



City of Carter Lake Newsletter

Inside this issue:

<i>Police Department</i>	2
<i>Animal Control</i>	3
<i>Property Maintenance</i>	3
<i>Parks & Rec</i>	4
<i>Senior Center</i>	4
<i>Fire & Rescue</i>	4
<i>Library</i>	5
<i>Face of the Month</i>	9
<i>Business Directory</i>	15-16
<i>Calendar</i>	18

Letter from Mayor Waltrip . . .

To the Citizens of Carter Lake:

Once again another month has past through our lives.

The council members have had their minds occupied these past few months with three distinct issues that require equal due diligence for each issue and to credit it appears they completed their studies and cited on all three issues.

1st was the Splash Pad project that will be installed hopefully by no later than June. Councilmember Ron Cumberledge and Park's Director Chris Ethen have been working to make this project a reality.

2nd was Lone Mountain Trucking on Abbott Dr north of the Hampton Inn. Lone Mountain has grown at a faster pace than the owners had anticipated. They are in need of more parking for the trucks they have on display and for sale. So between the Planning Board and the City Council they could allow Lone Mountain to add some additional hard surface parking. Lone Mountain Trucking has approximately 100 employees as of this writing. Kudos to Lone Mountain for investing in Carter Lake.

3rd project is Lakeside Auto Recyclers located south of 9th and Locust Street. The Levell family is willing to invest millions of dollars to upgrade their business that shreds junk cars and

other scrap materials that will basically recycle the entire vehicle. This proposal has been before the Planning Board and the City Council for approximately 4-5 months. At the last Planning Board on April 10, 2017 the board voted to send recommended zoning amendment changes to the city council; On April 24th the City Council approved the final reading of the zoning amendment. Now the Planning Board will meet to review Lakeside Building Permit Application and variances. If there is anything the board does not or can not approve; Lakeside will be allowed to appeal to the City Council. I know the above sounds almost ridiculous, but that's the way things work sometimes. Hopefully Lakeside will be able to get started on their new project by the middle of May.

The Parks Department is getting started with baseball season, so as they say, let the games begins. The parade and Carter Lake Days are just around the corner on June 10, 2017.

Finally for all of you who volunteer for what the cause is, to make this community of Carter Lake a better place . . . THANK YOU!!

As always. It is a honor and a privilege to serve as your Mayor.

Sincerely, Jerry Waltrip

SPECIAL POINTS OF INTEREST

- Mother's Day
- USA Triathlon
- K-9 Unit
- Optimist Club
- Library Book Club
- Carter Lake Days
- Pancake Breakfast
- Plant & Bake Sale



Police Department

Citizens of Carter Lake, The Carter Lake Police Department is happy to announce that we are starting a Police K-9 unit. Chief Kannedy spoke with the city council about the program and everyone has agreed that the city could benefit from having a K-9 service dog.

Chief Kannedy opened the K-9 handler position for all Officers to apply for and selected Officer Owens to run the program.

This program is going to be funded completely by donations, grants and asset forfeiture. Currently we have received some very

generous donations from Lakeside Auto Recyclers, Paxton Vierling Steel, Lone Mountain Trucking, and Jonesy's Taco House. These donations have given us a great start towards our goal, but running a K-9 unit is not a cheap endeavor. So we are asking you; the citizens of Carter Lake to help us in starting this program to benefit our city. Any amount you can donate helps, no matter how small. If you wish to make a donation you can drop them off at either City Hall or the Carter Lake Police Department during normal business hours. Just make sure to tell them

that the donation is for the Carter Lake K-9 unit.

Also you may have seen some citizens wearing shirts to show their support for the K-9 unit. Fancy Stitching located at 3000 N 13th Street in Carter Lake is making shirts available for purchase so you can show your support. Nearly all of the proceeds from the sale of these shirts go directly to fund the K-9 program. Other local businesses have come forward with ideas for fundraisers, so watch for announcements in the future.

Chief Kannedy & Officer

Owens are currently working with K-9 Working Dogs International located in Longford, Kansas to provide the dog and purchase. We are hoping to have Officer Owens and his new partner working the streets by the end of June. So keep your eyes open for future progress updates, & thank you for any help you can provide in making this program a success.

**DO REGULAR DOGS SEE
POLICE DOGS AND
THINK "OH NO, IT'S
THE COPS?"**

K-9 Handler Officer Owens

Are you excited about adding the K-9 Unit? I am very excited about adding a K9 unit. It is something the community can definitely benefit from and is something I have always wanted to do.

