HR ROUND-UP

EMPLOYEE NEWS & INFORMATION

APRIL 2016

April Years of Service

Somerlott, Jackie - 34
Mort, Melodie - 30
Burnett, Barbara - 28
Brierton, Randy - 25
Poolaw, Sherri - 25
Ward, Michael - 25
Carney, Denise - 17
Hardrick, Michael - 17
Kisner, Scott - 16
Maroon, Erlene - 16
Caddell, Casey - 15
Sovo, Gene - 15
Wellhouse, Douglas - 15
Wilson, Timothy - 15
Alvarez III, Louis - 13
Delozier, Brad - 13
Harmon, Chris - 13
Runyan, Kenny - 13
Garmon, Trisha - 11
Sego, Marcie - 11
Klingensmith, Kathleen - 10
Nauman, Bernard - 10
Dawdy, Donald - 9
Harter, Daniel - 9
Mason, Mark - 9
McCallick Jr, Michael - 9
Phillips, Wesley - 9
Santiago, Jonathan - 9
Brandon, Troy - 8
Simmons II, David - 8
Ward, Gary - 7
Cacho, Courteney - 6
Pruitt, Andrew - 5
Smith, Charles - 5
Daugherty, Aaron - 4
Glaze Lyle, Ashley - 4
Scott, Kirk - 4
Taylor, Richard - 4
Williams, Brandon - 4
Hopson, Antonio - 3
Ross, Jeramy - 3
Garner, Chris - 2
Gutierrez, John - 2
Johnson, Marcus - 2
Morrison, Adam - 2
Hempel, Gabriele - 1
Pitts, Kasey - 1

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2016 SERVICE RECOGNITION

The City of Lawton will be hosting the 1st Annual Service Awards and Recognition Banquet for those that are retiring this fiscal year as well as many others who are marking their 5th, 10th, 15th, 20th, 25th, 30th, and 35th anniversaries at the City of Lawton. Please join us in congratulating these individuals.

Retirees

- Ms. Sherry Anderson
- Mr.Roger Andrews
- Mr. Allan Barber
- Mr. Gary Bishop
- Ms. Carmen Bothell
- Mr. Steven Bowen
- Mr. Randy Brierton
- Mr. Rocky Bullard
- Mr. George Cheatham
- Mr. Clinton Cobb Jr.
- Mr. Raymond Collins
- Mr. Manuel Cruz
- Ms. Barbara Curran
- Mr. Bobby Dodd
- Ms. Coletta Gilbert
- Ms. Jonith Grundmann
- Mr. Donnie Hanson
- Mr. Bill Herndon
- Mr. John Hoffman
- Mr. Robert Johnson
- Ms. Trudy Kastner
- Mr. Tim Libby
- Mr. Craig Lyman
- Ms. Mary Odum
- Mr. James Poe
- Ms. Marianne Schweitzer
- Mr. Kim Shahan
- Mr. Samuel Speer
- Mr. Douglas Stamper
- Mr. Herman Triche III
- Mr. Ross Troutman
- Mr. Lanny Wallace
- Mr. Tommie Williams

35 Year Pin

- Ms. Sherry Anderson
- Mr. Roger Andrews
- Mr. Allan Barber
- Mr. Herman Triche III

30 Year Pin

- Mr. Gary Bishop
- Mr. Daniel Breaden
- Mr. George Cheatham
- Mr. Clinton Cobb Jr.
- Mr. Ralph Maassen
- Mr. Mark Mitchell
- Ms. Melodie Mort
- Mr. Mike Spencer
- Mr. Douglas Stamper

25 Year Pin

- Mr. German Arango
- Mr. Randy Brierton
- Mr. Raymond Collins
- Mr. Manuel Cruz
- Mr. Michael Hawkins
- Mr. Frank Jensen
- Mr. Peter Martin
- Ms. Sherri Poolaw
- Mr. Terrance Ross
- Mr. Samuel Speer
- Mr. Michael Ward

