

# The Highland Insider

Highland City Office No.: 756-5751

May, 2004

## Take Pride in Highland - May 8

### Improving our Curb Appeal. . .

By Mayor Jess Adamson

**Take Pride in Highland Day is May 8th.** It has been moved to earlier in the year to allow all of us to do our spring cleaning. This year we are concentrating on *Improving Curb Appeal*. As people pass through our community they see us from the perspective of the street and make assumptions about the residents who live here. We need to look at our residences from this same perspective.

Gather the crew and head to the street with camera and notepad. You may be surprised to see yourself as others see you. Take inventory of the current situation. This will create your "before" picture and then visualize what needs to be done to create the plan for the "after" picture. If you need some help identifying what you can do just look throughout the neighborhood at what others have done to improve curb appeal. Work with neighbors to create neighborhood pride ensuring that everyone is involved in the process. Volunteer to host a block party in your neighborhood after the work is done and talk over the before and after of the Take Pride in Highland projects. This type of activity will not only enhance property values, but improve neighborhood relations as well.

Take advantage of the tree planting guide, dump passes, dumpsters and burn permits that the City is making available. Plant trees, shrubs and flowers. Fix the fence, paint the trim

and make needed repairs. Spray for weeds and sweep the gutter. I'm sure if you take a good look around you'll find plenty to do and if your work is all done, look to help someone else in need. When the sun sets on **May 8th** let it be said that we left Highland City a better place than we found it. Take pride in Highland!

Just a reminder the last day to burn is May 16.

### Selling Door-to-Door Requires a License

By Mayor Jess Adamson

Did you know that it is illegal to solicit door-to-door in Highland City without a City Council approved Solicitor's License? When someone applies for a Solicitor's License that individual is fingerprinted and a background investigation is completed prior to a permit being granted. This protects all residents of Highland City from potential crime. The City Council has only approved a few requests in the past. The majority of salesmen knocking on your door will not have a solicitor's license.

The first thing you should ask any stranger who comes to your door trying to sell something is "*Can I see your Highland City Solicitor's License?*" If the salesman cannot produce the permit do not let them in your house. Inform them that it is illegal to sell door-to-door without this permit and then call the police department at 756-9800 and report this activity. The police will respond immediately.

If you choose not to be bothered by any solicitation you can post a "No Solicitation" sign at your door. Applicants who have received a solicitor's permit are instructed not to call on any home who have posted a sign. They are also told if a homeowner states they are not interested to terminate the sales call immediately.

### Water Policy

By Barry Edwards, City Administrator

While water supplies continue to be below average, this season has been better than the past couple of seasons. It is still too early to know what kind of water year it will be. Consequently, the City is recommending that those who wish to plant grass do so soon so that if the water supply becomes critically short your grass will be established. It is still recommended that our residents conserve water and avoid watering during daytime hours. If the need arises for more stringent water restrictions the City will let you know.

### Animal Control

By Stephanie Hayden, Animal Control Officer

Spring is here and with that comes more people spending time outside. Here at the police station we continue to receive many complaints about people allowing their dogs to run freely through their neighborhoods and the city. Common complaints are dogs getting into trash cans, defecating on other people's property, damaging landscaping, scaring children, attacking livestock and other animals, harassing

walkers and joggers, and causing possible traffic accidents. We have had many requests to increase patrols and enforcement of the animal control laws. At this time we are asking for your help with this problem. Please be a responsible pet owner and a conscientious neighbor and keep your dog properly contained on your own property at all times. If your dog is off your property it should be controlled on a leash. Please be considerate and understand that many problems arise from unrestrained dogs. If you have any questions or complaints, please call 756-9800.

**The SPAY/NEUTER CLINIC will be held May 17, 18 at the parking lot-junction of Highland Highway and American Fork Canyon Road, east of Highland City's Public Works Building.** Pre-registration available: First come, first serve. Intake is at 8:00 a.m., until full. Discharge time will be determined during intake. Do not feed your pet after 9 p.m. the night before surgery, if pet is older than 4 months old. Water is okay. Do not feed your pet after 6:00 a.m. the morning of surgery if pet is younger than 4 months old. Water is okay. Animals must be between 8 weeks and 6 years of age. All cats must be in a carrier labeled with identification. Vaccinations for spay/neuter clients only. Dog or cat rabies \$10. For more information call toll-free PETS FIX or [www.utahpets.org](http://www.utahpets.org).

