

# AGENDA

## OF THE GREATER AVENUES COMMUNITY COUNCIL

[www.slc-avenues.org](http://www.slc-avenues.org)

December, 2019

Vol. XXIII

Issue 12

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

### Chair's Message for December

by Jill Van Langeveld

#### Similarities, Differences, and Understanding Make a Community.

During this last part of the year there are so many holidays to celebrate. We just finished with Thanksgiving and now are looking forward to Christmas, Hanukkah, Winter Solstice, Kwanzaa, Boxing Day (traditionally when the alms box and collection box for the poor were opened and distributed) and finally New Year's Eve and Day. Most seem to be focused on change: (1) gratitude, (2) looking outward toward others with "How can I help?" and then (3) looking inward with "How can I become better."

Do you celebrate all of these holidays? I certainly don't. Does it make a difference in which holidays you observe? I don't think so. To be human is to recognize that even though we are all very different, we are so much more alike than we are different.

For example, take the Golden Rule. Some people think it is a Christian saying. It is, but it also belongs to religions across the world. They may not use exactly the same words but the same meaning is there:

- **Bahá'í Faith:** Lay not on any soul a load that you would not wish to be laid upon you, and desire not for anyone the things you would not desire for yourself. **Bahá'u'llah, Gleanings;**
- **Buddhism:** Treat not others in ways that you yourself would find hurtful. **The Buddha, Udana-Varga 5.18;**
- **Christianity:** Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets. **Jesus, Matthew 7:12 KJV;**
- **Confucianism:** One word which sums up the basis of all good conduct...loving-kindness. Do not do to others what you do not want done to yourself. **Confucius, Analects 15.23;**
- **Hinduism:** This is the sum of duty: do not do to others what would cause pain if done to you. **Mahabharata 5:1517;**
- **Islam:** Not one of you truly believes until you wish for others what you wish for yourself. **The Prophet Muhammad, Hadith.**
- **Jainism:** One should treat all creatures in the world as one would like to be treated. **Mahavira, Suttrakritanga 1.11.33;**
- **Judaism:** What is hateful to you, do not do to your neighbor. This is the whole Torah; all the rest is commentary. Go and learn it. **Hillel, Talmud, Shabbath 31a;**
- **Native Spirituality:** We are as much alive as we keep the earth alive. **Chief Dan George, Tsleil-Waututh Nation, Vancouver, British Columbia;**
- **Sikhism:** I am a stranger to no one; and no one is a stranger to me. Indeed, I am a friend to all. **Guru Granth Sahib, p.1299;**
- **Taoism:** Regard your neighbor's gain as your own gain and your neighbor's loss as your own loss. **Loa Tzu, T'ai Shang Kan Ying P'ien, 213-218;**
- **Unitarianism:** We affirm and promote respect for the interdependent web of all existence of which we are a part. **Unitarian Principle;**
- **Zoroastrianism:** Do not do unto others whatever is injurious to



### GACC Community Meeting

December 4 2019, 7:00 p.m.

*Sweet Library - 9th Avenue and F Street*

- |                     |  |
|---------------------|--|
| <b>7:00 to 7:05</b> | Welcome, Announcements.  |
| <b>7:05 to 7:45</b> | Reports: Library, Police, Fire, City, School Board, Legislative, LDS Hospital, Committees. |
| <b>7:45 to 8:00</b> | Present and Vote on Proposed 2020. Budget – Michael Hughes.                                |
| <b>8:00 to 8:05</b> | Open Announcements.  |
| <b>8:05 to 8:50</b> | Avenues Holiday Party.   |
| <b>8:50 to 9:00</b> | Clean-up and Stack Chairs.   |

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

yourself. **Shayast-na-Shayast 13.29.**

See what I mean? The religions of the world agree at least on this point; this is something we all have in common.

Dr. Mohammad Al-Issa, the secretary-general of the Muslim World League since August 2016, was in Salt Lake City a few weeks ago. He believes that interfaith friendships could help end religious motivated violence. He believes it can change the world. He was here to "meet some new friends with similar values." He argues that peace is possible through personal connections.

The Rev. Marian Edmonds-Allen, executive director of Parity, a New York based non-profit that focuses on faith issues in communities, says that Americans should quit being afraid of divisive issues and engage each other warmly, not necessarily to change minds, but to create understanding. "It is not about compromising your beliefs, but it's about understanding each other and finding similarities.

