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# THE LIGHTHOUSE Newsletter



NOV 2022 | CITY OF CLINTON QUARTERLY NEWSLETTER | VOLUME 6 | ISSUE 4

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

## EASTERN IOWA MENTAL HEALTH – MOBILE CRISIS SERVICES

The Eastern Iowa Mental Health program was able to secure a full-time Mobile Crisis counselor through the Eastern Iowa Mobile Crisis system in 2022. The variety of services offered by these counselors provide a person in crisis the opportunity to receive help at a level which matches the seriousness of their crisis. The services are provided by trained staff in a compassionate way at a time when the person needs them the most.

These counselors ride with officers of the Clinton Police Department on a daily basis and respond to mental health situations. The counselors can assess the problem while trying to diffuse the crisis and provide counseling. They will also provide referrals, followed up within 24 hours by a case worker from the Eastern Iowa MHDS Region Crisis System.

MOBILE CRISIS SERVICES  
CONTINUED ON PAGE 4...

## A MESSAGE FROM THE MAYOR AND CITY ADMINISTRATOR

Clinton celebrates its 165th year as a City this year. Hard to believe in 2032 it will be 175th year celebration. Clinton is still very young when it comes to cities in the world, but holds its own in the United States. What really is the sense of community for Clinton, Iowa and what does sense of community really mean?

Collaboration for Development World Bank states: "A sense of community has four components: membership, influence, fulfillment of needs, and emotional connection." <https://collaboration.worldbank.org> The sense of community is a key characteristic of successful communities - successful meaning active, engaged communities that people want to visit, and where members contribute on a regular basis. You may be asking yourself, why is sense of community important? Communities4Dev (part of Collaboration for Development World Bank) states: "A key characteristic of successful communities (successful meaning active, engaged communities that people want to visit, and where members contribute on a regular basis) is a sense of community. A sense of community is essential for a successful, ongoing, sustainable community."

Having a sense of community embraces spirit, character, image and pride and is a vital element of a healthy community. It is a feeling that people within the community matter to one another with a shared faith that their needs will be met through commitment and togetherness. Being a part of a community can make us feel as though we are a part of something greater than ourselves. This is why we encourage involvement in our local

School Boards, City Boards, Commissions and Committees, volunteering and staying active. This is also why the City has joined forces with Synergy on numerous initiatives, from murals, "I Believe in Clinton" signs, and having High Schoolers on the Mayors Youth Commission. The City has an established relationship with the University of Iowa Graduate Students, and this partnership has expanded to now involve over 15 community projects to make our community stronger.

Similarly, a large part of community is support, influence, connection and one very vital element - that of reinforcement. Reinforcement encourages desirable behaviors and provides motivation. A strong community will go beyond the immediate, basic needs and ensure fulfillment is a positive experience.

This will be seen in the Council refining and updating current city codes and ordinances. This practice is not for the few, but rather for the many. In the past six years, the Council has modified, updated or created additional guidelines in over 50 of the 72-existing ordinances. In some cases, numerous modifications occurred under just one ordinance. Examples vary from downtown parking, adopting the International Property Maintenance Code, allowing for use of ATVs/UTVs on City streets with speed limits of 35 miles per hour or less, modifying the grass and weeds ordinance as it pertains to pollinator gardens, and countless other updates. The intent for all updates is to make things better and improve our community, ensuring there are clear policies, procedures, and processes as well as resolving issues before they

become larger problems.

Connection is another vital trait of a thriving community. We always hear the word "transparency" in local, state and federal government. Transparency promotes accountability and provides information for citizens about what their Government is doing. In 2021, the City launched iCompass (<https://cityofclintoniowa.civicweb.net>), which provides access to agendas and meeting minutes for all City boards, commissions and committees. Additionally, the entire packet for Council meetings and Council Committee of the Whole meetings, along with meeting recordings, are available on the City's iCompass site.

The next step within Connections, or better stated "Communications", is the unveiling of the City's new help ticket system (<https://clintonia.elevio.help/>). The ticket system enhances and improves the customer experience and is built to accommodate ticket entries from cell phones. By the end of 2022, the City will unveil its updated website, with greater functionality and usability.

The City is working on completing Phase I of the fiber optics project - connecting over 75% of City buildings. Fiber not only provides more security, but also redundancy to ensure that City services and facilities remain fully operational at all times. Beyond technology, no better way, old school, but to continue to hone relationships with all the City partners - from the School, County,

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 | PNRYTHSP - 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 | F: 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 Wastewater Reclamation Facility

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

### Street / Solid Waste 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 Administration

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

### Code Enforcement Department

P: 563-242-7770

### A MESSAGE FROM THE MAYOR AND CITY ADMINISTRATOR *continued from page 1...*

State and Federal Reps, local groups and citizens by sharing and planning together, completing that vital aspect of a community: "connections".

Another strength of a great city is passion. We see passion daily from the citizens, business owners, city staff and our next generation. No greater display of passion will be seen than the sense of community showing up at the voting polls on November 8th. Challenge everyone to get involved and have the highest turnout ever for the City of Clinton for elections. As they say, no better way to be part of the community fabric than to cast your vote.

The City is fortunate to have dedicated and passionate staff. 2022 has seen a record amount of Fire and Police calls. Police and Fire saw a continued increase for service, but it was another year for lowering crime. We realize crime is in the eye of the beholder, but we saw another decrease in thefts, robberies, burglaries and motor vehicle thefts. The number of incidents is down 6.7%, at 3804 incidents, compared to the 6-year average of 4076. While calls for service were up 19.3%, at 42,804 calls, compared to the 6-year average of 35,891, overall, crime in Clinton is down 16%. Meanwhile, the Clinton Fire Department has seen an increase of 7.6% of calls from last year. The awarding of the SAFER Grant will ensure response times continue to be met for EMS and Fire.

Speaking of the Fire Department, we are honored to have the American Legion Firefighter of the Year Engineer Seth Haan, who will now move on to compete at the State of Iowa level. Fire Lieutenant Ryan Winkler was last year's, local, State and National Firefighter of the year as well!

Circling back to transparency and communications. The annual State of the City Address will be held on November 17, 2022 from

12:00-1:00 P.M., as well as via livestream on the City's YouTube Channel. Lunch is provided and registration to attend is required (no charge to attend or register). You can register at: <https://clintonia.chambermaster.com/eventregistration/register/32262> Here is a small sneak peek at the items Mayor Scott will be discussing:

- The City's strong finances (AA rating)
- Communication improvements, including the updated City website (enhanced ADA compliance) and new help ticket system for questions or issues that citizens need to report.
- The continued focus to make the Departments stronger to provide the best services possible (to include items such as purchasing the Police Station).
- The City's strong focus on Quality of Life items - "Things to do with a River View". Items include things such as our first annual USA Concert Series debuting on June 8, 9 and 10, 2023, and having air conditioning installed in the Erickson Community Center gyms for the first time ever.
- The numerous economic development items occurring.
- Updates on the Fiber Project and work completed thus far by Miles Communications.
- Status on the RWRF Expansion Project and partnership with ADM (to close ADM's wastewater facility and transfer the wastewater to the City's facility).
- What's next for Liberty Square and ordinance work to attract more businesses to the corridor.
- And much more!

Keeping with the quality of life topic, housing continues to expand in Clinton. The Wilson Building, with 33 luxurious apartments, is slated to open later this year. The building will also have Makers on 5th entrepreneur and Clinton Culinary space, with 4-5 new business offering additional

food and beverage options. Cottage Bluff will have a 39-unit apartment complex for those 55 years old and older at the former Mt. Pleasant Park site, with project completion by the end of 2023. Construction continues to flourish for the Valley Bluff Apartments (near the Casino), with the goal to reach 100 units over the next several months and keep on building. We are excited to see new housing developments throughout our community.

During the State of the City Address, the Mayor will highlight how proud we are of the current businesses that have been expanding both through capital investment and by adding more jobs. Nestle Purina added 96 jobs, Timken Drives now has over 102 jobs and Big River Packaging now has a total of 58 jobs (along with a 30,000 square foot expansion).

Speaking of business, new businesses on the horizon include, but are not limited to: the Great Revivalist Brewery (GRB), a new project that will include an entire city block renovation that sits on the Downtown fringe (more to come in the next few months), renovations and restoration of the old Pool Hall in the 200 block of 4th Avenue South, along with the former Vinnies building seeing new ownership and an opening date in November, and Rival Sports opening in the Lyons District. The City continues to work with Grow Clinton on several projects for the Rail Park: Project New Horizon (213 jobs, \$200 million investment at the Rail Park) and Project MG (68 jobs, \$900 million investment in the Rail Park).

In closing, we are proud of the City of Clinton, proud of our citizens, our businesses and our employees. Clinton has a sense of community that embraces spirit, character, image and pride, all of which continues to make Clinton a healthy community. We believe that the people within our community matter to one another, with a shared faith that their needs will be met through commitment and togetherness.

## Aerial Light Tours at the airport

Enjoy an aerial tour of the city including a flight over the Symphony of Lights display at Eagle Point Park. The ride includes a cozy blanket & hot cocoa.

Available 11/30/22 - 12/30/22

Call 563-244-4770 to schedule your flight.

Gift Certificates are also available.

## YOUNG ENTREPRENEUR LOANS



GoCFB.bank | 563.243.6000 | @CFBCLINTONIOWA



## CODE ENFORCEMENT

### SNOW & ICE REMOVAL

In the event of snow and/or ice remains on a sidewalk for more than 48 hours after the snow stops falling, or after ice forms, the city may remove snow or ice from the sidewalk. The cost of actual removal, plus filing fee, will be assessed against the property for collection in the same manner as a property tax. It is unlawful to throw, push or place snow from private property onto the street or alley. 97.027

### TREES & SHRUBS

With colder weather approaching, it is the perfect time to assess the trees and shrubs on your property. If your tree has limbs hanging over the street, those limbs need to be trimmed so they are 13 feet above street level. Also, ensure all branches are trimmed back from the roadway in the parking areas. All tree branches hanging over sidewalk areas need to be trimmed so they are 9 feet above the sidewalk level. Ensure all bushes/shrubs are trimmed back from sidewalks so that the bushes/shrubs are not encroaching into the sidewalk. 98.06

### CITY GARBAGE TOTES

Just a friendly reminder to remove your city totes from the curb, alley or area of which it they are placed for dumping. This ensures with the winter winds that they will not be blown into the roadway or sidewalk and become an obstruction. Carts may be put out 12 hours before the collection date and may remain out 12 hours after the collection date. 50.25(3)

