

THE COUNTY CONNECTION

A newsletter written by and for employees of St. Louis County Government
Charlie A. Dooley, County Executive

WINTER 2005

**TV Trivia
Winner**

**Patti Otto
(Pros Atty)**



"I'm a font of useless information!" Patti happily declared when she found she had won.

Out of 74 correct entries, Patti was the lucky winner of the TV Trivia Puzzler. Patti Otto is a Legal Secretary with the County since 1984. She enjoys the challenge of the Puzzler, but "usually doesn't finish them in time to send them in." Check Page 8 for the answer key.

See TV TRIVIA, Pg. 6

ELLEN WALTERS - BACH SOCIETY SINGER

by Jean Hatley



The Bach Society of St. Louis, about to begin its 65th concert season, has celebrated the classical music of Austrian composer, Johann Sebastian Bach since 1941. The Bach Society is a choral group that performs four seasonal concerts at various locations around St. Louis. Most of the music they perform was written by Bach, but other pieces performed are from such notable composers as Mozart, Beethoven, and Handel. In addition to the classical music performed, they also include seasonal christmas carols at their annual Christmas Candlelight Concert.

A member of the Chorus of the Bach Society, Ellen Walters, is employed at the Justice Center. Ellen sings Second Alto in the group, which means she has a special talent for hitting those low, low notes.

Ellen's gift for music became apparent at the tender age of four when she heard a piece of music on the radio. She immediately went to the piano and played the tune perfectly by ear. At six she sang in her church choir and started taking piano lessons from her mother, a talented pianist in her own right. Ellen was raised in a family of gifted musicians. Her maternal grandmother played the violin, and her father played the fiddle at local square dances.

At fifteen, Ellen decided to take voice lessons, and she sang in her high school mixed chorus. She also played flute in the concert and marching bands. During this period, Ellen credits her parents for their tireless support.

After high school Ellen attended Eastern Illinois University at Charleston where she majored in voice and piano and minored in organ and flute. At that time, EIU was a teacher's college, and Ellen's parents expressed their desire that Ellen pursue a career as a music teacher, but Ellen



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Your County Government	Department Notes	Employee Voices	Puzzler Page
<i>Are you taking advantage of Weight Watchers at Work? Read more ...</i>	<i>Want to know what's going on in County Departments? Find out ...</i>	<i>Read about unusual cold remedies ...</i>	<i>Test your knowledge of road signs ...</i>
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Your County Government

Weight Watchers at Work It can change your life

By Sue Kane

Since college, Laura B., a 21-year County employee, has battled to lose weight and has tried many different methods with varying levels of success. In April of this year, she returned from vacation and knew that she wanted to try again but didn't know where to start. A co-worker mentioned that a new Weight Watchers At Work session was starting. Laura decided to join, having had some experience with Weight Watchers in high school. Even though she had to drive from her North County work location for the Wednesday meetings in Clayton, she decided to make the commitment. Today, she has lost 43 pounds and is close to meeting her goal weight. She plans to reach that target and obtain Weight Watchers lifetime member status within the next twelve-week session. Her life is different now. She feels better, has more energy, and is more confident.



Group members at the Nov 2nd meeting.

Laura is one of many County employees who have utilized the Weight Watchers At Work program that began in July 2004. The group meets every Wednesday at 11:30 AM in the County Council Chambers, Administration Building, for about 45 minutes. A typical meeting includes weigh in, recognition of those who have lost more than 5 pounds in a week, obtained their goal weight or other milestone, and a topic focusing on inspiring and informing the group. Comments and support from the others in the group as well as sharing recipes are also staples of the sessions. Since inception of the County Weight Watchers at Work program, participants have lost over 1,055 pounds.



Lydia O.

