



Cottonwood Heights, UT | February 2026 | FREE

BETWEEN THE CANYONS

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

Public Involvement: Your Voice Helps Shape Cottonwood Heights

City Manager Jared Gerber



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

One of the things that makes Cottonwood Heights such a special place to live is the people

who call it home. Our residents care deeply about their neighborhoods, our parks, our public safety, and the future of our community—and that's exactly why public involvement is so important.

Local government works best when it reflects the priorities and values of the community it serves. While the City Council

and staff work hard every day to provide quality services and make responsible decisions, we rely on your feedback to help guide those decisions. Whether it's a question about a project, a concern about a street, or an idea for how we can improve, your input truly makes a difference.

There are many ways to get involved and stay connected with the city. You can attend City Council meetings, watch online, or submit comments to be shared with elected officials. You can also reach out directly to City staff when you have a question or need assistance. Many issues—such as road concerns, snow removal questions, park maintenance, code enforcement, or service requests—can often be resolved quickly when you let us know what you're experiencing.

CITY COUNCIL HIGHLIGHTS

FEBRUARY 3

- FLASH VOTE DISCUSSION
- GENERAL PLAN UPDATE
- BLUE SKY PROGRAM DISCUSSION
- UTAH RENEWABLE ENERGY DISCUSSION
- BUDGET AND CITIZEN COMMITTEE UPDATE
- OLD MILL DISCUSSION
- UNIFIED FIRE AUTHORITY REPORT
- FINANCE REPORT

FEBRUARY 17

- WASATCH FRONT WASTE AND RECYCLING DISTRICT REPORT
- POLICE REPORT

MARCH 3

- CHPRD MASTER PLAN PRESENTATION

MARCH 17

- HEALTH IN THE HEIGHTS REPORT

FOR FULL AGENDAS, PLEASE VISIT CH.UTAH.GOV

Public Involvement: Your Voice Helps Shape Cottonwood Heights Continued on page 3

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EVENTS CALENDAR

- JANUARY 8- FEBRUARY 17 : COTTONWOOD HEIGHTS ARTS COUNCIL ASIAN ARTS AND CULTURE ASSOCIATION
- FEBRUARY 7 : COTTONWOOD HEIGHTS ARTS COUNCIL LUNAR NEW YEAR CELEBRATION
- FEBRUARY 16 : PRESIDENT'S DAY - CITY OFFICES WILL BE CLOSED
- FEBRUARY 18 : SENIOR SOCIAL AT CITY HALL
- FEBRUARY 20 : COZY PAINT NIGHT AT CITY HALL (SOLD OUT)
- FEBRUARY 20 - MARCH 18 : ART COUNCIL ART EXHIBIT: CHILDREN EXPLORING THE WORLD THROUGH ART.
- MARCH 19 : AMERICA'S BIG BAND JAZZ AMBASSADORS EVENT AT BUTLER MIDDLE SCHOOL THEATRE
- MARCH 26 : COTTONWOOD HEIGHTS CITY BOOK GROUP IN THE CULLIMORE COMMUNITY ROOM FROM 7:00 TO 8:30 PM.

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

COTTONWOOD HEIGHTS
SENIOR SOCIAL
 FREE BINGO FOR ADULTS 55+
WEDNESDAY, FEBRUARY 18, 2026
 STARTS AT 1:30 PM - WHILE PRIZES LAST
 (AROUND 2:30 PM)
 WHERE: COTTONWOOD HEIGHTS CITY HALL
 2277 E. BENGAL BLVD

Questions?
 Contact Ann Eatchel at 801-550-8225 call or text.

Cottonwood Heights Arts Council
Lunar New Year Celebration
 February 7, 2026 10 a.m. - 12 p.m.
 Cottonwood Heights City Hall - 2277 E. Bengal Blvd.

Celebrate the Lunar New Year, the most important holiday in China, with a FREE family event featuring Chinese culture through art, music, and martial arts.

- Traditional Chinese Musical & Dance Performances
- Kung Fu and Tai Chi Demonstration
- Interactive Childrens Crafts (While supplies last)

Presented with
 The Asian Arts and Culture Association

CHCITYARTS.COM

BUTLERVILLE DAYS
 July 16-18, 2026

Support Butlerville Days - Sponsor Today!

Sponsors are essential to the success of this family-friendly event!

