

# CITY OF ROBINSON TEXAS

CITY OF ROBINSON PUBLIC INFORMATION REPORT

JANUARY 2016



## In this Issue:

New Year's Resolution  
 Winter Weather Safety Tips &  
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## Calendar:

City Council Meeting  
 January 5, 6 p.m.

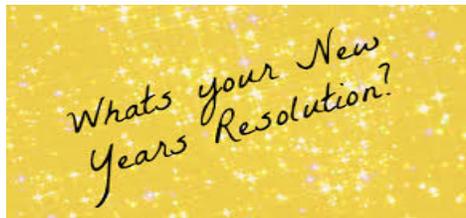
Chipper/Shredder Day  
 January 9, 8:30 a.m. to 1 p.m.

City Hall Closed - M.L.K., Jr. Day  
 (Garbage will run as normal)  
 January 18

Plat/Zoning & Board of Adjust.  
 Deadline  
 January 22, 6 p.m.

City Council Meeting  
 February 2, 6 p.m.

## Kickoff a Successful New Year's Resolution



About 40 to 50 percent of the population will kick-start their New Year with New Year's Resolutions, with 92% of those failing, states the University of Scranton. According to Michael Wigge, a Challenge Coach-TV Host, 25 percent will drop the resolution within one week. He goes on to explain that neuroscientist proclaim we use the prefrontal cortex part of our brain when creating these resolutions, which is a very active part of our brain because it is normally used for short term memory as well as for resolutions and intentions. Since it's used so frequently it tends to forget older items to make room for the newer ones. In an effort to prevent the heartache of failed resolutions we have compiled some tips and ideas to hopefully make failed resolutions a thing of the past.

### Tips:

- Choose one resolution
- Develop a reward system for following through, but not too often.
- Be very specific with your goals. If it's staying fit, like last year's most famous resolution, set out to accomplish going to the gym three days a week for 30 minutes and then slowly increase. Another good way to set a specific exercise goal, at home, is to try out one of beach body's home exercise plans which range from 21 to 90 days. These workouts set a weekly exercise plan for you.
- Make sure they are realistic. Maybe your overall goal is to lose 60 pounds, so set out to lose 20 pounds a year until you reach 60 pounds. This will also help keep it off easier versus weight loss from a crash diet.

•Be a motivational leader for yourself and not a negative inner voice for yourself, and let setbacks fuel your motivation.

10 Ideas for Your New Year's Resolution, courtesy of [www.123newyear.com](http://www.123newyear.com):

1. *Accomplish the Incomplete* – If you still feel that the resolutions you made last year and abandoned midway are worth a second shot, give it another chance!
2. *Realistic Resolutions* – Instead of weaving dreams in the air, make a resolution that would have significance in and add a meaning to your life.
3. *Monitor Progress* – Resolve this year to monitor how far you are holding on to your commitment – it will help you to hang on.
4. *Quit an Addiction* – It will not take you anywhere good, trust us. If it does you no good, why stick to it? If needed, seek help of support groups or professionals. If you have the will, you shall find the way.
5. *Back to School* – Learning has no age. Pick up where you left off.
6. *Fit in Fitness* – Secure a future with fewer trips to the doctor – exercise. Select a regime you can stick to. A group activity may add the element of fun to the routine. Lose some flab.
7. *Soak up New Skills* – Learning something new and interesting is always fun and a value addition too.
8. *Healthy Hogging* – Think before you put any morsel in your mouth. Occasional indulgence should be there.
9. *Lose the Loan* – Pay off any debt you may have and feel light at heart.
10. *Sack Stress* – This sounds easier than it actually is, and there is no magic tip. You have to find your own haven.

*Didn't see anything you like, you can visit [www.123newyears.com](http://www.123newyears.com) for the other 40 listed on their site.*



## The Golden Rule

**The Golden Rule:  
 Treat others  
 the way you  
 would like  
 to be treated**

If you decide that the New Year resolution is not for you, just make it your year's goal to follow the Golden Rule: Treat others how you would want to be treated. Wouldn't this world be a much better place if we all dedicated our focus on that one simple rule for the rest of year?

