

From the Commissioner

Training and continuing education play a vital role in the success of our department. William Gerring and his team of representatives provide invaluable continued education and training to miners and contractors across the state. This outreach has played a key role in reducing the mineral industry's injury and illness rate, which is currently 1.85 per 100 full-time workers. This is the lowest rate for North Carolina's minerals industry in five years and preliminary numbers for 2012 show another decrease for the minerals industry that would rank our state one of the safest in the country.

Throughout the month of June, the Mine and Quarry Bureau will be busy offering several training courses including Part 46 New Miner Training, Annual Refresher Training, and a one-day law school that will focus on changes to the Mine and Quarry Act to help advance the miners knowledge in their field.

Continued education and training also play a vital role in our own personal growth on a daily basis. Erin Gould obtained her personal goal to get in shape and lose weight by joining the Department of Health and Human Services' Eat Smart/Move More/Weigh Less program. Erin was recently profiled on WTVD News Channel 11 for her successful attempt to lose weight and get in better shape. Through the class work, Erin learned to make better choices and to control portion size that eventually enabled her lose more than 50 pounds. You can watch the video on the following link: <http://abclocal.go.com/wtvd/video?id=9118875>. Congratulations to Erin for achieving your personal goals and thanks for helping to promote this great program.

And speaking of education and training, I am excited in joining 34 graduates and their NCDOL family members in celebrating their graduations from high school or college. You can see the full list of graduates from the class of 2013 on page 4. The graduation ceremonies mark a major milestone in their educational pursuit, and I wish I could personally congratulate each one of them for their achievements. Whether they plan to enter the workforce for the first time or are going off to college, we know their lives will never be the same.

I hope the one constant that remains as these graduates begin their next chapter will be a continued pursuit of knowledge and education so that they can evolve both personally and professionally over their life journey. Just as the miners who seek continuing education for professional advancement or Erin Gould who achieved her personal goals through the DHHS program, we should never stop learning and growing.



Employee News

- Tina Morris-Anderson and her son Noah will be performing in the musical *Once on This Island* at Raleigh Little Theatre from June 7 through June 23. It will be the first time mother and son have appeared on stage together. Tina is the director of the Research and Information Technology Division.

New Hire

- Susan Tolbert, safety compliance officer I, OSH Compliance West, Winston-Salem.

Separation

- Jorge Cardenas, health compliance officer I, OSH Compliance East, Raleigh.

Retirement

- Sarah Jones, apprenticeship consultant, Apprenticeship and Training, West Region.

Identity Theft

BY ERIN GOULD, LEGAL AFFAIRS DIVISION

Identity theft is quickly becoming one of the most predominant crimes in the nation, and every year North Carolina citizens are subjected to some form of identity theft. For this reason, the N.C. Department of Justice, through its Consumer Protection Division, created a website dedicated to warning citizens of the dangers they face from identity theft and to providing the resources needed for you to help protect yourself. The best person to protect your identity is YOU. The number of scam artists is growing faster than law enforcement can keep track of. They are becoming more and more convincing, more threatening, and as more and more personal information can be obtained on the Internet, they steal our identities and drag our family members into their scams causing a great deal of unnecessary stress to thousands of innocent victims each day.

The N.C. Department of Justice's Consumer Protection Division has a wealth of information available to enhance your personal knowledge of the programs available to protect yourself from identity theft, along with direct links to other helpful topics and websites. The following is an excerpt taken from their website. Hyperlinks are included for your ease in accessing additional information referenced herein:

Guard Your Personal Information to Protect Yourself From Identity Theft

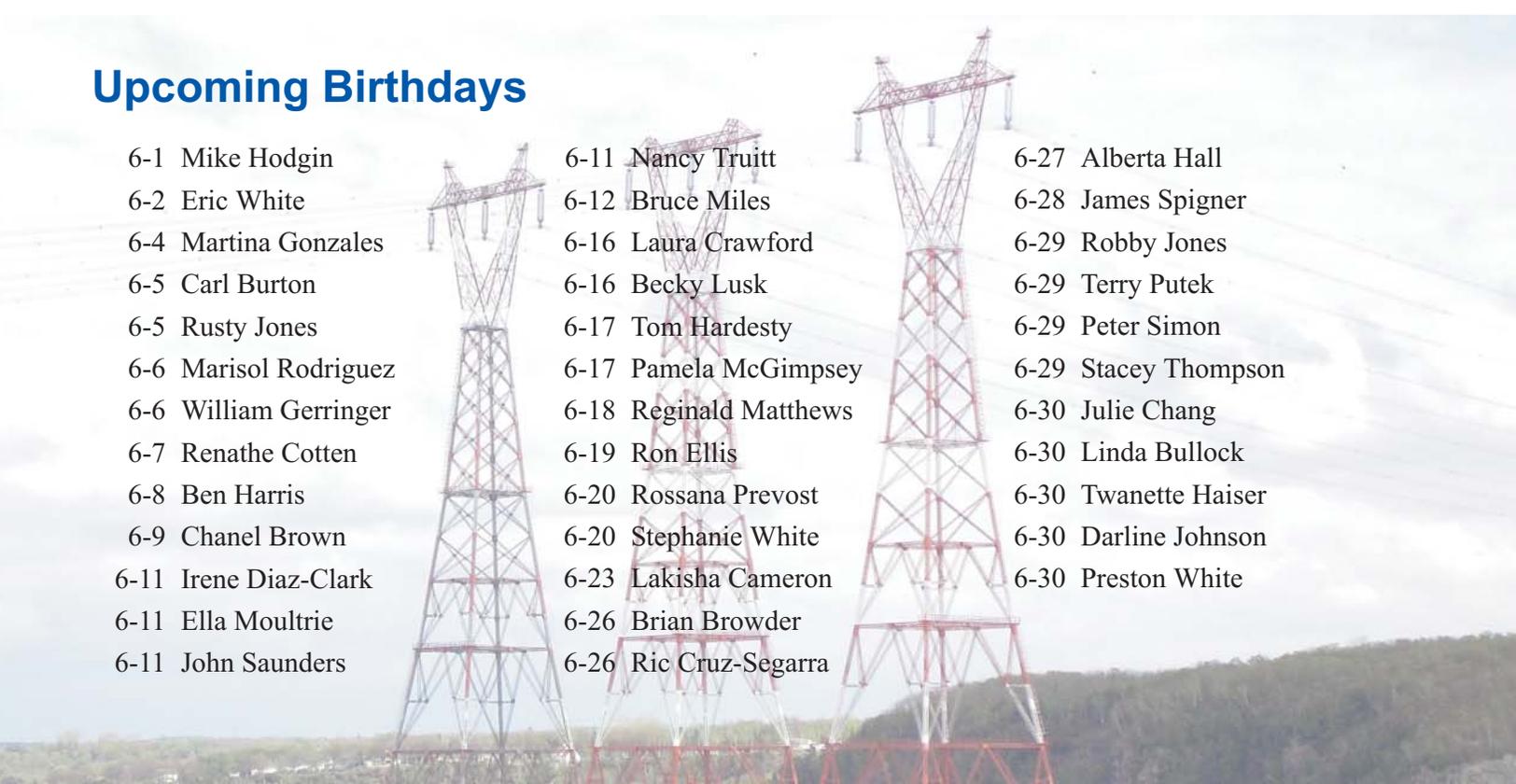
Protect Your Social Security Number

- Don't carry your Social Security card in your wallet.
- Give your Social Security Number (SSN) only when absolutely necessary.
- Ask why a SSN is needed, who has access to it, and how it will be kept confidential.
- Don't print your SSN or driver's license number on your checks.

Destroy Documents You Don't Need

- Shred old bank statements, insurance forms, credit applications, etc.
- [Sign up for alerts](#) to learn about shred-a-thons in your area, or check our [list of events](#).
- Destroy receipts that show your credit card number. It's illegal in North Carolina for a business to print the full credit card number on a customer's electronically generated receipt.

