



Salem City Newsletter

City Office 30 West 100 South Salem, Utah 84653 801-423-2770 www.salemcity.org March 2023

As a reminder, Salem City is able to notify residents in case of an emergency situation. Please make sure we have a good phone number, preferably a cell number so you can get text messages (we can have up to two phone numbers per account). Also a good email address. You can verify your phone numbers we have on your utility bill, if it is not correct go to our web page (salemcity.org) under Utility & Services click the link that states Update community alert contact information and submit your correct information.

Salem Fiber

The crews for the Salem Fiber are working hard to get the fiber installed throughout the city. This will provide the residents of Salem with High Speed Internet. For more information go to the Salem Fiber page at fiber.salemcity.org

A message from Republic Services

Do

- *Place can in street on flat surface where it cannot roll back into curb and tip over.
- *Place can facing forward.
- *Make sure lid can completely close properly.
- *Have can on the road by **7 a.m.** ready for service.

Don't

- *Don't place can within 8 feet of a parked car or trailer, mailbox, tree, etc.
- *Don't place can within 8 feet of second can or neighbor's can.
- *Don't overfill can to the point the lid won't close completely (if the lid can't close completely, you are responsible for the spilled garbage.)
- *Don't place construction materials in can (boards, bricks, concrete, etc.).

Herbal Remedies, Beginner's Class

Come and learn what you can make from native plants that grow all around us in the Intermountain West. We will cover how herbalism can be applied for health, preparedness, and money savings. We will discuss collecting, growing, and harvesting herbs, followed by a range of methods of extracting herbs to make useful products. We will then finish up with some actual hands-on experience in making a few basic remedies for you to take home!

*Each participant must bring two clean 8oz. jars with tight-fitting lids and a separate container with at least 8 oz. of good-quality olive oil. A notebook and pencil are recommended.

Please call Salem Recreation to register by Monday, March 6th. There is a \$10.00 fee (cash only) for materials which needs to be paid to the instructor the night of the class. Class will be held Thursday, March 9th at the Salem Activity Center, 60 N 100 E from 6:30pm-8:30pm.

**SENIOR CITIZENS—LUNCHES & ACTIVITIES**

	Lunch	Activity
Thurs. March 2 nd	Smoked Ham & White Beans, Braised Cabbage, Sweetened Apple Sauce, Fresh Baked Roll	Puppies
Tues. March 7 th	Cheesy Italian Sausage Pasta Bake, Green Beans, Apple Sauce, Fresh Garlic Roll, Cookie Bar	BUNCO
Thurs. March 9 th	Roasted Lemon Pepper Chicken, Herb Mashed Potatoes & Gravy, Peas, Fresh Baked Roll, Applesauce	Garbage
Tues. March 14 th	Oven Roasted Pork, Loaded Mashed Potatoes, Beets, Mandarin Oranges, Fresh Baked Roll, Cookie Bar	BINGO
Thurs. March 16 th	Savory Chicken Salad Wrap, Italian Pasta Salad, Kosher Pickle Spears, Diced Peaches	We're LUCKY to have such a great police department. Lunch with officers.
Tues. March 21 st	Egg, Sausage & Cheese Breakfast Burrito, Tater Tots, Apple Crisp	Volleyball
Thurs. March 23 rd	Cold Cut Subs, Honey Cured Ham, Roasted Turkey w/ Provolone Cheese, Lettuce, Tomato, Potato Chips, Jell-O w/ Fruit	Left, Right, Center
Tues. March 28 th	Beef Stroganoff over Rice, Carrots, Apple Crisp, Peaches, Garden Green Salad	LaVaun Story - New Game Kings in the Corner!
Thurs. March 30 th	Fish Filets w/ Tartar Sauce, Potato Wedges, Mixed Vegetables, Orange, Fresh Baked Roll	BINGO

Seniors 60 and older: If you would like to join us for lunch inside the Activity Center on **Tuesdays or Thursdays at noon, please let us know the day prior by 1:00pm via phone 801-423-1035.** Suggested donation of \$3.00 per meal.

