



THE SARATOGA VIEW

Photo By: Tyler Gillies

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Emotional Resilience and Self Reliance Seminar

By: Caryn Nielsen, Communities That Care

“The goal is not to raise great kids; it’s to raise kids who become great adults.” – Andy Andrews

All parents are looking for effective tools to help them raise their children. An important thing to keep in mind is that we aren’t trying to raise great kids; we are trying to raise kids who become successful adults.

Dr. A. Lyn Scoresby, PhD and Dr. Brent Pugh, MD want to help parents in their efforts. On March 11th at 7pm at Westlake High School, both Scoresby and Pugh, will be presenting at a free parenting seminar to teach parents how to grow healthy families and emotionally self-reliant children who face life with confidence and grit.

Whether you are a new or

experienced parent, you will benefit from learning how to create a family environment that will strengthen kids before the occurrence of anxiety or depression.

Dr. Pugh will present on how to prevent the negative effects of screen time, such as anxiety, depression and sleep problems. Dr. Scoresby will show parents how emotional self-reliance can eliminate anxiety, depression and intense anger while increasing confidence, hope, optimism and resilience by teaching children how to control thoughts and feelings.

Events like this bring us together as a community to help our youth achieve in life, find satisfaction and happiness, and become their best selves.

Community Calendar



CITY COUNCIL MEETING

March 3

Work Session 6pm
Business Meeting After Work Session

March 17

Work Session 6pm
Business Meeting After Work Session

PLANNING COMMISSION MEETING

March 12

City Council Chamber 6pm

March 26

City Council Chamber 6pm

LIBRARY BOARD MEETING

March 17

City Council Chamber 6:30pm

UPCOMING EVENTS

MISS SARATOGA SPRINGS PAGEANT

March 7

Vista Heights Middle School 7pm

SPRING FESTIVAL

April 4

Neptune Park 8-10am

For more details please visit: www.saratogaspringscity.com



Splash Days Boutique Applications available March 1, 2020

Where: Neptune Park

When: June 12 & 13

Booth spaces: 10 x 10 -\$50

10 x 20 -\$100

Power: An additional charge of \$20

Applicants will be notified, beginning March 20,
if they have been accepted for the boutique.

Apply online at www.saratogaspringscity.com/vendors





Mondays

Preschool Story Time (ages 3-6)

10:00 a.m. to 10:30 a.m.

M.E.S.S. Jr. (ages 3-6)

10:45 a.m. to 11:15 a.m.

Community Playdate

10:30 a.m. to 12:00 p.m.

Wednesdays

Wiggle Worms (ages 0-3)

10:30 a.m. to 10:45 a.m.

Community Playdate

11:00 a.m. to 12:00 p.m.

Fridays

Music & Movement (ages 0-6)

10:30 a.m. to 11:00 a.m.

11:30 a.m. to 12:00 p.m.

Community Playdate

11:00 a.m. to 12:00 p.m.



Weekly Story Times

All Story Time programs are now held upstairs in the City Council Chambers; Community Playdates will be held in the library

Tuesdays

Music & Movement (ages 0-6)

9:30 a.m. to 10:00 a.m.

10:30 a.m. to 11:00 a.m.

Community Playdate

11:00 a.m. to 12:00 p.m.

Thursdays

Preschool Story Time (ages 3-6)

10:30 a.m. to 11:00 a.m.

Community Playdate

11:00 a.m. to 12:00 p.m.

REGISTRATION INFORMATION

- ♦ All programs, other than play times, require registration for children ages 6 months and older; please visit the Events Registration page on our website to access the link:
www.saratogaspringscity.com/library

SPRING RECREATION PROGRAMS



Track & Field

Who: Boys & Girls
Ages 7 -14 years
Register: Feb 3 - March 30
Season: Starts April 20
Cost: \$65
(Late registrations subject to wait list and \$10 late fee)



Teen Pickleball Clinic

Who: Teens
Ages 13 -17 years
Register: Feb 3 - April 17
Season: Clinic dates available online
Cost: \$20
(Spots are limited and clinics may fill up before the registration deadline)



Instructional Baseball

Who: Pre-K- 2nd Grade
Register: March 2 - April 20
Season: May 21
Cost: \$45 T-Ball and Coach Pitch
\$55 Machine Pitch
(Late registrations subject to wait list and \$10 late fee)



Urban Fishing

Who: Co-ed, Ages 6 -12
Register: Mar 2 - April 27
Season: May 7 - June 11
Cost: \$40
Where: Saratoga Marina
(Includes 6 fishing/ instruction sessions & end of the program hot dog BBQ)



Adult Pickleball Clinic

Who: Teens
Ages 18+ years
Register: Feb 3 - April 17
Season: Clinic dates available online
Cost: \$20
(Spots are limited and clinics may fill up before the registration deadline)



Adult Spring Softball

Who: Men & Co-ed
16 and up
Register: Dec 30 - March 27
Season: Starts April 21
Cost: \$375 per team
(Late registrations subject to wait list and \$10 late fee)

For more details and registration, please visit: www.saratogaspringscity.com/recreation

Emergency Tip #7: Outfitting Your Car

By: Jess Campbell, Fire Chief

We spend a tremendous amount of our time in our vehicles. It goes without saying that preparing our vehicles for all circumstances should be part of our overall preparation.

