

AGENDA

OF THE GREATER AVENUES COMMUNITY COUNCIL

Visit us at
www.slc-avenues.org

JANUARY 2020

Vol. XXIV - Issue 1

*Representing the Avenues and
Federal Heights neighborhoods
of Salt Lake City, Utah*

Chair's Message for January

by GACC 2020 Chair Laura Cushman

I didn't fully appreciate it when I was growing up, but I grew up in a household that was civically engaged and committed to giving back to the communities in which we were a part of. As a result of this, when my young family of 5 moved to Salt Lake City five years ago and ended up with a rental in the Avenues, I was thrilled the first time I picked up our mail and discovered the GACC newsletter. I was delighted to have landed in a



neighborhood that was teeming with engagement and addressing issues we face in the Avenues, many of which are not just specific to our community, but apply to residents across the city.

2020 stands to be an exciting year with no shortage of ways to engage with your neighbor and/or your community. There will be elections on the local (county), state and national level, not to mention it is a census year. For this reason, GACC has made civic engagement a high priority for 2020 including, but not limited to, information on voter registration, conducting candidate nights, and keeping residents apprised of the census. Additional priorities for 2020 include: Emergency Preparedness, Support of Avenues Business (new and old!) and Air Quality including health implications, contributors and mitigators. Additionally, I am excited to share that the 2020 GACC community sponsored event will be the design and installation of a gazebo at Popperton Park. Look out for updates and details about how to get involved in this exciting endeavor! Please join us to discuss these and other issues at our monthly general meeting every first Wednesday of the month (please note date change for January) at 7 p.m., or you may also attend our board meetings that occur every second Wednesday of the month, both located at the Sweet Library.

January always has an air of change and inspiration to seek out alterations of routine and habit. I hope that if you are feeling this way, you will join us at a meeting, or find ways to connect with our beloved neighborhood by walking down a different street or stopping by one of our friendly eateries. I am so excited to lead the Greater Avenues Community Council as your chair, and I want to end my message by extending a huge hand of gratitude to my fellow board members who always show up, and to past chairs, Jill Van Langeveld and Brian Berkelbach, for their leadership and guidance. I wish you all a happy and healthy new year and hope to see you at a meeting soon!

A New Restaurant in the Avenues!

While on your way home, have you ever taken an alternate route through the Avenues? If you haven't, I highly recommend exploring parts of our neighborhood you aren't as familiar with. I try to pick a random street to walk, drive, or bike on from time to time, and I am never disappointed. I've met many wonderful neighbors, and learned that each

GACC Community Meeting

January 8 2020, 7:00 p.m.

Sweet Library - 9th Avenue and F Street

7:00 to 7:05 Welcome, Announcements.

7:06 to 7:30 **Reports:** Library, Police, Fire, City, School Board, Legislative, LDS Hospital, Committees.

7:31 to 8:00 **Jasen Asay** - Communications Manager SLC Dept. of Airports will give an update on the progress of the new terminal construction.

8:01 to 8:31 **Juan T. Becerra** of the LDS Church Public Affairs Council will discuss the Temple Square redevelopment project commencing January 2020.

8:32 to 8:50 Open Announcements.

8:50 to 9:00 Clean-up and Stack Chairs.

street has its own unique charm and architecture. Most recently, I was even surprised to find a new restaurant that was an absolute delight.

Foodie and Sweetie D Market, located on the corner of 2nd Avenue and D Street (89 D St. E), opened just this past summer and offers authentic Chinese cuisine. Restaurant owners Leijing Chen and her husband Felix



Liu have lived in Utah for around 5 years, and were inspired to offer authentic, but simple, Chinese cuisine. More specifically, many of the menu items are Szechuan style, as Felix is originally from the Chinese province of Sichuan.

