

# **Thoughts From Mayor Dustin**

I went to a presentation from a guy named Collin Karchner this week. He was talking about the impact that smart phones and social media have on us, and particularly on our kids. Watch his TED talk on YouTube; it will change the way you think about your kids and your phone. He presented statistics that show a correlation between increased rates of teen de-

Mayor Shaun Dustin that show a correlation between increased rates of teen de pression (37%) and suicide (28%), and the launch of Instagram and Snapchat.

Social media is a technology designed to exploit our insecurity for the purpose of selling advertising. That may not be how it started, and it does have it's uses—the City uses it extensively to communicate events and other news, but we need to be conscious of why those companies are in business and the primary purpose is not to make the world a better place. It's to make money. If we are not careful about how we use social media, it costs us as individuals and families.

I expect to hear from people about correlation and causation and all that. I understand how that works, but I have enough information. The facts are that Facebook is creepy, Snapchat is the single most likely place for kids to be exposed to pornography for the first time, and Instagram is telling me all day and all night how much fun everyone else is having while my life just doesn't measure up. I am going to try getting a flip phone for non-work hours and confining my smart phone to the work day. I also bought a charging station this week that will have all the phones in the house attached to it from 10 p.m. to 7 a.m. every day.

I also went to a lunch meeting with the Family Place this week. The director, Esterlee Molyneux taught me about all the things that they do; they shelter kids, provide education and counseling, they are often the first place kids go after they get rescued from abuse and neglect, and they see a lot of really sad stuff. She said she had been the executive director of the Family Place for 20 years. That's really impressive to me.

It's easy to be judgy of people who make decisions that hurt others; like suicide, drugs, or alcohol. It's easy to look at these behaviors as selfish and mean and bad. It is all those things, and some people are all those things, but in her experience, the reason that most people are doing this is because they are so sad or scared that they don't know what else to do or how else to take the pain away. This doesn't excuse the impact of these behaviors on the people around them. It doesn't change the fact that these behaviors are destructive, not just because they mess up your liver or cause you to throw up in inconvenient places or make you say or do things you regret, but because of the way they hurt the people that love us and the people around us. The impact this stuff has on families and society is horrible.

Esterlee works with kids effected by substance abuse and loss. She sees the pain in the kids and has started seeing their parents as the kids that they once were. She sees the fear and vulnerability that they lived through that drove them to their current behaviors. When I look at them that way it's a lot harder to put them in a mental wastebasket and discard them. In fact, it's a lot easier than I am comfortable with to see myself in some of those words and actions.

Like I said, it doesn't excuse what they do or the impact that it has on the people who love them and depend on them. But it does do two things for me. (continued on page 4)



#### **Dog Registration-Now Due**

Dog registration is open from *now until March 1*. After March 1, a late fee will be assessed. Please keep your pup's registration and vaccination upto-date. When your "best friend" is registered with the City, we are able to get your pet back to you quickly and efficiently should your dog go missing, which may save you costly fees.

To assist in the registration/vaccination process, the Heritage Animal Hospital (see their useful pet care information on page 3) 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 and Nibley City staff will be at the clinic during these hours to handle your annual registration. You can take care of both vaccination and registration with one stop—on the spot. Please contact Hannah at the Nibley City offices with questions.



### **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*.

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# **Recreation Roundup**

### Nibley Fit



# SHARE THE LOVE 2 for 1 special:

drop in participants and current Nibley Fit Pass holders can bring a Spouse, Significant other, or Friend to class for: FREE

### SUPER STARt Soccer

Time's almost up to get in on Nibley's SUPER STARt soccer program. Registration ends *Friday, Febuary 8*. SUPER STARt is an introductory indoor soccer program for three to four-year-old's that follows an award-winning format proven to maximize a participant's touches on the ball and connects soccer with a fun experience.

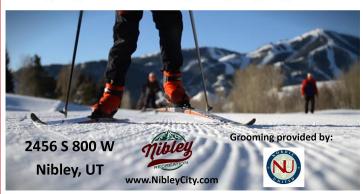
### Heads Up! Baseball, Softball, T-ball Sign-Ups

Registration for Baseball, softball, and T-ball opens *February 15*. Be sure to watch Nibley City's website for exciting new developments and adjustments for this upcoming season.

**Nibley Nordic Track** 

Nibley Nordic Trail @ Heritage Park

# **COMING SOON**



Watch for the track opening and trail conditions on Nibley's website and Facebook page.