Outfit the family vehicle(s) with items, which will add to its safety and security in various emergency and everyday situations, with an eye to the changing of seasons and circumstances.

Make it a matter of habit to keep the fuel level above the halfway mark. Such obvious items as a blanket, heavy-duty flashlight, and container of drinking water, a collapsible shovel, a basic first aid kit and jumper cables are a start.

Some high energy snack bars and weather-conscious clothing items are good additions. A form of communication, whether a cell phone, or two way radio,

could mean the difference in any vital situation.



Caring For Storm Drains

By: Darl Brown, Storm Water Coordinator



With the cold weather still lingering and the snow melting at a slow pace, it is easy to forget or even pay attention to what is going into our storm drains. This is a good time to observe the quality of water draining into our storm drains, because it ends up in our lake and river systems.

If you notice any rainbow-like sheens on the water draining into a storm drain inlet, please observe where it may be coming from. A light sheen is understandable, but please report a heavy sheen.

Light rains are also a good time to check if our storm drain basins are

properly working. Often, trash, debris, leaves or other material may have been washed into a storm drain inlet and possibly clog the storm water box, even though we have storm drains being cleaned throughout the year some storm drain basins may require a cleaning sooner than others. If you happen to see any water pooling up outside of a storm drain inlet or manhole, please call the Public Works Department (Storm Water Coordinator) at (801)766-6506 ext. 172 to report any problems or concerns.

Always remember “Only Rain Down The Drain” and “Let’s Leave It Better Than The Way We Found It”.



SUMMER YOUTH THEATRE

REGISTRATION
OPENS MARCH 1



SPRING FESTIVAL



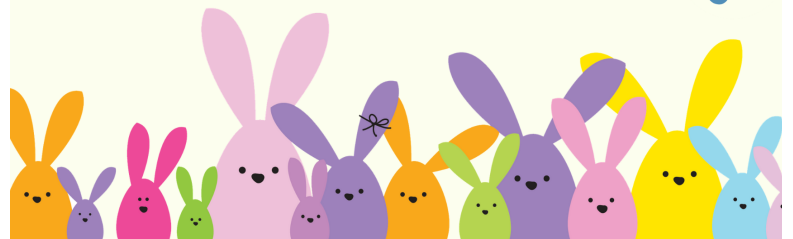
Pictures with the Easter Bunny

Westlake Soccer Pancake Breakfast Fundraiser



Library Activity

Easter Egg Hunt 9am Sharp!



4.4.2020 8-10am | Neptune Park

SPRING CLEAN UP

WASTE DISPOSAL

HAZARDOUS WASTE
COLLECTION

April 11
9am-3pm

Provo Towne Center
Mall West parking
lot

ELECTRONICS
DISPOSAL

April 5-25
Mon-Fri 7am-6pm
Sat 7am-3:30pm

North Pointe Solid
Waste
2000 W. 200 S.
Lindon

YARD CLEAN UP
DISPOSAL

May
(Dates to be
determined)

900 E Saratoga
Road

For more information got to www.saratogaspringscity.com

Secondary Water Turn on Dates and Information

The City of Saratoga Springs will begin charging the secondary (irrigation water) starting the week of April 15th. In order to help the system charge faster we ask residents to turn your individual secondary water valve to the off position. This will protect your sprinkling system and allow you to test for water leaks.

Office Hours

CITY HALL

1307 N. Commerce Drive

Monday - Thursday
7am - 6pm

Friday
8am - 5pm

Phone Number:
801-766-9793

LIBRARY

Monday - Thursday
9am - 8pm

Friday - Saturday
10am - 6pm

Phone Number:
801-766-6513

RECREATION

Monday - Thursday
8am - 5pm

Phone Number:
801-766-9793 ext. 211

Employment Opportunities

FULL-TIME POSITIONS

- Engineering In Training (EIT)

VOLUNTEER OPPORTUNITIES

- Library
- Arts Council
- City Celebrations Committee

PART-TIME POSITIONS

- Sports Official
- Site Supervisor
- Assistant Recreation Coordinator
- Seasonal- Streets, Water, Parks



For the latest updates, visit: www.saratogaspringscity.com/employment