

Team Topics - July 2021

SERVICE EXCELLENCE - Teamwork

Here are some past MVPs dealing with the sixth PROACTIVE principle.



With so many transitions and changes in both my Dept.(Fire) and the Finance Dept., Krystal Powell and Ashley Staton have been going above and beyond helping us work through processes to get our vendors paid and training us on procedures to keep our dept. running smoothly. Even though they have been spending an incredible amount of time in Oracle training, they always make time to assist us.

Sara Arell is a longtime friend of the late Lt. Jimmy Case and his wife Kris wrote to thank the police department for continued support of Kris. She specifically mentioned Rich Olsen and Robert Cantwell who visit and make themselves available when Kris needs them. She also thanked Monica Howard for all the work she did in arranging the visitation and celebration of life event.

There was an 'accident' in one of the mens single stall bathrooms at City Ops. Lee Smith and Tom Wooten took it upon themselves to clean it up. They didn't complain or try to pass the job to someone else. It was a great example that they are not above even the crappiest tasks.

BC Nourigat was on-shift during the March City Council meeting and was requested to assist with meeting logistics (temperature checking, signing up people for public comment, ensuring social distancing requirements were met). These were far outside her typical duties, but she embodied the One Team One Goal mentality and pitched in to help.

SAFETY - The Importance of Drinking Water



Water is one of the most important substances on Earth. All plants, animals, and people need water to survive. Water serves very important purposes to our bodies and our bodily functions.

Interesting Facts Regarding Water's Role to Our Bodies

- Water comprises more than 60% of our body weight.
- Lack of water is the #1 trigger for daytime fatigue.
- A 2% drop in water level of the body can spur problems with short term memory.
- Water naturally cleanses the body of toxins.
- Water regulates the body's cooling system.
- Water acts as a lubricant and cushion to our joints.

Hydration Tips

- It is recommended to drink at least 50oz to 64oz of water a day. This amount is a minimum amount to shoot for, you may need more. Many people do not realize how little water they actually drink. Pay attention to how much you drink today and add to it if needed.
- Do not wait until you are thirsty to drink water. By time the body tells you that you are thirsty, dehydration is already occurring.
- Other beverages such as soda or coffee steal water from your body and make you more dehydrated. Limit these.
- Your urine can serve as an indicator whether you are hydrated or not. If your urine is clear or pale and you are using the restroom regularly, you are probably hydrated. If your urine is dark and you are visiting the restroom less frequently, you need to drink more water.

