



South Ogden City Sound

March 2009

www.southogdencity.com



Nature Park Up-Date

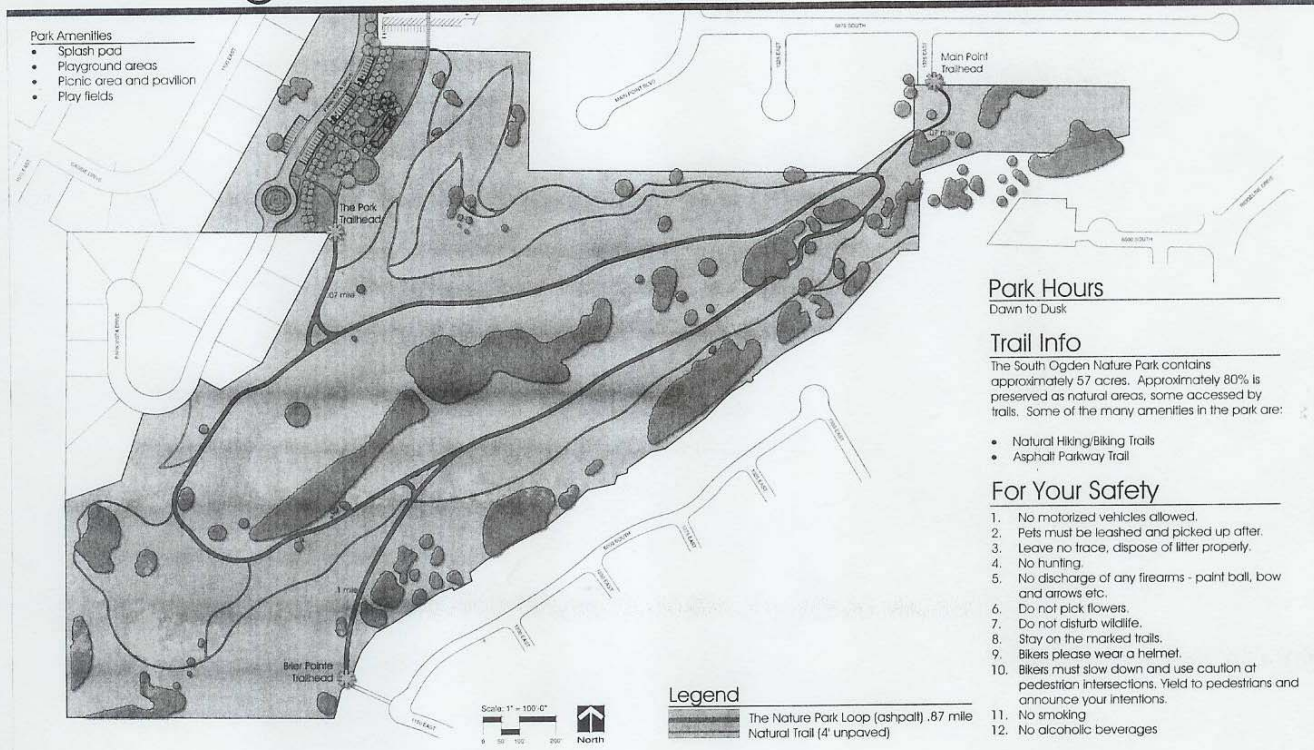
By Council Member James Minster

I realize that there is snow on the ground and it seems that winter will continue for a time. I wanted to let you know that this past year we completed Phase 2 of our park. Which included the paved walking path and a number of pathways have been cleared to create different levels of exercise. We also have created a roundabout in the parking lot to help in leaving the park. Parking has been added to the north end of the park which will help the always full parking lot on the west side.

