



# ST. MARYS HIGHLIGHT

A Newsletter for the City of St. Marys Employees

Volume 2, Issue 3

April 2009

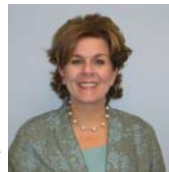
Special Points of Interest

- **Cookie Contest**
- **New Senior Center**
- **What Do You Know About Fitness Quiz**

Inside this issue:

- Planning and History Corner Did You Know?** 2
- Tip of the Day** 3
- Employee of the Month** 3
- Relay for Life Update** 4

## Manager's Corner



Small businesses account for 60 percent of U.S. Gross Domestic Product (GDP) and they have created 93 percent, or 21.9 million, of the new jobs in America since 1989 (Grabler.com, resources for entrepreneurs). Entrepreneurship is widespread in the United States, more than 10 million U.S. adults are actively engaged in creating businesses, often with a friend or colleague. With lay-offs and downsizing filling the news, entrepreneurship is the new corporate lifestyle. What are we doing to encourage this in our city?

Last year at the planning session for the Economic Development Department goals were set to address this question.

**Create a SCORE chapter:** traditionally known as the Senior Corporation of Retired Executives has now been branded as the Counselors to Americas Small Businesses. In January of 2009 the Camden County SCORE office opened in the St Marys Economic Development Building.

**How does SCORE work?** Score offers free and confidential advice to small businesses and entrepreneurs: face to face counseling, on line counseling, workshops and more.

**Why is SCORE advice free and confidential?** SCORE's goal is to help you live your dream. SCORE volunteers are successful entrepreneurs and executives who love business and want to share their knowledge with you , so you can succeed too.

**Who are SCORE volunteers?** SCORE is a nonprofit group of 11,200 volunteers across the country who have been in your shoes. Take advantage of their expertise!

**How do I access SCORE's services?** Call 912-882-3583 to make an appointment or for 24/7 on line help go to [www.score.org](http://www.score.org).

**Is there a limit to how many times I can Ask SCORE?** Talk to SCORE again and again. There is no limit on mentoring. Long term mentoring is a great help.

**How does SCORE work with the Small Business Association (SBA)?** The SBA is the government's source of information on small business. They also provides guarantees to lenders for small business loans. **Continued on Page 3**

## 2009 Employee Cookie Contest

Are you guys ready to bake? Well, its almost that time again, for the Annual City of St. Marys Employee Cookie Contest. The deadline for entries is approaching , but there is still time to get yours turned in! There are quite a few contestants who are claiming that they will be the winner, but there can be only one first place!

This contest is a chance to showcase your abilities in the kitchen and to have some fun with fellow employees! Last year we had a wide variety of cookies that were fantastic! Don't forget that those who attend the contest get to eat some of the cookies afterwards! So, stop thinking about whether or not to enter, but think about which cookie is the best one to enter in the contest and go for it!!!



## City Trivia

Last month's trivia really kept everyone guessing and I had many different answers, but only one completely correct answer , given by Shane Barbery of the Fire Department. However, I should say that one his coworkers was really trying quite hard and numerous answers that were very close, so I would also like to give recognize David Froya for his determination. Congratulations guys! So, who was the first owner of a telephone company here in St. Marys? The answer was the Brandon Sisters and they operated out of the Riverview Hotel! They later sold the business to the Bailey Brothers, which happens to have been the most popular answer given.

If you think you have a good piece of trivia for this column, please feel free to stop by the City Manager's office or email Lori Whitlow at [lori.whitlow@tds.net](mailto:lori.whitlow@tds.net)

## Planning and History Corner Did You Know ?

Four facts a month about the planning and history of St. Marys.

