



Cottonwood Heights, UT | November 2022 | FREE

# BETWEEN THE CANYONS

The official newsletter of Cottonwood Heights | [ch.utah.gov](http://ch.utah.gov)

## ULCT conference: Valuable advice for elected officials

Council member Scott Bracken



"If we scraped away the details, your story, my story, and everybody else on this human existence's story goes like this: 'Once upon a time, I had a whole bunch of hopes and dreams. And some of them went right.

And some of them went painfully wrong. And I'm still trying every day to live happily ever after,'" said Jennie Taylor, public speaker and former Utah League of Cities and Towns (ULCT) Auxiliary member.

This last month, I had the opportunity to attend the annual ULCT conference downtown. It is always a great opportunity to hear the speakers, interact with elected officials from all over the state, and learn things that inform my job better as an elected official.

During the closing luncheon, I listened to Jennie

Taylor, who was there to present the Mayor Brent and Jennie Taylor Service Award.

Jennie's husband, Brent Taylor, had taken a year-long leave of absence from his position as mayor of North Ogden when he was deployed on his fourth tour of National Guard duty in Afghanistan. When Brent was shot and killed on Nov. 3, 2018, by a local soldier he was training, Jennie became a Gold Star spouse with seven children to raise.

Despite the challenges, Jennie has continued the legacy she and Brent shared of service to family, their faith, and their community. She manages the podcast "Relentlessly Resilient" and speaks throughout the country. As a former mayor's wife, Jennie has an unmistakable and firm understanding of what it takes to serve the community and gave the elected officials at the conference some valuable advice on governance. I would like to share some of those ideas with you.

### Work for the people you serve

"You chose to do this job. In fact, some of you

*Valuable advice continued on page 3*

## CITY COUNCIL HIGHLIGHTS

### UPCOMING TENTATIVE AGENDA ITEMS

#### NOVEMBER 1

- LEGISLATIVE LOBBYISTS' REPORT
- WASATCH FRONT WASTE & RECYCLING DISTRICT REPORT
- SENSITIVE LANDS EVALUATION AND DEVELOPMENT STANDARDS (SLEDs) ORDINANCE UPDATE
- TRANSPORTATION MASTER PLAN INTRODUCTION
- CANYON CENTRE TRAFFIC STUDY DISCUSSION
- BUDGET ADJUSTMENT
- MID-VALLEY ACTIVE TRANSPORTATION PLAN APPROVAL
- COMMITTEE APPOINTMENTS

#### NOVEMBER 15

- UTAH STATE UNIVERSITY WELLNESS SURVEY PRESENTATION
- COTTONWOOD HEIGHTS PARKS & RECREATION DISTRICT REPORT
- PUBLIC SAFETY ADVISORY COMMITTEE DISCUSSION
- PROJECT PRIORITIES DISCUSSION
- BUDGET ADJUSTMENT
- SENSITIVE LANDS EVALUATION AND DEVELOPMENT STANDARDS (SLEDs) ORDINANCE UPDATE
- PUBLIC INFRASTRUCTURE DISTRICT DISCUSSION
- BROOKSEE BIG COTTONWOOD CANYON MARATHON PRESENTATION

TO FIND FULL AGENDAS, VISIT [CH.UTAH.GOV](http://CH.UTAH.GOV)

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## EVENTS CALENDAR

- **NOV. 24:** THANKSGIVING DAY 5K
- **NOV. 25:** HOLIDAY DECORATING CONTEST (UNTIL DEC. 8)
- **NOV. 28:** LIGHT THE HEIGHTS AT CITY HALL

FOR MORE INFORMATION, VISIT [CH.UTAH.GOV](http://CH.UTAH.GOV) AND CLICK **COMMUNITY CALENDAR**



*Light the Heights*  
TREE LIGHTING AND SING-ALONG

**Monday, Nov. 28, 2022**  
**5-7:30 P.M.**  
**City Hall—2277 Bengal Blvd.**

**5-6:30 P.M. Visit Santa (Inside)**

**5-7:30 P.M. Holiday Vendors**  
**Write Letter to Santa**

**6-7:30 P.M. Free Hot Chocolate & Cup of Chili (While supplies last)**  
**Musical Performance**  
**Food Vendor**

**6:30-7:30 P.M. Visit Santa (Outside)**

**7:15 P.M. Tree Lighting & Sing-Along with Santa**

More info: [CH.UTAH.GOV](http://CH.UTAH.GOV)



