



The Nibley City News

Nibley, Utah—January 2019



Mayor Shaun Dustin

Thoughts From Mayor Dustin

Winter can be tough—I travel a lot for work. About 13 years ago, I ended up with a free ticket on Alaska Airlines from a canceled flight. It got down to the last week before the ticket expired, so I decided I better do something with it, so I called them up and booked a flight:

ME: *Hi, I have a voucher*

AGENT: Great, how can I help you?

ME: *How far can I go?*

AGENT: ???

ME: *How far can I go? What's the furthest I can go anywhere in your system in 48 hours?*

AGENT: I don't know. Nobody has ever asked me that before.

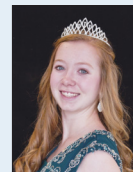
Eventually we worked out that the furthest I could go was Kotzebue, Alaska. That was convenient because my Dad used to fly equipment to the Distant Early Warning (DEW) radar site there in the early 70's, and my wife Lesli's brother and his family had served there with the Public Health Service. I was born in Alaska, but I had never been back, so I was pretty excited to go.

If you think Nibley is isolated in the winter, you ought to go to Kotzebue. When I got there, I toured the town. It didn't take long. There was a Chinese restaurant, a grocery store and a pretty big LDS church that was kind of a quirk of history. I went out to the radar site and took some pictures for my Dad. I went to the medical clinic and took pictures for Lesli's brother. I walked down the beach and explored the old World War II landing ship tank (LST) that was pulled up on the shingle. I took a walk out across the tundra to the cemetery and looked at the graves, then I looped back through the swampy spongy ground to town and the people I was staying with. I think that in the whole trip I might have walked 10 miles. There were roads in town, there was a runway and kind of a harbor, but to get out of town you took a boat, an airplane, or you walked.

The whole time I was there, the clouds were low and the sun never showed. It was drizzly or snowing and it was just the start of the winter around the beginning of October. I went into the house and we started talking about what it meant to live in Kotzebue. The thing I remember the most, and has come back to me every time I get feeling closed-in around February, was when I asked how they made it through the winter with the snow and the ice and the -70 degree wind chill. They said everyone there loves the winter because it means freedom. When the tundra and the rivers and the ocean freeze, the whole outside turns into a road that will take them anywhere they are hearty enough to go. No mosquitoes, no swamps, no waves. Just freedom. And bears. Still, they have bears, but they seemed okay with that.

In the winter, it's easy to get down. It's easy to crawl into our houses and hunker down till spring. But it's also easy to slip from that into cabin fever and the blues and full blown depression. This month's theme is health, both physical and mental. We can look at winter as dark and cold and lonely. Or it can be an opportunity to go and see and do things that we can't do the rest of the year.

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Miss Nibley Needs Your Help

Rebecca Sweeten, Miss Nibley 2018-2019, is compiling a list of Nibley's private teachers for her Miss Nibley service project. If you teach music, voice, dance, tutoring, etc. and would like to be included on this list, please email your name, what you teach, and your phone number to nibleyroyalty@gmail.com. Miss Sweeten wants to help support our teachers in Nibley and plans to make the list of teachers available to people seeking these specialized services. Miss Sweeten intends to have this list available starting in March. Thank you for supporting Miss Sweeten in her project.

Watch for news about the upcoming 2019 Miss Nibley pageant in the newsletter and on Nibley City's website and Facebook page.



Please be aware that Nibley City Hall will be closed New Years Day, **Tuesday, January 1** and **Monday, January 21** to observe Martin Luther King Jr. Day.



Nibley City Office

455 West 3200 South
Nibley, UT 84321

Ph: 752-0431 • Fax: 753-1510
Hours: 9:00 a.m.-5:00 p.m. (Mon.-Fri.)

Visit the Nibley City website at

www.nibleycity.com

Nibley City is also on

facebook

Go to www.facebook.com/nibley
and our page

To contact Mayor Shaun Dustin
shaun@nibleycity.com

Mayor's Public Office Hours
Tuesdays—10:00 a.m. to 12:00 p.m.

If you have comments, or information that could be included in the newsletter, please contact cheryl@nibleycity.com.

the Family*place

ADULT MENTAL HEALTH FIRST AID CERTIFICATION



1 IN 5 HAS A DIAGNOSABLE MENTAL ILLNESS.

FREE TRAINING FOR ANY ADULT (18+) TO COME LEARN TO MAKE A DIFFERENCE THROUGH THE STEPS OF ALGEE.

ASSESS LISTEN GIVE ENCOURAGE ENCOURAGE

**JANUARY 26TH
9:00AM - 5:00PM**

**BELVA HANSEN - THE FAMILY PLACE
1525 N 200 W - LOGAN, UT**



For more information call us at (435) 752-8880 or visit our website at thefamilyplaceutah.org




Dog License Registration/Renewal

Bobby and Sammy both have dogs. Sammy's dog started having problems breathing, eating, and drinking. Bobby's dog also got very aggressive and bit Bobby's dog. Bobby's dog and Sammy's dog both dies due to complications with the rabies virus. Don't be like Sammy . . . vaccinate your dog.