- ◆ That historically the St. Marys Railroad made a loop down Dilworth to St. Marys Street to Ready Street and back to the Mill. That is why there is a gentle curve at Dilworth where it meets St. Marys Street.
- ◆ That at one time a railroad connection was proposed to cross the St. Marys River to Florida off of Dilworth near Conyers. Although part of the proposed track base/embankment was constructed, the bridge was not. The marsh is slowly reclaiming all of the visible evidence of the base.
- ◆ That there was an unfunded proposal to connect GA 40 to Fernandina Beach across the St. Marys River near where the present Weed Street Wastewater Treatment Plant is. This was to be called the Kings Bay Causeway.
- ◆ That the largest manmade reef on the East Coast is off of the St. Marys River inlet. This reef is well known to divers and other naturalists.

---

## New Facility for the Senior Center

Senior Center Director Rindy Howell is looking forward to a new facility for the St. Marys Senior Center. The St. Marys Hospital Authority has purchased a building to be leased to the City of St. Marys as the new Senior Center. This facility will allow for more people, activities and will provide a better location for the senior citizens of our community. The Senior Center has been and for the moment still is located at City Hall. The Hospital Authority is in the process of planning for modifications to the dock area on the property to provide a nicer area for our seniors to walk around on. Plans appear to provide a safer and more aesthetically pleasing view of the lake area behind the building. There will be much more information in the near future regarding the Senior Center and its new location

“We are so excited about this move and the opportunity we have to come together as a community and assist our seniors. What a difference a year makes, I am so thankful to both the Hospital Authority and the City for making this happen for our much deserving seniors,” said Mrs. Howell. “It is this type of consideration that makes St. Marys a wonderful place to call home and when we honor our Seniors and give back to them we are setting examples that our children will hopefully follow in days to come.”

Pictured below left to right, Frank Frasca, Colby Stilson, (back) Lyle Campbell, Chuck Lanham, (back) Jim Stein, Rindy Howell, (back) Doug Vaught, Mayor Rowland Eskridge, Flem Hall. This picture was taken on April 7<sup>th</sup> 2009 as the Hospital Authority and the City of St. Marys signed a lease agreement for the building.



### Manager's Corner Continued from Page 1

**Establish a communication tool for the business community.** This month the "Osborne Buzz" will be circulated to our business community. This will give information to our businesses about how to promote their business in our free weekly email publication, how to contact SCORE, trends in the market, tips for their business, future opportunities and establish an email communication tool between the small businesses and the Economic Development Department. The first publication will be sent out electronically, but a hard copy will also be hand delivered by volunteers who will assure that our email addresses are correct and the right person in the business is receiving it.

**Provide information to our community** about what is going on in our area to help keep our dollars local. Hopefully many of our employees, city council, boards and authorities receive the "St Marys Scoop", if not please let me know and we will add you to the list. This weekly email goes out to over 1600 contacts on Thursday to help our citizens know what is going on in the city and how they might want to spend their week supporting local businesses.

These are just a few of our goals to help promote business growth in our city, as an employee and part of our St. Marys Team. We would appreciate you spreading the word.

### Tip of the Day

#### WAYS TO PREVENT IDENTITY THEFT

- Do not toss pre-approved credit offers in your trash or recycling bin without first shredding them.
- Dumpster divers use these offers to order credit cards in your name and mail them to their address.
- Safeguard your credit, debit, and ATM card receipts. Shred them before discarding.
- Do not allow your financial institution to print your Social Security number on your personal checks.
- Do not have your bank send your new checks to your home address. Tell the bank that you prefer to pick them up.
- Never leave your purse or wallet unattended at work or in church, restaurants, health fitness clubs, parties or shopping charts.
- Never leave your purse or wallet in open view in your car, even when your car is locked.
- Memorize your passwords and personal identification numbers (PINs), so you do not have to write them down.



### Employee of the Month

The City of St. Marys would like to congratulate Sarah Lee on being the Employee of the Month for the month of March. Sarah Lee is an employee in the Finance Department working in purchasing. You may have also seen her working up front in the Water Department lately. Sarah always has a smile on her face and something nice to say. She is more than willing to do her best to help out whenever she can. Congratulations Sarah and keep up the good work!



