

Inside this special heart-felt edition:

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Our mission:

To provide efficient, effective and openly responsive municipal services to all citizens while promoting responsible economic development, preserving our heritage and enhancing our quality of life, and creating a better community.

The HEART of the Matter—by Lauren Germany

February is associated with your heart for more reasons than Valentine’s Day. It’s also **Heart Health Month!** Celebrate by taking control of your health to prevent heart disease or manage existing conditions. Learn how eating right and exercising, as well as working with your doctor, can keep your heart healthy and happy.



According to the Centers for Disease Control & Prevention, the number one cause of death in the U.S. is coronary artery disease (CAD). Your coronary arteries are the major blood vessels that supply your heart with blood, oxygen and nutrients. When these arteries become damaged or diseased — usually due to atherosclerosis (a buildup of plaques) — it’s known as coronary artery disease.

These deposits can slowly narrow your coronary arteries, causing your heart to receive less blood. Eventually, diminished blood flow may cause chest pain, shortness of breath or other symptoms. A complete blockage, caused either by accumulated plaques or a ruptured plaque, can cause a heart attack.

Because coronary artery disease often develops over decades, it can go virtually unnoticed until it produces a heart attack. There are many risk factors that contribute to CAD, including:

- **Age.** Simply getting older increases risk
- **Gender.** Men are generally at greater risk of coronary artery disease than are women. However, the risk for women increases after menopause
- **Family history.** A family history of heart disease is associated with a higher risk of coronary artery disease, especially if a parent developed it at an early age (before age 60)
- **Smoking.** Nicotine constricts your blood vessels, and carbon monoxide can damage their inner lining, making them more susceptible to atherosclerosis. The incidence of heart attack in women who smoke at least 20 cigarettes a day is six times that of women who’ve never smoked. For men who smoke, the incidence triples compared with nonsmokers

(continued on Page 2)

The HEART of the Matter *(continued from page 1)*

- **High blood pressure.** Uncontrolled high blood pressure can result in hardening and thickening of your arteries, narrowing the channel through which blood can flow
- **High blood cholesterol levels.** High levels of cholesterol in your blood can increase the risk of formation of plaques and atherosclerosis
- **Diabetes.** Diabetes is associated with an increased risk of coronary artery disease. Both conditions share similar risk factors, such as obesity and high blood pressure
- **Obesity.** Excess weight typically worsens other risk factors

But there's plenty you can do to prevent and treat CAD through simple lifestyle changes:

- **Stop smoking.** If you smoke, quitting is the best way to reduce your risk of a heart attack
- **Control your blood pressure.** Ask your doctor for a blood pressure measurement at least every two years. He or she may recommend more frequent measurements if your blood pressure is higher than normal or you have a history of heart disease. Optimal blood pressure is below 120/80
- **Check your cholesterol.** Ask your doctor for a baseline cholesterol test when you're in your 20's and then at least every five years, or more frequently if your cholesterol is high. Your LDL ("bad cholesterol") should be 120 or less. Your HDL ("good cholesterol") should be 60 and above
- **Keep diabetes under control.** If you have diabetes, tight blood sugar control can help reduce the risk of heart disease
- **Get moving.** Exercise helps you achieve and maintain a healthy weight and control diabetes, elevated cholesterol and high blood pressure — all risk factors for coronary artery disease. Aim for 30 to 60 minutes of physical activity most days of the week
- **Eat healthy foods.** A heart-healthy diet based on fruits, vegetables and whole grains — and low in saturated fat, cholesterol and sodium — can help you control your weight, blood pressure and cholesterol. Eating one or two servings of fish a week also is beneficial
- **Maintain a healthy weight.** Being overweight increases your risk of coronary artery disease. Weight loss is especially important for people who have large waist measurements — more than 40 inches for men and more than 35 inches for women — because people with this body shape are more likely to develop diabetes and heart disease
- **Manage stress.** Reduce stress as much as possible. Practice healthy techniques for managing stress, such as muscle relaxation and deep breathing

In addition to healthy lifestyle changes, remember the importance of regular medical checkups. Some of the main risk factors for CAD — high cholesterol, high blood pressure and diabetes — have no symptoms in the early stages. Early detection and treatment can set the stage for a lifetime of better heart health.

