



The Eagle's View

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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 fifth installment in the series from Rachel.

In 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 and 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 the fourth and final segment of this mental health series, I will be focusing on confidence, the last emotional need required for a person to thrive (according to Everyday Strong's Pyramid of Needs).

“After a child begins to feel safe and connected with those around them, he can start working on becoming confident in his abilities and develop pride in his work,” - United Way, Everyday Strong.

During my Resilience Trainings I often gave as Miss Eagle Mountain to student councils, city/youth leaders, and counselors, I tell them that everyone needs something that they feel confident in. For me that was piano. Growing up, I spent an immeasurable amount of time practicing, drilling my pieces for upcoming piano competitions.

Although the results of these competitions didn't always measure up to what I hoped for, the experiences I gained and hours of practice gave me a skill that I can honestly say I feel proud of. Yours could be painting or debate or cooking or anything else. But take the time to develop a skill that will bring you confidence. Once we have confidence in ourselves we will be able to truly thrive and work toward becoming emotionally resilient.

A very effective way of building confidence is by expressing confidence. “By doing this, you communicate to a child that you trust the child’s ability to work through a challenge. Over time, with your trust and support, a child will build confidence and feel capable,” - Everyday Strong Resilience Training Handbook.

You can also build confidence by naming the problem. Here’s an example: Instead of saying, “You shouldn’t be so scared, it’s not a big deal,” try, “It looks like your brain has pulled the alarm! How could we let your brain know that this isn’t an emergency?” Psychologists often “name it to tame it” and this changes the situation from a “me fixing you” to an “us fixing it.”

Another way to build confidence is by remembering. This happens when you review the events at the end of a typical day with your young children. This can improve their ability to remember successes. Older kids can use these memories to build confidence in their ability to work hard and overcome challenges.

“When children are confident, they feel free to accept challenges, try new things, and find solutions to problems,” - Everyday Strong, United Way.

Visit the United Way of Utah County’s Online Resilience Training Handbook for more information on how to meet our physical needs as well as our emotional needs of safety, connection and confidence.

Rachel Mortensen, Miss Eagle Mountain 2021-2022

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Know the code - Street parking



While nobody wants a city full of parking lots -- especially in their neighborhood -- everyone needs a place to park their vehicle. That place is often on the side of the street.

There have been questions submitted to the City's Neighborhood Improvement department regarding trailers and recreational vehicles parking on City streets.

It is unlawful to park any: Commercial vehicle, agricultural vehicle, recreational vehicle, occupied or empty trailer on any public street within a residential zone of the city for a period of time longer than 24 hours, which means that when a trailer, (connected to, or disconnected, from a vehicle) has a Violation Notice, it is still authorized to be towed on the date of the Violation Notice, even if it has only been moved from the original location to another location in the general area.

Parking on a public street comes with rules and regulations that everyone needs to follow. Common courtesy suggests the following actions:

- The sidewalk is intended for safe pedestrian travel, including children. Cars parked on sidewalks send pedestrians into the street.
- Park by your own house rather than in front of a neighbor's house. If you feel you need to park by a neighbor's house, make sure they are OK with it.
- Don't park on, or near, a crosswalk or by a fire hydrant.
- Park in a way that doesn't block traffic or make it difficult to see around a corner.
- Park in your garage or driveway whenever possible.

Eagle Mountain also has regulations that govern parking within City limits. Here are the regulations to keep in mind:

10.10.010 "No Parking" Zones

A. Except when necessary to avoid conflict with other traffic, or in compliance with law, the directions of a peace officer, or a traffic-control device, a person may not:

1. Stop, stand, or park a vehicle:

a. On the roadway side of any vehicle stopped or parked at the edge of the curb of a street (double parking);

b. On a sidewalk;

c. Within an intersection;

d. On a crosswalk;

e. Between a safety zone and the adjacent curb or within 30 feet of points on the curb immediately opposite the ends of a safety zone, unless a different length is indicated by signs or markings;

f. Alongside or opposite any street excavation or obstruction when stopping, standing, or parking would obstruct traffic;

g. On any bridge or other elevated structure, on a highway, or within a highway tunnel;

h. On any controlled-access highway;

i. In the area between roadways of a divided highway, including crossovers; or

2. Stand or park a vehicle, whether occupied or not, except momentarily to pick up or discharge a passenger or passengers:

a. In front of a public or private driveway without owner's permission;

b. Within 15 feet of a fire hydrant;

c. Within 20 feet of a crosswalk;

d. Within 30 feet upon the approach to any flashing signal, stop sign, yield sign, or traffic-control signal located at the side of a roadway;

e. Within 20 feet of the driveway entrance to any fire station and on the side of a street opposite the entrance to any fire station within 75 feet of the entrance when properly signposted;

f. At any place where a traffic-control device prohibits standing;

g. Within 30 feet from start of curb curvature leading up to an intersection (including roundabouts);

h. Opposite the flow of traffic; or

3. Park a vehicle, whether occupied or not, except temporarily for the purpose of and while actually engaged in loading or unloading property or passengers:

- a. Within 50 feet of the nearest rail of a railroad crossing; or*
- b. At any place where traffic-control devices prohibit parking.*

B. A person may not move a vehicle that is not lawfully under the person's control into any prohibited area or into an unlawful distance from the curb.

C. This section does not apply to a tow truck motor carrier responding to a customer service call if the tow truck motor carrier has already received authorization from the local law enforcement agency in the jurisdiction where the vehicle to be towed is located.

D. It shall be unlawful to park any vehicle or leave any vehicle standing unattended in Eagle Mountain City on park strips, sidewalks or a city street marked as a "no parking" zone either by signage or by curb marking established by authority of the city.

E. Parking may be restricted on one side of surface streets when the width of asphalt is less than 28 feet.

F. Parking may be restricted on one side of surface streets when the width of asphalt is less than 36 feet and vehicle ADT (average daily trips) exceeds 6,000.

G. In addition to the specific parking restrictions set forth in this section, parking may also be restricted or prohibited wherever city staff deems necessary to provide for the health and safety of residents of the city.

10.10.030 Parking on Public Streets Without Being Moved

It is unlawful to leave any vehicle parked on a public street for longer than 72 hours without being moved.

10.10.040 Enforcement

Penalties associated with violations of this article shall be consistent with the consolidated fee schedule as adopted by the City Council and/or towing and removal by the City.

10.10.100 Parking prohibited on Public Streets – Exceptions

A. It is unlawful to park any:

- 1. Commercial vehicle, agricultural vehicle, recreational vehicle, occupied or empty trailer or truck on any public street within a residential zone of the city for a period of time longer than 24 hours;*
- 2. Agricultural vehicle, recreational vehicle, occupied or empty trailer, or truck within the front yard area of any residential zone of the city; or*
- 3. Commercial vehicle on any lot or parcel within any residential zone of the city.*

B. Exceptions. This section shall not restrict the temporary parking or stopping of a city vehicle or of a vehicle owned and/or operated by a public utility for the purpose of conducting repairs or related work. This section shall not restrict the temporary parking of vehicles actively used to deliver building supplies and materials to property in any residential zone, nor shall it prohibit the temporary parking of vehicles used while performing work upon property in residential zones.

10.10.110 Towing Authorized

In addition to the fines adopted in the consolidated fee schedule and all other penalties authorized by law, and at the expense of the owner, any vehicle or trailer parked in violation of this article may be towed to impound.

Wildlife - Birds of a feather



Children know when they find a bird feather on the ground, they have found a very precious object.

They will pick up this small treasure and guard it for days. Children know. And now researchers are learning, via recent scientific breakthroughs, that DNA in a bird's feather can tell us many secrets about where they migrate, their proportion of resilience to mounting global climate disruptions, and other problems that modern civilization is presenting for wildlife.

As a result of these recent scientific breakthroughs, researchers from across the Western Hemisphere have begun building a library of avian DNA stories, via feathers and blood tests which are gathered from birds as they are banded.

According to *Audubon*, more than three decades ago, evolutionary biologist Thomas Smith was working on his dissertation in the Cameroon rain forest, studying bill size variation in African finches.

As he measured and sampled the birds, he sometimes noticed feathers falling out. He taped these feathers into a small black notebook – a gesture that baffled his field assistant.

