UTAH LIFE ELEVATED

Volume 6, Issue 1 July/August 2011

Where is this picture? See page 9

Department of Human Resource Management

Worklife Elevated

State of Utah Employee Newsletter

Agency Spotlight 1

Governor's Awards for Excellence Presented 2

Four Ways to Build New Performance Plans in UPM

Public Employee Appreciation Day 3

What to Expect From Your STAR Plan 4

Introducing ERIC - The Employee Resource Information Center 5

Boaters - Clean, Drain & Dry

Benefit Fair Winners 6

PEHP Plus

Governor's Workwell Challenge

What is CPM? 7

2011 AACPM Conference

Two New Attractions - Bringing Ancient History to Life in Utah 8

On the Front Cover? 9

Agency Spotlight: Pete Suazo Utah Athletic Commission

By Bill Colbert, Commission Director

The Pete Suazo Utah Athletic Commission (PSUAC) was established under the Utah Professional Athletic Commission Act which became law in July 2001. The five-member Commission, appointed by the Governor and State Legislature, regulates professional boxing and other amateur and professional unarmed combat sports including kickboxing and mixed martial arts (MMA). Promoters, managers, contestants, seconds, referees and judges are licensed under the Act and subsequent statute revisions and rules. Fees are intended to cover costs of protecting the health and welfare of contestants and regulating events within the State.

The commission is named after the late Utah State Senator Eliud "Pete" Suazo, who was an advocate for youth and minorities in the state and a boxing enthusiast. More information about Senator Suazo's life can be found in the article *"La Voz de los Otros": An Overview of the Life and Career of Eliud "Pete" Suazo, Utah's First Hispanic State Senator, 1951-2001*, written by Jorge Iber and published in the Spring 2008 Utah Historical Quarterly, pgs. 168-187.

The PSUAC regulates and oversees nearly 60 unarmed combat events per year. Attendance at these events varies from about 100 to over 5,000 spectators attending large events. This last year, we were disappointed to see the Ultimate Fighting Championship (UFC) cancel its proposed MMA show in Salt Lake City, but we continue to encourage the UFC and other major out of state organizations to schedule future unarmed combat events in Utah. Two Utah MMA athletes were successful in signing contracts with the UFC after appearances in the Ultimate Fighter championships.

During the past year, Mark Burnett Productions filmed its third season of the popular "Bully Beat Down" reality television show that is broadcast on the MTV cable network and provided support to local film production businesses in Utah.

The Commission Director for the past four years is Bill Colbert. Bill has also served on the Draper City Council for 11 ½ years. Bill's state government service includes 11 years within the Department of Environmental Quality, Division of Air Quality and 4 years on the Utah State Board of Education. Bill's educational background includes a Masters of Science in Civil & Environmental Engineering from UCLA, Masters of Arts in Education from Chapman University and a Bachelor of Science in Electrical Engineering from Ohio State University. He also served 21 ½ years in the United States Air Force in radar maintenance and as a program manager in missile, space and nuclear programs.

Bill Colbert, Commission Director, Pete Suazo Utah Athletic Commission

Governor Herbert Presents Awards for Excellence to State Employees

By Jean Mills-Barber, Deputy Director, DHRM

Governor Gary Herbert honored twenty-seven state employees with the *Governor's Award for Excellence* during a ceremony at the governor's mansion on May 5, 2011. Governor Herbert was joined by Department Executive Directors, supervisors, co-workers and family of the award recipients as they were presented with the awards. This annual event is designed to recognize the contributions of state employees in the categories of innovation and efficiency, leadership, and outstanding public service and humanitarianism. The recipients were selected as examples of distinguished service and dedication to the citizens of Utah. The presentation of the awards coincides with Public Employee Appreciation Week (see article on the next page.)

