

SPRWS earns fluoridation award from US CDC

The water utility earned the Water Fluoridation Quality Award from the US Centers for Disease Control and Prevention for 2015.

Fluoridation is the adjustment of fluoride in the drinking water to a level that is effective for preventing tooth decay. Fluoridation has been hailed by the CDC as one of the 10 great public health achievements in the 20th century.

The water utility was recently awarded the commendation recognizing those water communities that achieved excellence in community water fluoridation by maintaining a consistent level of fluoride in drinking water throughout 2015.

In Minnesota, about 105 out of a possible 967 water utilities received these awards.

“We can be proud that in Minnesota, communities are employing this effective public health measure,” said State Oral Health Director Merry Jo Thoele.

Food shelf donations sought from SPRWS employees



This container is in the lobby in the administration building waiting for new food shelf donations. Employees are asked to bring non-perishable food items before the end of the day on Wednesday, Dec. 21. Steve Schneider will deliver the food collected to the Second Harvest food shelf on Thursday, December 22. Last year SPRWS staff provided 300 pounds of food. Let's make Steve Schneider take two trips to the food shelf this year with all our donations!

Make the most of the holiday season this year

The holidays are coming and there are free and inexpensive activities to look forward to that only happen during the holiday season in the Metro area.

Santa's Workshop. One day only, Dec. 11. From 1 p.m. to 3 p.m. at the Landmark Center. Photos with Santa, meet his reindeer, play games. Free.

The **holiday lighting display at Phalen Park** runs from 5 p.m. to 10 p.m. nightly through Jan. 1, 2017. Located at 1615 Phalen Drive East, the display costs \$10 per vehicle in person or \$8 if tickets are ordered online with proceeds going to the Saint Paul Police Foundation.

For more information, go to <http://saintpaulpolice-foundation.com/holiday-lights/>

Wells Fargo Winter Skate season at Landmark Plaza at Rice Park. Open until February 5, 2017, it's free unless you need to rent skates for \$4 per person.

For more information, go to www.wellsfargowinterskate.com.

Keep in mind the rink is closed on Christmas and New Year's day.

Santa's Train Shop at the Transportation museum at the Jackson Street Roundhouse, 193 E. Pennsylvania Ave. Weekends, now through Dec. 18. \$5-\$12. The holiday story train will be running with photo opportunities with Santa. More information at transportationmuseum.org.

Scott Hefty joins SPRWS as a mechanic welder

Scott Hefty has joined the water utility as a mechanic welder.

His first day of work was Nov. 28.

He works out of the shop in the vehicle maintenance building.

He takes over the position left open when Keith Owens retired.

Please welcome Scott to the water utility.



Scott Hefty

Make the most of your holiday season this year

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A Victorian Christmas at the Ramsey House.

See the Alexander Ramsey house in its Christmas finest from the Victorian era at 265 S. Exchange St. \$7 - \$11. Hours vary. Now through January 4. For more information go to mnhs.org and look under events.

The Marjorie McNeely Conservatory holiday flower show runs until January 2, 2017, featuring a variety of holiday flowers in the sunken garden. Donations accepted but not required.

Go to www.comozooconservatory.org for more information.

The **Music Under Glass concert series** at the Marjorie McNeely Conservatory appears on select Sundays from 4:30 p.m. - 6:30 p.m. beginning on Jan. 1. Free. Go to www.comozooconservatory.org for more information.

Macy's Santaland on the 8th floor of the Macy's building at 700 Nicollet Mall in Minneapolis. See the behind the scenes displays of the elves at work. Open until December 24. Free. More information at macys.com/events.

Holidazzle Village and Minneapolis Christmas Market. A skating rink, carriage rides, and movie nights are all waiting for you. Thursdays through Sundays, now through Dec. 23. Free. Loring Park, 1382 Willow St. Minneapolis. For more information, go to holidazzle.com.

Sign up for biometric screenings in January

Now is the time to sign up for biometric screenings onsite. They are free and you don't have to travel to your doctor's office. The screenings are one of the requirements you must complete in 2017 to get your VEBA incentive money for 2018.

The screenings are set for January 5 and 25 at the water utility cafeteria, but you must schedule them in advance. You have until Dec. 22 sign up for the Jan. 5 date, and until Jan. 11 to sign up for the Jan. 25 date.

Go to www.hsscreeningreg.com and log in using the username St Paul (no period and a space between St and Paul). The use the password "healthy".

You will need both a phone number and an email address to log in from last year or to create a new account for this year.

You will need to schedule about 15 - 20 minutes for the appointment. Medical staff will take measurements of your blood glucose levels, body mass index, height, weight, and your cholesterol levels.

This information is kept confidential.

You can schedule these appointments during work hours and at any city location that works best for you.

But you must schedule the appointments in advance. Talk to Racquel Vaske at 266-6815 if you need more information.

How to access your email in Outlook from outside the office

Ever been waiting for an important email, but you are in training off-site all day?

Know there is something happening at work tomorrow, but just can't remember what it is?

You can access your Outlook email account from anywhere there is an Internet connection.

Go to <http://www.outlook.com/stpaul.gov>.

Log in using your user name, the same user name you use when logging into your PC.

Then type in the same password you use to access your PC every morning.

If you are on a public PC, like those in the library, please do not select remember my credentials.

And be sure to log out when you are done.