



## Arrival of Spring Brings a Sense of Renewel and Inspiration

The winter has been cold and long, full of low temperatures and gloomy national economic news. But, spring is here, and as nature snaps out of its gray gloom, I think we should do the same.

It's time to spruce up and start thinking about what our neighbors see when they look across the street. With spring comes renewal, and I think it's time we jumped on board. Already, civic groups are planning litter pick-up days, bushes are beginning to bloom and folks are getting ready to paint and plant. I want us all to make up our minds to do something—even if it's just a planter on the porch with flowers in it. If we do that,

Clayton will be so full of life and busting out with so much color everywhere that we won't be able to keep ourselves from feeling proud.

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***Jody McLeod  
Mayor***

The beauty of Clayton inspires me. It always has. And so does our attitude of keeping the progress going. That's beauty, too.

The new Community Center will be open soon, and work will get started on other town projects like the new park on Glen Laurel Road and upgrades to other parks. We'll be adding a beautiful centerpiece to downtown and upgrading streets all



over the place.

I could keep listing things, but I think you get the idea. We're doing well, largely because we remembered the old saying, "All the flowers for all the tomorrows are found in the seeds of today!"

As long as we all keep planting those seeds—both figuratively and literally, Clayton is going to continue to stand out.



As seen in the photo on the left, winter brings it's own kind of beauty to Clayton, but shortly after this light snowfall milder temperatures gave Clayton residents a taste of what's on the way—SPRING!



# Town Employees Walking to Washington DC

It's a long way to Washington DC by foot, but that didn't stop nearly 100 town employees who took off toward the nation's capitol in March as part of a physical fitness challenge.

Thank goodness it's a virtual trip or town services would have ground to a halt.

"We want to get our employees to be more active," said Wellness Coordinator Jeffra Patton, "but this has far exceeded my expectations. We've had an amazing response."

So far, 92 town employees have signed up for "The Amazing Walk Challenge," which asks participants to simulate the long trip by taking smaller trips around town on a daily basis. Each employee gets a pedometer to track their steps and log sheets to chart their daily "trips." The log sheets get turned in to Human Resources weekly so progress can be charted.

"We want to encourage them to walk 10,000 steps a day," she

said. "That's our daily goal."

Some signed up for the "Straight Route" to Washington DC, which comes out to a total of 280 miles. Others opted for the "Scenic Route," which goes



Participants received pedometers to track their steps on their journey to Washington DC.

through Charlottesville, for a total of 403 miles. The first one to reach the Capitol wins. Every one who finishes will get a prize, but "Grand Prizes" will go to the top three.

Several employees have been getting together to walk as a group at lunchtime, which is good socially, too, Patton said.

"This way, you get to associate with employees that you might not see on a daily basis," she said. "It's an excellent way to spend good time together."

The group plans to maneuver through downtown on Mondays and Fridays, while kicking it up a notch on Wednesdays with a walk through the trails at Community Park.

Patton said participants will be allowed to substitute other types of exercise for steps if they choose. For example, 15 minutes of swimming will get you 2,730 steps, while the same amount of time on a stationary bike works out to just 1,850. Moderate yoga, on the other hand, equates to 2,180 steps.

The Amazing Walk Challenge ends June 30, but Patton said that won't be the end of the exercising. "We're going to try to keep the challenges going," she said, though specifics on the next one haven't yet been worked out.

## Parks and Recreation Offers Free-Play Games

**For folks interested** in meeting others who play *Bocce*, call the Parks and Recreation office at 553-1550. They can give you information on possible free-play times, clinics and leagues.

**The Bocce courts** are located at Clayton Community Park Bocce Courts off of Guy Road, which is located between the apartments and cedar trees next to Clayton Middle School. Equipment is available at the Parks and Recreation office.

**Senior Bingo is offered** every third Monday at 11 AM at the Heritage Court Apartments and every third Friday at 10 AM at the Clayton Senior Center. Prizes are awarded to the winners.

**Adults needing a tennis partner** can meet at Clayton Community Park on Tuesdays at 9:30 AM or 6:30 PM, Fridays at 9:30 AM and Saturdays at 10 AM. This is an excellent opportunity to meet other tennis enthusiasts. New players are welcome to join in at any time and there is no fee. Call 553-1555 for additional information.

**Parks and Recreation also** offers adult free play beach volleyball every Thursday beginning in March (weather permitting) from 6 PM - 8 PM. Bring a friend or come alone to Clayton Community Park to join in the fun. This game is for ages 18 and up and is another great way to meet people.

