MESSAGE FROM THE MAYOR

Happy Health Days
I love this time of the year. Spring is slowly upon us. I know of no more beautiful place on earth than Cache Valley—particularly Smithfield—to experience the perpetuating canvas of nature. The streams, reservoirs, and aquifers are filling with the valuable spring runoff being fed from a generous, seasonal snow pack. Seeds are being sown on farms and in home gardens with the hope of blooming flowers, vegetation and a rich harvest this Fall. Even the birds are chirping again in the early morning hours. To me, it’s a miracle worth taking note of and being grateful for.

As our eyes and ears observe the abundance that we enjoy, I am reminded of the importance and the responsibility that we have to manage our resources wisely: properly preserve that which is worth preserving, unslishly plan for future generations yet to come, and celebrate all of the good things in our community, particularly its people, both young and old. As a council and city staff, we take our responsibility seriously and pledge to carefully manage and allocate resources in an accountable and fiscally prudent manner. In addition, thank you for the individual efforts that you make to improve the city through your work to clean, trim and beautify your homes each spring and throughout the year. Your singular labors add value to your property and help to polish the city and make it a welcoming place. Taking pride in the way we maintain our property says a lot about our respect towards our community and neighbors. We also appreciate everyone that took part in our “Community, Comcast Cares Day.” The cooperative effort to beautify and improve the city in many areas is appreciated. The funds that Comcast contributes are used to advance areas of the city that we just couldn’t otherwise afford.

In Smithfield, we have the occasion each spring-time of coming together in a traditional city-wide celebration. It is a time when many former families, friends, and residents return to experience a place and time that they once cherished, that has a significant place in their lives. We are thrilled to welcome our guests and open our celebration to one and all, pledging to be a courteous and welcoming community. Our customary event has taken on the name of “Smithfield Health Days.” I like that title. Health is not just how a body feels. In describing good health, one definition even uses the phrase, “a flourishing condition.” Most modern-day dictionaries refer to health as the condition of body, mind, and spirit. A community like ours measures its health in terms of the condition of its schools, roads, services, parks, economy, public safety, freedom and opportunities to worship, recreational facilities and programs. Included in that list would be legislating fair laws and ordinances that encourage civility, and protection, allowing a world-class quality of life. So, as we approach a new season, and we consider our personal health, homes, community, state and nation, let’s remember the abundance of resources that we have been given and to use them properly to flourish, prosper and thrive together.

From the mayor, city council and Smithfield City staff, we thank you for letting us serve and represent you and hope you will find time to support and participate in Smithfield Health Days, making it a “healthy” tradition in your lives for years to come. For a complete list of activities, including times and places, you can go online to: http://www.smithfieldrecreation.com/

I am sure you will find something for everyone. - Darrell Simmons, Mayor

P.S. Did you know that the Health Days Parade is back on Main Street this year? 10:00 a.m. - 300 South to 300 North.

SMITHFIELD DUP

The May meeting of the Summit Camp of DUP will meet on Monday, May 16th at 12:30 in the Smithfield Senior Citizen Center at 375 S. Canyon Road. There will be a luncheon followed by the lesson taught by Ruth Swaner. Visitors welcome. There will be no meetings from June thru September.

SMITHFIELD SENIORS

Smithfield Seniors (age 55 & older) will be meeting at the Smithfield Senior Citizen Center at 375 Canyon Road, Smithfield on Tuesdays for a meal at noon. Come socialize with other seniors any time after 10 a.m. Please call Rachael Bott @ 764-1303 to let her know you are coming, if you didn’t sign up for the meal or for the foot clinic.

May 3rd – Lunch will be Roast Beef, Mashed Potatoes & Gravy, Green Beans, Roll & Dessert. Our Activity will be a Mother’s Day celebration.

May 10th – Lunch will be a Taco Salad, Tortilla Chips, Fiesta Corn & Dessert. Our Activity will be Travels to Mexico.

May 17th – Lunch will be Pork Chop with Gravy, Cheese, Rice, Parsley Carrots, Roll & Dessert. Our Activity will be Car Classic Cards with Mary.

May 24th – Foot Clinic at 10 a.m. Lunch will be Italian Meatball Sub Sandwiches, Coleslaw, Chips & Dessert. Our Activity will be announced later.

