



\*\*\*\*\*ECRWSSEDDM\*\*\*\*\*

PRST STD  
ECRWSS  
U.S. POSTAGE  
PAID  
CLINTON, IOWA  
PERMIT, NO. 3

LOCAL  
POSTAL CUSTOMER

# THE LIGHTHOUSE Newsletter



FEB 2023 | CITY OF CLINTON QUARTERLY NEWSLETTER | VOLUME 7 | ISSUE 1

Mayor & City Administrator Message ..... Page 1, 2  
City Contacts ..... Page 2  
Finance Department ..... Page 2  
Building & Neighborhood Services ..... Page 3  
Clinton Police Department ..... Page 4

Clinton Fire Department ..... Page 4  
Community Development ..... Page 5  
Clinton Municipal Airport ..... Page 5  
Public Works Department ..... Page 5, 11  
Parks & Recreation Dept. Activities ..... Page 6-7

Engineering Department ..... Page 8-9  
Clinton Public Library ..... Page 10

*Look for the next edition of The Lighthouse Newsletter, coming to your mailbox in May 2023!*

## TAILGATE N' TALLBOY CONCERT TICKETS

Tailgate N Tallboy's ticket sales are in full swing for the festival slated for June 8th, 9th and 10th on Clinton's Riverfront. Big name acts such as Tim McGraw, Jelly Roll, Mitchell Tenpenny, Lainey Wilson, Jake Owen and Chase Rice are just some of the acts set to perform.

Tickets can be purchased on the Tailgate N Tallboy's website at [tailgatetallboys.com](http://tailgatetallboys.com) Clinton, IA under the BUY TICKETS NOW tab. From there you can purchase either General Admission or VIP tickets. VIP Tickets include Food and Drink! Under this tab you can also buy camping spaces for Primitive Tent, Primitive RV or Full Hook-up RV.

USA Concerts and the City of Clinton are pleased to have partnered with Wild Rose Casino and Hotels as our Title Sponsor for this year's festival. Anyone wanting to be a sponsor for the event can choose from 4 packages including Platinum Level, Gold Level, Silver Level and Contributor Level. For more information on sponsoring the event, please contact Parks

& Recreation Director Josh Eggers at [joshuaeggers@cityofclintoniowa.us](mailto:joshuaeggers@cityofclintoniowa.us) or Mayor Scott Maddasion at [smaddasion@cityofclintoniowa.us](mailto:smaddasion@cityofclintoniowa.us).

There are Corporate and Bulk Pricing options available as well with discounts for purchases of 20 Tickets or more, and 40 Tickets or more.

For volunteer opportunities, you may reach out to [danielle@usa-concerts.com](mailto:danielle@usa-concerts.com). Volunteer opportunities include: Bartending, Set-up, Parking, Hanging Signage and Miscellaneous Tasks.

As the Tailgate N Tallboy's Festival draws near, local businesses are encouraged to plan ahead for an increase in visitors to the Clinton area, with preliminary estimations of 10,000 – 15,000 concert goers expected daily. Some areas of congestion are to be expected in and around the festival area during the event, so plan accordingly. Off-Site parking and shuttle service information will be available soon, so be on the look out for that once confirmed.

**H**ere in Clinton, we know that our community is special—there's nowhere else quite like it. We welcome you to join us as we continue building our vision for tomorrow. This edition of The Lighthouse marks the 5th anniversary of providing the quarterly paper to every single residential address in the City. To current and new citizens, the purpose of the quarterly Lighthouse is to provide the citizens an update on what is happening in the City, how to best communicate with elected officials and City Staff, how the City is performing, what is occurring in and around town related to the City, as well as the original purpose to provide residents with the schedule and availability of all things Parks and Recreation.

It was another tremendous 2022 and as our City prepares to celebrate 166th year in 2023 as a municipality, it still is amazing to watch how our community adapts and transforms over time. With all the families and businesses currently calling Clinton home and those moving to Clinton, developers and citizens have pulled 2,183 permits, with a cost of construction of **\$55,8914,418 million just in 2023**. Just to name a few of the categories: \$20 million in seven new commercial buildings, \$6.4 million of interior remodel, \$4.8 million in new roofs, \$3.5 million in new additions to homes, \$3.3 million in boiler/geothermal, \$3.2 million in siding, \$2.9 million in new homes, \$1.7 million in electrical, \$1.6 million in exterior remodels, and 28 solar projects at \$597,000. This investment shows continuous improvement in our community.

For a perspective on economic growth for 2020, 2021 and 2022, the City experienced a combined **\$542,860,000** (million) in capital

improvements either completed or ongoing for commercial, manufacturing and industrial projects, together with over **300 jobs being created**. As we roll into 2023, there is over **\$1.45 Billion** with a "B" worth of investment in the planning process currently just at the Rail Park, with over **218 jobs** for two businesses planned. That is truly amazing! More than \$24 million in new housing (single family and apartments) projects are planned for 2023, with an additional \$17.5 million investment pending for the Lafayette Building. Right in the middle of all that, we will see the opening of the Great Revivalist Brewery (GRB) in the Downtown at the former Bethel AME Church on 4th Avenue South and South 3rd Street, along with another very unique project not too far from there (more to come in the next Lighthouse issue).

Communication is at the forefront of all that we do and it has been a continued focus to provide even greater transparency. Starting in May 2020, the City went 100% online with Council Meetings, providing full transparency on all Council Meetings, and board and commission meetings, to include minutes, agendas and live stream to YouTube for the Council Meetings, saving thousands of dollars by not printing. This year the focus was on updating the **City webpage**: <https://www.cityofclintoniowa.gov/> that launched in 2022. The revamped site includes ADA accessibility updates, enhancements to make the site user-friendly, Artificial Intelligence to answer frequently asked questions, and quick links to items of importance for citizens, businesses and visitors.

Another new communications update is

**COMCATE 311**. The new software will enhance communication with the City's residents and businesses, and provide vital data to City staff to help improve process and procedures. It is also a means for residents and business owners to contact local authorities with concerns that don't constitute emergencies. The City strives to provide tools to our citizens that enhance transparency and communication and we are excited to have yet another tool to further these efforts. On the new website: <https://www.cityofclintoniowa.gov/>, click "REPORT A CONCERN" and then click "Submit Request" and then include information on the "Issue", select a category for the issue, and outline the "Location" for the issue. By providing your name and email address, you will receive email notifications and updates on your submission.

Another topnotch tool that was unveiled in 2022 was for bidding. On November 1, 2022, the City began using the **ION WAVE system**. ION WAVE provides the City the ability to post bid notices, request for proposals and request for quotes online. Interested bidders will be able to submit bids and any required documentation online. Additionally, information on current, closed and awarded bids are all easily accessed from the City's ION WAVE homepage. The ION WAVE system will help strengthen the City's relationship with existing bidders and will also create the ability for the City to receive electronic bids from bidders across the region. The transition to online bidding has resulted in a more efficient, trans-

*A MESSAGE FROM THE MAYOR AND CITY ADMINISTRATOR continued on page 2...*

## Department of Parks & Recreation ERICKSEN COMMUNITY CENTER

1401 10TH AVE N. CLINTON IA 52732 • 563-243-1260



[WWW.FACEBOOK.COM/CLINTONRECREATIONDEPARTMENT](https://www.facebook.com/clintonrecreationdepartment)



[INSTAGRAM: CITYOFCLINTONPARKSANDREC](https://www.instagram.com/cityofclintonparksandrec)



[@CITYOFREC](https://twitter.com/cityofrec)



TEXT the following to 36000

to receive text updates from the Clinton Parks & Rec Dept

PARKNREC - GENERAL INFO | PNRADSP - ADULT SPORTS | PNRTHSP - YOUTH SPORTS

## CONTACTS

### City Administration

Clinton City Hall: 611 S 3rd Street  
P.O. Box 2958 Clinton, IA 52732  
[www.cityofclintoniowa.us](http://www.cityofclintoniowa.us)  
563-242-2144

### Building & Neighborhood Services

611 S 3rd Street, Clinton, Iowa 52732  
563-242-3360

### Clinton Fire Department

Emergencies: 911 | Fax: 563-243-6724  
Central: 344 3rd Ave S - 563-242-0125  
Chancy: 2303 S 14th St - 563-242-0612  
Lyons: 2311 Roosevelt St - 563-242-0321

### Clinton Municipal Airport

2000 S 60th Street, Clinton, Iowa 52732  
P: 563-242-3292 | Fax: 563-242-3488  
[www.facebook.com/FlyClinton](http://www.facebook.com/FlyClinton)

### Clinton Police Department

113 6th Avenue South, Clinton, IA 52732  
Emergencies: 911  
Non-Emergency: 563-243-1458

### Clinton Public Library - Main

306 8th Avenue South, Clinton, IA 52732  
563-242-8441 | [www.clintonpubliclibrary.us](http://www.clintonpubliclibrary.us)

### Clinton Public Library - Lyons

105 Main Avenue, Clinton, IA 52732  
563-242-5355 | [www.clintonpubliclibrary.us](http://www.clintonpubliclibrary.us)

### Clinton Regional Water Reclamation Facility

4025 South 30th Street, Clinton, Iowa 52732  
P: 563-242-4064 | F: 563-243-4066

### Public Works Department

P: 563-242-5756

### Clinton County Area Solid Waste Agency

4292 220th Street, Clinton, IA 52732  
P: 563-243-4749 | E: [ccaswa@ccaswa.com](mailto:ccaswa@ccaswa.com)

### Parks & Recreation Department

1401 11th Avenue North, Clinton, IA 52732  
[www.cityofclintoniowa.us/departments/recreation](http://www.cityofclintoniowa.us/departments/recreation)  
P: 1-563-243-1260 | F: 1-563-242-6131

### Municipal Transit Administraion

1320 S 2nd Street, Clinton, Iowa 52732  
563-242-3721

### Community Development Department

P: 563-242-7770

## A MESSAGE FROM THE MAYOR AND CITY ADMINISTRATOR

...CONTINUED FROM PAGE 1

parent, and secure method to complete the bidding and procurement process.

The next critical piece after communications is partnership. We truly understand City government must be a team sport. Thus, the City created another wonderful partnership in 2022. The City partnered with the **Iowa Initiative for Sustainable Communities** ("IISC") for the 2022-2023 school year. This program is administered by the mentorship and guidance of Travis Kraus, IISC Director and an Associate Professor for the School of Planning & Public Affairs. The City has partnered on over 20 projects working with the University of Iowa Master Students. Topics range from a City Employee Survey, the Mayor's Youth group, Homelessness, Revitalizing Alleyways, Greening Downtown, Trail Development, Stormwater Utility, Festival Area Development, GIS Mapping of City property/districts, Proactive approach to the Opioid problem, Housing Needs Assessment / Strategy, Liberty Square Master Plan, Grow Clinton Marketing, Underground Railroad, Bethel AME Film, Youth Drug and Alcohol Deterrence, and Campground design, specifically Tent Camping Analysis.

In coordination with IISC, the Downtown and Synergy (High School students) have been busy last year with murals. The "Keeping you Sewing" mural was completed in the fall of 2022 by a University of Iowa Student, the Synergy Group (Clinton High School) completed the "I Believe in Clinton" signs and the new RK Graphics mural at the Clinton County Historical Society building, and numerous crosswalk murals were completed in the Downtown. Two other murals are located in Downtown: animals

representing the statues on 5th Avenue South are painted on a building wall next to the 6th Avenue South bus stop (completed by a local artist), and a mural was completed on the Midwest Pets for Life building (another Synergy project and another local artist). Art and culture through murals show signs of a City moving forward.

The City continues to work with numerous organizations on other studies, to include: a Flood Prevention Study, Hydrology Study and Riverfront Study, which area all interrelated to the levee and river from Eagle Point Park to South Clinton.

The Parks & Recreation Department & USA Concerts will host a three-day concert series **June 8th, 9th and 10th of 2023**. The concert series will feature 12 nationally touring acts, along with 9 local and regional acts on the side stage, all on Clinton's beautiful Riverfront. There are many sponsorship and volunteer opportunities. If you would like to sponsor please contact our Parks and Recreation Director Josh Eggers ([joshuaeggers@cityofclintoniowa.us](mailto:joshuaeggers@cityofclintoniowa.us)) or Mayor Scott Maddasion ([smaddasion@cityofclintoniowa.us](mailto:smaddasion@cityofclintoniowa.us)). If you would like to volunteer, please follow the link below. Stay tuned for more informational meetings via GROW Clinton, Mac 94.7, KROS, and the Clinton Herald starting in February. These meetings will provide pertinent information for citizens and businesses to understand the flow of operations for the week of June 4 – 10th and especially for June 8-10th our concert dates. Hope to see everyone there!!!!

Thursday	Friday	Saturday
Mitchell Terpenny	Tim McGraw	Jelly Roll
Lainey Wilson	Jake Owen	Chase Rice
Jackson Dean	Jo Dee Messina	Warren Zieders
Cooper Alan	Alexander Kay	Chase Matthew

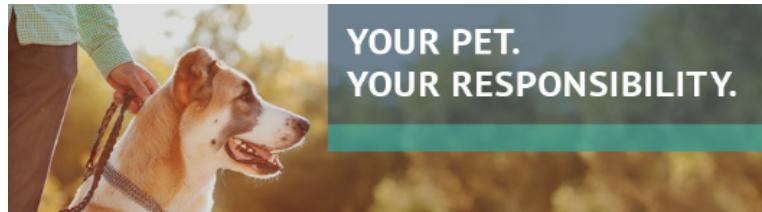
To purchase tickets or volunteer: <https://tailgatemallboys.com/clinton/>

We are excited for 2023, as we continue to provide improvements across the entire City. Our number one priority remains balancing all budgets and maintaining a strong financial position for the City, all the while providing essential services to the citizens. The Council is in full swing for budget season with the Capital Improvement Plan ("CIP") on the forefront of their minds. The CIP project focus remains centered on the Pavement Management Program and the Manufacturing Drive and Bluff Boulevard project (which will begin in 2024 with Manufacturing Drive). Additional CIP focus areas include: continuing to remove nuisance and blighted structures, the completion of the Quiet Zones along the CP rail track crossings, bridge replacement, traffic safety programs, and airport upgrades to runways and the entrance road.

