

Mayor's Message: Slim to Win Contest

Well, another year has come and gone and I have been thinking about what to do for my 2012 resolutions. I usually start a diet on or about January 3, and I'm usually done with it by the 5th. I think that exercise is a good thing to do and I've watched every exercise video ever made and have not lost a pound. However, I did manage to loose approximately 100 pounds, but it was the same pound over 100 times. This is the end of excuses for me. I have decided to join in with the City's new Slim to Win program. This is a program for all citizens and employees that want to improve their lifestyle through exercise and healthy eating. The Slim to Win program includes weigh-ins, trainers and people to help with diets to shake off some cellulite. I will be the first to admit that eating right and exercising is going to be tough for me, but the benefits and rewards are well worth it! (Especially the grand prize reward for the winner of the contest!) I would like to start with a goal to loose 35 pounds. Now I know most of you are thinking that's like taking a cup of water from the bath tub on me, but face it, it is a good start. I want to be a part of making Lehi a more fit and active community by participating in the program, and I encourage others who feel the urge to shed a few pounds to join me and participate in the Slim & Win contest! Avoid those unnecessary doctor bills and the feel and look of just eating a full barbequed beef, so help me out, lets shed some pounds together!

Also, I would like to take this time to thank all our Lehi City employees for a great year of service to our community. We have accomplished much and we have been very frugal in spending. Our community is shaping up and we are making great strides for the future. I appreciate the many hours of service that has been rendered by our citizen service groups, eagle scout projects, and youth groups. Together we are making a difference and creating a great place to live.

Whatever your resolutions are...if it be losing weight, being kinder, loving and forgiving more, stressing less, swearing less, reading more, serving others or just whatever you think you need to do...just get after it.

Have a Happy, Healthy and Prosperous NEW YEAR!

See you on the scales,

Mayor Bert Wilson

SLIM TO WIN CONTEST DETAILS

The Slim to Win contest is a weight-loss contest designed to improve the overall health of the participating contestants. The Slim to Win contest will last for six months beginning February 4, and continuing until the final weigh-in and body composition test on Saturday, August 4. A six-month membership commitment to the Legacy Center is required to enter the contest. The Slim to Win contest will include nutritional information along with weekly team workouts with a personal trainer and a team colored t-shirt. Prizes will be awarded to the top 'loser' of both weight/body composition percentage. Rules and introduction of teams and each team's personal trainer will be announced on Saturday, February 4, at 9 a.m. at the Legacy Center. The first Saturday of each month during the contest, there will be mandatory weigh-in and body composition test at 9 a.m. Please visit the Lehi City website at www.lehi-ut.gov for more details and enrollment information.

Application packets are available at the Legacy Center and can be downloaded at the city's website and are being accepted now. Applications and enrollment fees are due Saturday, January 21, 2012 and may be turned in at the Legacy Center's Health Fair on that same day from 10 a.m. to 1 p.m. or at the Registration Office anytime prior to that date. Registration hours are Monday through Friday, 8 a.m. to 6 p.m., closed holidays.

January 2012

In This Issue:

- Mayor's Message
- Slim to Win Contest
- Hutchings Museum
- Lehi-Rippy Literacy Center
- Lehi Library
- Senior Citizens Center
- Lehi Arts Council
- Winter Preparedness
- Meals on Wheels
- Recycling Electronics
- Legacy Recreation Center



Hutchings Museum

Family Night: We will be open the first Monday night of each month from 6-8 p.m. to allow families the opportunity to explore the museum at a more convenient time. Come and experience the many changes that are occurring all the time and rediscover the excitement of the Hutchings Museum. Remember a family day pass is only \$12, a very economical family outing compared to other entertainment and cultural experiences in the valley.

Museum Munchkins: Share in the fun on the second Wednesday of every month where preschoolers can discover the Hutchings Museum through story, crafts, games, and a short tour in one of several exciting and fascinating rooms. Children must be accompanied by an adult. 1-2 p.m. Cost is \$3 per child, parents are FREE. Call 801-768-7180 for reservations.

