



# Employee Newsletter

## October 2020

HAPPY HALLOWEEN!!!



### **OCTOBER BIRTHDAYS**

Cindy Thrasher	2
Justin Hyde	3
Brian King	4
Amber Dean	5
Yolanda Hiltwein	6
Annette Shaver	7
Doug Mills	8
David Reid	8
Brian Smith	8
Robert Hart	9
Jennifer Wilson	9
Brian Anderson	10
Hayle Miguel	11
Jennifer West	12
Edward Wolf	12
Tylor Dockery	14
Haley Rose	19
Lisa Shields	21
Mary Pickens	23
Christy Taylor	24
Jason Hall	25
Margo Powell	26
Dick Godfrey	27
Tracey Boatwright	28
Chelsey Fletcher	28
Todd Hicks	28
Teresa Palmer	28
Rebecca Smith	28
Melvin Cantrell	29
Logan Exum	29
Thristen Bailey	30
Rosanne Handford	30
Kenneth Corn	31

Ages 23 to 78



### **Commissioner Board Meetings**

**October 5 @ 6:30 pm**  
**October 19 @ 6:30 pm**

### **PREPARING A WILL**

One of the benefits available to our employees through The Hartford, the provider of our group life and disability insurance, is the ability to create a will at no cost. Thank you, Susan Prunier, for reminding me of this benefit.

To take advantage of this, go to [www.estateguidance.com](http://www.estateguidance.com). Use this code: WILLHLF. Then follow these steps:

1. Access the Hartford's EstateGuidance® Will Services online.
2. Sign in to the secure site by entering the access code.
3. Follow the instructions and create your will.
4. Download the final will to your computer and print.
5. Obtain signatures and determine if you will should be notarized.

### **NO COST HEALTH VISITS**

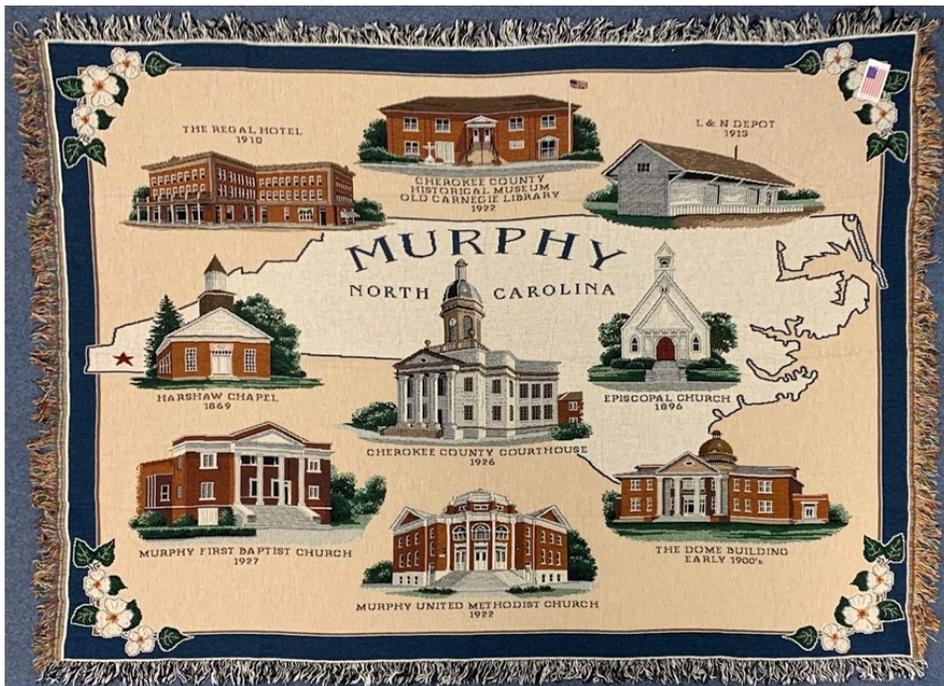
This is just a reminder that for our folks who are eligible for our health insurance, you may receive care at no cost in two different ways. You may utilize our telemedicine benefit through AllyHealth which is available to you and anyone who lives in your household. You do this by either calling 1-888-565-3303 or by going online to [www.member.allyhealth.net](http://www.member.allyhealth.net) and set up an account and sign up for a virtual office visit there. You may choose a provider by looking at the list of available providers and choose one that you think would be best suited for whatever is going on with you or your dependent. Also, employees covered by our health insurance may make office visits to our health department with a zero \$ co-pay. This applies to employees only. Covered dependents would be required to pay the co-pay. These are both fantastic benefits that are provided to you, so please take advantage of them.

