

Cottonwood Heights, UT
October 2016 • FREE

NEWSLETTER

www.ch.utah.gov



Victim Advocacy: The Softer Side of Law Enforcement

By Councilman Mike Peterson



When I think of any local police department, I think of 911, protection, badges, and catching the bad guys. I think of Cottonwood Heights' outstanding police department full of dedicated officers who keep our community safe. It's comforting to know we have response times for high priority calls that average approximately three minutes. Our city also has one of the lowest crime rates in the state. Since serving on the City Council, I've discovered there is so much more to what these men and women do for our community. It's the many other services they provide to our citizens that truly set them apart. One of those services is our victim advocacy program under the direction of Victim Advocate Nicole Huntsman.

For many victims, it can be very difficult to reach out for help. Victim advocates offer information, support, and helpful services. Victims are often relieved to know that agencies in their community want to make sure they are safe and can provide the help they need to recover from the impact of a crime. One of the most common areas of crime that calls for specialized help is domestic violence. I asked CHPD Chief Robby Russo how important victim advocacy is. He quickly stated, "One of the highest priorities in the police department is to protect victims of domestic violence. It's a problem that's toxic to the family, thus worthy of the resources provided."

I also asked Huntsman if she would share an example of how the program works and what a typical

call might sound like. She described the following scenario:

A victim calls dispatch and states she is requesting help on a domestic situation. Officers quickly arrive on scene, where the victim speaks with the initial officer.

"Sally," (not her actual name) a 24-year-old married woman with two children has been injured. She has multiple bruises. Her left eye is swollen shut, her cheek is swollen and she refuses to go to the hospital.

After speaking in private, Sally explains that due to financial restraints, she cannot go to the hospital. The officer explains to Sally that there's an application for assistance available to victims of crimes and it's accepted by most hospitals, so she can be treated without requiring initial payment.

Sally agrees to go to the hospital but does not want to call a relative or friend and expose herself to their opinions when she is so vulnerable and needs time to think. The victim advocate offers to take her to the hospital and watch the children while she is being examined.

Now she wants to know what to do when her "significant other" is released from custody. Legal aid assistance is explained, the location to obtain services, and information for obtaining a protective order at no cost are provided.

Sally asks where she can go if her partner is



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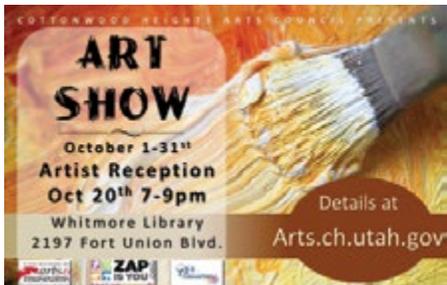
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Upcoming Cottonwood Heights Events

- Oct. 1-30 Art Show, Whitmore Library (2197 Fort Union Blvd.)
Open House Event October 20, 2016 @ 7:00 pm featuring special guest Dan Wilson.
- Oct. 5 Planning Commission Meeting, City Offices (2277 E. Bengal Blvd.) 6 p.m.
- Oct. 15 Into the Woods Jr., Butler Middle School (7530 S. 2700 East) 7 p.m.
- Oct. 19 Planning Commission Meeting, City Offices (2277 E. Bengal Blvd.) 6 p.m.
- Every Thursday in October Business Start-Up Boot Camp, City Offices (2277 E. Bengal Blvd.)
6:30-7:30 p.m. Starting a new business? Need some advice? Join us for the city's Business Start-Up Boot Camp
- Oct. 28 Monster Mash on Ice, CH Rec Center (7500 S. 2700 East)
5-7 p.m. (more info below)
- Dec. 10 Christmas Concert featuring Peter Breinholt, Butler Middle School (7530 S. 2700 East)
7:30 p.m. Tickets available online starting November 15.



Into the Woods Jr. Coming To CH

Upstage Theatre presents Into the Woods Junior on Oct. 15 at 7 p.m. The children's production will be presented at Butler Middle School (7530 S. 2700 East). Come and follow Cinderella, Little Red Riding Hood, Rapunzel, Jack and his beanstalk and the Witch on their journey 'Into the Woods.'



Cottonwood Heights is partnering with Upstage Children's Theater for this community performance. Into the Woods Junior features songs and stories from the popular musical, in a family friendly format.

