

PI Contracts with Epoch Solutions for Environmentally Friendly Rain Barrels



55 gallon rain barrel with sturdy, removal screen lid, spigot with garden hose attachment and cap.

It is no coincidence that PI's latest contracted job relates to conserving water in an environmentally friendly way. Given the drought that has plagued our region, most people have water conservation on their minds. Certainly that thought was on the mind of Mark Ray, Founder and President of Epoch Solutions, the triangle's maker and seller of rain barrels.

With surrounding cities imposing restrictions on the use of water for businesses and homeowners, Mark's idea was to recycle the limited amount of rainwater that homeowners receive. To do this, he designed a 55 gallon rain barrel to be positioned directly under a gutter that will likewise be positioned over a screened lid. The lid is screened to prevent trash, insects or other debris from getting into the water. Once inside, homeowners can then use the water at their discretion by simply turning on the spigot located at the bottom of the barrel that allows for output. How simple, yet practical!

Mark began his small business

operation from his home in Hillsborough, NC. As the demand for his barrels grew, so did his need for an additional labor force. On the recommendation of his former boss and friend, Steve Carpenter (also Person County Manager), Person Industries became that labor force.

In December of 2007, PI began working with Mark from his Hillsborough location to fill an immediate order. In the short month since then, the operation has moved to PI's manufacturing building here in Roxboro. With oversight from PI production staff Jody Suitt and Rhonda Gentry, the rain barrel operation is getting organized for regular shipment and delivery of orders. Employees of PI are cleaning and painting as well as cutting and installing the metal work.

In a spirit of partnership, Mark is allowing Person Industries to

also sell the barrels from the PI Main location for a contracted price of \$80. This is \$20 below the suggested retail price. If you are interested in purchasing a rain barrel, please call 336-599-7571.

In addition to conserving water and lowering water bills, PI is pleased to contract with Mark Ray (Epoch Solutions) on this type of job for another reason, as stated on the 2007 Annual Report. It is our goal to be "greener" in 2008, both in practice and service offerings. So, with water conservation as a goal, this contract amply fulfills that goal.

We congratulate Mark on this very timely business endeavor and wish his newly created corporation much success.



The barrel is positioned under a gutter and stationed on an above ground object such as cinderblocks. Sells for \$80.00.

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The PI Annual Report for 2007 is Now Available

Each year businesses and organizations chronicle their accomplishments, whether it be sales and services, financial or otherwise, into a report for stakeholders to peruse. This report, known as the Annual

Report, is then used by others who want more information on what your company does and how well you do it.

The Person Industries Annual Report has been completed for

2007 and is available for our stakeholders or any others to view. To view or print the report, please go to the Person Industries website at www.personindustries.com.

Leave of Absence Generates New Faces in the PI Production Department

The PI Production Department is one part of the foundation upon which PI's Programs of Services is based. With the production department comes the much valued work that allows the program team to assess the skills and abilities of the many people who receive services at PI each year. Observations made here provide valuable insight as to how a person may fare in a community employment setting. It lets program managers know what type of work best suits the employee. Yes, It is the cornerstone of what is done at PI. So, by extension, those who manage this very important department are likewise crucial to the functioning of PI.

Until mid December, that person was none other than Roderick Canada, Production Manager. As manager of that Department, Roderick was responsible for procuring and managing the production contracts as well as the supervision, directly and indirectly, of all production staff and employees.

With the help of others, Roderick oversaw all industry enclaves as well. His presence at Houghton Fluidcare, Eaton, GKN and others was a welcome one to industry contacts and reassuring to employees. He was also greatly relied upon by employees at the PI Main site since he was the first to arrive each day. When employees

began work at 8:00, Roderick already had the work sorted and setup for the entire day.

We miss these things and much more about Roderick since his absence on extended sick leave. His consummate "singing" was a source of great humor to all as was his "words of wisdom". Roderick, who is currently on leave for treatment of an illness, looks forward to returning to work in a few months. His treatments are going well due to the excellent care he is receiving from friends, family and medical personnel.

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Roderick Canada (left), discusses a production matter with Rhonda Gentry while overseeing PI's tray washing contract with GKN Driveline.

"Over the past few months we have found several providers located in Roxboro. We wanted to let our readers know how to contact these agencies and give you an idea of the types of services provided."

Where Should You Turn for Mental Health Services in Person County?

The reform of the state mental health system in North Carolina has left many folks wondering where to go for their mental health needs. Over the past few months we have found several providers located in Roxboro. We wanted to let our readers know how to contact these agencies and give you an idea of the types of services provided.