The City is finalizing the purchase of the current Police Station and we are excited to have the City own its own Police Station. Completion of the fiber optics project that connects all City buildings, along with County buildings and majority of the School buildings, along with creating a fiber ring around the City (which allow for expansion for businesses and residents at home), is projected to occur in 2023 as well. The Skate Park Rip Track addition and increasing the trail network throughout the City are additional 2023 project.

All of these items provide positive improvements. This is exactly what we continue to strive for each day – a City where all ages are able to live, work and play, as we all "Believe in Clinton" and we #ChooseClintonIowa.

## DON'T FORGET TO LICENSE YOUR PET TODAY!



The Finance Department, located on the ground floor of City Hall, has 2023 pet tags and is ready to make your pet, a licensed pet!

Hours of operation are Monday – Friday, 8am – 4:30pm  
See you soon!

City Tags are also available for purchase at the Clinton County Humane Society

## FROM THE FINANCE OFFICE

and choose the Online Payment icon.

**Drop Box:** Located on 3rd Street, across from City Hall (Check or Money Orders preferred)

**By Mail:** Return your payment with the remittance stub and return envelope provided with your monthly bill [P O Box 2958, Clinton, IA 52733-2958]

**In Person:** City Hall – 611 S 3rd Street, Clinton, IA 52732 Monday thru Friday, 8am – 4:30pm

**By Phone:** Call 877-739-5788 (fees apply)

The city has not partnered with DOXO as a preferred vendor for accepting online payments. Please refrain from using their services. Thank you!

Look for the next edition of The Lighthouse Newsletter, coming to your mailbox in May 2023! Delivered to 12,960 homes, call 563-242-7101 for advertising options.

**INTEREST REWARDS CHECKING**  
**2.01%**  
**INTEREST RATE**  
**2.03% APY**

Twelve (12) debit card purchases post and settle per monthly statement cycle (excludes ATM withdrawals). One (1) electronic transaction (ACH credit or debit) post and settle per monthly statement cycle. Enrollment in Digital Banking, Accept Disclosure to receive monthly statement electronically. Minimum balance to open account \$100.00. Minimum balance to obtain Annual Percentage Yield (APY) \$0.01. Fees could reduce earnings. Interest Rates and APY may change after the account is opened.



GoCFB.bank | 563.243.6000 | @CFBCLINTONIOWA



## BUILDING &amp; NEIGHBORHOOD SERVICES

## DO I REALLY NEED TO GET A PERMIT?

Failure to secure a permit for a project could end up being very costly!

First thing is time. Most building permits applied for in the City of Clinton take only a few minutes to process. If work is being done with no permit and no inspections, it will cost a lot of time, as the work is stopped until the permitting gets all lined up.

Next is money. Getting caught working without a permit will result in the project stopping until the permit is pulled. Permit fees are doubled, and you could be fined each day for each violation of building permit requirements. Depending on the work, you may have to demolish some or all of the work if the inspector needs to verify what was put in is correct. If the work was not done up to code, the whole thing could be required to be demolished. Codes change every three years, so if you are working with someone who isn't currently licensed or isn't familiar with current codes, tear out and redo could be costly.

Next is more money. Some insurance policies could be voided or the insurance company likely won't cover construction damages if work is done without permits or inspections. Also, insurance companies aren't likely to cover injuries sustained on your property related to unpermitted projects.

Next is more money. When selling your home, some laws require you to disclose any renovations or remodeling on the property. Many mortgage

companies want to see these permits for any improvements, and see inspection reports. You may be required to obtain these permits retroactively, and again, there are doubled permit fees and potential fines. And if the inspector goes out to look at the work and it's not up to code, you could be required to tear it out.

Building and Neighborhood Services (BNS) have permitting requirements for various reasons. The primary concern with permits is life safety, zoning, and building codes. The inspection requirements depend on the project. Smaller jobs may only require one or two inspections, whereas larger jobs may require periodic inspections throughout the construction process to ensure safety and code compliance.

Most importantly, safety and property value is at risk when work is completed without permits or hiring someone willing to do the work without the proper licensing. Poorly executed electrical, mechanical or plumbing work could be dangerous and expensive. Getting it done right the first time will save time, money, and property value in the end.

## INSPECTIONS

If you recently have had work done at your property, you can verify with our office if it passed inspection. If no inspection was called for, give BNS a call to schedule an inspection and get the work approved.

## WHAT TO EXPECT AND HOW TO PREPARE FOR A CONSTRUCTION INSPECTION

While construction site inspections are conducted during the construction phase, most begin in pre-construction. Having a plan is the single most time and money saver for your project whether you are contracting the work or doing the work yourself. When a permit is applied for, a request for a plan is made. This is a time when we can help with items that may have been overlooked or unknown, before any construction money has been spent, or to make sure the project is within the city's ordinances. At each application, if the plan is not complete the requirement for following a code minimum standard is repeated. Licensed contractors are aware of their liabilities but some homeowners or friends helping taking on their own project may not be. Omissions in the plan can lead to site changes after the installations have occurred. This is something which no one wants and this can lead to frustrations, extended completion times, and added expense.

Once the plan is approved and a permit provided, work begins and no delays should happen if inspections are called for in a timely fashion. On a larger project, a new building or addition, inspections required start with the footing, before it is poured, foundation framing before it is poured, framing of the structure, roofing (which is a 2-step process: sheathing and underlayment and final roof),

rough-in of electrical, plumbing and ductwork, if applicable, and final. The time to call for an inspection is at least a day ahead of when each stage is expected to be finished. Especially if an out of town contractor is being used, to eliminate the need for them to return should any items need adjusting. Schedule a time before they leave.

Keep in mind that the inspectors are working on behalf of the customer and the State Fire Marshal's Office to see that the project is being built to at least the minimum standard, and to help see that the customer is getting what they are paying for. If, for example, an inspection is not called for, and this has happened too often, and the customer is not satisfied later with an outcome, the building department would not have the information needed to help the customer or even contractor at this point. Walls may have to be removed or roofs lifted in order to settle any disputes. This is certainly not a process anyone wants.

A seamless building process can be achieved by following the advice above. Inspections usually don't take very long. Delays should be eliminated with timely communications. The building department communicates with contractors, engineers, and architects constantly to field questions when they arise. Let us help you with the success of your project.

## GRANDFATHER CLAUSE

According to the International Existing Building Code, existing buildings are permitted to continue without change as long as they are maintained in accordance with the code under which they were constructed. This is sometimes called grandfathering or a grandfather clause. Although it would not be reasonable to require buildings to comply with new provisions in the codes every three years they are revised, the building department does, however, have the authority to require that existing buildings comply with minimum standards for the general safety and welfare of the public and the people that use the buildings.

The code states that "Buildings, structures or equipment that are or hereafter become unsafe, shall be taken down, removed or made safe."

This means that if something that was previously installed correctly is now posing a hazard to life safety, repairs must be made and the hazard must be mitigated. An example of this would be a water heater that was initially installed correctly with a properly pitched gravity vent being replaced with a much taller water heater. In this case, installing the taller water heater would cause the vent to now slope in the wrong direction (downward) and potentially result in the vented flue gas (carbon monoxide) entering the building instead of exhausting properly up and out through the chimney. Yes, the vent was existing, but, it now poses a hazard to life safety and must be fixed.

Unsafe conditions that pose a hazard to life safety are not grandfathered and must be corrected.

## IS THERE MOLD IN YOUR HOME!

Why is mold growing in my home? Molds are part of the natural environment. Outdoors, molds play a part in nature by breaking down dead organic matter such as fallen leaves and dead trees, but indoors, mold growth should be avoided. Molds reproduce by means of tiny spores; the spores are invisible to the naked eye and float through outdoor and indoor air. Mold may begin growing indoors when mold spores land on surfaces that are wet. There are many types of mold, and none of them will grow without water or moisture.

Can mold cause health problems? Mold can cause an allergic reaction in some individuals. About 50% of the population of the United States is allergic to mold. If you are NOT allergic to mold, it is unlikely that you will have health effects from mold exposure. If you are allergic to mold, your reaction depends on how sensitive you are to mold. Symptoms of an allergic reaction are

1. Itchy or watery eyes, runny nose.
2. Sinus drainage.
3. Respiratory discomfort, and
4. Cough.

washing and cleaning

3. Clean and dry any damp or wet building materials and furnishings within 24-48 hours to prevent mold growth.

4. Clean mold off hard surfaces with water and detergent, and dry completely.

5. Prevent condensation: Reduce the potential for condensation on cold surfaces (i.e., windows, piping, exterior walls, roof, or floors) by adding insulation.

6. Fix plumbing leaks and other water problems as soon as possible. Dry all items completely.

7. Absorbent or porous materials, such as ceiling tiles, carpet, toys, stuffed animals, bedding, and books, may have to be thrown away if they become moldy. Mold can grow on or fill in the empty spaces and crevices of porous materials, so the mold may be difficult or impossible to remove completely.

8. If you are unsure about how to clean an item, or if the item is expensive, or of sentimental value, you may wish to consult a specialist.

9. Bathroom Tips: Places that are often or always damp can be hard to maintain completely free of mold. If there's some mold in the shower or elsewhere in the bathroom that seems to reappear, increasing ventilation (running a fan or opening a window) and cleaning more frequently will usually prevent mold from recurring, or at least keep the mold to a minimum.

Should I test my house or apartment for mold? No, the Iowa Department of Public Health does NOT recommend testing for mold for several reasons:

1. Mold is present at some level in outdoor air throughout the year so testing may be unreliable.

2. It is very difficult, even for professionals, to get meaningful test results.

3. Mold testing can be very costly.

4. There are no regulatory levels or guidelines for comparing testing results.

Who should do the cleanup? Who should do the cleanup depends on a number of factors, one consideration is the size of the mold problem. If the moldy area is less than about 10 square feet (less than roughly a 3 ft. by 3 ft. patch), in most cases, you can handle the job yourself, following the guidelines herein. However:

1. If there has been a lot of water damage, and/or mold growth covers more than 10 square feet, consult a professional restoration or mold removal company.

2. If you already have a mold problem ACT QUICKLY. Mold damages what it grows on. The longer it grows, the more damage it can cause. Leaky window – mold is beginning to rot the wooden frame and windowsill.

3. If you choose to hire a contractor (or other professional service provider) to do the cleanup, make sure the contractor has experience cleaning up mold. Check references!

If you are dealing with mold issues and your property is a rental, communicate concerns to your landlord and assist in creating a plan to address concerns. We recommend all concerns be shared with your landlord in writing. If repairs are required please allow the property owner time to scheduled and make required repairs. If your mold problem is created by a lack of maintenance, water leaks, deteriorated walls or window sills, or lack of weatherization and repairs are not taking place, please contact Building & Neighborhood Services at (563) 244-3360 to file a rental complaint. Mold growth not created by a lack of maintenance, like mold on shower or bathing surfaces, is not a rental violation and must be removed by the tenant and/or property owner.

## CLINTON IOWA'S PREMIER 55+ INDEPENDENT LIVING



Come in and tour our available homes!

## Regency of Clinton features beautiful floor plans

ranging in size from 575 square feet to near 1,500 square feet designed just for you! 1 & 2 bedrooms move in ready!



2 Bedrooms  
2 Baths  
Move In Ready!

All on one floor

Attached or detached garages

Van service to appointments

Pet friendly

\*Entrance fees starting at \$25,200 \*Maintenance fees starting at \$1,011.00 a month.

"Celebrating over 25 years in business"

Retirement Residence of Clinton  
Regency

Clinton Iowa's Premier 55+ Independent Living



839 13th Avenue North, Clinton, IA 52732

For more information or a tour, call April at 563-242-1010 • Hours: 9am-1pm  
april.mcfall@transformingage.org • www.regencyofclinton.com

# CLINTON POLICE DEPARTMENT & CLINTON FIRE DEPARTMENT

## COMMUNITY OUTREACH DATES

December 28, 1pm-3pm  
 January 11, 1pm-3pm  
 January 25, 1pm-3pm  
 February 8, 1pm-3pm  
 Join us for free food!

Location:  
 Information Referral and Assistance Services  
 219 1st Avenue, Clinton, IA  
 Contact us at [dart@gapa911.us](mailto:dart@gapa911.us)  
 Follow Clinton DART on Facebook

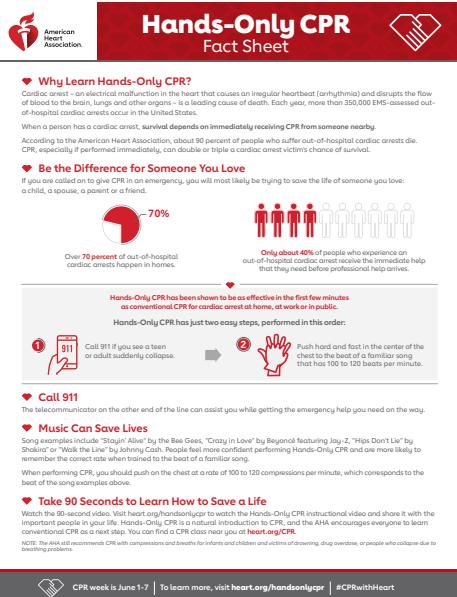
## CIVIL CASES VS. CRIMINAL CASES:

- A criminal case involves the violation of a law created by a government. Committing murder is a criminal matter, as is robbing a bank. These crimes impact people negatively, violating our society's commitment to follow the rules laid out by our government.
- A civil case is a personal matter. In a civil case, one person usually sues another. Civil cases can be just as trying and emotional as criminal cases.
- Occasionally, a civil case can transform into a criminal one. Generally, this situation occurs when a civil action's circumstances become threatening. For instance, if a landlord serves a tenant with an eviction notice, and the tenant gets so angry they punch the landlord, the police can be called to investigate a case of assault. Civil proceedings can involve several issues at once, but usually, the police can't help with any of them.
- Civil law regulates the private rights of individuals. Criminal law regulates individuals' conduct to protect the public. Civil litigation is a legal action between individuals to resolve a civil dispute. Criminal prosecution is when the government prosecutes a defendant to punish illegal conduct.