COTTONWOOD HEIGHTS

*Light the Heights*  
HOLIDAY DECORATING CONTEST

**CONTEST IS OPEN**  
**NOV. 25 - DEC. 8**

**Judging Dec. 9-14**

- Prizes awarded
- Free to enter

More info:  
[CH.UTAH.GOV](http://CH.UTAH.GOV)  
or email Ann Eatchel at [aeatchel@ch.utah.gov](mailto:aeatchel@ch.utah.gov)

Scan here: 

## Find the hidden elf on the city website Dec. 12-16 for a chance to win a prize!

We've hidden a rabbit on the city website before to celebrate Easter and spring with a "bunny hop." Now we're celebrating winter holidays by hiding an elf this December! Here's how to participate:

- **Visit the city website ([ch.utah.gov](http://ch.utah.gov)) each day after 9 a.m. Dec. 12-16**
- **Look for the hidden elf on different website pages**

- **Email [events@ch.utah.gov](mailto:events@ch.utah.gov) with the elf's location (a screenshot may help)**

The first three people who email with the correct elf location each day will win a Cottonwood Heights mug filled with candy.

Remember: Only one win per household. Good luck finding the elf and getting to know the Cottonwood Heights website better in the process! ■



*Valuable advice continued from cover*

fought for this job," Jennie said. "We [as citizens] expect you to do it." This means elected officials are to study all the issues and to understand them so they can make choices on behalf of the community.

#### **Make sure residents know they can trust you**

Next, Jennie made the point that even though residents don't come to every meeting, it doesn't mean they don't care. They do, and officials shouldn't mistake absence for apathy. Officials should be better informed and act accordingly.

"Please trust the fact that I trusted you when I voted for you, and don't abrogate my trust if I didn't," Jennie said. Elected officials hold this office for a time, and others will take over eventually. She urged us to respect that.

#### **Remember that you are legislators, not administrators, in the city**

Jennie reminded us that it is our duty as elected officials to research, debate, respectfully listen, and decide policy. It is also our duty to understand that we are not administrators, but legislators in the city. Our statutory duties include setting a budget (but not approving expenditures), approving zone changes and zoning regulations (but not approving buildings and site plans), and approving ordinances and penalties (but not enforcing them).

Most day-to-day decisions are handled administratively. Others rise to the level of policy and direction that are handled legislatively. Some

rise to the level of the ballot box (some bonding/debt authority, change in government, change in elected officials).

#### **Consider the general population's opinion as well as group opinions**

Finally, Jennie profoundly noted that "'public clamor' does not always equal 'public sentiment.'" It is incumbent upon elected (or appointed) officials to discern that even a clear majority of an intense group at a public meeting may or may not hold the same opinion as the general population. Again, absence does not equate to apathy. Each side has a right to be heard, but all sides ought to be thoughtfully considered.

Jennie urged us to make the best decision for the city and "listen to our gut" regardless of how many may openly agree with us — but also to share our reasoning. The voters have the choice every four years to vote to trust us again or select someone else. She ended her remarks with this statement: "We [the citizens] are rooting for you."

Your mail-in ballot should already have arrived. If you haven't filled it out and turned it in, do it today! This year, we get to choose a congressional representative, a senator, sheriff, county clerk, county council representatives, and others. Next year, half our city council will be on the ballot. Your voice matters, and I am proud to serve you. ■



Photo of Jennie Taylor speaking at conference courtesy of Utah League of Cities and Towns Facebook page

## See the brand-new Cottonwood leaf sculpture now in the City Hall plaza

The Cottonwood Heights Arts Council is excited to announce a new art installation on the City Hall plaza called "Cottonwood Leaf: Nature, Art, History."

