



THE SARATOGA VIEW

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September Is Family Meals Month

Did you know that family meals improve family connectedness, communication, expressiveness, and problem solving too? No matter how you define family, you can Stay Strong with Family Meals.

The data on why family meals matter is overwhelming. For example:

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

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.

Adults and children

who eat at home more regularly are less likely to suffer from obesity.

Increased family meals are associated with greater intake of fruits and vegetables.

Having a difficult time getting your teens to talk to you during meals? Try putting simple card games on the table and incorporating them into mealtime. You might be surprised how easily conversation happens with the distraction of a game and how much longer your children are willing to stay at the table.

Whether your family has Taco Tuesdays, Waffle Wednesdays, Pizza Fridays, or picnic dinners between sports practices ... It's not where you are or what you eat that matters. The important thing is you're together.

Make family meals a priority this month and enjoy yummy food and stronger families.



Community Calendar

**CITY COUNCIL MEETING**

September 6

Council Chambers
Business Meeting After Work Session

Work Session 6 PM

PLANNING COMMISSION MEETING

September 8

Council Chambers

6 PM

September 22

Council Chambers

6 PM

LIBRARY BOARD MEETING

September 13

Council Chambers

6:30 PM

IMPORTANT DATES**LABOR DAY**

September 5



City Offices Closed

DAY OF SERVICE

September 10

See Advertisement Page 6

EVENTS**SUMMER MONDAY FUNDAYS**

Every Monday Night May 31 - September 5

Neptune Park

5-8:30 PM (Activity @ 7 PM)

TRAIN RIDES

September 3 & 17

Shay Park

10 AM - 1 PM

LIBRARY MOON PARTY

September 10

Neptune Park

7-9 PM

UPCOMING EVENTS**FALL FESTIVAL**

October 7

Shay Park

5-8 PM

For more details please visit: www.saratogaspringscity.com



Commemorate
PATRIOT DAY



Military, Fire, & Police Vehicles on display before and after the race

Light Breakfast

**\$25 entry fee
Shirt included**

Honor those who lost their lives by joining us at a

**Run for
Heroes 5K**

September 17
8 am



REGISTER NOW

**LIBRARY EVENTS
SEPTEMBER**

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.

- 2 - KNIT WITS CLASS B
- 5 - LIBRARY CLOSED FOR LABOR DAY
- 7 - CRAFTERNOON
- 8 - STEAM KIDS' CLUB
- 14 - CRAFTERNOON
- 15 - STEAM KIDS' CLUB
- 21 - CRAFTERNOON
- 21 - WIP WEDNESDAY
- 22 - STEAM KIDS' CLUB
- 28 - CRAFTERNOON
- 28 - BOOKS & TREATS BOOK CLUB
- 29 - STEAM KIDS' CLUB

Our apologies: due to staffing changes and shortages, we are unable to offer children's art programs and 3D printing classes until further notice. We'll let you know as soon as we can schedule them!

Join us at the Bluffdale/Saratoga Springs Police Department Citizen's Academy

Free Educational Course for Bluffdale & Saratoga Springs Residents

ONLY 15 SPOTS LEFT



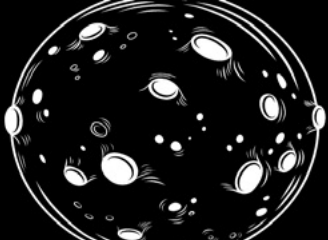
Scan Me



Saratoga Springs Library

SEPTEMBER 10
7 -9 PM
NEPTUNE PARK

MOON PARTY



Open Registration:

- Jr. Jazz Instructional (K-2)
- Jr. Jazz Instructional (3-4)
- Jr. Jazz (5-8)
- Jr. Jazz High School (9-12)

Registration Closing Soon:

- Jr. Jazz Instructional (3-4)

saratogaspringscity.com/recreation

2022 North Utah County Firefighter Of The Year

By: Jess Campbell, Fire Chief



On the evening of Friday the 12th of August, 2022, Captain Tyson Frazier of the Saratoga Springs Fire Department was honored as the North Utah County Firefighter of The Year for 2022. The award was presented by Congressman and NFL great, Representative Burgess Owens.

Captain Frazier was accompanied by his lovely wife Kaylee and both Fire Chief Jess Campbell and Deputy Fire Chief Kenny Johnson. Captain Frazier

has been and remains an integral part not only in the training of Saratoga Springs Fire & Rescue's readiness, but has been doing the same for North Utah County for several years as well.

