

Wagoner County

# COUNTY CLERK



Volume 12, Issue 8  
 Friday, August 3rd, 2012  
 Editor: Char Stevens

*FROM THE CLERK*

INSIDE THIS ISSUE:

<i>From the Clerk</i>	1	<p><b>This being my first newsletter as the County Clerk, I have to begin with a huge thank you to Carolyn Kusler for her support and training for this position. Thanks to Carolyn, I feel well prepared to serve the people of Wagoner County. I'm looking forward to your suggestions on how we can serve you better.</b></p>
<i>Safety Training Meeting &amp; HR Message</i>	2	<p><b>The county budget was completed at a joint meeting of the Excise Board and the County Commissioners on July 19<sup>th</sup>. Each department should have received a copy of the preliminary approved budget in their box. The county's revenues are well ahead of last year which enabled us to fund the majority of the requests made by the elected officials. As soon as the budget is finalized by the budget maker and signed off on by the commissioners and Excise Board, any additional appropriations or adjustments will be made.</b></p>
<i>August Trivia</i>	3	
<i>County Holidays</i>	2	<p><b>Finally, as this is the beginning of the new fiscal year but the middle of the calendar year, and in keeping with the announcement from HR on the following pages, I encourage you to take a look at your paystubs and make any adjustments needed to tax withholdings now to keep from having to write Uncle Sam a check in April next year.</b></p>
<i>Simple Tricks</i>	5	<p><b>Looking forward to a great 2013!</b></p>
<i>Calendar</i>	6	

*Lori Hendricks*

**Special points of Interest:**

- Wellness
- Comm. Mtg.
- August 9th, 2012
- \*\*\*\*\*
- Extra Safety Mtg
- Sept. 26th

**If someone were to pay you ten cents for every kind word that you have spoken about people, and collect five cents for every unkind word, would you be rich or in debt?**



*Wagoner County—Growing from Good" to Great"!*

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Remaining  
2012 COUNTY HOLIDAYS

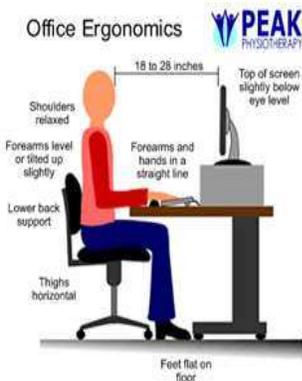
Independence Day	Wednesday	July 4 <sup>th</sup>
Labor Day	Monday	September 3 <sup>rd</sup>
Columbus Day	Monday	October 8 <sup>th</sup>
Veteran's Day	Monday	November 12 <sup>th</sup>
Thanksgiving	Thursday and Friday	November 22 <sup>nd</sup> and 23 <sup>rd</sup>
Christmas	Monday and Tuesday	December 24 <sup>th</sup> and 25 <sup>th</sup>
New Year's	Tuesday	January 1 <sup>st</sup> (2013)

**\*AN EXTRA SAFETY MEETING HAS BEEN ADDED TO ALLOW MAKE-UP FOR MISSED MEETINGS. A PRESENTATION BY A "WELLNESS" COACH WILL BE GIVEN AT 8A.M. ON WED. SEPT. 26TH, 2012. PLEASE MARK YOUR CALENDAR!!**

*Safety  
Training  
Aug. 8th*

*A MESSAGE FROM DYAN & KRISTI.....*The Wellness Committee is happy to announce that the new vending machines are here! Check out the healthy fresh food, snacks and drinks. Our goal is to give employees and the public a larger variety with more healthier options to choose from.

**P.S.HUMAN RESOURCES REQUESTS THAT EACH EMPLOYEE FILL OUT A NEW W-4 FROM ANNUALLY SO THAT ALL INFORMATION IS CURRENT.**



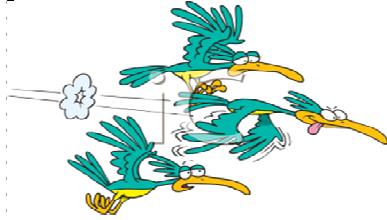
**COUNTY CLERK SAFETY TRAINING**

Just a reminder—The County Clerk administration offices and Land Records will be closed the first Wednesday of every month from 8:00am—9:00am.

August 8th  
OFFICE  
ERGONOMICS

## AUGUST TRIVIA

- August birthstone is the peridot or onyx.
- Its birth flower is the gladiolus or poppy, meaning beauty, strength of character, love, marriage and family.
- The zodiac signs in August are Leo and Virgo.



- The month of August is the month that birds begin planning to fly south for the winter, and insects are noisier and more numerous than in any other month.

