

# **VALLEY PARK POLICE**

A St Louis County Police Partnership

# COMMUNITY NEWSLETTER

JANUARY 2024





As we begin the new year, let us not forget those who made the ultimate sacrifice and are no longer here to celebrate along side us. Remember the families who will be

HERE'S TO THOSE WHO DIDN'T MAKE IT TO

without a loved one this new year and need support from those around them to find peace and comfort.

#### THOUGHTS FOR THE NEW YEAR

Every new year brings new resolutions, most of which are never achieved or are just plain forgotten about. Maybe, just maybe, this year can be different. Here is a list of ideas, or resolutions that you may find easy, and fun enough, to hold yourself accountable to complete.

- Slow down.
- Read a book
- Use your turn signals.
- Spend more time with friends and family
- Don't text and drive.
- Try a new hobby
- Don't tailgate.
- Plan a trip to somewhere new.
- Don't drink and drive.
- Give a compliment everyday.
- Be a designated driver
- Go to a concert.
- Donate or volunteer with a cause you care about.

Hopefully, something on this list inspires you to go outside your comfort zone and start something you will continue for years to come. Happy New Year!

#### Remember The 4 P's For Cold Weather

**<u>PEOPLE</u>**- Dress in layers; check on the elderly and neighbors

<u>PETS</u>- Bring pets inside or have a warm place for them if outside

<u>PIPES</u>- Drip faucets on exterior wall; disconnect hoses & cover spigets

<u>PLANTS</u>- Bring sensitive platns inside or cover them with blankets



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