

A publication from the City of White House
105 College Street ~ White House, Tennessee 37188 ~ December 2009

Word on White House

The City of White House is working towards the daily pursuit of excellence in management and delivery of services; while balancing the preservation of our small town atmosphere by nurturing orderly, proactive growth.

Celebrate the Holidays in White House

The City of White House would like to invite you to celebrate the Holidays in White House. On December 5th, we will be kicking off the holiday season beginning with the Christmas Parade at 3:00 pm. The parade will circle through the city, beginning and ending at the Municipal Park. Immediately following the parade, the City of White House and the White House Chamber of Commerce will be hosting the 5th annual Holiday Extravaganza at the Municipal Center. Join us in celebrating with holiday music and get your picture taken with Santa. The H.B. Williams and Robert F. Woodall choirs will be performing holiday songs to delight young and the young at heart. The City and Chamber of Commerce will draw the winner of the \$500 Christmas Cash Giveaway and we will be lighting the municipal Christmas trees. Please bring a new unwrapped gift for the Toys for Tots drop box or a non-perishable food item for the HOPE Food Bank, as their supply is becoming increasingly low. Enjoy hot chocolate to warm your hands and let the holiday spirit warm your heart.

2009 Toys for Tots Campaign November 5 - December 18

The White House Police and Fire Department will participate and support the 2009 U.S. Marine Corps Reserve Toys for Tots Program by designating each of its buildings as donation drop off sites. The primary goal of Toys for Tots is to deliver, through a shiny new toy at Christmas, a message of hope to needy youngsters that will motivate them to grow into responsible, productive, patriotic citizens and community leaders. Citizens are encouraged to participate by dropping off a new, unwrapped toy at either the Police Department at 303 North Palmers Chapel Rd. or the Fire Department at 416 Hwy. 76. You may also bring your donation to the Holiday Extravaganza at the White House Municipal Center on December 5th. For further info on how to obtain toys for a *family in need of support, visit www.toysfortots.org. Point of contact for additional information is Captain Jeff Mingledorff at W.H.P.D., 672-4903 or 616-1064.

*Toys collected in Sumner and Robertson Counties, are distributed back to families in Sumner and Robertson Counties.

TOYS FOR TOTS



U.S. MARINE CORPS RESERVE

For more information visit www.toysfortots.org

Printing donated by Wells Fargo Financial, proud sponsor of the Marine Toys for Tots Foundation



City of White House
Billy S. Hobbs Municipal Center
105 College Street
White House, TN 37188
www.cityofwhitehouse.com
Phone: 672-4350
Fax: 672-2939

Current Resident
White House, TN 37188

The White House Police Department Presents its 10th Annual Citizen's Police Academy

In February 2010, the White House Police Department will host its Tenth Annual Citizen's Police Academy. The purpose of the academy is to give citizens the opportunity to learn about police work in general and also gain insight into the White House Police Department's daily operations and programs. The Academy will be held on Tuesday nights from 6:00 P.M. to 9:00 P.M. for eight weeks. The classes are open to White House residents (Sumner/Robertson Counties) and those who are employed or own businesses in the City of White House. The Academy is available to those 18 and older and will meet at the White House Police Department at 303 North Palmers Chapel Rd. White House, Tennessee 37188. Class size is limited to 25 participants.

During this eight week-week course, officers from the department will instruct citizens in several areas including Law, Crime Prevention, Patrol, Investigations, Special Programs, Juvenile Law, Traffic Enforcement, Recruitment, and Firearms training. The Academy is not designed to make participants certified police officers, nor does it give the graduates authority to act as police officers. The focus of the curriculum is to provide an informative overview of the fundamentals of police operations. This two-way communication will certainly be an effective and successful way to build a partnership between the community and the police department.

If you are interested in attending a future Citizen Police Academy and would like an application, they are available for pick-up at the White House Police Department, or for an online application, go to www.cityofwhitehouse.com and click on Citizen Police Academy Application. If you would like more information on this program, please contact Captain Jeff Mingledorff at 616-1064 at the White House Police Department.



Alderman Mike Arnold and City Administrator Angie Carrier Honored

On November 11, 2009 the Sumner County Council of Governments held their annual awards dinner which was hosted by the Town of Westmoreland. Alderman Mike Arnold received an award for 2009 Municipal Legislator of the Year. Our City Administrator, Angie Carrier also received an award for the 2009 City Manager of the Year. Ms. Carrier is only the second City Administrator to receive that award, as the category is for both for Mayors and City Managers. We are fortunate to have excellent elected officials and employees in the City of White House. Thank you both for your hard work and dedication!

