



THE SARATOGA VIEW

Photo By: Gavin Farnsworth

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September is Family Meals Month

By: Caryn Nielsen, Communities That Care

Join Communities That Care in celebrating Family Meals Month this September. Family Meals Month is designed to highlight the benefits of family meals and encourage your family to share one more meal with your family each week.

We know that family meals feed our mind, body, and soul and never before have our minds, bodies and souls needed more nurturing.

Some of us are spending an increased amount of time (and meals!) with family members. Others are home by themselves.

Not only are family meals good for us, but they can serve as a great unifier during uncertain periods. No doubt your family meals are looking different these days. Either a LOT more of them each day and week - or a complete lack of them due to social distancing (video dinner party anyone?)

Studies show again and again the significant, measurable scientific proof about the positive, lifelong benefits of family meals. Family meals nourish the spirit, brain and health of all family

members.

Regular family meals are linked to higher grades and self-esteem.

- Children who grow up sharing family meals are more likely to exhibit prosocial behavior as adults, such as sharing, fairness and respect.
- With each additional family meal shared each week, adolescents are less likely to show symptoms of violence, depression and suicide, less likely to use or abuse drugs or run away, and less likely to engage in risky behavior or delinquent acts.



Join the movement and commit to one more meal at home per week this September for Family Meals Month because family meals make families stronger.

Community Calendar



CITY COUNCIL MEETING

September 1

Available Via YouTube
Business Meeting

Work Session 6pm
After Work Session

September 15

Available Via YouTube
Business Meeting

Work Session 6pm
After Work Session

PLANNING COMMISSION MEETING

September 10

Available Via YouTube

6pm

September 24

Available Via YouTube

6pm

LIBRARY BOARD MEETING

September 8

Available Via YouTube

6:30pm

SEPTEMBER EVENTS

FOOD TRUCK MONDAYS

Monday Evenings till the end of November

Neptune Park

5-8:30pm

GET TO THE RIVER

Family Kahoot Game September 28

Virtual Event

7pm

UPCOMING EVENTS

FALL FESTIVAL

October 2

Patriot Park

5-8pm

VETERAN'S DAY FLAG CEREMONY

November 7

Patriot Park

9am

CITY HALL & LIBRARY CLOSURES

September 7

Labor Day

September 10

Library Closed for Maintenance

For more details please visit: www.saratogaspringscity.com



SARATOGA SPRINGS CITY

COME ONE COME ALL!
LET'S CELEBRATE FALL AT

FALL FESTIVAL

OCTOBER 2, 2020 | 5:00-8:00 PM

PATRIOT PARK

Smith's
Marketplace

Towne
Storage

D.R. HORTON
America's Builder

America First Credit Union
Grandpa Beck's Games
Pepsi

Alta Bank
Chick Fil A
Kona Ice
Cyclebar

Help provide a true perspective of the growth in our area by visiting my2020census.gov or call 844-330-2020 to complete the Census.

You matter.
Be counted.



UTAH JAZZ YOUTH BASKETBALL
JR. JAZZ

JUNIOR
JAZZ

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

Voter Information



Many are wondering how voting will work with COVID-19 restrictions. Get the How, When, Where, and What about upcoming Elections from the Utah County and Utah State Voter Information websites.

General Election Day is Tuesday November 3, 2020. Go to the following websites for details.

- utahcounty.vote
- <https://vote.utah.gov/>

SARATOGA SPRINGS LIBRARY

**zoom,
Rattle &
Shake**

An interactive, energetic half hour with stories and fun music

MONDAYS | 10 A.M.

WATCH OUR FACEBOOK PAGE FOR THE ZOOM MEETING LINK

We'll be using "instruments" - you can find your own, or pick up your own set at the library!
(While Supplies Last!)

- Rhythm sticks (dowels)
- Egg shaker (plastic egg with beads)
- Scarf (tulle)
- Bubbles
- Ribbon on a stick
- Tambourine (paper plate with bells attached)

THE LIBRARY WILL BE

CLOSED FOR MAINTENANCE

SEPTEMBER 10TH

UTAH COUNTY HEALTH

VACCINATION CLINIC

September 29
12:30 pm - 4:30 pm
City Hall

Please bring proof of insurance

Get To The River Festival



September 1-30

FISH, BIKE, WALK, KAYAK
RELAX - AT THE RIVER

The Get to The River Festival is a festival sponsored by the Jordan River Commission. The commission was established in 2008. The purpose of the commission was to develop the Jordan River into a natural recreational district that can be enjoyed in multiple ways.

One of the goals of the commission was to establish a 45 mile walkway that borders the length of the river. The start of the

river and river walkway trail begin right here in our beautiful community. Throughout the month of September we will be highlighting on our city social media platforms the many ways that citizens can utilize this recreational resource, including, walking, running, biking, fishing, kayaking and more.

Get ready to learn about the Jordan River and then share your knowledge by playing the family Kahoot Challenge at the end of the month to win prizes.



Family Kahoot Challenge
September 28
Pins will be released on Facebook at 7pm

Protecting Our Waterways

By: Darl Brown, Storm Water Coordinator



Everyone loves a beautiful yard. Everyone loves beautiful rivers and lakes. Clean rivers and lakes are important to providing vital fish and wildlife habitat, recreation, educational opportunities, and beauty.

Unfortunately yard work, landscaping,

and gardening can contribute to river and lake pollution. Through inattention or carelessness, lawn clippings, leaves, soil, pet waste, pesticides, and fertilizer can be carried by rain water into our local rivers and lakes.

The gutters along our city streets lead to storm drains that flow directly to local rivers and lakes; what you do in and around your yard and garden has a direct impact on your local waterways.

We are noticing an influx of grass clippings being dumped illegally over back yard fences, in empty lots, construction sites, in the foothills and along the shoreline of Utah Lake as well as the Jordan River. We are watching these areas closely and will start imposing fines if citizens are

caught dumping illegally in these areas.

Let's dispose of grass clippings the proper way. Bag your clippings and dump them in a thick plastic bag that's not going to tear or rip, and then dispose of it in your garbage can and set it out on the curb for a weekly pickup. Mulching your grass is a great idea for water consumption and you don't have to worry about where you are going to dispose of your grass clippings.

At this time of the year it's wise to raise the mower deck, so the grass you are cutting is a little taller and thicker - so the mulched grass will help maintain the moisture levels. Remember... "Only Rain Down The Drain" & "Let's Leave It Better Than The Way We Found It".

Preparing Your Sprinkler System for Winter



- The system will be shut off the week of October 15
- Leave your individual shut-off valves in the "open" position to allow for proper drainage of the system.
- After November 1, switch your individual shut-off valve to the "off" position in preparation for spring

EVSE CHARGING STATIONS

LOCATED OUTSIDE THE PUBLIC SAFETY
BUILDING 367 S. SARATOGA ROAD

**\$1 PER HOUR
OF USE**
**6 PORTS
AVAILABLE**
**AVAILABLE
24 HOURS
A DAY**



Employment Opportunities

FULL-TIME POSITIONS

- Building Inspector
- Engineer-In-Training (EIT)

PART-TIME POSITIONS

- Planning Administrative Assistant
- Planning Temporary Clerk
- Finance Intern
- Crossing Guards
- Recreation Site Supervisor
- Seasonal: Streets, Water, Parks

- Firefighter/EMT- Intern
- Receptionist/Building Permit Technician

VOLUNTEER OPPORTUNITIES

- Library
- Arts Council
- City Celebrations Committee

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

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