



# HIGHLAND INSIDER

VOLUME 20, ISSUE 10

OCTOBER 2014

## MAYOR & CITY COUNCIL CORNER

The City Council recently formed a Beautification Committee and an Economic Development Committee. The first goal of the Economic Development committee is to build and strengthen our current businesses by creating a shop HIGHLAND campaign, just in time for the holidays. The Committee and local merchants are working together to bring you special sales, discounts, and coupons to help with all of your holiday shopping needs—fresh flowers for decorating, fresh produce, quality meats, and gourmet desserts for your holiday parties and meals, event catering, smartphones and cell phones, shipping services, home décor and gifts, spa packages, fitness club memberships, sewing and quilting supplies, jewelry, designer clothing, gift cards, etc. Let's support the businesses that are in Highland and share our values. Keep our tax dollars local by shopping Highland!

Our Beautification Committee members have been busy as little ants this summer. The eight woman and one man team have been diligent in chopping, trimming, pulling, praying, digging, and mulching their way through many hard-to-keep-up parts of City property. The group has been very dedicated as they've spent many hours on getting our City looking neat and trim. The crew hopes their enthusiasm rubs off on more members of our community by adopting small patches of City property—keeping the spots weeded and trimmed throughout the summer months. These patches are small pieces of property such as entrances to some subdivisions, parts of the cemetery and open space, and certain medians in the City. The City leaders are very appreciative of and excited about the committee's performance. We hope the residents value their work as well.

Both of the committees mentioned above consist of busy Highland residents who volunteer their time, talents, and creativity to the betterment of their community. The members of these groups see a vision—a vision of a strong, healthy, thriving Highland and a real need for personal service within our community.

Just prior to Ronald Reagan's inauguration in 1985 he told volunteers from all over the United States "In the continuing need to solve community problems the compassionate action of the private sector reflects the decency and concern that are hallmarks of our national character." Community service is the American way of life. Consider the many opportunities awaiting to serve in Highland: The Arts Council, the Highland Fling activities, the Beautification Committee, the Economic Development Committee, the Tree Commission, scouting programs, etc.

Abraham Lincoln said, "Don't worry if you are proud of your home town; rather be more concerned if your home town is proud of you."

It has been wisely said that he who carries a lantern to light the pathway of his brother sees more clearly his own. Vision. See how Highland needs you.

*Councilmember Jessie Schoenfeld*

If you have any questions or concerns, you may email the Mayor or City Council members directly. Their email addresses are provided online at [www.highlandcity.org](http://www.highlandcity.org). The Mayor is available at the City on Tuesdays from 8:00 a.m. to 12:00 p.m. If you would like to discuss an issue please call Jody at 801-772-4505 to schedule an appointment.

## Senior Citizens Appreciation Dinner

Highland Senior Citizens are invited to the annual Young At Heart Senior's Appreciation Dinner for senior citizens and their spouses, hosted by the Highland Youth City Council. The free dinner will be held on Thursday, October 30, 2014 at 5:30 p.m. in the Lone Peak High School Cafeteria. Please be sure to RSVP to Highland City 801-772-4523 or [emily@highlandcity.org](mailto:emily@highlandcity.org) by October 23rd so we have enough food for everyone. This year is a western theme. Western dress is encouraged. On the menu is Sloppy Joe's, Baked Beans, Salad, Rolls, & Dessert. See you then!

### CITY CALENDAR

- October 6: Cemetery Clean-up
- October 7: City Council\*, 7:00 p.m.
- October 13: Columbus Day, City Offices and Library closed
- October 15: Pressurized Irrigation turns off for the season
- October 21: City Council\*, 7:00 p.m.
- October 28: Planning Commission\*, 7:00 p.m.
- October 30: Senior Citizens Appreciation Dinner, 5:30 p.m.

\*Access to Statewide Public Notifications, including City Council, Planning Commission and Committee Agendas, Meeting Minutes and various other notifications can be found at [www.utah.gov/pmn](http://www.utah.gov/pmn)

### PHONE NUMBERS

- City Offices 801-56-5751, 7:30 a.m. to 6:00 p.m. Monday - Thursday
- Library 801-772-4528
- Justice Court 801-772-4525
- Police Department/ Animal Control 801-756-9800
- Fire Department 801-763-5365
- After-Hours Public Works Emergencies (water, sewer, streets) 801-420-2553
- Republic Services (garbage and recycle pick-up, can repairs) 801-785-5935
- Report a concern, pay your bill, etc. on-line at: [www.highlandcity.org](http://www.highlandcity.org)

## Cemetery Decoration Clean-Up

The Highland Cemetery will be cleared of all flowers, trinkets, ornaments, lamps, shepherd-crooks, etc. on Monday, October 6. Please remove items before this day. Any items removed by City Staff during this clean-up day will be taken to the Public Works Shop (4066 West 1100 North) and held for one (1) week so these items may be claimed by the owner; if items are not claimed within the week, the items will be discarded.