The recipients of the 2011 Governor's Awards for Excellence are:

Innovation and Efficiency:

- Data Center Consolidation Team – Department of Technology Services
  - Jim Matsumura
  - Tim Cornia
  - Greg Jackson
  - Nick Alleman
- PASRR Team – Department of Human Services and Department of Technology Services
  - Robert Snarr
  - Christy Wixom
  - Sandra Wissa
  - Dwight Galloway

Leadership:

- Claire Mantonya – Department of Human Services

Outstanding Public Service:

- Stephanie Lupeamanu – Department of Human Services
- Chamberlin Neff (and Tank) – Department of Public Safety

Humanitarianism:

- Refugee Employment Counseling Team – Department of Workforce Services
  - Seth Whitmill
  - Lien Le
  - Collins Edebiri
  - Rachel Lee
  - Prisca Hegngi
  - Ler Wah
  - Deo Sharma
  - Mike Barnes
  - Marta Polanco
  - Koffi Djagba
  - Kirsten Martin
  - Amy Wylie
  - Abdi Sheikh
  - Sara Hudgins
  - Nazanin Nourmohammadi
- Tim Villnave – Department of Administrative Services.

Please go to the Employee Gateway home page and check out the Governor's Awards for Excellence Recipients for a fantastic pictorial recording of the event!

Four Ways to Build New Performance Plans in UPM

By Rick Hughes, HR Director

As most agencies begin another performance management year, it is important for supervisors to develop new performance plans for their employees. Did you know there are four unique ways to build a new performance plan in UPM? Here they are:

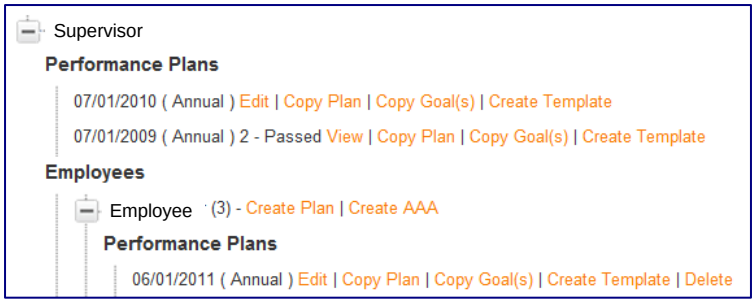
Create Plan – Click on the "Create Plan" feature adjacent to each employee's name to create a plan from scratch or to apply an existing template to a new plan.

Copy Plan – Click on the "Copy Plan" button adjacent to a past performance plan to create a new plan to apply to the same employee or to other employees in your work unit.

Create Template – Click on the "Create Template" button to create a custom template and then apply that template to your employees through the "Create Plan" feature.

Copy Goals – Click on "Copy Goal(s)" button to copy employee individual goals to the performance plans of other employees.

If you have any questions about these or other UPM features, please contact your DHRM field office representative.



Public Employees Appreciation Day

By Allyson Isom, Deputy Chief of Staff - Communications, Governor's Office

Despite a pressing schedule and numerous requests for his time, Utah's Governor Gary R. Herbert set aside an entire day to meet with and thank state employees for their service to the people of Utah. The Governor said, "Without exception, the employees I met were upbeat, hardworking and committed to making a difference for the people of Utah. I know those men and women represent the thousands of employees working statewide to ensure our agencies and government offices are responsive and efficient."

The day began with an hour at the Department of Workforce Services' downtown office and their "Work Success" program. While there, the Governor joined a class for job seekers who are gaining an edge in their search and was impressed by the caliber of DWS's assistance for Utah's unemployed or underemployed. He

appreciated listening to the stories of some of the participants and assured them that Utah's future holds hope and promise as we work collectively to strengthen the economy.

Next, the Governor was hosted by the Department of Community and Culture. He toured the basement of the Rio Grande Depot, as well as the Art House nearby, to better understand the status of state cultural resources and collections. With the discussions around agency realignment, the Governor valued the opportunity to see first-hand specific agency funding and long-term planning needs. Public art employees kindly loaned the Governor a desk and phone while he briefly called in to a radio talk show and promoted public employees.

For lunch, the Governor brown-bagged with the Department of Human Services and hosted a large roundtable discussion of agency challenges during budget cuts.

