



News & Views

November 30, 2017

The City of New Hope's Employee Newsletter

Unexpected Holiday Traditions Around the World



The **Ukrainian tradition** of adding spider webs to the Christmas tree might seem odd, until you learn about the legend. In a nutshell: a poor widow lived with her children in a cold, damp hut. Her children had their sights set on a young evergreen tree growing outside as their future Christmas tree. But they had nothing to decorate the tree. The woman cried herself to sleep that night, but the household spiders took note of her despair and covered the tree in their intricate webs. In the morning, the sun hit the tree, which shimmered in silver and gold thread. From that day on, the widow never wanted for anything again.

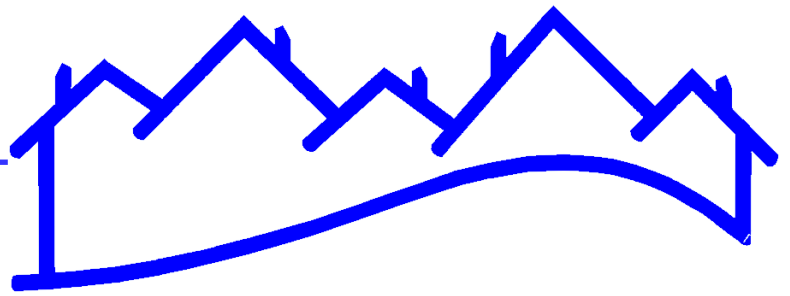
A vestige of ancient pagan days, **Norwegians** go to the trouble of hiding all brooms on Christmas Eve. And sometimes the menfolk even take out their guns and fire a warning shot into the air. According to legend, witches and other evil spirits come out on that night each year. And you know what witches want...brooms.



Now here's a fun Christmas tradition. Besides waking to firecrackers in the wee hours of the morning, residents of the **Venezuelan city of Caracas** get up, pull out their roller skates, and take off for mass. Many streets are closed to traffic and whole families wheel their way into the church pews. To hear the sound of skates in those sacred spaces!



Every Dec. 23, the **Mexican state of Oaxaca** presents the most impressive display of carved vegetables in the world. The Radishes are grown especially for this event and remain on display through Christmas day. The miniature exhibits depict the Nativity scene as well as other events from Mexican folklore. Originally, the tradition of radish carving was done by shopkeepers who wanted to entice people into their stores. Today, it's a three-day festival.



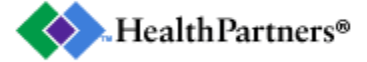
Staff Changes

- ❖ Benjamin "Ben" Frank started as the Office Specialist in Community Development on November 6. See his Spotlight on page 5.
- ❖ The preferred candidate for the full-time Police Clerk position is being backgrounded.
- ❖ The city received 14 applications for the Code Enforcement Inspector position. Applications are being scored and interviews are planned for next week.
- ❖ The HR Coordinator has submitted her retirement notice, effective January 26. Discussions have begun and plans will be made regarding how this vacancy will be filled.
- ❖ Roger Axel, Building Official, has submitted his retirement notice, effective the end of February.
- ❖ The Building Official position has been posted externally after no internal candidates applied. The position closes on December 11.



McDonald and Hoffs Honored

The Northwest Suburbs Cable Communications Commission honored **Kirk McDonald** and **Andy Hoffs** for their 10 years of dedicated service to the community. The awards were given at the recent Cable Commission Board meeting.



HealthPartners

Be on the lookout for a new HealthPartners ID card, whether you made any changes for 2018 or not.

HealthPartners has advised us that all HealthPartners members will receive a new ID card prior to the first of the year.

Waiving Medical Insurance?

If you are waiving medical insurance for 2018, HR needs a copy of your medical ID card. Even if you have sent a medical ID card to HR in the past and your coverage has not changed, HR still needs a copy of your 2018 ID card.

If you have any questions, contact Eve.

Holiday Food Drive



Your donations to the holiday food drive can make the difference to those who are less fortunate. Any non-perishable, unopened, unexpired foods are appreciated.

