



Cottonwood Heights, UT | March 2025 | FREE

BETWEEN THE CANYONS

The official newsletter of Cottonwood Heights | ch.utah.gov

Celebrating 20 Years of Pride and Progress in Cottonwood Heights

Council Member Shawn Newell



The statements in this article are the author's views and not necessarily of the entire city council.

One of the most endearing things

I have learned in my time serving the wonderful citizens of Cottonwood Heights is that we are a proud citizenry. Our residents carry a sense of pride when they encounter people from municipalities outside of our own. We show pride in the manner in which we keep our city clean. And we share a pride in being a welcoming community. I can only imagine where this sense of pride exudes



from for others, but I know for me there is a pride in the people and history of our city.

Cottonwood Heights is in its infancy, in comparison to some cities in the Salt Lake valley, yet it is one of the most thriving communities. We're currently enthralled in celebrating our twentieth year of incorporation. Wow! There are many stories being shared during this time of celebration about where we've come from and the

Celebrating 20 Years of Pride and Progress in Cottonwood Heights Continued on page 3

CITY COUNCIL HIGHLIGHTS

UPCOMING TENTATIVE AGENDA ITEMS

MARCH 4

- PDD-2-NORTHERN GRAVEL PIT DEVELOPMENT- BACKGROUND
- PDD-2-NORTHERN GRAVEL PIT DEVELOPMENT- ZONING TEXT AMENDMENT
- ON-STREET PARKING DISCUSSION
- RENTAL OF PRIVATE PROPERTY AMENITIES/ SPACES
- HIGHLAND/BENGAL INTERSECTION AND ALTERNATIVE DESIGN DISCUSSION

MARCH 18

- ELECTIONS UPDATE
- LOBBYIST REPORT

APRIL 1

- PUBLIC WORKS REPORT
- UNIFIED FIRE AUTHORITY REPORT
- YOUTH CITY COUNCIL REPORT
- MODERATE INCOME HOUSING PLAN
- BUDGET ADJUSTMENT

APRIL 15

- POLICE DEPARTMENT REPORT
- FINANCE REPORT

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EVENTS CALENDAR

- **MARCH 4 - APRIL 3:** LOBBY WALL EXHIBIT: ON THE WALL - CELEBRATING CERAMICS
- **MARCH 14 & 15:** THE LIGHTNING THIEF MUSICAL AUDITIONS AT CITY HALL
- **MARCH 19:** SENIOR SOCIAL - PET HEALTH
- **MARCH 20:** CERAMICS OPEN HOUSE - MEET THE ARTIST AT CITY HALL
- **MARCH 29:** SALT CONTEMPORARY DANCE AT BUTLER MIDDLE SCHOOL THEATER
- **APRIL 4 - MAY 6:** UTAH AMERICA'S FILM SET AT CITY HALL
- **APRIL 16:** SENIOR SOCIAL - SCAMS AND FRAUD PREVENTION
- **APRIL 19:** EASTER EGG HUNT AT BUTLER PARK
- **APRIL 25:** THERAPEUTIC ARTS NIGHT FROM 6:30 PM TO 8:30 PM AT CITY HALL
- **APRIL 26:** SAPLING SALE AT CITY HALL FROM 10 AM - 2 PM

FOR MORE INFORMATION, VISIT CH.UTAH.GOV AND CLICK COMMUNITY CALENDAR

COTTONWOOD HEIGHTS SENIOR SOCIAL

Join us every third Wednesday!

Seniors 62+ are invited to an engaging afternoon focused on pet health, including essential tips and signs for vet visits. Join fellow pet-lovers for learning and fun!

When: March 19, 2025

Time: 1:30 PM - 2:30 PM

Where: Cottonwood Heights City Hall, 2277 E. Bengal Blvd.

Cost: Free!

What: Presentation on Pet Health with special guest Dr. Dennis Law, DVM

***This event is for humans only.**

Questions?
Contact Ann Eatchel at
801-944-7040 or
Events@ch.utah.gov.