### **EMPLOYEE FLU SHOTS**

Flu shots are now available at the health department. These are available to our full-time employees and part-time employees (must be paid by the County) who have retirement withheld. Shots are also available to part time EMS, sheriff and jail employees due to the exposure to possible sick folks. You can look at your direct deposit notice and if it lists retirement or leo retire, then you qualify. For full-time employees, please present your insurance ID card to the clerk at the health department when you go. Hours are 8 am to 4:30 pm (closed for lunch). Any dependents who are covered under our health plan would also be eligible.

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

Is there something you would like to see in the newsletter? Please email Melody at [melody.johnson@cherokeecounty-nc.gov](mailto:melody.johnson@cherokeecounty-nc.gov) with any suggestions. Thanks.



The Cherokee County Historical Museum is offering a tapestry throw featuring several historical buildings, including the Harshaw Chapel, the Episcopal Church, the Regal Hotel, the L&N Depot, the Murphy United Methodist Church, the Murphy First Baptist Church, the Dome Building, the Cherokee County Courthouse and the Cherokee County Historical Museum. You may pre-order your throw now by contacting Terissa Carringer at 828-837-6792. The throw is 51 inches by 68 inches and the cost is \$60 for the throw and \$20 for shipping and handling. The Museum accepts all major credit cards, checks and cash. Museum hours are 9 am to 5 pm. These would make awesome Christmas presents for grandparents and folks who remember some of these buildings that some of the newer of us may not remember or they would make a nice keepsake by which to remember a piece of history.

In a Catholic school cafeteria, a nun places a note in front of a pile of apples, "Only take one, God is watching." Further down the line is a pile of cookies. A little boy makes his own note, "Take all you want. God is watching the apples."

There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him and again he said, "No, no, I can remember you want a bowl of ice cream with whipped cream." Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top." So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He come out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"

Whenever you served ...  
Wherever you served ...

## A TRIBUTE TO ALL WHO SERVED

# Welcome Home Veterans

The American Legion Posts 532 of Hayesville, 96 of Murphy, and 192 of Robbinsville, invite the community to join together in celebrating the **2nd Annual Welcome Home Tribute to Veterans.**

*Festivities begin at 9:30 a.m. with a parade starting at Andrews First Baptist Church and ending at Western Carolina Regional Airport with lots of family friendly activities to follow.*

Saturday October 31, 2020 11AM - 2PM  
Western Carolina Regional Airport

#AFFlyover

**FREE FOR EVERYONE**  
Conditions permitting

Sponsored by  **IVIE**  
Funeral Home



- Military flyovers
  - Display Planes
  - Vintage Cars
  - Motorcycles
  - Chili cook-offs
- (See below for registration)
- Veteran Stand down services
  - and more!



TO REGISTER for the CHILI COOK-OFF 2020 Find "@IVIEFH" on Facebook or call 828-837-2116



# The Most Dangerous Time to Drive

As we 'Fall Back' to Shorter Days, Take Extra Care on the Road

Shorter days, fatigue, compromised night vision, rush hour and impaired drivers are some of the risks we face when driving at night. These risks become especially pronounced moving into the weekend, with [fatal crashes peaking on Saturday nights](#), according to NSC analysis of NHTSA data.