Free Senior Fitness Classes:
 Tuesdays @ 9:30 –Strength Training with Talia,
 Thursdays @ 9:30 – Strength Training with Jen.
 All classes are held at the Salem Activity Center, please join us!

Are you a Senior in need of help with your utility bill? We have information on The Home Energy Assistance Target (HEAT) program. Please call the Recreation Office for more information (801) 423-1035 or visit the webpage at www.mountainland.org/heat.

SUVAS Animal Licensing Clinic
March 18 Sat 10am-12pm Dr. Bott

Salem Fire Station 30 W 100 S
 Vaccination Prices: Rabies \$16.00
 Bordetella (Kennel Cough) \$21.00
 DHPPL (parvo combo) \$21.00
 FVRCP (Feline Distemper) \$21.00
 FeLV (Feline Leukemia) \$21.00



Salem Library

Library Hours:

Monday— Thursday 10:00 a.m.-7:00 p.m. Friday 10:00 am -5:00 pm

Saturday 10:00 a.m.-2:00 p.m. Story Time is on Tuesday, Wednesday or Thursday at 10:30 a.m.

We've added some new items to our *Library of Things* collection. Here are a few we're most excited about: snowshoes, a thermal imaging camera, Speak & Spell, Keys to the Castle, Mahjong, a portable power station, and a soil pH/moisture meter.

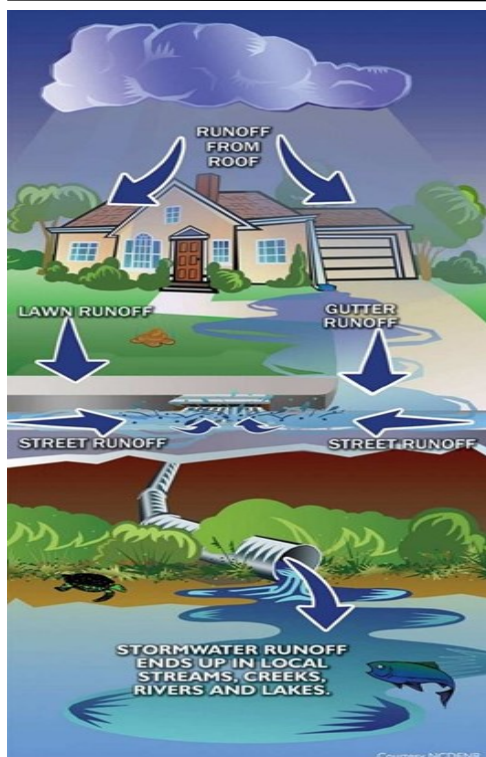
This winter was fun as we all challenged ourselves to read more. Over 400 adults and kids took on this challenge: kids read for over 315,000 minutes and adults read 760 books. Everyone won some mind-blowing prizes.

Join us for our 2nd annual Pie Pageant. Come and taste-test sweet and savory pies and vote for your favorites to win on Saturday, March 18 at 12:00 PM. If you want to participate and enter the pageant, sign-up form on our website or stop by the library.

Our new library account app is live and ready for use. You can use it as your library card, place holds online, search the catalog, find online resources, and view library information all in one place! Follow the link to get it downloaded now. <https://tlcgoapp.net/SalemCityLibraryGo>

For troubleshooting and help with your account, contact the library.

Now that our Winter Reading Program is over, why not start another way to earn prizes for reading? Who doesn't like to read and eat burgers? Ask us about "Books and Burgers (or Cover to Cover)". Children ages 4-12 can get a gift card for a free hamburger, cheeseburger, or grilled cheese sandwich for every 5 books they read. This will start on March 5th and end on April 16th.

**Why is Stormwater Important in Salem?**

Stormwater is one of the leading contributors of water quality pollution to the urban waterways in the US. The problem increases when development occurs without addressing stormwater pollution. When land is converted from its natural state to one of the parking lots, buildings, lawns, streets, and sidewalks, rainwater that once soaked into the ground now flows over the impervious surface and becomes urban stormwater runoff. The water picks up pollutants such as dirt, fertilizer, pesticides, oil, and bacteria on its way to the nearest storm drain or waterway. Unlike sewage, this water is not treated and flows to a water body.

