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Dear Residents,

Happy New Year! We have some timely articles for starting out 2015 right—from organizing your holiday clutter and trying something new to a great opportunity to support a group of local families who are headed to Haiti next month.

Also, starting this year, we are excited to bring Dr. John Day into our monthly Health and Wellness conversations. Dr. Day is a renowned Cardiologist and the Medical Director of Heart Rhythm Services at his Salt Lake City practice. He attended John Hopkins and Stanford Universities and brings incredible curiosity, knowledge and compassion to all aspects of his life. He is passionate about getting information out to people so they can take control of their lives and become healthier and happier and has graciously allowed us to feature some of his writing here. This month he discusses how we can overcome our addiction to sugar and simple carbs—a great goal to tackle after the holidays.

Last but not least, our feature family of the month is the fabulous Georgia and Crawford Gates. I am sure most of you know the name Crawford Gates, or have seen it, if you pay attention, on many of the sheets of music you sit down to play or sing. Crawford just turned 93 years old and truly is a living legend in the music world. It was a privilege to sit down and talk with the Gates and I hope you enjoy hearing about some of their remarkable story.

Happy New Year!

Sincerely,

Tammy Scoville
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Welcome From The Publisher:

To the neighbors of Oak Hills, St. Mary's and Arcadia Heights: thank you again for such a warm reception to our new neighborhood magazine. Everyone is always welcome to continue to contact Tammy about local content that you would like to see, free classifieds to submit, families to interview, and so forth or to contact me with local business leads or advertising queries. We see this as a collaborative, community effort and we look forward to serving you.

My sincere appreciation,

Hal Waldo
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A Beautifully Composed Life:

GEORGIA AND CRAWFORD GATES

By: Tammy Scoville | Photos by: Busath Photography

Crawford Gates knew it at eight-years-old but he did not tell his parents. Looking back now, at age 93, he says he considers it a personal revelation; he just knew. He was going to be a classical composer and conductor. This may have made more sense if the Gates family was rich in musical tradition, or even if Crawford himself had had more than one year of musical training, but neither was the case. In fact, with his father's open dislike of classical music and the economic pressures of the Depression weighing down on the family, Crawford figured he had better keep his secret from his loving parents...at least for now.

It was Palo Alto in the 1920s and the Gates family was finally finding their feet again after 6 years of unemployment. A few years earlier, Crawford's parents had bought the Pepper Tree Inn and thanks to their fabulous Filipino cook, were starting to get business from the Stanford crowd. Crawford's parents had a room upstairs and he had his own place in the basement. To his delight there was an old white piano in the corner. Young Crawford, who was only five or six at the time, vividly recalls plunking out "My Country Tis of Thee" on the piano by ear. Then, he recalls creating two note harmonies for the piece. He did not know the notes by name, but he remembered each one by their place on the keyboard and how it looked. One day his mother came downstairs and heard him playing his arrangement and said, "Let's get you lessons." Soon Crawford was taking piano from Dorothea L. Morgan, who he still remembers with fondness. "She was such a wonderful teacher for children," he says. "And

she recognized my interest and was the one who taught me basic theory." Crawford was progressing beautifully but a year later his dad lost his job and the family could no longer afford the lessons.

A Composer Comes to Light

Sad at the loss of his lessons but undeterred, Crawford continued to teach himself piano. At eight-years-old, in the third grade, he premiered his first composition for his classmates. He titled his piece, "Brownie's Ponies," and played it, with the scrawled out music in front of him, to a standing ovation. The principal was called in to witness the impressive feat. It seemed that Crawford was on his way to accomplishing his dream. Buoyed up by the warm reception of his peers, he continued to teach himself to play piano and to compose original works. By age 12 he had taught himself Rachmaninoff's Prelude in C-sharp minor and had written a slew of original pieces. Or so he thought. While rummaging through his old music books he was horrified to find a piece, in one of his primers, that was the same melody as his first "original" work, "Brownie's Ponies." "I was aghast," recalls Crawford. "I thought, 'I am a fraud!'" Terrified, the young composer rifled through the rest of his works trying to find other "stolen" tunes that he had unintentionally taken to be original compositions. "Luckily, I didn't find any others," Crawford says with relief still in his voice. He did have original music in his soul. In fact, over the next four years, Crawford would write music at breakneck speed. By the time he graduated from High School at age 16 he had composed 100 pieces of original

music and was the "resident composer" of the high school. "I didn't have any competition," he adds drolly. He was advised by school faculty to apply for entrance to the College of the Pacific to study under J. Russell Bodley. But in order to continue on this path, he knew he had to have the support of his parents. He knew the time had come to tell his father.

"My dad was always very loving," Crawford says, contextualizing the conversation that he says he still remembers clear as day. "But he really didn't like classical music and didn't see my composing as anything besides a little side hobby." When Crawford told his father what he wanted to become and where he wanted to go to college, his father blurted out a one-word response: "flakey." This was quickly followed up with the question, "Who is going to pay you to do this?" After what felt like a futile attempt to try to ameliorate these concerns Crawford says his hand balled up in a fist of emotion and he forcefully looked his father in the eye and said, "Dad, I've got to go in this direction." His dad, who had always been so close to Crawford, his only child, responded with equal force, "Well, I don't believe in that direction." And then, "But I believe in *you*, so go to it!"

