



# Salem City Newsletter

City Office 30 West 100 South Salem, Utah 84653 801-423-2770 [www.salemcity.org](http://www.salemcity.org) November 2023

Salem City will be closed on Friday, November 10th to observe Veteran's Day and November 23rd & 24th for Thanksgiving. Garbage pick up on Thursday November 23rd will be affected by the holiday. Garbage picked up will be on Friday the 24th. Please have your can curbside by 7:00am

**Amaryllis Project:** With the support of Mayor Christensen and the City Council, the Salem City Youth Council and staff from Salem Senior Citizens we will once again be organizing "The Christmas Amaryllis Project". One hundred and thirty Amaryllis Kits will be delivered on Saturday, December 16<sup>th</sup>. The project specifically targets seniors that are living alone or are homebound/semi-homebound. We need your help to identify those that qualify.

**To be eligible, you must fit the following criteria:**

**The individual nominated must be a senior citizen (65+) living in Salem City.**

**The individual nominated must be living alone OR be homebound/semi-home bound.**

To nominate an individual for this project, or ask questions please call the Salem Activity Center @ (801)423-1035 or email [marciemouse@comcast.net](mailto:marciemouse@comcast.net) or [jenniferw@salemcity.org](mailto:jenniferw@salemcity.org). Nominations will be accepted until Saturday, December 9<sup>th</sup>. Space is limited, so please don't procrastinate sending in your names. Thank you in advance for your help!

## Election Information: [vote.utah.gov](http://vote.utah.gov)

### General Election

\*Remember to get your ballots filled out and turned in.

\* Ballots can be dropped off until 8:00 p.m. on November 21, 2023 at the ballot drop box (Salem City Library Parking lot). You can also mail in the ballot. If mailed, must be post marked before election day (November 20, 2023).

- If you are wanting to vote in person, you will want to visit the Utah County Election Web Page for locations ([utahcounty.gov](http://utahcounty.gov)), or [vote.utah.gov](http://vote.utah.gov), or [Salemcity.org](http://Salemcity.org).

Official Municipal General Ballot  
Salem, Utah  
November 21, 2023

*Jeffrey Nielson*  
Jeffrey Nielson, Salem City Recorder



To vote for a candidate, mark the space following the name(s) of the person(s) you favor as the candidate(s) for each respective office.

Salem City Council Vote for no more than 3	
<input type="radio"/>	TIM DE GRAW
<input type="radio"/>	PAUL Y TAYLOR
<input type="radio"/>	ALAN DALE HANSEN
<input type="radio"/>	CYNTHIA DEVERAUX REES
<input type="radio"/>	HOWARD CHUNTZ

Information on Candidates visit:  
[vote.utah.gov](http://vote.utah.gov) or [salemcity.org](http://salemcity.org)



### SENIOR CITIZENS—LUNCHES & ACTIVITIES

	Lunch	Activity
Thurs. Nov. 2 <sup>nd</sup>	Malibu Chicken w/Honey Mustard Sauce, Au Gratin Potatoes, Mixed Veggies, Roll, Mandarin Oranges	Fraud Protection for Seniors
Tues. Nov. 7 <sup>th</sup>	Cheesy Beef Lasagna, Green Beans, Garlic Roll, Apple Sauce, Brownie	BINGO
Thurs. Nov. 9 <sup>th</sup>	Garlic Roasted Beef Round w/Gravy, Herb Roasted Potatoes, Peas, Peaches, Roll	Veterans Honored by Foothills Elementary Choir
Tues. Nov. 14 <sup>th</sup>	Fish Filets w/ Tartar Sauce, Potato Wedges, Mixed Vegetables, Mixed Fruit Cocktail, Roll	BUNCO
Thurs. Nov. 16 <sup>th</sup>	Savory Chicken Salad Wrap, Italian Pasta Salad, Kosher Pickle Spears, Pears	Garbage
Tues. Nov. 21 <sup>st</sup>	Beef Taco Salad, Black Beans w/ Cheese, Green Salad, Salsa, Ranch, Tropical Fruit, Tortilla Chips	Volleyball
Thurs. Nov. 23 <sup>rd</sup>	Closed for Thanksgiving	
Tues. Nov. 28 <sup>th</sup>	Hawaiian Haystacks- Creamed Chicken over White Rice, Green Peas, Pineapple Tidbits, Coconut Flakes, Cheese, Chow Mein Noodles	Kings in the Corner
Thurs. Nov. 30 <sup>th</sup>	Homemade Meatloaf, Garlic Mashed Potatoes & Gravy, Steamed Broccoli, Roll, Pears	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!

**REMINDER: The winter parking ordinance went into effect on November 1st. There is no parking on the street from 11:00 p.m. to 6:00 a.m. to accommodate snow removal. This ordinance is enforced whether it is snowing or not, so please make sure all vehicles are removed from the streets. Also, if you have basketball standards or other items in the street, please remove them.**

Salem City's Parks Department will be cleaning up the Cemetery in preparation for winter. Please have all decorations cleaned up before Monday, November 13th. Thank you

**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.

**UNLOCK Your Hidden Superpower and get UNSTUCK**

All learning happens unconsciously. 95% of our daily behavior runs on programs we are mostly consciously aware of. Yet few truly understand this superpower we have all been gifted. Science is finally catching up to what many spiritual and thought leaders have known for centuries. We have much more control over the results of our lives than we have probably been led to believe. In this class, you'll learn more about your unconscious mind, how to access it, and why it matters. On November 29 at 7:00 in the Salem City Council Chambers (across from the library), Kindra Adair, RN, will be here to present this class.

