



**CALENDAR OF  
EVENTS**

**January 2007**

- Monday, January 1  
EOC Holiday  
New Year's Day  
EOC Take Action  
Program Begins
- Tuesday, January 2  
EOC New Hire  
Orientation  
HS Staff Returns
- Wednesday, January 3  
County-Wide PC  
Executive Board  
Meeting
- Tuesday, January 9  
EOC Team 21  
Meeting
- Thursday, January 11  
EOC Management  
Training Session
- Monday, January 15  
EOC Holiday  
MLK, Jr. Day
- Tuesday, January 16  
EOC New Hire  
Orientation
- Wednesday, January 17  
EOC Leadership  
Forum County-Wide PC  
Meeting
- Thursday, January 18  
EOC Senior Leadership  
Training Session  
CD/TD Meeting
- Monday, January 29  
EOC New Hire  
Orientation

# Nutrition Services Takes First Place!



## Nutrition Services Leads The Pack(ages)

A nutritionally balanced graham cracker gingerbread house with a welcoming snowman took first place at EOC's Annual Holiday Party Centerpiece Decorating Contest on Friday, December 8, 2006. This year's theme was "The Gift of Giving" and all entries started with a plain white gift box. Our Nutrition Services staff turned the plain white box into a culinary masterpiece that was awarded first place. The competition was tough due to 44 individual entries, but the judges made the right choices.

Right on Nutrition's heels were the Health Services Nurses. Their entry into the contest was a beautiful tulle draped package with a nurses theme. They took a respectable second place in the contest. Finance took third.

Congratulations to the Nutrition Services staff and the Health Services Nurses for their ingenuity and creativity.



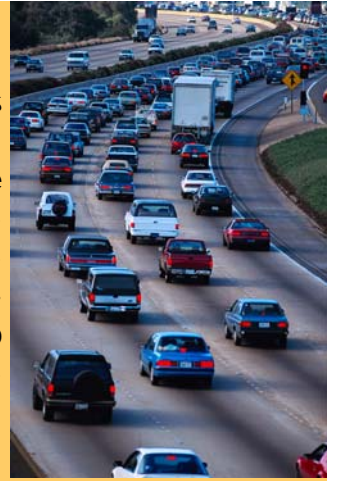
### Weight Watchers At Work

The next session of Weight Watchers At Work program will begin Thursday, January 18, 2007 and end Thursday, April 19, 2007. This is a 14 week session. The total cost is \$168.00 and payroll deductions are available to EOC employees. Weight Watchers At Work offers convenient meetings at the Central Office location (Suite 328), group support, tips and ideas to reach your weight loss goal. If you are interested please call Esther Lepe at 263-1246. You too can be a success story! Come and Join.



## Driving With Safety In Mind

Did you know that the most costly Workers' Compensation claims are for motor vehicle accidents.\* Here at Fresno County EOC, 18.42% of our Worker Compensation claims were due to vehicle accidents. You should always use caution at all times while driving a motor vehicle. Utilizing situational awareness is ever so important; always know your surroundings at all times while driving. We all know that California State law requires all drivers to have a valid CA driver's license, vehicle registration, vehicle insurance, and for the driver and passengers to wear a seat belt.



Here are a few safety tips for ***Driving With Safety In Mind***:

- Be cautious while driving through parking lots. Watch for pedestrians and for other vehicles backing.
- Obey the speed limit, and drive slower when roads are slick.
- Drive defensively by continually watching for hazards.
- When driving through neighborhoods, always be cautious of children darting out in front of your vehicle.
- Expect other drivers to do the unexpected. Allow yourself plenty of room to react (know where your escape routes are).
- Focus on the road and your surroundings at all times. Talking on the cell phone, changing radio stations, or reaching for food can compromise your driving safety.
- When stopped behind another vehicle, make sure you can see the bottom of their back tires. By doing so, this assures that you will have enough room to safely pull out from behind that vehicle in case of an emergency.
- Use the three-second rule (maintain three seconds behind the vehicle in front of you).
- Be aware of road rage from aggressive and impatient drivers. Pay attention to your own state of mind, and keep your emotions under control.
- Never operate a motor vehicle while impaired by alcohol, illegal drugs, prescription drugs, or over-the-counter medications.

\* Source: The National Safety Council

**When we share the responsibility for safety in the workplace, everyone wins!!**



## IRS Releases Mileage Rate For 2007

Effective January 1, 2007, the Internal Revenue Service has issued the standard mileage rate of 48.5 cents per mile.

Since EOC's Policy as approved by the Board has been to reimburse employees for business related travel at the approved Internal Revenue Service, rate, all staff will be paid at 48.5 cents.

## Welcome New Employees

Elena Hernandez, Family Assistant I—Head Start  
Brenda De La Rosa, Office Assistant/Translator—Head Start  
Veronica Galva, Temporary Home Base Educator—Head Start  
Aracely Alvarado, Temporary Home Base Educator—Head Start  
Maricela Gutierrez, Temporary Home Base Educator—Head Start

**Please take a moment from your busy schedules to welcome these new employees to the Head Start family.**



If you would like to contribute articles to Head Start HeadsUp, contact Mike Garcia in the Head Start Human Resources Office 263-1224 , 263-1287 fax, [mike.garcia@fresnoeoc.org](mailto:mike.garcia@fresnoeoc.org)