

American Fork

city scoop

FITNESS CENTER PARKING LOT EXPANSION UNDERWAY

WORK SESSION TO FOCUS ON 100 EAST



One of the projects being funded by the City's Parks, Arts, Recreation and Culture Tax (PARC) is the renovation of the American Fork Fitness Center Parking lot.

The Fitness Center was awarded about \$150,000 dollars to add long-needed parking capacity and to improve safety for patrons -- especially children that are picked up and dropped off.

Upgrades include the following:

- 40 additional parking spaces
- Dedicated drop off/pick up

- only lane (no parking/waiting)
- Improved traffic circulation.

Parking at the Fitness Center will be limited during construction.

Overflow parking is available in the following areas:

- North of the baseball field
- South of the swimming pool
- Along Center Street

Please note that here will be no stopping, parking or waiting allowed in front of the facility during construction.

The American Fork City Council invites residents to attend the Thursday, Sept. 8 work session, at 3:30 p.m. at Historic City Hall located at 31 Church St.

This meeting will continue the discussion with Utah Department of Transportation (UDOT) regarding road construction and improvements along 100 East.

Recently, UDOT planned reconstruction of the road. The original project value, was valued at about \$7 million for a complete renovation of water lines, storm drains and roadway.

The organization amended the plan and is now proposing to limit improvements to a re-stripe and the removal of parking (in lieu of dramatic reconstruction).

Based on overwhelming public interest, this item was re-scheduled for this meeting. We hope you will attend and invite your neighbors.

SENIOR CITIZEN NEWS AND UPCOMING EVENTS

TRIP TO TUACHAN SET; PLAYS INCLUDE TARZAN & THE HUNCHBACK OF NOTRE DAME

The American Fork Senior Citizens are taking a trip to Tuachan on Sept. 19, 20 and 21. There are a few seats available.

Those interested should call the Senior Center at 801-763-3090 between 10 a.m. and 1 p.m. for more information.

'STEPPING-ON' WORKSHOPS FOCUS ON REDUCING FALLS FOR THOSE 60 AND OLDER

Every Thursday, between Sept. 15 and Oct. 27, between 12:30 p.m. and 2:30 p.m., The Utah County Department of Health will hold

a course specifically for seniors regarding fall prevention.

Courses will be held at the American Fork Fitness Center in Room 2601.

'Stepping On' is a seven-week workshop that builds strength, balance and confidence in an effort to reduce the number of falls for a person 60 and older.

Falls are the leading cause of injury, hospital admissions and death among older adults. More than one third of seniors experience a fall each year.

'Stepping On' is an evidence based program that helps seniors become more aware of fall hazards and to learn how to reduce their fall risk.

Classes are free, but reservations are required. (Space and materials are limited.)

To register, call 801-851-7095 or 801-851-7084.

CONTACTS:

KIM DOROGHIAN
UCHD HEALTH EDUCATOR
(801) 851-7084

MARA BRANNUM
UCHD INJURY PREVENTION
COORDINATOR
(801) 851-7513

AMERICA OUR COUNTRY

It's time for the "America Our Country," Mary Kawakami Scholarship Speech Contest.

It is open to 7th to 12th students in North Utah County.

Please see the enclosed flyer/application or call Janice Mayne at 801-756-3823 for more information.

DAUGHTERS OF UTAH PIONEERS BEGIN AGAIN IN SEPTEMBER

Daughters of the Utah Pioneers will begin their meetings this month, September, at the following times and places.

For additional information call Annette Jeppson at 801-318-1023.

- Adams Sept. 13, noon, 12th and 29th Ward Relief Society Room
- American Fork Sept 12m 1:30p.m., Senior Center
- Beehive Camp, Sept. 8, 1:30 p.m. Senior Center
- Cedar Bench Sept 13, 11 a.m., Homes
- Cedar Hills Sept. 12, 11 a.m., Homes
- Greenwood Sept. 19, 1:30p.m., Senior Center
- Manila Sept. 12, 11 a.m., Stake Center by South Door

FALL SPORTS REGISTRATION

FLAG FOOTBALL 1ST THROUGH 12TH GRADE

- Registration is now open
- Registration deadline: Aug. 29, 2016.
- Games run Sept 12 through Oct. 27.

BASKETBALL 1ST AND 2ND GRADE

- Registration opens: Aug. 1.
- Registration deadline: Sept. 14.
- Season runs mid-October through November.

BASKETBALL 3RD THROUGH 12TH GRADE

- Registration opens: Aug. 1
- Registration deadline: Nov. 11.
- Season runs December to March

(NOTE: No games for the youth will be held during the Alpine School District holiday break.)

MEN'S BASKETBALL

- Registration opens: Oct. 1.

Register at www.afcity.org or in person at the American Fork Fitness Center.

SCOUT EVENTS: BADGE SIGN-OFF MEET-THE-COUNCIL

**SATURDAY, SEPT. 10,
10 A.M. TO NOON,
FITNESS CENTER ROOM 1**

All scouts are welcome to attend this event. You do not need to take the class through the Fitness Center.



Counsellors will be available to sign-off completed merit badges. Bring proof of requirement completion and a blue card.

**THURSDAY, SEPT. 15, 6 P.M.
FITNESS CENTER ROOM 1**

Cub Scouts and Boy Scouts have requirements to meet with a civic leader and to discuss community issues.

To help, scouts can come on Sept. 15 to meet with a City Council member and ask questions.

HERE ARE SOME OLD TRICKS FOR ALL DOGS AND THEIR OWNERS

- Get a license within 30 days of the dog's four-month birthday, or within 10 days of adoption.
- You must be 18 to get a dog license.
- You must submit an application annually to AF City or North Utah Valley Animal Services Special Service District, and your application.
- You must include all important information such as owner contact information and dog vaccinations.
- When you pay for the license, the City will give you a dog tags that has your license number.
- Owners should keep the tag on dog collars at all times.
- Dog tags are not transferable from one dog to another.
- No refunds on dog tags are allowed.
- Dog tags should never be removed except by a vet or law enforcement officer.
- If you lose your dog, contact animal control at 801-763-3020.
- Dogs are not allowed at Utah State Parks.
- Residents are required to pick up pet waste.

UPCOMING EVENTS

Date & Time	Event	Location	Details
Sept. 1	Story time registration begins	American Fork Library	See details at afcity.org/library
Sept. 1, 7 to 8 p.m.	Teen Thing Play XBOX ONE games	American Fork Library Community Room	Open to ages 11 to 18
Sept. 5	Offices closed for Labor Day		Library, Public Works and City Administration
Sept. 12	<ul style="list-style-type: none"> "Catch Fall Story time," classes begin Family Night - this monthly program kicks off with Pokemon Go scavenger hunt, crafts and activities 	American Fork Library	See times and details at afcity.org/library
Sept. 14. 4 to 5 p.m.	Teen Advisory Library Council	American Fork Library Community Room	Share your ideas, share your voice
Sept. 9, 4 to 5 p.m.	Full STEAM Ahead	Library Community Room	This month's class will feature cartography and maps
Sept. 15, 7 p.m.	Create! Cooking class	Library Community Room	Featuring berries and fruit desserts
Sept. 19	Author Panel	Library Community Room	<p>September is 'Book Lovers Month.' Join us as four authors talk about their writing process and share their favorite books</p> <p>To register for the Brandon Sanderson appearance, visit https://sandersonappearance.eventbrite.com</p>

City Council meetings are held on the second and fourth Tuesdays of each month at 7:30 p.m. Details about these, and other city and community events are also listed on www.afcity.org, Twitter and Facebook.

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