THE CLINTON HERALD 14th Annual GREAT FOOD DRIVE Benevolent Society • Camanche • Fulton • Victory Center • Gateway Area Community Center GIVE THANKS, GIVE FOOD, GIVE HOPE	
Drop off your donations by Nov. 22 at any of these locations:	
1st Gateway Credit Union Clinton Branch 1504 N 2nd St, Clinton	DuTrac Community Credit Union 2900 S. 25th St, Suite A, Clinton
<b>Camacne Branch</b> 2603 Camanche Industrial Park Rd, Camanche	<b>Fareway</b> 1350 11th St NW, Clinton
<b>Fulton Branch</b> 415 10th Ave #1735, Fulton	<b>Pizza Ranch</b> 1347 11th St NW, Clinton
<b>Aegis Credit Union</b> 1200 N 2nd St, Clinton	<b>Prairie Hills Clinton</b> 1701 13th Ave N, Clinton
<b>Bickford's Hometown Store</b> 1714 Hanover Ave, Clinton	<b>Sloan Implement</b> 18390 Waller Rd, Fulton
<b>Central Bank - Illinois</b> 1404 14th Ave, Fulton	<b>Stockyard Bar &amp; Grill</b> 4324 Main St, Andover, IA
<b>Clinton 8 Theatre</b> 2340 Valley W Ct, Clinton	<b>Sweetheart Bakery</b> 241 Main Ave, Clinton
<b>Clausen Trucking &amp; Warehousing</b> 2220 S 21st St, Clinton	<b>That One Place</b> 1626 12th Ave S, Clinton
<b>Clinton National Bank</b> Main Branch 235 6th Ave S, Clinton	<b>The Alverno</b> 849 13th Ave N, Clinton
<b>Lyons Branch</b> 1912 North 2nd St, Clinton	<b>Turner Appliance</b> 317 N 2nd St, Clinton
<b>Lincolnway Branch</b> 2350 Lincolnway, Clinton	<b>Wild Rose Casino</b> 777 Wild Rose Dr, Clinton
<b>Clover Hills Appliance</b> 1601 N 2nd St, Clinton	<b>Zirkelbach Home Appliances</b> 225 5th Ave S, Clinton
<b>Don's Jewelry</b> 200 Main Ave, Clinton	



**SMALLER AND  
BETTER YOU THIS  
HOLIDAY SEASON!  
LOSE 20 - 35+ POUNDS  
IN 6 WEEKS!**



**Become a smaller more vibrant you and show all your family and friends how amazingly healthy you are during your next HOLIDAY GATHERING.**

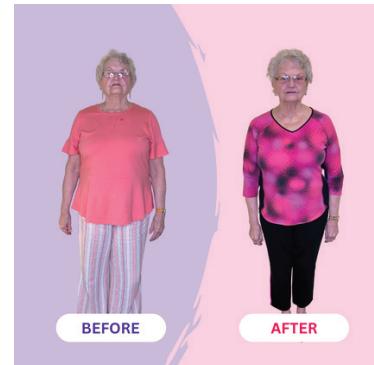
*Thanks so much for this road to the success of losing 42 lbs in 6-weeks. It is so easy if you follow the program and drink your water. People do not believe that you can do the program without exercise. I highly recommend the program to anyone who needs help losing weight. The program is really a life saver. Thank You for sharing your time with me by putting the program together.*

-TERRY D.

**MOST PEOPLE LOSE  
20-35 POUNDS IN  
JUST 6 WEEKS!\***

**ARE YOU READY TO  
CREATE THE NEW  
YOU?**

**ARE YOU READY TO  
FINALLY LOSE THAT  
EXTRA WEIGHT?**



\* When following the program as instructed.

#### Truth about Excess Fat

It is well known that additional Body Fat is BAD. Most people don't understand why it is BAD.

Recently a new study at Harvard Medical School in December 2020 showed that extra fat not only impairs immune cell function, but accelerates tumor growth. With extra fat a persons immune system decreases in its function to ward off any pathogens such as bacteria and viruses. People who have extra fat are more susceptible to having bacteria and viruses infect their body.

#### How does the Doctor Supervised Weight Loss Program work?

The program combines a very low calorie diet in combination with a dietary modification, nutritional support formulas, and a weekly doctor supervision appointment.

This helps you lose weight quickly and safely without starvation which will support long term weight loss.

The program is uniquely designed to support the burning of fat reserves for energy instead of burning muscle tissue even during low calorie intake. The focus is to support the gentle removal of toxins, reduce cravings and help maintain higher energy levels safely.

This program combines science and nature incorporating supplements, wholesome foods and acupuncture to naturally accelerate your weight loss, break through your weight loss barriers and maintain a healthy weight. Further, the program supports fat burning, appetite control, healthy blood sugar levels, reduces insulin resistance and supports proper fat metabolism.

#### Is the Doctor supervised weight loss program safe?

YES! The Doctor Supervised Weight Loss Program is extremely safe. The doctor will determine whether you are a suitable candidate. Having Doctor supervision during the weight loss program ensures safety and success during your rapid weight loss.

#### What if there was another solution?

Dr. Betts uses a Doctor Supervised Weight Loss Program that has helped nearly 90,000 people in the U.S. implement the system and achieve their weight loss goals!

The specific program that Dr. Betts uses will get Leptin resistance, Insulin resistance and Metabolic resistance under control so that your body will want to shed that unwanted fat. Imagine yourself thin again!

**CALL NOW! (563)241-8760  
AND FINALLY LOSE UNWANTED WEIGHT!**

**Presentation Schedule:**

**NOV 7 AND 21 AT 6PM.**

**SEATING IS VERY LIMITED. YOU MUST RESERVE YOUR SPOT IN ADVANCE.**

**Presentations will be held at  
West Gate Medical Plaza Ste. A 2635 Lincoln Way,  
Clinton, IA  
Right Next to Culver's**



## CLINTON POLICE DEPARTMENT

## EASTERN IOWA MENTAL HEALTH – MOBILE CRISIS SERVICES

MOBILE CRISIS SERVICES continued from page 1...

This program has facilitated an excellent partnership between the Clinton Police Department and the Eastern Iowa Crisis System. This program ensures our citizens that are in a mental health crisis get the assistance they need in a timely fashion. These services are provided at no cost to the residents of Eastern Iowa and participation is voluntary.

In addition to the new full-time position, we also have two part-time counselors who will continue to ride with our officers during the week. This pilot program in the State of Iowa has developed into an excellent collaboration

between Public Safety entities in the City of Clinton and Clinton County.

Some of the Crisis Services available are:

24-Hour Crisis Line – 1-855-581-8111 – answered 24 hours a day, every day of the year by Foundation 2. The crisis line is answered by trained, compassionate telephone counselors. Available to all ages.

24-Hour Mobile Crisis Outreach – 1-855-581-8111 – available 24 hours a day, every day of the year by Foundation 2. Trained counselors meet with the individual experiencing the crisis in a safe place, in the individual's home, or in a safe place in the community. Please see the Mobile Crisis Services page for more information. Available to all ages.

24-Hour Crisis Stabilization Residential Services – 563-396-3017 – offered by Vera French Community Mental Health Center. The home offers a mental health assessment and stabilizing interventions to individuals experiencing a mental health crisis. Staff members assist the individuals in de-escalating the crisis, provide therapy and link the person to community resources. Average length of stay is 3-5 days, in a house that is safe, confidential, and comfortable, located in Davenport, Iowa. Must be 18 or older to participate.

24-Hour Rhonda's House – Peer Respite House – 563-659-1171 – operated by Life Connections Peer Recovery Services, DeWitt, Iowa. Maximum length of stay is 7 days in this 3-bed house in DeWitt, Iowa. It provides a safe envi-

ronment for individuals who are experiencing a mental health crisis and need a short stay away from their own home. The service is provided by peers who are individuals that have had personal experience with mental health challenges. Must be 18 or older to participate.

Life Connections Wellness Center – 563-659-9027 – operated by Life Connections Peer Recovery Services, 909 6th Avenue, DeWitt, Iowa. A safe, comfortable place to work on your recovery with a trained Peer Support Specialist and/or participate in group discussions. Just drop in, no appointment necessary. Open Monday, Tuesday, Thursday, and Friday from 5 pm-10 pm and Saturday and Sunday from Noon-5 pm; closed Wednesdays. Must be 18 or older to participate.

## NEW HIRES

**TROY EDMUND** grew up in Camanche, Iowa, and comes from a family of law enforcement officers. This made Troy very passionate about a career in law enforcement. Edmunds joined the Clinton Police Department in August of 2022, attending the 305th Iowa Law Enforcement Academy on August 29th, 2022, and he will graduate on December 16th, 2022. After successful completion, Edmunds will be a Probationary Officer and go through the Field Training Program. After completing the FTO program, Officer Edmunds will be a part of our Division of Patrol. Troy plans to further his education by pursuing a Criminal Justice degree from Clinton Community College.

**DANIEL AKINS** grew up in Watertown, Wisconsin, attending Maranatha Baptist University and graduating with a Bachelor's Degree in Humanities in May 2008. He attended the Law Enforcement Recruit Academy at Fox Valley Technical College in Appleton, Wisconsin, and graduated in December 2008. Akins began his law enforcement career with the Wauwatosa Police Department in Wisconsin in March 2009. He worked there for 13 years before moving to Clinton, Iowa, to be with his girlfriend and her two children. Daniel started his career with the Clinton Police Department in September 2022 and is currently in the Field Training Program in the Patrol Division.

## HOLIDAY SHIPPING &amp; PACKAGE SAFETY

With the holiday shopping season upon us, residents must be alert for suspicious vehicles and people in their neighborhoods. The Clinton Police Department receives many reports about UPS, FedEx, and USPS packages being stolen from mailboxes and doorsteps during the holiday season. Here are a few tips to reduce the chances of your packages being stolen:

**Don't let your packages sit.** Monitor when your packages are expected to arrive. Leaving your packages on your porch, in your mailbox overnight, or for a couple of days is an open invitation to thieves.

**Talk to your neighbors.** If you have neighbors home during the day, consider asking them to collect your packages on the delivery date.

**Ship to an alternate address.** Depending on where you work, your company may allow you to ship your packages directly to your place of business. In addition, consider shipping your packages to a friend or relative's home.

**Ship to the store.** Some retailers allow you to ship to a store near you. While this isn't as convenient, it does provide security and helps avoid long lines at the register. Some stores even offer special parking near the entrance.

**Install a package lockbox.** If you have deliveries showing up daily, you may want to consider installing a lockbox. These boxes can be bolted to your front porch. Once installed, share your code with your delivery

service, and you can always count on your packages to be secure.

**Signature on delivery.** Consider having your packages delivered only when someone is available to sign for them.

**Insure your holiday packages.** Because package theft increases around the holidays, it may be wise to insure your packages this time of year. This way, if your package is stolen, you can be reimbursed for your loss.

**Ship to a local access point store.** UPS and FedEx partner with local businesses to drop packages for pick up at your convenience.

Hopefully, these safety tips can give you peace of mind this upcoming holiday season.

## ACTIVE SHOOTER

Unfortunately, mass shootings whether they are at schools, concerts, movie theaters, or shopping centers have threatened the safety of our communities across America. A mass shooting is an event where at least four people are shot, either injured or killed, not including the shooter. In 2022 alone, there have been over 520 mass shootings. This number includes 36 school shootings.

The Clinton Police Department has prioritized Active Shooter training for several years and has been at the forefront of emphasizing active shooter training for its officers and the community. Prelimi-

nary findings show that there were "systemic failures" with regard to the Uvalde school shooting. This event has forced many police departments to re-evaluate their active shooter training, and the Clinton Police Department has done the same.

