



THE SARATOGA VIEW

Photo By: Ken Hanvey

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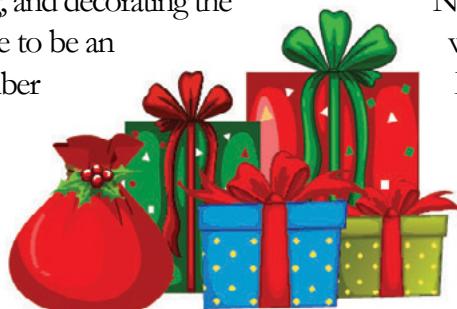
With so many fun things to do in Saratoga Springs this month you won't need to leave town to get into the holiday spirit. Saratoga Springs Civic Events has teamed up with the Saratoga Springs Public Library and Westlake High School to make the month of December special for everyone.

From the Holiday Home Decorating Contest that lasts till Christmas, to the Christmas Tree Lighting, and decorating the city hall tree, there is sure to be an activity for every member of the family.

We are excited to continue some of the fun additions from last year along with our traditional holiday favorites.

First, we want your help to decorate city hall! Residents can pick up ornament kits at the Christmas Tree lighting on November 29 or at the library beginning November 27. Turn your completed ornament back into the library, and we will place it on the city tree for everyone to enjoy.

The annual Christmas tree lighting is back with entertainment, food trucks for hot cocoa and treats and of course Santa.



Residents can also pick up a letter template in the library. Turn it back in to Santa's mailbox in the library or at Santa's mailbag at any of the city events by November 17 to ensure that Santa has time to respond to everyone's letters.

The Saratoga Springs Youth Council is teaming up with the Westlake High School Student Council for Stuff The Jar

Night again this year. The event will be on December 8. This Holiday Carnival is part of the annual Christmas Jars Charitable Fundraiser that Westlake Students sponsor. All proceeds from Christmas Jars goes to help families in need in our community.

We are excited to announce that the Saratoga Springs Orchestra is back with their annual fun holiday concert that is perfect for music enthusiasts of all ages. For a full list of all of the activities planned for this year check out the advertisement on Page 3. For registration and more detailed information on these events go to: www.saratogaspringscity.com/celebrateinsaratoga

Community Calendar

DECEMBER

CITY COUNCIL MEETING

December 7

Council Chambers

Work Session 6 PM

Business Meeting After Work Session

PLANNING COMMISSION MEETING

December 9

Council Chambers

6 PM

LIBRARY BOARD MEETING

December 14

Council Chambers

6:30 PM

CITY OFFICE CLOSURES

CHRISTMAS



December 24

City Offices Closed

NEW YEARS EVE

December 31



City Offices Closed

EVENTS

CELEBRATE IN SARATOGA

A Month Long Celebration

See the advertisement on page 3

UPCOMING EVENTS

PAGEANT PARENT MEETING

January 26

City Council Chambers

For more details please visit: www.saratogaspringscity.com

Registration Is Open For:

- **Youth Volleyball**
- **Girl's Fast Pitch Softball (3-12 Grade)**
- **Youth Baseball (3-12 Grade)**
- **Spring Adult Softball**
- **Spring Soccer**