### **Future Recreating**

- *Nibley Heritage Days*–**June 15-22**
- Late Night Spikeball Tournament—under the lights at the beginning of May. If you are looking to try Spikeball or refine your game, Nibley City rents Spikeball sets at City Hall.



Chad Wrigh Nibley's Recreati 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.

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# Mountain Crest/Ridgeline Young Artist Cup 2019



Would you enjoy a night of beautiful music? Are you looking for a cultural event for your scout or church group? Or perhaps you need an idea for date night?

You're invited to come watch some of the finest talent Cache Valley's youth have to offer at the Mountain Crest/Ridgeline Young Artist Cup music competition. You'll see amazing performances, be served refreshments and see top finishers earn cash prizes at this <u>free</u> event. For more details, please visit www.youngartistcup.wordpress.com.

Mar. 27–Vocal and string performances
Mar. 28–Piano, brass, wind & percussion performances
Mountain Crest High School Auditorium
7:00 p.m. both evenings

# **Thomas Edison Charter School**



Thomas Edison Charter School South has spaces in kindergarten available for the upcoming 2019-20 school year. There is also limited space available in grades 1st-8th.

Thomas Edison Charter Schools are student-focused and offer an advanced, high-quality and free education. You are welcome to go in and observe their classes in action. They say you'll be impressed with their high academics and positive atmosphere.

If you are interested in a slot for your child or would simply like more information, please contact the school at 752-0123 or visit their website www.thomased.org.



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## **Expert Advice for Your Pets**



Know your dog's limits-Some dogs are more susceptible to the cold than others. HOSPITAL Short-coated, thin, elderly,

or very young dogs get cold more quickly-so adjust the amount of time they stay outside.

Wipe their paws—During winter walks, your dog's paws can pick up all kinds of toxic chemicals-salt, antifreeze, or de-icers. Be sure to wipe your dog's paws off when you return from walks to prevent your pup from licking it off and becoming sick. Purchase pet-safe de-icers for your home for an extra level of safety. And when wiping off your dog's paws, remember to check for signs of injury, such as cracked or bleeding paws.

Leave them home-Just as hot cars are dangerous for pets in the summer, cold cars pose a threat as well. Only take your pets in the car if it is necessary, and never leave them unattended.



# **Nibley City Animal Control**

Nibley City has contracted with the Cache County Sheriff's office for animal control services for more than 15 years. Most often, Animal Control officers are called when a violation of Nibley City code 9.02.110 occurs:

### "Dogs At Large; Penalty For Violation

- A. Unlawful Acts: It shall be unlawful:
  - 1. For the owner or keeper of any dog to permit such dog to run at large.
  - 2. For an owner of a dog to permit such dog to go upon or be upon the private property of any person without the permission of the owner or person entitled to the possession of such private property.

The officer will take control of the animal and bring the dog to Nibley City's impound facilities. Nibley City staff makes every effort to locate the owner of each animal brought to the City (registration really helps here), but if the owner is not located within five days, the dog is taken to the Cache Humane Society Humane Society and may be eligible for adoption.

Animal Control deputies do a wonderful job assisting Nibley City in the enforcement of Nibley's animal laws but they are not just "dog catchers." They are trained in emergency management planning that ranges from the rescue and housing of displaced animals in a disaster to protecting Cache County's agricultural industry against terrorist threats.

For non-emergency animal problems, contact Sheriff's Dispatch at 753-7555. However, please keep in mind that the Sheriff's office does not impound or trap cats.

## **Disaster Preparedness for Your Pet**



**Rick Williams Nibley Emergency** Manager

Pets are family-do you have a plan for your pet in an emergency? Including pets in emergency plans helps your family's ability to respond to an emergency. Be prepared: make a plan and prepare a disaster kit for your pet.

Leaving pets out of evacuation plans can put pets, pet owners, and first re-

sponders in danger. Even if you try to create a safe place for them, pets left behind during a disaster are likely to be injured, lost, or worse. Don't wait until it's too late. Start today by including your pet in your family's preparedness plans to protect the health of yourself, your family, and your pet.

### Make a Plan

To get started, familiarize yourself with the types of disasters that could affect your area and consider your options for providing care for your pet(s).

