The City of Hagerstown’s Police Department is restarting its Cadet Program in an effort to attract qualified candidates ages 18-20 who are interested in becoming a police officer.

Interested candidates can find more information at [https://www.hagerstownmd.org/141/Police](https://www.hagerstownmd.org/141/Police) and select Police Careers.

Qualifications for the Police Cadet program include:

- U.S. Citizenship
- H.S. Diploma or G.E.D.
- Valid driver’s license from any state
- Eyesight correctable to at least 20/30 in each eye

Other qualifying factors, a full job description, salary and benefits information, and an online form to request additional information can be found using the link above. Interested candidates who complete the online form will be contacted regarding scheduling a time to take the written entrance exam.
HEAL’s TEAM Cycle Fundraiser

HEAL and Hagerstown YMCA are partnering to host a fundraising event to help spread the message about the benefits of healthy eating and active lifestyles.

The event takes place on Jan. 19, 2019 at the Robinwood Professional Center (blue/silver entrance). There are 6 opportunities to ride during this indoor cycling event, and each class is designed for all fitness levels. Early bird registration is available until 12/31 for $30, and regular registration will be accepted until 1/19 for $35. If you want to ride more than once, each additional timeslot is only $15!

Teams of 4 or more that register together can save 10% off each registration fee. Find more information on the event’s Facebook page.

Start 2019 off on a healthy note and help encourage healthy living in our community!

Honey Garlic Chicken & Veggies

Put your slow cooker to good use and have this easy complete meal waiting for you when you get home!

Honey Garlic Chicken & Veggies—Prep time: 10 min  Cook time: 8 hours  Serves: 4*

4 boneless, skinless chicken breasts
1 pound baby red potatoes—halved
1 pound baby carrots
1 pound fresh green beans—trimmed
1/2 cup reduced sodium soy sauce
1/3 cup honey
1/4 cup ketchup
2 cloves garlic—minced
1 tsp dried basil
1/2 tsp dried oregano
1/4 tsp crushed red pepper flakes
1/4 tsp ground black pepper
2 Tbsp fresh parsley—chopped (for garnish, if desired)

Directions:
1. In a large bowl, combine soy sauce, honey, ketchup, garlic, basil, oregano, red pepper flakes, and pepper
2. Place chicken breasts, potatoes, carrots and soy sauce mixture into a 6-qt slow cooker—Cover and cook on low heat for 7-8 hours, adding green beans during the last 30 minutes of cooking time
3. Serve chicken immediately with potatoes, carrots, and green beans—garnish with parsley, if desired

*9 Weight Watchers SmartPoints per serving
The Human Resources department offers employees and their family members a one stop shop with 24 hour access to policies, benefits, forms, wellness programs, holiday schedules and a variety of resources through HRconnection. By logging onto this website, employees can find detailed information and forms related to their employment with the City of Hagerstown. To sign in, use the following:

- Website: www.hrconnection.com
- Username: cityofhagerstown (all lower case, all one word)
- Password: Benefits1 (capital B)

Hagerstown is Bicycle Friendly

The City's Public Works Department recently completed installation of four electric vehicle charging stations in the Elizabeth Hager Center parking lot. The stations were installed after the Mayor and City Council approved a resolution to install them through a grant received in June from the Electric Vehicle Institute.

As sales of electric vehicles continue to increase, the City wishes to proactively promote EV adoption and use as a way to reduce the environmental impact of fossil fuels. The electricity provided by the charging stations is currently free, but the rate for parking in the charging station spaces has increased to $1 per hour. These spaces are specifically designated by their green parking meters.

For questions or concerns, please contact the Parking Office at ext. 445.

**EV Charging Stations Now Available**

The City of Hagerstown was once again recognized as a Bronze level Bicycle Friendly Community by the League of American Bicyclists. For 2018, 464 towns and cities throughout the U. S. and Washington, D. C. were awarded designations for their leadership and investment in infrastructure, education, and outreach that enables and inspires people to cycle in a safe and supportive environment.

Overall, Maryland ranked 11th out of 50 states and placed seven communities on the list—Annapolis and Anne Arundel County, Baltimore, Columbia, Frederick, Hagerstown, Rockville, and Salisbury—each of which were awarded Bronze status. Hagerstown is the second smallest of those communities by population and the only one to achieve renewal from 2014.