By sponsoring Butlerville Days, you'll enjoy the following benefits:

- Gain recognition as a valued community partner
- Increase your visibility within the local community
- Offer exclusive event deals to attendees.

For more information on how to sponsor, visit ButlervilleDays.com

Art Exhibit
 Cottonwood Heights Arts Council

Children exploring the world through art.

Exhibit by Local Business Smartest Artist

February 20 - March 18, 2026
 Weekdays - 8 am to 5 pm
 Cottonwood Heights City Hall
 2277 E. Bengal Blvd.

CHCityArts.com

Cottonwood Heights Arts Council Presents
 AMERICA'S BIG BAND
JAZZ AMBASSADORS
 The Musical Ambassadors of the Army.
 Washington, DC

A FREE Ticketed Event!

Ticket reservations open January 12, 2026 at CHCityArts.com

MARCH 19, AT 7PM
 BUTLER MIDDLE SCHOOL THEATRE
 7530 S. 2700 E. COTTONWOOD HEIGHTS

CHCityArts.com

Public Involvement: Your Voice Helps Shape Cottonwood Heights Continued from cover

We encourage residents to contact us through the city website, by phone, or by visiting City Hall during business hours. You can also follow Cottonwood Heights on social media for timely updates, announcements, and community information. If you aren't sure who to contact, our team is happy to help connect you with the right department.

One of the easiest and most impactful ways to share your voice is through FlashVote, our community survey platform. You've seen FlashVote mentioned in recent newsletters because it's one of the most effective tools we utilize to hear directly from residents—quickly, conveniently, and on important topics being considered.

FlashVote surveys are short, simple, and designed to take only a minute or two. They help the city gather real-time feedback on important topics such as community priorities, service improvements, recreation

programming, communication preferences, and long-term planning. The more residents who participate, the clearer the picture becomes of what matters most across Cottonwood Heights.

If you haven't signed up yet, I strongly encourage you to do so. Signing up for FlashVote ensures you have a direct line to City decision-making. It's free, and you can get surveys by text, email, or phone. Your responses are confidential, and every survey helps the city better understand the needs of the community.

Public involvement isn't just about responding when there's a problem—it's about working together to build the Cottonwood Heights we all want for the future. Thank you for staying engaged, sharing your perspective, and helping us serve you better.

We look forward to hearing from you—online, in person, and through FlashVote. ■

FlashVote

WE WANT YOUR FEEDBACK!

TAKE OUR SURVEY

Sign up now and let your voice be heard in Cottonwood Heights!

To participate, take a moment to sign up here or scan the QR code:
<https://www.flashvote.com/cottonwoodheights>

