



THE SARATOGA VIEW

Photo By: Lindsey Wood

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Family Meals Month

Join The Movement

Why should your family eat meals together? Below is information from the Family Meals Movement website that highlight the benefits of family meals.

Strengthening Family Bonds: Sharing meals provides a unique opportunity for family members to connect, communicate, and build stronger relationships. Regular family meals foster a sense of belonging and unity, creating a supportive family environment.

Improving Nutrition and Health: Family meals often lead to healthier eating habits. Home-cooked meals are typically more nutritious, featuring balanced portions of vegetables, fruits, and whole grains. Studies show that children who regularly dine with their families are more likely to consume nutritious foods and maintain healthy weights.

Enhancing Academic and Social Skills: Children who participate in family meals tend to perform better academically. Conversations around the dinner table can improve vocabulary and communication skills. Additionally, the routine of family meals instills discipline and

good manners.

Creating Lasting Memories: Shared meals create cherished memories and traditions that can be passed down through generations. These moments provide comfort and continuity, especially during challenging times.

Encouraging Positive Behaviors: Adolescents who have frequent family meals are less likely to engage in risky behaviors, such as substance abuse. The structure and stability provided by regular family interactions play a crucial role in promoting positive choices.

Make the commitment today to enjoy one more meal together each week. Utilize resources and tips available from the Food Marketing Institute at www.fmi.org/family-meals to help make family meals a regular and enjoyable part of your routine. Celebrate National Family Meals Month™ by fostering a healthier, happier family life through shared meals. Join the movement and share photos of your family meals. Don't forget to use the hashtag #Familymealsmonth



Community Calendar



CITY COUNCIL MEETING

September 3	Council Chambers	6 PM
September 17	Council Chambers	6 PM

PLANNING COMMISSION MEETING

September 12	Council Chambers	6 PM
September 26	Council Chambers	6 PM

LIBRARY BOARD MEETING

September 10	Conference Room	6 PM
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IMPORTANT DATES

LABOR DAY	City Offices Closed
September 2	

EVENTS

TRAIN RIDES	Shay Park	9 AM -12 PM
September 7 & 21		

9/11 DAY OF SERVICE

September 11	See advertisement on page 4
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LIBRARY MOON PARTY

September 14	Neptune Park	7-9 PM
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WESTLAKE CLUSTER COMMUNITY NIGHT

September 18	Westlake High School	7-9 PM
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UPCOMING EVENTS

FALL FESTIVAL	Shay Park	5 - 8 PM
October 4		

PIE WITH PLANNERS

October 30	Public Safety Community Room	12-1:30 PM
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2024 SUMMER READING BY THE NUMBERS

This summer we set new records for high participation in our summer reading and other programs!

REGISTRATION

1716 people registered from 526 cards - and only 67 people didn't pick up their reading logs to start the program.

PRIZES

We handed out at least 4740 prizes; 565 people completed the program and received books and coupon rewards. Teens & adults also received codes to enter in a drawing for 60 larger prizes; there were 1381 codes entered!

PROGRAMMING

We offered a variety of programs over 8 weeks during June & July; there were 5322 times that someone participated in a program.

CIRCULATION

Visits to the library:	Physical items checked out:
June: 11,154	June: 27,806
July: 10,940	July: 28,323



MOON PARTY

September 14
7-9 PM
Neptune Park



Pressurized Irrigation

WILL BE TURNED OFF
THE WEEK OF OCTOBER 15

- Leave the valve connecting your system to the city system in the ON position to allow the system to drain.
- After November 1 close the valve connecting your system to the city system to prepare for spring.

www.saratogasprings-ut.gov/pressurizedirrigation



SARATOGA SPRINGS
Life's just better here

**WEDNESDAY
9/11**

A SARATOGA SPRINGS COMMUNITY EVENT

**9/11
DAY OF SERVICE**

VOLUNTEERS NEEDED

- First Responder Gift Bags
- Blankets for Children's Hospital
- Westlake Pantry Drive
- Bike Park Cleanup
- Marina Cleanup
- Lake Trail Cleanup

