



Cottonwood Heights, UT | October 2024 | FREE

BETWEEN THE CANYONS

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

Building a city with kids in mind.

Council Member Matt Holton



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

Dear Neighbors,
There's no doubt that having kids changes how you see the world. Whether it's your own children or the kids in the neighborhood, creating a safe, welcoming, social, and vibrant community is critical to their development and the memories they'll cherish.

With a seven-year-old, five-year-old and a one-year-old, it's constantly at the top of my mind what kind of city we are building for the next generation. Over this past year, the council has taken action to do

just that - create a city with kids in mind.

Safety First

- **Enhanced Crossings:** Public Works installed a HAWK light earlier this year across from Bella Vista Elementary School. We are also looking at other areas that need enhanced safe crossings, such as Mountview Park crossing Fort Union Boulevard.
- **Sidewalk Improvements:** We recognize that many areas in our city lack sidewalks due to old infrastructure that predates our city. Chris Lane, east of 7200 South, is a prime example of a walking path to Ridgecrest Elementary School where kids are often forced to walk in the gutter. I am committed to prioritizing safe paths to school and will continue working to improve infrastructure for our children.

Building a city with kids in mind. Continued on page 3

CITY COUNCIL HIGHLIGHTS

UPCOMING TENTATIVE AGENDA ITEMS

OCTOBER 15

- FORM BASED CODE DISCUSSION
- BUDGET ADJUSTMENT

PUBLIC HEARING

- BUDGET ADJUSTMENT

OCTOBER 29

- FORM BASED CODE
- OLD MILL DISCUSSION

NOVEMBER 5: NO MEETINGS (ELECTION DAY)

NOVEMBER 12

- PUBLIC WORKS HEAVY EQUIPMENT DISCUSSION
- UTAH STATE UNIVERSITY WELLNESS SURVEY FINDINGS

FOR FULL AGENDAS, PLEASE VISIT CH.UTAH.GOV

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EVENTS CALENDAR

- OCTOBER 1 - 31: HAPPY HALLOW-INK DAILY DRAWING PROMPTS
- OCTOBER 8: TOWN HALL WITH THE MAYOR FROM 6 - 8 PM
- OCTOBER 10: DISTRICT 4 TOWN HALL MEETING WITH COUNCILMEMBER ELLEN BIRRELL
- OCTOBER 25: MONSTER MASH AT COTTONWOOD HEIGHTS REC CENTER
- OCTOBER 29 TO NOVEMBER 1: EARLY VOTING FROM 2 PM - 7 PM
- OCTOBER 31: TRUNK OR TREAT
- NOVEMBER 5: GENERAL ELECTION FROM 7 AM - 8 PM
- NOVEMBER 28: 40TH ANNUAL COTTONWOOD HEIGHTS THANKSGIVING DAY 5K
- DECEMBER 2: LIGHT THE HEIGHTS AT CITY HALL

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

COTTONWOOD HEIGHTS ARTS COUNCIL'S

HAPPY HALLOW-INK

A full month of online Pen and Ink Art, featuring daily inspiration and tutorials.

How to Participate:

- Follow Us:** Get daily tutorials and prompts from Smartest Artist on Facebook.com/CHArtsCouncil or Instagram @CHCityArts.
- Create:** Use the prompts or tutorials to design your artwork.
- Share:** Post your drawings and tag #CHCityArts and #CHCityArtsInk.

Daily drawing prompts: October 1st-31st

1. Falling Leaves	11. School backpack	21. Windy day
2. Campfire	12. Sunflower	22. Black cat
3. Cozy Sweater	13. Candy corn	23. Haunted House
4. Pumpkin Patch	14. Owl	24. Magic potion
5. Full Moon	15. Hot apple cider	25. Super Hero
6. Pumpkin Spice	16. Spider Web	26. Silly Skeleton
7. Neighborhood Tree	17. Autumn Apples	27. Magical hat
8. Colony of Bats	18. Scarecrow	28. Friendly ghost
9. Rainy Day Rainbow	19. Enchanted Forest	29. Jack-o'-lantern
10. Squirrel	20. Pumpkin pie	30. Cute monster
		31. Trick or Treat

[facebook.com/CHArtsCouncil](https://www.facebook.com/CHArtsCouncil) @CHCityArts

MONSTER MASH

Friday, October 25, 2024
 5 - 7 P.M.
 CH REC CENTER - 7500 S. 2700 E.

