

The Richmond Record

A Newsletter for the Citizens of Richmond, Utah

March 1, 2013

Congratulations! At their annual banquet on Tuesday, February 12th, the Cache Chamber of Commerce honored TWO businesses in Richmond.

Small Business of the Year: LD's Café, owned by L. D. Bowcutt, has been a long-time standby for meals in downtown Richmond. Many of us can remember when LD's was the only place to "grab a bite" and his fame for fresh green butterflied shrimp (cooked, of course) along with an outstandingly delicious steak has brought many a carload of folks from well outside of town on Friday and Saturday nights as well as the Richmond regulars. The "horseshoe bar" with stools where you can sit and visit while watching your meal being prepared is, sadly, a rapidly vanishing treat. Thanks for holding firm, L.D., it is appreciated!

Family Owned Business of the Year: Lower Foods, Inc., Alan Lower. In the past twelve years or so, we've watched Lowsers grow from occupying a part of an old grocery store into the impressive "gateway to Richmond" business that it is. The recently opened store portion contains mighty tasty meats and is as pleasant to the senses as Alan's impressive landscaping of the business. Rather than "waste" the water used in thawing products, Lowsers went to considerable expense (and through a very intensive permitting process) to enable that water to be used for agricultural purposes. The green lawns (at least when not covered by snow) are a testament to the wisdom of that decision.

Our most sincere congratulations to literally the older and the newer of business

endeavors in Richmond. Both are fully deserving of their respective award, and both are fully appreciated by residents and visitors alike.

Park Elementary School: Park School is sponsoring a community based education program for parents of children ages three to five years old. Take home materials and door prizes are provided. Workshops are designed to help parents prepare their children to succeed in school. Child care is provided. All workshops are held in the Park School Media Center.

March 14 Parents of children entering school 2013-2014.

Child Care Resource & Referral: At Child Care Resource & Referral we assist and educate parents as they look for childcare. We also help to promote high quality childcare to those who operate a childcare business. For more information about childcare providers in Richmond, please visit <http://careaboutchildcare.utah.gov/> If you have questions or would like more information about the data we provide, please feel free to contact our office: Child Care Resource & Reference, 6510 Old Main Hill, Logan, UT 84322 (435)-797-1552 childcare.help@usu.edu

Attention Senior Citizens: Are you, or is SOMEONE you know over 60 and interested in enjoying a nice HOT lunch and FUN activity Mondays, Wednesdays, and Fridays? The newly organized Senior

Support Center in Lewiston is looking for seniors to participate in a pilot program designed to get you out of the home to enjoy a hot, nutritious meal, exercise, and social activity. This is being funded in part by both Lewiston and Richmond Cities and is a non-profit organization. A \$3/per senior donation is requested but not required. To reserve your seat, Richmond residents please call Marian Fielding at 258-5632 or 770-4730; Lewiston residents call Gay Jorgensen at 258-5012 or Sunrise Park at 258-2102.

JOIN THE LUNCH BUNCH. GET BACK INTO LIFE! *Barbara Ziegler, Secretary Senior Support Center, Lewiston Ut 84320 435-232-5188*

Child & Family Support Center: The 2nd Annual Strengthening Families Symposium will be held on Saturday, March 23, 2013, at Bridgerland Applied Technology College (1301 North 600 West, Logan) starting at 9:00 a.m. Keynote speaker Stephen Hunsaker will get things started with *Home "Sweet" Home*. Breakout sessions and lunch will continue through the day until 3:00 p.m. Topics of the breakout sessions include: positive discipline, strengthening the marriage relationship, and other current issues facing families. You can register by visiting the website:

www.ChildandFamilySupportCenter.org and following the corresponding links. Registration is limited. The cost is \$15 per person or \$20 per couple.

Lions Club: The Lions Club has been in intense negotiations with the Easter Bunny this year regarding the date of the Easter Egg Hunt. The sly old bunny will not budge on this one. He insists that the Easter Egg Hunt be held March 30, 2013. Something about getting back down to Florida where it is warm.

The Easter Egg Hunt begins promptly at 9:00 am and will be held at the City Park

and soccer field around Park Elementary School. There will be, as in each year, separate areas for each age group. We welcome all children through age 11 to participate in the Easter Egg Hunt. Please come no later than 8:45 am and look for the Lions Club members in their yellow vests. They will direct you to the age appropriate areas. Please dress for the weather and be early as the action is fast and furious after the horn blows promptly at 9:00 am.

The Lions Club is pleased to continue to sponsor the long-standing tradition of the Easter Egg Hunt again this year. We hope you have an enjoyable morning at this community event.

Glass Recycle: A bin will be added for glass in the near future to those currently for cardboard behind the Relic Hall. You are encouraged to set aside all and any color of glass items that are no longer used (or usable) and deposit them in the bin when it arrives. Glass is one of the easiest items to recycle, and it has been very frustrating to many of us that the Cache Service Area could not accommodate this substance in the past. They recently found a recycling industry that works with glass, and Richmond very readily accepted the offer for another bin.

Cache Dairy Princess: High school graduating Seniors interested in participating in the 2013 Cache County Dairy Princess Scholarship Pageant; Saturday, May 4. Pickup an application at the Gossner Cheese Store, contact Marie Drollette @ 435-770-2673 (texting is best), or email: cachedairyprincess@gmail.com. Application deadline is Saturday, March 30.

Library News and Views: "Read for information, read for stimulation, read for fun." -Dale Salwak

March Library Lecture: Are you or

someone you know bothered by chronic pain, anxiety, depression, addiction, or anger? Come to the Friday, March 22nd Library Lecture at 6:00 PM (in library basement) to learn what you can do to quickly change the way you feel - for the BETTER!. Sharik Peck, owner of Maximum Function Physical Therapy, will show some amazing break-throughs in how you can achieve Pain Relief Beyond Belief!

