Springfield’s annual Festival of Lights kicked off at 5:30 p.m., Saturday, Nov. 22 at Jordan Valley Park with the Mayor’s Tree Lighting Ceremony, followed by a Cardinals Christmas with fireworks at Hammons Field.

Mayor Bob Stephens, with help from first- and second-grade students, signaled the start of the holiday season by lighting a 33-foot Norway spruce, located in the park, east of the Mediacom Ice Park. The musical tree and surrounding park were then lit up with thousands of lights.

The Salvation Army joined the festivities this year and performed Christmas tunes with the Eskimo Girls during the event’s pre-show. Bell ringers and the Salvation Army’s giant red kettle were also on-site to accept donations.

Hundreds of school-aged children attended the tree-lighting ceremony, which included a live performance from Springfield Little Theatre’s youth performance troupes, a visit from Santa and Mrs. Claus, and a parade over to Hammons Field to visit with Santa, enjoy hot cocoa and candy canes and fireworks.

Planning Director Ralph Rognstad announces retirement, Mary Lilly Smith named new director

Springfield’s Director of Planning and Development Ralph Rognstad announces he will retire Jan. 23, 2015. Rognstad has worked for the City 27 years.

As director, he is responsible for managing the City of Springfield’s development review activities. Rognstad became the department director in September 2003 after serving as assistant director since 1996 and principal planner three years prior.

Before coming to Springfield, Rognstad worked for the City of Rock Hill, South Carolina, as senior planner. He has also worked as a planner in Virginia and North Dakota.

“Ralph’s fingerprints can be found all over this city, as he has worked tirelessly on a wide range of projects that have had a significant impact on the lives of our citizens,” said City Manager Greg Burris.

Throughout his distinguished career, Rognstad has played an integral part in efforts such as the Festival of Lights, Downtown Springfield Christmas Parade, and First Night Springfield 2014.

Above, Springfield Little Theatre’s youth performance troupes perform “We Need a Little Christmas,” during the Mayor’s Tree Lighting Ceremony. Left, Santa and Mrs. Claus arrive at Jordan Valley Park.
20th annual Turkey Trot draws 7,600

An estimated 7,600 runners and walkers took part in this morning’s 20th Annual Turkey Trot 5K Run/Walk, held at 8 a.m. in downtown Springfield.

The annual event is Springfield’s largest timed 5K race and the largest Thanksgiving Day 5K in Missouri, with proceeds benefitting Developmental Center of the Ozarks and the Springfield-Greene County Park Board Scholarship Fund. The event also serves as the largest one-day food drive of the year for Ozarks Food Harvest.

Overall race winners were at the event, with Missy Belk, 40, of Springfield, as Best Overall Female at 17:17; and Daniel Thater, 23, of Springfield, as Best Overall Male at 15:10.

Overall Masters Division (over 40) winners were Liz Kyger, 55, of Oldfield, as Best Masters Female at 21:07; and Troy Robinson, 48, of Overland Park, Kan., at Best Masters Male at 17:03.

Race results are posted at parkboard.org Following a 48-hour dispute period, medals will be mailed to 1st 2nd and 3rd place age division winners of each age division. Age divisions are 9 and under, 8-4 and older, and in five-year increments between.

Photos from the event are posted on the Park Board’s Facebook page, facebook.com/TheParkBoard.
Community Development Block Grant program marks 40 years

Mayor Bob Stephens issued a proclamation at the Nov. 18 City Council Lunch recognizing the 40th anniversary of the Community Development Block Grant Program and the 30th anniversary of the Community Development Loan Program in Springfield.

Overseen locally by the Citizens Advisory Committee for Community Development and administered by the City's Planning & Development department, the U.S. Department of Housing and Urban Development's (HUD) CDBG program provides communities with resources to address a wide range of unique community development needs.

The City of Springfield has received more than $71 million in CDBG funding since 1974.