Employees expressed the need to help legislators better understand the complexities of their services and the real difference specific programs make in individual lives. The Governor was particularly touched when he met some of those whose lives changed through a cooperative work placement program, known as the Supported Employment Program.

Following DHS, the Governor traveled to the south end of the Salt Lake valley to job-shadow Department of Public Safety's Driver License Division staff. He gained a little "behind the counter" experience and surprised a few patrons who received gubernatorial service. He even posed for a few photos with a sweet woman who said, "My kids will never believe this!" Because the Driver License Division is co-located with the Tax Commission's Division of Motor Vehicles, the Governor was also able

to walk across the hall and thank a few great DMV staff for their service as well.

The Governor next squeezed in an unscheduled stop at the National Guard headquarters where he thanked soldiers and their families for their service and sacrifice. The day was particularly poignant, as it was the day after the death of Osama bin Laden. As one who once wore the National Guard uniform himself, the Governor was honored and touched by the opportunity to thank troops in person.

The Governor's last stop was the Women's Facility at the Draper prison, hosted by the Department of Corrections. After signing a declaration, the Governor toured the grounds and buildings. The building was on lockdown, but from the staff briefing and outcome measures, it was very clear to the Governor that drug rehabilitation is the key to success and combating recidivism.

In a letter to all State employees, the Governor wrote, "Utah is consistently recognized as best in the nation for our management, business climate and quality of life, because we have the best employees in the nation. Please know your great work does not go unnoticed. The many contributions of our State Employees are not only appreciated, they are vital."

On behalf of the Governor and our staff, we deeply appreciate all who made arrangements and hosted Governor Herbert for the day. We have wonderful employees who, no matter their assignment or rank, all make a meaningful difference for the lives of Utahns.

What To Expect From Your STAR Plan

By Justin Seal, PEHP

Many of you are new to the Star plan this fiscal year and may be wondering what to expect the first time you visit a doctor's office or pharmacy. It will be a new experience for you to switch from co-pays to paying the full cost of the service, but remember that you have an HSA account to help you with these costs, and your benefit plan has no employee premium. Keep reading for some helpful tips on how your Star plan will work.

Medical Claims and the STAR Plan

- ☑ Present your insurance card to your network provider at the time of service. There may be no coinsurance required on the STAR plan at the time of service; however some providers may require a deposit. If a deposit is required, simply use your HSA Visa card.
- ☑ Make sure the explanation of benefits that you receive from PEHP matches the amount you are billed from the provider.
- ☑ Pay the bill you receive in the mail from your provider with either your HSA Visa card, or have Health Equity mail your provider a check.
- ☑ Keep your receipts with your taxes. If the IRS audits your spending, you may need your receipts.
- ☑ Whenever you use your HSA Visa card, please make sure that funds are available. If they are not, you can use other methods of payment and then reimburse yourself from your HSA at a later date.

Pharmacy Claims and the STAR Plan

- ☑ Present your prescription along with your insurance card to the pharmacy. Using your insurance card is an important step because this will provide you with the discounted rate and allow the charges to apply to your deductible.
- ☑ The pharmacy will fill the prescription and bill you PEHP's discounted rate.
- ☑ Pay your pharmacy bill with your HSA Visa card.
- ☑ Whenever you use your HSA Visa card, please make sure that funds are available. If they are not, you can use other methods of payment and then reimburse yourself from your HSA at a later date.

How can I lower my drug cost?

Ask your doctor if your prescription is available in an equivalent generic. Many are, and preferred generics usually have a lower cost. If you can't get a generic equivalent, ask your doctor and/or pharmacist if a preferred brand-name drug will work. Find the preferred drug list at www.pehp.org.

The drug list is broken down into four tiers:

» Tier 1: Preferred generic drugs usually available at the lowest cost.

» Tier 2: Preferred brand name drugs usually available at mid-range cost.

» Tier 3: Non-preferred medications usually available at a high-range cost.

