We Need Help!

We are looking for someone who would be interested in assisting with our Summer Concert Series. This person would help with the organization of the concerts and recruiting of performers. Some experience or background in performance is helpful. If you would be willing to donate some time in this area, please email Cristy Simons at cssalemcitycouncil@gmail.com to receive more information.

Salem Licensing & Low Cost Rabies Clinic

Salem City Police Dept.
30 W. 100 S.
Saturday, March 3rd 10 am—12 noon

Local veterinarian will provide rabies shots for $12 and other vaccinations for $15-$25. Animal Licenses—$15 for altered (spayed / neutered) and $35 for unaltered. (A license is your pet’s phone call home.) For more info call 801-851-4080 or visit www.suvas.org

Salem Community Theater

Come and audition for Fiddler on the Roof! Participants must be 12 & older. Auditions will be held @ Mt. Loafer Elementary on Friday, April 13th from 5pm-9pm & Saturday, April 14th from 9am-Noon. Call backs will be held later in the day on Saturday April 14th. Performances will take place on July 23rd, 25th, 26th, 27th, 28th & 30th. Auditions are free, but you must register by going to salemcity.org, click on the Salem Recreation link, and then on the Salem Community Theater icon. This will direct you to a casting manager website, where you will be able to register and select your audition time.

YOUTH ALWAYS MATTER

Salem Recreation has joined forces with Salem Junior High to make the YAM Program stronger. Parents will need to register their kids for the YAM program as an after school club. Registration forms are available at the Junior High or the Salem Activity Center. The check in and check out process will be much more structured. THE BEST PART - WE WILL HAVE SNACKS FOR THE KIDS WHEN THEY COME!!! Monday - Thursday afterschool from 2:30-5:00. Parents or kids that are interested are welcome to call or stop by the Activity Center and take a tour or ask our staff questions.

Mondays - Basketball in the gym and Board Games in the Loft
Tuesdays - Pickleball in the gym and Chess in the Loft
Wednesdays - Volleyball in the gym and Movie's in the Loft

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Hello everyone! My name is Kyla Bingham and I am so excited to serve as the Salem Youth Council mayor this year! Thank you to our previous mayor, Whitney Graham, for all she has done this past year. This past month we had our Senior Valentines Dinner. We had a fun night with great food and entertainment. Thank you to all those who came to that. It was a huge success! On March 8-10, we will be attending a leadership conference at USU where we can learn of ways to be better leaders and improve our community. We are also super excited for the Easter Egg Hunt on March 31. We hope to see you all there!

-Mayor Kyla Bingham-

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**Senior Citizens - Lunches and Activities**

<table>
<thead>
<tr>
<th>Date</th>
<th>Lunch</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Thursday, March 1st</td>
<td>Homemade Meatloaf</td>
<td>Wellness Checks-starting@ 11:30</td>
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<td>Garlic Mashed Potatoes</td>
<td>March Birthday Treats (A Plus)</td>
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<td>Card Game - Garbage</td>
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<tr>
<td>Tuesday, March 6th</td>
<td>Garlic Roast Beef</td>
<td>Shannon Abbot Performs</td>
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<td>Potatoes and Gravy</td>
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<tr>
<td>Thursday, March 8th</td>
<td>Homemade Chicken Pot Pie</td>
<td>BINGO (Sponsored by A Plus)</td>
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<tr>
<td>Tuesday, March 13th</td>
<td>Three Bean Chili</td>
<td>Volleyball</td>
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<td></td>
<td>w/Shredded Cheese</td>
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<tr>
<td>Thursday, March 15th</td>
<td>Cheesy Beef Lasagna</td>
<td>Celebrate St. Patrick’s Day</td>
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<tr>
<td>Tuesday, March 20th</td>
<td>Shepherd’s Pie</td>
<td>BINGO (Sponsored by A Plus)</td>
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<td></td>
<td><strong>A popular dish</strong></td>
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<tr>
<td>Thursday, March 22nd</td>
<td>Creamed Chicken over Rice</td>
<td>Service Project - Put together hygiene kits for the burn unit.</td>
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<td>Tuesday, March 27th</td>
<td>Beef Taco Salad</td>
<td>Steve Boothe Performs</td>
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<td>Thursday, March 29th</td>
<td>French Toast Stick</td>
<td>Bad Mitten or Disc Gold, depends on the weather.</td>
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<td></td>
<td>Scrambled Eggs</td>
<td>Hopefully it will be sunny!</td>
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<tr>
<td></td>
<td>Sausage Links</td>
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</tbody>
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*Each day you have the option of the Entree of the Day or a Chef Salad.

