

Cottonwood Heights, UT
June 2018 • FREE

NEWSLETTER

www.ch.utah.gov

The City's Budget Process is Bettered by Citizen Involvement

By Council Member Christine Mikell



As many of you are aware, the Cottonwood Heights City Council approved its tentative 2018-2019 budget on May 8. Before this occurred and since then, it has become apparent to me that misperceptions or misunderstandings about this process are widespread.

I'd like first to stress that the budget approved last month represented the beginning of balancing next year's expenditures, rather than the end. The budget is set for final approval by June 22. See http://cottonwoodheights.utah.gov/your_government/finance for our financial reporting information.

Speaking for both myself and the rest of the council and the city staff as a whole, the few weeks following the budget's tentative passage have strengthened our resolve to do better as we move forward. It is a path that I'm confident we can forge, due in large part to our city's incredibly involved citizenry. One of my fellow council members shared that this is the first time so many have been interested in our budget process. The engagement and the great ideas that citizens provided about the budget during the council's public comment period are invaluable.

Some of the amazing citizens and volunteers whom I have had the pleasure of meeting since I took office in January include members of the Pavement Index Committee, the Emergency Preparedness volunteers, the Historical

Committee, and Neighborhood Watch, as well as those who regularly attend City Council meetings. These individuals along with those from the Butlerville Days Committee and the Arts Council give their time and energy to make Cottonwood Heights a great place to live. We owe them our deepest thanks, and I sincerely hope they will continue to serve and provide input.



In response to the results of multiple surveys that show overwhelming support for parks, trails and open space, the city is providing a critical new opportunity to participate in a process with far-reaching implications. The Cottonwood Heights Parks, Trails and Open Space Advisory Committee is an effort that Mayor Mike Peterson has asked me to head up.

Some of the issues we'll tackle at the committee's once-a-month meetings include: reviewing feedback for Trails & Open Space Masterplan options presented by city staff at two public open houses (in November 2017 and April

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Upcoming Cottonwood Heights Events

June 6	Planning Commission Meeting @ City Hall - 6 p.m.
June 11	Zombie Family Fun Ride @ City Hall - 5:30 p.m. (see Page 3)
June 12	Public Hearing for 2018-19 City Budget @ City Hall - 6 p.m.
June 13	CHBA Cottonwood Connect Networking @ City Hall - 4 p.m.
June 21	CHBA Community Health Series @ City Hall - 5:30 p.m. (see Page 11)
June 26	Utah Primary Elections - (see Page 4)
July 23-24	Butlerville Days @ Butler Park - (see Page 3)
July 27, 28, 30, Aug. 2, 3, 4 & 6	"Big the Musical" - Cottonwood Heights Theater @ Butler Middle School

"Big the Musical" Cast Set; Show Opens July 27

McLean Taylor, Nick Morgan, Jen Sponberg, Heather Fellows, Drew Fellows and Brad Rayburn were recently cast as leads in the upcoming Cottonwood Heights Arts Council presentation of "Big the Musical."

Several others were cast in supporting and ensemble roles. For a full list of cast and other musical information, please visit arts.ch.utah.gov.

The play will be performed inside the Cottonwood Heights Theater at Butler Middle School at 7:30 p.m. on July 27, 28, 30, Aug. 2, 3, 4 and 6.

We hope to see you there. ■



June 2018 Featured Artist: Preston Rowlette

Preston Rowlette is Cottonwood Heights' Featured artist for June.

He is a fanatic of backpacking, photography and the outdoors, based in Salt Lake City. Through his various

experiences in the great outdoors, Rowlette has been able to capture some incredible images with his camera.

If you like his photos, feel free to contact him to order a print of one of these beautiful places for your home or office. Rowlette also encourages people to go out and see some of the great scenery of Utah and to take the family along. ■



History Question of the Month

What Cottonwood Heights resident owned and operated the "Black Rock Resort"?

Answer on page 8

The City's Budget Process, continued from cover

2018); revising the city's bike plan; and creating a framework for trail development and connectivity,

"...this is the first time so many have been interested in our budget process."

including completion of a Cottonwood Heights section of the Bonneville Shoreline Trail. In the coming weeks, the city will appoint at least nine Cottonwood Heights residents (see below) to serve with me on this committee.