Will the community be able to interact with the K-9? Sometimes people will be allowed to interact with him/her. It really just depends on if the dog is in the middle of something and if the dog is relaxed enough to interact safely. Remember Police K9's are tools first

and foremost. They might look cute and cuddly but they most definitely not a pet.

Will the K-9 be on duty whenever you are on duty? Yes, whenever I am on duty the dog will be as well. The dog will also be living with me and my family when ever it is not at work.

What are some things children should be aware of when seeing you and the K-9 in public? . Definitely do not run up to the dog

please! Just like with any dog; that could lead to being bit. Dogs get startled just like people do and biting is one way to protect themselves and I would really hate to see anyone get bit. Also when my cruiser gets done there will be stickers on it that say "stay back". There is a reason for that. It is for your protection and the dogs as well. So please do not run up to my cruiser either. If you want to talk to me or see the dog just calmly and slowly walk up to my car

if I am in it and ask. Just don't be too disappointed if I tell you that you can't see him/her at the moment. It is nothing personal.

Any other thoughts you would like to share? Just one more time, please remember that the dog is a tool for the Police department to use and is not a pet. Also if anyone has questions about the dog or the program please feel free to ask me. I can't guarantee that I will always have the answer but I will do my best to get you an answer.

Animal Control



The weather is getting warmer and our pets are going to be spending more time outside. Here are a few things you need to know to keep them safe

1. Anytime you have animal outside unattended you need to provide a few things for them. Clean water and an approved shelter must be provided at all times. This is a requirement of the city ordinances regardless of how long the animal is outside.

2. Your animal can only be outside for 30 minutes if it is on a leash or chain. The only exception to this is if an adult over the age of 19 is outside with the animal or you have a fully fenced yard. Additionally, if you do have an animal on a tie out you must make certain that it cannot reach public sidewalk or your neighbors yard.

3. Remember to pick up your pet waste. Not only is this a health hazard to your animal but can also be a nuisance to your neighbors. The warmer

weather will cause excess pet waste to smell very badly. The first offense could result in a \$500.00 fine.

4. Barking dogs are a common complaint. It is your responsibility as a dog owner to control your dogs action especially barking. Barking dogs can be heard for blocks and usually set off a chain reaction of other dogs barking.

5. It is unlawful to leave an animal unattended in a vehicle. Temperatures inside vehicles can easily

reach over 100 degrees. This can cause serious health problems and even result in death. Even with the windows cracked and a bowl of water the temperatures can still be to much for your animal to handle.

Animal Control Officer

(402) 658-1722

Please leave a message and the office will return your call when he is on duty

Property Maintenance

Spring is the perfect time to spruce up your property and make improvements in your neighborhood!!

Consider lending a hand to help a neighbor who may be in need of assistance with yard maintenance.

WEEDS & MOWING

It is that time of year again when the grass and weeds take over our lawns. All property owners are responsible to keep their land and the adjacent parking areas free of weeds and grass

that are 9” or taller. The City will have any uncontrolled weed growth abated without prior notice to the property owner. The cost of the abatement will be billed to the property owner along with a \$75 administrative fee. Please keep your property clear of weeds and grass. Do not mow, blow or sweep your grass clipping onto the street or the curb area!

BULK PICKUP

If you have couch, chairs, or appliance that needs to

go to the landfill. Please call Red River Waste Solutions to pay fee. After the fee is paid the items will be picked up on your next garbage collection day. These items should not be left on the curb until pickup has been scheduled.

RED RIVER WASTE SOLUTIONS
(712)527-5910

REQUIRED PERMITS

Are available online and at City Hall Here is a sample of permits that are required in Carter

Lake: Siding, Window and Door replacement; Roofing, interior and exterior structural renovations; garage, shed, fences; Replacement of water heater, furnace or air conditioner; plumbing and electrical upgrades

PET WASTE

Remember to pick up your pet waste. Not only is this a health hazard to your animal but can also be a nuisance to your neighbors. The warmer weather will cause excess pet waste to smell very badly. The first offense could result in a \$500.00 fine.

Parks and Recreation

TAKE ME OUT TO THE BALLGAME...



Fun facts about baseball.

*The life span of a major league baseball is 5 – 7 pitches. During a typical game, approximately 70 balls are used.