We have had a great committee over the past five years. Committee members have been Shannon Sebahar, Jim Minster and Sallee Orr. City Manager, Scott Darrington, and citizens, Val Parrish, Mary Ford, Mike Penfield, Scott Baker, Wayne Larson, Brian Dugger, Jon Dalton and Boyd Hunter have helped so much. We have worked hard to create a park that will serve our community. The committee met in February to discuss Phase 3 of the park. The three items we came up with are an amphitheater, fishing pond, boardwalks and some added covered picnic tables.

Most of the funding for the park has come from city funds, including park impact fees. However, RAMP has been instrumental in helping with additional funds. We are looking forward to the day when this great Nature Park will be done, keeping in mind there are a lot of different things we can do. Thanks for all you do and the support that has been given to our community.

South Ogden Nature Park Trails



South Ogden Business Highlight "Our Weigh"

"Our Weigh" is one of South Ogden City's newer businesses and is located at 5582 S 1750 E. They specialize in helping women of size prepare for and commit to a lifestyle change that will result in sustainable weight loss. Participants are encouraged to choose their own diet and exercise plans, which there are no drugs to take, no surgeries, no extreme exercise plans or deprivation diets. Our Weigh is simply designed to serve as a safe, caring and supportive weight loss environment for women of size.

There are three sessions that will help in losing weight and maintaining the goal weight. These sessions are Preparation, Support, and Maintenance which are offered weekly, monthly, or as needed and are available for individuals or groups. The preparation session focuses on preparing for the weight loss journey; learn to love yourself, imagine your future, choose a sensible diet plan. The support session focuses on motivation and support during weight loss; set small goals, try new styles and color of clothing, visualize the new you, be strong and congratulate yourself. And finally the maintenance session, upon reaching your goal, each participant will be encouraged to continue attending the support sessions to assist others and share their success.

Go beyond thinking and talking about changing your weight and begin your journey with a single easy step, call 801-425-2257 and schedule a free no-obligation first visit or visit our website at www.ourweigh.net.

New Businesses in South Ogden

Welcome to South Ogden! The following new retail business licenses were granted in South Ogden. Please support our new businesses at their retail locations:

<u>Business</u>	<u>Owner</u>	<u>Retail Location</u>	<u>Phone</u>
Sun Kissed Tan	Jessica Lewis(message therapist)	1657 Skyline Drive	475-7222
Wild Horse Country Dancing	Chalyce Hadley	625 E 5300 S	444-5165
Jean C. Smith LCSW PC		555 E 5300 S #5A	928-6838
Jensen Tax, LLC		3755 Washington Blvd #6	782-9596
Experienced Dental	Robert Johnson	6017 Fashion Point Dr	475-5155
Accent Smiles Dental Care	Clint Blackwood	5738 S 1475 E #100	392-1500
CSI Print Technologies, LLC	David Alexander	1480 E Ridgeline Dr	479-7097
Bright Star Electric Corp.	Jeff Madigan	820 E 5600 S	814-4723

Senior & Disabled Citizen Curbside Spring Cleanup

Sign-up for the free curbside cleanup for **Senior Citizens (65 and older) and Disabled Persons**. Sign-up will be held from Wednesday, April 1, 2009 until Friday, April 24, 2009 at the South Ogden Senior Citizen Center, 580 39th Street. Please bring proof of age or disability and address with you when you sign up. You may pick up a detailed instruction sheet at that time. Pickup will begin Monday, May 4, 2009 and will take approximately two weeks to collect all items.

Items must be placed behind the curb (on the park strip) by Monday, May 4, 2009 by 7:00 a.m. when the pickup begins. If items are not out and the truck goes by the location, we will not return to the area and you will need to provide a private means for disposal.

Please do not place curbside cleanup items out until May 4, as we will not pick up items before then. If you have any questions, please call Trudi at the Public Works Department at 622-2901.

