

ACE NEWS

AMARILLO CITY EMPLOYEE NEWSLETTER



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September 14-22, 2012



Fair Parade September 15 at 10 am

**Punt, Pass & Kick
September 22, 2012**

Early Registration through
September 20



Special points of Interest:

- Water Trivia
- August Retirees



Police Officers Receive Medal of Valor Amarillo Police Department



On Friday, June 8, 2012, Officers Christopher Cruz, Vinilla King, Quirino Mariscal and Cole Thurman received the 2011 State of Texas Law Enforcement Achievement Award for Valor. The ceremony was held in the State Capitol Extension Auditorium in Austin, Texas. A reception was held following the ceremony in the Legislative Conference Room. The officers received this honor for the incident described below.

On May 31, 2011, officers were dispatched to a vehicle accident. The driver of the vehicle was eastbound on Northeast 24th Avenue at a high rate of speed when he lost control of his vehicle and slammed into a utility pole. The impact was so great that the car doors were jammed closed. The occupants were seriously injured from the crash alone, but the car began to catch fire in the engine compartment and burned violently. Officer Christopher Cruz was the first officer to arrive at the scene and immediately ran to the car to try to remove the occupants. By this time the flames were approximately 7-8 feet high and had engulfed the entire engine compartment and flames were burning through the dashboard. Officer Cruz radioed to the other responding officers to bring their fire extinguishers and systematically they used several fire extinguishers in an effort to rescue the occupants. Officer Cruz attempted to free the passenger who was trapped and unable to exit on his own as the seat was pushed forward towards the dash. Flames were engulfing the occupants of the vehicle. Officer Quirino Mariscal was the next officer to arrive on scene and began using his

fire extinguisher trying to put the fire out from the driver's side. Officer Cruz tried to pull down on the top of the passenger door to create more space so the passenger could get out of the car. This allowed him to pull the passenger halfway out of the vehicle. Officers Cole Thurman and Vinilla King arrived and used their fire extinguishers, causing the flames to subside enough to allow Officers Cruz and Thurman to pull the top of the door down far enough so that they could access the passenger. The officers pulled the passenger from the vehicle and moved him a safe distance away where they began to administer first aid. Officers Thurman, Cruz, King, and Joel Young performed first aid on the passenger, including cutting off his smoldering clothes. They continued to provide first aid even after medical personnel arrived and took over as primary care of the passenger. All of this was done prior to the fire department arriving on scene. It was later determined that the passenger received burns to approximately 20% of his body. During the time officers were removing and administering first aid to the passenger, the Amarillo Fire Department arrived and was able to extinguish the fire. Once the fire was extinguished, firefighters were able to remove the driver, who was still trapped inside the vehicle. It took the "Jaws of Life" to free the driver from the car. Both the driver and his passenger received burns and multiple fractured bones and were flown to the Burn Center in Lubbock, Texas.

Congratulations Officers Cruz, King, Mariscal and Thurman!



Left to right:
Officers Quirino Mariscal, Vinilla King, Christopher Cruz and Cole Thurman



River Road and Hollywood Road Wastewater Treatment Plants were presented with the National Association of Clean Water Agencies Platinum Award at the City Commission meeting on August 17, 2012. Left to right: Floyd Hartman, Asst. Utilities Director; Tim Loan, Asst. Utilities Director; Damen Ratliff, Asst. Superintendent; Jorge Vasquez, Operations Control Supervisor; Jim Stover, Wastewater Treatment Supervisor; Michael Brodgon, Asst. Plant Supervisor; and Bruce Walterscheid, Water Sewer Superintendent. *Congratulations!*

Amarillo Wastewater Treatment Receives Awards

Tim Loan, Assistant Director of Utilities

Congratulations to the City of Amarillo Wastewater Treatment Plants! The City's Wastewater Treatment Plants each received Platinum Peak Performance Awards from the National Association of Clean Water Agencies (NACWA) at its Annual Summer Conference held in Philadelphia, PA in July of 2012. These awards demonstrate true teamwork and a high level of dedication from our employees which are involved in the operation of these plants. Thank you for the job each of you does! It is very satisfying to be associated with such great people!

