

The Jacksonville Choice

An informational newsletter for City of Jacksonville employees

**HAPPY
LABOR
DAY**



Vaccination Time!!!

There are so many questions regarding the H1N1(Swine Flu) that I thought I would do some research. Since it first emerged in April, the global swine flu epidemic has sickened more than 1 million Americans and killed about 500. It's also spread around the world, infecting tens of thousands and killing nearly 2,000.

So how worried should you be and how do you prepare? The Associated Press has tried to boil down the mass of information into 10 things you should know to be flu-savvy.

1. No cause for panic.

So far, swine flu isn't much more threatening than regular seasonal flu.

2. Virus tougher on some.

Swine flu is more of a threat to certain groups — children under 2, pregnant women, people with health problems like asthma, diabetes and heart disease. Teens and young adults are also more vulnerable to swine flu.

3. Wash your hands often and long.

Like seasonal flu, swine flu spreads through the coughs and sneezes of people who are sick. Also use alcohol-based hand sanitizers.

4. Get the kids vaccinated.

These groups should be first in line for swine flu shots, especially if vaccine supplies are limited — people 6 months to 24 years old, pregnant women, health care workers.

5. Get your shots early.

Millions of swine flu shots should be available by October.

6. Immunity takes awhile.

Even those first in line for shots won't

have immunity until around Thanksgiving.

That's because it's likely to take two shots, given three weeks apart, to provide protection. And it takes a week or two after the last shot for the vaccine to take full effect.

7. Vaccines are being tested.

Health officials presume the swine flu vaccine is safe and effective, but they're testing it to make sure.

8. Help! Surrounded by swine flu.

If an outbreak of swine flu hits your area before you're vaccinated, be extra cautious.

Keep washing those hands and keep your hands away from your eyes, nose and mouth.

9. What if you get sick?

If you have other health problems or are pregnant and develop flu-like symptoms, call your doctor right away. You may be prescribed Tamiflu or Relenza. These drugs can reduce the severity of swine flu if taken right after symptoms start.

If you develop breathing problems (rapid breathing for kids), pain in your chest, constant vomiting or a fever that keeps rising, go to an emergency room.

10. No swine flu from barbecue.

You can't catch swine flu from pork — or poultry either (even though it recently turned up in turkeys in Chile). Swine flu is not spread by handling meat, whether it's raw or cooked.

Source: U.S. Centers for Disease Control and Prevention, New York City Department of Health and Mental Hygiene.

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PASS THE WORD!!!!

[Please check our website occasionally to see new happenings, open positions and closings due to the weather:](#)

www.cityofjacksonville.net

WHEN WAS THE LAST TIME YOU THANKED A FIREFIGHTER, POLICE OFFICER OR A DISPATCHER FOR THEIR PROTECTION?



Fall Into Fall Meal

CHICKEN TATOR BAKE

- 4 bone-in chicken pieces (1-1/2 lb.)
- 1-1/2 lb. potatoes (about 3), cut into thin wedges
- 1/4 cup Zesty Italian Dressing
- 1/4 cup Grated Parmesan Cheese
- 1 tsp. Italian seasoning

HEAT oven to 400°F. Spray dish with non-stick spray. Place chicken and potatoes in 13x9-inch baking dish.

TOP with dressing; sprinkle with cheese and seasoning. Cover.

BAKE 1 hour or until chicken is done (165°F), removing foil after 30 min.

Serving Suggestion:

Serve a tossed green with your favorite salad dressing AND fresh cooked green beans.



Halloween Safety

HALLOWEEN SAFETY TIPS FOR TRICK OR TREATING

Trick or Treating should be one of the great adventures of Halloween for kids! They can get dressed in scary costumes and go door to door, begging "Tricks or Treats!" from neighbors or at the local mall. Lots of towns have a Harvest Festival so kids can Trick-or-Treat safely. But going door to door is the stuff of childhood memories! It should be a fun time, without trouble and pain, so following some easy tips can keep your child safe every Halloween. Parents of trick-or-treating kids can get so caught up in the fun themselves that they might forget some simple safety ideas that could save everyone some trouble. Having a fun and safe Halloween will make it all worthwhile. Below are just a few common sense tips that can help.



⚠ Children should go out during daylight hours only unless accompanied by a responsible adult.

⚠ Plan a safe route so parents know where their older kids will be at all times. Set a time for their

return home. Make sure that your child is old enough and responsible enough to go out by themselves.

⚠ Let your children know not to cut through back alleys and fields. Make sure they know to stay in populated places and don't go off the beaten track. Stay in well-lit areas.

⚠ Make sure you set a time that they should be home by. Make sure they know how important it is for them to be home on time.

⚠ Stop only at familiar houses in your own neighborhood unless they are accompanied by an adult.

⚠ Small children should never be allowed to go out alone on Halloween. Make sure an older sibling or adult is with them.

⚠ Instruct your children not to eat any treats until they bring them home to be examined by you.



