

CLINTON CITY NEWSLETTER

2007



SEPTEMBER

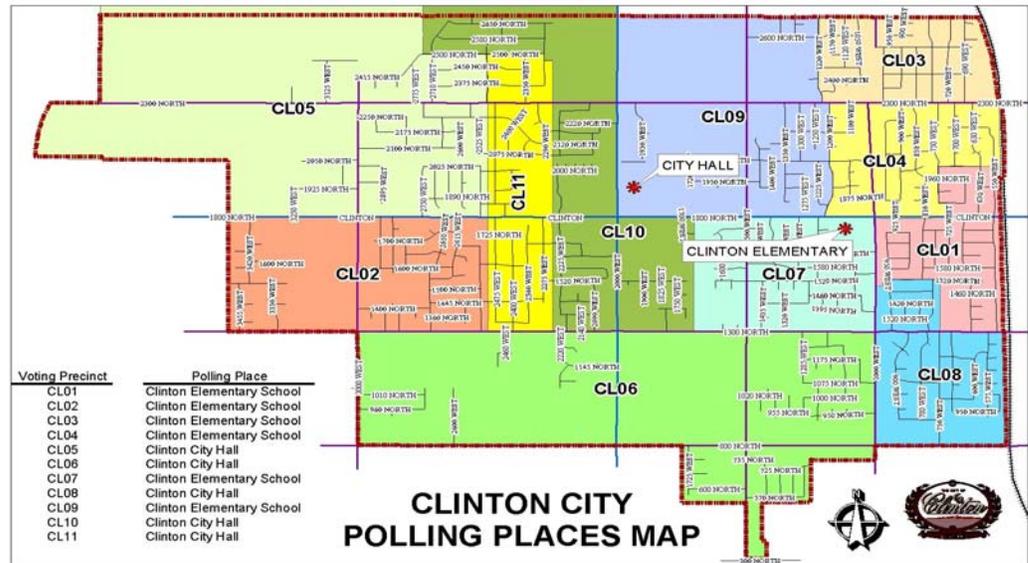


2007 Municipal Election Information

Early Voting for the Clinton City 2007 Municipal Primary Election for 3 City Council seats is currently going on at Clinton City Hall. Polls are open from 1 pm to 5 pm on Tuesday, August 28 to Friday, August 31 and again Tuesday, September 4 to Friday, September 7.

The Clinton City Primary Election will be held on **Tuesday, September 11, 2007** from 7am to 8 pm at the two polling locations identified below:

- **Clinton City Hall**
1906 W 1800 N
- **Clinton Elementary**
1101 W 1800 N



Judge's Initial: _____ SAMPLE BALLOT

Official Primary Ballot for Clinton City, Utah September 11, 2007

Sharon W. Cliff
Recorder

INSTRUCTIONS TO VOTERS: To vote for a candidate, place a cross (X) in the square following the name(s) of the person(s) you favor as the candidate(s) for each respective office.

FOR COUNCILMEMBER Four Year Term	Vote For Three (3)
LORI MILLER	<input type="checkbox"/>
DAVID PEARSON	<input type="checkbox"/>
CHERI REED	<input type="checkbox"/>
ROBERT SANDERS	<input type="checkbox"/>
ANNA STANTON	<input type="checkbox"/>
ARVERD A. TAYLOR	<input type="checkbox"/>
ANTHONY D. "TONY" THOMPSON	<input type="checkbox"/>
KEN WILLIS	<input type="checkbox"/>



Wed. Sept 12, 2007 – 7- 8 PM – Interior Design

Cindy Gooch, former business owner & interior decorator with many years of experience will provide suggestions and tips on how to put things together in your home and how to visualize lines and hang pictures at the right height.

Wed. Oct 24, 2007 – 7-8 PM - The Dangers of Pornography

Jerry Ropelato CEO of Top 10 Review a company which designs software control products will provide information and tips on how to avoid the dangers of pornography

Thurs. Nov 1, 2007 – 7 – 8 PM - Grocery Shopping Tips

The "Grocery Guru", Ken Roesbery from KSL Radio, will present a class on how to shop and serve a Thanksgiving Dinner for under \$10

For more info contact Councilmember Cheri Reed at 825-0238

These classes will be held at Clinton City Hall 1906 W 1800 N in the City Council Chambers

Excellence!

Clinton City would like to recognize the Clinton City Youth Council for their outstanding participation in community service projects. Under the direction of Youth Advisor Julie Davis, the Youth Council has completed more than 1,532 community service hours including: Organizing a "Meet the Candidates Night" for the upcoming 2007 municipal election. Working with the Muscular Dystrophy Association to organize the first ever area youth bowl-a-thon fundraising event. The Clinton Youth Council raised \$1728 of the overall \$3500 and will be presenting the proceeds to the MDA at 9:40 am on Monday, September 3, 2007 on Channel 4 during the annual MDA Telethon. They also plan on painting fire hydrants throughout the City and collecting canned food for *Sub for Santa* at the annual Clinton City Halloween Carnival.