<https://www.justserve.org/SaratogaSprings911DayofService>

Get To The River

Follow us this month on City social media accounts as we share information about the Jordan River and what recreation opportunities are available in and along the river. The week of September 8 - 14 is Serve at The River Week. We will have some service opportunities near the river on September 11 as part of the 9/11 Day of Service event. Residents can also serve along the river by picking up garbage along the river trail or removing noxious weeds. Residents can find images and descriptions of plants not native to our area in the Jordan River Invasive Species Pocket Guide. Find the Noxious weed guide and other information by going to: www.saratogasprings-ut.gov/gettotheriver



**FALL
FESTIVAL**
OCTOBER 4
SHAY PARK | 5-8 PM

**TRICK-OR-TREATING, COMMUNITY FAIR
INFLATABLE ALLEY, PETTING ZOO,
TRAIN RIDES, FOOD TRUCKS AND MORE!**

WRISTBAND EARLY BIRD PRICING SEPT 3-10

Sponsored by:

**Pepsi Cola | Intermountain Health
Avative | Harris Orthodontics
We Win Injury Law**

WWW.SARATOGASPRINGS-UT.GOV/FALLFESTIVAL



Why Raking Matters

By: The Storm Water Division

Can you believe it? Fall is almost here.

There's something special about fall with its crisp air, cozy gatherings, and colorful leaves. It's a beautiful season that brings our community closer together. One way you can contribute to our community this season is by making sure to rake up your leaves.

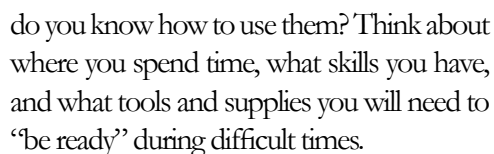
Raking your yard offers several benefits beyond the simple joy of jumping

into a pile of leaves. For instance, leaving leaves on your lawn for too long can block sunlight from reaching the grass, leading to dead patches. Additionally, leaves left in your yard can be blown or washed into storm drains. When too many leaves enter the storm drain system, they can clog the drains, causing excessive flooding, and create a breeding ground for mosquitoes.

Leaves that enter our storm drains

may also be washed into Utah Lake or the Jordan River. Once there, they decompose, causing the water to become cloudy, promoting algae growth, and harming wildlife.

So this season, as you enjoy your fall festivities, please make sure to rake up those leaves and dispose of them properly. Thank you!



- Customize you and your family members' disaster supply kits to meet your own and their own personal needs.
- Have an assortment of hand tools, equipment, and other supplies that will be useful in an emergency situation. Learn how to safely use and maintain them.
- Add personal items to your home emergency supplies according to you and your family members' needs and abilities.
- Create a prioritized emergency "grab list" of important items and tools that do not fit in your disaster supply kit. Most important items first.

You are a unique person with unique needs and abilities. Your personal preparedness plans should be as well. Do you have allergies? Vision or hearing impairment? Special medication? Other issues unique to you? You need to have plans and supplies to meet those needs before the emergency starts.

What tools and supplies do you need to be happy, healthy, and comfortable in an emergency situation? Do you have medical training that requires specific medical tools? What tools do you have in your vehicles and

Recreation Programs: saratogasprings-ut.gov/recreation

- Men's Basketball
- Women's Volleyball
- Jr. Jazz Basketball



CITY HALL

1307 N. Commerce Dr

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

213 N 900 E
Monday - Friday
9 AM - 5 PM

Phone Number:
801-766-6510

OTHER FACILITIES

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

Employment Spotlight

- **Sports Official (Adult Programs)**

- Job Status: Part Time
- Rate of Pay: \$23.00 - \$32.00
- Schedule: Monday - Saturday

- **Sports Official (Youth Programs)**

- Job Status: Part Time
- Rate of Pay: \$13.60
- Schedule: Monday - Saturday

For more information on these and other positions visit:
www.saratogasprings-ut.gov/employment