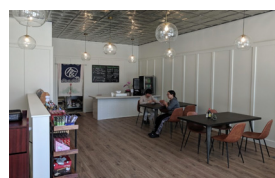
The flashing neon "BoBa" sign in the window initially lured me in to what I thought might be a tea bar or coffee shop style experience, but I looked around to see an array of heavenly looking dishes being enjoyed from other patrons.

I treated myself to the "Winter Melon Tea", and was encouraged to come back soon by Leijing to enjoy the chili oil wonton soup and steamed dumplings. The menu, presented in both English and Chinese, also features curry and ramen dishes, snacks, smoothies, and teas. Additionally, the



market offers Chinese themed candies, crafts, and souvenirs, including Hi-Chew's, Pocky, and Hello Panda cookies.

Foodie and Sweetie D Market is open every day of the week except Tuesday, from 11 a.m. to 9 p.m..



Brian Berkelbach

the AVENUES

COMMUNITY MEETINGS

For special accommodations contact GACC Chair Laura Cushman at gaccchair@slc-avenues.org. Open to the public, all are welcome.

GACC Council Meeting

Wednesday, January 8, 2020, at 7:00 p.m., Sweet Library.

GACC Board Meeting

Thursday, January 9 2020, at 7:00 p.m., special location for this month meeting: 649 E S. Temple.

Community Life / Resources / Free Stuff!

Sweet Branch Library, 455 F Street, 801-594-8651, www.slcp.org/branches/view/Corinne+and+Jack+Sweet.

All Locations will be closed on New Year's Day, Wed. Jan 1, 2020 & Martin Luther King Jr. Day Monday Jan 20, 2020.

Kids Calendar: Tuesday at 10 am -11:30 am. Playtime @ Sweet. (Playtime for children 0 to 5 years-old and their caregivers. 2nd Tuesday is 'Musical' Playtime & 3rd Tuesday is Preschool Building Zone)
Tuesday Jan. 7, 3:30 p.m. Kidding Around Yoga With Sarah Bly
Kidding Around Yoga combines traditional yoga techniques with original music, games, and other activities, guiding children and adults as they focus their minds, stretch their bodies, and have fun.
Wednesdays at 10:30 a.m.. Book Baby Storytime.

Wednesdays at 11 a.m.. Sensory Playtime

Wednesday at 3:30pm. Art & Maker with Clever Octopus . Make art — and practice sustainability! Clever Octopus Creative Resource Center provides reused, repurposed, or donated supplies and clean, discarded materials that have been saved from the landfill.

Thursday at 10:30 am. Preschool Storytime.

Friday, Jan 17 at 1:30 pm -2:30pm .LEGOs Challenge Boat Racer. Kids can build and race a floating LEGO sailboat. All necessary materials will be provided.

Teen Calendar: Tues. Jan. 7, 14, & 21 at 6pm-8pm. Dungeons and Dragons for Beginners. An experienced D&Der will guide you, and all the necessary materials & manuals will be provided.
Take & Make DIY Kits. Teens can now come to the library anytime for DIY Kits!

Thurs. Jan 9 from 4pm-5pm. Teen Tech Thursday. Teens and Tweens are invited to the Sweet Branch every second Thursday for a different tech-related activity.

Thurs. Jan 16th from 3:30pm-5pm. Teen Time. Teens are invited to hang out at the library for crafting, video games, and snacks.

Sat. Jan 25 from 2pm-3pm. Teen Activism Club. In this monthly club teens can discuss local, national, or international issues. Then, you can form a task-force to enact change! Meetings are held the fourth Saturday of every month.

Adult Calendar: Tues. Jan. 7, 14, & 21 at 6pm-8pm. Dungeons and Dragons for Beginners. An experienced D&Der will guide you, and all the necessary materials & manuals will be provided.

Paintings by Fred Graham · Exhibit runs from Jan 4 - Feb 22. Art Reception. Saturday, Jan 4 from 4 pm - 5:30pm.

