While getting a good night's rest will not guarantee freedom, studies have shown that those who get enough sleep are less likely to make odd mistakes." (WebMD)

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**The Golden Chain to Good Health**

**Mayor Carmen R. Freeman**

Years ago, Thomas Dekker a writer of the medieval period once said, "Sleep is that golden chain that ties health and our bodies together." From school age children to older adults, each of us at various moments in our lives have come to know the validity of that statement. Sleep deprivation can make us less productive, irritable, and despondent while an adequate night's sleep can improve our disposition and put a spring in our step to take on the world.

On average, we spend one-third of our life sleeping. Because this activity occupies a considerable portion of our mortal time, it is essential to understand the health benefits that can be derived when we get the recommended amount of sleep. To assist us in this process, health experts have identified the following reasons why getting sufficient sleep should be viewed as a top priority.

**Improved Health** – While getting a good night's rest will not guarantee freedom from disease, studies have demonstrated a causal link between insufficient sleep and serious health issues such as heart disease, heart attacks, diabetes and obesity. Although these health risks can emerge even to those who practice sound sleeping patterns, their seriousness intensifies among those whose sleep is considered inadequate. (WebMD)

**Lower Risk of Injury** – Studies have shown that those who get enough sleep are generally more alert. Conversely, those among the group classified as sleep deprived are typically more prone to accident and injury. Take for example auto accidents. The Institute of Medicine estimates that 1 out of every 5 car crashes are a result of a drowsy driver. Additionally, Jodi A Mindell, PhD and author of the book Sleep Deprived No More, made this corollary link between sleep and accidents, "When you're overtired, you're more likely to trip, or fall off a ladder, or cut yourself while chopping vegetables." (WebMD)

**Better Mood** – While getting enough sleep doesn't guarantee a state of euphoria, it will certainly improve your disposition and outlook on life. On the other hand, those who have trodden down the pathway of sleep deprivation often display moments of impatience, irritability and less understanding. As Dr. Mindell observed, "Not getting enough sleep affects your emotional regulation." (WebMD)

**Weight Control** – For some this is an interesting and unknown benefit to getting enough sleep. When you are tired you are less likely to exercise and eat healthy resulting in an increase in your overall weight. Additionally the hormone Leptin which signals to the brain that you are full is less prevalent when you are tired. As a result you feel hungry and end up consuming high-fat and high-calorie foods. (WebMD)

**Clearer Thinking** – Each of us have experienced moments when we have gotten out of bed with a short night of rest and struggle to simply wake up. In this state of mind our capacity to think and reason clearly is muddled. In this condition, Dr. Mindell made this observation, "Sleep loss affects how you think... It impairs your cognition, your attention, and your decision-making... We are also more likely to make odd mistakes." (WebMD)

Other benefits of adequate sleep include improved memory, stronger immunity, longevity, lowering of stress and symptoms of depression. The enabling power of sleep is clearly documented. May each of us embrace its divine capacity to enliven our body and mind.

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**Herriman City's 14th Annual Pumpkin Festival**

**Saturday, October 15, 2016 ~ 5:00-7:00pm**

Herriman City's 14th Annual Pumpkin Festival is November 14, 2016. It is a wonderful opportunity to decorate pumpkins and participate in a costume contest. Prizes will be awarded in several age groups.

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**Saturday, October 15, 2016 ~ 5:00-7:00pm**

**For the latest meeting schedule updates and agendas visit:**

www.herriman.org/agendas-and-minutes/

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**City Phone Numbers:**

Main Number: 801-446-5332

Passport Office: 801-727-0940

Police Dispatch: 801-743-7000

Fire Dispatch: 801-743-2200

Emergency: 911

Website: www.herriman.org

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**Herriman City Hall:**

13011 South Pioneer St.  Herriman, UT 84096

Monday - Friday 7:30 a.m. - 5:30 p.m.