**Situations When Police Can Help:**  
 When can the police help? Police can be called in any criminal case where someone breaks the law. Often police step in when there's a threat of harm to a person or to protect the public. Some examples of situations where police can help include:

- Harassment
- Disorderly conduct
- Assaults
- Thefts
- Burglaries

Often, criminal acts can relate to family law or challenging situations at home. Sometimes these situations blur the lines between criminal and civil law, and you can trace the impetus for the act



## SIGNS / SYMPTOMS OF HEART ATTACK OR CARDIAC ARREST

### Heart Attack Symptoms

**CHEST DISCOMFORT:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

**DISCOMFORT IN OTHER AREAS OF THE UPPER BODY:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

**SHORTNESS OF BREATH:** with or without chest discomfort.

**OTHER SIGNS:** may include breaking out in a cold sweat, nausea or lightheadedness.

**Stroke Symptoms** - Spot a stroke F.A.S.T.

**FACE DROOPING:** Does one side of the face droop or is it numb? Ask the person to smile.

**ARM WEAKNESS:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**SPEECH DIFFICULTY:** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

**TIME TO CALL 911:** If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

### Cardiac Arrest Symptoms

**SUDDEN LOSS OF RESPONSIVENESS:** No response to tapping on shoulders.

**NO NORMAL BREATHING:** The victim does not take a normal breath when you tilt the head up and check for at least five seconds.

### Emergency Treatment of Cardiac Arrest

**SHOUT FOR HELP:** Tell someone nearby to call 911 or your emergency response number. Ask that person or another bystander to bring you an AED (automated external defibrillator), if there's one on hand. Tell them to hurry – time is critical. If you're alone with an adult who has signs of cardiac arrest, call 911 and get an AED (if one is available).

**CHECK FOR NO BREATHING OR ONLY GASPING:** If the person isn't breathing or is only gasping, begin CPR with compressions.

**BEGIN HIGH QUALITY CPR:** Push down at least two inches in the center of the chest at a rate of 100 to 120 pushes a minute. Allow the chest to come back up to its normal position after each push.

**USE AN AED:** As soon as it arrives, turn it on and follow the prompts.

**CONTINUE CPR:** Administer it until the person starts to breathe or move, or until someone with more advanced training, such as an EMS team member, takes over.

## STAY SAFE ONLINE: AVOID ROMANCE SCAMS

Romance scams are usually initiated online and often prey on vulnerable people. Scammers create fake online profiles and attempt to build phony emotional attachments until a potential victim is comfortable sending them money.

Victims can be both men and women. The criminal often targets older people and those struggling in a relationship and/or emotionally vulnerable. Though most criminals aim for vulnerable targets, affluent and well-educated individuals have also fallen victim to these types of scams. In general, these scams have the potential to affect everyone.

Criminals extensively research potential victims, searching social media and dating sites for posts divulging information about their lives and personalities. They are expert manipulators and use these open, personal posts against the victim, cultivating them over a long period of time. Victims feel there is a real connection and romantic interest and become invested in the online relationship. The internet provides anonymity, allowing criminals unlimited time trolling for potential victims hoping someone will take the bait.

- Be careful of what you post online.
- Use reputable websites; however, keep in mind that scammers are also on these websites.
- If you develop a relationship online:
- Research the person's photo and profile
- Ask questions. If a person seems too good to be true, they probably are.
- Beware if you are asked for inappropriate photos or financial information. Do not send money to people you meet online and have never met in person.
- Be suspicious if the person fails to show up after multiple attempts to meet and always has an excuse.

Criminals often claim to be wealthy or from affluent, prominent families, with business interests requiring they travel extensively outside the country. Scammers try to establish a relationship very

quickly, gain their victim's trust, and sometimes propose marriage. When victims attempt to meet them, the scammers never show up and always have excuses.

Once trust is established, the scammers ask for money. This request could be to pay for a medical emergency or legal fee for themselves or another family member or to help build their business with a promise to repay the loan immediately when they return from traveling. The victim never sees repayment, and the scammer will continue asking for more money.

Victims are often reluctant to report the crime because they are embarrassed and humiliated that they were duped and have become emotionally and financially invested in the relationship. Not only does this cause victims to send money to scammers, but they also can fall victim to other schemes. The intimate and personal information victims often provide can be used for identity fraud and financial account takeover schemes, among others. Scammers may even convert their victims into unwitting criminals by convincing them to launder and move fraudulent funds, which the victim is liable for financially and potentially criminally.

This scam is not purely romance-based, as there are many instances of this fraud in false job/work-from-home schemes. Scammers will contact potential victims through LinkedIn and other job sites, establish trust based on an employer/employee relationship then exploit the victims in the same pattern as romance scams.

This is a difficult crime to prove and investigate as many of these scammers are overseas – Nigeria predominantly. These scammers are not lone-wolf operators; they operate in organized enterprise fraud rings using complex techniques. These scammers have also been known to spoof phone numbers and hire actors to communicate with the victims via phone to establish the trust further.

## PEDESTRIAN SAFETY

hoods where children are present.

8. Be extra cautious when backing up and look for pedestrians.

### 8 Walking Safety Tips

1. Follow the rules of the road and obey signs and signals.
2. Walk on sidewalks whenever they are available.
3. If there is no sidewalk, walk facing traffic and as far from traffic as possible.
4. Cross streets at crosswalks or intersections. Look for cars in all directions, including those turning left or right.
5. If a crosswalk or intersection is unavailable, locate a well-lit area where you have the best view of traffic. Wait for a gap in traffic that allows enough time to cross safely; continue watching for traffic as you cross.
6. Watch for cars entering or exiting driveways or backing up in parking lots.
7. Avoid alcohol and drugs when walking; they impair your abilities and judgment.
8. Embrace walking as a healthy form of transportation - get up, get out and get moving.

## FEBRUARY IS HEART MONTH ACROSS THE USA

Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive

alcohol use.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

## HISTORY OF AMERICAN HEART MONTH

The human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called "pacemakers." When the heart ceases to perform its regular function, a medical device also called a pacemaker can be implanted to assist the heart. Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate

## WHAT CAN YOU DO TO HELP YOURSELF?

### Week One: Be Physically Active

At the start of the February heart month, the campaign encourages people to get together to be more physically active. Decide how you want to get active!

### Week Two: Eat Healthier

Eating well is a smart way to protect your heart's health. Cooking balanced meals at home and even inviting friends over for dinner is the key.

### Week Three: Track Your Heart Health Stats

During week three of American Heart Month, those taking part in the #OurHearts campaign will track their health stats. Check your blood pressure, and use your smartphone or a wearable tracker to see how well your heart is performing.

REMEMBER ANY ACTIVITY HELPS NO MATTER HOW LIGHT!!!!

## COMMUNITY DEVELOPMENT

## TREES

The next couple of months are perfect for heavier pruning of trees which should be done when the tree is dormant and before active growth begins. This is a great time to trim up those branches that are overhanging the sidewalks and roadways.

City ordinance states all tree branches overhanging the city streets must be trimmed to 13 feet above street level and 9 feet over sidewalks. Bushes close to a sidewalk or street need to be trimmed back away from the area to ensure safe passage as well as ensuring there is no obstruction of vision. This is also a good time for checking your trees for dead branches that might fall during storms as well as if the tree is dying or diseased.

## CITY GARBAGE / RECYCLING TOTES 50.23

As a reminder, your carts can and will be buried by the snow plow if they are left out at the street. We get many complaints regarding carts being left out in the street or blocking sidewalks. Be courteous to your neighbors.

(2) No solid waste, garbage container or yard waste container or single-stream recycle container shall be deposited by any person upon any sidewalk, crosswalk or roadway, or upon any alley right of way, so as to obstruct or block pedestrian movement or vehicular traffic.

(3) No person shall deposit a garbage, yard waste, or single-stream recycle container upon the parking, terrace or alley more than 12 hours before the date designated for garbage, yard waste, or recycle collection. No person shall allow garbage, yard waste, or single-stream recycle containers to remain on the parking, terrace or alley for more than 12 hours after the date designated for solid waste collections.

(4) All garbage, yard waste, or recycle containers shall be stored behind the front yard building setback, except when placed on the parking, terrace or alley on the designated date of collection.

## SIDEWALK SNOW / ICE REMOVAL RESPONSIBILITY

## BUSINESS DISTRICT SIDEWALKS:

- (1) Sidewalks on the following streets are hereby defined as business district sidewalks:
  - (a) Main Avenue between Harding and Third Streets;
  - (b) North Second Street between Twenty-Third Avenue and Main Avenue;
  - (c) Fourth Avenue South between First and Third Streets;
  - (d) Fifth Avenue South between First and Fourth Streets;
  - (e) Sixth Avenue South between First and Fourth Streets;
  - (f) Seventh Avenue South between Second and Fourth Streets;
  - (g) Eighth Avenue South between Second and Fourth Streets;
  - (h) First Street between Fourth and Seventh Avenues South;
  - (i) Second Street between Third and Eighth Avenues South; and
  - (j) Third Street between Fourth and Eighth Avenues South.

In the event snow and/or ice remains on a business district sidewalk for more than 12 hours after the snow stops falling, or after ice forms, the city may remove the snow or ice from the sidewalk. The cost of the actual removal, plus a filing fee will be assessed against the property.

## SIDEWALKS OTHER THAN BUSINESS DISTRICT SIDEWALK.

This division applies to all sidewalks not defined as a business district:

In the event snow and or / ice remains on the sidewalk for more than 48 hours after the snow stops falling or after ice forms, the city may remove the snow or ice from the sidewalk. The costs of actual removal, plus a filing fee will be assessed against the property.

## STREETS &amp; SOLID WASTE DEPARTMENT



Recycle Week A  
Recycle Week B  
Holiday  
No Collection  
Collections Delayed  
By One Day  
Weekly Recycling

2023												
January			February			March			April			
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Sa
1	2	3	4	5	6	7	8	9	10	11	12	13
15	16	17	18	19	20	21	22	23	24	25	26	27
29	30	31					1	2	3	4	5	6
May												
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Sa
7	8	9	10	11	12	13	14	15	16	17	18	19
21	22	23	24	25	26	27	28	29	30	31		
June												
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Sa
1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
28	29	30	31									
July												
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Sa
2	3	4	5	6	7	8	9	10	11	12	13	14
16	17	18	19	20	21	22	23	24	25	26	27	28
30	31											
August												
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Sa
6	7	8	9	10	11	12	13	14	15	16	17	18
20	21	22	23	24	25	26	27	28	29	30	31	
September												
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Sa
3	4	5	6	7	8	9	10	11	12	13	14	15
17	18	19	20	21	22	23	24	25	26	27	28	29
24	25	26	27	28	29	30	31					
October												
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Sa
1	2	3	4	5	6	7	8	9	10	11	12	13
15	16	17	18	19	20	21	22	23	24	25	26	27
29	30	31										
November												
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Sa
5	6	7	8	9	10	11	12	13	14	15	16	17
19	20	21	22	23	24	25	26	27	28	29	30	
December												
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Sa
26	27	28	29	30			1	2	3	4	5	6
10	11	12	13	14	15	16	17	18	19	20	21	22
27	28	29	30	31								

Please do not recycle the following in your blue cart:

- Styrofoam
- Any items with food residue or grease stains
- Gift wrap/Wrapping Paper
- Window glass, glass dishes or ceramic
- Batteries
- Metal building materials or scraps
- Aerosol cans
- Plastic bags (take back to grocery stores that accept them)

**Scenic Air Tours**

Take a flight over Clinton, the Mississippi River, or a destination of your choice.

Air tours are available all year. Makes a unique gift! \$160

Clinton Municipal Airport

Call 563-244-4770 to schedule your flight. Gift certificates are also available.

Edward Jones®

> [edwardjones.com](http://edwardjones.com) | Member SIPC



## New job, new retirement account options

Changing jobs? Consider these 401(k) options:

- Leave the money in your previous employer's plan
- Move it to your new employer's plan
- Roll it over to an Individual Retirement Account (IRA)
- Cash out the account subject to early withdrawal penalties

We can talk through your financial goals and find the option that works best for you.



