

CITY GRAM



2015

CITIZEN BOARD APPOINTMENTS

If you have any interest in public service and possess the desire to serve the City of Graham, this is your opportunity to contribute to the betterment of the City. The following Boards and Commissions currently have vacancies:

- ⇒ *Appearance Commission*
- ⇒ *Graham Historical Museum*
- ⇒ *Recreation Commission*
- ⇒ *Tree Board*

If you are interested, please submit an application to the City Clerk's Office, P.O. Drawer 357, Graham, NC 27253.



Applications are available at City Hall or on our website at www.cityofgraham.com, click on "City Government" then "Boards and Commissions" then "Volunteer Application" under "Related Links".

GRAHAM COMMUNITY CLEANUP DAY

Saturday, May 16, 2015 8:00am to 11:00am



Check-in will be held at the Graham Fire Department (201 S. Main Street) where participants can pick up reflective vests and trash bags. Cleanup areas will be assigned to participants. Snacks and water will be provided.

Graham Community Cleanup Day is open to families, youth groups, service organizations and church groups. This event is a great way to contribute to the community and join the growing number of Graham residents working to make our city a prettier place to live. For additional information, please contact the Graham Recreation and Parks Dept. at 336-513-5510 or the Graham Appearance Commission at 770-316-3256.

2015 ARBOR DAY CELEBRATION

Saturday, April 18th 11:00am to 2:00pm

Children's Museum of Alamance - Graham, NC

Activities and fun for the whole family

- ◆ Educational presentation by a county forest ranger
- ◆ A flower-planting station for the kids
- ◆ make "dirt cake" ... yummy!
- ◆ Complimentary tree seedlings to visitors

The Graham Appearance Commission and the Children's Museum of Alamance are proud to sponsor the annual Arbor Day Celebration.



SPRING INTO FITNESS ONE STEP AT A TIME!

Did you know that just 10 minutes of exercise three times a day has the same health benefits as a sustained 30 minute exercise routine? In the hustle and bustle of today's busy-ness, we often lack time for a 30 minute workout all at once, but don't get discouraged! It can be as simple as a 10 minute segment of exercise in the morning before work, again at lunch and in the evening before dinner. Taking a walk, doing some gardening, mowing the grass, or doing chores around the house that increase your heart rate all count as physical activity and are beneficial. You can also do simple stretching exercises at work or lift light weights (3-5 lbs.) in the comfort of your own living room to increase your flexibility and keep your joints and muscles healthy. It doesn't have to be complicated or done at a gym! And if you don't have hand weights, cans of soup can serve as a great substitute!



Graham Recreation & Parks

For more information on our programs or for online registration, visit GrahamRecreationAndParks.com



RUN FOR THE HAW! 5K/10K

Saturday, May 2, 2015 at 7 am, Registration begins at 5:30 am
The race starts at Apollo Field (Graham Middle 401 Goley Street)
Certified courses in downtown Graham
For more detailed information or to register, visit GrahamRecreationAndParks.com or call 336-513-5510



2015 Thursday at 7 Concert Series

CONCERT

Fourth Thursday, May-September, FREE!
West Elm Street, Downtown Graham, 7 pm to 9 pm

- ◇ May 28: The Holiday Band
- ◇ June 25: The Pizazz Band
- ◇ July 23: The Castaways
- ◇ August 27: The Attractions Band
- ◇ September 24: The Hip Pocket Band

Don't forget about our First Friday Concert Series!

SPRING GRAHAM WALKS

- * Thursdays, April 23 through May 28,
- * 11:30 am to 1 pm, Downtown Graham
- * 5 pm to 6:30 pm, Bill Cooke Park



FREE walking program, drop in anytime. Incentives awarded after certain walking goals are met.
For more information call 336.513.5510.

MOVIES IN THE PARK

Saturdays in September 7:30 pm (sunset), FREE
Bill Cooke Park (1010 Townbranch Road)

- ◇ September 5: Paddington
- ◇ September 12: Brave
- ◇ September 19: Big Hero 6
- ◇ September 26: Planes: Fire & Rescue

For cancellation policy and more information, visit our website.

