MARSHALL COUNTY PERSONNEL BOARD

Volume I, Issue 2

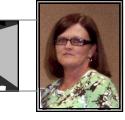
February, 2011



Marshall County Employee Newsletter



County Spotlight



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

Congratulations to Susan Allen, who was selected as our first employee to be in the spotlight! Susan has worked for Marshall County for a total of 34 years! She began her career in 1977 in the Tax Assessor's office, transferring to the Probate office in 1989, where she currently works as an Accounting Clerk. In her role as Accounting Clerk, Susan's responsibilities include balancing the books, compiling reports to show receipts and expenditures, accounts payable and accounts receivable.

Susan and her husband, Jesse, have a daughter (Jessica) who is a student at the University of Alabama. In her spare time, Susan enjoys going to the beach, riding motorcycles and camping. She is also a huge ALABAMA fan!!

THINK — Safety is Everybody's Job

New Personnel Board Members Sworn In



Talmadge Butler



Charles Whisenant

Carbon Monoxide: Is Your Home Safe?

Carbon monoxide is a gas released during combustion that kills hundreds of people every year. It has no taste, color or smell and will not irritate your skin. It will, however, interfere with your body's ability to absorb oxygen if you breathe in too much carbon monoxide. Inhaling this gas can cause tissue damage or even death.

Some common sources of carbon monoxide include:

- Kerosene and gas space heaters
- Leaking chimneys and furnaces
- Gas water heaters and wood stoves
- Automobile exhaust
- · Generators or other gasoline-powered equipment

Gas stoves

Tobacco smoke

Homes, cabins and campers can become filled with carbon monoxide if fireplaces, furnaces, many types of heaters or gas appliances are not properly vented to the outside.

Here are a few steps you can take to reduce the dangers of carbon monoxide poisoning in your home.

- Check the flame color of your gas appliances. The flame should burn blue, but if it is orange instead, your appliance may be releasing more carbon monoxide than normal.
- Have all appliances inspected once a year and make sure they are properly ventilated.

Be sure your chimney

flue is clear. Animal nests or plants can block air passages, causing gas to build up in your home.

- Always use the proper fuel in kerosene or space heaters.
- Consider replacing nonvented space heaters with vented ones.
- Do not leave a car engine running inside a garage.

The Consumer Product Safety Commission recommends a carbon monoxide detector be placed on each floor of every residence. At a minimum, a single carbon monoxide detector should be placed on each sleeping floor with an additional carbon monoxide detector in the area of any major gas burning appliances. Installation of carbon monoxide detectors in these areas ensures rapid detection of any potentially malfunctioning appliances, and the ability to hear the alarm from all sleeping areas.



UNITED WAY OF MARSHALL COUNTY

Marsha Keller, Joey Baker, Rita Hemrick &

Jessica Patterson APPRAISAL & MAPPING offon May

Sonny Riddle

Thanks to all County employees who pledged to United Way. Our total pledge was over \$4,300.

Winners drawn from the names of employees who contributed were: *(on the left)* Patricia Campbell, Court Referral, winner of a tote bag; and Flossie Pack, Child Advocacy Center, winner of a gift card.



Shannon P. Allen Corrections Officer Sheriff's Department

Karl A. Anderson Deputy (Part-Time) Sheriff's Department

Renae K. Boss Support Clerk Sheriff's Department

<u>Charles D. Floyd</u> Road Maintenance Technician District #3

<u>Michael E. Jacques</u> Operations Support Specialist (Part-Time) E.M.A.

> Darren L. Kensing Dispatcher Sheriff's Department

Jason M. Kirkland Road Maintenance Technician District #3

Nickey Walker Road Maintenance Technician District #1 <section-header>

Greg Buckner

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Kevin Stubblefield, Cathy Maddux, Mike Knop & Bob Pirando ENGINEERING DEPT.



(Left to Right) Kim Tanner, Tommy Mashburn, Randy Patterson, Wayne Stewart, Keith Duke, Jeff Mayes, Larry Griffith, Ralph Mason & Shane Williams DISTRICT 4 SHOP



www.marshallco.org

Click on the Personnel Board Tab on the Left



(Left to Right)

Jennifer Lewis Karen Young Shelly Fleisher Nancy Wilson Robbie Ayers Tammy Bearden Rhonda McCov

COMMISSION **OFFICE**



Patricia Nunn Jeaneen Buchanan PROBATE RECORDS

FEBRUARY IS HEART MONTH

Heart disease is the leading cause of death for both men and women. Half of the deaths due to heart disease in 2009 were in women. In the United States, someone has a heart attack every 34 seconds. Each minute, someone in the United States dies from a heart disease-related event. Smoking is a major risk factor for coronary heart disease (CHD). The chemicals in tobacco smoke harm blood cells and can damage the function of the heart and the structure and function of blood vessels.