- Make plans before disaster strikes for where you and your pets will go. Be aware that pets may not be allowed in local human shelters, unless they are service animals.
  - ✓ Check with:
    - -Family or friends outside the evacuation area.
    - -Pet-friendly hotels
- Make sure your pet(s) wear collars and tags with upto-date contact information and other identification.
- If possible, microchip your pet-this is one of the best ways to ensure that you and your pet are reunited if you are separated. Always be sure to register the microchip with the manufacturer and keep your contact information up to date with the microchip company.
- Purchase a pet carrier for each of your pets (write your pet's name, your name, and contact information on each carrier).
- Keep a leash and/or carrier near the exit.
- Make sure you have proper equipment for pets to ride in the car (carriers, harnesses, pet seatbelts).
- If you don't have a car, make arrangements with neighbors, family, and friends. You can also contact

your local government to learn about transportation options during a disaster.

• Make a pet 72-hour kit. Include food, water, waste bags, identification, leashes etc. Put your pet's kit near your own 72-hour kit.



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(Thoughts From Our Mayor, continued from page 1)

First, it makes me empathic and opens up my heart to them and their pain. Second, it helps me to realize the importance of a community in being there for the kids. As adults, we've made our decisions. That's not to say that people can't or don't change, because they do. But those choices are all ours. Kids don't have the same power to change their circumstances. When I fall down in my responsibility as a parent, I'm grateful for the people around my kids who are there to back me up. For people with a strong home environment, that's family. For people who go to church, that's often the church. For people who don't have either of those, then it's either the community, the government, or nothing. So, thanks for what you do to help those families and those kids.

I'm not big government guy, but I do believe that every kid deserves a chance at happiness. The time and money spent on organizations like the Family Place and the work that our police and our social workers, our teachers, and our religious community put in is time and money well spent. I believe that it's first and foremost the job of the family, but sometimes we need a little more than that and I am grateful for the people who step up and do those jobs. In Nibley, we spend less than \$100,000 on police services every year. I like to think that this is because we value taking care of each other and helping kids feel connected.

Mayor Dustin

# **Reminders from Nibley City Staff**

We're Closed

Please be aware that Nibley City Hall will be closed on Presidents Day, Monday, February 18.

#### Nibley City Council and Planning Commission Meetings

The schedule for Nibley City's public meetings has recently changed. The Nibley City Council now meets the second and fourth Thursday of each month at 6:30 p.m. at Nibley City Hall. The Nibley City Planning Commission meeting has also changed and now meets the first and third Thursday of each month at 6:00 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.

Nibley's Animal Residents



Most pet owners know that it's common courtesy to take small plastic bags with them when they walk their dogs and to clean up any "deposits" their pup may leave. It doesn't matter if you are walking on a trail, or walking down the sidewalk, you need to pick up after your dog. Doing so helps prevent the spread of parasites and disease between dogs and people.

It is also against Nibley City ordinance to allow your animals to trespass on another person's property. Please remember that while you may enjoy the company and caretaking responsibilities of owning animals, your neighbor may feel differently.

—Nibley City Staff



Report Illegal Discharge to Nibley City 435-752-0431

### What Can We Do About Stormwater Pollution?

Some people are quick to complain about water pollution, especially when it affects their favorite river, lake or beach. They may not realize that they may be contributing to this pollution when they tip harmful materials down the drain or carelessly drop litter on the road. We all have an impact on storm water quality, and we can all take steps to make a difference.

Activities that seem harmless or insignificant on a small scale can have an enormous cumulative impact on our waterways. Imagine thousands of people in the streets around you dropping trash from their cars, sweeping dirt off their driveways or washing detergent off their cars down the street drains. It all ends up in the water.

### Benefits For Everyone

Reduced storm water pollution leads to many ongoing benefits for the environment and for all of us. Please watch this section of the newsletter each month for ways you can reduce stormwater pollution and make it a goal to do your part. After all . . . We All Live Downstream!



9 60 6

This year's Miss Nibley Pageant theme is, "We Are Champions." Mark your calendar with these important dates:

**Registration** Now through February 6

• Practices Start February 8

Princess Pageant April 19 at 7:00 p.m.
 Miss Nibley Pageant April 20 at 7:00 p.m.

Please note, the pageants will be held at Nibley Elementary School this year. Please contact Kay Sweeten at 755-3409 or *tksweeten@gmail.com* if you have questions.



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@gmailcom*. 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.