



# Hampshire Hot Topics

## Winter 2019 Volume 4, Issue 1



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### Calendar of Holidays/Events

Jan 1  
New Year's Day

### A Message From Village President Jeff Magnussen



*"Tomorrow is the most important thing in life.  
Comes to us at midnight very clean. It's perfect when  
it arrives, and it puts itself in our hands. It hopes  
we've learned something from yesterday."*

*John Wayne*

*"Never Look At The Empty Seats"*

*Charlie Daniels*

Dear Neighbors,

The new year should be greeted with hope for a better future, and with a positive attitude for change. Certainly all of us have troubles and strife in our lives. Each of us struggles to make ends meet, and all of us try to provide a better

Jan 6  
Feast of the Epiphany

Jan 21  
Martin Luther King Jr Day

Feb 2  
Groundhog Day

Feb 3  
Super Bowl LIII

Feb 5  
Chinese New Year

Feb 12  
Abraham Lincoln's Birthday

Feb 14  
Valentine's Day

Feb 18  
Presidents' Day

Mar 1  
Employee Appreciation Day

Mar 6  
Ash Wednesday

Mar 10  
Daylight Savings Time Begins

Mar 17  
St. Patrick's Day

Mar 19  
St. Joseph's Day

Mar 20  
Vernal Equinox

Mar 29  
National Vietnam War  
Veterans' Day

Apr 13  
Thomas Jefferson's Birthday

Apr 14  
Palm Sunday

Apr 15  
Tax Day

Boston Marathon

life for our loved ones. That is the common bond that we all share.

If 2018 was a rollercoaster year, or if the past two months of holidays has been a little stressful, you're probably ready for a fresh start. Now is your chance.

The holidays can be tough because you're regular routine is interrupted, and there is just a lot going on at one time. Shopping, wrapping, decorating, planning, cooking, baking, visiting, dividing time between families and trying to balance the budget while doing all that can be very stressful. It can be easy to let yourself slip into a negative frame of mind when everything hasn't gone perfectly. But resist this temptation by making a conscious effort to start 2019 off on a positive note.

Start each day with a positive. As John Wayne tells us in the quote above, no matter how the day before ended, each morning is a new start.

We can spend a few minutes meditating to get ourselves in a positive frame of mind and focus our thoughts. We can practice yoga or exercise to relieve any tension we may be feeling. We could also begin keeping a gratitude journal where we can write down things for which we are grateful. When we are troubled or feeling low, we can go back and read through some entries we've written. We may come across some happy memories that make our day brighter.

Live in the present. The past is past; you can't do anything to change it, and you don't have to let it ruin the future. Instead of worrying about what was, or what will be, focus on what you can do now. Take care of today's tasks before you fret about tomorrow's. Enjoy the opportunities you have now to spend quality time with friends and family and

Apr 19  
Good Friday

Apr 20  
First Day of Passover

Apr 21  
Easter Sunday

"Look for something positive in each day, even if some days you have to look a little harder."

Unknown

"Opportunity is missed by most people because it is dressed in overalls and looks like work."

Thomas Edison

## Estimated Water Bills Explained

VILLAGE OF HAMPSHIRE UTILITY BILL

Please check your utility bill. If you received an estimated read, that means there's an issue with your meter and you need to call the utility center at 847-453-7181, 24/7 to schedule an appointment to have your meter checked.

Never be late again! Sign up for Auto Pay, it's FREE. Applications are at the Village Hall and on the Village website.

Sign up to receive the quarterly Village newsletter at [www.villageofhampshire.org](http://www.villageofhampshire.org)

\*Treat us Tuesday, October 21st, from 4 - 7 pm.