Cottonwood Heights Arts Council
Presents

SALT
CONTEMPORARY DANCE
3.29.25

SAT, MARCH 29, 6:30-8PM
BUTLER MIDDLE SCHOOL THEATRE
7530 S 2700 E, Cottonwood Heights
(Southeast entrance)

\$10 General Admission
Tickets - online only at
CHCityArts.com



THE COTTONWOOD HEIGHTS ARTS COUNCIL PRESENTS

AUDITIONS!

THE LIGHTNING THIEF
THE PERCY JACKSON MUSICAL

Virtual Auditions due March 13

March 14th
6:30-9:30pm
&
March 15th
9:00am-12:00pm

THE LIGHTNING THIEF is presented by arrangement with Concord Theatricals www.concordtheatricals.com



CHCITYARTS.COM



BUTLERVILLE DAYS

July 24, 25 & 26, 2025

- **Sponsors:** Promote your business while supporting the community.
- **Volunteers:** Help with various events, including Bingo and the parade.
- **Vendors:** Sell products or services from home or commercial businesses.
- **Parade participants:** Showcase your group, business or vehicle.
- **Entertainers:** Perform live on our stage!

Visit BVDAYS.COM for more information.

COTTONWOOD HEIGHTS ARTS COUNCIL

Art Exhibit
On the Wall:
Celebrating Ceramics In Utah
Artist Open House & Awards
Thursday, March 20, 6-8 p.m.

On Display
Cottonwood Heights
City Hall Lobby
2277 E. Bengal Blvd.
Weekdays - 8 a.m. to 5 p.m.
March 4 - April 3, 2025



Join the Cottonwood Heights Arts Council

We need people who
love their community
and the arts!

**CHCityArts.com for
more info.**



exciting future ahead of us. I recently read a note from a resident who shared some of his family history. His family started farming within the area way back in history before the formulation of the city and early in the county's history. I read about the generational history shared by his family to this day. There are many residents that share deep-rooted histories in the area. We invite more of you, our residents, to share your history and stories as we continue to celebrate the City's heritage and celebration during the year.

Cottonwood Heights is home to many famous people that have lived and still thrive in our community. Did you know we have a famous Broadway choreographer among

us; Former athletes from various sports and many artistically creative individuals that call our city home.

I note these things simply to illustrate that while we are currently celebrating the city's twentieth anniversary I'm thrilled by the exciting new and future history being made.

Our city is on the cusp of a sort of renaissance. We are engaged in strategic growth through careful and purposeful planning. The most encouraging thing



about our city is that our current and future residents will continue to make the "city between the canyons" an everlasting venerable municipality where we can all thrive and be proud. ■

MARCH at the County Library | Whitmore

MARCH at the County Library Whitmore					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Family Storytime 10:15 am Pajama Storytime 7 pm Seed Library opens! All Ability Activity Kits available	4 Family Storytime 10:15 am Drop in Mardi Gras Mask Making for Adults 11 am - 8 pm	5 Yoga Fundamentals 5:45 pm Chess Club 6 pm	6 Ready, Set, Move! 10:15 am Play & Learn 11 am	7 Utah Puppet Theater 11 am	8
10 Family Storytime 10:15 am Pajama Storytime 7 pm Teen Monthly Origami: Shamrock	11 Family Storytime 10:15 am	12 Chess Club 6 pm	13 Ready, Set, Move! 10:15 am Play & Learn 11 am	14 Read to a Dog! 2 pm - 3 pm	15 Read to a Dog! 11 am - 12 pm Susannah Murdock Artist Reception 2 pm - 5 pm
17 Family Storytime 10:15 am Pajama Storytime 7 pm Teen Take & Make: St. Patrick's Day Clover Pot	18 Family Storytime 10:15 am Adult DIY Makers & Crafters: Paint Pouring 7 pm	19 Chess Club 6 pm Nonfiction Book Club 7 pm	20 Ready, Set, Move! 10:15 am Play & Learn 11 am Babcock Readers 7 pm	21	22
24 Family Storytime 10:15 am Pajama Storytime 7 pm	25 Family Storytime 10:15 am	26 Chess Club 6 pm	27 Ready, Set, Move! 10:15 am Play & Learn 11 am	28	29
31 Family Storytime 10:15 am Pajama Storytime 7 pm					
Please visit thecountylibrary.org/events to register for these and other events					
10 am-9 pm Monday-Thursday 10 am-6 pm Friday-Saturday					

Teens

Teen Monthly Origami: Shamrock Monday, March 10, All day
Includes folding instructions and paper. This month's origami is a heart-shaped bookmark. Packets are first come, first served.