February at the County Library | Whitmore

Teens	Family	Adults
<p>Teen Monthly Origami: Puffy Heart Monday, February 9, All day Includes folding instructions and paper. This month's origami is a puffy 3D heart. Packets are first come, first served.</p> <p>Teen Take & Make: Teen Bird of the Month - Yeti Crow Monday, February 23, All day Come in the 4th Monday of each month in 2026 to make a different seasonal bird! Packets are first come, first served, while supplies last.</p> <p>This month's bird is a winter crow with a yeti hat and cape! *Sewing needle not included*</p>	<p>Art Explorers Saturday, February 7, 10:30 am Have fun exploring your creative side! Each month we will feature an assortment of materials and tools for everyone to explore. Suitable for all ages (young children may require adult assistance).</p> <p>Utah Puppet Theater Friday, February 13, 11 am Come watch a fun and funny puppet performance from the Utah Puppet Theater!</p> <p>Babcock Performing Readers: Star-Spangled Girl Thursday, February 19, 7 pm Sparks fly in this Neil Simon play when Andy and Norman, two young, radical magazine publishers in 1960s San Francisco, meet their new next-door neighbor: Sophie, a patriotic, all-American Olympic swimmer.</p>	<p>All Ability Activity Kits available Monday, February 2, All day Pick up an activity kit designed for ADULTS and TEENS with intellectual disabilities while supplies last!</p> <p>Red Cross Blood Drive Wednesday, February 11, 1 pm - 7 pm Roll up your sleeve and be someone's hero. Donate blood and make a life-changing difference in our community. Drop in or schedule your appointment: redcrossblood.org or 1.800.RED.CROSS</p> <p>Adult DIY Makers & Crafters: Valentine Making Friday, February 13, All day Saturday, February 13, All day Drop by to make a Valentine for a neighbor or a friend. Bring good cheer to your world by celebrating friendship, neighborliness, and creativity.</p> <p>Adult DIY Makers & Crafters: Mardi Gras Mask Making Tuesday, February 17, All day Celebrate Mardi Gras by decorating your own masquerade mask just in time for Mardi Gras! Drop in all day!</p> <p>Nonfiction Book Club Wednesday, February 18, 7 pm Join us for a discussion of new and noteworthy nonfiction books. This month's book is <i>Dinosaurs at the Dinner Party</i> by Edward Dolnick. New readers are always welcome!</p>
<p>Early Learners</p> <p>Family Storytime Mondays February 2, 9, 23 Tuesdays February 3, 10, 17, 24 10:15 am Storytime fun for the whole family. We'll be talking, singing, reading, writing, and playing.</p> <p>Ready, Set, Move! Thursdays February 5, 12, 19, 26 10:15 am Can you 'head, shoulders, knees and toes' with the best? Music and movement for little ones and their grown-ups.</p> <p>Play & Learn Thursdays February 5, 12, 19, 26 11 am Interactive play and early learning activities for children ages 0-5 and their caring adult(s).</p> <p>Saturday Morning Stories Saturday, February 21, 10:15 am Too busy for weekday storytimes? This storytime is for you! Children and a caring adult will have fun listening to stories, singing songs, and more.</p> <p>Pajama Storytime Monday, February 23, 7 pm Wrap up your day with stories, songs, and movement. Pajamas optional.</p>	<p>Kids</p> <p>Read to a Dog! Saturday, February 21, 11 am - 12 pm Read a book to Geo, a therapy dog 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. Check the online calendar for other dates.</p> <p>LEGO Club Wednesday, February 4, 4 pm Build and create with tons of our LEGO® bricks in the storytime room upstairs.</p> <p>STEAM Club Wednesday, February 18, 4 pm Fun activities and crafts based around STEAM principles. Held in the storytime room upstairs.</p>	<p>Whitmore Gallery</p> <p>Mark Marzoff: Trees December 20 - February 14 "Over the years, I have been fascinated by grand landscapes, but very often, it's a tree or shrub in the foreground that captures my eye. So relax, take a deep breath, and enjoy Trees."</p>

The County Library | Whitmore
 2197 E Fort Union Blvd
 Cottonwood Heights, Utah 84121 | 801.943.4636
thecountylibrary.org

Cottonwood Heights Senior Corner

COTTONWOOD HEIGHTS SENIOR CORNER

Learn Some Dance Moves in 2026!

Do you like to dance but don't have a partner? Mt. Olympus Senior Center offers Line Dancing Activities every Tuesday and Thursday at 10:00 AM. One more reason to go, Harvard Medical School found that dancing is greatly beneficial for brain health.

(<https://hms.harvard.edu/news-events/publications-archive/brain/dancing-brain>)

Join the Virtual Senior Center and enjoy classes from home.

Explore arts, dance, exercise, tech help, educational talks, and more. Call 385-468-3299 or visit (<https://www.saltlakecounty.gov/aging-adult-services/community/senior-centers/#virtual>) to get started.

Mt. Olympus Senior Center
 1635 E. Murray Holladay Rd.
 Holladay, UT
 Call (385) 468-3130 for more information.

Contact Us!

Winter fire hydrant maintenance: Help firefighters in case of home emergencies

Assistant Fire Chief Riley Pilgrim



Maintaining a clear and workable space around fire hydrants during the winter months is critical. In general, this responsibility falls on the residents who own or occupy property nearest a hydrant.

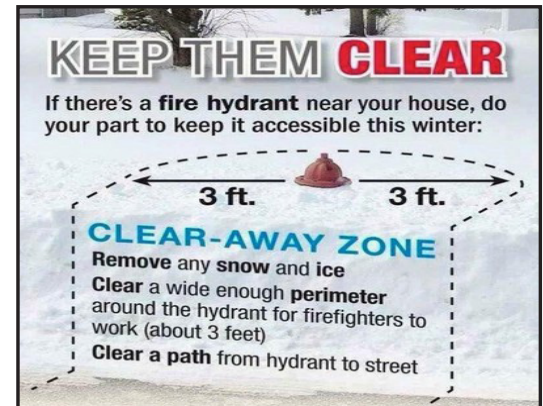
Snow accumulation can quickly obstruct fire hydrants and block access from fire department vehicles. We all think about shoveling our driveways and front steps, and making sure there is a clear means of escape during and after a snowstorm is very important, too! However, we can't neglect our responsibility to ensure the fire department has the necessary access to water supply should they need to respond to a fire.

