

## NOISE VIOLATIONS

### THE LAW

- It is unlawful in the city of Cheney for any person to cause or allow noise that is a public disturbance to originate from any property.
- Penalties can range from a \$250 civil infraction to a misdemeanor conviction with up to a \$1,000 fine and 90 days in jail.
- It is a misdemeanor to refuse or fail to cooperate with an investigating officer.

### POTENTIAL VIOLATIONS 10 PM TO 7 AM

- Yelling, shouting, whistling, singing, etc. on or near public streets

- Loud parties or gatherings that are audible more than 50 feet away
- Home maintenance noises such as lawn mowers, chain saws, blowers, etc., unless they are being used in conjunction with an emergency

### WHAT TO DO

- Call Cheney Police Dispatch, (509) 535-9233.
- Call when the noise problem is occurring.
- Tell dispatcher what the noise is and where it's coming from.

### WHAT HAPPENS NEXT

- An officer will be sent to the source of the noise.

- If a violation exists, the officer will contact the responsible person(s) and issue a formal warning, issue a citation, or make an arrest.
- If there is no violation, the officer will inform the person that there are complaints and inform them of the City's noise ordinance.

### PLEASE NOTE

- EWU, Cheney School District, trains, normal business operations, events sanctioned by the City, and snow removal equipment are exempt from the noise ordinance.

## MEETINGS & EVENTS

2	Labor Day, City offices closed; garbage pickup one day late
4	First day of school for Cheney School District
9	Planning Commission, 6:00 pm, Council Chambers
10	City Council, 6:00 pm, Council Chambers
24	City Council, 6:00 pm, Council Chambers



Merchants and community members are invited to the **CMA Fall Community Social, Sept 11, 6:30 pm, Mason Jar**. Revitalize Cheney branding and signage will be shared!

## EMPLOYEE PROFILE: ALANA QUIST

Visiting the City Finance Department, you may have been assisted by Alana Quist, Finance Operations Specialist. But there is another side to Alana that is not apparent ... she enjoys competing in 30-mile obstacle course races!

Alana grew up playing sports and being physically active. Several years ago she really got into lifting and high intensity training. Two years after suffering an injury while playing soccer, her brother-in-law suggested signing up for a Spartan race in Seattle, so Alana started to run a couple of days a week and began training for some of the obstacles that would be in the race.

Alana really enjoyed the tough training at the gym and started competing in short races. She then completed a Spartan Ultra (30+ miles and 60+ obstacles)

in Kimberly, BC, in 12:48 ... 1<sup>st</sup> place in her age group! "I'd never run that far in my life and honestly didn't know if I'd even finish the race. The only thing I focused on was to keep moving as I was going up and down a mountain," said Alana. A couple of months later she competed in a Spartan Beast (12+ miles and 30+ obstacles) and finished 3<sup>rd</sup> in her age group. A month after that she did a Spartan Super (10+ miles and 25+ obstacles) and again finished 1<sup>st</sup> in her age group. This year she raced in a Sprint and Super in Seattle, where she placed 1<sup>st</sup> and 2<sup>nd</sup> in her age group, followed by a Beast in Bigfork, Montana, where she came in 4<sup>th</sup>.

Wanting to push her limits this year, Alana completed her first triathlon, a full Ironman in Whistler, BC, finishing in 12:51.

"I had a blast!" she said.

Her previous Spartan times have qualified Alana for the World Championship in Lake Tahoe at the end of September. "Honestly, I'm just super blessed and grateful to have found an outlet, doing something that I love that takes me to beautiful places, that pushes me physically and mentally," she said. She credits her gym—SCE Fitness—and her amazing trainer K. Jay for completely changing her life, pushing her to be a better athlete and a better person every day. Next year Alana plans to further push her limits and compete in a 50-mile ultra-marathon, followed by trying a 100-mile ultra.

What inspires Alana? She said it's watching people of all different backgrounds and abilities push themselves physically past

what they think is possible.

Her advice to someone interested in these races? "Sign up with friends, do some training, and just go have fun. It's all about the journey that each race takes you on and the people you get to experience it with!"



*"The only thing I focused on was to keep moving as I was going up and down a mountain."*