Over the last 20 years in Springfield, $4.4 million in CDBG funds have been administered to programs such as Ozarks Food Harvest, Community Partnership of the Ozarks, the Council of Churches of the Ozarks, Ozarks Area Community Action Corporation and the Urban Districts Alliance, to name just a few.

“The CDBG program has done an amazing amount of good in our community over the last 40 years,” says Planning and Development Manager Brendan Griesemer.

“In our community, CDBG funding has assisted with food pantries, homeless services, after-school care, domestic violence counseling, affordable housing loans, small business loans and other services too numerous to mention.”

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Celebrating its 30th anniversary, the City’s Community Development Loan Program has issued 220 loans to small businesses since its inception in 1984.

“The Small Business Development Loan Program has resulted in the creation of more than 730 jobs and a more than $30.5 million investment into our community, which in turn, has leveraged an additional $63.3 million in private investment,” Griesemer says.

Projects funded with small business development loans include The Coffee Ethic, Jamerson Millworks, Café Cusco, and renovation of downtown landmarks the Woodruff, Frisco and Heer’s buildings.

The loan program also includes residential housing rehabilitation loans.

To provide affordable-housing options to Springfield residents, more than 500 housing units have been rehabilitated, amounting to $10.6 million in investment.

“The Affordable Housing Assistance Loan Program has provided safe and energy-efficient housing to many residents who would not have been able to afford it," Griesemer says. “We are proud to offer a means to assist Springfield citizens in maintaining their piece of the American dream.”

Redevelopment planning of the College Street corridor and development of the Route 66 Roadside Park, establishment of The Link, and creation of the City’s first Capital Improvements Program.

Most recently he has worked with residents of the Woodland Heights Neighborhood to create the Moon City Creative District.

“I appreciate all of the great opportunities and experiences I have had working for the City the past 27 years. I have been able to work with some great people in the Planning and Development department, as well as the rest of the City departments and the community. Together, I believe we have been able to make Springfield a better place,” Rognstad said.

Rognstad will be recognized Jan. 26 at the regular City Council meeting.

Springfield’s Economic Development Director Mary Lilly Smith has been promoted to the position of director of Planning and Development, effective Jan. 26, 2015.

Smith has worked for the City in a variety of roles, for 32 years, including as principal planner in the Neighborhood Conservation Office and was responsible for the City’s Capital Improvements Program.

“Mary is an incredible asset to the City and to our entire community,” said City Manager Greg Burris. “We are excited for her to step into this expanded role and continue efforts to improve Springfield’s reputation as a great place to live and work.”

Most recently as Economic Development Director, Smith works closely with the Springfield Area Chamber of Commerce, the Springfield Business Development Corporation, City Utilities of Springfield, and Greene County to attract new businesses and jobs to the Ozarks. In that capacity, she is responsible for the City’s economic development initiatives, including center city redevelopment, economic incentives, and coordination of the review of significant development proposals.

“I am honored to be selected to serve as Springfield’s next Planning and Development Director,” she said. “Springfield has a rich history of strong, visionary Planning directors, most notably Gene Boles, Fred May and retiring director Ralph Rognstad. I intend to continue their good work and, at the same time, focus on our department’s core functions of facilitating development, revitalizing neighborhoods and increasing investment and jobs for our community.”

She serves on the board of directors of the Missouri Economic Development Finance Association, as well as several Community Improvement Districts.

