

A publication from the City of White House  
105 College Street ~ White House, Tennessee 37188  
February - March 2012

# *Word on White House*

## **NOTICE**



### **REMINDER**

Property Taxes Due October 1, 2011 to  
February 28, 2012

Effective March 1st  
Penalties Accrue at 1.5% Monthly

### **TAX RELIEF APPLICANTS**

Need to come in with Tax Relief Card and  
Income Amount

### **TO APPLY FOR TAX RELIEF**

Call or come into City Hall  
105 College Street / 672-4350, ext. 2100

### **YOU CAN CHECK ON OR PAY ON LINE AT**

[www.cityofwhitehouse.com](http://www.cityofwhitehouse.com)  
Click on Departments / Finance

**NOT RECEIVING A TAX NOTICE  
WILL NOT RELIEVE YOU OF  
YOUR RESPONSIBILITY  
FOR PAYING YOUR PROPERTY  
TAXES ON TIME**



City of White House  
Billy S. Hobbs Municipal Center  
105 College Street  
White House, TN 37188  
[www.cityofwhitehouse.com](http://www.cityofwhitehouse.com)

Phone: 672-4350  
Fax: 672-2939

U.S. Postage Paid  
Bulk Rate  
Permit No. 10  
White House, TN 37188

Postal Patron  
White House Postal Routes

# February

Please check the City of White House's website for more frequent updates to the calendar of events at [www.cityofwhitehouse.com](http://www.cityofwhitehouse.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1		2	3
			9:00 AM Sittersize SC	2:00 PM Dance Class SC	6:00 PM Adult Open Gym PR	
			10:30 AM Preschool Wed LB			
			12:00 PM Hot Lunch SC			
			1:00 PM Bingo SC			
			6:30 PM Zumba PR			
5	6	7	8	9	10	11
	9:00 AM Zumba PR	9:00 AM Sittersize SC	9:00 AM Sittersize SC	2:00 PM Dance Class SC	6:00 PM Adult Open Gym PR	
		9:15 AM Zumba PR	10:30 AM Preschool Wed LB			
		10:30 AM Toddler Tues LB	12:00 PM Hot Lunch SC			
			6:30 PM Zumba PR			
12	13	14	15	16	17	18
	9:00 AM Emissions PW	9:00 AM Sittersize SC	9:00 AM Sittersize SC	2:00 PM Dance Class SC		
	9:00 AM Zumba PR	9:15 AM Zumba PR	10:30 AM Preschool Wed LB	7:00 PM Board of Mayor & Aldermen Mtg BR		
	Planning	10:30 AM Toddler Tues LB	12:00 PM Hot Lunch SC			
	7:00 PM Commission Mtg BR		1:00 PM Bingo SC			
			6:30 PM Zumba PR			
19	20	21	22	23	24	25
Alternate Sanitation Pick Up Week	<b>Presidents' Day</b>	9:00 AM Sittersize SC	9:00 AM Sittersize SC	Church League Co-Ed Volleyball Registration Ends	6:00 PM Adult Open Gym PR	
	City Offices Closed	9:15 AM Zumba PR	10:30 AM Preschool Wed LB	10:00 AM Adult Book Club LB		
	Library Closed	10:30 AM Toddler Tues LB	12:00 PM Hot Lunch SC	2:00 PM Dance Class SC		
		7:00 PM Board of Zoning Appeals Mtg BR	6:30 PM Zumba PR			
26	27	28	29			
Library Book Sale	<b>Property Taxes Due</b>	Library Book Sale	Library Book Sale			
9:00 AM Zumba PR	Library Book Sale	9:00 AM Sittersize SC	9:00 AM Sittersize SC			
12:00 PM Birthday Pot SC	9:00 AM Sittersize SC	12:00 PM Hot Lunch SC	12:00 PM Hot Lunch SC			
	9:15 AM Zumba PR	6:30 PM Zumba PR	6:30 PM Zumba PR			

SC - Event Sponsored by Senior Adult Center.

