

# Bluffdale Times



December 2016

## MAYOR'S MESSAGE

### "Faceless Social Media"



I'm "friends" with many social media groups on the internet that are based in Bluffdale. Many of these groups exist to build a community up but some have an effect which could, and do, create division between individuals, families, and communities within our city.

When I became mayor the city was greatly divided. In fact, one of the reasons I ran for mayor was it was tearing me apart to see the division which existed in the city. As I read comments in social media I'm left wondering why people don't get more information before posting information that unfairly tears our communities apart. It is easy to build "walls" around our communities. If you look on social media you will see a "wall" being built on Redwood Road, a "wall" being built along the Jordan River or Railroad, and there is one being built on 14600 South. There are many "walls" being built around different facilities such as individual parks, the arena, the new City Hall, or one of the future parks.

I call Social Media "faceless" because there are some whose comments are different when typing than they are when speaking face-to-face with someone. There is no shortage of threads that criticize those who are trying their best to make our city a great place to live. Some threads attack me personally, that are meant to hurt me, and they do. But they don't hurt me in a way you think. It hurts me to think people attack others for no reason or hope for a good outcome. What good comes from attacking people on Social Media and exactly what good is accomplished?

When you attack someone else which "wall" are you building? When you say others are building "walls" because they are on the other side of your "wall," how many bricks did you just add. You will notice I don't comment in a defensive way to Social Media. My actions speak louder than words. I'm not afraid of the truth and I'm not afraid of the public. I hold a Meet the Mayor meeting every month on the third Wednesday specifically so that those who wish to talk to me can do so. Whether they are being critical or complimentary, I welcome the chance to talk face-to-face with anyone. Unfortunately, there are not very many people who take advantage this time. I sincerely wish there was a need for me to add more times in the month for my Meet the Mayor meetings where we can meet face-to-face and discuss real issues with real facts. Meeting with me would be much more productive and beneficial for the city than just launching attacks on social media sites.

I want the best for our city. It is harmful for us to build "walls". I believe it is easier to tear "walls" down than build them up. I certainly don't want a "wall" between you and the City. I would love to discuss things with you face-to-face. My Meet the Mayor meetings are the third Wednesday of each month from 5:00 to 6:30 PM. If you think your discussion will take longer than this meeting would allow or you want your conversation to be more private, please call Terri Bawden (801-254-2200) to set up an appointment.

Mayor Timothy



14350 S 2200 W

### Hours:

Monday – Friday  
8:30 am to 5:00 pm

### Dates to Remember:

#### December

- 7 ..... Planning Commission
- 14 ..... City Council
- 21 ..... Meet the Mayor
- 26 ..... Christmas  
Offices Closed

#### January

- 2 ..... New Year's  
Offices Closed
- 4 ..... Planning Commission

### Public Meetings

#### City Council

6:30 pm  
2nd & 4th Wednesday

#### Planning Commission

7:00 pm  
1st & 3rd Wednesday

#### Meet the Mayor

5:00 - 6:30 pm  
3rd Wednesday

### Important Numbers:

- Emergency .....911
- Police Dispatch .... 801-253-4899
- Animal Control..... 801-254-2200
- After hours..... 801-419-4494
- Public Works ..... 801-254-2200
- After hours..... ext.7

## RADON IN BLUFFDALE?



Radon is naturally occurring and more common during the winter months because that is when doors and windows are less often open and therefore, there is less ventilation.

The only way to test your home is with a radon test kit.  
If you are a Bluffdale resident and are willing to release your test results to the City, then Bluffdale City is providing radon kits for you to use for only \$5.00 (one kit per household).

This includes the kit, the test AND the shipping!  
**Test results released to Bluffdale are for statistical purposes ONLY.**  
**Your information will be kept private.**

### Steps for testing your home.

1. Pick up radon kit from Bluffdale City Fire Station 14350 S 2200 W
2. Pay \$5 to Bluffdale City and sign a release for tracking purposes.
3. Test your home. Visit [www.radon.com/radon/instructions.html](http://www.radon.com/radon/instructions.html) for detailed instructions.
4. Mail kit to be tested. For best results, kit must arrive to lab within **3 days** of sealing kit.

