



Marshall County Employee Newsletter

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County Spotlight....Shining a Light on our Personnel

Congratulations to Doris Cochran, who was selected to be in the spotlight! Doris began her career in the Probate office in 1980 under the CETA program. In August of this year, Doris will have worked 34 years in the Probate office! Doris began working for the County, in August of 1981 as a clerk in the Probate office. After several years and promotions, Doris was promoted to Office Manager in October of 1997. This position was later reclassified as a Probate Division Supervisor, and she continues to serve in that role. As the Probate Division Supervisor, Doris is responsible for overseeing the Probate Department and satellite offices that issue tags, titles, driving license, business and conservation license. When Doris is not at work, she enjoys gardening and spending time with her family, especially her grandchildren. Doris is also a member of the Brindlee Mountain Baptist Church in Morgan City.

Did You Know?.....

Employee handbooks are now on-line. Visit www.marshallco.org and click on the Personnel tab to view the current employee handbook. Future revision notices will be sent out for acknowledgement, and paper copies will only be distributed upon request.

Welcome! New Board Member Ben Gamel



Sounds of Summer May Threaten Your Hearing

Concerts, fireworks and construction have the potential to cause damage, expert says

Some of the most common sounds of summer — such as outdoor concerts, fireworks and construction can pose a threat to your hearing if you don't take steps to protect yourself, an expert warns. "Once hearing is damaged, it cannot be repaired," says Jyoti Bhayani, a certified audiologist at Memorial Hospital in Melrose Park, Ill. Ten percent of Americans have hearing loss that affects their ability to understand normal speech. While aging is the most common cause, excessive noise can also damage hearing. "Hearing loss due to excessive noise is totally preventable, unlike loss due to old age or a medical condition," she added.

Earplugs are recommended for prolonged exposure to noise levels of 85 decibels and above, such as: lawnmowers and shop tools (90 decibels); chainsaws and drills (100 decibels); power saws (110 decibels); loud rock concerts (115 decibels); race cars (130 decibels); and fireworks/jet engine takeoff (150 decibels). It's a good idea to buy earplugs and keep them in your purse, backpack or briefcase so that you can use them whenever you're exposed to loud and continuous noise. If you don't have earplugs handy, you can use your hands or a scarf to cover your ears, Bhayani said. Ear buds for listening to music are a major threat to young peoples hearing also. "Three in five Americans, especially youth, are prone to develop hearing loss due to loud music being delivered via ear buds". "Hearing aids have yet to become status symbols so many young people need to wise up and turn the volume down on their ear buds," she added.

Swimmer's ear is another common problem during the summer. Swimmer's ear is caused by painful membrane swelling due to trapped moisture in the outer ear," Bhayani explained. "Multicolor customized plugs for swimming are available and a good investment to avoid painful, or costly, ear infections."



(By Robert Preidt — HealthDay News)

Employee Happenings

Happy Retirement!



Mary McDaniel
GIS Technician I
Appraisal
17 Years of Service

Congratulations On Your Promotion!

- Melanie Joye Baker - Appraisal Technician III
- Charles J. Dunn - Senior Road Maintenance Technician—District #2
- Kenneth Hawkins - Road Maintenance Specialist—District #1
- Joshua Potter—Deputy

WELCOME NEW EMPLOYEES!!

- | | | |
|--|---|--|
| <u>Amanda L. Taylor</u>
Probate Clerk | <u>William W. Gilmer</u>
Road Maintenance Specialist—
District #3 | <u>Joshua Hatley</u>
Corrections Officer |
| <u>Micheal L. Gibbs</u>
Road Maintenance Technician—
District #1 | <u>Joycelyn Dawn Compton</u>
Probate Clerk | <u>Michael Pitts</u>
Corrections Officer |
| <u>Rita J. Patterson</u>
SHIP/Part D Coordinator—
Council on Aging | <u>Jermiah L. McCormack</u>
Deputy | <u>Adam N. Holmes</u>
Corrections Officer |
| <u>Hunter R. Barron</u>
Deputy | <u>Randy Hughes</u>
Road Maintenance Technician—
District #4. | <u>Christopher Jolley</u>
Corrections Officer |
| | | <u>Lea A. Graves</u>
Probate Clerk |

Skin: Head to Toe Safety

Almost everybody has skin marks such as freckles, age spots or moles. It's important to keep a close eye on them. A sudden change in a spot or mole is a possible warning sign of a serious skin condition.

When you notice an abnormality, see your doctor immediately. Many forms of skin cancer spread quickly to underlying tissue. This can be fatal if not treated early. If an early diagnosis is made, the condition is more likely to be benign or easily treatable.

Warning signs:

- Skin tags (flap-like growths usually on the neck, armpits, upper trunk and body folds) that are red and irritated.
- Moles that are larger than a pencil eraser, odd-shaped or have shades of red, blue, white or black.
- Brown, black or yellow growths on the body that are slightly raised, gritty or waxy.

Call your doctor immediately if:

- Moles or spots show characteristics listed under warning signs.
- Spot or mole changes in size, shape or color.
- A spot or mole bleeds, itches or is painful.
- A skin tag is irritated or infected.

Prevention:

- Use a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30.
- Apply at least one ounce of sunscreen. One ounce is enough to fill a shot glass, and is considered the amount needed to cover the exposed areas of the body.
- Apply the sunscreen to dry skin 15 minutes BEFORE going outdoors. Reapply every two hours.
- Use water-resistant sunscreen if you are swimming or sweating a lot. Reapply often.
- Wear a broad-brimmed hat and breathable loose-fitting material that covers exposed skin.
- Seek shade when appropriate; remember that the sun's rays are strongest between 10 a.m. and 4 p.m. If your shadow is shorter than you are, seek shade.
- Use extra caution near water, snow and sand, as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- Check your body for unusual moles, spots or changes in either.
- Eat a diet rich in vitamins C, E and beta carotene.

Taking these precautions will give your skin more protection from head to toe!
Visit www.behealthy.com for more information.

Wellness Screenings

*Thanks to all who participated in the wellness screenings!
We met our goal!*



*Two things define you.
Your **patience** when you have nothing, and your **attitude** when you have everything.*

Employee Appreciation Day!





Employee Appreciation Day Photos!

