

INSIDE THIS ISSUE:

HAPPY HOLIDAYS

Christmas Tree Recycling

Ways to Protect Mail and Packages

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# THE ZEST

CITY OF LEMON GROVE NEWS

## Happy Holidays



Here are a few tips on how to minimize your risk and stay safe.

The holidays are a time of year that brings people together in celebration and good cheer. However, it also brings with it many dangers. During this time of joy and celebration, unfortunately it is a time when people are more vulnerable to fraud and scams.

- Check your bank account and credit card statements for unauthorized charges or for any purchases you didn't make.
- Don't give out personal information over the phone, especially if you're not sure who is on the other end of the line.
- Avoid giving money or gift cards to people who knock on your door or call you on the phone asking for help.
- Be wary of email attachments from unknown senders, especially if they include links to websites that want you to enter personal information like your name, address, Social Security number and date of birth.

## CHRISTMAS TREE Recycling



Starting on December 26, 2022 through January 15, 2023, you can recycle your Christmas Tree at Treganza Heritage Park (formerly Civic Center Park) by placing it in the recycling container that will be available in the parking lot. You can also bring your Christmas Tree to the Lemon Grove EDCO Station starting December 26 – January 8, 2023, M-F 5 am – 1 pm, Sat: 7 am – 4:30 pm, Sun 8 am – 4 pm. It is easy and free to Lemon Grove residents only.



## Notice:



**CITY HALL WILL BE CLOSED FROM FRIDAY DECEMBER 23, 2022 THROUGH FRIDAY DECEMBER 30, 2022. NORMAL OPERATIONS WILL RESUME ON JANUARY 3, 2023**

"For uncounted millions, Christmas expresses the deepest hopes for a world of peace where love rather than mistrust will flourish between neighbors." — President John F. Kennedy



CITY OF LEMON GROVE  
3232 Main Street,  
Lemon Grove, CA 91945  
619.825.3200  
[www.lemongrove.ca.gov](http://www.lemongrove.ca.gov)

Find us on these social networks!



# Ways to Protect Mail & Packages

Don't become a victim of theft or identity fraud this holiday season. Follow our tips to protect your information and your shopping list.

Don't leave mail and packages unattended for any length of time

Update your computer browser, as well as your antivirus and malware protection software

Choose a delivery option that allows for someone to be home during delivery

Use your credit card, not your debit card. Monitor your bank statements

Request that your package has Signature Confirmation upon delivery

Leaving town? Use the request Hold Mail services at your local Post Office

Customize delivery by selecting the option to track your package online with a tracking number

Lemon Grove Sheriff's Station  
Report all suspicious activity immediately!  
Emergency: 9-1-1.  
Non-Emergency: (858)565-5200

**CRISIS LINE**  
(888) 724 - 7240  
7 Days a Week 24 Hours a Day

The holidays are considered to be a season of joy for many. But they can also be especially frustrating for those impacted by mental illness. During the most wonderful time of the year, individuals and families impacted by mental health challenges may find themselves filled with stress, anxiety, and depression.

It is important to take steps to maintain good mental health by being kind to yourself and accepting the needs that put your own mental and physical well-being first.

First, consider and recognize your triggers. Next, take steps to avoid or limit your exposure to them. Then, reflect on what you are grateful for and thank those who have supported you in your journey. Last, get an appropriate amount of sleep as it is closely related to being able to effectively cope with stress and regulating your emotions.

Throughout the year you have met many challenges and while family is important, it is imperative to be realistic and prioritize your own self-care. Everyone struggles from time-to-time and everyone needs support.

Confidential and free of charge, the San Diego ACL (1-888-724-7240) offers support and resources countywide in over 200 languages from experienced counselors on all behavioral health, mental health and substance use topics.

The City of Lemon Grove

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**YOU'RE INVITED!**

AS A MERCHANT IN OUR CITY, THE CITY OF LEMON GROVE INVITES YOU TO PARTICIPATE IN OUR SHOP LOCAL GIFT CARD PROGRAM.

SHOP NOW

[HTTPS://APP.YIFTEE.COM/GIFT-CARD/CITY-OF-LEMON-GROVE](https://app.yiftee.com/gift-card/city-of-lemon-grove)

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Let us know what you think of *The Zest!*  
Email us at [cityoflemongrove@lemongrove.ca.gov](mailto:cityoflemongrove@lemongrove.ca.gov)

