

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

New Senior Classes

These are new monthly meetings that will be held **every 3rd Thursday at 11:00AM** at the Community Center. The month of **February** is **Eat This, Not That**. You and your doctor are a team. Work closely with them. Ask questions. Listen closely. Follow their advice. It's good for your health. Find out how to work with your doctor to meet your needs and stay healthy. To view other monthly topics, visit our website at: [cedarhills.org/new-senior-classes](http://cedarhills.org/new-senior-classes)

HIGH Fitness Classes

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. Classes are held at the Cedar Hills Recreation Center, 10640 N Clubhouse Drive, **Mondays and Fridays @ 6:00am, Wednesdays @ 8:30pm, with a newly added class on Saturdays @7:00am**. Questions? Contact Erin Fugal by email ([erinhighfit@gmail.com](mailto:erinhighfit@gmail.com))

Barre Classes

Barre is a workout technique inspired by elements of ballet, yoga, and Pilates that focuses on low-impact, high intensity movements designed to strengthen and tone your body. Dance experience is not needed for this workout! Please bring a water bottle if you have one, a yoga mat and comfortable workout clothes. Most people do barre workouts in bare feet or socks but that is not required. **Tuesdays: 6:00 am** at the Cedar Hills Golf Clubhouse, Downstairs. Questions? Contact Erin Fugal by email ([erinhighfit@gmail.com](mailto:erinhighfit@gmail.com))



Tot Soccer

Tot Soccer is a fun soccer league for children ages 3 and 4, offered in both the spring and fall each year. There will now be 8 games instead of last years 6 games that are played at Mesquite Park in Cedar Hills. Parents are encouraged to coach, if possible. **Ages: 3-4**  
**Registration fee is \$30** plus a one-time fee of \$5 for a reversible jersey.



K-2nd Grade Soccer

Soccer league is offered in the spring and fall for boys and girls in kindergarten through second grade. This league plays with a reversible jersey that costs \$5, but it can be used for flag football, as well. **Cost: \$35** per season.

Teen Co-ed Soccer

The Co-ed Teen Soccer League is for high school students, **grades 9 through 12**. Teens form their own teams and enter the team name when they register. There are eight players per team on the field with at least four girls per team. Games are played on Monday afternoons at Mesquite Park in Cedar Hills.

February

**Food For Fines**  
**Share the Love**  
February 1-29  
Non-expired/non-perishable food will equal \$1.00 of fines.  
**Code your Valentine Card**  
February 10 @ 4:00 pm  
All ages invited (9 and under require a parent/caregiver). Come learn how to code your card.

**Blind Date with a Book**  
**Black History Month**  
All month long  
**Story Time**  
Ages 3-5 @ 11:00 am  
Tue, Wed, & Thu

**Baby Bookworms**  
Ages 0-2 @ 10:15 am Fridays  
**Junior Explorers' Club**  
Ages 5-8 @ 4:00-4:45 pm  
Tuesdays  
Register on our website

**Tween STEM Time**  
Ages 9-12 @ 4:00-4:45 pm  
Wednesdays  
Register on our website

**Parent/Child Book Club**  
Ages 9-12 Feb. 20 @ 6:30 pm  
"Smile" by Raina Telgemeier  
Book discussion, treats, craft  
Every 3rd Thursday  
Register on our website

**Library Book Sale**  
February 8, 10  
**1000 Books Before Kindergarten**  
Ages 0-5  
Sign up at the Library

**Meet the Mayor**  
February 5 @ 7:00 pm  
**CLOSED February 17**



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

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Upcoming Meetings	
City Council Work Session	Feb. 4 @ 6pm
City Council Meeting	Feb. 4 @ 7pm
City Council Work Session	Feb. 18 @ 6pm
City Council Meeting	Feb. 18 @ 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

Our Home Town  
Newsletter • February 2020

The only thing we should scream into the world is love.

American Heart Month

February isn't just for lovers. February also reminds us to take care of our heart and consider our risk factors. Believe it or not, heart disease can happen at any age. Some risk factors for heart disease and stroke are preventable. American Heart Month teaches us the ways we can help reduce our risks while eliminating those we have control over. If you want to stay on top of your health and try to avoid the risk of heart disease, there are a few things you can do. Don't smoke, and if you're already a smoker, do your best to quit. The next step you can take is managing any conditions you may have such as high blood pressure and cholesterol. Next, make heart-healthy diet decisions. Eat whole foods that are low in trans fat, saturated fat, sodium, and added sugar. A good rule of thumb is to fill half your plate with fruits and vegetables. Finally, get moving! Living a sedentary lifestyle will put you at a much greater risk for heart disease. Try to get in at least 20 minutes of physical activity 4-5 days a week, then build from there!