Smith is a graduate of Leadership Springfield, a member of the Junior League of Springfield, and was named one the 2014 Business Advocate of the Year by the Springfield Business Journal.
MILESTONES

25 years
Karen McKinnis
Public Health Resource Manager
Health – 12/11/1989

20 years
Daniel Mork
Equipment Maintenance Supervisor
Public Works – 12/1/1994
Randy Milnes
Senior Inspector
Building Development – 12/12/1994
Janet Smith
Senior Workforce Development Specialist
Workforce Development – 12/1/1994
Darren Schuman
Craftsworker
Airport – 12/19/1994
Suzanne Povnor
Police Services Representative
Police – 12/20/1994

15 years
Crystal Dorser
Human Resources Assistant
Human Resources – 12/12/1999

10 years
James Cox
Instrument Technician
Environmental Services – 12/6/2004
Cindy Mayshark
Accounting Services Coordinator
Parks – 12/6/2004
Marianne Banks
Asst. City Attorney V
Law – 12/12/2004
Amy Werland
Administrative Assistant
Planning and Development – 12/1/2004
Adam Turner
Systems Administrator
Howard Vasher
Plant Shift Supervisor
Environmental Services – 12/28/2004

Promotions
Rebecca Sigrest
Public Health Nurse – Health
Thomas Beckenholt
Lee Grover
Darin Miller
Truck Company Captains – Fire
Jason Denney
Admin. Systems Analyst – Information Systems
Mark Delozier
Research & Salvage Specialist – Fire
Kevin Booher
Building Maintenance Team Leader – Parks
Ronald Byerly
Equipment Operator II – Public Works
Bryan Loughrigg
Public Grounds Maintenance Supervisor – Public Works

Retirements
Lester Hilton
Plant Shift Supervisor
Environmental Services – 36 years
Thomas Savard
Police Officer – 25 years

Welcome
Jana Dickens
Community Recreation Supervisor – Parks
Lindsay Jackson
Human Resources Specialist – Human Resources
Myra Decker
Water Pollution Construction Inspector II – Environmental Services
Zachary Butcher
Street & Sewer Construction Inspector – Public Works

Jerry Tracy
Fire Equipment Operator – Fire

Lance Hicks
Computer Technician – Information Systems
Heath Jones
Senior Signal Technician – Public Works
Samuel Gahr
Police Officer (Academy) – Police
Erin Boschen
Elizabeth Duncan
Kristy Stacy
Community Recreation Specialists – Parks
Cherie Meyer
Administrative Assistant – City Clerk
David Bartels
Maintenance Worker – Environmental Services
Leland Hancock
Arborist – Public Works

FOR SALE

For Sale: Comfort Glow vent-free natural gas thermostatic control space heater. Heats up to 1000 square feet. Lowest Setting 15,000 BTU & Highest Setting 30,000 Model CGN30TB. Comes with Comfort Glow Heater Base for floor mounting installation. GA4510 Earthtone. Never been used or installed, been out of box 1 time to look at. Price asking $60. Call Karen 417-839-5716.

Full length black fox coat and also a hip length black fox coat purchased at McDaniel’s. Asking $200 for the full length and $150 for the hip length. All coats kept in air-conditioning, in excellent condition. Call Kathy at 619-5511.
DECEMBER BIRTHDAYS

1 Chris Ackley  Daron Evans
   Joseph Infracia  Andrew Lewin
   Miles Park  Kathy Turner

2 Fred Beck  Austin Campbell
   Kerry Kramer  Edward Turley
   Andrea Vanne  Beverly Walker
   Steffi Weaver  Abigail Wright

3 Megan Adams  James Anderson
   Suzanne Blackburn  Kent Boyd
   James Colson  Ronald Cook
   Kathleen Davis  Lesleigh Horton
   Steve Hutton  Ashley Klika
   Randy Rossner  Daniel Sexton
   Kristi Shackelford

4 Nolan Bright  Michael Ramsey
   Thomas Spence  Brian Stark

5 Brandi Aldridge  Austin Ball
   James Edwards

6 Richard Anderson  Joshua Chambers
   Bradley Eden  Kenneth Hufford
   Kris Inman  Teresa Mills
   David Millsap  Jerry Mitchell
   Nicholas Mittag

7 Devin Banwart  Kendrick Campbell
   Cynthia Everson  Lucinda Hodges
   Robert Schroeder  Grant Selvey
   Abigail Sidebottom  Quentin Thornton
   Jody Vernon  Todd Wagner
   Travis Worden