The Bicycle Friendly America program is making biking better for cyclists across the country by setting standards for what constitutes a real bicycling culture and environment. The City continued to demonstrate its “bicycle friendly” commitment back in August with the installation of safety-enhancing bike boxes at key intersections in Hagerstown.
Hub City 100-Miler Kicks Off Jan. 18th

City of Hagerstown employees are invited to participate in the Hub City 100 Miler to kick off our wellness for 2019! Employees can enroll by using a uniquely created registration link for employees only. There is no charge for employees to participate in this program since the Cityfit! Wellness program is a sponsor, plus City employees will receive a short sleeve t-shirt with their enrollment!

Register NOW using this link: https://apm.activecommunities.com/hagerstownparksandrec/Activity_Search/3234

You will be asked to provide your employee # ID as part of online enrollment.

If you cannot remember your password or need assistance with the online registration, please call Emily at 301-739-8577 x 170, or email: econrad@hagerstownmd.org

Quarterly Wellness Reimbursement

Don’t forget—you can submit a request for quarterly reimbursement of up to $50 for participating in wellness-related activities! Reimbursement forms and supporting documents are due to Amy Dreisbach in HR by Friday, Jan. 4th.

Wellness-related activities that qualify for reimbursement include recreation programs/classes, personal trainers, Weight Watchers, and gym memberships!

Still going strong are the “Life on the Move” and Real Appeal wellness programs— contact Amy Dreisbach at ext. 107 for more information.

*Continuing this quarter—dependents can now join the Real Appeal wellness program! Enroll at getreal.realappeal.com and get a free success kit!

*Continuing this quarter—exchange Wellness points for Valley Co-op fee reimbursement! Gain access to local farms and dairies and expand your nutritional horizon! Visit valleycoop.org to purchase a membership and get more information on how to buy online and pick up your items.

Employee Assistance

The Employee Assistance Program (EAP) is available to all benefits-eligible employees, and it provides more than just confidential counselling. Some of the other services offered by the EAP include:

- Financial planning
- Legal resources
- Child care and elder care arrangements
- Pet care arrangements
- College planning
- And more...

Access the EAP 24/7 by phone or online:

- Call: 800.272.7255
- Online: guidanceresources.com
- City of Hagerstown ID: COM589

United Way Update

The City of Hagerstown set a goal of $8,000 in United Way pledges, and we soared past the finish line to come in at $9,072.04 raised in our 2018 campaign!

The generosity of our employees will serve to improve our community through United Way of Washington County and other local organizations.

Congratulations are in order to the following employees:

- Gary Hose (HLD) - Yeti Cooler winner
- Chris Martin (HFD) - Yeti Cooler winner
- Dept. of Community and Economic Development (DCED) - catered lunch winners

Thanks to everyone who contributed!
2018 Holiday Potluck Winners

The HR Department hosted our annual Holiday Potluck on Thursday, December 13th. Festivities included a holiday trivia contest, Guess the Starburst in the Jar, and the Ugly Sweater Contest. The potluck was well attended, with many people contributing delicious dishes and desserts to share.

Our winners this year were:
- Dani Frye—Holiday Trivia
- Wendy Atha—Guess the Starburst
- Tamara Owens—Ugly Sweater Contest

HR’s own Tamara Owens is now the back-to-back reigning champion of the Ugly Sweater Contest. Can she be dethroned? Join us next year to find out!

Upcoming Events

There is always something to do in Hagerstown! Stay connected through www.hagerstownmd.org under ‘Community Calendar’, or through facebook.com/CityofHagerstown.

Mark your calendars for these upcoming events:

- Jan. 19th, Feb. 3rd, March 2nd—2:00 p.m.-3:30 p.m.
  Geocache in the Parks (Free, Parks & Rec Activity #6184, #6185, or #6186)

- January 22nd—1:30 p.m.
  Grand Opening celebration for Bulls & Bears, 28 South, and Schindel Rohrer Ballroom (Free)

- January 26th-March 16th—12:30p.m.-1:30 p.m.
  American Sign Language for Beginners ($96/8-week session, Parks & Rec Activity #6176)