



The Garden Spot

.. Sharing the American Dream

November Calendar

- NOV. 1** WINTER PARKING BEGINS
- NOV. 7** ELECTION DAY
- NOV. 8** PLANNING COMMISSION 6:00PM
- NOV. 11** VETERANS DAY
- NOV. 14** CITY COUNCIL 6:00PM
- NOV. 23** THANKSGIVING DAY
- NOV. 28** CITY COUNCIL 6:00PM
- NOV. 29** PLANNING COMMISSION 6:00PM
- JUST A RE-MINDER** PLANNING COMMISSION AND CITY COUNCIL MEETINGS ARE HELD AT THE CITY OFFICE BUILDING

Message from the Mayor



My nephew came back from serving in Iraq. Lucky for him and us, he came back safely. My Uncle came back safely from Korea more than 50 years ago. But many of those who serve in the armed forces do not come back safely. We get to honor all of them on Veterans' Day, November 11th.

Please fly your flag. If you do not have one, come to the front desk at the Providence City office for a free one. There is a limited number so get yours while they last.

President Ronald Reagan's concluding words from his speech at Pointe du Huc, France on the 40th anniversary of D-Day are fitting as we honor our Veterans:

"Here in this place where the West held together, let us make a vow to our dead. Let us show them by our actions that we understand what they died for... Strengthened by their courage, heartened by their valor, and borne by their memory, let us continue to stand for the ideals for which they lived and died."

VETERANS' DAY

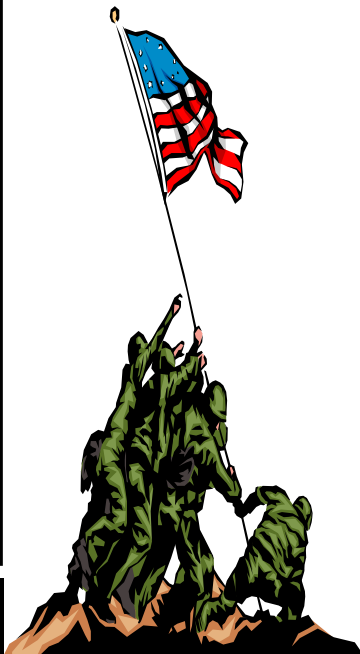
Show your support to the Veterans on Saturday, November 11th.

VA Milestones:

- **1930:** The Veterans Administration was created, signed by Pres. Herbert Hoover on July 21, 1930.
- **1933:** The Board of Veterans Appeals was established.
- **1944:** On June 22, Pres. Roosevelt signed the "Servicemen's Readjustment Act of 1944", offering home loan and education benefits to veterans.
- **1946:** The Dept. of Medicine & Surgery was established, succeeded in 1989 by the Veterans Health Services and Research Admin., renamed the Veterans Health Administration in 1991.
- **1953:** The Dept. of Veterans Benefits was established, succeeded in 1989 by the Veterans Benefits Administration.
- **1973:** The National Cemetery System (except for Arlington National Cemetery) was transferred by the Army to VA.
- **1988:** Legislation to elevate VA to Cabinet status was signed by President Reagan.
- **1989:** On March 15, VA became the 14th Department in the President's Cabinet.

3 ft. x 5 ft. flags will be available at the Providence City Office while supplies last.

FLY YOUR FLAG!



GOT INTERNET?

To receive the Providence City newsletter, visit our website at:
www.providencecity.com



Message from Utilities Billing:

With the winter weather fast approaching, the snowplows will be out before we know it. Please remember as you are installing new or replacing old mail or newspaper boxes that they should not stick out past the face of your curb. If they are past the curb there is a risk the snowplows will hit them as they pass.



PROVIDENCE CITY ANNOUNCEMENTS:

WINTER PARKING

Starting this month, no vehicles can be parked along the road between November 1 and April 1 from Midnight until 6 AM. This will allow the City to do a great job plowing snow. Also, it will be the responsibility of the resident to notify any visitors they may have to comply with this ordinance. Vehicles not complying with this ordinance will be given a \$25 citation.

MESSAGE FROM THE LIBRARY

We appreciate the support as we recently celebrated our tenth anniversary. Did you know?

- November is Native American Heritage Month
- November is Jewish Book Month
- November is Family Stories Month

What's new?

- Preschool story time is each Tuesday and Thursday morning at 10:30am and Thursday afternoons at 2:00pm. No story time will be held the week of November 20th.
- Chapter One book club is November 3rd and 17th from 2:30-3:00pm. All young readers who like reading and discussing books about *Becoming American* are welcome to attend.
- The Library will be closed November 10th for Veteran's Day and November 23rd and 24th for Thanksgiving.

CITY OFFICE CLOSED:

The Providence City Office will be close on November 10th in honor of Veterans' Day and November 23rd and 24th for the Thanksgiving Holiday.