Teen Take & Make Craft:
St. Patrick's Day Clover Pot Monday, March 17, All day
Pick up everything you need to create your own festive miniature pot of paper clovers! No watering required! Packets will be first come, first served while supplies last.

Early Learners

Family Storytime Mondays March 3, 10, 17, 24, 31 Tuesdays March 4, 11, 18, 25 10:15 am
Storytime fun for the whole family. We'll be talking, singing, reading, writing and playing.

Pajama Storytime Mondays March 3, 10, 17, 24, 31 7 pm
Wear comfy pajamas, bring a favorite bedtime buddy and a caring adult, and let's have fun! Join us for stories, songs and crafts that support early literacy development.

Ready, Set, Move! Thursdays March 6, 13, 20, 27 10:15 am
Can you "head, shoulders, knees and toes" with the best? Music and movement for little ones and their grown-ups.

Play & Learn Thursdays March 6, 13, 20, 27 11 am
Interactive play and early learning activities for children ages 0-5 and their caring adult(s).

Family

Seed Library - Grab, Grow, and Share! Starts Saturday, March 1
Seed libraries work the same as any library. Pick up some seeds. Grow vegetables, herbs, fruits and flowers. Harvest the seeds. Return them for the next person to use. While supplies last.

Chess Club Wednesdays March 5, 12, 19, 26, 6 pm
Drop by our weekly chess club to play chess, meet other players, sharpen your skills, and have fun! All skill levels and ages welcome!
Utah Puppet Theater Friday, March 7, 11 am
Enjoy a fun and funny puppet show presented by the Utah Puppet Theater!

Babcock Performing Readers: Arsenic and Old Lace Thursday, March 20, 7 pm
For over eighty years, people have been laughing at this darkly hilarious play about a family of macabre murderers. Come enjoy our version of the 1952 radio play!

Kids

Read to a Dog! Friday, March 14, 2 pm - 3 pm Saturday, March 15, 11 am - 12 pm
Read a book to Aussie or Geo, therapy dogs who love being read to! For kids of all ages. Stop by the children's desk on the morning of the activity to sign up.

Whitmore Gallery

Dopamine Dreams by Susannah Murdock March 3 - March 31
Reception: Saturday, March 15, 2-5 pm

Adults

Whitmore Library March 2025 Adult Reading Challenge: Humor us with a funny book

All Ability Kits Saturday, March 1, All day
Learn what animals do in the winter with an activity kit designed for ADULTS and TEENS with intellectual disabilities. Pick up a kit to take home or enjoy in the library while supplies last!
Drop in Mardi Gras Mask Making Tuesday, March 4, 11 am - 8 pm
Drop in and celebrate Mardi Gras by making a festive mask!

Yoga Fundamentals Wednesday, March 5, 5:45 pm
Explore the fundamentals of yoga. Yoga poses will be taught in adaptable ways so that different body types and abilities can experience the benefits of each posture. Please bring your own yoga mat.

Adult DIY Makers & Crafters: Acrylic Paint Pouring Tuesday, March 18, 7 pm
Come join us for paint night! Learn to do an acrylic pour painting and create your own masterpiece. We will have canvases, paint, and all supplies. This is a messy activity! We'll provide gloves and aprons, but wear old clothes. This is strongly recommended for ADULTS only. Please leave children at home. Online registration begins Tuesday, March 4th. Seating is very limited, so unregistered patrons will be admitted only if space permits.

