

Register for classes at [cedarhills.org/recreation](http://cedarhills.org/recreation) using [Rec1.com](http://Rec1.com).  
Questions? Call 801-785-9668, ext. 302.

**HIGH Fitness (New Hours)**

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:** Back to Monday and Wednesday mornings at 6:00 am now that school is back in session.  
**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

**Phascinating Physics Class**

This is a 6 week science class that will be held Tuesday afternoons. In this new class, students will explore the amazing world of physics through hands-on experiments. They will discover information about a variety of physics topics including motion, heat, light, and sound.

**Experiments Include:**

- Fire bubbles
- Making a laser maze
- Marble Roller Coasters
- Water balloon Catapults

**Cost:** \$69



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



[www.highlandcitylibrary.org](http://www.highlandcitylibrary.org)

**Baby Bookworms**

**Fridays @ 10:15 am for ages 0-2 Story Time**

**Tues, Weds, Thurs @ 11:00 am for ages 3-5**

**Held in the Council Chambers to enable social distancing.**

**Jr. Explorers' Club**

**Thurs @ 4:00 pm for ages 6-8**

**Tween STEM**

**Tues @ 4:00 pm for ages 9-12**

**Parent/Child Book Club**

**Every 3rd Wednesday @ 6:30pm for ages 9-12**

All programs require pre-registration through our Library website. Highland City Library cardholders only.

**Banned Books Week Sept 27-Oct 3**

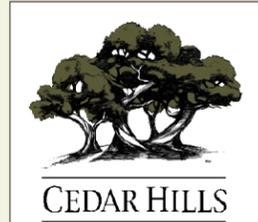
**Come check out a banned book! We will have booklists for Adults, Teens, Tweens, and Elementary age kids.**

**Hispanic Heritage Month**

**Come celebrate with us September 15-October 15.**



**CLOSED 9/7**



801-785-9668  
[www.cedarhills.org](http://www.cedarhills.org)

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**Upcoming Meetings**

City Council Work Session	Sept 1 & 15 @ 6pm
City Council Meeting	Sept 1 & 15 @ 7pm
Planning Commission	Sept 22 @ 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 • September 2020

"In the trees the night wind stirs, bringing the leaves to life, endowing them with speech; the electric lights illuminate the green branches from the under side, translating them into a new language." - E.B. White

**Fun September Holidays**

Pen at the ready? Mark down these fun national holidays during the month of September we bet you didn't know about!

**Lazy Mom's Day 9/4** - It's your reminder to lend a hand and give your mom a much-deserved break from her daily tasks. We want to make sure mom knows how much we love and appreciate her. More than once a year, today, no purchases necessary, just cover her duties and tell her to cool it!

**Read a Book Day 9/6** - Bringing new worlds to life, books enlighten us and transport us on exciting adventures. They can challenge our perspectives on the human experience in ways unmatched by other media. In a world deluged by technology, Read a Book Day encourages us to silence the noise and turn the pages for a while.

**Chocolate Milkshake Day 9/12** - Simple, sweet, and delectable, chocolate milkshakes aren't just one of the best treats of all time, they're also a reminder of our innocence and a symbol of America's past-time. A time when getting a milkshake and fries was the perfect date and drive-in movies were all the rage.

**Guacamole Day 9/16** - It's not just a side dish anymore. Guac is made of avocados, which are well-known for the health benefits related to their high vitamin content and lots of cholesterol-lowering healthy fats.

**Talk Like a Pirate Day 9/19** - Although real pirates likely didn't use much of the vocabulary we now think of as "pirate lingo," Talk Like a Pirate Day gives us a fun opportunity to break out of our routine, learn some history, and celebrate a bygone era. So grab some grog (if you're of drinking age), gather up some maties, and let your imagination take you on an adventure on the high seas!