Please join us for A Christmas Open House

The White House Inn Library will be hosting its annual Open House on Thursday, December 3rd from 4:30 pm until 7:30 pm. Please join us for refreshments, music and holiday cheer. This event is sponsored by the



White House Inn Library, White House Area Chamber of Commerce and Becki Butler of Becki's Catering. We can't wait to see you there!

Storytimes

Please join us at the Library in making ornaments on December 8th and 9th. During the last two weeks of December there will not be storytime, due to the holidays.

For more info, please call 672-0239.

Book Clubs

Our adult book club meet on December 3rd at 10:30 am. The library has also begun a teen/tween book club that will meet on Thursday, December 10th at 6:00 pm.

Holiday Crime Prevention Tips

The rush and good will that surrounds the holidays can increase opportunities for criminal activity. The White House Police Department suggests these simple tips to assist you in having a safe and happy holiday season.

Be ALERT and AWARE of your surroundings. Pay attention to who is around you & what activities are happening. Don't leave the safety of a building or your vehicle until you have ensured all is secure & safe. Trust your instincts; if you feel uncomfortable with a place or person, get away.

Park in a well-lit area.

Remember to lock your vehicle!! Keep vehicle doors & windows locked while you are in it & especially when you are not!

Minimize the number of valuables left in your vehicle and keep valuables, electronics (including cell phones and DVDs), gifts and other "theft attractors" out of sight.

Protect your purse or wallet and leave any unnecessary items at home. Don't carry large amounts of cash or extra credit cards. Carry only those cards that you will need to use that day. Keep a master list of all cards so if your wallet is stolen, they can be reported promptly to the appropriate banking facility.

Never leave your purse, wallet or cell phone unattended in a public place.

Don't overburden yourself with packages while shopping.

Have your keys out and ready when you return to your vehicle.

Only make online purchases from trusted, secure websites. Look for "https" in the web address to verify security.

City Phone Numbers

General Information.....	672-4350
Animal Control.....	672-4903
Court Clerk, Sharon Jessee.....	672-4350 ext. 2137
Engineering, Ron Bailey.....	672-4350 ext. 2113
Fire Department.....	672-5338
Human Resources.....	672-4350 ext. 2109
Library & Museum.....	672-0239
Parks & Recreation.....	672-4350 ext. 2114
Planning & Codes.....	672-4350 ext.2120
Police Department.....	672-4903
Property Taxes & Business Licenses.....	672-4350 ext. 2100
Public Works.....	672-0215
Senior Citizens Center, Vicky Russell.....	672-4350 ext. 2116
Sewer Department.....	672-3654
Emergency.....	911

City Calendar

December		
December 1	Beer Board	7:00 pm
December 5	Christmas Parade	3:00 pm
December 5	Holiday Extravaganza	4:15 pm
December 10	City Court	9, 10 and 11 am & 1:30 and 2:30 pm
December 14	Planning Commission	7:00 pm
December 14	Vehicle Emissions Testing ***	9:00 am—12:00 pm
December 15	Board of Zoning Appeals*	7:00 pm
December 17	City Court	9, 10 and 11 am & 1:30 pm
December 17	Board of Mayor and Aldermen	7:00 pm
December 23,24,25	Christmas Holiday	City Offices Closed
January		
January 1	New Year's Day	City Offices Closed
January 7	Leisure Services Board	7:00 pm
January 14	City Court	9, 10 and 11 am & 1:30 and 2:30 pm
January 14	Library Board	7:00 pm
January 11	Vehicle Emissions Testing***	9:00 am—12:00 pm
January 11	Planning Commission	7:00 pm
January 18	Martin Luther King, Jr. Day	City Offices Closed
January 19	Board of Zoning Appeals*	7:00 pm
January 21	Board of Mayor and Aldermen	7:00 pm
January 26	Museum/Welcome Center Board	7:00 pm
January 28	City Court	9, 10 and 11 am & 1:30 pm

*BZA meetings are held on an as needed basis.

Check the City's website at www.cityofwhitehouse.com to confirm meeting.

***Vehicle Emissions Testing takes place at the Public Works Facility at 427 Industrial Drive. The Sumner County Clerk is also located at City Hall during those times to register vehicles.