Encourage

Working learning into your child's life can be fun and easy. Linking subjects like math to everyday, practical tasks will help your child connect the importance of the subject to his or her life. Some suggestions are listed below for in-home learning with your child.

- When you're doing laundry, have your child divide your laundry into varying sets (dark, light and whites). You could have your child identify all of his/her clothing, separate and fold.
- Have your child read a recipe out loud to you while you are cooking or better yet, write a family cookbook and have your child come up with his/her own simple recipe. This helps the child with reading, writing, measurements and general creativity.
- What makes the area where you live geologically significant? Is there a lake, mountains, park?
- Have a family reading night. Read out loud to your child and then celebrate with treats. Make it special. Let your child read his/her own book and read it out loud to the family.

Remember ENCOURAGEMENT!

School Season Starts!!

Each year, many children are injured or killed when they suddenly dart into the path of a car.

*Most young children are injured near their home or on their own street.

*Most crashes involving young children occur between 3 p.m. and 6 p.m.

*Most crashes involving young children occur in fair and warm weather.

*Twice as many young boys are injured as young girls.

*Did you know that it takes 43 feet to come to a complete stop at only 20 MPH?

*At 20 MPH, you can still severely injure or kill someone.

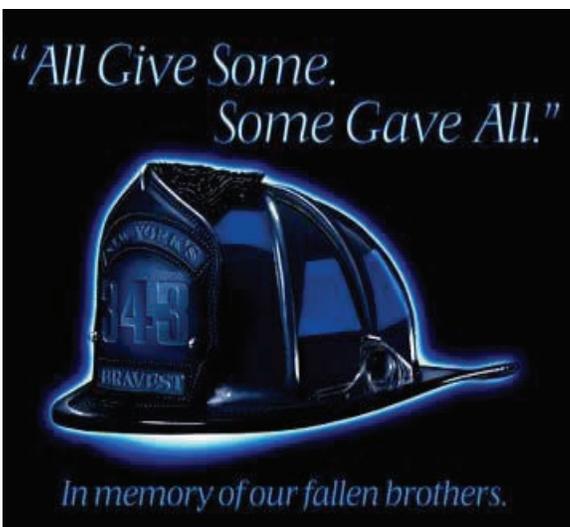
In a report done by the National Academies for Science, it shows that about 800 school-age children are killed in motor vehicle crashes during normal school travel hours accounting for about 14 percent of the 5,600 child deaths that occur on the nation's roadways. Of these 800 deaths, only about 2 percent are school-bus related, while 74 percent occur in private passenger vehicles and 22 percent are the result of pedestrian or bicycle accidents. More than half of all deaths of children between age 5 and 18 occur during normal school travel hours when a teenager is driving.

Please give yourself a little more time in the mornings and afternoons to help ensure the safety of our kids and let's start this year off great!



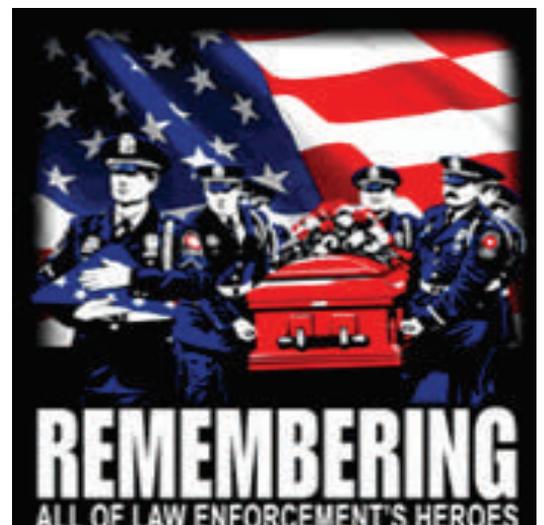
Admiration

In Remembrance



September 11, 2001

*All of Our Hero's
Sacrifice Everyday
And
Some of Our
Hero's Have Given
the Ultimate
Sacrifice*



September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7  <i>Labor Day</i>	8	9	10 <i>NFL</i> <i>Season Starts</i>	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Money Mystery

Crack open your wallet, pull out everyone's favorite portrait of George Washington, and be prepared to learn about some odd symbolism that probably seemed perfectly normal in the 18th century. Here are the explanations behind some of the more baffling parts of our nation's smallest bills.

The Pyramid

The two circular drawings on the reverse of the bill are actually parts of the two-sided Great Seal of the United States. Although we don't see the entire seal outside of our wallets too often, the notion of having a great seal is actually as old as the country itself. The Continental Congress passed a resolution on July 4, 1776, to create a committee to design a great seal for the fledgling nation, and heavy hitters John Adams, Benjamin Franklin, and Thomas Jefferson got the first crack at creating the seal.



Congress wasn't so keen on the design these big names brought back, though, and it took nearly six years and several drafts to finally find a suitable seal. Congress finally approved of a design on June 20, 1782.

