



Uintah News

January 2011



MAYOR'S MESSAGE



Once again, the last page of the calendar is turned and we stop to reflect on the 12 previous months. We continue to hope for an upturn in the economy, less financial stress, more jobs, and new opportunities to grow our community.

It is important that we not become discouraged with our trials and the hardships of our neighbors, family

and friends, but instead encourage, uplift, and assist where we can.

Become more involved in our community. Make a difference in other people's lives. Be the positive change that will bring us closer together to work for the betterment of our City.

Starting in 2011, let us see the good we can bring to our community. We must teach our children that Uintah is the home they want for their children and future generations to come.

With the start of this New Year, let us pray that it will be a year with New Peace, New Happiness, and Good Health. Pray for all of our troops, especially those in harms way that they return to their loved ones to enjoy the blessings of this great country.

My family and I thank you for all your prayers and good wishes. A Blessed and Happy New Year to all.

HOLIDAY PROJECT

Many Thanks

The City would like to express their heartfelt appreciation for all the generous donations we received and to our wonderful sponsors for our 2010 Holiday Family Project.

Special thanks to the following sponsors:

- ◆ Crossroads Christian Fellowship Church
- ◆ Stu and Marnie Boyd
- ◆ Richard and Julie Hendrickson
- ◆ Dan and Monica Petsche
- ◆ We would also like to express our gratitude to the many anonymous contributors as well.

We were able to double the number of families we helped this year due to the many generous donations.

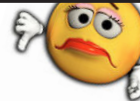
Many thanks to Fire Chief Dave Boothe and the volunteer Fire Department for their assistance with coordination and delivery.

Thank you and remember "if you forget yourself for others; others will never forget you!"

26 YEARS AGO (1985)

- ◆ For the first time garbage was picked up by Waste Management.
- ◆ A bulletin board was put up in the Town Park and citizens could advertise on the east side of the board.
- ◆ Two horse shoe arenas were established by the tennis court to the Town's use.
- ◆ Dog licenses were sold for \$4 for males and spayed females, and \$8 for all other dogs.
- ◆ Jay Kendell was elected Mayor with Kirk Combe the new councilman. Out going Mayor was Dean Fernelius who had served for 28 years, 16 of these years he was our Mayor. Outgoing Council member was Roy Fernelius.
- ◆ The town sold a 1973, 4 door, 8 cylinder car with air condition and a new paint job for \$500.

Ways To Turn That Frown Upside Down



As the days grow shorter in the late fall and early winter, the longer hours of darkness can increase our risk of developing seasonal affective disorder (SAD). This type of winter depression affects an estimated half a million people every winter between September and April; in particular during December, January, and February.

The symptoms of SAD may include: sleeplessness, difficulty concentrating, depression, loss of energy, cravings for sweet and starchy foods, avoidance of social situations, disinterest in previously enjoyed activities, and anxiety. If symptoms are severe, you may need medications, light therapy or other treatments to manage SAD. However, there are some measures you can do on your own that may help, such as:

- ♦De-Stress: Take time for yourself. Relaxation exercises such as yoga, pilates, or t'ai chi can help you unwind
- ♦Eat well: Making a few changes to your diet can improve your mood significantly. Choose fruit, nuts, and fish to give you lasting energy.
- ♦Keep moving: Any form of movement can increase serotonin levels, which tend to be low in people with SAD. Begin gradually with 10-12 minutes of walking on other activity per day, building up to 30-40 minutes per day.
- ♦Get your Zzzs: Make sure you get enough rest. The National Sleep Foundation recommends 7-9 hours per night.
- ♦On the bright side: Dark paint absorbs light and can make a room dull and unwelcoming. Brighten up spaces you spend a lot of time in and a fresh coat of light-colored or white paint.
- ♦Decaf, please: Beware of having too many caffeinated drinks. Caffeine was identified as a "food stressor" in a study that revealed cutting back on coffee and tea reduced anxiety, mood swings, panic attacks, and depression.
- ♦Here comes the sun: SAD is believed to be related to light so try to get outside for some natural light as often as possible. Also, make sure you open your curtains to let in light during the day.
- ♦Take a trip: If possible, take a winter vacation and go somewhere warm and sunny.

Take care of yourself during the winter months and watch for possible signs that you may be developing SAD. If you have any concerns, discuss them with your primary care provider.

From PEHP Health Trends.

CHUCK THORSTED, CITY COUNCIL

News from the Roads Department!

As some of you may know, Union Pacific Railroad (UPRR) replaced the crossing at 2275 East two years ago. This increased the height of the crossing; however we have had numerous occasions that semi trailers have become high centered crossing the tracks. UPRR has approved a ten-foot extension for the crossing that was scheduled to be done this fall; however this has been pushed to early spring. During the spring, the road will be expanded and heightened on the north and south side of this crossing to make the crossing safer, and also facilitates one of the requirements for our new traffic light on US Hwy 89 for access to both sides of the city.

Many people have observed that semi trailers, as well as, vehicular traffic going north bound that are using the exit by Pitcher Sports thinking they are entering Ogden and end up doing a u-turn or driving through Uintah bewildered. I am currently working with UDOT for new signage for US Hwy 84 to properly instruct drivers coming down Weber Canyon of which exit enters South Ogden verses going further on US 84 to the inner city Ogden exits.

