

# COMPTIMES

All The News That's Fit To Audit

April, 2007

## **March Employee of the Month**



**Leonard Bell  
Auditor II  
Internal Audit Section**

*The Comptroller's Office extends their condolences to...  
Eunetter Steele and family on the loss of her Father, Mr. Robert Steele; and  
Terry and Beverly Fitzsimmons and family on the loss of Terry's Mother, Mrs. Jean Fitzsimmons.*

## **Kudos to Comptroller Darlene Green!**

Ms Green is featured in the May issue of Ebony Magazine! The article 'A Spotlight on Individuals Who Are Moving Onward & Upward' is in the Speaking of People section. Way to go Ms Green!



## **April Birthdays**

2<sup>nd</sup> Gail Boyce  
2<sup>nd</sup> Olaide Hassan  
2<sup>nd</sup> Judy Holstein  
5<sup>th</sup> Sedrick Blake  
22<sup>nd</sup> Ivy Neyland-Pinkston  
29<sup>th</sup> Dwayne Crandall

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## **HATS OFF TO...**

**ALFRED TABRON UPON HIS  
PROMOTION TO ACCOUNTANT II WITH  
FEDERAL GRANTS!**

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## **Congratulations**

to the following employees for their  
continuous years of service:

Leonard Bell.....10 years  
John Farrell.....5 years  
Jim Garavaglia.....20 years  
Eileen Gassel.....10 years

## BRAGGIN' CORNER

\***John Farrell's niece, Meghan Ryan**, was inducted into the National Junior Honor Society in March. Mom is John's Sister, Sean!

\*Spring soccer is here! **Hayley Garrett's** (Tammy Garrett) soccer team who is in the U-12 age group had to play against the U-13 age group at the Memphis Blues Blow Out tournament last month in Memphis and not only did they win the tourney, but the team allowed 'O' goals the whole weekend!

\***Charlotte Schwartz** reports that her **grand-daughter Teresa (Tess) Turnbull** was home for Easter weekend and had news that she had made the Deans' List for this semester. Her GPA is 3.8. Tess attends Murray College in Kentucky!

\***Marty Deiters** of the Accounts Payable section, got engaged to Theresa Leistner. Theresa, or Terri, works at Nestle Purina, in the Pet Food Marketing Department. A wedding is being planned for some time in 2008.

\***Pamela Boyd** has accomplished what she set out to do! She recently graduated from Fontbonne University with a Bachelor of Science Degree in Business Administration. The journey continues in the world of learning as Pam now sets out to earn a Masters Degree in Business Administration. Congratulations Pam!

\***Valerie Crane** has a new name! It is now Valerie Clayton! Valerie exchanged wedding vows with David Clayton on August 29, 2006!



## When You Snooze You... Win!

Corporate culture has it wrong: When you snooze you win! A daytime doze is a stress buster and heart protector. Just 30 minutes midday, three times a week, is all you need. Middle-aged working men who did just that cut their risk of a fatal heart attack and other heart problems by a whopping 37 percent. Although the study focused on working men, women would probably benefit as well. Naps are a great stress reducer. You've heard how stress can damage your health, but how it causes heart disease remains unclear. Blame the stress hormones that course through your veins when you are under pressure. Researchers think these hormones may damage organs, glands, and blood vessels. Or bad influence could be at fault, because stress can drive you to unhealthy behaviors like smoking, overeating, and skipping your workout. What is clear about stress: Pressure-cooker jobs increase your chances of accumulating risk factors for heart disease, such as obesity, high blood pressure, and high cholesterol. So for sweet dreams and a more relaxed (and happier) you, do as the Spaniards do – take a siesta! Can't nap on the job? Catch some midday ZZZs on the weekend. Just be sure to set an alarm clock – sleep too long and you'll have trouble sticking to your regular bedtime.

## COMPTROLLER'S RUGRATS



Comptroller's Rugrat of the Month! The CompTimes Staff is challenging you (Comptroller's Office employees only) to guess whose baby picture it is. Call Michele Graham (589-6146) or Vicki Wakeland (589-6149) with your guess. Only 1 guess per employee is allowed. The first person that calls with the correct guess receives a secret prize. If no one can guess, the mystery baby/grownup will receive the secret prize!

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## CHECK IT OUT!

On Sunday, April 15<sup>th</sup>, 2007, LaTaunia Wilder, Fiscal Officer at the Comptroller's Airport location will be participating in the Spirit of St. Louis Marathon. The marathon starts at 7 a.m. on Market Street in front of Union Stations. We wish LaTaunia a safe and swift run!