

## Extra Mile America

***Empowering Positive Change...***

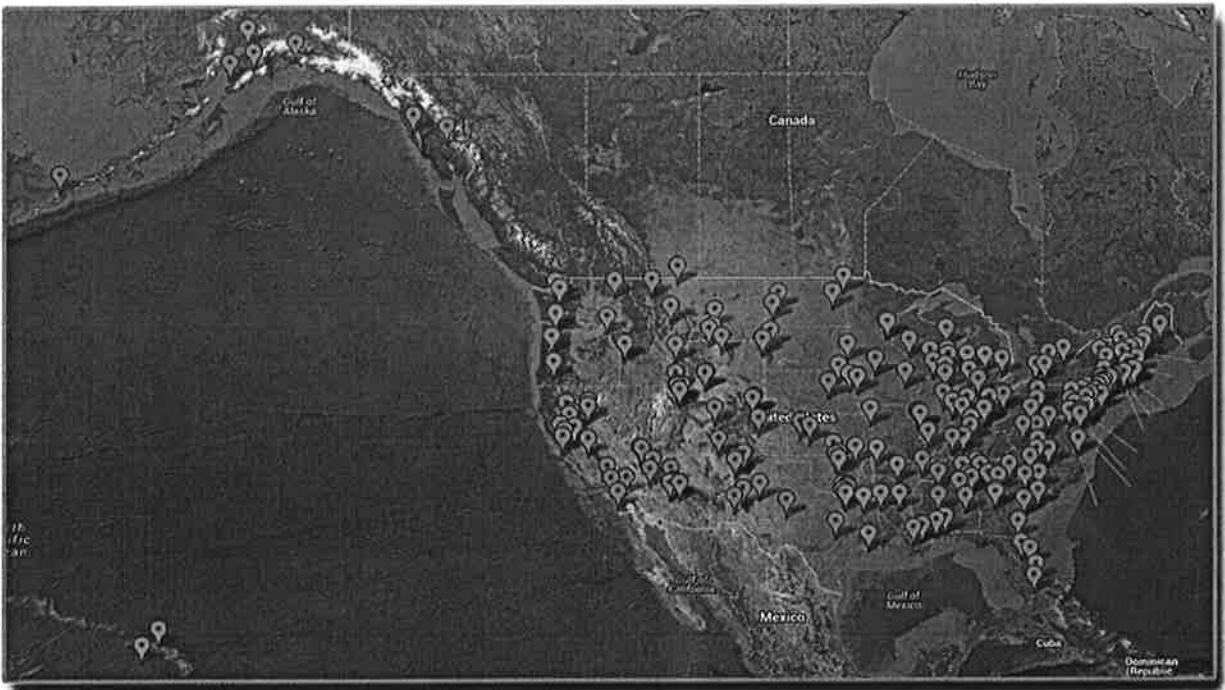
***One Extra Mile Attitude, Word and Action at a Time.***

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### **Extra Mile Day!**

"Extra Mile Day" (November 1, 2018) celebrates the capacity we each have to create amazing and positive change in ourselves, our families, our organizations and our communities when we "*go the extra mile*."

It is a day to clap hard for those individuals and organizations who are "*going the extra mile*" in volunteerism and service in order to make a positive difference in the world.



**2018 "Extra Mile Day" cities are rolling in!**  
**(This year's goal is 550 cities! We are at 429 and counting!)**

*Mayors! If you LOVE the volunteers and extra-mile heroes in your community, make sure your city is declared. Also, please*

*let us know about a couple of the awesome people in your community who deserve a shout-out. (See [Heroes](#).)*

## Join us on November 1st with your city's "Extra Mile Day" declaration!

Contact Us: 310-402-4826

### ALABAMA

Auburn - Mayor Bill Ham, Jr.  
Bessemer - Mayor Kenneth E. Gulley  
Birmingham - Mayor Randall L. Woodfin  
Gadsden - Mayor Sherman Guyton  
Hoover - Mayor Frank V. Brocato  
Huntsville - Tommy Battle  
Jacksonville - Mayor Johnny L. Smith  
Montgomery - Mayor Todd Strange  
Tuscaloosa - Mayor Walter Maddox

### ALASKA

Palmer - Mayor Edna DeVries  
Unalaska - Mayor Frank Kelly  
Wrangell - Mayor David L. Jack

