CLINTON CITY NEWSLETTER

JULY

2007

CLINTON CITY HERITAGE DAYS

The annual Heritage Days Celebration will be held July 9th thru 14th. This year's celebration will again have a week of exciting activities including: Fishing Derby, Dutch Oven dinner and entertainment, golf tournament, 3 on 3 basketball tournament, professional carnival, concert series, car show, parade, fun run, breakfast in the park, booths, food, entertainment, fireworks and much more. For more information on any of these activities, please call the Recreation Department at 774-2666.

PRE-SALE CARNIVAL TICKETS (THE MOST ECONOMICAL WAY TO ATTEND THE CARNIVAL AND RIDE RIDES) ARE ON SALE NOW AT THE RECREATION DEPARTMENT-1906 WEST 1800 NORTH-IN CLINTON.

Sign up for the golf tournament, 3 on 3 basketball tournament and purchase pre-sale carnival tickets now.

Heritage Days Schedule of Events:

Monday, July 9th

Fishing Derby	6:00 PM	Clinton Pond

Wednesday, July 11th

Carnival Opens	4:00 PM	City Park

Wednesday ONLY Unlimited ride Wristbands Available, Advance purchase at the Recreation Department required

Thursday, July 12th

Carnival Opens	4:00 PM	City Park
Dutch Oven Dinner	5:30 PM	City Park Bowery
Concert Series Begins	5:30 PM	Main Stage

Friday, July 13th

Golf Tournament	7:00 AM	Schneiters Bluff
Carnival Opens	NOON	City Park
Vendor Booths Open	4:00 PM	City Park
3 ON 3 Basketball	5:00 PM	Tennis Courts
"Cruise In" Car Show	6:00 PM	City Park
Concert Series	6:00 PM	Main Stage

Saturday, July14th

ShermanWayment5K	6:30AM	Powerline Park
Breakfast in the Park	7:30 AM	City Park Bowery
Parade	9:30 AM	Kiwanis Park
Vendor Booths Open	10:00 AM	City Park
Entertainment Begins	11:00 AM	Main Stage
3 on 3 Basketball	11:00 AM	Tennis Courts
Fire Dept Activity	4:00 PM	Holding Pond
Master Hypnotist	7:30 PM	Main Stage
Concert in the Park	9:00 PM	Main Stage
Fireworks	10:00 PM	Softball Complex

Dutch Oven Cooks Needed… The Dutch Oven dinner will be Thurs., July 12 at City Park. Please call the Recreation Department at 774-2666 if you are willing to help.

Donations are being accepted from Local Business thru July 9 for Golf Tournament prizes, contact Councilmember Barbara Patterson at 698-0779 if you wish to donate.

2007 Municipal Elections

Just a reminder that qualified persons wishing to become City Council Candidates must register with the City Manager between July 2nd and July 16th. Go to the City Web Site, www.clintoncity.com for full information on the candidacy process and requirements. You'll find "Elections" under the City Government category on the web site menu.

COMMUNITY DEVELOPMENT INFO

PLEASE SUPPORT OUR LOCAL BUSINESSES DURING THIS CONSTRUCTION SEASON. Many of the businesses are feeling the affects of the 2000 West Street Reconstruction and need our loyalty and patience.

Did you know… that residents are required to get a permit for the following items: *Fences, *Patios, *RV parking pads, decks, swimming pools, *xeriscaping your yard, *sheds, and garages. The * indicates that there is not a FEE for the PERMIT.

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

The Mayor and City Council would like to thank Glenda Swallow for her efforts in creating the trail of honor along the Denver and Rio Grand Trail next to and around 1000 West and 1800 North.

Glenda's efforts have resulted in an area of the City that will Salute our Country and Honor those who serve for years to come. The Council would also like to thank those who donated time and funds toward the project. Flags will be flown in this area on appropriate holidays and special events.

BE SAFE WITH FIREWORKS!!!!

Clinton City Fire Officials would like to remind our citizens of a few safety tips when using fireworks this July

- **Fireworks may be discharged 3 days before and /or 3 days after; July 4th, July 24th, and January 1st or the Chinese New Year.**
- **Always have adult supervision when lighting fireworks and use common sense. Please follow the directions.**
- **Do not discharge fireworks closer than 20 feet from your residence.**
- **Make sure your fireworks are legal in Utah. It is a Class "C" misdemeanor for a person to sell, discharge or to have illegal fireworks in their possession.**

Any questions please call the Clinton Fire Department at 774-2679

The Clinton City Council will hold a SPECIAL Town Meeting on Tuesday July 31, 2007. Public comment will be welcome from 6:00 pm to approx. 7 pm; followed by a special work/study session of the Council.

CLINTON CITY RECREATION DEPARTMENT

SUMMER YOUTH PROGRAMS & CLASSES – 2nd SESSION

For more information on all summer programs please call the Recreation Department at 774-2666.

Kids in the Park

Kids in the Park for children ages 5-12 years old – Mon - Thur 9:00 a.m. to 12:30 p.m. now thru August 9th; children may sign up to participate on a monthly or daily basis.

Dance Lessons 2nd Session

Rhythm Works Dance Studio (1448 N 2000 W) in Clinton is offering classes for children 3 and older. Cost is $30 for residents, space is limited.