Nonfiction Book Club Wednesday, March 19, 7 pm
Join us for a discussion of new and noteworthy nonfiction books. This month's book is *Endurance: Shackleton's Incredible Voyage* by Alfred Lansing. New readers are always welcome!



The County Library | Whitmore

2197 E Fort Union Blvd
Cottonwood Heights, Utah 84121 | 801.943.4636
thecountylibrary.org

School Guardian Program

Police Chief Robby Russo



In response to the alarming violence occurring in schools across the nation, Representative Wilcox and the Utah Legislature (HB40) are developing a proposal known as the "Utah School Guardian Program." This program is intended to enhance school safety by designating certain school staff members to receive specialized training for effectively handling active shooter situations and other emergencies. The training includes firearms handling, emergency medical aid, and tactical response strategies, enabling these individuals to act as first responders during critical incidents. Typically, these guardians are not teachers but other school employees like janitors or volunteers who coordinate with law enforcement.

While I support the program's concept, it is currently underfunded, with only a \$500 yearly stipend provided by the School District. In our case, the Canyons School District is responsible for equipping the guardians, while the police department

handles the training. There are considerable costs related to this initiative, which the city will need to bear, including required background checks and polygraphs for these volunteers.

This effort is part of a broader strategy to protect students and staff by equipping schools with the necessary tools and resources to manage potential threats until law enforcement can arrive. This involves not just policy changes but also physical structure enhancements and surveillance technology. Although I recognize the unexpected costs, I am uncertain about relying on a volunteer program for the schools in Cottonwood Heights. The current partnership between the police department and Canyons School District involves two School Resource Officers (SROs) assigned to Brighton and Butler Middle Schools. The district partially funds the officers' salaries, and this collaboration effectively addresses issues within the schools.

We hope that "Guardians" will never need to confront such dangers, but my expectation is that these individuals are not only well-trained and equipped but also possess the courage and discipline necessary for this demanding role. A proposed model exists within the CSD, and we will strive to meet the new law's requirements given the available resources. ■



Protecting our waterways:

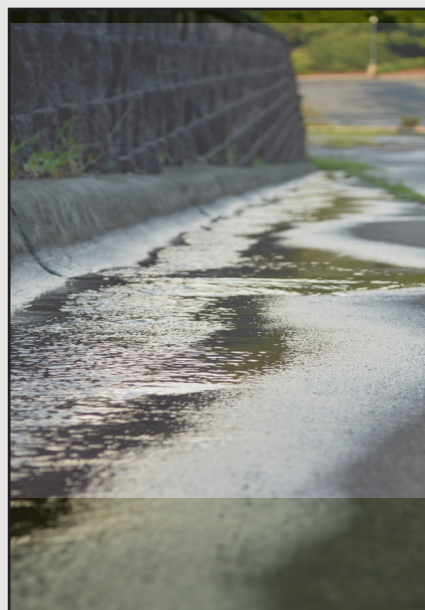
Storm drain clean up:

Please take a moment to clear any debris around storm drains in your neighborhood. Blocked drains can lead to street flooding and, ultimately, contaminated water in our water bodies like rivers, lakes, and reservoirs.

While the public works team will be inspecting and maintaining the grates, they value the assistance of residents in cleaning and reporting any problems. ■



Stop waterway crime:



PROTECT OUR CREEKS: STOP WATERWAY CRIME

Stormwater is rain and snow runoff that flows into the gutters and storm drain inlets. This water is discharged into Big and Little Cottonwood Creek without being treated. As a result, anything that enters the storm drain ultimately ends up in our creeks. Dumping anything into gutters, storm drains, or creeks not only harms aquatic life, but it is also illegal. If you witness anyone dumping anything into the storm drain, please report it by calling City Hall at **801-944-7002** or **online by scanning this QR code**. Our stormwater team will respond quickly to ensure that harmful pollutants are not entering our creeks. Let's work together to stop waterway crime and protect our environment.