Upcoming Birthdays



6-1 Mike Hodgin	6-11 Nancy Truitt	6-27 Alberta Hall
6-2 Eric White	6-12 Bruce Miles	6-28 James Spigner
6-4 Martina Gonzales	6-16 Laura Crawford	6-29 Robby Jones
6-5 Carl Burton	6-16 Becky Lusk	6-29 Terry Putek
6-5 Rusty Jones	6-17 Tom Hardesty	6-29 Peter Simon
6-6 Marisol Rodriguez	6-17 Pamela McGimpsey	6-29 Stacey Thompson
6-6 William Gerringer	6-18 Reginald Matthews	6-30 Julie Chang
6-7 Renathe Cotten	6-19 Ron Ellis	6-30 Linda Bullock
6-8 Ben Harris	6-20 Rossana Prevost	6-30 Twanette Haiser
6-9 Chanel Brown	6-20 Stephanie White	6-30 Darline Johnson
6-11 Irene Diaz-Clark	6-23 Lakisha Cameron	6-30 Preston White
6-11 Ella Moultrie	6-26 Brian Browder	
6-11 John Saunders	6-26 Ric Cruz-Segarra	

Monitor Your Finances

- Limit the number of credit cards you carry.
- Watch for missing bills and review your monthly statements carefully. Contact your creditors if a bill doesn't arrive when expected or includes charges you don't recognize.
- Use automatic deposit for payroll, Social Security or other federal benefit checks. To sign up for automatic deposit of Social Security checks and other federal benefit payments, call 1-800-333-1795 or visit [Go Direct](#).
- Keep copies of credit cards (front and back) in a safe place in case a card is lost or stolen.
- Review your Social Security Earnings and Benefits Statement for errors in your yearly salary. To order a statement, call 1-800-772-1213.
- "Opt out" of sharing your nonpublic personal information or credit report information with other businesses.

Watch Over Your Credit Reports

- You are entitled to one free credit report each year from each nationwide credit bureau. To get your free report, go to www.annualcreditreport.com or call 1-877-322-8228.
- To track your credit during the year, request a free report from a different credit bureau every four months.

Get a Free Security Freeze

- Stop identity thieves from getting new credit in your name by placing a [security freeze](#) on your credit.
- All North Carolina consumers can now get free security freezes online. Identity theft victims and seniors can also get free security freezes by mail or phone.

Protect Passwords

- Don't carry your personal identification numbers (PIN) in your wallet or purse.
- Don't share PINs or passwords, even with close friends or relatives.
- Avoid using easily available information for your PINs or passwords such as your mother's maiden name, your or a family member's birth date, your SSN or phone number, or a series of consecutive numbers (i.e., 1, 2, 3, 4).
- Choose a different PIN for each account.

Protect Your Mail

- Call 1-888-5-OPT-OUT or visit www.optoutprescreen.com to stop pre-approved credit card applications that a thief could steal and use to get credit in your name.
- Place outgoing mail into a locked mailbox such as a blue postal service box.
- Don't leave incoming mail sitting in an unlocked mailbox.
- Cut down on [junk mail](#) by contacting the [Direct Marketing Association](#).

Protect Your Information Online

- Beware of [phishing](#), emails that claim to come from a bank, Internet Service Provider, business or charity and ask you to confirm your personal information or account number. Forward the email to spam@uce.gov.
- Never send your SSN or financial account numbers by email or transmit these numbers online unless using a secure website or encryption software.
- Shop only on secure websites, and read website privacy policies.
- Read more tips about how to [protect your ID online](#).

Beware of Scams and Frauds

- Never give personal information to telemarketers who call you on the phone. To cut down on unwanted telemarketing calls, sign up for the [Do Not Call Registry](#) online or call 1-888-382-1222.
- Double-check references for door-to-door sales, [home repair offers](#) and other products.

- Verify that *charities*, businesses and others who contact you are who they claim to be before you provide any personal information. If you think the request for information is legitimate, hang up and contact the company at a number you know is valid to verify the request.
- *Sign up for alerts* to hear about the *latest scams*.

For additional information on issues surrounding identity theft, please visit NCDOJ's website at <http://ncdoj.com/Consumer/Credit-and-Loans/Protect-Yourself.aspx>.