PW - Event Sponsored by Public Works

BR - Event Located at City Hall Board Chambers Room.

LB - Event Sponsored by the Library

PD - Event Sponsored by the Police Department.

# March

Please check the City of White House's website for more frequent updates to the calendar of events at [www.cityofwhitehouse.com](http://www.cityofwhitehouse.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Library Book Sale 2:00 PM Dance Class SC 7:00 PM Leisure Services Board Meeting BR	2 Library Book Sale 6:00 PM Adult Open Gym PR	3 Library Book
4	5 9:00 AM Zumba PR	6 9:00 AM Sittersize SC 9:15 AM Zumba PR 10:30 AM Toddler Tues LB 7:00 PM Beer Board Mtg BR	7 9:00 AM Sittersize SC 10:30 AM Preschool Wed LB 12:00 PM Hot Lunch SC 1:00 PM Bingo SC 6:30 PM Zumba PR	8 Adult Co-Ed Softball Registration Ends Men's Open Softball Registration Ends SNAP Registration Ends 2:00 PM Dance Class SC	9 6:00 PM Adult Open Gym PR	10
11	12 9:00 AM Emissions Testing PW 9:00 AM Zumba PR 7:00 PM Planning Commission Mtg BR	13 9:00 AM Sittersize SC 9:15 AM Zumba PR 10:30 AM Toddler Tues LB	14 9:00 AM Sittersize SC 10:30 AM Preschool Wed LB 12:00 PM Hot Lunch SC 6:30 PM Zumba PR	15 2:00 PM Dance Class SC 7:00 PM Board of Mayor & Aldermen Mtg BR	16 6:00 PM Adult Open Gym PR	17
18	19 9:00 AM Zumba PR	20 9:00 AM Sittersize SC 9:15 AM Zumba PR 10:30 AM Toddler Tues LB 7:00 PM Board of Zoning Appeals Mtg BR	21 9:00 AM Sittersize SC 10:30 AM Preschool Wed LB 12:00 PM Hot Lunch SC 1:00 PM Bingo SC 6:30 PM Zumba PR	22 2:00 PM Dance Class SC	23 6:00 PM Adult Open Gym PR	24
25	26 9:00 AM Zumba PR 12:00 PM Birthday Pot Luck SC	27 9:00 AM Sittersize SC 9:15 AM Zumba PR 10:30 AM Toddler Tues LB	28 9:00 AM Sittersize SC 10:30 AM Preschool Wed LB 12:00 PM Hot Lunch SC 6:30 PM Zumba PR	29 10:00 AM Adult Book Club LB 2:00 PM Dance Class SC	30 6:00 PM Adult Open Gym PR	31

SC - Event Sponsored by Senior Adult Center.  
 PW - Event Sponsored by Public Works  
 BR - Event Located at City Hall Board Chambers Room.

LB - Event Sponsored by the Library  
 PD - Event Sponsored by the Police Department.

# Police Department

## Winter Driving Tips

Driving on snowy or icy roads requires special attention to safety. Although it's impossible to have ideal road conditions 365 days a year, there are certain precautions you can take to make winter driving safer. Here are some tips and suggestions to help you get ready for the hazards of winter:



- Don't go out until the snow plows/salt trucks have had a chance to do their work.
- Always wear your seatbelt and insure all passengers wear theirs.
- Keep your gas tank at least half full.
- Allow yourself extra time to reach your destination.
- Turn on your headlights to increase your visibility to other motorists.
- Brake gently to avoid skidding.
- Be especially careful on bridges and overpasses, which will freeze first.
- Keep your windshield, windows and mirrors clean and free of ice and snow.
- Equip you vehicle with a flashlight and extra batteries, First Aid kit, Blanket, hat and gloves, small bag of sand, small shovel, booster cables and bottled water.

Tennessee travelers have several options of accessing road and travel conditions using the Web at [www.TN511.com](http://www.TN511.com) or by dialing 511 on their cellular phones or their land lines.