Passport Office Hours: 7:30 a.m. - 5:30 p.m.

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**Mayor Carmen Freeman**

City Council:

Cori Lee Moser, Craig Tischner

Jared Henderson, Nicole Martin

City Manager: Brett Wood

Asst. City Manager: Gordon Haight

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**For other event information visit:** www.herriman.org
Child Safety Considerations for the New School Year and a New Era of Technology

Matthew McFarland, Public Relations

With summer vacation nearing its end for the traditional school calendar, it’s a good time to review some safety practices with your family. This doesn’t need to be a formal lesson. Children will internalize the information if the message is delivered slowly over many occasions, with well thought out consistency and reasoning to back your teachings. It’s up to the parent to temper the message to match the child’s individual level of comprehension.

The base level awareness for all school age children should include their parent’s names, phone number, their address, and how to dial 911 in an emergency. This last skill is one that has taken on a new complication in the age of cell phones. Many households have forgone the traditional landlines, possibly complicating a child’s ability to contact emergency services. It’s important to show children who don’t yet have their own phones how to make a call on an adults cell phone, and where those phones are likely to be located. One additional caveat to make an emergency call, should those phones have a pass code lockout function. Giving young children their own phones has become commonplace. This is a convenience that allows you to always be in contact with them, and literally track their approximate location at all times. While this is a great anxiety reducer as children get older, it also has taken on a new complication in the age of cell phones.

Many households have forgone the traditional landlines, possibly complicating a child’s ability to contact emergency services. It’s important to show children who don’t yet have their own phones how to make a call on an adults cell phone, and where those phones are likely to be located. One additional caveat to make an emergency call, should those phones have a pass code lockout function. Giving young children their own phones has become commonplace. This is a convenience that allows you to always be in contact with them, and literally track their approximate location at all times. While this is a great anxiety reducer as children get older, it also has taken on a new complication in the age of cell phones.

Instead of using electronic devices, here are some practices that children might use:

- Look both ways before crossing, TWICE
- Cross only at crosswalks
- Never cross the street while using an electronic device
- Never walk while texting or talking on the phone

As always, the best way to back your teachings is by example. Children will in fact retain it better if the information is delivered slowly over many occasions, with well thought out consistency and reasoning to back your teachings. It’s up to the parent to temper the message to match the child’s individual level of comprehension.

Curious how the reasoning process takes place? Follow along the journey from start to finish. See additional details about what happens during this progression on our website at http://www.herriman.org/rezone-process/

Designing for Earthquake Safety
Doug Adams, Building Inspector

I recently read an article published on the CodeCounts website by rethinkWood (rethinkwood.com). As a major construction nerd I was very interested in this information and thought I’d pass it on to you. It began with this historical information:

Why Wood-frame Construction Helps Save Lives
At precisely 4:30 on the morning of Monday, Jan. 17, 1994, a blind thrust earthquake rocked southern California for a terrifying 10-20 seconds. Though considered a “moderate” trembler on the Richter scale, the Northridge earthquake registered the fastest peak ground velocity ever instrumentally recorded in North America. Property damage was an estimated $40 billion, ranking it among the costliest natural disasters in U.S. history.

Scores of damaged and ruined buildings yielded many lessons for residential and commercial architects, building engineers, urban planners, emergency preparedness officials, and building code professionals. Chief among them: wood-frame construction proved highly earthquake-resisitve, and offers a number of advantages that contribute to their relative performance in seismic events.

At a hearing before the U.S. House of Representatives, one of the reasons cited for the surprisingly small casualty count for a major seismic event in a vast urban area was that “the majority of people were sleeping in their wood-frame, single-family dwellings, generally considered to be the safest type of building in an earthquake.”

