

What's New Around Town

COMPILED BY PAX RASMUSSEN

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Craig Schloneger (center), chief executive officer of Ten Thousand Villages U.S., is presented an official proclamation by Alex F. Brigham, executive director of the Ethisphere Institute (left), and Stephen R. Martin, editor-in-chief, Ethisphere Magazine.

Ten Thousand Villages named one of the world's most ethical companies

Ten Thousand Villages has been recognized as one of the "World's Most Ethical Companies" by the Ethisphere Institute and Forbes Magazine. Researchers and analysts with the institute reviewed more than 10,000 of the world's leading companies on six continents in a rigorous, multistep evaluation process. Among Ten Thousand Villages' peers recognized in the class of retail operations were IKEA, Stoneyfield Farm, Target, Kellogg Company, Google and Trader Joe's. Ten Thousand Villages offers handmade gifts, jewelry, home decor and personal accessories made by artisans in Asia, Africa, Latin America and the Middle East. One of the world's largest fair trade organizations and a founding member of the International Fair Trade Association (IFAT), the company strives to improve the livelihood of tens of thousands of disadvantaged artisans in 36 countries. Product sales help pay for food, education, health care and housing for artisans who would otherwise be under- or unemployed.

WWW.TENTHOUSANDVILLAGES.COM

Two new practitioners join Full Circle Center

Now working in Lucia Gardner's office at the Full Circle Center are Colleen Jensen and Nicole Staser. Colleen combines intuitive ability with specialized bioenergy technology to offer aura readings, aura and chakra clearing, body balance and belief repatterning. She brings years of education and experience with herbology, flower

essences, color therapy and essential oils into her healing practice with individuals to create harmony, balance and wholeness for mind, body and spirit. Nicole is a massage therapist and has a degree in psychology from Naropa Institute. She combines plant spirit medicine, shamanic journeying, bodywork and spiritual counseling in her healing practice.

Lucia is ending her bodywork practice due to a back injury.

She will continue to teach Metaphors of the Body with Jen Tarchin, with the next intensive being September 20-28.

Colleen: 259-8577, Nicole: 755-3083.

Millcreek Wellness gets better & better

Millcreek Wellness Center, under the direction of Dr. Michael Cerami, D.C., now has two more resources for holistic health.



Exhale Pilates Center

Julie Carrando recently opened Exhale Pilates Center, located within Millcreek Wellness. She offers classical Pilates instruction tailored to each individual body's needs, and specializes in private and semi-private lessons. Julie holds both a BFA in Dance Performance/Choreography and an MA in Dance Education from SUNY Brockport, and is a classically trained Pilates Instructor.

WWW.EXHALEPILATESCENTER.COM, 455-0586.

Centered City Yoga

Starting September 11, CCY will hold classes at Millcreek Wellness (in addition to their 9th & 9th location). CCY was established in 2002 by D'ana Baptiste and offers scores of yoga classes in many different styles. They will offer free classes during the week of September 13-20. Check out their website for more details.

WWW.CENTEREDCITYYOGA.COM, 521-YOGA. Millcreek Wellness Center is located at 1550 E 3300 S. WWW.MILLCREEKWELLNESS.COM.

Harmons becomes Utah's first certified organic grocer

Harmons' Grocery Store at Bangerter Crossing recently took steps to earn a "certified organic" designation from the Utah Department of Agriculture and Food for its artisan bread bakery, produce department and part of its meat department. In preparation for certification, each participating department has tracked every product's roots to verify certification. For example, Harmons' bakers are tracking every ingredient in the organic artisan bread including flour, cheeses, nuts, olives, raisins, to verify that it's organic.

125 W 13800 S., Draper, UT 84020. Tel. 617-0111.

2008 Green Homes Tour canceled, Solar Tour on track

Unfortunately, the Green Homes Tour has been canceled this year, but the Utah

Solar Tour is right on schedule, and plenty of fun! It's a unique opportunity to see, up-close and personal, leading-edge solar and renewable energy applications in homes and businesses throughout Utah. It's a self-guided tour so you can pick your favorites from the 30 tour sites available, ask questions of experts and join presentations on the latest trends in energy efficiency. And like the sun, the tour is free! The Northern Utah tour is on September 13 and the Southern Utah Tour is September 27.

