

Farmington NEWS



WE HAVE WONDERFUL TRADITIONS IN FARMINGTON A MESSAGE FROM MAYOR TALBOT



Mayor Jim Talbot

For those of you who don't believe in the Easter Bunny, there is no need for you to read this message. But for those of us who do believe in Santa Claus and the Tooth Fairy, the Easter Bunny is still very much alive in Farmington. My motto is: "If you don't believe you don't receive."

We have a lot of wonderful traditions in Farmington. One that is always a huge hit with residents is our Easter egg hunt held in the spring each year. This tradition started at Woodland Park in 1997. Many of the hidden eggs then were hard boiled and all the

eggs were hidden, so sometimes they were found months later; hopefully no one ate the ones found later! The popularity of this event was so great that by 2008 we moved it to Forbush

Park so there was more room for the children to hunt for eggs. That same year, Lagoon began helping sponsor this event and expanded our hunt to include hundreds of dollars worth of prizes. That year the Easter Bunny delivered 10,000 plastic eggs full of goodies.

Once again the popularity of this event continued to grow and by 2012 we had to expand again and began using the fields behind Farmington Elementary to accommodate our Easter egg hunting children.

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ARBOR DAY SERVICE PROJECT

Saturday, April 22 8:00 am Forbush Park

FARMINGTON CITY WILL OBSERVE ITS ANNUAL ARBOR DAY TRADITION BY HOSTING A CITY CLEANUP ON SATURDAY, APRIL 22ND.

FRIENDS, NEIGHBORS, CHURCH GROUPS . . . ANYONE LOOKING FOR AN OPPORTUNITY TO HELP BEAUTIFY THE CITY AND SPEND TIME WORKING SIDE BY SIDE WITH FELLOW CITIZENS IS INVITED TO MEET AT FORBUSH PARK AT 8:00AM. REMEMBER TO BRING YOUR YARD TOOLS.



FARMINGTON'S 2017 YOUTH CITY COUNCIL



Meet the 2017 Youth City Council, pictured above. Advisor Emily Pace is on the far right and City Councilman Doug Anderson is on the far left. Youth council names are listed below in alphabetical order.

- ♥ James Ackley ♥ Madelyn Allen ♥ Ethan Baer ♥ Sarah Barlow ♥
- ♥ Sabrina Barnett ♥ Sarah Barnett ♥ Christopher Harris ♥ Ady Hendricks ♥
- ♥ Dylan Jeppson ♥ Josh Madsen ♥ Megan Marchant ♥ Emma Marston ♥
- ♥ Samuel Marston ♥ Landon Martin ♥ Tyler Miller ♥ Andrew Oldroyd ♥
- ♥ Joshua Pace ♥ Mikelle Patterson ♥ Kaitlyn Richardson ♥ Aubrey Rushton ♥
- ♥ Makenna Smith ♥ David Stratford ♥ Kate VanOverbeck ♥
- ♥ Tyler Weddington ♥ Brennan Williams ♥

...NEEDED CROSSING GUARDS

Crossing guards play a vital role in the safety of school children and drivers. They also have the opportunity to be a positive influence to the children whom they help to cross Farmington streets before and after school.

The Farmington Police Department is seeking additional crossing guards. Applicants must be qualified to direct or escort pedestrians across streets, and stop traffic as necessary.

Applications are being accepted now. If you are interested, please contact the Farmington Police Department. 801.451.5453.

Parents

Please review outdoor safety with your children. With warmer weather and more time spent outside, it's vital that children watch out for drivers. Remind them to be cautious while walking to and from school or while playing on the school grounds or at parks.



DAVIS COUNTY STORM WATER COALITION

The Davis County Storm Water Coalition is a group of city representatives, companies, and citizens who collaborate together to improve the storm water quality in Davis County. Together, they hope to achieve mutual goals by sharing information and resources, educating the public and coordinating activities in Davis County. Are you curious about results of the recent storm water and hazardous waste knowledge survey conducted by Davis County Public Health? Visit <http://www.farmington.utah.gov/storage/2016/04/Stormwater-Newsletter-Spring-2017-1.pdf> to see the latest DCSWC newsletter.