» Tier 4: Specialty and injectable medications are generally the most expensive. Purchase these though Accredo to save money.

Medical and Pharmacy Deductibles Reset July 1, 2011

The medical deductible for the Traditional plans is $250 per individual, $500 per family. Pharmacy deductible is $100 per individual, $200 per family.

If you are enrolled on the Star plan the medical and pharmacy are combined. Plan year deductible is $1,500 per single and $3,000 per family.

You will need to meet your plan deductible for each plan year.

Additional information can be found on the Employee Gateway or at www.pehp.org

Introducing ERIC - the Employee Resource and Information Center

By Bart Olsen, HR Manager
Employee Resource and Information Center (ERIC)
Department of Human Resource Management (DHRM)

The Department of Human Resource Management is pleased to announce the opening of a new employee service center called **ERIC** (the **E**mployee **R**esource and **I**nformation **C**enter). **ERIC** will open on September 19, 2011.

ERIC will consist of a centralized team of experienced human resource (HR) staff members who will assist state employees with matters such as benefits, retirement consultation and processing, and verification of employment. **ERIC** staff members have been selected from these HR field offices: Human Services, Natural Resources, Education, Health, Public Safety, and Workforce Services. HR Field offices will remain staffed in the agencies to assist with agency-specific matters such as recruitment, classification, liability, and agency policy questions.

As part of **ERIC,** the Employee Gateway portal will be enhanced to include a powerful, searchable, user friendly knowledge base of HR information that employees can access 24/7 to answer most general HR questions and to view their personal employment and benefits information.

When **ERIC** opens on September 19, you will be able to contact **ERIC** staff on the phone at (801) 538-ERIC. Phones will be open Monday through Friday, 8:00 a.m. to 5:00 p.m. You will also be able to contact **ERIC** staff at AskERIC@utah.gov.

Through **ERIC,** state employees will have greater access to consistent and timely HR information, on-line or via the telephone. DHRM anticipates releasing a webcast video in late July or early August to show all interested state employees how HR services will be enhanced and how to take advantage of new service delivery methods. The webcast will be posted on the Employee Gateway at www.employeegateway.utah.gov . DHRM looks forward to providing these enhanced services to state employees beginning September 19, 2011.

Boaters – Clean, Drain & Dry

By Larry B. Dalton,
Aquatic Invasive Species Coordinator, Department of Natural Resources

The Utah Division of Wildlife Resources advises boaters that their watercraft should be "Cleaned, Drained & Dried" prior to launch. Also, boaters must properly fill out and display a Decontamination Certification Form in their launch vehicle. The forms are typically available at most boat launch sites or they can be downloaded at stopthemussels.org. Boaters can also learn much about the invasive mussel issue at that web site.

Approximately 525,000 boat launches occur per year within Utah. The Utah Division of Wildlife Resources' Aquatic Invasive Species Program, assisted by our many partners, made more than 400,000 pre-launch boater inspection contacts last year, which resulted in 11,100 boat decontaminations. Only 18 of the decontaminations involved mussel encrusted boats.

The Utah Division of Wildlife Resources' outreach efforts are paying off, and we are winning in the fight against the invasion of quagga and zebra mussels. No waters in Utah currently exhibit evidence of inhabitation by invasive quagga or zebra mussels. However, due to previous evidence of invasive mussels, we are managing Electric Lake in Emery County, Red Fleet Reservoir in Uintah County, and Sand Hollow Reservoir in Washington County under containment restrictions (departing boats must be decontaminated prior to launching in another water body). Compliance by Utah's boaters is the reason we are winning and repeated inoculations by invasive mussels have been staved off.

Benefit Fair Winners

By Barbara Smith, HR Consultant

Another open enrollment season has come and gone and we would like to thank everyone who attended the benefit fairs this year. Prizes donated by vendors included gift cards from The Home Depot, Visa, REI, Nordstrom, Target, Wal-Mart, Olive Garden and The Cheesecake Factory. Other prizes included an exercise ball, a total body workout kit and two $50 college savings certificates.