WWW.UTSOLAR.ORG, 699-1999.

Kula celebrates one-year anniversary

Kula Yoga Studio is celebrating their first anniversary throughout the month of September with a variety of specials and events (see website for details).

Also, all month long they will be accepting food donations for local food banks, as well as holding a potluck at 4:30pm on the 20th. Artist



Pictured: Connie Nordman, Mayor Dana Williams, Ashley Patterson, Linda Karz and Phil Barton.

Green Building Center now in Park City

The GBC has recently opened a new store in Park City. They are offering the same quality green-oriented building supplies and products as in the Salt Lake store.

WWW.GREENBUILDINGCENTER.NET, 435-649-8262, 1105 Iron Horse Drive, Park City, UT.

Marjorie Brown's artwork will be on display and on sale, too, with a portion of the proceeds going toward the Burma fund.

Kula is Salt Lake's first totally green yoga studio (from the eucalyptus flooring to the super-efficient windows), and they also offer a 10% discount for going green: Clients can get their Kula "Green Card" punched when they walk, take TRAX, ride a bike or skateboard to class. After 10 punches, the next class pass is 10% off.

WWW.KULASTUDIO.COM, 521-5852, 832 E 400 S.

Tea Grotto owner knows tea—and has the paper to prove it

Rebecca Sheeran from the Tea Grotto in Salt Lake City was among the first group of 15 tea professionals to recently complete the Specialty Tea Institute's Level Three Tea Certification Program—a series of foundation and advanced courses requiring a total of 80-100 hours of class and study time.

WWW.TEA-GROTTTO.COM, 2030 S 900 E.

"Salt Lake City—Everybody Eats" still accepting participants for World Food Day

One World Everybody Eats, Squatters Brew Pub, Millcreek Coffee, and the Mayor's Office are joining forces to launch "Salt Lake City—Everybody Eats" on World Food Day, October 16. Participating venues will create a "special" of the day to be offered in small, medium, or large portion sizes and priced by the customer. The hope of this initiative is to draw awareness to food security issues. A percentage of the money collected from the specials served will go to local charities that provide service in this area. Organizers are still looking for more restaurants and food vendors to participate.

Contact Denise Cerreta, 953-9953.

Confluence writing contest

Confluence: A Celebration of Reading and Writing in Moab, Utah is hosting its first



Meet the Capuccino Maestri of Bevalo

New, locally owned Bevalo ("Beverage art lounge") specializes in organic coffee, tea and treats. Come in to meet Jon Stovall and Andrea Maize whose goal is providing the premier coffee shop experience, from precise water temperature in their drinks to perfect scones, and a friendly smile. 123 E 200 S, M-Th 8-7, Fri-Sat 8-10, Sun 8-2.



online writing contest. The 2008 theme for Confluence is the writing of Edward Abbey. Confluence hopes to encourage and promote writing in a style that evokes the spirit and emotion that Edward Abbey was famous for: a story, fiction or non-fiction, that creates a desire to get off the couch and get outside—an article that brings the author's place, its smells and the feeling of

being there, right to the reader and motivates him or her to do something, to get going. Submissions must be original work of less than 5,000 words. All work must be submitted by September 15, and the winner will be announced on October 19. Submit your work online and compete for a \$250 cash prize and the opportunity to be published.

WWW.MOABCONFLUENCE.ORG/WRITINGCONTEST.CFM

iPhone stream offered by Utah Free Media

Utah Free Media (UtahFM) is one of a handful of stations worldwide that streams audio directly to the Apple iPhone. The station is encouraging iPhone users with a taste for independent radio to use their iPhones to listen to live, local community radio. "While driving, it works nearly flawlessly," said station technical director Mike Place. "I get much better quality than FM radio or even most HD stations. It sounds

fantastic and works everywhere I go in the Salt Lake valley." iPhone users need simply to browse to WWW.UTAHFM.ORG and click on the link to launch the stream. UtahFM's product is unique for iPhone users since it utilizes the Quicktime software already built into the device. Mobile streams are available for the newer iPhone 3g as well as older models.