Weekly green waste collection program resumes March 10

Spring is upon us - time to get our gardens and yards in shape! Wasatch Front Waste offers green waste bins, providing a sustainable and affordable way to dispose of your green waste.

Collected green waste is diverted from landfills, composted separately, and made available for sale through the Salt Lake County Landfill, benefiting the

environment and your community!

Wasatch Front Waste and Recycling District's weekly green waste collection program will resume Monday, March 10 for Cottonwood Heights residents.

For a convenient green waste disposal option, visit www.wasatchfrontwaste.org to subscribe today! ■



Keep recycling clean for maximum impact!

Recycling gives materials a second life, saving valuable resources and reducing environmental impact. But to truly benefit from recycling, it's essential to keep it clean!

Contaminated materials like food waste, liquids, or non-recyclables must be manually removed, separated, and sent to the landfill, which increases emissions and disposal costs.

Help improve the recycling process by only including accepted items in your recycling bin.

Remember:

- **Never put leaves, grass and other yard waste in your blue bin. Put them in your green waste bin or use them for mulch.**
- **Put recyclables directly into your recycling bin. If you put them in plastic garbage bags, they won't be recycled.**

For tips on proper recycling and a list of accepted items, visit www.wasatchfrontwaste.org/how-recycle. ■



Building a sustainable future: The Three-Legged Stool Model

The "Three-Legged Stool" model emphasizes three key pillars of community sustainability. Like a stool, if one leg is missing, stability is lost.

The first leg that Wasatch Front Waste and Recycling focuses on is the environmental leg. We provide sustainable disposal options to our residents, including curbside recycling, green waste containers, and a separate glass recycling program.

These programs help reduce

landfill waste, extend landfill life, and minimize pollution by recycling materials, composting green waste, and processing glass.

By participating in these initiatives, residents contribute to the environmental sustainability of their community! ■



Storm-water Tip of the Month

Got hazardous materials? It's your lucky day! Paint, motor oil, batteries, and medications should be disposed of properly to avoid storm-water contamination. Find a disposal location: <https://slco.org/health/household-hazardous-waste/safe-disposal/> ■

Celebrating 20 Years of Cottonwood Heights: Celebrating Our Historic Journey

Our city's twentieth anniversary of incorporation offers an opportunity to remember a time when we were not known as Cottonwood Heights. Two historic settlements were rooted in this area. One, "Union", was identified roughly as the area between the current State Street and 2000 East, and between 6600 South and 8200 South. It was largely centered on the construction of Fort Union in the 1850s. The second, "Butler" or "Butlerville", was centered between 2300 East and the mouth of Big Cottonwood Canyon, taking its name from brothers who settled in the area with their families. It was formally recognized as a precinct in the 1870s.

While the name "Butler", remains deeply rooted in local history, in the 1930s area residents petitioned the Salt Lake County Commission to formally re-designate the area with a name more closely identified with the local landscape. The

County agreed, and on May 13, 1938, the unincorporated area of Cottonwood Heights was created.

By 1952, a Cottonwood Heights Community Council was formed to provide input on local development. For fifty years the Council played an important role in shaping the community, including the work that eventually led to incorporation. You can explore the record of the Cottonwood Heights Community Council through the City's digital



Historic Archives, which you can access at: <https://www.cottonwoodheights.utah.gov/community/history>

Subscribe to emails and get the latest news about city events, Arts Council efforts, and volunteer opportunities! You can also get agendas for public meetings and be notified when we post a new job or a road work update.

Visit ch.utah.gov/emails to sign up for the notifications you want today!

COTTONWOOD HEIGHTS HISTORIC COMMITTEE

JOIN US IN PRESERVING OUR CITY'S HISTORY

Become a member, share your passion for history.



APPLY TO JOIN THE HISTORIC COMMITTEE TODAY!
FOR MORE INFORMATION, EMAIL AT
HISTORY@CH.UTAH.GOV



SIGN YOUR KIDDOS UP FOR THE

DUCKY DROP

AT THE COTTONWOOD HEIGHTS
RECREATION CENTER!