# Winter Weather - Safety Tips & Closures

According to TXDOT: typically, North and West Texas experience the worst parts of winter such as heavy snowfall, extreme white-outs, and icy bridge's/road conditions. Just in case Mr. Winter decides to travel a little further south this year, and to protect citizens traveling to some of these areas, we have provided some safety guidelines for traveling, courtesy of TXDOT, and some tips for the home.

## Travels:

*Use caution before and while driving:*

- By removing snow and ice from your vehicle before driving
- Keep the maintenance on your vehicle up per manufactures recommendations. Make sure to check: wiper blades, Heater/Defrost, ignition/battery, anti-freeze levels, headlights/taillights, fuel, brakes and tires.
- Everything should be done slowly; acceleration, driving, slowing down, approaching bridges, turns, and shaded spots while making sure to observe all traffic signs and any alerts.

*Plan ahead to avoid getting caught off guard or by surprise:*

- Stay tuned to local weather and news alerts
- Gather information about road conditions ahead of time by visiting [www.TxDOT.gov](http://www.TxDOT.gov) (use keyword Road Conditions) or by calling 1.800.452.9292

*Create a road emergency kit including the following:*

- Booster cables
- Texas road map
- Chain/tow and strap/shovel
- Sand or cat litter or some other type of abrasive material
- First-aid kit
- Flashlight
- Extra pair of socks and gloves
- Blanket

- Batteries
- Snacks and water
- Ice scraper

## For the Home:

- Keep cell phones and other media charged
- Leave checking the mail to a warmer day to prevent falls from unknown ice, or if you must go have abrasive material on standby such as kitty litter or sand. Also, make sure to dress appropriately protecting your head, face, hands, neck, ears, and feet.
- Bring pets inside or ensure they have a warm, dry, heated place to resort to and that water is drinkable and has not frozen over.
- Protect pipes by insulating outdoor faucets and pipes with insulated protection devices, newspaper, or towels making sure to remove the hose. Leave cabinet doors open to allow air flow to the pipes and leave faucets dripping. NEVER heat pipes by a propane torch or heating device to thaw frozen pipes.
- Protect plants by grouping them together near your home and draping with plant-cover plastic, towels, or blanket
- NEVER use your grill, oven, stove, or portable heater to heat your home in an enclosed area. These can not only produce a fire hazard, but can put out dangerous gas/fumes.
- Make sure you have enough of your medications available.

## City Closings:

The City of Robinson post any closures, due to bad weather, on our website and social media sites. We will also notify the three local news stations as well as send out an alert through notify me via our website, to everyone that is signed up to receive those alerts. You can sign up to receive these alerts by visiting [www.RobinsonTexas.org/List.aspx](http://www.RobinsonTexas.org/List.aspx).

# Community News

## Tire Amnesty/Trash Day

hosted by Commissioner Kelly Snell, Precinct 1

To be held: Saturday, February 6, 2016  
7:30 a.m. to 3:30 p.m.

Located at: Road & Bridge Precinct 1  
Yard: 110 Pilgrim Lane

Tire amnesty/trash day offers McLennan County residents a time and place, at no cost, to dispose of tires, household trash, oil, grease, brush and trash.

## For Questions Contact:

254.857.3138



Come join us.

February 6th - May 14th  
Saturdays 12 pm - 3 pm

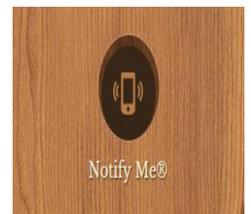


A Robinson size thank you to Rockets Reaching Out for performing acts of kindness all over the City of Robinson in December. Several groups of students, accompanied by Robinson ISD staff, decorated the doors of City Hall and the Police Department as well as washed Robinson Police Vehicles. They also helped with Holiday decorations at Peplow Park for Christmas.

A very big thank you to everyone who helped make the Christmas Parade and Tree Lighting a success. This year the theme was Rockin' Around Robinson Christmas Parade with over 30 entries participating in the parade.

## Electronic Notifications

We try to keep citizens informed through paper newsletters, city social media sites, and notifications via "notify me" on the city website. If you would like to receive electronic newsletters and/or notifications on your phone you can register for these by visiting: <http://ow.ly/VS92Y> and/or <http://www.robinsontexas.org/list.aspx>.



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[www.robinsontexas.org](http://www.robinsontexas.org)