Tennis Lessons 2nd Session

Tennis lessons will be offered for boys and girls ages 7 - 16 beginners to intermediate/advanced July 9th thru July 20th. The lessons will be held at the Clinton City Park tennis courts and the cost is $30 for residents.

Tumbling Lessons

Head Over Heels Tumbling is offering tumbling classes for ages 18 months to 16 years. The classes will run July 2nd thru July 18th the cost is $30 for residents and is located at 1094 W 1000 N.

Contact Football – Youth ages 7 to 15 (with some restrictions) can sign up to play WFFL football through Clinton Recreation. Registration runs thru July 20th at the Recreation office. Cost for the program is $90. To register you must bring your 1) Birth Certificate, 2) Proof of Medical Insurance (medical card), 3) Proof of residency (i.e., water bill); 4) $90 Registration fee. Also...each participant must have a physical within the last 6 months or have a physical prior to July 30th. All Clinton and Sunset residents MUST sign up in Clinton; this is a league By-Law. If you have any question please contact the Recreation Department at 774-2666.

Youth Soccer -- Registration for youth fall soccer will begin July 2nd and continue thru July 27th. This soccer program is for children Pre-School age (year before they enter Kindergarten) through 6th grade. The fee is $40 for residents and includes a jersey, shorts, socks games and practices. Practices are tentatively scheduled to start on August 13th and games on August 27th.

Youth All-Star Games— Just a reminder that youth baseball and softball All Star games will be held on Wednesday, July 18th at 5:00 p.m. at West Clinton.

3rd Annual Clinton City Fishing Derby

The Clinton City Recreation Department will again be hosting a fishing derby to kick off our Heritage Days week. The fishing derby will be held on Monday, July 9th from 6:00 to 8:00 pm at the Clinton City Pond (3000 West 2500 North). Pre registration will cost $5 and is open to youth ages 0 to 16. On site registration is $10 per participant. As a reminder, children 14 years of age and older need a valid fishing license, if they plan to fish. This will be a wonderful family activity with activities for all ages including; casting contests, rubber ducky race, climbing wall, little tyke's fish pond, pony rides and much more. Don't miss this exciting event. Call Ty Swenson at 774-2666 for additional information.

HAPPY **Independence Day**

Are your children in Year Round School? Here are two great programs just for you!

Golf Camp

Golf Camp will be held at Schneiter's Bluff in Syracuse for ages 7 to 16. Camp will meet Monday thru Thursday July 16th thru July 19th, for an hour and 15 minute lesson each day. The cost is $35 for residents and transportation is available.

Bowling Camp

Bowling Camp will be held at the Sparetime Family Fun Center in Roy for children ages 4 -17. Cost for the camp is $35 for Clinton Residents and includes 5 days of instruction (July 9th - 13th), transportation, shoe rental, lane time, instruction from qualified coaches and additional free bowling.

SEAHAWK CHEERLEADERS

Clinton City and Rhythm Works Dance Studio will be sponsoring a cheerleading program for children who are 6 to 15 years in age as of August 31, 2007. The program is $40 for residents and $50 for non-residents. Deadline for sign up is Friday, August 24th and will be taken at the Clinton Recreation Department. Call 774-2666 for more information. This program coincides with the Youth Football Program

Wasatch Integrated Waste Management District will have their annual maintenance outage and will be unable to accept waste for incineration from June 25, 2007 to July 30, 2007. The landfill disposal will remain available. Call 614-5600 for more info.

WELLNESS TIP OF THE MONTH

Craving Control

Snacks can curb cravings, regulate cholesterol and blood sugar levels, and help you meet your nutritional needs. When you have a strong urge for chocolate or chips, it's difficult to satisfy that craving with a healthier option. But if you plan your snacks ahead of time, you can stop cravings before they start. Try these ideas:

Carrots A great source of Vitamin A, Vitamin B6, iron, beta-carotene, and potassium.

Popcorn With 14 grams of fiber, popcorn is a good alternative - but choose a low-fat, low-sodium variety.

Oranges A small 65 calories, but 106% of your daily Vitamin C. Oranges are also good sources of thiamin, potassium, fiber, and bioflavonoids.

Bananas 6 grams of fiber and plenty of potassium, Vitamin C, and Vitamin B6 make bananas a power-packed snack.

Apples With only 65 calories and 0 grams of fat, a fresh, unpeeled apple gives you 3 grams of fiber, 10% of your daily vitamin C, and plenty of anthocyanins (disease-fighting phytochemicals).

Almonds Almonds are packed with calcium, but limit how many you eat - they also have significant calories and fat per serving.

Yogurt Some varieties have as little as 100 calories and no fat. Yogurt is an excellent source of calcium and contains live cultures that help bolster the immune system.

Cheese High in protein, calcium, and phosphorus, a few ounces of cheese add a boost to your day. But if you're watching your cholesterol, you may want to avoid cheese - 1 ounce of cheddar has 30 mg of cholesterol.

Celery Only 15 calories and a good source of niacin, magnesium, phosphorus, fiber, Vitamins A, C, K, and B6, riboflavin, and calcium.