*Continue on page 4*



**The Salt Lake Avenues Community Choir** will perform its sixth annual Holiday Concert being held on Thursday, December 19th at Libby Gardner Concert Hall on the University of Utah Campus. The performance begins at 7:30 pm and is free to the public. Doors open at 7:00 pm and early arrival is encouraged as seats fill up quickly. Please park at the university stadium lot where a free shuttle will bring concertgoers to the doors of Libby Gardner. The choir is delighted to be ho-ho-hosting a very special jolly ole guest from the North Pole that evening. The whole family is welcome! The performance will include an array of sacred and secu-

## the AVENUES

### COMMUNITY MEETINGS

For special accommodations contact GACC chair Jill Van Langeveld at [gaccchair@slc-avenues.org](mailto:gaccchair@slc-avenues.org). Open to the public, all are welcome.

#### GACC Council Meeting

Wednesday, December 4, 2019, at 7:00 p.m., Sweet Library.

#### GACC Board Meeting

Wednesday, December 11, 2019, at 7:00 p.m., Sweet Library.

**January GACC meeting will be on January 8th  
(Library will be closed 1-1-2020)**

### Community Life / Resources / Free Stuff!

**Sweet Branch Library**, 455 F Street, 801-594-8651,

[www.slclpl.org/branches/view/Corinne+and+Jack+Sweet](http://www.slclpl.org/branches/view/Corinne+and+Jack+Sweet).

*All Locations will be closed on Tues, Dec 24; Wed. Dec. 25 and Wed Jan 1, 2020. All Locations will close early at 6 pm on Wed. Dec 31.*

**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 Dec. 3, 3:30pm. 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 10:30am. Book Baby Storytime.

Wednesdays at 11am. 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.

Thur at 10:30 am. Preschool Storytime.

Thur, Dec 12, 10:30. Gingerbread Jamboree. A cookie-themed Preschool Storytime where you can decorate your very own gingerbread pal.

Tue. Dec 31 11:30, Countdown to Noon. Kids and their caregivers can grab props and instruments and dance their socks off until the balloons drop. Celebrate the New Year — without staying up late!

**Teen Calendar:** Tues. Dec. 3, 10, 17 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!

Fri. Dec 6 & 20, Sat. Dec 7 & 21. Maker Cart Crafts. Join us as we introduce our Maker Cart and do some holiday crafting. We will be doing a designated holiday craft for the first hour, and then participants can explore the tools, supplies, and machines we have for the rest of the time (including buttons, keychains, and holiday cards).

**Adult Calendar:** Tues. Dec. 3, 10, 17 at 6pm-8pm. Dungeons and Dragons for Beginners. An experienced D&Der will guide you, and all the necessary materials & manuals will be provided.

Fri. Dec 6 & 20, Sat. Dec 7 & 21. Maker Cart Crafts.

#### 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](mailto:newsletter@slc-avenues.org).

GACC 2019 Officers and Publisher Contacts:

**Chair:** Jill Van Langeveld, [gaccchair@slc-avenues.org](mailto:gaccchair@slc-avenues.org).

**Chair-elect:** Laura Cushman, [gaccchairelect@slc-avenues.org](mailto:gaccchairelect@slc-avenues.org).

**Treasurer:** Michael Hughes, [gacctreasurer@slc-avenues.org](mailto:gacctreasurer@slc-avenues.org).

**Secretary:** Elizabeth Duczak, [gaccsecretary@slc-avenues.org](mailto:gaccsecretary@slc-avenues.org).

**Newsletter Editor:** Martina Nesi, [newsletter@slc-avenues.org](mailto:newsletter@slc-avenues.org).

The GACC web page is [www.slc-avenues.org](http://www.slc-avenues.org).



Join us as we introduce our Maker Cart and do some holiday crafting. We will be doing a designated holiday craft for the first hour, and then participants can explore the tools, supplies, and machines we have for the rest of the time (including buttons, keychains, and holiday cards). Sat. Dec. 14, 1pm-4pm. Gift Wrap Exchange. This holiday season, bring your unused wrapping paper, gift wrap, ribbons, and bow to exchange for something new. You can also wrap your presents at the Library!

