



# The Nibley City News

Nibley, Utah—September 2016

## Thoughts From Our Mayor



Hey Nibley,

I was thinking today about what to say in the newsletter when a friend came by and gave me some encouraging advice—If you don't have anything to say, then say it. So I'll keep this short.

This month we are fully invested in the school year, kids are walking and riding bikes to school, and Nibley is getting projects buttoned up for the winter. Thanks for your patience with our construction this year and for your input on the City General Plan. We are going to do some neat things with that input.

It seems like we do a lot of planning in Nibley, and we do, because when we plan, we can make commitments to each other about what the City is going to look like, how it is going to function, and how much all these commitments will cost. Every year we work on a different aspect of our master plan and this year we are going to be discussing and revising the Parks and Trails master plan. One of the great things that came out of our new General Plan was a vision from the people of Nibley for a future system of parks linked by trails and nature corridors that tie all of us together and give opportunities for recreation ranging from tennis, to soccer and splash pads, to bench sitting.

If you are interested in parks, recreation, getting around Nibley and between Nibley and other cities without a car, or how we spend money on these things, we want your input. Notice that I said that? We want input from everyone who is interested, not just coaches, soccer players, tennis players, and splash padders. This is everyone's community and everyone's business.

You might wonder, especially if you don't use the facilities, why are they important? Why should we spend anything on this stuff? I would argue that there are real benefits to the entire community when we invest efficiently in these programs and spaces. If we have good trails, this keeps cars off the roads. If we have parks and programs, kids get off their butts and outside where they can learn to interact with real people and have opportunities to do things that keep them out of trouble. If the youth are playing soccer they are not looking for other things to do. Well maintained parks and trails increase all of our property values and help us to maintain a sustainable community.

Whatever your interests, we'd sure appreciate your participation. Please consider being a part of this as announcements soliciting your help come out.

Thanks for who you are and the opportunity to serve as your mayor.

*Shaun*

# NYC

## Nibley Youth Council

All Nibley residents in grades 10–12 are eligible to join the Nibley City Youth Council for the upcoming year. Applications are now available online at [www.nibleycity.com](http://www.nibleycity.com), at Nibley City Hall, and in the main office at Ridgeline High School. Applications should be turned in to Nibley City Hall no later than **Tuesday, September 6 by 5:00 p.m.** All applicants will be invited to attend a mandatory member's meeting **Thursday, September 8 at 8:30 p.m.** at Nibley City Hall.

Nibley City Youth Council is an important asset to Nibley City and the Council provides a fantastic opportunity to have fun serving our community with other Nibley youth.

Please contact Trudy Knight at 232-6120 with any questions you may have concerning NYC.



The Nibley City Offices will be closed **Monday, September 5** to observe Labor 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](http://www.nibleycity.com)

Nibley City is also on



Go to [www.facebook.com/nibley](http://www.facebook.com/nibley)

and our page

If you have questions, comments, or information that could be included in the newsletter, please contact Cheryl Bodily at [cheryl@nibleycity.com](mailto:cheryl@nibleycity.com).

### Reminders from Nibley City Staff

#### Water Use and Conservation

Did you know that Utah is the second driest state in the nation with one of the highest rates of water consumption? Summer has brought a lot of really hot weather and living in a dry climate requires us to be responsible with our precious water resources. Nibley City encourages residents to use water responsibly. Although the Public Works department has been diligently working on Nibley's third well, Nibley has been limited to only two water sources. Nibley is currently able to keep up with daily demand, but has a much smaller surplus of water available now. We are excited to know that our third well will be online shortly.

By using your water more efficiently, you will help our community and save money on your monthly water bill. Did you know that the largest source of water consumption is outdoor watering? You can have the greatest conservation impact by limiting the water you use outdoors. Please go to the following websites for tips and ideas on how to make your water use more efficient.

<http://waterwiseutah.org>

<http://www.conservewater.utah.gov>

Please contact Nibley City if you have any questions. Thank you for your support.

#### Enforcement Along State Road 165



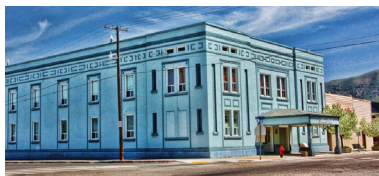
There will be additional traffic enforcement along SR 165 in conjunction with the opening of Ridgeline High School and the new light at the intersection of 2600 South and SR 165.

Nibley City encourages all drivers and pedestrians to observe traffic laws. Please exercise extra caution while traveling, as it will take time for everyone to become accustomed to the changes in traffic patterns.

—Nibley City Staff

### Hyrum Museum

Don't miss the *Hyrum Fall Harvest Festival* being held on **Saturday, September 10** from **5:00–7:30 p.m.** at the Elite Hall. Elite Hall is a historic dance hall that was built in 1917. It is listed on the National Register of Historic Places. Support the restoration of this Cache Valley treasure by donating your excess garden bounty and/or purchasing those donations. There will also be a salsa contest and chili and soup in bread bowls available for dinner. In other words, there will plenty of the delicious flavors our valley harvest has to offer. Please note that besides squash, tomatoes, apples, and other garden products, they would love to have baked and canned items donated. A sign-up sheet is at the front desk of the library.