For traffic assistance in White House, contact the White House Police Department at 672-4903 (non-emergency) and 911 for all emergencies.

For all other roadway emergencies, contact the Tennessee Highway Patrol at \*THP (\*847).

## A Special "Thank You" from Toys for Tots

On behalf of the U.S. Marine Corps Toys for Tots and the White House Police and Fire Departments, a sincere "Thank You" to all who participated in the 2011 toy drive. As a result of your efforts, less fortunate children throughout our community experienced the joy of Christmas. The total toys collected this year in White House (for Sumner and Robertson Counties) was 2,800, which exceeded last year's collection of 2,000. This year's sponsors also included White House Dollar General Market, Kroger, and Walgreens.

## Citizens' Academy 2012

In February 2012, the White House Police Department will host its Twelfth Annual Citizens' 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 ten weeks. The classes are open to White House residents (Sumner/Robertson Counties) and those who are employed here 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 and crime prevention. 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's 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](http://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.



Heritage Middle School Junior Beta Club  
(above)

R.F. Woodall Elementary School  
(below)



Heritage Elementary Junior Beta Club  
(above)

# Police Department

## W.H.P.D. Honors Graduates of D.A.R.E. (Drug Abuse Resistance Education) Program

**D.A.R.E.**

153 5<sup>th</sup> grade students from White House Heritage Elementary School and 12 5<sup>th</sup> grade students from Christian Community Schools took the D.A.R.E. pledge to stay off drugs as they graduated from the elementary ten week D.A.R.E. (Drug Abuse Resistance Education) program during December. Given the national profile of D.A.R.E. graduates, it's likely that they'll keep the pledge for good.

Under the direction of WHPD Captain Jeff Mingledorff, D.A.R.E. Instructor, these students have learned the skills they need to avoid drugs, alcohol and violence. The classes include extensive role-playing with officers on practical ways to resist pressure to experiment with drugs and alcohol, and avoid violence. It also teaches them to live a consequence-oriented life, enhances their decision making capabilities through the use of lecture, practical application, and scenario based problem solving.

Because the officers have personal experience working with drug abusers on the street, young people consider them to be highly credible instructors and role models.

The D.A.R.E. Lessons focus on four major areas: providing accurate information about the harmful effects of tobacco, alcohol and marijuana, teaching students decision making skills, showing them how to resist peer pressure, and giving them ideas for alternatives to drug use and violence. D.A.R.E. began nationally in 1983. It is now taught in more than 300,000 classrooms in 50 states and 53 countries around the world. It was adopted in the White House schools in 1995 as a joint effort between community schools, parents, and the White House Police Department.



### Continued: A Special "Thank You" from Toys for Tots



White House Senior Citizens Center  
(above)

Heritage High School  
"Helping Hands"  
(below)



### Free Community Information Service

Register your email address for local police advisories, community information, and traffic messages by text to [records@cityofwhitehouse.com](mailto:records@cityofwhitehouse.com). Please provide us with your name and the email address you want the messages to be sent to.



