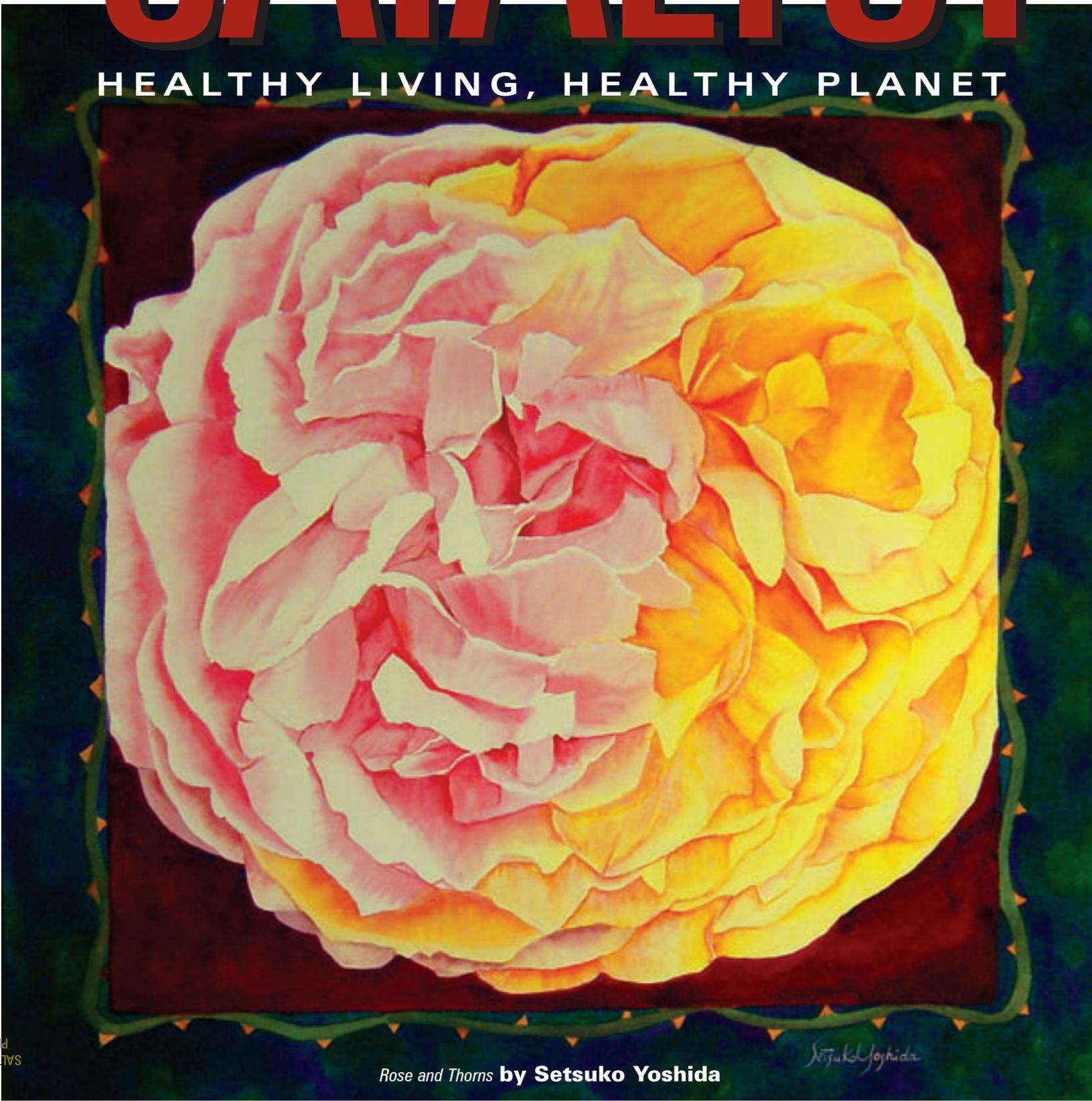


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VOLUME 28  
NUMBER 1

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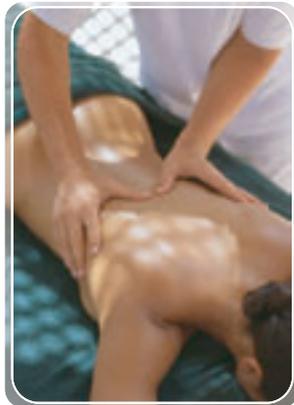
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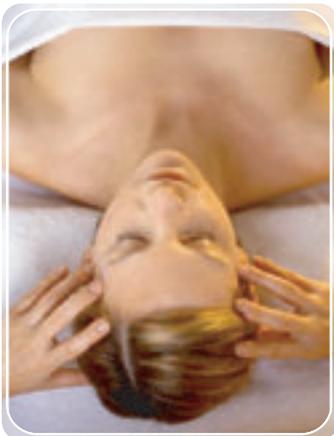
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**J**alaluddin Rumi, a renowned Persian mystic poet of the 13th century, has been inspiring me through his poems in recent years. His spirituality and the power of his imagery evoke my image of painting and urge me to put them in shapes and colors. I paint with watercolor because I feel it is best suited to express the mood of Rumi's poems.

I came from Kyoto, an ancient capitol city of Japan which has a long spiritual tradition of Zen. There are many beautiful Zen temples in Kyoto that I have known since my childhood. My interest in Rumi's spirituality grew alongside Zen Buddhism. I find common ground between them.

In my paintings I try not to illustrate Rumi's poems but rather illuminate inner human spirit which also existed within Rumi.

The following verse is from one of Rumi's Rubai which inspired the cover painting, titled "Rose and Thorns."

My face has the color of autumn  
And yours, the color of spring.  
Unless these two become one  
Roses and thorns cannot grow.

*Roses and thorns*

*appear to be opposites.*

*The gardener laughs at those  
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—Rumi

(Translated by Dr. Rasoul Sorkhabi)

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The sun is rising, the printer is waiting for this last page, and I'm beat. Next month I'll write my column first, okay? Till then, stay warm, be a friend, pet the small ones and enjoy all the newness of this fresh, unfettered year. January is the springtime of a Capricorn's soul. I'm going to go nap in the morning sun, now. ♦