Scout Tours: Bring your Scouts to the museum for a self-guided Scavenger Hunt and earn the "Hutchings Museum Patch". You will enter each room searching for answers to questions printed for you. When you reach the end you will have toured the whole museum. Entertaining and educational, our questionnaire makes it fun for Cub Scouts to search for answers through the whole museum.

Please check the website for more information about our "Night at the Museum," coming February 23-25, from 5-8 p.m. Tickets are \$4 per person. Come watch as the Hutchings Museum comes to life!

The Hutchings Museum is starting a new organization called **P.A.S.T. (Primitive Arts, Survival, & Technology)**. This organization will teach and share primitive skills such as fire starting, tanning hides, shelter building, bow and arrow making, etc. Please call the museum for more details including dates and times of meetings.

Request for Volunteers/Docents: Do you have a couple hours a week to serve your community at the Hutchings Museum? Do you enjoy learning and teaching? We are currently looking for volunteer Docents to assist giving group and school tours. Volunteering provides an opportunity for service, learning and sharing information about Lehi's past and the word around us. Volunteers need to be 14 years or older. As a volunteer you receive an annual family pass packet to the museum worth \$50 or more. If you are interested in serving, please contact the museum at 801-768-7180.

Admission Rates:

Children: 3-12 yrs. \$3	Scout Patch: \$1
Students: 13-18 yrs. \$3	Families: \$12
Adults: \$4	Annual Pass:
Senior Citizens: \$3	\$25 for individual
Youth Groups and Scouts: \$2	\$50 for family
Group Leader: \$3	

Lehi City Library

Winter session of Story Time begins on January 9, 2012 with the theme, *Community Helpers!* Story Time is for children ages 2-5 and meets M-TH at 9:30, 10:30, 11:30 & 12:30 in the NE corner of the library. No sign-ups required, please come! For more information about Mommy & Me, Kids Club, Great Reads (Mother/Daughter Book Club), Boys Only (ages 6-11), & She's Crafty (ages 10-18), visit www.lehi-ut.gov/discover/library/events, or call 801-768-7150

Is your New Year's resolution to be more organized? Come to January's adult class, *Seven Days to Better Organization* taught by Susan Henshaw on January 26, at 7 p.m. in the NE corner of the library. Learn how to be more personally organized. Find answers to common dilemmas about finishing skillfully, controlling clutter, handling paperwork, organizing your desk, and getting your household jobs done right and on time using proven principles and practices. The class is FREE and no sign-ups are required. Please join us!

The library will be closed on Monday, January 16, for Martin Luther King Day and on Saturday, January 28, for inventory. We wish you a very happy New Year in 2012!

Snow Removal Policy

You may not park your car in residential areas on the street during a storm, or 24 hours after a storm. Avoid a ticket by keeping your car off the street!

Snow removal crews are prepared to work 24 hours a day. Streets with the most traffic receive top plowing priority. These include school routes, bus routes, areas of public safety, and main arterials. Once these streets are safe and passable, crews proceed with second and third priority streets. As long as the snow keeps falling, the City's first priority is to keep the main roads open and passable. In such instances it is unlikely that residential roads will be reached immediately because main roads must be repeatedly plowed and kept open. As soon as all priority streets are clear, plows will move into residential areas. Subdivisions, cul-de-sac and end streets will not be plowed until 4 inches or more has accumulated.

Lehi City Public Works strives to ensure the safest possible conditions during and after winter storms. Plows will continue to clean, treat and widen roadways until reasonably safe conditions are met. Please keep in mind that plows are still hard at work well after the snow has stopped falling.

The Streets Department makes every effort to minimize the amount of snow that gets plowed into driveways; however, it is almost inevitable that this will occur. Clearing of the driveway openings is the responsibility of property owners. Plow operators cannot lift plow blades as they pass a driveway. Snow will be plowed into driveways as snowplows perform curb to curb plowing. Please keep in mind that one of the last steps in any

snowplowing operation is to push the edges back and widen the road to allow for future snow storage. This standard operation may result in the placement of snow at the end of your driveway which is an unavoidable consequence of snow plowing.

