



NORTH OGDEN CITY CORP. 505 East 2600 North 782-7211

MAYOR AND CITY COUNCIL

Letters, Calls, and E-mails - The Council Members and Mayor welcome your input and attendance at council meetings. Meetings are held on the 2nd and 4th Tuesdays of each month at 6:30 p.m. Check the City website for changes.

<u>Mayor Richard Harris</u>	940-1882	<u>rharris@nogden.org</u>
<u>Council Member Kent Bailey</u>	782-7807	<u>kbailey@nogden.org</u>
<u>Council Member Wade Bigler</u>	782-9056	<u>wbigler@nogden.org</u>
<u>Council Member Justin Fawson</u>	737-2321	<u>jfawson@nogden.org</u>
<u>Council Member David Hulme</u>	782-6487	<u>dhulme@nogden.org</u>
<u>Council Member Cheryl Stoker</u>	782-9302	<u>cstoker@nogden.org</u>



NORTH OGDEN POLICE DEPARTMENT – 515 E 2600 N – 782-7219

The North Ogden Police Department wishes to thank those who assisted the City with the recent Great Utah Shake Out emergency response exercise. Our objective was to practice communications between residents in the City and the City’s emergency responders. We had residents volunteer in nine neighborhoods throughout the City, who were willing to canvas their neighborhood and report “damages” they located. Signs had been placed prior to the exercise outlining what damages or injuries needed to be reported, and approximately two-thirds of those signs were reported in to the City’s Emergency Operations Center. These neighborhood volunteer reports provided the basis for the City’s response tabletop exercise. Our Community Emergency Response Team volunteers also assisted with this exercise. Overall, the exercise was deemed a success. A few glitches were identified and actions are already in the works to remedy those shortcomings. We wish to thank the residents of North Ogden for your willingness to become involved, to watch out for each other, and to make North Ogden such a great place to live. On a not so pleasant note, North Ogden City has experienced a recent rash of vehicle and garage burglaries. In the vast majority of these cases, vehicle or garage doors were left unlocked or open, providing the suspects with easy access to your valuables. Although North Ogden is still safer than most communities along the Wasatch Front, we do have our share of criminal activity. We cannot emphasize enough how important it is that people secure their property. Do not leave purses, wallets, laptop computers, electronic devices or other valuables in your vehicles. In the event that you are the victim, report the crime immediately. Time is of the essence, and potential evidence is easily lost by waiting to report the crime. Officers are available 24 hours a day. The police non-emergency number is 801-629-8221, and in the event of an emergency, you can always contact us at 911.



If you or your child lost a bike, please contact Officer Hindes at (801) 782-7219. You will need to have a detailed description of the bike ready for Officer Hindes.



**NORTH OGDEN’S CITY OFFICES
WILL BE CLOSED MONDAY,
MAY 28TH, IN OBSERVANCE OF
MEMORIAL DAY.**

NORTH OGDEN ARTS FESTIVAL

Presented by the North Ogden Civic League

Date: Saturday, August 25th

Time: 9:30 am - 5:30 pm

Place: North Ogden Park
(2750 N 600 E)

Contact Person: Gloria Lee at 801-628-1257

Or e-mail: mickeymusi3@comcast.net



Calling Artists:

Early registration is \$45.00 through May 30th, 2012.

Beginning June 1st, it is \$55.00 for a 10 x 10 space.

Registration deadline is August 1st.

BUILDING OFFICIAL

737-2214

FLOOD PLAIN INFORMATION

Questions regarding flood zones should be directed to Gary Kerr. FEMA flood maps are available for your review in our office. We also have elevation certificates.



PUBLIC WORKS – 782-8111 – 332 E PLEASANT VIEW DR.

Did you know... “Water” was the first word that Helen Keller learned?
 Pineview water is on for the season and once again we are asked to conserve water by not watering between 10:00 a.m. and 6:00 p.m. Water costs money... don’t waste it! A dripping faucet or fixture can waste 3 gallons a day... a total of 1,095 gallons a year!

Conserve Water and Save Money!

A friendly reminder from your water department personnel, where we’re dedicated to quality and service.