Person Counseling Center - Caring Family Network (PCC-CFN) is the most familiar face in the crowd. PCC-CFN is located in the Person County Health and Human Services Complex on Madison Blvd. But according to reports, they will no longer offer services in Roxboro. All current

consumers should call 919-913-4000 for more information on mental health services. We will follow-up on this story in the March newsletter.

Securing Resources For Consumers, Inc (SRFC) is located at 223-F S. Madison Boulevard. This organization provides an array of services including diagnostic assessment, in-home services and community support. They have psychiatric and psychological providers available twice a month. You can reach them at 336-322-3739.

TRIUMPH is located on 501N in Roxboro. They offer community support, substance abuse and

outpatient therapy. They have a full time therapist and two psychiatrists who are in the office once a month. Contact them at 336-597-2065.

Other agencies provide services in Person County but do not have offices here. CNCAccess can be reached at 866-643-5120. Family Preservation Services, Inc is located in Durham, but does provide some services in Roxboro. Their number is 919-401-1151.

We hope to keep you informed of available services from time to time as we get more information.

Health and Safety Program to Begin Quarterly Safety Address

The safety of the staff and employees of PI has always been very important at PI. To show our employees how important it is to be safe and safety conscious, PI will begin a Quarterly Safety Address.

Each quarter, Vernon Dowdall, PI Health and Safety Coordinator, will meet with employees at both locations to address the safety concerns of PI and any safety issues county wide. The first such safety address will occur on February 14, 2008 at 1:00 with a second immediately following at PI Main at

2:30. This first round of safety addresses will cover how PI performed during 2007 and how that safety record can be improved in 2008. The address will be an opportunity for employees to express any safety concerns they notice so that all can work together for a safer work environment.

If you have any safety concerns, please feel free to voice those at any time by calling 336-599-7571 Ext. 29.



Up Close At Person



Good news ... Bad news ... Both

First, the good — Congratulations to DJ Drumwright, son of PI ADVP Coordinator Dana Drumwright, for his win and performance in the Annual Spelling Bees. DJ walked away with top spelling honors at the Northern Middle School competition on January 4th. He also made it to the 6th round of the Person County Spelling Bee on January 28th. So we congratulate both son and mom since we are sure it was a team effort.

Then, the bad — Ernest Jones, PI Program Participant, is recovering from a serious illness that he succumbed to in December. Ernest is making steady improvement and we hope to see him back at work in the near future.

Both — John McGhee, PI Program Participant, underwent surgery on January 11th. Although he was expected to be out until the 22nd of February, John returned on January 30th. We congratulate him in his truly speedy recovery.

Meet New Counselor—Chanda Armstrong



Chanda Armstrong, new VR Counselor in the Roxboro Office, began her duties on January 8,



Vicki Winters, VR Counselor, is recovering from surgery and is anxious to return to her duties. We wish Vicki well on her recovery.

The Vocational Rehabilitation Office in Roxboro has been without the full number of counselors for several months now. Adding to that was the absence of their only full time counselor, Vicki Winters as she takes necessary medical leave.

It could not have been a better time for a new kid on the block—Chanda Armstrong. Chanda joins the Roxboro VR Office with very strong customer service skills and training. Having worked for 12 years as a Wal-Mart Customer Service Manager, she gained valuable skills in that area as well as in hiring and working

with consumers with disabilities. Her job duties at Wal-Mart allowed her to work both with Vocational Rehabilitation and the NC Easter Seals. Interestingly, her desire to work in human services did not begin there but with her first psychology class in high school. Now with a Bachelor's Degree in psychology and a Master's in Counseling, she remains as committed as ever to working with the public to meet vocational needs.

Chanda began her duties in the VR Office on January 7th and looks forward to learning her many job responsibilities and meeting the needs of the consumers at PI.

Special Olympics Sponsors Art Contest

Special Olympics Person County and the Recreation Department are sponsoring a Special Art Contest for Special Olympics. This contest is open to all registered Special Olympics Athletes in Person County.

The following rules apply to the art contest:

- The athlete's work must demonstrate what Special Olympics means to him/her.
- The picture should be no more than 8 1/2 x 11 and on white paper. Preferably three colors or less.
- The picture is not to include the Special Olympics logo since it has a copyright and can only be reproduced using the official format.
- All entries must be received in the Parks and Recreation office no later than 5:00 p.m. Friday, February 29, 2008.

The first place winner will receive \$25.00 cash and artwork on t-shirts. 2nd place winner will receive \$20.00 cash and third place winner will receive \$15.00 cash. All winners will be recognized at local games.

The Person County Special Olympics Games will be held on April 2, 2008.