20 Year Pin

- Mr. Christopher Hall
- Mr. Terry Hansen
- Mr. Thad Hulbert
- Mr. Mark Murphy
- Mr. Bunky Norwood
- Mr. James Poe
- Mr. James Sanders
- Mr. Thierry Schroeder
- Mr. Mark Schucker
- Ms. Lindsay Tate
- Ms. Sharon Thompson

15 Year Pin

- Mr. Richard Brown
- Mr. Garland Bussey
- Mr. Casey Caddell
- Ms. Tonya Criger
- Mr. James Culbertson
- Mr. Jason Davis
- Mr. Nestor Enriquez
- Ms. Paula Ezell
- Mr. Joshua Hall
- Mr. Glenn Hinton
- Mr. Homero Morales
- Ms. Renate Morgan
- Ms. Andrea Morman
- Mr. Danny Nunley
- Mr. Rex Scrudder
- Mr. Gene Sovo
- Mr. Jeremy Thode
- Ms. Leann Thornton
- Mr. Karl Veldhuizen
- Mr. Richard Wallace Jr.
- Mr. Eric Weatherly
- Mr. Douglas Wellhouse
- Mr. Jared Williams
- Mr. Timothy Wilson

10 Year Pin

- Ms. Lindsey Adamson
- Mr. Raymond Armstrong
- Ms. Mincie Beamesderfer
- Mr. Dennis Bothell
- Mr. Anthony Bray
- Ms. Allison Bray
- Ms. Shelly Brown
- Mr. James Carroll
- Mr. Eric Carter
- Mr. Jeremy Coe
- Mr. Ronald Dimmitt
- Mr. Troy Durham
- Mr. Noah Ellis
- Mr. Kenn Evilsizer
- Mr. Jacob Ferrero
- Mr. David Fincher
- Mr. Lonny Garrett
- Mr. Brian Gay
- Mr. Scott Golden
- Mr. Anthony Griffith
- Ms. Jonith Grundmann
- Mr. George Hennessee
- Mr. Julio Hernandez
- Mr. Clayton Houseman
- Ms. Kathleen Klingensmith
- Mr. Joon Lee
- Mr. Timothy Lile
- Mr. Jorge Macias
- Mr. Luis Marrero
- Mr. Scott Meaders
- Mr. Henry Morales
- Mr. Chase Morgan
- Mr. Bernard Nauman
- Mr. Monty Pack
- Mr. Billy Peterson
- Mr. James Pierce
- Mr. Jeffery Pollard
- Ms. Cindy Porter
- Mr. Roy Rainwater
- Ms. Susan Schlecht
- Mr. Michael Spencer II
- Ms. Karen Stonerock
- Mr. Dale Watts
- Mr. Tyrone Webb
- Ms. Ingeborg Wilson

5 Year Pin

- Mr. Gregory Adams
- Mr. Michael Albert
- Mr. Brandon Bailey
- Mr. Austin Benton
- Mr. Raymond Brown II
- Ms. Candy Brown
- Ms. Melissa Clements
- Mr. Donald Cox
- Ms. Miranda Durham
- Mr. Tomas Garcia Arroyo
- Mr. Anthony Garibay
- Mr. Marq Hackworth
- Mr. Daniel Hallagin
- Mr. Jesse Henry
- Mr. Billy Hicks
- Mr. Timothy Jenkins
- Mr. Wade Lewis
- Mr. Chad Meyer
- Ms. Kimberly Morton
- Ms. Kaitlin Nunley
- Mr. Elvin Owens
- Ms. Melaine Powers
- Mr. Andrew Pruitt
- Mr. Lloyd Roy
- Ms. Christina Santiago
- Ms. Heather Skiles
- Mr. Charles Smith
- Ms. Tina Somerlott
- Mr. Gregory Stallings
- Ms. Erika Swain
- Mr. Brian Valdez
- Mr. William Warren
- Mr. Ryan Wells
- Mr. Michael Whisman
- Mr. Matthew Whittington
- Ms. Michele Winham
- Mr. Russell Yeahquo