WARNING: Joining a Fitness Center Could Result in Weight...GAIN!

- by Mike Bradley

Happy New Year! You have been blessed to see another year and with the coming of a new year are resolutions. You know, I find the word resolution to be negative. The word "solution" can be defined simply as the answer to a problem and the prefix re – is a synonym "again". So, in essence, you're resolving the same problem, which means you have yet to solve it at all.

We should simply commit to the necessary exercise and proper dietary habits that are advantageous towards losing the weight and/ or achieving the toning you desire. However, becoming more physically active can trigger weight gain.

Allow me to qualify my statement. If you join a fitness center and begin to weight train, jazzercise, do Tae-Bo, etc., you will eventually elevate your metabolism by gaining lean muscle. As a result, your appetite will increase. Here's where calorie tracking and meal documentation comes into play because so many people aren't aware that they are increasing their food intake to satisfy the hunger.

Gulfport, if you fail to plan out your weight loss goals, you are planning on gaining weight. You must track your food intake to ensure proper nutritional balance, to ensure a variety in food selection and to monitor caloric intake. If you are diligent in your tracking, it will accomplish two things:

- 1) It will help you solve the dilemma if you're working out 5 days a week, walking and doing aerobics twice weekly but gaining weight.
- 2) Most importantly, it will keep you from accusing the gym of making you gain weight. I promise you, no one will ever gain weight while IN THE GYM. It all happens at home. Ask any of my clients, I have never given anyone a sandwich, pork chops smothered in a trough of gravy or a half rack of baby back ribs with a diet coke.

The title of this article was a set up. The fitness center is your best friend when trying to lose weight/ tone but it's not enough alone. You must do your part at home as well. Plan your meals out to avoid spontaneous dining out, record everything you take in and train safely and effectively. With fitness more than anything else, results are indicative of effort.

Remember to always consult your physician prior to beginning a new workout regimen.

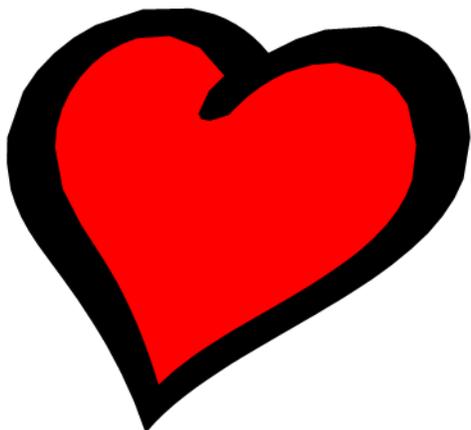


Mike Bradley has been contracted to manage our Fitness Center and assist employees with their personal fitness and dietary goals. In addition to over 15 years of professional experience in fitness and personal training, Mike is also certified in Biomechanics. He brings additional qualifications as a Personal Trainer, Physical Fitness Specialist and Master Fitness Specialist!

Mike will create a personal fitness plan specific to your needs and goals. **Mike** can be reached at (228) 669-9325 or at mikebfitness@yahoo.com to schedule a time for your schedule your assessment.

Send an e-mail to **Mike** with questions about the latest training techniques, nutrition, diet and weight loss questions. You'll find some of his answers in our next newsletter. Please note that Mike cannot make diagnoses or give specific advice for medical conditions.

Good Foods: Good for your Heart—by Lauren Germany



Simple food choices go a long way when it comes to your heart's health. Focusing on fresh foods full of heart-healthy fats and antioxidants can decrease your risk of developing heart disease and cut your chances of a heart attack. These nutrient-packed foods will help keep your ticker in top shape:

- **Salmon** (Omega-3 fatty acids) - Grill salmon with a yummy rub or marinade
- **Ground Flaxseed** (Omega-3 fatty acids; fiber, phytoestrogens) - Ground flaxseed hides easily in all sorts of foods -- yogurt parfaits, morning cereal, homemade muffins, or cookies
- **Oatmeal** (Omega-3 fatty acids; magnesium; potassium; folate; niacin; calcium; soluble fiber) - Top hot oatmeal with fresh berries. Oatmeal-and-raisin cookies are a hearty treat
- **Almonds** (Omega-3 fatty acids; vitamin E; magnesium; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols) Mix a few almonds (and berries) into low-fat yogurt, trail mix, or fruit salads
- Walnuts add flavorful crunch to salads, pastas, cookies, muffins, even pancakes.
- **Carrots** (Alpha-carotene; fiber) Baby carrots are sweet for lunch. Sneak shredded carrots into spaghetti sauce or muffin batter
- **Spinach** (Lutein; B-complex vitamins; folate; magnesium; potassium; calcium; fiber) Choose spinach rather than lettuce for nutrient-packed salads and sandwiches
- **Broccoli** (Beta-carotene; Vitamins C and E; potassium; folate; calcium; fiber) Chop fresh broccoli into store-bought soup
- **Sweet potato** (Beta-carotene; vitamins A, C, E; fiber) Microwave in a zip-lock baggie for lunch
- **Red bell peppers** (Beta-carotene and lutein; B-complex vitamins; folate; potassium; fiber) Rub with olive oil, and grill or oven-roast until tender. Delicious in wraps, salads, sandwiches
- **Oranges** (Beta-cryptoxanthin, beta- and alpha-carotene, lutein and flavones; vitamin C; potassium; folate; fiber) Got orange juice? Check out the new nutrient-packed blends.
- **Tomatoes** (Beta- and alpha-carotene, lycopene, lutein; vitamin C; potassium; folate; fiber) For a flavor twist, try oil-packed tomatoes in sandwiches, salads, pastas, pizzas
- **Dark chocolate** (Reservatrol and cocoa phenols) A truffle a day lowers blood pressure, but choose 70% or higher cocoa content
- **Tea** (Catechins and flavonols) Make sun tea: Combine a clear glass jar, several tea bags, and hours of sunshine

Find heart healthy recipes from sites like: MayoClinic.com, foodnetwork.com/healthy-eating, and hearthealthyonline.com

Out of Network Coverage—by Lynn Hill

Employees who have dependent children attending college out of state should tell them to contact Select Administrative Services (SAS) before seeking medical attention in non-emergency situations. In the event of an emergency, always seek medical attention first and contact SAS after emergency care.

If you dependent sees a provider out of state and not in the First Choice network, call SAS first. SAS has several out-of-state networks nationwide and may be able to save the expense and the hassle of paying out of network expenses. **800.847.6621**

Will Power!

Everyone should have a will. In the same way that you have authority over what to do with your property during your lifetime, you can take responsibility for what happens to it after your death—or you can let the state decide. But seven out of ten people don't have a will and of the 30 percent, who do have a will, 50 percent leave their entire estate to their spouse. Furthermore, half of all people with wills have wills that are five years old or more. To get a sense of just how much money is distributed from estates without wills, \$100,000,000 a week goes through probate courts from intestate estates here in the United States.

CIGNA makes it easy for you to take charge of those difficult life and health legal decisions. There are no more reasons to hesitate planning for the future with our free online will preparation services. This service is free of charge to City of Gulfport employees. Go to CIGNAWillCenter.com to access your Personal Estate Planning web page.

Back to School? There's a Benefit for That...

The City of Gulfport is committed to helping employees of the City continue their education and develop in their professional careers. In keeping with this philosophy, the City has established an Tuition Assistance Program to recognize the motivation of employees who choose to pursue higher and continuing education by reimbursing them for expenses incurred through approved accredited colleges or universities.

Tuition Assistance is available to employees after completing one year of continued service. For complete guidelines and for an application packet, visit this link on HR web site: http://www.gulfport-ms.gov/HR/hr_forms/EducationalAssistancePacket.pdf. Funding is limited, so apply early.

Call Human Resources at x5831 with questions.