Preventing the Flu

Each year, seasonal flu infections cause a variety of symptoms that start suddenly, causing chills, fever, muscle aches, tiredness, dry cough, and sore throat. Occasionally, seasonal flu will cause a runny or stuffy nose or, in young children, nausea, vomiting, and diarrhea. Usually, a flu only makes you feel rotten for a few days. However, it can be dangerous for young children, older adults, and others with certain health conditions. According to the Centers for Disease Control, the best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu. The tips and resources below will help you learn about steps you can take to protect yourself and others from flu and



help stop the spread of germs: avoid close contact, staying home when you are sick, covering your mouth and nose with a tissue when coughing or sneezing, washing your hands often, avoid touching your eyes, nose or mouth. Finally, clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. **Don't forget to get plenty of sleep, be physically active, drink plenty of fluids, and eat nutritious food.**



## Mayor's Message

This year I was invited to join the Suicide Prevention Coalition for the Alpine School District area. This coalition has been formed to research data specific to our area and to work together to identify opportunities for community education and outreach to reduce suicide rates. At our January meeting we discussed recent trends and patterns based on information obtained from three sources. There was some good news and some concerning news, including the following:

- Suicide rates in most of the area are below the state average, however, the rates for our zip code (Pleasant Grove & Cedar Hills – 84062) are above the state average (32.04 vs 27.99)
- The SafeUT app is being used has received over 5,000 tips/chats from those in ASD schools since 2017. About 61% of the tips come from those in junior high.
- Over the past four years there has been an increase in positive attitudes about seeking help for suicidal thoughts, but there has also been an increase in suicidal ideation among some grades (4.4% increase among 6<sup>th</sup> graders and an 8.7% increase among 12<sup>th</sup> graders).
- Suicide rates in our area are higher than the state rate



during “transition years”, such as after college graduation or retirement. The rates in our area that are higher than the state rates are for ages 25-29 (46.18 vs 30.74) and ages 55-59 (30.14 vs 24.46).

With this data, the coalition will now work on intervention strategies. As part of this, there needs to be a greater awareness raised about the SafeUT app, and I encourage all parents to in-

stall this on all smart phones in your home, for adults and children. This app allows kids to safely report concerns they have about a variety of topics, such as suicide, bullying, depression, self-harm, and drug use. It also provides adults and children with instant access to a clinician if they are experiencing suicidal thoughts or need immediate crisis intervention.

This is an important topic and I will continue to work with many others in our area to address it. As we continue to meet, I will share with residents resources that are available and ways we are working to provide intervention strategies. For more information on the SafeUT app, visit [safeut.med.utah.edu](http://safeut.med.utah.edu).



Mayor Jenney Rees

Please be cautious and patient when driving in adverse conditions.

**Avoid placing snow in roadway:** Please refrain from removing snow or ice from individual driveways, sidewalks, or private property and placing it in public streets. This makes it difficult to keep roads cleared, and doing so creates dangerous conditions for all motor vehicles.

**Emergency after hours: (801)420-2243**

## Caution To All Parents

We never want to discourage kids from playing outside or having fun in the snow, however, for your child's safety, please do not allow them to make snow caves or play in the piles of snow left behind by the snow plows in the road. Especially in cul-de-sacs. Our concern is that someone could be playing in a snow pile when the plows come back to remove more snow.

## License Your Pooch!

The city appreciates responsible pet owners, and depends on everyone to keep their animals properly vaccinated and licensed. Any person owning or possessing a dog must obtain a current rabies vaccination and a dog license within 30 days after the dog reaches the age of four months, or in the case of a dog over four months, within 30 days of the acquisition of the dog. Licenses may be purchased with a check at the Cedar Hills city office. For more information visit our website or call the North Utah Valley Animal Shelter at 801-785-3442.

## New Faces at the Office

**Melanie Clark** is our new full-time Building/Public Works Assistant. She grew up in Sunnyvale, California, but has lived in Cedar Hills for the past 20 years. Melanie is currently on a bowling league with her husband Robert and gracefully beat her fellow employees in a game. She enjoys making quilts, boating, going to sporting events, and in general, enjoys being around other people. We are excited to have her here. She fits in perfectly.