*The unofficial anthem of American baseball, “Take Me Out to the Ballgame,” is traditionally sung during the middle of the 7th inning. It was written in 1908 by Jack Norworth and Albert von Tilzer,

both of whom had never been to a baseball game.

*Hot dogs are the most popular ballpark food item. Baseball fans ate 21,357,316 hot dogs and 5,508,887 sausages during the 2014 major league season. That is enough hot dogs to stretch from Dodger Stadium in LA to Wrigley Field in Chicago,

*During a swing, a baseball bat may travel about

80 mph at its peak.

*The last major league ballpark to install lights was Chicago’s Wrigley Field in 1988. Until then, the Cubs did not have lights and played all their home games in the day-time.

*By chewing on sunflower seeds during a ball game, you’re taking part in one of baseball’s oldest traditions.

Senior Center

Birthday
5-9 Rose Comandll

Anniversary
5-27-78
Marilyn & Roger Heider

*Please join us for our monthly celebration
Thurs. May 11th at 5 p.m.*

The free Tai-Chi classes are held every Monday for 16 weeks. Sessions last one hour, 12:30-1:30. Anyone over the age of 18 may participate, if you are a senior and need a ride to the center, please contact Linda to schedule a ride. (712) 347-6102

Tai-Chi is non-impact movement and has been proven to reduce the risk of seniors of falling by nearly 50% and can be done seated or standing with or without support. It is also good for Arthritis, flexibility, stability, strengthening

muscles, supporting joints and posture. And can be very relaxing. Please make plans to join us at the Senior Center



Fire and Rescue Department

PANCAKE BREAKFAST
SUNDAY MAY 7th

Hours: 7:30 a.m. - Noon
Adults \$6 Kids (6-12) \$5
Senior Citizens \$5
Kids (5 & Under) FREE
Second Breakfast \$3

Delivery upon request in Carter Lake
(712) 347-5900

LADIES AUXILIARY
Plant & Bake Sale
Saturday, May 6th

Hours: 9 a.m. - 4 p.m.

Any remaining plants and baked goods will be available for sale at the Fire Department's Pancake Breakfast on Sunday May 7th

*I love Fire Dept
Pancakes”
Jaxon age 7*

EDWARD F. OWEN MEMORIAL CARTER LAKE PUBLIC LIBRARY

1120 Willow Drive
Carter Lake, IA 51510

MAY 2017

HOURS:

CONTACT US: (712) 347-5492 (P) (712) 347-5013 (F) EMAIL: owenlibrary@cox.net	Monday	10:00 — 6:00
	Tuesday	12:00 — 6:00
	Wednesday	10:00 — 6:00
	Thursday	12:00 — 6:00
	Friday	10:00 — 6:00
	Saturday	10:00 — 6:00

Visit our website!
carterlakelibrary.com

AND

Follow us on Facebook!
Edward F. Owen Memorial Library

CALENDAR OF EVENTS MAY 2017

Monday, May 1 — Book Club at 11:30 AM in the Multi-Purpose Room

Thursday, May 4 — Star Wars Day! Check out 5 items or more and be entered into a drawing for the prize below!

Tuesday, May 9 — Therapy Dogs will be in from 3:45 to 4:30!

Monday, May 15 — National Chocolate Chip Day! Come in and check out and you'll receive a chocolate chip cookie!

Saturday, May 27 & Monday, May 29 — The library will be closed for Memorial Day weekend!

May is *Get Caught Reading* Month!

Summer Reading Program starts June 1st and ends July 31st!

MAY THE FORTH BE WITH YOU!



DEATH STAR PLANETARIUM, R2D2 BOP IT, STAR WARS ENCYCLOPEDIA AND MAD LIBS!

Books are a uniquely portable magic.
- Stephen King

MAY 15TH IS CHOCOLATE CHIP DAY!



STOP IN AND CHECK OUT FOR A CHOCOLATE CHIP COOKIE!

NEW ADULT FICTION

The Stars are Fire by Anita Shreve

The Fix by David Baldacci

If Not for You by Debbie Macomber

16th Seduction by James Patterson

Golden Prey by John Sanford

The Girl Who Knew Too Much by Amanda Quick

Robert B. Parker's Little White Lies by Ace Atkins

One Perfect Lie by Lisa Scottoline

The Burial Hour by Jeffrey Deaver

The Lost Order by Steve Berry

The Woman in the Castle by Jessica Shattuck

The Perfect Stranger by Megan Miranda

Full Wolf Moon by Lincoln Child (5/16)

You Will Pay by Lisa Jackson (5/30)

Come Sundown by Nora Roberts (5/30)

NEW DVDS

Star Wars: Rogue One (PG-13)

La La Land (PG-13)

The Great Wall (PG-13)

Dr. Strange (PG-13)

The Accountant (R)

Library

CARTER LAKE PUBLIC LIBRARY SUMMER READING PROGRAM!