Join us for a free Spooktacular Halloween event!
 Free activities for age 12 and under include carnival games and ice skating!
 Scales and Tails is bringing snakes, and lizards, oh MY!

Cottonwood Heights Arts Council

CALL FOR SUBMISSIONS

Seeking artwork for our upcoming exhibit:
 "Around the World - Winter Wonders and Cultural Traditions."
 Artwork will be displayed November 18 - December 31, 2024.
 Submissions are open now through November 1, or until the exhibit is filled.

For details on exhibit guidelines and submission process visit CHCityArts.com.

Building a city with kids in mind. Continued from cover

Community & Fun

- **Butlerville Days:** Cottonwood Heights Butlerville Days is a highlight for the Holton family, and I hope for many of your families as well. It's an event full of lasting memories, from the parade and drone show to fireworks, carnival games, rides, bounce houses, music, food, and quality time together.
- **Playtime Upgrades:** The recreation district has been hard at work! They've overhauled the playground and improved the tennis courts at Antczak Park, even adding pickleball lines for more options.
- **Saving Crestwood Pool & Park:** I am currently working with our council, the recreation district's elected officials, and the county to find ways to save the Crestwood pool, allowing future generations to enjoy this great community asset. Most importantly, I am working to ensure that

Crestwood Park always remains an open space enjoyed by all.

- **Police Engagement:** Our police department plays a crucial role in maintaining community safety. The City Council has allocated funds for the DARE program in schools to equip our youth with the skills needed to navigate the increasingly complex issues of drugs, bullying, and teen suicide. It's essential for children to see police officers as approachable allies within our community. The police department actively engages with residents by participating



in neighborhood events, including holiday celebrations, church gatherings, and sports activities. One of our favorite relationship-building initiatives is "Cops and Pops."

More Fun on the Horizon

These next few months will bring us the Monster Mash, the Thanksgiving 5k, and the lighting of the Christmas tree - all activities that put kids and families front and center.

Your Voice Matters

We will continue to invest in projects that enhance safety, create fun spaces, and foster a vibrant community for our kids. But we need to hear from you, and even more importantly, your kids, on what their needs are to create an even greater vision for this amazing city that we are all fortunate to call home.

Thank you all for being a part of our wonderful community!

Sincerely,

Councilman Holton ■

Official City Council Statement in Favor of the Town Center Bond

Mayor Mike Weichers and City Council

Utah State Code requires that any city proposing a general obligation bond must issue an official statement in favor of the bond. The following is the City Council's formal statement:

Cottonwood Heights is a community of residents with strong civic pride and stewardship who care about each other and the beautiful outdoors. We value opportunities that foster a strong sense of community where we can come together to celebrate and connect. As your mayor and city council members, we're excited about a unique opportunity to create a special place for everyone in our city.

The proposed town center, called "The Heights," will be built at the old Hillside Plaza shopping center, located at 2300 East and Fort Union Blvd. The Heights will offer local dining, shopping, open areas with beautiful mountain views, and events for all ages—like holiday celebrations, farmers' markets, and senior activities. It is a

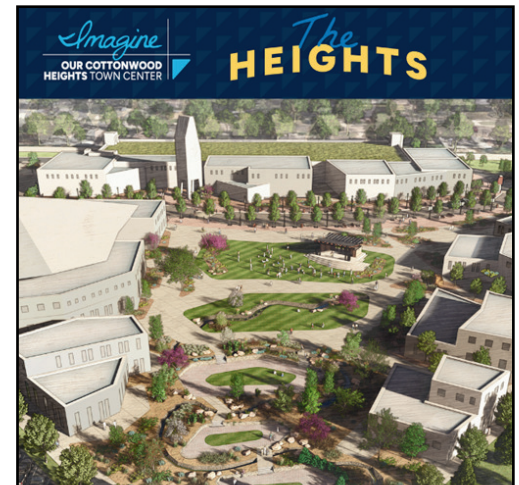
once-in-a-lifetime opportunity to build a lasting identity for Cottonwood Heights that we can all be proud of.