Platinum is the highest level of award which can be received in the Peak Performance Awards category. The Platinum award recognizes **100% compliance** with (National Pollutant Discharge Elimination System (NPDES) permits over a **consecutive five-year period**. Achieving 100% compliance for five consecutive years is outstanding at one plant, let alone at two plants! The NPDES permit is issued by the Texas Commission on Environmental Quality (TCEQ) under the authority of the United States Environmental Protection Agency (US EPA). These permits allow each plant to discharge treated wastewater into nearby streams. 2012 represents the second consecutive year the River Road Plant has received the Platinum Peak Performance Award and the first year for the Hollywood Road Plant. Each plant is required to report monthly, quarterly, and annually on a wide array of various water quality parameters. Biosolids quality must also be analyzed and reported.

In order for the plants to be successful, it must have outstanding employees and support staff. Each plant is staffed with plant operators, maintenance personnel, and a supervisory staff. The plants are staffed 24 hours a day, every day. The plants rely on many outside personnel which play key roles in their success. Support is provided by the City's Environmental Laboratory (ELAB) where the majority of the water quality analyses are performed. Also, located at the ELAB are the Industrial Waste employees which work closely with local industries to make sure the water they discharge to the city is of a quality that will not interfere with the treatment processes. Storm water quality support is provided by the Storm Water Quality personnel located at the ELAB. Finally, the ELAB provides the administrative support for the plants, including two administrative professionals and the Wastewater Treatment Superintendent. Just as important to the success of the plants, is the support provided by the City's Wastewater Collection Department which is responsible for transporting the wastewater in a safe manner to the plants. The support does not end there though, as nearly every division and department in the City has provided assistance to these plants through the years.



Live United!

Blair Harris, Management Analyst



The 2012 United Way campaign is underway and you will have the opportunity to attend your department rally soon. This year, we are excited about our monthly United Way fundraisers. We hope you were able to participate in the swimming party and golf tournament that were held over the last two months. We appreciate everyone who took part in those events. We had a lot of fun and gave away many great door prizes. Watch for information about the *Evening at the Zoo* on October 6, the *Chili Cook-off* on November 2 at the Service Center, and a *Pot Luck Lunch* on December 7.

this year is to make it easy for everyone to be a part of something BIG, and \$3 dollars from each of us can make that happen. We have t-shirts for everyone who participates this year, and if you are a fair share or super fair share giver, you will receive an additional thank you gift. Every gift counts, and we appreciate your participation. Live United!

United Way Employee Swim Party August 18, 2012



Last year the City of Amarillo employees gave \$144,276 to United Way of Amarillo and Canyon. That is an impressive gift. This year we would like to exceed that amount by introducing our \$3 Campaign. **If every City employee gave just \$3 per pay period we would exceed last year's giving by more than \$27,000!** Three dollars won't buy a gallon of gas, a movie ticket, lunch at McDonalds, or even a gallon of milk, but it can change someone's life when we all combine our efforts. Our goal



The Birdman of Sanitation

Charlie Sanchez, Safety Manager



Would you be able to identify a Double Yellow Headed Parrot from a Green Wing Macaw or a Green and Blue Quaker? Though they started out raising three Cockatiels, Roy Brown and his wife Sharon are now taking great pride of raising exotic birds as their hobby. Although the birds are not for sale, Roy has at times sold a pair or two on the insistence of the customer who just had to have those birds.

It is a hobby Roy and Sharon enjoy so much they have set aside a room just to care for and watch the newly hatched chicks. The eggs are hatched by the hen while the male waits patiently. From a featherless hatchling to being able to eat on its own takes approximately two to three weeks. Feeding is done by hand with an eye dropper filled with a baby bird formula. The newly hatched chicks get fed every two hours a day until they are two weeks old, when the male takes over the feeding.

When the birds are strong enough, they are moved into their own cages where they will spend the majority of their time. At that time, the birds are weaned and begin to eat solid food consisting of seeds, grapes, and other fruits. The cages are designed so that the birds have an opening to the outdoor cage area. Being able to get

outside, gives the birds the opportunity to roost outside and sun themselves if they desire.

Roy also mentioned that the birds in his collection act as a great intruder deterrent. Anybody who would have an idea of trying to break into the bird house would be greeted by some of loudest cackles and whistling you have ever heard. Other than the times when a stranger enters the bird house, Roy said the birds are relative quiet except when it's time to feed, and then they tend to get excited and somewhat boisterous.

Roy also stated that these birds are wild and exotic. The idea of having one of these birds on your shoulder or perched on your finger ala Captain Hook style is out of the question. Well, unless you want to have your finger snapped off, these birds are better left in their cages.

“Polly Want a Cracker” is not the saying of choice for these beautiful and exotic birds!



