Commit To Be Fit

Mayor Carmen R. Freeman

In the Disney Production of Mary Poppins made in 1964, Mary Poppins played by Julie Andrews, is an English nanny hired by a dysfunctional family in London to improve their relationships and interactions with each other. During one particular segment of the movie, Mary Poppins sings the classic song, “A Spoonful of Sugar” in an attempt to motivate the children to clean their room. During the course of this song, Mary Poppins references the term “sugar” numerous times in an effort to teach the children that difficult and daunting tasks can still be fun.

Today, sugar is promoted in a similar way. But what’s not to like about sugar. Whether it’s your favorite soft drink, candy bar, cookie, doughnut, cake, pie or bowl of ice cream, certainly, “a spoonful of sugar helps the medicine [or task] go down.”

However, we all know that a spoonful of sugar on a regular basis begins to add up over the course of a year. Recently, the United States Department of Agriculture reported that the average American will consume up to 150-170 pounds of sugar in one year!

So how are we consuming all of that sugar? Here are a few examples:

- 12 oz. can of Coke = 7 teaspoons
- Snickers candy bar = 7 teaspoons
- Four Oreo cookies = 2.8 teaspoons
- Sugar doughnut = 2.2 teaspoons
- A slice of carrot cake = 3 teaspoons

Some critics of sugar consumption have referred to it as a drug or poison. While this description may be a little extreme, certainly one cannot argue the harmful effects of sugar on the human body. For example, excessive sugar in our diet has been linked to obesity, damage to the heart and liver, escalation of cancer, tooth decay, diabetes and brain function.

Mayor’s Challenge

While natural sugars found in many fruits and vegetables are a welcomed part of a well-balanced diet, excessive amounts of refined sugar are detrimental to our overall health. So this year, I challenge everyone to reduce their refined sugar consumption by 50%. Let’s avoid that extra “spoonful of sugar” and enjoy a healthier and more productive life.
Youth Council Wishes You a Happy New Year
Kennedy Boldsman, Youth Council PIO

The Youth Council was recently privileged to host Herriman City’s annual Volunteer Appreciation Luncheon, where there were, along with various other groups and individuals, recognized for the valuable service they have provided for Herriman City.

Members of the Herriman City Youth Council were present in a recent Herriman City Work Meeting as South Salt Lake Chairmen of the Youth Council Charter Committee, presented the final draft of the Youth Council Charter. Thanks to the feedback given by the City Council, our Youth Council have made final improvements to their new Charter which will be verified by the City Council in an upcoming meeting.

Coming up soon for Youth Council is an all day retreat on January 17th to discuss important information for the upcoming year, along with elections which will be held early in 2015. Another anticipated upcoming event is the annual Day at the Legislature, during which Youth Council Members visit the State Capitol and are able to learn about the Senate, along with practicing skills as they themselves debate real, current issues. This is an event which multiple Youth Councils from Salt Lake County attend together. Herriman City was well represented in early 2014 at this event, as our Youth Council Mayor, Riley Elder, was appointed chairman during debate of a bill.

Youth Council application deadline was December 22nd. The City appreciates those who applied and the Youth Council anxiously awaits the opportunity to welcome new arrivals. Along with new applications submitted, current Youth Council members interested in serving another term were requested to write and submit a letter of intent, including what they accomplished during their 2014 term, and what they plan to accomplish during a 2015 term, in order to remain on the Herriman City Youth Council.

Looking forward to another year of service, involvement in City affairs and opportunities to gain political experience and greater communication skills.

“Beauty And The Beast”
Auditions for the Herriman Arts Council summer musical production of “Disney’s Beauty And The Beast” will be held Saturday, March 28, 2015 from 9am - 5pm at Herriman City Hall, 5111 S. 13800 W. IMPORTANT: To learn more about registering for an audition time and for further details about the production, please visit the Herriman Arts Council facebook page: https://www.facebook.com/HerrimanArtsCouncil
Call back auditions will be by invitation only on Tuesday, March 31, Wednesday, April 1, and Thursday, April 2nd.
All audition information and/or dates are subject to change without notice.