Greta Belanger deJong is editor and publisher of CATALYST. Comments welcome. [GRETA@CATALYSTMAGAZINE.NET](mailto:GRETA@CATALYSTMAGAZINE.NET).

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# Thank God for George Bush

Been there, done that; now we're creating a new reality

BY JIM CATANO

From subverting the Constitution to debasing America's international image to the point of disgrace, the Bush administration has caused many Americans to hang their heads in shame and despair. But ironically, "43" has done exactly what we needed and precisely what we deserved... a "gift from God," if you will.

For the sake of full disclosure, I'm one of a growing corps of those best described as spiritual agnostics. We don't see God as a guy in the sky who rewards or punishes humankind based on a set of principles that He (or She) makes up and puts down in print through a prophet or other medium and which we must obey to escape divine wrath. Instead,

**George Bush is the manifestation of our own desire for unlimited material prosperity fueled by cheap fossil fuels and the other resources that make our lives comfortable — despite negative impacts on the rest of humanity and on the global environment.**

humankind is seen as part of and directly connected to the harmonies of the entire cosmos—making us as much "God" as anyone or anything else... part of the great web of life and active participants in the drama of all creation, interrelated and interdependent. It also makes me and everyone else responsible for the realities we create for ourselves out of the beliefs we hold in our heads and hearts.

If, in fact, this philosophy accurately describes how our lives play out, then we, the citizens of the United States, are not really the victims of Bush, Cheney and the other characters who've been calling the shots in Washington. Rather, we're the creators of what we've just experienced. The least

we can do is try to figure out why we created it and how we can do better in the future.