The Great Seal of the United States

According to the State Department, which has been the official trustee of the seal since 1789, both the obverse (front) and reverse (back) of the seal are rich with symbolism. The obverse picturing the eagle is a bit easier to explain. The bird holds 13 arrows to show the nation's strength in war, but it also grasps an olive branch with 13 leaves and 13 olives that symbolize the importance of peace. (The recurring number 13, which also appears in the stripes on the eagle's shield and the constellation of stars over its head, is a nod to the original 13 states.) The shield floats unsupported over the eagle as a reminder that Americans should rely on their own virtue and strength.

The symbolism of the pyramid on the seal's reverse is trickier. The pyramid has 13 steps – the designers apparently never got tired of the 13 motif – and the Roman numeral for 1776 is emblazoned across the bottom. The all-seeing Eye of Providence at the top of the pyramid symbolizes the divine help the early Americans needed in establishing the new country. The pyramid itself symbolizes strength and durability.

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Wing-Ding <i>Police Exam</i>
4	5	6 <i>Fire Exam</i>	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 

The divine overtones don't stop with the unblinking eye, though. The Latin motto *Annuit Ceptis* appears over the pyramid; it translates into "He [God] has favored our undertaking." The scroll underneath the pyramid reads *Novus Ordo Seclorum*, or "A new order of the ages," which was meant to signify the dawn of the new American era.

How did the seal end up on our dollar bill?

We can thank former Secretary of State Cordell Hull's busy schedule for that one. Secretary of Agriculture Henry A. Wallace had to wait for a meeting with Hull in 1934 and decided to kill time by thumbing through a State Department pamphlet on the Great Seal. The pamphlet contained an illustration of the reverse side of the seal with the pyramid, and Wallace was quite taken with the drawing. He took the seal to President Franklin Roosevelt and suggested the country mint a coin using the two sides of the seal.



FDR liked the seal, too. (Roosevelt and all-seeing eye part of the reverse design, architect of the Universe.) He thought the bill rather than a coin, but he was worried the mystical imagery would offend Catholics. After Postmaster General James Farley assured FDR he didn't think his fellow Catholics would have any problem with the design, Roosevelt approved a new dollar bill design that first appeared in 1935.

Wallace were both Masons and loved the which echoed the concept of the Great Ar-seal should be on the reverse of the dollar

What are the various other numbers on the obverse of the bill?

The bill's serial number is the most prominently displayed set of digits on the dollar, but they're not alone. If you take out a dollar, you'll notice there are four large numbers in the corners of the bill's open space. Like the encircled letter to the left of Washington's portrait, these numbers tell which Federal Reserve Bank issued the note. (Each Fed's number corresponds the letter of the alphabet assigned to the bank, with A=1, B=2, and so on.)

The tiny letters and numbers that appear on the top left and bottom right of the bill's obverse indicate the position of the note on the Treasury's printing plates. If your dollar bill has a tiny "FW" before this code, those letters indicate that it was printed at the Treasury's facility in Fort Worth, Texas, rather than in Washington, D.C.

Announcements

*The True Things That
Matter In Life Are Not
Things...*



FLU SHOTS

Make sure you read
your email that Tonja
sent out if you plan to
get your flu shot!!



SEPTEMBER

1 David Green
7 Greg Wood
9 Jeremy Moseley
9 Ray Nichols
11 Mike Majeske
12 Stoney White
13 Gidget Sims
14 Steve Bouwknecht
15 Michelle Price
15 Josh Bradshaw
17 April Kiser
18 Chris McDonald
18 Matt Killebrew
19 Ryan Forshee
20 Brett Hibbs
20 Les Hockaday
20 Beki Cover
21 David Jones
21 Morgan Reynolds
22 John Williams
23 Kelley Smiley
23 John Kaufman
25 Jerry Keefer
25 D'Marcus Eason
25 Jimmie Fox
26 Mark Humphries
26 Steve Withem
26 Mike Kahrig
27 Jimmie Adams
28 Robert Mills
29 Bob Colford
30 Jim Durham

OCTOBER

2 Linda Rinker
4 Charles Wells
6 Jazmin Harris
7 Ryan Wright
7 Josh Ellis
9 Richard Ward
10 Melissa Burroughs
10 Anthony Micco
10 Ray Brazzell
11 Terry Sansing
15 Jason Tilley
21 Donnie Jones
22 Jason Pinkston
23 Dan Giusti
25 Mayor Fletcher
26 Melissa Williams
26 Nathan Barrington
28 Alan Marshall
28 Stan Forshee
28 Joseph Lucky
30 Julie Bottin



WING-DING

Always held on the first
Saturday of October, the
Annual Wing-Ding Festival
will be October 3 at Dupree
Park this year. Bring out
your family & friends to
enjoy good times and great
food! Hope to see you there...

With Sincere Sympathy

Mark Humphries
Robert Roland



If there were any announcements that I
missed prior to getting this newsletter out,
please accept my apology...