# Public Works Department

## 2012 HOLIDAY SANITATION SCHEDULE

*Weeks or days where sanitation pickup is altered due to holiday*

<b>President's Day Week of Feb 19th</b>	<ul style="list-style-type: none"> <li>• Mon - Collected on Tues, Feb 21st</li> <li>• Tues, Wed &amp; Thurs - Regular Schedule</li> </ul>
<b>Good Friday Week of Apr 1st</b>	<ul style="list-style-type: none"> <li>• Mon, Tues &amp; Wed - Regular Schedule</li> <li>• Thurs - Collected on Mon, Apr 9th</li> </ul>
<b>Memorial Day Week of May 27th</b>	<ul style="list-style-type: none"> <li>• Mon - Collected on Tues, May 29th</li> <li>• Tues, Wed &amp; Thurs - Regular Schedule</li> </ul>
<b>Independence Day Week of Jul 1st</b>	<ul style="list-style-type: none"> <li>• Mon - Collected on Tues, Jul 5th</li> <li>• Tues, Wed &amp; Thurs - Regular Schedule</li> </ul>
<b>Labor Day Week of Sept 2nd</b>	<ul style="list-style-type: none"> <li>• Mon - Collected on Tues, Sept 4th</li> <li>• Tues, Wed &amp; Thurs - Regular Schedule</li> </ul>
<b>Columbus Day Week of Oct 7th</b>	<ul style="list-style-type: none"> <li>• Mon - Collected on Tues, Oct 9th</li> <li>• Tues, Wed &amp; Thurs - Regular Schedule</li> </ul>
<b>Veteran's Day Week of Nov 11th</b>	<ul style="list-style-type: none"> <li>• Mon - Collected on Tues, Nov 13th</li> <li>• Tues, Wed &amp; Thurs - Regular Schedule</li> </ul>
<b>Thanksgiving Week of Nov 18th</b>	<ul style="list-style-type: none"> <li>• Mon - Regular Schedule</li> <li>• Tues - Collected on Mon, Nov 19th</li> <li>• Wed &amp; Thurs - Collected on Tues, Nov 20th</li> </ul>
<b>Christmas Holiday Week of Dec 23rd</b>	<ul style="list-style-type: none"> <li>• Mon &amp; Tues - Collected on Wed, Dec 26</li> <li>• Wed &amp; Thurs - Collected on Thurs, Dec 27</li> </ul>

If you would like to be notified in advance of Alternate Sanitation Pickup dates for holidays, please email [apriest@cityofwhitehouse.com](mailto:apriest@cityofwhitehouse.com).

## Clean-Up Days



Citizens are allowed to bring in two free pick up loads of household refuse to the Public Works Facility; located at 427 Industrial Drive, Monday – Thursday 7:15 am until 5:15 pm throughout the calendar year. (January 1st thru December 31<sup>st</sup>)

Photo identification and or proof of residency will be required (examples: copy of your sewer or property tax bill). This information will be logged in our billing system and attempts to use this free service more than twice during the calendar year will be denied. If the citizen wishes to utilize the service after the two free loads have been utilized, then normal charges will apply.

If you have any questions, please feel free to contact the Public Works Department at (615) 672-0215.



## Emissions Testing Information

### 2012 Schedule

February 13th	June 11th	October 15th
March 12th	July 9th	November 19th
April 9th	August 13th	December 10th
May 14th	September 10th	

### Hours

Mon 9:00 A.M. - 12:00 P.M.

### Location

427 Industrial Drive (Behind the Public Works Building)

**Note:** Severe Weather or operational constraints may prohibit operation of this testing unit. *Please call our hotline at 399-8995 to ensure the unit is operating.*

You can have your vehicle tested at any of the five (5) permanent inspection stations in Rutherford, Sumner, Williamson, and Wilson counties. The closest location to White House is 951 Grassland Place, Gallatin, TN. Mon and Tues 7:00 am - 6:00 pm, Wed - Friday 7:00 am - 5:00 pm and also Saturday 8:00 am - 1:00 pm

**Note:** There will also be a Sumner County Clerk at the Billy S. Hobbs Municipal Center located at 105 College Street for the purchasing of vehicle tags on the dates listed above.

# Welcome!

W. Joe Moss,  
Public Works Director



# White House Inn Library



## Tax Assistance

The AARP will offer tax assistance at the library for taxpayers with low- and moderate-income, with special attention to those age 60 and older. A volunteer will be at the library on Thursdays, from February 2 – April 12. Appointments will be scheduled by library staff. Please call the library at 672-0239 if you have any questions or would like to schedule an appointment. The library also offers tax forms free-of-charge, while supplies last.

## Book Sale!

The Friends of the White House Library will host a book sale at the library the week of February 27<sup>th</sup> – March 3<sup>rd</sup>. The book sale will be open for business during the library's regular operating hours. Items for sale include adult fiction and non-fiction, children's books, paperbacks, hardbacks, magazines, and movies. Stop by and pick up some great bargains!