Weight Watchers is one of the most effective weight loss methods available because it focuses on a lifestyle change. It's also one of the most flexible methods, according to participant Lydia O. Lydia has been a County Weight Watchers At Work participant since the group began in July 2004. She likes the Weight Watchers program because it allows

you to eat anything. It has made a big difference in her life because of the inspiration she receives from her fellow group members. She has learned what her weaknesses are but also what she can do to compensate for them. Her willpower is now stronger than it has ever been. She also finds herself exercising and being more active. Previously, Lydia tried community Weight Watchers meetings but prefers the At Work program because of the consistency in having the same leader each week and being more connected to others in the group. Lydia believes Weight Watchers has been one of the best things in her life.



Ann Harbert, Weight Watchers group leader

With Thanksgiving already over and the rest of the holiday season fast approaching, now is the time many think about weight loss or maintaining their weight through the holidays. The County Weight Watchers at Work program is a convenient option. The cost for a 12-week session is \$144 and participants can sign-up at anytime. The cost is prorated for those who join during a session that has already started.

Laura and Lydia urge those struggling with weight loss not to give up. Weight Watchers has worked for both of them because of its flexibility, inspirational and motivational programs, and support from other group members. They encourage those facing this difficult issue to find a program and commit to it as they have done. If you'd like to check out Weight Watchers At Work, stop by the County Council Chambers in the Roos Administration Building on Wednesdays at 11:30 AM. It might change your life!!

Fitness Challenge Returns

Due to the great participation from last summer's challenge, the County Fitness Challenge will return earlier than anticipated. This Challenge will begin on January 3 and run through March 31 and will include new categories and competition divisions.

Watch for more details soon on the Intranet and with employee paychecks.

BACH SOCIETY SINGER
continued from Page 1

had other ideas. Attending the Julliard School of Music in New York City was a dream high on her list, but a career in the music industry was calling to her, and after a year at EIU, Ellen decided to leave school. She moved to Champaign, Illinois where she sang and played piano in piano bars for the next five years while attending business school – her back-up plan.

Eventually Ellen returned to Charleston and put her business education to practice in several secretarial positions, but she always managed to keep her fingers nimble and her voice in fine timbre in various church choirs.

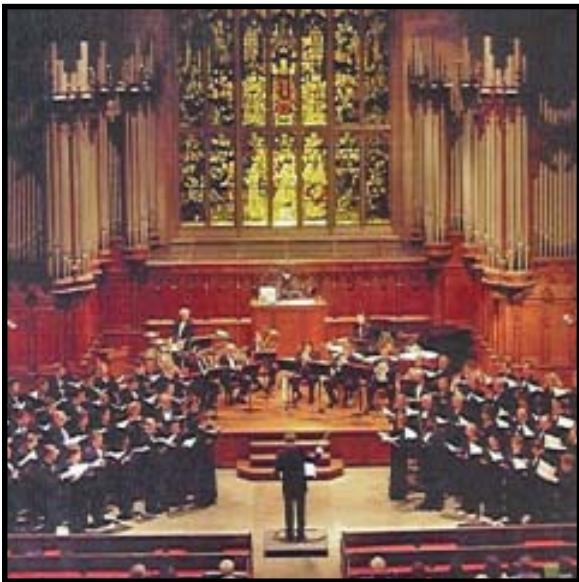
In the spring of 1988, Ellen found her way to St. Louis County where she has been employed in various capacities, first at the old County jail as a receptionist and then as a clerk typist, and currently as a Payroll Specialist for Justice Services.

In the late summer of 1995, a friend of Ellen's noticed an ad in the paper for auditions with the Bach Society. She gave the ad to Ellen, and Ellen quipped, "you must be out of your mind". She thought there was no way that she would be accepted into the Bach Society. However, she decided to audition, and, much to her surprise, the conductor told her that they were beginning rehearsals that very night and could she come back at 7:30. As they say, the rest is history.

For the last ten years, Ellen has been attending a grueling three hour practice every Monday night from August through May. After a short summer break, each and every one of the members of the chorus must audition again in August for the up-coming season. Ellen says Bach is very difficult to sing, so you must be very dedicated.