*Service awards are computed according to the official hiring date of the employee. Those recognized above observed their various year anniversaries during the period of May 2, 2015 to May 1, 2016

Spring: A Great Time to Review Your Safety Checklist

With spring comes a feeling of renewal. Families everywhere begin cleaning out their basements and garages. Windows are opened, flowers bloom and the days grow longer thanks in part to Daylight Saving Time, which this year began on March 13. When you set your clocks forward, the National Safety Council reminds you also to review a safety checklist for your home.

Smoke Alarms

Smoke alarms save lives – if they are powered by a fresh battery. You should test them every month to make sure they work and replace the battery at least once a year, according to the National Fire Protection Association. If the alarm makes a "chirping" sound, replace it immediately.

Smoke alarms should be located in every bedroom and in the common areas on each floor of a home. Mount them at least 10 feet from the stove to reduce false alarms, less than 12 inches from the ceiling and away from windows, doors and ducts.

Did you know smoke alarms can be interconnected wirelessly? That means, when one sounds, they all sound. A Consumer Product Safety Commission survey found this is the best way to notify everyone in a home if there is a fire. Be sure to purchase smoke alarms with the label of a reputable testing agency, like Underwriters Laboratories (UL).

Three out of every five home fire deaths resulted from fires in homes with no smoke alarms, according to NFPA.

Carbon Monoxide Detectors

Carbon monoxide(CO) is an invisible, odorless gas, and it can kill you. Anything in the home that burns fuel can potentially become a source of carbon monoxide. CO alarms should be installed in a central location outside each bedroom and on every level of the home. The safety tips for CO detectors mirror those of smoke alarms: change the batteries, test them and interconnect them, if possible.

Also, make sure vents for your gas appliances (fireplace, dryer, stove and furnace) are free and clear of snow or debris.

Family Emergency Plan

The National Safety Council recommends every family have an emergency plan in place in the event of a natural disaster or other catastrophic event. Spring is a great time to review that plan with family members to make sure they know what to do.

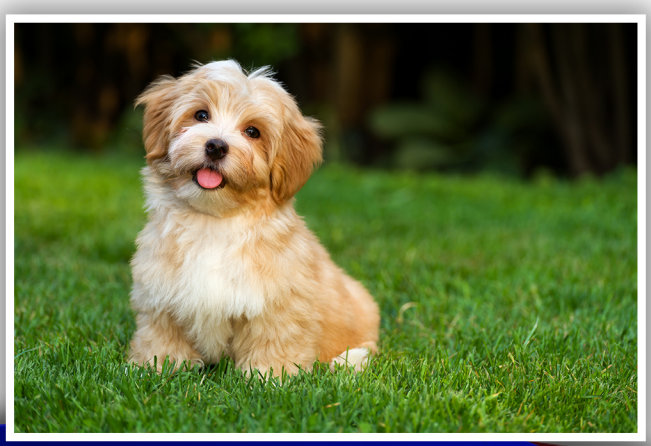
Have a home and car emergency kit. The Federal Emergency Management Agency says an emergency kit should include one gallon per day of water for each person, at least a three-day supply of food, flashlight and batteries, first aid kit, filter mask, plastic sheeting and duct tape, and medicines. Visit the FEMA website for a complete list.

The emergency plan also should include:

- A communications plan to outline how your family members will contact one another if they are not in the same place and where you should meet if it's safe to go outside
- A shelter-in-place plan if outside air is contaminated; FEMA recommends sealing windows, doors and air vents with plastic sheeting
- A getaway plan including various routes and destinations in different directions

What Else Should You Do This Spring?

NSC recommends you take unwanted or expired medicines to a prescription drop box or take-back event near you, update your first-aid kit and, most of all, **get outside** and **have fun**!