8 Jan Bruner  Chris Straw
   Tiffany Tranbarger  William Vanloozen

9 David Cook  Brian Fickett
   Jeff Gilmore  Nathan Huggins
   Marcus McKinley  Aaron Roy
   Dalton Tilley

10 Aaron Cassity  William Evans
    Randi Houston  Chad McIntyre
    Matthew Sipe  Mike Watson
    Theresa Williams

11 Wendell Farrand  Cara Keith-Kerr
    Taylor Regot

12 Andrea Coble  Kevin Shirley
    Sarah Thompson

13 Caitlin Carman  Cynthia Nelson
    Carol Newton

14 Shawn Andrews  Patty Armstrong
    David Bilderback  Lyndsey Brooks
    Anne Decker  Tara Eiken
    Russell Fisher  Taylor Sanders

15 Taylor Penland  Robert Slavens
    Vanessa Wyrick

16 Michael Bolli  Jeffrey Butler
    Brittnie Day  Robin Deckard
    Donald Miller  Tonya Price
    Erich Rogge  Carl Shaw

17 Kourtney Benion  Alberto Estrada
    Ron Hardt  Benjamin Kenning
    Michelle Letterman  David Renkoski

18 Kelly Cardin  Shawn Clawson
    Bruce Hinkston  Clinton Hoffman
    Brad Musick  Cassia Schmeckel

19 Amanda Ash  Larry Barnts
    Britt Davis  James Dougherty
    Whitney Hargus  Todd Mitchell
    Eric Pinegar  Robert Reeves
    Latonya Ruth  Timothy Spoon
    Lynsi VanTassel

20 Marc Baker  David Brannon
    Heather Dang  Kara Hopkins
    Jordan Louderbaugh  Justin Moore
    Cynthia Pantoja  Linda Patterson
    Brian Pesek  Zachary Sawyer
    Kevin Sweekard

21 Daniel Daily  Scott Guccione
    Mark Lawrence  Cristina Postlethwait
    Tina Saunders  Damon Wasson
    Dennis Williams

22 Jana Dickens  Tyler Frederick
    Steve Mincks  Randy Morland
    William Smillie  Landon Terry
    Jessica Young

23 Timothy Boram  Katherine King
    Kenneth Lindsay  Dan Ream
    Jesse Rolhaus  Christine Smith

24 Marianne Banks  Morgan McDonald
    Mark Onder  David Pilkinton
    George Reynolds  Mary Lilly Smith

25 Charity Brashears  Michael Brown
    Holly Tevlin

26 Jennifer Biri  Erin Boschen
    Jennifer Charleston  Garrett Dollins
    John Forrester  Morgan Yansen

27 Alexander Clark  Edward Conley
    Maria Johnston  Michael Lucas
    Colton Martin-Elliott  Stan Murrell
    Tyler O’Banion  Casey Romburg
    J.R. Webb

28 Alan Elder  Glenda Freise
    Michael Lamin  Erica Little
    Leesa Schaumann  Theresa Slagle
    Tonya Toner  Kathryn Wall
    Casey Wilkerson

29 Raven Brown  Taylor Page
    Tina Treat

30 RhIZA Adams  Andrew Davis
    Amanda Francka  Reginald Lamb
    Patrick Lightwine  Heather Morrison
    Rob Rem  Madeleine Wachter

31 Buddy Hubbard  Nicole Keyes
    James McCulloch  Austin Nystrom
    Julie Schnurbusch  Danny Simmons
Meet new inBalance Wellness Coordinator Ben Hunt

**Q:** What has been your greatest achievement?

**Ben:** Last year I became a dad, which has been amazing and given me a whole new perspective on things. Honestly, it’s been pretty awesome. I’ve had dreams of becoming this and that, as far as an occupation goes, but being a dad to a little boy is something that beats any type of career.