## AUGUST FUN FACTS

- National Watermelon Day is on August 3<sup>rd</sup>.
- August 5<sup>th</sup>. This is the day to celebrate the Spirit of Sisterhood.
- National Smile Week is the week of August 5-11<sup>th</sup>.
- August 13<sup>th</sup>. National Lefthander 's Day.
- Lemon Meringue Pie Day on August 15<sup>th</sup>.
- August 16, 1977, Elvis Presley died.
- On August 20, 1630, Lemonade was first served in Paris, France.
- August 24<sup>th</sup>. On this day in A.D 79, Mount Vesuvius erupted and destroyed the cities of Pompeii, Stabiae and Herculaneum.
- Full Moon on August 28<sup>th</sup>. Also known as Dog Day 's Moon. At 3:52 AM we can also see a total eclipse of the moon.



# 7 Simple Tricks to Prevent Overeating



## 1. **Take a Seat**

Whenever you eat, sit at a table and use cutlery and a plate, rather than eat on the run, standing up, or at your desk. That way, the next time you eat you'll chow about 30 percent less, according to a recent study.

## 2. **Sip Some Soup**

Before digging into your entree, savor a bowl of soup. You'll likely consume 20 percent fewer calories over the course of the meal (a good tip to remember if you tend to overeat at restaurants).

The soup fills and stretches your stomach, "sending signals to your brain that tell you to stop or slow down eating," Feeney says. To maximize nutrition and minimize calories, choose a vegetable- or broth-based soup, such as gazpacho, and skip the cream-based selections.

## 3. **Think Simple**

Variety may be the spice of life, but it can ruin the best intentions when it comes to eating. We consume more calories when we see an array of food, say researchers. To understand how this works, scientists gave subjects m&ms and found that the more colors they mixed in a bowl, the more people ate.

## 4. **Downsize**

Bigger is not always better. Oversize dishes and spoons cause you to overeat -- even if you think you're a good judge of portions. Case in point: Nutrition experts who were given big bowls at an ice cream party devoured 31 percent more than those with smaller bowls.

### 5. Hide It

It's true: When we see food, we eat it. A study of secretaries found that those with chocolate candies in clear containers on their desks ate almost twice as much as they did than when the candies were "hidden" in opaque containers. They also ate less if the candy was placed at least six feet away from their desks. The moral? Don't mess with temptation. Keep calorie-dense treats covered, tucked away in a cabinet, or out of reach.

### 6. Sniff a Whiff

Apparently, peppermint's powers go beyond freshening your breath. A small study at Wheeling Jesuit University in West Virginia found that people who inhaled peppermint essential oil every two hours ate 23 percent fewer calories during a five-day period.



### 7. Be Sneaky

Sometimes, perception means more than reality. You can trick yourself into thinking you have more food by serving choices that spread out -- like roasted, cubed potatoes or pasta shells with sauce -- instead of dense foods, like mashed potatoes or lasagna.

Wagoner County

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We have a new web  
address!

[www.wagonercounty.ok.gov](http://www.wagonercounty.ok.gov)

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Phone and Website  
Coordinator  
485-7705
- Dyan Marrs**  
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485-7713

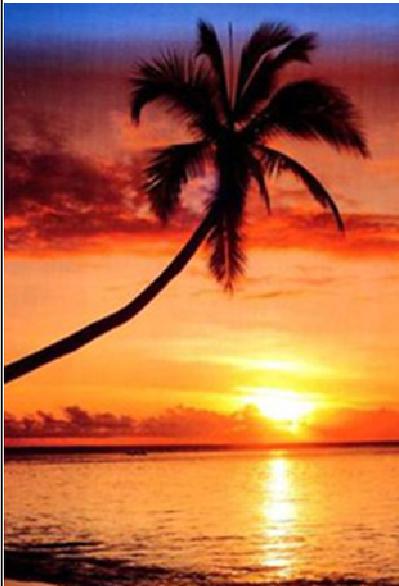
# CALENDAR



- Aug 08 Safety Mtg**
- Aug 06 Comm Mtg
- Aug 13 Comm Mtg                      Aug 07 Excise Board Mtg
- Aug 13 Comm Mtg                      Aug 29 Excise Board Mtg
- Aug 20 Comm Mtg
- Aug 27 Comm Mtg

## AUG 9TH WELLNESS COMMITTEE MEETING

(At 9:00a.m. in Courtroom #3 )



*A MESSAGE FROM CHAR.....*  
*PLEASE ENJOY THIS AUGUST ISSUE!*  
*IF YOU WOULD LIKE TO*  
*CONTRIBUTE TO THE*  
*SEPT ISSUE,*  
  
*PLEASE LET ME*  
*KNOW..... CHAR*

### MISSION

### A MATTER OF RIGHT

“A popular Government, without popular information, or the means of acquiring it, is but a Prologue to a Farce or a Tragedy; or perhaps both. Knowledge will forever govern ignorance: And a people who mean to be their own Governors, must arm themselves with the power which knowledge gives.”

- James Madison