Folk artist Malen Pierson created the eight-foot metal Cottonwood leaf by welding antique tools he collected over the years, in line with Cottonwood Heights' commitment to sustainability and bringing history to the forefront in our community.

Each tool embedded within the leaf symbolizes Cottonwood Heights residents' hard work, resourcefulness, and productivity. The leaf itself represents the city's roots, connection, and strength, and when sunlight hits the leaf, shadows

of the tools stretch across the boulder beneath it.

Pierson chose metal as the medium for this leaf because it will change and weather over time, just as our city changes and grows with time.

A collector of found objects and an innovator when integrating old tools, farm equipment, antiquities, and all forms of metal, Pierson uses a unique welding and assembly process. His style incorporates various metals and found objects into full-sized animal sculptures, including horses, moose, and herons.

For more information about Pierson's work, visit [malenpierson.com](http://malenpierson.com). You can also check out the new leaf sculpture on the plaza at any time. ■



## Volunteers needed now for the Arts Council and Planning Commission

The Cottonwood Heights Arts Council is looking for new members. This group of volunteers meets monthly to plan and deliver arts projects in Cottonwood Heights, including:

- **Annual summer musicals**
- **Art exhibits**
- **Photography contests**

To learn more about the Arts Council and apply, visit [chcityarts.com](http://chcityarts.com).

The Planning Commission also has a vacancy within district 1 to fill. Created to represent the concerns of diverse citizen groups and the broad interests of the community as a whole, the Planning Commission makes recommendations to the city

council on legislative land use decisions, including property rezoning and ordinance changes. It also grants final approval of conditional use permits, site plan approvals, and subdivisions.

To apply for a position on the Planning Commission, visit [ch.utah.gov/board-application](http://ch.utah.gov/board-application) and fill out the form.

## Thankful for our officers and support staff: Reflecting on our recent police banquet

Police chief Robby Russo



We recently held our fourteenth annual police department recognition program and banquet at Market Street Grill on Aug. 24, 2022. KSL reporter Alex Cabrero served as our master of ceremonies, and Senator

Mike Lee was the keynote speaker at the event.

I'm grateful we have the chance each year to recognize the many officers who keep Cottonwood Heights safe, along with the support staff that keeps operations running smoothly. As we approach Thanksgiving, I encourage you to show gratitude to those who serve our city. ■



## Prepare for winter weather: Review these five reminders about snow policies

Cottonwood Heights' snowplow drivers work hard whenever there is snow, plowing even on holidays and weekends to ensure residents can safely drive throughout the city. Below are five ways you can make it easier for crews to clear snow in your neighborhood:

- **Blow snow onto your lawn, not into the street.** If you blow snow from your sidewalk or driveway into the street, it creates dangerous ice patches.
- **Clear all snow or ice from your sidewalk and driveway within 24 hours after a storm ends.** You can review code section 14-32-060 for more information.
- **Help neighbors who have mobility issues to clear their driveways and sidewalks after a storm.** The city doesn't have the resources to clear private sidewalks and driveways.
- **Don't park on the street after any snowfall and not until 24 hours after the end of a snowstorm.** If plows are

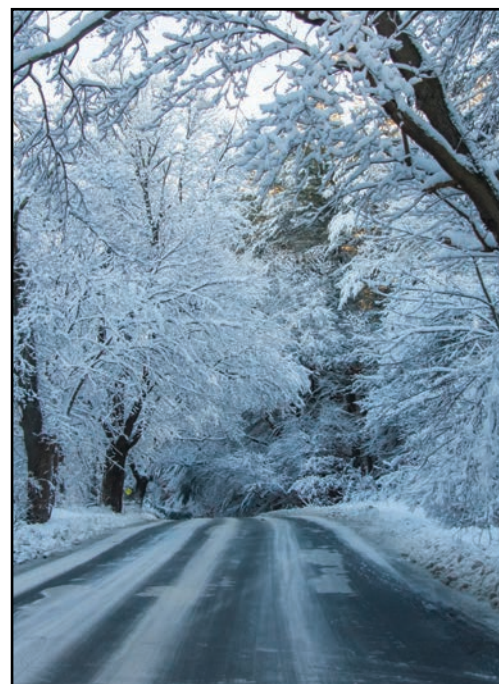
unable to get around your vehicle to clear the road, a towing company may tow your car.