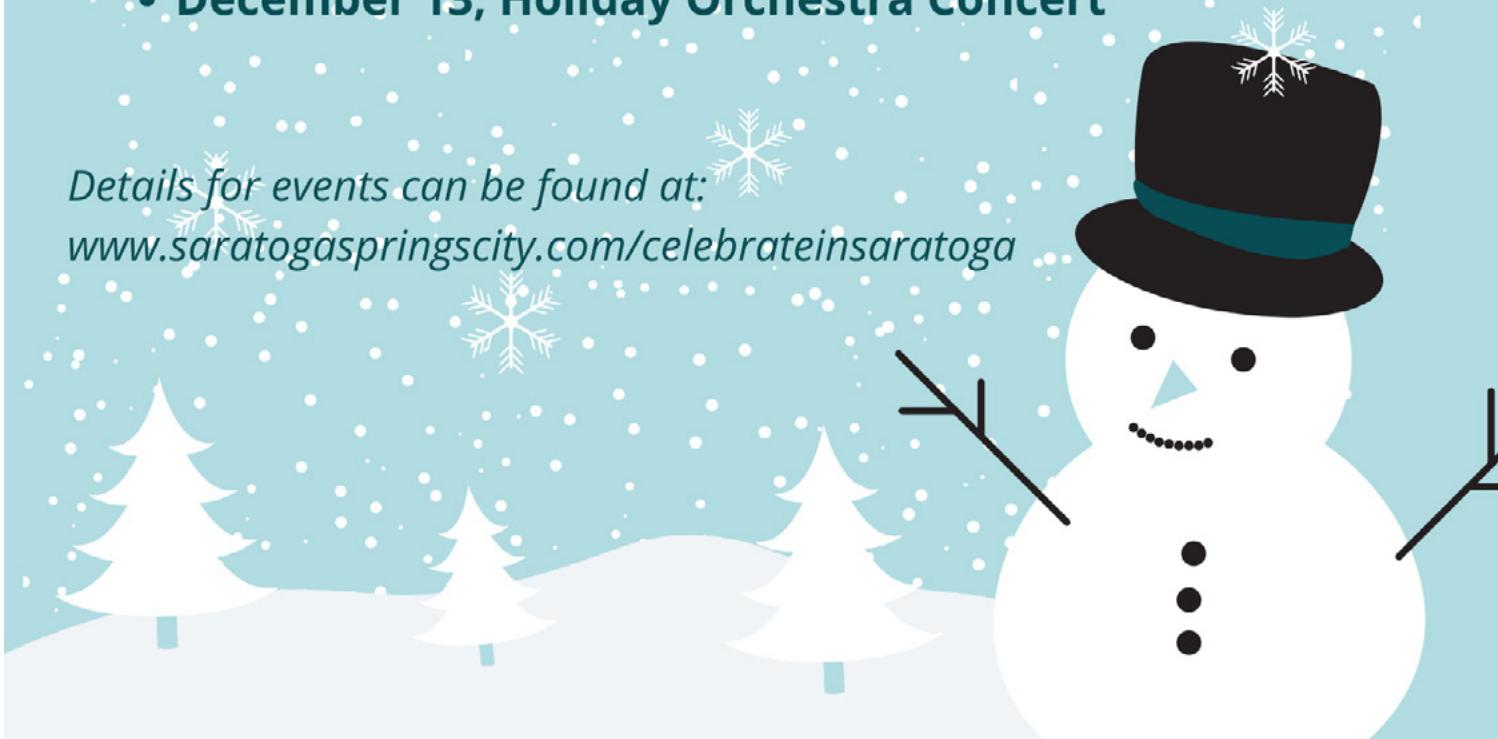
For more details and registration, please visit: www.saratogaspringscity.com/recreation

Celebrate in Saratoga

a month long event

- November 27, City Hall tree ornament kits begin to be available at the library
- November 27-December 17, Letters to Santa
- November 29, Christmas Tree Lighting
- December 4, Silent Santa
- December 4-25, Holiday Home Decorating Contest
- December 8, Stuff the Jar Night
- December 13, Holiday Orchestra Concert

Details for events can be found at:
www.saratogaspringscity.com/celebrateinsaratoga



Thanks to our Sponsors:



Pepsi
Rocky Mountain Power
7 Oaks Group
Break Free Studio



*Miss Saratoga Springs
Scholarship Pageant*

Applications available online December 1 at
www.saratogaspringscity.com/misssaratogasprings

Happy Holidays?

By: Caryn Nielsen, Communities that Care

Happy Holidays! But is it for everyone? The holiday season often brings unwelcome guests - stress and depression. So what can we do to cope? With some practical tips, you can minimize those unwanted guests.

First, recognize that this is a unique holiday season and choose to adapt. Even though your holiday plans may look different this year, you can find ways to celebrate. Concentrate on those things that are the most meaningful to you, rather than those you feel obligated to do, and recreate a version of them.

For example, in place of a big family meal, drop off special foods on a family member's doorstep. Instead of gathering to carol in Grandma's living room, join family members and friends in caroling over a video call. You may even start a new, loved tradition.

Second, acknowledge your feelings and how difficult this has been. Ignoring emotions is not the same at controlling them. Reach out for support and companionship.

Get in touch with positive, supportive people, even if not in person. Seek help from a mental health counselor if you need it. Also, notice that everyone is struggling in some way and realize that misery doesn't love company, it loves understanding.

Seek out and offer empathetic and compassionate support for friends, family and others in similar situations. National Alliance on Mental Illness (NAMI) notes that this promotes understanding and coping for the person giving and receiving support. As a Japanese proverb states, 'One kind word can warm three winter months.'

Lastly, don't neglect your physical health. According to MentalHealth.org, poor physical health can lead to an increased risk of developing mental health problems. Similarly, poor mental health can negatively impact physical health. The holidays can lead to disrupted routines. Make time for regular exercise to improve your mood, increase self-confidence and lower symptoms associated

with depression and anxiety. It will also help improve sleep which can be disrupted by stress. According to NAMI, even five minutes of exercise has stress-relieving properties.

Remember when others are saying, 'Ho Ho Ho,' it's ok for you to say, 'No No No.' Don't let the changes to this holiday season overwhelm you. Take steps to ward off stress and depression, and to care for yourself and others.