**Clinton, IA**  
**Brent R. Albrechtsen, AAMS**  
Financial Advisor  
1830 N. 2nd St. - Suite 2  
563-242-9966



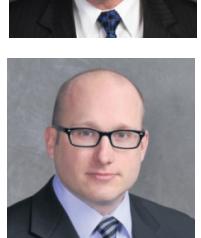
**Clinton, IA**  
**Christie Collins, AAMS**  
Financial Advisor  
1320 11th St. NW  
563-242-0466



**Clinton, IA**  
**Jerry Kedley**  
Financial Advisor  
947 13th Avenue North  
563-243-2776



**Clinton, IA**  
**Tom P. Timion**  
Financial Advisor  
927 N. 2nd Street  
563-242-8271



**Clinton, IA**  
**Matthew A. Coon**  
Financial Advisor  
947 13th Avenue North  
563-243-2776

**Edward Jones®**  
MAKING SENSE OF INVESTING

# PARKS & RECREATION DEPARTMENT ACTIVITIES

## “WE WORK... SO YOU CAN PLAY!”

ERICKSEN COMMUNITY CENTER: 1401 11<sup>TH</sup> AVENUE NORTH, CLINTON, IA 52732 | P: 1-563-243-1260 | HOURS: MON - FRI 8AM - 5PM

MARINA OFFICE (LOWER LEVEL OF CANDLELIGHT INN): 511 RIVERVIEW DR, CLINTON, IA | P: 563-242-3600 | HOURS: APRIL - OCT 9AM - 6PM

WEBSITE: [www.cityofclinton.us](http://www.cityofclinton.us) | ONLINE REGISTRATION: [www.cityofclintoniowa.us/departments/recreation](http://www.cityofclintoniowa.us/departments/recreation)

Follow us on Social Media: Facebook  City of Clinton - Parks & Recreation Department | Instagram  CityofClintonParksandRec | Twitter  @CityofRec

### ACTIVITY AREA HOURS

**ADMIN OFFICE - OPEN YEAR-ROUND**  
8am - 5pm, Monday - Friday (except Holidays)

**ACTIVITY AREA HOURS**  
Year- round (except Holidays)

MON - FRI	Big Gym	6am-9am
	Jog and Walk Club	6am-8pm
	Fitness Center	
<b>May 1 - Sept 30</b>		<b>Spring-Fall Hours</b>
Scheduled Drop-in (M-F)		5:30pm-8pm

**Oct. 1 - April 30**  
Fitness Center 24HR must have membership- drop in times below:

MON - FRI	Youth Room	6am - 8pm
Gyms		
Drop-in Rec		9am - 5:30pm
League Play & Rec Programs		5:30pm-10pm
Fitness Center Day Pass		6am-8pm
All Areas - Drop in Rec		6am-8pm

SATURDAY	All Areas - Drop in Rec	Noon-5pm (Pending No Leagues)
SUNDAY	All Areas - Drop in Rec	Noon-5pm (Pending No Leagues)

Special Events and/or programs are held throughout the year. Please consult the recreation program brochure and watch for flyers that adjust these listed hours or visit our website at [www.cityofclintoniowa.us](http://www.cityofclintoniowa.us)

### MEMBERSHIP FEE SCHEDULE

Fitness Membership - Weight Room, Gyms, Classes if available

	<b>Daily</b>	<b>Annual</b>	<b>Monthly</b>	<b>Monthly Auto-Deduct</b>
Student (Ages 16/17)	\$4	\$162	\$22	\$15
Senior (age 55+)	\$4	\$162	\$22	\$15
Adult	\$5	\$216	\$27	\$20
2-Person		\$324	\$37	\$30
Family (6ppl)		\$432	\$47	\$40
Additional Family Member		Youth - \$10		

We take Tivity Memberships - Prime/Prime PB/Silver Sneakers

#### Club Membership - access to the Clubs at ECC - \$20 a year

Jog and Walk	Monday-Friday	6am-9am
Knitting & Crochet Club	Tuesdays	9am-11:30am

#### Basic Membership - big and small gyms and youth room

Student Ages 7-17	\$25 annually (daily \$4) (6 and younger free)
Senior	\$25 annually (daily \$4)
Adult 18+	\$50 annually (daily \$5)
2- Person	\$75 annually
Family	\$100 annually
Daily Pass:	\$5

#### Pool Membership - Riverview Pool during operating hours

Student Ages 7-17	\$70 season (daily \$4) ages 4 and under \$2
Senior	\$80 season (daily \$4)
Adult 18+	\$90 season (daily \$5)
2- Person	\$140 season
Family	\$200 season (6ppl) \$225 season (+7ppl)
Daily Pass:	\$5

Family - children on family membership must be 26 years or younger and be tax dependent (proof req.)

### CLINTON MARINA

The Clinton Marina office is closed from mid-December to February 1 but we will return phone messages, emails, and FB questions on a timely basis once received. All payments may be sent to or dropped off at the Erickson Community Center during their regular business hours. If you're looking for a slip for the 2023 season (which begins April 1), please reach out to be placed on our waiting list. Slip placement will start in approximately the third week of February. Pricing on our slips can be found on the City webpage at: [http://www.cityofclintoniowa.us/for\\_visitors/marina\\_fee\\_schedule.php](http://www.cityofclintoniowa.us/for_visitors/marina_fee_schedule.php) You may leave messages at: 563-242-3600, email at: [marina@cityofclintoniowa.us](mailto:marina@cityofclintoniowa.us) or FB message us on our 'Clinton Marina' Facebook page.

### CLINTON RV CAMPGROUNDS

The Clinton RV Campgrounds 'off season' rate from October to April 15 (or later, weather dependent) fee is \$15 a night. There is no time limit on the stay at your camp site and no weekly/monthly discounts. The bathrooms are closed and there is only ONE water source in the inner circle. Best pads to use for the water source are camp pads 28 or 5. Please fill your unit and unhook to prevent frost/freezing (we WILL remove any hoses left hooked up). The dump station is available for use, however, no running water to rinse your units out. You'll find the payment envelopes in the black mailbox on the side of the washhouse as well as the black payment box to drop your payment into. Please contact the Erickson Community Center at 563-243-1260 for general questions or the Marina office at 563-242-3600 to leave a message and we'll get back to you as soon as possible.

#### REGISTRATION INFORMATION

1. You may register in person, by mail or online at [www.cityofclintoniowa.us](http://www.cityofclintoniowa.us). A mail-in registration form is available by request. 2. Telephone registrations are not accepted. 3. Payment in full must accompany registration. 4. Senior citizens receive a discount off of adult rates. (not less than a youth fee in the same activity). 5. For registration purposes, youth are up to 17 years of age, adults are 18 and over, & seniors age 55 and over.

#### DISCRIMINATION STATEMENT

The City of Clinton in the provisions of employment, services and facilities, does not discriminate against anyone on the basis of race, color, sex, creed, national origin, age or disability. If anyone believes he or she may have been subjected to such discrimination, he or she may file a complaint alleging discrimination with either the Office of Equal Opportunity, U.S. Department of Interior, Washington, D.C. 20240, or with the City Administrator who has been designated to coordinate compliance with

the non-discrimination requirements contained in section 35.107 of the U.S. Department of Justice regulations. Information concerning the provisions of Title II of the Americans With Disabilities Act are available from the City Administrator.

#### ACCOMMODATIONS

To make participation in programs/services more enjoyable, individuals with a disability requiring accommodations are requested to inform the Parks & Recreation Department at least 48 hours in advance, so that those accommodations requested can be ready for the individual for participation in their chosen activity.

#### ACCIDENTS/INSURANCE

Individual, team or group accident insurance is not provided by the City of Clinton for participants in Parks & Recreation Department programs. We recommend that you check with your personal agent to assure coverage. Please report any injuries to department staff personnel.

### RENTALS AND SPECIAL EVENTS AT ERICKSEN COMMUNITY CENTER

Make the Erickson Community Center your place for a special kids' birthday, scouts, class, or Sunday school party!

#### TWO DIFFERENT PACKAGES:

**Party Package A** - Community Room and Small Gym - \$60/hr- Community Room holds up to 70 people with tables and chairs and the small gym is across the hall with 2 basketball hoops.

**Party Package B** - Commons Area and Big Gym - \$80/hr- Commons area holds up to 25 people and has access to the Big Gym.

**Party Package C** - Entire Lower Level \$125/hr

**LOCATION:** Erickson Community Center

**DAY & TIME:** Call for availability

**RESERVATION DEADLINE:** Five business days notice minimum

### “HEY COACH” – COACHES WANTED

This is what a team of kids would call you if you volunteer to coach for a team. Teach the fundamentals of passing, dribbling, defense and shooting in a fun age-appropriate environment. Coaches will organize practices and set-up plays for their team. A coach's meeting will be held to hand out program materials and to explain the program. Coaches must fill out a Coach's Application and complete a background check, which are available online or at the Recreation Department Administrative Office.

### SPRING YOUTH SOCCER

Come take part in one of the area's largest youth soccer programs. This program is designed to teach the fundamentals of soccer to participants ages 3 through 8th grade. Children will learn the fundamentals of soccer through practices and games through instruction by volunteer coaches. Games consist of smaller sided play to ensure more quality touches of the ball during games. Roster sizes will vary depending on number of registrations for each league.

There are 9 leagues available including Preschool (co-ed), K-1st Grade Boys, K-1st Grade Girls, 2-3rd Grade Boys, 2-3rd Grade Girls, 4-5th Grade Boys, 4-5th Grade Girls, 6-7-8th Grade Boys and 6-7-8th Grade Girls.

Participants are registered by the school they attend.

Register online [www.cityofclintoniowa.us/Departments/Registration](http://www.cityofclintoniowa.us/Departments/Registration) – choose Youth League

**LOCATION:** Jurgenson Soccer Complex-Clinton, IA

Possible Games in DeWitt, IA (4th/5th Grade and Middle School)

**DAYS:** Saturday and some Tuesday's/Thursday (Pre-K and K-1)

**GAME DATES week of:** April 15, 22 & 29 and May 6, 13 and 20th

**AGES:** 3 years old through 8th grade (2022-2023 school year)

**NOTIFICATION:** After coaches meeting, March 28th, 6:00 pm

**Registration Period:** Now through March 16th Participant Fee: \$44

Late Registration will be accepted from March 17—March 22 Participant Fee: \$51

### ADULT SOFTBALL & KICKBALL

Contact the Administrative Office of the Parks & Recreation Department if you have any questions about team formation.

#### 1. ENTRY PROCEDURE: USE THE OFFICIAL LEAGUE ENTRY FORM

(Available from the Administrative Office or online.)

1) Minimum Roster 2) Team Manager Information 3) Entry Fees Paid

#### 2. ENTRY DUE DATE DEADLINES:

Men's, Mixed leagues: **Thur. April 13th**

Women's Softball: **Thur. May 11th**

Kickball: **Thur. May 4th**

**3. LATE FEE:** After the deadline, but before the league meeting, if accepted, a \$25.00 late fee will be assessed to each entry.

#### 4. LEAGUE PLAYING RULE AND SCHEDULE MEETING:

Site: Erickson Center

<b>Thursday, April 20</b>	Mixed	5:30pm - 6pm
<b>April 20</b>	All Men's	6:15pm - 6:45pm
<b>May 18</b>	Women's Softball	5:30pm - 6pm

<b>Thursday, May 11&lt;/b</b>
-------------------------------

## NEW FOR 2023: DISCOUNT FOR SPRING SPORTS

LEAGUE	Early Sign Up	FEE (per team)
Men's - Upper	\$550 or \$300 by 4/6	\$600 or remaining \$300 by 4/20
Middle - Lower		
Mixed (all ball rotation, 1 umpire)	\$410 by 4/4	\$435 by 4/20
Women's	\$370 by 5/4	\$395 by 5/18
Kickball (Upper & Lower if enough teams)	\$270 by 4/27	\$295 by 5/11

## GIRL'S YOUTH SOFTBALL

**DIVISIONS:** Juniors: 5th & 6th & 7th Grade  
Majors: 2nd, 3rd & 4th Grade

**REGISTER BY:** Drafted League  
**V.S.E. Held at Mayer Park** (see description below)  
**NOTIFICATION BY COACH:** After April 13 (coaches meeting)  
**PRACTICE LOCATION:** Emma Young, Chancy, Mayer Park  
**PRACTICES BEGIN:** Week of April 17 (tentatively)  
**GAME TIMES:** 5:30pm & 7:30pm (under lights)  
**GAME SITE:** Emma Young Softball Complex/Platt Park/Rural community fields possible  
**GAME DAYS:** All Leagues: M - F Possible (once or twice weekly)  
**REGISTRATION PERIOD:** Now thru April 6  
**Fee:** \$50 per person/Late Registration \$57 if available

After these deadlines, participants will be placed on teams by the Department.

\* **A VISUAL SKILL EVALUATION (V.S.E.)** is a time when the coaches have a chance to review players' relative skill and athletic ability. Each player will 1) bat (4 pitches) from a pitching machine, 2) run the bases to 2nd base, 3) field two ground balls thrown by a coach, 4) catch a pop fly, 5) throw each of the ground balls and pop fly to a player at 1st base and 6) pitch 5 pitches to a stationary target. The coaches will use a player identification system in evaluating each player and use the information gained in the V.S.E to draft their respective team at the coaches' meeting. Players will be identified by the school at which they registered, but the team selection process is determined solely by the selections made by the coaches. Each player registered is guaranteed placement! Contact us if attendance is not possible on the V.S.E day.

**V.S.E. TIMES:** Juniors; Tuesday, April 11 Emma Young JD field  
Majors; Wednesday, April 12 Emma Young JD field

Players will need to complete a "VSE" only once while involved in the "Major" league, then once in "Junior" league. In the second year of each league, the player will be excused from the V.S.E. as they are automatically placed on the previous year's team, unless a re-draft is requested.

**DIVISION: Minors: Kindergarten, 1st & 2nd (2022-2023 School Yr.)**

**REGISTER BY:** Elementary school  
**NOTIFICATION BY COACH:** After April 13 (Coaches meeting)  
**PRACTICE LOCATION:** Elementary School playfields  
**PRACTICES BEGIN:** Week of April 17 (tentatively)  
**GAMES & TIMES:** 5:30pm game time  
**GAME DAYS (approx.):** Once/Twice weekly  
**GAME SITES:** Honeywell Field/Rural Community Fields

**REGISTRATION PERIOD:** Now thru April 6th

**Fee:** \$44 per person/Late Registration: \$47 if available

After these deadlines, participants will be placed on teams by the Department

**ALL GIRLS SOFTBALL-BASIC ACTIVITY DESCRIPTION:**

League play (round robin) and skill development. There will be playing rule modifications aiming toward National High School rules, beginning with Fillies and progressing to Palominos.