Population projections forecast an increase of as many as 15,000 people moving to our city in the next 20 years. More residents combined with the increasing popularity of canyon ski resorts will put continuing pressure on our infrastructure in the coming years. And while recent budgetary challenges

are, in some ways, forcing us to take two steps back, I am committed to keeping my focus on the future and making our city a better place to live for many years to come.

As always, please feel free to reach out to me directly by email, christine@ch.utah.gov, or phone, 801-944-7014, or look for my next get together around June 11 to voice your ideas, suggestions and to find out how to get more involved. ■

Open Space Committee Members Needed

Earlier this year, the Cottonwood Heights City Council passed an ordinance that allows for the formation of a Parks, Trails and Open Space committee, in an effort to garner more community involvement in the planning, maintenance and creation of open spaces for public use in the city.

The committee will provide an important advisory role to the City Council and staff and will not make any binding decisions regarding official statutory codes, ordinances or resolutions.

The new committee will consist of up to 11



members, with nine being residents that will represent the entire city (in lieu of designated districts). Time commitment or term lengths have yet to be determined.

Membership is meant to be representative of the broad spectrum of the city, including those with expertise (through education or other relevant experience) in related disciplines such as parks, outdoor recreation, landscape architecture, urban planning, real estate, finance, biology, geography, environmental science and public relations.

If you are interested in joining the new committee, please contact City Recorder/Human Resource Manager Paula Melgar at pmelgar@ch.utah.gov or call 801-944-7021. ■

Zombie Family Fun Ride

Monday, June 11 | Registration: 5:30 p.m. | City Hall | Ride starts: 6 p.m. | Awards ceremony: 7:15 p.m.

Food trucks, Health & Wellness Expo and Bike Rodeo: 5:30-7:30 p.m.

Join us at Cottonwood Heights City Hall for a fun event that includes a bike ride and rodeo, a health and wellness expo, T-shirts, food, activities and prizes! This event is sponsored by the Cottonwood

Heights Business Association and Revive Sport & Spine.

\$10 per person or \$25 for a family of four (additional family members are \$3 each). Register at CHBusiness.org ■



Butlerville Days 2018 Right Around the Corner

Fun, food, entertainment and great activities await visitors to Butlerville Days 2018.

As always, the City of Fun will be back with

plenty of great rides and attractions at Butler Park (7500 S. 2700 East).

Butlerville Days will have a lot of tasty options when it comes to food. Utah's famous food trucks will be there, along with several

other vendors who promise to bring you all kinds of delicious selections.

Headlining on our main stage will be the Wayne Hoskins band. Other musical groups will also perform during the celebration.

This year's BVDays Movie in the Park will be Disney/Pixar's smash hit "Coco," and will be shown at dusk on Monday, July 23.

As always, a parade and fireworks show second to none will be part of a grand finale. on Tuesday, July 24.

We are still looking for sponsors to join our team, along with vendors to sell their locally

produced arts and crafts in our craft market. There's also time to sign up for pickleball and the annual 5K walk/run.

You don't want to miss the annual Antique & Classic Car show, either.

Be sure and mark your calendars, and come join the fun! ■



Month of June – Whitmore Library

The Salt Lake County Library's Summer Reading Challenge, where "Libraries Rock," begins June 1. Readers of all ages are encouraged to sign up and read, create, learn, play, connect and color your way through the challenge. The reading challenge will finish July 31. Don't forget, too, to check out Whitmore Library's other great summer programs, including:

Ballroom Dance Lessons

Adults interested in dancing the night away can learn more about both swing and salsa dancing from instructors with Ballroom Utah.

Mad Tea Party

This program is perfect for teens. Come dressed as your favorite storybook or anime character. Treats to eat and drink, and prizes will be available.

Daddy/Daughter Hair Styling Party

Dads and their daughters, ages 4-12, will learn the secrets to styling and detangling hair. Treats available, too!

Also, families with animal lovers will enjoy "Mammals of the Wasatch," "Owl Tales," "Who Eats Whom" and "Creature Encounters."