Water leak usage at 60 psi water pressure:

Diameter of Stream	Gallons per:		
	Minute	Week	Month
1/4"	9.76	98,458	393,833
3/16"	5.50	55,500	222,000
1/8"	2.44	24,666	98,666
1/16"	.61	6,166	24,666



DETENTION PONDS

We are fortunate to live in a city with such beautiful surroundings and spectacular views. With those mountains and views come hillside, slopes, and steep grades, which require detention ponds to slow the flow of water, from running out of the City too fast. There are over 30 detention ponds throughout the City and chances are that you may live close to one of them. We are asking for your consideration and cooperation in maintaining those ponds by not using them for your refuse (limbs, grass, animal waste, etc). Your refuse causes added work for the 2-person maintenance team and limits the proper flow of water in the ponds. Thank you.

CHANNEL CANAL CLEANING

If you live near a channel or canal the City is asking that you take a moment to inspect the area to assure there is no debris that may cause a blockage near your property or downstream. If you clean out debris please bag it up and call the City to have it picked up.



WEST COAST WORLD MARTIAL ARTS
 1964 NORTH WASHINGTON BLVD. NORTH OGDEN, UTAH 84414
 801-648-7442

West Coast World Martial Arts (WCWMA) opened in North Ogden’s North Pointe shopping center in April 2010. Those who remember the early days, we were known as American Martial Arts Academy. Later that year, we joined the Ernie Reyes’ West Coast World Martial Arts Association. In only two years, we outgrew our first location and, in March 2012, WCWMA moved to 1964 North 400 East, staying in North Ogden.



There are over 45 WCWMA schools nationwide, each independently owned and operated. Our association has been featured in film and television and has been featured on the covers of every major martial arts magazine over the last 30 years. In 2007, founder Master Ernie Reyes, Sr. was honored by the Martial Arts International Super Show as one of the most influential martial artists of the 20th century.

WCWMA teaches multi-style mixed martial arts with emphasis on Muay Thai, Kickboxing, Taekwondo, MMA, Jujitsu, Grappling, Boxing, and Escrima/Arnis. We are proud to offer the Lil’ Dragons program for students aged 4 to 8. Our juniors program begins at age 8 and our teens/adults program begins at age 13. We also have an Xtreme Performance Team program which combines gymnastics with martial arts kicks (known as Flips & Kicks) and weapons program, where students learn traditional Asian weapons and are encouraged to develop their own weapons performance form.

WCWMA owner and Master Instructor, Chris Erickson has a Master in Education and a Bachelor of Science in Physical Education. Mr. Erickson worked in public education for 8 years in various positions ranging from PE Specialist to Elementary School Teacher. He now uses his classroom experience to teach martial arts students of all ages and abilities. Bu Kwan Jang Nim (BKJN) Chris is a 22 year martial arts veteran and a 4th degree Black Belt. BKJN Chris has been part of WCWMA since he began as a white belt in 1990. BKJN Chris is testing for his 5th degree Black Belt, along with over 400 testers, this May as part of the Ernie Reyes’ West Coast World Martial Arts Association 2012 National Mastery Black Belt Test.

TAE KWON DO • SELF-DEFENSE • BOXING

First Month FREE

Buy a Uniform for \$30 & Schedule a FREE Orientation.

West Coast World Martial Arts
 1964 N. Washington Blvd. North Ogden
 801-648-7442 www.erniereyes.com

ESCRIMA/ARNIS • MUAY THAI • WEAPONS

JUJITSU • MIXED MARTIAL ARTS

GYMNASICS • LEADERSHIP



Hours of Operation

Monday – Thursday
 9AM – 11:30 AM & 2 PM – 8 PM
Friday
 2 PM – 6:30 PM
Saturday
 Special Events only
Sunday
 CLOSED