**MEETING DAYS & TIMES:** For about 1 1/2 hours between 5pm- 8 pm (varies) Mondays – Thursdays normally. Sometimes may be on Friday or Saturday. Optional on Sunday. 4 meetings per week max.

**TEAM LIMITS:** 10-13 per team – determined by the total number of registrations per age, grade, site and volunteer coach availability.

**NOTES: FOR ALL SUMMER BASE/SOFT-BALL PROGRAMS**

1. Provide their own mitt/glove.
2. Game schedules distributed the 2nd week of practice.
3. Youth Sport Program T-shirts to all players. Coaches will receive a shirt also.
4. Team and individual pictures will be scheduled - consult coach.

**New This Year: 2nd graders can register for Minors or Majors per parent/guardian**

## HORSESHOE LEAGUE

Play will be conducted by National Horseshoe Pitching Association Rules. Trophies will be presented to first three places.

**WHO:** Players can be of any age, but play will be governed by their age.

**ORGANIZATIONAL MEETING:** April 19 at 6pm-7pm at Erickson Center

**League Play**

**LOCATION:** Hawthorne Horseshoe Courts

**DAY & TIME:** Wednesday, 7:00 p.m. starting April 26

**LIMIT:** 1 league (12 teams) minimum;

**REGISTRATION DEADLINE:** April 13, 2023

**REGISTRATION FEE:** \$10.00 per player

## LEAGUE "ULTIMATE"

"The integrity of Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the rules, or the basic joy of play."

"Ultimate" is a non-contact disc sport played by two co-ed teams of six players. The object of the game is to score a goal by a player catching any legal pass in the end zone... A player may not run while holding the disc. The disc is advanced by passing it in any direction to other players. If a pass is incomplete or a turnover occurs, the play results in an immediate change of team possession of the disc. Play governed by the Ultimate Players Association (UPA).

**ENTRY FEE:** \$20 per player- fee does not include individual UPA player reg.

**ENTRY PROCEDURE: Due Date: Tuesday, May 10th by 5:00 PM**

League Entry Forms available from the Dept. Office or online

**1) Minimum Roster 2) Team Manager Information 3) Entry Fees Paid**

**LEAGUE MEETING: TBA**

**LEAGUE PLAY: BEGINS THE WEEK OF May 31**-Open Roster Tues. 7pm, 8pm, 9pm (female)

**NOTES:** Female 'guest' permitted to meet line-up rule. No female player constitutes a forfeit. Minimum age 16 or graduated sophomore. No maximum age.

**What is an ECC Club Membership? With your \$20 annual pass, you have access to the Clubs at the Erickson Community Center. If you are interested in adding a Club, please see the staff.**

## JOG AND WALK CLUB

**WHO:** Men and Women  
**DAY & TIME:** Year Around 6am-9am  
**SITE:** Erickson Community Center (lower level)  
**Fee:** ECC Club Membership \$20

## KNITTING AND CROCHET CLUB

**WHO:** Adults  
**LOCATION:** Erickson Community Center, Club Room  
**DATES:** Year round  
**DAY & TIME:** Tuesday, 9am-11:30 am  
**Fee:** ECC Club Membership \$20  
Bring your favorite needle craft hobby and a friend or come by yourself and make new friends. Enjoy a social morning of needlework, conversation and refreshments.

## 19<sup>TH</sup> ANNUAL CHILDREN'S GRAND EASTER EGG HUNT SATURDAY, APRIL 1, 2023

Please join us for an afternoon of fun and celebration. There will be separate hunts for the different age groups, with thousands of eggs filled with candy and prizes donated from local merchants and the community. Come and hunt, or just watch and enjoy! (Rain Date April 8th, same times)

**LOCATION:** Riverview Park (at the Bandshell)

**WHO & TIME:** 1pm meet and greet with Easter Bunny  
1:30pm Hunt starts for kids ages 4-10. The 4 year olds will start the hunt with the 5-10 years following. Each age group will promptly follow the previous group.

**SPECIAL NOTES:** Parents are not allowed in the hunt areas

**Sponsored by:** Clinton Kiwanis Club  
Clinton Parks & Recreation Department

## SAFETY TOWN'S 2023

A special course designed for children entering Kindergarten in the Fall 2023. The course is 5 days of learning how to be safe and becoming familiar with safety services guided by teen instructors, many of whom are Safety Town graduates themselves! Topics include crossing the street, poison, fire and stranger safety. Children will learn by classroom instruction, video, and practice on "The Town" AND be visited by a police car, fire engine and community service & safety personnel. A visit to the pool, by school bus, for a day in the water is included! We'd like parents to join us from 9am-9:15am on Day #1 for orientation and 11am on Day #5 for graduation. [Note that all students must be toilet trained.]

**DAYS:** Monday thru Friday, 9am to 11:30am (Drop-off 8:50 – 9:00, Pick-up 11:30 – 11:40)

**SESSIONS:** #1: July 10-14 — deadline July 6

#2: July 17-21 — deadline July 13

#3: July 24-28 — deadline July 20

**WHERE:** Erickson Community Center

**COST:** \$35 per student - [Limit - 30 students per session]

**REGISTRATION:** In person at the Erickson Community Center or online.

## 4<sup>TH</sup> ANNUAL RIVERVIEW BACON & BREWFEST

**DATE:** TBA - Riverview Park Bandshell

Beer and Bacon, Music and Games! Competitions like bacon eating contest, best bacon vendor and mug holding contest. Mark your calendar now!

## PRIVATE/ONE ON ONE SWIM LESSONS

**2023 DATES:** June 19-23, June 26-30, July 10-14, July 17-21, July 24-28

10:30am, 11am, 11:30am, Noon, 6pm, 6:30pm - times vary for different weeks.

Register at ECC or online at: [www.cityofclintoniowa.us/departments/recreation](http://www.cityofclintoniowa.us/departments/recreation)

**Fee:** \$45, Register by Thursday at noon for the following week lesson. Space limited.

**DAYS:** M-T-W-TH, rain make-up day on Friday

**REG MAX:** 6 openings per session, per start time

## CTC - ADVENTURE ZONE 2023

This activity/educational-based, summer day camp program is now a mainstay of summer education and recreational activities for Kindergarten thru 5th graders. Online registration will be an option after you have initially registered at the Erickson Community Center. Registrations open Feb 1st.

**GRADES:** Currently in K, 1, 2, 3, 4, 5 (based on the 2022-23 school yr.)

**SITE:** Erickson Community Center

**DATES:** June 5 - Aug 18

**DAYS & TIMES:** 7am-5:30pm Monday thru Friday

**Fee:**

• \$95 a week see schedule below (Multi-Child discounts available) Summer Special

• \$946 - pay the entire summer by June 1. Savings \$99.

• \$25 daily fee if spots are available

• \$594 pay the entire summer by June 1 for the entire summer if child qualifies for free and reduced lunch. Clinton County Residence only since we are financially support by the United Way of Clinton County. Current paperwork much be submitted with registration.

Week 1: June 5-9 \$95 - Explore Clinton - Begin to make your way thru summer 2023 Getting to know each other and the city. Swimming these days.

Week 2: June 12-16 \$95 - Colors Mania - From tie-dye to painting to slime and sand Field Trip TBA Swimming these days.

Week 3: June 19-23 \$95 - Game On! - Games show activities to on the stage Field Trip TBA

Week 4: June 26-30 \$95 - Animal Week - Field Trip TBA

Week 5: July 5-7 (3-4 off) \$75 - Tennis Carnival

Week 6: July 10-14 \$95 - Spirit Week Youth Fest in Davenport, Fitness Court and other exciting activities Show off the Red White and Blue and other "Spirit Day" activities

Week 7: July 17-21 \$95 - The Olympics - Baseball, Basketball and other Olympic sports, oh my! Pack the Park Lumberkings and Hy-Vee Kids Fit

Week 8: July 24-28 \$95 - A Bug's Life- exploring nature and outdoor life. Field Trip Rock Creek

Week 9: July 31-Aug 4 \$95-Super Heroes - Celebrate our heroes, from comic book to real life heroes. Field Trip TBA

Week 10: Aug 7-11 \$95 - Decades of Music- (bring your own lunch) Music will be celebrated - Mon - 50's, Tues - 60's, Wed - 70's, Thurs - 80's and Fri - 90's Field Trip TBA

Week 11: Aug 14-18 \$95 (bring your own lunch) - Anything Goes- Favorite theme from the summer Field Trip TBA.

\* \*If a third party is providing the registration fee, in full or in part:

An official document from this third party MUST be presented at the time of registration in order for the registration to be accepted.

**REGISTRATION PERIODS:** Must register and pay by Friday at noon either in the office or online for the following week. If payment not received, late fee of \$5 will be added if spots are available. Daily fee is not subject to a late fee.

**TEXT THE FOLLOWING CODES TO 563-500-1585 TO STAY UP TO DATE ON INFO:**

Parks & Recreation General Information: **PARKNREC**

Parks & Recreation Adult Sports: **PNRADSP**

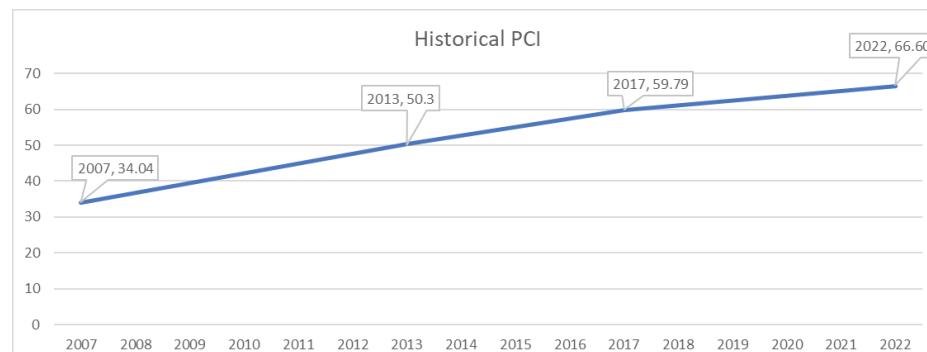
Parks & Recreation Youth Sports: **PNRYTHSP**

## ENGINEERING DEPARTMENT

## PAVEMENT MANAGEMENT PROGRAM UPDATE (2023)

The City of Clinton is responsible for the maintenance of 150 miles of streets. Of these streets, 14 miles are gravel roadways maintained by the County under the authority of a 28E agreement. The rest of these streets are a broad range of 136 miles of concrete, asphalt, chip seal, and gravel roadways some of which have never been improved. This leaves approximately 136 miles of streets for the City to maintain as part of the pavement management program.

Over the past several years, the City of Clinton Engineering Department has been using DTIMS asset management software to track citywide pavement condition index (City PCI). This information has been used to prioritize the street rehabilitation schedule and budget for street construction from 2012 to 2022. The plan includes budgetary cost estimates based on expected quantities, known ADA accessibility issues, and contingency factors. Below is a chart of actual changes in the Citywide Pavement Condition Index from 2007 to 2022.



Note: The 2022 PCI data is an interpolation of the actual data from 2021 after considering all roads paved in 2022 (PCI set to 90) Note: The 2022 PCI data includes 132 miles of streets, Bluff Boulevard and Manufacturing Drive were removed from the dataset.

We can also use DTIMs to predict future road network deterioration based on pavement condition history and construction records. Despite all of the recent spending on street projects, the need for consistent funding from 2022 on is evident. The next chart displays what would be the result of a "Do Nothing" approach to street paving beginning this year. Obviously, our PCI would deteriorate, and by 2032 we would be back to pre-2010 levels.



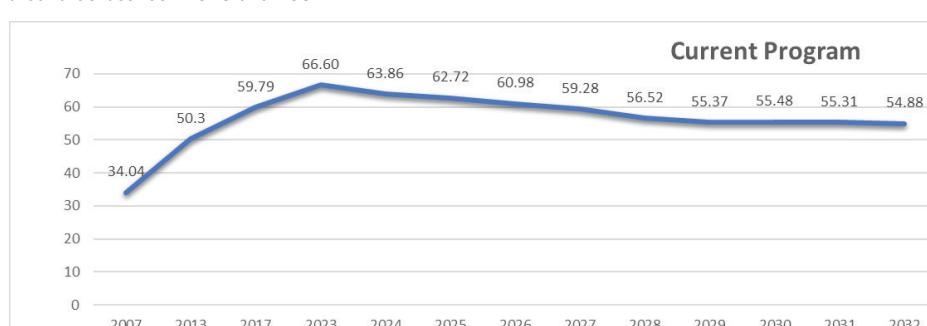
## CURRENT PAVEMENT MANAGEMENT PROGRAM (2022 RECOMMENDATION)

Last year's recommendation was to stabilize the PMP at an average of \$3.0 million per year for the next ten years, in order to maintain a City PCI of 65 into the future. With input from the City Administrator, we have slightly adjusted this plan due to the necessity of limiting borrowing in FY 2027-2029 in order to afford necessary projects (Bluff & Manufacturing Drive).



Below is a future estimated PCI chart, based on the above recommendation. This chart was produced using DTIMs pavement management software. Due to recent construction inflation, the current 10-year budget plan will not be able to ensure a PCI of 65 into the future.

However, with added chip sealing & crack sealing projects, along with reconstruction of Manufacturing Drive & Bluff Boulevard, and other sewer projects, we expect the Pavement Condition Index to stabilize at around 60 between 2028 and 2032.



Note: Bluff Boulevard & Manufacturing Drive were removed from the dataset for the purposes of this analysis.