Why not just throw them away? But Smith had in mind the writings of Aldo Leopold, the early 20th century wildlife ecologist and champion of the conservation long game. "To keep every cog and wheel," Leopold wrote, "is the first precaution of intelligent tinkering."

Smith, who is the founding director of the Center for Tropical Research at the University of California, Los Angeles, recalls saying, "You know, there's DNA in those feathers that could be useful someday."

As a new professor in the 1990's, he asked bird banders to send him loose feathers, and he also collected many himself. A colleague discovered that pulling a couple of outer tail feathers did not harm the bird, so he added that to his request. Smith stored the samples in a freezer, then several freezers, in his lab.

Graduates tapped some feathers for research using the genetic tools available at the time. Meanwhile, Smith looked forward to the breakthrough that would unlock all the information they contained.

That breakthrough came in 2003 with the completion of the Human Genome Project, the global effort to map the 3,000,000,000 pairs of chemicals that form the DNA molecule – life’s genetic building block. In the following years, intense competition and new technology drove down the cost of sequencing a genome, from hundreds of millions of dollars to less than a thousand. This put the technique within reach of scientists studying all sorts of animals, including birds.

According to a scientific paper written by Kristen Ruegg, an evolutionary biologist at Colorado State University, in the journal *Molecular Ecology* in 2014, this genetic feather research on birds has enabled the pinpointing of the causes for the decline of many migratory bird species.

In the first test case, the Wilson’s Warbler, a black-capped yellow songbird that is declining in some places and relatively stable in others, more than 1,600 feather samples from monitoring stations across North and Central America were analyzed and they were able to finally suggest where the biggest geographic trouble spot might be.

According to Ruegg, the Bird Genoscape Project has so far mapped about 20 species and has enough funding to bring that total to 50. Hundreds of collaborators, working at nonprofits, universities and government agencies contribute to the feather collection, which has now grown to about 260,000 feathers throughout the Western Hemisphere. They fill 15 freezers.

So next time you’re out of doors and you see a bird feather – pick it up and marvel at it. Therein lies many secrets. Secrets of life.

Eagle Mountain City offers glass recycling



In late July, in coordination with Momentum Recycling, Eagle Mountain City unveiled a new glass recycling drop-off center in Cory Wride Park.

If you’ve recently driven past the park, you may have noticed the new dumpster – it’s rather hard to miss. It’s painted with vibrant hues of blue, orange, and yellow, with silhouettes depicting various outdoor activities home to Eagle Mountain, courtesy of local artist Bill Louis (@biltslouisart).

Evan Berrett, management analyst for Eagle Mountain City, spoke about how the location of the glass recycling dumpster was carefully selected.

“We wanted it to be highly visible, so we wanted it to be somewhere where people would not forget about the fact that we have recycling...a constant reminder to them to recycle their glass.”

In addition to serving as a reminder to Eagle Mountain residents to recycle, the dumpster also provides beautiful art for the public to enjoy.

“Because it has a mural on it, it’s a public art piece now,” said Berrett. “We wanted to make sure that got plenty of visibility, not just for the sake of the artist, but so that we could have something to beautify or bring something unique to the city. We don’t want to hide that away.”

The mural on the dumpster also represents what we protect when we recycle: wildlife, landscape, and outdoor recreation.

The recycling drop-off was made possible in coordination with Momentum Recycling, the only major glass recycling center in Utah.

The dumpster at Cory Wride Memorial Park is the latest of over 50 drop-off centers located all along the Wasatch Front provided by Momentum Recycling. Berrett, who was instrumental in bringing the drop-off center to the city, has visited the recycling center in Salt Lake City.

“A question a lot of people have right now, as far as recycling in general goes, is ‘is my recycling actually being recycled, or is it just going to a landfill?’”

Though he can’t speak to the story of cardboard, plastic, or other types of recycling facilities, Berrett says, “The glass recycling is one thing that we can for certain say that, yes, it is being recycled. And not only is it being recycled, but it’s being recycled into materials that we need here in Utah.”

Glass that is processed by Momentum Recycling is recycled into materials for sand-blasting or into fiberglass insulation for homes. “With how many homes are being built in Utah, there’s definitely a huge demand for that,” says Berrett.