Mayor Message continued

The Easter Bunny had to expand her delivery to 26,000 filled eggs!

Traditionally, the Easter Bunny delivers eggs on her own, but this event has gotten so large that she has had to ask others to help us out in Farmington. To get almost 30,000 eggs filled and ready to go, we have to start by mid-February. To achieve this goal, the Easter Bunny relies on the Parks and Recreation Department, Farmington Youth Council, Little Miss Farmington, Boy and Girl Scout groups, service groups from local high schools and church groups. To add to the event this year, Lagoon is donating over a thousand dollars in prizes. In 2015, Les Schwab of Centerville joined in as a major financial sponsor.

Our Farmington Easter Egg Hunt is very organized and divides children into four age groups so the younger ones are not overwhelmed with older children running them over. In 2015, we also added a special needs group to accommodate our children who need assistance and more time to gather eggs and prizes.

This year will be our 20th Easter egg hunt and is just one of the outstanding examples of service that our residents give to one another to bring joy to our kids. Thanks to all of you who are helping this year and have helped in the past-especially the Easter Bunny. Our hunt will be held on April 15 starting at 10:00 am. Line up next to the pool by city hall.

We wish all of you a happy Easter. Save a chocolate Easter bunny for me. See you there . . .

Mayor Talbot 🌱





COMMUNITY CALENDAR

april 2017

April 6	THURS	Planning Commission Meeting 160 South Main Street	7:00 pm
April 15	SAT	Easter Egg Hunt Forbush Park 100 S Main Street	10:00 am
April 15	SAT	Extra Garbage Day See Details Below	6:00 am
April 18	TUES	Historic Preservation Commission City Museum 110 N Main Street	7:00 pm
April 18	TUES	City Council Meeting 160 South Main Street	7:00 pm for agenda see farmington.utah.gov
April 20	THURS	Planning Commission Meeting 160 South Main Street	7:00 pm
April 20	THURS	Farmington Trails Committee Meeting 160 South Main Street	7:00 pm
April 22	SAT	Arbor Day Service Project Forbush Park 100 S Main Street	8:00 am



City Information

James Talbot, Mayor
mayor@farmington.utah.gov

City Council Members

Brett Anderson
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Doug Anderson
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John S. Bilton
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Brigham Mellor
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Cory Ritz
critz@farmington.utah.gov

City Operations / City Manager

Dave Millheim
dmillheim@farmington.utah.gov

City Phone Numbers

Main Number.....451-2383
Police Department.....451-5453
Fire Department.....451-2842
Public Works Department.....451-2624
Storm Water Maintenance.....451-2624
Parks & Recreation.....451-0953
Building Inspection.....451-2383
Water Department.....451-2624
Planning & Zoning.....451-2383
Historical Museum.....451-4850
Animal Control.....444-2200
Garbage.....825-3800
Benchland Water District.....451-2105
Weber Water District.....771-1677

After Hours Emergency

Davis County Sheriff.....451-4150
Emergency.....911

Farmington City Hall
160 South Main
P O Box 160
Farmington, Utah 84025

SAFE KIDS DAVIS COUNTY

SATURDAY, MAY 6, 10:00—2:00
LEGACY EVENTS CENTER IN FARMINGTON

For Safe Kids Davis County, protecting kids from preventable injuries is both our mission and an urgent call to action. Come to our 17th annual FREE Safe Kids Day to learn more about how you can protect the ones you love. Don't miss out on: 300 FREE bike helmets sponsored by McKay-Dee Hospital, Staker Parson's giant indoor sandbox, Davis Hospital's ever popular inflatable slide, and Wee Care Pediatrics' Healthy Hero Camp. Plus, Silver Eagle Refinery will exchange your old gas mower for a new electric mower (first 10 Davis County residents)! We will have helicopter landings, food trucks and so much more! Held indoors, rain or shine.

**300 FREE HELMETS FOOD TRUCKS INFLATABLE SLIDE HELICOPTER LANDINGS
GIANT INDOOR SANDBOX HEALTHY HERO CAMP FREE ELECTRIC LAWNMOWER EXCHANGE**

EXTRA GARBAGE DAY

On April 15, Farmington residents will be provided an extra garbage collection day. Garbage will be collected from black roll-out containers positioned at the curb line by 6:00 am. Non-processable waste such as rocks, dirt, appliances, hazardous waste, etc. is not permitted.