The winners were:

Sue Whittington	Kim Brehm
Jill Ressler	John Bradley
Gloria Spriggs	Sarah Scott
Gina Boren	Kathy Hills
Jeanine Hughes	Wendy Pathakis
Diane Kimmerle	Heather Knowlton
Wendy Peterson	Joan Isom
Suzan Lake	Nancy Orton
Kathey Short	Becky Tyler

What is PEHPplus?

By Barbara Smith, HR Consultant

PEHPplus is a benefit that most employees know little about. We often get questions regarding the cost, the enrollment process, and the available products and services.

PEHPplus alleviates the pain associated with paying full price for products and services that promote health and well-being. Not an insurance plan, PEHPplus is a discount program available to anyone with a PEHP health plan.

Some of the products available through PEHPplus are LASIK vision surgery, massage therapy, vitamins and supplements, and health clubs to name just a few.

To take advantage of PEHPplus discounts, just follow these easy steps.

1. Choose a PEHPplus provider at www.pehpplus.com
2. Mention PEHPplus when you make an appointment
3. Show the provider your PEHP card
4. Pay the discounted rate to the provider at the time of service.

It's that simple. No enrollment form, no fee, and no payroll deduction.

PEHPplus

Governor's WorkWell Challenge—

Eat the right stuff for a long life

The foods you eat can make a big difference to your heart's health and your overall longevity. Fortunately, that doesn't mean you can't eat anything tasty or fun. Keep your heart in good shape by choosing these foods the next time you're hungry:

- Salmon, shrimp, tuna, and sardines are rich in protein and omega-3 fatty acids, which help blood flow. (Be careful of mercury levels of tuna, though, especially for pregnant or breast-feeding women and small children).
- Oatmeal. Full of fiber and potassium (as well as omega-3), coarse or steel-cut oats (not instant) can reduce levels of LDL cholesterol and help keep arteries clear. Add a banana for some extra fiber.
- Nuts and berries. You may feel like you're foraging in the wilderness, but nuts (walnuts, almonds, and macadamias) along with blueberries, blackberries, and strawberries, can help keep blood pressure down and reduce your risk of heart disease and cancer.
- Avocado. Add a little bit to your sandwich or salad and you'll help lower levels of "bad" cholesterol and increase the "good" cholesterol in your body.
- Beans. Lentils, chickpeas, kidney beans, black beans – all are packed with soluble fiber, calcium, and omega-3.
- Dark chocolate. Don't go on a binge, but cocoa beans contain flavanols, which can help lower blood pressure and decrease inflammation. Dark chocolate tends to have more coca solids, which increase the flavonal level.

Your challenge over the next couple of months is to add some of these healthy foods in to your diet more regularly. A small change can have a big impact!

What is the CPM Program?

By Sherry Saracino, HR Consultant

The Certified Public Manager® program is a nationally accredited management development program for public managers and supervisors. It is a comprehensive course of study by which students acquire and apply the best practices and theory to their management behaviors and strategies using prescribed sets of professional standards. Those who complete the program earn the professional designation of CPM (Certified Public Manager®).

Since 1987, the Utah Certified Public Manager® program (UCPM) has integrated knowledge with concurrent application of leadership and management skills. UCPM's 1,400 graduates have confronted impressive challenges in communities throughout Utah and the nation. Alumni and those they serve report significant improvement in government performance as a result of applied CPM principles.

The Utah Certified Public Manager® program was featured by the Pew Center on the States in their handbook on best management development practices across the nation.

CPM classes

UCPM focuses on competencies and learning outcomes and is modular in design. CPM instructors are experienced practitioners who understand an adult learner's need for experiential learning and practical application. Descriptions of module outcomes and competencies, policies, registration, student handbook, and other information can be found online at www.cpm.utah.gov.

The program requires completion of 300 course hours. 260 of these hours are completed through three core quarters (courses) over 32 weeks. The remaining 40 hours are completed through various elective options. Total cost per student for the program is $1,950. Students register and pay $650 for each course separately. The cost breakdown of just $8 an hour for nationally accredited leadership training makes UCPM a "best buy". In this time of fiscal restraint, we invite you to compare the cost of this nationally accredited program with other management development programs.