### ARIZONA

Avondale - Mayor Kenneth N. Weise  
Benson - Mayor Toney D. King, Sr.  
Bisbee - Mayor David M. Smith  
Buckeye - Mayor Jackie Meek  
Camp Verde - Mayor Charles German  
Carefree - Mayor Les Peterson  
Casa Grande - Mayor Craig H. McFarland  
Chandler - Mayor Jay Tibshraeny  
Clarkdale - Mayor Doug Von Gausig  
El Mirage - Mayor Lana Mook  
Lake Havasu - Mark S. Nexsen  
Phoenix - Mayor Thelda Williams  
Prescott - Mayor Greg Mengarelli  
Scottsdale - Mayor W. J. "Jim" Lane  
Tempe - Mayor Mark Mitchell  
Tucson - Mayor Jonathan Rothschild  
Yuma - Mayor Douglas J. Nicholls

### ARKANSAS

Bella Vista - Mayor Peter A. Christie  
Bentonville - Mayor Bob McCaslin  
El Dorado - Mayor Frank Hash  
Fayetteville - Mayor Lionel Jordan  
Hot Springs - Mayor Pat McCabe  
Jonesboro - Mayor Harold Perrin  
Little Rock - Mayor Mark Stodola  
North Little Rock - Mayor Joe Smith  
Pine Bluff - Mayor Shirley Washington  
Rogers - Mayor Gary Hines  
Russellville - Mayor Randy Horton  
Searcy - Mayor David Morris  
Springdale - Mayor Doug Sprouse  
Texarkana - Mayor Ruth Penney Bell  
Van Buren - Mayor Bob Freeman

### CALIFORNIA

Adelante - Mayor Rich Kerr  
Alameda - Mayor Triah Herrera Spencer  
Alhambra - Mayor Jeffrey K. Maloney  
Anaheim - Mayor Tom Tail  
Antioch - Mayor Sean Wright  
Auburn - Mayor Bridget Powers  
Cathedral City - Mayor Stanley E. Henry  
Chico - Mayor Sean Morgan  
Elk Grove - Mayor Steve Ly  
Fairfield - Mayor Harry T. Price  
Folsom - Mayor Stephen E. Miklos  
Irvine - Mayor Donald P. Wagner  
Jackson - Mayor Connie Gonsalves  
Lodi - Mayor Alan Nakanishi  
Loomis - Mayor Rhonda Morillas  
Los Angeles - Mayor Eric Garcetti  
Marysville - Mayor Ricky Samayoa  
Modesto - Mayor Ted Brandvold  
Oakland - Mayor Libby Schaaf  
Oceanside - Mayor Peter Weiss  
Oxnard - Mayor Tim Flynn  
Petaluma - Mayor David Glass  
Placerville - Mayor John Clerici  
Roseville - Mayor Susan Rohan  
Sacramento - Mayor Darrell Steinberg  
San Diego - Mayor Kevin L. Faulconer  
San Jose - Mayor Sam Liccardo  
Santa Cruz - Mayor David Terrazas  
Vacaville - Mayor Leonard J. Augustine

### COLORADO

Arvada - Mayor Marc Williams  
Boulder - Mayor Suzanne Jones  
Centennial - Mayor Stephanie Piko  
Colorado Springs - City Council President Richard Skorman  
Denver - Mayor Michael B. Hancock  
Grand Junction - Mayor Barbara Traylor Smith  
Greeley - Mayor John Gates  
Lafayette - Mayor Christine Berg  
Lakewood - Mayor Adam Paul  
Littleton - Mayor Debbie Brinkman  
Loveland - Mayor Jacki Marsh  
Northglenn - Mayor Carol Dodge  
Pueblo - City Council President Christopher A. Nicoll  
Thornton - Mayor Heidi K. Williams

### CONNECTICUT

Bridgeport - Mayor Joseph P. Ganim  
Danbury - Mayor Mark D. Boughton  
Derby - Mayor Richard Dziokan  
Hamden - Mayor Curt Balzano Leng

### IOWA

Burlington - Mayor Shane A. McCampbell  
Council Bluffs - Mayor Matthew J. Walsh  
Davenport - Mayor Frank J. Klipsch  
Dubuque - Mayor Roy D. Buol  
Fort Dodge - Mayor Matt Bemrich  
Sioux City - Mayor Bob Scott  
Waterloo - Mayor Quentin Hart