Captain Frazier is a resident of Saratoga Springs since 2007 and thoroughly enjoys and is honored to serve the citizens of Saratoga Springs and the surrounding area. We congratulate Captain Frazier on his continued commitment to excellence!

Know What To Throw!

Only Recycle These Items



Collapsed Cardboard



Paper



Metal Cans



Plastic Jugs and Bottles



#BeThe1To Help Save Lives

By: Caryn Nielsen, Communities That Care

#BeThe1To is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to actions that can promote healing, help, and give hope.

The following five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention.

ASK: Research shows people who are having thoughts of suicide feel relief when someone asks after them in a caring way. Findings suggest acknowledging and talking about suicide may reduce rather than increase suicidal ideation.

BE THERE: Individuals are more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful after speaking to someone who listens without

judgment.

KEEP THEM SAFE: A number of studies have indicated that when lethal means are made less available or less deadly, suicide



rates by that method decline, and frequently suicide rates overall decline.

HELP THEM STAY CONNECTED: Studies indicate that helping someone at risk create a network of resources and individuals for support and safety can help them take positive action and reduce feelings of hopelessness.

FOLLOW UP: Studies have also shown that brief, low-cost intervention and supportive, ongoing contact may be an important part of suicide prevention, especially for individuals after they have been discharged from hospitals or care services.

If you or someone you know needs support now, call or text 988 for the Suicide & Crisis Lifeline. Students and their caregivers can also download the SafeUT app and, for a FREE suicide prevention training for your organization, you can contact Communities That Care cnielsen@saratogaspringscity.com or 801-888-9147. We can all take action to prevent suicide.

**IMPORTANT
ANNOUNCEMENT**

**SARATOGA SPRINGS
YOUTH COUNCIL**
 registration for 2022-23 is open **NOW!**
 details at: www.saratogaspringscity.com/YouthCouncil





The Saratoga Springs Orchestra
 is ready to play, and we're looking for a few good men, and women to join us. All orchestra instrument players are welcome.
 Details at: www.saratogaspringscity.com/Orchestra

It Isn't Hard To Be Concrete Wise

By: Thomas Gwynn, Storm Water Management Division



Concrete is a versatile building material and many residents in our city take a “do-

it-yourself” approach to pouring driveways or RV pads. However, disposing of water containing concrete mixture down the drain is illegal and damages our city's storm drain systems, resulting in costly repairs. Additionally, water contaminated by concrete poses health risks and is harmful to wildlife.

All construction projects utilizing concrete are required to have a washout. The purpose of a washout is to keep water containing concrete mixture out of storm gutters and off our streets. The washout is typically a large,

spill-proof container located at least 50 feet away from any storm drain. Once the water has evaporated from the washout, the residual concrete may be taken to a concrete recycling center or landfill for disposal. We can all do our part to responsibly dispose of leftover concrete from building projects and keep our storm drains functioning for years to come.

For more information on Storm Water please visit our webpage at www.saratogaspringscity.com/stormwater.

Saratoga Springs Day of Service
serve our schools!
SEPTEMBER 10, 2022

ALPINE SCHOOL DISTRICT
JUSTSERVE

Office Hours

CITY HALL

1307 N. Commerce Drive

Monday - Thursday
7 AM - 6 PM

Friday
8 AM - 5 PM

Phone Number:
801-766-9793

LIBRARY

Monday - Thursday
9 AM - 8 PM

Friday - Saturday
10 AM - 4 PM

Phone Number:
801-766-6513

RECREATION

Monday - Thursday
9 AM - 5 PM

Phone Number:
801-766-9793 ext. 211

OTHER FACILITIES

Hours for other city facilities are available on the city website.

Employment Opportunities

FULL-TIME POSITIONS

- Water Maintenance I and II
- Parks Maintenance I - III
- Sewer Maintenance II
- Sewer/Storm Drain Maintenance I or II
- Streets Maintenance I or II
- SCADA Tech
- Police Officer

PART-TIME POSITIONS

- Sports Official (Adult & Youth Programs)
- Recreation Site Supervisor
- Records Clerk
- Reserve Patrol Officer
- Reserve Police Officer

PART-TIME POSITIONS

- Crossing Guard
- Library Clerk
- Custodian

VOLUNTEER OPPORTUNITIES

- Library
- City Celebrations Committee
- Arts Council

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