**Q:** What do you feel is the most important thing for people to know about you?

**Ben:** I’m very down to earth and feel like I can relate to a lot of people’s job routines. For example, I’ve worked on farms, as an elementary school custodian, and also as an aide in a clinical physical therapy setting. I’m not some in-your-face, sweatband-wearing fitness guru. I have a passion for health and have a firsthand understanding of the struggle to live a healthy lifestyle.

**Q:** What was your first job?

**Ben:** When I was 15, I worked for a bee keeper. I extracted honey and worked on bee hives out in the field, where I’d have several hundreds of thousands of bees swarming around me while I was working. I did that for about two years and only got stung three times.

**Q:** What is inBalance to you?

**Ben:** Overall, inBalance gives employees and their families the opportunity to live a more fulfilling and purposeful life. I think a lot of people are intimidated to get involved with new things because it’s unfamiliar; they don’t know how it works or it’s outside their normal routine. In general, I believe most people want to feel better and live healthier, but a lot of times, they are not motivated by the right things or don’t know where to start. With inBalance, we want to give you and your family everything needed to have a fulfilling day at work, feel better about yourself, and live a happier life. inBalance exists solely for employees, is employee driven and strives to offer employees what they want.

**Q:** What do you like most with your job with inBalance?

**Ben:** It’s fun – I get to interact with people from all the departments across the city. One of my big goals for inBalance is just getting out there, meeting employees, having face to face conversations and building relationships with them. I hope that everyone can get to know me and feel comfortable with me. Additionally, by being the face of inBalance, I also hope they’ll feel more motivated to mix up their daily routine and come out to participate in an inBalance event.

**Q:** What did you want to be when you grew up?

**Ben:** When I was young, I loved moving and being active. I was heavily involved in sports and wanted to become a superstar athlete. I played college baseball for awhile, but quickly realized it was going to take an enormous miracle to become a pro athlete. I soon tapped into my passion for health. I got really interested in physical therapy, but as I got closer to that, I realized that job primarily consisted of fixing people who were already broken. My goal soon became to get on the other side of that – to help people maintain and improve their health so that they didn’t have to experience that point of ‘going over the edge and becoming broken.’

**Q:** So, what’s up with the moustache?

**Ben:** I’m taking part in Movember, which is a national campaign that focuses on bringing back the moustache (Mo), having fun, creating conversations and awareness,
City raises nearly $108,000 for United Way
Finance Director Mary Mannix Decker announced that City of Springfield employees raised $107,866 for the United Way of the Ozarks this year via individual pledges and fundraising activities.

Schedule time with ICMA-RC Plan rep Dec. 16-18
ICMA-RC, the City’s 457 Plan provider, has a lot of great tools to help employees financially prepare for retirement. In addition to online tools like the "Boost Your Savings", ICMA-RC continues to provide employees personal, one-on-one assistance through Plan Representatives. The City’s Plan Representative, Paula Schneebelen will be at the City Dec. 16-18. If you would like to schedule a meeting with Paula, please contact Human Resources at 864-1607 to schedule a time.

2014 Festival of Lights ornaments available
Commemorative 2014 Festival of Lights ornaments available in Public Information (Busch 4th floor) for $5 apiece. Call 864-1105 for more information.

Candyland on C-Street Dec. 6
Candyland on C-Street will be held noon to 2 p.m., Saturday, Dec. 6 at the Hope and Anchor Church located at 1700 N. Benton Ave. Santa and Mrs. Claus will bring toys and candy from the North Pole for all the neighborhood children. Each child attending will receive a small toy and book from Santa.

There will be fun activities and refreshments for all. The City will again be providing toys for Santa to hand out at Candyland on C-Street Dec. 6. For each toy or $5 cash donation, employees will receive an entry into a drawing to be the lucky winner of 4 hours paid leave.

Please leave your toy or cash donation with Belinda Gonzalez (second floor of the Busch Building or Kim Talbot (Public Works Operations Building). All donations need to be turned in by 3 p.m. Dec. 4.