In addition to her Choral career, Ellen practices her piano every day, and, to the delight of all the volunteers at the Justice Center, Ellen plays and sings every spring at the Volunteer Appreciation Reception.

In 1997, Ellen realized a dream of hers when she walked in the footsteps of several great composers on a memorable trip to Salzburg and Vienna. "Just to be where Mozart walked and played as a little boy" was a thrill said Ellen. Music is the joy of her life, and her singing "is just as natural as breathing".



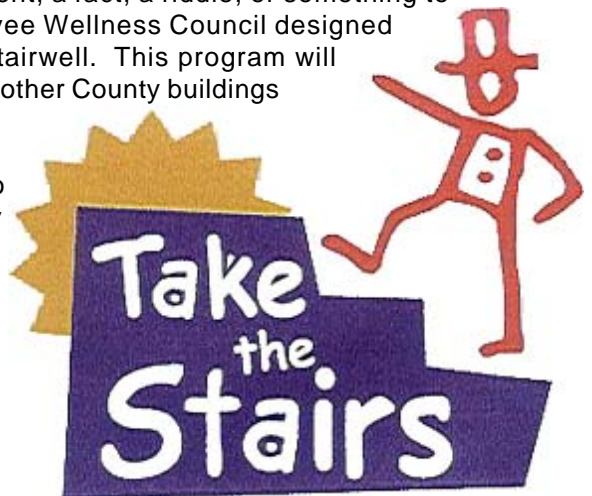
Ellen Performing
↓

WHAT'S NEW IN THE STAIRWELL?

If you work in the Roos Administration Building and take the stairs, you might have noticed something new recently. Since October, each floor in the stairwell contains something different, a fact, a riddle, or something to make you smile. This pilot program is an initiative from the Employee Wellness Council designed to motivate employees to use a little known exercise facility, the stairwell. This program will continue through the end of the year and could spread to stairwells in other County buildings if it proves successful.

The first month included an opportunity to win a prize for those who correctly answered four questions. The answers were obtained by walking to different floors and finding the clues. **KITTY TUBERTY** (Admin) was selected the winner after her correctly completed entry form was drawn from a group of other entrants.

Using the stairs is a quick and convenient way to fit in some exercise during the workday and there are no membership fees or monthly dues. If you work in the Administration Building or even if you just stop by for a visit, be sure to check out the stairs and the interesting information inside.





Department Notes



Parks & Recreation

The non-profit organization that manages the Frank Lloyd Wright House in St. Louis County's Ebsworth Park has received the Wright Spirit Award, the highest accolade given by the Frank Lloyd Wright Building Conservancy to honor those individuals and organizations that demonstrate extraordinary efforts in stewardship of Wright buildings or furtherance of the Wright legacy.

ESLEY HAMILTON, preservation historian, has been awarded the William Barnaby Faherty Award for Lifetime Achievement from the Historical Society of St. Louis County "in recognition of his significant contributions to the promotion of cultural life in the St. Louis region."

Although the dedication ceremony was rained out, the new North County Bikeway is now open. The 13-mile trail is in two sections. The first runs from the campus of the University of Missouri-St. Louis to downtown Ferguson. The remaining route follows existing roads north to Redman Road at Highway 367.

EMMIT YOUNG, JR., a 15-year employee, passed away on September 25. Emmit worked in the Operations Division in the north area parks where he took great pride in his work. His friends and fellow County employees will miss him.

Board of Elections

If you drop by the Maplewood election office, be sure to check out the 800 pound lever voting booth in the lobby, manufactured by the Shoup Voting Machine Co. of Bala Cynwyd, PA. BOE bought the machine last summer for \$25 from Lake County, TN. The Shoup Machine has been set up with the ballot from the last

presidential election held in St. Louis County using lever-voting equipment, the 1972 Nixon-McGovern race. One of the issues voted on in that election was whether to improve Lambert Field, or build a new Metro-East airport. Lambert Field carried the day over the Illinois option by a vote of 306,344 to 25,680.