The City of White House Fire Department strives to spend your tax dollars as wisely as possible. In an effort to make your dollars go further in these tough economic times, we regularly apply for federal grants to assist us in purchases that large and would have a significant impact on your taxes. Over the last five years we have been very fortunate to receive two grants from the U.S. Fire administration and FEMA. Your assistance in writing letters and calling your elected officials has, no doubt, been instrumental in securing these important federal dollars for our department, and we thank you.

Here is a brief explanation of the grants received and the federal and local shares associated with these grants:

Grant Program	Federal Share	Local Share
2005 Assistance to Firefighters Grant We used this grant to purchase SCBA.	\$57,860.00	\$6428.00
2007 SAFER Grant This grant allowed us to hire six firefighters.	\$603,807.00	\$730,933.00
Totals for awarded grants:		\$661,667.00 \$737,361.00

The following grants have been applied for in 2009 and we are now waiting for a decision from FEMA as to whether or not these grants have been awarded to us.

2009 Assistance to Firefighters Grant If awarded this grant will allow us to purchase a ladder truck.	\$568,867.00	\$29,940.00
2009 ARRA Grant This grant would allow us to make needed additions to Station 1 to accommodate personnel and the Robertson County ambulance stationed there.	\$313,650.00	\$0.00
2009 Fire Prevention and Safety Grant This grant would allow us to purchase equipment necessary for proper fire investigations.	\$2504.00	\$132.00
Totals for potential grant awards:		\$885,303.00 \$30,072.00

Trivia Answer:

Although many fire departments use metal ground ladders, there are a few that still use traditional wooden ladders that were once the only option for ladder making material. What wood(s) are commonly used in the production of these ladders?

Answer: The wood(s) that are commonly used in the production of fire service

ladders are: Ash, Douglas fire, and Hickory. The following article has some good topics for consideration and explains why San Francisco still uses wooden ladders.

<http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2007/06/25/BAGELQL66L1.DTL>

(Meredith May, 2007, SAN FRANCISCO, Firefighting Tradition also saves city money, Wooden ladders resist heat, cost less to build and repair than aluminum, fiberglass, San Francisco Chronicle)

Trivia Question:

Why is the Maltese Cross a symbol of the fire service?



Winter Heating Safety Tips

As the weather cools we all know that we can look forward to another season of home heating. This is the time of year when home fires tend to increase. We want to remind everyone to be safe when heating your home this winter. Most home heating fires are avoidable by following some simple safety measures. These simple steps may save your life or your property:

- When buying a new heating unit, make sure that a qualified contractor installs it, or checks your installation.
 - For wood burning stoves, have a professional inspect your stove and chimney, and clean according to the inspector's findings.
 - Do not burn green wood in stoves; this may cause excessive creosote build-up.
 - Keep heaters at least 3 feet from anything that can burn.
 - Fuel portable kerosene heaters in a well ventilated area away from flames or other heat sources, and only when the unit has completely cooled. **USE ONLY KEROSENE**, never use gasoline.
 - Make sure that gas fueled heating devices have adequate ventilation. Never use liquefied-petroleum gas heaters with self contained fuel supplies in the home.
 - Portable space heaters should be turned off every time you leave the room or go to bed.
- Allow ashes to cool before disposing. Dispose of ashes in a metal container.

If you have questions about home fire safety, just contact the Fire Department, and we can even come to your home for a fire safety inspection. Just call 672-5338 for more information.

This Holiday Season, If You Catch a Buzz, Catch a Ride!

Highway Safety and Law Enforcement Officials Remind Everyone to Designate a Sober Driver Before All Holiday Events Between Thanksgiving and New Year's

The holiday season between Thanksgiving and New Year's Eve is one of the busiest on the nation's roadways and also one of the most dangerous, due to a high incidence of alcohol-related traffic crashes.

From January 2008 through November 2009, there were 129 Driving Under the Influence related arrests in the city of White House alone. It is always our goal each year to reduce that number through education and enforcement.

That's why **White House Police Department** is joining with other national, state and local highway safety and law enforcement officials to remind everyone this holiday season to always designate a sober driver before each holiday party or event involving alcohol.



2009 Trail of Treats
Best Decorated Booth, White House Animal Hospital.

Carbon Monoxide

Every year in America, unintentional carbon monoxide (CO) poisoning claims more than 500 lives and sends another 15,000 people to the hospital emergency rooms for treatment. There are simple steps that you may take to help protect you and your family from the dangers of Carbon Monoxide.