**Art Exhibit:** Nov 12 - Dec 21. Avenues Open Studios: Works by Local Artists.

**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](mailto:renatenebeker@gmail.com).

**City Academy**, 555 E. 200 S., 801-596-8489, [www.cityacademyslc.org](http://www.cityacademyslc.org)

Your neighborhood middle and high school. All Shook Up – Loosely based on Shakespeare's Twelfth Night, this Broadway musical fantasy will have you jumpin' out of your blue suede shoes: Thursday & Friday, Dec. 5 & 6, nightly at 7 p.m., Saturday Dec. 7 at 2 p.m. Tickets at the door: \$5 student/child, \$10 adults.

**Shriners Hospital for Children**, 1275 E. Fairfax Rd, 801-536-3500, [www.shrinershospitalsforchildren.org/salt-lake-city](http://www.shrinershospitalsforchildren.org/salt-lake-city).

**Ronald McDonald House**, 935 E South Temple, 801-363-4663, <https://www.rmhcslc.org/>. Volunteer opportunities and Adopt-a-meal sign ups are online at <https://www.signupgenius.com/go/30e0d4daa922a3f58-ronald7>.

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

Live Music & Dancing, sponsored by the Advisory Committee:

Wednesdays & Fridays 10:00 a.m.-12:00p.m.

Suggested donation of \$3.00.

Language Classes: Russian: Mondays at 12:30 p.m.; Japanese: Mondays at 3:30 p.m.; Beginning Spanish: Wednesdays at 12:45 p.m.;

Intermediate Spanish: Thursday, December 5th & 19th 10:30 a.m.

Christmas Light Ride: Tuesday, December 17th 5:00 p.m.

Managing Stress: Thursday, December 26th 1:00 p.m. coping with life's ups and downs.

Holiday Meal: Friday, December 20th 12:00 pm, come early at 10:00 am for Live music and dancing.

New Year Celebration, sponsored by the Advisory Committee: Friday, December 27th Live Music & Dancing: 10:00 am -12:00pm; Lunch: 12:00-12:45 pm and Bingo Bash 1:30-3:30 pm.

**IJ & Jeanné Wagner Jewish Community Center:** 2 North Medical Drive, 801.581.0098.

December 8: Hanukkah Market, 12:00pm-5:00pm, FREE. Hanukkah Market featuring arts and crafts vendors, ethnic foods and family fun activities.





## Envision the Commission (Proposition 4)

When the results of the 2020 census are released next year, the state will go through the once-in-a-decade process of redrawing the boundaries of state legislative and federal congressional districts. In the past this work was managed by the state legislature in a process that invited abuse: the majority party in the legislature could manipulate the boundaries to improve its chances that it would remain the majority party for years to come. This distorts basic principles of representative democracy: When assured of reelection, representatives can be less representative. Such a system where the winners rewrite the rules of the game to their advantage is common across the country. But many states are now setting up nonpartisan processes to prevent abuses. Utah Proposition 4, passed by a slim majority in 2018 did just that. It establishes an Independent Redistricting Commission.

California was one of the first to embrace nonpartisan redistricting. On Wednesday evening, Nov 13, at the S.J. Quinney Law School, Better Boundaries and Utahns for Responsive Government, with help from a grant from the Harvard Kennedy Center, sponsored a meeting between Better Boundaries supporters and two current California commissioners, Peter Yao and Stan Forbes. The purpose of the meeting was to learn about the California experience and to start planning for the Utah commission. Hence the title "Envision the Commission".

Proposition 4 specifies a process for appointing the seven Utah commissioners. They would be appointed by the Utah legislature and the governor. Two would be Democrats, two, Republicans, two unaffiliated, and one, the chair, would be selected at the discretion of the governor. Lobbyists, present and past candidates for or holders of public office, and anyone receiving compensation from a party committee or a partisan PAC would be excluded. The intention is to avoid, as much as possible, conflicts of interest and partisanship. The California commission has fourteen members selected to match California demographics in geography, income, gender, and ethnicity. California Commissioners are selected from a pool of applicants in a meticulously transparent and nonpartisan process. It would be wonderful if the Utah Commission would follow the same guidelines.

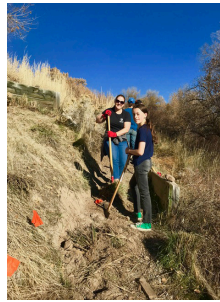
Districts created by the Utah Commission would have to meet several criteria: avoid dividing cities, make it compact and easily traversed, don't cross natural boundaries. Partisan considerations are explicitly excluded. Particularly important is an emphasis on keeping "communities of interest" intact. A great deal of public input will be required in order to identify those communities.

