

VITAL SIGNS

The Monthly Southeastern Newsletter

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Sometime in February, the hearts and Cupids of Valentine's Day give way to shamrocks and leprechauns, Irish harps, flags and shillelaghs, clay pipes and top hats. The color green floods the windows of card shops and candy stores in preparation for Saint Patrick's Day.

Saint Patrick's Day is celebrated for different reasons. For some this holiday is partly religious and partly festive. St. Patrick's Day church services are followed by parades and parties, Irish music, songs, and dances. To others, the seventeenth of March is a welcome harbinger of the coming spring.

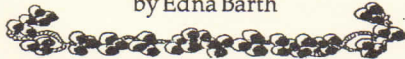
Shamrocks and leprechauns may be the two symbols most frequently associated with St. Patrick's Day.

The shamrock is a small, green, three-leaved plant known as trefoil. Its looks are familiar to that of clover. One legend states that St. Patrick stood in a patch of shamrock as he drove the snakes out of Ireland. Another alleges that St. Patrick himself used the three-leaved plant as a symbol of the Trinity.

Another St. Patrick Day symbol is the wee one, or leprechaun. The leprechaun is very popular in Irish folk or fairy tales. Known to be mean and spiteful, the leprechaun works day and night mending shoes of other fairies, whose chief delights are music and dancing. Legend states that leprechauns were originally the gods of ancient Ireland. When the Christian god took their places, they dwindled in size in people's imaginations to the tiny beings they are today.

St. Patrick's Day and its symbols are, in part, the story of the Irish and the land many of them left behind to come to America. For when they came, they also brought their patron saint.

From: *Shamrocks, Harps, and Shillelaghs*
by Edna Barth



Margie Webster (below) and Constance Townsend (right) show gifts they received last month on Saint Valentine's Day. Margie and Constance both work in the Purchasing Department in Fayetteville.



EQ-FLEX

Southeastern's newest employee benefit plan, EQ-FLEX, was effective March 1. EQ-FLEX is a flexible program that allows employees to pay for health care and dependent services with pre-tax dollars. With EQ-FLEX, employees can provide for important family care benefits, increase spendable income and decrease the amount paid in taxes at the same time. For more information or for questions about the EQ-FLEX plan, ask your supervisor or contact Tom Snell by leaving him a message in mailbox number 498.

Have a Heart!



Good luck and best wishes to Ginger Sheets and her husband.

Data Processing is sad to

announce that Ginger will be leaving us and moving to Virginia. Ginger's last day is scheduled for March 17. Good luck Ginger! We will miss you!



EASTER

March 26, 1989

The Origin of the Easter Bunny



From: *Easter The World Over*

by: Priscilla Sawyer Lord and Daniel J. Foley

Easter is a bunny to most children. Yet nobody seems to know precisely the origin of the Easter bunny, except that it can be traced back to pre-Christian fertility lore. It has never had any connection with Christian religious symbolism.

The Easter Bunny is one of the several notable contributions to American folklore made by the Pennsylvania Dutch. It is the Easter Bunny who is supposed to bring the Easter eggs and other confections as well as the wide variety of gifts that attend the celebration of the greatest of spring holidays.

This custom, introduced by the German settlers who began to arrive here in the 1700s, was one of the greatest pleasures of childhood in the Pennsylvania Dutch county. In preparation for the holiday, children began building nests. They knew that if they had been good, the Easter Bunny would come on Easter Eve and lay a nest of colored eggs. Nests were built indoors in some secluded corner, in a sheltered place in the garden or in the barn. The Easter Bunny was a shy creature, hence the need for a secluded spot. The boys used their caps and the girls used their bonnets, or if father's old hat could be borrowed, it might serve as the nest. Sometimes nests were made with fancy paper. The notions about baskets came much later when the tradition spread over the entire country.



THE TOUCH TONE TELEPHONE

is everywhere today, including the offices of Southeastern. Millions more are on the way. Eventually all phones will be touch tone. But there is a difference between a push button phone and a touch tone phone. In order to use Cindi, Southeastern's automated voice mailbox system, touch tone phones are necessary. Touch tone refers to the sound heard when the buttons are pressed. To determine if you have a touch tone phone, see if you can play the following songs by pressing the buttons on your phone:

STRANGERS IN THE NIGHT

4 8 8 4 8
Stran-gers in the night,
4 8 6 8 4
ex-chan-ging glan-ces



Caution: If you pick up your receiver and immediately begin tapping out *Twinkle Twinkle Little Star*, you might find yourself making a long distance phone call. So, to play the touch tone songs properly, they should be played only when your phone is connected to someone else's.

From: *The Push Button Telephone Songbook*
by Michael Scheff

FOOD FOR THOUGHT:

"Successful people know that failure isn't an end, it's a beginning."

HAPPY BIRTHDAY!

Happy Birthday to the following employees who are celebrating their birthday this month:

Pat Barber 3/28
Linda Barnett 3/08
James Beale 3/03
Garry Brookshire 3/09
Edmund Buttram 3/17
Anna Clark 3/16
Pat Clingenpeel 3/30
Melody Dyda 3/07
Wallace Gilbert 3/17
Gail Gordon 3/16
Johnny Green 3/07
Mary Lynn Hayes 3/12
Mike Henry 3/10
Mary Lloyd 3/20
Ray Manning 3/17
Carolyn McClellan 3/19
Denise Melko 3/13
Renee Register 3/13
Allison Severance-Henry 3/06
Reba Shaw 3/10
Jill Spell 3/02
Chris Thomas 3/07
Raylon Waits 3/07
Michael Williams 3/19

WELCOME

TO SOUTHEASTERN!

The following is a list of new employees hired in February:

J.C. Forbes	Samantha Henry
Johnny Fowler	Marvin Holliday
Everett A. Jones	Renee Register
Joseph Kasarda	Sharon Sillmon