NORTH VIEW FIRE DISTRICT – 782-8159 – 315 E 2550 N

Every 23 seconds, one person in the U.S. sustains a brain injury. Traumatic Brain Injury (TBI) is a silent yet serious epidemic currently leaving 5.3 million Americans with disabilities. This represents over 2% of the US population. In Utah alone there are over 56,000 victims. Every 7 minutes someone dies of a brain injury. One death every day and one brain injury every four minutes can be prevented by the use of helmets in recreational activities, including biking, skiing, skateboarding, and rollerblading. Each year, approximately 567,000 people go to the hospital emergency rooms with bicycle related injuries; about 350,000 of those are children under the age of 15. Of those children, about 130,000 sustain brain injuries. One million children sustain brain injuries every year ranging from mild to severe, with approximately one-third of all pediatric injury cases being related to brain injury. This public health concern ranks as the leading cause of death and disability in children and adolescents in the United States. Children aren't the only ones affected. Thirty percent of people age 65 and older are involved in falls each year, the leading cause of death from unintentional injury in the home. The highest risk of TBI is among adolescents, young adults, and those older than 75. While all of these injuries cannot be prevented by following some simple safety tips, the majority can be prevented.

Helmet Safety Tips

- The helmet should fit comfortably and not be able to move when you jerk your head from side to side.
- It should sit parallel to the ground, not tilted back, with about an inch (two fingers) between your eyebrows and the lower edge of the helmet.
- Make sure the helmet straps are always buckled. The sliding clasp on each side of the head should be situated just below the ears. You should be able to put a finger under the closed strap against your neck.
- Getting the fit “just right” is a matter of trial and error, using the pads provided by the manufacturer and the strap adjustments. Try several helmets in the store; not all helmet styles will fit all head shapes equally well.
- As a parent, you should set a good example by always wearing a helmet yourself. (Remember, actions speak louder than words!)

Unintentional Falls Prevention Tips

- Exercise on a regular basis. This builds strength and improves your balance and coordination.
- Don't be in a hurry; get out of chairs slowly, stand and get your balance before you walk, and be aware of your surroundings.
- Keep the path clear; keep stairs and walking paths clear of rugs, electrical cords, newspapers, shoes, and other clutter.
- See an eye specialist once a year, poor vision can increase the chance of falling. Use night lights between bedrooms and bathrooms and turn the lights on before using the stairs.
- Use non-slip mats in the bathtub and have grab bars installed in the shower and next to the toilet.
- Only use throw rugs that have a rubber backing that won't slip and smooth out wrinkles in rugs and carpets.


These are just a few prevention tips. For more information you can visit NFPA.org. We welcome your questions and comments.

COMMUNITY SERVICES – 737-0587 – 2705 N 550 E



CHERRY DAYS
VOLLEYBALL TOURNAMENT
& 3-ON-3 BASKETBALL
TOURNAMENT –
REGISTRATION OPENS JUNE 1ST

MAY RECREATION REGISTRATIONS ONLINE
British Soccer Camps
Summer Camps
Tennis
Adult Outdoor Volleyball League

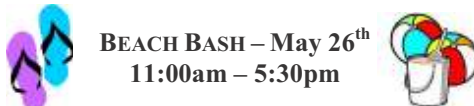


Want to be involved with Cherry Days? Booth and parade applications are still available. Come into our office or log onto www.northogdencity.com.

2012 Cherry Days 5k Run/Walk
Registration Opens June 1st



Drowning is the **second** leading cause of death for children ages 1-14. Participation in formal swimming lessons can reduce the risk of drowning by 88% among children ages 1 to 4.
<http://www.cdc.gov/HomeandRecreationalSafety/Water-Safety/waterinjuries-factsheet.html>



BEACH BASH – May 26th
11:00am – 5:30pm

PRICING

3 & Under ----- FREE**
**All Children 3 years and under must wear a swim diaper and plastic pants beneath their swim wear.