Special points of interest:

- The price of whatever you buy from the PI vending machine just got higher. Classic Food Services, owner of the PI vending machines, announced a five cents price increase for all items sold in the machines—drinks, candy, gum, crackers etc. The increase took effect in January 2008.
- The PI Policy Team will be releasing updated Disaster Readiness Plans during February.

Words of Wellness



Leigh Ann Creson,
Health Promotion
Coordinator
Person County

Most of the advice we seem to get about healthy living involves reducing this or limiting that. I thought I'd start your New Year off by telling you to do MORE of something! I think you'll like this piece of advice because I certainly did. Several articles I have read lately say that we need to get MORE SLEEP! Too little sleep can actually contribute to weight gain. The recommendation is 7-8 hours of sleep each night.

Substantial medical evidence suggests some fascinating links between sleep and weight. Researchers say that how much sleep and the quality of your sleep may very well be associated with hormonal activity tied to your appetite. Eve Van Cauter, a sleep researcher at the University of Chicago, said that "sleep deprivation activates a small part of the hypothalamus, the region in the brain that is involved in appetite regulation". The two hormones involved in regulating food intake are called ghrelin and leptin. Ghrelin is an appetite-stimulating hormone released in the stomach. Leptin, a hormone produced in our fat cells, sends a signal to the brain when you are full.

So what's the connection to sleep? When you do not get enough sleep, your ghrelin levels tend to rise while the leptin levels decrease. This combination leaves you hungry and less likely to feel full when you eat. Obviously, this sets the stage for overeating, which in turn may lead to weight gain.

Unfortunately, it is time to go back to advising you to "reduce this" and "limit that" in order to give you some tips on how to sleep better.

Cut the caffeine. Caffeine can stay in your body longer than you might think. Its effects can take as long as eight hours to wear off. Cutting out caffeine at least 4-6 hours before bedtime can help you fall asleep easier.

Relax before bedtime. Stress not only makes you miserable, it wreaks havoc on your sleep. Develop some kind of pre-sleep ritual to break the connection between all the day's stress and bedtime. Some people find relief in making a list of all the stressors of the day, along with a plan to deal with them. This can act as closure to the day. Try practicing some relaxation techniques such as light reading, meditating, or soaking in a hot bath for a better night's sleep.

Exercise at the right time. Regular exercise can help you get a good night's sleep. The timing and intensity of exercise seems to play a role in its effect on sleep. If you get energized or become more alert after exercise, it might not be best to exercise in the evening especially within a few hours of bedtime.

Keep your bedroom quiet, dark, and comfortable. Use ear-plugs, window blinds or curtains, and an electric blanket or air conditioner to create an ideal sleep environment.

Eat right. Try not to go to bed hungry, but avoid heavy meals before bedtime. An over-full belly can keep you up. Some foods can help though. Milk contains tryptophan, which is a sleep-promoting substance. This is the same substance we've heard about that is also in turkey. Other foods that may help promote sleep also include tuna, pumpkin, almonds, eggs, peaches, apricots, oats, potatoes, and bananas. Also, try not to drink fluids after 8 p.m. to limit nighttime trips to the bathroom.

Having said all of that, "sleep tight and don't let the bed bugs bite".

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Monthly Safety Topic: Be Wary of Treacherous Black Ice

What we call black ice is sleet or rain or melted snow that freezes as a sheet and is not visible as ice. The road looks the same as it always does, which is why it's so hard to detect.

Drivers should look for signs of the ice other than on the roadway, like on trees or fences, and proceed accordingly. During such times, allow for greater stopping distance and reduce speed just before a turn. Never brake while driving on ice and do everything slowly— travel gently, move slowly, turn slowly, brake slowly.

Black ice poses risks to your safety that other road hazards may not. So if possible, avoid driving at all when road conditions are hazardous.

New Faces in the Production Dept cont.



Sorside Zamora (left) discuss a production matter with Dana Drumwright.

In his absence, new faces from within PI are being seen more often as others step up to care for his duties. Among those is ADVP Coordinator, Dana Drumwright. Dana, formerly a production employee, has just the right mix of production experience, programming knowledge and leadership skills to carry out these added responsibilities. Dana is assisted by Sorside Zamora, Production Assistant, in performing Roderick's duties on Monday, Wednesday and Friday's. Dana and Sorside have been helped by Jody Suitt, Production Manager at PI Manufacturing. Jody has stepped to the plate to assist with procuring and setting up new contracts.

We appreciate the great amount of work all of these people are doing, in addition to their regular responsibilities.

February 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Safety Education Address PI Main: 1:00 PI Mfg.: 2:30	15	16
17	18 President's Day	19	20	21	22	23
24	25	26	27	28	29	