When responding to structure fires, time is of the essence. This short clip (<https://www.youtube.com/watch?v=uDV2vw8T1IY>) demonstrates the

difference snow near a hydrant can have on time. If you have a hydrant on or near your property, here are the things you can do to ensure firefighters can connect to the hydrant when needed:

- Shovel or snow blow three feet of space on each side and in the back of fire hydrants.
- Maintain an open corridor from the street to the front of fire hydrants.
- These clearings should go all the way to the ground whenever possible, but not less than one foot below the hydrant caps at a minimum.

Some neighborhoods organize an Adopt-A-Hydrant program. This creates the awareness for residents to take note of clearing snow from hydrants and maintaining space around them and to help each other with those tasks throughout the winter months. These things can be done when you are already



out shoveling or snow blowing your driveways and sidewalks. Also, if you ever notice any issue that may require maintenance, please notify the city.

As always, thank you and have a safe winter! ■

Get Involved: Sign Up for the Cottonwood Heights Police Department's Citizens Academy!

The Cottonwood Heights Police Department is excited to announce the return of its Citizens Academy classes, **starting on February 25, 2026**. This engaging program is designed to give residents, business owners, and employees of Cottonwood Heights a unique opportunity to gain insight into the workings of their local police department and to foster a stronger community relationship.

Participants in the Citizens Academy will have the chance to interact with CHPD officers and learn about various aspects of law enforcement through a series of informative classes. Some highlights of the curriculum include:

- **Lethal Force/Firearm Simulator:** Get an introduction to the rules governing an officer's use of force, along with an overview of weapon systems. Participants will engage in simulated scenarios to understand the critical decisions officers must make in real-life situations.
- **Valley Emergency Communications Center (VECC) Tour:** Take a behind-the-scenes look at the VECC, which provides essential police and fire dispatch services for Cottonwood Heights.

- **Criminal Investigation and Evidence Collection:** This hands-on segment will introduce participants to the fundamentals of crime investigation, allowing them to experience evidence collection firsthand.
- **Gangs and Narcotics:** Hear from gang and narcotics enforcement investigators who will share insights about local investigations and the challenges faced by law enforcement.
- **Traffic Enforcement:** Discover the tactics police officers use to enforce traffic laws and investigate violations, along with an overview of their roles within the department.
- **SWAT Teams:** Meet the SWAT team and gain an understanding of their specialized equipment and operations.

Classes commence on February 25, and although participants are encouraged to attend all sessions, missing one or two will not prevent them from graduating from the Citizens Academy.

Don't miss this opportunity to connect with your local police department and gain valuable knowledge about public safety. **To register for the**

Citizens Academy classes, please call 801-944-7100. Sign up by February 24, 2026, to secure your spot! ■

Stormwater Tip of the Month

Punxsutawney Phil says: Trash and litter that is left on the street will get washed down the storm drain and into our creeks. Do your part to properly dispose of trash and clean up waste to protect stormwater and beautify our city. ■

Wasatch Front Waste & Recycling District: Monthly Billing Starts this Month!

Wasatch Front Waste and Recycling District is transitioning from quarterly billing to a monthly billing cycle this month. This change does not mean your bill is increasing. The total amount you pay each year for waste and recycling services will stay the same - only the billing schedule is changing.

Instead of receiving one quarterly bill for three months of service, you'll now receive a monthly bill for the previous one month's services. Most residents find monthly billing easier to plan for with smaller amounts due and quicker visibility if services are added or removed.