With that, the Clinton Police Department, the Clinton County Sheriff's Department, and the Clinton County Board of Supervisors have reserved seats in "The Active Shooter Incident Management" (ASIM) Course. The Illinois Fire Service Institute will put on the course in January 2023. It is an 8-hour course designed to improve incident management and integration of law enforcement, fire, and EMS

responders to active shooter events. Participants will learn the model framework for law enforcement, fire, and EMS to manage Active Shooter event responses to improve time to threat neutralization, medical intervention, and survivability of casualties.

The course is an awareness course to provide participants with knowledge of basic Active Shooter Events. The Clinton Police Department is extremely excited to be able to assist in bringing this course to the City of Clinton and Clinton County. The goal is to have a better understanding of how to work together efficiently in the event of an active shooter occurrence.

## IOWA SENATE BILL 2287

In the spring of 2022, the Senate addressed the "growing problem" of catalytic converter thefts around the state. Iowa Senate Bill 2287 requires any person who sells a catalytic converter to provide an original receipt for a replacement catalytic converter purchased less than thirty days before selling it to a scrap dealer. This bill will provide a paper trail and provide law enforcement with a tool to track thefts. The Clinton Police Department supported Iowa Senate Bill 2287, which was signed into law by Governor Kim Reynolds in May of 2022. This law aims to decrease catalytic converter thefts by making purchases

traceable, which was previously not required. The bill will also increase penalties for people convicted of stealing the car part, which can be removed by thieves in less than 15 seconds with the use of a saws-all. Catalytic converters in the past were an easy buck for a thief. They could steal several catalytic converters and scrap them for cash almost instantly. Now with the new bill in place that sets procedures for the sales and purchases of catalytic converters, scrapping them is not as easy, making stealing a catalytic converter less appealing. The bill also covers civil penalties for any violations. For the first violation, the civil penal-

ty will be \$1,000.00. For a second violation within two years, a \$5,000.00 civil penalty, and for a third or subsequent violation within two years, a \$10,000.00 civil penalty. The bill will now require catalytic converter sellers to prove ownership and have scrap metal dealers keep records of whom they're receiving catalytic converters from. With the passing of this bill, Clinton has had a sharp decline in thefts of catalytic converters from 31 thefts in 2021 to 13 from January to May of 2022 and 2 thefts since May of 2022. Moving forward, CPD anticipates an even more significant reduction in the future.



**ABSTRACT & TITLE**  
Guaranty Company

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**TITLE ASSOC.**  
**& IOWA LAND TITLE ASSOC.**

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## CLINTON POLICE DEPARTMENT

## 20 WAYS YOU CAN HELP FIGHT HUMAN TRAFFICKING

Anyone can join in the fight against human trafficking. Here are 20 ideas to consider.

1. Learn the indicators of human trafficking on the TIP Office's website or by taking a training. Human trafficking awareness training is available for individuals, businesses, first responders, law enforcement, educators, and federal employees, among others.

2. If you are in the United States and believe someone may be a victim of human trafficking, call the 24-hour National Human Trafficking Hotline at 1-888-373-7888 or report an emergency to law enforcement by calling 911. Trafficking victims, whether or not U.S. citizens, are eligible for services and immigration assistance.

3. Be a conscientious and informed consumer. Find out more about who may have picked your tomatoes or made your clothes at Responsible-SourcingTool.org, or check out the Department of Labor's List of Goods Produced by Child Labor or Forced Labor. Encourage companies to take steps to prevent human trafficking in their supply chains and publish the information, including supplier or factory lists, for consumer awareness.

4. Volunteer and support anti-trafficking efforts in your community.

5. Meet with and/or write to your local, state, and federal elected officials to let them know you care about combating human trafficking and ask what they are doing to address it.

6. Be well-informed. Set up a web alert to receive current human trafficking news. Also, check out CNN's Freedom Project for more stories on the different forms of human trafficking around the world.

7. Host an awareness-raising event to watch and discuss films about human trafficking. For example, learn

how modern slavery exists today; watch an investigative documentary about sex trafficking, or discover how forced labor can affect global food supply chains. Alternatively, contact your local library and ask for assistance identifying an appropriate book and ask them to host the event.

8. Organize a fundraiser and donate the proceeds to an anti-trafficking organization.

9. Encourage your local schools or school district to include human trafficking in their curricula and to develop protocols for identifying and reporting a suspected case of human trafficking or responding to a potential victim.

10. Use your social media platforms to raise awareness about human trafficking, using the following hashtags: #endtrafficking, #freedomfirst.

11. Think about whether your workplace is trauma-informed and reach out to management or the Human Resources team to urge the implementation of trauma-informed business practices.

12. Become a mentor to a young person or someone in need. Traffickers often target people who are going through a difficult time or who lack strong support systems. As a mentor, you can be involved in new and positive experiences in that person's life during a formative time.

13. Parents and Caregivers: Learn how human traffickers often target and recruit youth and whom to turn to for help in potentially dangerous situations. Host community conversations with parent-teacher associations, law enforcement, schools, and community members regarding safeguarding children in your community.

14. Youth: Learn how to recognize traffickers' recruitment tactics, how to safely navigate out of a suspicious or

uncomfortable situation, and how to reach out for help at any time.

15. Faith-Based Communities: Host awareness events and community forums with anti-trafficking leaders or collectively support a local victim service provider.

16. Businesses: Provide jobs, internships, skills training, and other opportunities to trafficking survivors. Take steps to investigate and prevent trafficking in your supply chains by consulting the Responsible Sourcing Tool and Comply Chain to develop effective management systems to detect, prevent, and combat human trafficking.

17. College Students: Take action on your campus. Join or establish a university club to raise awareness about human trafficking and initiate action throughout your local community. Consider doing one of your research papers on a topic concerning human trafficking. Request that human trafficking be included in university curricula.

18. Health Care Providers: Learn how to identify the indicators of human trafficking and assist victims. With assistance from local anti-trafficking organizations, extend low-cost or free services to human trafficking victims. Resources from the Department of Health and Human Services can be found on their website.

19. Journalists: The media plays an enormous role in shaping perceptions and guiding the public conversation about human trafficking. Seek out some media best practices on how to effectively and responsibly report stories on human trafficking.

20. Attorneys: Offer human trafficking victims legal services, including support for those seeking benefits or special immigration status. Resources are available for attorneys representing victims of human trafficking.

## A FRIENDLY REMINDER TO LOCK YOUR CAR DOORS

I know you have heard this reminder before. Still, it is important to always lock your car whenever it is left unattended. Studies have shown that the vast majority of vehicles that are burglarized or stolen have been left unlocked. Don't be the next victim. Here are several simple steps that everyone should follow.

- Always lock your vehicle, even when it's parked in your driveway or garage.
- Always take your keys or fob with you.
- Never leave or hide a smart key, valet key, or spare key anywhere in or on your vehicle, no matter where you park it.
- Never leave your car running while unattended or unlocked.
- If possible, park your vehicle in a locked garage.
- Park in well-lit areas.
- Keep the exterior of homes and driveways well-illuminated.
- Close all your vehicle's windows completely when parked.
- Consider installing a GPS system, a visible anti-theft device, or an audible alarm.
- Never leave valuable personal property in your vehicle.
- Also, secure the transmit-

ter for your garage door opener to prevent access to your home.

Pay careful attention when you leave your vehicle and when you return to it. Watch for people lurking or stalking nearby. You do not want to be their next victim. Absentmindedly talking on your cell phone instead of being alert makes you a soft target for crime.

If You "See Something, Say Something".

Dial 9-1-1 and be ready to provide the police with as much information as possible regarding the description of the suspicious person or vehicle.

## WHAT IS DISTRACTED DRIVING?

Distracted driving is any action that distracts attention from driving, including talking or texting on your phone, eating, drinking, talking to people in your vehicle, fiddling with the stereo, navigation system, or anything that takes your attention away from safe driving.

Texting is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that's like driving the length of an entire football field with your eyes closed.

You cannot drive safely unless the task of driving has your full attention. Any non-driving activity you engage in is a potential distraction and increases your

risk of crashing.

**Get Involved**  
We can all play a part in the fight to save lives by ending distracted driving.

**Teens**  
Teens can be the best messengers with their peers. We encourage teens to speak up when they see friends driving distracted and have their friends sign a pledge to never drive distracted. Teens are encouraged to get involved with their local "Students Against Destructive Decisions" chapter and share messages on social media reminding their friends, family, and neighbors not to drive distracted.

**Parents**  
Parents first have to lead by example — by not driving dis-

tracted — and talk with their young driver about distraction and all of the responsibilities that go along with driving. Parents can have everyone in the family sign a pledge to commit to distraction-free driving. Parents are encouraged to remind their teen driver that in states with graduated driver licensing (GDL), a violation of distracted-driving laws could mean a delayed or suspended license.

**Educators and Employers**  
Educators and employers can play a part, too. Spread the word at your school or workplace about the dangers of distracted driving. Ask your students to commit to distraction-free driving or set a company policy on distracted driving.

## Clinton Iowa's Premier 55+ Independent Living



### 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!

### CALL FOR A TOUR!

\*Entrance fees starting at \$25,200 \*Maintenance fees starting at \$959 a month.

### These spacious yet affordable homes offer the following quality features:



- Full size fully equipped kitchen
- Private patio or three season porch
- Pet friendly
- Walk-in closets
- Quiet living/heavily insulated
- Individual controlled heat and A/C
- All on one floor
- Attached or detached garages
- Van Service to Appointments
- Pool Room
- Exercise Room
- Library
- Everything on one floor- no steps!



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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  
amcfall@essexcom.com • www.regencyofclinton.com

Look for the next edition of *The Lighthouse Newsletter*,  
Coming straight to your mailbox:  
February 2023!

## CLINTON FIRE DEPARTMENT

# “WHEN I CALL FOR AN AMBULANCE, WHY DO I SOMETIMES SEE A FIRETRUCK RESPOND ALONG WITH THE AMBULANCE?”

You may wonder why it makes sense to send a fire truck to a medical emergency call. With an average of 80% of the roughly 5,000 calls for service that the Clinton Fire Department (“CFD”) responds to being medical in nature, there are a few key reasons why this happens.

First, it is a matter of available resources that are closest to the scene that are available for medical responses. All members of the CFD are licensed by the State of Iowa and Illinois which allows for Basic Life Support (BLS) and Advanced Life Support (ALS) and transportation of the sick and injured to the hospital or next level of care. The CFD operates two 24-hour ALS ambulances, two 24-hour ALS Ladder Companies, one 24-hour ALS Engine Company and an ability to flex two more ALS ambulances into service.

Second, there are two firefighter/paramedics on the ALS ambulance and two personnel on

the ALS fire truck/engine. Many times, when someone is very sick they need advanced life support (ALS) care. ALS treatment includes starting Intravenous (IV) fluids, monitoring cardiac rhythms, providing oxygen, administering medications, possibly performing CPR, and/or defibrillating a patient, which is delivered at the National Standard American Heart Association levels with these National standards recommending four personnel for ALS incidents.