**MEGA Spring SALE**

• 6-Month Subscription: \$90.00 (Reg. price \$134.92) • 12-Month Subscription: \$160.00 (Reg. price \$215.88)

Prices available until March 31st. Offer applies to renewals or new subscribers. Offer available in our delivery/same day mail area only. Not valid in conjunction with any other promotional offers.

**Call us today!** 563-242-7101

CLINTON HERALD  
News Above the Rest!  
221 6th Ave S | Clinton, IA 52732  
circulation@clintonherald.com

## 10 YEAR PAVEMENT MANAGEMENT PLAN

A ten-year plan is necessary in order to strategically plan for the future of the city. Thus, we have taken a deeper dive into the pavement management plan in order to provide a crucial piece to the puzzle. Below is the funding recommendation chart for the Pavement Management Program for the next ten years, using the CURRENT PROGRAM analysis. Even with this aggressive plan, we will fall short of achieving the 2032 goal of a pavement condition index of 65.

## 2023

Name	From	To	Treatment	Cost
15th Avenue North	North 4th Street	North 5th Street	REPL	\$ 125,000
South 7th Street (sewer)	1st Avenue	Locust Place	REPL	
Main Avenue (state)	Harding Street	North 3rd Street	M3OA	
28th Avenue North	North 2nd Street	Pershing Blvd	REPL	\$ 125,000
2nd Avenue South	South 2nd Street	CP Railroad	REPL	\$ 225,000
5th Avenue North	North 2nd Street	Bluff Blvd	Patching	\$ 200,000
5th Avenue South	South 17th Street	South 18th Street	OL_3	\$ 150,000
8th Avenue North	North 12th Street	East Dead End	Patching	\$ 100,000
Breezy Point Drive	Hickory Hill Ct	Woodland Drive	Patching	\$ 100,000
College Ave - South 18th St	8th Avenue South	South Bluff Blvd	OL_3	\$ 400,000
Lincoln Boulevard	11th Avenue South	South 10th Street	Patching	\$ 125,000
North 12th Street	3rd Avenue North	4th Avenue North	REPL	\$ 125,000
North 4th Street	3rd Avenue North	4th Avenue North	REPL	\$ 225,000
North 4th Street	17th Avenue North	Dead End North	REPL	\$ 125,000
North 5th Street	15th Avenue North	Main Avenue	OL_3	\$ 375,000
South 2nd Street	10th Avenue South	11th Avenue South	Patching	\$ 100,000

## 2024

Name	From	To	Treatment	Cost
25th Avenue North	North 11th Street	Dead End West	REPL	\$ 75,000
2nd Avenue South (sewer)	South 4th Street	Bluff Boulevard	REPL	\$ 1,000,000
3rd Avenue North (sewer)	North 4th Street	Bluff Boulevard	OL_3	\$ 200,000
North 5th Street (sewer)	4th Avenue North	7th Avenue North	REPL	\$ 450,000
Springdale Drive	13th Avenue North	19th Avenue North	REPL	\$ 1,275,000

## 2025

Name	From	To	Treatment	Cost
10th Avenue North	1000 Block	1100 Block	OL_3	\$ 50,000
10th Avenue North	North 3rd Street	North 4th Street	OL_3	\$ 150,000
15th Avenue South	South 14th Street	Camanche Avenue	OL_3	\$ 400,000
1st Avenue	North 11th Street	Lawrence Avenue	REPL	\$ 150,000
35th Avenue North	North 3rd Street	Dead End West	M3OA	\$ 50,000
3rd Avenue South	South 2nd Street	South 6th Street	M3OA	\$ 300,000
5th Avenue South	South 1st Street	South 4th Street	M3OA	\$ 300,000
Bobetta Court	North 11th Street	Dead End West	M3OA	\$ 100,000
Locust Place	South 6th Street	Bluff Blvd	M3OA	\$ 50,000
North 13th Street	2nd Avenue South	4th Avenue North	REPL	\$ 625,000
North 6th Street	16th Avenue North	22nd Avenue North	OL_3	\$ 300,000
North 7th Street	17th Avenue North	22nd Avenue North	OL_3	\$ 150,000
North 8th Street	17th Avenue North	18th Avenue North	OL_3	\$ 50,000
North 9th Street	Ikes Peak Road	5th Avenue North	REPL	\$ 325,000
South 15th Street	25th Avenue South	27th Avenue South	REPL	\$ 125,000
South 25th Street	Lincolnway	Manufacturing Drive	M3OA	\$ 175,000
South 9th Street (CDBG)	Bluff Boulevard	8th Avenue South	REPL	

## 2026

Name	From	To	Treatment	Cost
17th Avenue North	North 4th Street	North 10th Street	M_ThOVL	\$ 50,000
22nd Place	Camanche Avenue	Iowa Avenue	REPL	\$ 400,000
23rd Avenue North	Grant Street	Harding Street	OL_3	\$ 25,000
2nd Avenue North	North 2nd Street	North 3rd Street	M3OA	\$ 50,000
2nd Avenue North	North 4th Street	North 5th Street	MicroS	\$ 25,000
2nd Avenue South	South 18th Street	Mill Creek Parkway	M_ThOVL	\$ 125,000
2nd Avenue South	Myra Place	Bluff Boulevard	MicroS	\$ 100,000
4th Avenue S (sewer)	South 4th Street	South 9th Street	REPL	\$ 500,000
9th Street Northwest	13th Avenue North	Roblee Avenue	MicroS	\$ 50,000
Buell Avenue	North 5th Street	North 12th Street	M_ThOVL	\$ 75,000
Fayette Street	1st Avenue	4th Avenue North	M_ThOVL	\$ 50,000
Harts Mill Road	Mill Creek Parkway	South 32nd Street	MicroS	\$ 50,000
North 5th Street	2nd Avenue South	4th Avenue North	M3OA	\$ 100,000
South 9th Street	11th Avenue South	13th Avenue South	OL_3	\$ 100,000
Springdale Drive	Bluff Boulevard	13th Avenue North	MicroS	\$ 125,000
Whispering Pines	South Dead End	North Dead End	M3OA	\$ 75,000

## 2027

Name	From	To	Treatment	

## ENGINEERING DEPARTMENT CONTINUED

## PAVEMENT MANAGEMENT PROGRAM UPDATE (2023) CONTINUED

CONTINUED FROM PAGE 8

2031

Name	From	To	Treatment	Cost
18th Avenue North	North 4th Street	North 10th Street	OL_3	\$ 250,000
25th Avenue North	North 3rd Street	North 9th Street	OL_3	\$ 150,000
Eclipse Street & Lane	Skyline Drive	Tower Road	OL_3	\$ 150,000
Lazy Lane	North 5th Street	West Dead End	OL_3	\$ 100,000
Meadowview - 30th Ave N	North 3rd Street	Skyline Drive	OL_3	\$ 250,000
Tower Road	16th Avenue N	17th Avenue North	OL_3	\$ 150,000
31st Avenue North	13th Avenue NW	14th Avenue NW	OL_3	\$ 150,000
Myra Place	2nd Avenue S	Caroline Avenue	OL_3	\$ 300,000
Ruth Place	2nd Avenue S	Woodlawn Drive	OL_3	\$ 150,000
Woodland Drive	Oak Knolls Court	Breezy Point Drive	OL_3	\$ 200,000
Scenic Drive	Tower Road	33rd Avenue North	OL_3	\$ 150,000
Streets			Micro & Resurfacing	\$ 1,500,000

2032-2037

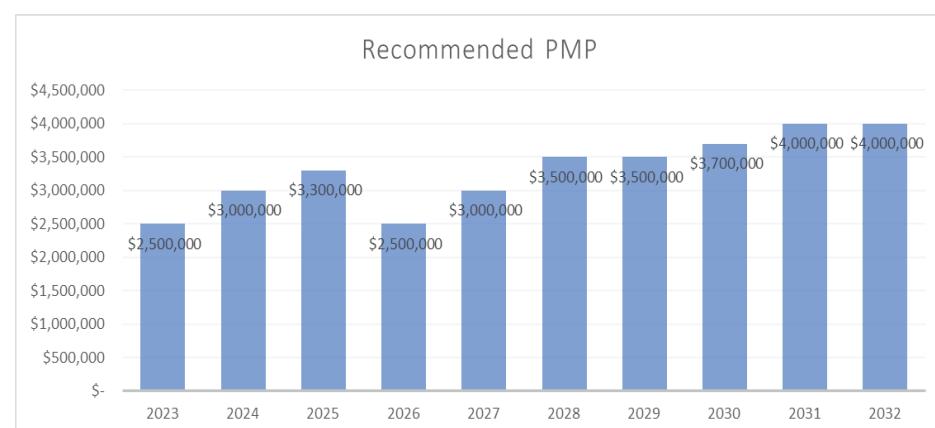
Name	From	To	Treatment	Cost
Pavement Management Budget from 2032-2037			ALL	\$ 4,000,000

Additional Info: The following are the results of two alternative analysis sets that were run on the city's street network.

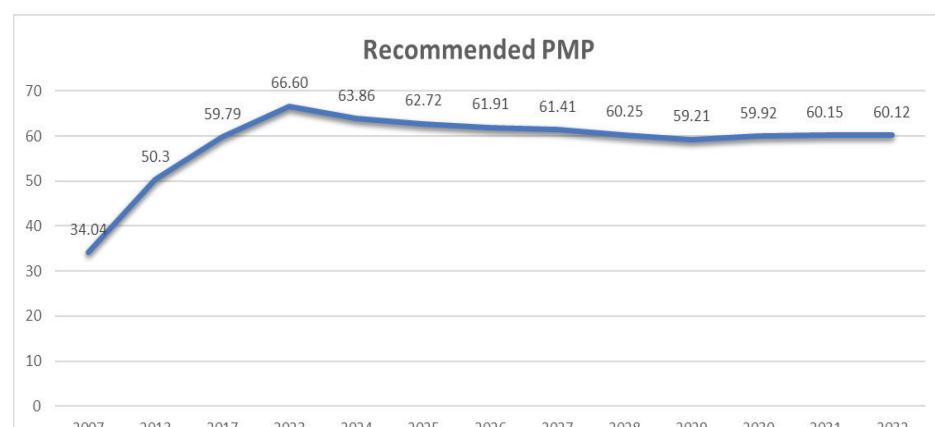
- The first analysis set shows the results of increased pavement management funding over the next ten years, which is the recommended strategy.
- The second analysis is a consideration of a reduction in spending from current levels, which would save money but is not recommended.

## 2023 RECOMMENDATION (INCREASED SPENDING)

If we are to stick with the strategic plan recommendation of a Pavement Condition Index of 65, we must slightly increase the ten-year budget to an estimated \$3.3 million per year. The reason for this increase is the recent construction inflation. Balancing other projected capital borrowings, the recommended pavement management expenditures are as follows, which assumes a resumption of typical historical construction inflation. It is extremely hard to maintain a street network as vast as Clinton's in today's construction environment without the proper resources. In this case, we will eventually need to plan to spend \$4,000,000 per year in order to catchup with the backlog of streets that will need to be reconstructed by that time. Below are the recommended expenses for Pavement Management over the next 10 years.



Below is a future estimated PCI chart, based on this recommendation. This chart was produced using DTIMS pavement management software. This chart indicates a stabilized PCI of 60, but with added chip sealing & crack sealing projects, along with reconstruction of Manufacturing Drive & Bluff Blvd, and other sewer projects, we expect the Pavement Condition Index to stabilize at around 65 between 2028 and 2032. In this situation, many streets considered to be in poor condition would be added to the project lists above.



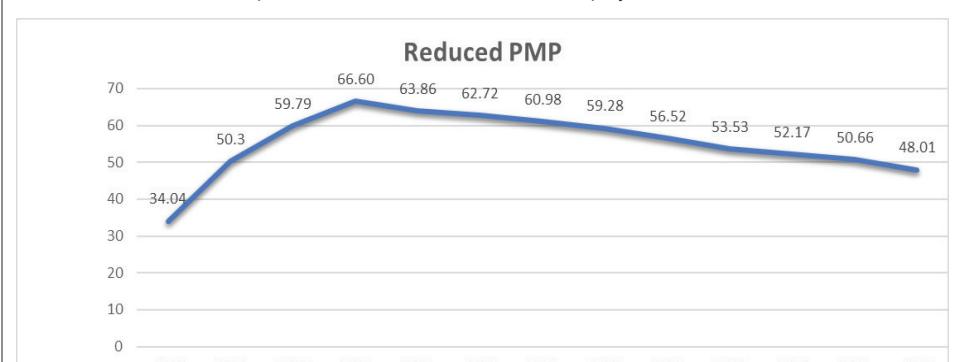
Note: Bluff Boulevard & Manufacturing Drive were removed from the dataset for the purposes of this analysis.

The below charts are the results of a DTIMS analysis which considered a hypothetical reduction in Pavement Management Program expenses over the next ten years. This approach would save a relatively small amount of borrowing for the short term, but would have drastic untenable repercussions on our street network.

Reduced PMP

Year	Cost
2023	\$2,500,000
2024	\$3,000,000
2025	\$3,300,000
2026	\$1,900,000
2027	\$1,650,000
2028	\$1,500,000
2029	\$2,000,000
2030	\$2,500,000
2031	\$2,500,000
2032	\$2,500,000

As shown by the chart below, the city-wide pavement condition index would drop to 2012 levels simply by cutting spending by approximately 17% over the ten-year period of this analysis. In this situation, many streets considered to be in poor condition would be added to the project lists.



Note: Bluff Boulevard & Manufacturing Drive were removed from the dataset for the purposes of this analysis.