- **Remove trash and recycling cans from the street within 12 hours of Wasatch Front Waste & Recycling District collection.** Note: WFWRD generally delays collection on snow days to allow snowplows time to clear neighborhoods.

Our snowplow drivers follow assigned routes, prioritizing the main streets to maintain safe travel for the largest volume of traffic. The city strives to plow every city road within 24 hours after a storm ends.

Follow Cottonwood Heights on Facebook (/CHCity), Twitter (@CHCity), Instagram (@cottonwoodheights) and NextDoor or subscribe to city emails ([ch.utah.gov/emails](mailto:ch.utah.gov/emails)) for plowing updates.

You can also call the city at 801-944-7000 Monday through Friday from 8 a.m. to 5 p.m. to report a snowplowing issue. ■



## County Health Department unveils online air quality map for inversion season

Salt Lake County Health Department (SLCoHD) recently announced a new online map at [SaltLakeHealth.org](http://SaltLakeHealth.org) that presents real-time air quality data from dozens of air monitoring sensors throughout the county. The map, called AirView, is available through a public-private partnership with TELLUS Networked Sensor Solutions.

"AirView is another tool for people who live, work and visit Salt Lake County to be aware of current air quality in their immediate area so they can make

informed choices about their health and activities," says Corbin Anderson, SLCoHD air quality bureau manager. "Checking AirView can help you decide to avoid motor vehicle travel, wear a particle-filtering mask while outdoors or change your furnace filter to improve indoor air quality."

Health officials also remind Salt Lake County residents that, from November 1–March 1 each year, burning solid fuels (wood, coal or pellets) is prohibited in Salt Lake County unless the Utah Division of Air Quality determines it is an "unrestricted action"

day. In Salt Lake County, days labeled by the state as "voluntary action" or "mandatory action" are both NO BURN days.

Due to natural, regional conditions that can negatively affect air quality (weather patterns and topography), Anderson says, "It's essential that Salt Lake County residents be vigilant about the things that are in our control, particularly managing combustion emissions during times of deteriorating air quality, such as the winter inversion season or regional wildfire events." ■

## See Wasatch Front Waste & Recycling District's proposed 2023 fee increases

WFWRD's board of trustees will hold a public hearing on Monday, Nov. 14, 2022, at 6 p.m. at the WFWRD office in Midvale (604 W. 6960 S.) to hear public comment for the tentative 2023 budget that includes fee increases.

Wasatch Front Waste last implemented a fee increase in January 2018. The increased fees help manage rapidly rising costs with labor markets, maintenance shop rates, landfill and recycling facility processing costs, and replacement trucks.

Below is a fee increase outline:

- **Garbage and recycling collection base fees** will increase \$2.50 per month, \$7.50 per quarter, and \$30 per year, with

a total rate of \$19.50 per month, \$58.50 per quarter, and \$234 per year

- **Extra waste (black) cans** will increase to \$19.50 per month, \$58.50 per quarter, and \$234 per year for collections
- **Extra recycling (blue) cans** will increase \$2 to \$5 per month for collections
- **New cans will cost \$70**, and refurbished cans will cost \$45
- **Bulk trailer rentals** will increase from \$175 to \$190 and green trailers will increase from \$45 to \$55

Visit [wasatchfrontwaste.org/fees-logistics](https://wasatchfrontwaste.org/fees-logistics) for more details. ■



## Reporting broken and damaged cans

Did you know Wasatch Front Waste repairs or replaces broken cans at no additional cost? To report a broken can, visit [wasatchfrontwaste.org](https://wasatchfrontwaste.org), click the **Services & Requests** tab, and click **Report Broken Cans**.

Once you fill out the form with information about what's broken and include your address and phone number, WFWRD's cart team will come within one to 14 business days to repair or replace your can.