Tickets are \$7 at the door.

We hope to see you there. ■

ANNOUNCING NEXT YEAR'S
MUSICAL...ANNIE!
Contact Kim Pedersen for information
kpedersen@ch.utah.gov



Monster Mash Returns To CH

Your little ghosts and mummies are invited to attend a "spook-tacular" event this month.

Our annual kids' Halloween Monster Mash on Ice will be held Friday, October 28 from 5 to 7 p.m. at the Cottonwood Heights Recreation Center (7500 S. 2700 East).

All activities are FREE for kids 12 and under, including ice skating, games, a non-scary carved pumpkin patch, and treats.

Come dressed in your costume and enjoy the ghoulish fun with us. ■

The Arts Council Needs YOU

One of the things that makes life in Utah so enriching is the abundance of artistic talent in our state. It's no different in Cottonwood Heights, where many talented artists and devoted patrons of the arts live and work.

We need you. We need your talents, your enthusiasm, your life experience and especially your desire to make a difference.

Serving on the arts council as a member or a volunteer is a great way to promote the arts you love and help enrich the lives of all our neighbors. It doesn't take a lot of time, either. The arts council meets monthly to plan and deliver arts projects in the city. While these events happen year-round, the biggest opportunity for involvement comes in the months prior to the city's yearly summer musical, presented at the end of July and into early August.

If you'd like to serve on the arts council or as a volunteer, contact Kim Pedersen at kpedersen@ch.utah.gov for more information. We're sure there's a place for you in our awesome group.

We'd like to thank all our current Arts Council members who have served the community this year.

They include:

Becky Henriksen, Arts Council Chair
Shelia Armstrong, Vice Chair
Jannalee Hunsaker, Secretary
Bill Armstrong, Member
Elise Hogan, Member
Jon Watkins, Member
Charlynn Patterson, Member
Jenna Ellingson, Member
Daisy Thomas, Member
Susan Stevens, Member ■

Victim Advocacy, *continued from cover*

released from custody and there is no protective order in place. The victim advocate makes calls

"There are better outcomes when the victim knows of the choices available to them."

to numerous domestic violence safe houses throughout the valley until she finds one that has a room available. If no rooms are available, alternative emergency funding is secured to place her in a hotel. Transportation is also provided, if necessary.

This all happens within the first few hours following a domestic violence call. There are then days, weeks, and even months of follow up to support the victim. There are better outcomes when the victim knows of the choices available to them.

This is just a very brief example of how our victim advocate program works in

Cottonwood Heights. It provides a wide variety of services to many who have been negatively affected by a crime. It takes a uniquely qualified person to fulfill the responsibilities of a victim advocate. Huntsman is one of those individuals well suited for the job.

In 2011, Nicole started volunteering at Unified Police Department and Rape Recovery Center as an advocate. She was part of the Mobile Crisis Unit Hospital Response Team and answered calls for the crisis line. As she continued volunteering, she realized how passionate she was about helping victims. She spent many sleepless nights on the job, but didn't care. It was never about the money or sleep, it was about helping, empowering, and giving others hope at their darkest hour.

She eventually worked full time as a victim advocate for West Jordan and was assigned to

their city attorney's office.

Then, the opportunity came to apply for the position in Cottonwood Heights where she could work more closely with local law enforcement. After several interviews she was offered the job.

"I've loved every minute of it! I'm one of the lucky ones. I know people who go to work just for the paycheck. They hate the job but they do it because they have to," said Huntsman. "I can honestly say that isn't the case with me. Sure I have those days where cases get to me, it's part of being in this field. I love what I do and I wouldn't change it for the world."

This is one of the many unique services offered by our outstanding police department and we will be forever grateful to those officers and individuals like Nicole who dedicate themselves to assist victims of crime. ■

Backpack? Check. Lunch? Check. County Library Card? Check...it out! Resources for Students of All Ages at the Whitmore Library

With school starting up again, Whitmore Library wants to remind Cottonwood Heights residents that, with a county library card, they can freely access millions of resources, materials and online learning tools – which include homework help and live tutoring.

