

Virgin Town, Utah Newsletter

DECEMBER 2020

Live Streamed Town Meetings

Meetings will be on Facebook Live. Find them on the Town of Virgin Facebook page.

Town Office open.....

Mondays AND Thursdays from 9 am to 2 pm.
This will be the schedule until further notice. Thanks for your patience.

Dates to Remember

Dec 9: Planning & Zoning
6:00 pm
Dec 23: Town Council
6:30 pm
Dec 24: Office Closed
Dec 31: Office Closed

2020 in Review: (Random Facts about Town Happenings) Just for fun! Not official town declarations.

Building Permits issued-11, not including solar, sheds, etc.
Litigation-1, ongoing
Pandemics-1
Dog Licenses issued-2
Public Meetings-14 Town Council, 13 Planning & Zoning
New Town Clerks-2
Heritage Town Square Events-9
Approved Ordinances-45
New Commercial Businesses Opened-2
Reams of Paper-80 (down from 150 in 2016)
Burial Plots sold-2, 1 burial
Approved Resolutions-8
Business Licenses issued-47



MERRY CHRISTMAS

Town Information

Office Address: 114 South Mill Street
P.O. Box 790008
Virgin, UT 84779

Phone: 435-635-4695

Fax: 435-635-0265

Email: clerk@virgin.utah.gov

Website: virginutah.org

Office Hours: Monday & Thursday
9 a.m. to 2:00 p.m.

Town Clerk: Monica Bowcutt

Deputy Town Clerk: Krystal Percival

Public Works Supervisor: Chris Holm

Zoning Administrator: Gene Garate

Cemetery Sexton/Town Historian:

Lenny Brinkerhoff

Community Preparedness Information

Specialist: Bob Kelly

Town Council:

Matthew Spendlove, Mayor

Gene Garate, Jay Lee, Kevin

Stout, and LeRoy Thompson

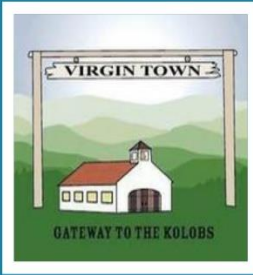
Planning & Zoning Commission:

Cameron Spendlove, Chair

Sean Amot, Mistie Baird,

Karen Spendlove, and Dean

Woods



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Community Preparedness



Asthma In Survival-Joseph Alton MD <https://store.doomandbloom.net>

Asthma is a chronic condition that limits your ability to breathe. It affects the tubes that transport air to your lungs, collectively known as the "airways". Asthma affects 20 million Americans and is the most common cause of chronic illness in children. Off the grid, increased stress and exposure to new substances will only makes things worse. The family medic must know how to recognize and treat symptoms with limited supplies. When people with asthma are exposed to a substance to which they are allergic (an "**allergen**"), airways become swollen, constricted, and filled with mucus. As a result, air can't pass through to reach the part of the lungs that absorbs oxygen (the "**alveoli**"). During an episode of asthma, you will develop shortness of breath, tightness in your chest, and start to wheeze and cough. This is referred to as an "**asthma attack**". In rare situations, the airways can become so constricted that a person could suffocate from lack of air. Here are common allergens that trigger an asthmatic attack:

- | | | |
|------------------------------|--|--------------------|
| 1. Pet or wild animal dander | 2. Dust or the excrement of dust mites | 3. Mold and mildew |
| 4. Smoke | 5. Pollen | 6. Severe stress |
| 7. Pollutants in the air | 8. Some medicines | |

9. Exercise Yes, you can trigger an asthmatic attack with exercise. This doesn't mean you shouldn't stay in shape. Exercise strengthens lungs, which helps improve asthma control.

There are many other **myths** associated with asthma; the below are just some:

1. Asthma is contagious. (False)
2. You will grow out of it. (False; it might become dormant for a time but you are always at risk for it re-emerging.)
3. It's all in your mind. (False; although may trigger it, it's very real.)
4. If you move to a new area, your asthma will go away. (False; it may go away for a while, but eventually you will become sensitized to something else and it will likely return.)
5. Asthma should only be treated when an episode occurs. (False; asthma is best treated with constant medication to reduce frequency and severity of attacks. Encourage your asthmatic group members to stockpile meds.)
6. You will become addicted to your asthma meds. (False; inhalers and oral asthma drugs aren't addictive. It's safe to use them on a regular basis.)

"***** Proper Prior Preparation Prevents Poor Performance Contact me for more preparedness information - ALWAYS 100% FREE ... "bobkelly@cpaz.net



Christmas Wreaths, Volunteers needed

Lenny Brinkerhoff is asking for volunteers to assist in placing Christmas wreaths on veteran's headstones in our cemetery. If you are available on December 19, please contact Lenny at 635-4379.