**Epilepsy Awareness Month**

With November being Epilepsy Awareness Month, we want to help those diagnosed with epilepsy and parents whose children have been diagnosed with epilepsy, the opportunity to hear from one of the best area Epileptologist, and a member of the Epilepsy Foundation to help better understand epilepsy and related concerns. About 1 in 10 in ten people may have a seizure during their lifetime and 1 in 28 will develop epilepsy. Talk to a librarian about the upcoming date and time.

**Bread Bake-off**

It's time for our 4<sup>th</sup> Annual Bread Bake-off on November 11 at noon. Sign-ups and rules are at the library to enter. Not a baker? Not a problem! Come taste the slices of bread and help us select the best savory, sweet, and overall bread!

**Read to Antarctica**

Our friend, Shannon from the Central Utah Water Conservancy District is going on an All-Women's Expedition to Antarctica in November. She needs someone to read one non-fiction book for every mile she travels... just under 200,000 books. We want to help power her journey, so come to the library to read books and learn more about her travel to Antarctica.

**Teen Reads November**

Are teens reading in November? That's not a question, that's a statement. Come to the library and show us how much you have been reading and participate in some fun activities. You can start by reading books for the Battle of the Books competition coming up in your school this year. To help you compete, we have multiple copies of each book.



## Tips for Proper Leaf Disposal

As the temperature drops and leaves continue to fall, keep these tips in mind as you prepare to dispose of your yard waste.

**MULCH**

Finely chopped leaves make for an excellent lawn fertilizer. Mulch leaves by running over them with your mower during the next cutting, and leave the remains on the lawn. You can also spread the mulch across flower and vegetable beds.

**COMPOST**

Composting leaves is a great way to create nutrient-rich soil. In a mixed pile, create a 2-to-1 ratio of dead leaves to grass clippings. Spreading leaves over food scraps will soak up moisture and help contain odors as well.

**PROTECT OUR WATERWAYS**

Avoid raking leaves into or nearby storm drains, ditches, creeks, or rivers. In addition to clogging the drains, decaying leaves use up the water's oxygen, harming aquatic inhabitants.

**P.I. Water**

The pressurized irrigation water has officially been shutoff for the winter. Please make sure you winterize your lines and turn off all valves so you do not have a problem in the spring.

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

November 1st 7:00 p.m.

November 15th 7:00p.m.

Planning & Zoning

November 8th 7:00 p.m.

## Salem Recreation

**Men's Basketball:** Registration begins August 16<sup>th</sup> until full. Season begins November 8th.

**Youth Basketball:** Boys and Girls 3<sup>rd</sup>-12<sup>th</sup> Grade. Registration September 22<sup>nd</sup> – November 22<sup>nd</sup>

**Boys Volleyball:** Boys 3<sup>rd</sup>-9<sup>th</sup> Grade. Registration September 22<sup>nd</sup> – November 22<sup>nd</sup>

**Youth Basketball Camp:** Saturday, December 2<sup>nd</sup>. Registration is from Sept. 30<sup>th</sup> to Nov. 30<sup>th</sup>.

**Bizzy Buddies:** Registration begins September 22<sup>nd</sup> for the November/December class.

**Hunter's Safety:** Registration begins November 6<sup>th</sup> for classes being held in January.

**Indoor Soccer:** Boys & Girls Pre-K-2<sup>nd</sup> Grade. Registration Begins October 7<sup>th</sup> – December 7<sup>th</sup>. Games will be played on Saturday's beginning in January.

**Chess Camp:** Boys & Girls ages 8-12. Registration Begins October 26<sup>th</sup> – December 26<sup>th</sup>. Camp will be held December 27<sup>th</sup>-29<sup>th</sup>.

**Snowman Softball Tournament:** Registration your team from October 26<sup>th</sup> – December 26<sup>th</sup>. Tournament will be Saturday, December 30<sup>th</sup>.

**Winter Hoopsters:** 1<sup>st</sup>-2<sup>nd</sup> grade. Registration begins November 2<sup>nd</sup> until full. Season Begins in January.

**Pond Town Christmas Boutique-** December 1<sup>st</sup> & 2<sup>nd</sup> at the Salem Activity Center. If you are interested in becoming a vendor, please contact the Recreation Office 801-423-1035.



**Pond Town Christmas Lighting Ceremony-** Friday, November 24<sup>th</sup> - 6:00pm @ the Knoll Park Stage.

- Overflow parking at Salem Elementary (140 W 100 S)
- The Salem City Youth Council will hand out Free Donuts.
- Santa will be there to wave to the crowd and collect your letters to take back to the North Pole.
- Nebo Philharmonic will be doing a Free Concert at the Community Center after the pond is lit.

We want to thank the family of the late Greg Fowkes, owner of Greg's Distinctive Decorating, for their extremely generous donation to our Pond Town Christmas event. We are truly grateful for their kind gift that will continue to create joy in our community for many years to come. Thank you to Greg for his love and enthusiasm to design something beautiful for others to enjoy! Salem is in for a treat!