### KANSAS

Junction City - Mayor Phyllis Fitzgerald Junction City -  
Mayor Phyllis Fitzgerald  
Kansas City - Mayor David Alvey  
Leavenworth - Mayor Mark Preisinger  
Shawnee - Mayor Michelle Distler

### KENTUCKY

Ashland - Mayor Steve Gilmore  
Covington - Mayor Joseph U. Meyer  
Danville - Mayor Mike Perros  
Elizabethtown - Mayor Edna B. Berger  
Erlanger - Mayor Tyson Hermes  
Florence - Mayor Diane E. Whalen  
Fort Thomas - Mayor Eric Haas  
Georgetown - Mayor Tom Prather  
Madisonville - Mayor David Jackson  
Nicholasville - Mayor Pete Sutherland  
Paducah - Mayor Brandi Harless  
Radcliff - Mayor Mike Weaver

### LOUISIANA

Baton Rouge - Mayor Sharon Weston Broome  
Bossier City - Mayor Lorenz Walker  
Kenner - Mayor E. "Ben" Zaha III  
Lake Charles - Mayor Nicholas E. Hunter  
Minden - Mayor Tommy Davis  
Montroe - Mayor Jamie Mayo  
Ruston - Mayor Ronnie Walker  
Shreveport - Mayor Ollie Tyler  
Thibodaux - Mayor Tommy Eschete

### MAINE

Auburn - Mayor Jason Levesque  
Biddeford - Mayor Alan Casavant  
Lewiston - Mayor Shane Bouchard  
Westbrook - Mayor Mike Sanphy

### MARYLAND

Annapolis - Mayor Gavia Buckley  
Cambridge - Mayor Victoria Jackson-Stanley  
Edmonston - Mayor Tracy Gant  
Salisbury - Mayor Jake Day

### MASSACHUSETTS

Fall River - Mayor Jasiel F. Correia II  
Haverhill - Mayor James J. Fiorentini  
Lowell - Mayor William Samaras  
Lynn - Mayor Thomas M. McGee  
Malden - Mayor Gary Christenson  
Springfield - Mayor Domenic J. Sarno  
Westfield - Mayor Brian P. Sullivan  
Weymouth - Mayor Robert L. Hedlund  
Worcester - Mayor Joseph M. Petty

### MICHIGAN

Detroit - Mayor Mike Duggan  
Farmington Hills - Mayor Ken Massey  
Kalamazoo - Mayor Bobby J. Hopewell  
Rochester Hills - Mayor Bryan K. Barnett  
Southfield - Mayor Ken Siver  
Sterling Heights - Mayor Michael C. Taylor  
Warren - James R. Fouts  
Wyoming - Mayor Jack Poll

### MINNESOTA

Blaine - Mayor Tom Ryan  
Edina - Mayor James Hovland  
Mankato - Mayor Eric Anderson  
Rochester - Mayor Ardell F. Brede

### MISSISSIPPI

Biloxi - Mayor Andrew "Fo Fo" Gillich  
Columbus - Mayor Robert E. Smith, Sr.  
Horn Lake - Mayor Allen Latimer  
Meridian - Mayor Percy L. Bland, III  
Olive Branch - Mayor Scott Phillips  
Oxford - Mayor Robyn Tannehill  
Pascagoula - Mayor Dane Maxwell  
Southaven - Mayor Darren Musselwhite  
Starkville - Mayor Lynn Spruill  
Vicksburg - Mayor George Flaggs, Jr.

### MISSOURI

Arnold - Mayor Ron Counts  
Blue Springs - Mayor Carson Ross  
Cape Girardeau - Mayor Bob Fox  
Cristfield - Mayor Barry Dize  
Independence - Mayor Eileen Weir  
O'Fallon - Mayor Bill Hennessy  
Saint Charles - Mayor Sally Faith  
St. Joseph - Mayor Bill McMurray  
St. Louis - Mayor Lyda Krewson  
St. Peters - Mayor Len Pagano

### MONTANA

Meriden - Mayor Kevin M. Scarpati  
 Middletown - Mayor Daniel T. Drew  
 New Haven - Mayor Toni N. Harp  
 Norwalk - Mayor Harry W. Rilling  
 Stamford - Mayor David R. Martin  
 Stratford - Mayor Laura R. Hoydick  
 Waterbury - Mayor Neil M. O'Leary

