

Wagoner County
COUNTY CLERK



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 Editor: Char Stevens

FROM THE CLERK

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Fall has officially set upon us and along with the cooler weather comes a flurry of activity around the county. Remember that October 14th is the deadline to complete all of your safety training to qualify for safety incentives. Remember only full time employees are eligible to participate in the program and state statute dictates that training be completed at least quarterly for a total of 8 hours of safety training related to your job duties.

Also with fall and winter, comes the possibility of inclement weather. Be sure you are registered for Blackboard Connect, the reverse call-out system the county uses to contact employees should there be

an emergency or courthouse closing. Just go to the county website and click on the Blackboard Connect icon on the home page.

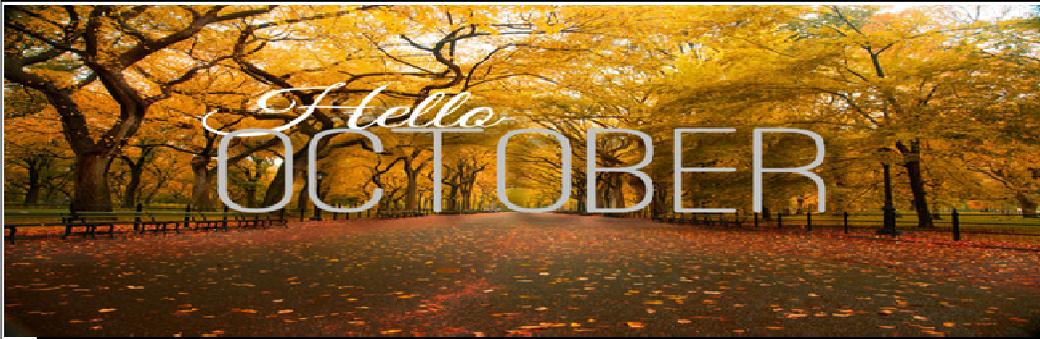
If you are looking for additional ways to cut costs on equipment, check out www.ocisales.com. They have everything from signs to furniture to grills that are made by inmates in the correctional system and sold at a great cost savings. All of the Health Department's beautiful new furniture came from them. Everyone likes a bargain and even better with this site is that as county employees, you are eligible to make personal purchases too. Check them out!

Lori Hendricks

"You must be the change you wish to see.".....Gandhi

Special points of interest:

- OK Fun Facts
- *****
- SAFETY MEETING**
- 10-09-2013



Wagoner County—Growing from Good” to Great”!

Next HOLIDAY ...Oct 14—Columbus Day

JUNK FOOD JUNKIES.....Carl Rowe(Easy Health Options)

Many States have penalties for women who do drugs while pregnant because of the potential harm to their fetuses, but they overlook another addictive danger: a pregnancy junk food diet that has newborns hungry for a French fry high.

A lab study at the University of Adelaide in Australia shows that junk food not only stimulates the brains of pregnant mothers in the same way drugs do, but also impacts the formation of a baby's brain so that the newborn will crave the same foods.

The results of this research will ultimately allow us to better inform pregnant women about the lasting effect their diet has on the development of their child's lifelong good preferences and risk of metabolic disease. Hopefully, this will encourage mothers to make healthier diet choices which will lead to healthier children.

This study shows that addiction to junk food is true addiction. Junk food engages the same body chemistry as opium, morphine or heroin. Sad to say, junk food during pregnancy turns the kids into junk food junkies.



NEXT SAFETY MEETING IS OCTOBER 9TH

“COLD WEATHER PROTECTION”

Presented by
INDIAN CAPITAL TECH

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—10/09/13
Cold Weather
Protection

Notable People from Oklahoma

The creative spirit of Oklahoma is seen in the Accomplishments of citizens, such as humorist Will Rogers, Olympian and Native American Athlete Jim Thorp, African American author Ralph Ellison, astronaut Thomas Stafford, and country music superstars, Reba McEntire, Vince Gill, Garth Brooks, Jeremy Castle, and Blake Shelton.



OCTOBER TRIVIA

- The first guest host of NBC's *Saturday Night Live* was comedian George Carlin on October 10, 1975.
- On October 20, 1873, P.T. Barnum opened the Hippodrome in New York City to house "The Greatest Show on Earth."
- The first coin minted in the United States was a silver dollar which was issued on October 15, 1794.
- The Pillsbury Doughboy was introduced in TV ads in October 1965.
- In October 1995, the potato became the first vegetable to be grown in space.

WELCOME!

The County Clerk's Office would like to welcome Misty Pickard to our family. Misty will be working in Land Records. Please be sure to meet her!



APPLES AND GOOD HEALTH.....

By [Brenda Goodman, MA](#)

WebMD Health News

Reviewed by [Laura J. Martin, MD](#)

Eating an apple or two each day may reduce **heart disease** risk factors, a new study shows.



The study, which is the latest to polish the apple's heart-healthy reputation, found that eating apples daily appeared to lower levels of **cholesterol** and two other markers associated with plaques and inflammation in artery walls.

"We were pleasantly surprised ..." that apples so effectively lowered LDL (bad) cholesterol, says study researcher Bahram H. Arjmandi, PhD, RD, Margaret A. Sitton Professor and Chair, Department of Nutrition, Food and Exercise Sciences at The Florida State University in Tallahassee.

The study was presented at Experimental Biology 2011, in Washington, D.C. Experts said the study's results were consistent with previous evidence that apples do indeed live up to the famous adage about keeping the doctor away.

“CLEAN UP WAGONER COUNTY DAY”

Wagoner County District Three located at 16507 S. 305th East Avenue in Coweta (off Hwy 51B) will observe “**CLEAN UP WAGONER COUNTY DAY**” on Saturday , October 5th from 8:00 A.M.—2:30P.M. This event is open to all County residents with proof of residency. We will have 40 yard dumpsters for household trash and other unwanted items.



We **WILL NOT** accept hazardous waste such as paint or batteries. You must remove refrigerant from refrigerators and freezers before they are dropped off for disposal. We **CANNOT** collect grass clippings or tree debris. We will accept used car and truck tires. This is an opportunity for individuals to recycle car, truck and motorcycle tires. **THIS EVENT IS NOT FOR DEALERS.** Tires with rims and large agricultural off-road tires **WILL NOT BE ACCEPTED.**

For additional information on what may and may not be dropped off, please contact Shoni Johnson at 918-486-2132.

IDEALS.....

**Ideals are like stars;
You will not succeed in touching them with your hands
But Like the seafaring man on the desert of waters,
If you choose them as your guides and follow them
YOU WILL REACH YOUR DESTINY!**

(Charles Schurz—1829-1906)

Wagoner County

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We have a new web
address!
www.wagonercounty.ok.gov

CONTACTS

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- Amanda Alsip**
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485-7705
- Carolyn Henderson**
Purchasing Agent
485-7712
- Janet Castillo**
Land Records Supvsr.
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- Dyan Marrs**
Human Resources
485-7713

CALENDAR



- Oct 7th Comm Mtg (Mon)
- Oct 15th Comm Mtg (Tues)
- Oct 21st Comm Mtg (Mon)
- Oct 28th Comm Mtg (Mon)
- Oct 8th Excise Board Mtg
- Oct 29th Excise Board Mtg

The gem cannot be polished without friction, nor man perfected without trials. – *Chinese Proverb*



PLEASE ENJOY THIS OCTOBER ISSUE....IF YOU WOULD LIKE TO CONTRIBUTE TO THE NOVEMBER ISSUE, PLEASE LET ME KNOW!!.....CHAR

(10-31—Happy Birthday to CLINT K. JONES!!!)

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