Clearly, the mindset that has driven American politics and economics didn't come into existence out of nothing. The reason we started acting like an empire is because, at a fundamental level, we believed we had to. We Yanks developed a fondness for material stuff early in our national experience. That appetite drove the westward expansion to secure new real estate for the goodies those lands could yield up. If previous occupants stood in the way, we assembled cavalries and armies to take care of the problem. Romantic literary and celluloid myths even arose to help us feel good about our efforts.

When the fuel to satisfy our ambitions shifted from hay to coal and then to petroleum, we adapted and went global with our empire in subtler but just as effective ways. We mounted secret forces to infiltrate foreign governments and displace and replace the leaders who couldn't be bought or convinced to step aside. And from the Spanish American War to Iraq War II, we sometimes still roll out our military when the more economical covert actions fail to produce results.

In Iraq, however, we once again saw that the rest of the world doesn't always kick back and let us to play out our agenda. We've encountered stiff opposition from those who find our involvement offensive either for religious reasons or due

to their own nationalistic, regional or ethnic self-interests. And when the cost of direct conflict became too great, we tried a new tactic—buying off both sides in a civil war. That, of course, is the primary reason for the reduction in violence in Iraq in recent months despite what the salesmen for the troop surge wanted us to believe. And the Bush Administration skillfully kept quiet how much it spent in its "Bribes for Peace" program.

But did George Bush really do anything we collectively didn't want him to do? Of course not. He's the manifestation of our own desire for unlimited material prosperity fueled by cheap fossil fuels and the other resources that make our lives comfortable despite all the negative impact on the rest of humanity and on the global environment. Yes, besides doing us the great favor of showing us just how bad we can become as a people when we act out of fear, we did exactly what we wanted him to do. We even allowed ourselves to be conned into thinking our involvement in Iraq was something else (like bringing democracy to an oppressed people, fighting terrorism or eliminating dangerous dictators and weapons) when we knew all along... perhaps just subconsciously... that it wasn't.

Yes, we the people are the "gods" of the American adventure in Iraq and its outcome, and most of us who realize that are just as responsible as those few who cling to the belief that our nation is on some kind of a selfless, righteous errand.

The inauguration of Barack Obama may usher in a new era in American life. Those who supported him hope he'll deliver on the promise to put diplomacy first and to re-earn the respect of the world. Some of us are even optimistic that the economic crisis can teach us that we can all live on less "stuff" and inspire society to fuel itself on cleaner, renewable resources rather than burning up our planet's innards which are both running out and perilously warming it.

If we can pull all of that off, we'll indeed be the gods of our own salvation. If not, we may prove to be the gods of our own destruction. Either way, we'll be the creators of our future, and we'll absolutely deserve the reality we create for ourselves. Whatever happens, we can thank God for it. ♦

Jim Catano is a freelance editor and writer living in Salt Lake City.

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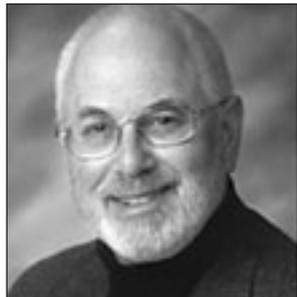
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Steve is a seasoned psychiatrist, Zen priest and shamanic healer. He sees kids, teens, adults, couples and families, integrating psychotherapy, meditation and soul work with judicious use of medication to relieve emotional pain and problem behavior. The goal is to help each patient realize peace, balance, and full potential. Steve specializes in creative treatment of bipolar disorders and psychotherapy with depressed teens.

Visit Steve's blog: [www.karmashrink.com](http://www.karmashrink.com)

BY AMY BRUNVAND

### Top 10 ideas for the Jordan River

Envision Utah and Salt Lake County have gathered public and expert comments regarding the future of the Jordan River and come up with a list of 10 big ideas for the future of the urban river corridor:

1. The Jordan River Natural Corridor
2. Regional and Neighborhood "River Centers"
3. Continuous "blue-green" trail from Utah Lake to the Great Salt Lake
4. Rowing in the canal
5. Kayaking in the Jordan narrows
6. Regional trails
7. Public transportation and transit oriented development
8. River habitat preservation and restoration
9. Jordan Valley Water Conservancy District Demonstration Garden & Facilities
10. Equestrian trails

Doesn't it sound nice?