SUMMER TEACHERS:

Providence City is looking for individuals who may be interested in teaching an art, gardening, or other interactive class at Zollinger Park next summer. Classes may be taught to children as well as adults. Applications may be picked up in the city office.

2007 CALENDAR:

The 2007 Community Calendar is underway. All city events, meetings and recreation dates are going to be included so make sure to get one for all family and friends who want to stay informed. Calendars will be on sale beginning December 4. Don't forget!

LEAF BAGS:

Leaf bags are available at the City Office for all residents starting their fall clean-up. The City has started picking up filled bags. Please just set them curbside and the City will pick them up

until the snow falls and is here to stay.

VOLUME 2:

The City Council is putting together a committee to compose Volume 2 of the *Providence and Her People* book. Anyone willing to be on this committee or share information should contact the City Administrator at 752-9441.

THANKS:

The Sauerkraut Dinner and Trunk-or-Treat were both a hit! Thank you to everyone that participated in the City activities this year. Watch for upcoming events in the newsletter and online.

SCHOOL CROSSING:

Please remember to yield to Crossing Guards and STOP whenever there is anyone in the cross-walk. Failure to yield to a Crossing Guard is an \$82 fine.

PLANNING COMMISSION MEETING:

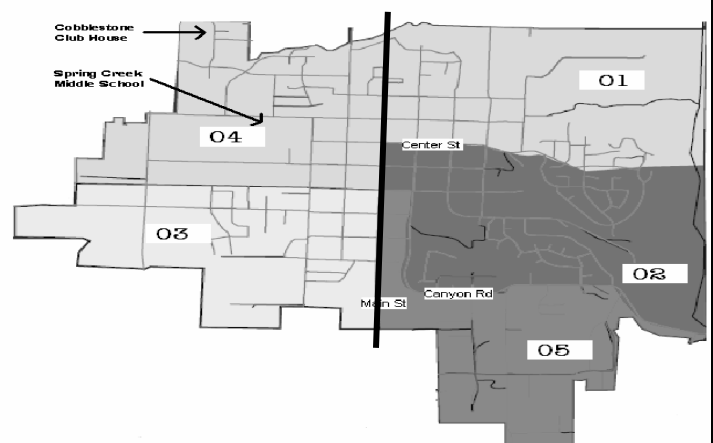
Just a note, the Planning Commission meeting that would normally be held on November 22nd has been moved to November 29th due to the Thanksgiving Holiday.

VOTE
LEAVE YOUR PRINT

VOTING NOVEMBER 7TH

- Election Day is November 7th and everyone is encouraged to use their voting privilege on the new touch machines. Don't worry, it's easy!
- Voting places have also changed. Providence precincts 01 and 02 will need to vote in the Spring Creek Middle School at 350 W 100 N. Precincts 03, 04, and 05 need to vote in the Cobblestone Club House at 462 N Pinegrove Lane.
- A map of each precinct is shown here on the right. For any questions please contact the Cache County Clerk at (435) 716-7150.

MAP FOR VOTING PLACES



Health Tips from Cache Valley Assisted Living:

Exercise for the Elderly

Is it safe for me to exercise?

It is safe for most adults older than 65 years to exercise. Even patients with chronic illnesses such as heart disease, high blood pressure, diabetes, and arthritis, can exercise safely. Many of these conditions are improved with exercise. If you are not sure if exercise is safe for you or if you are currently inactive, ask your doctor.

How do I get started?

It is important to wear loose, comfortable clothing and well-fitting, sturdy shoes. Your shoes should have a good arch support, and an elevated and cushioned heel to absorb shock.

If you are not already active, you should begin slowly. Start with exercises that you are already comfortable doing. Starting slowly makes it less likely that you will injure yourself. Starting slowly also helps prevent soreness from "overdoing" it. The saying "no pain, no gain" is not true for older or elderly adults. You do not have to exercise at a high intensity to get most health benefits.

Walking, for example, is an excellent activity to start with. As you become used to exercising, or if you are already active, you can slowly increase the intensity of your exercise program.

What type of exercise should I do?

There are several types of exercise that you should do. You will want to do some type of aerobic activity for at least 30 minutes on most, and preferably, all days of the week. Examples are walking, swimming, and bicycling. You should also do resistance, or strength training two days per week.

Warm up for five minutes before each exercise session. Walking slowly and stretching are good warm-up activities. You should also cool down with more stretching for five minutes when you finish exercising. Cool down longer in warmer weather.