All proceeds go to the Friends of the White House Library, a 501(c)(3) organization, to support the library.

**The library will be closed Monday, February 20<sup>th</sup> for Presidents' Day.**

## Book Club

The Adult Book Club meets at 10 a.m. on the last Thursday of the month. The club will meet on February 23<sup>rd</sup> and March 29<sup>th</sup>. All interested adults are invited to attend. Please call Janet at the library if you would like to reserve the current book club title, or if you have any questions: 672-0239.

## Storytime

Drop by the library for stories, songs, rhymes, crafts, and fun! Children ages 3 years and under are invited to attend Toddler Tuesday. Children ages 4 and 5 years are invited to attend Preschool Wednesday. Storytimes are offered free-of-charge and no registration is required. Storytime will be held on the following dates:

**Toddler Tuesday**  
February 7, 14, 21  
March 6, 13, 20, 27

**Preschool Wednesday**  
February 1, 8, 15, 22  
March 7, 14, 21, 28

Join us for special Valentine's Day storytimes on February 14<sup>th</sup> and 15<sup>th</sup>.

There are no storytimes on February 28<sup>th</sup> and 29<sup>th</sup> due to the Friends of the White House Library Book Sale.



The library is on Facebook! Search for **White House Inn Library** and "Like" our page to find out what's happening at the library. We will post updates about our programs, services, and collections. Check us out!

## Hours of Operation

	Monday	Thursday
White House Inn Library	10:00 am - 5:30 pm	12:00 noon - 8:00 pm
412 Highway 76	Tuesday	Friday
White House, TN 37188	10:00 am - 5:30 pm	10:00 am - 5:30 pm
Phone: 615-672-0239	Wednesday	Saturday
	10:00 am - 5:30 pm	10:00 am - 4:00 pm

Find the words in the lists to the right in the word search!

AUDIO	HISTORY	REFERENCE
BIOGRAPHY	HORROR	RETURNS
BOOKS	LENDING	SCIENCE
CHAIRS	LIBRARIAN	SECTIONS
COMPUTERS	MAGAZINES	SHELVES
COOKERY	PAPERBACKS	TRAVEL
CRIME	QUIET	
FICTION	READ	
GEOGRAPHY	RECEPTION	



F G T S X F H C O O K E R Y B  
H N T R T U C P D C Y P S N A  
O I P I Y R O T S I H J H N W  
R D W A U D I O O D P G E E N  
R N R H P C B I A X A X L T O  
E E E C N E R E F E R E V R I  
C L I B R A R I A N G C E A T  
E M G S K O O B F F O N S V C  
P S E N I Z A G A M E E Y E I  
T S R E T U P M O C G I M L F  
I N O J W K U B K K C Q D K  
O A R M S N O I T C E S U O M  
N I R E T U R N S U X D I J O  
N V O J C R I M E B U S E G V  
L Y H P A R G O I B B M T V E

## Checkout eBooks with Your Library Card!

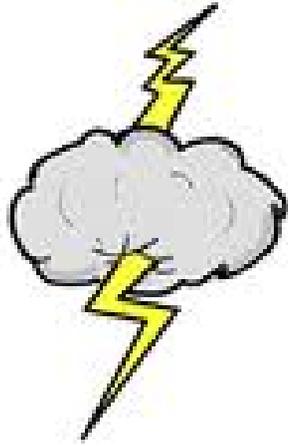


Don't forget you can download eBooks for your Kindle, Nook, or iPad using your White House Library Card and the Regional e Book and Audiobook Download System (R.E.A.D.S.). Through R.E.A.D.S. you also have access to audiobooks that can be played in a variety of ways including on your home computer, mp3 player, or iPod. Please ask at the library if you are interested in getting started with R.E.A.D.S. or if you have any questions.

