

Register for classes at cedarhills.org/recreation using Rec1.com.
Questions? Call 801-785-9668, ext. 302.

HIGH Fitness is Back!

HIGH Fitness® takes old-school aerobics to the next level by combining simple, modern fitness techniques such as HIIT training, plyometrics, and intervals of strength and cardio with music you know and love. Shake off the quarantine blues with HIGH Fitness! Class sizes are limited to adhere to social distancing recommendations from the State.

When: Monday and Wednesday mornings at 7:00 am.

Cost: \$5/class, or punch passes can be purchased at a discount. Your first class is always free.



Pickleball Clinics with Suzee Anderson

Suzee Anderson is a Certified PPR Pickleball Teaching Professional. She has played as a 5.5 player all over the United States and Europe and is a U.S. Open and USAPA Nationals Medalist. These 90-minute clinics will address different aspects of pickleball so you can improve your game in many areas. 60 Minutes of mechanics training and practice drills followed by 30 minutes of coached match play. Clinics will be held on **Thursday evenings from 6:30 to 8:00 pm.** at the Harvey Park Pickleball courts.

Cost: \$55 each -2 hour clinic.

Mini Pickleball Clinics with Suzee Anderson (3.0-3.5 levels)

These 90-minute clinics will address different aspects of pickleball so you can improve your game in many areas. 60 Minutes of mechanics training and practice drills followed by 30 minutes of coached match play. **Two different levels offered:** 3.0 at 8:00 am and 3.5's at 10:30 am. Clinics will be 90 mins of mechanics instruction and drills followed by 30 mins of coached match play.

Cost: \$35 per clinic



5th Annual Pickleball Tournament

We are excited to announce our fifth annual pickleball tournament. The Pickleball Rocks tournament will be held at the new pickleball courts at Harvey Park in Cedar Hills. To help with social distancing the tournament will be spread out from Wed. thru Sat. Divisions may be combined if not enough teams register. Only 7 teams will be allowed in each division so register early.

When: July 9th – 11th **Time:** 9:00 a.m.

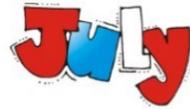
Location: Harvey Park 4301 W Harvey Blvd.

Karate Classes

Karate classes, offered by Cedar Hills Community Services, will create a fun, multi-level karate training experience for children age six and up, including adults. The one-hour classes are held Mondays and Wednesdays for the different levels. The curriculum provides a basic foundation for learning self defense; increasing and developing muscular flexibility, strength, and coordination.

Ages: 6 & up, including adults

Cost: \$100 for 10 week sessions.



Summer Reading Program 2020



Summer Reading Registration (ALL ages)

Registration and reading charts on our website.

www.highlandcitylibrary.org

Programs in the Park

June 3-July 22

We have planned some incredible weekly programs! Story Time, Jr. Explorer's Club, and Tween STEM will be held at the Town Center Meadows Park in Highland. Registration is required.

Weekly Prizes

June 3-July 31
Ages 0-11

Come to the Library to get your prize!

Details on final prizes will be announced soon!



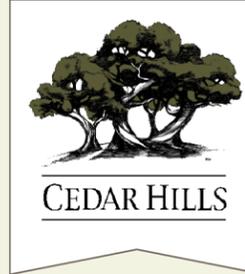
A Day at Wizard School

Come join our end-of-year Summer Reading party!
July 30 @ 4:00-8:00 pm
Register online for your family time slot.



Friends of The Library

Book Sale
July 30th
9:00-10:00 am
Early Bird Members only
10:00 am-7:00 pm
General Public



801-785-9668

www.cedarhills.org

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Upcoming Meetings

City Council Work Session	July 7 & 21 @ 6pm
City Council Meeting	July 7 & 21 @ 7pm
Planning Commission	July 28 @ 7pm

City Phone Numbers

Dial 801-785-9668 & ext:
Front Desk 100
Building Department 200
Business Licensing 504
City Recorder/Passports 503
Pro Shop 600, 603
Public Works 200
Recreation 302 or 603
Utility Billing 400
Vista Room 300
Zoning/Code Enforcement 500

Other Phone Numbers (801)

Police/Animal Control 763-3020
Cedar Hills Golf Club 796-1705
Police Department 763-3020
Emergency After Hours
801-420-2243



July is National Grilling Month

Summer time is the best for outdoor cooking, so it is no surprise July is National Grilling Month. Don't let improperly prepared food ruin your summer. Use these grilling tips to keep you grilling and enjoying the beautiful weather all season long: **Wash your hands.** Use hand sanitizer when clean water isn't readily available where you are grilling. **Keep food cold** until you are ready to put them on the grill. Letting them sit allows bacteria to grow.

