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The Comp times

**Darlene Green
Comptroller**

ALL THE NEWS THAT'S FIT TO AUDIT

According to the American Heart Association heart disease is the number one killer of women. Women often chalk up symptoms as the flu, upper back pain, acid reflux or normal aging as the problem when it could be a heart attack about to happen.

Comptroller's Office Keeps It Moving For Healthy Hearts

February is the month to celebrate or bring awareness to so many things such as Black History, Valentines Day, and President's Day. What most importantly has come to the forefront during this 29 days is this country's health and how we take care of our hearts.

According to the American Heart Association, heart disease is the number one killer of women. The symptoms women may feel and see are not the same as what men experience. Women often chalk up symptoms as the flu, upper back pain, acid reflux, or normal aging when it could possibly be a heart attack subtly about to happen.

In the Comptroller's Office employees take their heart health seriously by exercising regularly, eating the right foods and keeping a positive outlook on life while at work.

On any work day Monday through Friday without fail at 10 a.m. and 3 p.m. the ladies in Room 311 walk around City Hall seven to ten times to give themselves the lift they need during the day. That is about a mile in 10-15 minutes of time.

"First of all you feel better because when you move your body and exercise, it increases your energy levels. It also improves your mental well being," says Doris Hamilton, Control Clerk in the Accounts Payable Section.

Hamilton practices yoga along with co-worker Beth Seright, Administrative Assistant II. They both go to classes at least 4 times a week offered by the City of St. Louis' Bee Fit Programs.

Walking swiftly at 10 a.m. while chatting about her baby grand-daughter with co-workers, Eileen Gassel, Account Clerk, says if you don't push yourself, you might never get going.

"I know that with a grand-daughter at home I need to keep up with her and exercise. If it's just walking it helps", say Gassel. "The older you get the harder it is to get moving".

Children can sometimes be the difference in keeping you young. Running after babies can help you burn fat. Keeping you healthy.

see Heart Health cont'd Page 3



The Internal Revenue Service is Tweeting!!!

Using the latest technologies, the IRS offers multiple avenues for you to get tax information. If you have a smartphone, the federal agency has an app! If you watch videos from your phone or computer there are dozens of helpful YouTube videos the IRS producedand, of course, follow them on Twitter. For example when using IRSGo on your mobile devices you can get your refund status and tax updates. This is available on your iPhone or iTouch and the Android. IRS tweets included tax-related announcements, news for tax professionals and updates for job seekers. You can follow the IRS on Twitter by going to @IRSnews.

InternalRevenue

IRS case study on new Form 990--helps guide u thru return prep: <http://bit.ly/QzEle>

6:03 AM Sat 11/11 from web

New PIO Brings National Journalistic Experience to the Comptroller's Office

"I'm looking forward to bringing my unique background to the Comptroller's Office. I have a very pro-active approach and open for ideas. My office door is always open....."

Moving with precision focus each morning into City Hall, always looking at how to tell the story of the Comptroller's Office better is how Sean Hadley, the new Public Information Officer, has taken on his new venture in media relations.

Hadley has worked in and around the media for over 10 years. He started his career in Kansas City, Missouri as an Associate Producer at the NBC affiliate. There he assisted in coverage of the pharmacist who was arrested for diluting cancer drugs. He also helped revamp the television station he worked for at that time KSHB's Sunday night sports show before taking a job with KSDK in St. Louis.

At KSDK Sean served as an Assignment Editor for several years. He was involved in coordinating coverage for several big stories in the St. Louis area, including the discovery of Sean Hornbeck and the Praxair explosion.

After working for KSDK for more than four years, Hadley went to work with the National media as a producer for NBC news. There he continued to grow and expand his editorial knowledge. He was involved in planning news coverage for some of the

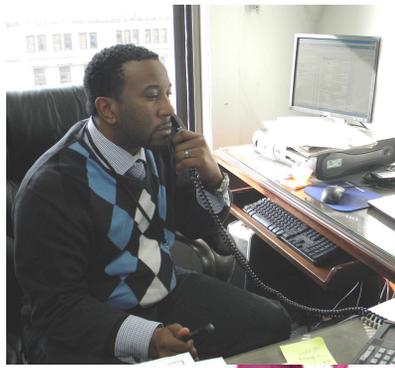
nation's top stories, including the election of the country's first African-American President Barack Obama, the death of pop icon Michael Jackson, and the tornado that hit Joplin.

