

“Life in the City”

“Feel free to grow and flourish into anything you want to be for the sky is the limit…….”

Sustainable Texarkana

There is a shift in the way of thinking for Texarkana, Texas in regard to energy efficiency and conservation. The City has made minor improvements and upgrades over the years to reduce our energy consumption. However, as a result of the City Council signing the U.S. Mayors Climate Protection Agreement, we will begin a more concerted effort to reduce our energy consumption and thus become better stewards of citizen tax dollars. To do this, we have to take a small and large-scale approach that includes every employee. Over the coming months you will begin to notice upgrades in technology in various City buildings. These upgrades will include compact fluorescent lighting, more effi-

cient ballasts and bulbs, motion censored lighting, and programmable thermostats, among other things. The investments are being made in an effort to reduce the City’s utility bills and carbon output. More specifically to you, the employee, the following “habit



changing” steps are encouraged by all City employees as the apply:

- Copiers, printers and other office equipment should be turned off in the evening
- Switch off unnecessary lights and use natural lighting when feasible
- Switch off lights as you leave the office in the evening
- Unplug phone, blackberry and other charges that are not in use

In addition, we will start a “Reduce Your Juice” competition between various municipal buildings. See below for more information!

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“Reduce Your Juice”

“Reduce Your Juice” is a competition between various municipal buildings and will involve all City employees. Each building within the competition will be monitored monthly and ranked based on the amount of kilowatts reduced from that month during

the previous year. Buildings in this year’s competition include City Hall, Health Department, Library, Perot Theater, Southwest Center, General Services and all Fire Stations. At the end of the six month competition, a free lunch and/or other prizes will be

given to the municipal building employees who reduce their energy consumption the most. The prizes will be funded through SWEPSCO’s Commercial Energy Solutions Program.

Special points of interest:

- Be sure to do all you can to help your facility win the “Reduce Your Juice” Competition. Don’t forget, lunch and/or other prizes will be given away!

Fact or Fiction-Energy Conservation

- Fiction: A computer left on 24hrs a day uses less energy than shutting down and rebooting each day.
- Fact: This was the case with the old mainframe computers in the late 1970s and early 1980s. While rebooting a modern computer does take an energy boost it doesn't come close to the energy consumed if a computer is left on all the time.
- Fiction: Shutting down and restarting your computer wears out the power switch, drive motors and other components and puts extra stress on the read/write heads inside the computer's hard drive.
- Fact: Again, this was the case with older computers, but modern computers use safer processes that allow for a safer restart. Rebooting a computer also cleans out old files and can improve performance
- Fact: Even when electronic devices are turned off, they use energy. Save on electric bills by unplugging unused electronic devices.
- Fact: By switching to LED Traffic Lights, the City of Texarkana, Texas saves thousands of dollars annually in utility costs and reduced maintenance schedules from once a year to once very ten years.



Free Tutoring Service- Texarkana Library

Attention Parents & Students:

Texarkana Public Library Offers a FREE tutoring service available on the Internet. A library card from Texarkana Public Library is required to use the service. Students may login from library computers or their home computer. The service is available from 3-10pm daily including weekends. Students are connected to an online classroom for one-on-one help with a tutor. Sessions are 30 minutes in length and you may login multiple times. Students go to the Texarkana Public Library website at:

www.txar-publib.org and select Tutor.com Live Homework Help. Library card number will then be requested. All tutors have passed background checks, and tutoring sessions are recorded and reviewed.

Grades Covered: Pre-K to Grade 12, College and Adult Learners.

Subject areas covered include: Elementary Math, Calculus, Algebra Trigonometry, Elementary Science, Earth Science, Biology, Chemistry,

Physics, American History, World History, Political Science, Spelling, Grammar, Essay Writing, and Book Reports.

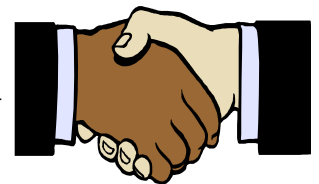
Spanish speaking tutors are available to help students in math and science.

For information on obtaining a library card please call (903) 794-2149.

Texarkana Public Library
600 W. 3rd Street
Texarkana, Texas 75501

New Employees

- Cynthia Gunn-CRC
- DeeDee Patrick-Police
- Tiffany Dodd-Demolition
- Audra Richardson-CRC
- Vicki Melde-Marketing/Communications
- Travis Mudford-Engineering
- Jordan Russell-Street
- Leroy Dodd-Human Resources
- Jerry Lorthridge-Street
- David Orr-City Manager's Office
- Gerald Sinyard-Street
- Peter Mann-Police
- Brett Stroman-Street
- Jeffery Estes-Police
- Clifford Harris-Police
- Jermie Walston-Parks
- Joshua Hawkins-Fire
- Michael Clark-Fire



