

UPCOMING EVENTS

Date	Event	Time	Location	Details
March 5	Our Teen Thing	7 p.m.	Gardner Community Room, Library	For ages 11 to 16.
March 7 to April 18	Cover-to-Cover Club	Runs for four weeks	Sign up any time at the library	Children ages 4 to 12.
March 10 and 11	The Garden of Hope Health Fair	8:30 a.m. to 11:30 a.m.	151 S. University Avenue, Provo	For women ages 40 to 64
March 6	“Getting to Know Me” Spring Storytime	Registration is all month long	Library	For more information, go to www.afcity.org
March 12, 19 and 25	Especially for Teens	4:15 p.m. to 5:45 p.m.	Historic City Hall	
March 14, 21 and 28	Spring into Art		Room B, Art Annex, Fitness Center	
March 19	Create! Cooking class	7 p.m.	Gardner Community Room	Learn about whole grains and create a pizza
March 19	Landlord Basics Class	6:30 p.m. to 8:30 p.m.	75 E. 80 N., American Fork	Hosted by the Police Department.
March 21 and 28	Painting Portraits with watercolor	10 a.m. to 2 p.m.	Room B, Historic City Hall	For adults
March 26	Fight the New Drug Presentation	6 p.m.	American Fork Junior High www.fightthenewdrug.org	This presentation discusses the harms or pornography addiction, and presents tools for dealing with it. Ages 12 and older
April 13	Waste Collection Day for Utah County	9 a.m. to 3 p.m.	Novell Parking Area (East Bay).	See enclosed flier for more detail.

American Fork *city scoop*

UTAH COUNTY HEALTH FAIR SET SPECIFICALLY FOR WOMEN

The Garden of Hope Health Fair for women, ages 40 to 64, will be held March 10 and 11 from 8:30 a.m. to 11:30 a.m.

The event is intended to promote cancer-prevention awareness and to provide screenings for women.

The event will be at the Utah County Health and Justice Building 151 S. University Avenue, Suites 1600 and 1709 in Provo.

Risks for cancer dramatically increase for women over 40, which is one of the many reasons the Garden of Hope plans the annual event where the organization offers free and low-cost screenings that can be life-saving.

Vouchers for breast exams, pap smears and mammograms will be offered to women who

qualify. (The cost will be based on income guidelines.) To make an appointment contact Leticia Graham at (801) 851-7064.

Also available without appointment: kidney screening, oral cancer screening, skin cancer screening, vision screening, hearing screening, body mass index checks, blood pressure checks, fasting glucose checks and bone mass checks.

Join us for incentives along with fun, relaxing activities and educational booths.

Again, appointments are necessary for some screenings, so please call (801) 851-7031.

The event is sponsored by the Utah County Health Department and the Utah Cancer Control Program/ BeWise Program.

HEAT ASSISTANCE AVAILABLE THROUGH APRIL 30

The Mountainland Heat Energy Assistance Target (HEAT) Program is open to eligible applicants through April 30, 2015.

This is a great program that provides a one-time benefit to help low-income renters or home owners reduce their home energy costs of heating, cooling and electricity.

Eligibility and amount of benefit is based on income, household size and whether or not the household meets a target group (children under age six, disabled, or individuals older than 60).

Contact us today for more information on how we can help (801) 229-3855.



WASTE COLLECTION DAY APPROACHES

The annual Household Hazardous Waste Collection Day will be held Saturday, April 13 from 9 a.m. to 3 p.m. in Provo in the Novell Parking Area (East Bay).

Any Utah County resident with household hazardous waste items such as old gasoline, paint, fluorescent light bulbs, and unused medications can safely dispose of these items on this collection day.

For more information, visit www.UtahCountyHealth.org or see the flier included in this bill.

NEW LIBRARY DIRECTOR HIRED

The American Fork Library has hired a new Library Director, Colleen Eggett. Eggett has spent the last eight years with the Utah State Library System.

Eggett has a Masters of Library Science from Emporia State University, and a Bachelor of Arts degree from the University of Utah.