It is the goal of Highland City and the City Staff to offer families and friends that visit their loved ones a clean, beautiful, and peaceful environment. Please help us maintain this goal by keeping your site clean. You can subscribe to the Highland City Cemetery Calendar online at [www.highlandcity.org](http://www.highlandcity.org) to receive notifications of upcoming clean-up dates.

## Stepping On Class focuses on reducing falls

"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 65 and older. Among older adults falls are the leading cause of injury, hospital admissions, and death. 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. Three workshops are coming up in Orem, Springville, and Highland. The Highland class will be Thursdays starting October 2 from 1:00 p.m. to 3:00 p.m. and continue through November 13 at the Highland Community Center (5378 West 10400 North). Classes are free, but reservations are required (space and materials are limited). To register, please call 801-851-7095. The program is presented by the Utah County Health Department, and sponsored by Mountainland Aging and Family Services Department. Please contact Kim Doroghian, UCHD Health Educator at 801-851-7084 or Carrie Bennett, UCHD Injury Prevention Coordinator at 801-851-7035 for information.

## PI System to shut down October 15

The pressurized irrigation system will be shut off on or around October 15. Please plan your watering schedules accordingly. When the system is shut down, please be sure to turn off your sprinkler system, open any manual drains, and also be sure to close the main valve in your PI box. This will prevent unintended flooding in the Spring, and may help avoid frozen and broken pipes this winter.

Every season, it seems that a handful of residents forget these very important steps and suffer unnecessary flooding in the Spring. Please don't be the one affected next year; take a moment now to completely turn off your sprinkler system.

In order to close your main valve, open the PI Box that is located somewhere in the yard; typically near the sidewalk or street.

To close the valve, turn the handle so that it is perpendicular to the pipe. Then replace the lid, making sure that it is securely in place. Step by step pictures are online at [www.highlandcity.org](http://www.highlandcity.org) (go to Departments, Public Works, Pressurized Irrigation).

## Tips to Save Money on Your Utility Bill

Did you know that your winter water usage affects your monthly sewer charges? Your yearly sewer charge is based on those winter water readings.

On your monthly statement from Highland City, you can see your previous water reading, your current water reading and the usage. The usage is in 1,000 gallon increments. Winter water usage should be within a low range. The average usage per household can range from 6,000 to 10,000 gallons per month. Please watch your monthly statement. If you see unexplained increased water usages please check your household appliances for leaks (i.e. toilets, hot water heaters, etc.) If you are unable to locate a leak you may call Public Works at 801-772-4523 for assistance. This simple tip can help all of us and save you money.

## Dirty Gutters...can you help?

If you walk outside your home and glance at the curb and gutter in front of your home, what do you see? If you see a lot of leaves, mud and other debris, will you join in a community effort to clean the gutters out? Every fall, gutters fill with leaves and it is impossible for City crews to clean all of them. In fact, crews may clean a street today and more leaves fall tomorrow. This means that heavy rain or fast snow melts will push debris to eventually back up the water flowing to the storm drain. Please help to keep the streets and gutters clean from debris. If you notice a storm drain that needs maintenance, please call Public Works at 801-772-4523 or go on-line to [www.highlandcity.org](http://www.highlandcity.org) and fill out a Report-a-Concern form.

## 2015 Highland Youth City Council

The Highland Youth City Council is a competitive program available for those 9th - 12th grade that provides a great opportunity for leadership, community involvement, and service. Applications for the 2015 HYCC are available online at [www.highlandcity.org](http://www.highlandcity.org) (go to Departments, Events, Youth Programs). However in order to run an efficient program, parental involvement is needed. We are currently looking for three parent advisors to assist with this program. If you are interested in volunteering, please contact Emily at Highland City, 801-772-4523 or [emily@highlandcity.org](mailto:emily@highlandcity.org).

## Curbside Recycling

Highland City has partnered with Republic Services to bring convenient recycling to a curb near you! With curbside recycling all recyclable items can be placed into one container. No sorting necessary! All your papers, plastics, cardboard, and metals in go in the same blue cart. Just roll it out to the curb every other Friday! Worried about the cost? You can get a recycling bin for only **\$4.45 a month! 70% of what you throw out is recyclable.** Consider swapping out your second garbage can for a recycling container. This will **save you \$35.00 dollars a year.** Contact the Utility Billing Office at 801-756-5751 to get your recycle container and start saving today!