The California Commission had to defend its decisions against several lawsuits. Fortunately, its process was so transparent and well documented, and it kept so well to its stated criteria, that none of the lawsuits succeeded in overturning its work.

Some members of the Utah Legislature oppose an Independent Redistricting Commission. Others take a dim view of any measures enacted through the initiative process. Governor Herbert has not taken a position on the measure.

*Carleton DeTar*

## Trail Improvements above Ensign School



A special corner of the Avenues received some much-needed TLC this fall. The footpath connecting 13<sup>th</sup> Ave and Ensign school had been suffering from the effects of shortcutting and heavy use. Concerned parents formed a Trail Committee at Ensign this fall to address the worsening conditions. Salt Lake City's Trails & Natural Lands Division responded to their request for help and arranged for technical assistance from the non-profit group, Trails Utah. With some guidance, volunteers spent two Saturdays adding stairs, widening the tread-path, and closing a shortcut. The group plans to continue its work in the spring.

Neighbors who have questions or concerns about the trail-work can contact Principal Jacobson at [erik.jacobson@slcschools.org](mailto:erik.jacobson@slcschools.org).



## Update on New Water Main from 13th and 18th Avenue

At this time Salt Lake City Department of Public Utilities (SLCDPU) and MC Contractors have completed all significant project work on the new water main from 13th Avenue to 18th Avenue. The main has been flowing properly for about two weeks. We do have a bit of work to finalize at the pressure reducing valve (PRV) at the intersection of J Street and Northcrest. There are a few housekeeping items along the project area for completion that either MC or another City contractor will complete. These include removing heavy equipment and supplies from upper work area.

Regarding the question about the aptly named "crosswalk to nowhere," SLCDPU will repaint the crosswalk, as required. Any additional work residents might desire (such as steps, repaving, etc.) or other concerns would need to go through Salt Lake City Department of Public Works, Streets Division. The contact there is Lorna Voght: [lorna.voght@slcgov.com](mailto:lorna.voght@slcgov.com).

We want to thank the residents in the work area for their great patience during a long and often challenging project. These large utility projects are fatiguing. Our team reached out personally to several residents who felt the impact, and we have tried to address each issue the best we can. We feel certain the results will provide many years of quality water distribution to Avenues homes and businesses.

Holly Mullen, Communications and Engagement Manager, 801-483-6757, [www.slc.gov/utilities](http://www.slc.gov/utilities).

**CERT** instruction is changing! The State, in coordination with The University of Utah, has created a CERT online class. We will be implementing this online opportunity starting in January 2020. The modules will be offered online and the practical test will be taken in person offered by our instructors. We are working to provide accessibility for everyone! For more information email us to [bereadyslc@slcgov.com](mailto:bereadyslc@slcgov.com) or contact our CERT coordinator John Flynt at 801-799-3605.



**Community Emergency Response Team (CERT)** Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help.

CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community. Watch FEMA's Video to know more [https://www.youtube.com/watch?v=p\\_qgofopN2s&feature=youtu.be](https://www.youtube.com/watch?v=p_qgofopN2s&feature=youtu.be).

*Jill Van Langeveld*

My husband Dave and I are partners with a good friend in an apartment on 6<sup>th</sup> Avenue. We were all getting the yard winterized when she asked me if I'd heard of SafeUT. She is a social worker and thought that



maybe the GACC could spread the word about this program that studies have shown to be extremely effective in helping people in crisis and has helped cut the suicide rate in Utah dramatically. I had heard about it from local TV news, but I thought it was just for students. It is an App for your smartphone that can also be used by parents, grandparents, family or neighbors.

The Utah Legislature created the statewide School Safety and Crisis Line in 2015 (SB0175). SafeUT received additional funding during the 2018 Legislative Session to expand services to all institutions of higher education in Utah (HB 370). SafeUT is a Crisis Chat Line and a School Safety Tip Line developed for all students in Utah, including higher education students. All 41 Utah K-12 school districts have adopted the use of the SafeUT app as well as all eight State sponsored Institutions of Higher Education.