And go to it he did, winning a contest for his first orchestral piece, "Camelot," written for a 100 piece orchestra. Needing to find an orchestra big enough to play his new piece, Crawford found the San Jose State orchestra and transferred to that college to be able to work with them. But two years into college, Crawford's musical abilities would be put to slightly different use, as he paused his schooling and

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accepted a call to serve an LDS mission in Pennsylvania, New York and Maryland.

Missions on the Airwaves and in the Seas

This was the time of radio, with top stations garnering millions of audience members and Crawford's Mission President wanted to get the mission's message out using this new medium. He asked Crawford and nine other fellow musical missionaries to put together a program that they could perform on the local radio stations. Under the name, "The Mormon Male Chorus of Philadelphia," the group started going to small stations and auditioning to go on the air. The program consisted of Mormon messages penned by Crawford's good friend, and Harvard English Department graduate, Marsden Durham, and musical arrangements composed and conducted by Crawford after the style of the times. They became a huge hit. Ultimately the group landed a 17-broadcast run on the biggest radio station around, WFIL in Philadelphia, that boasted 5 million listeners. Crawford says they did have one person call in and rail against the messages, but the manager said they were the best live music around and he was going to keep them as long as he could no matter what else they said on the air. In fact, on the day of their last broadcast, the manager snuck in and sang the last number with the group, tears in his eyes.

Soon after returning from his mission, Crawford entered naval officer training because World War II had changed everyone's plans. After arduous training, he was slated to lead an amphibious attack force into Japan for a last invasion, but thankfully, the war ended and he never had to leave Hawaii. 7/10 of his colleagues who saw action didn't come home. Slow to bring the non-combat troops home, Crawford spent his time in Hawaii after the war writing Hymns. One night after composing the LDS hymn "Ring Out Wild Bells" set to Tennyson's famous poem, he and his old mission buddy, Marsden Durham, drove through the streets of Oahu on the way to take Marsden to the airport, with the windows rolled down, singing at the top of their lungs into the humid air. "I am sure people thought we were drunk," Crawford laughs. Marsden was being sent to the Big Island for some R&R, and he appreciated the lyrics and music of the new piece. Tragically, Crawford never saw his friend again. A short while later Marsden fell into a stream and went



over a waterfall. In his memory Crawford named the tune of "Ring out Wild Bells" Marsden. "He was such a brilliant mind," Crawford tells me, his wrinkled hands touching his own temple.

Adding to the Dream

With the War behind him, Crawford was back on his educational track, heading to BYU for a Masters degree and working with his mentor, Dr. LeRoy Robertson. With the help of Dr. Robertson's sway, Crawford was then accepted to the prestigious Eastman School of Music in New York, which had the vital perk of having a professional orchestra next door that performed the students' work. After completing his coursework, and teaching at Eastman, Crawford returned to BYU to be on the faculty while he finished composing his dissertation symphony. It was 1950 and he was about to meet the love of his life—though not for the first time.

Georgia Lauper grew up in San Francisco, the eldest of four talented sisters. In contrast to the Gates family, the Lauper family was infused with music. Indeed, Georgia's mother was a well-respected conductor and Georgia recalls when she was finally good enough at the piano to be able to accompany her mother's groups. After spending two years at BYU, Georgia came home and reconnected with a friend who was forming a quintet and was looking for two girls to come sing. It was the late 1940s and the tight harmonies of such groups as the "Hi-Lo Men's Group" were the rage. Georgia agreed and decided not to return to Utah. Instead she got a day job at a bank and spent three days a week rehearsing and singing with "The West Winds." "It was so enjoyable," Georgia recalls with a smile, "I just had a wonderful time. We did some TV and some radio and a few commercials. It was just a lot of fun."

It was during this time that Crawford and Georgia met for the second time. They had briefly met at a Church dance four years earlier when Georgia had been 17 and Crawford 27. "Her father had introduced us at the dance, but she wasn't at all interested," Crawford remembers, "I think I just seemed so old to her." But then just a few years later, with Georgia now 21 the decade age difference didn't seem so big a deal. Crawford was in town to help with a big multi group LDS youth weekend and met Georgia at another dance. Crawford was smitten. "He said, 'why don't you come back to BYU?'" recalls Georgia. "And I said, 'why would I do that?'" Still, the next day Crawford called Georgia. He was leaving for Provo soon but wanted to see her one last time. Georgia took him to hang out with her quintet. She sang, Crawford sat down to the piano and played a very flashy piece. "So everyone looked good to everyone else," Georgia summarizes with a laugh. For the next two months Crawford called Georgia every night. "That was more money spent on phone calls than the rest of my life combined," Crawford laughs. In October, Crawford invited Georgia to Salt Lake City for the bi-annual general conference of the LDS church. A few days after she returned home he proposed, over the phone. The couple married in the Salt Lake Temple in 1952.

New Horizons

Kids came quickly—four in five years—and Crawford "was always very busy" with his work. Georgia continues to paint the picture, "for the entire time we were married, he would be at school all day, then come home for dinner, and then go back to work to compose. At first I would go back with him and write my thank you cards but when the kids came that stopped." I ask her, "wasn't that very hard to have all those little kids and such a busy spouse?" "Yes!" She laughs. "It was hard." But there is no hint of resentment in her voice and she echoes Crawford when he somewhat sheepishly says, "but I love to compose; it never felt like work! And you don't write 892 pieces of music in your lifetime without working hard." "And," Georgia adds with admiration, "people wanted to play his music. It wasn't just composed for his own expression, he composed pieces that people wanted to hear and perform."