Rehearsals begin Saturday, May 2, 2015.
“Tech Week” rehearsals will be from approx. 7pm to 10:00pm.
Saturday rehearsals will be from approximately 9:00am to 1:00pm.
Production dates:
July 9, 10, 11, 13, 14, 16, 17, 18, and 20 (all shows begin at 7:30pm)
Location:
W & M Butterfield Park Rosecrest Pavilion, 6212 Butterfield Park Wey, Herriman, UT 84069
Producer - James Crane
Director - Stephen Kerr
Choreographer - Julie Balazs
Music Director - Linda Smith
Orchestra Director - Maegan Thorup

Transportation
Utah Transportation Coalition
Last month, the Herriman City Council made a decision to join the Utah Transportation Coalition as they look to secure adequate long term funding to support transportation roads in a rapidly growing state. Together we will collaborate on providing education to the public regarding the needs and options that are being proposed.
In Utah, the state motor fuel tax (gas tax) serves as our primary source of transportation funding. The funding covers:
• Maintenance, like overlays on worn down roads, snowplowing and pothole repair.
• Improvements in existing infrastructure like enhanced safety features, better lighting or new traffic signs and signals.
• New capacity, which includes everything from new highways to new sidewalks and trails.
Unfortunately, the gas tax doesn’t stretch as far as it did in 1997, when it was last updated. Due to inflation, the buying power of the gas tax has decreased by 28 percent over the last decade. Meanwhile, vehicles have become more fuel-efficient, which means drivers are buying less gas to operate their vehicles.
Part of Utah’s gas tax is portioned out to local governments. The average ut in Utah only receives about 40 percent of the funds they need for transportation from the state. Many cities and counties must postpone projects or sacrifice other services to cover transportation costs.
Utah’s transportation and planning agencies estimated that we need an additional $11.3 million dollars to cover the most necessary transportation projects at state and local levels between now and 2040. To optimize value for the dollar, we need to plan for that funding for 2015.
A quality transportation system offers personal benefits to every Utahn. Transportation impacts our time, our environment and our health. For Utahns who use it each day, a functioning system means less travel time, which translates to more time with family, more free time and time to pursue a balanced life. Whether or not you drive, you benefit from an efficient transportation system. A healthy transportation system provides:
• Personal savings in time and money. A healthy transportation system leads to reduced congestion and reduced vehicle-operating costs. A well-functioning system improves reliability, safety and air quality. A healthy system also provides taxpayer savings through fiscally responsible planning.
• Reliable delivery of goods and services. FedEx broke its previous record in package delivery this holiday season. It will move 290 million shipments between Black Friday and Christmas Eve, an 8.8 percent increase over last year.
• A healthy Utah: healthy air, healthy environment and healthy quality of life. By investing in active transportation options, we improve air quality and promote physical activity.
Transportation impacts Utah’s economy, environment and quality of life. A long-term transportation funding solution will preserve our current level of infrastructure quality of life. To obtain more information about transportation impacts and the transportation coalition, visit www.UtahTransportation.org. For regular updates from the program follow Herriman City’s Facebook page at https://www.facebook.com/HerrimanCity

Recreation
Community Fisheries Program
For Children Ages 6-13
Weekly Instruction: Monday Nights
April 13th - May 18th
Cost: $15 (Pre-Registration-Includes fee, T-Shirt)
Location: The Cove at Herriman Springs
9797 W. Rose Canyon Road 14100 S.
Register online - www.herriman.org/events/ or Call 801-254-7667
Space is limited. Entry is on a first come basis. Program lead by adult mentors.

Community Gardens
The Herriman City Community Garden had an abundant 2014 season, gardeners donated over 100 pounds of produce to the Riverton Senior Center. The garden is located on Pioneer Street. Herriman residents can rent an approximately 17 square foot garden plot that will keep your family in produce throughout the growing season. Seasoned gardeners are ready to help because last summer started out with a 40% deposit for single plots and $60 for double plots. The deposits will be refunded at the end of the season if the plot is maintained as agreed. Please visit http://bit.ly/HCCGRegistration, read the garden agreement and register for your opportunity to rent a plot in the coming season. If you have any questions, please contact:

Trish Slussar at trishslussar@gmail.com

“Herriman Livin’” Talent Show
Do you have talent? We need every kind of talent for our upcoming show, Herriman Livin’ Get prepared now because auditions will be March 6-7, 2015. We are also looking for art acts to purchase for the show.
No talent is left out! Herriman Livin’ will be at Fort Herriman Middle on March 14, 2015. Watch for upcoming info on our Facebook page!
Winter Safety

The snow continues to fly and winter is here to stay for a while. As we move into a new year, please help us all stay a little safer by following a few simple steps:

- Avoid parking on the street during or immediately following a snow storm. Our city crews work tirelessly during the winter months to keep our streets clear and they need your help. Parking on the street during or in the hours following a snow storm interferes with their ability to plow effectively and could result in a parking citation. (Herriman City Code 6-4-8).
- Resist the temptation to leave your vehicle unattended while warming up in your driveway. Vehicles left warming are a prime target for car thieves in the winter months and could cause more headaches than a few minutes in a cold car.
- Remember to keep emergency essentials in your vehicle, particularly if you have a long commute or are traveling. You don’t want to be the one stranded in a snow storm on the highway without a blanket and some food and water.
- Stick roads and excessive speeds are a recipe for a traffic crash. Please slow down and increase your following distance when driving in bad weather. Most accidents during the winter months are the result of drivers traveling too fast for the road conditions. Remember your brakes don’t work as well when there is a sheet of ice between the tires and the road.

Winter Heating and Fire Safety

The winter months are the leading time of year for home fires. As the temperatures outside drop and we turn to inside heat sources to keep warm the risk for home fires increases. In 2011, heating equipment was involved in an estimated 3,600 reported U.S. home structure fires, with associated losses of 400 civilian deaths, 1,520 civilian injuries, and $893 million in direct property damage. These fires accounted for 14% of all reported home fires. Based on 2007-2011 annual averages:

- Space heaters, whether portable or stationary, accounted for one-third (33%) of home heating fires and four out of five (81%) of home heating fire deaths.
- Half (50%) of all home heating fires occurred in December, January and February.
- The leading factor contributing to home heating fires (28%) was failure to clean, maintain, or repair heating equipment.
- Place a three-foot “kid-free zone” around open fires and space heaters.
- Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer’s instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms monthly.

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The Future of Herriman Hills:
Preservation or People?

Herriman Trails Committee
While development is inevitable, the Trails Committee has a strong desire to see that Herriman does not lose the character and outdoor charm that many of its residents enjoy. The signature characteristics of our city is Herriman Hills, the mountain range on our southern boundary. The Trails Committee is an organization established to ensure that this area is protected, preserved and maintained for future residents of Herriman.

The majority of Herriman Hills is privately owned with zoning that allows one residential unit per acre. Potentially, there could be thousands of homes built on the mountain. The Trails Committee is mindful and respectful of the rights of property owners, but would like to give them options other than development if they choose not to sell their land.

The City is working with several groups to find funding to purchase the mountain. However, all these opportunities require matching funds from the City. To raise these funds, the Trails Committee is sponsoring an initiative to be on the ballot in November 2015. Signatures from 1300 registered Herriman voters will be required by March just to get the initiative on the ballot. If passed, it will allow the City to collect a small monthly fee to be used ONLY to purchase and maintain Herriman Hills.

The Trails Committee is conducting an online survey to gather Herriman residents’ vision for the mountain, as well as their opinions on a monthly fee to fund preservation efforts. Results of this survey will be used to determine how the Trails Committee will move forward with efforts to preserve the mountain. PLEASE take a moment to complete the survey and share your opinion.

www.surveymonkey.com/HerrimanHillside

If feedback for preservation is positive, the Trails Committee will need help gathering the required 1300 signatures to get the initiative on the ballot. If you are interested in helping or learning more, please contact the Trails Committee at trails@herriman.org or follow Herriman City Trails Committee on Facebook.

Recycling

From Thanksgiving in New Year’s Day, household waste increases by more than 25%. This holiday season, please make an effort to recycle and reduce waste. Provided below are some seasonal tips about keeping the black bin empty and the blue bin full.

Pet Services

Sandy Nelson, Salt Lake County Animal Services
Welcome to 2015! Salt Lake County Animal Services wants to make sure YOU, the residents of Herriman, know about the great services we offer. Our goal is to provide quality pet services for your pets:

- UT FACES dog voucher – FREE microchip, FREE rabies vaccine, FREE DHPP for residents of Herriman. You can call 385-468-3700 to order this service.

- UT FACES spay/neuter voucher – FREE spay or neuter for low-income citizens for one dog only. MUST license dog at time of voucher service or show proof of current pet license.

- UT FACES cat voucher – FREE microchip, FREE rabies vaccine, FREE FVRCP for one cat only. MUST license cat at time of voucher service or show proof of current pet license.

