



# The Saratoga View

February

[www.saratogasprings-ut.gov](http://www.saratogasprings-ut.gov)

2026

Photo by: Brandon Hunter

## COMMUNITY CALENDAR

### CITY COUNCIL MEETING

February 3	Council Chambers	6 PM
February 17	Council Chambers	6 PM

### PLANNING COMMISSION MEETING

February 12	Council Chambers	6 PM
February 26	Council Chambers	6 PM

### LIBRARY BOARD MEETING

February 10	Conference Room	6:30 PM
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### IMPORTANT DATES

#### President's Day

February 16	City Offices Closed
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### EVENTS

#### Jr. Miss & Little Miss Saratoga Springs Essays Due

February 9
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### UPCOMING EVENTS

#### Miss Saratoga Springs Scholarship Pageant

March 7	Vista Heights Middle School
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#### Spring Festival

March 23-28
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OFFICIAL PUBLICATION FOR SARATOGA SPRINGS, UTAH

319 S. Saratoga Rd

## Recreation Programming

- Spring Soccer
- Girl's Fast Pitch Softball
- Youth Baseball
- Adult Spring Softball
- Track & Field
- Instructional Baseball
- Youth Pickleball
- Adult Pickleball
- Splash Days Pickleball Tournament



[www.saratogasprings-ut.gov/recreation](http://www.saratogasprings-ut.gov/recreation)

## DISPOSING OF HAZARDOUS WASTE BY: THE STORM WATER DIVISION



No matter who you are or what you do, we all generate trash. Did you know some of that trash can't be thrown away in our regular waste bins? Things like paint, electronics, pesticides, and medication are considered 'hazardous' and should be disposed of at a specific location.

To help us dispose of this material correctly, the county has provided a waste station. There are many things that can be disposed of for free at this waste station, such as paint, oil, gasoline, pesticides, and cleaners. However, depending on the object, some things may require a fee.

If you have questions about what's accepted, please reach out to the waste station.

You'll find their contact information at this website: [health.utahcounty.gov](http://health.utahcounty.gov) As always, thank you for helping to keep our community and environment clean and pollutant-free.

## SPRING FESTIVAL MARCH 23-28



[www.saratogasprings-ut.gov/SpringFestival](http://www.saratogasprings-ut.gov/SpringFestival)



# Miss Saratoga Springs Scholarship Pageant

March 7 at 7 PM  
Vista Heights Middle School

## Little Miss & Junior Miss Saratoga Springs Essay Contest

Applications and Essays Due February 9  
[www.saratogasprings-ut.gov/misssaratogasprings](http://www.saratogasprings-ut.gov/misssaratogasprings)



THIS MONTH

# STOP BY OUR OFFICE FOR A FREE SAFETY KEY CHAIN

Comment on our posts all month long to enter  
to win a safety keychain set

Follow us for safety tips,  
traffic alerts, and other  
helpful updates

 @saratogaspringspolicedepartment-utah

 @saratogaspringspolice\_utah

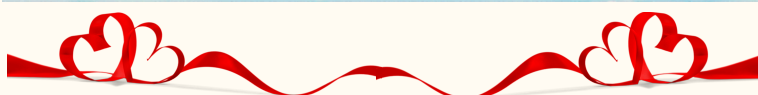
The badge is a shield-shaped emblem. At the top, the word "POLICE" is written in a bold, sans-serif font. Below it, "SARATOGA SPRINGS" is written in a smaller font. In the center, there is a circular seal featuring an American flag. Below the seal, the words "STRENGTH AND HONOR" are written in a small font, and at the bottom, "UTAH" is written in a bold, sans-serif font.

## RELATIONSHIP SAFETY BY: THE POLICE DEPARTMENT

As the month associated with love begins, we wanted to provide some quick safety tips as you prepare for any date, whether it is your first or thirty-first. Your safety is our utmost concern. If you feel you or anyone else's life is in danger, please call 911. We also have a victim service coordinator who is here to help you. She can be reached at (801) 766-6503 x133. This month, we are giving away free safety key chains on a first-come first-serve basis to those who stop by our office. While there you can enter a contest for a safety key chain set.

### Be aware of your surroundings

- Do not walk alone in the dark
- Trust your gut
- Stay 12 feet away from strangers
- Carry a personal safety product





### *Relationship Safety Cont....*

#### **Relationship Boundaries**

In any relationship, not just romantic ones, boundaries that are understood by both individuals are key to a respectful and healthy relationship. Having open conversations about your boundaries is important. As well as being respectful that these boundaries may evolve as the relationship does as well.

Some questions that can help you understand your emotional boundaries-

- Is my partner consistent in their actions and behaviors?
- Does my partner demonstrate their trustworthiness by acting in accordance with what they say?

In a very digital world make sure you have a discussion about your digital boundaries as well.

Here are some questions to get the discussion started:

- What are the expectations for communication through texting or social media?
- Is it ok to post about our relationship publicly?

Our physical boundaries might be the most uncomfortable to discuss, especially in a new relationship. But, if done in the right way, can lead to understanding and respect between two individuals and not hurt or broken hearts. When discussing your physical boundaries follow the following guidelines:

- Discuss these boundaries in person
- Be honest
- Don't attack one another
- Check your body Language

#### **Warning Signs**

All relationships go through many different phases and disagreements happen. Abusive relationships are based on being in control. Understand the following warning signs for abusive relationships so you can watch out for them:

- Possessiveness or controlling behavior such as checking your phone, or email, or social media accounts without your permission
- Putting you down frequently, especially in front of others
- Isolating you from friends or family (physically, financially, or emotionally)
- Pressuring you or forcing you to do anything against your will, including intimate relations

#### **Safety Plan**

If you feel like you are in an abusive relationship, it is important to create a safety plan for yourself and your kids. You can pack a bag with some important items using this list found on the Saratoga Springs Police Department Website-Safety Planning Checklist

#### **Helping Others**

If you feel like any of your friends or family are in an abusive relationship, follow these suggestions to help them:

- Offer your support
- Listen to their story without judging his/her actions
- Be patient- Leaving a relationship takes time and is a process

More information can be found at How you can approach a victim at the Saratoga Springs City website,

[www.saratogaspringsut.gov/victimservices](http://www.saratogaspringsut.gov/victimservices)