But still Crawford felt the other half of his dream, conducting, gnawing at him. He liked teaching, but he really wanted to cross over into the world of orchestral conducting. The question became how. The conducting field was very competitive and it took some perfectly placed meetings and networking for Crawford to get his big chance: The Beloit Wisconsin Orchestra needed someone for a nine month opening and Crawford had a sabbatical coming. After the nine months, Crawford had proven himself and was asked to stay on. "He always had a very good relationship with his players," Georgia explains. "They all wanted him to stay."

So with the young family in tow, the Gates moved to the Midwest, where they would thrive, staying until 1999. During that time Crawford continued to flourish as a composer and a conductor. Soon, in addition to the Beloit Orchestra, he was leading the Rockford, Illinois Symphony just across the border. He recalls when he started the Rockford job that he was told that the community was totally disinterested and didn't support the Symphony and Orchestra. To change that

Crawford pulled strings to get the iconic Van Cliburn to come headline the first show. The catch was that in order to get tickets for Van Cliburn, you had to buy season tickets. Soon the Rockford Symphony was humming. When the Bi-centennial came in 1976, Crawford had commissions to write pieces for both his Midwest symphonies, plus one for Utah. When he came to Utah to tour his piece it was the first time the Mormon Tabernacle Choir and the Utah Symphony played together.

While Crawford was busy conducting and composing, Georgia kept up on her piano skills, doing duets with Judy Paddock for 20 years, sometimes on one piano, sometimes on two, "just depending on what was available," she says. As a family they spent 34 wonderful years in the Midwest before finally retiring and coming to Utah in 1999.

These days the Gates family gets together once a month to celebrate birthdays, with Crawford playing his own six sharps arrangement of Happy Birthday on the piano. "I don't know if my fingers can do it anymore," he grins, holding up his hands. And just in September there was a beautiful recital of some of Crawford's most beloved works at the Assembly Hall on Temple Square. Recently, one of his granddaughters came to meet with him to talk about composing. She feels music in her soul, and knew her grandfather would understand. "That made me feel good," Crawford says sweetly. "Although I don't really know how to explain how I compose. I can't articulate the process very well. It just comes out of me."

And aren't we all glad it does? From the scores of *Promised Valley* and *The Hill Cumorah Pageant* to the many gorgeous choral arrangements still sung today, Crawford Gates' music has touched and continues to uplift many. For myself, whether it is my beautiful memory of my little sister singing *On a Golden Springtime* dressed as a flower about to bloom, or the buoyant melody of the Easter choral piece our choir sang last spring, "He is Not Here for He is Risen..." being sung over and over by my then 4-year-old, who couldn't get the beauty of the piece out of her little head as the adults practiced around the piano, I can say I am personally grateful for the music Crawford Gates has given my world. And even at 93, it is clear that the music is still coming: "I have two pieces currently in the works," Crawford says as he straightens in his chair across from me, and as he talks about it a glimmer twinkles in his eyes.

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TEN WAYS TO BREAK YOUR Sugar Addiction

By: Dr. John Day MD, FACC, FHRS, Local contributor, drjohnday.com

oreo cookies and cupcakes are more addictive than cocaine, according to recent medical studies. Could these findings of these studies help explain why two in three of us are overweight or obese?

Many studies have shown that when a person with a sugar addiction sees something like a cookie or a cupcake, the prefrontal cortex area of their brain lights up on a brain scan as much as a cocaine addict when they see cocaine.

In my experience as a cardiologist, nearly all of my patients that have been able to give up sugar and simple carbs and replace these foods with real food choices have been able to return to a normal weight. It really is that simple.

Simple carbs, like breakfast cereals, pancakes, breads or pasta made with flour, white rice, fries, or potato chips are really just sugars to the body. The key to breaking a sugar addiction, avoiding hunger, and maintaining a normal weight is to minimize or avoid sugar and simple carbs.

What do sugar and simple carbs do to the brain?

Sugar and simple carbs are no different than smoking, alcohol or cocaine in their effect on the brain. Yet while smoking and drugs are despised in our culture, sugar and simple carbs are celebrated, starting at a young age.

The Chemical Changes to Our Brain

1. Increase Serotonin Release

We all crave serotonin, which makes us feel good and relieves anxiety.

2. Increase Dopamine

Dopamine is the "feel good" chemical in our brain. With sugar and simple carbs we get the same dopamine rush as we would with cocaine.

3. Endorphin Release

Sugar and simple carbs cause a release of opiates within our brains. This is the same thing as the "runner's high." In fact, many medical studies have shown that we can block much of the addictive properties of sugar and simple carbs with a medication called naloxone. (Naloxone directly blocks the effects of opiates in the brain and thus is very useful for helping drug and alcohol addicts battling these addictions).

4. Acetylcholine Release

Elevated levels of acetylcholine in the brain are seen with all addictions.

Sugar and simple carbs can have the same effect. With elevated acetylcholine in the brain, the higher cognitive effects of the prefrontal cortex are impaired. With impaired prefrontal cortex function, our willpower and ability to focus on high-level goals is also affected. Thus, even though we know what sugar and simple carbs are doing to our health, we feel powerless to change.