**CHAPY Awards 2022-2023**

*save the date:*

**CLINTON HERALD**  
**Athletic Performers of the Year**  
**Awards 2023**

**July 26, 2023 | 6pm - 8pm**  
**Clinton Middle School Auditorium**

JOY JENSEN  
REALTOR®, Broker/Owner, Lic in IA & IL  
Gateway Realty Group  
563-212-4747  
gatewayrealtygroup.com  
joyjensenrealtor@gmail.com  
818 N. 2nd St. Clinton, IA 52732

**RESULTS THAT MOVE YOU**

JOY JENSEN  
REALTOR®, Broker/Owner, Lic in IA & IL  
Gateway Realty Group  
563-212-4747  
gatewayrealtygroup.com  
joyjensenrealtor@gmail.com  
818 N. 2nd St. Clinton, IA 52732

**GATEWAY**  
REALTY GROUP

# CLINTON PUBLIC LIBRARY

CLINTON PUBLIC LIBRARY | 306 8TH AVENUE SOUTH | CLINTON, IA 52732 | 563-242-8441 | [WWW.CLINTONPUBLICLIBRARY.US](http://WWW.CLINTONPUBLICLIBRARY.US)



The Clinton Public Library aspires to be an accessible resource for our community where all can discover, learn, create, connect, and grow.

The Mission of the Clinton Public Library is to provide a welcoming and inclusive environment, offer programs and services to benefit all ages, and connect people to resources with the goal of enriching our diverse community.

Clinton Public Library is a department of the City of Clinton

and offers a full range of services, programs and materials! We offer: Faxing, Scanning, Printing, Public notary, 3D Printing, Cricut, Bookbinding, Button making, Lamination, Hotspots, Cake pans, Cookie cutters, Free Computer use and more!

The Lyons Branch library houses genealogy and local history collections, indexes, microfilm, periodical, books, public computers, printing, copying and faxing.

The library also provides free programming for all ages—from storytimes to special speakers.

The Clinton Public Library aspires to be an accessible resource for our community where all can discover, learn, create, connect, and grow.

By using our library, patrons saved \$1,191,518.07 in FY2022!

**FOLLOW US** @IACPL

Visit us online: [WWW.CLINTONPUBLICLIBRARY.US](http://WWW.CLINTONPUBLICLIBRARY.US)

Sign up for our e-newsletter at: <https://clintonpubliclibrary.us/newsletter>

**CLINTON PUBLIC LIBRARY**  
Main Branch | 306 8th Ave S  
563-242-8441

**LOCAL HISTORY & GENEALOGY CENTER**  
Lyons Branch | 105 Main Avenue  
563-242-5355

MONDAY - THURSDAY 9:00 AM - 7:00 PM  
FRIDAY 10:00 AM - 5:00 PM  
SATURDAY 10:00 AM - 2:00 PM

TUESDAY 10:00 AM - 5:00 PM  
WEDNESDAY 12:00 PM - 7:00 PM  
THURSDAY-SATURDAY 10:00 AM - 5:00 PM

\*WINTER HOURS Please check our website for hours updates in March.

**CLINTON PUBLIC LIBRARY AND THE LYONS BRANCH LIBRARY WILL BE CLOSED:**  
Monday, February 20th

## UPCOMING ADULT PROGRAMS

All of these programs will be held at the Lyons Branch.

- **Basic Embroidery I** Saturday, Feb. 4 from 11 a.m. – 12 p.m.
- #52 Stories I Saturday, Feb. 4 from 1:30 – 3 p.m.
- **Lyons Reads Book Club I** Saturday, Feb. 25 from 10:30 a.m. – 12 p.m.
- **Cookbook Club I** Saturday, Feb. 25 from 2 – 3 p.m.

## DEVICE ADVICE

**Wednesday, Feb. 8 from 2 – 4 p.m. (Lyons Branch)**

**Friday, Feb. 24 from 10 a.m. – 12 p.m. (Main Branch)**

Technology giving you trouble? Drop into the library for one-on-one help during Device Advice hours! We're happy to help with any projects you're working on or just answer your questions. We're not tech professionals, but we can help you feel more comfortable navigating the technology you are interested in.

## WE'RE GOING FINE FREE IN 2023!

We get it: life happens and now fines don't. Did you hear the library has now gone fine free for everyone? We are so excited to announce that the RiverShare Libraries consortium has voted to eliminate overdue fines for items returned after the due date! This went into effect January 3, 2023. So, if those pesky fines have been keeping you away, no more worries! Replacement fees will still accrue if items are not returned or are returned damaged. If you have any questions regarding this process or your account, give us a call!

## FEBRUARY IS LOVE YOUR LIBRARY MONTH!

Stop into the library this month and tell us why you love your library!

## WEEKLY YOUTH PROGRAMS

**STORYTIME: Wednesdays at 10:30AM**

2nd floor - Storytime Room

Storytimes are on the second floor of the library in the storytime room on western side of the building. Join us for fun, stories, songs, puppet shows, and a craft to take home!

**AFTERNOON ADVENTURES: Wednesdays at 2:30PM**

Every Wednesday, K-6th graders are invited to join us in the Makerspace from 2:30 - 4:00pm for fun STEAM activities. Join us for some hands on learning and fun! Activities range from 45 minutes to 75 minutes long. Caregivers are encouraged to join with their younger children. Sign in is required from caregivers and if they are not joining their children for the activities, we encourage them to stay in the building. Children under the age of 8 are not to be left alone in the building without a caretaker at least the age of 14.

## MONTHLY YOUTH PROGRAMS

**Baby Dance Party (0-24 Months):** Every 2nd Tuesday @ 10:30am  
**Toddler Dance Time (2-3 Years):** Every 4th Tuesday @ 10:30am

We will have songs, toys, and bubbles for you and your child to interact! This is a great chance for children and caregivers to socialize with each other and their peers.

## INTERVIEW WITH A TRUSTEE: COLLEEN NIXON

I was born in the middle of the 20th century. I can remember Bill Shunter delivering milk early in the morning, and Russ the bus driver faithfully driving the Hill Line route past my house. Homes back then had a one car garage or none at all. Our Dad took that one car to work five and a half days a week, as Mom really didn't need a car. Groceries were bought at Mr. Keefe's neighborhood store, all the kids in the neighborhood walked together to and from school, families never missed Sunday church, and the Avon lady would drop by regularly. Sports and Scouts were very popular as meetings and practice sessions were held at school. Kids either carried a sack lunch or walked home at noon.

Our Clinton Public Library played a vital part of my close-knit neighborhood. Moms took turns walking the neighborhood kids to the library. A huge benchmark was reached when one of the kids was deemed to be trustworthy enough to cross South 4th. St. safely, and behave appropriately without supervision. My brothers and I were "lucky" enough to have several aunts on staff who would report any mishaps. Even though the librarians were as stern as most teachers back then, they still personified the love of literature, that feel good aura experienced when something new was discovered, and a true reverence for a building that Andrew Carnegie built.

Our Clinton Public Library continued to be part of my life in high school where our debate team met regularly. I learned about The Readers' Guide to Periodical Literature, collaborating with my team, and constructing viable defenses. It was

also the only time I got the keys to the car!

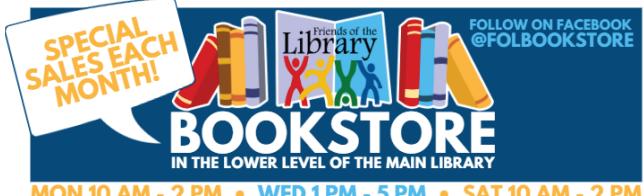
After graduating from UNI, and landing a teaching position in the area, I met Gary Nixon in the choir of the same church I attended as a child. We were married and were blessed with a daughter. Naturally, we both took Bridget to our Clinton Public Library on a regular basis. Some aspects of that old building remained the same. I remember how that tiny little girl stood gazing up at the formidable tall cement pillars out front and said that the building reminded her of Ghost Busters. Unfortunately, she thought it was rather foreboding. The inside, however, was bright and cheery, the staff was friendly and welcoming, and that old book smell had disappeared. She met Mrs. Bromley, the staff storyteller, and they became best friends. One of Bridget's first jobs was to be a page at our Clinton Public Library.

I retired from teaching after forty terrific years, and quickly found a very quiet house and not much to do. I joined several boards around town that represented places that meant much to me, including our Clinton Public Library in 2017. This terrific group is made up of likeminded Clintonians who have our library's best interests in mind.

The biggest disappointment is the recent decision by our City Council to "shelve" any plans to replace or expand our library for the next ten years. I, like many, have a personal connection to that grand building. It was truly a state-of-the-art library for the 20th Century. Despite the gallant efforts of our Library staff to move forward as our neighboring libraries have done, the nearly 119-year-old building itself has become our quagmire.



Tuesdays 9am - 12:30pm  
Thursdays 3:30 - 7pm  
Fridays 10am - 12:30pm  
& Monthly classes



Are you looking for some good quality books to purchase at a low price? Well, search no further! The Friends of the Library Underground Bookstore supports the library with every purchase and is located on the lower level of our library.

## JOHNSON-LIEFERMAN PHOTOS! LYONS PHOTOGRAPH PROJECT

The Johnson-Lieberman photo collection has been with the Clinton Public Library since 2011. You can purchase these photos/negatives at reasonable prices. The Lyons Branch Library has photos that were previously submitted to the Clinton Herald. These photos were never picked up after they were in the newspaper. They are dated from around 2000-2010. If you submitted a photo for Where's Herald, an engagement, marriage, graduation, etc. and would like to see if we have your photo, please call the phone number listed below. We will search for them as time

permits.  
If you are interested in purchasing a package of your photographs by Johnson or Lieberman Photography please call 563-242-5355 to see if we have yours in our collection. These are being sold as-is with no guarantees and no refunds. You may request pickup at the Lyons Branch Library or the Main Library. All proceeds will benefit the Lyons Branch Library. You can view some of our photos on the Iowa Heritage Digital Collection's website <http://www.iowaheritage.org/>

**332 - 8th Avenue South**  
**Clinton, Iowa 52732**  
**(563) 243-3600**



## Felix Adler Children's Discovery Center

Clinton, Iowa's Children's Museum!

**Felix Adler Children's Discovery Center**

Clinton, Iowa's Children's Museum!  
332 - 8th Avenue South • Clinton, IA  
(563) 243-3600

**1 FREE Admission**

with 1 Paid Admission

**OPEN 5 DAYS A WEEK:**

WEDNESDAY

12:30 - 5 pm

THURSDAY, FRIDAY, SATURDAY

10 am - 5 pm

SUNDAY

1:30 - 4:30 pm

Good for regular children's museum admission.  
Children must be accompanied by adult. (CH LH 23 2)

**Saturday, February 11**

11 am - 1 pm

## Family Valentine Party

- Decorate Valentine Cookies
- Games
- Make Valentine Cards
- Crafts
- Pet Paul the Therapy Dog!
- Handpainting



**Sunday, March 26**

9 am - 1 pm

35th Annual

## Omelet Breakfast

EGG-stra Special Chefs!

FUNDRAISER



Dine-In at Discovery Center!!!

Carry Out also Available

\$15 Adults & Teens \$8 Children

## PUBLIC WORKS DEPARTMENT

**Public Works Department: Hours of Operation: 7:00 am – 3:30 pm | Phone: 563-242-2144, then option 3 (Public Works), then option 3 | Phones Answered from 8:00 am – 3:00 pm**

The City of Clinton Public Works Department has several responsibilities within the city's right-of-way. Some of these responsibilities include: pothole repairs; putting up and replacing street signage; street sweeping; snow & ice removal on city streets; alley grading; right-of-way mowing and

weed spraying; and removing fallen trees, branches, and debris within the roadway.

The City of Clinton Solid Waste Department is responsible for the collection of the city-owned garbage, yard waste and recycling carts. The

Solid Waste Department is also responsible for taking the orders for delivery and cancellation of the city-owned carts.

The Streets and Solid Waste Department strive to maintain the safety and health of our community in

all our endeavors.

**As a reminder when driving around town, we ask that you please use caution and slow down when approaching street crews in the roadway! Thank you!**

### **PUBLIC WORKS DEPARTMENT**

#### **§ 97.010 Dumping of Snow Ordinance**

It is unlawful for any person to throw, push or place or cause to be thrown, pushed or placed, any ice or snow from private property, sidewalks or driveways onto the traveled way of a street or alley so as to obstruct gutters, or impede the passage of vehicles upon the street or alley or to create a hazardous condition therein; except where, in the cleaning of large commercial drives in the business district it is absolutely necessary to move the snow onto the street or alley temporarily, the accumulation shall be removed promptly by the property owner or agent. Arrangements for the prompt removal of the accumulations shall be made prior to moving the snow. (Iowa Code § 364.12(2)) (1999 Code, § 135.10) Penalty, see § 10.99

#### **§ 79.10 Calendar Parking Ordinance**

(A) General provisions. Calendar parking shall be activated with the occurrence of a snow event, which is defined as the accumulation of one inch or more of snow upon the public right-of-way for the entirety of the dates stated below.

(B) (1) During the period from November 15 through March 15, when a snow event has occurred, parking is restricted in the public right-of-way to alternate sides of the roadway in the following manner:

(a) On odd-numbered days, vehicles shall only be parked, stopped or left standing on that side of the roadway having odd-numbered addresses.

(b) On even-numbered days, vehicles shall only be parked, stopped or left standing on that side of the roadway having even-numbered addresses.

(2) A snow event will remain in effect for 72 hours after the snow has stopped.

(3) The hours for calendar parking will be from 9:00 a.m. to 6:00 a.m. Vehicles will have three hours to be moved to the correct side of the roadway.

(4) The date at 6:00 a.m. shall determine if the day is odd or even.

(5) During a snow emergency, calendar parking shall be in effect except on designated snow routes where no parking will be permitted until the snow emergency has been cancelled.

(6) This section shall not apply to commercial districts where parking is designated on both sides of the street.