Carbon Monoxide is an odorless, colorless, and toxic gas. Since you are unable to see, taste, or smell the gas, CO can kill you before you know it is present in your home. At lower exposure levels, CO causes mild effects that are often mistaken for the flu. These symptoms include headaches, dizziness, disorientation, nausea, and fatigue.

Carbon Monoxide can come from several sources: gas-fired appliances, charcoal grills, wood-burning furnaces or fireplaces, and motor vehicles.

Everyone is at risk for CO poisoning. Medical experts agree that unborn babies, infants, children, senior citizens, and people with heart and lung problems are at even greater risk for CO poisoning.

It is recommended that every home have a CO detector with an audible warning signal near the sleeping areas and outside individual bedrooms.

Have a qualified professional check all fuel burning appliances, furnaces, venting and chimney systems at least once a year.

Never use your range or oven to help heat your home and never use a charcoal or hibachi grill inside your home or garage.

Never keep a car running inside a garage. Even if the doors are open, normal circulation will not provide enough fresh air to reliably prevent a dangerous buildup of CO

When purchasing an existing home, have a qualified technician evaluate the integrity of the heating and cooking systems, as well as the sealed spaces between the garage and house. The presence of a carbon monoxide alarm in your home can save your life in the event of a CO buildup.

White House Fire Explorer Post #438

Recently the White House Fire Explorer Post # 438 adopted the walking trail in the city parks as part of the City's Adopt-A-Trail Program. The members of the Explorer Post will regularly travel the trail and clean trash, debris, and limbs that may have fallen onto the trail. This affords the explorers the opportunity to help the community and environment in a way that benefits everyone. If you would like information about the Explorer Post contact Captain Kevin Holman at 672-5338.

2009 Holiday Sanitation Pickup Schedule

Weeks or days when sanitation pick-up is altered due to holiday

Week of December 21-25 Mon & Tues routes will be picked up on Mon December 21st. Wed route will be picked up on Tue December 22nd. Thurs route will be picked up on Mon December 28th

2010 Holiday Sanitation Pickup Schedule

Weeks or days when sanitation pick-up is altered due to holiday:

New Year's Day Week of December 28th	Mon, Tues & Wed routes will be picked up on regular schedule. Thurs route will be picked up on Wed December 30th.
Martin Luther King Day Week of January 18th	Mon route will be picked up on Tues January 19th. Tues, Wed and Thurs routes will be picked up on regular schedule.
Presidents Day Week of February 15th	Mon route will be picked up on Tues Feb 16th. Tues, Wed and Thurs routes will be picked up on regular schedule.
Good Friday Week of March 29th	Mon, Tues & Wed routes will be picked up on regular schedule. Thurs route will be picked up on Wed March 31th.
Memorial Day Week of May 31st	Mon route will be picked up on Tues June 1st. Tues, Wed and Thurs routes will be picked up on regular schedule.
Independence Day Week of July 5th	Mon route will be picked up on Tues July 6th. Tues, Wed and Thurs routes will be picked up on regular schedule.
Labor Day Week of September 6th	Mon route will be picked up on Tues September 7th. Tues, Wed and Thurs routes will be picked up on regular schedule.
Columbus Day Week of October 11th	Mon route will be picked up on Tues October 12th. Tues, Wed and Thurs routes will be picked up on regular schedule.
Veterans Day Week of November 11th	Mon, Tues & Wed routes will be picked up on regular schedule. Thurs route will be picked up on Wed November 10th.
Thanksgiving Day Week of November 22nd	Mon, Tues & Wed routes will be picked up on regular schedule. Thurs route will be picked up on Wed November 24th.
Christmas Week of December 20th	Mon & Tues routes will be picked up on Mon December 20th. Wed routes will be picked up on Tues December 21st. Thurs route will be picked up on Mon December 27th.

Not sure when to put your trash out on a holiday week? Your sewer bill will have an informational note for that month to let you know when to put out your bin.

Paving Projects

Apache Trail and Union Road repairs are complete and you should see the paving crews out in November.

Emission Testing Will Continue in White House

Emissions Testing will continue to be held one Monday morning each month at the Public Works Facility located at 427 Industrial Drive between the hours of 9:00 am and 12:00 pm. During that time, the Sumner County Clerks office will also be available at the White House Municipal Center to renew tags. The dates for emissions testing and registration renewals are as follows:

January 11th	July 12th
February 8th	August 16th
March 15th	September 13th
April 12th	October 18th
May 10th	November 15th
June 14th	December 13th

Severe weather or operational constraints may prohibit operation of emissions testing. Please call 399-8995 to ensure the unit is operating.