The idea of a town center isn't new. It's been part of city plans since Cottonwood Heights became a city in 2005. In 2023, the city bought the Hillside Plaza property to make sure the space is developed in a way that fits our community—mixing different activities, keeping the right building heights, and creating open areas for everyone to enjoy. The bond will help us make this long-time dream come true.

If we approve the bond, the money will be used to pay for important parts of the town center, like open spaces, parking, and other improvements. It will also help us add things that make our city unique, like public art, landscaping, and signs that showcase the Cottonwood Heights way of life. Private development will fund the other spaces of the town center.

The bond creates long-term economic benefits for the city and residents. The money will pay off the city's purchase of the property, which will save the city \$1.2 million each year. By paying off this debt, the city may avoid raising property taxes in the future. Public/private partnerships will add new businesses and development to the city's economy, generating continuous revenue for the city through land leases, sales tax, and property taxes.

Voting for the bond means investing in



the future of Cottonwood Heights. Great communities have places where people can gather and connect, and we believe The Heights can be that place for us. We hope you'll join us in supporting this bond to make Cottonwood Heights even better.

Submitted by the City Council of Cottonwood Heights, Utah

(No opposing argument was submitted)

The City shall conduct a public meeting on October 1, 2024, beginning at the hour of 7:00 p.m. at 2277 Bengal Blvd., Cottonwood Heights, Utah. The purpose of the meeting is to hear arguments for and against the issuance of the Bonds. ■



Fire Safety Starts at Home: The Importance of Smoke Alarms

Fire Chief Riley Pilgrim



During October, we have the chance to observe Fire Prevention Week, which takes place from the 6th to the 12th. This serves as an excellent reminder to evaluate

the steps we can take to lower the risk of accidental fires in our homes. This year's prevention week is focused on properly installing, testing and maintaining smoke alarms in our homes.

Below are some facts provided by the National Fire Protection Association (NFPA):

- Only 74% of homes have smoke alarms installed.
- Three out of five home fire fatalities occur in homes without smoke alarms.
- Half of the deaths in homes with smoke alarms were due to

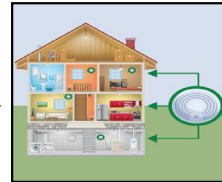
alarms that were not functioning properly.

- The death rate from home fires decreases by 91% when hard-wired smoke alarms and sprinklers are used, and by 69% with smoke alarms alone.

As Daylight Saving Time comes to an end in November, this is an ideal moment to test and inspect the smoke detectors in your home. UFA encourages all citizens to properly install and maintain their smoke alarms, as these devices are among the most effective ways to protect yourself and your family in the event of a house fire.

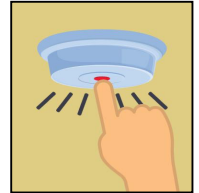
Here are a few basic tips to help you with your home detectors:

- Install smoke alarms in every bedroom, outside each



separate sleeping area (like a hallway), and on each level (including the basement) of the home.

- Test smoke alarms at least once a month by pushing the test button.
- Replace all smoke alarms when they are 10 years old or stop responding when tested. ■



Think Before You Post: Hoax School Threats Are No Joke

Did you know school threats — even those made in jest — carry heavy penalties under Utah law? House Bill 14 (<https://le.utah.gov/~2024/bills/static/HB0014.html>), approved during Utah's 2024 General Legislative Session, imposed harsher penalties on adults and students alike who make threats against schools or falsely report emergencies, from hoax bomb threats to prank 911 active-shooter calls known as "swatting." Anyone 18 years of age or older behind school threats can be charged with a second-degree felony, which is punishable by up to 15 years in prison and up to \$10,000 in fines.