Thank you for your support to make this a great event for the kids.

Please contact Kim Talbot at 864-1958 if you have any questions.

New ozarkstraffic.info site live
The redesigned ozarkstraffic.info site went live last Wednesday, just in time for Black Friday. There is a new process for submitting road construction notices. Below are the instructions to become approved to submit notices to the new site:

• Go to ozarkstraffic.info.
• Click on the Email Notifications in the top banner.
• Create a username and password.
• Email your username to lmays@springfieldmo.gov to get approved to fill out the construction notice form (this way citizens who sign up on the Web site won’t see the construction notice form or be able to fill it out).
• Once approved you will be able to submit construction notices any time you log in to the site.

Join Holiday Challenge to maintain weight over holidays
This holiday season, the only thing that should be “stuffed” is the turkey! Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds.

Instead of piling on the pounds, you are invited to join the ninth annual Holiday Challenge. Rather than focusing on trying to lose weight, this FREE seven-week challenge provides participants with tips, tricks, and ideas to help maintain your weight throughout the holiday season. Sign up at esmweightless.com.

Lost and Found
The Lost and Found box at the Busch Municipal Building front desk is starting to fill up with winter clothing items. If you’ve lost anything, please check with Kathy Vilas at the front desk.

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SCENE
To: Chief David Hall, Springfield Fire Department

I am writing to you in regards to one of your firefighters, Travis Morrissey, who recently showed action taken beyond the call of duty and who you might like to recognize for his effort.

A month ago, a woman was shot by her estranged husband in Willard right in front of ‘Travis’ home. Having heard the shot and seeing the woman laying bleeding profusely in the street, Travis immediately ran to assist her. This, in spite of the fact that the shooter had turned around and approached the scene again and was still in the area.

While watching the shooter at more or less eye to eye contact, Travis quickly checked to see if the woman had any vital signs and finding a pulse, began CPR despite the massive amount of blood on the victim and danger of the possible return of the shooter. He faithfully continued to try to keep the woman alive until rescue workers arrived.

Travis conducted himself professionally though he was not on duty at the time. All neighbors appreciated the fact that there is a person near us who would so selflessly offer his help. His good lifesaving training by the Fire Department was definitely shown by his actions. Our entire neighborhood wishes to thank Travis and to recognize his actions.

Sincerely,
Sandra Bone

To: Todd Wagner, Principal Stormwater Engineer, Environmental Services

Thank you so much for taking time out of your day to come to our school. Thank you for teaching us about flooding, sinkholes and your job. It was really interesting listening to you talk. You answered a lot of my questions and didn’t leave me clueless, so thanks for that.

Skyler B.
Jarrett Middle School

To: Ellen Herrmann and Ashley House, 911 Telecommunicators

On Oct. 16, Ellen Herrmann received a 911 call for possible child abduction in progress. Ashley House, Greene County Municipal Police Dispatcher, dispatched the Republic Police Department. While in route, Republic Police Sergeant Brian Sells heard the information and updates being sent to the Greene County units. Sergeant Sells stated he did not have to request the broadcast, 911 Emergency Communications just did it. Although this incident ended up not being abduction, Sergeant Sells contacted Director Schwartz commending 911 Emergency Communications for “the quick response by 911 Emergency Communications could be a vital element in getting a successful conclusion in an actual abduction.”

Sergeant Brian Sells
Republic Police Department

To: Denise Ruble, Jillian Wokurka, Marleen Maupin, Lisa Donaldson, Lucinda Hodges and Sean Robison, 911 Telecommunicators

On Oct. 19, Jillian Wokurka received a 911 call where there was a stand-off and possible hostage situation where the suspect advised he did not mind going out by gun fire. The suspect eventually exited the house with his hands up and was taken into custody. 911 Emergency Communications demonstrated great teamwork by relaying information between the caller and officers in the field. Lieutenant Cully Wilson called to extend his appreciation for a job well done during the standoff situation. In addition, he commented on what a great job Denise Ruble did in relaying information between the caller and officers on the scene.

