Are you familiar with the Blue Zones Project? The Blue Zones Project is a commitment to improve the overall well-being of a community’s residents through adoption of various measures focusing on healthy behavior, increased social connectedness, healthier eating and physical activities.

The City of Grants Pass is participating in the healthy community Blue Zones Project by:

- Becoming a Blue Zone Employer; and
- Employees volunteering on several Blue Zone Committees, (including Food & Tobacco Policy Committees, Work-sites Committee, Built Environment Committee and the Engagement Committee).

Some of the tasks for the Built Environment Committee include developing a downtown master parking plan, preparing a street-connectivity and intersection density policy, adopting a Safe Routes to School plan, and expanding the joint use of facilities agreements between the City and School District 7. The main priority for the Built Environment Committee is to identify a marquee project to be implemented by the City of Grants Pass.

The Alley Activation Project has been identified as a possible marquee project. The Blue Zones group is reaching out to the community for your input. You may have already had a chance to experience the Alley Activation during one of the previous First Friday Live events.

More information is available at https://oregon.bluezonesproject.com
**Meet New City Councilor Joel King**

- Your first car: Ford Pinto.
- Most memorable day: The day I got married to my wife Judi.
- Favorite word: Interesting.
- Life’s passion: Forestry and fishing.
- First concert: 7th grade band concert. I played a Moon River solo on the saxophone.
- Provide a little background about yourself and why you decided to run for City Council: I was raised in Iowa and moved to Corvallis, Oregon in 1977 to attend college. I then moved to Powers, Oregon in 1979 for jobs with the US Forest Service before moving to Grants Pass in 1981. I have worked in Grants Pass, Medford, Ashland, Prospect, Butte Falls, and Cave Junction with the US Forest Service.

I have three children that all live in the Portland metropolitan area and I have seven grandkids.

I decided to run for City Council for two main reasons: 1) I have some skills and experience to offer to the city and the Council in an open, honest, and professional manner. 2) I will learn something new.

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**In the Blue Zone**

The City of Grants Pass is proud to have earned the designation of being a Blue Zones Approved Worksite as part of the Blue Zones Project!

The Blue Zones Project Worksite Pledge promotes evidence-based actions and lifestyle principles to create a healthier work environment for employees. Healthy, productive employees come from healthy communities. To become a Blue Zones Approved Worksite at least 25% of employees must sign the Blue Zones Personal Pledge, must earn at least 72 of 114 points by implementing pledge actions, and implement worksite wellbeing. The City of Grants Pass completed all of this and was approved in December 7, 2018.

The City has an active Wellness Committee that regularly meets to develop new challenges and goals to keep employees moving, eating nutritious meals, and maintaining a healthy lifestyle. Blue Zones Project is a program that helps promote these principals and more. It was born out of National Geographic explorer Dan Buettner’s eight-year examination of communities across the globe where people were happily living the longest. A team of medical researchers, anthropologists, demographers, and epidemiologists uncovered nine common characteristics that help identify a path for up to 12 extra years of life, regardless of geographic location. These shared lifestyle behaviors are known as the Power 9® and focus on helping people move naturally, eat wisely, connect with others, discover purpose, and change their environments.

The City of Grants Pass is excited to be a part of the Blue Zones Project and we hope to inspire others to join us in this journey to greater health and longevity.
Winter Driving Can Still Be Tricky
Important Tips to Remember

Wet weather and cold temperatures make for dangerous driving conditions. Icy roads, car trouble, and traffic accidents are all reasons we could find ourselves stuck on the freeway for several hours. For your personal safety, in addition to having a Car-Safety-kit, consider adding these items to tide you over until help arrives:

- Gallon of water
- Ready-to-eat foods (protein bars, nuts, dried fruit)
- Warm blanket
- Flashlight
- Extra pair of socks
- Tissue/toilet paper
- Trash bag
- Hand Sanitizer

If you travel in remote areas, or just want to be better prepared, consider these items as well:

- Orange Mylar blanket (easily spotted if people are looking for you)
- Large orange trash bag (can be used as a poncho and easy to spot)
- Extra prescription medications
- Pain medications
- Hand-crank radio/flashlight combo
- Fixed blade knife
- N95 dust/particle mask
- Warm gloves
- Duct Tape

If you would like to learn more about how to prepare yourself, please contact Josephine County Emergency Management at 541-474-5300. We would be happy to help you!