Here's what to expect:

- Your February bill will cover January services
- Your March bill will cover February services
- This pattern will continue moving forward

Your basic \$26.00 monthly fee includes weekly 96-gallon curbside garbage and recycling collection plus several additional

programs and services provided at no charge:

- Bulky waste collection via the **Seasonal Container Reservation Program (SCR)**, typically performed from Mid-April through September
- **Landfill vouchers** for disposal of residential truck, car, or trailer loads
- **Central glass drop-off locations** and collection services
- **Container repair and replacement** (typically 5 to 7 business days)
- Seasonal central **leaf bag drop-off program**
- Seasonal curbside **Christmas tree collection program**
- In-house, Local Customer Service (M-F 8:00 a.m. - 4:45 p.m.)
- In-House, Local Billing/Account Management



Visit <https://wfwr.utah.gov/services-and-request/basic-services> for more information.

To help cut down on paper waste and reduce postage costs, we encourage residents to sign up for e-billing. With e-billing, you'll receive your monthly bill by email. This keeps your billing simple, reliable, and paper-free! Sign up for paperless billing at <https://wfwr.utah.gov/form/paperless-sign-up>. ■

What is the "Clean Recycle Rate" – and Why Does it Matter?



where equipment and employees work together to sort accepted materials like **clean plastic bottles, jars, jugs and tubs, aluminum and steel cans, cardboard, and paper.**

Once sorted, these materials are compressed into large cubes (i.e., bales) and sent to processors to be manufactured into new products.

Not everything placed in the recycling cart belongs there. Items that aren't accepted at the MRF are considered **contamination**. Common contamination includes **plastic bags and film, Styrofoam, toys, PVC, trash, green waste, and dirty items** like food-filled cans or food-covered containers. These items must be removed by hand and sent to the landfill, adding time, labor, and cost

to the recycling process.

This is where the Clean Recycle Rate comes in. It measures how much of the material collected is clean and recyclable. When contamination is low, more material is recycled and costs stay lower for everyone.

We're happy to report that **2025 results show continued improvement!** We ended 2025 with a **clean recycle rate of 81.98% at Rocky Mountain Recycling**, an improvement of **1.51% from 2024**. This continued progress is due to your support in recycling right - and it makes a real difference.

For questions about what belongs in your recycling cart, visit <https://wfwr.utah.gov/how-recycle> or contact our Sustainability Coordinator on (385) 468-6337. ■

Each week, Wasatch Front Waste and Recycling District collects recycling from over 86,000 homes throughout our service area. Once materials leave your curb, they're taken to **Rocky Mountain Recycling's Materials Recovery Facility (MRF)**,

Reach more than 13,000 Cottonwood Heights households each month by promoting your business in *Between the Canyons!* Our business spotlights and Love Your Locals campaign help you get the word out about the unique foods, products, and services you offer – and it's FREE.

To learn more or share your company with us, visit ch.utah.gov/business-association.

Tracing the Flow: How Water Shaped Cottonwood Heights

Long before the first residential streets of Cottonwood Heights were paved, the landscape was defined by one singular necessity: water. While we now enjoy the modern convenience of water at the turn of a tap, the foundations of our community were laid based on the flow of the mountain streams that define our borders.

Neutral Ground and Natural Resources

Before 1847, the Salt Lake Valley served as a vital crossroads rather than a permanent home for the local Utes, Shoshones, and Goshutes. These tribes lived in more habitable neighboring valleys but frequently traversed the Salt Lake Valley to harvest salt—essential for food preservation—from the Great Salt Lake. They viewed the valley as neutral territory, a shared resource rich in the timber and stone that would later attract permanent settlers.

The Race for Arable Land

When Mormon pioneers arrived in 1847, the clock was ticking. To avoid starvation, they needed to find fertile land with immediate access to year-round water. This urgency led to the rapid branching out from the original Salt Lake City settlement site.

The Cottonwood Heights area, nestled between the roaring flows of Big Cottonwood Creek and Little Cottonwood Creek, was naturally attractive. However,

the first waves of settlers naturally gravitated toward the bottomlands—the flat, low-lying areas where irrigation was easiest to manage. These early settlements included:

- **Holladay (1848):** Founded on Spring Creek, this became the first settlement in Utah outside of Salt Lake City.
- **Murray (1848):** Originally known as South Cottonwood, this area was chosen specifically because the flat terrain made securing irrigation water simple.
- **Union (1849):** Settlers reached this southeast corner of the valley just two years after arrival, anchoring the southern border of our current community.

Claiming the "Hilly" High Ground

By 1851, the most easily irrigated lands surrounding the current Cottonwood Heights city limits were already claimed. This left the higher, more rugged foothills—what we now call Cottonwood Heights—to a more challenging form of settlement.