In addition to the struggle we face with the brain chemicals that compel us to eat sugar and simple carbs, we also face another very real challenge: the people around us who are also in the throws of junk food and want us to partake with them. It can seem nearly impossible to resist.

These scenarios can create a psychological dilemma. If we partake, we can get caught up in the addictive cycle. On the other hand, when we make these foods "forbidden" or "evil" it can further intensify the obsession with these foods.

What to do? Let me give you my 10 steps to break the sugar and simple carb addiction:

10 Steps to Break the Sugar and Simple Carb Addiction

1. Real food First

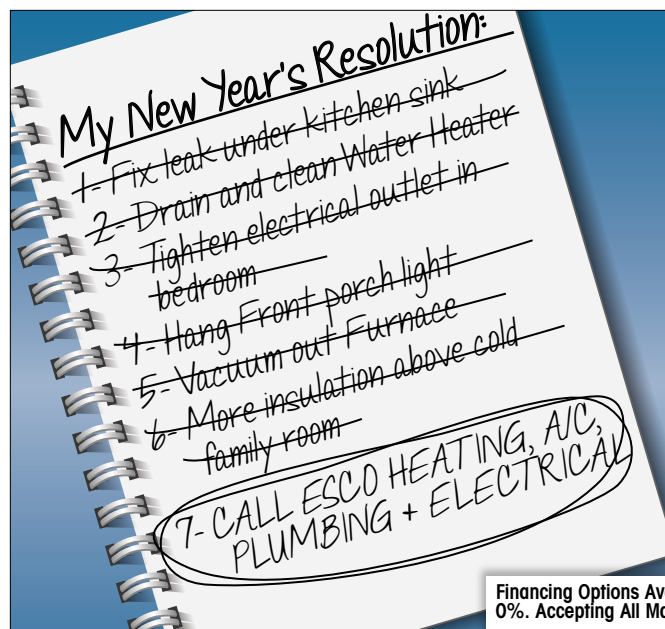
While abstinence would be best, for the 99% of us who cannot abstain, I have found that eating real food first is the best option. This approach works best for our children, as it is really quite simple. At each meal have vegetables, fruit, a healthy protein and a healthy fat first. If your body is telling you that you are still hungry after eating real food first, then you can eat whatever you want.

Of course, you need to wait at least 30 minutes for the "I'm full" signal from your gut to finally get to your brain before you eat more. The goal is that if you fill up on real food first that you will reduce or lose the desire for sugar and simple carbs. The same rule applies to snacking.

2. Do Something You Enjoy Everyday

Find something that you love and do it every day. Take time for yourself. If you get to do at least one enjoyable thing each day it raises your own natural serotonin, dopamine, and endorphins. When these substances go up, acetylcholine returns to healthy levels within the brain.

3. Get 20-30 minutes of Sunlight Each Day



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Sunlight is also a powerful stimulator of serotonin, dopamine, and endorphins. As a society we are doomed to stay inside: our offices are inside, the gym is inside, and at night we are inside our homes taking care of children.

Difficult as it may be, we must find a way to get outside each day. Explore exercising outside sometimes rather than the usual gym class. Instead of watching TV or working on the computer at night, try going for a walk with the family.

4. Get Physical Touch

Physical touch also stimulates release of these same feel good chemicals in the brain. Physical touch, inside of a safe monogamous relationship, can have powerful beneficial effects even beyond the release of these brain chemicals.

If you don't have anyone in your life right now, get a regular massage. Indeed, medical studies show that massage can also significantly increase these feel good chemicals in the brain.

5. Yoga or Meditation

If you want to drop your serotonin, dopamine and endorphin levels fast just get stressed out! I have found that yoga and meditation are very effective in reducing stress for my cardio patients. As our stress levels go down we can get our feel good brain chemicals up without any sugar or the simple carbs.

6. Physical Activity

We have all heard of the runner's high. This does not come immediately but once we make exercise a regular part of our lives we will eventually feel the high from surging serotonin, dopamine, and endorphin levels from exercise.

This was the case for me. I remember absolutely hating to run. Even running a mile was pure torture. On a whim one day in medical school I committed to run the New York City Marathon with my roommates who were avid runners.

At first, every step was painful. After about a month into my training, I

found that I actually started enjoying these runs. After two months, I was hooked and have been hooked on exercise for the last 20 years of my life.

7. Get 7 Hours of Sleep

This is probably the most overlooked part of resisting sugar and carb additions. If we can just get seven hours of sleep each night we can get all of our body's hormones in check and we will be in a better place not to crave sugar and simple carbs.

In our stress-filled lives, we just want to keep working on various projects until late into the evening. I have found that the best way to get seven hours of sleep is to set our alarm clocks for bedtime rather than waking up time. Let me explain: rather than setting our alarm clocks for 6 am, an even more effective strategy is to set our alarm clocks for 10pm at night. The rules are simple. You cannot turn off the alarm clock until you are in bed with the lights out. If we have a hard stop to the day we will find that we are much more productive with our time as there is a time limit to everything. Also, with so much more energy the next day we will be able to accomplish even more.

8. Change Your Scenery

When you are bored, frustrated, or just avoiding a task it is so easy to start obsessing on sugar and simple carbs. The sugar and simple carbs become a distraction allowing us to procrastinate what we really need to be doing. I know this is the case for me. Sometimes if you can't plow through your task it is best to just change the scenery. Perhaps taking a walk or getting a nice tall glass of ice water is all you need to break the sugar and simple carb thought obsessions.