The Agenda

Publisher's Statement

The monthly Greater Avenues Community Council newsletter "The Agenda" is mailed free to all residences in the Avenues. This publication is created to conduct the business of the Greater Avenues Community Council. Mail correspondence to P. O. Box 1679, Salt Lake City, UT 84110. For advertising call 801-859-5858 or email newsletter@slc-avenues.org.

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The GACC web page is www.slc-avenues.org.

The January issue

Thursday, Jan 23 at 7pm-8pm. Author in the House. An evening of conversation and refreshments, with a reading by an emerging or established local author.

Tuesday, Jan 28 at 7pm-8:30pm. Sweet Reads. A monthly book club for the Avenues! Discover new books and get to know the faces in your neighborhood. Light refreshments will be provided at each event. This month's book is Fahrenheit 451 by Ray Bradbury.

Notice: January GACC meeting will be on January 8th (The Sweet Branch Library will be closed 1-1-2020)

Neighborhood Avenues Exercise Class!

Mondays and Wednesdays, 8:30 a.m. to 9:40 a.m. FREE!

Federal Heights Ward Building, 278 North Alta Street, East Entrance. Everyone Welcome! Questions? Renate Nebeker, 801-534-1443, renatenebeker@gmail.com

City Academy, 555 E. 200 S., 801-596-8489, www.cityacademyslc.org
Your neighborhood middle and high school. Now enrolling for second semester (starting Jan. 13) and for Fall 2020. Information Open House Thursday, Jan. 16, 5:30-7 p.m., or call for a personal tour anytime.

Shriners Hospital for Children, 1275 E. Fairfax Rd, 801-536-3500, www.shrinershospitalsforchildren.org/salt-lake-city.

Ronald McDonald House, 935 E South Temple, 801-363-4663, <https://www.rmhscl.org/>. Volunteer opportunities and Adopt-a-meal sign ups are online at <https://www.signupgenius.com/go/30e0d4daaa922a3f58-ronald7>.

Tenth East Senior Center: 237 South 1000 East, parking in the rear. For more information about any events, call 385 468-3140.

For all those who make new year resolutions to get into shape, Tenth East has some great exercise classes:

Yoga: Monday - Friday 9:00-10:00 a.m. Line Dancing-Monday 9:30-11:00 a.m.

Pickleball: Monday, Tuesday, Wednesday & Friday 2:30-4:40 p.m.

Enhanced-Fitness: Monday, Wednesday & Friday 12:45 p.m.- 1:45 p.m.

Table Tennis: Monday 12:00-1:00p.m., Wednesday 10:30-11:30 a.m., Friday 2:00-4:00p.m.

Grey Matters: Tuesday 9:30-10:30 a.m., a dance and movement class for people with Parkinson Diseases.

Tai Chi for arthritis: Tuesday 3:30-4:30p.m.

Live Music & Dancing: Wednesday & Friday 10:00 a.m.-12:00p.m. (Sponsored by the Advisory Committee).

Tai Chi: Thursday 10:00-11:00 a.m.

Zumba: Thursday 3:45-4:45p.m.

Personal fitness with university students: Tuesday & Thursday 12:00-1:30p.m. (Begins January 21st).

Air Quality – What Can We Do About It?

We are now in our dreaded Inversion Season which means if we don't have storms coming in every week, the inversion sets in. Prolonged winter inversions can lead to high pollutant levels that create significant health and air quality concerns. Did you realize that transportation emissions are responsible for nearly 50% of the pollutants that make up our poor air quality? The vehicle emissions we are producing are hazardous to **everyone's** health, not just our children's health or people who have lung problems. This pollution affects us all.

Some pollutants we have no control over, but with our own transportation pollutants, we can make conscious decisions that can make a difference if we all work at it. For instance, if all drivers living along the Wasatch Front were to park their cars just one day per week, vehicle emissions would be reduced by 6,500 tons per year. (Utah Division of Air Quality).