Age Groups

3 - 9

10 - 17

Every book and magazine checked out during the months of June and July will be counted.

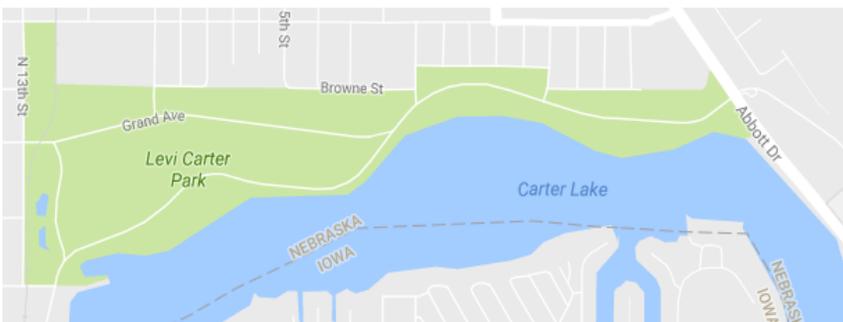
Participants ages 3 - 9 will be able to choose an item from the gift basket whenever they check out 10 or more items at a time.

ONE GIFT ITEM PER DAY!

The top reader in each age group will receive a grand prize at the end of the program.

Carter Lake Preservation Society Lake Cleanup

Over the years the CLPS has organized an annual lake clean up and the past few years they have not held the annual cleanup. After surveying the current conditions of the lake on a recent bike ride, I decided it is very important to make sure the CLPS does the clean up every year.



Saturday, May 6, 2017 9 a.m. - Noon

Refreshments will be provided

Please bring gloves!!

Meeting on the north side of the lake in
Levi Carter Park in Omaha.

Steve Wilbur (402)319-5220



Carter Lake Community Day Parade and Festival



Sat., June 10, 2017

Contact: Chris Ethen
Cell: 402-659-4475
chris.ethen@carterlake-ia.gov

★ Parade

★ Festival at Mabrey Park

(17th and Willow Drive)

11:30-4:30 pm

- carnival games/inflatables
- vendor booths
- petting zoo/6 horse carousel
- photo booth
- motorcycle show
- car bash
- face painting
- Sgt. Peffer's Beer Garden



★ Fireworks at Carter Lake Ball Fields (17th & Avenue P)



- food vendors
- DJ: Karaoke at 6:00 pm-8, Music 8-9:30, Patriotic Music 9:30 on
- fireworks at dusk

Other Events

★ Live Bands at Mabrey Park - sponsored by Sgt. Peffers

- **Come Together:** 12:30-3:30 pm (the music of Lennon & McCartney)
- **Pet Rock:** 5-8 pm (70s music)

★ Car Show - sponsored by Lakeside Tires 11:00 am-4:30 pm (9th and Locust St.)

- free hotdogs
- drawings for flat screen, tires, car washes



USA TRIATHLON is returning to Carter Lake

The USA Triathlon has decided to make Carter Lake part of their race again. More than 10,000 people participate and support this amazing event. Carter Lake is excited to have the USA Triathlon here again.

The event is such a good time for people of all ages.

What is a USA Triathlon? USA Triathlon is proud to serve as the National Governing Body for

triathlon, as well as duathlon, aquathlon, aquabike, winter triathlon, off-road triathlon and paratriathlon in the United States. Founded in 1982, USA Triathlon sanctions more than 4,300 races and connects with nearly 500,000 members each year, making it the largest multisport organization in the world. In addition to its work with athletes, coaches and race directors on the

grassroots level, USA Triathlon provides leadership and support to elite athletes competing at international events, including International Triathlon Union (ITU) World Championships, Pan American Games and the Olympic and Paralympic Games. USA Triathlon is a proud member of the ITU and the United States Olympic Committee (USOC).