For program dates and times, please visit scolibrary.org/calendar or call 801-943-4636. ■

Utah IPMA Chapter Honored

The Utah chapter of the International Public Management Association for Human Resources (IPMA-HR) recently honored their Utah Chapter with its western regional "Outstanding Chapter of the Year" award.



Cottonwood Heights City Recorder and Human Resource Manager Paula Matos Melgar is president of the local organization. ■



2018 Election Information



Primaries for the 2018 General Election will be held on June 26. Early voting will be available on June 20, 21, 22 and 25. A voting station will be located at Cottonwood Heights City Hall during early voting and on the primary election day. Mail-in ballots will go out to homes a few weeks before the primary.

The General Election will be held on Nov. 6. ■

Canyon Centre Plans Move Forward with Park, Parking

The next phase of the Canyon Centre project has begun near the intersection of Wasatch Drive and Fort Union Boulevard, at the mouth of Big Cottonwood Canyon.

This development will feature mixed use of a new parking structure, hotel, offices, restaurants, condominiums, apartments and an outdoor park.

Using funds designated for public parking from Salt Lake County, Cottonwood Heights



was able to defer some taxes for the site developers in exchange for the public benefit of much-needed parking demands and increased open space.

The parking structure and public park will help ease traffic in the popular recreational canyons and provide more green space for Cottonwood Heights residents.

Please be aware of construction in the area as the project takes shape. ■



Summer 2018 Road Projects Update

Three major road improvement projects are coming during the spring, summer and early autumn that will significantly impact travel in and around Cottonwood Heights.

We ask for patience and assistance to allow these much-needed projects to move forward, so that we can accommodate the needs of our residents, visitors and business owners. These



projects are being performed in partnership with other stakeholders, including UDOT, Rocky Mountain Power, Salt Lake City Public Utilities and others.

Here are the updated projects that will affect traffic in the coming months:

2700 East Resurfacing

This project involved complete reconstruction of the road directly in front of Butler Elementary and Butler Middle School, along with a complete overlay on the rest of the street. The project includes the entire street between Fort Union Boulevard and Bengal Boulevard.

The project will begin as soon as school ends in June and will be completed before Butlerville Days on July 24.

Highland Drive/Fort Union Boulevard Intersection Expansion

This expansion will add an extra left turn lane in all four directions (two left turning lanes, instead of one). During 2016 and 2017, the city purchased property and moved large metal power poles and other utilities away from the streets to make way for some intersection widening.

The project is expected to begin in late August and will last from 6 to 8 weeks.

Fort Union Boulevard Resurfacing

This is actually two projects that will involve resurfacing of the street from 1300 East, all the way to Racquet Club Drive near Wasatch Drive.

The road will be resurfaced with a chip-seal layer from 1300 East to 3000 East.

From 3000 East to Racquet Club Drive, Salt Lake City will repair damage done from new water and sewage lines that were installed in 2016 and 2017. *Both projects will begin in early to mid-summer and are expected to last from 6 to 8 weeks each. We do not anticipate that both projects will overlap.*

The estimated time frames and duration of projects are subject to change. We appreciate your patience and understanding as we improve transportation in Cottonwood Heights. ■

City Welcomes New Community and Economic Development Director

Michael Johnson was recently named as the city's new community and economic development director, taking over for Brian Berndt, who left Cottonwood Heights in April for a position at another city.

Johnson began his career at Cottonwood Heights as a planning intern in 2001, while attending Brigham Young University. He has held several positions within the CH Planning Department ever since, including a role as

senior planner for the past two and a half years.

Johnson was born and raised in Rochester, Minn., and moved to Utah to attend college. Besides his bachelor's degree in planning from BYU, he also attained a master's of public administration degree from the University of Utah.

Michael currently resides in Sandy with his wife and two children. ■



CH Kids Learn About Water



On May 9 and 10, kids from Cottonwood Heights elementary schools spent a day at Hogle Zoo, learning about storm water, water safety and water conservation.

It's part of the Salt Lake County Stormwater Coalition's annual educational program to help children learn about water management in the area.