Students responsible for threats will be suspended or expelled from school. Some hoax threats are even prosecuted as federal crimes, depending on the severity. "Threatening school safety is never a joke. We take each threat seriously and work with police to

investigate it to determine its credibility," says Canyons District Risk Manager Ryan Jakeman. "What some students might think is an innocent prank can be very costly in terms of tying up police and school resources and stirring unnecessary fear and panic in school communities."

Canyons District encourages parents to talk to their children about the risk of creating or circulating school threats online. The District also advises against sharing threats on social media, and urges anyone who sees something unsafe to say



something by reporting it through the anonymous crisis and safety tipline SafeUT (<https://safeut.med.utah.edu/>). ■

Hoax threats are NO JOKE
#ThinkBeforeYouPost #ThinkSafe

CANYONS SCHOOL DISTRICT

Making a threat against a public school is a serious crime — even if the threat is made in jest.

False alarms drain law enforcement resources and can traumatize students.

Bogus threats are also costly for taxpayers.

For adults, hoax threats can lead to felony charges. Students will be suspended/expelled.

Stormwater Tip of the Month

Spooky fact: Concrete is not good for the storm drain. Wet concrete contains chemicals that are toxic to aquatic life. Concrete that hardens in storm drain pipes can destroy the storm drain system. Let leftover concrete harden and dispose of in the trash. ■

Seasonal Container Reservation Program Stats (SCRP)

The 2024 SCRП season marks the fifth year of this program. With this model, we service between **9-11%** of the homes in our cities and towns. We are also able to allow more than one day to reserve than the old model with one day per neighborhood.

We started mid-April in Millcreek City and moved clockwise through the District, serving the Cottonwood Heights area May 31 through June 24. See the table below for details.

The SCRП program allows more days for residents to chose from compared to the original services.

We have received many good ideas on ways to improve scheduling and we plan to implement the following: list the number of available containers each day on the website so residents know the availability, work with residents who need the container in the street rather than the driveway.

Our Board is considering limiting repeat reservations to expand the services to more residents each year. ■



Municipality/Area	# of Homes in WFWRD	# of SCRП Days	# of Reservations Requested (Res. List & Waitlist)	Total Containers Received	# of Reservations Cancelled by Cust.	% Cancelled	Total Waitlist Requests	Waitlist Not Accom.	Waitlist Accom.	% Waitlist Not Accom.	% Waitlist Accom.	% of Waitlist Requests to # of Homes in WFWRD	Tons Collected	Avg. Tons per Container
Cottonwood Heights	9,970	16	1,167	945	15	1.29%	479	207	272	43%	57%	5%	782	1.21
Willow Creek	501		59	51	2	3.39%	27	6	21	22%	78%	5%	39	1.31
Totals or Avg.	84,813	120	7,196	7,105	91	Avg: 1.17%	4172	2374	57%	43%	Avg 57%	Avg: 5%	2,956	Avg: 1.6

↓ 1.87% ↓ 39% ↓ 61% ↓ 5% ↓ 1.15

Trick or Treat with a Green Twist: Recycling and Waste Tips for Halloween

With Halloween approaching, it's a good time to review waste and recycling tips. Decorations like spider webs, string lights, and plastic pumpkins aren't recyclable, so save them for next year or donate them to a thrift store.

Foil and plastic candy wrappers and

plastic candy pouches should go in your black trash can, not the recycling bin. For trick-or-treating, consider using an old pillowcase or reusable grocery bag as an eco-friendly alternative to single-use bags. These steps help make your Halloween both fun and environmentally friendly. ■



Pick up leaf bags and drop off bagged leaves beginning October 16

As the temperatures cool down and we head into fall, Wasatch Front Waste Recycling District (WFWRD) will begin their seasonal fall leaf pickup service. Starting Wednesday, October 16, residents can pick up leaf bags at the following locations:

- **City Hall (2277 E. Bengal Blvd.)**
- **Whitmore Library (2197 E. Fort Union Blvd.)**
- **Cottonwood Heights Recreation Center (7500 S. 2700 E.)**

Due to limited supplies, WFWRD requests you take only one roll of leaf bags per household and not pick up bags for your neighbors. Once you fill your bags with leaves, you can take them to Bywater Park (3149 Bandbury Rd.) and put them in the designated trailers. We do not collect leaf bags sitting at your curb. Please do not dump garbage or other items at these or other locations, and do not put leaves and other yard waste in your recycle cans.

