

American Fork

city scoop

FITNESS CENTER CHALLENGE

Did you know that the average American gains five pounds or more between Halloween and New Year's Day? To promote health, the Fitness Center will be starting its annual Maintain Don't Gain contest.



MAINTAIN, DON'T GAIN CONTEST

THE OBJECT OF THE CONTEST

Maintain or lose weight during the holiday season (Halloween to New Year's Day).

Everyone who maintains or loses weight by the end of the contest qualifies for a prize.

The person with the most weight loss will be announced at our Annual Fitness Fair on Jan. 14, and will receive the grand prize.

The more people who sign up, the bigger the prizes. So get all your friends involved!

WEIGH-IN DATES

Any day from Oct. 24 to Nov. 12 at the American Fork Fitness Center Front Desk

Cost :\$5

Register at the Fitness Center front desk and pick up a Workout Challenge Workbook.

LIBRARY NEWS

CLOSURES IN OCTOBER

The American Fork City Library will be closed for Columbus Day on Monday, Oct. 10.

The Library will close early on Oct. 13 (at 5 p.m.) for a special event with Author Brandon Sanderson, who wrote "Mistborn," the book selected as the City's "One Book, One American Fork," this year.

VOLUNTEERS NEEDED

Do you love the Library and have two hours a month to volunteer? If you do, try out our "Adopt-a-Shelf" program.

Adopt-a-Shelf is a opportunity to help keep Library materials neat and orderly. Volunteers spend one hour every two weeks straightening an assigned section, and making sure the books are in good condition and in their proper places. The opportunity is available individuals 16 and older. (Younger teens can work with a parent if they want to help.) Contact the Library main circulation desk for information.

WATER WISE: TIPS & TRICKS ON YOUR ACCOUNT

SECONDARY/IRRIGATION WATER ENDS ON OCT. 15

Water will be available through the pressurized irrigation system through Oct 15.

Don't forget to winterize your irrigation systems, including draining their hoses and sprinkler systems.

ABOUT METER READING

If you feel that your meter read is off, call us. We can arrange a re-read and check for leaks.

After the meter is re-read and/or checked, we can assess the problem and advise you about options.

Sometimes, there is a leak, or items such as water softeners, running toilets or leaky faucets can affect water usage and costs.

If you're concerned, call us directly so we can help solve the problem and give you the service you need.

HOURS: Monday through Thursday, 7 a.m. to 5:30 p.m.; Fridays, 8 a.m. to 4 p.m. (Closed noon to 1 p.m. for lunch). You can e-mail akatoa@afcity.net, call (801) 763-3000, or "Report a Concern," at www.afcity.org.

We held an essay contest asking residents about conservation. Below is the winning essay by Doris White. In addition to having her essay printed, she won a free month of water service.

Water Conservation

By Doris White

I grew up on the southern coast of Oregon. Recycling was (and is) a big part of the culture.

Coming from a big family, we also didn't have a ton of room in our garbage can, so anything that could go in the recycling bin needed to. I grew up conserving a lot of things and focusing on the environment.

However, somewhat ironically, water didn't enter into the conservation factor for me. It rains a great deal on the Oregon coast. Our water supply comes from the river and, in my hometown, the water treatment plant wasn't found to significantly improve the potability of the water because it already was so clean. Water was just not something we ever worried about.

I have now lived in Utah for more than ten years and I have continued trying to conserve and recycle and be aware of how I impact my environment, but transitioning from somewhere where water was so incredibly plentiful to a desert has been an adjustment.

I have learned that what time of day you water your lawn (something that most people in my hometown never even thought of doing at all) matters a great deal. I have learned that watering more deeply and less frequently is better for

your long-term lawn care. I have come to realize that turning off the water while I brush my teeth really does make a difference. I love long, hot showers, but I take these as a luxury now instead of a daily ritual.

I recently purchased a house in American Fork and as I needed to replace appliances, getting a dishwasher and a washer that were both energy- and water-efficient was very important to me.

The past few years have seen dry spells in my hometown and state that have before now been unheard of. The water supply became so low by the end of the summer two years in a row that it became salty from the ocean water going so far upstream. The wildfires devoured countless acres of forest with no end in sight.