Congratulations to Our Graduates

- Avionna Baldwin, the daughter of Lamont Baldwin, OSH compliance officer, Winston-Salem, graduated with a Bachelor of Science degree in evolutionary anthropology from Duke University on May 12.
- Taylor White graduated from Peace College summa cum laude with a double major in English and political science and was the co-valedictorian of the class. She is the daughter of Lee White, Human Resources.
- Alexandra Hodgin, daughter of Mike Hodgin, Publications, graduated May 10 from the University of North Carolina at Greensboro earning a Bachelor of Science degree in business administration with a concentration in marketing.
- Emily Franks will graduate from Middle Creek High School in Wake County on June 11 with distinguished honors. She also completed the North Carolina Academic Scholars program and was a four-year starter on the varsity softball team. She plans to major in fashion and textile design management at N.C. State. She is the daughter of Gary Franks, Research and Information Technology Division.
- Jessica René Joyner graduated from Southeast Raleigh Magnet High School on May 30. She was a member of the 18 Karat Chorus, varsity swim team, National Beta Club, Girl Scouts of America and was presented as a 2012 AKA Debutante. She was one of 26 students at Southeast Raleigh who received the President's Education Award for Recognition of Outstanding Academic Excellence. Jessica will study biological engineering at North Carolina A&T University in Greensboro. She has earned three scholarships to assist her in her academic studies. Jessica is the daughter of Curtis and Eursula Joyner (safety awards coordinator).
- Shay Myers graduated from Forbush High School in Yadkin County on May 22. He plans to further his education at Forsyth Tech in automotive technology. His long-term goal is to own his own automotive repair business. He is the nephew of Lisa Rayborn, OSH Compliance West.
- Stephanie Whiteside graduated May 11 from North Carolina A&T State University with a B.S. in architectural engineering. Stephanie participated in an energy internship with Duke Energy. She is the niece of Tiffany Lathan, Employment Discrimination.
- Jasmine Gary will graduate from William G. Enloe High School in Raleigh on June 10. She will attend Winthrop University in Rock Hill, S.C., to major in mass communications with a concentration in broadcasting and journalism. Jasmine was the captain of the golf team at Enloe and received one of the World Golf Cup scholarships. She is the niece of Tiffany Lathan, Employment Discrimination.
- Xavier LaMont Smith will graduate from Wakefield High School in Raleigh on June 10. Xavier is an honor roll student and member of the National Achievers Honor Society. Following graduation, Xavier will attend East Carolina University on a full football scholarship. He is the son of LaMont and Brenda Smith. LaMont works in the OSH ETTA Bureau as the recognition program manager.
- Matthew Beck Quesenberry will graduate high school from Ravenscroft in Raleigh on June 7. He will attend N.C. State University in the fall. He is the son of Dolores Quesenberry, Communications Division.
- Kaleb Hunter Wells will graduate from Fuquay-Varina High School on June 12. He is the grandson of Ron Wells, OSH Compliance East, whom Ron and his wife (Janis) have raised from birth. Kaleb is an honors graduate and will attend N.C. State University in the fall..

