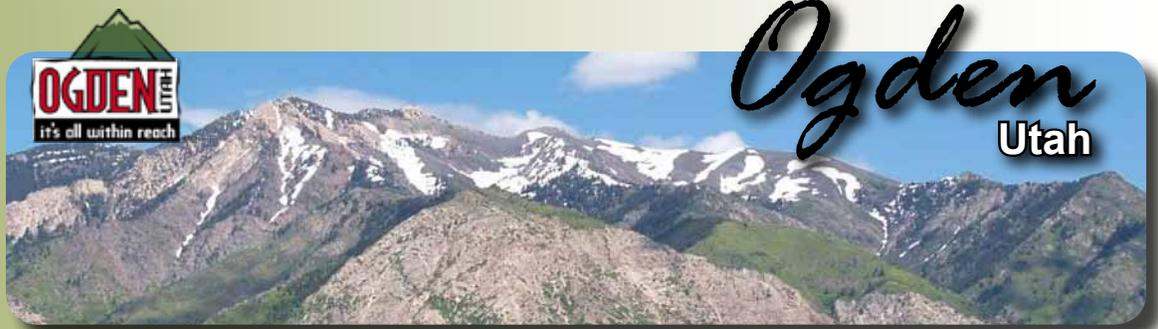


At Your Service

a bulletin of community news

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An Important Message from the Weber-Morgan Health Department regarding Influenza

Although the H1N1 virus is a new strain for which there is no known immunity, the current outbreak has shown that not everyone needs to go to the hospital to recover. In fact, the most comfortable and isolated place for a sick individual to heal is within their own home.

To lessen the impact on your household if a family member becomes ill or needs care for an extended influenza outbreak:

- *Keep enough sick leave or savings built up to keep financially afloat if you or a family member needs to be in medical isolation for a few weeks.*
- *In a large outbreak, it may not be possible to get in to see your regular doctor, so keep a supply of daily medications as well as typical flu remedies on hand.*
- *Stock up on hand sanitizer, cleaning solutions, and laundry soap. These items are typically hard to find in stores during outbreaks and they are vital in stopping the spread of illness within your own home.*

As with any illness, follow basic prevention measures: stay home when you are ill, cover your coughs and sneezes, dispose of tissues and waste products, and frequently wash your hands with soap and water. It is important to regularly sanitize high traffic areas such as countertops, doorknobs, light switches, keyboards and handrails.

Symptoms of novel influenza viruses should be treated the same as any seasonal flu. Keep hydrated, reduce fever, and use mild pain relievers to soothe (not suppress) coughs, sore throats, and runny noses. Call your doctor if you experience a sudden spike in fever or trouble breathing.

For information on the 2009 flu season and where you can obtain an H1N1 flu shot when it becomes available, see www.webermorganhealth.org.

Mountain 2 Metro Games, XTERRA USA Championships, and Harvest Moon Festival



It's time to "Get Out And Live!" with the GOAL Foundation on Friday and Saturday, September 25 and 26, as world-class athletic events, live entertainment, and good old fashioned family fun converge on downtown Ogden's Historic 25th Street for 2009's Mountain 2 Metro Games, Harvest Moon Festival, and XTERRA USA Championships.

The festivities kick off Friday at noon in Municipal Gardens, 343 25th Street, with the M2M Mountain Expo, Mountain Film Festival in the Amphitheater, and XTERRA registration for citizen-class races. There will also be a cut-a-thon, a K9 challenge, and early registration offered to locals for 2010's Ogden Marathon!

Saturday is the party! Bring family and friends downtown for the Harvest Moon Festival—a day of activities that includes 5050 BMX street performances, Ramp-and-Tramp demonstrations, Kahuna Longboard demonstrations, and as always plenty of delicious food and spirits. Kids will enjoy face painting, a rock climbing wall, performances from Disney, family crafts, and much much more! The street will be hopping with free live music all day and Savage Henry will be headlining the evening. Come soak up some groovy fall vibes and experience first-hand why Ogden's Historic 25th Street is Utah's coolest street!

Mountain 2 Metro weekend also features multiple athletic events to participate in on Saturday. Choose from several XTERRA races, the Striders 7 Trail Run, the M2M Downriver Kayak Race, Jibyard Railjam, and Flowrider Competition. Those who want to be part of the athletic events but are just not quite trained for this round can volunteer! Whether you volunteer, participate, spectate, or donate, the GOAL Foundation works hard to find ways to connect the community with various world class athletic events in Weber County throughout the year. For up-to-the-minute, detailed info and schedules, see www.mountain2metro.com.

Still Time to Visit the Farmers and Art Market

The market invites you to visit downtown Ogden with the promise of a mini-festival each week! The quality of our market vendors is the talk of the town. Over 20 local growers participate bringing fresh produce, seasonal flowers, and herbs through October 3. It's what everyone loves best about Saturday morning accompanied by live acoustic performances from local musicians.

