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## EUGENE CITY COUNCIL NEWSLETTER

July 10, 2013

### IN THIS EDITION

**A LITTLE OUTDOOR RECREATION OFFERS BIG BENEFITS**  
**SUMMER READING BOOK SALE AT EUGENE PUBLIC LIBRARY**  
**PARDON OUR DUST - FINALLY!**

### AROUND THE CITY

#### **A Little Outdoor Recreation Offers Big Benefits**

“Empirical, theoretical, and anecdotal evidence demonstrates that contact with nature positively affects blood pressure, cholesterol, outlook on life, stress reduction, and behavior problems among children.”<sup>1</sup>



This month, Recreation is celebrating recreation’s many benefits – and *outdoor* recreation is truly surprising. For instance, regular, “(b)risk walking... can lower the risk of heart disease...manages weight, controls blood pressure, boosts “good” cholesterol, lowers risk of stroke, reduces risk of breast cancer and Type II diabetes, lengthens lifespan, improves sleep, and elevates overall mood and sense of well-being.”<sup>1</sup>

Multiple studies (and personal observation) find children are more active outdoors. Outdoor activity helps fight obesity, which is linked to many life-threatening diseases. And, research has confirmed “that spending even a little time outdoors can reduce the symptoms of ADHD,”<sup>1</sup> in children.

Recreation’s Outdoor Program takes people, young and old, outdoors for hiking, climbing, water sports, the challenge course, snow trips, skateboarding, and more. The Full Moon Rising Program works with local schools to get children

outdoors. It uses natural, physical and life sciences to teach science, technology, engineering, and mathematics (STEM) curriculum.

For more information, contact Kathy Madison at 541-682-6342.

1. Geoffrey Godbey and Andrew Mowen. *The benefits of physical activity provided by park and recreation services: The scientific evidence.* NRPA Research Series

#### **Summer Reading Book Sale at Eugene Public Library**

The Friends of Eugene Public Library will hold the Summer Reading Book Sale at the Downtown Eugene Public Library on Saturday, July 13, from 10 a.m. to 4 p.m. Book lovers will be able to browse and choose from thousands of popular, gently used novels and mysteries perfect for summer reading. Each book is priced at just \$1.



The sale is a fundraiser by the volunteer group, Friends of Eugene Public Library, to support Eugene Public Library programs. Admission and parking are free.

While visiting the Library, all ages are invited to sign up for Summer Reading. Adults get a coupon for a free coffee from Novella Cafe or \$1 off a purchase at Second Hand Prose Book Store plus a tote bag and themed booklists. Kids and teens each get a free book to keep, plus free raffles to enter.

Upcoming Summer Reading events for kids, teens, and adults include free, hands-on arts and writing workshops, live music, author talks, the annual Teddy Bear Picnic, and lots more. For more information, visit [www.eugene-or.gov/library](http://www.eugene-or.gov/library) or call the Eugene Public Library at 541-682-5450.

**Pardon Our Dust – Finally!**

For 30 years, the number one complaint of Hult Center patrons has been that there are not enough women’s restrooms. During well-attended shows, the line to the women’s room causes long and uncomfortable waits. Thanks to City of Eugene’s Facilities Division, the main lobby restrooms will be remodeled adding nine more women’s stalls. This is phase one of the restroom remodel; the second phase includes the mezzanine and lower level restrooms and is planned for summer of 2014.

The construction will begin on July 15, and will be completed by Sept. 6, in order to be ready for the first Broadway production of the season, *Chicago*. This is show business and the show must go on! The Hult Center ticket office will be open regular hours. This summer’s highlights include Jim Gaffigan: The White Bread Tour on Thursday, July 18, the Oregon Festival of American Music’s *Music Man*, opening on Aug. 2, and Lyle Lovett & His Large Band on Monday, Aug. 5.

For more information, contact Cultural Services Division Manager Karm Hagedorn at 541-682-5700.