Shoveling, plowing or blowing snow back into the street when clearing driveways and sidewalks is prohibited by City ordinance and will be enforced with a fine. To minimize the amount of snow left in front of your driveway, clear an area to the left of your entrance. When your street is plowed, snow from the plow can be unloaded in this area instead of your driveway.

The City asks for your help in protecting our school children and pedestrians from any possible injury. Lehi City Ordinance 12.200.080 requires that owners, agents, lessees, tenants, or occupants of any property within the City limits to clear snow from all public sidewalks adjacent to their property. This should occur no later than 12 hours after a storm. Please pile your snow into your own yard and not onto City streets.

Please visit www.lehi-ut.gov/cityservices/streets for more snow removal information.

Senior Citizens Center • 801-768-7165

The Senior Citizens Center is located in the Legacy Center at 123 North Center Street. Lunches are served daily, Monday through Friday at noon. Reservations for lunch need to be called in to the Senior Center by noon the previous day. The suggested donation for meals is \$2.

Bingo is played each Tuesday and Friday at 11:30 a.m.

Seniors can walk on the Legacy Center's indoor track free of charge between the hours of 10 a.m. and 2 p.m. Monday through Saturday.

Lehi Arts Council • 801-369-8806

Winter Workshops: Winter workshops will begin on January 19, and will include Jr Musical Theatre (*Music Man*), Kidz Musical Theatre (*Wizard of Oz*), Cooking for Kids, arts and crafts, guitar, drawing and painting, and lighting design, sound, and set construction. Registration is available online at www.lehiarts.com.

Audition Notice: Auditions for the spring production of *The Foreigner* will be held on February 1 & 2, at 7 p.m. at the Lehi Arts Center. Those auditioning will be asked to do a cold read from the script.

Dance and Fitness: Zumba classes are held each Saturday morning at 8 a.m. followed by Beginning Tap classes at 9 a.m. at the Lehi Arts Center, 685 North Center Street.

Meals-on-Wheels in Need of Volunteers

Meals-on-Wheels needs volunteers to deliver meals to homebound seniors in Lehi. Volunteers use their own vehicles to deliver lunchtime meals once a week to homebound seniors. Delivering meals takes approximately one hour to complete.

For more information, contact Stephanie Benson at [801-229-3821](tel:801-229-3821) or register online at www.mountainland.org/volunteer.

Recycling Electronics

Lehi residents can now drop off electronic recyclable items at any Best Buy store free of charge. Screens up to 32 inches for tube televisions and 60 inches for flat-panel televisions, are accepted. In addition to televisions, the recycling program includes computer monitors, DVD players, audio and video cables, cell phones and other electronics.

Lehi Rippy Literacy Center Fundraiser- Coming February 20, 2012

Green Eggs and Ham Breakfast

Family 5k Walk / Run

President's Day

Rock Paper Scissors Tournament

Green Eggs and Ham Event



Lehi Legacy Community Center

www.lehi-ut.gov/legacycenter



LEHI'S SLIM TO WIN CONTEST

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SPORTS

Indoor Soccer

Registration Deadline: January 31, Coed K-6th Grade. Games will be played on Tues/Wed evenings and Saturdays. Fee: \$43 (\$38 Resident Discount)

Mens Spring Basketball

Registration Deadline: February 7 or until full. Men 18+. Games will be played on Monday nights. Post-season tourney will be during the week. Fee: \$501 per team (\$441 Resident Discount)

Adult Coed Volleyball

Registration Deadline: March 6. Men & Women 18+. Games and post-season tournament will be played on Thursday nights March-April. Fee: \$262 (\$230 Resident Discount)

Spring Outdoor Soccer

Registration Deadline: March 6. Boys & Girls Grades K-9. Games will be played on Saturdays April-June. Fee: \$39 per participant (\$32 Resident Discount)

Youth Track and Field

Registration Deadline: March 6. Boys & Girls Grades 3-6 (2011-2012 School Year). Practice/Intersquad Meets will be held on Wednesdays and some Tuesdays in the afternoon. Fee: \$65 (\$48 Resident Discount)

Boys Baseball

Registration Deadline: March 8. Boys Grades 3-8th (2011-2012 School Year). Games will be held Monday-Friday March-July. Fee: \$100 (\$74 Resident Discount)