9. Get Support

You are not alone in your efforts to resist the siren's call of sugar and simple carbs. Find an accountability partner or a friend or family member to give you support. You may even want to consider joining a support group such as a 12-step group for people struggling with food addictions.

10. Go for Quality

The World Health Organization has deemed it unsafe to eat more than 25 grams or about 6 teaspoons of added sugar daily (including honey, maple syrup, juices, sports drinks, etc.) Choose wisely and enjoy what you select.

If you are limited to just six teaspoons of added sugar daily, make them count. For me, I choose to spend most of my 25 grams of added sugar each day on high quality dark chocolate. As these 25 grams are priceless, I choose only the best. Don't waste your 25 grams of added sugar on a little more than 7 ounces of high fructose corn syrup in a Coke. Make each gram of sugar count.

Have you been able to break free from a sugar and simple carb addiction? What has been your secret to success?

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HAVE YOU TRIED...

DOING SOMETHING YOU'VE NEVER Done Before

By: Emily Dyer Barker, Local contributor

When you're ten or eleven or even seventeen, it's easy for things to be new. It's a part of normal life—growing up very literally means trying something new on a daily basis. Remember the first time you skied? Or played in the snow? Do you remember the first time you tried riding a bike? Or ice-skating? The first time you had an avocado? Chinese food? A bite of beet? The first time you did the laundry yourself? Do you remember the first time you saw the ocean? Or waded into the Great Salt Lake? Do you remember the gnats and the mud?

Unfortunately, somewhere around age 21, the opportunity for trying new things can begin to flat line. We get comfortable with our routine. Our favorite restaurants, our favorite shows, our favorite walks. Life is good! And, sometimes we stop consciously doing things we've never done before.

I know we can begin new goals any week or any day in the year, but one thing I love about January is that the year is a new and shimmering blank slate. I like to think that I get to decide at least some of what gets drawn on it. A few years ago, I started making a resolution to do at least one thing I've never done before.

I'm a native of southern California, so my first "new thing" was to visit Torrey Pines State Park. This park is 15 minutes away from my house, but I never

visited before because I thought pine trees were boring. The first time I went, I spent a couple of gorgeous hours hiking along the beach cliffs. And, I learned that torrey pine trees drink water by absorbing the ocean fog through their needles. The experience was transformative.

Since then, I've tried meditation at a Buddhist community center, a choir concert at the Cathedral of the Madeleine, Massaman curry, various hikes, a vacation alone, living alone, various museums, letterpress printing, and a Segway tour. This is just a small sample, and not necessarily life changing on the surface. But, I've learned two things from making this resolution: 1. You begin to find opportunities to try new things everywhere 2. Each opportunity will help you learn more about yourself and the community around you. Your life will change in good, small ways.

So, do something new this year! Volunteer with "Hearts Knit Together"—they provide all the welcome kits for all the women's shelters in Utah (over 4,000 kits a year). Or, volunteer with "Good in the Hood"—they support the Salt Lake City refugee community. Or, volunteer in a local classroom. Watch a documentary on a topic you know nothing about. Visit one of the cathedrals in Salt Lake City. Go to the spiral jetty this summer. Swim in the Great Salt Lake. Do a hike you've only heard about from friends. Try a new route for your daily walk. Learn about constellations. Get a Slurpee at the 7-11. Take meditation classes. Swim classes. Yoga classes. Art classes. Learn to cook Indian food. Start a blog. Start an Etsy shop. Do the thing you've always wanted to try, but never thought you had time, or money, or talent, or [fill-in-the-blank].

Start with one thing. It will be the first of many shimmery designs on your 2015 slate.

S

Do you have a book, restaurant, outing, concert, recipe, idea etc. that you would like to share with your neighbors? We would love to publish your idea in an upcoming edition of SALT magazine. Please send your submission to tscoville@bestversionmedia.com and put "Have You Tried...?" in the subject line.

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MR064

THE WHOLE-HEARTED ORPHANAGE IN *Haiti*

By: Stephanie Jacobs, Local Contributor

Imagine a place where suffering is not only a daily chore, but ultimately defines your life. A place where opportunities are not only limited by the resources, but financial shortfalls, and catastrophic infrastructure problems. A place where an orphaned child learns suffering and pain before they can dream of adventure and mischief.

A place whose poverty ranks as one of the worst in the world. This place is the Nation of Haiti. A place where people are powerful in their spirit, but not in resources.

This humble Haitian spirit captured the love and attention of one amazing 75 year-old woman, my mother. My mother has visited several third world countries where she has volunteered her time and services but there was something special about Haiti. She describes their optimism, resilience and humility as extraordinary

given the unthinkable and unimaginable devastation and corruption that they experience.

She spent her time in Haiti volunteering at an orphanage known as "Whole Hearted." Whole Hearted is a one of a kind place. It was created by the vision of three unstoppable women who saw a need for an orphanage free of corruption that was a safe and loving environment where children could not just survive but thrive. They partnered with the Christian mission and opened their doors in 2010.

What makes this facility unique is that the children live in a family-style setting where they are cared for by Marceling and Lucielle their bonus parents and loved on by Lucielle's mother, truly a recipe for success.

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The future of Wholehearted is bright. They have purchased property to expand from 1 family-style home to 8 family-style homes where they will have the opportunity to care for 96 more orphaned children in the years to come.