FROM THE PANTRY

Margaret Payton, MBA, RD



Shrimp Florentine Pasta

Ingredients:

- 8 ounces uncooked fettuccine
- 2 tablespoons butter
- 1 pound large shrimp, peeled and deveined
- 1 tablespoon chopped fresh garlic
- 1 teaspoon crushed red pepper
- 1 tablespoon fresh lemon juice
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 (6-ounce) package fresh baby spinach

Preparation:

Cook pasta according to package directions, omitting salt and fat. Drain

well; set aside, and keep warm. Melt butter in a large nonstick skillet over medium heat. Add shrimp, garlic, and crushed red pepper; cook 4 minutes or until shrimp are done, stirring occasionally. Add cooked pasta, lemon juice, salt, black pepper, and spinach; cook for 3 minutes or until spinach starts to wilt, stirring to combine. Serve immediately.

Yield: Serves 4 (serving size: 1¼ cups)

Nutritional Information:

Calories: 402; Fat: 8.6g; Saturated fat: 4.3g; Monounsaturated fat: 1.8g;

Polyunsaturated fat: 1g;
Protein: 32.1g; Carbohydrate: 49.3g; Fiber 4g; Cholesterol: 188mg; Iron: 6mg



WATER TRIVIA

Stacy Clopton Yates, Library Public Relations Coordinator

1. **Approximately how much water do Americans use every day?**
 A. 75 gallons each day
 B. 100 gallons each day
 C. 50 gallons each day

2. **What percentage of all the world's water is salty or otherwise undrinkable?**
 A. Half — approximately 50%
 B. More than 95%
 C. About 75%

3. **When lawns are watered improperly, how much of that water can be lost to the atmosphere through evaporation?**
 A. Up to 90%
 B. More than 50%
 C. Approximately 60%

4. **A person can live up to a month without food. How long can a person live without water?**
 A. Up to one week
 B. Two days
 C. Up to two weeks

5. **At normal household pressure how much water can a garden hose discharge in one minutes?**
 A. 6 to 8 gallons
 B. Ten gallons
 C. One gallon

6. **Which room in the house uses the most water?**
 A. Kitchen
 B. Garden
 C. Bathroom

7. **If all the world's water were fit into a gallon jug, how much fresh water would be available for use?**
 A. About one tablespoon
 B. One quarter cup
 C. One teaspoon



Above: Mayor Harpole visits the City's Conservation Booth at the Center City Block Party

Below: Julie Bennett with the Panhandle Groundwater Conservation District, front right is Faye Stover. Left rear, Sonja Gross, Debbie McMurry and her husband Fred McMurry



Answers: 1B, 2B, 3A, 4A, 5A, 6C, 7A

BENEFITS CORNER

Cindy Reynolds, Benefits Administrator



The Benefits office is pleased to announce that beginning September 15th Amarillo Oral and Maxillofacial Surgery is an exclusive in-network oral surgery provider. They are located at 3501 S. Soncy Road, Suite 134 and you can reach them at 806-353-1055.

There will be another Voluntary Benefits day coming October 24, 2012. If you are interested in learning more about AFLAC, Nationwide (Deferred Compensation), TMRS, or if you would like to talk with Amarillo College or the City Federal Credit Union about what they offer, plan to attend. We will send out flyers with specific times and places closer to the event.

The Harrington mobile mammo- gram unit will be onsite the week of

November 5th through the 8th. The health plan pays for one screening mammogram per year at 100% for women 40 and over.

Remember the health plan's year is calendar not 12 months from your last mammogram. If you had a screening mammogram in 2011, you are eligible for another in 2012.

The City will again offer flu shots to employees (full and part-time) and retirees. Dependents of full-time employees and retirees who are on the Group Health Plan are also eligible to participate. **The Health Department will be administering the flu shots on Friday September 14 from 7:00 a.m. to 6:00 p.m. in the Regency room at the Civic Center.**



Soup before a meal may help you lose weight

Dieting doesn't have to mean a life of bland rice cakes and raw vegetables.

A bowl of hot soup before a meal may encourage you to eat less, according to research. The idea: hot soup forces you to slow down if you don't want to scald your tongue. This gives your stomach more time to process the sensation of filling up, and when your meal arrives, you won't feel as hungry as you would otherwise. For best results, choose a soup that's low-fat and not cream-based.

Transit Department— “How Does Your Garden Grow?”

Judy Phelps, Transit Manager

Jacque Harrison

Jacque has found peace in her garden. She enjoys the challenge and learns something new every year.