In order to recycle responsibly, it’s important to be aware of what materials can and cannot be recycled through the drop-off center. The following materials cannot be recycled at Momentum Recycling and should not be placed in the dumpster:

- Automotive Glass (*i.e. windshields*)
- Ceramics (*i.e. plates & dishes*)
- Light Bulbs
- Mirrors
- Porcelain (*i.e. plates & dishes*)
- Pyrex
- Paper

- Cardboard
- Plastic (*including plastic trash bags*)

Berrett considers the drop-off center a big win for Eagle Mountain City and encourages all Eagle Mountain residents to use the drop-off center as frequently as possible.

Recycling glass is the easiest and most rewarding form of recycling, and provides each of us an opportunity to protect our planet and the natural resources we enjoy in Eagle Mountain.

For a comprehensive list of where to recycle items Momentum Recycling does not accept, visit the [Momentum Recycling Website](#).

Recycling data provides look into continuing habits

Utah State Code requires recyclable material haulers to provide trash and recycling tonnage data twice each year to the political subdivision they serve.

According to ACE Recycling and Disposal, 100% of the recycling tonnage collected from Eagle Mountain is delivered to a recycling facility. The percentage of that material that is actually recycled is not available as part of this data set.

Year-over-year comparisons of Eagle Mountain's recycling habits indicates an increase in six out of seven months in 2022 compared to 2021. Per capita comparisons indicate an 8% increase in the material tonnage recycled year-to-date.

Residents are encouraged to review the data provided to understand the changes taking place in Eagle Mountain's trash and recycling habits.

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New business development



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Eagle Mountain continues to grow. Follow along each month as we track the progress of new businesses locating in the community.

Emergency prep - Home fire safety



Home fires are the most common type of emergency in the United States, and can cause death, injury and property loss within minutes.

Most fires occur in the middle of the night, when people are sleeping. In the event of a fire, you will not have time to consider your escape options. It is important to practice your home fire escape plan regularly so you will be prepared for an emergency.

If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Plan ahead so that everyone in your household knows what to do and where to go in the event of a fire.

Safety Tips

1. Install smoke alarms on each level of your home. Place one inside, and outside, every room where someone sleeps. Your smoke alarms need to be interconnected -- meaning, if one sounds off, they all do -- to meet safety codes. Test all smoke alarms monthly.
2. Make a home fire escape plan. Draw a map or blueprint of your home, showing all doors and windows. Discuss the plan with everyone in your household.
3. Know at least two ways out of every room, if possible. The first path will often be a doorway. The second path may be a window or a second doorway. You need two paths in case your first path is blocked by smoke or flames. Consider purchasing escape ladders for second floor escape routes.
4. Choose an outside meeting place that is a safe distance from the home. Make sure everyone in the house knows to meet there in case of a fire.

5. Practice your home fire drill both at night and during the day, with everyone in your household. Do this twice a year.
6. Practice using different ways out.
7. Teach children how to escape on their own in case you can't help them.
8. Close doors behind you as you leave. This may slow the spread of smoke, heat and fire.
9. Get out and stay out. Never go back into a burning building.
10. Call 911 from a safe place outside your home.

We're hiring



Eagle Mountain City is hiring for several positions:

Building Inspector I, II, or III

Facilities/Fleet Maintenance Technician

Management Analyst/Grants Coordinator

Parks I or II Tech

PT Crossing Guard

PT Permit Tech

Seasonal Streets Operator

Stormwater Maintenance Operator

Wastewater Treatment Operator

Water Sample Technician

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

Upcoming events

- Sept. 5 - Labor Day (City offices and Library closed)
- Sept. 6 - [City Council Meeting](#)
- Sept. 10 - [Shopfest Utah](#)
- Sept. 13 - [Planning Commission Meeting](#)
- Sept. 15 - [Chamber of Commerce Connect4Lunch](#)
- Sept. 15-19 - Fall Cleanup Dumpsters
- Sept. 20 - [City Council Meeting](#)
- Sept. 27 - [Planning Commission Meeting](#)
- [Junior Jazz Registration ends Nov. 1](#)

Contact us

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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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