Shoup Voting Machine

Highways & Traffic / Public Works

Department personnel made sure St. Louis County was prepared to shoulder any weight necessary as the nation extended a hand up to the victims of Hurricane Katrina. In response to the anticipated arrival of Gulf Coast evacuees, St. Louis County transformed the long-shuttered Gumbo Annex and ACI into a polished, abundantly provisioned and fully functioning 'Regional Assistance Center.' And they did so in a matter of days, with H&T / PW workers – reinforced by private

sector tradesmen and civilian volunteers – rewiring, plumbing, painting, scrubbing, hammering, sawing and drilling during Labor Day weekend and deep into the subsequent work week. By all accounts, the make-over orchestrated on the Chesterfield-based facility was a remarkable example of dedication, cooperation and professionalism. "What I cared about from the very beginning of this was 'Are we prepared?' And we are," commented County Executive **CHARLIE A. DOOLEY** at a recent PW / H&T managers meeting. "St. Louis County continues to be the number one county in this state, and it's because of you. You came through 110 percent."

Inspectors and support staff with Public Works' Division of Neighborhood Services recently saw their 'to do' list increase by some 33,000 apartments and houses. In October, a County Council ordinance took effect that requires empty rental units in unincorporated parts of the county to pass inspection before new occupants can move in. Prior to the expansion, 're-occ' inspections were done only in the County's 13 Conservation Districts. "This

Computer & Telephone Users!

Effective 1/3/06, the existing County IT and Telecommunications help desks will be centralized into a new County IT Help Desk located at 121 S. Meramec. All calls for computer, application and mainframe help, service orders, and questions as well as telecommunications problems and help requests will go to the new Help Desk. Current department help desks will cease operations that same day.

The Help Desk, along with the Desktop Support Team, will be part of the County User Support Team under the supervision of **DON OWENS** (REJIS) and the direction of **BOB BENCE** (County CIO). The Desktop Support Team will do computer installs, moves, adds and changes (IMACs) as well as computer problem resolution and will support all County sites.

There will be no charge for calling the Help Desk or for its services, including when a Desktop Support Team member is dispatched to your computer. Calls that are escalated to REJIS by Help Desk staff will continue to be billable.

Additional information, including the Help Desk phone number, hours of operation, etc. will be available on the County intranet and other sources starting next month. If you have any questions, please contact your department IT manager or Bob Bence.

NOTE: users of REJIS law enforcement and judicial subscription services will continue to call the REJIS help desk for these designated services. Judicial Administration staff (including Family Court) will continue to use their help desks for these designated services.



Dick, Are You There?? A red-tailed hawk wanted to make certain that **DICK HRABKO**, Director of Aviation at Spirit of St. Louis Airport, was back from his stint as interim Director of Aviation for Lambert. He sat outside Dick's office peering in the window to look for him.

energizes our people; it really does," reported inspection supervisor **JOE O'CONNELL**. "We're embracing the challenge." All told, 13 new Re-occupancy inspectors and office support staffers have been or will soon be hired and trained to help handle the new inspections. The inspections ensure that empty units are safe for re-habitation, and focus on structures' wiring, plumbing, roofs, ceilings, walls, porches, steps and other items.

For the first time in at least 35 years, every member of Public Works' Building Plan Review Section holds either a professional engineer or professional architect license, Permits and Plan Review manager **DAVID KASL** proudly reports. **DUANE EMANUEL** (section supervisor), **WILLIAM "Wild Bill" WALTERSCHEID**, **JACK SANDERS**, **CHRIS FALK**, **HELEN ZHOU** and **MIKE OCHONICKY** ALL are professional engineers, while **LEO SCHWARTZ, JR.**, **DAN WALDEMER**, **CHAITN DOSHI** and **VIRGINIA PRICE** all hold professional architect licenses.