Old Man Winter May Still Be Around

Winter seems to be on its way out but you never know what Mother Nature can bring. Here are a few tips for you to follow in the event of a freeze:

- Know where your shut-off valve is located and how to turn it off.
- In the event of a freeze or a flood, turning off this valve may be the best thing to do.
- Insulate your pipes - Insulation of exposed and uninsulated pipes is a simple process and can be critical. Don't forget to insulate hose bibs.
- The stream of water trick - If temperatures are forecast to dip below 32 degrees, run a very thin stream of water from faucets and/or fixtures that may be susceptible to freezing.
- Open cabinet doors - If any of your plumbing fixtures are located adjacent to an exterior wall and inside of a cabinet, such as a kitchen or bathroom sink, open the cabinet doors to take advantage of room heat to help your pipes keep warm.

If a pipe does burst, turn off the water supply at your customer shut-off valve as soon as possible to limit damage. A plumber will need to make those repairs.

Being prepared can save you a lot of frustration and cost.
Budget Committee Recruitment

The Budget Committee is a fiscal advisory group that reviews the proposed operating and capital budget each fiscal year and makes a recommendation to the City Council.

Applications are now being accepted for a position on the City of Grants Pass Budget Committee due to a term expiration. The purpose of this committee is to receive and review the recommended budget and approve the budget for City Council consideration. Special qualifications for the Budget Committee include being a resident of the City of Grants Pass and a registered voter. Experience in evaluation and analysis of the delivery of services is beneficial as well as a background in civic and community volunteer programs.

You may obtain an application at the City Administration office at 101 NW A Street, or online at www.grantspassoregon.gov/committee-application. **Applications must be received no later than 5 p.m. on Monday, February 25, 2019.** Applicants will be interviewed by the City Council at their workshop on Monday, March 4, 2019. Appointments will be made by the Council at the City Council meeting on Wednesday, March 6, 2019.

Mayor Roy Lindsay  541-450-6004
rlindsay@grantspassoregon.gov
Ward 1

Councilor President Tyler Flaming  541-450-6000
tflaming@grantspassoregon.gov
Ward 2

Councilor Valerie Lovelace  541-479-0952
vlovelace@grantspassoregon.gov
Councilor Rick Riker  541-479-7333
rjriker@grantspassoregon.gov
Ward 3

Councilor Dennis Roler  541-479-4272
droler@grantspassoregon.gov
Councilor Dwight Faszer, II 541-450-6000
dfaszer@grantspassoregon.gov
Ward 4

Councilor Barry Eames  541-218-1403
beames@grantspassoregon.gov
Councilor Joel King 541-479-0708
jking@grantspassoregon.gov

City Council Meetings
1st & 3rd Wednesdays at 6 pm
in the City Council Chambers
101 NW A Street

City Council Workshops are typically held in the City Council Chambers on Mondays at 11:45 am. Holidays will alter this schedule.

Any televised meetings are on Charter Cable Channel 183 and stream on our website at www.grantspassoregon.gov.

Listen live to City Councilors and staff discussing local issues on KAJO (1270 AM) the 1st and 2nd Tuesdays each month at 9:30 am

Visit our Facebook, and YouTube social media platforms to watch City Manager Aaron Cubic provide a recap of the City Council meetings each Thursday following a Council Meeting.

City of Grants Pass
Twitter@CityGrantsPass
Nextdoor.com - City of Grants Pass

The City Council hosts sessions of “Coffee Talk”
BlueStone Bakery
Friday’s 8 to 9:30 a.m. at 412 NW 6th Street