We start with the four characteristics that make wood the structural material of choice in seismic-active areas:

1. Lightweight. Reduced weight reduces seismic forces, proportional to building weight.
2. Ductile Connections. Ductility is the ability to yield and displace without sudden brittle fracture—a powerful advantage with a swaying building. Multiple nailed connections in wood framing members, shear walls, and diaphragms of wood-frame construction exhibit ductile behavior.
3. Redundant Load Paths. Wood-frame buildings are usually composed of repetitive framing attached with numerous fasteners (nails) and connectors, which provide multiple and often redundant paths for seismic resistance.
4. Code and Standards Compliance. Codes and building standards prescribe the minimum fastening requirements for wood framing members, which is unique to wood-frame construction and an obvious benefit for seismic performance.

When a building plan is submitted into our office, we assign it a risk category before beginning the plan review. They are:

- Risk Category 1: Agricultural facilities and storage buildings.
- Risk Category 2: Houses, apartment buildings, offices, and stores.
- Risk Category 3: Schools and assembly buildings with occupancy of greater than 300.
- Risk Category 4: “Must-not-fail” facilities such as power-generating stations, police and fire stations, and other essential structures.

Then the plan is thoroughly reviewed to make sure all requirements are met and approved, with any necessary changes made on paper before the construction ever begins.

When I do building inspections I require the approved plans are placed at the jobsite. I carry the plans as I do the inspection made on paper before the construction ever begins.

Herriman Harmonyx Auditions
If you want to have fun and entertain people at the same time this is the group for you! The Herriman Harmonyx are a city sponsored volunteer a cappella singing group and can be seen performing at city events. They are best known for their original and annual Valentine’s Day Cabaret show! They perform a variety of styles, but mostly specialize in pop music arrangements. Auditions for a soprano will be held during the month of August. Please contact Marcela Pederson at marcelaf@yahoo.com for more information and to set up an audition.
Secondary Water Conservation Efforts

Tami Moody, Director of Communications

Culinary water is not the only water resource that we should focus on conserving. Our secondary water resources also warrant a focus on conservation as we balance the outflow. Currently, Herriman City secondary water levels are where they should be at this time of year, but as temperatures remain hot and dry, usage increases and our levels go down. This could be more noticeable towards the end of the watering season. With Utah Lake levels continuing to drop our water levels could see impact that would lead to an earlier shut off. Regular shut off usually falls between the first and second week of October. As we monitor water use and availability, we will keep the public notified should there be a need for an early shut off. In the meantime, we encourage all to practice conservation efforts. For more information visit http://www.slowtheflow.org/ and get great tips on saving water whether culinary or secondary.
The 5th Annual Herriman Enduro Challenge was a great success. We had riders from Utah, Nevada, Wyoming, California, Idaho and Washington. If you missed it this year, be sure to join us for an awesome time next year.

The results are as follows:

**Pro/Expert Class:**
1st Place: Colton Haaker, Murrieta, CA  
2nd Place: Ty Tremaine, Gardnerville, NV  
3rd Place: Cory Graffunder, Murrieta CA

85CC 12-13:
1st Place: Coleman Johnson, Rathdrum, ID  
2nd Place: Racyn Ogden, Central Valley, UT  
3rd Place: Conner White, Mona, UT

65CC Open Junior:
1st Place: Braxton Christensen, Pleasant Grove, UT  
2nd Place: Bronson Frye, Santaquin, UT  
3rd Place: Aiden Bezzant, Santaquin, UT

**Vet:**
1st Place: Ian Roberts, Eagle Mountain, UT  
2nd Place: Brock Buttars, Cove, UT  
3rd Place: Aaron Bezzant, Santaquin, UT

Beginner/Novice:
1st Place: Brandon Archibald  
2nd Place: KC Ballow, Mona, UT  
3rd Place: Curtis Julian

50CC 4-6:
1st Place: Camden Iker, Elk Ridge, UT  
2nd Place: Kentley Jackman, Saratoga Springs, UT  
3rd Place: Lian Keoli

