HR ROUND-UP

EMPLOYEE NEWS & INFORMATION

JANUARY 2016

JANUARY YEARS OF SERVICE

APPLE, JAMES D - 35
MITCHELL, MARK D - 29
WRIGHT, RUSTY - 28
CHELENZA, JOHN P - 28
SCHUCKER II, DAVID R - 28
MORRIS, BRIAN J - 28
FOREMAN, MARK W - 28
HINES, WILLIAM E - 26
CRAWFORD JR, CHARLES - 26
MESERVY, RANNY D - 26
SPEER, SAMUEL J - 24
MARTIN, PETER E - 24
BURK, L D - 23
LITTLE, DAVID J - 22
BONOMELLI, JOHN G - 22
CALDWELL, CRAIG W - 22
SCHROEDER, THIERRY - 19
ELLIS, GREG D - 18
ELLIS, GARY P - 18
PETERS, GEORGIA A - 17
MAROON, JAMES H -17
HAGGENMILLER, CLIFF C - 17
SERATTE, RONDELL G - 15
BAILEY, THOMAS J - 15
CARPENTER, WILLIAM S - 15
BOLAN, KRISTIE K - 15
NUNLEY, DANNY L - 14
DAVIS, JASON R - 14
BAXTER, RICHARD W - 13
FIFE, TRACY D - 12
BOTHELL, CARMEN - 11
GILBERT, COLETTA M - 11
WHITTINGTON, CHARLES K - 11
ROLANDO, DAVID - 11
WALLACE, BARBARA E - 10
HONEYCUTT, THOMAS A - 10
BEAMESDERFER, MINCIE R - 9
PACK, MONTY J - 9
GAY, BRIAN P - 9
HUNTLEY, KRISTIN N - 7
HARDIN, SHELBY L - 7
SUTPHIN, MARC A - 7
MCKINNEY, MATTHEW W - 7
RED ELK, STEPHEN M - 7
COLLINS, DAGAN R - 7
MALLOW, SETH A - 7
BRUNDIGE, ELIZABETH J - 6
KENYON, LINDA R - 6
AYALA JR, JUAN F - 6
HAIRSTON, VERNAL A - 6
LOFTIS, MEGAN A - 5
ECKART, DWAYNE K - 5
HENNING, KERI D - 5
BONNARENS, JAMES L - 5
ADAMS, DONALD L - 5
WILLIS, SAPHYRE D - 2
NORWOOD, JASON R - 2
ROBINSON, RICK D - 2
HOCH, CALE A - 1
CALHOUN, TOM C - 1
MOORE, DENNIS R - 1

Inside this Issue:

Safety	2
Health	3
Wellness	4
City News	5
Calendar	6
Training	7

2015 UNITED WAY TOTALS

Thank-you for making this year's campaign successful.

City of Lawton Employee Contribution Total:

$40,884.48

2015 Lawton Police

The picture from left to right (zig zag back and forth). PPO Christopher Blessing, PPO Darrel Burton, PPO James Carr, Lt. Brad Davis, PPO Cory Byrne, PPO Andrew Foreman, Sgt. Michael Spencer, PPO Daniel Hallagin, Sgt. Richard Wallace, PPO William Maxson, LFD - Marc Sutphin, Chief James T. Smith, Mayor Fred Fitch and City Manager Jerry Ihler

Be Prepared for Winter Driving

Check the Weather Before You Go

If the weather is frigid, you're going to want to warm up the car before you drive it. To prevent carbon monoxide poisoning, never leave a vehicle running in an enclosed area, such as a garage. In fact, the Consumer Product Safety Commission warns that a car running in an attached garage is never safe, even with the garage door open. If the forecast looks iffy, wait out the storm if possible. But if you must travel make sure you share your travel plans and route with someone before you leave. If you become stranded in an unfamiliar area, do not leave your car. Light flares in front and behind the car and make sure the exhaust pipe is not blocked by snow, mud or any object.

Know What to Do to Avoid a Crash

You've done all you can to prepare your car, you've checked the weather, but suddenly you find yourself driving in a slippery mess. If visibility is severely limited due to a whiteout, pull off the road and don't even attempt to drive farther until conditions improve. But sometimes water or ice on the road can surprise drivers, even with little to no precipitation. Do you know how to prevent a skid? Would you know what to do if you ended up sliding toward another vehicle or fixed object? If you don't want to end up in a crash, AAA offers some winter driving tips.

