

Wagoner County

COUNTY CLERK



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 Editor: Char Stevens

FROM THE CLERK

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The Budget crunch is officially toward eliminating the behind us and I want to take a necessity for budget cuts next moment and say a very heart-felt year.

“Thank you” to everyone who participated last week. Anyone who was there saw a team with a common goal working together to achieve it. We had a big task to cut almost \$950,000 from the budget to meet available funds and everyone stepped up. We made Wagoner County proud and the good news is, the county is still growing and the efforts of the Assessor and the Treasurer will certainly work

Next up is a comprehensive revision/clarification of our leave policies in the county. We are in the process of looking at other counties’ policies as a model and will be working together with all of the elected officials to make needed revisions. We will keep you posted as more is discussed.

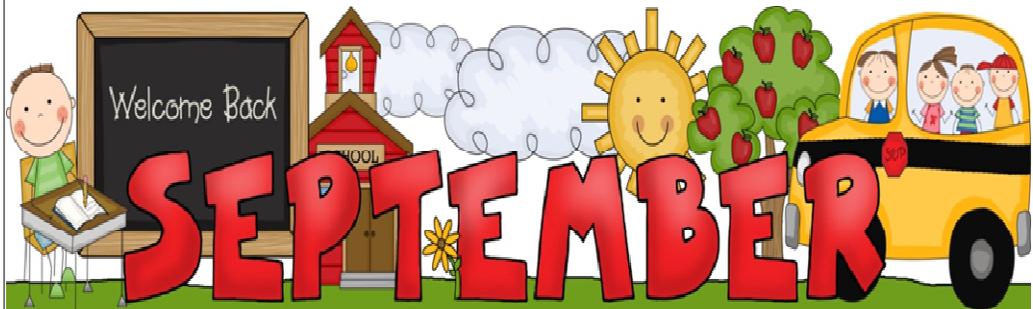
Lois Hendricks

TAKE GREAT COMFORT IN KNOWING THAT ALL GREAT FEATS ARE ACCOMPLISHED ONE SMALL STEP AT A TIME.....Og Mandino

Special points of interest:

OK Fun Facts

SAFETY MEETING
 09-11-2013



Wagoner County—Growing from Good” to Great”!

Next HOLIDAYSeptember 2nd—LABOR DAY

Protecting Ourselves

The first line of defense against the flu, or any pathogen, is common sense. Wash your hands frequently, avoid people who are obviously under the weather, drink plenty of fresh water and exercise regularly.

Pay close attention to your diet. Emphasize meals rich in whole grains, lean protein and low-glycemic fruits and vegetables. Remember, antioxidants, which are found in abundance in many fruits and vegetables and other whole foods, can significantly support immunity. Cruciferous vegetables like broccoli, cauliflower and kale also contain numerous compounds and nutrients that are excellent for the immune system.

Vitamins and minerals are also important. Vitamins C and D both boost immunity and C is a potent antioxidant. Zinc is an essential cofactor for many proteins associated with immune cells, and research has shown that zinc deficiency can depress the immune system.

Another key to boosting immunity is getting enough sleep. As many as 60 million Americans suffer difficulty sleeping. Aside from boosting energy, adequate sleep is necessary to rejuvenate the body, particularly the immune system, and protects against numerous chronic conditions.



NEXT SAFETY MEETING IS SEPTEMBER 11TH

CPR (last half)

Presented by
Heath Underwood, Emergency Management

The County Clerk Adm.offices and Land Records
will be closed one day of every month from
8:00am to
9:00am for safety classes.

Next—09/11/13
CPR
(last half)

OKLAHOMA FUN FACTS:

STATE FLOWER.....

The mistletoe was already Oklahoma's official flower when the State entered the Union in 1907. Mistletoe is an evergreen plant with small yellow flowers and white berries. It grows as a parasite, living on other plants and trees. Mistletoe is often used as a Christmas decoration.