MARCH 29TH
THE DUCKS WILL DROP AT 11AM

BRING YOUR SWIMSUITS AND COME
PREPARED TO COLLECT AS MANY DUCKY'S
AS YOU CAN TO WIN PRIZES!

FOR KIDDOS UP TO AGE 10!

REGISTRATION IS REQUIRED
AND IT OPENS MARCH 8TH @ 11AM

WWW.CH PARKS AND REC.U.T.G.O.V

City council members

MAYOR: Michael Weichers
801-944-7087 | mweichers@ch.utah.gov

DIST# 1: Matt Holton
801-944-7089 | district1@ch.utah.gov

DIST# 2: Suzanne Hyland
801-944-7086 | district2@ch.utah.gov

DIST# 3: Shawn E. Newell
801-300-3068 | snewell@ch.utah.gov

DIST# 4: Ellen Birrell
385-910-5942 | ebirrell@ch.utah.gov

CITY MANAGER: Jared Gerber
801-944-7010 | jgerber@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 944-7060
Public works 944-7002
Recorder 944-7021
Finance director 944-7012
Code enforcement 840-4000
Police administration 944-7100

City council meetings

- **March 4:** Work Session at 4 p.m. (tentative time), business meeting at 7 p.m. (tentative time)
- **March 18:** Work session at 4 p.m. (tentative time), business meeting at 7 p.m. (tentative time)
- **April 1:** Work session at 4 p.m. (tentative time), business meeting at 7 p.m. (tentative time)

City council meetings are held the first and third Tuesday each month at 4 p.m. and 7 p.m. unless otherwise noticed. Agendas are posted at least 24 hours before public meetings at ch.utah.gov/agendas.

Planning Commission

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

Editor: Beatriz Mayorga,
Communication Manager

Bella Vista Students Bring History to Life with Wax Museum

Move over Madame Tussauds. Bella Vista Elementary students recently staged their own crowd-drawing “wax museum,” an educational activity that incorporates lessons in social studies, reading, and writing. The popular event was the culmination of weeks of study, including an assignment to read a biography of a historical figure in science, entertainment,

the arts, athletics, or politics. Third-grade students were then invited to write short speeches about their chosen history-maker in preparation to bring them to life at the school’s third annual wax museum. This year’s featured forerunners included Albert Einstein, Frida Kahlo, Susan B. Anthony, Walt Disney, Taylor Swift and Dwayne “The Rock” Johnson, among others. ■

Albion and Butler Students Advance to Regional Science Fair

What happens to plants in microgravity? What’s the formula for the perfect boiled egg? How is industrial activity affecting the CO₂ levels in Salt Lake County? These are some of the hypotheses tested by the brilliant young scientists who competed in the 2025 Canyons District Science Fair. Out of hundreds of experiments, 18 students from Albion and Butler middle schools were awarded top honors and a chance to hypothesize their way to the next level — the regional University of Utah Science & Engineering Fair (USEF). USEF is the highest honor for elementary students in the state.

A small number of regional finalists may further advance to the Thermo Fisher Scientific Junior Innovators Challenge in Washington, D.C.

Albion Middle School:

- **Deilah Hart:** “Does microgravity affect plant growth?”
- **Avery Owen:** “Liquid air travel (representing Ebola)”
- **Kennedy Forsgren:** “Talking Memory”
- **Joslyn Pohlman & Lilyaina Moore:** “Falling through Water: Terminal Velocity in Different Densities”



- **Hyrum Perkins & Jose Fuentes:** “How is industrial activity affecting the CO₂ levels Salt Lake County?”
- **Michael Hill & Sarah Grace Barber:** “Take Flight”

Butler Middle School:

- **Max Lindhardt & Owen Wilcox:** “Anti-Bubbles”
- **Gavin Drozdek:** “Does the type of music you listen to affect the speed you eat at?”
- **Ruth Nelson & Sarah Vargo:** “Elephant Toothpaste”
- **Coorer Bowen & Samson Thomas:** “Fizzlers”
- **Miles Grover:** “How does golf ball compression affect distance and accuracy for beginning players”
- **Evelyn Dissel:** “Oobleck Mixtures” ■

SUSTAINABILITY

What Do Trees Do in the Winter?