Additionally, to have extra personnel from the fire truck/engine has to do with helping to safely move the patient to the ambulance. Most people that are so sick that they need an ambulance need to be carried on a cot. If the bedroom is on the second floor, or if there are steps outside the house, it may take more than two people to safely get the patient down the steps.

Having the two paramedics on the medic unit is not enough to appropriately treat these criti-

cally injured or ill patients. It takes the additional personnel with training to correctly treat these patients. For example:

- 1) Two firefighters are needed to maintain the airway
- 2) One firefighter starts an IV
- 3) One firefighter defibrillates a cardiac arrest patient
- 4) One firefighter is needed to administer medication
- 5) One firefighter provides chest compressions.

As you can see from this example, it takes six firefighters to properly treat a critically ill patient.

The truth is, in almost all incidents, that emergency responders do not know how critical

the patient is or how dangerous the scene is until they arrive on scene and having the extra personnel allows our staff to operate in at a safer scene. It is standard operating procedure for the Clinton Fire Department to arrive at the scene of a medical emergency with the appropriate number of personnel to treat the patient. What may appear to be a minor illness or injury to the untrained bystander, can turn out to be more serious. This serious condition requires the additional skills and staffing from firefighters assigned to a fire truck to properly treat the patient.

The Clinton Fire Department would like all citizens to know that we strive to provide the highest standards of care possible. This can only be accomplished through a coordinated effort involving the response of both an ambulance and fire truck to some medical emergencies.

## HOLIDAY FACTS

### THANKSGIVING FIRE FACTS

- Thanksgiving is the peak day for home cooking fires with more than three times the daily average for such incidents. Christmas Day and Christmas Eve ranked second and third, with both having nearly twice the daily average.
- In 2019, U.S. fire departments responded to an estimated 1,400 home cooking fires on Thanksgiving, the peak day for such fires.
- Unattended cooking was by far the leading contributing factor in cooking fires and fire deaths.
- Cooking caused half (49 percent) of all reported home fires and more than two of every five (42 percent) home fire injuries, and it is the second leading cause of home fire deaths (20 percent) in 2015-2019.

Source: NFPA Research

### WINTER HOLIDAY FIRE FACTS

- Electrical distribution or lighting equipment was involved in almost half of home Christmas tree fires.
- Nearly one in five Christmas tree fires were started by decorative lights. Eight percent were started by candles.
- Roughly two of every five home Christmas tree fires started in the living room.
- Year round, more than one-third (35 percent) of home decoration fires were started by candles. This jumped to almost half in December when candles started 45 percent of such fires. Cooking started one-fifth (19%) of decoration fires.

### CHRISTMAS TREE & DECORATION FIRES

Carefully decorating your home can help make your holidays safer. Between 2015-2019, U.S. fire departments responded to an average of 160 home fires that started with Christmas trees per year. U.S. fire departments responded to an estimated average of 790 home structure fires per year that began with decorations, excluding Christmas trees.

A live Christmas tree burn conducted by the U.S. Consumer Product Safety Commission (CPSC) shows just how quickly a dried-out Christmas tree fire burns, with flashover occurring in less than one minute, as compared to a well-watered tree, which burns at a much slower rate.

### HOLIDAY DECORATIONS

- U.S. fire departments responded to an estimated average of 790 home structure fires per year that began with decorations, excluding Christmas trees, in 2015-2019. These fires caused an annual average of one civilian fire death, 26 civilian fire injuries and \$13 million in direct property damage.
- One in five home decoration fires occurred in December.
- The decoration was too close to a heat source such as a candle or equipment in more than two of every five incidents.
- Year-round, more than one-third of home decoration fires were started by candles. Cooking started 19 percent of decoration fires, 12 percent involved electrical distribution and lighting equipment, heating equipment was

involved in 11 percent, 8 percent were intentionally set, and smoking materials started 7 percent.

- Candles caused 45 percent of home decoration fires in December.

### CANDLES

- Between 2015-2019, U.S. fire departments responded to an average of 7,400 home fires that were started by candles. These fires caused an average of 90 civilian deaths, 670 civilian injuries and \$291 million in direct property damage.
- On average, 20 home candle fires were reported each day between 2015-2019.
- Three of every five candle fires started when something that could burn, such as furniture, mattresses or bedding, curtains, or decorations, was too close to the candle.
- Candle fires peak in December and January with 11 percent of candle fires in each of these months.
- Christmas is the peak day for candle fires with roughly 2.5 times the daily average.

### HOLIDAY COOKING

- Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.
- Cooking equipment was involved in one of every five (19%) of home decoration fires. This can happen when a decoration is left on or too close to a stove or other cooking equipment.

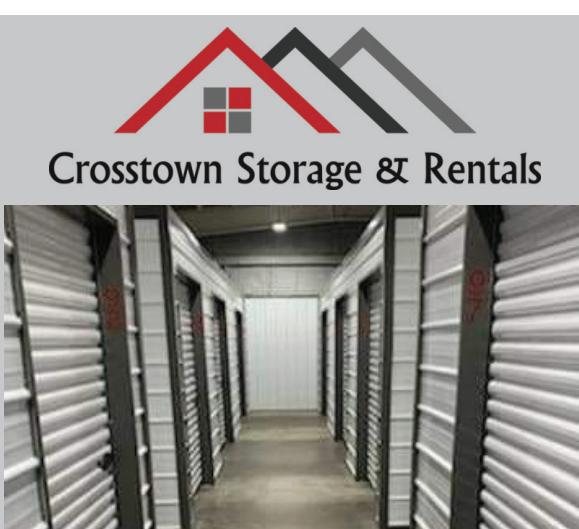
## SAFETY FROM FIRE

One of the most important aspects of codes is to provide and protect a minimum level of safety of the people and their property from fire. This is outlined in the administrative sections of each code book, where it states that the purpose of the codes are to establish the minimum requirements to provide a reasonable level of safety, public health and general welfare through structural strength, means of egress facilities, stability, sanitation, adequate light and ventilation, energy conservation, and a reasonable level of safety to life and property from fire, explosion and other hazards, and to provide a reasonable level of safety to firefighters and emergency responders during emergency operations.

Providing and protecting a minimum level of safety of the people and their property from fire has never been more important, because, as a result of the combustibility and heat release rates of materials used in modern construction/manufacturing, fire now triples in size every minute. To address this, there two important fire

protection devices utilized that provide a first line of defense to cope with fire of limited size: smoke detectors and fire extinguishers. During the first (incipient) of the four growth stages of fire, a fire has just started and is still very small in size. This is when smoke detectors and fire extinguishers are most crucial in providing protection. Smoke detectors provide early detection, which in return allows time to put the fire out using the fire extinguisher.

To ensure for your safety from fire, smoke detectors should be installed in each sleeping room, outside each separate sleeping area in the immediate vicinity of the bedrooms, and on each additional story of the dwelling, including basements and habitable attics. For primary home protection, the national fire protection association (nfpa) recommends a minimum 2-a 10-b:c rated extinguisher on every level of your home. If you have any questions regarding smoke detectors or fire extinguishers, please contact building and neighborhood services at (563) 244-3360 ext. 2.



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### It's time to explore your Medicare options.

#### Now is the time to be sure your current Medicare plan is still a good fit for you.

If your health needs have changed, or your current plan doesn't offer the benefits and features you're looking for, it may be time to take advantage of a UnitedHealthcare® Medicare Advantage plan.

#### Learn more by attending a UnitedHealthcare Medicare plan meeting.

Events will follow applicable public health safety guidelines.

##### Dewitt

10/17/2022, 1:00 PM - 2:00PM  
Dewitt Community Library  
917 5th Ave

##### Clinton

10/21/2022, 10:00 AM -11:00 AM  
Hampton Inn  
2781 Wild Rose Cir S

##### Dewitt, IA

11/17/2022, 10:30 AM - 11:30AM  
Dewitt Community Library  
917 5th Ave

##### Dewitt, IA

12/05/2022, 1:00 PM - 2:00PM  
Dewitt Community Library  
917 5th Ave

**It's time to take advantage  
Get one-to-one help. Call me today.**

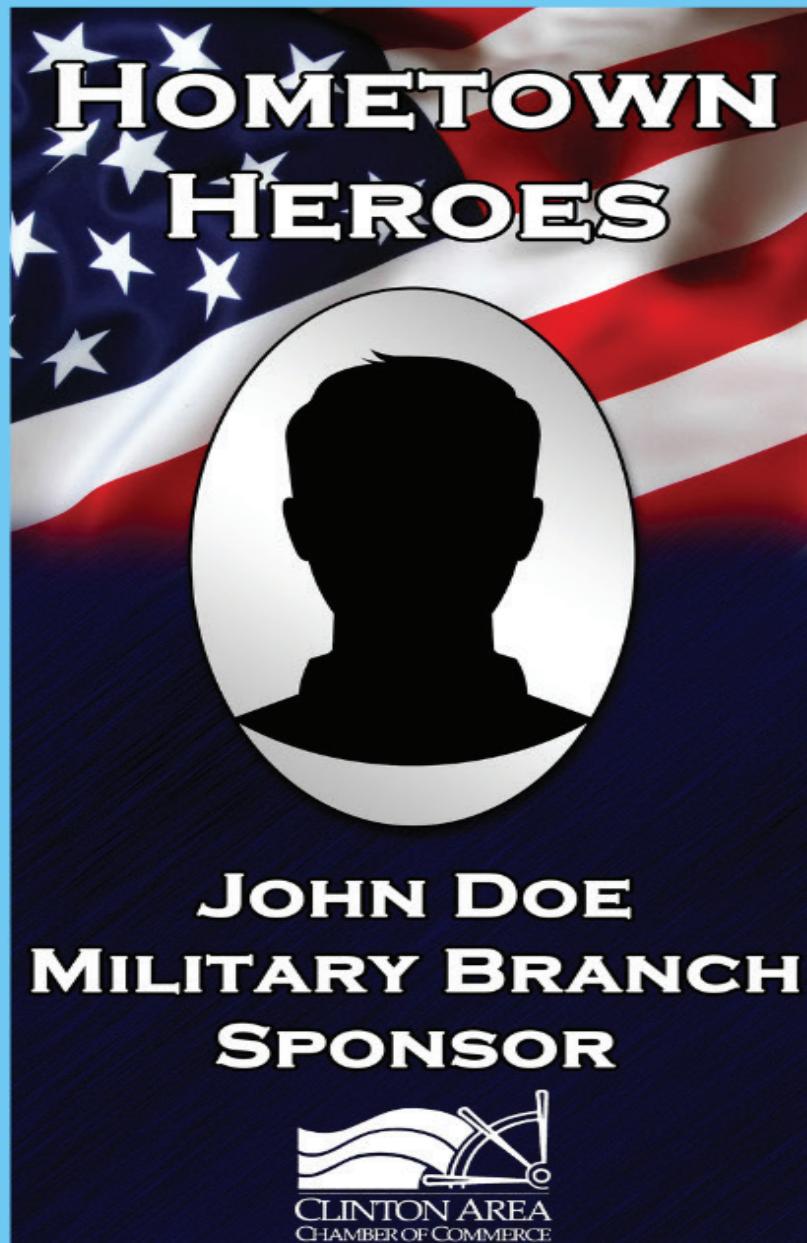


**Linda Schroeder**  
Licensed Sales Agent  
563-357-3037, TTY 711  
schroeder.l@hotmail.com



# Honor your Hometown Hero!

## By sponsoring a banner!



**This Banner Program is developed to show our community support for those that give and gave all. Cost of a banner will be \$250 for 2-year commitment between Memorial Day and Veterans Day. The banners will be displayed on City light poles and yours to keep at the conclusion of the 2 years.**