CLEAR THE AIR CHALLENGE DRIVE DOWN YOUR MILES

Never heard of it?

The Clear the Air Challenge, which begins February 1st, is a month long competition that gives us the chance to reduce our vehicle emissions. By driving less and driving smarter, we will ultimately help improve air quality,

reduce traffic congestion and conserve energy in Utah.

Register at **ClearTheAirChallenge.org** and make your commitment. Teams are made up of individuals who choose to compete together. By joining a team, you are still individually responsible for updating your trip diary with the trips and miles you save. If you miss a day, you can always go back and enter the information. Trips and miles saved by each individual team member will add up to a team total. Teams can be any size or type (i.e. family, friends, community group, church group, company, organization). Additionally, at the end of the Challenge, the top teams will be recognized for the following: · Most pounds of emissions saved · Most trips saved · Most participants · Best integration of TravelWise strategies.

What are **TravelWise** strategies? **TravelWiseUtah.org** (These are just the highlights).

- Active Transportation – Walking, Biking (not necessarily a good idea on Bad Air days).
- Alternative Schedules – Shifting the times you work each day or working fewer days but longer hours.
- Public Transit – In some areas of the Avenues it is easier to use than in others.
- Skip the Trip – Plan ahead to avoid unnecessary trips.
- Telework – working from home, conference calls or video conferencing.
- Trip Chain – grouping errands or other activities into one trip.

Five Steps for Change:

1. Register – Sign up your team at ClearTheAirChallenge.org.
2. Invite – friends and/or family to be on the team.
3. Track – Use the TravelWise Tracker to record.
4. Win – Be recognized as a TOP Clean the Air Challenge Champion.
5. Keep Winning – Create a habit of improving air quality making us all winners. Can your team beat the GACC Board Team?

You have all of January to get your team together, register and gear up. GO TEAMS!

Jill Van Langeveld



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OPEN HOUSE

Thursday, Jan. 16 | 5:30 to 7 p.m.

OR CALL FOR A PERSONAL TOUR

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Salt Lake City Green Team Announces Solar Survey

Solar is an important step towards a clean energy grid, and helps reduce air pollution and carbon emissions. To help demonstrate the impact of clean solar power to our communities, Vote Solar is conducting a study of rooftop solar in Utah. If you have solar panels, and you would like to participate in the survey, please visit <https://csapps.rockymountainpower.net/public/vote-solar>. The data will be used to help the state determine appropriate rates charged by Rocky Mountain Power. Email any questions about the study slcgreen@slcgov.com.

American Red Cross Blood Drives



Blood is needed year round because it has a very short shelf life. To hold a blood drive the American Red Cross needs a sponsor to give them a place to hold it such as in a business or a church. The two stakes of the Church of Jesus Christ of Latter-Day Saints are holding two blood drives. The Emigration Stake is donating space for a January event and the Ensign Stake is donating space in February. Both buildings have plenty of convenient off-street parking.

When: Wednesday, January 29, 2020. Where: 680 East 2nd Avenue. Time: 2 to 7 pm – same times for both events.

When: Wednesday, February 19, 2020. Where: 135 A Street.

Everyone 16 and over is welcome to donate. Appointments can be made online (www.redcrossblood.org/give) so you don't need to wait in line.



Rowland Hall

EXTRAORDINARY LEARNING

January ADMISSION EVENTS

MCCARTHEY CAMPUS 720 Guardsman Way, SLC PreK – Grade 5

Beginning School Open House, PreK - K
Thursday, January 23 | 6:30 pm - 8:30 pm

Lower School Open Door, Grades 1-5
Monday, January 27 | 9:00 am - 11:00 am

LINCOLN STREET CAMPUS 843 S. Lincoln Street, SLC Grades 6-12

Upper School Open Door, Grades 9-12
Thursday, January 16 | 8:45 am - 11:15 am

Middle School Open House, Grades 6-8
Thursday, January 30 | 6:30 pm - 8:30 pm

Rsvp at rowlandhall.org/rsvp or call 801.355.7485

We look forward to meeting you!