## FREQUENTLY REQUESTED NUMBERS

<b>Emergencies</b>	<b>9-1-1</b>
<b>Animal Control</b> , Spokane County (SCRAPS) <i>Strays, lost pets, licensing, spay &amp; neuter clinic</i> <a href="http://www.spokanecounty.org/scraps">www.spokanecounty.org/scraps</a>	477-2532
<b>Building &amp; Planning Dept.</b> , 112 Anderson Rd <i>Building permits, zoning, &amp; inspections</i>	498-9237
<b>Chamber of Commerce, West Plains</b> <a href="http://www.westplainschamber.org">www.westplainschamber.org</a>	747-8480
<b>Cheney Outreach</b> , 616 3rd Street (C & 3rd) <i>Mon, 4:00-6:30; Wed, 8:30-2:00</i>	235-8900
<b>City of Cheney</b> , City Hall, 609 2nd Street Cheney, WA 99004, <a href="http://www.cityofcheney.org">www.cityofcheney.org</a>	498-9209
<b>Clothing Exchange</b> , 620 3rd Street (C & 3rd) <i>Weds, noon-6 p.m.</i>	235-2325
<b>Code Enforcement</b> <i>Weeds, abandoned vehicles, trash, etc.</i>	498-9334
<b>Court, Municipal</b> , 611 2nd Street <i>Citations &amp; parking tickets issued in city of Cheney</i>	498-9231
<b>Elections Office</b> , Spokane County <i>Voter registration, <a href="http://spokanecounty.org/177/elections">spokanecounty.org/177/elections</a></i>	477-2320
<b>Finance Department</b> , 609 2nd Street (D & 2nd) <i>Electric, water, sewer, &amp; garbage bills; starting or stopping service</i>	498-9209
<b>Fire Department</b> , 611 4th Street (D & 4th) <b>Emergencies</b> <i>Business line, child car seat checks</i>	<b>9-1-1</b> 498-9291
<b>Food Bank</b> , 624 3rd Street <i>Open first 4 Weds every month, 9 a.m.-noon</i>	235-2325
<b>Library</b> , Spokane County, 610 1st Street <a href="http://www.sclcd.org">www.sclcd.org</a>	893-8280
<b>Licensing, Driver</b> , 9107 N Cntry Homes, Spok <a href="http://www.dol.wa.gov/driverslicense">www.dol.wa.gov/driverslicense</a>	482-3882
<b>Licensing, Motor Vehicles</b> <i>Spokane County Auditor's Office</i> <i>Airway Heights Licensing Office</i> <a href="http://www.spokanecounty.org/auditor">www.spokanecounty.org/auditor</a>	477-2222 244-1763
<b>Light Department</b> , 112 Anderson Rd <i>Power outages, burned out street lights</i>	498-9230
<b>Mayor's Office and City Administrator</b>	498-9200
<b>Newspaper</b> , <a href="http://CheneyFreePress">Cheney Free Press</a>	235-6184
<b>Parks and Recreation</b> , 615 4th Street (C & 4th) <i>Recreation programs, park maintenance</i>	498-9250
<b>Police Department</b> , 215 G Street (G & 3rd) <b>Emergencies</b> <i>Dispatch, nonemergency crime reports</i>	<b>9-1-1</b> 535-9233
<b>Public Schools</b> , Cheney <a href="http://www.cheneyisd.org">www.cheneyisd.org</a>	559-4599
<b>Public Works Department</b> , 112 Anderson Rd <i>Garbage pickup, street maintenance, snow removal, water leaks, discolored water</i>	498-9293
<b>Recycling Facility</b> , 100 Anderson Rd	343-9826

## SEPTEMBER RECREATION PROGRAMS

(509) 498-9250

[cityofcheney.org/177/Parks-Recreation](http://cityofcheney.org/177/Parks-Recreation)

Sept 1: Chain Gang Crochet, every Sun, 10am, Marketplace
Sept 2: Bootcamp, every Mon, 5:30am
Sept 2: Jazzercise, every Mon, 8:30am
Sept 2: Quilters, every Mon, 12:30pm
Sept 2: Zumba, every Mon, 5:30pm
Sept 2: POUND, every Mon, 6:30pm
Sept 2: Bootcamp, every Mon, 6:30pm
Sept 3: Bootcamp, every Tue, 5:30am
Sept 3: Jazzercise, every Tue, 6am
Sept 3: Knitters, every Tue, 9am
Sept 3: Bridge, every Tue, 11:30am
Sept 3: Inclusive Recreation Softball begins
Sept 3: Inclusive Recreation Flag Football begins
Sept 3: Redemption Church FREE dinner, every Tue, 5:30pm, Wren
Sept 3: Bootcamp, every Tue, 6:30pm
Sept 4: ECHO Program begins, 6:15am & 3pm, at the Wren, Windsor Elementary, and Snowdon Elementaries
Sept 4: Jazzercise, every Wed, 8:30am
Sept 4: Senior Yoga, 9:30am
Sept 4: Start Smart Sports Program begins, every Wed, 10am
Sept 4: Youth Fall Sports Practices begin
Sept 4: Chain Gang Crochet, every Wed, 5pm, Cheney Library
Sept 4: Beginning Yoga, every Wed, 6pm
Sept 4: POUND, every Wed, 6pm
Sept 4: Hi-Flyers Square Dance Lessons, every Wed, 7pm, City Hall
Sept 5: Jazzercise, every Thur, 6am
Sept 5: Zumba, every Thur, 6pm
Sept 6: Bootcamp, every Fri, 5:30am
Sept 6: Inclusive Recreation Bowl & Pitcher Hike, 9am
Sept 6: POUND, every Fri, 9:30am
Sept 6: Senior Light Fitness, every Fri, 9:30am
Sept 6: Bootcamp, every Fri, 6:30pm
Sept 7: Jazzercise, every Sat, 8:30am
Sept 9: First Aid/CPR class, 1pm, Cheney Fire Station
Sept 9: EDGE Program begins at Betz Elementary, 3pm
Sept 9: Garden Club meeting, 6:30pm
Sept 9: Total Body Fitness, every Mon, 7:30pm
Sept 9: Swing Dancing, every Mon, 7:30pm, City Hall
Sept 10: Pickleball begins, every Tue, 8am, Wren
Sept 10: Inclusive Recreation Dinner Club, 4pm
Sept 10: Golf Lessons begin, every Tue, 5:30pm, Fairways
Sept 12: Pickleball, every Thur, 8am, Wren
Sept 12: AARP driving class, 8:30am, Wren
Sept 12: Senior Games, 10am
Sept 13: Parents' Night Out Babysitting, 6pm, Wren
Sept 14: Mini-Spikers Volleyball begins, 9am, Cheney & Westwood MS
Sept 14: Touch-a-Truck event, 10am, Cheney Middle School
Sept 17: Senior Dinner Club, 4pm
Sept 18: Senior Yoga, 9:30am
Sept 20: Hi-Flyers Square Dance Social, 7pm, City Hall
Sept 23: Senior Games, 10am
Sept 30: Feed Cheney, 5:30pm, Sutton Park