Please leave the cans where they are visible and accessible from the street, and continue using them until WFWRD arrives. ■

## Remote recycling tips for schools

In spring 2022, Wasatch Front Waste's sustainability team provided education to 40 classes at 11 different elementary schools remotely throughout the district. The team currently has a lot of availability and would love to present the benefits of sustainable waste management to a classroom.

If you are a teacher, or know of a teacher, who is interested in this opportunity, contact Wasatch Front Waste's sustainability coordinator, McKenna Tupa'i, at [mtupai@wasatchfrontwaste.org](mailto:mtupai@wasatchfrontwaste.org) or 385-468-6337. ■

## Cottonwood Heights recently named Triple Crown winner for financial reporting

The Government Finance Officers Association (GFOA) recently named Cottonwood Heights a 2020 Triple Crown winner, a designation that recognizes governments who've received GFOA's Certificate of Achievement for Excellence in Financial Reporting, Popular Annual Financial Reporting Award and the Distinguished Budget

Presentation Award for a fiscal year.

Cottonwood Heights is one of just 317 governments that received this special designation for fiscal year 2020.

The Triple Crown designation represents a significant achievement. To qualify, each entity must meet the high standards of all three separate

award programs.

Each award program recognizes governments that produce reports communicating their financial stories in a transparent manner and meeting applicable standards.

To learn more about GFOA's awards programs, visit [gfoa.org/awards](https://gfoa.org/awards). ■

## Road maintenance: Understanding the difference between surface treatments

Mayor Weichers issued the following statement about road maintenance at the Oct. 18, 2022, Cottonwood Heights city council business meeting:

*Our public works staff and outside consultants conducted an intensive evaluation of all roads and created our five-year road maintenance plan. It identifies road conditions, pavement improvement applications and cost estimates. The city council evaluates this plan and determines funding for the road surface treatment recommendations as part of the annual budget process.*

*The city primarily uses four pavement surface treatment applications each year. These include:*

- **Crack seals:** An application used to seal cracks in the surface to prevent water from entering the road base
- **Slurry seals:** A mixture of water asphalt emulsion, aggregate of small, crushed rock and additives placed on existing surfaces

*to seal pavement, primarily on residential streets. The cost is about 20 cents per square foot and adds five to eight years of life to a road.*

- **Chip seals:** A highly cost-effective pavement preservation treatment that seals and waterproofs existing pavement. It combines an asphalt layer and cover aggregate to provide a skid-resistant wearing surface. It adds eight to 10 years of life to the road and is typically used for higher traffic-volume roads. The cost is about 85 cents per square foot.
- **Roadway reconstruction:** Full removal of the existing asphalt, road base and repair of curb, gutter and sidewalks along with ADA ramp installation and storm drain upgrades. Reconstruction restarts the road life, and the cost is typically between \$6.25

*to \$14 per square foot.*

*As a city, it is critical to find cost-effective ways to maintain our roads and infrastructure. Although there are concerns with surfaces that result from chip and slurry seal applications and that road surfaces are not as smooth as a fresh asphalt layer, over time, the weather and vehicle traffic give the treated surface a smoother finish. These pavement treatments are much more financially prudent. We applied about 2.6 million square feet of chip and slurry seal work this past year, and the cost was a little over \$1 million. If we reconstructed these areas, the cost would be anywhere from \$16 to 37 million, which is not financially feasible for our city.*

*We understand concerns residents have and appreciate their input. We will continue to evaluate alternative road treatment options but have to weigh pros and cons and costs associated with maintaining our infrastructure.*

## There's still time to visit the digital archives exhibit at City Hall through Nov. 15!

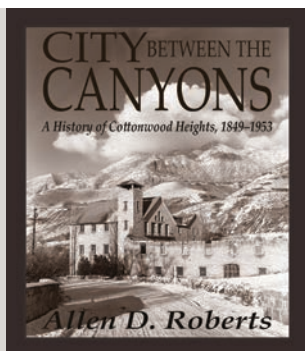
The Cottonwood Heights Historic Committee has a historic exhibit about its online digital archives launch at City Hall until Nov. 15! You can also now access these archives anytime at [ch.utah.gov/archive](http://ch.utah.gov/archive).