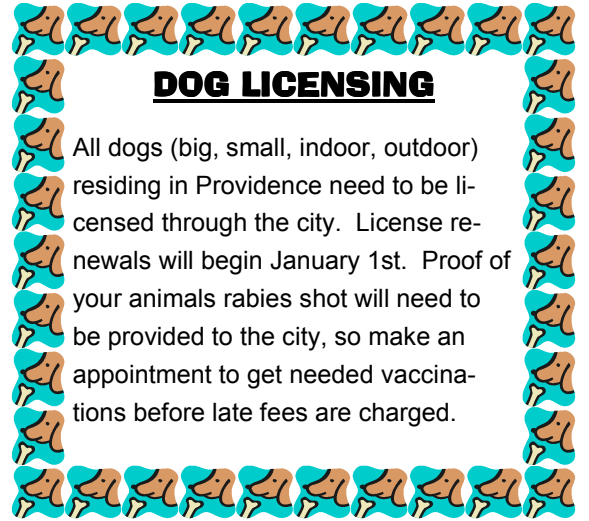
Exercise is only good for you if you are feeling well. Wait to exercise until you feel better if you have a cold, flu, or other illness. If you miss exercise for more than two weeks, be sure to start slowly again.

When should I call my doctor?

If your muscles or joints are sore the day after exercising, you may have done too much. Next time, exercise at a lower intensity. If the pain or discomfort persists, you should talk to your doctor. You should also talk to your doctor if you have any of the following symptoms while exercising:

- Chest pain or pressure
- Trouble breathing or excessive shortness of breath
- Light-headedness or dizziness
- Difficulty with balance
- Nausea

Source: [Promoting and Prescribing Exercise for the Elderly \(American Family Physician February 1, 2002. http://www.aafp.org/afp/20020201/419.html\)](http://www.aafp.org/afp/20020201/419.html) Copyright 2003-2006 American Academy of Family Physicians
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DOG LICENSING

All dogs (big, small, indoor, outdoor) residing in Providence need to be licensed through the city. License renewals will begin January 1st. Proof of your animals rabies shot will need to be provided to the city, so make an appointment to get needed vaccinations before late fees are charged.

DRINKING WATER SECURITY

Report Suspicious Activity

Watch out! Help out! Report it!

We are all in this together

EMERGENCIES: 911

FOR MORE INFORMATION: 753-0313

SUB FOR SANTA

**The Season for giving is right around the corner **

If anyone is interested in organizing a neighborhood SUB FOR SANTA or sponsoring a child or family, please call Alean Hunt at 435-750-0191 or email at tjh@s1i.net.



ROAD CLOSED SIGNS



Please observe the ROAD CLOSED sign on Center Street in front of Providence Elementary. We want our kids to be as safe as possible.

ANIMAL CONTROL

The Cache County Sheriff's Office is now providing animal control services to Providence City.

If you have animal problems in your area, please contact Dispatch at 716-9400.

CITY COUNCIL RECENT ACTIONS

- Appointed Steven Allen as an alternate Planning Commission Member and removed him from the Board of Adjustment.
- Appointed Harry Ames as an alternate Planning Commission Member.
- Approved preliminary plat for Hillcrest Subdivision.
- Approved amended final plat for Alder Square Commercial Subdivision.
- Approved an agreement with Cache County Sheriff's office for Animal Control Services.
- Approved a petition for annexation for Redstone Properties containing 42.90 acres (+/-) on SE Bench.
- Amended an ordinance for Loud or Offensive Animals: *The owner of a dog(s) found in violation of the provisions of this section 5-10(F) on five (5) or more separate occasions by be required by the court to permanently remove the dog(s) from the premises.*
- Approved an agreement with Mart Teuscher for consulting services to assist the City in writing its "Land Use" ordinances.

Just a note:

Most Providence City Residents are always willing to help in an emergency, but just a reminder, "now is the time for every good citizen to come to the aid of their community and nation. Be prepared, help yourself, your family and your neighbor today".

DOO THE RIGHT THING!

Think picking up after just one dog, doesn't matter much?

How about not picking up after 535 dogs?

It all adds up for clean water, please DOO the right thing!

Issue:

Animal waste is a serious water quality problem that is often overlooked. Pet waste accumulates on surfaces such as streets, sidewalks, and lawns where it can be readily washed into storm drains and into the nearest stream or creek.

Waste from animals such as dogs, cats, horses and cows may contain disease-causing organisms, bacteria and viruses that are harmful to humans, pets and other animals. Pet waste also contains nutrients that encourage weed and algae growth in ponds and streams.

The estimated dog population of Providence is 535. The Food and Drug Administration estimates that the average dog produces 3/4 pounds of waste per day. That's approximately 401 pounds of dog waste produced every day in Providence City.

Since many dog owners enjoy walks with their dogs, care should be taken to pick up after any waste and not leave it on the ground where it can runoff into the storm drains and into the waterway without getting treated. Unlike cats, most dogs don't use litter boxes preferring instead to use the yard. So it is also important to pick up waste from yards to prevent runoff when it rains or when watering the lawn.



We, at the Providence City Office, wish each and every one of you a Happy and Safe Thanksgiving Holiday!