Have some news? Let us know! Send your ideas, information, and pictures to:

Fire - Donna Ladner
868-5954
dladner@gulfport-MS.gov

Municipal Courts - Jennifer Jones-Snaer
868-4285
jsnaer@gulfport-MS.gov

Public Works - Yolanda McArthur
868-5741
yrcarthur@gulfport-MS.gov

General Admin/Council/Legal -
Lauren Germany
868-5831
lgermany@gulfport-MS.gov

Police - Mike Saucier
868-5900
msaucier@gulfport-MS.gov

Urban Development - Isaac Williams
868-5710
iwilliams@gulfport-MS.gov

Leisure Services - Kerri Jones
868-5881

Shop Smart, Shop Local...SHOP GULFPORT!

During recessionary times, most people try to find simple ways to save...it can be tempting to think that the smartest thing we can all do to save money is to go for the most obvious savings by going outside of our community to shop. If we really think about it, the most sensible thing we can do is to shop local.

Local shops sell a wide range of great products at affordable prices. Many people get out of the habit of shopping locally and are then surprised by the range of products and gifts available. It's easy to find everything you need in Gulfport! The is home to over 7,400 commercial operations ranging from produce stands to daycares to big-box supercenters and has over 675 shops, 289 restaurants and 671 doctors, dentists and clinics.

Shopping locally saves you money. Advertising has done a good job of convincing us all that other locations may be less expensive, but the evidence just isn't there to back this up - if you consider rising fuel prices and factor in travel time, the overall cost is often much greater than shopping locally.

Shopping locally retains our communities. People don't like losing shops and services in towns but don't often don't equate these losses to how they spend their money.

Shopping locally creates jobs. Shops in our city create local jobs. These people in turn spend in the local economy. The stronger the local economy is has a direct impact on the financial health of the City. Annually, Gulfport receives approximately 19% of annual revenue is from sales tax collected from local businesses.

Local shops invest in our communities. Shops in our community are generous in their support for local charities, schools and community events. So supporting local shops means a lending a helping hand to friends & neighbors.

Local shops value you more. People receive better customer care and service in local shops, where they are a known and valued customer. They survive by their reputation and repeat business – so shopping locally means that you get a higher standard of service.

Shop smart, shop local...**SHOP GULFPORT!**

MORE ON ECONOMIC DEVELOPMENT: The Office of Economic Development promotes, markets and fosters development opportunities within the City of Gulfport, helping to create a better city to live, work, learn and play.

Kimberly Compton was recently named as Economic Development Director. **Kimberly** has a 15 year background in planning and development. She has served as the Deputy Director of the Harrison County Development Commission, as Director of the Economic Development and Resource Center at the University of Southern Mississippi, as the Research Director with the Louisiana Department of Economic Development, and as an Economic Development Consultant for the City of D'Iberville, Keesler Federal Credit Union, and Future Pipe Industries.

Kimberly has a Master of Science, Economic Development degree from the University of Southern Mississippi and is presently a Doctoral Candidate of International Development at the University of Southern Mississippi.

Municipal Court: Making Strides—by Jennifer Jones Snaer

The past year has been a busy time for Gulfport Municipal Court, but it is definitely making strides! It has been five months that the court has been functioning with two full-time judges, four months since the court implemented a new software system, and eight months until we move into our new building.

In November 2009, the Court began using a new schedule which allows defendants more flexibility when coming to court. There is now a morning and evening docket call and cases are grouped based on the type of offense (scheduled on the same day rather than different days during the week). There is even open court on Thursdays so defendants can come back and be heard if they missed past court dates assigned.

On January 26th, GMC held the first hearings of Environmental Court. There were eight cases which focused on overgrown property & inoperable vehicles. Out of the eight, two were dismissed while others were in partial compliance and reset to return to court. Environmental Court will now be held on the 2nd & 4th Tuesdays of the month with Judge Richard Smith presiding.

The court kicked off its Amnesty Program on February 1st and is scheduled to run until March 15th. Amnesty allows individuals to come to court without the fear of being arrested on warrants for outstanding fines or failure to appear cases. The program will also assist individuals with suspended driver's licenses by allowing them to clear their fines without being arrested and regain their driving privileges. Some cases that cannot be cleared through the amnesty program include: Driving under the Influence, Domestic Violence, Off Bonds, Violation of Probation, crimes involving the use of a weapon and/or crimes against a person or business. Currently, there are over 47,000 outstanding violations with fines. Since February 1, the Court has collected over \$200,000 in fines, \$59,000 of which can be attributed to Amnesty.

