



FROM THE CLERK

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If you have been to our office recently you have noticed some changes. Recent flooding in our office brought to our attention some areas which we were vulnerable relative to the recovery of data should we experience a catastrophic event at the courthouse and we have taken steps to fill those gaps. With spring approaching, I would advise you to take a look at your systems as well and ask what you would have difficulty replacing should the courthouse be destroyed, by fire, flood, tornado or other disaster.

One of the items we have been deficient on our audits is our risk assessment plans. We should all be making time to review and revise them.

Another change to our office is the addition of Anna Smith to our Human Resources Staff. Charity will be leaving us at the end of February and Erika will move to her position. Anna comes to us with great experience in HR and we think she will be a great fit. Be sure to come by to say Hello.

*Lori Hendricks*

**Love each other and you will be happy!**

**Special points of interest:**

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**Safety Meeting**

**Feb 10, 2016**



NEXT HOLIDAY  
PRESIDENT'S DAY—FEBRUARY 15TH

## NEWS FROM MAINTENANCE.....

We are pleased to announce progress has been made toward our “COURTHOUSE BEAUTIFICATION PROJECT”. Courtroom Two and Courtroom Four have experienced a totally new ‘facelift’! We have refinished the woodwork and repainted walls. Check it out and please let us know if we can bring this “beautification”



process to your office  
WE ARE HERE TO SERVE !  
.....**BO BACINETT**



NEXT SAFETY MEETING  
FEBRUARY 10, 2016

“DEALING WITH STRESS”  
Presented by  
ITTC

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

## OKLAHOMA FUN FACTS.....

- The aerosol “bug bomb” was invented in Bartlesville by Chemist Lyle D. Goodhue (September 30, 1903 – September 18, 1981)
- The Port of Catoosa, just north of Tulsa, is the nation’s largest inland port.



In addition to the United States, Valentine’s Day is celebrated in Canada, Mexico, the United Kingdom, France and Australia. In Great Britain, Valentine’s Day began to be popularly celebrated around the 17th century. By the middle of the 18th, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one’s feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine’s Day greetings.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the “Mother of the Valentine,” made elaborate creations with real lace, ribbons and colorful pictures known as “scrap.” Today, according to the Greeting Card Association, an estimated 1 billion Valentine’s Day cards are sent each year, making Valentine’s Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines.

# STAYING HEALTHY.....

## STRESS (continued from last publication).....

*More than 40 percent of adults say their stress level has increased over the past five years. (C.J. Burton/Corbis)*

Most people get that stress contributes to the most common —and most threatening — health problems, including biggies such as cardiovascular disease and type 2 diabetes. But what you might not realize is that recent research shows that stress affects nearly *every* system in the body, often in unexpected ways. Making matters worse, while a majority of adults admit that managing stress is important, 44 percent say they don't do enough to keep it in check, according to an American Psychological Association survey. So if you're looking for a reason to build de-stressing time into your day (exercise, meditation, regular massages), these five health concerns should provide plenty of motivation.

**STRESS SHRINKS YOUR BRAIN.** Stress may change your brain in ways that make you more susceptible to depression and addiction, according to research from Yale University. In one study, Yale researchers asked subjects about stressful past life events. They compared the survey results with the subjects' brain scans. People with a history of adversity had less gray matter in areas of the brain involved in stress, emotional regulation, and impulse control. The consequence? "We don't really know for sure, but the idea is that you lose your ability to moderate how stress affects you and you become more reactive because you have less brain matter to respond," said neuroscientist Tracy Bale, PhD, from the Perelman School of Medicine at the University of Pennsylvania.

**(To be continued.....)**



*Little  
Miss  
Paislei  
Grace  
Levi*

## “Grandma” Chasity Levi’s Valentine!!!

Born on Dec. 2, 2015 Weight: 6 pounds

Mother: Sara Levi Grandmother: Chasity Levi

Wagoner County

307 E. Cherokee Street  
Wagoner, OK 74467

Phone: 918-485-7716  
Fax: 918-485-7718  
E-mail:  
clerk@wagonercounty.ok.gov

# CALENDAR



- Feb. 1st Comm Mtg (Mon)
- Feb. 8th Comm Mtg (Mon)
- Feb. 16th Comm Mtg (Tues)
- Feb. 22nd Comm Mtg (Mon)
- Feb. 29th Comm Mtg (Mon)
- Feb. 9th Excise Board Mtg
- Feb. 23rd Excise Board Mtg

We have a new web address!

*Love is, above all, the gift of oneself.*

*~ Jean Anouilh*

#### CONTACTS

- Lori Hendricks**  
County Clerk  
485-7717
- Char Stevens**  
Executive Assistant  
485-7716
- Amanda Alsip**  
1st Deputy  
485-7705
- Carolyn Henderson**  
Purchasing Agent  
485-7712
- Janet Castillo**  
Land Records Supvsr.  
485-7701
- Charity Bardell**  
Human Resources  
485-7713



*PLEASE ENJOY THIS  
ISSUE....IF YOU  
WOULD LIKE TO CONTRIBUTE  
TO THE NEXT 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*