Last, I would like to thank Jeff Holden for the great job in keeping the roads clear of snow. We also would like to thank those who keep their vehicles and garbage cans off the road to keep it clear for snow plowing and for not parking on the Railroad easements. Not parking on the roads and easements is imperative for sight distance and safety along our city roads. If you have any concerns or questions please feel free to contact me at 801-920-9785.

DEPUTY "ABBY"

Has it been a year already?

So I've survived my first year as the Community Resource Officer (CRO) for Uintah City, and let me tell you, it's been tough. I'm kidding, I'm kidding. Being the Uintah CRO has been a highlight of my career so far, and will continue to be a highlight for as long as I can stay in this position.

As the first newsletter of 2011, I'd like to outline some of my goals for the new year. First off, I want to thank all those that wrote to "Deputy Abby". It's been a lot of fun answering the letters and questions I have received, and as the letters and questions continue to come in, I will continue to write back as "Deputy Abby". If I don't receive any letters or questions for "Deputy Abby", I'll just wing it and write something as plain old Deputy Greenhalgh.

Second, I'd like to reach out to all the little kids of Uintah, including all the Boys and Girls Scouts Troops in the area, and invite them all to a Bicycle Safety Fair I'm planning on holding in the spring. As a Patrol Mountain Bicycle Instructor for the Weber County Sheriff's Office, and one of the members on the Weber County Sheriff's Office Mountain Bike Patrol Unit, I'd like to get together with as many kids as possible this next spring, to show them how to be safe when riding their bicycles.

Third, I'd like to give out little warning. To those of you who are doing what you're supposed to be doing, this warning does not apply to you. This warning is to those that stretch the rules or don't follow the rules at all, and by rules, I mean the Uintah City Ordinances. When I became the CRO for Uintah City, I promised that I would be more pro-active rather than re-active. Well, that really wasn't the case during my first year. Now that I have had my feeling out period, I'd like to follow through on my pro-active promise. That being said, I don't want people to think I'm going to be the big bad sheriff and write a bunch of citations. I plan on giving those that need it, plenty of opportunity to come back into compliance with the Uintah City Ordinances. Those that choose not take me up on the opportunity, will receive a citation or citations, depending on how long it takes for compliance to be achieved.

Along these same lines, I'd like to also give a heads up to everyone that Traffic Enforcement will be increased. Especially with the traffic light construction on Highway 89 that is coming up.

I also want to invite anyone that is noticing a speeding problem along their street to contact the Uintah City Offices and request the Radar Trailer. As long as the weather is permitting, I'll be glad to park the Radar Trailer where needed. Now I know some people might not think the Radar Trailer will slow down the speeders, and to be honest, it probably won't. But, what the Radar Trailer does provide is clarity. Sometimes, people think a vehicle is speeding, when it is actually doing the speed limit. The Radar Trailer might justify your complaint, or educate you as to what the speed limit really looks like.

Finally, I wanted to add that the Weber County Sheriff's Office now has a Facebook page, which is updated almost on a daily basis. The Facebook page is a great way to see what kind of activity is going on in your area and throughout Weber County.

Deputy "Abby" Greenhalgh

U-DAY

Planning for U-Day 2011 has begun and we're looking for volunteers to serve on this years committee. If you'd like to volunteer then please send an e-mail to Uintahday@gmail.com

CITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 January	17 Martin Luther King Day CITY OFFICE CLOSED	18 Garbage & Recycle Day City Council 7 pm	19 Justice Court 11 am to 1 pm	20	21	22
23	24	25 Garbage Day Planning Commission 7 pm	26	27	28	29
30	31	1 February Garbage & Recycle Day City Council 7 pm	2 Justice Court 11 am to 1 pm	3	4	5
6	7	8 Garbage Day	9	10	11	12
13	14 Valentine's Day	15 Garbage & Recycle Day City Council 7 pm	16 Justice Court 11 am to 1 pm	17	18	19

UINTAH'S CRIME CLOCK

NOVEMBER

THEFT

One theft occurred every 30 days
THEFT - NO SPECIFIC DAY
OF THE WEEK COULD BE FOUND

BURGLARY

One burglary occurred every 10 days
BURGLARY - NO SPECIFIC DAY
OF THE WEEK COULD BE FOUND

ASSAULTS

One assault occurred every 30 days
ASSAULT OCCURRED ON A FRIDAY
WITH THE TIME FRAME OF 8 A.M.



DECEMBER

THEFT

ZERO THEFTS OCCURRED

BURGLARY

ZERO BURGLARIES OCCURRED

ASSAULTS

ZERO THEFTS OCCURRED

CITY DIRECTORY

Mayor/City Council

Mayor Keyes.....801-479-5923
Sue Bybee.....801-479-8382
Gary Laird.....801-479-8739
Don Pearson.....801-479-8766
Chuck Thorsted.....801-479-5911

City Office.....801-479-4130
City Recorder.....Darinda Wardell
Court Clerk.....Amanda Shipley
Treasurer.....Nichole Venz

Planning Commission
Janet Thorsted.....801-479-5911

Board Of Adjustment

Dave Shurtleff.....801-479-8402

Maintenance, Animal Support

Jeff Holden.....801-391-2804

Fire Chief

Dave Boothe.....801-479-4595

Cemetery Sexton

Gordon Pringle.....801-479-5965

Community Resource Officer

Tyler Greenhalgh----801-629-8221

PHONE BOOK CHANGES

Welcome

Move In:
Jake & Brooke Morley
1327 E. 6600 S.
801-814-4757

Move Out:
Stephanie Mathers
Dirk Sampson
1694 E. 6850 S.