Girls Softball

Registration Deadline: March 8. Girls Grades 3-12th (2011-2012 School Year). Games will be held Monday-Friday March-July. Fee: \$100 (\$74 Resident Discount)

Tee-Ball & Coach Pitch

Registration Deadline: May 1. Coed K & 1st (2011-2012 School Year). Games will be played on Weeknights and Saturdays. Fee: \$37 (\$32 Resident Discount)

Machine Pitch

Registration Deadline: May 1. 2nd Grade (2011-2012 School Year). Games will be played on Weeknights and Saturdays. Fee: \$49 (\$43 Resident Discount)

LEHI LEGACY CENTER WELLNESS FAIR

Saturday, January 21, 2012
(10am to 1pm)

Free vision screenings, blood pressure checks, massages, face painting, balloons and prizes. Also, many fitness and wellness items to purchase, not to mention **20% off our annual membership pass sale!!** For booth information call Tina at 801-768-7124. (Pass sale is just during fair hours).

Monthly Membership Prices

Family/Group(6 people)	\$46.....	\$42
Additional Person	\$3.....	2.50
Adult Couple (18-59)	\$37.....	\$34
Adult Individual (18-59)	\$25.....	\$23
Youth Individual (12-17)	\$14.....	\$13
Child Individual (4-11)	\$11.....	\$10
Toddler (3 & under)	Free.....	Free
Senior Couple (60+)	\$25.....	\$23
Senior Individual (60+)	\$14.....	\$13

*No yearly contracts or long term commitments! *Automatic withdrawal (checking account/credit card) *Low enrollment fee (\$30/\$40)

We also offer Annual Memberships

ADAPTIVE ZUMBA

The Legacy Center will be offering an Adaptive Zumba class to teens/adults with a disability. Classes are 45-minutes long and held every Wednesday at 6 pm in the group exercise room. The class will be free to members and \$3 to non-members.

REGISTER NOW

Slim to Win Contest
Women on Weights
Adult Triathlon Training

PROGRAMS

Rad Women

Great class to take with your daughter. February 27, 29 and March 2. Pick up flyer for details!!!!

Itty Bitty Ball

Registration starts January 18
3&4yrs olds, Great for getting your child out of the house and learning basic skills for soccer, basketball, baseball, football and volleyball. Classes offered M/W/F or T/TH. Check flyer for details!

Martial Arts

Monthly. Ages 5yrs and Up. Great class for all ages and adults.

Sign Language

Starts January 12
We offer a beginning and intermediate class. If you want to learn something new, great opportunity to do just that! Register now!

Parenting with Love and Logic

Starts February 1st. This session is a great chance for you to learn parenting skills helpful for raising your children. Sign up now for this 5 week course.

Pre-school

Monthly Registration
M/W/F from 9:30-11:30am (advanced*) OR 1-3pm.
T/TH from 9:30 11:30am OR 1-3pm. 2 Days \$75 (\$66 Resident Dis.) 3 Days \$94 (\$83 Resident Dis.) monthly (one time \$25 material fee)

Scrapbooking Sleepover

Register Now! February 24 & 25, Come and get caught up on your photos and hang out with friends. See flyer for more details.

Babysitters Course

Classes offered in January, February, March and May. Spaces are limited.

Hunter Safety

Class starts in February. Registration is now available. Spaces are limited.

Legacy Dance & Cheer

Monthly class registration now available. New advanced combo class!

TRADE NEEDED FOR DAYCARE

Do you want to earn a family membership? Come work in the Legacy Center daycare for trade. Call 801-768-7124 for details.

FITNESS ETIQUETTE 101—As most are well aware of, this time of year is about 'New Year Resolutions.' As a result, we have seen an increase of traffic at the Legacy Center. We understand the frustrations of coming and having to make adaptations to your workouts because 'your' piece of equipment is being used. To help alleviate this problem, please abide by the rules that have been posted and use proper etiquette while working out. As you utilize the weight room, be sure rack the weights and wipe down the equipment. Leave the room in better condition than you found it. It helps others find the equipment they may need in a timely manner and keeps the equipment clean.