# Fire Department

## Severe Weather Preparedness

As this newsletter is being written middle Tennessee has been impacted by severe weather. Tornadoes have been reported north and south of White House on this date in the middle of January. A conference call this morning with the National Weather Service provided some unsettling news. The spring severe weather season looks to be very active. The months of February through April that are normally calm may be warmer and wetter than normal with active weather patterns and severe weather.



The White House Fire Department is involved in weekly weather briefings from the National Weather Service. These briefings usually don't begin until March or April, but the National Weather Service has already started the weekly briefings due to the potential for severe weather already and today has proven that their concerns may be valid.

The Fire Department will continue to monitor the weather to be prepared and we encourage every citizen to monitor the weather conditions throughout the spring severe weather season. We cannot stress the importance of every home installing a "weather radio". These radios can provide the necessary information to keep your family safe. These radios can be purchased from various retailers right here in town and the cost is a small investment for the safety of your family. The newer radios are able to be programmed to receive warnings for the counties that you choose to monitor and can provide the time necessary to take shelter in the event of severe weather. Severe weather comes in various forms from tornadoes, severe thunderstorms, winter storms, ice storms, flooding, or even extreme heat. Fire Department personnel are available to assist you in the programming of the radios should you need assistance. You can bring your radio to Fire Station # 2 anytime Monday to Thursday between the hours of 7:00 AM and 5:30 PM for programming assistance.

The National Weather Service website is another wonderful resource for weather information. The local National Weather Service website in Nashville is [www.nws.gov/nashville](http://www.nws.gov/nashville). Not only can you monitor the radar and weather forecasts, you can also find numerous resources for severe weather preparedness. You may also navigate to [www.ready.gov](http://www.ready.gov) to find additional resources from the Federal Emergency Management Agency. Ultimately we are all responsible for our own safety and being prepared is the best step to ensure our own safety.

## Public Fire Education

The White House Fire Department takes fire safety very seriously and we want you to consider fire safety in every aspect of your life. Fire can occur anywhere and the best way to survive a fire is to be prepared. In the six month period of July 2011 to December 2011, the fire department engaged in Public Fire Education through various outlets including Risk Watch<sup>®</sup> and the White House Fire/Police Public Safety Day. These events and other educational opportunities allowed us to reach approximately 1,991 children with the message of fire safety. Risk Watch<sup>®</sup> is a nationally recognized comprehensive program that teaches school age children the importance of many aspects of personal safety. The Public Safety Day allows the children to meet Police Officers and Firefighters in our city and also allows them to interact with the public safety officials through various interactive activities.

Risk Watch and Safety Day are only two public fire safety educational tools that we use to reach the public. The Fire Department also offers free blood pressure screenings and fire extinguisher training; CPR training is also available for a \$35.00 fee. Members of the department also participate in Career Days at the local schools.

The members of the White House Fire Department want to extend ourselves to every member of our community and welcome any opportunity to share fire safety with you. Members of the department can assist you with home fire safety checks or evaluations. Members can attend various functions with informative programs for various age groups including senior citizens, children, and everyone in between. We can attend your civic group or church group function and share our message of fire and personal safety. We are here to serve you in whatever capacity you may need. Please feel free to contact us at 615-672-5338 to schedule a time to speak with you or your group.

## Community Emergency Response Team



Another excellent tool for preparedness is the Community Emergency Response Team (CERT). The CERT training takes place twice a year and is very informative and really prepares the students to take charge of their own safety and preparedness. The next class will be in April 2012 and you can register for the class by calling the fire department at 615-672-5338 and placing your name on the list of students. The class is limited to 20 students so getting on the list early is very important. The cost of the class is \$40 and covers the class materials. You will likely see members of the CERT team around town in the coming months promoting the class and emergency preparedness. These team members will be wearing green vests, and they can all attest to the value of the course and preparation. Look for the team members and ask them about the class and emergency preparedness.



# Senior Center

The center is located beside the cafeteria in the City Hall building. Be sure to get signed up for our upcoming exciting outings or events. Call us at **672-4350, Ext 2116** and we'll be happy to mail you one of our "Event Calendars" loaded with lots of information. You can also just stop by and we'll show you around. We are always welcoming newcomers to our group, and there is no fee to join!