"Joplin was my last major story. When I drove into that town I was totally taken aback at all the destruction. Honestly, I wanted to turn around and go home to my family. I'd never seen so much devastation", said Hadley.

Hadley returned to the St. Louis area after working for the network in hopes of serving more of an active role in the community.

"I'm looking forward to bringing my unique background to the Comptroller's Office. I have a very pro-active approach and am open to ideas. My office door is always open", says Hadley.

Welcome aboard!!!!



HAPPY BIRTH DAY!
For those born in February



- 1 Mohammad Adil
- 2 Mary Huggins
- 5 Shalonda Covington
- 12 Keith Vernell
- 13 Keith Taylor
- 14 Sandra Mantia
- 14 Amy Williams
- 15 Barnadette Davis
- 15 Tammy Garrett
- 19 Dorothy Middleton
- 22 Jeannie Head



Hadley with co-worker Al Roker Covering Joplin, MO. tornado

Employee of the Month



Congratulations go out to Victoria Wakeland for being nominated for a fourth time, she says, as Employee of the Month!

Wakeland has worked for the City of St. Louis for 36 years in the departments of Health & Hospitals; Convention Center; Kiel Auditorium & Opera House; Personnel; Assessor; Human Services; and the Comptroller's Office for the last 13 years.

Wakeland says she enjoys gardening, travel, photography and reading.

Comptroller Celebrates Chinese New Year



Comptroller Darlene Green and County Executive Charley Dooley celebrated in early February the Year of the Dragon with the St. Louis Chinese American community.

There are some 40,000 American Chinese living in St. Louis with 30% of the population residing in St. Louis City and 70% in St. Louis County.

Awarded for Years of Service



During the month of February Mayor Francis Slay awarded several City of St. Louis employees for their years of services.

Again, please give congratulations to Joanna Stoverink for 40 years of service. She is seen here with Mayor Slay, Jim Garavaglia, Victoria Wakeland, Beverly Fitzsimmons, and Michelle Graham. All have proudly served several years with the City of St. Louis.





From Page 1 Heart Health

Jamalia Lott, Accountant, says the same thing about keeping up with children.

“I have two sons 5 and 8. I plan to be able to run and play with them for many years to come. I also want to instill in them the importance of taking care of their health at an early age so they will have life long healthy habits”, says Lott.

Regina Reynolds, Accountant, like Gassel says it’s about moving.

“Staying mobile does a body good. It keeps bones and joints flexible and helps the heart. It’s also a great stress reliever and helps in weight-loss reduction.”, says Reynolds.



Tammy Garrett, Executive Secretary says, “Trying to ward off that old age creaky feeling, when I sit too long, I just can’t home up like I used to, the more I move the easier it is to keep moving.”

Experts from Rush University Medical Center specializing in heart disease in women say, stay active and get in regular moderate intensity exercise for 30 minutes a day at most. If not all days of the week. Ten minutes here and ten there can add up to 30 minutes in a days time.

“Yoga is wonderful because it is a complete workout. You build strength and muscle tone as well as getting a good cardio workout”, says, Hamilton.

“Yoga will make you sweat! It is calming. It will lower blood pressure and your heart rate, and you will feel more relaxed after you are done”, she said.

Bring a positive outlook to your life style today. Have a heart and keep moving!



A Baby Shower for Olena



Co-workers in the Accounting Section gave Olena Opachevsky, Accountant II, a baby shower. She’s due in the month of March but received lots of love and gifts during February, the month of love.

“I was really touched deeply with the party. Everyone was so kind and I thank them all very much”, say Opachevsky who’s expecting a baby girl!

Gifts for the baby and fun games were played to welcome Opachevsky’s second child. We all wish you well Mommie and new arrival!

A Moment in Black History



John F. Bass served as Comptroller for the City of St. Louis from 1973 to 1977. He was the first African American to serve in that position.

Before moving into politics Bass taught in the St. Louis City Public Schools taking on the job as principal of Beaumont High School after a flag burning incident in the ‘60s.

In the ‘70s, Bass worked at City Hall as the director of human resource under Mayor Alfonso J. Cervantes. At that time he was approached about running for Mayor but decided to run for Comptroller and won.

Bass later served as an Alderman, State Senator and later worked for Congressman William Clay Sr. as chief of staff of the Subcommittee of Libraries and Memorials.

Bass past at the age of 80 in 2007.



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