The City Council and staff would like to give special thanks to **Julie Davis** who spends countless hours working with the youth on these programs and who is an outstanding citizen!!!

CLINTON CITY RECREATION DEPARTMENT

~~~ Upcoming Events ~~~

### JR JAZZ Basketball Sign ups will begin October 1

### Heath and Wellness Tip of the Month

Every one, at various different levels, deal with stress daily. Here is a list of Stress-Busters, to help you cope, when the stress keeps coming.

**Grab A Healthy Snack:** Feeding your body the [right kind of foods](#) is an essential way to manage stress. Processed foods and sugary candy bars will make you feel strung out. So instead of heading for the nearest vending machine at the first sign of trouble, come to the office with some healthy snacks like fruits and vegetables in hand. During hectic situations, people have a tendency to skip meals. Try to avoid this if at all possible.

**Make Time For Exercise:** When you don't think you have time to exercise is probably when your body actually needs it the most. Make it a priority to [fit exercise into your schedule](#) at least three to four times per week for at least 30 to 45 minutes per session. This will help keep you in shape and blow off steam.

**Sleep on It:** Listen to your mother and "get a good night's sleep." A proper amount of rest will make it easier to cope with whatever challenges life throws your way tomorrow. Most people need at least seven to eight hours of sleep every night in order to function at their best.

**Just Breathe:** As simple as it sounds, using deep-breathing exercises can be one of your greatest weapons in the war against stress. Step away from the stressful situation! Close your eyes and breathe deeply and quietly for a few minutes. A mere few minutes of concentrating on your breath can really help you to decompress.

**Meditation:** Though the concept is foreign to most of us in the West, meditation has been scientifically proven to reduce anxiety and put us in touch with our inner strength. If you are new to meditation, you may want to work with a group. Many gyms, churches and civic centers offer meditation classes. If you can't find a meditation course in your area, there are plenty of guided meditations on DVD and CD for you to choose from.

**Get Organized:** Are you always trying to get "organized?" Do you frequently find yourself staying up all night on April 14 to finish your tax return? Well, those kinds of situations are indeed very stressful, but they are also completely avoidable. Planning, scheduling and organizing your time may seem more stressful at first, but it will make your life much easier to manage in the long run.

**Build A Support Network:** Being in isolation actually intensifies your stress. Don't try to carry the weight of the world on your shoulders. Ask for help from your friends and relatives -- that's what they are there for. And, if you are looking to build your support network, why not join a support group? It is a great way to make new friends and meet people facing the same difficulties.

**Give Yourself A Break:** Be sure to give yourself little rewards and schedule ample time for fun. It is always easier to cope with stress when you have something to look forward to.

**Keep That Sense of Humor.** As Oscar Wilde once said, "Life is too important to be taken seriously." Keeping a sense of humor about things and not taking yourself too seriously is one of the most effective coping strategies available. Remember that wherever there is laughter, there is still hope. **By Glenn Mueller**

## ATTENTION LANDSCAPE REQUIRED FOR FRONT YARD

Effective as of Feb 2007, all existing homes and new homes have 18 months within which to have their front yards landscaped. For existing homes this leaves 12 months before this local law will be enforced (August of 2008).

Please contact the Community Development Department at 774-2620 with questions.

Also, please review **Title 18 Nuisances** regarding weeds and debris. Please help keep Clinton a beautiful place to live!

Summer is coming to an end. Many residents who have more than one garbage can may be considering turning one back in. If so, please make sure the cans are empty and clean prior to calling to have them picked up.

Garbage can rates are:

\$12.20 for the first can &  
\$9.25 for each add'l can

Please contact the utility billing department at 774-2600 if you need assistance.

## School is Back in Session!

PLEASE PAY CLOSE ATTENTION TO SCHOOL ZONES AND....

FOLLOW THESE HELPFUL HINTS TO HELP KIDS STAY SAFE ON AND AROUND SCHOOL BUSES

School bus travel is extremely safe. Although injuries to school bus passengers are rare, they most often happen outside the bus as students are boarding and leaving the bus or crossing the street.

Remember these tips:

- Be at the school bus on time.
- Wait in a safe place well back from the road.
- Do not play in ditches or on snow banks.
- Enter the bus in single file, hold the hand rail.
- Find a seat and stay seated.
- Do not place things in the aisle.
- Avoid rowdy behavior. Do not eat or drink.
- Keep your arms and head inside the bus.
- Never distract the bus driver. Always follow instructions.
- When you leave the bus, move away from the side. If you can touch it you are too close.
- If you drop something near the bus, never try to pick it up; the bus driver most likely won't be able to see you. Instead, ask the driver for help.

When crossing the street to get on or off the bus:

- Walk at least 10 big steps in front of the bus, along the side of the road and look at the driver for a signal before crossing.
- Look all ways before crossing the road.
- Walk, never run, to where your parent or caregiver is waiting for you on the side of the road where the bus stops

