AT 9:00 AM AND THE WALK AT 10:00 AM. COME OUT FOR A FUN DAY FOR A GREAT CAUSE!

### Ten Ways to Bring Your Blood Pressure Down!

1. Lose Extra Pounds & Watch your waste line 2. Exercise Regularly 3. Eat a healthy diet 4. Reduce sodium in your diet 5. Limit the amount of alcohol you drink 6. Avoid tobacco products 7. Cut back on caffeine 8. Reduce your stress 9. Monitor your BP at home and make regular doctor visits 10. Get support from family and friends.

(These tips were taken from MayoClinic.com. It is for informational purposes and not meant to be taken as medical advice. If you have or think you have high blood pressure, you should consult with your doctor)