She replaces Sheena Parker who retired in January.

LIVING WELL CLASSES SET

Would you like to better manage your chronic condition, decrease your pain, decrease you doctors' visits, and enjoy life more?

The Utah County Health Department (UCHD), Utah Arthritis Program, and Mountainlands Association is promoting "Living Well with Chronic Conditions," a six class self-management series.

Classes are tailored for individuals living with a chronic condition or for those who live with someone with a chronic condition, such as asthma, arthritis, fibromyalgia, cancer, heart disease, emphysema, depression or chronic pain.

The UCHD will also offer a second class specifically focusing on the issues of diabetes and its management.

Subjects covered will include:

- techniques to combat frustration, fatigue, pain and isolation;
- appropriate exercises you can do to maintain and improve strength;
- appropriate use of medications and proper nutrition;
- techniques to effectively communicate with family and friends; and
- health professional and guidelines to evaluate new treatments.

The Living Well with Diabetes class will be held each Tuesday starting on March 3 at 5:30 p.m., and it will run through April 7 at the Utah County Health and Justice Building (151 S. University Ave, Provo).

The "Living Well with Chronic Diseases" classes will also run Tuesdays starting March 3, at 10 a.m. at the UCHD American Fork Office (599 South 500 East).

Both classes are free, but registration is required. For more information or to sign up please call Courtney at (801) 851-7512.

For details on this and other free classes offered by the UCHD, please see www.UtahCountyHealth.org or follow the UCHD at www.Facebook.com/uchdhealth.

FITNESS CENTER POOL CLOSED 3/23-4/14

The American Fork Fitness Center pool and hot tub will be closed from March 23 to April 14 for re-plastering.

During that time, members may use the Lehi Legacy Center pool. You'll need to show your fob or a printed pass to enter that facility. If you usually use a number, request a printed pass from our front desk. For information about the Lehi pool, visit www.lehi-ut.gov.

LANDLORDS: VACANCIES FOR CLASSES

Do you feel your rental properties own *you*?

In the Landlord Basics I course (March 12, 2015 from 6:30 p.m. to 9:30 p.m.) learn best practices for advertising vacancies, showing properties, screening applicants and signing contracts.

You will also learn how to take advantage of our landlord program and work with the police department to ensure a great community.

In the Landlord Basics II class (March 19, 2015 from 6:30 p.m. to 9:30 p.m.). Attendees will learn to clarify property owner responsibilities, streamline rent collections, charge tenants for damage, reduce maintenance

responsibilities and evict problem tenants.

The classes will be taught by Clayton Morgan, Utah Valley University instructor.

Clayton has been a landlord for seven years and owns multiple rental properties.

Prior to owning properties he worked as a contractor and construction project manager for over ten years, which included management of commercial properties for institutions and corporations.

Clayton also draws on his experience working for municipalities where he authored zoning and design codes.

The class is free (a \$120 value) to all Landlords in American Fork

City who are current on their landlord registration.

The class will be held at the American Fork Police Department, 75 E. 80 N., American Fork, UT.

Those who have not registered as a landlord may contact the City to register, prior to the class and take advantage of this great opportunity.

To register or to complete your landlord registration with the City, contact our Landlord Coordinator at (801) 763-3020, ext. 101 or email dhale@afcity.net. Space is limited.

Attendees should go to both classes.

RECYCLING: WHERE DO MY RECYCLABLES ACTUALLY GO?

One of the biggest concerns about recycling is 'are my recyclables actually getting recycled?' The answer is Yes! Republic Services is dedicated to keeping trash and recycling separated.

While the trucks that pick up your garbage and recycling may look the same, garbage and recycling loads are never mixed in the same truck.

After your recycling is picked up, it is taken to a local recycling facility. For more about the life cycle of your recyclable items, go to http://youtube/_EpTIP9TbDo.

HISTORIANS PRESENTLY NEEDED

The Historic Preservation Commission is looking for members. It meets on the third Wednesday, monthly, at noon in the Old City Hall.

Those interested should call Lisa Carter at (801) 318-6428.