As we say in our family, it takes a village, and we could use your help to make this dream a reality. You can learn more about Wholehearted and how you can help by visiting their website <http://www.wholeheartedorphanage.com> or by contacting me at stephaniejacobsfitness@gmail.com.

I will be visiting the orphanage with my mother and daughter in February and several other remarkable women. At that time we plan to donate clothes, shoes, toiletries and money towards expansion of the orphanage.

We would be eternally grateful for any contribution you could provide. Again, you can contact me at Stephaniejacobsfitness@gmail.com.

Wishing you and yours a Happy New Year.



If you have a service opportunity that you would like to highlight for the neighborhood, please send an email to Tammy Scoville at tscoville@bestversionmedia.com. There are so many people in this neighborhood that are involved in service. Please share your stories and leads with us so we can all continue to grow in giving.

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IT'S OUR FAULT—THE SCIENCE OF WHY WE HAVE Earthquakes

By: Genevieve Atwood

As part of the January 21, 2015 East Bench Community Council meeting at the Anderson-Foothill Library, Genevieve Atwood, former State Geologist / Director of the Utah Geological Survey will share insights about earthquake processes for our neighborhood.

"It's a package deal," Atwood says. "We wouldn't have the Greatest Snow on Earth and our magnificent vistas without the Wasatch fault zone. Tectonics Rule!" At the meeting, Dr. Atwood will discuss GPS evidence that records how California, Nevada, Oregon, and Washington move west faster than Alta, Denver, Ohio and Florida. How can that be? Tectonics Rule! What are the consequences? So many, including the basins and ranges of the Basin and Range, the location of Great Salt Lake, and the abrupt Wasatch Range with our Greatest Snow on Earth.

Dr. Atwood, now adjunct in the University of Utah's Department of Geography, will lead neighborhood participants in (a) The

Dance of The Plates, a memorable kinesthetic experience, and then (b) Re-Enactment of the Extension of the Basin and Range.

As always, the public is welcome.

East Bench Community Council meeting begins at 7PM.

Genevieve Atwood will talk at about 7:30 PM **S**



EAST BENCH COMMUNITY COUNCIL MEETINGS

3rd Wednesday of the month*
Anderson-Foothill Library
7pm
(*except in July & December)

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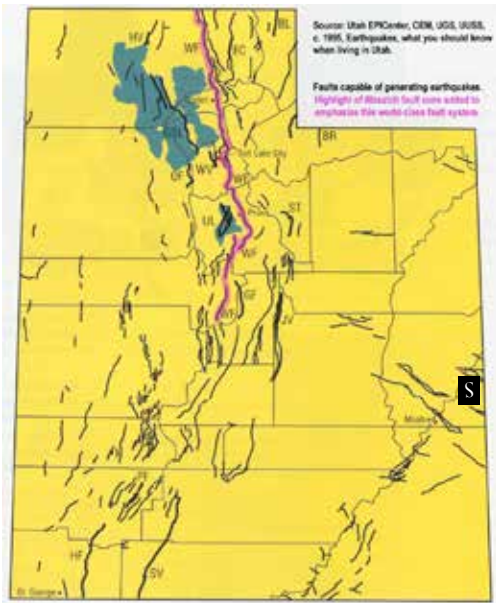
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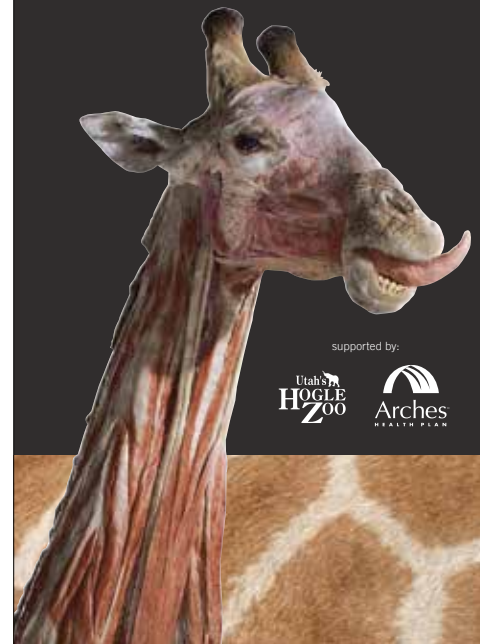
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Start the Year off Right

By: Jamie Tabish, local contributor and professional organizer

Now that the Holiday festivities are over and the kids are back in school, it's time to take down the Christmas tree and put away the ornaments, decorations and lights. Does the thought of squeezing all your treasures into unlabeled boxes and containers overwhelm you? Wouldn't it be nice to know exactly where everything goes so putting away your decorations is quick and easy?

What if putting away Holiday decorations this year was different? Imagine tucking them safely away into a storage system that made putting away, and removing next year, a breeze? What if next year you could decorate and each labeled container held only those items that you value and want to use?

Sound impossible?



Everyone wants to be organized, right? But you have a million reasons why you can't be: you're overwhelmed, you don't know where to start, you only deal with this mess once a year, or you're just simply not an organized person.

Whatever your reason, becoming organized shouldn't feel like an impossible task. Rather, small, important steps can be taken to help you feel at peace in your home and allow you to enjoy your free time with your family.