**The Clinton Hometown Heroes Program that recognizes and honors those who are serving or have served our community as a first responder, health care worker, or our nation in the United States Armed Forces.**

**The program is intended to show appreciation for the military veteran or military active personnel, first responder, and their families who have ties to the area.**

**Banners will display a photo of the service person, in uniform, if available, as well as their name, military branch and sponsor's name.**

**There are two ways to sponsor and obtain an application:**

**Contact the Downtown Clinton Alliance  
563-321-2165 or email**

**DowntownClintonIA@gmail.com or pick up an application at City Hall at the Finance Office**

# 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) - 24 hour for Fitness Members

MON - FRI	Big Gym	6am-9am
	Jog and Walk Club	
<b>May 1 - Sept 30</b>		
	Scheduled Drop-in (M-F)	<b>Spring-Fall Hours M-F</b>
		5:30pm-8pm
<b>Oct. 1 - April 30</b>		
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 <a href="http://www.cityofclintoniowa.us">www.cityofclintoniowa.us</a>		

### MEMBERSHIP FEE SCHEDULE

Fitness Membership - Weight Room, Gyms, Classes if available

	Daily	Annual	Monthly	Monthly Auto-Deduct
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
Fit Pass (during office hours)			\$20	

Additional Family Member Youth - \$10

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

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

Jog and Walk	Monday-Friday	6am-9am
Knitting 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

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 Ericksen 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 Ericksen 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 has 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.

### EMPLOYMENT OPPORTUNITIES:

- **Eagle Point Lodge Attendant - mostly Friday, Saturday and Sunday hours**
- **Recreation Staff and Officials**
- **Grounds**

Pick up application at the Ericksen Community Center at Emma Young Park. Looking for a college internship program? Set up a time with Cathy Marx, [cathy.marx@cityofclintoniowa.us](mailto:cathy.marx@cityofclintoniowa.us), to discuss possibilities.

### RENTALS AND SPECIAL EVENTS AT ERICKSEN COMMUNITY CENTER

Make the Ericksen 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.

**LOCATION:** Ericksen 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 (TBA)

**Registration Period:** Now through March 9th      Participant Fee: \$44

Late Registration will be accepted from March 10—March 16      Participant Fee: \$51

### XTREME HIP-HOP WITH TIFF!

This new and fun and exciting class is a great workout and one you won't want to miss. This one-of-a-kind fitness program offers one simple goal... to make you LOVE working out!!! A party you won't want to miss!

**WHO:** Anyone age 15 or older

**LOCATION:** Ericksen Community Center, Small Gym

**INSTRUCTOR:** Tiffany Harris - Certified Xtreme Hip-Hop instructor

**DAYS/TIME:** Mon./Wed. 5:30—6:30pm

**LIMIT:** Minimum 10 per session / Maximum 40

Session: Oct. 10—Nov. 14 (No class 10/24) (10 classes)

Session: Nov. 21—Dec. 19 (No class 11/23) (10 classes)

**Fee:** \$44

### ONLINE REGISTRATIONS AVAILABLE

The Parks & Recreation Department is pleased to announce that online program registration is available. Simply go to the City of Clinton Website at [www.cityofclintoniowa.us](http://www.cityofclintoniowa.us) and click on the Recreation Department tab. From here you will be able to access the online registration link by clicking on your desired program area. First time users will need to create a profile and password and then register away! When you log in please check all of your information and update any address or phone number changes as well as your child's school information. If you are having trouble signing in please call the Ericksen Center at 563-243-1260 the front desk can help you. Please do not set up a second account. Adult Sports Leagues are now available to register online.

### 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**

## ADULT BASKETBALL LEAGUE

**WHO:** Adults  
**WHERE:** Erickson Community Center, Gym  
**GAMES:** Dec 4, 2022- Feb 26, 2023  
**DAY & TIME:** Sunday Evenings  
**FEES:** \$425.00 - 10 game season  
**LIMIT:** Minimum 4 teams: Max 8 teams  
**REGISTRATION:** ends Thurs, Nov.17  
**MANAGER'S MTG:** Tues, Nov 22, at 5:30 pm

## JUNIOR BASKETBALL 1ST - 6TH GRADE

Join us for this 6-week junior basketball program featuring league play. Players will be grouped together based on their school attendance center. Volunteer coaches will instruct players with fundamentals, skills and plays through practices, followed by 6 weeks of live game play. Game officials will be provided. Team shirts will be provided to both coaches and players.

**1st and 2nd Grade League:** Boys and Girls play separately. Game day—Sunday. Games start Sunday, Feb 5th and end Sunday, March 12th  
**3rd and 4th Grade League:** Boys and Girls play separately. Games on Saturday mornings and occasionally on Friday evenings. Games start Saturday, Feb 4th and end March 11th.  
**5th and 6th Grade League:** Boys and Girls play separately. Games on Saturday and occasionally on Friday evenings. Games start Saturday, Feb 4th and end March 11th.

**PRACTICE SITES:** Local Elementary School Gyms and Erickson Community Center. (Rural community teams may practice in their hometown gyms, but must abide by the practice allowance per week rule of once or twice a week.)

**GAME SITE:** Erickson Community Center, Clinton Middle School & Eagle Heights Elementary School

**GAME** 6 game program. Days listed above- Friday or Saturday, Sunday's

**LIMIT:** 4 team minimum required. No more than 10 players per team per school.

**TEAM FORMATION BASED ON:** School attendance center in Clinton, Camanche, Fulton, Northeast, Preston, Miles, DeWitt, etc. Note: Selection criteria are subject to change based on number of registrations. After the registration deadline, players will be placed on teams at the discretion of the Recreation Department as availability permits.

**COACHES MEETING:** January 12th 5:30pm- lower level Community Room

**PLAYERS CONTACTED BY COACH:** After January 12

**FIRST PRACTICE:** Week of January 16th, 2023

**REGISTRATION PERIOD:** Now thru January 5th Fee: \$44.00

**LATE REGISTRATION:** (Only if availability from Jan 9-12) Fee: \$51.00

## KINDERBALL BASKETBALL LEAGUE

**Game site:** Erickson Community Center- Small Gym

**Game Day:** Saturday Afternoons

**Limit:** 4 team minimum required. No more than 6 player per team per school (max 48)

**Team Selection:** Register by school site

**Note:** After the registration deadline, players will be placed on teams at the discretion of the Recreation Department as availability permits

**Age:** In Kindergarten

**Coaches Meeting:** February 9 at 5:30pm.

**Players Contacted by Coach:** After Feb 9

**First Game:** Co-ed Saturday Afternoons Feb 18

**Last Game:** March 18

**Registration Period:** now thru February 2th, 2023 Fee: \$30

**Late Registration** If available: \$37

## 4TH & 5TH GRADE DODGEBALL NIGHT

For youngsters who can't get enough Dodgeball! Come as a team of five players and get ready for two hours of active play.

Teams may register at the door the night of play. Prizes as Well.

**WHO:** Elementary School Youth, Grades 4th and 5th

**LOCATION:** Erickson Community Center, Gymnasium

**DATE:** November 5, 2022

**DAY & TIME:** Saturday, 6pm to 8 pm

**FEES:** \$5 per person payable at the door.

**LIMIT:** Minimum 3 teams; Maximum 8 teams

**REGISTRATION:** At door starting at 5:30 pm.

**INSTRUCTOR:** Recreation Dept. Staff

## MIDDLE SCHOOL DODGEBALL NIGHT

For the older student who can't get enough dodgeball, come as a team of 5 players and get ready to play. Teams register the night of play. Prizes as Well.

**WHO:** Middle School Youth 6th, 7th, and 8th Grade

**LOCATION:** Erickson Community Gymnasium

**DATE:** December 3, 2022

**DAY & TIME:** Saturday, 6 - 8pm

**FEES:** \$5 per person, payable at the door.

**LIMIT:** Minimum 3 teams; Maximum 8 teams

**REGISTRATION:** At the door beginning at 5:30 pm.

**INSTRUCTOR:** Recreation Dept. Staff

## FRIDAY FUN NIGHTS

Upper elementary school students here's your chance to hang out with your friends at the "REC" Concession Stand available for refreshments. Activities included but not limited to kickball, basketball, a movie, dodgeball, volleyball and soccer. Parents are welcomed to stop in during this activity. This event is a lock-in, once you come in, you stay until close, unless a parent or guardian enters the building to pick you up. Supervision by department staff and volunteers will be provided.

**WHO:** Elementary School Youth, Grades 3, 4 & 5

**LOCATION:** Erickson Community Center, Lower Level

**DATES:** Friday 5:30 to 8:30 pm

Oct. 28th, & Feb. 24th, 2023

**FEE:** \$5 Pay at Door

**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)  
**FEES:** 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  
**FEES:** 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.

## ADULT VOLLEYBALL LEAGUE WINTER REGISTRATION 2023

**ENTRY PROCEDURE:** **Winter Due Date: Thurs. Jan. 5, by 5pm** Entries contain three items:

**1. Minimum Roster 2. Team & Manager Info 3. Entry Fees Paid** Only original rosters accepted no copies. All three items must be completed to establish entry order due to space limitations. Forms available at the Erickson Community Center.

**ENTRY FEE:** Volleyball: \$175

\$25 late fee charged after deadline, if entry is accepted.

**LEAGUE MEETING:** **Winter:** Information will be emailed to managers Thursday Jan 12th, 2023.

Agenda to include review of playing rules, administration of league play and preliminary schedule distribution.

**SEASON:** Playing nights & Divisions: Jan 23-March 30, 2023 (approx.)

Monday: Mixed Power Volleyball

Wednesday: Women's Power Volleyball

Thursday: Mixed Modified; Women's Modified

**ROSTER ADMINISTRATION:** Roster change deadline: **February 2nd**.

a. Rosters are frozen after the deadline listed above with two exceptions new citizens and team hardship. b. Players can only play on one team in each division: (Men's, Women's or Mixed). c. Any and all individual players must sign the originally submitted Team Roster. Note: The Parks & Recreation Department accepts registrations for teams only.

