



February 2012  
[www.rockfallsiowa.com](http://www.rockfallsiowa.com)  
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# Rock Falls News

Pancake Breakfast  
 Biscuits and Gravy  
 Sunday, February 5

## Santa Claus Makes A Visit

On the Saturday before Christmas weekend, the Rock Falls Community Center sprang to life with the shouts and laughter of small children, background Christmas music, and the smells of coffee, cookies, and cider. The occasion, of course, was the arrival of Santa Claus. Santa rode into town amid chirps and blurps from the Plymouth Fire Department's big red pumper truck. Even though there was scarcely any snow left on the ground, the arrival was very festive. Santa was greeted by a throng of expectant boys and girls from all around the Rock Falls area.

Santa very patiently accepted the Christmas lists and wishes from the children and provided each with a bulging sack of candy and fruit. Lorene Johnson and Linda Weatherwax, with the assistance of others, set up a tempting array of

Christmas treats and beverages for all to enjoy. A headcount was not attempted, but the community room was packed full of joyful children, moms, dads, and grandparents. It was certainly a great way to highlight the final week of the Christmas season in Rock Falls.

Many thanks to the Betterment Group organizers and to the Plymouth Fire Department and to Santa for pulling together such a happy gathering.



Lorene Johnson and Linda Weatherwax

## Live Healthy Iowa

Governor Branstad recently announced the Healthiest State Initiative and the goal of making Iowa the healthiest state in the nation by 2016.

Live Healthy Iowa offers multiple team-based wellness challenges to motivate Iowans to take control of their personal health. The 100-Day Wellness Challenge, offered January 23-May 1, 2012, is a simple and affordable way to engage citizens in a fun, friendly, competition. Over the course of 100 days, teams (2-10 people) engage in friendly competition, tracking activity-minutes and/or weight loss through the Live Healthy Iowa website ([www.livehealthyiowa.org](http://www.livehealthyiowa.org)).

For \$20, participants receive:

- Training T-shirt
- Weekly motivational emails
- Personal tracking page
- Unlimited access to recipes, workouts and health information
- Chance to win team incentives and/or individual prizes
- One-year magazine subscription

Hy-Vee food stores will provide \$5.00 off the registration by visiting the local store or by going to [www.Hy-Vee.com](http://www.Hy-Vee.com).

Here's how to get started:

- Step 1:** Start a Team! Form a team of 2-10 people. Gather your team's email addresses and t-shirt sizes.
- Step 2:** Choose a Team Name and Team Captain! Team captain must have an e-mail address.
- Step 3:** Register online! ([www.livehealthyiowa.org](http://www.livehealthyiowa.org))
- Wouldn't it be interesting to have a couple of Rock Falls teams going head-to-head to see who is the healthiest?

## Snowmobile Operations

Since we have finally received some snow it might be time to remind snowmobile operators about regulations for operating a snowmobile within the City of Rock Falls. According to the published ordinances of Rock Falls, snowmobiles may be operated upon streets which have not been plowed during the snow season.

Snowmobiles may not be operated on any other street within the City except for the purpose of the most direct ingress to and egress from the City. No snowmobiles shall be

operated upon the public sidewalk, nor shall they be operated on the 'parking' except for purposes of crossing the same to a public street upon which operation is authorized.

The maximum speed of travel upon any public street or alley shall not be in excess of fifteen (15) miles per hour. No person shall operate a snowmobile while under the influence of intoxicating liquor, or narcotics, or habit-forming drugs. It is also unlawful for any person to operate a snowmobile under the following circumstances:

On private property of another without the express permission, on public school grounds, park property, playgrounds, without express permission to do so by public authority.

In a manner so as to create loud, unnecessary or unusual noise so as to disturb or interfere with the peace and quiet of other persons, in a careless, reckless or negligent manner. No person shall operate a snowmobile in the City from midnight (12:00 P.M.) to seven o'clock (7:00)A.M.)