*Expect an increase of visitors August 8-13
Triathlon Race Days
August 12th and 13th*



USA Triathlon is seeking Volunteers

We couldn't put on our great events without the help of our volunteers! Whether you are a return volunteer, new to the sport or a seasoned triathlete wanting a behind the scenes experience, there are numerous opportunities to volunteer at Race Omaha events. With over 100 volunteer

positions available, there is a spot for everyone, including teams, schools, corporate groups, friends and family. There are many volunteer duties to sign up for — either along the course or behind the scenes. Volunteers are needed to help assemble race packets; work the swim,

bike and run courses and the transition area; support the athletes and in many more options. Even if you are racing this year, there are pre-race volunteer jobs. One could be perfect for you! Volunteering is also a great way to get involved and connect with others in the community.

If interested in being a volunteer or if your organization is interested in participating with various responsibilities. Contact Brad at (402) 578-7039

JOB OPENING
Building Inspector
If you are interested in applying, please call Mayor Waltrip (712) 347-6320

Eppley Airfield Improvements
Construction is set to start on May 10, 2017 for a new six (6) story, 3,000 vehicle parking garage north of the existing garage at Eppley Airport; The new structure will replace the existing rental car facility and surface lot. Plans include a direct connection between the new and existing garages along with climate controlled pedestrian walkway from terminal to garages. The estimated project cost is \$89 million including supporting projects funded by airport revenues. Anticipated opening in the Spring of 2019

SAVE THE DATE
United Methodist Church
Vacation Bible School
June 26-30
6:00 p.m.



Face of the Month . . . CINDY HUEY

I remember Cindy and I riding to school together it was snowing and icy we was on the bridge coming from CB going to CL and we hit a patch of ice and it spun us around. We were ok just scared us for a min. LOL She is a very good person. ~Kristy Mutchler

“Cindy deserves to be recognized as Face of the Month”

Cindy is an amazing person with an extraordinary personality. She puts others before herself. She always has a smile, even when she does not feel like smiling. She truly cares about the people around her and wants everyone to have wonderful day. Day or Night, Cindy is always there. Cindy will stay late to help someone design the perfect piece of clothing that the person just cant wait to have. I enjoy having conversations with Cindy as I can talk about anything and know my words are safe with her. I can honestly say, my life is better because Cindy is in it. Cindy is truly an angel sent from God. ~Risa

“Carter Lake is a better place because Cindy is part of our Community”

Cindy is so Sweet! I enjoy visiting with her at the Fire Department and in her shop. We stop in to Fancy Stitching often! She made our family Vacation shirts (along with many others) and did such an amazing job! They made for some great family pictures! ~Chandelle Scheer

I've know Cindy for five wonderful years since joining the Fire Dept . She is always willing to assist someone when needed; she is a very loving, caring, wonderful friend to have. ~Aimee Cole

I met Cindy this fall when I joined the Fire Dept. She has taught me so much and is always willing to show me how to do something or explain if I don't understand. She is kind and patient as well as very creative! ~Lynnae Penney

“I have known Cindy for about 16 years now. I love working beside her, at the fire department and at fancy stitching. She is the greatest and most strong willed person I know! She is an all around awesome person!” ~Cheyanne Kuiper

She is very good person and she loves everyone and if you need something she will be there to help I have know her for about 15 years . ~Chevy

Very nice lady who supports her local community. She always has a welcoming smile when you walk through the door of fancy stitching and if you need something in a hurry she can make it happen. Cindy is one of the nicest people I've ever met who has a creative touch she listens to what you need and always has a beautiful finished product. She definitely deserves face of the month. Way to go Cindy! ~Beth Tietsort

She is a nice lady. She is polite, friendly and a great worker. ~Kaleena Saxton

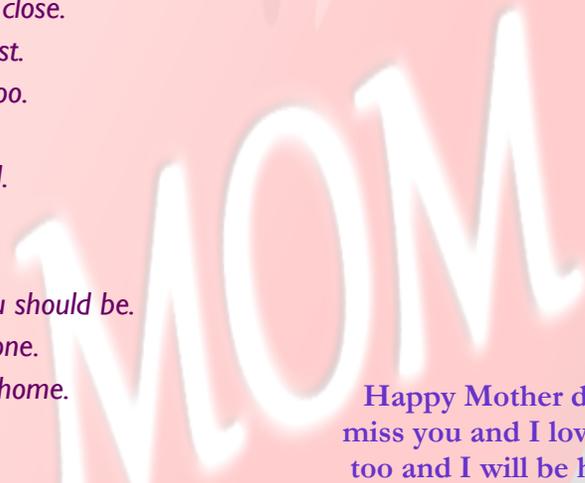
I love Cindy! She is such a great help when I'm designing a shirt. She's got a ready smile and is willing to pitch in wherever she is needed! Of course I love her sidekick Pickles too. ~Nickol Glathar Driscoll

Very kind lady took my shirts to her for my bachelorette party last minute & she got them done for me she could have said no she had other people in front of me I would have to wait but she ever so graciously did them for me & a great job she did. ~Brooke Wright

“She is such an amazing person. She never leaves anyone behind and always helps if someone is in need”

Happy Mother's Day.....