Ian Harris, Associate Planner/Sustainability Analyst

As winter soldiers on and the landscape remains bare, trees remain on a hidden battle for survival, quietly adapting to the cold while preparing for the burst of life in spring. While they may appear lifeless, they are stealthily conserving energy and preparing for spring.

When winter sets in, trees go dormant, slowing metabolism, growth, and energy use. Deciduous trees shed leaves to reduce water loss and cold damage. Evergreens, on the other hand, are winter warriors. Evergreens keep their needles, which have a waxy coating to minimize water loss. Their dark green needles absorb sunlight, allowing slow photosynthesis.

Other parts of the trees undergo protective processes as well. Though trees seem still, their

roots absorb water and nutrients if the soil isn’t frozen, supporting survival. Bark insulates trees, and some produce antifreeze-like compounds to prevent ice damage.

Dormant trees store energy and form buds for the next season. When warmth returns, they sprout new leaves and flowers. The winter dormancy of our crucial tree canopy ensures that they thrive year-round.

Celebrate Arbor Day with a New Tree!

In celebration of Arbor Day, The City of Cottonwood Heights will be hosting another Spring **Sapling Sale** for residents to purchase a discounted tree. This year we’ll be doing a presale, and have a limited quantity of trees, so be sure to check the city webpage for more information soon! ■

Business spotlight

The Joint Chiropractic Cottonwood Heights | thejoint.com/45002 | 385-206-6515

The Joint Chiropractic in Cottonwood Heights is your perfect destination for pain relief and preventative care because it is conveniently open nights and weekends, no appointments required, no insurance hassles, and they have affordable personalized care plans. Quality chiropractic care is done by licensed professionals. As you can see, chiropractic care provided by the licensed chiropractors at The Joint offers you and your family an affordable, convenient, and accessible solution like no other. ■



Visit local businesses for their March specials.

To feature your business, visit ch.utah.gov/business-association. ■

Wild Sage Acupuncture | wilsageacupuncture.com | 801-849-8312 | care@wilsageacu.com

The Sun-Kissed Fertility Journey Course offers a holistic approach to reproductive health, blending ancient wisdom with modern wellness. Created by Megan Sewell, LAc, of Wild Sage Acupuncture, this self-paced program empowers individuals to optimize fertility through intuitive eating, mindset work, and lifestyle changes. Access meal planning videos, intention-setting guides, and more. This month, enjoy 20% off with code Sunkissed20. ■

Wild Sage Acupuncture | wilsageacupuncture.com | 801-849-8312

Wild Sage Acupuncture is a holistic wellness practice dedicated to enhancing overall health through acupuncture, nutritional guidance, and integrative therapies. Specializing in fertility, hormonal balance, stress relief, and chronic pain management, Wild Sage combines ancient wisdom with modern techniques to provide personalized care. Led by Megan Sewell, LAc, the practice empowers individuals to achieve physical, emotional, and mental well-being naturally. Learn more at wilsageacupuncture.com. ■



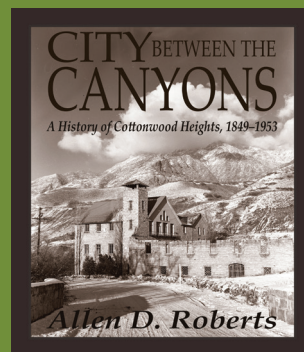
Cottonwood Heights is hosting a community tree sale event!

April 26, 2025

10 AM - 2 PM

City Hall (2277 E Bengal Blvd)

visit ch.utah.gov/sustainability for more info, or scan the code below:



Buy the book!

Get your very own copy of the hardbound history book *City Between the Canyons: A History of Cottonwood Heights, 1849-1953*! Buy yours at City Hall for \$20 (3 for \$50) or online at ch.utah.gov/history-book for \$25 (3 for \$59) with shipping. ■