Envision Utah: [WWW.ENVISIONUTAH.ORG/](http://WWW.ENVISIONUTAH.ORG/)

### 2008 Utah Congressmen not most anti-environment

The League of Conservation Voters 2008 National Environmental Scorecard reports that last year the U.S. Congress squandered a chance to reduce global warming and oil dependence and, "Unfortunately, a vocal minority of members closely allied with Big Oil instead turned the year into a series of missed opportunities and major steps backwards." On the bright side, the report indicates that Utah's congressional delegation does not have the worst environmental voting record in the nation: In the Senate, Alaska, Arizona, Georgia, Mississippi, Oklahoma and South Carolina fared worse. In the House, Representative Jim Matheson single-handedly lifted Utah's pro-environment average score above Oklahoma, Idaho, Montana and Wyoming. The League of Conservation Voters ranks members of Congress by tracking votes on key environmental bills. A score of 100% would indicate that a congressman always voted pro-environment on those bills, and a score of 0% means he always voted anti-environment.

Utah Senators: Robert Bennett (R):18%  
Orrin Hatch (R): 18%

Utah Representatives  
Rob Bishop (R) UT-1: 0%  
Chris Cannon (R) UT-3: 0%  
Jim Matheson (D) UT-2: 77%

LCV National Environmental Scorecard, 110th Congress 2nd Session: [WWW.LCV.ORG/2008-PDF.PDF](http://WWW.LCV.ORG/2008-PDF.PDF)

### Grazing alternative for Grand Staircase/Escalante

As BLM plans to renew grazing allotments in Grand Staircase/Escalante National Monument, the Wild Utah Project has proposed a Conservation Alternative which focuses on restoring the health of streams, protecting cultural sites, wildlife needs and plant community health. The



conservation alternative proposes to reduce grazing utilization from 50% to less than 25% and change grazing from most of the year to two weeks or less in riparian areas. Comments in support of the conservation alternative are due by January 8, 2008.

Wild Utah Project: [WILDUTAHPROJECT.ORG/](http://WILDUTAHPROJECT.ORG/)

### Disappointing decision on wild and scenic rivers

The U.S. Forest Service has issued a very disappointing Record of Decision regarding Wild and Scenic River suitability for rivers on National Forest lands. Of 86 eligible river segments (840 miles), only 10 segments (108 miles) were deemed suitable by the Forest Service for inclusion in the National Wild and Scenic Rivers

System. The Utah Rivers Council speculates that the Forest Service Supervisor's final recommendations were heavily influenced by local elected officials who fear limits on development. Wild and Scenic River designation helps protect free-flowing rivers and their immediate environment from water development project and pollution.

Wild and Scenic Rivers Suitability Study for National Forest System Lands in Utah:

[WWW.FS.FED.US/R4/RIVERS/](http://WWW.FS.FED.US/R4/RIVERS/)

Utah Rivers Council: [WWW.UTAHRIVERS.ORG](http://WWW.UTAHRIVERS.ORG)

### BLM responds to oil lease protests (sort of)

In response to protests from the National Park Service, the Bureau of Land Management withdrew nearly 49,000 acres from the oil and gas lease sale scheduled for December 19. Afterwards the Utah BLM office released several defensive press releases claiming, "the upcoming sale is not a last minute effort to allow for oil and gas development on public lands prior to an administration change," and insisting that Utah's landscape must be sacrificed for the sake of energy security. Despite the withdrawals, the December 19 lease sale still included parcels in sensitive places like Desolation Canyon, the White River and Nine Mile Canyon. On December 17, the Southern Utah Wilderness Alliance filed a lawsuit saying that the controversial lease sale, "will lead to construction of well pads, pipelines, and roads in some of Utah's most impressive wilderness quality landscapes," and also that BLM "failed to complete the analysis required by federal law for the protection of natural and cultural resources". Joining SUWA as plaintiffs in the lawsuit are Natural Resources Defense Council, the Sierra Club, the Grand Canyon Trust, the National Parks Conservation Association, The Wilderness Society, and the National Trust for Historic Preservation. (See related information elsewhere in this issue of CATALYST.)