Did you know?

White House is a part of the Red River Watershed within the Cumberland River Basin. The Red River and its tributaries flow through agricultural, forested and suburban areas of 10 counties in South Central Kentucky and Middle Tennessee. From its headwaters in Sumner County to where it joins the Cumberland River near Clarksville, Tennessee, the Red River and approximately 1,500 miles of creeks and streams collect rain from a 1,482 square mile region. At over 18,000 square miles, the Cumberland River Basin contains 14 watersheds including our Red River Watershed. The Red River system is a vital economic resource supplying ground and surface water for livestock, irrigation, and municipal drinking water. For more information on our watershed and what you can do to help, please visit www.cumberlandrivercompact.org or www.redriverwatershed.org.



Greenway Repairs

Thank you to everyone for your patience during the recent repairs to our Greenway trail system. Final paving on this project will occur with the roadway paving in November. To the left is a photo of the completed bank stabilization project. This allowed us keep the water from eroding the land under the greenway.

Andy Leftwich to Preside as the Grand Marshal for this Year's Christmas Parade

The Grand Marshal for the annual Christmas parade is Andy Leftwich, the phenomenal fiddle player in Ricky Skaggs' Kentucky Thunder band! He will be accompanied in the parade by his wife, Rachel. Andy, age 28, was raised in White House and amazingly joined Skaggs in February of 2000. Already in his young career, Leftwich has accumulated 4 Grammy's and 6 IBMA's (International Bluegrass Music Awards)! You can hear some of Andy's music at <http://skaggsfamilyrecords.com>.



Harvest Moon 10K results

The Harvest Moon 10K was held October 10th. The overall winner was Scott Wietecha. Scott is the Phys Ed Instructor at H.B. Williams School. Scott completed the 6.2 mile run in 36:08. The following are the top ten finishers and their times.

- 1. Scott Wietecha 36:08
- 2. Don Gilbert 40:37
- 3. Brandon Christy 46:03
- 4. Joel Vallejo 46:47
- 5. Jason Hanks 49:03
- 6. Mitchell Caruthers 50:21
- 7. Sonja McGregor 50:57
- 8. Kevin Allen 51:14
- 9. Jason Armes 52:36
- 10. Joe Rushing 53:23



Retirement Announcement

Joe Best, Recreation Superintendent, announced that he will enter retirement on January 1st, 2010, at which time he will have worked for the City of White House almost 6 years. Joe began working for the city initially on April 22nd, 2004 and has been in his current role since February 17th, 2008. Best wishes Joe!

Hillcrest Municipal Cemetery

Rules and Regulations for the Cemetery and the current Fee Schedule can be downloaded from www.cityofwhitehouse.com. Click on Departments / Services, then the link to Hillcrest Municipal Cemetery.

The Hillcrest Municipal Cemetery was assumed by the City of White House in 2002. The management and control of the Hillcrest Cemetery is directed by the Cemetery Board. The day-to-day operations of the cemetery are administered by the Parks and Recreation Department of the city. The Parks Department arranges burials, sells graves, and maintains the grounds.

More Information

For more information about Parks and Recreation programs, events or questions regarding the Hillcrest Cemetery, please do not hesitate to contact the Parks Department at 672-4350 ext. 2114. Thank you!



The pictures to the Left and Below are of earth-moving at the Park.



The photo to the left is from the installation of conduit at the park.

Youth Basketball

The Youth Basketball League's tip-off is on December 12th. This league is designed for youth in grades 1-4. Twenty teams, with 157 youth are currently competing in the league. The grand finale will be a season's end tournament for girls and boys in the third and fourth grade league. A big "Thank You" is in order for the forty plus coaches that volunteer their time to teach these young people the fundamentals and the game of basketball.

Adult Church League Basketball

The Adult Church League basketball season began November 17th. There are eight church teams competing during the 2009-10 season. Participants representing Northridge Church, Hillcrest Church of Christ, Long Hollow Baptist, White House First Baptist, Christian Gospel Temple, Green Ridge Church of Christ, The Pointe, and Adairville (KY) Baptist are currently playing in the Tuesday night league.

No Spring Adult Softball

Due to the construction of new ball fields, there will not be a spring Adult Softball league offered in 2010.