**So don't stay home, come on over and enjoy yourself and make some new friends!**

## 2011 went by so fast! Watch out 2012!

The Senior Center is planning some fun adventures this year filled with local and out of town trips!

So many people have told me, "I don't know where the Senior Center is located". Well, I'll try to explain.....the Senior Center is located in the back of City Hall, 105 College Street. Drive down College Street and turn right on Carmack (this street runs behind City Hall). There is a small parking lot on the right as you pass the back of City Hall. Pull into the parking lot on the right and come in thru the single glass door. The Center is past the cafeteria straight down to the end of the hallway. There is no fee to join, just a simple information form.

We'd love to have you join us! So come alone or bring a friend or neighbor and come on over!



Becky at the Check In Desk at the Winter Wonderland Dance (above)

We had a wonderful turnout for our Winter Wonderland Dance on Friday, January 13<sup>th</sup>. We had 66 people enjoying the ice blue décor with snowflakes and blue lighting. Everyone brought a snack to share, so we had a wonderful selection of food and we even had a Beverage Fountain with blue beverages flowing! It was a magical night with dancing and candlelit linen covered tables. We had door prizes with many winners and a cake walk where those winners took home some delicious desserts!



A Valentines Dance is planned for Valentines Day! Set for Tuesday, February 14<sup>th</sup>. The cost is \$5

at the door per person and you are encouraged to bring a snack to share! The "Good Time Charlie Band" will begin at 7:00 pm and we will have a break for the Cake Walk and Door Prizes at 8:00. The dance ends at 9:30 pm. So come on over to City Hall and see Linda Brooks in the Parks and Recreation Office and sign up ahead before we are sold out! You don't want to miss this one!

## Couples Dance at the Winter Wonderland Dance



## Nutrition Program

Our meal is every Wednesday at 12:00 pm. If you would like to join us on Wednesday, then please call on Monday by 12:00 pm to reserve your spot. The cost for Seniors 55 and older is \$2.50 per person and \$5.00 for non-seniors.

Line Dancing at the Winter Wonderland Dance (right)



I will be more than happy to mail you a newsletter, just let me know. You can also find us by going to the site: <http://www.cityofwhitehouse.com/> click on Departments/Services, then click on Senior Center, then click on Senior Activities, then you can view the Senior Citizens Newsletter by clicking the month. It's that simple! So stop by anytime, we'd love to meet you! The Center's phone number is 672-4350 Ext. 2116. My name is Kelly Jester Elias, I am part-time, so if I am not available, please leave a message with your phone number and I'll call you back as soon as possible. We are closed on Friday and closed on the weekends. Hope to see or hear from you very soon!



Cake Walk at the Winter Wonderland Dance

# General Information

## Advisory Board Members Needed!

Currently the City of White House has several vacancies on the Advisory Boards. These vacancies are on the Beer Board, the Industrial Development Board, and the Library Board. If you are interested in serving on any of these boards, please complete an application. To obtain an application please visit our website at [www.cityofwhitehouse.com](http://www.cityofwhitehouse.com). Click on City Government, then Advisory Boards/Commissions. Click on the "Application Form" link to download the form. If you have any questions regarding the responsibilities of each board, when they meet, or any other details, please contact Amanda Priest at [apriest@cityofwhitehouse.com](mailto:apriest@cityofwhitehouse.com) or 672-4350, ext. 2111.



## City of White House Office Closings

February 20th  
Closed in observance of Presidents' Day



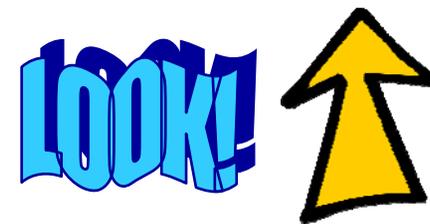
## Upcoming Changes in Wastewater Billing and Payment Services!