Southern Utah Wilderness Alliance: [WWW.SUWA.ORG](http://WWW.SUWA.ORG)

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## The joys of staying still

BY DENNIS HINKAMP

I found myself responding to a lot of holiday cards and emails this year telling people that “oh yes, I’m still in Logan, Utah.”

I felt like I was apologizing for still being here after 28 years while they had moved on to bigger places, better jobs, a view of the beach, a more liberal climate or whatever there is at the end of our national road trip lifestyle.

When I looked at all the exotic addresses, I started getting that fleeting U-haul urge to box it all up and head down the road myself.

It’s in our blood. From the Mayflower to handcarts to Volkswagen vans, we are the descendants of people who couldn’t stay in one place.

Living more than 28 years in Logan still makes me a newcomer because I wasn’t born here, though I like to tell people that I have become a common law Utahn. However, to everyone other than the natives, 28 years for an outsider makes me seem like someone with no ambition.

Wasn’t I supposed to move up to something better or on to someplace else?

I guess I just I just settled.

Look at it this way: We spend endless hours teaching our dogs to sit and stay; we even reward them for this. Maybe we should take some of our own advice.

“Okay Dennis, sit. Now, stay, stay, stay... Good boy! What a good boy! Now here’s your treat.”

Whatever your treat, be a good boy or girl and discover the joy of inertia.

I have a theory. If you stay in one place long enough, it’s just like moving. If everybody and everything changes around you, it’s just like being in a new place. It’s like very slow time travel to a different place populated by different people.

The joys of staying still are many.

It gives you perspective: I can talk about which was the worst winter — 1980 or 2001? I can remember when Wal-Mart was a cow pasture; I can even remember when there was only one Wal-Mart. The way the economy is going one of those Wal-Marts will probably go back to being a cow pasture.

Staying still allows you to see the patterns: There’s this guy who rides around town all year on his bike honking and waving to everyone he sees... you know the guy. Did you know the guy’s name is Brent?

Then there’s the guy on West Center Street who has more Christmas lights than Temple Square. And that guy who walks around talking to himself as though he’s on a cell phone, but you notice there is no phone.

So yes, I have to say to all my friends and relatives: I’m still here, happily wallowing in the joys of staying still.

Maybe, just maybe, if we didn’t have this urge to move every three years, we wouldn’t be in this mortgage crisis?

Nah, it couldn’t be that easy. ♦

Even though he doesn’t look that old, Dennis Hinkamp has been in Utah so long he actually had lunch with the state’s last Democratic governor.



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# Bearing witness

## Tim deChristopher takes a stand against Bush's last stand

PHOTOS AND STORY BY SALLIE DEAN SHATZ



**O**n Friday, December 19th, 200 citizens braved a snow storm to gather at the BLM offices at the Gateway in downtown Salt Lake City to protest the Bush administration's last-ditch auctioning of BLM oil and gas leases for 146,000 acres in southern Utah to the oil business. Numerous organizations had banded together to take legal action (*SUWA v. Allred*) protesting the auctioning of pristine public lands, 60,000 acres of which had previously been proposed for wilderness designation. Many of the parcels are close to Arches and Canyonlands National Parks, Dinosaur National Monument, Desolation Canyon, the Book Cliffs area and petroglyph-encrusted Nine Mile Canyon.

The rushed timeframe of the auction didn't allow for environmental impact reports, consultation with neighboring National Parks and taking into consideration the impacts on nearby archeological sites, nor were all rights even confirmed (pri-

vate homes were on some of the parcels). Nor were bidders at the auction confirmed to be bonded.

That Friday morning, Tim deChristopher, a 27-year-old student at the University of Utah, was taking his final exam. One exam question concerned the fairness of the BLM's sale of oil and gas leases on public land if the only people in the room are from the oil industry.