#### DELAWARE

Dover - Mayor Robin R. Christiansen  
 Georgetown - Mayor Bill West  
 Lewes - Mayor Theodore Becker  
 Milford - Mayor Arthur J. Campbell  
 Newark - Mayor Polly Sierce  
 Seaford - Mayor David Genshaw

#### FLORIDA

Boca Raton - Mayor Scott Singer  
 Cape Coral - Mayor Joe Coviello  
 Deerfield Beach - Mayor Bill Sanz  
 Fort Lauderdale - Mayor Dean Trantalis  
 Gainesville - Mayor Lauren Poe  
 Miami - Mayor Francis X. Suarez  
 Palm Bay - Mayor William Capote  
 Panama City Beach - Mayor Mike Thomas  
 Pembroke Pines - Mayor Frank C. Ortiz  
 Pompano Beach - Mayor Lamar Fisher  
 Port St. Lucie - Mayor Greg J. Oravec  
 Safety Harbor - Mayor Joe Ayoub  
 Tallahassee - Mayor Andrew Gillum  
 West Palm Beach - Mayor Jeri Muoio

#### GEORGIA

Canton - Mayor Gene Hobgood  
 Carrollton - Mayor Walt Hollingsworth  
 Dalton - Mayor Dennis Mock  
 Dunwoody - Mayor Denis L. Shortal  
 East Point - Mayor Deana Holiday Ingraham  
 Kennesaw - Mayor Derek Easterling  
 Lawrenceville - Mayor Judy Jordan Johnson  
 McDonough - Mayor Billy Copeland  
 Roswell - Mayor Lori Henry  
 Savannah - Mayor Eddie W. DeLoach  
 Valdosta - Mayor John Gayle  
 Woodstock - Mayor Donnie Henriques

#### HAWAII

Honolulu - Mayor Kirk Caldwell

#### IDAHO

Ammon - Mayor Sean Coletti  
 Boise - Mayor David H. Bieler  
 Caldwell - Mayor Garret L. Nancolas  
 Chubbuck - Mayor Kevin B. England  
 Coeur d'Alene - Mayor Steve Widmyer  
 Garden City - Mayor John Evans  
 Hayden - Mayor Steven J. Griffiths  
 Kuna - Mayor Joe Stear  
 Mountain Home - Mayor Rich Sykes

#### ILLINOIS

Bellefonte - Mayor Mark Eckert  
 Berwyn - Mayor Robert J. Lovero  
 East Peoria - Mayor David Mingus  
 Elgin - Mayor David Kaptain  
 Evansville - Mayor Ervin "Red" Becker  
 Galesburg - Mayor John Pritchard  
 Peoria - Mayor Jim Ardis  
 Schaumburg - Mayor Al Larson  
 Waukegan - Sam Cunningham

#### INDIANA

Columbus - Mayor Jim Lienhoop  
 Elkhart - Mayor Tim Necse  
 Frankfort - Mayor Chris McBarnes  
 Gary - Mayor Karen Freeman-Wilson  
 Huntington - Mayor Brooks L. Fetters  
 Jeffersonville - Mayor Mike Moore  
 Muncie - Mayor Dennis Tyler  
 Terre Haute - Mayor Duke Bennett

Belgrade - Mayor Russell C. Nelson  
 Billings - Mayor William A. Cole  
 Shelby - Mayor Gary McDermott  
 Whitefish - Mayor John Muhlfeld

#### NEBRASKA

Fremont - Mayor Scott Getzschman  
 Grand Island - Mayor Jeremy L. Jensen  
 Norfolk - Mayor Josh Moenning  
 North Platte - Mayor Dwight Livingston

#### NEVADA

Carson City - Mayor Robert Crowell  
 Elko - Mayor Chris J. Johnson  
 Henderson - Mayor Debra March  
 Reno - Mayor Hillary L. Schieve  
 Winnemucca - Mayor Di An Putnam

#### NEW HAMPSHIRE

Berlin - Mayor Paul Grenier  
 Concord - Mayor Jim Bouley  
 Derry - Council Chair James Morgan  
 Rochester - Mayor Caroline McCarley  
 Salem - Board of Selectmen

#### NEW JERSEY

Brick - Mayor John G. Ducey  
 Clifton - Mayor James Anzaldi  
 East Brunswick - Mayor Brad J. Cohen  
 Jersey City - Mayor Steven M. Fulop  
 Long Branch - Mayor John Pallone  
 Mahwah - Mayor William C. Laforet  
 Plainfield - Mayor Adrian O. Mapp  
 Toms River - Mayor Thomas F. Kelaher  
 Vineland - Mayor Anthony Fanucci  
 West Milford - Mayor Tim Wagner