There's still time to visit the Farmers and Art Market. Just because school is back in session and the days are beginning to grow shorter, doesn't mean summer is over for the market. Visit www.ogdenfarmersmarket.com/events for more info and a schedule of events and performers.

Historic 25th Street is the place to kick-off your weekend and "Get Fresh in the City."

Ogden Citizens Invited to Contribute to Utah's Wilderness Quilt

Experience a unique display of Utah's wild landscapes by visiting the Wilderness Quilt on exhibit throughout the month of October at Gallery 51 in Ogden's Union Station, 2501 Wall Avenue.



The Wilderness Quilt was initiated by Women Protecting Wilderness (WPW), a network of women from all walks of life who share a love for Utah's wild landscapes. The quilt was meant to offer the community a place for intimate, heartfelt discussion about why Utah's wild landscapes are important and what can be done to protect them. Testimonials were gathered from the public along with photos of their favorite natural landscape and personal reflections about what wild places mean to them. A quilt reflecting the beauty of Southern Utah was created to hold the testimonial collection. Now, as the quilt travels throughout the state on exhibit for the public to experience, citizens are asked to keep the quilt growing and flowing. Citizens of the greater Ogden area are invited to become part of the quilt by visiting the exhibit and submitting their own testimonial. New testimonials will be stitched onto additional panels in the traveling exhibition.

Mayor Matthew Godfrey will welcome the Wilderness Quilt to Ogden at the exhibit opening Friday, October 2, as part of Ogden's First Friday Art Stroll. To learn more about the Wilderness Quilt and to see its travels, visit www.womenprotectingwilderness.org where you can also submit your testimonial online.

Fire Prevention and Safety Open House



In honor of Fire Prevention week, which is October 4 through 10, Ogden City's Fire and Police departments are holding their sixth annual Fire Prevention and Safety open house.

Join the fun and learn valuable, lifesaving information on Tuesday, October 6, from 5 to 8pm at Fire Station 1 and the Public Safety building located at 2186 Lincoln Avenue.

This year's theme is "Stay Fire Smart! Don't Get Burned." The event is a great opportunity for residents to learn some very valuable information about practicing good habits at home to prevent fires.

Those who attend will get the opportunity to meet real firefighters, see fire engines and ambulances up close, and learn about fire safety in a fun and entertaining environment.

Minimize Accidents by Obeying Traffic Laws

Ogden City's Community Policing Officers are reminding residents to drive safely and obey traffic laws. In a recent report provided by the Utah Department of Public Safety, common traffic violations were shown to be the biggest contributors to death and accidents on Utah's highways:

Causes of Death:

- Speeding – 19%
- Other improper driving – 13.9%
- Improper lookout – 9.6%
- Driving under the influence – 8.8%
- Fatigue or falling asleep – 8.8%

Causes of Major Vehicular Accidents:

- Improper lookout – 24.4%
- Following too closely – 13.7%
- Failure to yield the right-of-way – 13.6%
- Speeding – 10.4%
- Other improper driving – 8.9%

To keep everyone's travels happy and safe, always remember and practice the rules of the road. Stop signs and red lights require drivers to stop—a "rolling stop" is not adequate. Vehicles must stop and yield the right-of-way to pedestrians, whether the pedestrian is in a marked or unmarked crosswalk.

Intersections where the traffic lights are not working should be treated as a four-way stop. Vehicles must always come to a complete stop first, and then they may proceed into the intersection yielding the right-of-way to any vehicle on the right.

And last, but not least, do not tailgate. Always keep at least two seconds following distance behind the car in front of you and leave enough space for another vehicle to safely enter and occupy that space. Under adverse road conditions, allow more space.



Haunted Dino Park

Join the fun at George S Eccles Dinosaur Park for "Nights of the Living Dinosaurs." This year's Haunted Dinosaur Park will be held on October 8-10, 15-17, and 22-24 from 7 to 9:30pm nightly. Spooks and goblins will roam the park and our traditional Jack-O-Lantern wall will light your way. It's a safe environment featuring costume contests, spook alleys, haunted trails, trick-or-treat stations, s'mores, hot chocolate, scones, and more. Costume contest will take place each night at 8:30pm with many prizes to be awarded. Admission prices are \$7 for adults, \$6 for seniors and students, and \$5 for children ages two to twelve. Dino Park members receive half off admission prices. Don't miss out on our biggest event of the year. For more information call 801-393-3466 or visit www.dinosaurpark.org.



Flu Shots for Seniors

Flu shots will be available to any senior citizen 60 years or older on Friday, October 16, from 9am to 12pm, at Golden Hours Senior Center located at 650 25th Street. Medicare, Medicaid, or other insurance cards are required for billing for the cost of the shot.

Trash Collection

There are no delays in trash and recycle collection during the months of September and October. Stick to your regular schedule.

Useful Ogden City Contacts

• 801-629-8000 Ogden City Corp main line
• 801-629-8752 Graffiti Task Force

• 801-399-HELP Ogden City answers hotline
• 801-629-8159 City Council agenda information line

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