PARKS & RECREATION

Parks & Recreation 720 West 100 North 801-451-0953

FARMINGTON CITY
PARKS
& REC.



summer super sport

when? june-aug
who? K-6th grade

register april 24th until full



tennis

when? june-aug
who? 5-15yrs/18yrs+

register april 24th until full



water safety instructor class

when? may 2nd-25th
(tues/thurs)

time? 3:30-7:30pm

who? must turn 16 by the last day of the class

register now until full

early bird pool passes available until **may 5th** for families & individuals



Seussical auditions

when? may 4th & 6th

who? 8-adult

register april 17th-may 4th

summer art camp

when? june 5th-9th or
june 12th-16th

who? 5-11yrs

register april 24th until full

archery

when? june-aug

who? 7-15yrs

register april 24th until full



lego camp

when? june/july/or aug

who? 5-6yrs/7-12yrs

register april 24th until full



adult co-ed soccer

when? june 1st-july 20th

who? 18+

register april 10th-may 5th

lifeguarding class

when? may 1st-24th

(mon/wed)

time? 3:30-7:30pm

who? must turn 15 by the last day of the class

register now until full

music in me singers summer camp

when? june 19th-30th

who? 5-11yrs

register april 24th-june 2nd

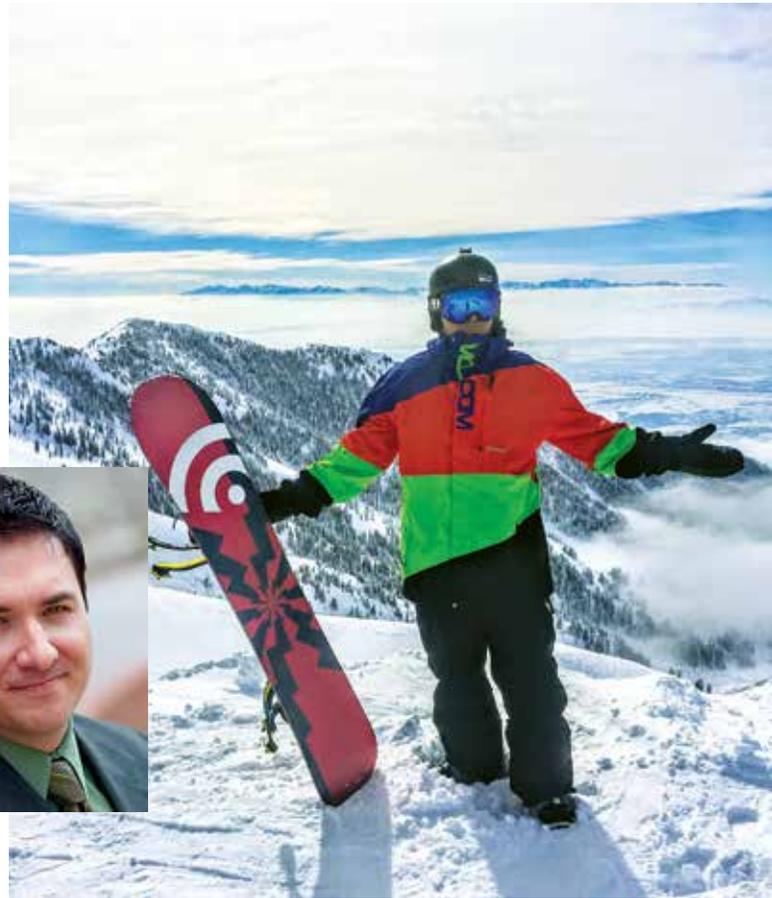
Quiz: Can you name the five city councilmen?
(hint: look on page 3)

Farmington News would like to help readers get to know these civic-minded residents who represent you and spend so much time and energy in your behalf. Each quarter a member of the city council will share a conversation with readers about something they find interesting or important.

... in this issue meet Brigham Mellor.