## Junior Miss Orientation Meeting

The Junior Miss Committee will be holding an **orientation meeting May 13, 2004, at 7:30 p.m., at the Highland City Building, for girls who will be seniors this fall who are interested in participating in the Jr. Miss Scholarship Program.** Girls should bring their mom or dad to the meeting. For any questions call Kori Ogao at 768-4063.

## Youth Council News

By Janet King, Advisor

The 2003-04 Youth Council is completing its final service projects and activities for the school year. We have had another very successful year and would like to thank all those on the Council and all those in the community who have helped make this such a great learning experience and successful program.

The Highland Youth Council (HYC) has joined a new organization that includes nine Utah County Youth Councils. This group gets together every three to four months and does a major service project that benefits many in Utah County. Our last service project was a food drive that benefitted the Timpanogos Food Bank. Highland's YC collected 1,800 pounds of food. The Food Bank assured us that it was very much appreciated after all the holiday food donations that were given out this year.

The HYC, along with Springville, Alpine, and Payson Youth Councils participated in the Shadow of Light Service Project last month in which they collected 450 backpacks filled with a pair of pants, shirt, shoes, personal supplies, and school supplies.

Additional supplies and a cash donation will be used in the fall. It was a great service project and a great success. We wish to thank Recreation Outlet, K-Mart, Target, and Walmart who helped with discounts, gift certificates, or free products.

The Easter Egg Hunt was fabulous. The weather was great. We had more children than last year, with lots of candy and prizes. We also received donations from Wells Fargo Bank, Sweets Candy Company, and the biggest thank you needs to go to Josh Allen and Macey's Grocery Store for their generosity.

## Recreation Notices

**NORTH UTAH COUNTY SOCCER (NUCS).** It's time to think ahead to the Fall, and sign up for soccer! Don't be left out! North Utah County Soccer would like to make you aware of the following dates:

**Challenger & Recreation Soccer Registration for Fall 2004/Spring**

**2005:** Saturdays, May 22, June 26, and July 31, at the Highland City Building, 9:00 a.m. - 1:00 p.m. Challenger Fees: Registration \$30, Full Uniform \$15; Recreation Fees: Registration \$25, Reversible Jersey (if needed) \$13.

**Competition Soccer Tryouts for**

**Fall 2004/Spring 2005:** May 22, at Mountain Ridge Jr. High School, afternoon. Please see the NUCS web site for the tryout times for each age group and what to bring with you.

Games are played from early September through late October, and then resume in early April through late May.

N U C S   w e b   s i t e : [www.uyssdistrict5.org/nucs](http://www.uyssdistrict5.org/nucs); NUCS e-mail: [uyss\\_nucsoccer@yahoo.com](mailto:uyss_nucsoccer@yahoo.com).

**A M E R I C A N   F O R K RECREATION.** Registration for **RECREATION SOCCER** through June 10. Games are played during August and September for age 4 through 8th grade (fall grade).

AF Recreation is also registering for **TENNIS LESSONS** beginning May 1. Eight lessons are taught in a two week session. Sessions are during June and July. There is a woman's class for women only ages 14 and up, and children's classes ages 8 and up. There is limited enrollment.

Registration is also being taken beginning March 1 for **TENNIS LEAGUE** for those children ready to compete, ages 10 to 17. League play is during June and July.

Registration is also being taken for **GIRLS VOLLEYBALL CAMP**.

Girls in 5th and 6th grades and 7th and 8th grades (fall grades) can register for a four day camp in June and/or July. Registration is limited.

Register at the American Fork Recreation Department at 68 East 490 North (in the trailer behind the Fitness Center), Hours, Monday-Thursday, 7:30 a.m. to 6:00 p.m., (closed Friday and Saturday). For more information call 763-3080, ex. 3, or e-mail us at [recreation@afcity.net](mailto:recreation@afcity.net).