Knowing what you have and where you keep it are two keys to staying organized. How many string lights do you have? How many do you use? How many actually work? Do you keep your holiday decorations somewhere accessible to you? Do you label your boxes so that

when you bring your decorations out of storage you know exactly which boxes to bring out?

These are the types of questions you want to ask yourself whether you are getting ready to decorate or it's time to put them away—let this be your year to organize your decorations!

Follow these 4 easy steps to get started.

Sort Pull out all your Holiday decorations and sort into general categories. This will help you see what you really have!

Toss Now that you know what you have you can make informed choices about what to keep and what to let go!

Contain Now that you know what you want to keep and where it belongs it is time to contain. Creating contained and labeled systems will ensure long-term organization.

Maintain Keep it up! Organizing is a daily practice, not a one-time event! Each year only put back into your storage what you know you will love and cherish when you open it next year.

Now sit back and enjoy your newly organized decorations, and remember to repeat these steps throughout the year to organize all your holiday items from Valentine's Day through Christmas! Before you know it you will have an organized storage room filled with decorations and memories you love and will look forward to using year after year!

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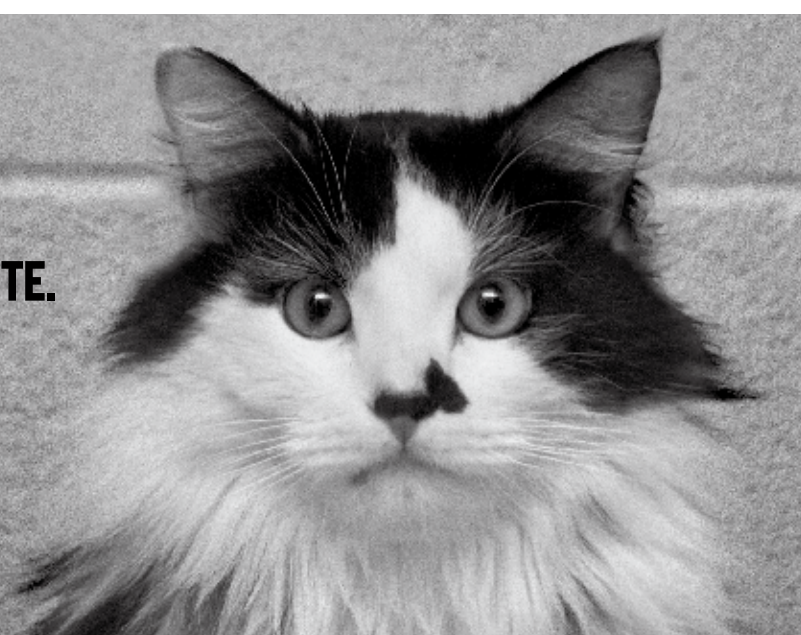
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THURS JAN 8

Ebola Ethics Lecture

Jay A. Jacobson, M.D., MACP, Professor Emeritus, Divisions of Medical Ethics and Humanities and Infectious Disease, U. of Utah School of Medicine and Intermountain Medical Center, will speak. He will talk about Ebola infections and many of the issues related to the ethics of treatment such as who should receive it, and if and when we can devise any treatment beyond supportive therapy.

Where: Unitarian Church, 591 South 1300 East

When: 7:30pm

Cost: Free

SUN JAN 11

Nova Chamber Music Series Presents: Contemplations of the Beyond

This NOVA event gathers three sublime musical expressions of spirituality and devotion: Mormon Tabernacle organist Richard Elliot performs Bach's stunning Passacaglia and Fugue in C Minor, the marvelous Choristers of the Madeleine Choir School sing Gregorian Chant, and celebrated soprano Tony Arnold returns to NOVA for Olivier Messiaen's poignant song cycle, Harawi.

Where: Libby Gardner Concert Hall

When: 3-5pm

Cost: \$20, \$18 Seniors, \$5 Students (free to U of U students)

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MON JAN 12

Museum Free Day at the Natural History Museum

The Museum is pleased to offer four Free Days each year in appreciation for the important Zoo, Arts and Parks funding we receive from Salt Lake County.

Where: Natural History Museum of Utah

When: 10am-5pm

Cost: Advance reservations for Free Day will be made available online at 10:00 am on the Tuesday prior to each scheduled Free Day. A limited number of tickets will also be set aside for visitors who arrive on Free Day without a ticket.

SAT JAN 17

Herbal Remedies for Colds and Flu

Learn new ways to enhance your immune system with herbal preparations during cold and flu season. This class will focus on strengthening the deep immune core and supporting the lymphatic system by using teas, decoctions and tonics. Students will learn the process for making Elderberry Syrup, Fire Cider and an Inversion Tea and will also be given samples of each. Taught by Kate Galarza, Herbalist.

Where: Red Butte Gardens Classroom

When: 10am-12pm

Cost: Garden Members \$32/ General Public \$35
Registration Information at 801-587-5433

SAT JAN 17

Andy's 56th Bird-day

Come help us celebrate Andy, The Andean Condor's 56th birthday. Andy will rip into some gifts and kids of all ages can make fun condor crafts and be part of a free-flight bird encounter. And of course, what birthday would be complete without cake for everyone?

Where: Tracy Aviary

When: 1-3pm

Cost: Aviary Admission see website for details.