The drive will close on December 15. Bins are located at city hall and public works.

Toy Drive

Unopened, unwrapped toys are being collected for all age groups.

The drive is spearheaded by Police Officer Nicole Korth and will end on December 15. Teen gifts collected at the December 8 potluck will be included with the drive.

Bins are located at city hall and PW.



NEXT WEEK!



- ❖ The photos at left show the huge crane now at the site and the beginnings of construction.
- ❖ Ironwood plans to open in the spring of 2019.

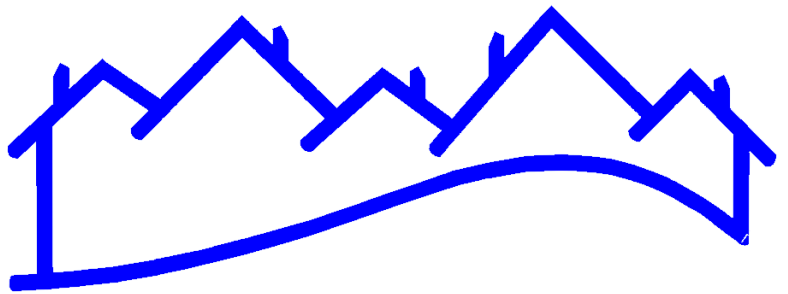
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Fun Stuff

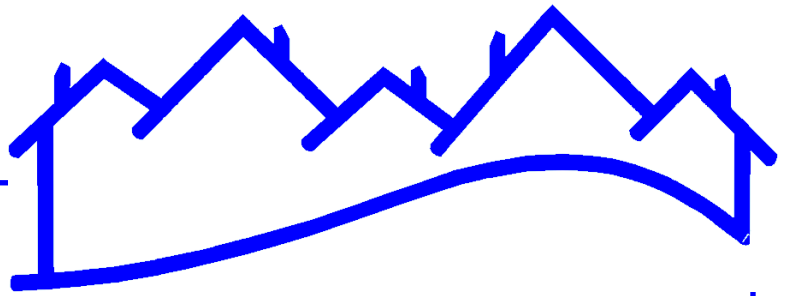
Employee Club BBQ Lunch

Members of the city hall Employee Club and others enjoyed a delicious barbecue lunch on November 15. The food was from Smokin' Bonez and included Saint Louis ribs, brisket, beans, and gouda mac.

Thanks to **Walker Crawford** for making the arrangements and the excellent homemade pumpkin bars!



5 *Spotlight On...*



Benjamin "Ben" Frank started with the city on November 6, 2017, as the Office Specialist in Community Development. Most recently, he was the Member Services Supervisor and Locations Coordinator for HOURCAR in St. Paul. HOURCAR shares cars by the hour, day, or week from various locations in St. Paul and Minneapolis. It is mostly used by people who need a car only occasionally.

Ben started his college career by studying Architecture and then switched to Urban Studies and Communications. He finds the public sector interesting and sees his position in Community Development as a way to learn more about how a city operates. He says he loves big cities, small towns, and everything in between. He loves the unique identity and pride that develops anywhere that people call home.

Speaking of home, Ben is from West Bend, WI where his parents and younger sisters still live. His older brother lives in Chicago and one sister lives near Milwaukee. Ben lives in St. Paul with his 60 pound, 5-year old Black Mouth CUR mix named Gabby. Gabby came from the Humane Society in Golden Valley a year ago. She is a southern hunting dog who never barks and could hunt squirrels all day long. Gabby and Ben walk everyday in beautiful parts of the neighborhood near the Mississippi River.

Ben loves the outdoors. He goes camping in the summer and especially enjoys hiking in state parks. He enjoys traveling and has been to Vancouver and all around the US. He visited Costa Rica when his brother's wedding was held there, and loved the volcanoes, rain forest, white water rafting, hanging bridges, and the huge valleys, some of which were in the clouds.