This field trip was a great opportunity for kids to get outside and learn about their environment. ■





Cottonwood Heights

BUTLERVILLE DAYS

JULY 23-24, 2018

Butler Park, 7500 South 2700 East

BOTH DAYS

INFLATABLE BOUNCE GAMES
snakes and turtles
Balloon Artistry
FACE PAINTING
CARNIVAL RIDES
Mayor's Cup Pickleball Tournament



Food Truck & Booths
SUN AND MOON GAZING
STAGE ENTERTAINMENT
CH Historic Display
craft Market

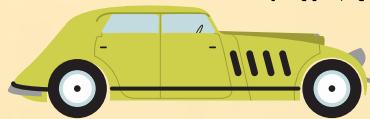
MONDAY
4PM TO 11PM

bingo
SKATEBOARD COMPETITION
MOVIE IN THE PARK
"COCO"



TUESDAY
NOON TO 10:30PM

5K RUN/WALK
b/days parade
ANTIQUE & CLASSIC
CAR SHOW



Chalk Art Showcase

FIREWORKS



More information at WWW.BVDAYS.UTAH.GOV

Citizens Academy Strengthens Bonds

By Robbie Russo | CH Police Chief



In its second year, the Cottonwood Heights Police Citizens Academy provides not only a glimpse into life as a police officer but allows participants to engage with the police department at a meaningful level. The program, offered every spring, also helps the CHPD interact with citizens. The result is often the building of lifelong trust and friendships.

Cottonwood Heights resident Robert Winslow described his experience well in this personal, unsolicited review of the project. I thought you might like to read it. He writes:

"I just finished the 2018 CHPD Citizen Academy this past week. I want to congratulate CH City, and the Police Department on offering this type of training. It was a phenomenal course, one weekday

evening per week over eight weeks. We had 'graduation' this week including a short speech by Mayor Mike Peterson, and Assistant Police Chief Paul Brenneman. The breadth of Academy topics included: Lethal Force, Firearms, Training Simulator, Salt Lake Valley Emergency Communication Center (VECC), SLC Jail Tour, Gangs, Narcotics, Criminal Investigations, Evidence Collection, Domestic Violence, K-9 Operations and Demo, Traffic Enforcement, SWAT Team operations, and more. What an eye-opener, hands-on workshop type of training!

"The academy included tours and outside practical work as well as workshop discussions, video clips, personal stories, and slides. It was a seminal time for participants who, like most citizens, usually see only the media-negative police reports. The police instructors are great humans with families, children and

pets, trying to keep us all safe. Seeing the human side of these officers was a humbling

experience that all CH citizens should experience. The police instructors conduct this Academy on their own time. If any CH resident is interested, watch the CH website, and CH Newsletter for the 2019 course."

Winslow was one of 25 residents who participated in this past academy. Classes were held Wednesday evenings during an eight-week program in March and April, consisting of interactive classes at City Hall and various field locations. If you have any interest, be sure to consider enrolling. I believe it will be well worth your time. It definitely is for us at CHPD. We are very much looking forward to hosting our third academy next year. ■



2018 Fireworks Restrictions

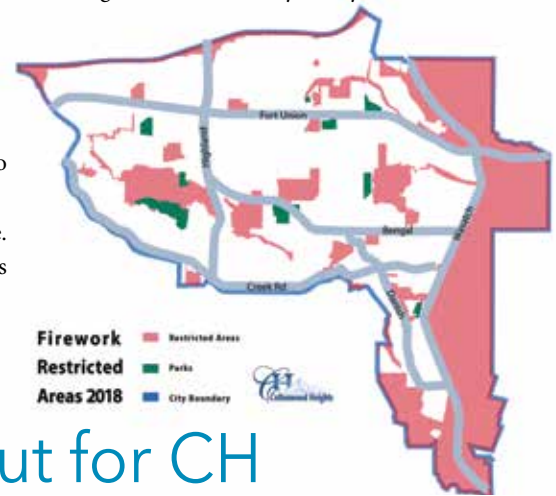
With new changes in state law, and in preparation for celebrations in July, Cottonwood Heights reminds residents of fireworks restrictions in place for the summer.

