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What Are You Thankful For?

Now that we have all survived another “frightening” Halloween, it’s time to turn to the season of Thanksgiving. The author and motivational speaker Zig Ziglar is quoted as saying, “Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”

As I pause to reflect on those things that I am thankful for as the Mayor of Murray City, here are a few that came to my mind. First, I am thankful for the opportunity to serve this great city as mayor, and I am extremely thankful for my outstanding staff, my capable department directors, and our skilled and devoted city employees.

I’m thankful for those members of our police and fire departments that are willing to put themselves in harm's way for all of us each day to help keep our city safe. I am thankful each day that I don’t directly need their services!

I am thankful for dedicated volunteers who serve unselfishly on our city boards and commissions, at our senior recreation center, in our library, at the Boys and Girls Club, in our schools, in recreation programs, in local churches, in local service organizations, and in helping with community service projects.

I’m thankful for the proud spirit of community that we have in Murray. As the Salt Lake valley metropolis continues to grow rapidly, there are constant pressures to conform to a one-size-fits-all regional government philosophy. I am thankful that we have thus far been able to maintain our independent Murray culture.



I'm thankful for a strong retail base with great shopping centers, for state-of-the-art medical facilities, and for our diverse and beautiful residential neighborhoods. And of course, for you, our residents who give this city its great and unique character.

I'm thankful for our incredible parks and our amazing recreation programs, and for those who work so hard to make them a reality.

This is just a partial list of those things that I am thankful for as your mayor.

What are you thankful for? When you start to make a list, whether written or mental, it's easy to see how many reasons there are to be thankful. Some researchers have even concluded that there are health benefits from showing gratitude.

The American journalist Germany Kent once said, "Gratitude is one of the most powerful human emotions. Once expressed, it changes attitude, brightens outlook, and broadens our perspective."

I wish each of you a wonderful Thanksgiving season and hope you find joy in those things that you are thankful for.