



The Nibley City News

Nibley, Utah—January 2020

Thoughts From Mayor Dustin



Mayor Shaun Dustin

I'm convinced that 99% of what I read on the internet about health and fitness is coming from people who know even less than I do, but that have no idea that they don't know what they are talking about because they got lucky with their genetics. I won't tell you what to do, but I will tell you about a change I've made in my life that's helped me, and why the City invests in public spaces for public fitness.

When we talk about health and fitness in the U.S., I know that I mostly think of body builders, athletes, and instachat models. I'm not interested in talking about that. I have friends who are genetically gifted athletes. Heck, we had a dog, Price. He was a greyhound, and he never exercised of his own accord. He ate as much as he wanted. He slept 20 hours a day and he looked like he could go to a track and race and win any time, anywhere. He had pecs. What dog has pecs? My point is, that we do ourselves a disservice when we compare our fitness to people who won the genetic lottery. That's not the City's job, and that's not how we invest tax dollars. In fact, that's why Nibley does not sponsor competitive athletic programs. I feel if everyone is going to pay taxes, then everyone should benefit from how they get spent. That's why I push to invest in trails and parks and recreational athletic programs—stuff that everyone can use.

Being the Mayor is not my day job. I am an engineer and I travel a lot for work. In China, it's easy to walk or bicycle down the street because they invest in that. In fact, in China, there are public parks with equipment designed for every user from 2 to 102. There are simple machines to increase range of motion and flexibility. There are groups dancing and doing ninja moves in the parks. The stuff they build isn't for elite athletes. It's not going to make you the fastest or the strongest. But it's the kind of stuff that most of us would use or benefit from. My parents served a mission in Korea a couple of years ago and they had a trail with these kinds of facilities by their apartment. They didn't come back as Instagram models, but they came back in better shape than they had been in 20 years because they took the opportunity to get out and move.

I'm no athlete. In fact, this year I went in for a physical and bloodwork for the first time in 4-5 years because I was scared of what I was going to be told. I didn't like what I heard. I looked in the mirror and thought about things and decided that, at 47, I have spent at least half my life eating whatever I wanted and exercising as little as I wanted. I got away with it for a long time too. But it was starting to affect my health and, more importantly, my happiness. And I was scared that I was going to wake up one day and not be able to do the things that I wanted to do because I couldn't. And I don't mean things like flex my 8-pack for a selfie, or dunk a basketball; those were never going to happen. I meant things like walk up stairs without it hurting. So,, I made some changes. I quit eating meat. I decided that I was going to exercise and stretch every day. Nothing dramatic, no P90x or CrossFit—when I set those

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Miss Nibley 2020

The Miss Nibley and Princess Pageants are coming up in April. Princesses are girls who attend grades K-5. The Royalty program is composed of girls in grades 6-11. The Royalty has year round opportunities to give service to the community. Registration for the pageant and payment is due **January 31** and the first practice will be February 7. Space is limited so, register early. Registration forms are available online at www.nibley-city.com or at Nibley City Hall. If you have any questions, please contact Wendy Saunders at 764-1404 or Kay Sweeten at 755-3409.



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

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

Recreation Roundup

Why Parks and Recreation?

Nibley City's mission is "To make life better for its Citizens" and our Parks and Recreation departments play a major role in fulfilling that mission. Due to the community cohesion fostered by recreation within our community we work, play, and solve problems together with minds and bodies that are healthier and more capable of creative solutions to the challenges we face together. This, along with better public safety through a lower crime rate, reduced health care costs, better scholastic performance, and a host of other benefits, more than justify the cost of offering wholesome recreation opportunities for our residents. Thank you to a host of volunteers including the Parks and Recreation Committee, The Friends of Parks and Recreation group, the Nibley Youth Council and Nibley Royalty, and countless coaches event volunteers, and Parks and Recreation staff for working together to make this such a great community.



Nibley Fit

Last year 45% of those individuals who made resolutions, set the goal to get in shape. Keep that resolution this year and start your New Year with a healthier lifestyle and fitness friends through our Nibley Fit Group Fitness classes. In every class, you will find a supportive fitness community, regardless of your activity level or familiarity with the class format, along with fun and friendly instructors willing to help you stick to your New Year's resolutions. Drop-in and affordable unlimited passes with reverse punch pass discounts are available at class or at Nibley City Hall. The Schedule and class details are available at www.nibleycity.com.