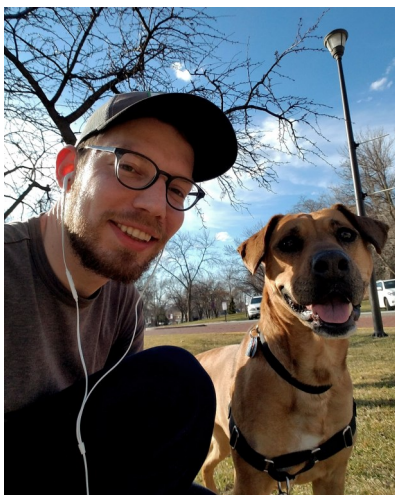
Ben recently went on a solo, 9-day, 3,000 mile road trip thru Manitoba, Saskatchewan, Alberta, British Columbia, and other places in West Canada, and returned through Yellowstone National Park. He loved the trip, especially the variety of cultures and exploring the various cities.

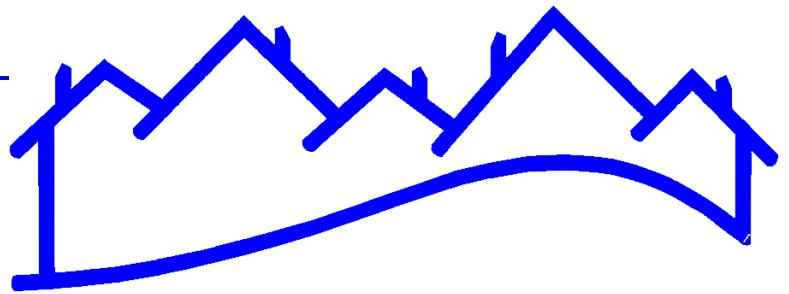
Along with his enjoyment of traveling, Ben also enjoys foods from many countries, prepared by friends of various nationalities. He says his cooking is 'boring'.

His cooking may be 'boring' but Ben is anything but. In addition to his experience dealing with people at HOURCAR, he also worked part-time for Starbucks for 9 years! Just in case you get a yearning for caffeine, he can probably suggest a Grande something that would fill the bill.

Welcome to the city, Ben. We hope you will have many enjoyable adventures here, leaning about the city and meeting many interesting people!

The Roving Reporter





6 Lunch & Learn Recap

How Stress and Sleep Relate to Each Other



Dr. Matthew Freudenthal, D.C., chiropractor and owner of Robin Wellness Center in Robbinsdale, spoke about stress and sleep at the Wellness Lunch & Learn held on November 29, 2017. He is a member of Wellness Champions, a professional group of health experts who work to maximize wellness in the workplace and, as such, focuses on keeping people healthy rather than looking for medicine to cure (often self-induced) ills.



Dr. Matt, as he is known, described how stress can be induced by a lack of sleep. Although some stress can be helpful, most stress lasts too long and could be prevented by lifestyle changes.

Prolonged stress can lead to hypertension, high cholesterol, and Type 2 Diabetes, making 60% to 90% of doctor visits stress related.

- ❖ Most adults need 7 to 8 hours of sleep every night.
- ❖ Going to sleep at the same time and waking up at the same time sets the Circadian Rhythm, which helps to keep us healthy.
- ❖ Good sleep habits, that bring sound sleep, help our bodies to repair themselves.
- ❖ Turning off the TV and/or electronic devices well ahead of going to bed helps to prepare the body for sound sleep.
- ❖ Our health history is 25% genetic and 75% lifestyle. Even a small change in the 75% can make a huge difference.



24 people attended the Wellness program. The boxed lunches from Hy-Vee were delicious, as usual!



Get your ZZZZ's tonight!

Feel GREAT tomorrow!



Wellness 2017

Another successful Wellness program has just ended. The simple, educational, optional events spread out through the year, proved to be popular with staff.

Biometric screening and the gift card rewards were also well received with many people enjoying their shopping at Whole Foods or Dick's Sporting Goods after having their biometrics taken at Hy-Vee.