With the exception of peppers – Jacque starts tomatoes, okra, watermelon, cucumbers and black eyed peas from seed. When the soil looks and feels a certain way – she knows the garden will be a success. She typically starts planting the first week in May and strives for a visually appealing layout.

Jacque watches the leaves on her plants. Squash bugs will take over and destroy a plant in a couple of days. She removes the bugs by hand and will use Seven Dust when necessary. She has also placed a 2x4 under the plant. The Squash bugs do not like water and will seek refuge under the 2x4. Check the 2x4 every day - kill the bugs on the board, clean it and place it under the plant again.

Jacque starts her cucumber seeds in a damp paper towel, rolls them in plastic wrap and places them on the top of the hot water heater. When the seeds sprout – they are ready to place in the garden. She also suggests soaking okra seeds for about 3 days then place them in the garden. She has also found plants have a better success rate when they are transplanted into the garden in the evening. Jacque also suggests watering very early in the morning or late in the evening. In the future, she plans to add a seating area in the center of her garden.



Stojan Sain

Stojan has lived in the USA for 13 years in August – he gardens every year because he loves it! In Bosnia, his family raised their meat, vegetables and fruit. Home grown vegetables taste and smell better.

Stojan begins preparing his garden soil in the fall. He tills manure into the ground in October, starts vegetable seeds in February, tomato seeds in March and waits to plant the peppers until they are about 3 inches tall. He also uses chains as a support for vines to keep the vegetables off of the ground. Although the climate is dry and the vegetable garden is a challenge - Stojan attributes his gardening success to organic soil fertilizer and mounding the soil around the base of the plant. He plans to install a rain harvest system this fall.



Transit Department— “How Does Your Garden Grow?” (continued from page 5)

Juan Martinez

Juan describes gardening as one of the simple things in life that make you feel good – it is relaxing to see something grow, and he finds nurturing a plant enjoyable.

Juan recommends protecting the garden from too much sun and wind. Juan grows 5 different varieties of tomatoes, melons and peppers. He finds growing watermelon a challenge that he has not solved. He fences them in so that they do not take over and crowd out the tomatoes. He also advises gardeners to allow plenty of space between each plant and avoid overcrowding.



The Transit Department has a couple of recipes from our gardeners to share. If you are interested in a copy, please e-mail judy.phelps@amarillo.gov.



SAFETY CORNER

Charlie Sanchez, Safety Manager



How can I protect my hearing? Although it is common to lose a little bit of hearing after the age of 20, hearing problems often start slowly over time but rarely lead to total deafness. First let's look at a couple of considerations.

- Conductive hearing loss occurs because of a mechanical problem in the outer or middle ear. The three tiny bones may not conduct sound properly or the eardrum may not vibrate in response to sound. Conductive hearing loss can often be reversed.
- Sensorineural hearing loss is due to a problem with the inner ear. It most often occurs when the tiny hair cells that move sound through the ear are injured, diseased, do not work correctly, or have died. Sensorineural hearing loss cannot be reversed.

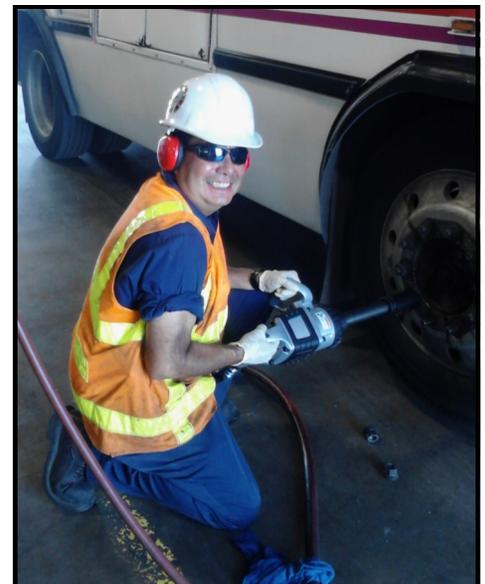
Now we can discuss preventative measures to protect our hearing. Obviously we need to avoid loud environments, but if our work or other activities involve noise exposure we need to utilize hearing protection. Noise is measured in decibels (db).

Hearing protection can be as simple as disposable foam ear plugs or ear muffs. When using disposable ear plugs, you will notice an NRR rating for the ear plugs. This stands for Noise Reduction Rating. The higher the NRR rating listed on the package, the greater the protection and noise reduction. While wearing hearing protection your exposure to noise is equal to the total noise level minus the NRR of your ear plugs in use. For example, if you were exposed to 80db of noise but were wearing earplugs with an NRR of 29, your actual noise exposure would only be 51db.