SUPER START Soccer



SUPER START soccer is an introductory indoor soccer program for 3-4 year olds. Smaller "team" groups rotate through a series of skills stations that are timed to match the attention span of young players. Parents are encouraged to support the team by helping their child participate and enjoy the

game in an engaging learning environment that builds to an outside soccer field experience. SUPER START soccer is very popular, so register early. **Registration begins January 3 and goes through February 7.**

NEXT STEP Soccer

Did your child play SUPER START Soccer and you are looking for that NEXT STEP for your Kindergarten - 2nd grader? Watch Nibley City's social media and website for an exciting announcement about our NEXT STEP Soccer program for these age groups.

Baseball, Softball, T-ball Sign Ups



Baseball, softball, and T-ball registration will be open **February 12–March 13**. Sign-ups close out weeks earlier than surrounding communities' players so coaches have the opportunity to pull together more practice prior to the season.

Nibley Nordic Track

Once we receive enough winter snowfall, we hope to open the Nibley Nordic Track at Heritage/Firefly Park. We encourage you to watch for track signage indicating OPEN, CLOSED, or MAINTENANCE IN PROGRESS on Nibley's website and Facebook page and along the Nordic Track. Additionally, there are plans to clear snow from more hard surface trails to make available more trails for winter walkers/runners. Help us maintain a reasonable surface for cross-country (XC) skiers by only using the Nordic track when open and while wearing XC skis and limit your walking/running to the cleared trail. The track has been arranged to eliminate all but one crossing of the Nordic Track and cleared concrete trail. Use caution at that intersection and tread lightly. Thank you for respecting all outdoor recreation user groups in our parks.



Live Nativity—Thank you


Nibley City thanks the organizers of the Live Nativity at Nibley's Morgan Farm for helping us all remember the reason for the season. Morgan Farm caretaker and event organizer, Richard Eversull, his assistant Heather Nelson, and Volunteer Coordinator Gerald Knight offered a wonderful experience for thousands over the 3-day period. Special thanks go out to Rod Elwood and his crew for expediting construction of a new stable structure to allow use for this event. The structure will offer shelter to animals the rest of the year. Nibley also thanks the host of volunteers

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that were a part of this wonderful community event. Finally, thank you for your donations at the event.

Holiday Decorating Contest Winners

 Nibley City wants to thank those who entered our Holiday Decorating contest or simply strung a few lights to make the season bright. Hopefully you got the chance to enjoy it. There were some amazing and unique holiday light displays that earned several Nibley residents wonderful gift baskets full of holiday surprises, along with the honor of posting award signs in their yard. Once again, Nibley City thanks Rocky Mountain Power for their generous support of this contest.



Chad Wright
Nibley Recreation
Director


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.

Reminders from Nibley City Staff


Nibley City Hall-Closed

Nibley City Hall will be closed on New Year's Day, Wednesday, January 1 and will only be open until 12:00 p.m. on New Year's Eve.

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 13, 2020. After the 13th 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.

Texting and Driving

 Resolve this year to not text and drive. Safety officers are noticing too many instances of parents being distracted by their phones while dropping or picking kids up at school zones. Put your phone away when you are in the car. Be sure you are focusing on the roadway or other vehicles around you.

It is illegal to text and drive in Utah and it puts your life and the lives of others at risk.

No text or status update is worth you or your family's safety. It can wait.

—Nibley City Staff

Planning Our City

We'd like to introduce a new monthly newsletter article. The goal of *Planning Our City* is to provide an update on planning projects and ordinances being considered by the Nibley City Planning Commission and City Council. From time-to-time, these messages will also cover other planning topics. Our hope is that you will be more informed of plans that will shape Nibley's future and take an active role in issues the interest you.

The Nibley City Planning Commission make recommendations to the Nibley City Council. This month, they are considering recommendation of the following updates to Nibley City's land use and zoning codes:

- Outdoor Lighting Standards/Dark Sky Lighting Standards
- Commercial Standards and Zoning Update

The Planning Commission will hold a public hearing on **January 2, at 6:00 p.m.** for the Outdoor Lighting Standards, and invites all who are interested to attend. The Planning Commission will also workshop to create a list of goals and projects to address over the next year.

The following are land use applications that the Planning Commission and City Council will consider:

- A Residential Planned Unit Overlay Zone of 20 acres west of Firefly Park. This overlay zone would allow the development of single-family housing, townhouses, and open space
- The annexation of over fifty acres north of 2600 South and west of 1200 West

Finally, the Planning Commission and City Council will consider the following City policy:

- Nibley City Water Master plan

You'll find full agendas and reports for each City Council and Planning Commission meeting the Friday before each meeting at www.nibleycity.com.