50CC Open:
1st Place: Cohen Jackman, Saratoga Springs, UT  
2nd Place: Parker Miller  
3rd Place: Ryker Sperry, Nephi, UT

65CC Open 7-9:
1st Place: Bryson Green  
2nd Place: Dallas Jackman, Saratoga Springs, UT  
3rd Place: Jaxon Iker, Elk Ridge, UT

Intermediate/Amateur:
1st Place: Brady Fox, Highland, UT  
2nd Place: Gavin Sigeismund  
3rd Place: Tyler Jorgensen, Wellsville, UT

ATV:
1st Place: Chris Brigman  
2nd Place: Jerry Nelson  
3rd Place: Chris Brown

**SXS:**
1st Place: Chris Wardle, Herriman, UT
Child Safety Considerations for the New School Year and a New Era of Technology

Matthew McFarland, Public Relations

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Giving young children their own phones has become commonplace. This is a convenience that allows you to always be in contact with them, and literally track their movement, so you know their approximate location at all times. While this can be a great anxiety reducer as children get old enough to walk to school on their own and roam the neighborhood, possessing these devices can also present a distraction for them too.

How these phones are managed is best done by setting clear rules and expectations that accompany the possession of electronic devices. For the purpose of this article, I’ll focus on articulating rules that encourage a strong situational awareness for the user. As previously mentioned, these expectations and changes will vary depending on age and maturity, but some practices should be used by all ages (including adults).

As always, the best way to back your teachings is by example. Let’s review a short list of things worth discussing on the subject, but hopefully it’s a starting point for consideration and conversation. As a parent the list of concerns can be exhausting as your children get older. By spending time discussing these points as a family, hopefully you can alleviate some of that burden.

A Few Basic Rules and Considerations

- • Cross only at crosswalks
- • Never cross the street while using an electronic device
- • Never walk while texting or talking on the phone
- • Wear headphones for most ages.

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Improved Health – While getting a good night’s rest will not guarantee freedom from disease, studies have demonstrated a causal link between insufficient sleep and serious health issues such as heart disease, heart attacks, diabetes, and obesity. Although these health risks can emerge even to those who practice sound sleeping habits, the condition of sleep deprivation often displays moments of irritability, impatience, irritability and less understanding. As Dr. Mindell observed, “Not getting enough sleep affects your emotional regulation.” (WebMD)

Lower Risk of Injury – Studies have shown that those who get enough sleep are generally easier to work with. Conversely, those among the group classified as sleep deprived are typically more prone to accidents and injury. Take for example auto accidents. The Institute of Medicine estimates that 1 out of every 5 car crashes are a result of a drowsy driver. Additionally, Jodi A Mindell, PhD and author of the book Sleep Deprived No More, made this corollary link between sleep and accidents, “When you’re overtired, you’re more likely to trip, or fall off a ladder, or cut yourself while chopping vegetables.” (WebMD)

Better Mood – While getting enough sleep doesn’t guarantee a state of euphoria, it will certainly improve your disposition and outlook on life. On the other hand, those who have trodden down the pathway of sleep deprivation often display moments of impatience, irritability and less understanding. As Dr. Mindell observed, “Not getting enough sleep affects your emotional regulation.” (WebMD)

Weight Control – For some this is an interesting and unknown benefit to getting enough sleep. When you are tired you are less likely to exercise and eat healthy, resulting in an increase in your overall weight. Additionally the hormone Leptin which signals to the brain that you are full is less prevalent when you are tired. As a result you feel hungry and end up consuming high-fat and high-calorie foods. (WebMD)

Clearer Thinking – Each of us have experienced moments when we have woken out of a dream feeling as if we have just woken up from a short night of rest and struggle to simply wake up. In this state of mind our capacity to think and reason clearly is muddled. In this condition, Dr. Mindell made this observation, “Sleep loss affects how you think… It impairs your cognition, your attention, and your decision-making… [we are] also more likely to make odd mistakes.” (WebMD)

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