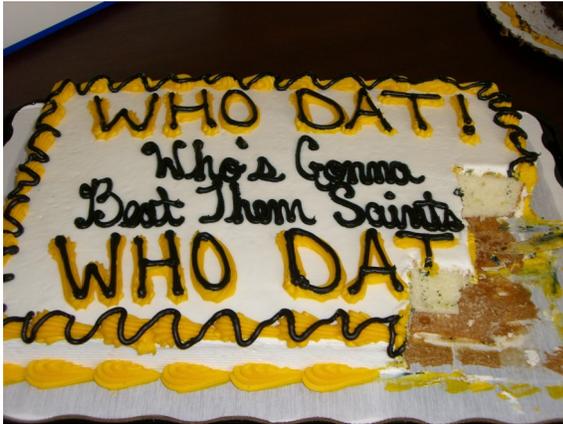
On January 19th the court presented three Pro-Tem Judges with plaques to recognize their dedicated service during the seven months the court was without a judge. Judges **Dianne Ladner**, **Frank P. Wittmann, III**, and **Melvin Ray** were all recognized at the City Council meeting. The court would also like to thank our part-time Judges **Alvin Chase** and **Richard Smith** for devoting their time and help as well.

We have accomplished a great deal in a short amount of time but yet there is more to come!

The Robert J. Curry Public Safety Center is already 54% complete. The Court will move into the new facility in Fall 2010.

Fun Facts—Heart Edition

- The heart beats an average of 100,000 times per day and 35 million times per year
- In a 70-year lifetime, the average human heart beats more than 2.5 billion times
- The adult heart pumps about five quarts of blood each minute and approximately 2,000 gallons each day
- The entire human vascular (blood) system, including arteries, vein and capillaries, is more than 60,000 miles long
- Most heart attacks occur between 8 and 9 a.m.
- Three years after a person quits smoking, their chance of having a heart attack is the same as someone who has never smoked before
- The first open heart surgery was performed in 1893
- The human heart weighs less than a pound
- A good laugh can send 20% more blood flowing through your entire body
- Greeks believed the heart was the seat of the spirit, the Chinese associated it with the center for happiness and the Egyptians thought the emotions and intellect arose from the heart

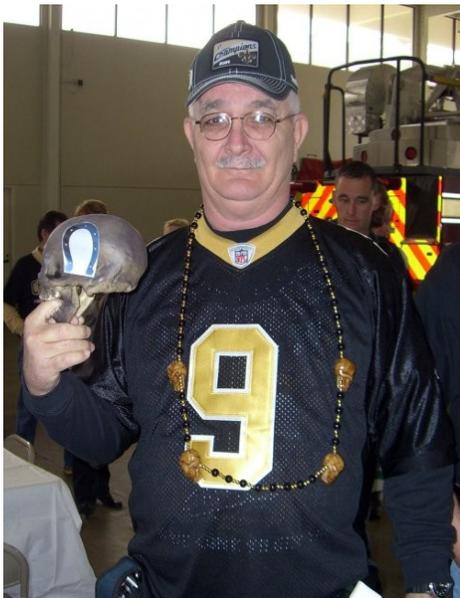


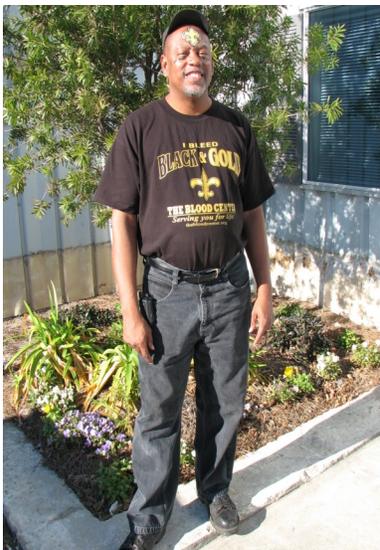
Clockwise from top left:
Belinda Thomas, Municipal Court; Staff from Public Works;
Isaac Williams, Urban Development & Rita Davis,
Community Development;
Quiana Purdy, Heather McCarthy & Kim Isabell, Municipal Court; a
WHO DAT cake from Hardy Building