Health

Are You Ready in 3? Hurricane Katrina has reminded us that we should have emergency plans in place for our own families and homes. "The Family Safety Guide", prepared by the Missouri Department of Health, can help you prepare your own emergency plan in three steps and is available by calling **JOHN SHELTON** at 615-8922 or at http://www.dhss.mo.gov/Ready_in_3/. Video presentations of this material are also available by calling 58922.

With services ranging from mosquito control to offering patient care in neighborhood health centers, the Saint Louis County Department of Health has served county residents since 1906. The department will mark its 100th anniversary in 2006 with the same dedication it has practiced in the last century.

Human Services

The Office of Veterans Affairs held a "Supermarket of Veterans Benefits" on October 9th at the James J. Eagan Civic Center in Florissant. Veterans received information from 40 agencies on benefits to which they may be entitled. The event drew 125 veterans whose service in the military ranged from World War II to Iraq. County Executive **CHARLIE A. DOOLEY** was in attendance, taking time to meet each of the veterans and making it a very special event for all.

On November 5th, the 27th annual Veterans Day Parade stepped off at Olive and 14th Street in Downtown St. Louis. Our veterans staff has an integral part in planning and implementing these Veterans Observance events each year.



County Executive Charlie A. Dooley and participants at the VILLAGE.

October 21st marked the eighth year for the VILLAGE of Many Colors Festival, a free multi-cultural event for older adults. The St. Louis Minority Advocacy Coalition (MAC) coordinates this annual outreach event, which brings seniors of many ethnic groups together for a day of entertainment, information, wellness activities and health screenings. Over 500 older adults as well as County Executive **CHARLIE A. DOOLEY** attended this year's festival, which was held at the St. Ann Community Center. 2005 Festival

Read **MORE** Department News, Employee Voices and employee achievements on the intranet!

sponsors included the City of St. Ann, Ameren UE, and Sprint Missouri Relay. The MAC is co-chaired by **LINDA WILLIS** and **ELLEN SHERMAN**, supervisors for the County Older Resident Programs (CORP).

Police

Chairman Patrick Twardowski presented the Department's Distinguished Service Citation to five individuals at the October 26 County Police Board meeting. Those honored for rescuing several residents of an apartment complex fire were Sergeant **MICHAEL AMREIN** and Officers **CHARLES BOWLES**, **JOHN WILLIAMS**, **JESSICA PLEMON** and **RODNEY WOODALL**, North County Precinct. Colonel Twardowski also presented the Department's Purple Heart Award to Officer **TIMOTHY HARRISON**, South County Precinct, for sustaining a serious injury while in the performance of his duties.

On October 10, Sergeant **MARIA GOMEZ**, DCI, became the recipient of the St. Louis Metropolitan Region of the Missouri Coalition Against Domestic Violence 2005 Person of the Year Award. During their Thirteenth Annual Recognition Celebration, Sergeant Gomez was honored for her position as Supervisor of the Family Crime Unit and for her leadership within the Department concerning the issues of domestic violence.



Maria Gomez receives award

Revenue

Our condolences go to **ANNETTE VOGELSANG** whose daughter recently passed away.

Anniversaries

35 Years
Christy Stille (PA)

25 Years
Sue Daniels (Admin)
Donald Dickey (PW)
Ed Earll (PW)
Mary Hohengarten (PA)
Jeanette Miles-Murphy (HS)
Wanda Minion (Admin)
John Parisi (PA)
Ruth Rollins (Admin)
Michael Schneider (Admin)
Christy Stevens (PW)

20 Years
Thomas Heinze (PW)
Fred Akers (HT)
Dick Bauer (BOE)
Nancy Birtley (HT)

Bob Foster (HT)
Jeff Heine (HT)
Robert Kinzie (HT)
Steven Leach (HT)
Robert Lee (PW)
Ron Livingston (HT)
Kyle Martens (HT)
Marva Martin (BOE)
James Reis (HT)
Wayne Schulz (HT)
Mike Zeltmann (HT)