The SafeUT Commission continues to help develop and implement the program in Utah schools. The commission is represented by: • Utah Attorney General's Office • Utah State Legislature • Utah System of Higher Education • Utah State Office of Education • University of Utah Health IT Department • Utah Department of Human Services • University of Utah Neuropsychiatric Institute (UNI)

I had never heard of "UNI" before but now I know that UNI is part of the U of U and has a comprehensive behavioral health system providing inpatient services as well as extensive outpatient services to the community of Salt Lake City, the State of Utah and the Mountain West region. Their community based Crisis and Diversion Services are a critical component to the continuum of care. They provide Crisisline, Warmline, MCOT and SafeUT services 24/7 out of their Crisis Contact Center in Downtown Salt Lake City.

Users can submit: • Tips - Concerns (weapons, bullying, self-harm, drugs etc.) that are immediately sent to both SafeUT staff and the school to evaluate • Online Chat - Therapeutic dialogue through texting with a SafeUT Licensed Crisis Worker • Call - Therapeutic dialogue through a phone conversation with a SafeUT Licensed Crisis Worker.

*Jill Van Langeveld*

## 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.



## Learn About Recycling in Salt Lake City

At the GACC General meeting in November, *Ashley Bailey* from the City's Sustainability Department gave a presentation on recycling in Salt Lake City. This was a very informative program, and fortunately Ashley shared her slides with us. These cover not just what can or cannot be recycled, but also why. The slides also include scenes from inside



Recycling centers and a list of important resources for hard to recycle items. You can find it on our website: SLC-Avenues.org. Just scroll down until you come to it and then click.

These were some of the sites and their phone numbers she talked about:

[www.slc.gov/sustainability/waste-management](http://www.slc.gov/sustainability/waste-management), 801-535-6999

<https://slco.org/recycle/hard-to-recycle-items>, 385-468-6370

[UtahRecyclingAlliance.org](http://UtahRecyclingAlliance.org) - 435-659-1117.

lar musical pieces to celebrate the Holidays. A not-to-miss holiday tradition! For more info <http://avenueschoir.org/>.

## Chair's Message, continued from page 1...

Timothy P. Carney, author of *Alienated America* says that too many people use their time and energy on things where they have no influence like national politics and then get frustrated. "Instead, people should keep it in prospective compared to what's happening in their daily lives." "Community where you physically get together regularly with others provides purpose." "Children need role models for cooperation and a sense that they are part of a bigger family that is neighborhood, then community, then nation."

I have loved my time this year serving as your GACC Chair. The Avenues is so wonderfully diverse: types of housing, age of residents, wealth (however you want to define it), languages spoken, heritages, talents...I could go on and on. As we work and share together, our differences just make us that much more wonderful. Think of a garden with all the different colors, textures, shapes, light and shadow that make it beautiful.

Volunteering provides a sense of purpose. If I hadn't volunteered to help with the Street Fair all those years ago and stayed in my own little circle, I would not have met the wonderful people who had also volunteered. Those friendships kept me coming back. Increasing my involvement bit by bit just added more friendships, a feeling of belonging and of purpose. In my first chair's article in January, I talked about the purposes of the GACC. One more purpose of the GACC which is not stated in the Vision and By-Laws is to bring the residents closer together, to help us all feel a part of something bigger than ourselves. Studies show that volunteering, serving others and being part of a community brings happiness. It sure has for me. Thank you for allowing me to serve you this year.

*Jill Van Langeveld*

This Holiday Season, **Ronald McDonald House Charities** invites our neighbors in the Avenues to "Share Your Comfort and Joy" by participating in our Holiday Ornament Program. Each ornament is the equivalent of one night of comfort and joy for one family member of four to stay at the Ronald McDonald House while their child's being treated at one of our nearby hospitals. Each ornament is \$5 and comes in a variety of holiday shapes: reindeer, tree, dove, heart and a star.

They are made from seed paper, so after the holiday season, they can be planted and then will grow into different flowers or trees (depending on the shape). The ornaments are available from December 1 to December 20 while supplies last.

You can get your ornaments by:

- picking them up directly at the Ronald McDonald House located in the Lower Avenues at 935 East South Temple;
- ordering them online via our merchandise shop at <https://squareup.com/market/rmhslc>;
- buying them outside the Sweet Library after the December GACC meeting.

We are proud to have received Charity Navigator's highest 4-star rating for nonprofit accountability and to have been named the best charity in Utah to give to by [business.org](http://business.org).

Thank you for your support. May your holidays be filled with comfort and joy!



