



The Eagle's View

City News July 31, 2022 Eagle Mountain City Government

In this issue

- **Mayor Westmoreland - Resilience and mental health continued**
- **Know the code - Street and gutter obstruction**
- **Wildlife - When wildfires rage**
- **Emergency prep - Drought conditions**
- **New business development**
- **We're hiring**
- **Upcoming events**

Resilience and mental health continued



1 - Mayor Tom Westmoreland

We live in a time where stress is common to our everyday lives. This stress is compounded by the pace of our lives, uncertainty in the economy, and a growing distrust of institutions and systems that were once taken for granted. The convenience of modern electronics has generally caused some erosion of coping skills in our culture.

In an effort to bring the subject of mental/emotional health and well-being out into the open, I am teaming up with Rachel Mortenson, a Resilience Trainer for the United Way's Everyday Strong program, on a series of upcoming articles on resiliency. This is the third installment in the series from Rachel.

In just the last 10 years, the percentage of children at risk for clinical depression has more than doubled, reaching a new high of 32%.

After years of watching my friends and family struggle with mental illness, my work as a Resilience Trainer for United Way's Everyday Strong program has taught me that when our physical needs as well as our emotional needs of safety, connection, and confidence are not being met, mental health suffers. These come from Everyday Strong's Pyramid Of Needs.

Learning this has led me to meet with city officials, counselors, and student leaders, showing them a simple, research-based framework that provides children with powerful tools in developing emotional resilience.

In this month's newsletter, I will focus on connection and why developing this with your children is so essential in their emotional and mental development.

Everyday Strong explains what this emotional need is best: "Connection is more than just being in the same space as your child. Connection is doing activities that the child enjoys, even if you don't always enjoy that activity. Connection is when a child feels their parent, teacher or friend really understands him/her."

I have found throughout my time serving as Miss Eagle Mountain 2021-2022 that connection does not develop with friends, family, city residents, and others that I come in contact with in the big moments of winning Miss Eagle Mountain. Nor when I was recognized for an Overall Talent Award at Miss Utah.

Instead, I have seen many of my greatest friendships and connections come from sharing my talent on the piano at assisted living centers and getting to know the residents there, dressing up as Rapunzel on Halloween and getting to know children at the Eagle Mountain Halloween Town event, or even my time backstage at Miss Utah as I quietly prayed with my fellow candidates before competition time.

"Connection is when a child feels truly understood. More than just being in the same space as your child or giving extravagant gifts, connection happens in the everyday moments of our lives, such as quiet breaks, casual conversations, and shared experiences," (Resilience Training Handbook).

Everyday Strong's Resilience Training Handbook also goes over the main, effective ways of connecting with not only your children, but everyone around you. You can connect through apologizing, writing, asking, playing, and laughing. My absolute favorite is through laughter.

"Laughter and humor improve health, strengthen shared connections and experiences, and create positive memories. They also reduce stress and anxiety about everyday challenges," - Everyday Strong.

Children will remember the small but significant moments you take to verbalize an apology, ask about their day, or participate in a game or hobby that they enjoy with them.

To really connect with another person, we have to ask questions and listen to get to know them. Make sure to follow up by listening carefully," - United Way of Utah County Handbook.

Mayor Tom Westmoreland

mayor@emcity.org

(801)789-6603

Know the code - Street and gutter obstruction



With yard projects happening throughout Eagle Mountain City, there is often an increase in landscaping material such as mulch, rocks and topsoil being left in the street or gutter for days at a time during the summer months.

Eventually, these materials are removed by residents for their landscaping project, but this is nonetheless a concern for Eagle Mountain City.

The City places importance on trying to protect the storm drains from sediment entering the storm water system. Eagle Mountain City encourages residents with landscaping material deliveries to have the payload placed in their driveway.