2015 UPCOMING ATHLETIC PROGRAMS

2015 Youth Football Camp Registration

May 18th through July 8th, Camp dates TBA

2015 Youth Tackle Football & Youth Cheerleading Registration

May 18th through July 19th

2015 Fall Soccer Registration

May 18th through July 12th

2015-16 Youth Basketball Registration

September 7th through October 2nd



For age range information, registration, pricing and other information, please visit GrahamRecreationAndParks.com or call 336-570-6718.

Community Health Talk

Wednesday, April 22 from 12 pm to 12:45 pm
Graham Civic Center, 503 McGee Street
FREE!

“Sciatica & Neuropathy: Cause, Management and Relief”



Join us for a free information session by Dr. Tim Beshel. Talks are held quarterly.
Call 336-513-5510 for more information.

Graham/Mebane Lake Upcoming Events

Catfish Tournaments:

May 16th, June 20th, July 18th.

The entry fee is \$15 and sign up begins at 7 pm. The tournament runs from 8 pm to midnight.

Youth Fishing Derby:

Saturday June 13th, 9am-1pm

FREE! Ages 4-15

Prizes given for various categories!

Beginning March 30th, call 336-513.5510 or visit

GrahamRecreationAndParks.com to register.



Call 919-563-6544 for more information and lake hours, or visit GrahamRecreationAndParks.com.

Graham Sports Hall of Fame

Tickets now on sale at Graham City Hall or online at GrahamRecreationAndParks.com. Tickets are \$20 each and include dinner. Purchase by March 26

Induction Ceremony: Saturday, April 11, 6pm
Graham Recreation Center (311 College St.)

2015 Inductees:

- ◆ Hall of Fame:
 - ◇ Mike Harden, Rod Cousin, Tim Jones, Jeremy Wyrick, and Stuart Melvin
- ◆ Hall of Honor:
 - ◇ The late Wallace Steele, and the late Harrison Jones

HOW DOES YARD WORK CAUSE STORMWATER POLLUTION?

Grass clippings, leaves, and tree trimmings swept or blown into streets and gutters carry chemicals into our waterways and can clog catch basins, increasing the risk of flooding. Once they settle into water bodies, these materials begin to decompose, absorbing oxygen fish need to survive.



Sediment

Soil and dirt washed from yards can also harm aquatic life by clogging the gills of fish, blocking light transmission, and lowering water temperatures. What you do in your yard can directly impact local waters. When soil, organic wastes, and chemicals leave your yard, they flow directly into streams and lakes where they can harm human health and the environment.

General Landscaping Tips

- ◆ Schedule big projects for dry weather.
- ◆ Store stockpiles under plastic tarps to protect them from wind and rain.
- ◆ Store pesticides, fertilizers and other chemicals in a covered area.
- ◆ Use plants requiring less water and prevent erosion by planting fast-growing grasses to shield and bind the soil.

Lawn and Garden Maintenance

Don't overwater, use drip irrigation, soaker hoses, or micro-spray systems. Avoid hosing down the pavement. Use curbside yard waste recycling or take clippings to a landfill for composting. Don't blow or rake leaves in the street or gutter. Don't over fertilize or apply chemicals near ditches, streams, or water bodies.



ALAMANCE COUNTY HOUSEHOLD HAZARDOUS WASTE COLLECTION

This event will be held on Saturday April 18th from 8am to 1pm rain or shine. The location is Burlington Fire Training Facility at 100 Stone Quarry Rd. Haw River, NC. The cost is free and is for Alamance County residents only. For more information call 336-376-8902 or visit the website www.alamance-nc.com.



Garage / Yard Sales

It's that time of year again to start planning your garage/yard sales! Here are some reminders:

- The City of Graham allows 3 garage/yard sales per property per calendar year.
- Permits are required for garage/yard sales and can be obtained at the Graham Municipal Building free of charge.
- Garage/Yard sales shall be limited to daylight hours Monday through Saturday, no more than three consecutive days and prohibited on Sunday.
- Two signs of not more than four square feet each are permitted on the property of the residence where the garage/yard sale is being conducted.
- No sign or other form of advertisement shall be exhibited for more than two days prior to the day of the sale is to commence and must be removed each day at the close of the garage/yard sale activities or by the end of daylight, whichever occurs first .
- Signs placed on telephone poles or in a public right of way are prohibited!