Whose is the heart that bursts with pride each time she sees your face.
 Whose are the eyes that dart about , to check your world is safe.
 Whose are the arms that wrap you up and hold you tight and close.
 Whose is the love that's always there whenever you need it most.
 Whose is the smile that lights the room when you are smiling too.
 Whose should is the place to be, when only a cuddle will do.
 Whose chest is warm and comforting when you're a weary soul.
 Whose motivation only has your happiness as her goal.
 Whose are the tears that cry for you as you grow old and free.
 Whose is the heart that aches so much, in the space where you should be.
 Whose is the head that knows that you must find your path alone.
 Whose is the voice who welcomes you each time you go back home.
 Who could have so many facets that make her oh so great.
 Who has you on her mind each day, and today we celebrate.
 Whose hands hold and guide you, in a way unlike another.
 All these are part and parcel of the joys of being a mother



Happy Mother day I miss you and I love you too and I will be home soon to see you
 ~Becky Bauer

Wish you were still here with us. See you again someday.
 ~Donald Brouillette

Happy Mother's Day in Heaven Mama. I love you & miss you more than you could ever imagine.~Kathy Redding Skalberg

I love my mom because she gives me lots of toys & I love her because I said so. Kia

I miss you mom happy mothers day in heaven. I love you so much.
 ~Izabelle Wiley

Mom we love you & hope you're doing good. ~Julie Jensen

Tina Taylor is an amazing mother couldn't ask for a better mother.
 ~Courtney Taylor

My mom is always there when I need her. She knows when I need to vent and know when I need to cry. She is there for exciting news and sad news. My mother is the reason I am who I am. She is my biggest cheerleader, coach, teacher, headache :), mentor, etc... I am so thankful to have her as my mother.

I love you mom thank you for being so support for what I do it means a lot and I couldn't ask for better mom I'm glad I'm apart of this family thanks for being they're for my school stuff and my sports ily happy mothers day
 ~Savannah Kuiper

Francis Lantz is the best mom in the whole wide world ~Lisa C Lantz

Diane Keller is a Beautiful Strong Thoughtful Mother and Grandmother also Great Grandmother Thank You Mom.~Mary Keller

Love your favorite child, (so my siblings do not get confused)
 Risa

To my mom & my mother-in-law they have been the best they have taught me how to be a great mom myself.
 Thank you, Joyce, Kelley & Judi Walker
 ~Amy Allan-Kelley

I love you and miss you. Happy Mother's Day in heaven. ~ Kathy Glathar

Grrrma, You are the best and you are always there for my mom & brothers. Dalen

Happy Mother's Day Dorothy Bergman
 ~Lisa C Lantz

Love ya mom!!!!
 Ethel Hearn

Happy Mother's Day Mom!
 We appreciate all you do for us!!
 Love Erica and Brandon

CELEBRATION

THE CARTER LAKE IMPROVEMENT CLUB'S

70TH ANNIVERSARY

4328 North 9th Street, Carter Lake, Iowa 51510

712-347-6796

SATURDAY, MAY 20TH

ENTIRE COMMUNITY WELCOME

FREE ADULT/KIDS ACTIVITIES

BINGO AND CAKEWALK

4PM TO 6PM

LIVE MUSIC

THAT 70'S BAND

ADULTS ONLY

9 PM TO 1 AM

NO COVER CHARGE



Friday Night Dinner 5pm to 8pm

Call In and To go orders welcome (no extra charge)

Chicken, Shrimp, Fish, Burgers, Patty Melts,
Pork Tenderloins, Appetizers

All About Those Ads.....

Local Ad's The City Council has agreed to allow business to advertise within the Newsletter. Each Carter Lake Business is allowed one free business card size ad with is equal to an 1/8 of the advertising page. Ad and Payment need to be dropped off to City Hall before the 25th of each month to be featured in the next newsletter. Additional fees apply to have larger ads.