15 Years
Chris Eagen (JS)
Lisa Jones (PA)
Joan Lafferty (Admin)
Judy Lang (JS)
Michael Stork (PW)
Donald Warmbrodt (JS)
Jabbie Welle (BOE)

10 Years
Thomas Dittmeier (PA)
Kathleen Tuberty (Admin)

5 Years
Alice Brackins (HS)
Khaleelah Green (HS)
Gregory Howard (HS)
Heidi Kehler (HS)
Demingo Loggins (JS)
Adrian Mann (Admin)
James Marshall (Spirit)
Renee O'Brien (JS)
Mark Perry (JS)
Donald Raymond (JS)
Gloria Tyler (JS)
Jovonne White (HS)

RETIREMENT

Connie Ciaramitaro (Rev)
22 years

Sandra Colombo (DOH)
17 years

Jim Fuller (PIng)
15 years

Sandi Gittemeier (PA)
20 years

Jim Kent (P&R)
32 years

Marian McCreary (Admin)
38 years

John Meschede (Rev)
26 years



April Bryant (PA)
Sue Denu (Rev)
Patricia Heck (P&R)
Jamie Koshgerian (PA)
Rich Lintz (Rev)
Kara Lubischer (PIng)
Scott Millikan (PA)
Pam Oliver (Rev)
Darlene Primas (Rev)
Julia Pusateri Lasater (PA)
Maurice Rackley (Rev)
Beth Rothermich (P&R)
Dave Schubert (Spirit)
Susan Webb (P&R)

Weddings

Congratulations to **KELLY POWELL** (Rev) was married on November 12 to Mr. Renauldo Rogers.

Promotions

Dan Bromeier (P&R)
District Manager

Tom Hughes (P&R)
Maintenance Supervisor

Jessica Jensen (DOH)
Health Education Supervisor

NEW ARRIVALS

TONY AMARO (Police), and his wife, Shirley, had a girl, Cassandra, on September 12.

COLETTE HOWARD (Rev) had a boy, Joshua Latez Bean, 7 lbs, 1 oz, 21 inches, on July 2.

STEVE KRAMER (Police), and his wife, Nicole, had a girl,

Claudia, on September 29.

JOHN LASATER (PA) and wife, **JULIA LASATER** (PA), had a second son, Bennett James, 7 lbs, 13 oz, on October 26.

CAROLINA MONTOYA (DOH) had a son, Diego Montoya.

TV Theme Song Trivia Solutions

1. "They're creepy and they're kooky, mysterious and spooky..."
The Addams Family

2. "People let me tell you 'bout my best friend. He's a warm-hearted person who'll love me till the end..."
Courtship of Eddie's Father

3. "Well we're movin' on up to the east side. To a deluxe apartment in the sky..."
The Jeffersons

4. "Who can turn the world on with her smile? Who can take

a nothing day, and suddenly make it all seem worthwhile?"
The Mary Tyler Moore Show

5. "This is it (This is it). This is life, the one you get, so go and have a ball..."
One Day at a Time

6. "Money, money, money, money, money..."
The Apprentice

7. "Some walk by night, some fly by day; nothing could change you, set and sure of the way..."
Moonlighting

8. "There's a time for love and a time for living. You take a chance and face the wind..."
Who's the Boss?

9. "I know my parents love me, stand behind me come what may. I know now that I'm ready..."
A Different World

10. "Look at what's happened to me. I can't believe it myself. Suddenly I'm up on top of the world..."
The Greatest American Hero

Employee Voices

What's the most unusual cold remedy you encountered growing up?

When we visited the South County Health Center, the educated staff there struggled with sharing their non-traditional cold remedies. We were reminded that these remedies don't pass muster with today's medical knowledge. In other words, don't try these at home!



