

The Nibley City News

Nibley, Utah — March 2008



The Updated Nibley City General Plan Is Available on the Web

The updated Nibley City General Plan was approved by the City Council in early January and is now available online at:

[www.nibleycity.com/
generalplan.html](http://www.nibleycity.com/generalplan.html)

Cleared Walkways Help Keep Our Children Safe

In winter, we fight the snow. In summer we fight the weeds. Either way, it is a necessary battle. Please remember to keep the sidewalks clear, regardless of the season. This is especially important in areas where young children walk to school. If the walkway is not clear, children are forced to walk in the road and that creates a serious safety issue.

Nibley City Royalty Tea

Saturday, **March 8**, 2008
10:00 a.m. - 12:30 p.m.
Nibley City Office

For all 2007 Nibley City Princesses, Junior Miss Nibley, and Miss Nibley members and moms. Special guests will be the 2007 Miss Nibley Woman of the Year nominees. Anyone interested in volunteering to help with 2008 Nibley Royalty program is especially invited to attend!



For more information and to RSVP, please contact Shannon at shannon.rhodes@aggiemail.usu.edu.

Dear Nibley Citizens:

From the Mayor

I want to remind every Nibley citizen of your opportunity to use the Hyrum Library free of additional charge just by filling out a library card. We have a great resource at our disposal that the City Council elected to pay for from our general fund, thereby, not requiring individual fees for those wishing to use the library system. The Hyrum Library has an inter-library loan agreement with libraries throughout the state giving us access to almost any book or other library information that is available at larger libraries. They also have electronic books that can be downloaded from a large database for no additional charge. This is a wonderful facility that provides a tremendous resource for learning in addition to school libraries in our community.

There is a proposal to expand our current resources with a countywide library agreement. We will look at this proposal objectively to see if we can increase our access to library material and still maintain the wonderful type of agreement we have with the Hyrum Library. I place a lot of value on having easy access to books. I would appreciate hearing your opinion on our current library agreement. Do you use the Hyrum Library? Do they have what you are looking for? How can we improve the Hyrum Library? Please email your responses to gkktrudy@msn.com.

As the snow melts, the City has many major projects on their agenda. The 3200 South Road will be rebuilt this summer. It is about time! There have been a lot of hoops to jump through with their associated time and costs when using federal money. Thank you for your patience. We are also going to be installing the water pipe that has been stored in the City's yard for the past year. This will increase the water supply to the west side of town. We are also advertising a request for proposal for the construction of a new 1.8 million gallon water tank to increase our culinary water capacity. Nibley City continues to grow and we are working hard to meet the demands for City services.

I appreciate all of the eyes and ears that have helped us stay on top of the many additional tasks that wintertime brings. It is very helpful when you remove the snow from your sidewalks and also around fire hydrants. It is also helpful to know about safety concerns that exist in your neighborhoods. The City's safety and security is as good as the combined effort of all of our citizens. Thank you!

Mayor Gerald Knight

"Winds of March, we welcome you,
There is work for you to do.
Work and play and blow all day,
Blow the winter wind away." *Author unknown*



NIBLEY HERITAGE DAYS ... PLANNING IS UNDERWAY!

Heritage Days will start on **June 17th** and go through **June 21st**. For opportunities to help with the planning or for more information, please contact Jacqui Gale (787-1934).

In particular, committee members are needed to help plan the following events:

Miss Nibley City Pageant
3-on-3 Basketball Tournament
Sidewalk Art Contest
Fun Run/Walk

Baby Pageant
Carnival
Children's Play
Family Swim Night

Nibley City Office
625 West 3200 South
Nibley, Utah 84321
Ph: 752-0431, Fax: 753-1510
Hours: 9:00 a.m. - 4:30 p.m. (Mon.-Fri.)

Visit the Nibley City website at
www.nibleycity.com

If you have questions or comments regarding the newsletter, please contact Becky Yeager at blyeager@qwestoffice.net.



Baseball News: Baseball season is upon us. Once the snow is gone, get out and start playing catch with your buddy, parent, or sibling.