May 31st – Lunch will be Turkey Roll-ups with Stuffing, Mashed Potatoes & Gravy, Peas, Roll, & Dessert. Our Activity will be a Balloon Release Memorial.

June thru September we will only meet on the 2nd and 4th Tuesday of the month. The menu for those months will be posted later.

COMING SOON!

SMITHFIELD CITY VETERANS MEMORIAL

For his Eagle Scout project, fifteen year old resident Jon Cheatham is building a Veterans Memorial. The memorial will include a beautiful bronze battlefield cross surrounded by pavers arranged in the shape of a pentagon to honor the branches of the Armed Forces. It will be located on the southeast corner of the Library. The City Council has approved of the project.

Jon and his fellow Scouts are gathering donations from citizens, businesses and other organizations to help cover the estimated cost of $10,000. Jon is asking for your help. Please mail or hand deliver your donation to the City Office. Checks may be written to “Smithfield City.” Jon will also have a booth at Health Days on May 14th. Visit the booth to learn more about the project and give a donation. If you have questions or want more information on this project, Jon can be reached by email at joncheatham50@gmail.com or (435) 752-0650.
2016 Summer Camps + Classes

Register May 2

- dodgeball camps
- volleyball training camps
- tennis camps
- music classes
- sports performance camp
- creative craft classes
- basketball skills camp
- sports + wellness camps
- jr chef classes
- soccer camps

Health Days Fun Run
10K, 5K & Mayor's Mile
May 14, 2016 @ 7:30am
James Mack Memorial Park, Smithfield

ALLRED
FREE CONCERT IN THE PARK
Date: Saturday, May 14
Time: 12:00 p.m. (Noon)
Place: Forrester Acres Complex
100 N. 500 W. Smithfield, UT

Movies in the Park
June 3
9:00 pm
Mack Park

www.smithfieldrecreation.com
# Smithfield Health Days

## 2016 Schedule of Events

### Monday, May 9:
- **6:00 pm:** Health Days Family Bike Ride  
  Mack Park, Canyon Road in Smithfield

### Wednesday, May 11:
- **7:00 am:** Greater Smithfield Chamber of Commerce Charity Golf Tournament  
  Birch Creek Golf Course (Sign up by May 6)
- **5:30 pm:** Mountain Bike Challenge  
  Mack Park, Canyon Road in Smithfield
- **7:00 pm:** Smithfield Library Art Tour

### Thursday, May 12:
- **7:30 pm:** Stratford Loosle Young Musicians Competition  
  Sky View High School Auditorium

### Friday, May 13:
- **6:30 - 9:30 am:** Pancake Breakfast  
  Smithfield Fire Station
- **7:30 am:** Health Days Fun Run  
  Mack Park
- **8:00 am:** Flag Ceremony  
  Smithfield Fire Station
- **10:00 am:** Health Days Parade  
  Main Street, 300 S. - 300 N.
- **11:00 am - 4:00 pm:** Booth and Park Activities  
  Forrester Acres
- **12:00 pm:** Arbor Day Celebration  
  Forrester Acres
- **12:00 pm:** Smithfield Library Art Tour  
  Smithfield City Library
- **12:00 - 2:00 pm:** Horse Pulls  
  Forrester Acres Horse Arena
- **12:00 - 2:00 pm:** Children Games  
  Forrester Acres Soccer Fields
- **2:30 - 3:00 pm:** Local Performances  
  Forrester Acres Stage
- **3:00 - 4:00 pm:** "The Antics" Comedy Show  
  Forrester Acres Stage
- **5:00 pm:** Blue Sox Double Header  
  SVHS Auditorium
- **7:00 pm:** The Twelve Dancing Princesses  
  SVHS Auditorium
- **After Dark:** Fireworks  
  Forrester Acres

### Saturday, May 14:
- **6:30 - 9:30 am:** Pancake Breakfast  
  Smithfield Fire Station
- **7:30 am:** Health Days Fun Run  
  Mack Park
- **8:00 am:** Flag Ceremony  
  Smithfield Fire Station
- **10:00 am:** Health Days Parade  
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- **12:00 - 2:00 pm:** *Concert in the park* **ALLRED**  
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