**Efficacy**—the capacity to produce a desired size of an effect under ideal or optimal conditions. It is deChristopher's word. He owned it that day.

A thought-provoking question, especially considering what was happening in downtown Salt Lake City that very day.

After his exam, deChristopher headed to the protest. He had a vague intention of disrupting the sales, but didn't know how. Walking into the BLM offices after the protest, he was asked if he was a

*Krista Bowers protesting outside.*

*Tim deChristopher seated at the auction.*



experiences riddled with adrenaline and heightened awareness that change everything? Nothing will be the same after such a moment, the moment of choosing: Will you stand and have a voice? Will you walk through a door that is only open for an instant? What would push you forward or hold you back? What prepares you for these moments of truth unfettered by doubt, and can you see these moments as opportunities?

We all have moments of doubt; then we have days like Friday, December 19th when we know we are right where we are supposed to be, doing exactly what we are supposed to be doing.

I was among the protesters that morning. Also in the crowd was Krista Bowers, the volunteer coordinator for the Salt Lake City Bicycle Collective and a volunteer with the Utah Wilderness Coalition. Krista and I had met in enough different situations that we knew we were destined to be friends. As the hour of the auction approached and the number of protesters dwindled in the brutal cold Bowers said, "Let's go in. I want to see how much the soul of our nation is selling for." I

registered for a press pass as the guards took her bag apart and debated letting her in. We visited the ladies room and when we came out, no one was there. We went up to the auction.

I moved to the front, as photographers do. One parcel went for \$7.50 an acre plus a dollar a year for the lease; could that be right? The world had gone mad. I turned to study the bidders. I photographed them, to help me understand what I was witnessing.

I got the shots I wanted and went to say goodbye to Krista and get on with my oh-so-important day. She

bidder. A bidder? He looked like a college student after his last exam, unshaven, in a big down coat and a sports hat. Thinking it was the only way into the auction, he signed up. In the crowd of bidders he quickly realized an outburst would do no good.

What are the moments that define one's life—those blindsiding



Tim looking back at his friend during the auction.

was visibly upset at the sterile, impersonal way the lands she loved were being handled, as if they were beloved grandparents on an auction block—no ‘wilderness replete with exquisite red rock formations, which provide a home to a multitude of plants and teem with wildlife...unspoiled vistas extending beyond the horizon to reach deeply into the soul of any fortunate enough find themselves there.’ Just ‘parcel number xxx of xxx acres in xxx county. The bidding starts at \$2 an acre...’

“You can tell the parcels that have oil and gas,” she said; “they’re going for higher prices.” I realized I’d been focusing on the lower prices and went back to photograph one higher bid. I left feeling sick.

That night Bowers told me what happened after I’d left: Tim deChristopher, a fellow she knew from church, community gardens and Bioneers, had pushed up bids over \$500,000 and won 14 parcels totaling 22,500 acres for \$1.8 million.

“I knew I had the potential to take some parcels off the table, that I could win parcels and potentially protect some of this land,” deChristopher told me when we met a few days later. “I also realized there would be big consequences—possibly even prison time if I went down that road. I looked back and saw Krista getting emotional and that was one of the things that did help to push me.... I knew ethically I couldn’t justify *not* taking that action. I felt a tremendous sense of efficacy.”

Efficacy—the capacity to produce a desired size of an effect under ideal or optimal conditions. It is deChristopher’s word. He owned it that day.

After years of writing letters, carrying signs, protesting, signing petitions, going to conferences, volunteering in National Parks and talking with Rep. Jim Matheson, he felt nothing could affect the situation as much as winning those bids.

Earlier last year he had the opportunity to

speak with Terry Root, Nobel Prize laureate and an author of the International Panel on Climate Change (IPCC). “She explained to me the IPCC, as a scientific body, couldn’t come up with any scenario that would get us to the point of avoiding the worst-case scenarios that climate scientists were studying. ‘I am sorry my generation has failed yours. There are things we could have done in the ‘80s and there were things we could have done in the ‘90s but I think it is too late,’ she said. To have a Nobel Prize winner tell me I did not have a future was a pretty powerful thing.”

