

# What's new around town

BY EMILY MOROZ



## Cathy Pollock returns to teaching Alexander

In the Alexander community, the meerkat has often been used as an example of lengthening the spine and taking one's full stature. If you're looking for spinal mastery like the two meerkats pictured here, good news—Cathy Pollock is back! After 15 years of teaching the Alexander Technique, Pollock took a hiatus to expand her skill base. (She now also works part-time in women's health-care as a breast care specialist.) Pollock is accepting new students for the Alexander Technique. Call for a complimentary phone consultation to see how the Alexander Technique can help you.

Cathy Pollock and the Alexander Technique, 801-230-7661, CATHYEPOLLOCK@GMAIL.COM

## New director of Utah Nonprofits Association

Gwen Springmeyer is the new executive director of the Utah Nonprofits Association (UNA). Created in 1990, UNA's current membership includes over 550 nonprofit organizations and individuals. Springmeyer has 35 years of experience in human services and government administration and with her husband helped establish the local Ronald McDonald House. Springmeyer has also managed a cultural exchange program with SLC's Sister City Matsumoto, Japan, for the past 29 years.

Utah Nonprofits Association, 801-596-1800, GSPRINGMEYER@UTAHNONPROFITS.ORG, WWW.UTAHNONPROFITS.ORG

## Just add water, and muscle, and creativity...

This month's "Most Exotic Place to take a CATALYST Magazine Business Call" Award goes to Mike, owner of new Salt Lake specialty concrete business Just Add Water,

who took our call from a Cabo San Lucas taxi cab. Impressive. (Jane says she begged him to "Get off the phone!" once she discovered where he was.) Just Add Water handcrafts custom concrete counters and building features. According to their website, Just Add Water's pieces are made with a combination of "art, design, woodworking, chemistry, timing, demolition, construction, attention to detail, and some seriously heavy lifting"—something that's both industrial and handcrafted. The company also says it buys local, reuses, recycles, and car-pools. We like the sound of that!

Just Add Water Custom Concrete, 801-554-2377, WWW.JUSTADWATER.US



## Tin Angel: 10% off with 10% less energy used

The local-minded folks at Tin Angel Café have long taken advantage of their convenient downtown location, sourcing only the finest ingredients from nearby: produce from the summer downtown farmers' market, fresh roasted coffee from Rimini, breads from Carlucci's and meats and cheeses from Tony Caputo's, among others. The Tin Angel knows that lowering our energy use is crucial if we'd like to continue enjoying all the delicious gifts of our home state. So they're offering a sweet deal this month: Reduce your energy use by 10%...save 10% on their award-winning items like gorgonzola gnocchi, seared ahi tuna on micro greens, or a pear & caramel tart brûlée. What's the coupon? Just bring in a power bill showing your yearly usage reduction. Dinner at the Pioneer park perch is, according to their website, "upscale with approachable prices." Reservations recommended.

The Tin Angel Café, 365 W 400 S, 801-328-4155, M-Sat: Lunch, 11a-3p, Dinner, 5-9p. Open 'til 10p on weekends. WWW.THETINANGEL.COM

## Red Iguana numero dos

You're jonesin' for some of that amazing mole sauce, squeeze into the parking lot of

what looks like a pepper-colored hole in the wall on North Temple, and the hostess tells you it'll be about an hour before you can sit down. Sound familiar? The long lines at Salt Lake's Red Iguana restaurant might be a bother of yesterday, because they now have second location—only a few blocks away! Owner Lucy Cardenas reasoned that since their tiny (original) kitchen is now serving over 900 world-famous moles, papadzules, and enchilada plates per day, it was time to expand. Cardenas and the Red Iguana crew hope to ease the long wait for a table with another great joint close by. "If the wait is too long [at the original]," explains Cardenas, "they can just go down the block." So far, so good: Red Iguana 2 was built from scratch, houses 70 additional seats, and is enjoying considerably bustling business since opening December 17. Holy frijole!

Red Iguana (The Original), 736 W North Temple, 801-322-1489.