Striving to work as a good team so that we may become a great family

A New Era In City-Wide Safety

After more than a year of planning and organizing, the City of Texarkana, Texas has launched a new movement toward employee safety and reduction of accident/injury costs by creating a City-Wide Safety Committee. Committee members are as follows:

Kenny Copeland, Chairperson

Shanette Hatcher, Co-Chairperson

LaFonda Whitworth, Recorder

Capt. Joe Bunting, Police Department

Kerry Meredith, City Manager's Office

Jim Powell, General Services

Jeff Heminger, Fleet Division

Robby Robertson, Parks Department

Danny Smith, Street Department

Capt. Shawn Vaughn, CRC

Larry Davlin, Bi-City Safety

Our goal is to insure the safety of all city employees by the development and en-

forcement of safety procedures, the identification of potential safety issues with corrective measures, the promotion of employee health and wellness, and the identification of training needs. The committee hopes to create a workplace culture in which employees make a conscious effort to be positive and proactive in regard to safety at their respective jobs. The Safety Committee Members welcome input from anyone who has ideas which could help to make this program successful.

New Police Officers

- Jonathan Price-Jonathan graduated as Valedictorian of his academy class and will spend the next four months in the field training program. He is an '06 graduate of Jefferson High School, Jefferson, TX. He comes to the City after previously working as a Private Security Officer.
- Craig Buster-Craig graduated from the East Texas Police Academy on May 31st. He is an '03 graduate of Pleasant Grove High School, Texarkana, TX. He comes to the City after previously working as a restaurant manager.
- Warren Smith- Warren graduated from the East Texas Police Academy on May 31st. He is an '88 graduate of Maud High School, Maud, TX. He comes to the City after previously working as a manager at a local drug store.



Healthy Household Habits for Clean Water

- Use fertilizers and pesticides sparingly and sweep up driveways, sidewalks, and gutters**
- Never dump anything down storm drains or in streams**
- Vegetate bare spots in your yard**
- Compost your yard waste. Leave grass clippings on the lawn to retain moisture and to insulate and nourish the soil**
- Use least toxic pesticides, follow labels, and learn how to prevent pest problems**
- Direct downspouts away from paved surfaces; consider a rain garden to capture runoff**



City of Texarkana, Texas



Wellness Initiative
LaFonda Whitworth,
Employee Health Nurse
903-798-3250 ext 118
Lwhitworth@txkusa.org

September Health Observances

- America On the Move's September
- National Cholesterol Education Month
- Healthy Aging Month
- Craniofacial Acceptance Month
- Ovarian Cancer Awareness Month
- Childhood Cancer Month
- Fruit & Veggies-More Matters Month
- Leukemia & Lymphoma Awareness Month
- National Alcohol & Drug Addiction Recovery Month
- National Infant Mortality Awareness Month
- National Sickle Cell Month

**Call for an appointment for
your FREE cholesterol
screen!**

Cholesterol

Cholesterol is found in every cell in your body. It is used by your body to build healthy cells, as well as some vital hormones. When you have high cholesterol, you may develop fatty deposits in your blood vessels. Eventually, these deposits make it difficult for enough blood to flow through your arteries. Your heart may not get as much oxygen-rich blood as it needs, which increases your risk for a heart attack. Decreased blood flow to your brain can cause a stroke.

High cholesterol does not have symptoms but it is largely preventable and treatable. A healthy diet, regular exercise and sometimes medication can go a long way toward reducing high cholesterol. Ask your medical provider for a baseline cholesterol test at age 20 & then have the test repeated at least every 5 years. You may need more frequent screenings if your test results aren't within desirable ranges, if you have a family history of high cholesterol, or if you have other risk factors such as smoking or diabetes. Smoking damages the walls of your blood vessels, making them likely to accumulate fatty deposits. Smoking may also lower your HDL or "good" cholesterol level. Obesity puts you at a high risk of having high cholesterol. Foods that are high in cholesterol such as red meat and full-fat dairy products will increase your total cholesterol. Eating saturated fat and trans fats can also raise your levels. Exercise helps to increase your HDL level. Not getting enough exercise puts you at risk of high cholesterol. High blood pressure damages the walls of your arteries, which can speed the accumulation of fatty deposits. High blood sugar levels contributes to higher LDL (bad) cholesterol

and lower HDL levels. Diabetes can also contribute to damage of arterial walls. If a parent or sibling developed heart disease before age 55, high cholesterol levels place you at a greater risk for developing heart disease.

Your medical provider may prescribe one of several different types of medication to help you control your cholesterol levels, but lifestyle changes are essential to controlling your cholesterol.



**TEXARKANA RACE FOR THE CURE
SATURDAY, OCTOBER 17, 2009**

Join the City of Texarkana, Texas Team

Registration is \$20.00. You may register online at www.komentexarkana.org or through Vicki Melde. Ms. Melde's contact information is:

Email: Vicki.melde@txkusa.org or (903) 798-1743.

Team registration deadline is September 22, 2009.