



Horse & Plow

Published by the Salem County Clerk's Office
SalemCountyClerk.org



Spring 2013

Clerk's Corner

What's Your Thing for Spring?

This is an appropriate time to reflect on the history of our country and those who served in the military to protect our freedom. We are thankful for the veterans who are still with us to share their experiences. We have had the privilege of meeting many of the World War II veterans in Salem County. Their recollections of being drafted into the military service during the early 1940's are fascinating and informative. The impact upon families who had their sons taken to a foreign land to combat the "enemy forces" was heartbreaking and devastating. Remember the famous "Sullivan Brothers" who all perished together on a ship. Our children and grandchildren are not familiar with the European and Pacific War Theaters.

Accordingly, it is important that we not forget them and the County Clerk office is planning several events to honor Salem County World War II veterans. The first tribute will be a luncheon to be held only for World War II veterans on June 14, 2013 in the Archives Room. Any WW II veteran is invited and welcome. Contact Gilda Gill for further information.

Gilda T. Gill
Salem County Clerk

Get excited for spring! Flower buds are starting to peek out. Birds are returning to the neighborhood. The sun feels warmer and brighter than it has in months, and the arrival of daylight saving time means it stays light later, too. Leave those thoughts of snowstorms behind. Spring is here and we have some fun ideas to get you in the mood for Spring.

Grow something you can eat. We aren't just talking a little pot with grocery store basil. Pick out a fruit or vegetable that you and your family can plant from seed and nurture together. Try tomatoes, beets, or any kind of beans. Ask a local gardening expert if you aren't

sure what will grow.

Go to a baseball game. The beginning of Major League Baseball season is one of the signs that warm weather is just around the corner. Take your family out to the ballpark for all the fun. Don't forget the hot dogs and Cracker Jacks. If you can't afford the pricey pro tickets, look into local minor league, college, or even high school games

Enjoy the flowers. Walk through your neighborhood or a local park and see how many shapes and colors of flowers there are. Drying or pressing the beautiful blooms you

find opens up a world of elegant crafts you can make together. Make cards, candles, soaps, and more.

And don't forget to stop and smell them, of course!



"The earth laughs in flowers."

~ E.E. Cummings



Get Out And Golf!

Salem County is a golfer's paradise with five beautiful courses located throughout the county offering affordable play for golfers at all levels of experience. You will find a variety of amenities including full-service pro shops that offer equipment and apparel, custom club fitting and club repair; driving ranges, putting and chipping greens; and dining and clubhouse facilities.

In addition to enjoying the beauty of Spring, golfing also offers the benefits of exercise.



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Get Out And Golf!

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One of the best parts of golf, from a fitness standpoint, is the high amount of cardiovascular activity that is involved in the sport. Think about it—most golf courses are spread over multiple acres of hilly ground. Therefore, walking across a golf course is a great way to improve your cardiovascular system. Cardiovascular exercise is thought of as biking, swimming or jogging. However, when you walk (and not ride in a golf cart) during your golf game, you are sure to get the same kinds of cardiovascular benefits.

Most people are surprised to discover the high amounts of strength training that goes on during the game. Swinging a golf club, in and of itself, is not very difficult from a strength training point of view. However, golf courses typically have lots of hills and valleys. Walking up these hills is sure to work the quadriceps and hamstrings, which help to make up the muscles of the lower body. Additionally, lifting your golf bag from the car to the course, and carrying it around the course with you all day, is a great way to get your upper body strength training in for the week.

One of the best types of exercise that you can get from golfing is an increase in your ability to balance your body. A high degree of balance is very important. Individuals who exhibit a great sense of balance often have a very strong core. Your core includes the abdominal muscles, as well as the muscles of the lower back and even the buttocks. These muscles work together to help prevent back pain, falls and a number of other dangerous occurrences.

Exercising your brain is also very important not only for long life, but also for the prevention of brain degradation, which can result in memory loss. Golfing forces you to remember numbers, images, and even specific tips and techniques. Therefore, it is a great all-around way to exercise both body and mind.

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Archives Room	x 8394
Mail-In Ballot Info	x 8454

Dine Outdoors for a Change

Listen up...*the snow is over!* We all know it's much easier to cook up a meal on-the-go rather than take the time to enjoy dinner with your family or that special someone. While you may have adapted to hockey-inspired pizza nights every Thursday evening, how about moving your meal onto the BBQ and grilling up some fresh springtime eats.



So turn off your television, go outside and let the crumbs fall on the ground. It's all about enjoying the season with the ones you love.

Spring Cleaning

You've heard it said that one man's trash is another man's treasure. Spring is the time to find out for yourself. It's time to put away the sweaters and wool coats and make room in your closet for your Spring clothes.

Cleaning out is not just for the wardrobe. Books, videos and DVD's found during Spring cleanouts sell well at yard sales and flea markets. You may even find a few collectibles you can put on EBay or Craigslist.

It's not going to get you the kind of money to send your kid to college, but you'll make enough extra pocket change to have some fun.

*"In all things of nature
there is something of the
marvelous."*

~Aristotle



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