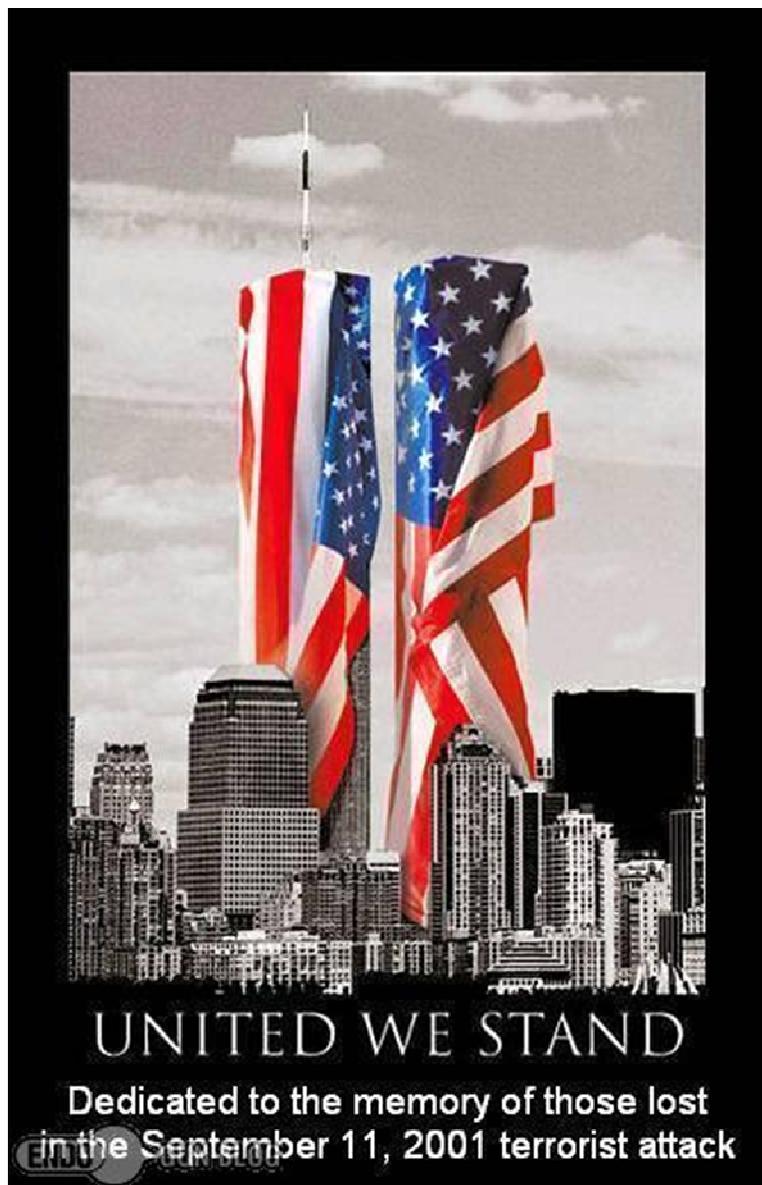
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SEPTEMBER TRIVIA

- The very first comic strip was printed in an American newspaper on September 11th, 1875.
- The poem “Mary had a Little Lamb” was published September 1st, 1830.
- World War II began September 1939, when Hitler invaded Poland.
- The US Treasury Department was established 1789.
- September 5th, is National Cheese Pizza Day.
- September 24th, 1789 — the US Supreme Court was established.
- On September 18, 1851 the infamous New York Times newspaper published its first edition.
- George Eastman got his patent for the roll-film camera, in September of 1888 and the Eastman-Kodak company soon was off to becoming one of America's major corporations.
- On September 5th, 1961, President John F. Kennedy signed a hijacking bill, making air piracy a crime punishable by death or imprisonment.
- The US Food Stamp Program was authorized by the US Congress as a program to distribute surplus food to poor, hungry Americans, September 11, 1959?
- September 11th, 1962 was the day the Beatles recorded their first single, “Love Me Do”.

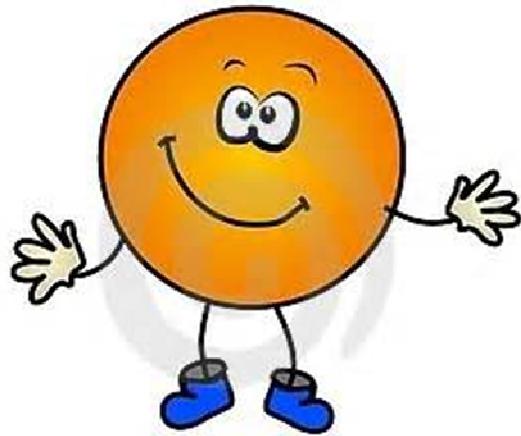
WE WILL ALWAYS REMEMBER



“BAD MOOD BUSTERS”

Make Use Of That To-Do List

While being laid-back and following the 'don't worry, be happy' mindset may seem like the way to go, experts say that having goals and reaching them could really be the secret to feeling fulfilled. So, redo that closet that looks like it's going to explode, finally take that German language class you've been talking about forever, or tackle whatever woulda-coulda-shoulda thing you haven't gotten around to yet. “Being more goal-oriented and more conscientious is absolutely a way to become less depressed,” And don't make that checklist super-simple either—it's more effective to push your limits. Research shows that ambition, not low expectations, are deemed more valuable, and therefore can make you feel more satisfied with your life (and hence, in a better mood). Starting to feel better about life already? [Get to it!](#)



SAFETY FIRST!

Emergency Management Director Heath Underwood recently announced that out of 77 Counties, Wagoner County received the most Safety Awards from ACCO.

Congratulations to employees Kathie Sappington and Eva Gay for receiving awards for having over 30 years service with no accidents.

LET'S ALL KEEP UP THE TRADITION SAFETY!

Wagoner County

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CALENDAR



Sept 3rd	Comm Mtg	(Tues)	
Sept 9th	Comm Mtg	(Mon)	
Sept 16th	Comm Mtg	(Mon)	
Sept 23rd	Comm Mtg	(Mon)	Sept 10th Excise Board Mtg
Sept 30th	Comm Mtg	(Mon)	Sept 24th Excise Board Mtg.

In three words I can sum up everything I've learned about life: it goes on.

— [Robert Frost](#)

We have a new web address!

www.wagonercounty.ok.gov

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A MESSAGE FROM CHAR.....

PLEASE ENJOY THIS SEPTEMBER ISSUE! IF YOU WOULD LIKE TO CONTRIBUTE TO THE OCTOBER 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