**Family Day 9/26** - Family Day puts the spotlight on the people that make our lives meaningful. Families come in many forms and sizes and under different circumstances, but what they all share is unconditional love and support for those growing on the same family tree. From nuclear family units to extended clans, families can drive us crazy and make life worth living. Take some time today to appreciate the people in your life. Give them a call, take them out to lunch, or send them a note to let them know you're thinking of them!



## Mayor's Message

I was recently asked to give a State of the City address for Cedar Hills so I thought I would share a summary of the key messages this month. If you are interested in reading the entire article, it is available at [jenneyrees.com](http://jenneyrees.com). I was happy to report on five key areas that we are working on as a city.

### Economic Development

As north Utah County has continued to grow, so has our commercial area. This year will include the opening of three new businesses and with approximately 10 acres still available for commercial development, we are seeing increased interest from businesses that are considering Cedar Hills for their next location.

### Open Space

From the time of incorporation in 1977, the residents of Cedar Hills have valued open space. While only two square miles, our city boasts a beautiful 18-hole golf course, nine parks, and over six miles of trails, which connect our parks and schools, creating opportunities for families and individuals to walk or bike throughout the city.

### Budgeting for now and the future

It is the goal of staff and elected officials to maintain the city's financial health. Using conservative budgeting principles, the city is on sound financial footing. We recently paid off an infrastructure bond nine years early, we were able to fund our new park with existing money in the Cap-

ital Projects fund, and we currently boast an AA+ bond rating.

### Growth

While Utah County is one of the fastest growing counties in the state, Cedar Hills is almost built out. However, we are committed to doing our part to address the needs of a growing population. To help create affordable housing in our community, we updated our Accessory Dwelling Unit ordinance, and we have reduced regulations for home-based businesses in order to allow residents to use accessory buildings for business purposes.

### Community

We are fortunate to have an amazing staff and incredible community members who contribute in many ways. I appreciate that we have engaged citizens who show up for each other, who share their ideas and feedback, and who contribute to making Cedar Hills a wonderful place to live.

### Summary

Our growing commercial zone, ample open space, conservative budgeting principles, dedicated staff, and community engagement have all contributed to making Cedar Hills a thriving city. I am optimistic about the future and look forward to working closely with our team, our citizens, and our business partners in keeping Cedar Hills one of the best.



Mayor Jenney Rees

## STORM WATER TIP OF THE MONTH

### Properly Dispose of Travel Trailer Waste

What do you do when it's time to dump your travel trailer waste? Remember that sewage dumped on the ground or in the storm drain is a danger to public and environmental health, and pollutes our waterways.

Make sure to end your trip with a visit to a dump station! Visit [www.rvdumps.com](http://www.rvdumps.com) for a list of dumps by state and major interstates.

### License Your Pooch!

Any person owning, possessing, or harboring any dog must obtain a current rabies vaccination and a dog license for the dog within 30 days after the dog reaches the age of 4 months. Pets must have a current rabies vaccine. Once both the license application and the certificate have been received, a new license tag will be mailed to you. If lost, licensing your dog saves you time, money, heartache, and is your pet's ticket home.



### Door-to-Door Solicitors

Help keep our neighborhoods safe. If a solicitor comes to the door or approaches you on your property, ask to see their city-issued photo badge. If they cannot produce it, instruct them to go to the city office to obtain a license, or ask them to leave the city. If you wish to report violations or nuisances, please contact the American Fork Police at 801-763-3020. Call 911 if you are threatened or if the solicitor becomes aggressive. After the solicitor leaves your property, you may call the police and ask for an officer to come to the area to make contact with the illegal solicitor.



### Fall Residential Burn Permit Information

The open-burn policy meets the standards of the State Department of Environmental Quality (DEQ), including a statewide requirement to obtain a permit from the local fire authority. The permit application process begins at the DEQ website. More detailed information is available at [cedarhills.org/sanitation/openburning](http://cedarhills.org/sanitation/openburning).