BRIGHAM MELLOR

Farmington City Council



My name is Brigham Mellor. I am one of your city councilmen. The unemployment rate in the state of Utah is 3.4% statewide. In Davis County we are around 2.7%, which most economists consider full employment. My wife and I just had our third child in 3 years, so as you can imagine, it is busy at my house. At this stage in our family we are allocating our resources to keeping those in the diaper industry gainfully employed. 30% of Farmington's population is children. 50% is part of the labor force. So everyone in Farmington is busy—not just the Mellor family.

I recently read a book by Jared Diamond, a social scientist who tries to identify what gave people an historical advantage in one civilization versus another; why some civilizations prosper and others do not; why some civilizations are conquered and some are the conquerors. Were they divinely, genetically, or intellectually gifted above their opponents? The conclusion reached in the book is that the big difference was free time. The more free time a civilization had the more time they had to perform research and development—medical procedures,

manufacturing, indoor plumbing, alloy metal, the “clap-on clap-off” light switch. An agrarian culture was going to be more successful over time than a nomadic one because the agrarian society was more stable and had more free time.

Deliberate rest and free time is important to a productive day. In my line of work, even when I'm home, if I don't physically separate myself from my iPad and phone, it is as though I am still at my office. If I allow my phone to interrupt a conversation with my wife, I may as well be 20 miles away at my office.

Alex Soojung-Kim Pang wrote a book I regularly reference called, *Rest: Why You Get More Done When You Work Less*. Dr. Pang's research discovers an immense body of evidence that reveal the dangers of being overworked. Data reaching back 50 years clearly shows that people who regularly work more than 50 hours per week are prone to obesity, heart disease, burnout, and shorter life spans. These consequences are indiscriminate of the color of collar on the shirt you wear to work.

My challenge to you is to focus on scheduling deliberate rest. This might force you to have a more structured daily schedule than is customary. Schedule your free time—even if it is just 15 minutes.

Dr. Pang suggests the ideal pattern is one that alternates periods of intense focus (two to four hours) with periods that allow your mind to let go. Put the kids in the bike trailer and just ride on one of our paved trails. Take the longest walks you can fit in, and stand. Did you know that Charles Dickens walked up to 20 miles a day? Walking clears your head and gets the blood moving. For heaven's sake, take your vacation time this year! Americans left \$54 billion dollars of vacation time untouched in 2016.

Next time someone asks how things are going, I hope you say, “Great! I just spent a good 30 minutes thinking about nothing...” There is compelling evidence that you will live longer, be more productive, and be a lot happier.



NATIONAL DIABETES PREVENTION

29.1 million Americans have diabetes and 86 million have prediabetes--that's nearly one in three! With these kind of numbers, it's important to learn about these chronic conditions and take action now. Are you at risk? Take this quiz at DoIHavePrediabetes.org to find out.

The Davis County Health Department is taking action and excited to offer the National Diabetes Prevention Program (PreventT2) to Davis County residents. PreventT2 is a research-based program designed to promote healthy lifestyle changes that have been proven to prevent or delay the development of type 2 diabetes over the course of 26 one-hour sessions. Topics include healthy eating, physical activity, facing daily challenges of behavior change and more.

This year, current grant funding covers the cost of participants on Medicare or Medicaid. All others pay \$200 and receive \$100 back upon program completion. Interested in registering for a class or learning more? Contact the Davis County Health Department at 801-525-5077 or visit go.usa.gov/cJZPV.

FREE COMMUNITY SHRED EVENT

Rock House Financial is proud to sponsor our 2nd annual shred event. If you have accumulated unwanted documents (old bills, bank statements, outdated medical bills/records, tax returns) bring them on April 21st from 10am to 2pm to be placed in locked bins then shredded properly by Certified Shred, Inc. Limit 2 file-sized boxes or equivalent. Paper only. For information contact Andrea at 801-447-4200.

To place an ad, contact:

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ATTORNEY AT LAW

AFRICAN ORPHANS FUNDRAISER

**FARMINGTON POND
APRIL 29 • 9:30AM-12 NOON**

5K "RUN FOR AFRICA" (10AM) • \$10 PP ENTRY FEE
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ORPHANS



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AND MEDICAL CENTER
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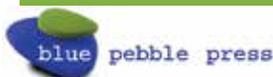
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