Baseball registration will run **Monday, March 3rd - Monday, March 31st** at the Nibley City Office during regular business hours. Starting April 1st, anyone interested in signing up will be placed on a wait list for filling a vacant spot on a team. There are opportunities for all boys, ages 5 to 14.

Major's try-outs will be April 5th. Minor's try-outs are tentatively scheduled for April 12th. Team rosters for all age groups will be completed and finalized by April 15th.

If you have questions or comments, feel free to contact Phil Takis, Nibley City Baseball Coordinator, at 753-9670 or ptakis@qwestoffice.net.

KINDERGARTEN REGISTRATION

Parents of Nibley children who will be 5 years old on or before September 1, 2008 are eligible to enroll for the 2008-2009 school year. If you are unsure of the school your child will be attending, review the new school boundary maps located at www.cache.k12.ut.us/ or at the City Office.

If attending Nibley Elementary, please call ahead with information on your child including name, date of birth, name of parents, home address, and phone. For registration at both Nibley and River Heights Elementary Schools, bring a birth certificate, immunization records, and a suggested donation of \$30 (\$25 for River Heights) to cover snacks, etc. A picture of your child is also helpful for teachers to learn names ahead of time.

For students who will be attending Nibley Elementary, kindergarten registration will be Tuesday, March 11th and Wednesday, March 12th from 9:00 a.m. to 2:30 p.m. and Thursday, March 13th from 9:00 a.m. to 7:00 p.m. Registration will be held at the Nibley Elementary School office (2545 South, 660 West, Nibley).

For students who will be attending River Heights Elementary, kindergarten registration will be Wednesday, March 12th from 9:30 a.m. to 7:00 p.m. and Thursday, March 13th from 9:30 a.m. to 5:00 p.m. Registration will be held at the River Heights Elementary School office (780 East 600 South, River Heights).

If you have any questions, call the respective schools (Nibley Elementary: 752-8525, River Heights: 753-4948) or the Cache County School District (792-7600).



Call to Arms *by Scott Larsen, Nibley City Council*

I am using my time this month to call our citizens to arms. Not against an enemy or even into battle but, rather, to build community. The City's programs are only as good as those we have to volunteer to help. The City has many opportunities for volunteers in the near future.

Last year, I sent out a questionnaire with the billing and also posted it on the website to get feedback on Heritage Days and the direction of the City's Recreation program. I appreciated those that took time to fill it out. Some even volunteered to help, but didn't provide contact information. If this was you or you want to be involved, contact us. We need those willing and even the reluctant to step forward.

Your interests or the time you can contribute may vary. However, every little bit helps and advances the programs. It doesn't matter if your kids have already been there or done that, or if you have no experience at all. There are friendships that can be made outside of your immediate neighbors or church groups that can be life-lasting. However, if you never volunteer, they may never be created.

We will be working on a Parks and Recreation Master Plan over the next few months. A committee of citizens will put this together to help guide the future projects of the City. If you have comments regarding this, contact Scott Larsen. If you would like to help plan the annual Heritage Days celebration, contact Jacqui Gale. If you would like to help with the Miss Nibley Pageant, contact Shannon Rhodes. We have plenty of opportunities for you to help with sports (baseball contact is Phil Takis, softball contact is Rick Manners, soccer contact is Allen Haycock). If you have desires to be part of something else related to Recreation, contact Casey Judd.

There are countless other areas that you may be able to help from the Beautification Committee, the seasonal celebrations of Easter and Christmas, or a new program you think would be great in Nibley. Maybe help pull the float in a parade this summer or aid with the Youth Council. All of these are volunteers in our City and can always use help and support. If you have questions regarding this "call to arms," feel free to contact me at 753-0954.

Keeping your Brain Healthy **by David Larsen**

One of the fastest growing, most feared, and most costly ailments for seniors is dementia, or memory impairment. Alzheimer's disease and vascular dementia are the two most common types of dementia. However, the good news is that there are many things we each can do to reduce our risk for becoming one of those statistics.