Bringing Communities Together

### Cache Valley Transit District

The Cache Valley Transit District (CVTD) needs your input. The CVTD is developing a Short Range Transit Plan. The hope is to develop a plan of potential improvements for the next few years and they are asking for your help. Input from the community is essential to help establish priorities for transit service. They would like to know what improvements they can make to the bus system and how they can improve services in your area. Help plan the future of Cache Valley's bus service by taking the survey at [www.cvtdsurvey.org](http://www.cvtdsurvey.org) or scan the attached quick response code with your smart phone.



### Cache Valley Wildlife Association News

On Saturday, September 10, the National Wildlife Federation is presenting Nibley City with Utah's first Community Wildlife Habitat award. The NWF's Senior Director, Patrick Fitzgerald, from Washington D.C. will be in attendance to present the award.

Please come to **Heritage Park** at **10:00 a.m.** and help Nibley make a good showing for the event. There's a chance you could be in the paper or on the radio. The CVWA will also offer FREE Tours of Nibley certified properties so that you can see diverse landscape ideas and how easy it is to certify your property. All you need is food, water, and shelter for songbirds or pollinators and you are eligible. Join the 100+ Nibley residents who have already certified with the NWF.

Following the award presentation, the CVWA will have its annual Flower, Bulb, Seed Exchange. Leave your excess plant materials with them, and take whatever you'd like. The best part . . . this is all FREE . . . and a great way to improve your landscaping. Contact Ron Hellstern at 512-6938 or at [redrockron@gmail.com](mailto:redrockron@gmail.com) with any additional questions you may have.



## Recreation Roundup



### NFL Punt, Pass, Kick Tournament

Will you be one of over 4 million kids who will compete in the NFL "Punt, Pass, & Kick" tournament this year? Boys and girls compete separately against their peers in punting, passing and place kicking skills. Register at the event on **September 15** between **5–7 p.m.** at Nibley Park on 3200 S. This event is free for anyone ages 6–15 and kids will be separated into 5 divisions. Shoes are mandatory and **NO CLEATS** are allowed. Local winners will advance to the state finals, then State winners to a regional tournament.

### Nibley City Scarecrow Fun Run



The first Nibley City Scarecrow Fun Run is on **Saturday, September 24** at **8:00 a.m.** This family friendly event includes something for everyone.

Free events include a 1/4 mile run for children 8 and under, a 1/2 mile run for children 12 and under, and an extra mile (2 mile) walk/run.

The main event will be our Scarecrow 10K. Scarecrows will chase you and help improve your times with a little adrenaline as you run this professionally timed race. There will be finish line results and prizes will be given for creativity. Creative race categories will be posted on Nibley's Facebook page. Register for the 10K now until September 7 for \$20; \$25 until Sept. 23; and \$30 for race-day (6:30-7:30 a.m.) registration and check in. All 10K participants will receive a Tech shirt. Online registration is open at [www.nibleycity.com](http://www.nibleycity.com).

### Nibley Fit

The kids have headed back to school, so now's the time for you to head off to *Nibley Fit*. These group fitness classes include Yoga, Boot Camp, High Intensity Interval Training (HIIT), and Zumba fitness routines. Classes are held in the community center at Nibley City Hall. Summer discount pricing is in effect until September 31: \$2–Drop In (single class), \$7–Unlimited Monthly (up to 31 days), \$20–Unlimited Quarterly (July to September).

Classes are available to participants 14 years and up and payment can be made at the Nibley City offices during business hours or just prior to class. Go to [www.nibleycity.com](http://www.nibleycity.com); *Departments; Parks & Recreation* for a class schedule or more information.

### Adult Pick-up Soccer

Nibley City Recreation is looking for volunteer soccer coordinators for adult pickup games. The experience in-

cludes excellent "health benefits." If interested, please call Nibley's Recreation Director, Chad Wright at 752-0431.

### Don't Go Out for the Count—Hydrate

Throughout Nibley City, residents are busily working outside, attending outdoor events, and walking, running, biking, fishing, rowing, and paddling through some of the hottest days of the year. Kids are also back to school in very warm, student-packed classrooms, and going out to recess. All of these activities require proper hydration to keep you going

**Why does heat make you feel tired?** Your body depends on water to survive and accounts for more than half your body weight. Every cell, tissue, and organ in your body needs water to work correctly. Lean muscle tissue contains more than 75% water, so when the body is short on H<sub>2</sub>O, muscles are more easily fatigued. Experts report that staying hydrated helps prevent the decline in performance during active work and exercise. When your muscles feel too tired to finish a job or workout, try drinking some water and resting for a bit before getting back at it. If your fatigue is due to poor hydration you will be surprised at how water will energize your body.