- Nickolas Locklear will graduate from Cleveland High School in Johnston County on June 7, 2013. He played high school football as a defensive end for the Cleveland Rams. He plans to attend a fire fighter academy or join the U.S. Air Force. He is the son of Charity Locklear, Standards and Inspections.
- Jeffrey Forrest Wilson will graduate from West Johnston High School on June 7. He is graduating with honors for musical theater/chorus and plans to pursue a musical theater degree. Forrest will star as the Pharaoh in the Clayton Youth Theater summer production of *Joseph and the Amazing Technicolor Dream Coat*. He is the son of Jeff Wilson, Publications Bureau.
- Caitlin Morgan Wood will graduate from Clayton High School on June 7. She is a member of the National Honor Society. She will be attending Campbell University in the fall. She is the daughter of Brent (Research and Information Technology) and Heidi Wood.
- Marcella Castelloes graduated from Clemson University on May 10 with a degree in accounting. She will continue her education for a Masters in Accounting at Clemson and study for her CPA exam. Marcella will also be doing a paid internship this summer with Elliot Davis, an accounting firm based out of Charlotte with an office in Greenville, S.C. Marcella will be the intern team leader for a group of interns during the summer. She is the step-daughter of Kathryn Castelloes, Apprenticeship and Training Bureau.
- Elijah James Martin will graduate from St. Pauls High School on June 14. Elijah was a member of the National Honor Society, United States Achievement Academy and Robeson County Career Center. He will be attending North Carolina A&T this fall where he will be majoring in electrical and computer engineering. He is the son of Robert Martin, Elevator and Amusement Device Bureau.
- Amanda Flaten graduated from Southeast Raleigh High on May 30 with recognitions in the choral program and high recognitions in medical programs graduating with her EMT (Emergency Medical Technician). She will be attending Wake Tech Community College to study for her nursing degree (RN). She is the daughter of Dee Flaten, Education, Training and Technical Assistance.
- Trisha Danielle Franklin graduated May 12 from the College of William and Mary in Williamsburg, Va. She received a Master of Education in school psychology. She plans to attend the University of Tennessee this fall to pursue her doctorate. Trisha is the daughter of Steve and Rhonda Franklin. Steve works in the Mine and Quarry Bureau.
- Maria G. Anderson graduated May 13 from Pitt Community College with an associate degree in applied science, health information technology. She is a member of the Gamma Beta Phi Honor Society. Maria is employed with the ECU Brody School of Medicine, Department of Surgery. She is the daughter of Don Anderson, Wage and Hour.
- Leonora Allyson Geddie graduated summa cum laude from Appalachian State University on May 12. She will receive her diploma in August when she completes her internship this summer with the American Dance Festival in Durham. She earned a Bachelor of Science in graphic arts and imaging technology with a minor in dance. She is a member of Epsilon Pi Tau (an international honor society for professions in technology) and Gamma Epsilon Tau (national collegiate fraternity for members of the graphic arts). She plans to find full-time employment in her field as well as complete her Pilates certification, which she began while at ASU. She is the daughter of Ed Geddie, Education, Training and Technical Assistance.
- Samuel David Stephenson graduated from UNC Pembroke on May 4 with a degree in exercise science. He is the grandson of Shelby Stephenson, Human Resources. He plans to find full-time entry-level employment.
- Sabin Blumenfeld graduated summa cum laude from N.C. State University on May 11 with a B.S. degree in industrial engineering. He will attend University of Pittsburgh to pursue a master's degree in industrial engineering. He is the son of Julian (Wage and Hour) and Joann Blumenfeld.
- Roy Blumenfeld graduated May 4 from Wake Tech Community College with an Associate of Arts. He will continue his studies at Appalachian State University toward a B.S. degree in political science, with a concentration in public administration. He is the son of Julian (Wage and Hour) and Joann Blumenfeld.