In the upcoming months, look for changes in Wastewater billing and payment services. The City is currently working through a few logistical issues regarding these changes. However, as soon as these are resolved these services will be moving to City Hall from the Wastewater Department. We hope to make this transition as smooth as possible for our citizens.

## What's Up Chuck?!



Hi! Chuck here! You know, the groundhog... can you believe the winter we've been having?! It seems more like spring than winter on some days lately. Speaking of spring, I've heard those humans in the Parks and Recreation Department talking about all of these things to do that they have coming up in the spring. Lots of softball, volleyball, open gym, and I'm sure there's more that I don't even know about! You should check out their page here in this paper thing and see what's going on. If you don't see something you're wanting to do, keep your eye on their Facebook page. I've heard they put updates on there too! I hope to see you guys out doing some of the stuff they have planned!



# Hillcrest Municipal Cemetery

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

## What are the restrictions and procedures for having a monument installed at the cemetery?

- First, not all monuments are allowed.
- All head stones must either be on a base stone, or flush with the ground. (No slants or beveled markers)
- Government/Military markers (VA) must be flat markers. No upright government/military markers are allowed. VA flat bronze, flat marble, and flat granite markers are accepted.
- All foot markers must be flush with the ground. Minimum size of foot markers is 7" x 14".

Second, all monument foundations are concrete and are poured by the City of White House. It is strongly suggested that you contact the City of White House Parks and Recreation Department Cemetery Division to verify and insure that the type of monument that you wish to have installed meets cemetery requirements. The number is 672-4350 ext. 2114. After the size and type of monument or marker has been selected, monument companies should complete the Foundation Request Form and forward this form (with the appropriate fee) to the City of White House Cemetery Division at 105 College Street, White House, TN 37188. We ask that you allow 10 days for completion of the foundation. The cost for foundations is 25¢ per square inch. The foundation fee is paid by the monument company to the City of White House-Hillcrest Cemetery, which means that cost is passed along to the purchaser as part of the cost of setting the monument or marker.

# March is National Nutrition Month!

## 20 Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.
2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.\*
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.
17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.\*
19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in apple-sauce.

## Get Your Plate in Shape

Before you eat, think about what goes on your plate or in your bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products and lean protein foods contain the nutrients you need without too many calories. Over the day, include foods from all the food groups. Try the following tips to "Get Your Plate in Shape."

### Make half your plate fruits and vegetables.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables. Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.

### Make at least half your grains whole.

Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on food packages to find whole-grain foods.

### Switch to fat-free or low-fat milk.

Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

### Vary your protein choices.

Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs. Twice a week, make seafood the protein on your plate. Keep meat and poultry portions small and lean.

### Cut back on sodium and empty calories from solid fats and added sugars.

Drink water instead of sugary drinks. Select fruit for dessert. Eat sugary desserts less often. Choose 100% fruit juice instead of fruit-flavored drinks. Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt. Make major sources of saturated fats such as desserts, pizza, cheese, sausages and hot dogs occasional choices, not every day foods. Select lean cuts of meat or poultry and fat-free or low-fat milk, yogurt and cheese. Switch from solid fats to oils when preparing food.

### Enjoy your food but eat less.

Get your personal daily calorie limit at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). Keep that number in mind when deciding what to eat. Avoid oversized portions. Use a smaller plate, bowl and glass. Cook more often at home, where you are in control of what's in your food. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits and whole grains. Write down what you eat to keep track of how much you eat. If you drink alcoholic beverages, do so sensibly. Limit to 1 drink a day for women or to 2 drinks a day for men.

### Be physically active your way.

Pick activities that you like and start by doing what you can, at least 10 minutes at a time. Every bit adds up and health benefits increase as you spend more time being active.

**Children and teens:** Get 60 minutes or more a day.

**Adults:** Get 2 hours and 30 minutes or more a week of activity that requires moderate effort such as brisk walking.



Find more healthy eating tips at:  
[www.eatright.org](http://www.eatright.org)  
[www.kidseatright.org](http://www.kidseatright.org)  
[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)