Don't Fry Day

The National Council on Skin Cancer Prevention Encourages Everyone to Protect Your Skin Today and Every Day

The National Council Declares the Friday before Memorial Day, May 27, 2016 is "Don't Fry Day" To Encourage Sun Safety Awareness.

To help reduce rising rates of skin cancer from overexposure to the ultraviolet (UV) rays of the sun, the National Council on Skin Cancer Prevention has designated the Friday before Memorial Day as "Don't Fry Day" to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors. Because no single step can fully protect you and your family from overexposure to UV radiation, follow as many of the following tips as possible:

- Do Not Burn or Tan
- Seek Shade
- Wear Sun-Protective Clothing
- Generously Apply Sunscreen
- Use Extra Caution Near Water, Snow, and Sand
- Get Vitamin D Safely

DON'T FRY DAY
The Friday before Memorial Day
skincancerprevention.org
National Council on Skin Cancer Prevention

As warm weather approaches and millions of Americans prepare to enjoy the great outdoors, the risk for ultraviolet (UV) damage of the skin increases. Skin cancer is on the rise in the United States, and the American Cancer Society estimates that one American dies every hour from skin cancer. This year alone, the American Cancer Society estimates there will be more than 73,870 new cases of malignant melanoma, the most serious form of skin cancer, and more than two million new cases of basal cell and squamous cell skin cancers in the U.S.

Fortunately, skin cancer is highly curable if found early and can be prevented. Remember to Slip! Slop! Slap!...and Wrap when you're outdoors — slip on a shirt, slop on broad spectrum sunscreen of SPF 30 or higher, slap on a wide-brimmed hat, and wrap on sunglasses. The best way to detect skin cancer early is to examine your skin regularly and recognize changes in moles and skin growths.

Most skin cancers are caused by overexposure to UV radiation. Individuals with lighter-toned skin are more susceptible to UV damage, although people of all races and ethnicities can be at risk for skin cancer. Those who have a family history of skin cancer, plenty of moles or freckles, or a history of severe sunburns early in life are at a higher risk of skin cancer as well. To minimize the harmful effects of excessive and unprotected sun exposure, protection from intense UV radiation should be a life-long practice for everyone.

The National Council on Skin Cancer Prevention is a united voice to reduce skin cancer incidence, morbidity, and mortality, through awareness, prevention, early detection, research, and advocacy.

Interesting Fact...

The sun is the primary source of excessive ultraviolet (UV) radiation, which is the cause of most skin cancers. Immediate adverse effects of excessive exposure are sunburn and eye damage; longer effects include premature aging of the skin and skin cancer.

REMINDER: OPEN ENROLLMENT PERIOD

Annual Benefits Open Enrollment Period - Monday, May 16th through Friday, May 27th. If you wish to switch options or drop coverage to your existing health, dental, vision, or section 125 policies, you may do so during this time. Changes will take place on July 1, 2016.