Getting a county library card is easy. Salt Lake County residents are invited to stop by Whitmore Library with a photo ID and proof of address to sign up for the card. Parents or caregivers with concerns about fines and fees that their children and teens may incur due to lost or late returns are encouraged to consider getting a student library card, which is a great option for young readers, ages 8-17. With the student card, young library users may check out up to three items without accruing fines or fees, use the public computers, download eBooks, music, movies, shows and other online content. They also have access to thousands of online learning tools, courses and tutorials.

Brainfuse is one of the valuable resources that can be used with a library card. It offers live online tutoring for K-12 students in addition to a writing lab, a language lab and "Skill Surfer," which has an extensive library

of lessons, video tutorials and practice tests for the ACT, SAT, GED and more. Brainfuse also provides access to the Adult Learning Center with test preparation resources, a writing lab and an academic skills center geared for adult students.

Library staff looks forward to connecting every Cottonwood Heights resident with the best taxpayer return on investment: a county library card. For more information, you can visit scolibrary.org and choose "Whitmore" under the Events & Locations tab, email whiref@scolibrary.org, or call 801-943-4636.

Halloween with Author Shelly Brown

Children's Author Visits Whitmore Library for a Special Halloween Celebration Saturday, October 15 at 2:00pm

Get in the Halloween spirit with local author Shelly Brown, featuring her children's book *Ghoststiter*. Meet the author, do crafts, and enjoy games

and face painting. Books may be purchased & signed at the event on Oct. 15 at 2:00 p.m. Call 801-944-7539 for more information. ■



The Big Move

On Sept. 7-8, city staff made the big move from leased office space at 1265 E. Ft. Union Blvd. to the new home at 2277 E. Bengal Blvd.

The move took a big effort from city employees, who helped pack all the equipment, office furniture, records and other items up the hill to the new building.

CHPD also worked hard to transport all evidence and public safety equipment to the new location.

By Friday, Sept. 9, the new city hall opened for business, and on Sept. 13, the city council held its first meeting in the new council chambers.

On Sept. 29, a ribbon cutting ceremony and open house was held (look for a full report on this event in the November newsletter). ■

CH Student Profiles

SafeUT in CSD: Mobile app, website available for students, families

Canyons School District is expanding its high-tech arsenal in the fight to keep children safe. Cottonwood Heights elementary schools are among those rolling out information to their communities about access to the SafeUT app and website, which is an immediate, direct link to licensed counselors at the University of Utah Neuropsychiatric Institute (UNI). Canyons' secondary schools, such as Brighton High and Butler and Albion middle schools were among the first in Utah to provide access to the service last year. The app and website, developed as part of a partnership between UNI and the Utah State Office of Education, serves as confidential tip line about such safety issues as suicide, bullying and threats of violence. Multiple languages are available. A link to the service is available on the CSD website. ■



CSD Foundation Scholarship Helps Bengal go to College

Emma Critchlow is proof that it's never too late to start again. Once she put her mind to it, nothing could stop this former Bengal from earning a diploma from Brighton High and heading to Weber State to be a Wildcat. She overcame financial constraints and the daunting task of making up a year's worth of school credits — lost due to chronic truancy — in order to graduate with her class. She has more than a little help paying for her college education, too, as a result of receiving a \$2,500 scholarship from the Canyons Education Foundation, the fund-raising arm of the district. Last month, the foundation held its 6th annual golf tournament to raise money for scholarships for deserving students like Emma. Top sponsors of the Sept. 19 event were Hogan Construction, VCBO Architecture, VLCM, Hughes Construction, and GoEngineer. See more about Emma on the Canyons District's YouTube channel: <https://youtu.be/6oUK79-kbHs>. ■



Never forget: Brighton's patriotic display marks 15 years since 9/11

Student body officers at Brighton High spent Friday, Sept. 9 posting some 200 flags in front of the school in honor of the Sept. 11 Patriot Day — the time set aside by the country to remember the acts of terror on Sept. 11, 2001, and the men, women and children who died on that fateful day. Today's high school freshmen weren't alive then, and only know about 9/11 through stories from parents and lessons in history classes. The students pledged to never forget the horrors of that day — and how the country rallied from the rubble to rise again. Their story was shared on KUTV-Channel 2 News. ■