Clockwise from top left:
Rick Ritchie, Fire Department &
Ernie Carpenter, Urban Development;
Employee Tailgate Party;
Administrative Staff of Police Department;
Mike Liles, Fire Department;
Samantha Cotton-Taylor, Police Department





Pictured clockwise from top left:
Anita Jones, Municipal Court;
Joe Johnson, Public Works;
Steve Dodge, Public Works;
Cory Long, GIS; Isaac Williams,
Urban Development & Rita Davis,
Community Development;
Valeria Seldon-Ray, Municipal Court;
Vicki Parkhill, Kerri Jones &
Larry Davis, Leisure Services;

Center:
Darlene Cooley & Reggie Sims,
Leisure Services





Pictured clockwise from top left:
Becky Butler & Kathy Miller, Legal;
Thomas Lane, Paula Doyle & Greg Holmes,
Urban Development;
Aaron Fore & Rob Enochs, Police Department;
a Black & Gold king cake from City Hall;
Hardy Building staff



An Unlikely Hero in Urban Development - by Isaac Williams

Urban Development (UD) is extra proud of one of its own. On December 16, **Anita Petty**, Planner II, demonstrated a skill not often used in Planning and Zoning. Anita applied the Heimlich maneuver to a co-worker as candy was lodged in her throat, obstructing her airway, and preventing her from breathing. Anita performed the maneuver, dislodged the candy and prevented the staff member from further choking. We are all very proud and thankful for **Anita** for having the knowledge and skill to instinctively react in an emergency situation.

UD Channels the Black & Gold spirit



From left: Mark Bierschenk, Tony Bishop, Craig Wiggins, Nahoma White-Webb, Ted Molesworth, Rick Ryan, Jo Anne Fayard, Amanda Schmitt, Greg Holmes, Cecilia McCaffrey, Gary Anderson, Nahoma White-Webb

Fire Department focuses on prevention - by Donna Ladner



The Fire Prevention Bureau was active in the community during the month of January. On the 19-21, the team had fire extinguisher classes at Island View Casino for 92 employees. On the 20th, they held fire extinguisher class and fire drill for 8 Hogan Eye Clinic employees, and a fire extinguisher class for people living at the Ashton park Apartments on the 29th. There were 20 residents. Inspectors **Mike Liles, Randy Johnson & Rick Ritchie** also assisted with an arson investigation class at USM from the 11-15.

At left: Fire Prevention Bureau team with USM students

Officers of the Month

October 2009

Detective Lynette Garriga (pictured at right) was named Officer of the Month for October 2009. **Garriga** is a fourteen year veteran of the Gulfport Police Department and is assigned to monitor pawn shop activities. During a recent pawn shop burglary, an undetermined number of guns were stolen. **Detective Garriga** quickly began developing evidence that lead to the arrest of several suspects in the case. Her supervisor says: “The willingness and open mindedness of Detective Garriga allowed her to get a quick handle on this case and get the wheels of justice turning.”



November 2009



Officer Justin Amacker (pictured at left) was nominated as Officer of the Month for November 2009. **Amacker** is a two year veteran of the Gulfport Police Department and is recognized for his devotion to community service and the citizens he serves on a daily basis. While working a burglary, during the Christmas season, **Officer Amacker** noticed that most of the items stolen belonged to the victim’s son who was very emotionally affected by the event. With Christmas fast approaching, **Officer Amacker** and his wife purchased several of the items that were stolen and gave the gifts to the victim. The care and dedication shown by **Officer Amacker** is commendable beyond any expectations. **Officer Amacker** is an asset to the City of Gulfport and a shining example of service to the citizens of Gulfport.

Kicking for Kids



Want to have a little fun when Mardi Gras is done?