The day after the auction Patrick Shea, the former head of the BLM in the Clinton administration, called deChristopher and offered to legally represent him pro bono.

Whether you agree or disagree with his actions, deChristopher has opened a conversation about civil disobedience: What is an individual willing to put on the line? I was impressed with his bravery, his willingness to take a stand for what he believes in.

“I was born the year Reagan took office. My generation has grown up with the idea that we are small and the government is big; that we should fear the government,” he said. “That this isn’t a government of the people, it is a government of the corporations and we can’t touch that. Seeing Obama speak in Grant Park November 4th was the first time I had the hope we can change these institutions. He has offered hope to my generation.”

And Tim deChristopher has offered hope to many others, and hope for Utah’s wildlands. We wish him well. ♦

For more information on the current status of the BLM parcels and Tim deChristopher, visit [WWW.ONEUTAH.ORG](http://WWW.ONEUTAH.ORG) and [BIDDER70.ORG](http://BIDDER70.ORG).

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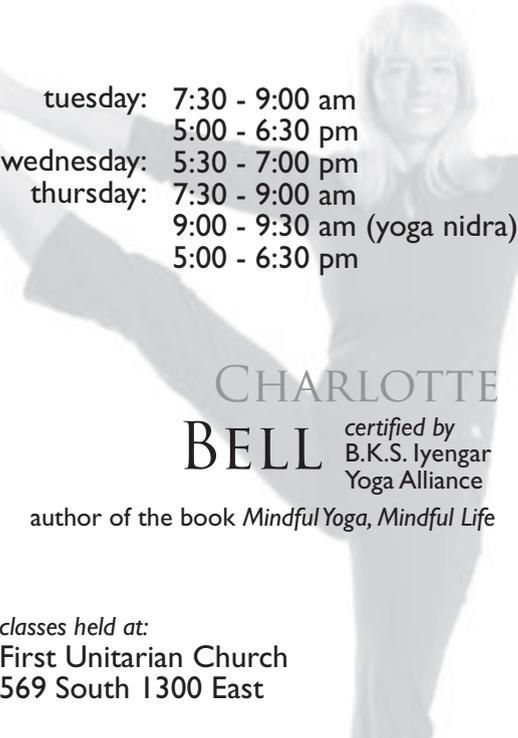


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# A model for our time

## Salt Lake Solutions promotes citizen-driven projects

BY DEBBIE LEAMAN



Michele Straube is the director of Salt Lake Solutions.

SALLIE DEAN SHATZ

**P**erched on the bank of the Jordan River in the Euclid neighborhood close to the bustle of I-80, a stately Victorian mansion sits vacant. But on a cold and cloudy Sunday afternoon last February you could barely get in the door; hordes of people snaked up stairwells, checked out the attic, peeked at the carriage house, and spilled onto the lawn; all were there to take a look, many to give suggestions to the City of Salt Lake on how to use the newly acquired space. Two thousand people showed up for one of two open houses. Slated for community use, the historic Fisher mansion is the inaugural project for Salt Lake Solutions, a program initiated by the Mayor Becker administration, which works from the premise that the citizens are stakeholders in their own communities, and that their voices need to be heard.

### Collaborative government: "the way Salt Lake City does business"

The Salt Lake Solutions approach is to engage the community in helping create opportunities and solve community problems. The process involves collaboration, consensus building and transparency in project initiatives and city government. It's the new paradigm for "the way Salt Lake City does business." Stakeholders (citizens), businesses, non-profits and government employees share and contribute ideas through open dialogue.

Michele Straube is the organization's director. She describes the program's two initiatives: "Identify projects which serve as a model of this type of decision making; and enhance collaborative capacity within city government."

Mayor Ralph Becker has seen Straube at work for many years, and admired her skills as the facilitator for Governor Huntsman's Blue Ribbon Advisory Council on Climate Change, the reason why he tapped her for the job.