**LONE PEAK HIGH SCHOOL BOYS BASKETBALL CAMP.** Date: June 1-5, Tuesday through Saturday. Location: Lone Peak High School Field House. Time: Grades 3-6, 8:00 - 10:00 a.m., Grades 7-9 10:00 a.m. to 1:00 p.m., Grades 10-12 2:00 p.m. - 5:00 p.m. Cost: Grades 3-6 \$65; Grades 7-12 \$75. Please make checks payable to Lone Peak Boys Basketball. The camp fee can be paid at the first day of camp, or by mail before 4/26 to: Lone Peak High Student Financial Office, 10189 North 4800 West, Highland, UT 84003. For questions call Coach Quincy Lewis @ 763-7050.

## Cultural Arts Committee Calendar

By Laury Smith, Chairman

The Highland Arts Council (HAC) expresses gratitude to Kohlers for their support with the recent Easter Egg Hunt event. We are very pleased to announce a new workshop for May.

**Children's Pottery Class** at a real pottery studio "A Child's Touch" (4843 Joey Court, Highland). Come let your kids get messy as they hand build alligators, masks, and pots. Your child will learn coil, pinch, and slab techniques. Dress in grubbies! Cost is \$20. Mondays May 10, 17, and 24, 4:30 - 5:30 p.m. Call Sherry Hardy at 492-8099.

**Children's Theater Workshop** for June. "It a Jungle Out There." Ages 5-11. This is a fun musical review that will have your child smiling, singing, acting, and laughing like a hyena! This 3-week workshop has a final performance on the last day. Classes

will be held M-Th, 10:00 a.m. - 11:30 a.m. Cost is \$54. Location TBA.

We are considering a family workshop on Fridays called the **Outdoor Adventure Art Club**. We would like to meet at Heritage Park on Friday mornings at 9:30 a.m. and head off for an adventure such as touring an art museum, nature hike, historical site, maybe a trip to the zoo. Each family will need to provide their own transportation and picnic lunch. We would provide a special art project to do in conjunction with the activity. We would love to know how many families would be interested in doing this. Please call Laury Smith at 735-6519.

Are you interested in expanding your horizons in **Literature**? If you would be interested in participating in a reading group, please contact Kam Capik at 756-4248. Please indicate if daytime or evening is best, and which day of the week for a once a month get-together.

**Pastries, Creams, and Sauces.** Alissa Batson, a Le Cordon Blue trained chef at the Northampton House, teaches the basics of pastry, creams, and sauces. **May 18, 7:00 p.m., at the Northampton House, 198 West 300 North, American Fork.** Cost is only \$15. To register: Call 7856-5751 or email [mskousen@hotmail.com](mailto:mskousen@hotmail.com)

We have some wonderful workshops underway in June. We will be requiring advanced registration, so please be sure to register early. Many workshops have limited space available. For a complete description and information pick up a flier at Kohler's Service Desk, or the Highland City Building. These classes include: Pottery Merit Badge Class, Children's Theater Workshop (ages 5-11), Youth Improvisation Workshop (ages 10 and up), Writer's Workshop, Sculpting Workshop, Summer Crafts, Family Outdoor Adventure Art Club, Photography, Italian Cooking 101.

**Registration is easy!** Register by phone 756-5751, or in person, in the Highland City Building. Registration forms can be picked up and turned in at

Kohler's customer service desk. Call Laury Smith, 763-6519 if you have any questions, or to get involved with the Arts Council.

**Heritage Committee Activities:** Contact Lynnette Taylor at 492-6773 or [highlandheritage@msn.com](mailto:highlandheritage@msn.com) for the following activities: (1) **Heritage Fair, May 1, 12:00 noon to 4:00 p.m.**, Highland Glen Park, on Scotland. (2) **Mother-Daughter Tea for Graduating Senior Girls and their Mothers, May 4, 7:00 p.m.**, Lone Peak High School Cafeteria, each mother-daughter team to bring a plate of their favorite goodies. RSVP to Taylors. (3) May 14-16 Living Traditions Festival in Salt Lake introducing various cultures.

## "Do The Highland Fling"

By Kathryn Schramm, Chairman

If your "Heart is in The Highlands", come to the Highland Fling, August 6-7. Plans are well underway to guarantee a community celebration your family and friends will not want to miss. Nominations are being accepted for Parade Grand Marshall. Call in submissions to Kathryn Schramm at 756-2256, or bring written submissions to the Highland City Offices. Auditions are upcoming for the entertainment scheduled to perform throughout the day on Saturday, August 7. Groups and individuals in all genres are needed, so polish up those tap shoes, tune those horns, and look for more information in the June newsletter.