4-64 years ----- \$6.00
North Ogden Resident (4-64 years) - \$5.50
Seniors (65+) ----- \$4.50
Group Rate (10+) ----- \$4.50
Mon. and Wed. Night (6-8pm) ----- Buy 1 Get 1 Free

HOURS

Monday: 12:00PM – 8:00PM
Tuesday: 12:00PM – 6:30PM
Wednesday: 12:00PM – 8:00PM
Thursday: 12:00PM – 6:30PM
Friday: 11:00AM – 5:30PM
Saturday: 11:00AM – 5:30PM
Sunday: CLOSED

At North Shore we offer American Red Cross Swimming Lessons, Levels 1-6 as well as Pre-School Classes, Parent-Child Aquatics and our Ducky Dippers water playtime. Register online today at www.northogdencity.com

NORTH VIEW SENIOR CENTER – 485 E 2550 N – 782-6211

Monday

830a Ceramics
 900a Magic Workout
 930a Crocheting and Hand Work
 1100a Quilt tying
 1230p Pinochle
 Mahjong
 Canasta
 100p Silver & Lapidary
 200p Tap Dancing

Legal Advice

1st Monday 10a

Blood Pressure

1st Tues. – 11a
 3rd Thur. – 4p

Foot Clinic – by appt.

2nd & 3rd Wed.
 starting at 10a

Tuesday

900a Magic Workout
 900a Alzheimers daycare (until noon)
 930a Art
 1000a Line Dancing
 1230p Weight Lifting (strength exercises)

**WE WILL BE CLOSED
 MONDAY, MAY 28TH
 TO OBSERVE
 MEMORIAL DAY**

Wednesday

900a Magic Workout
 900a Wood Carving
 900a Bridge
 1000a Line Dancing
 1100a Easy Listening
 “Live Music”
 1230p Pinochle
 100p Silver & Lapidary



SPECIAL SATURDAY
 ACTIVITY
 GAME DAY – MAY 5TH
 10AM



**ALZHEIMER’S RESPITE
 DAYCARE - TUESDAYS
 9AM – 12PM**

SPANISH CLASS EVERY WEDNESDAY
 AT 230PM

ZUMBA CLASS MONDAYS AT 10AM
 \$1 DONATION

Thursday

100p Center opens
 100p Tap Dancing
 500p Dinner
 530p Entertainment followed by line dancing:

5/3 LaVerd’s Dance Music
 5/10 Dark Horse Band
 5/17 Julie Moffat
 5/24 Kim Maycock
 5/31 Bingo



Friday

830a Ceramics
 900a Magic Workout
 1000a Yoga (bring your own mat)
 1000a Quilt Tying
 1230p Pinochle



STROKE PRESENTATION
 MAY 8TH
 1150AM

**WESTERNAIRES BAND
 MAY 19TH – 7 PM
 POTLUCK**

PAPER SHREDDER
 COMING MAY 31ST 2-5PM

**THESE ARE AVAILABLE FOR
 YOUR USE: LIBRARY, BILLIARDS,
 TELEVISION, EXERCISE
 EQUIPMENT, PING PONG TABLE**




**PERSONAL
 ANCESTRAL FILE
 MONDAYS
 AT 10AM**

GREEN FACTS FOR 2012

February Recycling Benefits for North Ogden

In February we recycled 70 tons of aluminum, cardboard/paper, scrap metals, and plastics.

These recycling efforts conserved the following resources:

- ❖ 1,040 Mature Trees were Saved – Representing enough saved timber resources to produce more than 12,890,100 sheets of newspaper! 
- ❖ 253 Cubic Yards of Landfill Airspace – Representing enough airspace to fulfill the municipal waste disposal needs for 325 people for one year!
- ❖ 297,021 Kw-Hrs of Electricity from Recycling – Enough power to fulfill the annual electricity needs of more than 24 homes! 
- ❖ 149 Barrels of Oil – Representing enough energy to heat and cool more than 30 homes for one year!
- ❖ Avoided 533 Metric Tons (MTCO2E) of GHG Emissions – The recycling of these materials prevented these GHG emissions! 
- ❖ 434,000 Gallons of Water – Representing enough fresh water to meet the daily fresh water needs of more than 5,786 people!

Sources: U.S. Environmental Protection Agency, International Aluminum Institute, National Association for PET Container Resources, Institute of Scrap Recycling Industries, Earth Works Group Recycler’s Handbook, One Earth Recycle, Bring Recycling.org, National Recycling Coalition, US Forest Products Laboratory, Wheelabrator Technologies, and Waste.