

EUGENE CITY COUNCIL NEWSLETTER

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AROUND THE CITY

Announcing Next Working City Episode: A Day in the Life of a Firefighter

The next Working City episode will feature "A Day in the Life of a Firefighter," and is scheduled to run the first part of January 2012, on Comcast's cable channel 21. Working City segments air on Friday, Saturday, and Sunday evenings, and before the start of each regular Eugene City Council meeting on Monday evenings.



An important aspect of living in Eugene is knowing that in the case of an emergency, the Eugene Fire & Emergency Medical Services (EMS) Department is ready and well trained to respond. Personnel are strongly committed to the department's motto - *Duty, Honor, Service*. In this Working City episode, Captain Anthony Bucher shares how the crews spend their days on duty, and how they prepare for the next call. Whatever the emergency is, Eugene Fire & EMS is ready to assist in protecting persons and property.

To view the episode online, go to the City's home page, www.eugene-or.gov and click on the YouTube link to go to the City's YouTube channel. Episodes can also be seen via the City's Facebook site, or online at www.metrotv.org. For more information, contact Deputy Chief of EMS & Community Relations Mark Walker at 541-744-3388.

Get Fit with City's Water or Land Fitness Classes

The Recreation Division's Aquatics and Adult Services Program wants to help residents meet that New Year's resolution to be more fit. The programs offer a variety of water aerobics and land fitness classes to meet individual goals – and many have a "try for free" option in early January.



Water aerobics classes range from shallow-water aerobics to deep-water fitness, to meet one's preferred level of intensity. Classes can be customized for special needs such as arthritis, pre/post-natal, or recovery from an injury. Land fitness classes include total body workout, Pilates and slow and easy fitness. Any first, water aerobics class is free.

Many one-day, try-for-free classes are offered in land fitness classes, such as Total Body Workout, Nia Dance/Movement, Slow and Easy Fitness, and Arthritis Land Exercise. Try-for-free martial arts classes include Tai Chi and Chair Yoga. In addition, residents can try for free Beginning Line Dance.

Check out the paper or [online](#) Winter Spring Recreation Guide for a complete list of try-for-free and water aerobic fitness

classes. Classes are ongoing and held at City pools and community centers. For more information, call Kathy Madison at 541-682-6342.

Winter Break Fun for Kids and Teens at Eugene Public Library

It's amazing! It's amusing! It's the explosively entertaining Mad Science show "Spin, Pop, Boom!" Kids love the high-energy mad scientists, who will demonstrate colorful, noisy, chemical reactions and physical transformations at all Eugene Public Library locations during winter break. Admission is free on Tuesday, Dec. 27, at 11 a.m., at Bethel Branch, at 2 p.m. at Sheldon Branch, and on Wednesday, Dec. 28, at 1 and 3 p.m., at the Downtown Library. At the Downtown Library, pick up free tickets starting 30 minutes before each show.

The Downtown Library will host a teen drum circle on Friday, Dec. 30, from 2 – 4 p.m. Jill Sager of Hands-On Rhythm and Drum School will teach the basics of playing African hand drums and rhythms, then lead teens in creating their own rhythms. Drop in: no experience necessary, all drums provided.

For more information, call the Eugene Public Library at 541-682-8316 or visit www.eugene-or.gov/library.