### Winterizing Pressurized Irrigation

It's that time of year again; when the pressurized irrigation is to be winterized. **We will start winterizing Oct. 10th through October 15th and there will no longer be water until Spring.** The City asks that you leave your individual, pressurized irrigation shut-off valve in the "open" position to allow for proper drainage of the system. Each irrigation system must be completely drained to prevent damage to the system's components caused by frozen water inside the pipes and valves. Prior to the system being energized in the Spring, you will need to "close" your individual shut-off valve. If your sprinkler system is still in service after October 18th, please notify the City. The City will provide an investigation for a possible cross connection.



### Welcome New City Employees

As you pass by the city office, you may notice a few new faces. The City of Cedar Hills is pleased to announce the recent hiring of **Jennifer Goodman** as our new Recreation Coordinator at the Community Center! Jen is excited to oversee all the fun recreation programs the city has to offer. Jen currently lives in Lehi with her family and in her spare time loves to go running. She is always there to support those around her with whatever they are involved in. Making her a great new addition!

**Jayda Walton** joins us as our new Administrative Analyst and a passport agent. As a life long resident of Cedar Hills, Jayda enjoys a good book or movie whenever she has down time from school. She is currently a student who just received her Associates Degree in Science. We are happy you're now a part of our wonderful staff!



Jennifer Goodman



Jayda Walton

### Holiday Office Closure and Trash Pickup Delay

The city office will be closed on Monday, September 7th for the Labor Day holiday. Trash pickup will be delayed by one day that week. (Thursday pickup on Friday, Friday to Saturday)

## TALK SHOP WITH A COP

### A message from Lieutenant Josh Christensen:

Human Trafficking is gaining a lot of awareness recently and we have successfully prosecuted a case that originated in American Fork and neighboring cities. Human Trafficking involves the use of force, fraud, or coercion to obtain some type of labor, domestic servitude, or to further a commercial sex-related business. Human trafficking is modern-day slavery and is the exploitation of another human being. According to the Department of Homeland Security, millions of men, women, and children are trafficked worldwide, including in the United States. It can happen in any community and the victims can be of any age, race, gender, or nationality. Those who engage in human trafficking may use violence, threats, manipulation, false promises of employment or romantic relationships to lure victims into human trafficking. Human traffickers are expert manipulators and are skilled at looking for those who are vulnerable for a variety of reasons, including psychological or emotional vulnerability, economic hardship, a lack of social safety net, etc. There are many potential indicators someone may be in trouble and due to the trauma of those in control the victim may not look for help, even when in a public place.

- Does the person appear disconnected from family, friends, community organizations, or houses of worship?
- Has a child stopped attending school?
- Has the person had a sudden or dramatic change in behavior?
- Is the person disoriented or confused, or showing signs of mental or physical abuse?
- Does the person have bruises in various stages of healing?
- Is the person fearful, timid, or submissive?
- Does the person show signs of having been denied food, water, sleep, or medical care?
- Is the person often in the company of someone to whom he or she defers? Or someone who seems to be in control of the situation, e.g., where they go or who they talk to?
- Does the person appear to be coached on what to say?
- Does the person lack personal possessions and appear not to have a stable living situation?
- Does the person have freedom of movement? Can the person freely leave where they live? Are there unreasonable security measures?

### Many of these indicators are also indicators of abuse.

The presence of these signs are indicators and not conclusive evidence of human trafficking or criminal activity.

There are many things you can do to reduce your chances of becoming a victim of human trafficking.

- Be aware of your surroundings
- Use vigilance and caution online and when meeting people that you do not know
- Be careful what photos, videos, and information that you share online. One key is to not be targeted in the first place.
- Meet in public places and stay in groups.
- Keep your ID, passports, and finances in a safe location.
- Stay in well-lit areas. Some people, especially women, have been forcibly kidnapped while walking the streets and while in public nationwide. This has not happened locally.

If you have concerns contact your local police department. If you feel the situation is urgent or dangerous please contact the Chief of Police or a Lieutenant 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](mailto: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.