Red Iguana 2, 866 W South Temple, 801-214-6050. WWW.REDIGUANA.COM

## Ballet West picks "Innovations" choreographers

In 2007, Ballet West began an annual collaboration with prominent choreographers from outside the company. This year, the program has its longest run yet with eight performances from May 21-29, 2010, at the Rose Wagner Performing Arts Center. Artistic director Adam Sklute has selected artists Michael Bearden, Aiden DeYoung and Megan Furse to perform, as well as artistic director of Ririe-Woodbury Dance Company Charlotte Boye Christensen and internationally recognized Helen Pickett as choreographers. Sklute is excited for the 2010 line-up and says "Helen's work takes ballet into the future. Her work is both edgy and romantic... [and] it will be fascinating to see how Charlotte's unique, powerful approach blends with our classical dancers." Visit the website for updates on advance ticket sales and program details.

Ballet West, 50 W 200 S, 801-323-6920, WWW.BALLETWEST.ORG



## Wasatch Community Gardens revamps website

Wrapping up their 20th anniversary year, Wasatch Community Gardens has a lot to celebrate. Their website received a redo courtesy of a partnership with DharmaTech (WWW.DHARMATECH.ORG). You'll find recipes, gardening tips and information, and an easy-to-use calendar of events and workshops. You can also now sign up for workshops, volunteer days and garden plots online (WWW.BIT.LY/8PrAcM). Explore a renovated online resource library, with a searchable, fully-stocked database just waiting for you to pore over. Welcome to gardening in the 21st century, folks!

WWW.WASATCHGARDENS.ORG/LEARN/RESOURCES

WWW.WASATCHGARDENS.ORG



## New acupuncturist at Master Lu's Health Center

Master Lu's Health Center, offering acupuncture and Chinese medicine (as well as Tai Chi and Kung Fu instruction) in Salt Lake City and Ogden, welcomes acupuncturist Yuri to their team. Yuri graduated from Hanada Acupuncture College in Tokyo, Japan and is certified to practice acupuncture in the U.S. Yuri interned at Master Lu's Health Center for a year prior to joining the center professionally. Yuri practices acupuncture, moxibustion and Japanese shiatsu massage. The modalities practiced at Master Lu's Center help with sleep difficulties, headaches, stress, back pain and more.

Master Lu's Health Center, 3220 S State St, 801-463-1101, and 818 26th St, Ogden, 801-622-4552. LUHEALTHCENTER@EARTHLINK.NET, WWW.LUHEALTHCENTER.COM

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## The birds & the bees— and more of them, please

The Salt Lake City Council has made notable revisions to their previously proposed chicken- and beekeeping ordinances. Wasatch Community Gardens and area urban homesteaders had vocalized concern about some pretty restrictive new laws—i.e. limits on how many chickens a single home could own based on square



footage of property. The newly revised ordinance, voted on and passed December 1, 2009, eliminates the square footage law and reduces the distance requirement for chickens from a neighbor's dwelling from 50 feet to 25 feet—and the distance to the owner's dwelling from 25 to zero feet (your coop can be attached to your house). Flyaway barriers and numbers of hives were also amended, in favor of more urban beekeeping. Claire Uno, director of Wasatch Community Gardens, says that under the new rules, "many more Salt Lake City residents will be able to keep [chickens and bees]. [It's] another step towards a more sustainable way of life." A detailed description of the new chicken ordinances can be viewed here: [www.bit.ly/6FX1PQ](http://www.bit.ly/6FX1PQ); beekeeping, here: [www.bit.ly/68MY8P](http://www.bit.ly/68MY8P)

Salt Lake City Council, [www.ci.slc.ut.us/council](http://www.ci.slc.ut.us/council)

## Tiny Ducky: eco-friendly baby goodies

Finding apparel good for Jennifer Buckallew's little ones and the planet was tough. "I couldn't find soft, eco-friendly baby attire with style," says Buckallew—so after a bit of research, she created her own. Tiny Ducky is a fashionable line of onesies, tops, bottoms, hats, zip hoodies, blankets and even yoga rompers for tots, made with 100% organic cotton and available in 15 brilliant naturally dyed colors. Buckallew was eager to share with other parents what she's learned about how to avoid exposing your tykes to toxins, and Tiny Ducky is her way of providing a much-needed resource in the community. Tiny Ducky's goods are responsibly made in Chennai, India and the company is a member of the Organic Trade Association. Buckallew also donates a portion of her profits to 1% For The Planet and WCFS (Women, Children, and Family Service Charities of America). You can find Tiny Ducky at Frosty Darling and Trifecta Design in SLC, Expected Maternity in Midvale, Bubble & Bee Organic in Bountiful and Opsie Daisy Boutique in Daybreak.