Personal aerial fireworks are allowed, but not within 200 feet of restricted areas, which include public parks, schools and especially designated wildland interface lands that are

prone to wildfire danger (see map).

Fireworks are prohibited except within two days prior and two days after July 4 and 24.

Additional restrictions are also applicable. Please refer to the city website for detailed rules and information (www.ch.utah.gov). ■



Neighborhood Watch Looks Out for CH

By Stan Rosenzweig

The Cottonwood Heights Neighborhood Watch program is a great chance to make our community safer, especially when things seem

out of the ordinary. We become more effective as extra eyes and ears for reporting crime and helping our neighbors. We get together with those neighbors to share information on how to make their homes more secure. We all watch out for each other and report suspicious activity to the police.

It does not take a lot of time, or effort, to learn how to be a neighborhood watch citizen. You do not have to put yourself in harm's way. In fact, you should never put yourself in harm's way. That is part of what neighborhood watch training is all about, and we encourage more of you to consider becoming trained and joining us.

This is one of those situations where a very

small amount of effort on each of our parts will make us all safer and more secure. And it will make the job of our Cottonwood Heights police, whom we love and respect, easier and more effective.

Wouldn't it be nice, if you and more of our neighbors were trained to call when something is unusual, so that we all leverage our police enabling them to be even more effective? So, please consider calling our CHPD non-emergency number 801-944-7100 to learn what it would be like for you to become a neighborhood watch volunteer. And always remember our Neighborhood Watch mantra, "If you see something, say something." ■



Ten Sporting Scholars Earn Academic All-State Awards

Ten Brighton Bengals are among 26 Canyons District athletes to be presented Academic All-State Awards this spring for excelling in sports and academics. The awards are announced each sports season by the Utah High School Activities Association with this latest round going to students involved in track and field, boys soccer, baseball, softball, girls golf and boys tennis. Congratulations to these sporting scholars:



5A Boys Soccer, Combined GPA, 3.999

David Brog
Thatcher Schwendiman
Jace Vance

5A Baseball, Combined GPA 3.994

Zachary Larson
5A Softball, Combined GPA 3.991
Erin Christensen

5A Girls Track and Field, Combined GPA 4.0

Claudia Caten
Emily Johansen
Olivia Liu

5A Girls Golf, Combined GPA 3.990

Mia Montgomery
Katherine Pearson ■

Answer

Question, continued from page 2

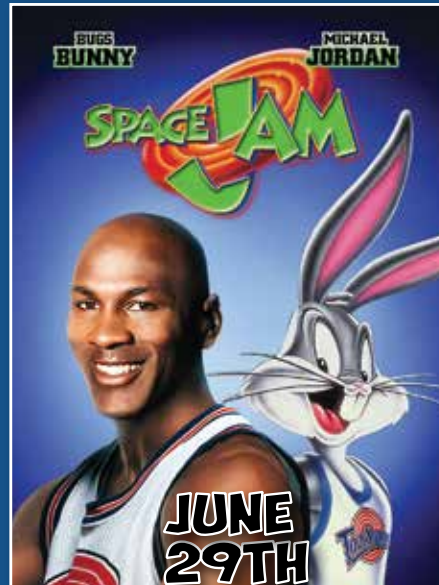
James John Latses was born in Aegon Vaseleon, Greece, on June 2, 1892. He emigrated to America on Oct. 6, 1906, arriving on the ship "Caroline" at New York, N.Y., and moving to Utah that same year. James was naturalized March 31, 1914, and served in the infantry during World War I. He and his wife, Virginia, moved to Cottonwood Heights about 1932. As a real estate man, James opened the resort at Black Rock Beach on the south shore of the Great Salt Lake in 1934 and operated it until his death on Feb. 5, 1944. He was a member of the Greek-American Progressive Association, the American Legion, the Arcadian Greek Organization, Kolokotronis Lodge, the Salt Lake City Chamber of Commerce, and was former trustee of the Greek Orthodox Church and former president of the Salt Lake Greek Community. His wife remained in the area after his death.