1/5 page \$10 1/2 page \$20 Full page \$40

**OPTIMIST CLUB
SPAGHETTI DINNER**

SAT. MAY 6 from 11a - 6:30 p
626 Locust St. (Senior Center)
\$8.00 at the door \$7.00 in advance
(712) 347-6102 For Delivery

**CARTER LAKE
BOYS & GIRLS
CLUB**

**AGES:
6-18**

**COST:
\$30 Per Family** (Family is required to pay for *one* membership. City will cover all others)

**AMERIGROUP INSURANCE:
FREE Memberships**
(COPY OF INSURANCE CARDS NEEDED)

**DINNER:
6:00P**

**HOURS:
Monday: 2:00P - 8:00P
Tuesday-Friday: 3:30 - 8:00P**

Like us on Facebook:
<https://www.facebook.com/CarterLakebgc>

PTA GARDEN CLUB

PLANT SALE

SATURDAY MAY 13TH

10:00 AM – 1:00 PM

Rydberg Park
 13th & P St. Carter Lake, IA.

Perennials, Vegetables
 Featuring a Unique Craft Item



Some Limited quantities
 Come Early

Proceeds go for CHARITABLE CAUSES

Carter Lake Preservation Society - Lake Cleanup
 Saturday, May 6, 2017 9 a.m. - Noon
 Refreshments provided - Please bring gloves!!
 Meeting on the north side of the lake in Levi
 Carter Park in Omaha.
 Questions? Call Steve Wilbur (402)319-5220



Here's what THE FEEL GOOD FACTORY feels good about in May!

- **MOTHER'S DAY** is Sunday May 14th. Surprise her with a gift certificate for a 60 or 90 minute massage!
- **GROUP FITNESS UPDATES! Updated schedule of all classes available online.**
 - **CHANGE:** Tuesday Slow Flow Yoga @ 6:30 will be held at North end of Mabrey Park (weather permitting)
 - **ADD:** Slow Flow Yoga is added to the schedule on Saturday's @ 9a, held at North end of Mabrey Park (weather permitting)
 - **ADD:** HIIT CIRCUIT is added to the schedule on SUNDAYS @ 3p. We now offer group fitness classes 7 days a week!
- You could be eligible for a **FREE** Group Fitness membership! THE FEEL GOOD FACTORY is now a SilverSneakers-Flex program approved facility! Call this number to find out if you have the benefit or are eligible: 1- 866-584-7389. Website: www.silversneakers.com. Also, here's a list of insurance plans offering SilverSneakers benefits: 1. Humana Medicare Advantage and Medicare. Supplement 2. UnitedHealthcare- AARP
Regardless of which insurance company you have, we suggest checking with your insurance plan provider, it's possible that your gym membership or fitness classes could be covered!
- **THE FEEL GOOD FACTORY** offers New Fitness Classes **specifically appropriate for Older Adults! SILVER FIT** Monday & Wednesday 9:30a - 10:15a Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.
- **SILVER CHAIR YOGA** Monday & Wednesday 10:30a -11:15a
Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness levels.
- **WEIGHT WATCHERS**
Meetings are Mondays at 7:30p and there's still time to join us! This is a 17 week program. Current WW weekly members can transfer into this meeting. Our plans are to bring more weekly meetings, offering different days & times, to our community soon!
- **WELLNESS COACH**
Struggling to attain your fitness goals? Hit a plateau with weight loss or fitness level? Don't know how or where to start? THE FEEL GOOD FACTORY has hired Kendra Hollenbach as a Wellness Coach to help clients headed towards a fit & healthy lifestyle but are struggling. Sessions can be purchased as single or multiple appointments.
First 30 minute consultation is FREE! Contact us for more information.

LIVE HEALTHY & ACTIVE EVERY DAY!