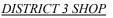
Heart attack symptoms: Know what signals a medical emergency

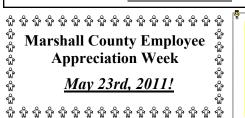
Symptom	Description
Chest discomfort or pain	This discomfort or pain can feel like a tight ache, pressure, fullness or squeezing in the center of your chest lasting more than a few minutes. This discomfort may come and go.
Upper body pain	Pain or discomfort may spread beyond your chest to your shoul- ders, arms, back, neck, teeth or jaw. You may have upper body pain with no chest discomfort.
Stomach pain	Pain may extend downward into your abdominal area and may feel like heartburn.
Shortness of breath	You may pant for breath or try to take in deep breaths. This often occurs before you develop chest discomfort.
Anxiety	You may feel a sense of doom or feel as if you're having a panic attack for no apparent reason.
Lightheaded- ness	You may feel dizzy or feel like you might pass out.
Sweating	You may suddenly break into a sweat with cold, clammy skin.
Nausea and vomiting	You may feel sick to your stomach or vomit.

Heart attack symptoms vary widely. For instance, you may have only minor chest pain while someone else has excruciating pain. One thing applies to everyone, though: If you suspect you're having a heart attack, call for emergency medical help immediately.



(Standing left to right) Lynn Waldrop, Tommy Harvey, Charles Floyd, Timothy Beadle, Timothy Simpson, Donna Dodd, Chevie Ennis, David Kelley, Richard Dobbins. (kneeling in front) Jason Kirkland







National Cancer Prevention Month

Check out the BlueCross BlueShield website to find out what preventive screenings are available to employees who have County healthcare benefits. Most preventive benefits are covered at 100 % and available without a co-pay or deductible.

www.bcbsal.com



of Alabama

WINNERS VS. LOSERS

THE WINNER-is always a part of the answer THE LOSER-is always a part of the problem

THE WINNER-always has a solution THE LOSER-always has an excuse

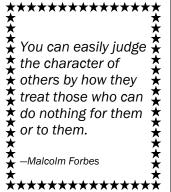
THE WINNER-says, "Let me do it for you." THE LOSER- says, "That's not my job."

THE WINNER— sees an answer for every problem THE LOSER-sees a problem in every answer

THE WINNER-sees a green near every sand trap THE LOSER—sees two or three sand traps near every green

THE WINNER-says, "It may be difficult but it's possible." THE LOSER-says, "It may be possible but it's too difficult.

BE A WINNER!



Health & Wellness—Get Wise About Radiation Exposure from CT Scans



behealthy.com answer is ves. CT scans involve substantial radiation exposure for the patient, and

Are there risks associated with CT scans? Some studies show the

studies show that there are increased health risks associated with radiation exposure. The National Research Council determined exposure to even low levels of radiation, including x-rays and gamma rays, increases the risk of cancer. Since radiation exposure from a single CT scan is equivalent to 115 to 600 chest x-rays, it is important to be sure CT scans are absolutely necessary before having one. Also, radiation exposure is cumulative. Every dose of radiation whether from a diagnostic x-ray or other source leaves a lifelong impact-the more a person is exposed, the higher the risk of developing secondary cancer(s) later on.

Diagnostic Medical Exposure	mSv	Equivalent # Chest	A p
Chest (Single PA	0.02	1	p tr C
Thoracic Spine	0.7	35	c m
Lumbar Spine	1.3	65	tł x-
Barium Enema	7	350	a
CT Head	2.3	115	A
CT Chest	8	400	ra jo
CT Abdomen or Pelvis	10	500	w fr C
Gated Chest CT	12	600	b
Bone Scan (Tc99m)	4	200	C m
PET Head (F-18 fdg)	5	250	0
Virtual Colonoscopy	6.6-	330-570	Si H n
Hiroshima/Nagasaki survivors mean dose: 50-200mSv			

ge at the time of exposure also plays a large art in a person's risk for cancer. The younger eople are when they are exposed, the higher heir risk of developing cancer. The American ollege of Radiology has stated that because hildren have more expected years of life and nany more rapidly dividing cells than adults, he odds that children will develop cancer from -ray radiation are significantly higher than dults.

study on the effects of diagnostic x-rays on the ates of breast cancer was published in the ournal Spine. It showed that young women vith scoliosis, curvature of the spine, who had requent spine x-rays in childhood and adolesence were nearly twice as likely to develop reast cancer later in life.

T scans remain a remarkable advancement in nedicine, allowing earlier and easier diagnosis of many conditions. When a CT scan is necesary, the radiation risk is not usually an issue. lowever, unnecessary scans bring about unecessary risks. If a CT scan is recommended, alk to your doctor about the risks and alternative testing options that may be available to you.