

October 2015

### City Council Members:

- Ron Bigelow, Mayor
- Corey Rushton, At-Large
- Lars Nordfelt, At-Large
- Tom Huynh, District 1
- Steve Buhler, District 2
- Karen Lang, District 3
- Steve Vincent, District 4

### Public Meetings:

City Council – first four Tuesdays of the month at 6:30 p.m. in the Council Chambers.

Planning Commission – second and fourth Wednesday of the month at 4 p.m. in the Council Chambers.

### City Phone Numbers:

Main Number.....801-966-3600  
Police Dispatch.....801-840-4000  
Fire Department.....801-963-3336  
Emergency.....911  
Fitness Center.....801-955-4000  
Garbage.....801-955-3720  
Storm Water Utility.....801-963-3334  
Code Enforcement.....801-963-3289

### Website:

[www.wvc-ut.gov](http://www.wvc-ut.gov)

### City Hall Address:

West Valley City Hall  
3600 S. Constitution Blvd.  
WVC, UT 84119

### City Hall Hours:

Monday – Thursday  
7 a.m. – 6 p.m.

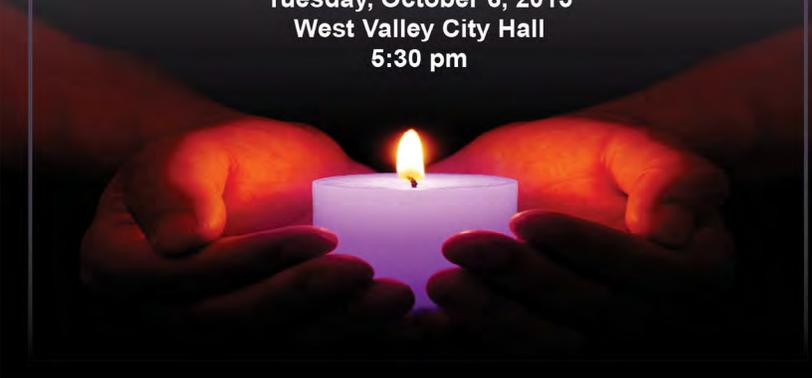


*Shine a Light ...  
... Be a Light*

Join West Valley City as we recognize  
**National Domestic Violence  
Awareness Month**

**SILENT WITNESS EXHIBIT**  
October 5 - 9, 2015 in West Valley City Hall Lobby

**HONK & WAVE for AWARENESS  
and PROGRAM**  
Tuesday, October 6, 2015  
West Valley City Hall  
5:30 pm



More information at  
[www.wvc-ut.gov/victim](http://www.wvc-ut.gov/victim)

**Letters:**  
**Great Authors,  
Great Quotes**

Celebrate the art of calligraphy,  
on display at the Utah Cultural  
Celebration Center through  
October 21.

1355 West 3100 South



## Halloween Safety Fair

Saturday, October 24th from  
11:00am-12:00pm  
**FREE**

For kids ages 12 & under with parent or adult.

Join us for a fun-filled hour of events including a parade and costume contest, Halloween safety tips, and trick-or-treating around the Fitness Center!

## Bewitching Breakfast

Saturday, October 24  
9:30 - 10:30AM  
*Registration due October 19*

- Adults (12yrs. & up) - \$7.00
  - Youth (4 to 11yrs.) - \$5.00
  - Child (1 to 3yrs.) - \$3.00
- \*Children & Youth must be accompanied by a paying adult.

Dine with warlocks, witches, and sorcerers as they entertain you with tricks and spells. They'll sign autographs, pose for pictures and show off their wickedly wonderful talents!

Call 801-955-4000 to register.

## Nightmare Alley

Thursday, October 29th and  
Friday, October 30th

\$4.00 per person  
(Includes use of facility!)  
**Buy 5 Tickets get 6th FREE!**

Nightmare Alley is not recommended for children under age 8.



# Family Fitness Center

## Adaptive Recreation Program Offerings

For more information and for the most up to date schedule, please visit [www.wvc-ut.gov/FitnessCenter](http://www.wvc-ut.gov/FitnessCenter) or call 801-955-4156

| Time           | Monday | Tuesday      | Wednesday        | Thursday                        | Friday | Saturday |
|----------------|--------|--------------|------------------|---------------------------------|--------|----------|
| 11:30-12:30 pm | Soccer |              |                  | Basketball                      |        |          |
| 12-1:00 pm     |        | Splash Class | Music & Movement |                                 |        |          |
| 7:00 - 9:00 pm |        |              |                  | Veterans & Family Rock Climbing |        |          |

Please check back with us as more programs and seasonal offerings are added!  
Follow us on Facebook! [www.facebook.com/WVCFamilyFitnessCenter](http://www.facebook.com/WVCFamilyFitnessCenter)



### DISABILITY ASSISTANT PASS

Individuals with a permanent disability and who require assistance may bring one caretaker or assistant free of charge in order to best utilize West Valley City's Family Fitness Center facilities and programs.

Assistants must accompany the requesting individual at the time of entry, must remain within reasonable proximity of the individual during the duration of their stay, and may utilize equipment and/or engage in programs along with those they are assisting.



For inclusion opportunities for persons with disabilities, contact Parker at 801-955-4156 or [parker.chapple@wvc-ut.gov](mailto:parker.chapple@wvc-ut.gov)

### Soccer/Basketball

Warm ups, drills, scrimmages, and free time. There may also be an opportunity to play another adaptive team! An engaging way to improve coordination, social skills, and heart health.