**Please RSVP the day before by 4:00 pm. 801-423-1035**

**All lunches and activities for Senior Citizens are held on the main level of the building. There are ramps and handy-cap accessible sidewalks to enter the building. Please, come join us.*

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**Household Hazardous Waste Collection Day**

- **NO COMMERCIAL OR MUNICIPAL WASTE**
- **April 14, 2018**
- **9 am - 3 pm**
- **Provo Towne Centre Mall west parking lot**

**What TO bring:**
- Medications
- Gasoline/tires/motor oil
- Antifreeze
- Batteries (auto, ATV, laptop, tools, hearing aids, sealed lead acid/SLA)
- Solvents/paint thinners
- Aerosol cans/paints/stains
- Pesticides/herbicides
- Glues/adhesives
- Fluorescent light bulbs
- Mercury thermometers
- Glass bottles and jars
- Photographic chemicals
- Paper for shredding

**What NOT TO bring:**
- ELECTRONICS
- Ammunition
- Containers over 5 gallons
- Explosives
- Compressed gas tanks/propane tanks/oxygen tanks
- Asbestos materials
- Gas cans (no exchange)
- PCB-related materials
- Medical/biological waste
- Business/commercial/construction/municipal waste
- Radioactive waste
- Fire extinguishers
- Tires

**FREE ELECTRONICS DISPOSAL AT NORTH POINTE & SOUTH UTAH SOLID WASTE DISTRICT**
- **April 9 - 13 & 16 - 21**
- Do not mix wastes. Bring waste in original containers, if possible. Waste must be capped or sealed.
- For more information: 801-851-7325 or www.utahcountyhealth.org/hhw
Salem City

Salem Library

Library Hours: Monday—Thursday 10:00 am -7:00 pm
Friday 10:00 am—5:00 pm
Saturday 10:00 am—2:00 pm

Storytime with Mrs. Tischner, is Mondays at 11:00 a.m. and with Mrs. Lew is Tuesday at 1:00 p.m.

NOTICE: Beginning March 1st, the old Overdrive username and password will no longer work. Please call or come in to the library to receive instructions on how to access Overdrive.

Welcome Knotty Knitters and Happy Hookers to the Library Knitting & Crochet Group! Whether you’re a needle novice or a hooking expert, come join the group to craft some fun designs, and get to know people. Bring your supplies (crocheting and knitting and yarn) and a $5 fee and let’s have some fun.

STEAM update! Feeling creative? The most exciting part of STEAM is Art, so come and join our quirky creative art teacher, Miss Jessica Nelson. She will be here to inspire ideas on various art activities and everything in between, as we now focus solely on arts and crafts. It’s a one-of-kind way to keep kids inspired. Come every Thursday at 4:00 PM.

Our library is the heart of our community, so please contribute to the library’s Acorn Project. Look for buckets at the city offices, rec center, and library to donate money (any amount is welcome) as we hope to expand our library. It will take a lot of help from the whole community to see it flourish.

Movie Mondays: Movies and popcorn start here after school on Mondays. Movies start between 2:30 and 2:45 pm. This month we will be showing Walt Disney’s Love Bug and The Parent Trap, and Rock Dog (Lions Gate), and Space Jam (Warner Bros.).

TEEN TECH WEEK: MARCH 5-10. COME SEE WHAT SURPRISES WE HAVE GOING ON EACH DAY!

Hello Salem! Brylee Ivers, Miss Salem here!

This month I wanted to tell you all about an eye problem that is becoming more and more common, especially in our youth. This issue is called “Dry Eye” and is affecting nearly 30 million people in the US alone. There are many causes of dry eye, but one thing in particular that is impacting the rise of dry eye is the use of electronic devices such as iPad’s, smart phones and computer screens. Dry eye causes gritty, itchy, inflamed eyes, thanks to hours of staring at a screen. When we use these devices, the mind focuses so strongly on the screen that we forget to blink which affects the eye’s lubrication system. We normally blink 12-15 times a minute, but using a screen can cut this to 7-8 times a minute. Lack of tears can cause issues to the glands and require attention from an eye health professional. What can you do to prevent dry eye?

1. Take a screen break and put down the device or walk away from the computer screen frequently.
2. Change the focus of the eye by looking into the distance regularly.
3. Make a concerted effort to blink more!
4. If you are experiencing any symptoms of dry eye, see an eye health professional immediately because they can help!

As a reminder, I am still collecting used eyewear for those in need. There are drop boxes at the city office building and city library where you can take your prescription eye glasses, reading glasses, and sun glasses to donate to this cause.

THANK YOU FOR YOUR SUPPORT!!!!
Spring Bizzy Buddies - Kids burnin’ energy, that’s what Bizzy Buddies is all about. This class is for kids 3-5 years old. There will be a different theme each week for us to explore and celebrate through music, super fun obstacle courses and interactive play. Bizzy Buddies will help your child in developing listening skills, the ability to follow instructions and interact with other children. We are excited to once again offer this fun program for younger kids. Instructor: Cari Hansen

*This class is held at the new Salem City Activity Center. (60 N 100 E)
*Session 1 is available Tuesday mornings from 9:30-10:20 am
*Session 2 is available Tuesday mornings from 10:30-11:20 am
*Sessions will last six weeks March 6th – April 17th (Buzzy Buddies will not be held on April 3rd due to Nebo Spring Break)
*Fee $20.00 ($5.00 non-resident fee does apply). Space is limited.

Lil’ Flippers Gymnastics - 2018 Session 2 is currently underway. Call us for inquiries on late registration. 2018 Session 3 will be April 11th - May 13th.

Senior Citizens - Painting Class - Monday, 19th - Salem Activity Center
Class begins at 9:30 am - $15 includes all supplies and instruction. It will take 2-3 hours to complete your project. If you have questions please call the Activity Center @ 801-423-1035