It's a Community Effort - What You Can Do

We all need to do our part to keep the stormwater clean, because the stormwater that reaches our waterways or infiltrates through the ground may contain pollutants. The local rivers, streams, and bays are all important to the citizens of Superior, for the aesthetic, recreational, and financial value they bring to the area. As Salem grows, let's work together to lessen the degree of contamination and help protect our local waters.

Please contact Dale Carter at 801.423.2770 ext. 235 or visit our site at <http://www.salemcity.org/storm-water.htm> for more information regarding Storm Water Pollution.

30 West 100 South
P.O. Box 901
Salem, Utah 84653
City Office Hours:

Mon—Thur 7:30 a.m.—5:30 p.m.
Friday 7:30 a.m.—12:00 noon

City Office	801-423-2770
Recreation	801-423-1035
Library	801-423-2622
Police (daytime)	801-423-2312
(after hours)	801-794-3970
Emergencies	911

City Council
March 1st 7:00 p.m.
March 15th 7:00pm

Planning & Zoning
March 8th 7:00 p.m.

Salem Community Theater

Salem Community Theater is
producing a musical review
this spring that will be a blast!

If you have been thinking
about getting back onto the
stage, this is the show for
you. Auditions will be held
March 1st & 2nd @ Mt. Loafer
Elementary. Please visit
[https://
salemcommunitytheater.org](https://salemcommunitytheater.org)
for more information.

Yoga for Healing:

No classes this month

Salem Recreation

Lil' Flippers- Mar./Apr. Registration opens March 22nd.

Spring Soccer- Pre-K-9th Grade. Registration ends March 16th.

Baseball Pitching Clinic- For boy's 3rd-8th grade. Clinic will be held
March 22nd.

Urban Fishing- For youth 1st-6th grades. Registration ends March 23rd.

Spring Training Tournament- Baseball teams ages 8U-14U. Regis-
tration ends March 28th.

Softball/Baseball 3rd-12th Grade- For girls or boys 3rd-12th grade.
Registration opens February 6th.

Adult Coed Softball/Men's Wood Bat Softball- For adult teams
wanting to play softball. Registration opens February 11th.

Track Club- For kid's 1st – 8th grade. Registration opens February 20th.

Cheer Tryout Prep Clinic – March 16th & 17th from 3:00-4:30 for
those girls entering 9th, 10th or 11th grade. \$25.00 – Register at the
Rec. Office

9th Grade Cheer Tryout- For girls entering 9th grade in the
2023/2024 school year. Registration opens February 27th.

Softball Pitching Clinic- For 3rd-8th grade girls. Registration opens
February 20th. Clinic will be held April 22nd&29th.

T-ball- For kids currently in kindergarten & those who will begin kin-
dergarten in the fall 2023. Registration opens March 2nd.

Coach Pitch- For kids in 1st & 2nd grade. Registration begins March 2nd.

Tennis Session I-For kids entering K-8th grade in the fall. Registration
begins March 20th.

Girls Grass Volleyball- For girls entering 3rd-9th grade in the fall. Reg-
istration begins March 16th.

3rd-8th Grade Cheer- For girls entering 3rd-9th grade in the fall. Regis-
tration begins March 25th.

Summer Camps- Registration beings March 20th for Craft, Ultimate
Frisbee, Boys Baseball, Girls Softball, Volleyball, Basketball, Land-
scape Painting Class, Paleontology & Dance camps.

Community Social Dance Night

Upcoming Community Social Dance nights are open to the public, must be 16 years or older.
These dances will be held at the Salem Community Center 150 West 300 South. Attendees will
have the opportunity during “Open Dancing” to practice their skills in, but not limited to, Cha
Cha, Waltz, Swing and Fox Trot.

Friday, March 24th 7:00 to 7:30 Beginning Rumba Instruction, 7:30 to 9:00 Open Dancing

Friday, April 14th 7:00—to 7:30 Beginning Samba Instruction, 7:30 to 9:00 Open Dancing

Tickets can be purchased from Salem Recreation prior to the day of the dance for \$10.00 per
person.