No Free Ride • School Bus Drivers Aid Marathon

Anyone who has spent any amount of time on a school bus knows drivers put up with a lot. Each day, Canyons District's Transportation Department manages to get 16,000 students to and from school on time. On top of their regular runs, drivers handle transportation for as many as 2,600 field trips a month. And, often, they're asked to help with special events, such as the Cottonwood Heights-sponsored Big Cottonwood Canyon Marathon. Thirty-three CSD drivers showed up to bring runners from the base of the canyon to the starting line. Even though it meant pulling a weekend shift starting at 3 a.m., it was a fun, community-building experience and a nice change of pace, according to Transportation Director Bruce Young who credited his team for doing all the scheduling and planning. ■



BCC Marathon Brings Thousands To Cottonwood Heights

The Revel Big Cottonwood Canyon Marathon and Half Marathon drew thousands of visitors to Cottonwood Heights on Sept. 10. More than 4,400 runners participated in the event, which is an official qualifying race for the Boston Marathon.

Cornell alum Zachary Cater-Cyker of Texas finished first among men in the full marathon, while Amanda Blair of Montana finished first for the women. Blair is an alumnus of the University of North Dakota.

Former BYU track and field team member Jonathan Kotter of Sandy won the men's side of the half marathon, while Sylvia Bedford of South Jordan took first place among women. Bedford is an alumnus of Southern Utah University.

The city thanks everyone for their patience and for making our visitors feel welcome. ■

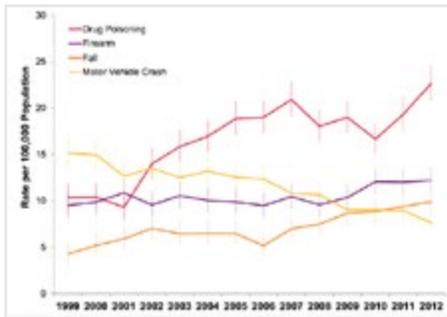


Leading The Way In The War Against Painkiller Abuse

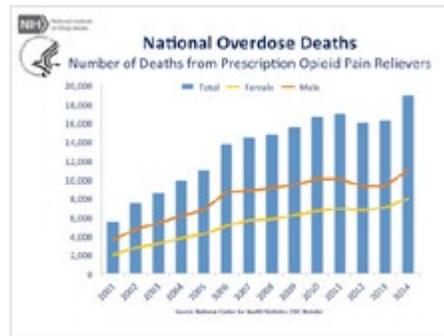
By CHPD Chief Robby Russo

In 2014, 32 percent of Utah adults aged 18 years and older had been prescribed an opioid pain medication in the previous 12 months. Prescription opioids can be addictive and very dangerous. Most Utahns who die from a drug-related death suffer from chronic pain and take prescribed medications. Misuse of these medications can lead to serious legal and personal consequences, including death. Every month in Utah, 24 individuals die from prescription drug overdoses, making Utah 4th in the U.S. for drug poisoning deaths.

Deaths from opiates have now outpaced deaths due to firearms, falls, and motor vehicle crashes. The majority (59 percent) of deaths from prescription pain medications involved oxycodone, however the risk of death is significantly higher when methadone is involved. According to the Utah Department of Health, our state has experienced a 400 percent increase in overdose deaths over the past decade, and poisoning/overdose is now the number one cause of injury death (Fondario, UTDOH 09/2014):



The figure below is a chart showing the total number of U.S. overdose deaths involving opioid pain relievers from 2001 to 2014. The chart is overlaid by a line graph showing the number of deaths by females and males.



Cottonwood Heights is not immune from the opiate/opioid epidemic, and CHPD has taken proactive steps to save lives. Although we may not always agree about the choices someone makes to introduce heroin or the pharmacological equivalent of OxyContin or morphine into their body, the fact remains they are someone's child, brother or parent.

For years, paramedics have carried Naloxone (nicknamed "Nar-can"), a non-addictive prescription medication that helps to block the effects of opiates on the body. Thanks to new legislation by Utah Representative Carol Spackman Moss,



Representative Steve Eliason and Senator Brian Shiozawa, it's now available to police officers.

Police officers are frequently the first responders to overdoses, and CHPD has teamed up with Dr. Jennifer Plumb from Primary Children's Hospital to be the first Utah law enforcement group to equip officers with Nar-Can. We obtained the medication through a grant from Utah Commission on Criminal and Juvenile Justice (CCJJ) and trained our officers this past July. It's given us the ability to save lives in the precious moments that people need it the most. The sooner we can get them breathing again and oxygen to the brain, the better.