## Highland Beatification Committee

We had a big month with the "Adopt-a-Patch" program with three neighbors adopting patches near their homes, one who is new to our community and eager to get involved. We want to sincerely thank all the wonderful people that have stepped up to be a part of this effort to make our city special – a place where, with help from a few, we can make a positive difference.



We still have many opportunities for adoption. There are several patches at the entrance and inside the cemetery, some strips along community roads, at Merlin Larson Park, and then there is our wonderful medians. Although the community is eager to support all adoptees, the medians would definitely take some extra support. If there is someone or a group that would like to adopt such a challenging project, we have assurance that safety precautions would be provided and you would be given the support you need.

We, as a Beautification Committee, have enjoyed spending time with each other every week and it has also been very fun to meet so many wonderful people in our community through the Yard-of-the-Month and Adopt-a-Patch programs as well as through appreciative remarks of passersby. Our committee has adjourned for the year, but we finished big and are looking forward to exciting projects for next year. If at any time you have ideas, decide to adopt a patch, or want to join us when we get going again mid-March, don't hesitate to call or e-mail. Now, go plant those bulbs, top off those annuals, and start planning for spring. Happy digging everyone! For any questions you can contact Laura Dawson at 801-310-1009 or [Highlanddawns@comcast.net](mailto:Highlanddawns@comcast.net)

## Recreation Programs

Highland City participates with [Cedar Hills City Recreation](#). All youth sports and recreation programs are available with no additional non-resident fees.

**Little Dragons Karate**, Karate classes for children ages 6-12 will begin October 6 at the Cedar Hills Recreation Center. Classes will be held on Mondays and Wednesdays. Beginner-level classes are from 5 to 6 p.m., and intermediate-level classes are from 6 to 7 p.m. The registration fee is \$50 for each five-week session. Register online at [www.cedarhills.sportsites.com](http://www.cedarhills.sportsites.com). For inquiries contact Cedar Hills Recreation at: [recreation@cedarhills.org](mailto:recreation@cedarhills.org)

**Cedar Hills Ski Bus 2015**, Attention skiers and snowboarders ages 7 to 17! The City of Cedar Hills and Snowbird Ski Resort's Mountain School are offering lessons for all skill levels on February 7, 21, and 28, 2015. Each week the bus will leave the Cedar Hills Community Recreation Center at 8:00 a.m. and return at about 4:30 p.m. Participants must sign up for all three dates. The cost per person is \$190, which includes transportation, lift tickets, two-hour lessons each week, and a half day on the slopes. All sign ups need to be completed in person at the Cedar

Hills city office building, 10246 N Canyon Road. For more information, please email the Cedar Hills Recreation Department at: [recreation@cedarhills.org](mailto:recreation@cedarhills.org) or call the Cedar Hills city office at: 801-785-9668, ext. 302.

## Highland City Arts Council

**After School Art Club** held at the Community Center, Mondays from 3-4:30 p.m., October 6 (Halloween projects), November 10 (Thanksgiving art), and December 1 (Holiday projects). Instructions in various mediums including cartooning, water color, acrylic, colored pencil, pen and ink, zen art, scratch art, etc. \$10/time. Ages 8 and up. A schedule will be published at [www.highlandcityarts.org](http://www.highlandcityarts.org) or call Shauna at 801-756-9614 to register



**Friends of the Arts**, Meetings are held twice a month on the second and third Wednesdays. On the Second Wednesdays we have a Guest Artist, 10:45–1:00 p.m. The third Wednesdays are Workshops, 11:00–2:00 p.m., choose your project & potluck lunch. We also take offsite tours throughout the year. Membership Policy: \$25 a year, September through May OR \$5 a month OR \$3 a meeting (visitors: first visit is free, then pay a membership fee). We are always looking for new members and you can contact Corene Bennett at 801-768 9643 or Jo Sudweeks 801-756-9717 for more information.

**Watercolor Class for Adults**, Roses in Watercolor, taught by VeLeah Bardsley. Saturday, October 11, 10:00 a.m. - 1:00 p.m. at the Community Center. Cost is \$20 in addition to supplies which is provided online at [www.highlandcityarts.org](http://www.highlandcityarts.org)

**Anne Frank**, Highland Arts Council is pleased to announce the fall production of Anne Frank playing nightly at 7:30 p.m., October 25 - November 1 (except for Sunday) at the Community Center. Tickets are available at the door or online at [www.highlandcityarts.org](http://www.highlandcityarts.org)

**Youth Shakespeare Workshop** will be putting on Merchant of Venice in 2015! If you love Shakespeare and are between the ages of 12 and 18, this one's for you. Auditions will be Wednesday, January 14 and all practices will be on Wednesdays 4:00-6:00 pm at the Community Center. Watch for more information to follow. Questions? E-mail Ellen Burns at [bddgeorge@hotmail.com](mailto:bddgeorge@hotmail.com).