This brought home to me that water is truly a precious resource that should not be wasted, even if you don't live in a desert.

I believe that even when we are not in a drought that we should be aware of our consumption. Even if you are of the opinion that global warming is not caused by human recklessness, we should be aware that our actions affect the environment around us both now and for future generations and we should be taking care of what we have been given.

It is important for us to learn and practice these truths ourselves, but it is perhaps even more important for us to pass these traits of awareness and conservation on to our children, because if we don't teach the next generation to take care of our planet, there will soon not be anything left.

TRUNK OR TREAT IS HERE



The annual Trick or Treat on Main, sponsored by the American Fork Chamber of Commerce, is coming up so fast it's spooky!

Bring your little ghosts and goblins to this safe, family-friendly and **FREE** event on Monday, Oct. 31st from 4 to 6 p.m.

Start at Robinson Park and go all the way in to the Doug Smith Autoplex for their trunk-or-treat.

Any businesses wanting to participate are welcome to join in there as well even if your location isn't along the route. Contact chamber@afcity.net for more info.

SCARY STORIES DUE OCT. 8

All ages are invited to submit their stories for the annual Friends of the Library Scary Story Contest.

Submissions must be received by Oct. 8 at 5 p.m. with the \$3 entry fee.

Cash prizes will be awarded at the Author's Reception on Oct. 24 at 7 p.m. Entry forms and rules available at the Library. Stories can be a maximum of eight pages long.

FALL SPORTS

BASKETBALL

1ST AND 2ND GRADE

- Registration deadline: Oct. 14
- Season runs mid-October through November.

BASKETBALL

3RD THROUGH 12TH GRADE

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

(NOTE: Youth games will **not** be held during the Alpine School District fall break.)

MEN'S BASKETBALL

- Registration opens: Oct. 1.

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

IT'S OUR ANNUAL SCARECROW CONTEST!

We invite all to enter the City's Annual Scarecrow Competition. Use your creativity and put together a scarecrow. Place it on main street between 100 E. and 100 West on Saturday, Oct. 29 (next to the store fronts).

Judging will take place at 10 a.m. Prizes will be awarded to the most creative. (Cut off and fill out the entry form below, and attach to your scarecrow)

Name: _____
Address: _____
Phone: _____
E-mail: _____



UPCOMING EVENTS

Date & Time	Event	Location	Details
Oct. 6, 7 to 8 p.m.	Teen Thing, Night Games	American Fork Library	For ages 11 to 18. See details at afcity.org/library
Oct. 11 - Nov. 15, Tuesdays at 10 a.m. to noon.	Workshop for individuals with diabetes	Cedar Hills Community Center, 10640 N. Clubhouse Drive, Cedar Hills	For individuals with prediabetes, Type I and II diabetes, 18 years and older. The class is free. For information call 801-851-7035
Oct. 12, 4 p.m.	Teen Advisory Library Council	American Fork Library	Come share your ideas. For ages 11 to 18.
Oct. 17, 7 p.m.	Family Night at the Library for a "Spooktacular" Time	American Fork Library	Come in your Halloween costume and enjoy stories, crafts, treats and more.
Oct. 18, 6 to 8 p.m.	American Fork Fire Department Open House	AF Fire Station, 96 N. Center St.	Join us for safety tips, tours, treats and more.
Oct. 20, 5 p.m. to 6:30 p.m.	Mountainland Open House to discuss roads, community trails, trains, roads and buses	Orem Senior Friendship Center, 94 N. 400 E. Orem	Let your voice be heard in an important community planning meeting.
Oct. 20, 4 p.m.	Full STEAM Ahead	American Fork Library	Glow-in-the-dark science. Come to the library lab as we explore things that glow.
Oct. 20, 7 p.m.	Create! Cooking Class	American Fork Library	"POP" in to celebrate National Popcorn Month with fun and yummy popcorn recipes.
Oct. 27, 6 p.m.	Meet the Councilman	Fitness Center, Room 1	This is for all scouts who need to attend for merit badge completion.

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.

AMERICAN FORK