"When I was younger my mom used to coat my throat with iodine for a sore throat and tie a handkerchief with garlic in it around my neck."
Bev Gapsch (DOH)

"When I was seven, the doctor was called because I had such a high fever that I was seeing monkeys walking around on the bedroom ceiling! That was back in the days when the doctor still made house calls. Dr. Wigton would drive to our place in his big black Chevy complete with running boards. You could hear the car door slam from inside the house and then you could see him come up the steps carrying his big black bag. If you were a "good" patient, at the end of the visit he would reach into his bag and offer you a big white or pink mint. On that visit however, in addition to the "new antibiotic, penicillin", I got the strange prescription for a home made cough syrup. You took a mason jar of honey and grated a whole onion into it. There was no limit to how much you could have! As strange as it sounds, I still like the taste and it works well for a cough."

Donia Dymek (HS)



"Our Mother would coat a sock with Vicks and tie it around our necks. We would also have to drink unsweetened tea as hot as we could stand it. I guess she accomplished her goal of making sure that when we said we were sick, we were REALLY sick!"
Gretchen Engel (DOH)

"Rubbing down with goose grease. You rub the chest area, palms of hands, upper back, under the nose and bottom of the feet. It relieves the same cold symptoms as Vicks vapor rub."

Diane Chatman (Admin)

"My mom used to rub Vicks Vapor Rub on my chest and under my nose. I remember it working."

Kathleen Tuberty (Admin)

"A tablespoonful of cod liver oil followed by a slice of orange to kill the taste. This must have been a good old fashioned remedy (nothing good about it) because we took it once a week. My Mom would line all 6 of us up at a time to take it. No cringing, whining, moaning, stamping, eye-rolling, gagging or throat clutching allowed. Boy, does this bring back memories!"

Anne Giacomelli (Admin)

"This was a remedy for ear aches, due to colds or other sickness. First, laying a regular electric heating pad or hot water bottle flat, sprinkle a liberal amount of table salt on the pad or bottle; next cover with a light pillow case, then you would lay your aching ear down on the heated pad or bottle. This cure was given to my mother by a nurse friend. I don't know why it worked, but if the table salt was used, the ear ache would abate and usually not return."

Sharon Jones (Admin)

having colds very often, but when we did have bad colds with chest congestion, Grandma would give us a teaspoon of sugar (yes, it does make the medicine go down). She would hold her thumb over the opening of a bottle of turpentine (the exact same that you use when painting!) and release 3 tiny drops of turpentine on the teaspoon of sugar. It really didn't taste bad and almost immediately caused you to start coughing, clearing up a chest cold in no time. I worked in the medical field for 30 years. I told this to a neurologist one time and he almost fell off his chair. The very idea of ingesting turpentine and what it can do to your 'innards' was frightening. Grandma didn't give this to us very often and so far none of the 7 of us have had any long term effects from it. I wouldn't recommend it, but it was effective."

TeeJay Jeademann (HS)

"My grandmother lived with us when I was a child (she died when I was 8 years old and she was 96!!!!). She still practiced her home remedies on all 7 of us kids. I don't remember any of us being sickly or

