

Mayor: Carmen Freeman

City Council:

Coralee Moser, Craig Tischner

Jared Henderson, Nicole Martin

City Manager: Brett Wood

Asst. City Manager: Gordon Haight

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 safer. 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



Meeting Schedule

7:00 PM

City Council Meetings:

September 14, 2016

September 28, 2016

Planning Commission Meetings:

September 1, 2016

September 15, 2016

For the latest meeting schedule updates and agendas visit:

www.herriman.org/events-calendar/

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

City Phone Numbers:

Main Number: 801-446-5323

Park Reservations: 801-254-7667

Building Dept.: 801-446-5327

Passport Office: 801-727-0940

Police Dispatch: 801-743-7000

Fire Dispatch: 801-743-7200

Emergency: 911

Website: www.herriman.org

Herriman City Hall:

13011 South Pioneer Street

Herriman, UT 84096

Monday - Friday

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

Passport Office Hours:

8:00 a.m. - 4:00 p.m.



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 after 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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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 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.

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 this is how 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 movement, so you know their approximate location at all times. While this is 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.

Combating these distractions 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 will change 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.

A Few Basic Rules and Considerations

- Never walk while texting or talking on the phone
- Never cross the street while using an electronic device
- Cross only at crosswalks
- Look both ways before crossing, TWICE
- Always be aware of your surroundings, this may mean not wearing headphones for most ages.

This is by no means a total 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.

Light Technician Needed!

The Herriman Arts Council is looking for a volunteer light technician to run the lights for our events and mentor interested residents who wish to volunteer their time as well. If you are interested in learning more about this opportunity, please contact James Crane at james_crane@byu.edu or Deb Taylor at debra.taylor@reverehealth.com.



Dogs AND Humans welcome!

A fun race, live music, food trucks, a pet psychic, a pet reiki, hundreds of adoptable animals from local shelters, and SO much more!

SL County Animal Services will be there to vaccinate, microchip, and license pets as well.



Register for the 5K here:

<https://runsignup.com/Race/Events/UT/WestJordan/FangFive>

Petapalooza and Fang 5K

Viridian Event Center
8030 S. 1825 W
South Jordan, UT

August 27th
9 AM - 4 PM

Senior Social

Herriman City

Cordially invites our Seniors to attend the Annual Senior Social
September 27, 2016

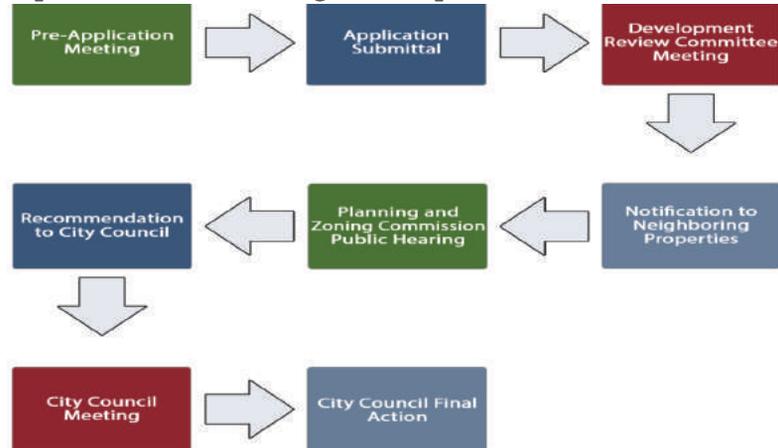


For information or to RSVP please contact Herriman City Events
events@herriman.org or 801-254-7667

Please help us get the word out to all of our valued senior residents. If you know of someone who has not received an invitation please contact us.

Rezoning Process

Curious how the rezoning 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/>



New Planning Commissioners

Herriman City would like to welcome Curtis Noble and Andrea Bradshaw as two new alternate members on the Planning Commission.



HERRIMAN Arts COUNCIL

THE LORAX

The Big Yellow Shoe

Children's Theatre workshop

Performances at Butterfield Park Pavilion on September 15th, 16th, 17th & 19th, 2016
www.facebook.com/thebigyellowshoe



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.



New Positions

As Herriman continues to grow, the need for staff does as well. Regular and seasonal positions are posted periodically on our website. If you are looking to join our team, check the site frequently for open positions.

Safe Walking Routes

With the school year beginning, it is important to know where the safe walking routes are. The city works closely with each school and UPD to develop a safe route for the children to walk to and from school. Please make sure you check them yearly as they may have changed from the previous year. They can be found at <http://www.herriman.org/city-departments/gis/>



Text the keyword "Alerts" to 47092 or sign up by going to www.herriman.org/alerttext/

Utility Billing Made Easier



E-Bill



Equal Pay



Auto Pay

<http://www.herriman.org/utility-billing-2/>

City Hall Update

The construction on the new City Hall is moving right along. For up to date information on the continued progress of City Hall check our website at <http://www.herriman.org/herriman-city-hall/>

For updates on other projects please visit <http://www.herriman.org/city-departments/construction/>



Have you seen an issue that needs the City's attention? Snap a picture, send the issue, and see results with the Herriman Mobile App LocalMatters. Available Free for Android, Apple and Windows devices. For more info go to www.herriman.org/localmatters/



Herriman Enduro Challenge

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 Butters: 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: Kenzley 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



Youth 12-15 Full Course:

- 1st Place: KC Ballow, Mona, UT
- 2nd Place: Karson Thomas, Riverton, UT
- 3rd Place: Ryan Davis, Spanish Fork, UT

ATV:

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

SXS:

- 1st Place: Chris Wardle, Herriman, UT





Designing for Earthquake Safety

Doug Adams, Building Inspector

I recently read an article published on the CodeCounts website by reTHINK Wood (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" tremblor 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, civil engineers, urban planners, emergency preparedness officials, and building code professionals.

Chief among them: wood-frame construction proved highly earthquake-resistive, 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 load 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 broken out by four levels of risk, from least human life risk to greatest with examples:

- 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 to ensure the contractor has built it with all the safety requirements in place. As an inspector for Herriman City, I take seriously my duty to ensure buildings, especially houses, are built safely.



COMING FALL OF 2016

MISS
HERRIMAN
SCHOLARSHIP PAGEANT

LEARN MORE AT
HERRIMAN.ORG/MISS-HERRIMAN-PAGEANT



Herriman Harmonyx Auditions

If you want to have fun and entertain people at the same time this is the group for you!

The 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 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 Fedderson at marcelafed@yahoo.com for more information and to set up an audition.

HERRIMAN
HARMONYX





Herriman City's 14th Annual PUMPKIN FESTIVAL

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

--Pumpkin Decorating Contest--

Prizes awarded in several categories
Pumpkins should arrive by 4:30pm

--Costume Contest--

Prizes awarded in several age groups
Judging will begin at 5:30pm

SPONSORS



Free Treats
Bring your own
trick or treat bag!

Free Activities for all Ages
Candy Scavenger Hunt,
& Other Activities & Prizes

For other event information visit www.herriman.org



CHIP SEAL SCHEDULE

In an effort to maintain quality city roads, the following work has been scheduled by Salt Lake County.

*Motorists can expect lane restrictions, flagging, and an increased time for travel.

Mustang Trail

Chip Seal
8/18

Fog Seal
8/26

Herriman Pkwy (Main St. - 6000 W)

Chip Seal
8/16 - 8/17

Fog Seal
8/25

13900 S (Mirabella - The Gate)

Chip Seal
8/19

Fog Seal
8/26

Questions? Contact Herriman City at (801) 446-5323

06/15/2016

Herriman 2016 Area Cleanup Overview

