



Albert Lea Certified as Blue Zones Community®

Last month the City of Albert Lea was notified by the Blue Zones Project that it has been certified as a Blue Zones Community®.

Data shows that since beginning the Blue Zones Project in 2009, the community is happier and healthier. Dan Buettner, creator of the Blue Zones Project, observed nine principles he found centenarians had in common and wanted to apply them to a community to see if life expectancy and quality of life could be improved. A recent Gallup-Healthways Well-Being Index® poll indicates that Albert Leans saw an increase in health benefits including overall well-being, smoking levels dropped and community pride increased.

In the beginning of the project, the city set about implementing policies to make healthy choices easy. This included adding sidewalks or trails when completing street projects, coordinating walking groups and asking restaurants and schools to add healthy options to their menus.

In order to gain certification, the city declared parks and campuses tobacco free, added bike lanes, sidewalks and shared user trails. As a result, trail use is up 40%.

There are economic benefits too. The city is visited by other communities to learn from our example. Media generated by the Blue Zones keeps the city's name in the spotlight. Realtor.com named Albert Lea one of the top three most affordable small towns where people want to live citing the Blue Zones Project as proof of its commitment to quality of life. The number of downtown businesses increased by 15 adding \$1.2 million of property value. Developers have invested over \$1.5 million in building permits. Tourism is up 18% over the past three years.

“We’ve completely enhanced our quality of life,” said Chad Adams, city manager. “The impressive outcomes come as a direct result of Blue Zones Project resources and expertise, coupled with local volunteers committed to sustaining our changes.”

Moving forward the city is working on “Safe Routes to School” with the school district.

The Blue Zones Project is now housed at 314 S. Broadway along with other community agencies.

Park and Rec Fun!



Family Mystery Movie Night

Families welcome!

Bring your family out for some mystery movie fun! Movie will be rated PG and of a family nature, but we're not telling what it is. You'll have to come and see for yourself!

Fee: FREE

When: Fri. November 18th

Time: 7:00 pm movie starts

Where: Marion Ross Performing Arts Center
Registration is NOT required

**Sorry, no food or beverages allowed inside the theater*

**For more information contact
Parks & Recreation at 507.377.4370**

General Election November 8th

City of Albert Lea Races: (Terms expiring December 31, 2020)

FIRST WARD COUNCILOR

- Craig Havener
- Rich Murray

THIRD WARD COUNCILOR

- Roger Swanson
- Jason Howland

FIFTH WARD COUNCILOR

- Paul Shea
- Robert Rasmussen



Polling Places:

FIRST WARD, Brookside School, 211 West Richway Drive

SECOND WARD, Bridge Community Church (First Baptist Church), 335 West Clark Street

THIRD WARD, United Methodist Church, 702 Highway 69 South

FOURTH WARD, Grace Lutheran Church, 918 Garfield Avenue

FIFTH WARD, City Center 221 East Clark St.

SIXTH WARD, Halverson School, 707 10th St.



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(507) 377-4350
211 E. Clark St.
www.alplonline.org

Hours:

Sun.:

1-5 p.m.

Mon.-Thu.:

9 a.m.-7 p.m.

Fri.:

1-6 p.m.

Closed Sat.

Stream Movies & More!

The library now offers a new digital service: **hoopla**. With **hoopla**, you can stream movies, music, ebooks and more.

Items are always available, no waiting.

Stop by a circulation desk to learn more about this new, exciting service!

This service was made possible by the Friends of the Albert Lea Public Library.



Instantly borrow digital movies, music, eBooks, and more, 24/7 with your library card



Upcoming holiday closings:

Mark your calendars for the following holiday closings: Veteran's Day (Fri., Nov. 11) and Thanksgiving (Thurs., Nov. 24 and Fri., Nov. 25).

POLAR EXPRESS Storytime

Thursday,
Dec. 1
6 p.m.

Kids & families ... come in your pajamas. "All aboard" for fun!

LEGO Time
Mon., Nov. 7 & Dec. 5
at 3:45 p.m.
2 p.m. for homeschoolers

The last day of children's fall programming is Nov. 22.