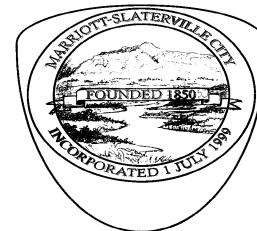

THE PIONEER POST



Volume XVII Issue 3

Marriott-Slaterville City Newsletter

March 2015

1570 West 400 North – Phone 801-627-1919 – www.marriott-slaterville.org

Easter Egg Hunt

Saturday, April 4, 2015 – 10:00 AM

Kids ages 1-8, come join us for the Marriott-Slaterville City Easter Egg Hunt at Slaterville Park. The Easter Bunny will make a special appearance! Bring your camera and see you there rain or shine! Sponsored by: Les Olson Company and Marriott-Slaterville City.

PLANNING COMMISSION

TUESDAY, MARCH 17, 2015 – 7:00 P.M.

1. Call to Order/Minutes.
2. Discussion/action on commercial site plan on 43 acres at the end of 1700 West off 1200 South for RV Sales & Services.
3. Other business.
4. Adjourn.

This agenda is tentative. Items can and will change.

CITY COUNCIL MEETING

THURSDAY, MARCH 19, 2015 – 6:30 P.M.

1. Call to Order and Pledge of Allegiance.
2. Discussion/action on minutes.
3. Business licenses, if any.
4. Ordinance establishing the Marriott-Slaterville Community Development and Renewal Agency.
5. Convene the Marriott-Slaterville Community Development and Renewal Agency.
6. Resolution authorizing the preparation of a draft Community Development Project Area Plan on 43 acres at the end of 1700 West off 1200 South.
7. Adjourn the Community Development and Renewal Agency.
8. Ordinance imposing the municipal telecommunications license tax in accordance with Utah Code §10-1-403.
9. Officer reports and legislative oversight.
10. Adjourn until April 16, 2015.

This agenda is tentative. Items can and will change.

North Slaterville Irrigation Annual Meeting

The annual meeting of the North Slaterville Irrigation Company will be held on Thursday, March 19, 2015, at 7:00 PM at Marriott-Slaterville City, 1570 West 400 North. Shareholders please attend. Neil Saunders, Secretary.

Spring Gardening

Spring is arriving early and it is time to garden. You don't

have to look far on the internet to find information on the health benefits of gardening. We find that those obsessed

with gardening, that it is a good thing that can improve your mental and physical well-being. Here are some ways:

- Burns calories. Gardening is considered moderate to high intensity exercise. The Centers for Disease Control and Prevention says you can burn up to 330 calories during one hour of gardening and yard work.

- Lowers your blood pressure. Just 30 minutes of moderate-level physical activity a few times a week can prevent and control high blood pressure. The National Heart, Lung, and Blood Institute recommends gardening on its list for addressing high blood pressure.

- Strengthens your immune system. Outdoor sunshine helps you soak up vitamin D, which helps the body absorb calcium. Calcium helps keep your bones strong and your immune system healthy.

- Relieves stress. Dr. Anna Ranieri suggests practicing mindfulness while you garden helps lower stress. Be present and listen to the trees while you pause to feel the soil.

- Makes you happier. A study from Evolutionary Psychology maps the emotional impact of being around flowers, and of course, happy people smile.

Our community gardens are always looking for helping hands. Make some time this season to volunteer. Contact Sandra Saunders, 801-731-2123; or DeAnn Hufstetler: 801-731-5129.

Green Castle

Zach Holbrook 801-605-8307

Fertilization and aeration
Broadleaf Weed and Crabgrass Control
Insect Control
Foundation Sprays
Weekly Landscape Maintenance
Sprinkler Repairs
Snow Removal
Free Estimates
Residential/Commercial