Published in Dec. 2015 – Gayle Conger ■

MOVIES IN THE PARK

SUMMER 2018

JUNE 15TH @MOUNTVIEW PARK
7-11PM



JUNE 29TH
@MILL HOLLOW PARK
7-11PM



JULY 13TH
@BYWATER PARK
7-11PM

STILL HIRING
FOR ALL
summer positions

chparksandrec



COTTONWOODHEIGHTS.COM

COTTONWOOD HEIGHTS
PARKS & RECREATION SERVICE AREA

City Council Members

MAYOR - Michael J. Peterson
DIST# 1 - Michael L. Shelton
DIST# 2 - J. Scott Bracken
DIST# 3 - Tali C. Bruce
DIST# 4 - Christine Watson Mikell
CITY MANAGER - John Park

City Office

2277 E. Bengal Blvd
 Cottonwood Heights, UT 84121
 Phone 801-944-7000
 Fax..... 801-944-7005

Numbers to Know

Emergency..... 911
 Dispatch 840-4000
 Fire Authority 743-7100
 Animal Control 840-4000
 Justice Court..... 273-9731

Call Direct

City Manager 944-7010
 City Planning 944-7065
 Public Works 944-7000
 Recorder 944-7021
 Finance Director..... 944-7012
 Code Enforcement..... 944-7095
 Police Administration..... 944-7100

City Council Meetings

June 5 - (No Meeting)
June 12 - Work Session 5 p.m.,
 Business Meeting 7 p.m.
June 19 - Work Session 5 p.m.,
Special Business Meeting 7 p.m.
June 26 - Work Session 5 p.m.,
 Business Meeting 7 p.m.

Agendas are posted 24 hours in advance of public meetings. For details about the agendas, go to: www.ch.utah.gov

Planning Commission

The Planning commission holds meetings at 6 p.m. on the first Wednesday of each month. This month's meeting will be held on June 6.

Editors

Dan Metcalf, Kim Horiuchi

Graphic Designers

Emily Adams, EMDGraphics.com
 Megan Pace

Construction Starts This Summer on New BHS

The Bengals are getting a new home. Architectural firms, with input from students, parents, employees and community leaders, have been hard at work shaping plans for the rebuild of Brighton High — among dozens of school improvement projects to be financed by a Canyons School District bond approved by voters last year. School communities were given a sneak preview of the plans at Open House events in April. The building will be done in phases starting this summer with construction of performing arts and athletics facilities, which will bookend the current building to the west and east. “For the first 16 months of construction no classrooms are impacted. We keep all our gymnasiums for

activities and every single classroom untouched while we build these two structures,” says Brighton Principal Tom Sherwood. More information can be found at bond.canyonsdistrict.org. ■



Summer Reading: Students Can Check Out e-Books

Canyons District students will be able to check out e-books and audio books during the summer on their mobile devices via the

District's Overdrive account. Anyone who frequents Salt Lake County libraries will be familiar with the Overdrive system, explains CSD's Library Media Specialist Jim Wilson. “It's really user-friendly, and the benefit of using our system is that the books have been pre-selected with students in mind.” The new service is available now. Information about how to access the Overdrive system can be found at canyonsdistrict.org. ■



Ridgecrest Student Wins Top Prize

After winning recognition at the regional and state level, Ridgecrest Elementary first-grader Reese Marino went on to claim the top prize in the Visual Arts category of the National PTA Reflections contest. The 6-year-old's portrait of U.S. Supreme Court Justice Ruth Bader Ginsburg was among hundreds of thousands of entries in this year's contest, which was based on the theme, “Within Reach.” ■



Calling All Military Veterans!

By Dave McFerren

Several months ago, I had a chat with Mayor Mike Peterson about the military veteran population living in our great little



city. Mayor Peterson voiced his strong support for veterans and asked if I could reach out to the veteran community to determine if there are veteran-specific needs that the city could help provide. We do not know how many veterans live in Cottonwood Heights, but in the small 13-home development where I live, there are currently five vets (two Army, one Air Force, one Navy and one Coast Guard) who own homes there (almost 40 percent). I doubt that the same percentage of veterans exists in the entire city, and it's safe to assume that the percentage is significant.