You are welcome to take leaf bags from any site for your own compost. ■



From Garden to Compost: Affordable Green Waste Collections

As the first frost arrives and gardeners start clearing their plots, it's important to manage yard waste properly. Green waste, such as garden debris and fallen leaves, cannot be placed in your blue recycling bin.

If your black garbage container is full or if you're looking for a more sustainable option, you can opt for a green waste containers. Green waste is collected from mid-March to mid-December each year. The green

waste subscription costs \$31.50 per quarter, which is more affordable than getting a second garbage can at \$58.50 per quarter. This subscription provides an eco-friendly solution for managing your green waste.



The green waste collected is sent to the Salt Lake County landfill for composting. The resulting high-quality compost is then available for public purchase, supporting eco-friendly disposal and benefiting the community.

For more information and to sign up for the green waste subscription, please visit www.wasatchfrontwaste.org and look for the "Additional Subscription Services" tab. ■

The Haunted History of the Old Mill: From Paper Mill to Dance Hall

By The Historic Committee

For nearly a century and a half, the Old Mill has loomed large over Cottonwood Heights as its most identifiable landmark. From its beginnings as a papermill to its eventual abandonment, it also served as a dance hall and a proposed yet never completed community center. Yet, around October and November, it is perhaps best remembered as a Haunted House.

First built in 1881-1884, the structure only served its intended purpose as the Deseret News Paper Mill for a decade. The building's importance during the late nineteenth century is underscored by the prominence of the architect who designed it, Henry Grow. Among Grow's other architectural feats, the dome of the Salt Lake Tabernacle is almost certainly the most recognizable and viewed of the impressive achievements. Despite its auspicious beginnings, tragedy soon struck the building. The fire broke out on April 1, 1893, with the heat intense enough to crack the stone walls. Its destruction in a fire in 1893 led to the structure's abandonment. Perhaps this period, in which the destroyed structure stood alone as a stark, uninhabited, and fire-ravaged reminder of its heyday led to the perception of the Old Mill as a haunted site. The Panic of 1893 effectively forestalled any immediate efforts to rebuild.

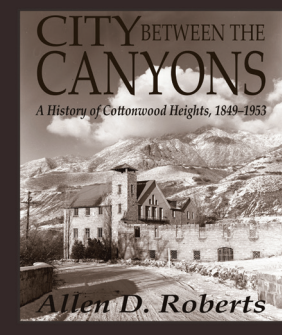
But the structure would live again. In 1927, it was restored as a dance hall. This era of the Old Mill's life persisted until World War II before it fell into disuse once again. Revived again in the 1970s and 1980s, it became a popular dance hall and, on the weekends during Halloween season, one of Salt Lake County's best-known haunted house, known as the Haunted Old Mill. Many long-time residents remember visiting this site or taking their children for weekend fun. The Haunted Old Mill lasted from 1978 through the 1990s.

By 2005, the site once again fell into a state of abandonment and disrepair. The building was condemned by the newly formed city of Cottonwood Heights in 2005. Yet rumors of its haunted status linger on. KSL ran a 2023 story regarding the last year, suggesting that the doors opening and closing or mysterious lights in a building that has long ago lost any connection to the power grid. Such rumors have attracted unwanted visitors in recent years, attracted by the eerie legends. Cottonwood Heights Police and reinforced fencing have kept most trespassers at bay, but efforts continue.

When the city of Cottonwood Heights was



incorporated in 2005, a Historic Committee for the city was established with the goal of helping preserve and provide context and understanding to the history that has helped shape our "City Between the Canyons." Currently, the Cottonwood Heights Historic Committee is gathering information and thoughts about the Old Mill with the goal of making a formal recommendation to the city about its history and possible future(s). To learn more about the founding of Cottonwood Heights and the Historic Committee, please visit City Hall from October 4th to November 14th, where we will have an exhibit recognizing the city's founding. ■



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. ■

ADAPTIVE HOUR

ICE SKATING

AT COTTONWOOD HEIGHTS PARK AND RECREATION CENTER!

