

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!

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

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.



Youth Flag Football-Registration ends August 16th

This team is for boys and girls in grades 2-9. In addition to the registration fee, there is a one-time fee of \$5 for a reversible jersey for grades 2-9. All games are played at the Highland Field just north of the Lone Peak Seminary Building.

Cost: 2nd Grade: \$30

3rd & 4th Grades: \$45

5th & 6th Grades: \$50

7th – 9th Grades: \$55

All class sizes are limited to adhere to social distancing recommendations from the State.



www.highlandcitylibrary.org



**Inclusivity Program
Learn, Feel, Act**

Be a part of this great program sponsored by residents of Highland City. We invite your whole family to participate. More information is available at the Library and on our website.



Fall Programs

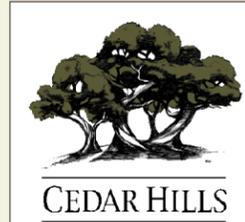
Our awesome Library programs will resume Sept. 1st. Registration will be required for all programs. Watch for details on our website.



Staff Picks

Come check out what our Library staff has picked for their monthly favorites!

Fill out your **2020 Census** by August 15th.



801-785-9668
www.cedarhills.org

What's Inside?

Mayor's Message	2
Know What's Below Before You Dig	2
When Should You Call 9-1-1?	3
Adult & Youth Recreation Activities	4

Upcoming Meetings

City Council Work Session	Aug 18 @ 6pm
City Council Meeting	Aug 18 @ 7pm
Planning Commission	Aug 25 @ 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
AF Police 763-3020
Emergency After Hours
801-420-2243

Our Home Town
Newsletter • AUGUST 2020

“Peace cannot be kept by force; it can only be achieved by understanding.” -Albert Einstein

Proposed Reopening of Schools in August 2020

School crossing lights will soon be flashing again and the sidewalks will be filled with children eager to get to school. Please take some time to explain the following precautions to your children and teen drivers.

- Encourage them to use the crosswalk with the assistance of the crossing guard in front of the schools.
- Children should stand on the sidewalk until they are motioned by the crossing guard to cross the street.
- Drivers need to slow down to 20 MPH when you see the flashing lights, orange cones, and crossing guard present in the area.



- Watch carefully for children, especially behind vehicles, and please leave your home early enough to avoid rushing through school zones.
- For more information on Alpine School District's "Return to Learn" plan for the 2020-2021 School Year, please visit alpineschools.org.

Back to School Tips for Parents

Returning to school after the long break can be a challenge for many students, a new term is filled with new challenges, new friends and new experiences. Here are some tips to help beat the back-to-school blues:

- 1) Ensure your child gets enough rest -Ease your child back into a routine so they get a full, eight hours of sleep each night. This will get them ready for the busy days ahead.
- 2) Focus on the positives -Have your child identify 5 things that they're excited about for the upcoming term, this could be anything from their friends to getting back into their sporting or cultural activities.
- 3) Set goals together -Sit down with your child and identify 3 key goals for the next 6 months. These can be academic, athletic, behavioral or social goals. Stick them up where they can be seen and make sure to revisit them at the end of the term.
- 4) Leave an uplifting note -A lunchbox or pencil case is the ideal place to leave a special note for your child to find the next day.
- 5) Encourage talking (and listening)-Communication is key. Talk to your children about their experience at school and listen to what they say.



Mayor's Message

Last year the non-profit group Better Days 2020 was formed here in Utah. The goal of this organization is to recognize and celebrate the 100th anniversary of the 19th amendment, which gave women in America the right to vote, and to celebrate the 150th anniversary of Utah being the first place where women voted under equal suffrage laws. As part of their efforts, Better Days 2020 has shared stories of incredible Utah women, such as Martha Hughes Cannon, who was the first woman in the United States elected to serve in a State Legislature in 1896; Mignon Barker Richmond, who was the first African-American woman to graduate from a Utah college, who served as the Vice President and President of the Salt Lake Chapter of the NAACP, and who established the first Utah school lunch program; Alice Kasai, who fought for the rights of Japanese-Americans after many, including her husband, were sent to internment camps during World



STORM WATER TIP OF THE MONTH We Can Make a Difference!

Illicit Discharge-Any discharge (or seepage) to the separate storm drainage system that is not composed entirely of storm water or uncontaminated groundwater.
Illicit Connection-A physical connection to a separate storm water drainage system that primarily conveys illicit discharges into the system and/or is not authorized or permitted by the local authority (where a local authority requires such).
Point source-An outfall from a drainage system to waters of the state, or a point where a storm water drainage system discharges into a system operated by another public body.
Storm Water Runoff-Rain or snowmelt that falls on impervious surfaces can pick up contaminants as it travels to natural or artificial drainage systems or water bodies.

Low Water Pressure? Maybe It's Your Filter

Sprinkler performance may be adversely affected by a clogged or partially clogged filter in your irrigation system. As we are in the hottest period of the season, there is a greater chance for moss and debris to build up on your pressurized irrigation filter, reducing the water pressure. It is good to clean the filter at least once a month.



War II; and Olene Walker, who served as the first lieutenant governor and as the only female governor for Utah, and helped Utah's financial future by helping create the state's rainy day fund. You can find these and the stories of many others at utahwomenshistory.org.