## Timpanogos Symphony Orchestra

The Timpanogos Symphony plays Beethoven's Fifth Symphony on Friday and Saturday, October 10 and 11, at 7:30 p.m. at Timberline Middle School in Alpine. The Deseret Chamber Chorale also joins the TSO for choral music of Beethoven and John Rutter.

Admission is \$10 for adults or \$8 for students and seniors. The TSO is sponsored in part by the Lehi City Arts Council, the Highland City Arts Council, and the Alpine Community Arts Council. Purchase tickets in advance at [www.theTSO.org](http://www.theTSO.org) or at the door.



# BUSINESS OF THE MONTH

Each month Highland City would like to recognize a local business. For the month of October Highland City would like to Spotlight Meier's Meats & Fine Foods. Meier's opened their newest store in Highland in December 2013. Meier's



offers certified choice meats, grade A produce, breads made from scratch, desserts, and a delicatessen with hand cut seasonal fruits and salads. They also offer catering services for any type of life's events.

Meier's have been in the fine foods industry since 1945. Their success is due in part to being service oriented and building relationships with their customers. They catered to people who want quality food. Today Meier's Meats is known for their high quality meats and fine foods. Meier's is built on honesty, superior service, and high quality foods. Meier's

mission is to create a unique shopping experience through those same values that were created all those years ago.

Meier's offers daily specials that you won't want to miss. They provide a monthly calendar with all the department specials listed (Monday: Grocery; Tuesday: Produce; Wednesday: Meats; Thursday: Bakery; Friday: Buy 1 get 1 free Fudge; Saturday: Saturdays Waffles, 8:00 a.m. - 1:00 p.m.). They also have a great selection of Gluten Free foods!

Meier's Meats & Fine Foods is located at 5521 West Timpanogos Hwy, [www.meiersmeats.com](http://www.meiersmeats.com)



Matt Meier, Manager

## Customer Appreciation

Coupon  
**MEIERS**  
MEATS & FINE FOODS

**\$5 OFF**


Purchase of \$50 or more.

Good only at Meier's Meats & Fine Foods. Expires 10-31-14



Special for Highland Residents- New patients receive **FREE EXAM** including an orthopedic test, a neurological test, a blood pressure test, a spinal alignment

check, an examination for restricted motion and a private consultation to discuss the results. New patients will receive **FREE X-RAYS**, if needed. New patients will also receive a **FREE Chiropractic ADJUSTMENT!!** Just mention this Highland special. Dr. Justin Walbom, 10941 N Alpine Hwy, Open M-F, 9:00 a.m.- 6:00 p.m., 801-492-6777 [www.LonePeakChiro.com](http://www.LonePeakChiro.com)



**Mont Blanc**  
Center For DENTISTRY  
KYLE W. CLARK DMD

FAMILY AND COSMETIC DENTISTRY



770-6900

[mbdentistry.com](http://mbdentistry.com)  
5255 W 11000 N Highland



At Mont Blanc Center for Dentistry we are committed to providing our guests with personalized treatment using the latest materials, research, and technology that dentistry has to offer, and to do so in a comfortable and friendly environment. Call today to schedule your FREE exam & x-rays.

## Radiant Health & Body Makeovers

LOSE 3-14 INCHES IN JUST ONE HOUR!!

RECEIVE A **FREE BODY WRAP** WHEN YOU CALL OUR TOLL-FREE NUMBER AND MENTION THIS HIGHLAND SPECIAL.

(844) SKINNY-NOW, (844) 754-6696

[WWW.SKINNYUTAH.COM](http://WWW.SKINNYUTAH.COM)

- STATE-OF-THE-ART TECHNOLOGY
- MOST INSURANCES ACCEPTED
- ENJOY SATELLITE TV DURING TREATMENT
- 0% FINANCING AVAILABLE, LOW PAYMENTS
- COMPLIMENTARY NITROUS OXIDE



**FREE** EXAM & X-RAYS     \$100 TOWARD ANY TREATMENT     **FREE** TEETH WHITENING  
BRING THIS AD, ONE OFFER PER PATIENT, NEW PATIENTS ONLY