Don't mix raw and cooked foods. Once cooked, use a clean dish to place your masterpiece. Bacteria from the raw food will contaminate a cooked meal.



Are You Enjoying Harvey Park?

We have received very positive feedback from residents and guests about the new Harvey Park. The City is excited to have this amazing amenity added to our other beautiful park system. Unfortunately, we have already had equipment broken and damaged due to misuse. If you see problems occurring in the park, please report them immediately. If everyone does their part, the entire community can enjoy Harvey Park now and for years to come!

We would like to provide these reminders to make sure that everyone is able to enjoy the park: **1:** City Parks are open from **5:00am – 11:00pm** (From Labor Day to Memorial Day) **2: Children should be supervised at all times!** Follow playground equipment guidelines for the appropriate ages and intended use of the equipment. **3:** Pets should only be in the park if they are leashed and owners are properly disposing of pet waste. **Pets are NOT ALLOWED in the splash pad area!** This creates problems with the filtration system and overall operation of the splash pad and is prohibited.



Splash Pad Policy: The splash pad is open Monday through Saturday from 10:00am to 8:00pm. The splash pad may be closed periodically for the following: Routine/required maintenance, temperatures below 75 degrees, high winds, and preceding or during thunderstorms/rain/lightning. Please follow all posted rules.

In light of the recent fires in the valley, The City of Cedar Hills along with American Fork Fire and Rescue is asking for your help.

In the event of an evacuation we are asking that you place your garbage can in the middle of your driveway a few feet off the sidewalk. This will signal to police and fire departments that you have evacuated your home and do not need contact. This will help expedite the process and help ensure that everyone is quickly and safely evacuated.

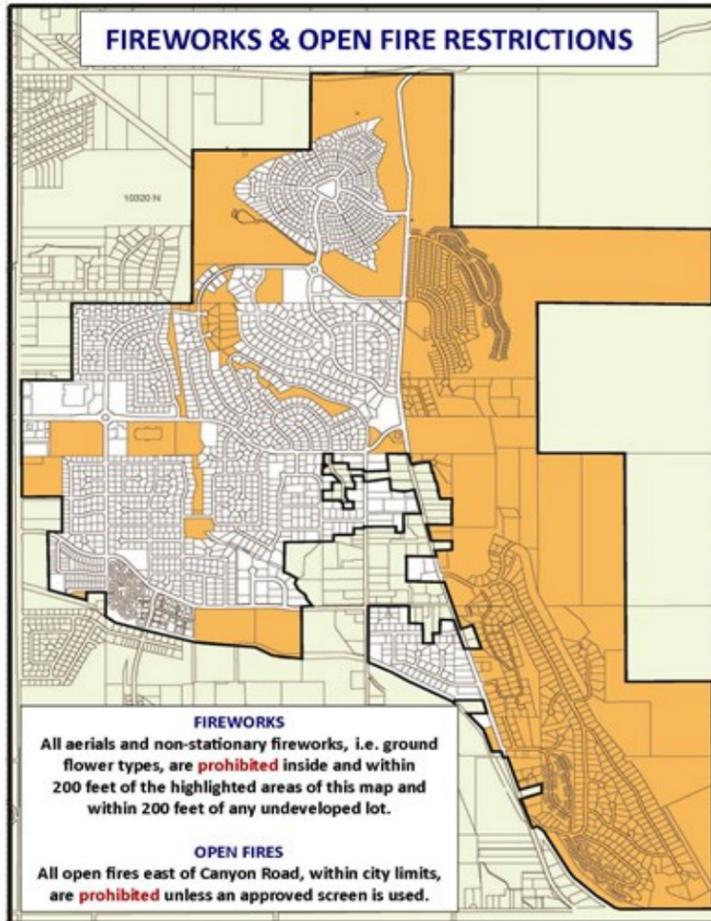
Fireworks & Fire Restrictions

With the fireworks season upon us, the city declares its support for the American Fork Fire Department to limit fire risk in our community by adopting a resolution (City Code 5-2-3A4), which outlines these restrictions:

Fireworks: All aerial and nonstationary fireworks, i.e. ground flower types, are prohibited inside and within 200 feet of the highlighted areas of the restrictions map and within 200 feet of any undeveloped lot. The map can be viewed at cedarhills.org/fires2020.

*ALL fireworks and aeriels are prohibited in city parks, the golf course, and all other city owned properties.

Open Fires: All open fires east of Canyon Road within city limits are prohibited, unless a screen is used. Cedar Hills officials and staff wish all residents a fun and safe summer. Please use caution and good judgement when using fireworks or building open fires.