### Signs your body needs H<sub>2</sub>O ASAP

- Feeling thirsty
- Feeling Hungry (some bodies send a hunger signal to the brain when in reality it needs fluids)
- Dry mouth, swollen tongue, or chapped lips
- Feeling sluggish or dizzy and light headed
- Headache
- Decreased or dark urine output
- The skin on the back of your hand is slow to recover when pinched

**How much?** Experts recommend 8 oz. of water 6–8 times per day for adults. However, different people need different amounts of water depending on their body type and level of activity. Doctors recommend 7–10 oz. of water every 10-20 min. during exercise to stay properly hydrated. If you are working out for longer than an hour or doing intense exercise, you will also need to replace electrolytes, which can be found in sports drinks and many fruits such as bananas and dates. Remember it is still important to drink water with fruit to get the electrolytes moving through your body. Most of the body weight lost after an intense or long workout is a loss of fluid and, if not replenished, will delay recovery. Make the most of every precious moment of the warm weather by staying hydrated.

–Chad Wright, Nibley City Recreation



## From Our City Council

### *Little by Little . . .*

Overwhelmingly, Nibley's citizens have shown their desire to preserve and protect the things that make them want to live in Nibley. These things revolve around a wholesome, natural, and rural environment. We want beautiful vistas, open space, clean air and water, walking and biking trails, generous parks, natural settings, and the occasional cow, horse, or sheep. Certainly, we are in agreement about where we want to go, but how do we get there? We could start an answer by listing the things that we can't do. We cannot merely say "no" to land owners who want to sell and develop their land. Not only does Utah Code prohibit it, it's simply not fair to take something from someone without compensation. We could raise taxes to buy all of the undeveloped land in Nibley. Unfortunately, my family could not afford to live here if we did that.

We get the things we want, little by little, by creatively taking advantage of the resources and opportunities that are available to help us preserve Nibley's rural heritage. To name a few, we acquire twenty acres of land west of Heritage Park (at no cost to the citizens of Nibley) and commit that land to a nature park, a park that protects one of the few firefly populations in Northern Utah. We grow tree seedlings in Nibley's own nursery and get volunteers to help to plant them throughout our city. We do what it takes to be a Tree City USA for the past five years. We foster a healthy relationship with the Stokes Nature Center, knowing that they hope to move their classroom from Logan Canyon to a natural setting on their Nibley property. With the help of volunteers, we become the first community in Utah to be certified as wildlife friendly by the National Wildlife Federation. We win grants for trail development near Ridgeline High School. We encourage an annual seed and bulb exchange and the City gives away trees to help people establish water-wise landscapes with native vegetation. When developers do come to Nibley, we encourage them to build conservation subdivisions that set aside open space (again, at no cost to the citizens of Nibley) for trail rights-of-way, parks, and pastures for those cows that we like to look at on our way to work. We make an extra effort to save mature maple trees as we build a new sidewalk to the high school. The list goes on and on and the big and little things add up.

Without proper action, the things that we value will disappear little by little. But with proper commitment and creativity, we can preserve and protect these things. I think we are getting there—little by little.

*Councilman Larry Jacobsen*

## Hyrum Library

Hyrum Library's staff is busy coming up with super-fun fall programs. Make sure you "like" them on Facebook to get up-to-date information on all library programs and much, much more. The following is a list of the programs the library is offering in September:

- **Toddler Story Time**—Each Monday at 10:30 a.m. No sign-up is required. All ages welcome.
- **Preschool Story Time**—Each Wednesday at 11:30 a.m. No sign-up is required. Ages 3-5.
- **End of Summer Pokémon Bash**—Friday, September 2 at 8:00 p.m. Meet at the Hyrum City Square for a fun Pokémon event and watch the first Pokémon movie.
- **Harry Potter Science Night**—Monday, September 12 at 5:00 p.m. The library is partnering with the USU Engineering Department for this fun evening.
- **Teen Movie Friday**—September 16 at 2:00 p.m.
- **Movie Monday**—September 19 at 4:00 p.m. Free popcorn is provided at each movie event.

The Hyrum Library will be closed Monday, September 7

## The Senior Center—Serving Our Community

The Hyrum Senior Center needs helping hands to tie and bind quilts for two groups; Little Lambs Foundation in Nibley and a refugee organization. They have over 50 quilts to complete so quilts are always up and ready. Additionally, they will hold special quilt workdays on September 1 and 22 from 9:00 a.m. to 12:00 p.m. Enjoy these activities being offered in September:

**Mondays**—Quilting, pool, and chair yoga at 9:30 a.m.

- Sept. 5 Closed for Labor Day
- Sept. 1 Tuacahn Trip
- Sept. 19 Breakfast and Bingo at 10:30 a.m.
- Sept. 26 Breakfast and Bingo at 10:30 a.m.

**Tuesdays**—Lunch and games at 12:30 p.m.

- Sept. 6 Awesome Tip Class at 11:00 a.m.

**Wednesdays**—Programs start after lunch

- Sept. 14 Singer Collen Gordin
- Sept. 21 Singing for Cache
- Sept. 28 Singer Teresa Jones

**Thursdays**—No lunch is served

- Sept. 1 Picnic at Vicky's at 6:00 p.m.
- Sept. 8 Sweet Peas Women's Club at 10:30 a.m.

**Fridays**—Lunch and Bingo at 12:30 p.m.