The Richmond Public Library is hosting the Cache Valley Library Association (CVLA) meeting on Wednesday, March 27th, at 5:30 PM, in the library basement. There will be light snacks and browsing until 6:00, then the actual meeting will begin with the welcome and business matters, after which our library will demonstrate how to drill and sew books that are falling apart. You just might find it interesting to see how we save a lot of time and money on a simple but very nice-looking fix. The public is welcome to attend. Check out CVLA on Facebook.

The Utah State Library (USL) is hosting another live online book group discussion: "Where'd You Go Bernadette" by Maria Semple on April 9 at 1:30. Register at this link: uslbkclub.eventbrite.com This book group discussion is open to all patrons in Utah.

State Tax Forms are only available online. Find them at <http://tax.utah.gov/forms/currentforms>
Federal Tax Forms and information: <http://www.irs.gov> .

**Preschool Story Hour Schedule:
(Thursdays at 10:30 AM)**

Mar. 7 Dark & Light
Mar. 14 Wind & Air
Mar. 21 Sounds
Mar. 28 Loud & Soft

New Arrivals

Children's Books:

Little Critter – I Am Sharing by Mercer Mayer
Rainbow Fish Puffer Cries Shark by Marcus Pfister
Tooth Trouble by Jane Clarke
Scooby-Doo! Howling on the Playground by Gail Herman
Cow Can't Sleep by Ken Baker
Skippy jon Jones Cirque de Ole by Judy Schahner

Junior Books:

2 *Extreme Adventure* titles: *Spider Bite* and *Man-Eater* by Justin D'Ath
5 *Nancy Drew and the Clue Crew* titles by Carolyn Keene
Unlocking the Spell Book 2 of *A Tale of the Wide-Awake Princess* by E.D. Baker
Ungifted by Gordon Korman

Teen's Books:

3 *Morpheus Road* titles: *The Light*, *The Black*, and *The Blood* by D.J. MacHale
The Trap Door Book 3 of *Infinity Ring*, by Lisa McMann
The Throne of Fire by Rick Riordan (audio disks)

Adult's Books:

The Joy of Keeping a Root Cellar by Jennifer Megyesi
One Thousand White Women by Jim Fergus
Where Valor Rests: Arlington National Cemetery
War of 1812 by Mark Jenkins
Downton Abbey (seasons 1&2) DVDs
Eyewitness to History: From Ancient Times To The Modern Era by Stephen G. Hyslop
(For a **complete list of "New Arrivals"**, go to our website: richmondlibrary.us, Search Our Catalog, Richmond Public Library, Catalog tab, Destiny Quest (on left). In the center, "Resource Lists" shows New Materials added in each of the last 4 months.

Election Notice Repeat: As required by State law, notice is again hereby given that Richmond City will hold a Municipal Election this fall to elect one candidate to serve a four-year term as Mayor, one candidate to fill a two-year term on the City Council, and two candidates to fill two four-year terms on the City Council. This is an unusual situation, but State Code requires that when an elected position is filled through an appointment, an election must be held at the next schedule time. Council member Tucker Thatcher was appointed to fill the position of Council member C. J. Sorensen when the latter moved to elsewhere in the state, hence the need for a single two-year position. Persons desiring to be candidates for the 2013 Richmond Municipal Election must file a declaration of candidacy form or nomination petition between June 3 and June 17, 2013 at the Richmond City Office (Attn: Recorder) located at 6 West Main, Richmond, UT. The office is normally open from 9 a.m. until 5 p.m., Monday through Friday with holidays excepted. Candidates must meet the following qualifications: 1. Be a Citizen of the United States; 2. Be a registered voter of the City; 3. Be a resident of the City (actually living within the City limits) for at least 365 consecutive days immediately preceding the date of the election; 4. Not be a convicted felon, unless the right to hold elective office has been restored by the Court. The primary election, if necessary, will be held Tuesday, August 6, 2013. The municipal election will be held Tuesday, November 5, 2013.

Up Coming Black & White Days: We are only a few months away from the Black & White Days celebration, and questions are starting to be received by the City Office. May we suggest that a fast means of getting the information we have available is to log

into the Richmond City home page – www.richmond-utah.com – and then click on “Black & White Days” in the right hand column. This year will be the 98th annual B&W events, so we are breathing real hard on the centennial! The cow events which, after all, are the reason for the whole shebang, begin on Tuesday, May 14th and conclude on Friday, May 16th. Saturday the 17th will be all of the horse events, the parade, and the ever-popular horse pulls. More things are already scheduled so please check out the web-site.

Health Tip: Each month we usually receive an email containing health information from the Bear River Health Department. This month’s information follows:

HEALTH BENEFITS OF WHOLE GRAINS

The [medical evidence](#) is clear that whole grains reduce risks of heart disease, stroke, cancer, diabetes and obesity. Few foods can offer such diverse benefits.

People who eat whole grains regularly have a lower risk of obesity, as measured by their body mass index and waist-to-hip ratios. They also have lower cholesterol levels.

Because of the phytochemicals and antioxidants, people who eat three daily servings of whole grains have been shown to reduce their risk of heart disease by 25-36%, stroke by 37%, Type II diabetes by 21-27%, digestive system cancers by 21-43%, and hormone-related cancers by 10-40%. Information obtained from chosehealth.utah.gov/families/nutrition/recommendations.php webpage.

Water Project Up-Date: Nothing new to report this month because of the weather. Everything is still frozen solid, to say the least! We will keep you informed once the weather breaks and the final stages of construction start up again.