CPM instruction can be delivered a variety of ways. Full day classroom delivery is typically offered for all courses in Salt Lake City beginning in January, April, and September. Each course is 10 or 12 weeks in length, one day a week, for eight hours a day. Courses are taught in other locations around the state when there is sufficient demand. A customized delivery schedule can also be arranged. A blended learning model of both online delivery and classroom learning, delivered through Argosy University, will be available Fall 2011.

We invite you and your employees to experience CPM. May it open new opportunities to achieve successes for you and your organization.

Please join us for the 2011 National AACPM® annual professional development conference on October 10-12 at the downtown Salt Lake City Sheraton. Some of America's foremost leaders in government management and leadership will deliver keynote addresses.

The conference website and registration can be found at http://uscpm.org/CPM-2011-National-Conference.html. Thanks to a local sponsor, Utahns can register for the super low conference rate of $150. In the past, these conferences have cost up to $500 in other states. The quality of the speakers and breakout sessions offered at this year's conference can't be beat. We've also negotiated a great room rate at the Sheraton should you want to stay the night!

This is a once in a lifetime opportunity to receive this level of training at such a low cost and convenient location. We hope you join us in showing why Utah is the best managed state in the country. Reserve your spot today!

CEU's and CPM elective credits may be received for attending this conference.

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The theme Leadership Elevated celebrates the leader's role in a relentless quest for advancing the whole self, the work team, and the organization, undaunted by the unprecedented turbulence of our day. Gain insight into breaking issues, exposure to novel concepts and models, practical techniques, and realistic tools to tackle real-life challenges through nationally renowned keynote speakers:

Todd Huston, Peak Performance: Leadership at the Summit and Beyond
Ken Miller, Extreme Government Makeover: Increasing Our Capacity to Do More Good
Doug Nielsen, Leadership Elevated: Proven Strategies to Engage, Ignite, and Launch New Performance Highs
Ron McMillan, Influencer: The Power to Change Anything

Photo Credit: Adam Barker, The Salt Lake valley looking southeast at sunset.

Two New Attractions will bring Ancient History to Life in Utah

By Clayton Scrivner, Media Relations, Utah Office of Tourism

This fall, our state will welcome both a brand new natural history museum in Salt Lake City, and a newly-renovated visitor center at Dinosaur National Monument. Both facilities will create new accessible scientific experiences for families and educate residents on the state's unique history, landscapes, wildlife and other natural wonders. These new authentic landmarks will be a place of learning and inspiration for people of all ages and showcase Utah's awe-inspiring environment. Stunning architecture, experiential stories and guided tours will take families on a trip through time, allowing them to discover an invaluable part of Utah's past.

Natural History Museum of Utah at the Rio Tinto Center

The Natural History Museum of Utah, set to open this fall in its new home, the Rio Tinto Center, will provide a portal into the state's diverse history and make science come alive. The museum will feature all new interactive exhibits and programming, immersive design, and public spaces representing different time periods. Located on a beautiful site on the upper campus of the University of Utah adjacent to the Bonneville Shoreline Trail, visitors will be taken on a journey through space and time with themes such as Sky, Life, Native Voices, Past Worlds, First Peoples and the Great Salt Lake. As the state's designated natural history museum, the Natural History Museum of Utah will celebrate Utah's native peoples, cultures and extraordinary ecology and demonstrate links connecting the past, present and future.

The unique design of the new Rio Tinto Center embodies the Museum's educational and scientific mission to stimulate discovery, curiosity and excitement of the natural world and the place of humans in it. The visionary

architecture, which blurs the boundaries between built and natural environments, was conceptualized to represent Utah's landscape and geology over time. In addition to educating and inspiring visitors, the new museum will have appropriate storage cabinets, temperatures and lighting controls to better preserve and protect the 1.2 million objects enclosed within its walls and cared for by Museum experts. Striving for Gold LEED-certification, the new building will encompass green values to increase energy efficiency and promote green behavior, as well as save money and resources. For more information, visit http://umnh.utah.edu/.