#### **Snow Emergencies**

When weather predictions call for a snowfall of 4 inches or more, or a comparable weather event, the City will declare a Snow Emergency. The City shall notify news and media outlets of the declared Snow Emergency along with the rules for parking and its duration.

Parking rules during a Snow Emergency are usually as follows:

*"On posted Emergency Snow Routes, please remove all vehicles, if possible, by (a notified time). The Clinton Police Department will enforce the ticket and/or towing process. If vehicles are not removed, crews may only be able to clear a single path and possibly not be able to return to clear any more snow.*

**Please be aware that all Emergency Snow routes will be cleared first before crews begin to clear residential areas. Calendar Parking will be in effect."**

#### **§ 97.003 Placing Debris on Street or Alley**

It is unlawful for any person to throw or deposit on any street or alley any glass, glass bottle, nails, tacks, wire, cans, trash, garbage, rubbish, litter, offal, leaves, grass or any other debris likely to be washed into the storm sewer and clog the storm sewer, or any substance likely to injure any person, animal or vehicle.

(Iowa Code § 321.369) (1999 Code, § 135.03) Penalty, see § 10.99

#### **§ 98.06 Duty to Trim Trees**

The owner or agent of the abutting property shall keep the trees in or overhanging the street trimmed so that all branches will be at least 13 feet above the surface of the street and 9 feet above the sidewalks. If the abutting property owner fails to trim the trees, the city may serve notice on the abutting property owner requiring that such action be taken within five days. If such action is not taken within that time, the city may perform the required action and assess the costs against the abutting property for collection in the same manner as a property tax. Except as allowed in this section, it is unlawful for any person to trim or cut any tree in a street or public place without first obtaining authorization from the city. The Building and Neighborhood Services Official or his or her designee shall have the power to enforce this section. (Iowa Code §§ 364.12(2)(c), 364.12(2)(d), 364.12(2)(e), 364.12(3)(b)) (Ord. 2437, passed 12-14-2010) Penalty, see § 98.99. The city may remove trees in the right of way if the tree is dead, dying or diseased. The abutting property owners are responsible for all maintenance of the trees in the right of ways.

#### **Residential Street Light Outages**

Many people are not aware that the majority of the street light outages in residential neighborhoods are not the responsibility of the City of Clinton. The City of Clinton is only responsible for the lighting and poles in the business corridors throughout town as well as the traffic signals. Street lights located in the residential areas of town are the responsibility of Alliant Energy. For any problems concerning residential street lights Alliant Energy prefers to be contacted by the homeowners directly. Listed below is the contact information for outages:

Traffic Signals or Business Corridor Lights

City of Clinton 563-242-2144 option 1, option 3

Residential Street Lights

Alliant Energy 1-800-255-4268

or you may submit a request online:

[www.alliantenergy.com/CustomerService/AlliantEnergyService/OutageCenter/RequestaStreetlightRepair](http://www.alliantenergy.com/CustomerService/AlliantEnergyService/OutageCenter/RequestaStreetlightRepair)

#### **CITY OF CLINTON TEXT ALERTS:**

The City of Clinton utilizes text message alerts to notify the public of garbage delays, City Hall closures and/or weather events (such as snow emergency declarations). To receive text message alerts from the City, please do the following:



**Step 1:** Text CLINTON5 to 563-500-1585

**Step 2:** Reply "Y" to opt-in to the program

**Step 3:** Get updates from the City

Standard text message rates apply. Cancel at any time by texting STOP to 563-500-1585.

#### **SOLID WASTE DEPARTMENT INFORMATION**

**Upcoming Garbage, Yard Waste and Recycling Delays:**

President's Day – Monday, February 20th

There will be **NO collection delays** this week. Routes will be collected as normal.

Easter – Sunday, April 9th (including Good Friday, Friday, April 7th)

There will be **NO** collection delays the week before or the week after Easter.

Routes will be collected as normal.

Memorial Day – Monday, May 29th

Monday, May 29th – **NO** garbage/yard waste/recycling collections.

Collections will be delayed by one day for the rest of the week.

Monday's Routes – Will be collected on Tuesday, May 30th.

Tuesday's Routes – Will be collected on Wednesday, May 31st.

Wednesday's Routes – Will be collected on Thursday, June 1st.

Thursday's Routes – Will be collected on Friday, June 2nd.

Friday's Routes – Will be collected on Saturday, June 3rd.

**YARD WASTE COLLECTIONS RESUME ON MONDAY, APRIL 3, 2023.**

#### **Solid Waste Department Policy on Yard Collection**

The Solid Waste Department has set the following start and end times for yard waste collections for each upcoming calendar year as:

Start: 1st full week of April\*

End: Last full week of November\* or with the first significant snowfall or prolonged temperatures below freezing

\*As always, these dates are subject to the weather.

#### **Large Item Collection**

The City of Clinton **no longer** provides Large Item Collection. For persons needing to dispose of large items, the items may be taken directly to the Clinton County Area Solid Waste Agency located at: 4292 220th St. – Clinton, IA 52732. For questions about the landfill, please call (563) 243-4749 or visit the website at: [www.ccaswa.com](http://www.ccaswa.com).

#### **Sharps Disposal**

The City of Clinton **does not** collect and/or dispose of used sharps as they pose a potential threat to the Sanitation workers. However, residents may transport and dispose of sharps collected in an empty container similar to a laundry soap container (which has been labelled) and drop it off free of charge at the Clinton County Area Solid Waste Agency located at: 4292 220th St. – Clinton, IA 52732. For questions about the landfill, please call (563) 243-4749 or visit the website at: [www.ccaswa.com](http://www.ccaswa.com).

#### **Tarping Loads to the Landfill**

Please be aware that tarps and/or covers are required by City Ordinance on any and all waste being transported to the Clinton County Area Solid Waste Agency (aka the Landfill):

#### **§ 50.27 Loading Ordinance**

Vehicles or containers used for the collection and transportation of any solid waste shall be **loaded** and moved in a manner that the contents will not fall, leak or spill therefrom, and shall be **covered** to prevent blowing or loss of material. Where spillage does occur, the material shall be picked up immediately by the collector or transporter and returned to the vehicle or container and the area properly cleaned.

(1999 Code, § 106.03) (Iowa Code §§ 321.460 and 805.8A(13)(c)

#### **Solid Waste Collection Program**

##### **CART INFORMATION**

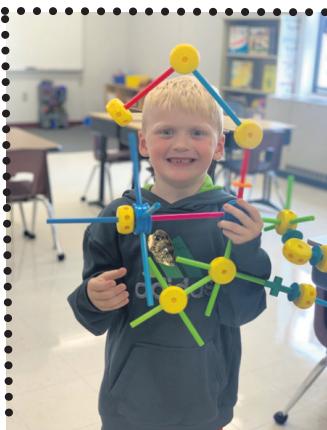
- All City of Clinton collection carts are the property of the City.
- The City has 3 types of collection carts: Grey – garbage, Green – yard waste, and Blue – recycling.
- Collection carts are assigned to an address, not an individual (family). When ownership of a residence changes, each cart must stay at the address it is assigned to. Residents may cancel services at any time and all appropriate carts will be removed.
- Each resident is responsible for the proper care and security of the collection carts. The resident will be charged for replacing a cart should it become damaged or stolen as the result of improper care and/or not keeping the cart secured on the property.

##### **COLLECTION INFORMATION**

- All carts must be out by 7:00 am the day of collection.
- Garbage should be bagged in the gray cart.
- Yard waste should be placed loose in the green cart (no bags).
- Recycling should be placed loose in the blue cart (no bags).
- Carts will not be emptied if there is improper or incorrect material in the cart (such as garbage in a yard waste or recycling cart).
- Hot ashes should never be placed in the carts.
- Construction debris is not allowed in any of the carts.
- Toxic or hazardous waste is not allowed in any of the carts. This includes: electronics, pesticides, paint cans with paint, motor oils, sharps containers, flammable material, etc. (Contact the Clinton County Landfill at 563-243-4749 for any questions about acceptable material.)
- The maximum weight limit of the 95-gallon carts is 200 lbs.
- To avoid exceeding the weight limitation of the cart, or causing possible damage to the cart or collection vehicle, do not place rocks, concrete, bricks or dirt inside carts. Any items placed within the cart must fall out easily when the cart is being serviced. Please do not overfill or tightly pack items into the cart.
- Lids must be closed.
- Give adequate space between carts for collection by the automated trucks – 3 feet apart is optimal.
- Carts must be placed for collection away from homes, garages, fences, parked vehicles, utility poles, mailboxes, etc.
- Carts should not be placed higher than 1 foot above the surface that the collection truck is on.
- Carts should not be left at their collection spots past the collection day. Carts should be removed from the street or alley right-of-way and placed in a designated storage area on the resident's property. (This will prevent a possible road hazard, damage to the cart, or theft of the cart.)

# YWCA CLINTON

Eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all in the Clinton community and surrounding area for 106 years.



## CHILDCARE SERVICES!

The YWCA Children's Center offers quality and affordable childcare programs at both our Downtown & Lyons locations! We provide care for children ages 6 weeks to 11-years-old from 6:00 a.m. to 9:00 p.m. Call your preferred location for an application and more information.

**Downtown:** 317 7th Ave • 563-244-8340

**Lyons:** 250 20th Ave N • 563-242-2190

## SWIM LESSONS!

YWCA Clinton offers swim lessons for all ages and skill levels! To register, sign up online or call us at 563-242-2110. More information is available at [ywcaclinton.org](http://ywcaclinton.org).



### Once Weekly Sessions for 6 Weeks

**1st Session Registration:** Feb. 20th - 26th

**1st Session:** Feb. 27th - April 8th

**2nd Session Registration:** April 10th - 16th

**2nd Session:** April 17th - May 27th

## JOIN THE YWCA CLINTON FITNESS CENTER!



Class schedule

### YWCA Clinton Fitness Membership Includes:

- Use of our **EXERCISE FACILITIES**, including the weight room, cardio room, and locker rooms.
- Access to the **SAUNA** to relax in, to recover, and feel great!
- An average of **80 FITNESS CLASSES PER WEEK** on land and in the water with a full access membership, including BodyPump, Yoga, Cycling, Aquacize, Senior Classes, and more!
- Entry to our **INDOOR POOL** and all its services, such as lap swimming, water-based fitness classes, water therapy, open swimming, and family fun, available with a full membership!
- **FINANCIAL ASSISTANCE PROGRAMS** to ensure access for all.

### More YWCA Clinton Fitness Center Services:

- **IN-BODY COMPOSITION ANALYSIS** to break down your body type percentages and develop a personalized workout routine!
- **PERSONAL TRAINING PACKAGES** to help you learn new exercise routines and provide motivation to improve your overall health and wellness!

YWCA Clinton is taking every safety and cleaning precaution against COVID-19 to ensure your physical safety and peace of mind. Social distancing and health regulations are in place.

To sign up for a fitness membership or another of YWCA Clinton Fitness Center's services, visit our front desk or call us at 563-242-2110. Contact our Health & Wellness Manager, LuAnn Larson, at [health@ywcaclinton.org](mailto:health@ywcaclinton.org) with questions.

## ABOVE + BEYOND CANCER

Did you know that YWCA Clinton is now offering programs specifically for those on their cancer journey?

Medical professionals know that strengthening one's mind, body and spirit plays an essential role in cancer treatment. Our survivorship program offers a wide variety of evidence-based programs. The programs are led by certified instructors, and include gentle yoga, aquatics, small group personal training, Tai Chi, individual coaching and meditation.

Contact YWCA Clinton's Health & Wellness Manager LuAnn Larson at [health@ywcaclinton.org](mailto:health@ywcaclinton.org) or 563-249-0077 to learn more.

## AMERICAN RED CROSS CLASSES

YWCA Clinton is offering one-day classes to become certified in CPR, AED, and First Aid by the American Red Cross! Students will need to complete an online portion of the class before attending the in-person class. Instructions on how to access the online portion will be given to them when they sign up for the class. Classes cost \$80 for YWCA Clinton members and \$100 for non-members. Sign up by visiting [ywcaclinton.org](http://ywcaclinton.org) or calling us at 563-242-2110.

### Class dates:

**January 23rd** from 1-3pm

**February 25th** from 11am-1pm



## SENIOR SERVICES!

YWCA Clinton provides fitness memberships and senior programming at little to no cost in partnership with Healthway's SilverSneakers program, American Specialty Health Inc.'s Silver & Fit program, and United Healthcare's Renew Active program. Call our Front Desk Manager Erin Matje at 563-242-2110 x.302 to see if you qualify!

## YWCA TO HOST THE CLINTON HALF MARATHON



YWCA Clinton is hosting the 12th Annual Clinton Half Marathon on Sunday, September 10, 2023. Runners can choose a race distance of 5k, 10k or Half Marathon.

The race starts along 5th Avenue South in Historic Downtown Clinton, quickly traversing Riverfront Drive, paralleling the mighty Mississippi, with challenging hill climbs leading to Eagle Point Park's majestic overlook of the widest part of the Mississippi River!

All race proceeds benefit YWCA Clinton, giving a voice to the voiceless and making a difference in the lives of so many. Registration is now open! Visit [www.clintonhalfmarathon.com](http://www.clintonhalfmarathon.com) for more information or to register for the race.

## SUPPORT THE YWCA CLINTON EMPOWERMENT CENTER!

The YWCA Clinton Empowerment Center is working hard to serve those experiencing or at risk of homelessness in our community. Help someone in need in our community by making a supply or cash donation. You may mail checks to 317 7th Ave S Clinton, IA. Contact our Empowerment Center Director, Angie Bloomfield, regarding donations by calling 833-849-8976 or emailing [angie@ywcaclinton.org](mailto:angie@ywcaclinton.org).