When dual hearing protection is used, disposable ear plugs and ear muffs, the combined NRR provides approximately 5-10 decibels more than the higher rated of the two devices. For example using disposable ear plugs (NRR 29db) with ear muffs (NRR 27db) would provide a NRR of approximately 39 decibels.

The industry standard for excessive noise is defined as 85-90 decibels. Some example of noise levels considered dangerous by experts are: Busy street noise - 80db, lawnmowers - 90db, chain saws 100 - db, firearms - 140db rock concerts - 150db.

Let's protect our hearing; once the tiny hair cells have died, there is no hope of regaining that portion of hearing loss ever again.



Ruben Solis, Equipment Mechanic, Transit

WELCOME...

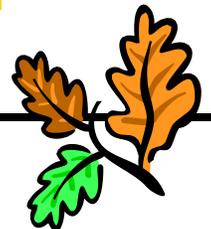
Name	Title	Department
Danielle Jones	Admin Assistant V	Risk Management
Barbara Bauernfeind	Attorney 1	Legal
Aimee Medford	Building Attendant 1	Civic Center
Rhonda-Leigh Johnson	Building Mechanic 1	Facilities
Steven Jackson	Building Mechanic 1	Facilities
Joseph Calvin	Building Mechanic 3	Facilities
Samuel Izard	Admin Assistant 1	Library
Kathrine Garcia	Admin Assistant 1	Library
John Campbell	Store Clerk 1	Central Stores
Joe Suarez	Utility Worker	Street
Rodolfo Hernandez	Utility Worker	Street
Jimmy Albritton	Equipment Operator II	Street
Jason Srader	Utility Worker	Water Distribution
Calvin Banks	Utility Worker	Water Distribution
Marcus Kirkwood	Utility Worker	Wastewater Collection
Carolyn Trevino	Custodian 1	Dept of Aviation
Sherri Henry	Custodian 1	Dept of Aviation
Hugo Blanco	Security Ops Agent	Dept of Aviation
Kenneth Cooper	Custodian-hrly	Facilities Custodial Svs
Zachary Gosselin	Admin Assistant -hrly	Library
Quinlan McElwain	Admin Assistant -hrly	Library
Cole Murdock	Admin Assistant -hrly	Library
Michaela Wegman	Admin Assistant-hrly	Library
Beau Danforth	Library Messenger	Library
Jason Carreon	Admin Assistant-hrly	Library
Majaunta Fruschella	Admin Assistant-hrly	Library
Christopher Rangel	Utility Worker-hrly	Solid Waste Disposal
David Baber	Transfer Truck Driver-hrly	Solid Waste Disposal
Alton Lundegreen	School crossing guard-hrly	Traffic Administration
Danny Walker	School crossing guard-hrly	Traffic Administration
Wanda Hilburn	School crossing guard-hrly	Traffic Administration
Matthew Stickney	Utility Worker-hrly	Park Maintenance
Rich Cain	Utility Worker-hrly	Park Maintenance
Robert Armstrong	Utility Worker-hrly	Park Maintenance
Eric Olave	Utility Worker-hrly	Park Maintenance
Audrey Elizondo	WIC Tech-hrly	WIC Administration
Eric Schmidt	Utility Worker-hrly	Water Transmission

Employee Milestones

NAME	YEARS	DEPARTMENT
MATTHEW BUSHEY	5	SOLID WASTE COLL.
DAVID CAFFEE	5	HRWW TREATMENT
NICOLAS CANALES	5	ENGINEERING
CARLA CANTOR	5	LIBRARY
MICHAEL CASTLEBERRY	5	RR WATER RECLAM.
TAMMY CHERVENKA	5	CIVILIAN PERSONNEL
RYAN COX	5	FIRE OPERATIONS
BRENTON GOEREND	5	FIRE OPERATIONS
CHRISTOPHER TAYLOR	5	FIRE OPERATIONS
MILTON WALLING	5	SOLID WASTE COLL.
ADAM WILCOX	5	FIRE OPERATIONS
ANDREA RENEE RAINS	10	FINANCE
ANTHONY WAYNE ROGERS	10	WASTE WATER COLL.
DAMEN RATLIFF	15	WASTE WATER COLL.
RAYMOND D BURR	20	STREET DEPARTMENT
CINDA JOHNSON	20	LABORATORY ADMIN.
JAMES L BERRY	25	FIRE OPERATIONS
BRADLEY L HILL	25	ANIMAL CONTROL
MARTHA KAY SHELTON	25	PAYROLL
PATRICK M MULLIN	30	LIBRARY

Congratulations August Retirees!