Dinosaur National Monument – Quarry Visitor Center

The Quarry Visitor Center and Quarry Exhibit Hall in the Dinosaur National Monument, closed since 2006 for renovation and set to debut early October 2011, will offer the state's most dramatic dinosaur display, with the fossilized remains of over 1,500 Jurassic dinosaur bones preserved in a 200-foot-long wall. The Quarry, encompassing less than 100 acres, is the only place in the 210,000-acre monument where the public can easily see dinosaur fossils embedded in rock. The restored Exhibit Hall will feature all-new exhibits addressing the dinosaurs' life on Earth, including a large mural which will portray Dinosaur National Monument as it may have looked 149 million years ago, depicting more than 50 different ancient species. Beyond the Quarry, Dinosaur National Monument offers trails, tours and activities which highlight the area's sweeping scenery, rushing rivers, dramatic canyons, unique geology and a rich cultural history. For more information, visit www.nps.gov/dino

Home to five national parks, 43 state parks, seven national monuments, two national recreation areas and "The Greatest Snow on Earth®," Utah represents the best of both the Rocky Mountains and the Desert Southwest. Whether it's heart-thumping downhill skiing, picturesque fly fishing, life-defying rock climbing, serene bird watching, thrill-seeking white water rafting or just communing with nature, Utah has it all – holding true to the state's Life Elevated® brand.

To contact the Utah Office of Tourism, an agency of the Governor's Office of Economic Development, or to view the Utah Travel Guide online, please visit www.visitutah.com or call (800) 200-1160 or (801) 538-1900.

UTAH LEADERSHIP INSTITUTE

The **Utah Leadership Institute** provides leadership development services to Utah's public sector leaders and organizations. ULI offers one-stop, hassle-free access to outstanding opportunities at a reasonable price. Visit the Employee Gateway for information on upcoming training opportunities.

Registration for CPM Fall Quarter 2011 will be available online mid-July. A full schedule of classes will be offered in Salt Lake City starting the first week in September. If you have any questions regarding the Utah Certified Public Manager® Program please feel free to call. We invite you and your employees to experience CPM. May it open new opportunities to achieve successes for you and your organization.

"The course work is challenging, stimulating and absolutely relevant in preparing future leaders."
~ Thomas Patterson, Executive Director, Dept. of Corrections

UTAH CERTIFIED PUBLIC MANAGER® PROGRAM
www.cpm.utah.gov

We'd love to hear from you. Please submit feedback, suggestions, or ideas for future articles to: HRNewsletter@utah.gov

DHRM is adding value to the State of Utah by:
- Increasing Customer Service
- Increasing Efficiency
- Increased Management Capacity

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On the Front Cover:

Mountain Trails Foundation 2011 Summer Events – Park City, UT – August-September, 2011

Mountain Trails Foundation has been advocating, building and improving trails in Park City since 1992. Each year, the non-profit organization produces a variety of community events showcasing Park City's unique and diverse trail system, with a long-term goal of establishing the region as one of the most attractive destinations for events year-round. Among the events is the six-mile Jupiter Peak Steeplechase held on August 6, the Park City Full and Half Marathon on August 20 and the Mid-Mountain Marathon on September 10, taking runners on a scenic single-track trail through Deer Valley Resort, Park City Mountain Resort, The Colony and Canyons Resort. Participants can also take part in the "Triple Trail Challenge," a three-stage race including the Jupiter Peak Steeplechase, Park City Full or Half Marathon and the Mid-Mountain Marathon. The final event of the year is the Tour des Suds mountain bike hill climb, held on September 18. Participants are encouraged to dress in festive costumes and celebrate the beginning of the fall mountain bike season. After the event, bikers will return to the Town Lift Plaza for awards, prizes, food and beverages. For more information, visit www.mountaintrails.org.