PLEASE SEE OTHER SIDE FOR ADDITIONAL BILLING INFORMATION

BILL DATE: 06/06/2017	ACCOUNT NUMBER: 03102004205
NAME: JOHN/JANE DOE	
SERVICE ADDRESS: 214 S STATE STREET	

METER INFORMATION		BILLING PERIOD	
Current Reading: 178	Service From: 06/27/2017		
Previous Reading: 174	Service To: 06/26/2017		
Consumption (1000 Gallons): 2	Type of Reading: ESTIMATE		

Generally water meters are read every 60 days or so, and the Water Department works hard to obtain an accurate reading from your water meter each and every billing period. On occasion, however, there may be an issue with the MXU (for remote reading) or the meter and we are not able to obtain an actual reading.

When that happens we will estimate usage. If a customer's water consumption is estimated, "ESTIMATE" will appear on the right-hand side of the bill as shown above. If you received an estimated bill, we are asking you to contact Village Hall at 847-

make the most of these experiences. Taking pictures and keeping a journal can help you to slow down and appreciate what you have right in front of you.

Those are some pointers I've read over the years. My message is this: begin the new year with a positive attitude. Make each moment we spend with family count. Don't stop building memories. And, don't stop looking back at the beautiful memories we've already built.

Happy New Year!

Jeff Magnussen  
President, Village of Hampshire

From the Entire Village of  
Hampshire Staff:

We wish you a wonder-filled  
2019!

Happy New Year!

What is the vernal equinox?

The word equinox comes from Latin and means "equality of night and day." ... In the northern hemisphere, the beginning of spring, or vernal equinox, happens around March 21, when the sun moves north across the equator. The autumnal equinox occurs around September 22nd, when the sun

683-2181, extension 22 to arrange for an appointment to have your meter checked.

Village code requires that all premises using water service from the Village water system be equipped with an accurate water meter. If we are required to estimate your bill on a regular basis and we don't hear from you first, we will let you know by door hanger that your water meter equipment is malfunctioning and in violation of village ordinance. Please call us if your current bill shows an estimated read!

crosses the celestial equator going south.

## **A Message From Village Clerk Linda Vasquez**

### **Winter Parking Ban in effect until April 1st.**

#### **NO PARKING-WINTER SEASON:**

On all streets in the Village, between the hours of 1:00 a.m. and 6:00 a.m., each day from November 1st to April 1st.

## **Village Officials**

### **Village President**

Jeffrey Magnussen

### **Village Clerk**

Linda Vasquez

### **Trustees**

Christine Klein

Toby Koth

Ryan Krajecki

Jan Kraus

Mike Reid, Jr.

Erik Robinson

### **Village Phone Numbers**

847-683-2181

Village Clerk, Ext. 0

Finance Director, Ext. 25

Utility Billing Clerk, Ext. 22

Building Department, Ext. 28

Street Department  
847-683-9489

"Don't count the days, make the days count ."

Muhammad Ali

"Don't wait until you reach your goal to be proud of yourself. Be proud of each step you take toward reaching that goal."

Unknown

"Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice."

Wayne Dyer

"Small deeds done are better than great deeds planned."

Peter Marshall

## **Auld Lang Syne**

The most commonly sung song for English-speakers on New Year's eve, "Auld Lang Syne" is an old Scottish song that was first published by the poet Robert Burns.

"Auld Lang Syne" literally translates as "old long since" and means "times gone by." The song asks whether old friends and times will be forgotten, and promises to remember

Water / Sewer Department  
847-683-2064

Police and Fire Emergency  
911

Non-emergency  
Police Department  
847-683-2240

Non-emergency  
Fire Department  
847-683-2629

Building Inspector  
B&F Services  
847-428-7010

Waste Management  
1-800-796-9696

OFFICE HOURS  
Monday - Friday  
8:00 a.m. to 4:30 p.m.

Village Board Meetings:  
1st & 3rd Thursdays  
of each month

If you would like to see  
something put on our  
newsletter or if you would like  
to be put on our emailing list.  
[Please email.](#)

"The only place success comes  
before work is in the dictionary."  
Vince Lombardi

"The secret of getting ahead is  
getting started."  
Mark Twain

people of the past with fondness.