- UT FACES spay/neuter voucher – FREE spay or neuter for low-income citizens for one dog or cat. FREE spay or neuter for one pit bull type dog (no low-income requirements). FREE microchip will also be given at time of spay/neuter.

- Can Be Recycled: Cardboard packaging, plastic (1 through 7) and plastic six bags, gift wrap (even if it’s glossy), plastics, including plastic clam shells

Christmas Tree Collection: Starts the Monday after Christmas, until the last weekday of January, we will collect Christmas trees curb side. Your tree may be picked up on any of your regular scheduled collection days during the month of January.

Herriman City to Offer Passport Service

Herriman City is pleased to announce that in mid-January our office will roll out a new convenience and service to our residents. “We are looking forward to opening the passport division to serve the residents of Herriman and those in surrounding areas, as part of our mission to provide efficient service to the public,” Wood said.

The City is currently establishing an office in our front office for passport service only. Those wishing to obtain a passport will go to that window, fill out an application and have their picture taken. Appropriate documentation must accompany them in order to complete the application. Watch our Facebook page for an announcement on the opening of the passport window. Visit https://www.facebook.com/HerrimanCity

For application forms, information on documentation required, fees, and a wealth of other passport and international travel information, visit the official website for Passport Services.

Happy New Year from the Parks Department

Wade Sharp, Parks Manager
The Parks Dept. has enjoyed a long and unseasonably warm Fall this year and the Parks Staff was able to get the entire sprinkler system winterized in all of the Parks with plenty of time to spare. In fact we were getting a little concerned about the lack of moisture due to the warm temperatures about the middle of the month. The City is happy to be receiving some rain and light snow fall at the time of this writing.

We have been busy getting a jump on many of the Spring maintenance items and hope this will allow for improved shrub and weed control measures. Currently we are working to modify some of the older sprinkler components along with fence repairs and the installation of long term fertilizer tablets in all of the City’s trees.

We are thankful to all that use the Herriman Parks, Open Space and Trail System and appreciate the assistance of the City staff in helping us keep the Parks looking great. We look forward to a great year in 2015 and hope to bring additional Parks, Trails and Amenities for your enjoyment.

Bright Idea: Are you ready for change?

Cathryn Nelson, Building Official

The International Building Code, which regulates all construction in the State of Utah including Herriman City, contains requirements for energy conservation. One of the least expensive ways to reduce energy costs is installation of high efficiency light bulbs. At the end of 2014, major manufacturers of light bulbs were no longer allowed to manufacture most incandescent bulbs. Although this legislation is being challenged, you may want to prepare for the change if you haven’t already. Note that 40-watt and 60-watt bulbs are not affected by the new legislation.

Incandescent bulbs invented 120 years ago are the traditional yet outdated type of bulb. Incandescent bulbs produce light by heating a filament to the point of incandescence. The light produced is simply a byproduct of the heat. However, the heat wastes a lot of electricity. Incandescent bulbs are not efficient.

Currently there are several options to replace your old-fashioned bulbs. Fluorescent, LED, CFL and incandescent all predict the energy needed to burn the bulb, so linear predictions of savings can be made in the future.

Fluorescent bulbs produce light in a different way than incandescent bulbs. They use electricity much more efficiently. A single 15-watt fluorescent bulb, produces the same light as a 60-watt incandescent bulb. The reason our current bulbs are more costly but they have a longer lifespan is because a tungsten wire is heated to the point of incandescence, therefore the LED lifespan is measured in years. LED lifespan is advertised in decades. A 9- or 12-watt LED produces the same light as a 60-watt incandescent bulb.

CFL and halogen have a higher upfront cost, but consume more power and have a shorter lifespan. They are still a much better alternative to old fashioned incandescent bulbs.

Complaints of newer versions of bulbs include less-than-instantaneous brightness and unattractive color. Some manufacturers are working to reduce or eliminate these complaints. However I’ve heard comments that once you’re accustomed to the delay to full brightness, the dimmer light upon activating the bulb will not bother you. Comments that once you’re accustomed to the delay to full brightness, the dimmer light upon activating the bulb will not bother you.

LED bulbs are currently more costly but they have a lifespan that is practically indefinite. Incandescent bulbs are available in 40 years. LED bulbs are available in 40 years. Incandescent bulbs are available in 40 years. LED bulbs are available in 40 years. Incandescent bulbs are available in 40 years. LED bulbs are available in 40 years. Incandescent bulbs are available in 40 years.