Then get a team together for the fourth annual “Kicking for Kids” Adult Kickball Tournament. Kickball is a sport where anybody can be a champion! Every dollar raised benefits the Gulfport Police Athletic League (P.A.L.).

The Gulfport P.A.L. program has spent years sponsoring activities that enhance the quality of life for the children of our city. After school programs, academic tutoring,

summer programs, and athletic events.



Registration for a team of thirteen players is only \$150.00. Every team must have at least four female players and every player must be at least 18 years old. Every team is guaranteed two games. Call 868-5814 or visit at www.gulfportpal.com.

The tournament is **Saturday March 6** at the Clarence Johnson Memorial Sports Complex on Three Rivers Road. Bring the family and support your favorite team.

PROMOTIONS

Nathan Caudill, Firefighter II

William Dubuisson, Firefighter II

Luis Garcia, Patrol Officer II

Brock Reynolds, Community Service Technician I

Paul Rhodes, Patrol Officer II

NEW HIRES

Kim Compton, Director of Economic Development

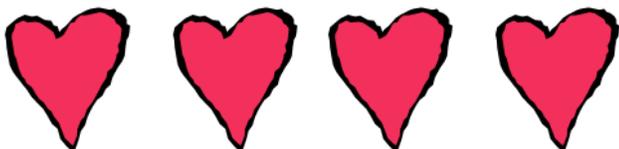
Amy Jones, Customer Service Representative

Dorothy Payne, Animal Control Officer

Brian Woods, Patrol Officer

BIRTHDAYS**FEBRUARY**

- 1— Nathan Caudill, Pam Kennedy, Kevin Kuehling, Paul Rhodes
- 2— Daniel Coleman, Colby Combs
- 3— Christal Adams, Jimmy Donlin, Justin Hayes, Kim Isabell, Charles Lopez
- 4—Shawn Penny
- 6—Rick Ritchie
- 7— Ahmed Elalighe, Adam Gibbons, Ken Northington, Richard Thorsten
- 8—Josh Broman, James Matthews, Terry Roger
- 9—Prentice Ferrill, William Payne
- 10—Stanley Butler
- 11—Vera Edwards, James Sieber
- 15—Matthew Nault, Luke Thompson
- 16—Jason King, William Riddle
- 17—Don Knox
- 18—James Allen, Pam Andrus, Matthew Faul, Donald McMurphy
- 19—James Fore, Shaun Williams
- 20—Raymond Brooks, David Wilder
- 21—sherry Dulaney
- 24—Julius Payne
- 26—William Brown
- 27—Aaron Fore, Helen Harry
- 28—Jeff Bruni

**MARCH**

- 1— Michael Guynes
- 2—Chris Loposser, Wayne Smith
- 4— Josef Smith, John Stegall
- 5— Pam Heiter, Jason Johnson, Ramona Reid
- 6— William Dubuisson, Malcolm Thomas
- 7 - Frank Price
- 8— Jeremy Bennett, Jason Pryor
- 9— James Clark, Shaun Sebring, Thomas Whitman
- 10— Jason Davis, Shannon McKeown
- 11—Juanita Barlow, John Barnes, Patricia Musgrove
- 12— Benjamin Bentz, Ernie Carpenter, Mary Collins, James T. Johnson, Cory Long
- 14— Damon McDaniel
- 15— Gregory Griffin, Wayne Miller
- 16— Mark Ballman
- 17— Jeremy Hayes, Robert Locke, Quiana Purdy, John Thomas
- 18— Becky Butler, Willye Chapman
- 19— Michael Hauler, Jennifer Jones Snaer
- 20— Jeremy Mooneyham
- 21 - Chris Werner
- 22 - Jose Briones, Christopher Keckler
- 23— Karen McCarty, Damas Salas
- 24— Melvin Bullock, Michael Mullins
- 26— Gary Anderson, Billy Bennett, Jeff Duffield, Donald Pierson
- 27— Frank Mazzola, Mike Morgan
- 29— Christine Massey
- 30 - Tony Bishop, Darlene Cooley, Jason Vincent
- 31 - Connie Debenport