The Importance of Good Posture

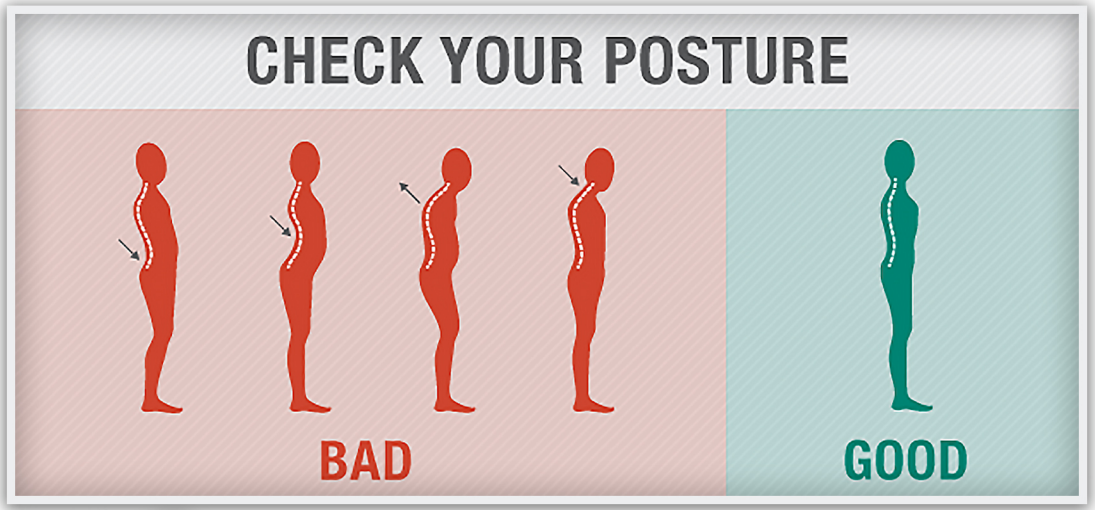
Posture is something that most people don't think twice about. We tend to sit or stand in whatever way feels the most comfortable at the time. However, poor posture can wreak havoc on a person's body, causing back and neck pain, muscle fatigue, digestive issues and even breathing problems.

Many Americans work at jobs where they spend most of their days sitting in front of computers. They then often go home and continue to sit after a long day at work. In the winter, individuals may spend even more time sitting when temperatures drop and outdoor activity becomes more difficult.

Spending many hours a day sitting and looking at a computer or a phone can lead to tight muscles in the back of the neck and upper back, which places stress on your bones and joints. Slouching or sitting in a scrunched position can also compress your abdomen and interfere with normal digestion.

To avoid the dangers associated with poor posture while sitting, make sure your computer monitor is at eye level to avoid straining your neck by constantly looking down. In addition, avoid holding a phone on your shoulder throughout the day. Instead, use a hands-free device like a headset or one with Bluetooth capabilities. Taking the time to stretch and strengthen core muscles can also help correct muscular imbalances.

Poor posture is something that affects you more over time. By taking steps now to be conscious of your posture, you can decrease your chances of developing joint pain and improve your overall well-being.



Stormwater-Lawn Maintenance

Spring is right around the corner which means it's time to start thinking about your lawn. Fertilizing, cutting grass, trimming trees and bushes all help maintain the look of your lawn but these methods can have a negative impact on your local streams, creeks, ponds and lakes.

Stormwater runoff from lawn and gardens can transport fertilizers and pesticides to the street and into the nearest storm drain which dumps directly into a creek or stream. Disposing of grass clippings, leaves and limbs into storm drains and creek beds causes excessive algal blooms, increases flooding risk, contributes to stream bank erosion and is against the law!
Here are some good lawn maintenance practices you can do to help prevent these problems.

- Mow high, Mow often – it leaves a thicker healthier turf with less waste.
- Don't bag your grass – learn about grasscycling and composting.
- Sweep up your grass clippings – instead of blowing it down or across the street.
- Use fertilizer sparingly – have the soil tested, follow application directions.
- Don't apply fertilizer if rain is expected – watch the weather forecast.
- Keep chemicals off solid surfaces – sweep up spills, mix chemicals on the lawn - never hose down spills.
- Avoid over watering – most turf grasses only need ¾" - 1" of water per week.
- Keep sprinklers adjusted properly to water the lawn, not the street.

You have a direct affect on your local waterways. The effects of bad lawn maintenance practices can contaminate your recreational and drinking waters. Water is life! We all need clean water to live and all the water we have now is all the water we will ever have.

Remember only rain down the storm drain! Report illicit discharges, leaks and spills to the Stormwater Hotline, (580)581-3565. This message brought to you by City of Lawton Stormwater Management Division. Learn more at Cityof.Lawton.OK.US or call (580)581-3478. "Like" us on facebook/City of Lawton Environmental Services!

City of Lawton Recycling Program

Call 581-3413 for more information. City of Lawton, Solid Waste Collection.

