MARSHALL COUNTY PERSONNEL BOARD

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Marshall County Employee Newsletter

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New Personnel Board Member Sworn In



Keith Swisher





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

Congratulations to <u>Vicki Lowery</u>, who was selected to be *in the spotlight*! Vicki started working in the Probate office in 1977 under the CETA program. In October of this year, Vicki will have worked in the Probate office for a total of 36 years! Throughout her years of working for the Probate office, Vicki has received several promotions. In February of 2000, Vicki was promoted to Probate Division Supervisor, and continues to serve in that role. As the Probate Division Supervisor, Vicki is responsible for overseeing the records department. In her spare time, Vicki enjoys gardening, church activities, cooking, catering for weddings and showers and spending time with her family. Vicki is also a long-time member of Concord Baptist Church.

Protecting Yourself from Heat Stress

Exposure to heat can cause illness and even death. The most serious heat illness is heat stroke. There are precautions you should take any time temperatures are high and the activity you are doing involves physical work.

<u>Some of the risk factors for heat illness and heat stroke are:</u> High temperatures and humidity, direct sun exposure with no breeze or wind, low liquid intake, heavy physical labor and wearing waterproof clothing.

<u>Symptoms include:</u> (Heat Exhaustion) Headache, dizziness, or fainting, weakness and wet skin, irritability or confusion and thirst, nausea or vomiting. (Heat Stroke) May be confused, unable to think clearly, pass out, collapse, or have seizures and may stop sweating.

<u>How can you protect yourself</u>: Know signs/symptoms and monitor yourself. Block out direct sun and other heat sources, drink plenty of fluids, drink fluids often, avoid beverages containing alcohol or caffeine and wear lightweight, light colored loose-fitting clothes.

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RELAY FOR LIFE TEAM 2013 The Relay for Life Team "<u>Friends for Life</u>" raised over \$3,000! THE BEAUTIFUL THING ABOUT LEARNING IS THAT NO ONE CAN TAKE IT AWAY FROM YOU.

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We dedicate this newsletter in memory of James "Wayne" Stewart



Road Maintenance Technician District # 4

18 Years of Service



You Look Fabulous! Employee Appreciation Day 2013



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Teamwork Work performed organized cooperation working together or to achieve better re