- Never mix radial tires with other types of tires
- Avoid using your parking brake to slow or stop
- Do not use cruise control in wintery conditions
- Look and steer in the direction you want to go
- Accelerate and decelerate slowly
- Increase following distance to 8 to 10 seconds
- Know whether you have antilock brakes, which will "pump" the brakes for you in a skid
- If possible, don't stop when going uphill
- Keep your gas tank at least half-full
- If you do get stranded, don't try to push your vehicle out of snow
- Signal distress with a brightly colored cloth tied to the antenna or in a rolled up window

Prepare Your Car for Winter

Besides checking the weather, it's important to have a mechanic check the condition of the following vehicle systems before heading out on the road:

- Ignition
- Brakes
- Wiring
- Hoses and fan belts
- Spark plugs
- Air, fuel and emissions filters, and PCV valve
- Distributor
- Battery
- Tire wear and air pressure
- Antifreeze level and freeze line

Winter road trips – even short ones – are a great way to celebrate with family and friends. Being prepared can ensure a safe and happy time is had by all.

Don't Leave Home Without These

In an emergency situation, in addition to a full tank of gas and fresh antifreeze, National Safety Council recommends having these with you at all times:

- Properly inflated spare tire, wheel wrench, tripod jack, tow and tire chains
- Shovel
- Jumper cables
- Bag of salt or cat litter for better tire traction or to melt snow
- Tool kit & Compass
- Flashlight and extra batteries
- Reflective triangles or flares
- First aid kit
- Windshield cleaner (Ice Scraper)
- Matches in a waterproof container
- Scissors and string or cord
- Nonperishable, high-energy foods (canned nuts, dried fruits, hard candy, etc)
- Blankets, mittens, socks and hats

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Eating Right for a Healthy Weight

Reaching and maintaining a healthier weight contributes to your overall health and well being. Losing even a few pounds or preventing further weight gain has health benefits.

Are you ready to make changes in your lifestyle and move toward a healthier weight? Here are some tips to get you started.

Start with a plan for lifelong health. Focus on the big picture—achieving overall good health—not just short-term weight loss.

Set healthy, realistic goals. You are more likely to succeed in reaching realistic goals when you make changes step-by-step. Start with one or two specific, small changes at a time. Track your progress by keeping a food and activity log.

Get a personalized eating plan. Go to **www.ChooseMyPlate.gov** for a plan that will give you the amounts of each food group you need daily. If you have special dietary needs, consult a registered dietitian for a customized plan.

Eat at least three meals a day and plan your meals ahead of time. Whether you're eating at home, packing a lunch or eating out, an overall eating plan for the day will help keep you on track.

Balance your plate with a variety of foods. Half your plate should be filled with fruits and vegetables, about one fourth with lean meat, poultry or fish, and one fourth with grains. To round out your meal, add fat-free or low-fat milk, yogurt or cheese.

Start your meal with low calorie foods like fruits, vegetables and salads. These foods are packed with nutrients your body needs.

Focus on your food. Pick one place to sit down and eat at home. Eating while doing other things may lead to eating more than you think. Also, switching from a large plate to a smaller one may help you feel satisfied with reduced portions.

eat right. Academy of Nutrition and Dietetics

For more information about healthy eating, visit **www.eatright.org** and **www.ChooseMyPlate.gov**.

Know when you've had enough to eat. Quit before you feel full or stuffed. It takes about 20 minutes for your brain to get the message that your body is getting food. When your brain gets this message, you stop feeling hungry. So, fast eaters—slow down and give your brain a chance to get the word.

Get plenty of fiber from fruits, vegetables, beans and whole grains. Fiber can help you feel full longer and lower your risk for heart disease and type 2 diabetes.

Watch portion sizes to manage your calorie intake. This is the key to an effective weight management plan. To make sure your portion sizes are "just right," visit the MyPlate Food Groups Food Galleries at **www.choosemyplate.gov/STEPS/howmuchshouldyoueat.html** for healthy eating guidelines in household measures.

Snack smart. Include snacks as part of your daily calorie allowance and limit portions to one serving. Plan for nutritious snacks to prevent between-meal hunger. Keep portable, healthy snacks in your desk, backpack or car.

Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness—plus, it helps control body weight, promotes a feeling of well-being and reduces the risk of chronic diseases.

Pick activities you like and do each for at least 10 minutes at a time. Aim for a total of 2 hours and 30 minutes or more each week of moderate activity such as brisk walking. If you are currently inactive, check with your doctor concerning increased physical activity.

eat right. Academy of Nutrition and Dietetics

iHEALTH FITNESS *winners*

To all employees that have I-Health Fitness Trackers:

We finished our first Fitness Challenge. Great job to all who participated. We want to congratulate our winners of the 2 week step challenge.

Steven Monostori-Fire
Rick McCollister-Police
Jackie Somerlott-General

These employees won 4 tickets to an OKC Blue basketball game.

Congrats to our winners!

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.
Sources: U.S. Department of Health and Human Services, ADA Complete Food & Nutrition Guide.

©2014 Academy of Nutrition and Dietetics. Reproduction of this tip sheet is permitted for educational purposes. Reproduction for sales purposes is not authorized.

STORMWATER

Winter brings with it unique and significant pollution concerns to our area creeks. When the ground is frozen, it acts like a hard surface similar to asphalt or concrete. It no longer has the ability to act like a natural filter.