A healthy brain reduces the risk of Alzheimer's disease or dementia.

- ▶ **Physical Exercise:** Exercising just 15-30 minutes a day not only helps increase oxygen to the brain, it can also reduce stress and facilitate the growth of nerves in the brain, as well as improve sleep, digestion, and the transport of nutrients needed for memory.
- ▶ **Nutrition and Diet:** Foods high in antioxidants, vitamins, minerals and omega-3 fats can protect brain cells. High cholesterol, high blood pressure, and obesity increase the risk of developing dementia by six times. A brain-healthy diet low in fried or saturated fat, cholesterol, and sugar also reduces the risk of heart disease and diabetes.



- ▶ **Keep Involved in Learning and Social Activities:** It is crucial that as we grow older, we continue to be involved in learning and other social activities to keep our brain stimulated. The brain is very much a "use it or lose it" organ. It is vital that we keep reading, puzzle solving, learning new things.

For more information on nutrients and activities to help maintain your brain, contact David Larsen at the Utah Alzheimer's Association (1-800 272-3900).

A NEW CITY PROCLAMATION

In a proclamation proposed by the Mayor and supported by the City Council, February has been designated as White Ribbon Against Pornography month. The proclamation points out that pornography distorts the image of human sexuality, leads to destructive sexual addictions, and

contributes to the breakup of marriages. Both federal and state laws prohibit hard core pornography. Nibley City is on record as opposing pornography and encourages citizens and individuals to stay away from the pernicious material that is available in today's society.

Preschool (ages 3-5) Story Time at the Hyrum Library (50 West Main, Hyrum) is from March 25 - 28 at 11:15 a.m.. The theme for the month is "Digging up Dinosaurs."

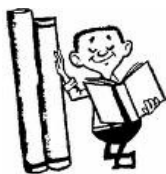


CHARTER SCHOOLS ~ APPLICATIONS ARE NOW BEING ACCEPTED

Thomas Edison Charter School South in Nibley

Principal Eldon Budge invites parents who have school-age children to consider Thomas Edison Charter School South as an option for enrolling your children. They are a full service public school (no tuition, of course) that will begin their fourth year this fall. Their sister school, Edison North, will begin its seventh year. The combined enrollment at both schools is expected to be about 900 students. The Charter School's program is patterned after successful schools of choice in Arizona that have been in operation for thirty years. They use the Spalding Language Arts program and the Saxon math curriculum for all grades, K-8. Their quality teachers are licensed with the State of Utah and specifically trained to deliver our curriculum consistently and with continuity from one grade level to the next. They use the effective schools model, which includes a structured and orderly learning environment, high expectations for student achievement, frequent monitoring of student progress, strong instructional leadership and high parental involvement.

You may visit the school (1275 West 2350 South, Nibley) at your convenience. You may observe in classrooms, review written and media materials, and talk to parents to help you in your study of this school option. There are still a few spaces available in many grade levels. Call 752-0123 for more information.



InTech Collegiate High School in North Logan

InTech Collegiate High School is a public Charter School located on Innovation Campus in North Logan. They are now accepting applications for next year's enrollment. If you are interested in your child attending a smaller school with smaller class sizes, contact them at 753-7377 or check out their website at www.intechchs.org.

DON'T FORGET! Daylight Savings Time starts March 9th. Move your clock forward one hour.

*Friends of the Cache County
Children's Justice Center*
present a
Fundraiser, Dinner, and Auction

WHERE: Hamilton's Steak and Seafood
(2427 North Main, Logan)
WHEN: Thursday March 13th
6:00 p.m. Silent Auction
7:00 p.m. Dinner
COST: \$30/person or \$50/couple

For tickets, call 753-3020, ext. 106. Seating is limited.

The Cache Valley Children's Justice Center (CJC) serves children and families who are experiencing the crisis and chaos that comes with the disclosure of significant physical and sexual abuse of a child. The Center is designed to help children feel safe and comfortable so that they may begin to deal with the difficult issues that surround abuse. The focus and function of the CJC is to reduce the trauma of the child abuse investigation.