When the City's Neighborhood Improvement Department observes code violations, the officers issue a Street/Gutter Obstruction Notice, that states:

"It is unlawful for any person(s) to obstruct or impede free use of any public street, sidewalk, storm drain, or street gutter. Materials such as Dirt, Rocks, Topsoil, or any other debris shall not be placed on sidewalk, in gutter or street. Please remove the debris or materials and sweep the gutter and road by (a designated date). If not resolved by that date and time you will be invoiced \$50.00 a day until resolved. We don't want that... and neither do you, so thank you in advance for your efforts to keep the streets, sidewalks, storm drains, and gutters clean and free of materials."

Eagle Mountain City Code can be referenced for the following guidance:

15.65.060 Clean gutter.

Once curb and gutter and surface course is in place it shall be kept as clean as possible. When equipment is required to cross over sidewalk, bridging will be provided to protect concrete. Dirt and gravel will not be placed in gutter or on street. Gutter will flow freely at all times.

8.05.150 Accumulation prohibited.

It shall be unlawful for any person to accumulate, throw, discard, deposit, place, sweep, dump, conduct or allow any person to accumulate, throw, discard, deposit, place, sweep, dump or conduct any solid waste or litter into or upon any public place, private premises, street, road, alley, property abutting any

alley, stream, well, spring, canal, ditch, gutter, lot or any other property or place, above or below ground level.

If you have any questions, please contact Neighborhood Improvement at 801-789-6690.

For more information, visit www.eaglemountaincity.com.

Wildlife - When wildfires rage



2 - 2012 wildfire in Eagle Mountain - Photo courtesy The Salt Lake Tribune

We've all seen Bambi and his animal friends running panic-stricken when fire comes to their forest. It is a frightening specter.

Wildfires can be a hard time for animals and the vegetative growth they depend on for shelter and for food.

Is fire good or bad for wildlife?

You may have wondered if wildfires are always a bad thing. According to Utah Division of Wildlife Resources (DWR) Section Chief Justin Shannon, although it may seem odd many, ecosystems in Utah require wildfires and have adapted to fire. High-elevation wildfires during the summer can actually be very beneficial for wildlife.

The fires remove old trees and old vegetation, allowing for young grasses, forbs (flowering plants) and shrubs to grow, which provide more food for wildlife. Many of those young plants are more nutritious and beneficial for big game animals. The wildlife will move to other areas during a fire, but they return when the grasses and forbs begin to grow back.

However, lower-elevation fires can have negative impacts if they burn sagebrush areas, which don't recover from fires as well. This is the ecosystem present in Eagle Mountain.

While some high-elevation areas with plenty of aspen trees can see new tree shoots a few weeks after a fire, areas such as our sagebrush-steppe can take several years for the sagebrush to grow again on our landscape. According to DWR habitat restoration biologist Robby Edgel, most burned areas take three to five years to completely fill in with vegetation.

Fire is a disturbance on the landscape that changes wildlife habitat. Some species benefit from wildfire, such as raptors that hunt rodents running from the flames, beetles that move into dead wood and lay eggs and woodpeckers that feed on the beetles and nest in the hollow of trees. Fire exposes new vegetation in the flowering stage that feed elk and deer. When food sources are plentiful, female deer produce more milk and fawns grow faster.

On the other hand, animals that depend on old growth forests can struggle for decades trying to find suitable habitat if trees have fallen victim to fire. If sagebrush burns, those animals that dine on it or use it as a place to hide from predators and raise their young will suffer.

There is the additional concern of erosion due to stormy weather in areas that have not had sufficient time for regrowth after a wildfire. Some animals don't survive wildfires, and although this is regrettable, their deaths don't greatly affect the overall population.

What can Eagle Mountain residents do to help with wildfire restoration and fire prevention?

- Avoid driving and recreating on any habitat restoration burn scar areas that have been reseeded. (It is interesting to note that the Pole Creek/Bald Mountain, Dollar Ridge and Goose Creek 2018 fire areas in Utah were rehabilitated with over 1-million pounds of seed from the Great Basin Research Center in Ephraim, covering roughly 85,000 acres, in conjunction with Utah's Watershed Restoration Initiative.)
- Never drive or park over dry grass or brush. Exhaust systems and other vehicle equipment can be hot enough to ignite fires.
- Because many of Utah's wildfires are started by vehicles on highways, make sure your vehicle maintenance is always up-to-date and make sure there is no loose or dragging equipment, which can create sparks.
- Be extra cautious when target shooting.
- Always keep your campfire small, and clear the surrounding area of any flammable material. Always fully extinguish your campfire before leaving an area.
- Before burning debris on your property, you must have a UFA permit and should check weather conditions.
- Fireworks are illegal on all state and federal lands so do not use fireworks anywhere except in designated areas and seasons.