Wishing you peace and comfort this holiday season. Looking for assistance? Call 800-273-8255. For additional resources go to: <https://www.saratogaspringscity.com/964/Mental-Health>



COMING ATTRACTION

Make a Splash in our community! The Planning Commission and City Council are kicking off an update of the Saratoga Springs General Plan. The General Plan is used as a guide for zoning changes and decision making about land use and development. We will kick off the process soon! Watch for a postcard in your mail with a link to the project website where you can leave your comments and ideas, review information, and find out dates for meetings.

Make a Splash Saratoga Springs!



We've updated our drive-up service hours:
Monday through Thursday, 9AM - 5PM
Friday & Saturday, 10AM - 5PM

~ December Events ~

- 6 - 3D PRINTING: MAKER MONDAY
- 17 - LAST DAY TO TURN IN LETTERS TO SANTA (TO GET A MAILED REPLY)
- 18 - SPANISH STORY TIME
- 20 - 3D PRINTING: MAKER MONDAY
- 20 THRU 31 - NO STORY TIME PROGRAMS
- 24 & 25 - LIBRARY CLOSED FOR CHRISTMAS
- 31 - NOON YEAR'S EVE FAMILY PROGRAM
- 31 - LIBRARY CLOSES AT 5 PM FOR NEW YEAR'S EVE
- JAN 1 - LIBRARY CLOSED FOR NEW YEAR'S DAY

Times vary; see website for more details & how to register.
Remember: programming is for Saratoga Springs Public Library cardholders, and registration is required for most programs.

www.saratogaspringscity.com/library



Monitoring What Goes Down Your Storm Drain

By: Darl Brown, Storm Water Coordinator

The cold, wet weather is on its way. As the rain & snow comes down it accumulates and travels downhill and flows into the grates that are installed in the curb/gutters on the streets. These grates are actually part of a larger water conveyance system of inlets, catch basins, and underground pipes, these are known as a Municipal Separate Storm Sewer

Systems, or (MS4).

Some people believe that anything that flows into a storm drain is basically out of sight or out of mind and doesn't cause any harm. What those people don't realize is that storm drains do not treat the water or polluted water before it reaches our rivers and streams, unlike wastewater treatment plants. Storm drains are not

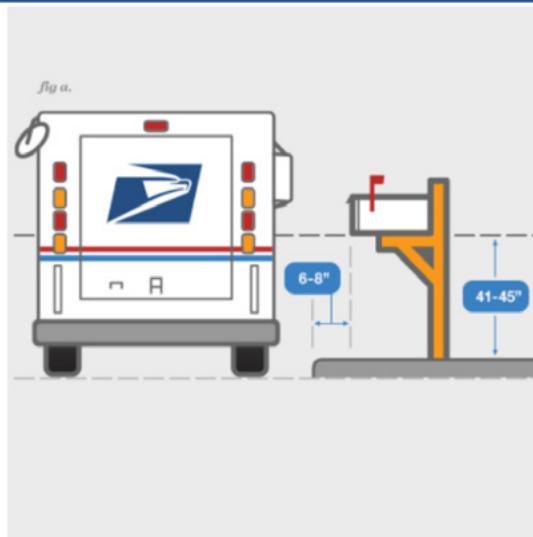
designed to remove pollutants, so pouring something down a storm drain is the same as pouring it directly into a stream or lake. Please, "Only Rain Down The Drain" & "Let's Leave It Better Than The Way We Found It". We all live downstream.

Proper Mailbox Placement

- Mailboxes should be positioned 41" to 45" from the road surface to the bottom of the mailbox or point of mail entry.
- Place mailbox 6" to 8" back from the curb. If you do not have raised a curb, contact your local postmaster for guidance.
- Put your house or apartment number on the mailbox
- In your mailbox is on a different street from your house or apartment, put your full street address on the mailbox.



For more information go to:
[www.saratogaspringscity.com/
SnowRemoval](http://www.saratogaspringscity.com/SnowRemoval)



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

STAFFING

Staffing may be limited
during business hours due
to COVID 19

December 26 - January 9



Real Christmas Tree Disposal

2021 S. Ring Rd

Tree drop off at north east corner of
the parking lot

Employment Opportunities

FULL-TIME POSITIONS

- Streets Maintenance II
- Storm Water Engineer
- Senior Planner

PART-TIME POSITIONS

- Legal Assistant
- GIS Intern
- Building Permit Technician
- Custodian
- Sports Official (Adult & Youth Programs)
- Recreation Site Supervisor

VOLUNTEER OPPORTUNITIES

- Library
- Veterans Advisory Council
- City Celebrations Committee

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