Barton Davidson, Surface Water Treatment — 6 years
 Ben Brinson, Water Distribution — 12 years
 Dexter Wilson, Environmental Health — 16 years
 John Harrison, Solid Waste Collection — 23 years



Promotions/Transfers

OLD		NEW	
Name	Title	Department	Department
Bobby Tefertiller	Emergency Comms Specialist-hrly	AECC	Emergency Comms Specialist
James Rabin	Equipment Operator 1	Street	Equipment Operator 2
Donnie Stewart	Utility Worker	Solid Waste Collection	Disposal Equipment Operator
Oliver Luginbyhl	Planning Designer	Planning	Planning Technician
Eric Olave	Utility Worker-hrly	Park Maintenance	Utility Worker
Dustin Rogers	Mechanic 1	Fire Civilian Personnel	Mechanic Foreperson 1
Erica Silva	LVN-hrly	Public Health	LVN
Michael Farmer	Treatment Plant Operator	River Road WWT Plant	Project Representative 1
Christopher Walker	Utility Worker	Water Transmission	Utility Worker
Juan Ybarra	Electrician 1	River Road WWT Plant	Electrician 1
German Benavente	Utility Worker	Water Distribution	Utility Operator

Send your comments,
suggestions and ideas to:

City Secretary's Office
City Hall
509 Southeast 7th Avenue,
Room 303
Phone:
(806) 378-3014
Fax:
(806) 378-9394
Email:
frances.hibbs@amarillo.gov

We're on the Web!
See us at:
www.amarillo.gov

Send us your email
address to save on
printing and postage

NEW
Nationwide
Retirement
Solutions
Representative:

John A. Bullock, Jr., CFP
(806) 252-7783
bulloj1@nationwide.com

Have a great time with your
fellow City Employees AND
support the United Way at
these great events:

October 6 at 6 p.m.— EVENING AT
THE ZOO

\$3 each for food, fun and live
music w/the animals!

November 2 at the Service
Center— CHILI THROW DOWN!

\$3 each for a delicious lunch!
Vote for your favorite!

December 7 — City Wide
Pot Luck Lunch!

\$3 for lunch—bring a dish to
share!

CITY OF AMARILLO
P. O. Box 1971
Amarillo, TX 79105-1971



ACE ON THE SPOT— RODNEY RAMIREZ

Fundraising is a art form. Convincing people to "Donate" money to a particular youth athletic group or organization isn't without its tribulations. How many times has a co-worker asked you to buy some cookies or candy bars for their child's fundraiser? Sometimes it's not enough motivation to donate.

Over the summer Rodney Ramirez, a Design Tech II in the Director of Utilities Department, took a different approach to "Fundraising." When he was not coaching in the wrestling room he was driving door to door with a trailer and mowers in tow to friends houses, eager to mow their lawn for a monetary "Donation" to his wrestling organization. "When word got out I was mowing and what the proceeds were going for I would receive a text to mow a lawn. When I was finished mowing I would respond with a text that included our website. This allowed them to go online and make a secure donation

using PayPal. After they completed the donation, a receipt was automatically sent via email. This approach was very convenient," said Rodney.

With the donations received, this past July the wrestlers and their families enjoyed a private pool party that included food and drinks at WTAMU Activity Center. Every athlete also received a uniform practice shirt. Fundraising is an art form!

Club Name: Palaestra

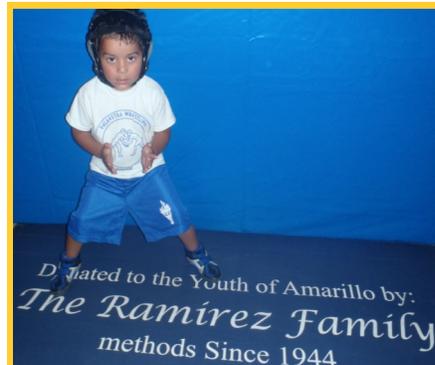
Palaestra is Greek and stands for "wrestling school."

Ages: 4-12 years old

Participants: 12

Website:
www.panhandlewrestling.com

Below: Marc Ramirez



Wrestling for the most part, is an individual sport. It is very demanding and requires an individual to be prepared spiritually, mentally, and physically. These qualities are not limited to the sport of wrestling, but can produce a very positive and productive individual in society!