The Wellness committee thanks all who participated in the 2017 program and invites everyone to participate again in 2018.

Coming Soon

- ❖ **A Wellness 2017 evaluation will be distributed in early December**
- ❖ **Your input will be very helpful in planning the 2018 program**

Look for the evaluation form for the 2017 program and share your thoughts.

Healthier Holidays

Make your season brighter by eating foods that nourish you and indulging in activities that help you relax.

Keep Moving

Experience the mood-boosting benefits of exercise in as little as 10 to 15 minutes.

Soak In the Tub

Taking a warm bath can help settle your mind and help you sleep, which promotes your body's natural defenses against stress.

Be In the Present

Simply paying attention to the present moment can give you a sense of renewal.

Improve Your Mood with Food

Sweets can wreak havoc on our mood. Choose complex carbohydrates, like whole-grain bread, combined with protein, such as turkey or low-fat cheese, to keep your mood on an even keel.

Avoid Winter Weight Gain

You don't have to deprive yourself of your favorite foods during the holiday season; just remember to enjoy them in moderation.

Do the Math

Calculating how long it will take you to work off a slice of pecan pie might make you think twice about eating it.

Use a Small Plate

When it's smaller, your plate looks fuller. The result: You'll eat less but feel just as satisfied.

Don't Stand by the Buffet Table

Go into another room, and try to avoid going back for seconds.

Eat Regular Meals

Skipping meals before the big fete might seem like a smart idea, but it's a recipe for disaster.

Stay Hydrated

People often mistake hunger for thirst, so if you're craving food, try drinking a glass of water before rummaging through the fridge.

Stay Strong All Season Long

Working out can help relieve stress, strengthen the immune system, and give you the extra energy you need to breeze through your holiday checklist.

Count Your Steps

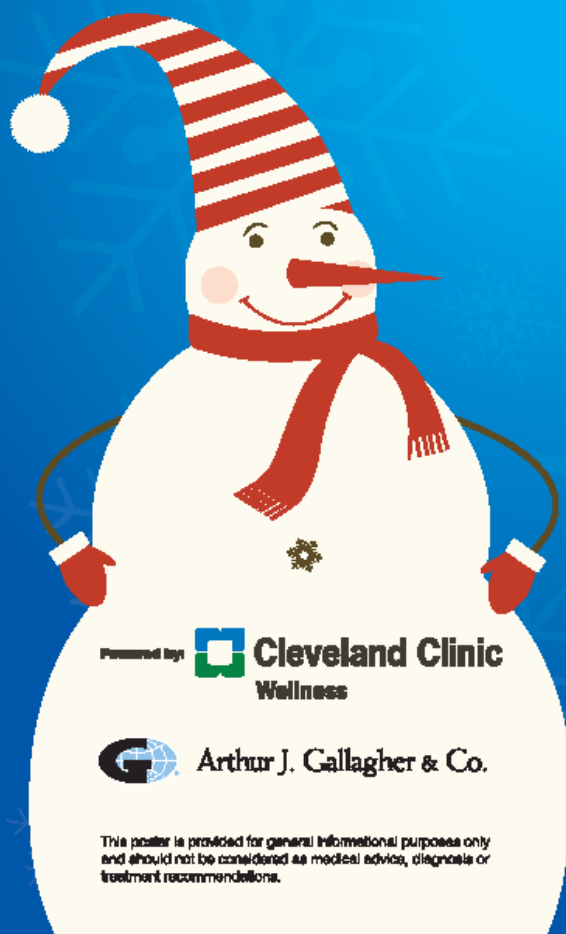
Keeping track of your every move can be a real motivator that can even result in weight loss.

Get Energized with Morning Stretches


Do 10 or 15 minutes of light stretching to ease your body into the day.

Rely on a Do-Anywhere Mini Workout

When life becomes hectic, keep it simple with four easy exercises—squats, pushups, back extensions and crunches.



Powered by  **Cleveland Clinic**
Wellness

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