Kits are available M-F 8:30-5:00 at the fire station or text/call Natalie Hall 801-633-6833 to get one after hours.

### Questions?

**Natalie Hall, Emergency Manager:**  
801-633-6833  
[nhall@bluffdale.com](mailto:nhall@bluffdale.com)  
<http://www.bluffdale.com/426/Radon>  
[www.radon.com](http://www.radon.com)

**Radon Hotline: 800-458-0145**  
[radon.utah.gov](http://radon.utah.gov)

## BANGERTER HIGHWAY UPDATE

For many years, the intersection at Bangerter and 200 West has caused congestion and backup onto I-15. The Utah Department of Transportation (UDOT) is currently installing a **new grade-separated interchange at Bangerter Highway and 600 West** to address this issue.

### Highlights:

Construction of a new grade-separated Single Point Urban Interchange (SPUI) at 600 West. Bangerter will be raised approximately 12 feet to cross over 600 West  
Addition of east and westbound auxiliary lanes along portions of Bangerter Highway, including a second right turn lane at the I-15 southbound off-ramp  
Intersection modifications at 200 West to allow right turns only (Right-in/Right-out)

It is anticipated that traffic will switch back to mainline Bangerter in Spring 2017 and construction will be complete in Summer 2017. For more information, visit [www.udot.utah.gov/bangerter600west](http://www.udot.utah.gov/bangerter600west)

### Questions or comments? CONTACT US:

**Hotline:** 801-649-5476

**Email:** [bangerter600west@utah.gov](mailto:bangerter600west@utah.gov)



### Thank you to all who helped with Santa & the Lights!

This special tradition is a wonderful event with many hours of preparation from volunteers, public works, all the entertainers, and all those who decorate their "tractors" for everyone to enjoy. Thank you all for making it WONDERFUL!

Thank you,  
Connie Pavlakis - 801-891-1545

**BLUFFDALE EMERGENCY PLAN—SAVE THE DATES!**

Remember: When a disaster strikes, the time to prepare has passed.

Save the following dates in 2017 to become more prepared for an emergency. Please check the city website for the up to date details. [www.bluffdale.com/186/Emergency-Management](http://www.bluffdale.com/186/Emergency-Management) or email Natalie Hall [nhall@bluffdale.com](mailto:nhall@bluffdale.com)

- Bluffdale Neighborhood Plan Meeting: The first Tuesday of every month 6:30-7:00 PM
- City Wide Check-in drill: Saturday, January 7, 2017 9:00 AM
- HAM radio test: Saturday, January 21, 2017
- CERT classes begin: Thursday, March 2, 2017 7:00 PM
- ShakeOut Drill, Fair and lunch: Saturday, April 22, 2017

**HOW TO SIGN UP AND BECOME INFORMED ABOUT BLUFFDALE CITY**

- Visit the city website TODAY [www.bluffdale.com](http://www.bluffdale.com).
- Create a login.
- Click on Notify Me



- Choose notifications you wish to receive. Be sure to select **New Flash** (new) for all important City notifications! You can also select to be notified about Meeting Agendas, Emergency Alerts, Newsletters and more.

**GREEN WASTE - YES OR NO**

The City currently provides green waste service from April through November. We are considering expanding the service to start a month earlier in March. The new service period would be from March through November. Please take the survey at <https://www.surveymonkey.com/r/9HGHBJC> It is only 2 questions long.



**The Bluffdale Arts Advisory Board Announces AUDITIONS**



**Thursday, January 12 from 6-9 pm**

**Friday, January 13 from 6-9 pm**

**Saturday, Saturday 14 from 9 am to noon**

at the home of the director, Laura Garner - 1967 West 13930 South in Bluffdale.

LIST OF CHARACTERS – ALL ROLES ARE AVAILABLE

Belle  
Beast  
Gaston  
Maurice  
Cogsworth

Mrs. Potts  
Lumiere  
Chip  
Babette  
Madame Bouche

Lefou  
Monsieur D'arque  
Wolves  
Enchanted Objects  
Townspople

AUDITION AS A FAMILY  
WE FIND A PLACE FOR EVERYONE!!!!