#### NEW MEXICO

Hobbs - Mayor Sam Cobb  
 Rio Rancho - Mayor Gregory D. Hull

#### NEW YORK

Albany - Mayor Kathy M. Sheehan  
 Amsterdam - Mayor Michael J. Villa  
 Cortland - Mayor Brian Tobin  
 Elmira - Mayor Daniel J. Mandell  
 Jamestown - Mayor Sam Teresi  
 Oneida - Mayor Leo Matzke  
 Oswego - Mayor William J. Barlow, Jr.  
 Poughkeepsie - Mayor Rob Rolison  
 Rochester - Mayor Lovely A. Warren  
 Saratoga Springs - Mayor Meg Kelly  
 Schenectady - Mayor Gary R. McCarthy  
 Village of Newark - Mayor Jonathan Taylor  
 White Plains - Mayor Thomas M. Roach  
 Yonkers - Mayor Mike Spano

#### NORTH CAROLINA

Asheville - Mayor Ester Manheimer  
 Charlotte - Mayor Vi Alexander Lyles  
 Concord - Mayor William C. Dusch  
 Durham - Mayor Stephen M. Schewel  
 High Point - Mayor Jay W. Wagner  
 Rocky Mount - Mayor David W. Combs  
 Wilson - Mayor Bruce Rose

#### NORTH DAKOTA

Bowman - Commission President Lyn James  
 Dickinson - Commission President Scott Decker  
 Mandan - Board President Timothy Holbling  
 Wahpeton - Mayor Steve Dale  
 Williston - City Commission President Howard Klug

#### OHIO

Akron - Mayor Daniel Horrigan  
 Amherst - Mayor Mark Costilow  
 Athens - Mayor Steve Patterson  
 Brunswick - Mayor Ron Falconi  
 Canton - Mayor Thomas M. Bernabei  
 Cincinnati - Mayor John Cranley  
 Columbus - Mayor Andrew J. Ginther  
 Dayton - Mayor Nan Whaley  
 Delaware - Mayor Carolyn Kay Riddle  
 Findlay - Mayor Lydia Mihalik  
 Kettering - Mayor Don Patterson  
 Lorain - Mayor Chase Ritenauer  
 Mansfield - Mayor Tim Theaker  
 Massillon - Mayor Kathy Catanzaro-Perry  
 Toledo - Mayor Wade Kapszukiewicz  
 Warren - Mayor Hon. William D. Franklin  
 Youngstown - Mayor Jamar Tito Brown

#### OKLAHOMA

Bartlesville - Mayor Dale Copeland  
 Edmond - Mayor Charles Lamb  
 Enid - Mayor Bill Shewey  
 Lawton - Mayor Fred L. Fitch  
 Midwest City - Mayor Matthew D. Dukes II  
 Muskogee - Mayor Bob Coburn  
 Woodward - Mayor John Meinders

#### OREGON

Albany - Mayor Sharon Konopa  
 Cottage Grove - Mayor Jeff Gowing  
 Gresham - Mayor Shane Bemis  
 La Grande - Mayor Stephen E. Clements  
 Lebanon - Mayor Paul Aziz  
 Medford - Mayor Gary Wheeler

Oregon City - Mayor Dan Holladay  
Pendleton - Mayor John Turner

#### PENNSYLVANIA

Allentown - Mayor Ray O'Connell  
Bethel Park - Mayor Jack Allen  
Bethlehem - Mayor Robert J. Donchez  
Butler - Mayor Benjamin A. Smith  
Harrisburg - Mayor Eric Papenfuss  
Lancaster - Mayor Danene Sorace  
McKeesport - Mayor Michael Cherepko  
Philadelphia - Mayor Jim Kenney  
Pittsburgh - Mayor William Peduto  
Wilkes-Barre - Mayor Anthony G. George  
York - Mayor Michael Helfrich

#### RHODE ISLAND

Coventry - Town Council President Glenford Shibley  
North Providence - Mayor Charles Lombardi  
Providence - Mayor Jorge O. Elorza  
Warwick - Mayor Joseph J. Solomon  
West Warwick - Council President David Gosselin, Jr.  
Woonsocket - Mayor Lisa Baldelli-Hunt