**NOTE:** Due to limited facilities, each league is limited to 6 teams (12 teams per night in volleyball).

## DOG PROGRAMS

**DOG INSTRUCTORS:** Judy May

**LOCATION:** Riverview Pool Bathhouse & Nature Barn

**REGISTER:** Erickson Community Center- 1401 11th Ave N, Clinton, IA 52732 563-243-1260. Each class will require a minimum number to be registered. Once the maximum is met, class is closed even if it has not reached the registration deadline. A soft light-weight nylon buckle collar and 6' leash are required. Any breed of dog will be accepted provided they have proof of distemper, kennel cough (12 wks), rabies (4 mos) and parvo shots. Must be presented at time of registration (marked receipt from vet)

**Registration Deadlines:**

**Session 1**

**Session 3 - March 1, 2023**

**Session 2 - November 1**

**Session 4 - April 11, 2023**

## DOG AGILITY TRAINING AT RIVERVIEW POOL BATHHOUSE

This course gives dogs exposure to jumps, contact obstacle, weave poles, and the basics of canine agility. All breeds of non-threatening dogs allowed, AKC certification not required. Owners must provide a leather or nylon leash and collar.

**PREREQUISITES:** Dogs must be 6 months old minimum. Handler must show proof of successful completion in a dog obedience class prior to participation.

**LIMIT:** 5 minimum, 8 maximum

**DAY & TIME:** Saturdays; 2:30pm-3:30pm

Session 3 - March 4 - April 8

Session 4 - April 15 - May 13 (May 6 & 13 2:30 - 4pm)

**FEE:** \$40 (Late fee \$47 if space available)

## PUPPY AND DOG OBEDIENCE (formerly Kindergarten for Puppies and Dog Obedience)

Now a combined class for puppies at least twelve (12) weeks of age and all ages of dogs. This class is designed to introduce you and your dog to collar and leash, to endure handling and to obey simple commands. Also, helpful hints on grooming, housebreaking, gnawing and chewing. This class is designed to help you learn how to train your dog; being consistent with your commands, knowing what verbal commands and the hand signals to give your dog. The canine good citizenship test will be taken during the final class. Recommended that the same person should handle the dog at each session.

**LIMIT:** 6 minimum; 10 maximum

**DAY & TIME:** Saturdays; 1pm-2pm

Session 3- March 4 - April 8

Session 4- April 15 - May 20

**FEE:** \$40 (Late fee \$47 if space available)

## PET PICTURES

Pet professional photographer, James Perron, will take pictures of your pets on **Saturday, November 19, 10 am to 1 pm at the Eagle Point Nature Barn**.

Appointments are necessary and may be made by contacting Judy May, Dog Obedience Instructor at 563-249-4132. You will receive a 3x5" and 5x7" photo for the \$15 fee. Enlargements and reprints available upon request. All posing challenges are accepted for single or group.

## PARKS & RECREATION DEPARTMENT ACTIVITIES CONTINUED

### PARK AREAS TO RENT (April 30 - Oct 15)

Eagle Point Castle: \$40/day, 30ppl, parking at South Shelter  
Eagle Point Maple Grove: \$15/day, open space, no services  
Eagle Point Waterfall: \$40/day, no vehicles on circle drive, 30ppl  
Gazebo Neubauer Park: \$15/day, no services, 30ppl  
Lubbers Fountain: \$40/day, 30ppl max, parking on street  
Pond Pier - Emma Young Park: \$15/day, no services  
Shelter - Chancy Park: \$25/day, 55x32, 12 tables, no electricity, no bathrooms, 54ppl  
Shelter - Clinton Park: \$40/day, electricity, 12ppl  
Shelter - Eagle Point - North: \$25/day, 56x32, 27 tables, no electricity, bathrooms nearby, 162ppl  
Shelter - Eagle Point - Central: \$40/day, 34x25, 9 tables, electricity, no bathrooms, 54ppl  
Shelter - Eagle Point - South: \$40/day, 22x20, 8 tables, electricity and bathroom, 48ppl  
Shelter - Emma Young Diamond 1: \$40/day, 12x12, 4 picnic tables, electricity and bathrooms, 24ppl  
Shelter - Rotary Park: \$40/day, bathrooms and electricity, 75ppl

### ATHLETIC SPACES

Clinton Park Basketball Courts: \$15/hr complex max \$50 a day  
Cross Country Course - Emma Young: \$100 a day, no services

Emma Young Softball Diamond: \$50/day/diamond, lights \$15/hr/diamond max \$120 a day  
Hawthorne Horseshoe Pits: \$15/hr complex max \$50 a day  
Jurgenson Soccer Field: call for pricing  
Mayer Park Softball Diamonds: \$15/hr complex max \$50 a day  
Riverview Pickleball Courts: \$50/hr/complex max \$200 a day  
Riverview Sand Volleyball Courts: \$15/hr complex max \$50 a day

Party Package A: Community Room and Small Gym \$60/hr  
Party Package B: Commons Area and Big Gym \$80/hr  
Entire Lower Level: \$125/hr

### MOVIE SCREENS

Outdoor Screen: \$250 call SWANK 1-800-876-5577 to reserve rights to movie. Must have proof. \$30 deliver charge outside of River City area.  
May 1-Sept 30- 30'x20', blow up screen total size 35x25x16.  
Indoor Screen: \$200 SWANK info required, year around

### RIVIEW POOL

Kiddie Pool/Splash Pad – 9:30am - 11:30am  
\$40, max 30 ppl

# of ppl	1 Hour	2 Hour	3 Hour	Sections
1-50	\$115	\$230	\$345	MP, KP, SP
51-100	\$130	\$260	\$390	MP, KP, SP
101-200	\$150	\$300	\$445	MP, KP, SP, DW
201-500	\$175	\$350	\$510	MP, KP, SP, DW

*More increments are available.. MP=Main Pool, DW=Diving Well, SP=Splash Pad, KP=Kiddie Pool*

### RV CAMPGROUND- CLINTON MARINA

563-242-3600  
9th Ave N and Riverview Drive – April 30 - Oct 15 running water. First come-first served \$22 day. When no running water \$15 a day



*Join Don's Jewelry for*

# BLACK FRIDAY

+

# SMALL BUSINESS SATURDAY

great shopping | give aways | yummy treats

**FRIDAY-NOV.25 • FREE GIFT FOR THE FIRST 50 CUSTOMERS-INCLUDING A \$10 GIFT CARD!**

**SATURDAY-NOV. 26 • BUY \$100 GIFT CARD, GET A \$20 GIFT CARD FREE! • HOT COCOA BAR**

**DON'S JEWELRY**  
A SYMBOL OF FOREVER

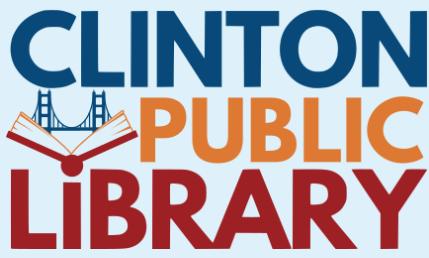
200 MAIN AVE. CLINTON, IOWA

(563) 242-2663

DONSJEWELRYCLINTON.COM

# CLINTON PUBLIC LIBRARY

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



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 \$1,191518.07 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 Avenue South | 563-242-8441

MONDAY - THURSDAY

9:00 AM - 8:00 PM

FRIDAY

10:00 AM - 5:00 PM

SATURDAY

10:00 AM - 2:00 PM

## LOCAL HISTORY & GENEALOGY CENTER

Lyons Branch | 105 Main Avenue | 563-242-5355

TUESDAY

10:00 AM - 5:00 PM

WEDNESDAY

12:00 PM - 7:00 PM

THURSDAY-SATURDAY

10:00 AM - 5:00 PM

## CLINTON PUBLIC LIBRARY WILL BE CLOSED

Thursday, November 11

Thursday, November 24 - Saturday, November 26

## FY 2022 HIGHLIGHTS

- The Library issued **664** new library cards. That's an average of **55** new people every month!
- 39,462** visited the Main Library an average of 760 per week
- 2,577** visited the Lyons Branch an average of 50 people per week. If they all traveled in the American Queen it would take **96** trips!
- Materials Checked Out = **49,700** + renewals **63,821**. That's an average of 2 items per person!
- 12** Home Bound Volunteers delivered **348** items to those that cannot visit the library.

- 15** staff answered **4,446** questions, almost **300** per staff member!
- 196** Programs Planned and Presented by Library Staff for **4,499** community members. That's an average of **16** programs per month!
- 9,050** times a member of the community used our public computers. An average of **174** times each week.
- Our Public WiFi was used **2,449** times
- 270** videos watched with Kanopy
- 3,630** eBooks, eAudio, eMagazines checked out with the Libby App.
- 10** Hotspots were purchased!

## Staff Spotlight: Kate Struble, Librarian Assistant

**Q: How long have you worked at the library?**

A: I started working at the library in June 2022.

**Q: What do you like most about your position?**

A: I like to interact with patrons, especially when they are searching for an interesting read.

**Q: What's a recent project or task that you've worked on that you're either particularly proud of or enjoyed contributing to?**

A: I recently organized a community book club to discuss It Ends With Us by Colleen Hoover at the Wide River Winery. This was one of the first events I created so it was fun to see it come to life. In the future, I hope to create more book clubs to help people connect with other community members in the Clinton area.

**Q: What is a typical day like in your job?**

A: Every day at the library is different, which makes my job fun! Typically, I work at the main circulation desk to directly assist patrons with various tasks, such as checking out books or

helping them use computers. I also plan adult programs and work in the Makerspace, which is the library's design lab. Overall, my work helps promote lifelong learning in the Clinton area.

**Q: Favorite book/genre? Or What are you currently reading?**

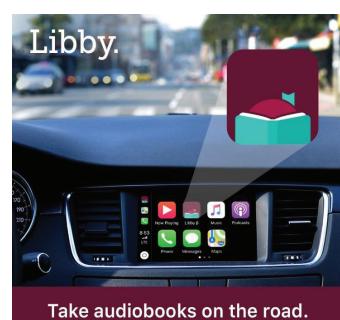
A: My favorite book is The Opposite of Loneliness by Marina Keegan. This book is comprised of many short stories, both fiction and nonfiction, that are so different from one another. I highly recommend this book to anyone, especially those who like short stories.

**Q: What was the last item you checked out? Was it any good?**

A: The last item I checked out at the library is a book called The Island of Missing Trees by Elif Shafak. I just started to read it, but it's good so far.

**Q: What are you most likely to be doing on your days off?**

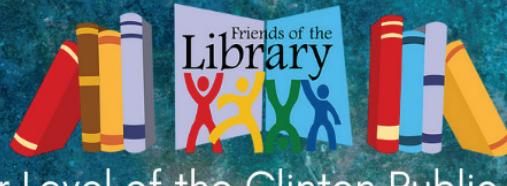
A: On my days off, you can often find me snuggled up with a good book, walking my dogs, Pepper and Kinley, or hanging out with my friends and family members.



Libby will soon replace the legacy OverDrive app. Make the switch today!

Libby.

## UNDERGROUND BOOKSTORE



Lower Level of the Clinton Public Library  
306 8th Ave S Clinton, IA

## FRIENDS OF THE LIBRARY BOOKSTORE

Monday 10 AM to 2 PM

Wednesday 1 PM to 5 PM

Saturday 10 AM to 2 PM

Special Sales Each Month! @FoLBookstore

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.