Lieutenant Cully Wilson
Springfield Police Department

To: Kristina Scott, 911 Shift Supervisor

Recently, Fire Chief Gary Wirth, Willard Fire Protection District, passed away. It is a tradition in the Law Enforcement and Fire Fighter professions to broadcast the “Last Call/Alarm” on the radio in honor of the deceased. Kristina Scott, 911 Shift Supervisor, broadcasted Chief Gary Wirth’s Last Alarm on Oct. 12.

On Oct. 20, we received a letter from Norm Meester, Willard Fire Protection District Board President, expressing their Board members sincere gratitude to Kristina Scott for her participation in making the “Last Call” to honor Chief Gary Wirth.

The Board Members would like “to thank all of the 911 Emergency Communications staff for the ongoing support given to the District on a daily basis and especially during our time of loss.”

Norm Meester, President
Willard Fire Protection District

To: Crissy Postlethwait, 911 Telecommunicator

On Nov. 14, Crissy Postlethwait dispatched a call for Republic Police regarding a large party. When the Republic Police Officers arrived, there were over 100 people there and immediately people started jumping out windows and running out doors to flee the scene. Crissy dispatched several Greene County Sheriff Deputy units as well. Republic officers successfully apprehended a wanted fugitive out of Webster County. Sergeant John Tinsley, Republic Police Department, called afterward and relayed a big thank you to everyone in dispatch in addition to letting everyone know how valuable 911 Emergency Communications help is to them.

Sergeant John Tinsley
Republic Police Department

To: Kristina Webster, 911 Shift Supervisor Dan Fillmore, Greene County Sheriff Deputy

On Nov. 17, Ebenezer Fire Protection District responded to a house fire in the early hours on a very cold morning. The American Red Cross was called out to assist the family. Kristina Webster knew the firefighters needed some hot drinks as they had been out in the cold working for several hours.

Kristina made a carafe of hot coffee and Dan Fillmore, Greene County Sheriff Deputy, delivered the coffee to the firefighters on the scene. Fire Chief Nelson Prewitt, Ebenezer Fire Protection Chief, wanted to extend a big THANK YOU to Emergency Communications and the Greene County Sheriff’s Office for their thoughtfulness. He stated “we take for granted what these fine people do day in and day out. These folks went way beyond with a simple gesture! So Awesome! Thanks for all you do!”

Nelson Prewitt, Fire Chief
Ebenezer Fire Protection District
Interim Fire Chief
Pleasant View Fire Protection District
Making Lifestyle Changes that Last

You’re feeling motivated to eat better, exercise more, or make some other positive change.

Making a lifestyle change can be rewarding, but also challenging, especially when you want to change more than one thing. Lifestyle changes are a process that take time and require support.

The Life and Health Coaching program offered by your @LifeEAP can be a great resource.

Through the coaching process you can expand your learning, make lifestyle changes, improve your performance, and enhance your quality of life.

We offer six coaching programs:

- Managing Stress and Building Resiliency
- Smoking Cessation
- Achieving a Healthy Weight
- Job Performance Improvement
- Building Sound Relationships
- Managing Life Transitions

A good analogy is that of a Personal Fitness Trainer. When you go to the gym, the trainer will first ask you what your goals are, such as: to build muscle, build endurance, lose weight, increase stamina, etc. After you have made your goals clear, the trainer will then help you devise a plan of action to achieve your goal.

In a similar fashion, your @Life Coach will encourage and motivate you, ask you questions, and help you remove the barriers to achieve your goal. In the end, your coach helps you achieve your goal quicker and more effectively than if you did it by yourself.

To sign-up for the @Life Coaching Program, call the 24/7 Help Line at 800-466-8282. Spouses can also take advantage of the coaching program.