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CRMWD has mandated an additional decrease in water consumption and it has become necessary to further restrict outdoor watering by the citizens of Big Spring. Outdoor watering for all customers will be restricted to **NO MORE THAN TWO HOURS** once a week according to the following schedule:

- Residential customers whose address end in an odd number will be allowed to water for a two (2) hour period on Tuesdays between 6 p.m. and 10 p.m.
- Residential customers whose address ends in an even number will be allowed to water for a two (2) hour period on Thursdays between 6 p.m. and 10 p.m.
- Commercial establishments will be allowed to water for a two (2) hour period on Wednesdays between 6 a.m. and 10 a.m.

ADDITIONAL RESTRICTIONS

- Vehicles can only be washed at commercial (including mobile) car wash establishments.
- Wading pools, fish ponds and fountains can be filled during the allotted watering schedule only.
- Swimming pools and Jacuzzis can be filled between 6 p.m. and 8 a.m. only.
- No outside watering is allowed except on the days and times designated above, EXCEPT potted plants and flowerbeds which can be watered on any day, between 7 p.m. and 9 p.m. using a watering can of five (5) gallons or less. (No water hoses)
- Washing of houses, decks, sidewalks, driveways, parking lots, etc. is strictly prohibited.
- Citations WILL BE ISSUED for violations of these restrictions.

Citizens who observe any violation of these restrictions, are encouraged to call the Water Hotline at **264-2548**.

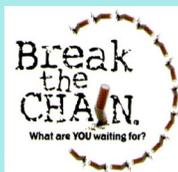
Help Our Senior Citizens BEAT THE HEAT

In support of National Senior Corps Week, the Big Spring RSVP, the Big Spring Student Council and Big Spring Senior Center would like to help our local senior citizens **"Beat the Heat"** this summer. From April 2nd to April 13th, we will be collecting bottles of water. The bottles will be distributed to participants of the Howard County Mobile Meals program and the Senior Center Home Delivered Meals program.

If you would like to support this project, please take your donation of bottled water to either the Big Spring Senior Center at 1901 Simler Avenue or to City Hall at 310 Nolan Street. We ask that you please donate eight (8) to twenty (20) ounce bottles only. Please call the Big Spring Senior Center at 264-1628 if you have any questions.

FREEDOM FROM SMOKING

In a continuing effort to improve the quality of every city employee's health, the city has increased the reimbursement amounts under the Tobacco Cessation Program. Previously, the reimbursement for prescription tobacco cessation products was \$110 for up to three months. With the rising cost of these prescriptions, that left employees paying, at minimum, \$60 out of their pocket. Now, the program will reimburse eligible employees \$170.00 per month for up to three months for prescription tobacco cessation products. We hope that by covering most of the cost of these prescriptions, it will encourage more employees to participate in the program. The Tobacco Cessation Program is available to all permanent employees who have completed the initial probationary period. Please contact the Human Resources office for more information on the Tobacco Cessation Program.



Our Wellness Program is expanding !!! We are pleased to announce the addition of a 24-hour fitness center to the City of Big Spring's Employee Wellness program. Baja Fitness will be opening it's doors and will be available for use by our employees on the Wellness Program. The facility will be located in the shopping center at 1907 Birdwell Lane (across from Crispy's Café). The rates will be as follows:

Wellness Family	\$10.00/biweekly
Wellness Individual	\$2.50/biweekly
Non-Wellness Family	\$15.00/biweekly
Non-Wellness Individual	\$7.50/biweekly

Please contact the Human Resources office for more information.



The Big Spring City Council wishes to give special thanks and recognition to our most recent Star Employees, Terri Telchik and Lt. Craig Ferguson.

Our February star, Terri Telchik, better known to some of you as "Bubbles," is the Administrative Assistant to Todd Darden, Assistant City Manager. When heaps of refuse and debris was abandoned outside of a storefront on Wasson Road, Mrs. Telchik and her family, were more than willing to make a change. She came forward to offer her help and played an important role in the clean-up in an effort to Keep Big Spring Beautiful.

Our March Star, Lt. Craig Ferguson, has been with the Big Spring Fire Department since 2001. Last year, in the aftermath of the worst wildfire season in Texas history and the hottest summer in U.S. history, Lt. Ferguson spearheaded the laborious process of gathering data required by FEMA. Lt. Ferguson acquired and prepared labor and equipment information for both the Fire Department and Public Works Department. Thanks to his hard work, Big Spring may recover, financially, from the effects of the wildfires.

We express our heartfelt thanks to both of you for the dedication and exceptional service you give our community. We are proud to have you as part of our team. Both of you have proven to be valuable assets to the City of Big Spring and we congratulate you both on a job well done.



Why is a heart attack more likely in the morning?