Parks Maintenance Supervisor, Steven Russell power-washing the surface of wooden bridges in order to clean off sap residue.

WHITE HOUSE PARKS & RECREATION CHURCH LEAGUE
VOLLEYBALL 1ST & 2ND PLACE - 2009

TOURNAMENT

TEMPLE BAPTIST TITANS - 1ST PLACE
TEMPLE BAPTIST #1 - 2ND PLACE

Co-ed Church Volleyball League
Registration for the Co-ed Church Volleyball league will be available in January. Interested? Contact White House Parks & Recreation at 672-4350, ext. 2114 for further information.

ZUMBA Fitness

Fee \$3.00/class
Monday 9:00-10:00 am
Tuesday 9:15-10:15 am
Wednesday 6:00-7:00 pm
Certified ZUMBA Instructor, Tina Bishop (CZ1)

ZUMBA GOLD

Fitness (a class designed for older, active adults)
Monday 8:30-9:00 am.
Cost is \$2.00/class
Instructed by Tina Bishop
For registration and further information please call the Parks Office at: 672-4350 ext. 2114.

White House Senior Citizens Center

The center is open Monday thru Thursday from 7:30 am until 5:30 pm. If you would like a monthly newsletter come by the center or go on line at www.cityofwhitehouse.com, click on Departments/Services, then on Senior Center, then on Senior Activities, then click on senior citizens newsletter. The newsletter is put out on the last week of the month.

Nutrition Program

Our meal is every Wednesday at 12:00 pm. If you would like to join us on Wednesday then call on Mondays by 12:00pm, the cost for seniors 55 and older is \$2.50 per person. Younger than 55 it is \$5.00.

Did you know ...

Regular exercise prevents bone loss and incidence of fractures; it increases the muscle strength and hence the balance and coordination.

EVENTS AND FUTURE TRIPS

December 2009

- On Thursday, December 3rd we will be going on a Mystery Trip! We will depart the center at 10:30 am.
- On Monday, December 7th we will travel to Lebanon to view the Christmas light and to see Santa Clause. We will have Dinner at Logan's Steak House. Departure time will be 4:00pm.
- The Senior Citizens Breakfast will be on Wednesday, December, 9th at 9:30 am, there is a maximum number so you will need to be signed up by December 3rd.
- Our Cookie Exchange will be on Tuesday, December 10th at 1:30 pm. Each person planning to attend will need to sign up by Tuesday, December 3rd. Contact Vicky at the Senior Center on how the cookie exchange works.
- Granny's Christmas lunch will be on Tuesday, December 15th at 12:00 pm, at the Senior Center. There is a maximum number so you will need to be signed up by December, 10th.
- We will have our Christmas Bingo on Wednesday, December, 16th. If you plan to participate in bingo each woman will bring a wrapped women's gift and each man will bring a wrapped man's gift. The price range will need to be between \$5.00 and \$10.00 dollars. You will have to participate in this game if you plan to participate in the cover all game.

January 2010

- On Tuesday, January 5th, we will be going bowling at Hendersonville Fun Center. The cost is \$3.00 for your shoes and first game. It will be \$1.00 for each additional game. Departure time from the center will be 1:00 pm.
- On Thursday, January 14th, we will be heading to Orlinda TN. to The Byrum Porter Senior Center for their dance. The cost is \$5.00 per person and an extra \$2.00 if you would like to participate in the cake walk. The dance is from 7:00 pm to 9:30pm. We will depart at 6:30 pm.
- On Tuesday, January 19th we will head to Springfield TN. for shopping and to have lunch at the Catfish House. We will depart the center at 10:00 am
- On Monday, January 25th, we will watch the movie "Zoya." It is a movie based on the novel written by Danielle Steel. The movie will start at 1:00 pm at the center.

If you have any questions regarding the White House Senior Center Activities, please contact Vicky Russell at 615-672-4350 ext. 2116 or you may email her at vrussell@cityofwhitehouse.com.



Senior Halloween Party

We had 6 to participate in the Costume Contest (from L to R)

Gael Evans, Maureen Mallia, Carolie Driscoll, Betty Lloyd, Agnes Hopkins, Barbara O'Guin. The winner was the Thermometer (Barbara O'Guin).

Monthly Activities

Creative Cards & Scrap Booking is on the third Tuesday 1:00 to 3:00 pm.

Water Aerobics is on Mondays and Thursdays 8:00 to 11:00 am.