Geared towards children and adults with disabilities

Join us for adaptive hour on the ice! Where the following will take place

- Slow and safe skating required for all skaters.
- Quieter music for those with sensory issues.
- ADA devices available, regardless of age.
- Wheelchairs encouraged.
- Extra staff on-ice during skating.
- All individuals with disability must be accompanied by responsible adult 18 or older.

OCT. 16 | Wednesday

5:45pm - 6:45pm

Included in membership or daily admission



Adult: \$7.00
Youth: \$5.00
Senior: \$6.00

7500 S. 2700 E. CWH, UT 84121

Learn more!



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
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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 944-7000
Recorder 944-7021
Finance director 944-7012
Code enforcement 840-4000
Police administration 944-7100

City council meetings

- **October 1:** Work Session at 4 p.m. (tentative time), business meeting at 7 p.m. (tentative time)
- **October 15:** Work session at 4 p.m. (tentative time), business meeting at 7 p.m. (tentative time)
- **November 5: No Meetings (Election Day)**
- **November 12:** 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

Apply Online for Canyons District’s Popular Language Immersion Programs

Canyons School District has some of the most extensive language immersion offerings in Utah. Twenty-one CSD schools offer dual language immersion programs in Spanish, French, or Chinese — and it’s nearly time to apply to enroll for the 2025-2026 school year.

Applications for these popular programs are accepted online **Monday, Sept. 30 through Nov. 26, 2024**. Any kindergarten-aged student who will be starting the first grade in fall 2025 may apply. A lottery will be held to determine entrance into the programs

if the number of applicants exceeds the seats available.

“Immersion programs are a great way to challenge students,” said Canyons Instructional Supports Administrator Kenna Sorensen. “Not only is this an effective path to learning another language, being multilingual has been shown to improve students’ academic performance. The cognitive and cultural awareness skills these students acquire are in high demand by colleges and employers.” For more information, see canyonsdistrict.org/dual-language-immersion. ■

SUSTAINABILITY

Leaf Colors & Fall Tree Care

Ian Harris, Associate Planner/Sustainability Analyst

As short days and crisp air of fall settles in, the nature around us begins its annual transition. One of the most beautiful displays of this is the changing color of the leaves. Trees seem to suddenly burst into color, marking the arrival of the cold season. But what causes this phenomenon?

The change in foliage color is triggered by shorter days and longer nights that autumn brings. This triggers chlorophyll production to slow down and then stop altogether. This breakdown unmasks other chemicals, like carotenoids and anthocyanins, that are always present in leaves but hidden under the green hue during summer. Other factors, like soil moisture and temperatures can greatly impact the intensity of color.

Some things, like temperatures and sunlight, are a bit outside our control when it comes to tree care. But, there are many things you can do to nurture the health of your trees, which should help get that picture-perfect

fall color. Here are some tips:

- **Watering:** Ensure your trees receive consistent water until snow provides reliable moisture.
- **Mulching:** Extra mulch around your tree base helps insulate from cold temperatures and reduces soil erosion during snow runoff.
- **Leaf Utilization:** Make the most of fallen leaves by composting them or using them as mulch over planting beds. This provides valuable organic matter and enhances soil quality.
- **Health Check:** Once your tree is bare, look for signs of disease or damage, then prune off affected branches to promote overall health.

With a bit of extra care, you can keep your yard and the surrounding tree canopy vibrant throughout the year. For now, take time to enjoy the beautiful colors of fall! ■



Business spotlight

Utah Bright Smiles | 7138 S. Highland Dr. Ste 219 | www.utahbrightsmiles.com | 801-875-0730

Utah Bright Smiles: Your Destination for Exceptional Dental Care!

Your Destination for Exceptional Dental Care! At Utah Bright Smiles, they believe in caring for more than just your smile. They provide a range of services, from routine check-ups to advanced

treatments like crowns and implants, all tailored to your individual needs. With a warm approach, they aim to ensure your comfort and deliver top-quality care using the latest techniques.