### Splash Class

This aqua aerobics class is a perfect low impact, all body workout. With music and changing pace, participants will increase mobility and range of motion, while improving cardiovascular and muscle strength. A fixed pool lift and pool stairs are available.

### Music & Movement

A fun, music infused environment that is sensory-friendly with quieter volume and lower lighting. Incorporating simple dance moves from around the world as well as yoga elements, this cardio class also seeks to improve concentration, balance, and coordination.

### Rock Climbing

With the right gear and plenty of encouragement, climbing can be easily adapted to virtually any ability level. In addition to fostering trust and a sense of accomplishment, motor planning, body awareness and strength are improved.

## Fall Yard Cleanup - Help Us Help You!



As temperatures drop and Fall finally makes it's way to the Wasatch Front, many residents are beginning to work on fall yard cleanup projects. Your West Valley City Sanitation team makes it easy by offering several cleanup services in addition to regular garbage and recycling pickup.

### Fall Leaf Collection Program

West Valley City will collect bagged leaves from the curb on regularly scheduled bulky waste collection days. Leaves must be placed in a plastic bag with the top sealed to prevent the wind from blowing them around.

### Bulky Waste Collection Program

Bulky waste is picked up once a month, as scheduled through the West Valley City Sanitation Division. In order to utilize this service, residents must adhere to rules and regulations for removal:

1. Bundle branches and limbs together. Limbs must be no larger than 4 inches in diameter; bundles can be no longer than 4 feet long by 18 inches in diameter and must weigh less than 75 lbs. Loose branches, limbs, and leaves will not be collected if not bagged.
2. Place waste on the curb no later than 7 AM on your scheduled day.
3. Waste may not be placed on the curb more than 1-2 days prior to your collection date.
4. Vehicles may not park within

15 feet of bulky waste pick up area.

### Keep your leaves and grass clippings out of storm drains!

Anything that's lying on pavement is more easily washed by stormwater down storm drains. There are a few simple steps you can take as your work on your fall cleanup that can help us maintain a healthy stormwater system.

When you've finished lawn maintenance, sweep (don't hose) any lawn chemicals or yard debris from the sidewalk and driveway back onto the lawn to prevent them from washing into stormdrains. Even grass clippings and excess leaves don't belong in our streams and rivers.

### Alternative ways to manage your leaves:

**Mowing** - A light covering of leaves can be mowed, simply leaving the shredded leaves in place on the lawn.

**Mulching** - Mulching is a simple and effective way to recycle leaves and improve your landscape. As organic mulches decompose, they release valuable nutrients for use by your landscape plants.  
**Soil Improvement** - Leaves may be collected and worked directly into garden and flower bed soils. A 6 to 8 inch layer of leaves tilled into a heavy, clay soil will improve aeration and drainage.

**Composting** - Composting is a useful and environmentally sound gardening practice for you.

For more information about leaf collection and bulky waste, call 801-955-4000 or visit [www.wvc-ut.gov/bulkywaste](http://www.wvc-ut.gov/bulkywaste). Learn more about stormwater at [www.wvc-ut.gov/stormwater](http://www.wvc-ut.gov/stormwater).

## Upcoming Events

### October

- 5 Silent Witness Display (through October 9)  
City Hall Lobby
- 6 Domestic Violence Awareness Month  
Honk & Wave  
East entrance to City Hall, 5:30 PM  
Awareness Program  
City Hall Lobby, 6 PM
- 7 Meet with Mayor Ron Bigelow  
City Hall, 4:30 - 6 PM
- 8 Citizenship in the Nation  
Merit Badge Class (Part A)  
*Registration required; email [meritbadges@wvc-ut.gov](mailto:meritbadges@wvc-ut.gov) to register.*  
Fire Station 74, 6 - 8 PM
- 13 Emergency Preparedness  
Merit Badge Class (Part B)  
*Registration required; email [meritbadges@wvc-ut.gov](mailto:meritbadges@wvc-ut.gov) to register.*  
Fire Station 74, 6 - 8 PM
- 14 WVC Watch Wednesday  
City Hall, 6 - 7 PM
- 14 Community Meeting with Chief Russo  
City Hall, 7 - 8 PM
- 20 Citizenship in the Nation  
Merit Badge Class (Part B)  
*Registration required; email [meritbadges@wvc-ut.gov](mailto:meritbadges@wvc-ut.gov) to register.*  
Fire Station 74, 6 - 8 PM
- 21 Harman Heritage Series  
Lord, Get Me Out Alive! Stories & Music  
Harman Senior Recreation Center, 1 - 3 PM
- 24 Bewitching Breakfast  
(call 801-955-4000 to register)  
Family Fitness Center, 9:30 AM
- 24 Halloween Safety Fair  
Family Fitness Center, 11 AM - 12 Noon
- 29 Pumpkin Painting  
Family Fitness Center, 6 PM
- 29 Nightmare Alley (and October 30)  
Family Fitness Center, 7 - 10 PM

New events are added daily. For a complete list, visit [www.wvc-ut.gov/events](http://www.wvc-ut.gov/events)

**An election will be held November 3, for three West Valley City Council seats:**

**Councilmember At-Large  
District 1 Councilmember  
District 3 Councilmember**

**For more information call  
801-963-3203 or visit  
[www.wvc-ut.gov/elections](http://www.wvc-ut.gov/elections).**