## WEEKLY YOUTH PROGRAMS

### Storytime | Wednesdays at 10:30 AM | 2nd floor - Storytime Room

Storytime is offered continually, with breaks occurring in later December and August. 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 2:30 PM | Makerspace

Every Wednesday, K-6th graders are invited to join us in the Makerspace from 2:30 - 4:00 PM 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 | Every 2nd Tuesday @ 10:30 AM

Something new the library is adding to our youth programs is a monthly baby dance party. We will have songs, toys, and bubbles for you and your baby to interact! This is a great chance for babies and caregivers to socialize with each other and their peers.

### Toddler Time | Every 4th Tuesday @ 10:30 AM

Similar to baby dance time but for 2 to 3 year olds, music and toys will be available.

## CHECKOUT OUR MAKERSPACE!

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



## JOHNSON-LIEFERMAN PHOTOS! LYONS PHOTOGRAPH PROJECT

The Johnson-Lieferman photo collection has been with the Clinton Public Library since 2011. We are now making available these photos/negatives at reasonable prices. If you are interested in purchasing a package that you had done by Johnson or Lieferman Photography please call 563-242-5355 to see if we have this 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. We hope to hear from you soon!

**Thank you for another great year of Market Music!**

Clinton Public Library proudly presents:

**M A R K E T M U S I C**  
2022 @ Lyons Four Square Park  
W E D N E S D A Y S 5 - 7 P M

SPECIAL THANK YOU TO OUR SPONSORS:

**1ST GATEWAY CREDIT UNION** **CITIZENS FIRST BANK** **DON'S JEWELRY**

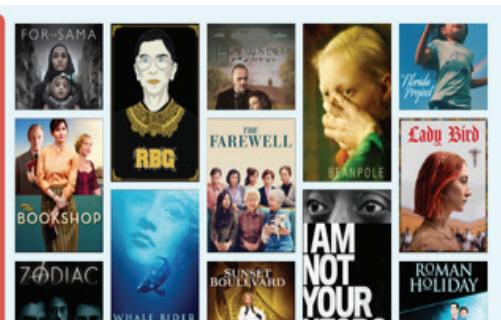
**THE RECYCLE STATION** **SWEETHEART BAKERY** **Homer's Deli**

**LYONS LIBRARY**

**kanopy** | Films that matter

What can you watch on Kanopy?

- 1 Go to [clintonpubliclibrary.kanopy.com](http://clintonpubliclibrary.kanopy.com)
- 2 Enter your library card number and, if necessary, your password/PIN
- 3 Create your account
- 4 Start watching



## FINANCE DEPARTMENT

## LICENSE YOUR PET

## Don't forget to license your pets for 2023!!

The license form can also be found on the City's website at [www.cityofclintoniowa.us](http://www.cityofclintoniowa.us) under the Finance Department > Forms.

## 5 Reasons to Get Your Animal Licensed

137111

Being a pet owner requires all sorts of responsibility. One that is often overlooked is registering your pet with your city government and getting him licensed. The American Humane Association indicates that 62% U.S. households own a pet. Another national average indicates that only 16% of pets are estimated to be licensed in the United States. Failing to license your pet can hinder your chances of getting him back if picked up by the pound, and can get you in trouble with the law.

If the above isn't reason enough for you to properly register your pets, here are a few more reasons why you should:

**1. It is the law.** In most states, it's mandatory that pet owners have their animals licensed. If you get caught without a license, which can and does happen, you will be hit with a hefty fine.

**2. If your pet goes missing, having him licensed drastically improves your chances of getting him back.** A license tag helps animal control and shelters quickly identify your pet and get him back to you safely. If your pet is found wandering the streets, a rescue organization can easily look up your pet via its license identifying number. Animals that are licensed tend to be kept at the shelter longer than unlicensed animals.

**3. The cost of the license is far less than the penalty for being caught without one.** If a city official finds your pet without a license, you shall be guilty of a simple misdemeanor and, upon conviction, be subject to a fine of not more than \$500 or imprisonment not to exceed 30 days.

**4. Licensing lets people know that your pet is up to date on its rabies vaccinations.** An animal cannot be licensed unless it is properly vaccinated. Animal control or a Good Samaritan will be much more likely to want to handle and care for your missing pet if they know that it is healthy and sans rabies.

**5. License fees support the efforts of many local animal shelters.** If you purchase your pet license at the Humane Society, half of the annual fee that you pay to license your pet goes to the shelter to help keep the shelter running.

## Where to get your pet licensed

You may visit City Hall; you may purchase at the Humane Society; you may purchase from Midwest Pets for Life; or you may apply for a license by mail.

## What is required to get a license?

- In order to apply for an animal license, you must provide a certificate showing that your pet is up to date with its rabies vaccinations.
- Animals over four months and older must be licensed.



1579 Main Ave, Clinton, IA  
(563) 321-4419

Please come see us at Backyard Oasis for any of your Pool and Spa chemical and service needs. Fall and winter hours are Tuesdays 10-2 and Thursdays 1-5 or by appointment.

We also have Gift Certificates available for the holidays.

See our Facebook page for more information.



byo qr



**Felix Adler Children's Discovery Center**  
Clinton, Iowa's Children's Museum!



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

Support Learning Through Play at the Discovery Center!

**Curbside Service**  
**Pasta Dinner FUNDRAISER**  
Sunday, November 20  
5 - 7 p.m.

Delivered right to your car from the delicious **Rastrelli's Tuscany**

Tickets must be purchased in advance:  
\$10 adults & teens • \$5 children

Call Discovery Center to order: (563) 243-3600

**Online Silent Auction**  
November 12 - 21



Bountiful baskets,  
gift certificates &  
collectibles!

Just in time for  
holiday gift-giving!



Bring  
your  
camera!

Sponsored by:



Milk & Cookies with SANTA



Saturday, November 28  
11 am - 1 pm

## BUILDING &amp; NEIGHBORHOOD SERVICES

## BUILDING CODES AND ORDINANCES

City codes and ordinances. What's the difference and why do we need them in our modern civilized world? Here's a couple of descriptions of the two.

A building code is the minimum acceptable standard used to regulate the design, construction, and maintenance of buildings of the purpose of protecting the health, safety and general welfare of the building users.

A building code is a set of regulations that are enacted by either state or local governments regulating the construction, renovation, and repair of buildings and other structures that humans may occupy. We use the term ordinance to describe a regulation passed by a municipality, such as a city, village, or town. A city ordinance is a type of authoritative law, rule, or regulation made by a city government, as opposed to a law made by a state; both are legal binding documents.

Building codes are not new to this century. The first known written building code was enacted by King Hammurabi in Babylon in 1758 B.C. Literally written in stone, the harsh penalties of the code established that people who are designing and building for others are accountable for the quality of their work. Though the code provided no guidance on how to build, it stated, "If a builder has built a house for a man and his work is not strong, and if the house he has built falls in and kills the householder, that builder shall be slain." Such penalties surely inhibited innovation, but they also kept most builders honest without licensing, detailed codes or permits. Also noteworthy is that this code did not apply to people building for themselves or their own families.

After the great fires in London in 1666 and Chicago in 1871, building codes started addressing the risks one building posed to adjacent buildings and the public. Denser development in cities, and hazards associated with close proximity and taller buildings, led to regulations for the construction of common walls between buildings and outlawing dangerous practices like wooden chimneys. Problems in existing buildings led to codes for light and ventilation, fire escapes, water supply, toilets and sanitary drains, and stairs and railings. Most adopted codes were written by the National Fire Protection Association because of hazards that were identified as dangerous to life and property.

Iowa Code Section 364.17 (2005) outlined that every city with a population of fifteen thousand or more which had not adopted another housing code under the section by January 1, 1981, was subject to and would be considered to have adopted the uniform housing code promulgated by the international conference of building officials, as amended to January 1, 1980. A city which reached a population of fifteen thousand, as determined after July 1, 1980, had six months after such determination to comply with the section.

Clinton is one of many cities in Iowa that have adopted the code set written by the International Code Council. The International Code Council regulates how buildings and structures in the community are constructed. This is done to protect the safety and well-being of the citizens and to establish uniform standards for property owners. After approving these standards, the city requires property owners to get a building permit before construction begins. They also establish building inspection methods so the city has the ability to see if a building is compliant. The International Code Council codes are broken down into two main books. The IRC, International Residential Code, deals with one- and two-family dwellings while the IBC, International Building Code, deals with larger-type residences and commercial buildings. Both publications refer to the NFPA series of codes which the city has adopted and are listed below.

- 2018 International Building Code
- 2018 International Residential Code
- 2018 International Fire Code
- 2018 International Mechanical Code
- 2018 International Fuel Gas Code
- 2018 International Existing Building Code
- 2018 International Property Maintenance Code
- 2018 Uniform Plumbing Code
- 2018 International Energy Conservation Code
- 2020 National Electric Code (No Change)
- 2010 ADA Standards (No Change)

These codes focus on the individual trades such as plumbing, electrical, and heating and cooling, etc. Contractors are aware of the individual codes that pertain to their profession. They study these codes during continuing education classes to keep their licensing up to date. To remain up to date with technologies and products these series of codes are renewed mostly as a standard every 3 years. In the 2 1/2 year interim anyone can propose changes, additions, or deletions that they feel are needed in the publications. Industry experts throughout the nation participate in code making panels specific to each topic, to study and deliberate in great detail to see if changes are warranted and appropriate.

Ordinances unlike national codes are not always evaluated on a regular basis to ensure that they are up to today's standard. The list of ordinances can be seen on the City of Clinton's web site or at American Legal.com. At the local level, if a citizen of Clinton sees the need for an ordinance change and doing the homework to recognize all ramifications of the change, often getting the help from a council person to aide to champion the change would be worth the effort.

## FLAT WORK PERMITS REQUIRED!

Flatwork is defined as pavement project, like driveways, sidewalks, patios. Flatwork is different from foundations as flatwork is a stand-alone project and foundations have buildings on them. Each have very different code requirements. Building and Neighborhood Services has been requiring flatwork permits for several years now, due to major zoning and building code violation. Currently, flatwork permits are "No Fee" and other than a zoning review, Building and Neighborhood Services does no inspections.

Here are some points of interest on Flatwork:

- Property line location is VERY important, if you are putting cement anywhere near them. If you put your flatwork on someone else's property, you can be required to remove.
- You can put a cement patio in your back yard with no issue.
- You can replace your sidewalk from your house to your garage with no issue.
- Sidewalks by the street might be in the

Right of Way, which requires special permitting. Section 97.031 of the City Ordinance covers sidewalk requirements.

- ANY work outside your property line, you would need to talk to Engineering about a Right of Way permit.
- You can widen your driveway, but are only allowed a certain linear footage for curb cut and there is a fee. Ordinance 97.114 addresses driveways and curb cuts.
- You can place your driveway or sidewalk up to your property line, but you cannot slope this flatwork to your neighbor's property, causing water runoff property damage. If the water falls on your property, it is supposed to shed to your property or gutter/sewer system.
- Driveways in front yards must lead to a parking area. Either garage or parking area on the side of or rear of the house. Front yards are not stand-alone parking lots.