A

Heart attacks are three times more likely to strike in the morning than in the evening. Here's why:

- Your blood pressure is highest in the morning because it rises quickly to get you ready for the day. In fact, the heart needs 50% more blood to transition from being asleep to being awake. As that blood pulses through your blood vessels, the increased pressure can tear the vessel lining.
- Blood vessels are thicker in the morning. Just as our muscles and joints feel stiffer when we get up, our blood vessels are thicker and more rigid. It's harder for them to bend and flex, making them more likely to build up plaque; combine that with high blood pressure, and it's a recipe for artery rupture.
- Blood is thicker in the morning. The platelets in our blood, which help it clot, are stickier in the morning and more likely to stick to blood vessel walls. Plus, the system that combats blood clots is not as active in the morning. When stickier blood hits the scars and tears caused by high blood pressure and stiff arteries, clots form and the stage for a heart attack is set.



On February 21, 2012, the City of Big Spring's McMahon Winkle Airport had a military visit from a group of Army National Guard crews stationed in Maryland, Tennessee and Georgia. The crews were traveling from Roswell, New Mexico headed to Ft. Hood, doing a two month "pre-deployment" training before heading to Afghanistan in March. Approximately one hundred service members carried in ten Blackhawk helicopters, were treated to a barbecue lunch provided by Hog Heaven Barbecue.

Story and photos provided by Kelly Grant, Airport Administrative Assistant

TRANSFORMATION NATION - Plan for Disruption

Life is full of surprises -- don't let them derail your commitment to fitness. If you have a trip coming up, try to plan how you'll fit in a workout. If your hotel doesn't have a gym, look into nearby running paths or foot trails. An early-morning walk or jog is a great way to see the city, giving you access to sights you might not see otherwise. Look ahead to any upcoming schedule changes or trips, and plan your workouts in advance. If you are overwhelmed with work or family obligations, don't get discouraged. Keeping up with your exercise can help you manage stress, so try to fit in even a twenty-minute fast-paced walk. Even the busiest schedule can usually spare twenty minutes, especially if you plan ahead and cut out time wasters like TV or the internet. Bottom line, if you miss a week or two of exercise, it's important to get right back into the schedule as soon as you can.



Happy Birthday
Do I smell birthday cake?

April 2012

Courtney Shaffer	4/10
Susan Conder	4/14
Joseph Patton	4/14
Kevin Arant	4/14
Tye Newman	4/22
Milton Horton	4/24
Carl Condray	4/28

May 2012

Cherri Harris	5/2
Kelly Grant	5/2
Kenneth Graves	5/3
John Haynes	5/3

Chad Averette	5/4
Teresa Darden	5/7
Tom Cruz	5/10
Anthony Acosta	5/10
Amie Soles	5/11
Bruce Broughton	5/17
Gary Fuqua	5/18
Yolanda Bryant	5/22
Celeste Valle	5/22
Wayne Jones	5/24
Stacie King	5/24
Lawrence Howell	5/26
Judy Westbrook	5/26
Leslie Whitten	5/26
Jose Cazares	5/26
Benjamin Davila	5/27
Billy Innis	5/27

June 2012

Birdie Soto	6/3
Terri Clark	6/3
Simon Munoz	6/6
Sgt. Chris Mahurin	6/13
Bobby Arizmendi	6/14
Jace Williams	6/14
Debbie Wegman	6/16
Terry Fryar	6/16
Jeanne Wilson	6/17
Misty Taylor	6/17
Dustin Franco	6/20
Cathy Ontiveros	6/21
Christie Welch	6/23
Lt. Chris Glenn	6/26
Ray Bryant	6/29
Lt. David Armstrong	6/30
Paul Sotelo	6/30

SAY
HELLO
TO
OUR

**NEW
HIRES**

Andrew Chavarria	Landfill
Jesus Murillo Jr.	Police Dept.
Michael Fangman	Fire Dept.
Jan Van Gelder	Water Treatment
Irby Williams	Utilities
Khas Baker	Utilities
Chris Trevino	Utilities
John Cadenhead	Fire Dept.
Jordan Barron	Fire Dept.
Lupe Rodriguez	Sanitation
Gerardo Garza	Water Treatment
Jason Draper	Wastewater
Lewis Hilario	Utilities
Joshua Platt	Water Billing Office
John Stewart	Service Center
Tricia Boren	Senior Center
Amanda Taylor	Animal Control
Andrew Benavides	Fire Department
Clint Roberts	Fire Department
Taylor Smith	Fire Department

LARGE ITEM PICKUP

District 1	April 27 th
District 2	May 25 th
District 3	June 29 th
District 4	July 27 th
District 5	August 24 th
District 6	September 28 th

If you have large items that you would like to have picked up, please call Code Enforcement at 264-2504. You must notify Code Enforcement in order for your items to be picked up. They will NOT pick up car batteries, landscaping products, paint, hazardous materials, roofing materials, soil, concrete, rocks or tires.

UPCOMING HOLIDAYS

April 6th	Good Friday
May 28th	Memorial Day

This newsletter is put forth by the City of Big Spring for City employees. If you would like more information or would like to submit information to be placed in the newsletter, please forward the information to the Human Resources office or email to sking@mybigspring.com.



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