



~ CITY NEWS ~
INFORMER & WATER BILL
October 1, 2014

A WHOLE LOT GOING ON!

These days, every penny counts and many community organizations are feeling the pinch, and with that in mind, we want to develop some programs and events to supply to our city residents that are, if not free, then at least a minimal cost.

If you're scrambling to find creative ways to enjoy the winter, and throughout the year, please come and participate in a community group, and event that will generate enthusiasm and hopefully pull us all together.

Getting our community together for an afternoon or evening has some nice advantages: You'll be able to develop more than a nodding acquaintance with the folks you're sharing air with, and you can begin to cultivate a little of the small town atmosphere missing in our town and other communities across the country. This has the potential for making life more pleasant for everyone. Knowing that someone you like and respect is watching to make sure your home isn't vandalized while you're away for the

weekend can be a big stress reducer. The more neighbors you know, the more likely you are to find a few you wouldn't mind inviting over for a bbq, or game night, too.

Please join me for **Sit Down With The Mayor, Wednesday, October 15th, at 7:00 p.m.**, and bring your ideas.

CEMETERY

In some communities, the cemetery is a beautifully groomed and shady space more like a park than anything else. I am, at this time, developing a design plan for our cemetery. I toured the Monito Park Rose Garden and think that a design similar to theirs would be amazing. We also need to clean and maintain some of the damaged markers.

Check out our website (cityofathol.us) and see the photos of the some of the headstones I have taken. I will be updating, and providing information on each one. Please help me out.

CITY COUNCIL MEETING
OCTOBER 7, 2014
@ 7:00 PM
CITY HALL - 30355 3rd
208-683-2101

On the Agenda:

Old Business:

Status Update Forensic Audit

New Business:

Council Purchasing Kitchen Items

Site Disturbance:

Randy Krieg

Executive Session:

Code 67-2345

a: to considering hiring... &

f: to communicate with legal council...

Mayor:

Darla Kuhman

City Council:

Mary Zichko
Lewis Miller
Shane McDaniel
Josh Spencer

City Clerk/Treasurer:

Lori Yarborough

Assistant/Deputy Clerk:

Tamie Cunningham

Public Works Director:

Stephen Williams

FIT & FALL PROOF CLASSES FOR SENIORS - FREE

Panhandle Health Program – Monday – Wednesday – Friday @ 10:00 am – In the Gym

Fit & Fall Proof Classes for Seniors

- **Every 18 seconds an older adult is treated in an emergency department for a FALL!**
- **Every 35 minutes someone in the population dies as a result from their injuries! (CDC)**
- **More than 90% of Hip Fractures among older adults are a result of a fall!**

These sobering statistics are the entire reason the Fit & Fall Proof™ fitness program was created.

Fit & Fall Proof™ is designed to help senior citizens prevent injuries and the subsequent loss of independence. Class participants learn simple exercises to increase strength, balance and endurance, which can help prevent the accidental falls and tripping sometimes associated with age.

Contact Lisa Gardom with Panhandle Health at 208-415-5242 for more information. Angie is our local instructor at the City Community Center.

Clock In City Office

If anyone has information regarding a clock that is in the City Office – please contact us with your information.

We encourage public input. Please drop off your concerns, or suggestions at the City Hall. We are here for you.

↓ **WATER BILL** ↓

From the desk of the Mayor - October 1, 2014