Our digital archives are also a space where the Historic Committee can capture and record history as it is happening. You'll have online access to oral history interviews with long-time area residents and important figures in city government. By maintaining a 21st-century archive, future generations will be able to understand the history and pivotal decisions that have shaped our community. ■

Curious about the Historic Committee? Members meet monthly to plan initiatives that highlight Cottonwood Heights' history. Past efforts include:

- Gathering information about historic sites and creating historic markers
- Guiding the publication of *City Between the Canyons*
- Staffing a rotating exhibit at Butlerville Days

Interested in joining? Demonstrate your interest in and knowledge of history and historic preservation, and fill out an application now at [ch.utah.gov/history](http://ch.utah.gov/history).



### Buy the book!

Looking for a great personalized gift for the family member or friend who has everything? The hardbound history book *City Between the Canyons: A History of Cottonwood Heights, 1849-1953* is a great option! Buy yours at City Hall for \$20 (3 for \$50) or online at [ch.utah.gov/history-book](http://ch.utah.gov/history-book) for \$25 (3 for \$59) with shipping. ■

## DON'T FORGET TO SIGN UP FOR THE THANKSGIVING DAY 5K

COTTONWOOD HEIGHTS  
PARKS & RECREATION

### Early Registration Ends Nov. 2nd!

#### ADULT PRICING:

- \$25 - Early Registration (through Nov. 2nd)
- \$30 - Registration (Nov. 3-22 @ 12pm)

#### YOUTH PRICING (11&under):

- \$20 - Registration (through Nov. 22nd @ 12pm)
- 20% off per person for groups of 5+



SCAN TO SIGN UP OR GO TO  
[WWW.COTTONWOODHEIGHTS.COM](http://WWW.COTTONWOODHEIGHTS.COM)



## City council members

**MAYOR:** Michael Weichers

801-944-7087 | [mweichers@ch.utah.gov](mailto:mweichers@ch.utah.gov)

**DIST# 1:** Douglas Petersen

801-944-7089 | [dpetersen@ch.utah.gov](mailto:dpetersen@ch.utah.gov)

**DIST# 2:** J. Scott Bracken

801-944-7086 | [sbracken@ch.utah.gov](mailto:sbracken@ch.utah.gov)

**DIST# 3:** Shawn E. Newell

801-300-3068 | [snewell@ch.utah.gov](mailto:snewell@ch.utah.gov)

**DIST# 4:** Ellen Birrell

385-910-5942 | [ebirrell@ch.utah.gov](mailto:ebirrell@ch.utah.gov)

**CITY MANAGER:** Tim Tingey

801-944-7010 | [tingey@ch.utah.gov](mailto:tingey@ch.utah.gov)

## 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 ..... 743-7200

Animal control ..... 944-7100

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..... 840-4000

Police administration..... 944-7100

## City council meetings

- **Nov. 1:** Work session at 4 p.m., business meeting at 7 p.m. ([note new time](#))
- **Nov. 15:** Work session at 4 p.m., business meeting at 7 p.m.

City council meetings are held the first and third Tuesday of every month at 4 p.m. and 7 p.m. unless otherwise noticed. Agendas are posted at least 24 hours before public meetings on [ch.utah.gov](http://ch.utah.gov).

## Planning Commission

The Planning Commission generally holds meetings at 6 p.m. on the first Wednesday of each month.

## Editor

Lindsay Wilcox

## Utah Falconz quarterback visits Oakdale Elementary for Red Ribbon Week

Sara Galica has won two national titles and even a world championship playing football. Recently, the Utah Falconz quarterback picked up a different kind of victory at Oakdale Elementary. She and other members of Beehive State's pro-am woman's football team won over the Roadrunners' hearts as part of the festivities surrounding Red Ribbon Week, which is devoted to promoting drug-free lives.

During lunch recess, the students took turns running ladders and routes, catching passes from Galica, and testing their accuracy

by tossing the pigskin into net targets.