Stephen Nelson
Nibley City Planner

If you have questions or comments contact stephen@nibleycity.com or call Nibley City Hall at 752-0431.

Cache Valley Wildlife Association



Keep our bird population fit. The CVWA reminds you to think of the calories wild birds expend just staying warm in winter. Please put black-oil sunflower seeds in your feeders for them until Spring.

Nibley's City Council meets the second at fourth Thursday of each month at 6:30 p.m. The Nibley City Planning Commission meets the first and third Thursday of each month at 6:00 p.m. All meeting are held at Nibley City Hall and are open to the public. Agendas, minutes, and ordinances are posted on the Nibley City website: www.nibleycity.com and www.pmn.utah.gov.

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 goals, all I find out is that I am a poodle, not a greyhound, and it's super discouraging and I quit. I just walk three miles a day (sometimes I run) or I row for 40 minutes. I'm pretty intense about it most days, but some days it's enough to just do it. It takes an hour. It's a good trade of time that I would have spent working or watching TV or reading a book. I also appreciate the difference that it makes in my mood and my self confidence and my general optimism about the world and my place in it. I was on antidepressants and now I'm not.

I'm not telling anyone what to do with meat or meds or fitness programs—those should be worked out with your doctor. But I know that I am a better husband and dad and Mayor and business owner now that I am taking care of myself.

I want you to be happy with you for two reasons. One, because everyone deserves to be happy. And two, from a public policy perspective, happy citizens mean lower taxes. You don't have to ride LOTOJA, or run a half marathon or swim a mile every day. You just have to take care of you. I am sad when people point to Washington or Salt Lake or the UN, or whatever as the source of their dissatisfaction because happiness doesn't start with stuff that happens a thousand miles away. It starts with me and my family and then my neighborhood and my City. And in the last six months, I've realized that this is why health, fitness and recreation are important to me as the Mayor. It gives each and every one of us a better foundation for our own happiness and satisfaction in life. If we are happy, we will build each other up. If we build each other, we will build our community.

We have some amazing opportunities coming in the next year to build some new parks and trails that will open up some really beautiful spaces to our residents, and with no new taxes. I am really excited about this. I hope you will get moving, get busy, get happy, and get to a place where you can push, walk, run, or ride those spaces and enjoy what makes this place special.

Mayor Dustin



Dog License Registration & Renewal



Dog registration is open from now until February 29, 2020. After February 29, a late fee will be assessed. Nibley City requires all dogs within Nibley City boundaries, over the age of 6 months, to be licensed and have a current rabies vaccination. When your "best friend" is registered with the City, we are better able to facilitate getting your pet back to you quickly should it go missing, which may save you costly fees. If you have questions, please contact Alejandra at the Nibley City offices.

Public Work-ings



Justin Maughan
Public Works
Director

Plowing snow is always tricky and can be inherently unsafe. There are several things you can do to make our snow removal crew's job easier and keep yourself, and your loved ones safe.

- Never blow or push snow into the City streets. Putting snow from your driveway or sidewalks in the street is actually against Nibley City code 13.02.030.
- As tempting as it may seem with the large piles of snow that accumulate at the entrance to your driveway, never allow your children to dig into the snowbanks near the roadways. Encourage them to not play between the sidewalk and curb.
- Remove basketball hoops, garbage cans and other things from the City roadways.
- Stay back from snow plows 200 feet at all times, including intersections.
- Remove snow from around fire hydrants.



- Trim street trees so snow equipment can pass under.

Nibley's Public Works team does a fantastic job of keeping Nibley's roads safe and passable, which is no easy feat after a famous Utah winter snow storm. They are on call 24/7 and heed the call no matter the day or time . . . you might have noticed them out during our Thanksgiving Day storm. Please be sure to thank them for their efforts and a job well done.

Now enrolling all grades K-8 for 2020-2021
 Some seats still open for 2019-2020. *Enroll today!*

Your family is invited to the **Kindergarten Preview Night** Thomas Edison Charter School

Wednesday **JANUARY 29** 6:30-7:30PM 1275 W 2350 S in NIBLEY



Come meet our kindergarten teachers from both campuses and learn how our unique curriculum can prepare your child for college and their future.

For more info, call 435-752-0123 thomased.org



New addition to our program! **Built-in Homework Time**

Establish good habits and still have free time.