Come prepared to sing 16 bars. An accompanist will be provided.  
NO CD's OR MP3's PLEASE

**Performance Dates – APRIL 13-15, 2017**

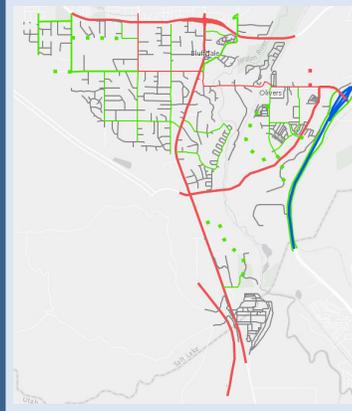
Questions, call 801-680-1192

This project is made possible by support from Bluffdale City, Zoo Arts and Parks (ZAP) funding and by special arrangement with Music Theatre International



**Please help us develop a Transportation Master Plan for Bluffdale City**

This month the City will have an online survey available at <http://www.bluffdale.com/> to understand your concerns and desires for transportation in Bluffdale. Watch for a public open house in the coming months to see how your input is incorporated.



## City Hall Construction Update



Most of the electrical and plumbing is done. The sheetrock is finished in the basement and is continuing up to the next floor. They have started painting. The concrete and asphalt in the parking lot is done.

Outside, the brick is complete and the siding is continuing.

<https://www.youtube.com/watch?v=x0GpyuqZXto>

## WATER RATES

Jordan Valley Water Conservancy District (JVCD) recently raised their rates for water provided to the City. The City Council has been studying infrastructure needs of the city's water system and has determined that a rate increase is necessary to cover the increase from JVCD and cover the cost of needed infrastructure in the near future.

The new rates are available online at [www.bluffdale.com/283/Rates](http://www.bluffdale.com/283/Rates).

If you have any questions, please feel free to contact the City at 801-254-2200.

## Holiday Closures for the City

The city office will be closed on the following days:  
Friday, December 9 at 12:00 noon - staff party  
Monday, December 26th - Christmas Day holiday  
Monday, January 2 - New Year's holiday



## Healthy Bluffdale

Happy Holidays Bluffdale! With winter in our midst, I feel like hibernating. I want to talk about how important sleep is to our health! 8 hours is the magic number for humans, while elephants only need 3.5 and tigers sleep up to 15 hours per day! During sleep, our brains process and store information, creating memories; our bodies also repair tissues and regulate our physical health.

Here are a few tips to help you get a restful night's sleep!

**Have a routine.** Try to go to bed and wake up at the same time everyday, even on weekends.

**Avoid caffeine before bed.** It's a stimulant, which is why it's great in the morning to help you wake up, but not so much when you're trying to wind down.

**Exercise.** Your body needs to rest and repair after a good workout. Many people find they sleep more soundly after exercising. Try to finish up at least 2 hours before bed.

**Relax!** Knowing how to manage your time and responsibilities will help you sleep better. If your mind starts racing the moment you lay down, keep a notepad handy to write things down so you won't forget. Then you can rest easy knowing it's waiting there for you in the morning.

**Beware of technology.** Research has shown that putting away our phones, tablets, and turning off the TV an hour before bed can help us fall asleep faster and sleep more soundly. Use this hour to reflect and maybe even meditate.

**Sleep aids.** Sometimes you just can't fall asleep and need some extra help. OTC medications like Zzzquil and Melatonin can be lifesavers on nights like those. Take them 20 minutes before you want to be asleep.

**Know when to talk to your doctor.** If trouble sleeping persists 2 or more weeks, consult your physician. There may be an underlying cause that can be treated by a doctor.

**Listen to your body!** You know you best. Do whatever you need to do to get your best night's sleep. Turn on some soft music, grab your favorite pillow or blanket, keep the temperature adjusted to your comfort level, dim the lights or turn them off completely. You are in control!



Follow @missbluffdale2016 on Instagram, email [missbluffdale2016@gmail.com](mailto:missbluffdale2016@gmail.com) and check out the Miss Bluffdale Community Highlights page at [www.bluffdale.com](http://www.bluffdale.com). Let me know any questions or ideas you have that could keep Bluffdale healthy!