#### SOUTH CAROLINA

Charleston - Mayor John J. Tecklenburg  
Florence - Mayor Stephen Wukela

#### SOUTH DAKOTA

Aberdeen - Mayor Mike J. Levsen  
Mitchell - Mayor Bob Everson  
Siurgis - Mayor Mark C. Carstensen  
Vermillion - Mayor John E. (Jack) Powell  
Watertown - Mayor Sarah Caron

#### TENNESSEE

Chattanooga - Mayor Andy Berke  
Clarksville - Mayor Kim McMillan  
Cleveland - Mayor Kevin Brooks  
Collierville - Mayor Stan Joyner  
Columbia - Mayor Dean Dickey  
Gallatin - Mayor Paige Brown  
Germantown - Mayor Mike Palazzolo  
Hendersonville - Mayor Jamie Clary  
Memphis - Mayor Jim Strickland  
Murfreesboro - Mayor Shane McFarland

#### TEXAS

Allen - Mayor Stephen Terrell  
Arlington - Mayor W. Jeff Williams  
Austin - Mayor Steve Adler  
Conroe - Mayor Toby Powell  
Denton - Mayor Chris Watts  
DeSoto - Mayor Curtistene S. McCowan  
Galveston - Mayor Jim Yarbrough  
Georgetown - Mayor Dale Ross  
Huntsville - Mayor Andy Brauningner  
Irving - Mayor Rick Stopfer  
McKinney - Mayor George Fuller  
Midland - Mayor Jerry Morales  
New Braunfels - Mayor Barron Casteel  
Odessa - Mayor David R. Turner  
Plano - Mayor Harry LaRoslere  
Sherman - Mayor David Plyler  
Temple - Mayor Tim Davis  
Wichita Falls - Mayor Stephen Santellana

#### UTAH

Brigham City - Mayor Tyler M. Vincent  
Park City - Mayor Andy Beerman  
Roosevelt City - Mayor J.R. Bird  
West Valley City - Mayor Ron Bigelow

#### VERMONT

Barre - Mayor Lucas Herring  
Essex - Selectboard, Max G. Levy, Chair  
Randolph - Selectboard  
Vergennes - Mayor Renny Perry

#### VIRGINIA

Alexandria - Mayor Allison Silberberg  
Chesapeake - Mayor Dr. Richard W. West  
Christiansburg - Mayor Mike Barber  
Covington - Mayor Thomas H. Sibold Jr.  
Fairfax - Mayor David L. Meyer  
Harrisonburg - Mayor Deanna R. Reed  
Lexington - Mayor Frank Friedman  
Marion - Mayor David P. Helms  
Martinsville - Mayor Gene Teague  
Newport News - Mayor McKinley L. Price  
Roanoke - Sherman P. Lea  
Suffolk - Mayor Linda T. Johnson  
Virginia Beach - Mayor Louis R. Jones  
Wytheville - Mayor Beth A. Taylor

#### WASHINGTON

Bremerton - Mayor Greg Wheeler  
Camas - Mayor Scott Higgins  
Kennewick - Mayor Don Britain  
Longview - Mayor Don Jensen  
Richland - Mayor Robert Thompson

#### WEST VIRGINIA

Beckley - Mayor Rob Rappold  
Clarksburg - Mayor Catherine Goings  
Elkins - Mayor Van T. Broughton  
Fairmont - Mayor Thomas Mainella  
Lewisburg - Mayor John Manchester  
Morgantown - Mayor William Kaweck  
Weston - Mayor Julia Howes Spelsberg

#### WISCONSIN

Appleton - Mayor Timothy Hanna

Brookfield - Mayor Steven V. Ponto  
Green Bay - Mayor James J. Schmitt  
Kenosha - Mayor John Antaramian  
La Crosse - Mayor Tim Kabat  
Madison - Mayor Paul R. Soglin  
Manitowoc - Mayor Justin M. Nickels  
Milwaukee - Mayor Tom Barrett  
New Berlin - Mayor David Arment  
Oshkosh - Mayor Steve Cummings  
Wausau - Mayor Robert B. Mielke  
West Allis - Mayor Dan Devine

WYOMING

Cheyenne - Mayor Marian J. Orr  
Green River - Mayor Pete Rust  
Jackson - Mayor Peter Muldoon  
Riverton - Mayor John 'Lars' Baker  
Rock Springs - Mayor Carl Demshar

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Anderson