STORM WATER TIP OF THE MONTH

What can you do? Pool/Spa Maintenance

When emptying a pool or spa, here are a few things you'll want to keep in mind: **1:** Never discharge pool or spa water to a street or storm drain. **2:** When emptying a pool or spa, let chlorine dissipate for a few days, and then recycle/reuse it by draining it gradually onto a landscaped area. **3:** Do not use copper-based algaecides unless absolutely necessary. Control algae with chlorine or other alternatives. Copper is an especially strong herbicide and doesn't degrade to less toxic forms quickly.

Pressurized Irrigation Reminder

As we approach the hottest period of the season, there is a greater chance for moss and debris to build up on your pressurized irrigation filter. It is recommended to clean your pressurized irrigation filter monthly. For information on how to clean your individual filter, contact the manufacturer or a local plumbing store.

Parking for Boats and Trailers

A friendly reminder NOT to use public streets for long-term parking of cars, trucks, trailers (for work or play), RV's, boats, campers, basketball standards, etc. According to city ordinances, such items cannot remain on the street for more than 48 hours. Keep all of the above-mentioned items on hard surfaces on your property.

Keep signs out of the public right-of-way

Help keep the city looking clean and beautiful. With permission from property owners, city-approved signs may be placed on private property only. The complete sign ordinance may be obtained at the city office or viewed online at cedarhills.org.

Holiday Office Closures & Delay in Garbage Pick-up

The city office and passport offices will be closed July 3rd and July 24th. Friday's garbage and recycling services will be delayed until Saturday the week of July 24th. Services will run as usual the week of July 4th.

County's Reverse 911 Emergency Alert Notification System Implemented

This system enables us to provide critical information quickly in a variety of situations, such as severe weather, law enforcement activity, missing persons, and evacuations of buildings or neighborhoods. It is critical that we are able to send out emergency information to the public. When you sign up, you ensure that we have the most up-to-date information to reach you in the event of an emergency. You will receive time-sensitive messages wherever you specify, such as your home, mobile or business phones, email addresses, text messages, and more. The alert system is subscription based, which allows you to receive various notifications about things that matter to you, and you can sign up for different subscription alerts in multiple cities in Utah County. Visit alerts.utahcounty.gov to sign up today!



Are You Ready Utah?

All Twelve Areas of Emergency Preparedness need to be planned for every emergency though they may apply differently for different situations. You can download Be Ready Utah's 12 Areas and 4 Tenets of Emergency Preparedness at www.utah.gov/beready/documents/BRU4Tenets2019.pdf

Keep Your Pet Safe During Fireworks



Frightened dogs tend to bolt and run for long distances until they get far away from whatever scared them. Some people think their dog will be okay if they leave them in a fenced yard,

but a panicked dog can jump over a moderately high fence. Even if you stay home and cookout in the backyard, your presence won't prevent your dog from bolting once the fireworks start. To view our 9 tips on how to keep your pets safe during the fireworks, visit our website at www.cedarhills.org/fireworks-pets/

Changes to Utility Billing Rates

Effective July 1, 2020, the City Council has adopted an updated fee schedule which goes into effective July 1, 2020. The following are some utility rates that will be effected: Garbage, recycling, and sewer. To view the full fee schedule for 2020, visit our website at www.cedarhills.org/finance-documents/taxes-fees/

TALK SHOP WITH A COP



A message from Lieutenant Josh Christensen of the American Fork Police Department:

For this month's newsletter, I wanted to take the time to express our appreciation to everyone in the American Fork and Cedar Hills communities who have taken the time to contact the police department and make a positive comment and engage in a productive conversation. We are exceptionally grateful that so many citizens have taken time out of their busy schedules to contact us.

We have been contacted by phone, e-mail, and in-person and have had the opportunity to meet many great people. There have been people who have decorated our doorway with positive messages, a couple who stood out on the street waving flags, and people who have approached officers out on the street to say thank you. Many have shared stories of how an officer has helped them through some of life's trying moments. We have received calls at the department from many people, some in tears, who just wanted to take the time to thank the officers. One group of kids held a fundraiser in the community on their own to raise money to deliver a thank you gift to the department.

While the department has been the recipient of your kindness, who also want you to know that we are here to help and serve you. You can call if you need assistance. The nature of law enforcement is that sometimes we are put into the role of enforcing society's rules, which can be challenging at times. However, we always try and do it with empathy and caring.

We truly live in a great community and we do not take your support lightly. We hope to continue to build upon the relationships that we have developed and to work to help ensure a high quality of life for everyone in our communities.

You are encouraged to contact the police department if you have any questions; e-mails may be sent to polictalkshop@afcity.net. Depending on the number and type of questions received, your question may be answered via the city newsletter, e-mail, or phone call.