Frequently Asked Questions

Is there a time commitment involved once signed up?
No, there is not a minimum time limit once recycling services have begun.

Are there options for handicapped or elderly?
YES, house side service can be set up and will follow guidelines set forth in city code.

When will my recyclables be picked up?
Once recyclable collection begins you will be notified by the recycler of when your collection day will be.

Do my recyclables need to be bagged?
No plastic bags are not excepted and would only contaminate the recyclables.

Where do my recyclables go?
Your recyclables are hauled to a MRF (material recovery facility) where they are sorted and compressed and prepared to sale.

If I am unsure about what needs to be recycled , how do I determine which container to use?
When in doubt, trash it, move on and as you become more knowledgeable change will occur.

For More Information contact: Mike Gaver at Progressive Waste Solutions. (580) 678-6666 or http://www.cityof.lawton.ok.us/recyclingsignup/

CITY IN MOTION:
FITNESS AFTER HOURS

Please join us for Fitness After Hours, an after hours scheduled workout that will take place every Monday and Wednesday during the month of May from 5:15pm to 6:00pm in the City Hall Banquet Room. All City of Lawton Employees are invited to these workouts and participation is completely voluntary. A workout will begin at 5:15pm and last approximately 45 minutes. There will be plenty of space for employees to move around comfortably and a video will be displayed on multiple projectors throughout the room to ensure that everyone can follow along.

Please see below the dates of Fitness After Hours:

Monday, May 2nd
Wednesday, May 4th
Monday, May 9th
Wednesday, May 11th
Monday, May 16th
Wednesday, May 18th
Monday, May 23rd
Wednesday, May 25th

Workouts will be flexible to accommodate all fitness levels. We will start on Monday, May 2nd with a Focus T25 workout, a 25 minute total-body cardio workout.

Employees are encouraged to bring their own yoga mats and water if needed.

Let's get fit together and become a City in Motion!

If you have questions please contact Human Resources at 580-581-3392.

MARK YOUR CALENDARS

May 20th
Diabetes Awareness
10 a.m. to 12 p.m.

June 10th
Kicking Tobacco
10 a.m. to 12 p.m.

July 8th
Blue Cross Blue Shield Tools & Access
10 a.m. to 12 p.m.

May 16th
City of Lawton Blood Drive

May 16th –May 27th
Benefits Open Enrollment Period

2015-2016 TRAINING CALENDAR

DATE	CLASS TITLE	LOCATION	TIME	MAX STUDENTS	STATUS
MAY					
MAY 12TH	DEFENSIVE DRIVING	BANQUET RM	8:00 A.M.- 4:00 P.M.	30	SCHEDULED
MAY 4TH	HARASSMENT FREE	BANQUET RM	8:00 A.M.-10:00 A.M.		SCHEDULED
MAY 17TH	HEAT ILLNESS PREVENTION	BANQUET RM	8:00 A.M.-10:00 A.M.		SCHEDULED
MAY 26TH	WORKZONE SAFETY	656	8:00 A.M.-12:00 P.M.	30	SCHEDULED
JUNE					
JUN 1ST	GETTING ALONG	BANQUET RM	8:00 A.M.-10:00 A.M.		SCHEDULED
JUN 7TH	ASBESTOS TRAINING	BANQUET RM	8:00 A.M.-10:00 A.M.		SCHEDULED
JUN 14TH	HAND & POWERTOOL SAFETY	BANQUET RM	8:00 A.M.-10:00 A.M.		SCHEDULED
JUN 21ST	TRENCHING & SHORING	656	8:00 A.M.-02:00 P.M.	30	SCHEDULED
JULY					
JUL14TH	DEFENSIVE DRIVING	BANQUET RM	8:00 A.M.- 4:00 P.M.	30	SCHEDULED
JUL 6TH	HARASSMENT FREE	BANQUET RM	8:00 A.M.-10:00 A.M.		SCHEDULED