



# HEBER CITY NEWS

## June 2013



### MAYOR'S MESSAGE by Mayor Dave Phillips

Opportunity: "A favorable combination of circumstances, time and place; a chance for advancement." How often we've heard the words "If only I had the opportunity" or "If I had just taken the opportunity." Over the years, I've heard much pertaining to this interesting word. Included are: "Opportunity is always dressed in work clothes. "Opportunities are never lost (someone else will take



the ones you missed.) "Opportunity knocks, but temptation kicks the door down, or "Temptations, unlike opportunities, will always give you second

chances. "Sometimes opportunity knocks, but most of the time it sneaks up and then quietly steals away. "If a window of opportunity appears, don't pull down the shade! "A sign on the door of opportunity reads: "Push." and there is the one that says: "If opportunity doesn't knock, build a door!" And finally: "Some people never hear opportunity knock because they're too busy knocking opportunity."

The common denominator among these thoughts is how incumbent it is upon us to do something! We can take an opportunity, or not. We can (sometimes) create an opportunity, or not. We can choose for ourselves, or we cannot. In this sense, opportunity is a lot like "attitude" in that we can set the course of how we think, how we act, or even just how we are (or are not!)

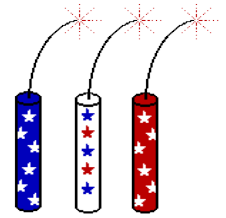
As we examine our outlook on life (happy or sad) let's remember: What we believe in often happens. In other words, "We often get what we expect."

School is out this week and we're kicking off the summer season. Best wishes to everyone for a fun,

safe summer. Be sure to keep an eye out for construction equipment and those orange barrels!

### FIREWORKS SAFETY

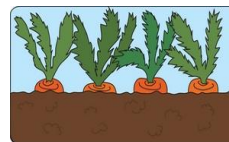
Whether you're celebrating Independence Day or the New Year, a backyard barbecue or other family occasions, it is important to understand the laws regulating fireworks use in Heber City. Familiarize yourself with the fireworks that are permitted and if you're not sure contact Heber City Police or check the Heber City website at [www.ci.heber.ut.us](http://www.ci.heber.ut.us). Have a safe summer holiday.



### 2013 ELECTION POLL WORKERS NEEDED

Heber City is looking for poll workers for the Primary Election, Municipal Election and the early voting period before each election. Responsibilities include assisting with opening the voting location, hanging signs, counting ballots, checking in voters and more. You must be a registered voter for consideration. Please visit [www.ci.heber.ut.us](http://www.ci.heber.ut.us) to download the application or come to 75 N. Main Street to pick up an application. Please contact Mandy Anderson, Deputy Recorder at 654-0757, ext. 7887 with any questions. Applications are due by June 20<sup>th</sup>.

### COMMUNITY GARDEN NEWS



The Community Garden is sprouting again. Garden plots are available for anyone interested. The cost is \$40 with \$10 being refunded at the end of the season if the plot is left clean and the water nozzle is returned. For more information and for reservations call Michelle at 654-0757, [mkellogg@ci.heber.ut.us](mailto:mkellogg@ci.heber.ut.us) or Annie at 435-901-1974.

## HEBER VALLEY FARMERS MARKET AND CONCERTS IN THE PARK

Heber Valley Farmers Market, along with the Concert in the Park series, will be held every Thursday at the Main Street Park at 250 S. Main St. beginning June 13<sup>th</sup> through the end of August. The Farmers Market will open at 4:00 p.m. and the concerts will begin at 6:30 p.m. New vendors are welcome! Produce and crafts must be grown or made in Utah. For more information, contact Suzanne Hansen at Heber City Offices, 435-654-4830.



### FREE SUMMER FOOD FOR KIDS

Summer is nearly here and you may be thinking about what your child will do for meals while school is out. The good news is that the U.S. Department of Agriculture partners with your local community to serve free meals. There are no income requirements and any child age 18 and under residing in Wasatch County may eat free.

Meals are served: Monday through Thursday (June 10, 2013 through July 18, 2013 \*no lunch July 4, 2013) 12:00 p.m. – 1:30 p.m. Heber Valley Elementary cafeteria (enter through the rear of cafeteria). Meals must be consumed on site. Adult meals are served and cost \$3.00 \*cash only. Contact Wasatch School Food Services at 435-654-0280 for more information

### VOLUNTEER OPPORTUNITIES

Volunteer today with Mountainland Aging and Family Services Department! We have a variety of volunteer opportunities for people with different skills and interests:

**Volunteer Ombudsman:** Is dignity important to you? It is to the elderly, also! The ombudsman program is a voice for the elderly



in nursing homes and assisted living facilities. Ombudsman volunteer staff do a variety of things to help assure the residents in long-term care facilities receive the quality of care and quality of life which protects their dignity and well-being. Days and hours are extremely flexible. For more information, call [801-229-3807](tel:801-229-3807) or email Nancy Madsen at [nmadsen@mountainland.org](mailto:nmadsen@mountainland.org)

Be a **Friendly Visitor Volunteer** and provide respite (a break) to family caregivers. By providing a few hours of companionship each month to an elder, you can preserve the well-being and quality of life for both the caregiver and the elder they are caring for. For more information, call [801-229-3818](tel:801-229-3818) or email [cwheatley@mountainland.org](mailto:cwheatley@mountainland.org).

Make a difference one hour once a week! **Meals-on-Wheels** need volunteers to deliver meals to homebound seniors in our community. For more information, visit [www.mountainland.org/volunteer](http://www.mountainland.org/volunteer) or call [801-229-3821](tel:801-229-3821).

### UNPLUG, CONNECT AND BELONG at Y SUMMER DAY CAMP!



Are you wondering what your children will do over the summer?

The YMCA of Northern Utah provides a nurturing and caring environment for

all. YMCA camp programs provide a fun and unique experience that give kids a chance to explore, meet new friends and discover new interests. Campers will enjoy fun activities, creative projects, group games, and much more.

Y Summer Day Camp will run week long sessions from June 17-August 9 and will be held at the Wasatch County Recreation Center. Let the Y support you in keeping your kids active, healthy and engaged this summer! Interested in learning more visit call [801-839-3384](tel:801-839-3384) or visit [www.ymcautah.org/heber](http://www.ymcautah.org/heber).