Do our vets need help or assistance? Do they know their Department of Veterans Affairs benefits? Do they know what benefits the State of Utah provides for veterans?

Do they know how to find out about their benefits? Is there a need for a veteran's court program? Are there other issues veterans need to raise with the city administration? The mayor would like to know and be proactive in helping to obtain needed support for this special population.

If you are a military veteran, living in Cottonwood Heights, and have thoughts, ideas or recommendations that will help the city support our veteran population, please let us know. You can contact either the author of this article, Dave McFerren, at davemcferren@msn.com or the city's public relations specialist Dan Metcalf at dmetcalf@ch.utah.gov. ■



Loneliness: A Silent Foe that Shortens Life and Weakens Community

By Brian Zehnder | Utah State Senator

What is our fastest-growing public health problem?

Heart disease? Obesity? Tobacco use? Opioids?

Our former surgeon general, Vivek Murphy, says it is loneliness. "During my years caring for patients, the most common pathology I saw was not heart disease or diabetes; it was loneliness," Murphy wrote in the *Harvard Business Review* in 2017.

We've thought of loneliness as a social problem. Now, we find that that it's not just bad for our cities, it's a real health and safety threat.

Weak social connections can shorten a person's life by 15 years — roughly the same as smoking 15 cigarettes per day, noted a groundbreaking study by Brigham Young University in 2010. Research from the American Psychological Association, looking at more than 70 studies and 3.4 million people, found that social isolation can be more harmful to our health than obesity. For some, it can kill.

More than 42.6 million adults over age 45 suffer from chronic loneliness, according to an AARP survey. More than a quarter of the U.S. population lives alone, and more than half are unmarried. We are seeing the same trends in

Utah. Living alone doesn't mean you aren't connected per se. But the studies are showing linkage, just like we know that people who are overweight tend to have more health problems such as Type II diabetes.

Finally, and sadly, we're finding that loneliness has an effect with health and safety in our schools. Young people compare themselves to others on social media. Others may feel lonely if they're struggling to fit in after moving into new homes or schools. As more of our youth are isolated, we see higher rates of suicide across the country.

What help is available?

For older Utahns, the AARP Connect2Affect tool can help (www.connect2affect.org). Simply take an online survey, and the results can let you know your risk, as well as direct you to resources in our zip code.

For our youth, the Hope Squads (www.hope4utah.com/hope-squad) is a peer-to-peer program to prevent youth suicide, now in over 300 Utah schools. Students are trained to recognize warning signs in depressed or suicidal peers, and can report those signs to an adult. Also available is the SafeUT Crisis Text and Tip Line, a statewide service that provides real-time



crisis intervention to youth through texting and a confidential tip program. (www.safeut.med.utah.edu)

If we look at social interaction as a habit, we will find not only that we are in better shape, but also in a healthier community. As we exercise, eat our veggies and refrain from smoking, so too can we bring a meal for an elderly neighbor, call a dear friend, or take the neighborhood kids on a hike. Reaching out heals and deepens relationships. We are wired for strong bonds with others. I suspect it's somehow part of our DNA.

Let's find ways to connect. Our lives—and our community—depend on it.

Brian Zehnder is a family physician and represents District 8 — Cottonwood Heights, Midvale and Murray — in the Utah Senate. He can be reached at bzehnder@le.utah.gov. ■

Maddie's Walk for Lupus

After a tough week of competition, the Brighton High School girl's lacrosse team came out to support a special cause on May 5.

The girls and their coaches were there to join the "Lupus Walk" in support of their



teammate Madisen Streich, a Cottonwood Heights teen who suffers from Lupus and has been involved in many efforts to bring the debilitating disease to the forefront over the past few years.

"We were so glad that we could show Maddie the same support she gives her teammates and coaches every day," said Brighton Lacrosse Coach Melissa Nash. "We love Maddie and our team wouldn't be the same without her." ■



CH Resident Helps Children With Disabilities Communicate

Debbie Inkley, a Cottonwood Heights resident for more than 15 years, has devoted her life's work to help improve the quality of life for people with disabilities.

Inkley is founder of the Opportunity Foundation of America (OFOA), a non-profit organization that implements the cutting

edge "EagleEyes" technology that allows people who are totally locked in their bodies to recreate, educate and communicate via eye movement.