Emergency prep - Drought conditions



With the summer season upon us, triple-digit heat and dry air continue to worsen Utah's ongoing drought.

The Utah Department of Natural Resources estimates that 60% of residential water use is used for outdoor irrigation. During drought, little changes can make a big difference. Always observe state and local restrictions on water use during a drought. Here are some actions we can all take to avoid a critical water emergency.

Lawn Care

- A heavy rain eliminates the need for watering for up to two weeks. Most of the year, lawns only need one inch of water per week.
- Check the soil moisture levels with a soil probe, spade or large screwdriver. You don't need to water if the soil is still moist. If your grass springs back when you step on it, it doesn't need water yet.
- If your lawn does require watering, do so early in the morning or later in the evening when temperatures are cooler.
- Water in several short sessions rather than one long session in order for your lawn to better absorb moisture and avoid runoff.
- Use a broom or blower instead of a hose to clean leaves and other debris from your driveway or sidewalk.
- Avoid leaving sprinklers or hoses unattended. A garden hose can pour out 600 gallons or more in only a few hours.
- In extreme drought, allow lawns to die in favor of preserving trees and large shrubs.

Indoor

- Avoid flushing the toilet unnecessarily. Dispose of tissues, insects and other similar waste in the trash rather than the toilet.

- Take short showers instead of baths. Turn on the water only to get wet and lather and then again to rinse off.
- Avoid letting the water run while brushing your teeth, washing your face, or shaving.
- Operate clothes washers only when they are fully loaded or set the water level for the size of your load.
- Never pour water down the drain when there may be another use for it. For example, use it to water your indoor plants or garden.
- Fix dripping faucets by replacing washers. One drop per second wastes 2,700 gallons of water a year.
- Choose appliances that are more energy and water efficient.

For more information or tips on how you can do your part, visit ready.gov/drought.

New business development



Embed://<iframe src="https://docs.google.com/spreadsheets/d/e/2PACX-1vT6yHij9CqDfW2zTVO70SdDFA4llkNRztkY3PXH5UCPT-eZRFum7_hucbaveMpBmr1MP7OLCvX5M5PX/pubhtml?widget=true&headers=false"></iframe>

New businesses are coming to Eagle Mountain. Follow along each month as we track the progress of development.

We're hiring



Eagle Mountain City is hiring. Here is a list of available positions:

Building Inspector I, II, or III

Facilities/Fleet Maintenance Technician

FT Water Operator

Management Analyst/Grants Coordinator

Parks I or II Tech Position

PT Rec Aid

Purchasing Agent

Recreation Coordinator

Seasonal Storm Water

Seasonal Streets Operator

Storm Water Maintenance Operator

SWPPP Inspector

Wastewater Collection System Operator

Water Sample Technician

To find and apply for the career that's right for you, click [here](#).

Upcoming events

- Aug. 2 - [City Council Meeting](#) Canceled

- Aug. 9 - [Planning Commission Meeting](#)
- Aug. 16 - [City Council Meeting](#)
- Aug. 18 - [Chamber of Commerce Connect4Lunch](#)
- Aug. 23 - [Planning Commission Meeting](#)

Contact us

Eagle Mountain City

1650 E. Stagecoach Run

Eagle Mountain, UT 84005

Office Hours: Monday-Friday, 7:30 AM to 5:30 PM

(801) 789-6600

Visit us on the web at www.eaglemountaincity.com.

After-hours hotline for Water, Parks, Streets, Storm Water, and Sewer: (801) 789-5959

Can't find the answers you need on the website? Email info@emcity.org

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