They provide dental care for the entire family, and have a special day of the month for special

needs children! Let them help you achieve a healthy smile that boosts both your oral health and confidence! ■



Mike Goose at Stella Fitness | www.mikegoose.com | 517-927-7946

Mike Goose has devoted his career to helping people rediscover the joy of physical activity. Regardless of your experience level—whether you're new to exercise or a seasoned athlete—he has worked with a diverse range of individuals, from professionals to those in rehabilitation. His passion lies in enhancing your body's performance while respecting and appreciating the body you have today. What does this mean for you?

Joyful Movement: Mike can design a plan to reintroduce you to the activities you love or prepare you for new ones. He will incorporate athletic

movements, functional fitness, and customize everything to align with your goals.

Safety First: He is committed to guiding you safely, with a focus on your joint and overall health. He will steer clear of the outdated "no pain, no gain" mentality and work with you to understand your body's limits and strengths.



Empowerment Through Health: Your body is incredible, capable of becoming stronger and more resilient with the right care. His role is to empower you to make health a part of who you are—to promote an active lifestyle that leaves you feeling enthusiastic, optimistic, and proud of your progress.

Are you ready to make fitness something you love? Let's embark on this journey today. Contact Mike Goose at Stella Fitness and move toward a healthier, happier you. ■

Christina's Crumb | www.christinascrumb.com | 801-232-6355

Christina's Crumb is a local micro-bakery located in Cottonwood Heights. Christina, who grew up in Cottonwood Heights and now home schools her four children in the same neighborhood, provides the community with organic sourdough on weekends.

The sourdough is made with only three ingredients: organic flour, filtered water, and mineral salt. This traditionally fermented sourdough, like Christina's Crumb, is easier to digest, has a lower glycemic index, prebiotics, greater nutrient absorption, antioxidants, less

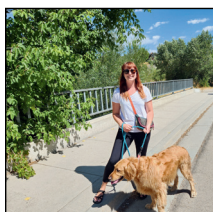
phytic acid, and less gluten. Christina bakes sourdough on Saturday mornings, and they are available for porch-pickup on Saturday afternoons. You can pre-order your loaf at www.christinascrumb.com. ■

City News

Open Space Spotlight: Crestwood Park

Ronna Cohen, member of Parks, Trails, and Open Space Committee, Gayle Conger, member of the Historic Committee

Though owned by the County, Crestwood Park is a hidden 58-acre gem at 7485 Siesta Drive. The Park is lovingly cared for by volunteers in the Cottonwood Heights VIP Program. Tom Middagh says, "Crestwood is a special pristine open space. At a very young age I discovered Crestwood's charm and haven't stopped visiting since. As Captain for the Crestwood VIP program,



I am passionate and committed to preserving the park's natural beauty for all to enjoy. There's simply nothing quite like this treasure in our city."

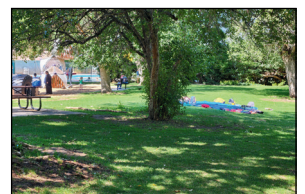
The Park is unique

with a pool, 1.25-mile walking path that follows the banks of the Little Cottonwood Creek, orienteering course, picnic areas, tennis courts and playground. It is also home to many animals and birds, including red foxes.

The land here was once the ancestral home of the Paiute, Goshute, Ute and Shoshone peoples. The increase in the Latter-Day Saints population caused friction and sporadic skirmishes with the tribes. A peace agreement was reached in 1854.

In 1853, Foster Greenwood and his young son came to Utah, settling in a log cabin near the Union Fort. 20 years later he applied for a homestead grant on 120 acres of land described as "a beautiful spot, a clear mountain stream wound through

it and large cottonwood trees grew along its banks." The Crestwood pool and clubhouse were located in that "beautiful spot" in 1959 as a private club. In 1972, Salt Lake County purchased the pool and property. It is restricted in perpetuity and cannot be sold for another purpose.



Interested in being a Volunteer in the Park? **To Volunteer at Crestwood or any Cottonwood Heights Park, contact Andrew Davis andrew@cottonwoodheights.com. ■**