Marshall County Employee Newsletter

Theft: Protecting Your Information

Theft can happen to anyone in the blink of an eye. With technology, especially the Internet, it seems easier than ever for someone to steal your identity and use it to their advantage. However, you’re not helpless. There are ways to protect yourself and keep the damage and headache to a minimum.

Following are some tips that you can use to protect yourself:

- Do not carry your Social Security card on you. If your information is stolen, the damage that thieves can do will be limited if they don’t have your Social Security number.
- Make a copy of all your credit cards—including the front and back of each card. This will provide you with card numbers and telephone numbers to contact the company in case your cards are ever stolen.
- If your credit cards are stolen, call and cancel them as soon as possible.
- File a police report in the area where your wallet or purse was stolen.
- Call the three national credit reporting organizations (listed below) to place a fraud alert on your name and Social Security number. This will let any company that checks your credit know your information has been stolen.

Keep these numbers for credit reporting agencies and Social Security in a convenient place:

- Equifax: 1-888-766-0008 www.equifax.com
- Experian: 1-888-397-3742 www.experian.com
- Trans Union: 1-800-680-7289 www.transunion.com
- Social Security Administration (fraud line): 1-800-269-0271 www.ssa.gov

In Memory of Samuel “Red” Long

We dedicate this newsletter in memory of Samuel Long, a Corrections Sergeant for the Marshall County Jail who passed away on July 9th, 2011.

Important Benefit Information

Benefit changes can only be made during an open enrollment period, or due to a life event. A life event would be one of the following:

1. Birth/Adoption, Marriage, Death, Divorce or Legal Separation
2. Loss of coverage due to employment status—this would be if your spouse or dependent child lost coverage through their employer
3. Ineligibility due to age—child reaches maximum age coverage

If you experience a life event:

- You must request benefit changes within 30 days after the life event
- Make sure your beneficiaries for your life insurance and retirement are up to date
- Make sure your address and phone number are updated if applicable

To make changes, please see Robbie in the Commission office or come to the Personnel office.

Retirement Systems of Alabama—Notice

Pursuant to Opinion 2011-090, issued by the Attorney General on August 22, 2011, retirement contributions will no longer be calculated and withheld on overtime pay and subsistence allowance. This change is effective pay period beginning September 1, 2011.
Retirement is wonderful. It’s doing nothing without worrying about getting caught at it.
~Gene Perret

The money’s no better in retirement, but the hours are.
~Anonymous

**Congratulations!**

On your promotion!
- **Tammy Bearden**, Accounting Clerk, Commission Office
- **Jason Bremer**, Sr. Corrections Officer, Sheriff’s Department
- **Jessica Patterson**, GIS Trainee, Appraisal Department
- **Samantha Southerland**, Admin. Coordinator, Sheriff’s Department
- **Wayne Wigley**, GIS Trainee, Appraisal Department

**WELCOME NEW EMPLOYEES!!**

| Kevin H. Athow, Corrections Officer | William A. Lynn, Dispatcher |
| Richard Baker, Corrections Officer  | Debra S. Maddox, Corrections Officer |
| Karen S. Benefield, Dispatcher     | Karen M. Lyon, Corrections Officer |
| Rubriel Bermudez, Corrections Officer | John E. McDonald, Deputy |
| Terry Buchanan, Road Maintenance Tech, District #2 | Adam K. Phillips, Corrections Officer |
| Dorrie M. Cooper, Corrections Officer | James Pierce, Corrections Officer |
| Timothy D. Creaj, Deputy           | Joshua Potter, Corrections Officer |
| Leslie Godwin, Support Clerk, Sheriff’s Department | Daniel Small, Deputy |
| Michael Jacques, Operations Support Specialist, EMA | Phillip Smith, Deputy |
| Brandon L. Kilpatrick, Appraisal Tech | Mark Springfield, Road Maintenance Tech, District #1 |
| David W. King, Road Maintenance Tech, District #2 | Randie Walker, Road Maintenance Tech, District #1 |
| Jennifer Lewis, Administrative Clerk, Commission Office | Jonathan Wall, Corrections Officer |

**Prostate Cancer: Are you at Risk:**

Nearly 200,000 men develop prostate cancer each year. It is the most common malignant cancer (excluding skin) in North American men. Prostate cancer develops within the prostate gland, a small walnut-shaped gland surrounding the beginning of the urinary canal. Unfortunately, there are no early symptoms except possible urinary problems as the cancer spreads.

**Later-stage symptoms include:**
- Frequent urination, especially at night
- Weak urinary stream or inability to urinate
- Interruption of urinary stream (stopping & starting)
- Pain or burning during urination or blood in urine

**Advanced symptoms include:**
- Sudden constant pain in one or more bones lasting at least 2 weeks
- Chronic pain in the spine, pelvis, lower back, hips or upper legs
- Significant weight loss

Most prostate cancers grow slowly and are manageable, even curable, if detected early. Regular medical exams are essential in detecting and preventing prostate cancer.
Scenes from EMPLOYEE APPRECIATION DAY

THANK YOU EMPLOYEES!!
Marshall County Employees can now join Therapy Plus Fitness of MMC for a reduced rate of $25 per month through payroll deduction. Therapy Plus also offers a yearly rate of $210. (Payable directly to Therapy Plus.)

Amenities include: all of the workout machines, land aerobics, lap pool, low impact aerobics and high impact aerobics. Contact payroll or personnel to sign up.

SMILE FOR YOU

Smiling is infectious; you can catch it like the flu. When someone smiled at me today, I started smiling too. I passed around the corner and someone saw my grin. When he smiled I realized I’d passed it on to him. I thought about that smile then I realized its worth. A single smile, just like mine could travel round the earth. So, if you feel a smile begin, don’t leave it undetected. Let’s start an epidemic quick, and get the world infected!

-Author Unknown-

Everyone Needs A Smile!

Free flu shots will be available for all full-time and part-time County employees and dependents covered under the County’s insurance plan.

Be on the look-out for more information!