Inkley has dedicated most of her adult life to helping people with disabilities function through technology and training. OFOA is

currently recruiting high school students to help facilitate the EagleEyes technology, so they can teach children with disabilities how to use it.

For more information on OFOA or how you can help, call 801-231-6691 or go to www.ofoa.net. ■



CHBA Community Health Series

Juicing & the Benefits of Fruits & Vegetables

Come learn about the different healing properties of fruits & vegetables, try some tasty fresh juice and get some fun recipes.

Thurs. June 21st
5:30-6:30 pm

Cottonwood Heights
City Hall



AJ BODYWORK
Health Coaching & Therapeutic Bodywork

Volunteer Opportunity

Journey UP Mentor Program (JUMP) is a program of The Christmas Box International, providing young people transitioning from foster care or facing homelessness with mentoring friendships, life skills, and connections to community resources and support.

Research shows that the most important part of success for a young person is the presence of a caring adult in their lives. You can be that person for an at-risk teen or young adult by visiting www.journeyup.org and filling out the Become a Mentor form. For more information, please contact Stefani Zind, JUMP Program Manager, at stefani@journeyup.org.

To donate to JUMP, please visit www.journeyup.org. ■



Business Spotlights

Domichel Hickman Design Studio | 801-871-5929 | www.domichelhickman.com



Domichel Hickman Design Studio is a full-service residential and commercial interior design firm. Through collaboration and dedication to design and detail, the firm strives to create beautiful, unique spaces that are tailored to each client's vision. The firm's co-founder and principal designer Danielle Hickman, is a licensed NCIDQ Interior Designer with extensive experience designing commercial and residential properties throughout the United States and internationally for clients with varying styles and needs. As a Cottonwood Heights native, Danielle has always loved this area and is excited to bring her business to the City Between the Canyons. ■

Crumbl Cookies | 1844 Fort Union Blvd. | Crumblecookies.com

Delivery is what Crumbl Cookies is all about! From late night hang-outs, sending a box of love to a friend, anniversaries, birthdays or group orders for your next event or meeting, Crumbl Cookies is here to satisfy all your cookie cravings. They are available when most needed and deliver their delicious cookies from 10 a.m. to midnight every Monday through Saturday. Call at 801-251-0432. ■



Bengal Coffee Opens in Cottonwood Heights

Bengal Coffee (2578 E. Bengal Blvd.) celebrated its grand opening and is open for business! Stop by and grab some breakfast. ■



National Garbage Person Day

National Garbage Person Day is the week of June 17. According to a 2016 Time magazine report, waste and recycling

collection is the fifth most dangerous job in America. WFWRD drivers work hard to ensure that your waste is collected efficiently and safely, despite challenges due to weather, traffic and other complications. Even a simple

wave to your driver can go a long way to show your appreciation. ■



Green Waste Subscription Program

The Green Waste Collection Program is underway. This is a subscription-based program, and those

interested in subscribing or getting more information can visit www.wasatchfrontwaste.org. Cottonwood Heights currently has 788 subscribers.

Please remember, as part of the program,

not to bag your green waste and that green (yard) waste should never be placed in the blue recycling cans. Placing green waste in the recycling cans contaminates the recycling and makes the recyclable materials unusable. ■

Help Your Community

WFWRD is seeking volunteers and go-getters! Everyone from Boy Scouts to Miss Utah queens are welcome to make an impact in their communities. Best of all, you can see the difference that education, outreach and service can make in creating a clean, sustainable community. Wasatch Front Waste & Recycling District has successfully helped Cottonwood Heights in both big and small ways in the past.

Some service opportunities include:

Local Royalty/Pageant Queens

- WFWRD can help develop a personal platform issue
- Miss America Serves Day options and ideas

Scouting

- WFWRD is a local organization that can be contacted about projects

- It can help with Eagle Projects and local community needs

Rotary Club

- Rotary Community Corps options
- Rotary Partnership

Just Serve.org

- WFWRD offers quality-of-life projects
- Collaborative efforts meeting all the service guidelines ■