Avenues Street Fair T-shirt and Totes Available

Did you forget to buy a t-shirt or tote at the Avenues Street Fair? You still have a chance! Just \$10 each...and have we ever mentioned that they make great gifts?

To purchase, please contact **Peg Alderman** at 281-731-8669.



CALL FOR VOLUNTEERS

What: Preparedness Fair

When: Saturday, April 25th

Where: Wasatch Elementary School



The Two Goals of the 2020 Avenues Community Preparedness Fair:

- To raise awareness that everyone needs emergency planning
- To get 96-hour Kits in as many homes as possible.
- Instead of “Build-a-Bear,” we hope to have many of the general items

you would need to “Built-A-Kit” of your own while you are at the Fair. There are other individual items that only you can put into your kit. At the December planning meeting we elected the Chair of the Fair: **Cole Blair** (cole.d.blair@gmail.com) and identified what committees we needed to split up responsibilities. Perhaps you could fill a spot!

- **Financial Chair:** _____ -- This is one of the smaller volunteer jobs because we don't have much to spend
- **Publicity Chair:** Robyn Christensen -- She did a wonderful job in this position with the 2019 Street Fair
- **Vendor/Presenter Chair:** _____ -- This committee will talk to those who were at Preparedness Fair in 2018 and look for others who can help us learn more.
- **Event Set-Up Committee Chair:** Dave Alderman -- He has chaired the Street Fair so he knows how to delegate. He'll need help in planning, the day before, and the day of.
- **Raffle Committee Chair:** _____ -- This committee will talk with the vendors and presenters and Avenues businesses to get donations for the FREE raffle.

As you can see we need three more committee chairs and committee members willing to help in the planning and volunteers for the day of the Fair. If you'd like to help, please contact Cole Blair at cole.d.blair@gmail.com.

Next Planning Meeting – Tuesday January 14th, 7:00 to 8:00 pm, at the LDS church at 135 A Street, southwest door, downstairs.

Avoid Idling Cars

- **Did You Know?** Idling for just 10 seconds uses more gas the stopping and restarting the car's engine!
- Breathing exhaust fumes can damage brain cells and may be linked to autism. A study in New York City showed that youth with a high exposure to combustion engine byproducts had lower IQs by age 5.



What's Happening at the Airport?

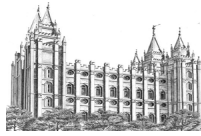
The New SLC Airport is being built in two phases with the first phase—scheduled to open on September 15, 2020—to include one large central terminal and two linear concourses connected by a passenger tunnel. An elevated roadway, a 3,600-stall parking garage and the gateway center—home to rental cars and select airline ticket counters—will also enhance the passenger experience.



concessions are in the final stages of planning and design and are getting ready to build out their new locations. All restaurants will offer breakfast, lunch and dinner menus. A mix of local, regional and national retail stores will add to the mix. All the concessions – both retail and food & beverage – will offer street pricing, which means passengers will pay the same price as store locations outside of the airport. The New SLC Airport will be a state-of-the-art facility when completed.

Jasen Asay, Communication Manager for Salt Lake City Dept. of Airports, will be presenting updates and photos of the construction at the January GACC Meeting. •Desk: 801-575-2672 •Cell: 801-201-1283 www.slcairport.com/thenews1.

Construction at Temple Square



Juan T. Becerra is with Community Relations for the Church of Jesus Christ of Latter-day Saints. He is coming to the GACC on Wednesday, January 8th to talk about the construction beginning in January 2020 on Temple Square and how it will affect the downtown area. We have heard the temple will get a seismic upgrade with a base isolation system like the State Capitol building and that other buildings will possibly come down. What will still be open? Will there be Christmas lights next year? Mr. Becerra will be here to answer your questions, share the construction timeline, the changes we will see, and how we can avoid most of the mess. Contact him with your questions. Juan T. Becerra jtbecerra@churchofjesus-christ.org.