"People told me for years that Internet radio will never work because we can't break into the last great sanctuary of FM radio—the automobile," said Place. "These days I have to ask the naysayers to speak up...so I can hear them over my iPhone."

UtahFM.org also offers a low bandwidth stream for first generation iPhone owners to enjoy the stream over the "EDGE" network. Non-iPhone users can still listen via virtually any media player, as well as through UtahFM's embedded flash applet. Since their founding on May 12, 2008, Place says UtahFM has picked up incredible community support. They are an all-volunteer, grassroots broadcasting station available online at WWW.UTAHFM.ORG.

Life Arts Center moves

The Life Arts Center moved this month from their 2346 E. Ft. Union location. "Miss Pearl" and George Garff are now preparing space in their home studio for 12 families (children 15 months to six

years) in the Creative Learning Center, an integrated arts, multi-intelligence, emotional, social and aesthetic literacy curriculum. The school develops children's innate creative potential through the integrated arts, providing an effective complement to traditional academic systems.

In addition, every full moon, Life Arts affiliate Spirit Dancing in the Body sponsors Family Dance Together—a multi-cultural, multi-generational experience with rites, music, fire ceremony, food and play. Children attend free with a registered adult (\$30).

WWW.LIFEARTSCENTER.COM, 944-1032.

Roast-on-demand at caffe d'bolla

If coffee roasted yesterday just isn't fresh enough for you, caffe d'bolla has the solution. They have recently purchased a new point-of-sale roaster, developed by Fresh Roast Systems, Inc., which uses an advanced profiling system that controls customized roasting



parameters for each variety and lot of beans. The coffee is roasted in small five-pound batches and takes about 20 minutes, so you can walk away with a bag of beans still warm from the roast.

WWW.CAFFEDEBOLLA.COM, 249 E 400 S.

Heidi Ford joins Center for Transpersonal Therapy

Heidi Ford recently joined the staff of the Center for Transpersonal Therapy in the 9th & 9th neighborhood. A social worker with a master's in kinesiology, she particularly enjoys working with clients who are coping with achieve-

ment anxiety, exploring and looking at both internal and external responses to competition and performance. She also enjoys working with people around movement, health and well being, body work, body identity and eating disorders.

Ford worked with the Women's Tennis Team at Cal State Fullerton, as well as adolescent swimmers and ice skaters. Most recently she was employed at the Primary Children's Medical Center. A Salt Lake native, Ford returned to Utah 10 years ago after having lived in the south and the southwest. She plays competitive tennis, runs, skis, and loves being in the mountains.

The Center for Transpersonal Therapy offers an approach to healing which integrates body, mind and spirit. They address basic human needs for self-esteem, satisfying relationships and spiritual growth.

Center for Transpersonal Therapy, 596-0147, 989 E 900 S.

Gone

Avenues Bakery: A breakfast and lunch favorite on East South Temple at Fifth East, this pleasant place with great breakfasts and sandwiches recently closed. Owners Paul and Kathy Maurer (and most of their staff) have relocated to Oregon, where they are opening another restaurant.

When they were recently unable to renew their lease, the alternative was to open a bakery down the street. But a zoning law prohibiting them from wholesaling their breads at that location made the situation untenable. Despite entreaties from concerned citizens, zoning remained firm—and it's everyone's loss.

We will miss so much about this wonderful neighborhood eatery, and wait to see who will fill their fine shoes.

Seven Canyons Waldorf School: Located inside the First Congregational Church at 2150 S. Foothill Dr., this toddler-through-2nd grade private school was based on the spiritual philosophy of anthroposophy, developed by Austrian scientist and thinker Rudolf Steiner. The school opened three years ago. It has closed due to inadequate growth. A spokesperson says the organization hopes to continue with other related activities.

WWW.SevenCanyonsSchool.org