TUES JAN 27

UCCD World Affairs Lecture: Jeff Greenwald—13 Tips for the Accidental Ambassador

Travel is now the world's largest industry. How can the economic power of tourism help promote human rights and the environment? One solution is for travelers to "vote with their wings," visiting countries with high scores in human rights, social welfare, and environmental protection. By following Oakland-based writer and activist Jeff Greenwald's 13 common-sense precepts on the road, travelers can become empowered to change the world.

Where: Vieve Gore Concert Hall at Westminster College

When: 7-8:15pm

Cost: Free

WED JAN 28

U.S Supreme Court Justice Sonia Sotomayor Lecture

Justice Sotomayor is scheduled to speak and participate in a Q & A session.

Where: Jon M. Huntsman Center (1825 S Campus Dr, Salt Lake City)

When: 12 pm. Doors open at 10:30 am. Arrive early for best seating.

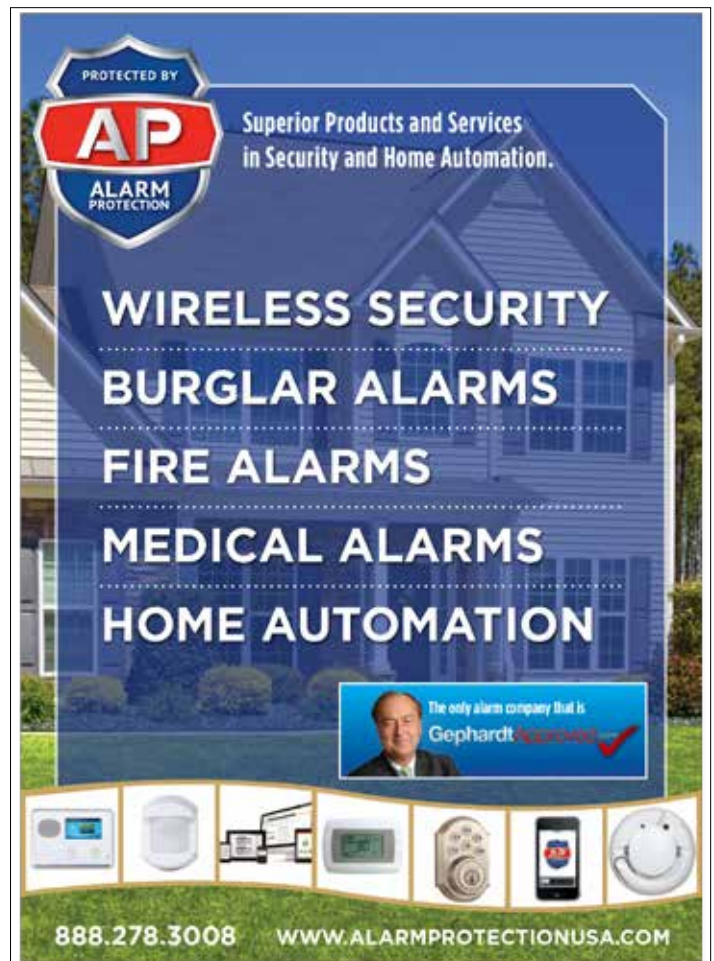
Cost: A select number of tickets will be open to the public starting on Dec. 1 at the Rice-Eccles Stadium Ticket Office. (451 South 1400 East). Tickets must be picked up in person.



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NEW (AND OLD) IDEAS TO TRY IN THE *New Year*

By Tori S. Bevens

Take some time this year to try something new or to revive an old hobby, skill or habit. Here are some fun ideas below. Cut out the article and add your own ideas as they come to you!

Rediscover the power of the handwritten word—Take some time each week to write a letter or postcard to someone.

Read a classic—Check a book off of that list you have been meaning to read for ages.

Listen to lectures and podcasts to expand your knowledge—Many websites offer free options, including class lectures. Try <http://oyc.yale.edu/courses> to start.

Blog—Do you have a unique niche that you are a part of? Are you passionate about something? Start a blog about it!

Learn to ballroom dance—Take lessons or find a friend who loves to dance.

Hike, cross country ski or snowshoe depending on your location.

Garden—Research what zone of the country you live in and learn when certain crops can be planted. Start small and grow your garden every year.

Card games—Learn a new one in the new year.

Craft—Create something new and beautiful this year. There are so many ideas and tutorials online. Even better? Find a friend to teach you a new skill and share some quality time together.

Begin a home brew—Find a local brewing supply store (in your neighborhood or online) and try your hand at beer making.

Learn about food preservation—Watch for seasonal produce to go on sale and learn how to preserve something fresh for a time of the year when it is not in season.

Plan a stay-cation—Plan a weekend adventure for the whole family in your own neck of the woods. Disconnect, discover something new and enjoy time reconnecting with loved ones.

Bird and animal watch—Learn about some of the native wildlife that live in your area and then go find them!

Go geocaching—Join a community of people who hide and seek items around the country (and world) using GPS technology. All ages can get into this — just go to www.geocaching.com to get started.

Capture the world—Be wooed by the beauty around you and capture it on a camera.


Start a book club—Pick a genre and invite a few people. There is nothing more motivating than having a deadline to finish a book!

Learn an instrument—Have you always wished you played an instrument? Find a teacher or a friend and get started.



Learn a new language or just a few words—It can be as simple as checking out a book or CD at the library. Or, join a community of speakers that will help you learn.

Learn to sew—Revive the lost art of sewing, either by hand or on a machine. Completing something as simple as a pant hem or as complicated as a new piece of clothing can be so fulfilling.



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