It's that time of year again. Dog registration is open from *now until March 1, 2019*. After March 1, a late fee will be assessed. Please keep your pup's registration and vaccination up-to-date.

Luckily, the Heritage Animal Hospital is holding a vaccination clinic on **Saturday, February 9 from 9:00 a.m. to noon**. Shots will be discounted at a price of \$20.00. Nibley City staff will also be at the clinic during these hours to handle your annual registration, so you can take care of both vaccination and registration with one stop. This is a great opportunity to help out your pet. Please contact Hannah at the Nibley City offices with questions.

Nibley's City Council meets the second and fourth Thursday of each month at 6:30 p.m. at Nibley City Hall. The Nibley City Planning Commission meets the first and third Thursday of each month at 5:30 p.m. Meetings are open to the public. Agendas, minutes, and ordinances are posted on the Nibley City website: www.nibleycity.com and www.pmn.utah.gov.

(Thoughts From Our Mayor, continued from page 1)

One of my heroes is Fred Rogers of Mr. Rogers fame. He's done more for my mental health than anyone else, and he said something that I think is helpful when things look rough:



"When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping."

So, if things get tough this winter, bundle up, go outside, and spend some time in this incredible valley. Drive up Logan Canyon or to Paradise and get out of the clouds. Be one of the people who is helping, and remember this:

"...everybody longs to be loved, and longs to know that he or she is lovable. And consequently, the greatest thing we can do is to help somebody know that they are loved and capable of loving."

Mayor Dustin

Reminders from Nibley City Staff

Treecycling



Nibley City has a site available for Christmas tree disposal or "treecycling." Drop your trees off at 1200 West 3400 South (Nibley City's green waste location) now through **January 14, 2019**. After the 14th you will need to take your tree to Logan's green waste facility, located at the Logan Landfill (153 North 1400 West), for which there is no charge. Please no lights, tinsel, ornaments, or tree stands. For questions, call 716-9755.

UDOT Click N'Fix



UDOT takes care of nearly 6,000 miles of highway around Utah. They do an excellent job of finding and fixing issues before most of us notice. However, with that many roads, you can help them by keeping an eye out for problems and letting them know about it. UDOT has an iPhone and Android app call *UDOT Click 'n Fix* that allow anyone to report an issue by dropping a pin on a map at the location of the problem. So if you see a problem, report it. However, please don't use your phone while driving.

Fire Hydrants—Keep Them Clear

In an emergency, every second counts. Fire trucks carry a limited amount of water, so one of the first tasks upon arriving at a fire is to locate a water supply from the nearest hydrant. Hydrants covered in snow can be difficult to locate, and uncovering them can waste valuable time.



—Nibley City Staff

Recreation Roundup



Nibley Fit

Start your New Year right with a healthier lifestyle and fitness friends to keep you going. Enjoy a variety of group fitness options from top notch instructors who make fitness a fun and rewarding experience as they motivate you to stick with your resolutions. Drop-in and affordable unlimited-passes with reverse punch-pass discounts are available at classes or at Nibley City Hall. For more information and a class schedule, go to www.nibleycity.com and look under *Departments; Parks and Rec.*

Nibley's Flag Football Season was a Huge Success

During Nibley's inaugural flag football season special awards were given out by and to coaches, there were exciting final games featuring hot chocolate, doughnuts, run through banners, music, announcers, and the National Anthem. There was also one special moment that showed that the coaches and players were on board with the league motto of *Play Safe, Play Smart, and Have Fun.*

When Vikings coach Taylor Funk found out that Peyton wouldn't be playing in the final game due to a surgery that required Peyton to use a wheelchair, he orchestrated a unique play with their opponents, the Falcons, that included cooperation from both teams. Peyton, the ball handler, was pushed by his teammates an impressive distance to score a touchdown that was celebrated by both teams and fans from both sides of the field with cheers and happy tears. Peyton spent 5 weeks in a wheelchair and 8 weeks in casts. This play was definitely the highlight of a difficult time for Peyton. Peyton is now out of his wheelchair and healing great. Clearly, Nibley youth sports participants and coaches know how to have fun and show good sportsmanship.



Live Nativity—Thank you

Nibley City thanks the organizers of the Live Nativity at Nibley's Morgan Farm for helping us all to remember the reason for the season. You might have seen that the Herald Journal highlighted Moses the camel and

that Cache Valley Daily, and even Fox 13 News covered the event. Morgan Farm caretaker and event organizer, Richard Eversull, reported that thousands of pounds of food went to the Cache Community Food Pantry this year. The Live Nativity organizers also express their appreciation for the hundreds of volunteers who contributed to the success of this event.