- Maya Blumenfeld will graduate June 10 from Enloe High School in Raleigh. Maya is on the A&B honor roll and received the Enloe Scholar Award. She is a member of the National Honors Society. She will be studying at UNC Wilmington to earn a bachelor's degree in social work. She is the daughter of Julian (Wage and Hour) and Joann Blumenfeld.
- Julianne Frances Wells graduated from East Carolina University on May 10 with a B.S. degree in exercise physiology. She will be completing her internship program through ECU and Activcare Physical Therapy by July 31. Julie will be pursuing further studies in a physical therapy assistant program starting in the upcoming fall or spring. She is the daughter of Robert and Carol Wells. Carol works in the OSH Education, Training and Technical Assistance Bureau.
- Steven Hooper will graduate on June 9 from Leesville Road High School in Raleigh. He will attend East Carolina University in the fall, majoring in business administration. He is the son of Phil Hooper, OSH Compliance East.
- Jasmine Melton graduated from ECU on May 10 with a degree in sports training/coaching. Jasmine will be moving to the Raleigh/Durham area this summer, where she will be seeking a position on a high school or college coaching staff. Jasmine is the granddaughter of Howard and Joyce Laurie. Howard works in OSH Compliance East.
- Nicole M. Atkinson graduated from University of South Carolina with a Master of Social Work on May 10. Nicole is currently pursuing her certification in clinical social work. She is the daughter of Lafayette Atkinson, OSH Compliance East.
- Derek L. Atkinson graduated from University of North Carolina at Charlotte with a B.S. in finance with concentration in accounting on May 11. Derek is currently seeking employment in the field of finance and accounting. He is the son of Lafayette Atkinson, OSH Compliance East.
- Matthew G. Reynolds graduated from USAF Basic Training (321 TRS/FLT 349) on May 17 at Lackland AFB, San Antonio, Texas. Airman Reynolds is currently stationed at Keesler AFB in Biloxi, Miss., for technical training. He is the nephew of Eric Smith, OSH Consultative Services Bureau.
- Kayla Michelle Tanner graduated from Southeast Raleigh High School on May 30. She is the daughter of Jackie and Michael Tanner. Jackie works in the Elevator and Amusement Device Bureau. Kayla plans to enlist in the U.S. Air Force.
- Rosie Samad received her Bachelor of Arts degree cum laude with disciplinary honors in theater from UNC Greensboro on May 10. Currently she is looking for two jobs—the day job to keep a roof over her head, and some theater work to begin building the experience she needs before she is eligible to apply for a master's program in directing. Rosie is the daughter of Asif and Deborah Samad. Deborah works in OSH Compliance East.
- Jaraad Samad will graduate from Jesse O. Sanderson High School on June 11. He will attend Appalachian State University in Boone, majoring in music industry studies. Jaraad was a finalist in this year's National Merit Scholarship Competition and a member of Sanderson's award-winning Sandpipers Choir and Theatre Ensemble. He is the son of Asif and Deborah Samad. Deborah works in OSH Compliance East.
- Jeremy R. Davis will graduate from Eastern Wayne High School on June 8. He will attend East Carolina University and considers a major in sports medicine and physical therapy or industrial engineering. Jeremy is son of Bobby Davis, Education, Training and Technical Assistance.



What's New @ Your Library

BY NICK VINCELLI, LIBRARIAN

New Titles

- *A Guide to Construction Jobsite Safety and Health* (NCDOL Industry Guide #16—English and Spanish). NCDOL/OSH, 2013.
- *A Guide to Developing and Maintaining an Effective Hearing Conservation Program* (NCDOL Industry Guide #15). NCDOL/OSH, 2013.
- *Guide to Occupational Exposure Values* (2013 edition). ACGIH, 2013.
- *Occupational and Educational Personal Eye and Face Protection Devices* (ANSI/ISEA Z87.1-2010). International Safety Equipment Association, 2010.
- *Respiratory Protection—Respiratory Use—Physical Qualifications for Personnel* (ANSI/AIHA Z88.6-2006). AIHA, 2006.
- *Safety Standard for Refrigeration Systems* (ANSI/ASHRAE STD 15-2010). American Society of Heating, Refrigerating and Air-Conditioning Engineers Inc., 2010.
- *Standard Specification for Leg Protection for Chain Saw Users* (ASTM F1897-08). ASTM, 2008.
- *Standard Test Method for Measuring the Coefficient of Friction for Evaluation of Slip Performance of Footwear and Test* (ASTM F2913-11). ASTM, 2011.

Online FYIs

- *December 1st, 2013 Training Requirements for the Revised Hazard Communication Standard*
<http://www.osha.gov/Publications/OSHA3642.pdf>
- *Don't Get Sick When Applying Pool Chemicals*
<http://nj.gov/health/eoh/survweb/wra/documents/poolchemicals.pdf>
- *Falling Off Ladders Can Kill*
<http://www.osha.gov/Publications/OSHA3625.pdf>
- *Hazard Communication 2012: One Year of Implementation*
<https://citrix.webcasts.com/starthere.jsp?ei=1009539>
- *Iowa Safe Youth at Work*
<http://www.youthforiowa.org/safety/index.html>
- *Office Workers May Face Exposure to Flame Retardant*
http://www.nlm.nih.gov/medlineplus/news/fullstory_135325.html
- *PLASA Standards* (Online access to entertainment industry and technology-related standards)
http://tsp.plasa.org/tsp/documents/published_docs.php
- *Spirometry Testing in Occupational Health Program*
<http://www.osha.gov/Publications/OSHA3637.pdf>
- *Toluene Safety in the Workplace*
<http://www.osha.gov/Publications/OSHA3646.pdf>