



# Courthouse Connection

OCTOBER - DECEMBER  
2013

## *In this Issue:*

Healthy Living

Office Spotlight

Farmers Market

Quarterly Quote

Quarterly Recipe

Important Dates

Service Milestones

## *Quarterly Quote:*

“A professional is one who does his best work, when he feels the least like working.”

Frank Lloyd Wright,  
American Architect

## *Remember:*

All county buildings and grounds are tobacco free.



## *Did you know:*

Carrots have zero fat content.



## *Healthy Living* *Start Making Healthier Choices Today*



Remember the old saying “Don’t put off until tomorrow, what you can do today”? Well why put off healthy living, start today, your life truly depends on it. As a county employee, did you know you can join The Wellness Center for only \$15 a month and add a family member for an additional \$5? Also as part of the County’s insurance policy you can get a free “Healthy You” check up once a year.

There are so many free apps for smartphones that could also help you live a healthier life. Runkeeper and My Fitness Pal are two great ones. There are significant benefits to improving the way in which you live such as disease prevention, increased energy, healthy weight, and injury prevention.

The best way to start a healthy lifestyle is to make a few simple changes to begin and once they become habit add more. Small changes can make big differences. Some examples are drink more water, limit soda (even diet), include more fruits and vegetables in your meals, make healthy snack choices, incorporate more activity into your day, and make healthy choices when eating out. Set small goals for yourself each day or week and when you reach those goals don’t forget to reward yourself.

Remember you do have control over many areas in your life, you are responsible for your own health maintenance, and you have the choice and the power to sustain your health through: healthy eating, physical activity, maintaining a healthy weight, and having a positive attitude.

So let’s start today because the groundwork of all happiness is health.



## *“Office Spotlight”* *Justice Court*



George County Justice Court has jurisdiction over all actions for the recovery of debts or damages as well as personal property, up to \$3500. Clients file affidavits in Justice Court to recover property to settle debts, or to seek relief from disputes over family matters or issues involving neighbors and others.

Additionally, Justice Court handles fines resulting from citations by the Mississippi Highway Patrol, the Sheriff’s Office, Mississippi Department of Transportation, and Fish and Wildlife Department officers. It holds court for citizens who protest such citations. It also holds court to settle criminal violations occurring outside the municipalities but within the county and performs marriage ceremonies. It issues process papers, subpoenas and warrants requiring an appearance in court on a specified date.



Justice Court Clerk, Sandy Tanner and her friendly staff are always available to answer any questions you may have. The office hours are Monday – Friday, 8am-5pm and can be reached at 601-947-4834.

**Important Dates:**

- Oct. 5: Hospital 5K Run
- Oct. 5: World Habitat Family Fun Day
- Oct 14-19: George Co. Fair
- Oct. 19: Praise in the Park
- Oct. 19: Farmers Market & Art Walk
- Nov. 8: G. C. Fallen Officers Memorial Day
- Nov. 9: Gingham Tree
- Nov. 11: Veteran's Day
- Nov. 28-29: Thanksgiving Holiday
- Nov. 30: Last Day of Hurricane Season

**Service Milestones:**

- Terry Rogers - 10 years,
- Kimmy Beech - 5 years
- Angela Ludgood - 1 year



**Remember:**

Daylight Savings Time Ends on Nov. 3. Set your clocks back one hour.



**Did you know:**

'Bookkeeper' and 'bookkeeping' are the only 2 words in the English language with three consecutive double letters.

**Lucedale Farmers Market returns**

**Sat. Oct 19 for Fall Season**

Fall back in love with fresh home-grown produce as the Lucedale Farmers Market returns for its "Fall Season" on Saturday, Oct. 19 in front of the George County Courthouse.

"Our Farmers Market is easy to find, we are in Downtown Lucedale on Cox Street. If you see the Courthouse's red dome you are almost there. The market goes from sunup to sell out but get there early to get the good stuff," explains Mayor Doug Lee. The "Fall Season" of the farmers market is only open October 19 through November 23 (the weekend before Thanksgiving) and will have corn, potatoes, fresh brown eggs, jams, jellies, and nursery bedding plants.

"We wanted to do one more market season before the end of the year to support our local farmers. But remember, it is only for four weeks. I hope everyone will come out again and support our local farmers and nurserymen. Our motto says it best, 'Buy Local, Buy George,'" Lee said.



If you have questions or interested in becoming a vendor please call Jackie Jones, Market Manager at 601-947-2082 or 601-947-2744.

**Quarterly Recipe**  
**"Rolo Cake"**

Submitted by: Connie Shockley

**Crust:**

- 3 cups of graham cracker crumbs
- 1 cup sugar
- 2 sticks of melted real butter (16 TSP)
- (or if your lazy like me, purchase the already made ones)
- Stir all together and press into a 9 x 13 pan lined with nonstick foil.
- Bake at 350° for 7 to 10 minutes and cool.

**Filling:**

- Beat: 2 - 8 ounce packages of cream cheese
- 2 Eggs
- 1 Cup Sugar
- ¼ Cup Flour
- Once smooth, add on package of mini Rolo's (the unwrapped ones preferred)
- Pour into the cooled crust and bake at 350° for 30 - 35 minutes.
- Let cool and add glaze!

**Glaze:**

- Melt in a microwave: 1 stick real butter and 6 ounces chocolate chips (any kind you prefer)
- Stir smooth and add 4 Tsp. light corn syrup, Pour smoothly on bars and chill overnight
- Cut with BIG knife...add a chocolate drizzle with a half Rolo to each slice (great for presentation).