SUPER START Soccer

SUPER START is an introductory indoor soccer program for 3 and 4 year olds who follow an award-winning format proven to maximize a participants touches on the ball, and connect soccer with a fun experience. SUPER START soccer has become very popular, so register early and bring your camera for some priceless moments. Registration is open *January 4–February 8.*

South Towns Talent Show

This year, similar to the year before last, you can audition to perform in a spring talent show with top talent from other south valley towns. Finalists will be awarded prizes and may have the option to perform at other events. If you, or someone you know, is interested in auditioning, plan for auditions this spring.

Nibley Nordic Track

Embrace the beauty of the winter with a great cardio workout. The Nibley Nordic Track will open again at Virgil Gibbons Heritage Park once Nibley receives sufficient winter snowfall. You're encouraged to watch for the track opening and trail conditions on Nibley's website and Facebook page.

Heads Up! Baseball, Softball, T-ball Sign-Ups

Plan ahead for Baseball, softball, and T-ball registrations, which will be open *February 15–March 18.* Coaches, parents, and players appreciated having more time to practice before the season started last year, so Nibley City staff decided to hold sign-ups earlier again this year.

Spike Ball Tournament

Based on the success of Nibley's Heritage Days Tournament, a spring indoor Spikeball tournament will be available this year. Spikeball is an easy-to-learn, 4-player game that is played encircling a round net. If you haven't played before, Nibley City Hall rents out two Spikeball sets, so you can try it before you buy it or practice to dominate at the spring Spikeball tournament.



Chad Wright
Nibley's Recreation
Director

Make sure you like and share Nibley City's Facebook page (www.facebook.com/nibley) and website (www.nibleycity.com). You'll find the most up-to-date information on Nibley City recreation events and activities as well as information on other events you may be interested in.

Physical Fitness as Part of Emergency Preparedness



Rick Williams
Nibley Emergency
Manager

In order to be prepared for an emergency, one must consider the following questions:

- Am I fit enough to walk out of here (1–5 miles or more) if I have to in order to survive?
- Could I carry a 72-hour pack that far?
- Could I carry my child?
- Could I dig myself or others out of a collapsed home or building?
- Am I strong enough to construct an emergency shelter, haul wood for a fire and heft heavy cooking kettles onto that fire?
- Can I lift sandbags?

If not, you might need to begin a fitness program. The benefits are not only that you will be prepared for emergencies, but include enhanced health in mind, body and soul. There is also a financial benefit in that health care costs can be reduced.

What is Physical Fitness?

Definitions and performance standards of physical fitness vary. However, most experts agree that the five basic components are:

1. *Cardio-respiratory or Aerobic Endurance:* The ability to do moderately strenuous activity over a period of time. It reflects how well your heart and lungs work together to supply oxygen to your body during exertion and exercise.
2. *Muscular Endurance:* The ability to hold a particular position for a sustained period of time or repeat a movement many times.
3. *Muscular Strength:* The ability to exert maximum force, such as lifting the heaviest weight you can, one time.
4. *Flexibility:* The ability to move a joint through its full range of motion; the elasticity of the muscle. This is how limber or supple you are.
5. *Body Composition:* Relates to the proportion of fat in your body compared to your bone and muscle. It does not refer to your weight in pounds or your figure.

Sleep

Sleep is a major component of fitness. When we don't get enough sleep, it makes us more vulnerable to illness, accidents, irritability, conflict, and depression. We have less energy and even think less clearly when we constantly get less sleep than we need. Set up a system with yourself to get the sleep you need.

Walking is a Lifetime Exercise

Walking is a good exercise for people of any age, fitness level, body build, energy level, etc. In about two weeks of regular walks, blood pressure begins to drop.

Walking offers the following benefits:

- Cardiovascular benefits
- Disease Prevention (heart disease, diabetes, osteoporosis and hypertension)
- Psychological benefits (reduced depression, anxiety and tension)
- Increased energy
- Toned muscles
- Youthful appearance and energy levels

A good walking program includes setting goals, making a commitment to follow the program, and measurable results. Researchers found walking with hand-held weights especially beneficial.

Start An Exercise Program for Health and Fitness

The time to begin exercising is now. However, you should always consult your doctor before beginning any exercise program. As long as your doctor agrees, you are never too "mature" to start an exercise program.



Cache Valley Wildlife Association



The Cache Valley Wildlife Association spent a Saturday in December doing a bird count for Zion National Park. They hiked about 8 miles and saw close to 50 species of birds, the most fantastic site being a flock of about 500 Pinyon Jays—it was spectacular. Ron Hellstern asked the local Bird Count administrators if they could attach Nibley to the existing 15 mile circle that starts in Hyde Park. If the CVWA can get enough participants it's a possibility. During the count, volunteers watch birds in predetermined circles with a 15-mile diameter. The Cache Valley circle has been divided into 10 sectors that volunteers are assigned to count birds in. Let Ron (512-6938) know if you'd like to participate for next year—you don't have to be an expert.

While the CVWA's 8-mile hike was good exercise, think of the calories wild birds expend just staying warm in winter. Please provide some black-oil sunflower seeds for them until Spring.