For a virtual walk through of the coming renovations to the Salt Lake Temple and Temple Square go to: https://youtu.be/t_mlTQNcm3Y.



100 SOUTH RECONSTRUCTION

100 South from 900 East to North Campus Drive will be reconstructed in 2021. The pavement, sidewalks, and gutters will be fixed. As part of the reconstruction there will be changes to the street design to meet the City's Complete Streets Ordinance and master plans.

Proposed changes are to be determined, and may include some changes to intersections, sidewalks, curbs, pedestrian crossings, bus stops, road striping, driveways ramps, and/or parking. Community input will be shared with the design team as we develop the draft concept in the next few months.



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Stay Informed!
Email "updates" to
100South@slcgov.com

Si necesitas esta información en español,
comunicate con Adan Carrillo
801-535-6251 o adan.carrillo@slcgov.com

Be Aware Of Fuel Burn Restrictions

Solid fuel burning (coal, wood or pellets) is a significant contributor to the Salt Lake Valley's air pollution. One Fireplace emits as much particle pollution as 90 sport-utility vehicles.



Avenues Athletic Association

The 2019 AAA Volleyball Champions were crowned November 21st which was too late to get the information into the December Agenda. Here they are still smiling in January!

From left to right: Michael Escalante, Jodi Escalante, Diana Grant, Shelby Osmond, McKenzi Lunt, Eldon Pe'a, Skyler Baird, Clay Rockwood, James Arnett. Not pictured: Aria Rockwood.

January will begin Basketball Season. Please check the website for registration and dates aaasc.com.



10 NEW YEAR'S RESOLUTIONS TO BETTER YOUR HEALTH

Change your mindset. Instead of saying, "I want to lose weight," try "I'm going to add more fruits and vegetables to my diet." This resolution is more likely to become a healthy habit that you will stick with.

Take it a week at a time. Start small. If you make your fitness goals week by week instead of far into the future, you will be more successful. Success itself is enough motivation to keep going!

Pencil in your bedtime. Many of us do not have a consistent sleeping schedule, but your sleep is just as important as your workout or diet. Make it a habit and get in the routine of a good night's sleep!

Switch up your workout. Many people see their fitness goals plummet within the first month. Try something new every couple weeks to change up your workout. You are less likely to become bored with your new lifestyle this way!

Reward yourself. Treat yourself to a massage if you complete 30 days of your workout! You can also penalize yourself for not following through with your plan. Didn't feel like working out this week? No television for a week.

De-stress daily. Take a moment to disconnect every day. Close your eyes and take a few deep breaths while in the office. When you are at home, turn off your phone and listen to a calming playlist or read a book.

Stay hydrated. Skip that soda and vow to drink more water during the day. You will start to feel more awake and refreshed! Need a little pick-me-up? Infuse your water with different fruits, vegetables and herbs to give it some flavor!

Swap the elevator for the stairs. You will feel great and look great! Every step counts! Did you know you can burn more than 100 calories just by swapping the elevator for the stairs for 15 minutes a day?

Stretch! For every hour you are sitting down at work, get up and stretch. It will help you stay awake and focused throughout the day!

Write down "why" you have set this goal. Maybe you want to wear your old jeans or be a great example to your kids. This reason is the fuel to push yourself, keep going and making a healthy habit this year.

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THIS MONTH'S MEETING:
WEDNESDAY,
JANUARY 8, 2020, 7:00 P.M.
SWEET LIBRARY,
9TH AVE. AT F STREET

Important dated material. Please deliver in-home by December 31, 2019.

Greater Avenues Community Council thanks LDS Hospital for their generous sponsorship of our activities.

We encourage your support of these events and businesses who give their support to the Greater Avenues Community Council.

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