**FEEL FREE TO REACH OUT TO US, TFGFACTORY@GMAIL.COM OR TEXT/CALL 402-680-2964
CHECK OUT OUR FACEBOOK PAGE OR WEBSITE, WWW.THEFEELGOODFACTORY.NET FOR
MORE INFORMATION.**

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Rhonda.k.kruse@gmail.com

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Ashley Palandri

Website: <https://apalandri.avonrepresentative.com>

Phone: 402-709-4274

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fancystitchingllc.com

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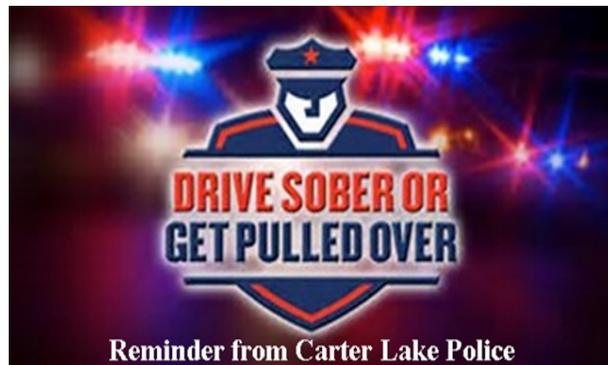
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	PEOPLE SERVICE	WATER	(402)932-8143
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United Methodist Church

3025 Mabrey Lane
Phone: 712 347-5511

Pastor: John Robine (402)740-9868

Sunday School - 9:30 a.m. - all ages

Worship Service at 11 a.m.

Soup, Scripture and Sweets Tuesdays at 5 p.m.

Social Hall Available for Rent
Call Deb 402 350-1560

Community Presbyterian Church

3030 North 9th Street

Phone: 347-5719

Online: www.clcpchurch.org

Sunday Worship 10:00 a.m.

Hall Rental Available

call Konnie Redden 347-5284

First Baptist Church

3451 N 9th St
Phone: 347-6429

Pastor Larry Hayes

Sunday Worship 10:30 a.m.

(712) 347-6429 or (402) 699-6218

Choir Practice Sundays 9:30 a.m.

For information

Call Annette 712 308-6384

Lakeview Bible Church

1651 Avenue Q

Phone: 347-6440

Online: www.lakeviewreflections.org

Pastor Cliff Tulsie

Sunday Worship 10:45 a.m.

Sunday School 9:30 a.m.

Potluck Lunch 2nd Sunday of each month
Bible Study 2nd & 4th Wednesdays 7:00 p.m.

Catholic Our Lady of Carter Lake

3501 N 9th St
Phone: 347-6631

Find us online at www.corpuschparishiowa.ia

Sunday Mass: 9:30 a.m. 6 p.m. (Spanish)

Monthly Bingo - 2nd Saturday at 6:30 p.m.

Pastor:

Father Thomas Thakadipuram

Parochial Vicar:

Father Carlos Gomez



Community Calendar

May 4

Star Wars Day

May 6

9-12 Lake Cleanup

9-4 Plant and Bake Sale

11-6 Spaghetti Dinner

May 7

FD Pancake Dinner

FD Plant and Bake Sale

May 8

12:30 Tai-Chi at Senior Center

5:30 pm AA Meeting at Methodist Church

7:00 pm NA Meeting at Methodist Church

7:00 pm Planning Board Mtg

May 9

3:45 Therapy Dog at Library

5:00 pm Soup and Scriptures at Methodist Church

May 13

6:30 Bingo at Catholic Church

10am Plant Sale at Rydberg Park 13th & P

11am Kids Pizza Party at Methodist Church

May 14

Happy Mother's Day

May 15

National Chocolate Day

12:30 Tai-Chi at Senior Center

7pm City Council Meets

May 16

5:00 pm Soup and Scriptures at Methodist Church

May 20

Improvement Club Public Celebration

4-8 Family Time

9pm -1 am Adults Only

May 22

12:30 Tai-Chi at Senior Center

May 23

5:00 pm Soup and Scriptures at Methodist Church

May 29

MEMORIAL DAY

City Offices Closed

June 10

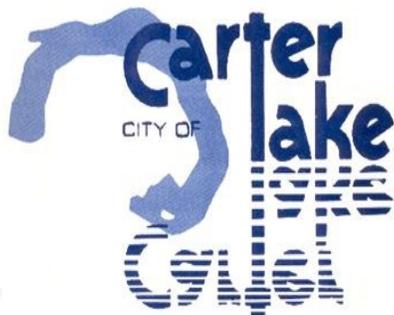
Carter Lake Parade and Festival

June 26-30th

Vacation Bible School at United Methodist Church

City of Carter Lake

950 Locust Street, Carter Lake, IA 51510 (712) 347-6320



MAYOR

JERRY WALTRIP

(712) 347-6320

CITY COUNCIL

BARB MELONIS

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RON CUMBERLEDGE

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PAT PATERSON

(712) 847-0257

FRANK CORCORAN

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