When Daylight Saving Time ends – for 2019, that's 2 a.m. Sunday, Nov. 3 – many people will find themselves spending more time driving in the dark. Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver.



Even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal headlights) creating less time to react to something in the road, especially when driving at higher speeds.

What should you do to combat darkness?

[Aim your headlights correctly](#), and make sure they're clean

- Dim your dashboard
- Look away from oncoming lights
- If you wear glasses, make sure they're anti-reflective
- Clean the windshield to eliminate streaks
- Slow down to compensate for limited visibility and reduced stopping time

## Compromised Night Vision

Night vision is the ability to see well in low-light conditions. As we age, we have greater difficulty seeing at night. A 50-year-old driver may need twice as much light to see as well as a 30-year-old. At age [60 and older](#), [driving can become even more difficult](#), according to the American Optometric Association. Some older drivers also may have compromised vision due to cataracts and degenerative eye diseases.

The AOA recommends older drivers:

- Have annual vision exams
- Reduce speed
- Take a driving course; even experienced drivers can benefit from a refresher course, and some of the rules have probably changed
- Minimize distractions, like talking with passengers or listening to the radio
- Check with your doctor about side effects of prescription drugs
- Limit driving to daytime hours if necessary

## Fatigue

A National Sleep Foundation poll says 60% of adults have driven while they were tired, and another 37%, or 103 million people, have fallen asleep at the wheel. Of those, 13% say they fall asleep while driving at least once a month, and 4% say they have caused a crash by falling asleep while driving. The reasons are many – shift work, lack of quality sleep, long work hours, sleep disorders – and it doesn't only happen on lengthy trips.

These staggering numbers are backed up by a report by NHTSA that 100,000 police-reported crashes are a result of driver fatigue. Most crashes or near-misses happen at the times you would expect drivers to be tired: 4 to 6 a.m., midnight to 2 a.m. and 2 to 4 p.m., according to NSF.

Drowsy driving puts everyone on the road at risk. Losing two hours of sleep has the same effect on driving as having three beers, and tired drivers are three times more likely to be in a car crash if they are fatigued.

The National Sleep Foundation offers this advice:

- Get seven or more hours of sleep a night
- Don't drive if you've been awake for 16 hours or more
- Stop every two hours to rest
- Pull over and take a nap if you're drowsy
- Travel during times you are normally awake

## Rush Hour

Evening rush hour (between 4 and 7 p.m. weekdays) is a dangerous time to drive due to crowded roadways and drivers eager to get home after work. In winter, it's dark during rush hour, compounding an already dangerous driving situation.

How can you make it home safely during rush hour?

- Don't be an impatient driver; slow down
- Stay in your lane and beware of drivers who dart from lane to lane
- Even though the route may be familiar, don't go on autopilot; stay alert
- In unfamiliar areas, consult a map before you go and memorize your route
- Don't touch your phone, eat, drink or do other things that are distracting

## Impaired Drivers

Nearly 30 people die every day in crashes that involve a driver impaired by alcohol, according to the Centers for Disease Control and Prevention. Drivers impaired by prescription medicines and other drugs increase that number significantly. Impaired drivers are most frequently on the road after dark – particularly between the hours of midnight and 3 a.m. on weekends.

While drunk driving has declined by about one-third since 2007, the number of drivers under the influence of drugs has increased. Between 2013 and 2014, 22% of drivers tested positive for a drug that would cause impairment, according to a roadside survey conducted by the National Highway Traffic Safety Administration. NHTSA also found that the prevalence of THC (found in marijuana) among drivers on weekend nights increased 48% since 2007, from 8.6% of drivers to 12.6%. Many states have not yet updated their impaired driving laws to address this growing problem.

## Stay Alert, Stay Alive

While we do only one quarter of our driving at night, 50% of traffic deaths happen at night. It doesn't matter whether the road is familiar or not, driving at night is always more dangerous. More than 40,000 people were killed in car crashes in 2016, according to *Injury Facts*. By taking some extra precautions, we can all contribute to reducing these numbers.