### Widely Observed New Year Symbols and Traditions

It was bandleader Guy Lombardo, and not Robert Burns, who popularized the song and turned it into a New Year's tradition. Lombardo first heard "Auld Lang Syne" in his hometown of London, Ontario, where it was sung by Scottish immigrants. When he and his brothers formed the famous dance band, Guy Lombardo and His Royal Canadians, the song became one of their standards. Lombardo played the song at midnight at a New Year's eve party at the Roosevelt Hotel in New York City in 1929, and a tradition was born. After that, Lombardo's version of the song was played every New Year's eve from the 1930s until 1976 at the Waldorf Astoria. In the first years it was broadcast on radio, and then on television. The song became such a New Year's tradition that "Life magazine wrote that if Lombardo failed to play 'Auld Lang Syne,' the American public would not believe that the new year had really arrived."

#### United States

Probably the most famous tradition in the United States is the dropping of the New Year ball in Times Square, New York City, at 11:59 p.m. Thousands gather to watch the ball make its one-minute descent, arriving exactly at midnight. The tradition first began in 1907. The original ball was made of iron and wood; the current ball is made of Waterford Crystal, weighs 1,070 pounds, and is six feet in diameter.

Another American tradition is the Rose Bowl in Pasadena, California. The Tournament of Roses parade that precedes the football game on New Year's Day is made up of elaborate and inventive floats. The first parade was held in 1886.

**Resolutions:** It is believed that the Babylonians were the first to make New Year's resolutions, and people all over the world have been breaking them ever since. The early Christians believed the first day of

## Kane County Recycles

Apr 13 - electronics & books only

May 11 - electronics, books, shred & paint

Jun 8 - electronics, books & shred

Jul 13 - EXTRAVAGANZA

Aug 10 - electronics, books & shred

Sep 14 - electronics, books, shred & paint

Oct 12 - electronics & books

Nov 9 - electronics & books

Go to [www.countyofkane.org](http://www.countyofkane.org) for more info.

## 4 PERCENT RULE

4%. That's the "safe" amount of your assets that financial planners say you can afford to spend in the first year of retirement without running the risk that your savings will run out. In each subsequent year, take the same amount plus an increase for inflation.

Under this system, known as "the 4 percent rule", your savings should last at least 30 years. The forecast is based the pioneering work of planner William Bengen, who tested 30-year spending rates against the historical returns of U.S. Stocks and Treasury Bonds.

Some years the markets are up, and some years the markets are down. The 4 percent rule takes that into account. As long as you keep withdrawing a steady amount of money, plus increases for inflation, you won't run out.

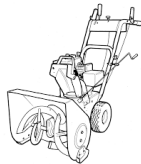
Jane Bryant Quinn

the new year should be spent reflecting on past mistakes and resolving to improve oneself in the new year.

From Infoplease

"You can't have a good day with a bad attitude, and you can't have a bad day with a good attitude."

Mildred Day



## Heart Risk Factors During Winter Weather

Some activities such as snow shoveling, walking through heavy wet snow or in a snow drift, downhill and cross-country skiing and snow-boarding, can strain the heart enough to cause a heart attack.

Snow shoveling can be more strenuous than exercising full throttle on a treadmill. While this may not be a problem if an individual is healthy and fit, it can be dangerous if the person is not.

Shoveling, even pushing a heavy snow blower, can cause sudden increase in blood pressure and heart rate, and the cold air can cause constriction of the blood vessels and decrease oxygen to the heart. All these factors work in concert to increase the work of the heart and trigger a potentially fatal heart attack.

Individuals who are at risk of a heart attack during cold outdoor activities include:

- Those with a prior heart attack
- Those with known heart disease
- Those with high blood pressure or high cholesterol
- Smokers
- Those who lead a sedentary lifestyle

Such individuals should think twice about shoveling snow and should talk to their doctor before taking on such a task.

MetroHealth

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Email**

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