Pollutants accumulate in snow banks and ice. Once the snow and ice melt, all the grime, grit, dirt, road salt, and other pollutants are washed into our stormwater system. This seasonal addition of melt water can result in significant amounts of pollutants. It's important that we reduce the amount of potential pollution sources during the winter months.

Be stingy with your salt application and consider alternative salting methods. Road salt can be harmful to plants, aquatic life and drinking water supplies. Salt alternatives like potassium acetate (KA), calcium magnesium acetate (CMA), or sand are less damaging to homes and landscaping and can be used to de-ice and improve traction on a walkway or driveway. If you do apply salt, shovel first and apply as little as possible. Mixing salt with natural substances like beet juice can increase the salt's effectiveness at lower temperatures, reducing the amount of salt needed for application.

LAWTON ANIMAL WELFARE
NEW BEGINNINGS

Lawton Animal Welfare 2015 Success Rate Chart

January	February	March	April
74.655%	66.335%	63.42%	85.46%
May	**June**	**July**	**August**
84.655%	59.085%	71.295%	70.47%
September	**October**	**November**	**December**
78.04%	84.975%	96.61%	80.43 %

72.285% Overall Success Rate

THE BLOOD DONOR CHALLENGE

JOIN THE MOVEMENT

#BloodDonorChallenge

City of Lawton Blood Drive

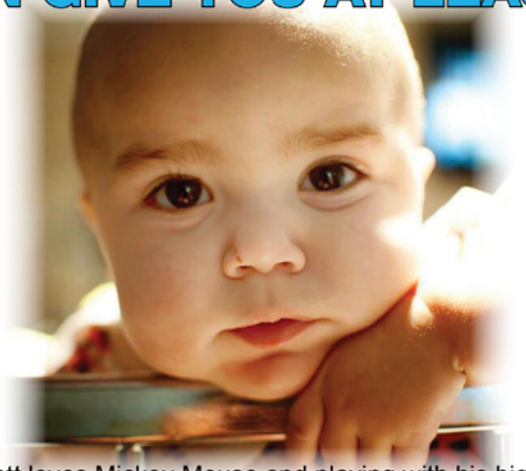
Thursday, February 25

11 AM - 4 PM

City Hall - Banquet Room

For more information contact Chase Massie at 581-3395

NEED A REASON TO DONATE BLOOD? HE CAN GIVE YOU AT LEAST ONE.



Bennett loves Mickey Mouse and playing with his big brother!

WILL YOU TAKE THE CHALLENGE FOR OTHERS LIKE HIM?

Donors receive a ***BLOOD DONOR CHALLENGE*** T-shirt while supplies last

Oklahoma Blood Institute
Texas Blood Institute
Arkansas Blood Institute

AA

MARK YOUR CALENDARS

FEBRUARY 12:
MANAGING DEBT WORKSHOP
10AM-12PM

FEBRUARY 25:
BLOOD DRIVE

FEBRUARY 26:
IT'S NOT TOO LATE TO SAVE
10AM-12PM

FEBRUARY 26:
10 QUESTIONS RETIREE GUIDE
1PM-3PM

2015-2016 TRAINING CALENDAR

DATE	CLASS TITLE	LOCATION	TIME	MAX STUDENTS	STATUS
JANUARY					
JAN 7TH	DEFENSIVE DRIVING	BANQUET RM	8:00 A.M.- 4:00 P.M.	30	SCHEDULED
JAN 13TH	HARASSMENT FREE	BANQUET RM	8:00 A.M.-10:00 A.M.		SCHEDULED
JAN 12TH	PPE	BANQUET RM	8:00 A.M.-10:00 A.M.	60	SCHEDULED
JAN 14TH	LOTO	BANQUET RM	8:00 A.M.-10:00 A.M.	60	SCHEDULED
FEBRUARY					
FEB 3RD	GETTING ALONG	BANQUET RM	8:00 A.M.-10:00 A.M.		SCHEDULED
FEB 11TH	ELECTRICAL SAFETY	BANQUET RM	8:00 A.M.-10:00 A.M.		SCHEDULED
MARCH					
MAR 2ND	HARASSMENT FREE	BANQUET RM	8:00 A.M.-10:00 A.M.		SCHEDULED
MAR 10TH	DEFENSIVE DRIVING	BANQUET RM	8:00 A.M.- 4:00 P.M.	30	SCHEDULED
MAR 31ST	CONFINED SPACE	BANQUET RM	8:00 A.M.-12:00 P.M.		SCHEDULED
APRIL					
APR 6TH	GETTING ALONG	BANQUET RM	8:00 A.M.-10:00 A.M.		SCHEDULED
APR 19TH	ANIMAL & INSECT HAZARDS	BANQUET RM	8:00 A.M.-10:00 A.M.		SCHEDULED
APR 21ST	TRENCHING & SHORING	656	8:00 A.M.-02:00 P.M.	30	SCHEDULED