Galica, who has played for the Falconz for 10 years, cherishes opportunities to impress upon kids that they can pursue whatever dreams they have — even if it isn't necessarily typical per cultural norms. She called working and playing with the Roadrunners an "amazing" experience.

"Kids don't see the boundaries that we as adults have," she said. "It's nice to instill in them that anyone can do anything and that you can just be the best you." ■



## Bengal seniors claim Academic All-State honors

Four Brighton High School seniors have earned spots on the Utah High School Activities Association's Academic All-State teams in football, volleyball, and cross country.

Academic All-State award winners have a 4.0 cumulative GPA or meet an index score

that accounts for a student's grades and college-entrance exam scores. Brighton's honorees are:

- **Blair Waldbilg** (girls' cross country)
- **Chloe Hammer** (volleyball)
- **Ellie Whitmore** (volleyball)
- **Jonathan Hyde** (football) ■

## Brighton High's Nicole Shon named outstanding Utah chemistry teacher

Nicole Shon, who teaches chemistry at Brighton High School, has been named Utah's Outstanding Chemistry Teacher by the Utah Science Teachers Association.

Shon received the award at the association's fall conference, "Teaching Science in the Multiverse," held Oct. 7 in Provo.



## Business spotlight

## Fresh Perspective Home Inspections | 2165 E. Vllaire Ave. | freshperspectivehi.com

Fresh Perspective Home Inspections (FPHI) strives to be the most respected residential property inspection company for buyers, sellers, investors and real estate agents in the Salt Lake City metro area.

The company performs non-invasive visual examinations of accessible residential property areas to provide homebuyers and realtors a comprehensive report identifying systems and material defects. FPHI takes great care in home inspections and uses high-end inspection tools and software to provide a comprehensive home inspection report.

Owned and operated by 30-year Cottonwood Heights resident Ian Rothfels, Fresh Perspective Home Inspections is based in Cottonwood Heights and licensed and insured in the state of Utah. Ian has been an International Association of Certified Home Inspectors (InterNACHI)-certified and -licensed home inspector and Salt Lake Board of Realtors affiliate member since 2018. Call or text him at 801-706-8421 to learn more. ■



## Eagle Condor Humanitarian | 7135 S. Highland Dr. #B6 | eaglecondor.org

Eagle Condor Humanitarian (ECH) is a nonprofit focused on alleviating poverty in Peru, Ecuador and Colombia. If you've ever dreamed of visiting another country and immersing yourself in the culture through service, Eagle Condor invites you to join one of its many humanitarian expeditions. They embrace a sustainable, holistic approach:

- Adults receive proven training to enhance income, savings and life balance through self-reliant workshops
- Children and youth receive nutritional meals in exchange for regular school attendance, with supplementary educational support from U.S. interns
- Communities benefit from collaborative projects designed for self-reliance to flourish

If now is not a feasible time for an expedition, you can consider sponsoring children or self-reliance training. Visit [eaglecondor.org](http://eaglecondor.org) or call 801-263-2000 to get more details. ■



## Earth to Mel | earthtomel.com | @earthtomelrd on Instagram

Are you ready to reconnect with your happiest, healthiest you? Melanie Roemer, MS, RD, RYT, helps adults with anxiety and depression take back the driver's seat of their mental health by harnessing the power of nutrition and mindfulness.

Using a root-cause approach, Melanie empowers her clients to understand their bodies and nourish themselves from the inside out.

"Melanie conveyed detailed information in an easy-to-understand way. She is a rare combination of nutritional expert and gifted teacher," says client Judy T.

Visit [earthtomel.com](http://earthtomel.com) to learn more. You can also follow Melanie on Instagram at [@earthtomelrd](https://www.instagram.com/earthtomelrd). ■



Reach more than 15,000 households in Cottonwood Heights each month by spotlighting your business! You can also participate in our Love Your Locals campaign, offering Cotto residents a discount to shop with you.

To learn more or share your company and services, email business development specialist Hope Zitting-Goeckeritz at [business@ch.utah.gov](mailto:business@ch.utah.gov).