Keeping families close™

## Hello Neighbors!

With the holidays and New Year quickly approaching, I hope you all get the opportunity to celebrate the season with loved ones. I hope you also use this time to enjoy the number of events happening throughout District Three and across the City, volunteer in our community, and set new resolutions to achieve in 2020. This past year has been a busy time for the Council. To stay up to date on all that is being done by the City and other news throughout our neighborhood, please sign up for my monthly email newsletter, at [slcdistrict3.com](mailto:slcdistrict3.com). Wishing you all a safe and happy holidays.



Chris Wharton, Salt Lake City Council, District Three

The GACC would like to support the 20<sup>th</sup> Ward as it invites the community to join in a **Sock Drive for the Road Home**. They are collecting warm socks for children, women and men. **Socks** can be dropped off at the Sweet Library through December 11<sup>th</sup>. It would be easy to bring the **Socks** with you as you come to the GACC December General Meeting and Social on December 4<sup>th</sup>. For more info contact Ali Barnes [ali.barnes@me.com](mailto:ali.barnes@me.com).



## COMING SOON CERT 2.0

Cert classes will be offered online starting January 2020

For questions, contact John Flynt, Community Preparedness Coordinator

[john.flynt@slcgov.com](mailto:john.flynt@slcgov.com)

801-799-3604 - Visit: [www.BeReadySLC.com](http://www.BeReadySLC.com)



## The Emergency Preparedness Fair

Circle the date, *April 25, 2020* for our neighborhood preparedness fair. The next planning meeting will be Tuesday, December 10th, 7:00 to 8:00 pm at a church on 135 A Street, downstairs west end of building.

More help makes a better fair. The goals of the fair are to raise awareness of emergency planning and to get 96-hour kits in as many homes as possible. More help always makes a better Fair.



**PREPARED,  
NOT SCARED**

## AUTUMN VEGETABLE SOUP

Becky Cannon, Dietitian

Soup season is here and there's nothing more satisfying than warming up with a hearty vegetable soup. Soups are a great way to add in lots of healthy vegetables that are chock full of vitamins and nutrients our bodies need. This easy fall soup will warm you up in just the right way.

### Ingredients

1 sweet potato  
1 onion  
3 carrots  
2 T olive oil  
1/8 tsp nutmeg  
1/4 tsp cinnamon  
1/4 tsp ground cumin  
1/4 tsp turmeric  
4 cups vegetable stock  
salt and pepper to taste

### Preparation

Place all ingredients in a Crockpot on high for 4 to 6 hours. Blend ingredients together by using an immersion blender or blend in batches in a blender until smooth. Enjoy!

**SERVINGS: 6 | SERVING SIZE: 1 cup**

### Nutrition facts

Calories: 250  
Total Fat: 15g  
Saturated Fat: 4.5g  
Protein: 8g  
Dietary Fiber: 3g  
Sodium: 110mg  
Total Carbohydrate: 25g

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[ldshospital.org](http://ldshospital.org) | 801.408.1100

For more great recipes and health information, visit [ldshospital.org/healthyliving](http://ldshospital.org/healthyliving)



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 COMMUNITY COUNCIL

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**THIS MONTH'S MEETING:**

*WEDNESDAY,*  
*DECEMBER 4, 2019, 7:00 P.M.*  
**SWEET LIBRARY,**  
**9TH AVE. AT F STREET**

Important dated material. Please deliver in-home by November 30.

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.

 <p><b>ENROLL NOW FOR 2020</b></p> <p><b>REMARKABLE LEARNING TUITION FREE</b></p> <p><b>Grades 7-12</b></p> <p><b>801-596-8489</b></p> <p>555 E. 200 S. Salt Lake City, UT 84102 • <a href="http://cityacademyslc.org">cityacademyslc.org</a></p>	<p><b>BAUHAUS</b>        S A L O N</p> <p>480 East 6th Avenue // <a href="http://bauhausslc.com">bauhausslc.com</a> // 801.323.4287</p> <p>DESIGN BUILD</p>  <p><b>CAPITOL HILL CONSTRUCTION</b></p>	<p><b>CITY VIEW MEMORIAM</b></p> <p><i>Receptions, Funerals &amp; Burial Sites</i></p> <p><i>Elegant • Service • Value</i></p> <p><b>SPECIAL RATES FOR OUR AVENUES NEIGHBORS!</b></p> <p>1001 E. 11th Ave. • 801-363-7065  <a href="http://cityviewmemoriam.com">cityviewmemoriam.com</a></p>
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