

Focus on the Community

Parks and Recreation Promote Livable Communities

The term "recreation" means different things to different people. Personal enjoyment, relaxation, improved health, and the opportunity to interact with others are just a few of the reasons that people engage in recreational activities. Many people place considerable value in the availability of quality parks and recreation facilities within their community. Consequently the availability of these facilities has become an important measure of the attractiveness of a community as a place to live and raise a family. Continuing growth in many communities and the increasing popularity of youth sports are challenging municipal officials to find new ways to satisfy the recreational needs of the residents.



Parks and recreation planning can be a useful tool for municipal officials to plan facilities that provide a wide range of recreational opportunities and are attractive community assets. No community would build a road without establishing the need for it and planning where it should go. The same is true for parks and recreation facilities. Parks and recreation planning provides the opportunity for people throughout the community to share ideas and to contribute to the quality of life in their community.

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Focus on the Community

Walking Improves Quality of Life



With rising fuel prices and a renewed interest in livable communities, many people are rediscovering walking as a means of transportation. The health benefits of walking have been touted by many health care professionals and have long been offered as a solution to the growing problem of obesity and other health care problems. But did you know that a “walkable community” can improve the quality of life in your community and make it a more attractive place to live and work?

According to Walkable Communities, Inc., “Walkability is the cornerstone and key to an urban area's efficient ground transportation. Every trip begins and ends with walking. Walking remains the cheapest form of transport for all people, and the construction of a walkable community provides the most affordable transportation system any community can plan, design, construct and maintain. Walkable communities put urban environments back on a scale for sustainability of resources (both natural and economic) and lead to more social interaction, physical fitness and diminished crime and other social problems. Walkable communities are more liveable communities and lead to whole, happy, healthy lives for the people who live in them.”

Here are 12 tips for making your community more walkable and pedestrian friendly:

- Provide continuous linked walkways.
- Make intersections pedestrian friendly. Intersection layout and supporting mechanisms



- such as signals and signage should be clear and understandable.
- Accommodate pedestrians with physical limitations in accordance with Americans with Disabilities Act.
- Provide adequate signals and signage to forewarn both pedestrians and motorists of potential hazard areas.
- Crosswalks should be well illuminated at night to provide clear visibility of approaching pedestrians.
- On roads with medians, simplify the median layout to provide pedestrians with a sense of safety by providing areas of refuge.
- Provide specific pedestrian access points near schools. Ideally, access points should not require crossing points with traffic and drop off areas.
- Minimize walking in vehicle spaces. Lay out parking to minimize the need for vehicles to back up over pedestrian walkways. In parking areas, provide safe means for pedestrians to travel from their automobile to their designation.
- To promote safe pedestrian access in commercial areas, pedestrian accessways should be independent from vehicle access points.
- In busy commercial activity centers and public gathering points, consider restricting vehicle traffic.
- Provide good linkage between walking and public transportation. Transit stops should be convenient, inviting and efficient.
- Promote land use practices and development that favor walking over driving.

Source: Florida Department of Transportation

For questions or comments, please contact us at info@thearrogroup.com.

this' n that

Authority Employee of the Year Award

ARRO is pleased to announce that it again will sponsor the Authority Employee of the Year award organized by the Pennsylvania Municipal Authority Association (PMAA).

This award acknowledges an individual's contribution to community service as well as service to PMAA. The awardee will receive a personalized plaque and a \$750 monetary award to an institute of higher learning or non-profit organization. Nomination for the "Authority Employee of the Year" may be made by any active PMAA member.

In order to nominate a candidate, a letter of not more than 100 words must be sent by the nominator 30 days prior to PMAA's Annual Convention, slated to be held September 10-13, 2006 in Hershey, PA. For more information contact Maxi Cotto at 717-560-6061.

Proper Etiquette for the Company Picnic

Susan RoAné, author of *How to Work a Room*, says company picnics should be fun, team-building outings and offers these dos and don'ts:

DO

- Dress casually but neatly. If there are water sports, men should wear loose fitting trunks and women should wear modest one-piece suits.
- Bring a change of clothes in case yours get a stain or spill on them.
- Brush up on your sports skills if you'll be playing a specific game like tennis or golf.
- Join in the activities and mingle with co-workers at other levels and divisions.
- Talk to the spouses and kids to make them feel part of the day.
- Compliment the organizers of the event and thank the boss before you leave.

DON'T

- Wear cutoff shorts or tee-shirts with offensive slogans.
- Overeat or drink too much - senior management will likely take a dim view of this behavior.
- Be overcompetitive at the games and sports. You may come off as being a showoff.
- Flirt or look for romance. If you wouldn't behave that way in a conference room, it's not okay to do so at the company picnic.

What Am I?

See if you can solve these riddles:

1. Throw me off the highest building and I will not break; put me in the ocean and I fall apart.
2. You use a knife to slice me but then weep when I am cut.
3. I am weightless, but you can see me. Put me in a bucket and I make it lighter.
4. I'm where yesterday follows today and tomorrow's in the middle.
5. I go all around the world but stay in the corner.
6. I have holes in the top and bottom, on the left and right, and in the middle, but I still hold water.
7. No sooner spoken than broken.
8. You throw away the outside and eat the inside. Then you eat the outside and throw away the inside.
9. You can catch me but not throw me.
10. I get wetter and wetter the more I dry.

A) A sponge, B) A towel, C) A hole, D) Silence, E) A tissue, F) An ear of corn, G) A cold, H) An onion, I) A stamp, J) A dictionary

The first person to e-mail the correct answers to info@thearrogroup.com will win a prize. The correct answers to the last Issue's "City Nicknames" were "1D, 2C, 3E, 4A, 5B" and the winner was Michael Keiser from the Borough of Carlisle.

Leaving Phone Numbers On Voicemail

Stephanie Calahan, a professional organizer, says it's frustrating for people to have to listen three or four times to the same voicemail message just to get a phone number that someone rattled off in a hurry. "Get in the habit of pausing for a breath between each set of numbers," she says. "For instance, say, 'My number is 309 ... 555 ... 80 ... 12,' and say the last four numbers in pairs. This helps the person writing the number to do it faster and more accurately."



Notable Quote: "A lie gets halfway around the world before the truth has a chance to get its pants on."

Sir Winston Churchill

ARRO provides advice, design, project management, consulting, and operations services for a wide range of infrastructure including water, wastewater, and transportation systems.

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Focus on the Community - Civility

Public debate is a healthy attribute of a democracy. Exploring all sides of an issue is essential to determining the course of action that is in the best interest of the community. Unfortunately, many issues have the potential to become emotionally-charged. When this occurs, public dialogue coarsens and can quickly degenerate into a shouting match or worse. This uncivil behavior contributes to the public's antipathy towards government and undermines efforts to build public consensus. Even when there is disagreement about an issue, the parties should be able to carry on a respectful dialogue. Civility is simply showing mutual respect for the other person's position. Some helpful tips for maintaining civility at meetings include:

- Recognize that reasonable people can, and do, have different views on the same issue.

- Limit misunderstandings. Make an effort to understand the views and reasoning of people with opinions that are different than yours.
- Focus on the facts. Fact-finding can get opponents on the same page in terms of clarifying the problem and identifying potential solutions.
- Remain open to other ideas. A major tenet of civility is recognition of the possibility that someone may have a better idea than you do.
- Avoid personal attacks. Try to find the good in others and avoid being judgmental.
- Keep the decision-making process fair. Genuinely solicit and consider public input and make decisions on the basis of the facts and substantive arguments.