While the neighbors to our north, south, and west built on the flat banks of the creeks, the early residents of our rugged landscape had to be exceptionally hardy. They worked a more challenging terrain, eventually finding ways to channel the life-giving water of the

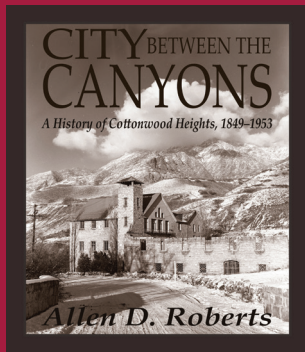


Photo courtesy of Utah State Historical Society

canyons up onto the benches for irrigation and daily use.

Today, when we look out at the mountains or cross the bridges over our local creeks, we are seeing the same water sources that dictated the geography of our city nearly 180 years ago. We are a community built on the edge of the water's path, carved out by those who saw potential in the life-sustaining movement of water that flows from Big and Little Cottonwood Canyons. ■

Book Sale



Buy the book!

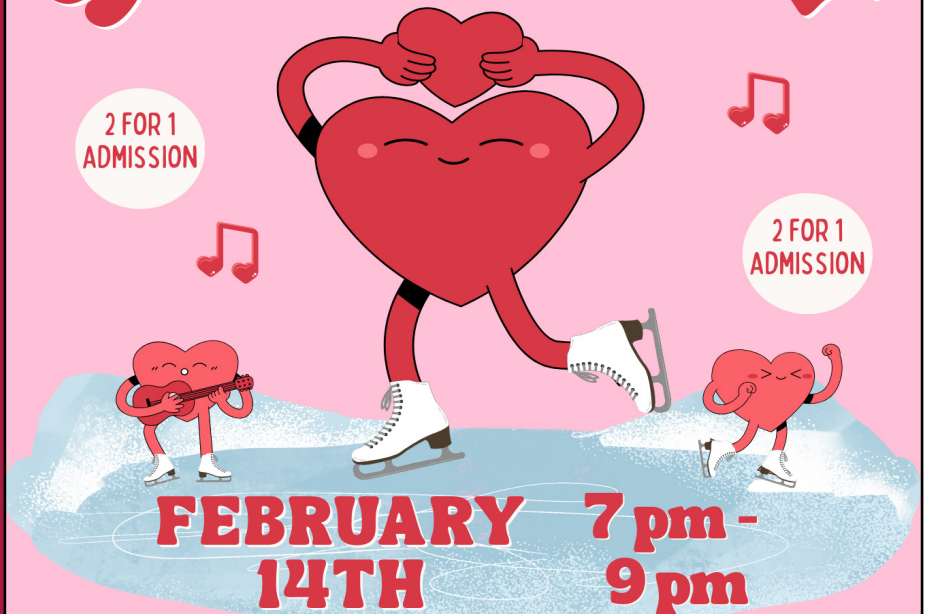
Get your very own copy of the hardbound history book *City Between the Canyons: A History of Cottonwood Heights, 1849-1953!* Buy yours at City Hall for **\$10** or online at ch.utah.gov/history-book for **\$15** with shipping. ■

SWEETHEART SKATE



2 FOR 1
ADMISSION

2 FOR 1
ADMISSION



FEBRUARY 14TH **7 pm - 9 pm**

COTTONWOOD HEIGHTS RECREATION CENTER
7500 S. 2700 E. CWH, UT 84121

City council members

MAYOR: Gay Lynn Bennion
801-944-7087 | mayor@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 944-7015
Finance director 944-7012
Code enforcement.....840-4000
Police administration.....944-7100

City council meetings

- **February 3:** Work Session at 4 p.m. (tentative time), business meeting at 7 p.m. (tentative time)
- **February 17:** Work session at 4 p.m. (tentative time), business meeting at 7 p.m. (tentative time)
- **March 3:** 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

Canyons District Tops School Rankings Five Years Running

For the fifth consecutive year, Canyons School District topped the Niche.com rankings, firmly securing its spot as the No. 1 school district in Salt Lake County. The 2026 rankings compare all public schools in Utah's most populous county, including traditional school districts and charter school networks — with Canyons leading the pack.