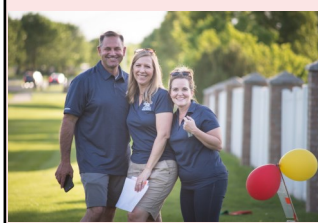
**Jordan Redd** is the Parks Supervisor of the city's new Parks Department. Jordan grew up in Cedar Hills for most of his life except for a few years he spent serving a LDS mission in Alabama. He loves playing golf and going to the gym in his spare time. He and his wife of 5 years Tavia, are expecting their first baby at the end of March. Jordan is very excited to be a dad and we are thrilled he is part of our team.



## Holiday Office Hours and Garbage Pickup

The city office and passport services will be closed Monday, February 20th in observance of President's Day.

## Want To Be A Part Of The Family Festival?



Attention families, organizations, and businesses! Volunteering for Family Festival is both rewarding and fun. It's an opportunity to serve others and to meet many wonderful people in the community. Training is provided, and

each volunteer is given a Family Festival T-shirt. Submit the [Volunteer Application Form](#) or send an e-mail to: [FamilyFestival@cedarhills.org](mailto:FamilyFestival@cedarhills.org) for more details or answers to questions. Family Festival will run June 1 through June 6, 2020.

## TALK SHOP WITH A COP

One resource that the department provides to the community that many people are not aware of is our Victim Advocate Division. The Victim Advocate's primary responsibility is to help victims of domestic violence through the court system, obtain protective orders, and provide other resources. An advocate can help obtain counseling and resources for victims of violent crime, sexual assault and child abuse (sexual and physical). The advocate can help a victim obtain reimbursement from Utah Crime Victim Reparations for those who qualify under the statute. One of our advocates has also created a program for victims of identity theft and to help educate members of the community. This has led to a reduction in the number of cases this year in identity theft cases.



The American Fork Police Department currently has one full-time and one part-time victim advocate. We also have several volunteer advocates that have been with the department for several years. In 2020 they helped 682 crime victims, 263 victims of domestic violence, and over 90 child abuse victims. They helped provide a total of 4,106 total victim services and assistances in 2020. The advocates work closely with our prosecuting attorneys and our domestic violence detective. If you have any questions that you feel the advocates can help you with, please contact the police department during normal business hours. You are encouraged to contact the police department if you have any questions; e-mails may be sent to [pollicetalkshop@afcity.net](mailto:pollicetalkshop@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.

## NOW HIRING— Event Host/Hostess

This is a part-time, non-benefited position which will help organize and manage events at the Community Recreation Center. The primary responsibility is to be the front line working directly with the client the day of their event to ensure that everything runs smoothly and that the client and guests are happy. For full job description, please visit our website at: [cedarhills.org/employment](http://cedarhills.org/employment)

## STORM WATER TIP OF THE MONTH

### What's Storm Water Runoff and Why Should You Care?

When it rains, storm water runs off roads, parking lots, driveways, roofs, and yards. As it flows across these surfaces, storm water picks up contaminants such as oils, salts, sediments, fertilizers, pesticides, and household chemicals. Contaminated storm water flows into storm drains, ditches, and gutters, and eventually into streams and wetlands. Contaminants in storm water runoff impair water quality



in streams and wetlands, and they can lead to fish kills, loss of wildlife habitat, and public health risks. Uncontrolled storm water runoff is one of the largest remaining sources of water quality impairment in the United States. As communities grow and develop, more land is covered with impervious pavement. This means more water reaches streams more quickly and is potentially contaminated. Communities working together can lessen the degree of contamination and help protect local water resources.

## Snow Removal Reminders

The City works to provide timely, efficient snow and ice removal. To help us do our job, please remember to: **Avoid street parking:** Per city ordinance, parking is NOT permitted on city streets from Nov. 1 to March 31 between the hours of 1:00am and 7:00am and when one or more of the following conditions exist: falling snow, a visible amount of snow on the street, when the street has not been plowed, or during snow/ice removal.

**Trust us – we will get there:** When there is a significant amount of snowfall, the city prioritizes snow removal according to volume of traffic, location near schools or public buildings, steepness of grade, collector streets, etc.