Theme Birthday Potluck is on the last Monday of each month at 12:00 pm. Check monthly calendar for theme of the month

Bingo is on the 1st and 3rd Wednesday at 1:00 pm

Sittersize (Chair Exercise) is on Tuesdays and Wednesday at 9:00 am.

Zumba Gold Exercise class, every Monday 8:30 to 9:00 am. Cost \$2.00 per person per class

Blood Pressure checks every Wednesday 10:30 am to 11:30 am.



Halloween Cake Walk



How Freedom Came to America

As the colonies prospered, they became the object of attention of the British Government. They let the colonies go their own way politically, but they kept as much economic control as they could over the colonists. The parliament passed laws to control prosperity and protect the market. They were not one-sided. In fact British restrictions were much lighter than France and Spain imposed on their colonies. Americans, however, had become strong individualists, they resented any controls and taxes the taking of their wealth. They could not even agree to unite among themselves. Disagreements between the colonies legislatures and the royal government were increasing.

We were about to see Americans (the Colonists) take control of their destiny and dispose of tyranny.

At the same time three nations were at war for control of the territories, the Spanish, the French and the British. The French took possession of the Saint Lawrence River. They sent explorers, trailers and missionaries. By 1700 they had founded Detroit and claimed the whole Mississippi River Valley and New Orleans. They called these settlements New France. The British also claimed the Mississippi Valley and that would soon lead to fighting. The four so called French Indian Wars grew out of this conflict between France and England.

America was born in the conflict of wars. A victory had to be secured to sustain the quest for freedom. British and American troops defeated the French, captured the Pittsburgh region, invaded Canada and captured Quebec. This battle practically ended our struggle with France. The Treaty of 1763 gave the British all of Canada and the French possessions in the United States. Spain now remained, but was weak. For more than 100 years the colonists feared the French and depended on Britain for protection. Now the fear had disappeared.

Unable to manage the speed and independent growth of the colonies, the British became oppressive and tried to over manage the lives of the people. Their effort to force government control through taxation was more than would be tolerated by the colonists. The colonists had no representatives in the parliament. Frustrated with government, they sent several messages. They protested, but the British continued to blunder, passing in 1765 the Stamp Act. In 1770, British troops fired on a Boston mob, attacked them and killed several people in this so called, Boston Massacre.

When Britain allowed the East India Tea Company control over the tea trade, that extended their claim that it had the right to tax the colonies without consent. It was more than the colonists would tolerate. The protesters threw all the tea into the Boston Harbor and the colonies began to take steps to unite in self defense. To this day, tea parties still remain for much of the same reasons, especially the frustration with government actions. The colonies took action against Britain. All except Georgia sent representatives to a meeting in Philadelphia. The First Continental Congress met on September 5, 1774 and sent a petition to King George III. They were flatly refused and fighting broke out between colonists and the British near Boston. The colonial troops were routed at Bunker Hill. George Washington's army held the British in Boston under siege for almost a year. Meanwhile, the second Continental Congress met in Philadelphia and on July 2nd 1776, voted for independence.

Thomas Paine had published the pamphlet Common Sense. This brilliant argument showed that Americans not only had the opportunity, but the right to create a free, happy, democratic nation. In a land of 2.5 million, Common Sense was well received and spread like wild fire. The audacity of this small group of colonists, with no significant army, navy or resources, to challenge the most powerful government in the world. How could they believe they could pull this off? What was their source of faith, power and belief that would give them assurance of their right to success? This was not a dream. It was a decision to pledge their lives, their riches and their energies, they would make every sacrifice necessary for freedom.

To a man, these were successful people that could have easily lived lives of comfort and ease. What could cause them to risk all they possessed? What would happen next?

The City would like to introduce two new faces and welcome them to the City team.

Two new technicians joined our Wastewater Dept this quarter. Please join the City in welcoming Matthew Harper and Derek Hough. Matthew returns to the City with several years experience in Wastewater, while Derek joins the team after completion of college and having worked in private industry.



Matthew Harper



Derek Hough

Have a safe
and happy

holiday season!

Free CPR Classes

Anyone interested in Free CPR Classes may call the Fire Department to get your name on a list for a class. Classes are scheduled monthly, but the list fills quickly. The curriculum is the American Heart Association's Friend and Family course. CPR is such an important skill to possess and we encourage everyone to learn CPR. It may just be your loved ones that benefit from your knowledge.