Also a premier dramatic production based on Highland's History will begin as the sun goes down amidst the trees in Heritage Park. Ample seating is available on your blankets and chairs. We have urgent need for composers and choreographers. Call Suzanne Holgreen at 492-9668. Actors, singers, dancers, make-up and hair artists, lighting and sound experts will be needed. Everyone

welcome! Look for more information in the June newsletter!

## Message from Police Chief Kip Botkin

This is the second in a series of three articles concerning protecting our children from physical and sexual abuse. This article deals with observing physical and behavioral signs and some guidelines if you think your child has been abused. It is hard to be all encompassing in short articles. If you have questions which go beyond the scope of these articles you are encouraged to call the police station (756-9800) and speak with myself or one of our detectives, who have more experience in this area than our patrol officers.

Children who are too frightened to talk about sexual molestations may exhibit a variety of physical and behavioral signals. Parents are responsible for noticing symptoms of abuse. Any of the following signs are significant:

\*Changes in behavior such as withdrawal, fearfulness, crying without provocation.

\*Appetite disturbances.

\*Recurrent nightmares, disturbed sleep patterns, fear of the dark.

\*Regression to more infantile behavior such as bed-wetting, thumb sucking, or excessive crying.

\*Torn or stained underclothing.

\*Vaginal or rectal bleeding, pain, itching, swollen genitals, vaginal discharge or sexually transmitted diseases.

\*Unusual interest in or knowledge of sexual matters, expressing affection in ways inappropriate for the child's age.

\*Fear of a person or an intense dislike at being left somewhere or with someone.

\*Other behavioral signals such as aggressive or disruptive behavior,

running away, failing in school, or atypical delinquent behavior.

If your child becomes involved with these issues as a victim, do not blame yourself (unless you are the violator). Sexual abuse is a fact in our society (a sad one, but a fact). Many individuals who molest children find work or are involved in community activities which give them access to children. The vast majority of abuse occurs in situations where the child knows and trusts the adult. Remember: a community and national consciousness is needed before we can eliminate sexual molestation.

**IF YOU THINK YOUR CHILD HAS BEEN ABUSED....**

\*Believe the child. Young children rarely lie about sexual abuse.

\*Commend the child for telling you about the experience.

\*Assure the child that you will protect him or her.

\*Convey your support for the child. A child's greatest fear is that they are at fault and responsible for the incident. Alleviating this self-blame is of paramount importance.

\*Temper your own reaction. Your greatest challenge is not to convey your horror about the abuse. Recognize that your perspective and acceptance are critical signals to your child.

\*Do not go to the school or program to talk about your concern. Instead report the suspected molestation to a social service protective agency and/or the police.

\*Find a specialized agency that evaluates sexual abuse victims - a hospital, child welfare agency, community mental health program, or child abuse treatment center. Any of these agencies should direct you to an appropriate agency.

\*Search for a physician with the experience and training to detect and recognize sexual abuse when you seek a medical examination. Community sexual abuse treatment programs, children's hospitals, and medical societies may be sources for referrals.

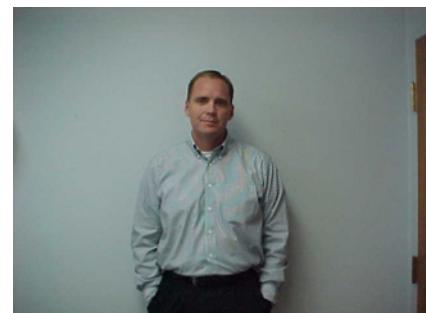
Our children are our most precious natural resource and our largest

responsibility. As parents we have certain responsibilities. Recognize that certain professions (those which routinely come in contact with children) have legally mandated responsibilities to report suspected child abuse. These laws are for the protection of our children because often these children are too young or too inexperienced to protect themselves. The best protections against your child being abused is to assure that you have open communication channels with your children

## Meet Your Staff -

### Matthew Shipp, Public Works Director/City Engineer

Matthew Shipp is married and has four children. He has a BS in Civil Engineering from University of Idaho. His favorite school subject: Material Science. Favorite sport: Baseball. Favorite Book: *Water is Wide*. Hobbies



and Interests: Scuba Diving. Responsibilities: Public Works management working with a project from conception to completion.