All City employees are eligible to be nominated based on performance and determination. We are always on the look out for an employee who goes the extra mile and continues to achieve above and beyond the call of duty!

### St. Marys Community Market



Visit the market every Saturday from 9am -1 pm. Purchase Fresh Seafood, Local Produce, Wild Honey, Baked Goods, Dog Treats, Local Art and Much, Much, More... See you at the Market! The market is located at: 206 Osborne Street (Tribune & Georgian Parking Lot ) For more information go to: [www.stmcmarket.wordpress.com](http://www.stmcmarket.wordpress.com)



City of St. Marys  
418 Osborne Street  
St. Marys, GA 31558

912-510-4000 (phone)  
912-510-4013 (fax)  
lori.whitlow@tds.net

## ST. MARYS HIGHLIGHT

### Mayo Fitness Quiz Answers

1) F 2) F 3) F 4) T 5) F 6) T  
7) F 8) F 9) F 10) T

If you have information for this newsletter, please contact Lori Whitlow, Executive Assistant to the City Manager, at 510-4041.

## What do you know about fitness?

There are ten statements from the Mayo Clinic below that address fitness issues. Do you know which ones are True and which are False? Take a moment to read over them and then choose your answers. Let's see if you know as much as you think you do.

- 1) If you don't need to lose weight, there's no need to be physically active. (True or False)
- 2) Getting in shape requires a gym membership or expensive home equipment. (True or False)
- 3) At least 60 minutes of physical activity is recommended every day. (True or False)
- 4) There are four primary elements of fitness: aerobic fitness, muscular fitness, stretching and core stability. (True or False)
- 5) If you're physically active, you can eat whatever you want. (True or False)
- 6) Regular physical activity can reduce the need for some types of medication. (True or False)
- 7) You can stop thinking about physical activity at the age of 65. (True or False)
- 8) Full steam ahead is the best way to start an exercise program. (True or False)
- 9) If you have no energy for physical activity, it's better to rest instead. (True or False)
- 10) To maintain the benefits of physical activity, you need to keep it up. (True or False)

You can check you answers at the bottom of the page. Hopefully you got all of the answers correct, but if not you can go to the following web address for more information and an explanation of the answer: <http://www.mayoclinic.com/health/fitness/QZ00057>.



## Relay for Life 2009

It is time for this year's annual Relay for Life Walk. The event will be held at the Camden County PSA Track starting at 6:00 PM on April 31st and going on until 6:00 AM on May 1st. The City's Employee team had set a goal this year of \$500.00 and we have reached almost \$400.00! There will be a bake sale at City Hall and at Public Works on Friday, April 17th and we are looking forward to lots of yummy treats. It is not too late to join the team and participate in the walk, just contact Lori Whitlow at 510-4041. The goal is to keep one person from our team on the track at all times. It is a wonderful and fun filled event that brings people together for a cause that has affected all of us in one way or another.

You may purchase luminaries, which are small bags that are meant to honor those who have lost their battle to cancer, those who have survived and those who take care of cancer patients. Forms may be found in the City Manager's office for the luminaries. These orders must be turned in no later than April 24th.

Cancer is a battle, but it is one that has plenty of support groups to help you to become informed, educated and provide encouragement. One day, maybe there will be no need for such groups and Cancer will be a word of the past and have no place in our future.



AMERICAN CANCER SOCIETY RELAY FOR LIFE

Celebrate.

Remember.

Fight Back.

## Vision Statement

The City of St. Marys vision is to create a community of excellence governed by the principles of responsibility, fiscal soundness, accessibility and service to the public, in an atmosphere rich in historic and cultural significance, while retaining its natural beauty, charm, resources, and unique appearance; a community that attracts and maintains active and supportive citizens, with an enhanced quality of life and economic opportunity for all.

## Mission Statement

The mission of the City of St. Marys is to provide the most responsive and progressive public services, within the resources provided, so that our citizens can enjoy the best possible quality of life.