South Ogden Urban Forestry Commission

Tree Planting Precautions: Avoid creating future problems when planting trees. Remember that a tree you buy in the nursery might end up being 60 feet tall and 30 feet across. Learn the mature size and crown characteristics of any tree you buy and plant accordingly. Plant trees far enough away from sidewalks, driveways, and buildings so the crown has room to develop. Consider power line location when planting a tree to avoid electrical outages and increase line maintenance costs.

South Ogden City Recreation

South Ogden City Youth Baseball/Softball/T-ball Registration will be available Monday, March 2, 2009 through Friday, March 27, 2009 at the South Ogden City Offices, 3950 Adams Ave. (2nd Floor). Office hours are from 8am-5pm Monday thru Friday.

Leagues are available for boys and girls ages 5 – 15 (age as of Aug. 31, 2008). Cost is \$25 for ages 5 – 8 and \$35 for ages 9 – 15. There is a \$10 non-resident fee for those who are not residents of South Ogden City.

For more information please call 622-8538.

South Ogden's Department of Public Safety Citizen's Academy

The South Ogden Department of Public Safety is pleased to present our annual combined Citizen's Police and Fire Academy! This program offers a first hand look into how police officers and firefighters perform their duties and the various ways they serve the community. The purpose of this academy is to promote citizen awareness and education into the role of the department of public safety and enhance better communication between citizens and public safety employees. This is a free, nine week course. Three hour classes will be held weekly, beginning April 23rd. Interactive, hands on instruction will consist of: Taser demonstration, K-9 demonstration, narcotics/ strike force, building searches from both police and fire perspectives, gangs, traffic and felony stops, Emergency Medical Services, search and rescue, vehicle fires, and hose evolutions. We will be touring the Weber County Jail and C.S.I. as well. The training will take place at multiple locations, including the South Ogden Department of Public Safety building, the Swanson Foundation Range, and the Driver License Division Range.

Applications are available at the public safety building located at: 3950 S. Adams Avenue. Those interested will need to successfully complete a background check; applicants must be 18 years of age or older and must apply in person. For further information, contact Cindee Paulsen at 622-2804.

Message from the Animal Control Department

The "Big Fix" is coming again to South Ogden on Tuesday, April 14, 2009. Sign ups will be taken at the South Ogden Police Department (3950 S Adams Ave.). We will take South Ogden resident sign ups until Wednesday, April 1, 2009 and then we will open it up for non-residents, if space is still available.

March 1, 2009 was the deadline to renew your dog licenses, late fees now apply.

If you have any questions, please contact the police department at 622-2800.

South Ogden Community Choir

South Ogden City is supporting a community choir. If anyone is interested please contact Mayor Garwood at 622-2701.

EASTER EGG HUNT

SATURDAY, APRIL 11th

8:00 AM

Free pictures with the Bunny!

9:00 AM

Sharp!- Hunt Starts, don't be late!

Children ages 1 - 12

(Special needs children can exceed age limit.)



**Friendship
Park**

655 E 5500 S

(by H. Guy Elementary)

FAMILIES NEEDED TO VOLUNTEER!

We need help filling twenty thousand eggs with candy & coupons. The candy, coupons & eggs will be provided by the city and local businesses. Those who would like to help on the dates & times listed below will enjoy pizza and a family movie while stuffing eggs. Volunteers can come for just one hour, or stay for all three. Anyone is welcome.



Wednesday	April 1st	5 - 8	dinner
Thursday	April 2nd	5 - 8	dinner
Friday	April 3rd	5 - 8	dinner



Help us fill eggs and enjoy Pizza & A Movie

Please R.S.V.P. so we know how much pizza to order.

Call: Christy @ 622-2705 or Email: clove@southogdencity.com

or return this form: with your March utility payment.

Name: _____ Address: _____

Phone: _____ Cell: _____ Email: _____

Date planning to come: *(circle one)*

Wed. 1st
5pm - 8pm

Thurs. 2nd
5pm - 8pm

Fri. 3rd
5pm - 8pm

YES! WE WANT TO VOLUNTEER TO FILL EGGS!