Canyons received high marks for its test scores, teachers, facilities, online reviews, and the percentage of high school seniors who go on to four-year colleges. The release of the Niche rankings followed news that 28 Canyons elementary and middle schools earned a “2026 Best in Utah” distinction from U.S. News and World Report. The magazine hasn't released its high school rankings for the year. ■



SUSTAINABILITY

Clean Air Starts Close to Home: How Local Choices Support Healthier Air

Maverick Yeh, Planner III

February often brings heightened awareness of air quality in the Salt Lake Valley. Winter inversions can trap pollutants close to the ground, making air quality a visible and personal concern for many residents. While weather and geography play a role, long-term improvement depends on how communities plan, grow, and function over time.

From a city planning perspective, air quality is closely connected to how we move around, how development is arranged, and how shared systems are used. Local planning decisions shape everyday travel patterns, neighborhood design, and the efficiency of infrastructure—all of which influence emissions over the long term.

Transportation-related emissions are a significant contributor to air pollution along the Wasatch Front. Planning policies that support connected streets, walkable neighborhoods, and access to transit help reduce the number and length of vehicle trips over time. Small shifts—such as combining errands, choosing nearby destinations, or using alternative travel options when available—can collectively make a difference, especially during periods of poor air quality.

Land use and development patterns also matter. In a largely built-out community like Cottonwood Heights, most change occurs through reinvestment in existing homes and businesses. Thoughtful planning helps ensure that new projects are well located, compatible with surrounding neighborhoods, and designed to minimize unnecessary vehicle travel. These decisions support long-term air quality goals while preserving neighborhood character.

Energy use is another important factor. Efficient buildings, proper insulation, and well-maintained heating systems help reduce overall energy demand. Planning and building standards encourage safe, efficient construction that supports healthier indoor environments and reduces strain on shared utility systems.

Sustainability is not defined by a single action or policy. It is shaped by consistent, practical choices that protect public health over time. When communities plan carefully and residents stay informed and engaged, progress is possible even in the face of regional air quality challenges.

As winter continues, residents are encouraged to stay informed about daily air quality conditions, follow public health guidance during poor air days, and consider how everyday choices—large and small—contribute to cleaner air for the entire community.

Clean Air Starts Close to Home: How Local Choices Support Healthier Air ■



Business spotlight

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

Wild Sage Acupuncture is a local, woman-owned alternative health clinic located in Cottonwood Heights dedicated to helping people discover wellness solutions outside of conventional medicine. Owned and operated by Licensed Acupuncturist, Megan Sewell, LAc EAMP, their practice supports patients dealing with acute and chronic pain from overwork, injury, or autoimmune disorders, as well as women's hormonal health concerns such as PCOS, endometriosis, infertility and menopause. Acupuncture works physically by improving blood flow, reducing inflammation and tension, & calming the nervous system, and hormonally by regulating the neuroendocrine axis involved in natural

hormone cycles - without drugs or unwanted side effects. At Wild Sage we take the time to listen, create personalized treatment plans, and provide care that feels both effective and compassionate. Free consultations are available for those curious about whether acupuncture may be right for them. <https://wilsageacupuncture.com/free-consultation/> We are excited to meet you! ■



Health Committee Spotlight



ABOUT US

The Health in the Heights Coalition is a grant-funded program that guides communities through a proven five-phase community change process called Communities that Care (CTC). Grounded in prevention science, CTC promotes healthy youth development, strengthens protective factors, and reduces problem behaviors across the community.

Health in the Heights in the Community



Drug Take Back Day

The coalition collected over 75 pounds of unused and expired medication to dispose of safely.



QPR Training

Our Question, Persuade, Refer training provided community members with innovative, practice, and proven suicide prevention training.



Community Resources

Efforts of the coalition in the community and local schools have helped increase awareness of mental health resources, SafeUT, Parents Empowered messaging, and early childhood services..

Our Vision

Cottonwood Heights is a connected community of youth and adults, empowering one another to grow as healthy, compassionate, and engaged citizens.

HEALTHY UTAH COMMUNITY

Cottonwood Heights has received the Get Healthy Utah designation. The Health in the Heights coalition selected and implemented health strategies from the categories of access to healthy food, active living, and mental health. These strategies ensure that our city is one in which every resident can live a healthy life.



Contact Us
385-388-2410



Visit Our Website
www.ch.utah.gov



Our Location
2277 Bengal Blvd, CH, Utah

Cottonwood Heights