Tiny Ducky, 801-859-6400, [CONTACT@TINYDUCKY.COM](mailto:CONTACT@TINYDUCKY.COM), [WWW.TINYDUCKY.COM](http://WWW.TINYDUCKY.COM)

# News and ideas from near and far for a healthier, more sustainable future

BY PAX RASMUSSEN



## Parking goes wireless

We've all gone through the agony of driving endlessly around the block in an ever-widening gyre, looking for that one free parking spot, especially on Jazz game nights downtown. Maybe soon we can just pull out the smart phone and find the nearest empty spot. San Francisco is currently testing a system, run by the company Streetling, that uses a network of parking sensors that communicate with a central network. That information can then be accessed with smart phones, or sent to street signs. GOOD magazine, along with IBM, has produced a video explaining the idea: [www.bit.ly/WIRELESSPARKING](http://www.bit.ly/WIRELESSPARKING). SLC is gaining a reputation for environmental innovation; maybe we can be next to try this out. After all, we won't need to create more parking if we can better use what we've already got.

## Disinfectants are making superbugs

You've likely heard by now that over-prescription of antibiotic drugs has caused strains of antibiotic resistant germs. New research from the National University of Ireland (published in the January issue of the Journal Microbiology), finds that bacteria exposed to increasing levels of the disinfectant benzalkonium chloride mutate and develop a resistance (up to 400 times) to the chemical. The bacteria also adapted to survive exposure to ciprofloxacin, a common antibiotic drug. The only way to stop the mutation is to use enough disinfectant to kill all the germs outright—otherwise they get

## Utah Clean Energy gets some dough

On December 9, Protect Our Winters (POW), a non-profit organization "dedicated to reversing the global warming crisis by uniting the winter sports community and supporting community-level initiatives," announced that Utah Clean Energy (UCE) will be their next grant recipient. POW's \$4,000 grant will support the UCE's Clean Energy Campaign, which has a 2012 goal for a 12% reduction in electricity and gas consumption in Utah, matched with a 12% increase in the use of renewable energy. UCE is a Salt Lake City based non-profit organization that seeks to "build the new clean energy economy through policy, regulatory and educational initiatives."

[WWW.UTAHCLEANENERGY.ORG](http://WWW.UTAHCLEANENERGY.ORG), [WWW.PROTECTOURWINTERS.ORG](http://WWW.PROTECTOURWINTERS.ORG)

## EPA tattles on eco-criminals

The Environmental Protection Agency has released a new, interactive map disclosing facilities throughout the country that have violated environmental law. The map includes civil enforcement actions taken at facilities, criminal cases prosecuted under federal statutes and the U.S. Criminal Code, and cases in which EPA provided significant support to cases prosecuted under state criminal laws. Yep, Utah has a fair number of results on the map.

Go here to check it out: [www.bit.ly/EPAMAP](http://www.bit.ly/EPAMAP). While you're messing about with the EPA, check out their Most Wanted list: [WWW.EPA.GOV/FUGITIVES](http://WWW.EPA.GOV/FUGITIVES)

a non-lethal dose and live and adapt. One of the researchers called the findings "very troubling." Maybe it's time we got back to good ol' soap and hot water.

Read the study here: [WWW.BIT.LY/GERMSTUDY](http://WWW.BIT.LY/GERMSTUDY).

## Utah Supreme Court puts the kibosh on coal

On December 4, a unanimous decision by the Utah Supreme Court overturned the state permit for Sevier Power Co.'s planned 270-megawatt power plant. The justices called the state's review of the plant's pollution permit "woefully inadequate" and sent it back to the Utah Division of Air Quality to be redone. Among the reasons given for the rejection was that state officials "failed to adequately consider limits under the Clean Air Act for emissions of nitrogen oxide, a chemical component in smog formation," and that "the state failed to consider alternative gasifying technologies to burning coal conventionally as the best way to control emissions."

A short video documenting the eight-year fight to stop this power plant can be seen here:

[WWW.BIT.LY/COALPOWERFIGHT](http://WWW.BIT.LY/COALPOWERFIGHT)