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## RENTAL INSPECTION FEE INCREASE

Over the past couple of years, Building & Neighborhood Services has seen a dramatic increase in rental property owners not attending scheduled rental inspections and failing to make repairs after an inspection has been completed. This has created a strain on this office, putting us months behind, as we have to schedule numerous rental inspections before a property can ultimately receive its Rental Occupancy Certificate. In an attempt to ensure property owners attend all inspections, complete all required repairs, and recoup added costs of scheduling all these inspections, rental no show and re-inspection fee have been increased. Property owners who attend scheduled inspections and make all required repairs in a timely manner will not see any fee increases. The rental inspection fee increased are outlined below.

2nd Rental Re-Inspection	\$80.00 per building \$30.00 per violation
3rd Rental Re-Inspection	\$80.00 per building \$30.00 per violation
Reinstatement Fee	\$100.00 (for revoked certificate)
No Show fee	\$80.00 per building \$30.00 per Unit
Late Cancellation Fee (less than 48hrs)	\$80.00 per building \$30.00 per Unit
Inability to access entire property	\$80.00 per building \$30.00 per Unit
Failure to Register a Rental	\$200.00

The Biennial Inspection fee will remain \$40.00 per building and \$15.00 per unit.

The 1st re-inspection fee will also remain the same at \$40.00 per building and \$15.00 per Unit. Again, fee changes will only affect those owners who miss inspections without calling BNS to reschedule at least 48 hours before the inspection, and those owners who do not make required repairs in a timely manner. All fee changes took effect July 1, 2022.

## BUILDING &amp; NEIGHBORHOOD SERVICES

## 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.

How do I get rid of mold? It is impossible to get rid of all mold and mold spores indoors; some mold spores will be found floating through the air and in-house dust. The mold spores will not grow if moisture is not present. Indoor mold growth can and should be prevented or controlled by controlling moisture indoors. If there is mold growth in your home, you must

clean up the mold and fix the water problem. If you clean up the mold, but don't fix the water problem, then, most likely, the mold problem will come back. Below are steps you can take to help eliminate mold;

1. Fix the source of the water problem or leak to prevent mold growth.
2. Reduce indoor humidity (to 30-60%) to decrease mold growth by:
  - Venting bathrooms, dryers and other moisture-generating sources to the outside
  - Using air conditioners and de-humidifiers
  - Increasing ventilation
  - Using exhaust fans whenever cooking, dishwashing 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 same 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 below. 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.



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**Amanda Smith, Agent**

## BUILDING &amp; NEIGHBORHOOD SERVICES

## DO I HAVE BED BUGS?

A common complaint we receive is my apartment or house has bedbugs. Once thought to be largely eliminated in the United States, bedbugs have again become a problem. Bedbugs easily travel from one location to another and spread rapidly in connected living spaces such as apartment buildings. Often by the time an individual has discovered visible evidence of bedbugs, the infestation has become widespread. It is a common myth that bedbug infestations arise from unsanitary living conditions. While excess clutter can provide bedbugs with more opportunities to hide, bedbugs can be found almost anywhere.

**Signs you may have bedbugs?**

1. Bedbugs, including their eggs, are visible to the naked eye. However, because bedbugs are only about the width of a credit card, they can slide into very small places.
2. Bedbugs shed their skin, so you may see "bug shells" in your home.
3. You may have small blood stains on your sheets or pillows.
4. Bedbug bites generally look similar to other insect bites, though they may be lined up in "row" of bites. Common areas for bites are the arms, hands, face and neck.
5. Small reddish or brownish spots on linens are often the first sign of an infestation. These spots are the bedbug's droppings and may bleed on the fabric like a marker would.

**Preventing and Getting Rid of Bedbugs**  
*From the Environmental Protection Agency*

Bedbugs feed on your blood and cause itchy bites. Adult bed bugs are brown, 1/4 to 3/8 inches long, and have a flat, oval-shaped body. Young bed bugs (called nymphs) are smaller and lighter in color.

Bedbugs hide in a variety of places around the bed. They might also hide in other places, such as in the seams of chairs and couches, between cushions, and in the folds of curtains. They come out to feed on blood about every five to ten days. But they can survive over a year without feeding.

**To prevent bedbugs in your home:**

1. Check secondhand furniture for any signs of bedbugs before bringing it home.
2. Use a protective cover that encases mattresses and box springs. Check it regularly for holes.
3. Reduce clutter in your home so they have fewer places to hide.
4. Unpack directly into your washing machine after a trip and check your luggage carefully. When staying in hotels, put your suitcases on luggage racks instead of the floor. Check the mattress and headboard for signs of bedbugs.

**To get rid of bedbugs:**

1. Wash and dry bedding and clothing at high temperatures.
2. Use mattress, box spring, and pillow encasements to trap bed bugs and help detect infestations.
3. Use pesticides if needed.

The good news? Unlike some other pests, bedbugs don't transmit and spread diseases.

**Top Ten Bed Bugs Tips**  
*from the Environmental Protection Agency*

**1. Make sure you really have bedbugs, not fleas or ticks or other insects.** If you suspect you have bedbugs contact a professional infestation company to complete an inspection to confirm the infestation you have are indeed bedbugs.

**2. Don't panic!** Eliminating bedbugs is difficult, but it's not impossible. Don't throw out all of your things because most of them can be treated and saved. Throwing stuff out is expensive, may spread the bed bugs and could cause more stress.

**3. Think through your treatment options -- Don't immediately reach for the spray can.** Be comprehensive in your approach. Try other things first. Integrated pest management (IPM) techniques may reduce the number of bedbugs and limit your contact with pesticides. If pesticides are needed, always follow label directions or hire a professional.

**4. Reduce the number of hiding places -- Clean up the clutter.** A cluttered home provides more places for bed bugs to hide and makes locating and treating them harder. If bedbugs are in your mattress, using special bed bug covers (encasements) on your mattress and box springs makes it harder for bed bugs to get to you while you sleep. Leave the encasements on for a year. Be sure to buy a product that has been tested for bed bugs and is strong enough to last for the full year without tearing.

**5. Regularly wash and heat-dry your bed sheets, blankets, bedspreads and any clothing that touches the floor.** This reduces the number of bed bugs. Bed bugs and their eggs can hide in laundry containers/hampers, so clean them when you do the laundry.

**6. Don't rely on do-it-yourself freezing as a reliable method for bed bug control.** While freezing can kill bed bugs, temperatures must remain very low for a long time. Home freezers are usually not cold enough to kill bed bugs. Putting things outside in freezing temperatures can kill bed bugs, but it can take several days when the temperature is 0° F and almost a week when the temperature is 20° F.

**7. Use heat to kill bed bugs, but be very careful.** Raising the indoor temperature with the thermostat or space heaters won't do the job. Special equipment and very high temperatures are necessary for successful heat treatment. Black plastic bags in the sun might work to kill bed bugs in luggage or small items, if the contents become hot enough (about 110° F for at least 3 hours).

**8. Don't pass your bedbugs on to others.** Bedbugs are good hitchhikers. If you throw out a mattress or furniture that has

bedbugs in it, you should slash or in some way destroy it so that no one else takes it and gets bedbugs.

**9. Reduce the number of bedbugs to reduce bites.**

**10. Thorough vacuuming can get rid of some of your bedbugs.** Carefully vacuum rugs, floors, upholstered furniture, bed frames, under beds, around bed legs, and all cracks and crevices around the room. Change the bag after each use so the bed bugs can't escape. Place the used bag in a tightly sealed plastic bag and in an outside garbage bin.

**11. Turn to the professionals, if needed.** Hiring an experienced, responsible pest control professional can increase your chance of success in getting rid of bed bugs. If you hire an expert, be sure it's a company with a good reputation and request that it use an IPM approach. Contact your state pesticide agency for guidance about hiring professional pest control companies. Also, EPA's Citizen's Guide to Pest Control and Pesticide Safety provides information about IPM approaches, how to choose a pest control company, safe handling of pesticides, and emergency information.

**I think I may have bedbugs. What should I do?**

1. If you live in a rental, notify your landlord. Depending on the circumstances the property owner may be responsible to the elimination of all infestations.

• City of Clinton Iowa, Code of Ordinances Chapter 155.19 (L) states "Every owner of a dwelling containing two or more dwelling units shall be responsible for the extermination of insects, rodents or other pests on the premises. Whenever infestation exists in two or more of the dwelling units in any dwelling, or in the shared or public parts of any dwelling containing two or more dwelling units, extermination thereof shall be the responsibility of the owner."

2. Contact a professional exterminator, throwing away furniture and using spray or powders purchase at the local store will not eliminate bed bugs.

3. Cooperate with extermination efforts.

4. Reach out to Building & Neighborhood Services with any questions or concerns.

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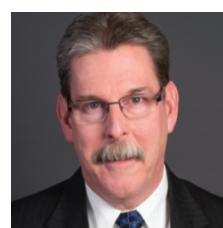
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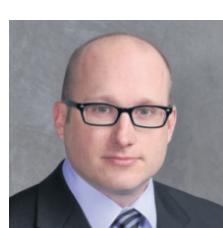
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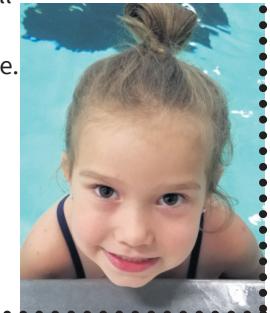


## CHILDCARE SERVICES!

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, call us at 563-242-2110, visit our front desk or go to our website. More information is available at [ywcaclinton.org](http://ywcaclinton.org).

### Once Weekly Sessions for 6 Weeks

**1st Session Registration:** December 26 - January 8

**1st Session:** January 9 - February 18

**2nd Session Registration:** February 20 - 26

**2nd Session:** February 27 - April 8

## 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.



## LIFEGUARD CLASSES!

Become a certified lifeguard in just one week! Visit or call us at 563-242-2110 to register for YWCA Clinton's upcoming lifeguard classes. For more details, visit [ywcaclinton.org](http://ywcaclinton.org). Must be at least 15 years old to participate.

### Class dates:

**February 20 - 26 and April 10 - 16**, M-F 5:30-9pm, Sat 10-5pm, Sun 12-3pm

## 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. Visit our front desk to see if you qualify!



## PRESCHOOL!

We offer early childhood preschool education programs for both 3-year-olds and 4-year-olds at both our Downtown and Lyons campuses.



Preschool is available at no cost for 4-year-old Iowa residents, while limited scholarships are available for 3-year-old preschoolers.

For more information, please contact us at 563-244-8640.

## 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. We are currently in need of donations for toiletries, such as **towels, toilet paper, paper towels, tampons, pads** and **cleaning supplies**. Contact our Empowerment Center Director, Angie Bloomfield, regarding donations by calling 833-849-8976 or emailing [angie@ywcaclinton.org](mailto:angie@ywcaclinton.org).

## 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 at [health@ywcaclinton.org](mailto:health@ywcaclinton.org) or 563-249-0077 to learn more.

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