Less than a week after training, our officers saved a man who overdosed on heroin in the basement of his home. Nar-Can has been referred to as the "Lazarus" drug, since using it is like watching someone rise from the dead. It's a very gratifying feeling for our officers to preserve a life.

Since that time, we've had three additional saves. The beauty of Nar-Can is it's harmless to someone who is suffering from something other than an opiate high. The greatest risk to officers is that once the "high" goes away and the patient wakes up, they're often combative.

Since taking the lead on deploying Nar-Can in the field to police officers, other agencies in the state have come on board. CHPD is proud to lead the way in Utah's war against opiate/opioid abuse. ■

CH Goes To The Dogs With "Bark in the Park"

It was a fun day for dogs of all kinds at Mountview Park on Sept. 17.

There were dogs that do tricks, a police dog demonstration and plenty of dog treats to go around during Cottonwood Heights' "Bark in the Park" event.

Many dogs were able to cool off on the park's splash pad, too.

Thanks to all who made this year's event so successful. ■



History Question of the Month

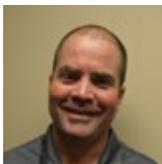


Unpleasant memories of Halloween night 1936 lingered long after for one Butlerville resident. What event happened that night?

Answer on page 7

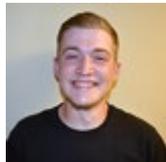
New Public Works Department Takes Shape

As part of the city's new public works expansion, we welcome several new employees to our team. They are:



Ryan Wade is our new Public Works Operations Specialist III. He has more than 20 years' experience in public works, the automotive industry and concrete work.

Ryan's son Ellis is also joining the team as an Operations Specialist I. He's worked previously for Draper City.



Richard "Rick" Dickey is a new Operations III Specialist, and has decades of experience in public works, including nine years with Salt Lake County, where was part of the team that maintained (and plowed) the streets of Cottonwood Heights.



Ryan Gardner is our new Park Maintenance Crew Leader. Ryan grew up in Cottonwood Heights. He has several years' experience in private sector landscaping and most recently with Draper City.

Justin Nistler is one of our new Operations II employees. He has three college degrees and was raised on a farm in Minnesota. He has a background in landscaping and grounds maintenance. He also lives here in Cottonwood Heights.

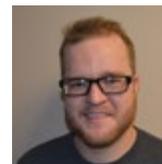


Mitchell Ackley is an Operations I specialist. He grew up in Saratoga Springs, and now lives in Murray where he and his wife are expecting their first child together. He has a background in landscaping.



Phil Egbert has been a seasonal employee for the public works department over the past 3 years. As part of the new public works initiative, Phil is a new Operations Specialist II. Prior to Cottonwood Heights, Phil worked in the private sector as a supervisor for Vivint and Rent-A-Center. He grew up in Idaho, and lives with his wife and kids in West Jordan.

Eric Trigg is also a new Operations Specialist II. He was born in Utah, but raised in Alabama, where he worked with Goodyear, operating several types of machinery.



Cottonwood Heights is proud to have these talented individuals to keep our city safer and cleaner. ■

COTTONWOOD HEIGHTS RECREATION CENTER

CHRC News & Events

Monster Mash

Join us on Friday, October 28th from 5pm-7pm for our annual Monster Mash! See ch.utah.gov for details

Now Hiring

We're accepting applications for:
Lifeguards (all shifts),
Customer Service Representatives/Office,
Child Care, Parks & Skateguards.

Battle Between the Canyons

Thank you to everyone who made our Battle Between the Canyons Pickleball Tournament a huge success! It's never too early to start practicing for next year!

Fall Break Hours

We'll be having extra Open Plunge hours during Fall Break.
10/21 & 10/22: 12pm-4pm & 6pm-9pm

What's happening in Programs

Sports of all Sorts

Looking for something active for the younger ones? Try our new classes on Tuesdays specifically geared towards 3-5 year olds & 5-7 year olds.

*Pre-Registration in-person or online is required.