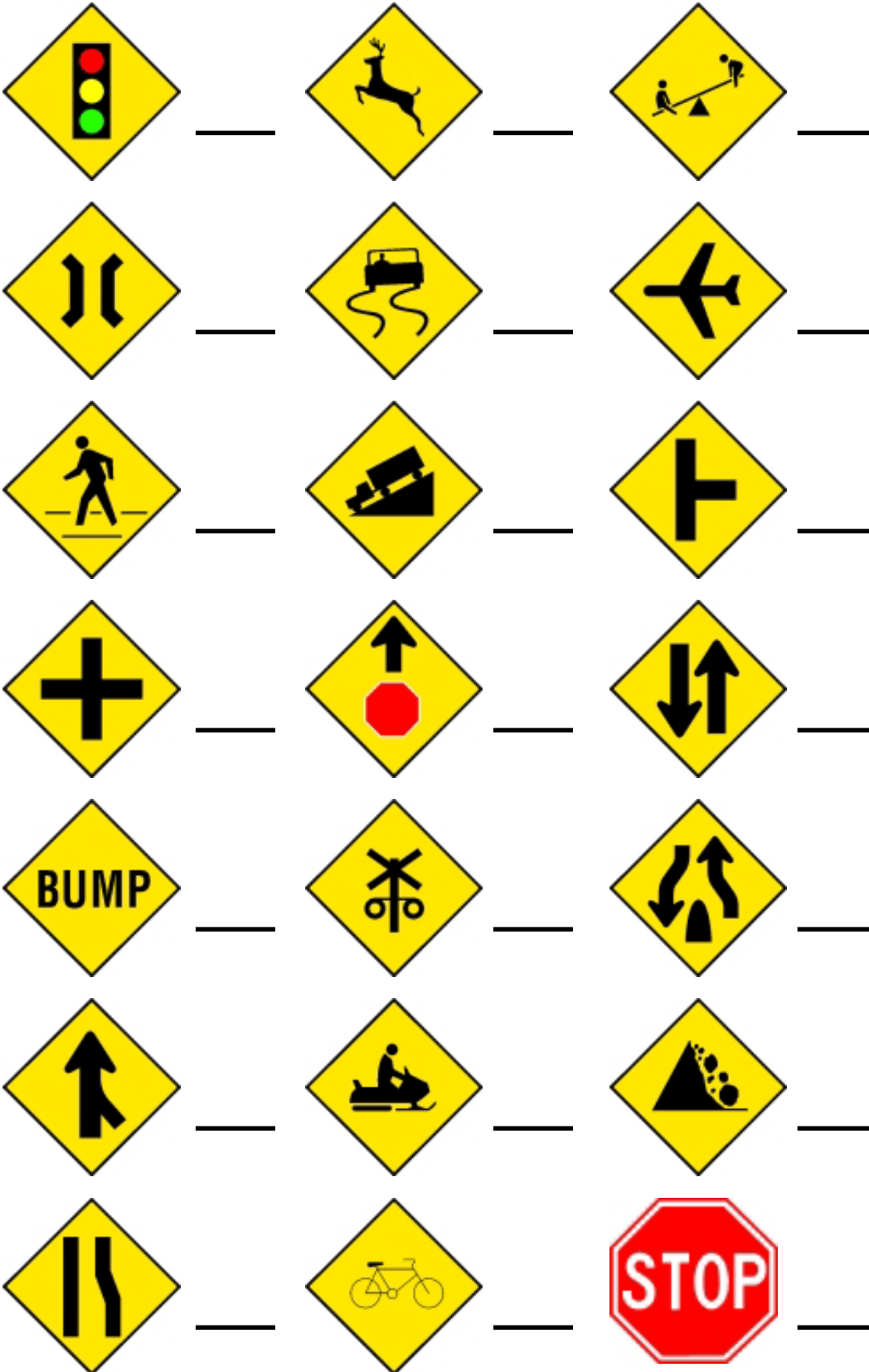
If you suddenly had \$10,000 at your disposal, what would be the first thing you would do with it?

Submit your answer by December 7th for publication in the Spring Issue.

Road Signs

Have you been paying attention while the kids are preparing for the drivers' license exam? Match up the signs with the correct description and submit to the Division of Personnel by December 9th for a chance at a prize.

NAME: _____ DEPARTMENT: _____



- A. road merges
- B. airport
- C. four-way intersection
- D. stop ahead
- E. bike lane
- F. road narrows
- G. pedestrians
- H. caution - snowmobile crossing
- I. grade
- J. narrow bridge
- K. bump
- L. caution - deer crossing
- M. falling rocks
- N. road enters from right
- O. divided highway ends
- P. two-way traffic
- Q. playground
- R. slippery when wet
- S. railroad crossing
- T. traffic signal ahead
- U. stop

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Thanks to everyone
 for another great
 issue!

Kathy Eller
 & Fannie Lindo