Talk It Out

By now you may or may not have seen on TV about Talk It Out NC, which is a statewide campaign focused on underage drinking. We here in Graham, as parents, organizations, leaders, and members of this great community can do our part to help prevent underage drinking as well. Underage alcohol consumption is a problem often overlooked. Most people think about driving after having consumed alcohol while under age 21. The bottom line is "any" alcohol consumption by an individual underage is not only dangerous but illegal.



Underage consumption can lead to serious illness, injury, and mental deficiencies. This can occur without having been behind the wheel of a car. Did you know that the average age for a kid to try alcohol for the first time is less than fourteen? In fact, according to the Talk It Out NC website, 10% of 12 years olds say they have tried alcohol. That number jumps to 50% by age 15. The bottom line is we all need to start talking to our children now and not wait. Waiting could truly be too late. Our future depends on us.

If you have a group, civil organization, or church group that you would like for someone to talk to concerning underage drinking and prevention, the Graham Police Department can help. Feel free to contact Lt. Duane Flood at 570-6711 or e-mail dflood@cityofgraham.com. More information and resources can also be found at www.talkitoutnc.org.



HOLIDAY GARBAGE SCHEDULES

- **Friday, April 3rd, Good Friday**
 ⇒ No garbage collection on Friday, April 3rd.
 ⇒ Friday routes will be collected on Monday, April 6th.
- **Monday, May 25th Memorial Day**
 ⇒ Collections will follow the regular schedule.
- **Monday, July 6th Independence Day**
 ⇒ Collections will follow the regular schedule.
- **Monday, September 7th, Labor Day**
 ⇒ Collections will follow the regular schedule.

PET WASTE

As Spring approaches, please keep in mind that it is unlawful to not clean up after your pet on any street, sidewalk or publicly owned park. Dog waste is raw sewage and carries many harmful microorganisms that can be transmitted from pet waste to humans. Scoop it, bag it and place it in the trash! Let's all do our part to keep Graham safe and clean!



DON'T FEED THE GREASE GOBLIN!!!

DO:

- Put oil and grease in collection containers.
- Remove oil and grease from kitchen utensils, equipment and food preparation areas by using scrapers/towels/brooms.
- Keep grease out of wash water.
- Place food scraps in collection containers.

DO NOT:

- Pour oil and grease down drains.
- Wash fryers/griddles/pots/pans and plates with water until oil and grease are removed.
- Use hot water to rinse grease off surfaces.
- Put food scraps down drain.



Alamance Community College is now accepting applications for the fall semester. Choose from more than 30 programs, including University Transfer. Ask about financial assistance options. Please call the Admissions Office at 336-506-4270 or visit www.alamancecc.edu.

RECYCLING SCHEDULE

APRIL	1 st	15 th	29 th
MAY	13 th	27 th	
JUNE	10 th	24 th	
JULY	8 th	22 nd	
AUGUST	5 th	19 th	
SEPTEMBER	2 nd	16 th	30 th
OCTOBER	14 th	28 th	
NOVEMBER	11 th	25 th	
DECEMBER	9 th	23 rd	

Set recyclables at the curb by 7:00am on your collection day. Place carts at least 5 feet from garbage containers, mailboxes, parked cars or other obstructions. All cardboard must be completely flattened and no larger than 3 feet by 3 feet. Questions: Call Waste Industries @ 336-229-0525.



PREVENT HOME FIRES

Most home fires occur in the kitchen while cooking and are the leading cause of injuries from fire. The following are simple steps that each of us can take to prevent a tragedy.



- ♦ Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- ♦ Wear short, close-fitting or tightly rolled sleeves when cooking.
- ♦ Do not cook if you are sleepy, have been drinking alcohol, or have taken medicine that makes you drowsy.
- ♦ Keep children away from cooking areas by enforcing a "kid-free zone" of 3 feet around the stove.
- ♦ Position barbecue grills at least 10 feet away from siding and deck railings, and out from under eaves and overhanging branches.

The City Gram provides residents with information concerning City happenings. Comments or questions may be sent to City of Graham, PO Drawer 357, Graham, NC 27253 or call Martha Johnson at 336-570-6705.

GRAHAM CITY COUNCIL
JERRY PETERMAN, MAYOR
JIMMY LINENS, MAYOR PRO-TEM
JIM ALBRIGHT, COUNCIL MEMBER
LEE KIMREY, COUNCIL MEMBER
CHIP TURNER, COUNCIL MEMBER