Thanksgiving 5K

Mark your calendars for our annual Thanksgiving 5K on Thursday November, 24. Register now at www.raceentry.com

What's happening in the Ice Arena

Learn to Skate

Fall Session II

Tuesdays 6:15pm-6:45pm

Oct. 18-Dec. 6

Wednesdays 6:15pm-6:45pm

Oct. 19-Dec. 7

Register in-person or online at activityreg.com
Session II participants in our Winter Extravaganza Skate Show

What's happening in Aquatics

Fall Swim Lessons

Session II

Mornings, 11am-12:30pm

Oct. 3-Oct. 26, M,W

Evenings: 6pm-7pm

Oct. 4-Oct. 27, T, TH

Saturday, 9am-11:30am

Oct. 29-Dec. 10, S

Session I

Parent & Tot, 11am-11:30am

Oct. 4-Nov. 8, T

Register online at activityreg.com

Boy Scouts

Swimming Merit Badge

Oct. 8, 10am-1pm

Lifesaving Merit Badge

Oct. 15, 10am-1pm

C.P.R.

Oct. 12, 5:30pm-7pm

Pre-Comp Dates

Session III: Nov. 1 - Nov. 17

Tryouts: Oct. 28 at 4pm

7500 SOUTH 2700 EAST
(801) 943-3190

www.cottonwoodheights.com



Cottonwood Heights
Parks and Recreation



CH Boy Sailing To Bright Future



Twelve-year-old Morgan Dethorn is an enthusiastic 7th grader at Butler Middle School,

and he spends most of his time on Jordanelle Reservoir, competing among other kids in his age group.

His father's hobby has become a passion for Morgan, who's been successful in sailing competitions.

but on most weekends you can find him on the water, harnessing the wind to guide his small 9-foot long "Opti" sailboat through the waves.

He's competed in regattas all around the country, and most recently placed third on his division at the Junior Olympics at Lake Dillon, Colorado. The following week he placed second at another competition at the same lake.

Life as a sailor began early for Morgan, as he accompanied his father J.R. on sailboats since he was a toddler.

Morgan and his family have lived in Cottonwood Heights since 2013. ■

Morgan and his father belong to the Park

Answer

Question, continued from page 3

Three teenage boys were "Halloweening" in front of the home of W.R. Jones, of Butlerville. In those days, the kids didn't go "trick or treating" and for the boys it was a time to pull pranks, like tipping over out houses, knocking over mail boxes, etc. On that night, Mr. Jones, hearing the commotion in front of his house, allegedly took his .22 rifle and fired at the boys, hitting one of them in the shoulder, causing a flesh wound. The boy's mother filed assault charges against Mr. Jones, and he was arraigned before Justice of the Peace R. White of Sandy and charged with assault with a deadly weapon with intent to do bodily harm. He was given time to enter a plea and released from jail on his own recognizance pending trial. A month later he pled guilty to simple assault. ■

Fall Leaf Collection Coming in October



The annual Fall Leaf Collection Program will begin on Oct. 15 and last through Nov. 30. During this time, Cottonwood Heights residents can pick up leaf bags at:

- Cottonwood Heights City Hall: 2277 E. Bengal Blvd.
 - Whitmore Library: 2197 E. Ft. Union Blvd.
 - Wasatch Fire Station: 8295 S Wasatch Blvd.
- Leaf Bags can be dropped off at:
- Bywater Park: 7420 S. 3300 W.

Those Darned Plastic Bags

Plastic bags are one of the biggest challenges for the local recycling companies. These bags, along with other stretch plastic materials, such as plastic wrap and bubble wrap, clog up the machinery at the recycling facilities causing hours of downtime. We ask and remind all residents to not place these materials in the blue recycle carts, and instead take them back to your local grocery stores. Most of these locations have bins at the store entrance to collect these materials for proper recycling.

CH Residents Keeping Landfills Cleaner

Cottonwood Heights has one of the highest recycling diversion rates in the Wasatch Front Waste & Recycling District, with 21.6 percent of all waste materials being diverted away from the landfills to either the recycling facilities or composting. All properly recycled materials extend the life of our landfills and save money. Thanks to all Cottonwood Heights residents for these efforts!