Mayor Jenney Rees

Though many of their planned events had to be canceled this year, Better Days 2020 is hosting a Utah Heritage Scavenger Hunt this summer and I'm thrilled that Cedar Hills was selected to be the Utah County location for kits and monthly pins. This scavenger hunt is a fun activity that provides an opportunity to learn more about Utah women who have influenced policy and made history. Feel free to stop by the city offices during normal business hours to pick up a kit, or download the card at www.utahwomenshistory.org/2020/06/utah-heritage-scavenger-hunt/.

Know What's Below, Call 811 Before you Dig!

August 11th is National 8-1-1 Day. Blue Stakes of Utah hopes to educate and connect resident and businesses with utility companies to prevent emergencies. They say to call 811 before you have to dial 911. It is a free service and its is also the law. Call at least 2 full business days prior to starting your excavation project. For more information, visit bluestakes.org or [facebook.com/bluestakesofutah](https://www.facebook.com/bluestakesofutah).



New Park Curfew Changes

The City Council met on Tuesday, July 7th to review the park curfew ordinance in relation to the public disturbance ordinance. Our public disturbance ordinance (Section 5-2-2) prohibits loud noise, including noise related to sports activities and entertainment, in or adjacent to a residential zone between the hours of **10pm and 7am**. All of our parks are either in or adjacent to a residential zone so in order to align park noise with the public disturbance ordinance and in an effort to have the same rules for public spaces as we do for individual private property owners, effective August 1st all parks will close at 10pm year-round. Curfew violators are subject to fines and charges up to a class B misdemeanor. Please help keep our neighborhoods quiet and safe during park curfew hours. To report violators or suspicious activities, please contact **non-emergency dispatch**, a 24-hour service, at 801-794-3970.

When to Call 911

9-1-1 is for emergencies **ONLY**. Emergencies are situations where law enforcement, firefighters, or medical help is needed **right away!** Some examples are; severe difficulty breathing, heavy bleeding that will not stop with pressure, drowning, drug overdose, seizures that last over 5 minutes, or for any crime **in progress**, a fire, or a vehicle collision where someone is injured. Remember to stay calm when calling 9-1-1 and be ready to answer questions from the dispatcher.

Landscape Watering Restrictions

The city continues with outdoor watering conservation measures for all residential water users. Residents with odd-ending house numbers will water **Monday, Wednesday, and Friday**. Residents with even-ending house numbers will water **Tuesday, Thursday, and Saturday**. Spot watering with a hose is allowed on Sundays for everyone.

Free Round of Golf for Residents

Far from the average hard-edged, manicured golf course, Cedar Hills lets nature do the talking. The unique lace-edged bunkers blend into the natural transition areas with native grasses creeping right into the bunkers. For your free round of golf, visit our website at www.cedarhills.org/free-golf2020/ Residency proof required.

Food Truck Rally Wednesday AND Fridays

Starting July 24th, the Food Truck League of Utah will coordinate the rallies every Wednesday **AND** Friday night from **5pm-8:30pm** at Harvey Park this summer! (4301 W Harvey Blvd) Here your favorite food trucks will be hanging out right in your own neighborhood.

Leash Laws & Cleaning Up After Your Pet

Dogs must be on a leash at all times when visiting trails, parks, and walking through the neighborhoods. Dogs can unintentionally cause bike wrecks, skating accidents, trips and falls. Even the friendliest dog has the ability to snap at another dog or person. Always clean up after your pet to maintain a sanitary community. Dog poop is not a fertilizer but a pollutant that contains pathogens that are harmful to human and other animals. Respect the privacy of adjacent landowner to parks and trails and do not disturb the landscaping.



Holiday Office Closure

The city office will be closed on Monday, September 7th due to the Labor Day holiday.

TALK SHOP WITH A COP



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

The Cities of American Fork and Cedar Hills are seeing an increase in vehicle burglaries which is defined as taking place when a suspect enters a vehicle with intent to commit a theft. It is not uncommon for there to be an increase during the summer months.

The vast majority of vehicle burglaries are crimes of opportunity where the suspect will walk the neighborhoods trying all of the door handles. If the door is locked they move on to the easier target. A suspect will also take advantage of opportunities when valuables are left out and visible. In addition to vehicle burglaries, those walking the neighborhoods will take items left out in the driveways and in garages where the door has been left open.



There are several steps you can take to reduce your chances of being the victim of a theft.

- Always lock the doors to your vehicle and ensure the windows are rolled up all of the way
- Close your garage doors. This would include during the daytime, as well as at night.
- Keep your valuables out of sight. If you are at a business and do not want to take items into the store, consider putting them in the trunk or under the seat.
- Install good lighting and motion detectors. If at a business at night, park where there is good illumination.
- Install security cameras. There are many reasonably priced cameras available to help cover the exterior of your home.
- Help your neighbors. If you see suspicious people and/or vehicles in the areas call the Utah County Dispatch Center.
- Consider starting a Neighborhood Watch Program in your area. If you are interested in starting Neighborhood Watch contact Detective Austin Lunt or Lt. Josh Christensen at the police department.

You are encouraged to contact the police department if you have any questions; e-mails may be sent to policetalkshop@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.