Learn About Recycling

Starting in October, WFWRD representatives will be visiting libraries and community centers throughout the district to provide education and materials on recycling. Please inquire at your local library or community center to find out when they will be visiting that location, or contact a WFWRD Sustainability Coordinator at (385) 468-6337 to request a visit in your community. ■

City Council Members

MAYOR - Kelyn H. Cullimore, Jr.
DIST# 1 - Michael L. Shelton
DIST# 2 - J. Scott Bracken
DIST# 3 - Michael J. Peterson
DIST# 4 - Tee W. Tyler
CITY MANAGER - John Park

City Office

2277 E. Bengal Blvd
 Cottonwood Heights, UT 84121
 Phone(801) 944-7000
 Fax.....(801) 944-7006

Numbers to Know

Emergency.....911
 Dispatch840-4000
 Fire Authority743-7100
 Animal Control840-4000
 Justice Court.....273-9731

Call Direct

City Manager944-7010
 City Planning944-7065
 Public Works944-7090
 Recorder944-7021
 Finance Director.....944-7012
 Code Enforcement.....944-7095
 Police Administration.....944-7100

City Council Meetings.

Oct. 4 - Work Session 6 p.m.
Oct. 11 - Work Session 6 p.m.,
 Business Meeting 7 p.m.
(Work session reconvenes after business meeting.)
Oct. 18 - Work Session 6 p.m.
Oct. 25 - Work Session 6 p.m.,
 Business Meeting 7 p.m.
(Work session reconvenes after business meeting.)

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

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www.ch.utah.gov

Business Spotlight

The Lifthouse Ski Shop

3700 Fort Union Blvd.

Established in 1978 by Dave Larsen, The Lifthouse Ski Shop, located at the mouth of Big Cottonwood Canyon, has become one of the premier ski shops in the west. Dave has passed on the reins to his sons, Zac and Luke. They are committed to continuing the legacy and passion that their father has created. With a recent move east to the old Canyon Inn building, located in the same parking lot, Dave's boys are excited to continue what their father has started. Over the years The Lifthouse has become a true specialty shop to those who love the deepest snow and expect the best equipment. The Lifthouse family is here to share their passion and is dedicated to the winter sports enthusiast. They boast some of the best boot-fitters in the valley, so let their experts find the ski or boot that is perfect for you. Visit TheLifthouse.com for more information. ■



Blue Clover Therapy

2825 E. Cottonwood Pkwy #500

Blue Clover Therapy is a mental health counseling practice specializing in Eye Movement Desensitization and Reprocessing therapy, Play Therapy, Neurofeedback, Cognitive Behavioral Therapy and Dialectical Behavior Specialty modalities to assist in mental health wellness. Their therapy services are for children, adolescents and adults dealing with a variety of issues from trauma to eating disorders to family dynamics. Working with families, Blue Clover can empower you with the tools needed to thrive. Jessie Shepherd, MA, LCMHC is a Mental Health Counselor and owner of Blue Clover Therapy. Her focus is treating trauma, eating disorders and adjustment issues in adults, adolescents, children and their families. She founded Blue Clover Therapy to create a meaningful impact and provide a place of real healing. Visit www.blueclovertherapy.com for more information. ■

Back to Basics Business Boot Camp

Starting a new business? Need some advice? Join us for the city's Back to Basics Business Boot Camp every Thursday in October from 6:30-7:30 p.m. at the new city hall (2277 E. Bengal Blvd.).

These workshops offer valuable information to anyone who wants to open a business, or for anyone who's been in business for a while but needs some good advice. And it's FREE! The schedule for the boot camp is as follows:

Oct. 6: Creating a Business Strategy (6:30-8 p.m.)—Matthias Miller, Small Business Development Advisor at Growth Partners

Oct. 13: Defining Your Business's Legal Entity—Jaelynn Jenkins, Fetzer Simonsen Booth Jenkins

Oct. 20: Small Business Loans 101—Bill Hilliard, Zions Bank

Oct. 27: Zoning Requirements for Businesses—Cottonwood Heights Planning Department

RSVP to pkinder@ch.utah.gov or 801-944-7067. This event is sponsored by Zions Bank. ■

Bites in the Heights Winners



Thanks to all the people who visited the restaurants participating in Bites in the Heights. We had a great turnout and hope to be back next year with more restaurants and great deals. Congrats to the restaurants who were recognized for their efforts. The results of the online voting are as follows:

- Best Restaurant Overall: Johnniebeefs
- Best Service: Market Street Grill
- Best Deal: Carl's Café

We thank all restaurants for participating. ■