Straube built a practice as a mediator and large group facilitator after taking a mediation course in 1992. At the time she was an attorney working as a policy consultant in Washington D.C. "Once I learned the principles of conflict resolution, it changed how I conduct myself and what I wanted to devote the rest of my professional career to," she says.

From workplace mediations and community advisory group facilitations to a collaboration among environmental groups, ranchers and the U.S. Forest Service, Straube has helped diverse groups reach consensus. "I include all the voices and perspectives. Together we identify the goals and objectives and, as a group, decide on the end-goal. We throw a lot of options on the table. Through brainstorming, the solution grows organically from the conversation."

### Project-based approach

Straube's manner is unassuming. That characteristic may help in getting the job done. "Her whole demeanor puts everyone at ease," says

Karen Hale, communications director, Office of the Mayor, agrees. "People are willing to talk and that elicits responses."

"She gains the confidence of people," Becker adds. "She's not carrying her own agenda and is trusted as objective. She listens well."

And, ultimately she responds to everyone who offered a suggestion, explaining why it was accepted or rejected. "She values any response from any constituent," says Hale.

The downside? According to Straube, in any collaborative process, some frustration ensues. "No one person or interest group can dictate the decision." The concept of collaboration takes more time, "but the decisions made using this process have greater buy-in and are therefore more easily implemented."

**Through brainstorming, the solution grows organically from the conversation," says Straube.**

Her approach has proven to be very effective. In less than a year, by integrating public and private support, three vital community-based projects have been launched: Fisher Mansion; Pioneer Park; and the newest, Community-based Air Quality Improvement.

### Fisher Mansion

Fisher Mansion was acquired by the City in 2007 as the final easement to complete the Jordan River trail, with the original intention of subdividing the trail easement and selling off the rest of the property. The Victorian mansion was built in 1893 and designed by Richard Kletting (architect of



the State Capitol). As the new mayor, Becker recommended that the buildings be renovated in a way that maintains their integrity and used as community space. The question was, "as what?"

With City Councilman Van Turner as co-convenor, a Partners Team was chosen, consisting of representatives from the neighborhood, historic preservation, sustainable renovation, trails, transportation, business, arts and education communities. Salt Lake Solutions received over 200 suggestions for the mansion, including a public art gallery, community center, museum, bicycle co-op, micro-brewery, artisanal restoration training project and bed and breakfast (all suggestions are found on the website).

Using the Community Objectives as their guide, the Partners Team outlined their vision

**Salt Lake Solutions received over 200 suggestions on re-use of Fisher Mansion, including a public art gallery, bed & breakfast, community center, museum, bicycle co-op, micro-brewery and artisanal restoration training project.**

for this historic property. After reviewing all comments and splitting the Team into smaller working groups, one common theme emerged: that at least some part of the property's future use should leverage its location on the Jordan River Trail. Because of its proximity to the river and the Jordan River and City Creek bike trails (and eventually the Legacy Parkway bike trail, ultimately linking three trail systems together), Fisher Mansion is ideally situated to be a focal point for community use.

The next step was the reality check, "to calculate what it's going to cost to bring the building back to some level of historic accuracy," says Straube. University of Utah's architecture students drew up a preliminary historic structures report and a formal assessment of the property's history and condi-

tion. The Structural Engineers Association of Utah offered to work on the seismic assessment, and Zions Bank has donated an initial outlay of capital to use as a match in requesting federal grant funding. Other supporters are listed on the website.

Not everyone was included in the initial process. Private and commercial developers asked to be involved but were not invited onto the Partners Team. "It's slated for community use, not private," says Straube. "When the group has decided how to use the property, we will go to the entire community, including developers, to find individuals and entities interested in making it happen."

**Pioneer Park: "It Takes a Neighborhood" ...to build a neighborhood park**

Pioneer Park, home to the Downtown Alliance's summer Farmers Market, re-opened mid-June after basic improvements were completed, including a dog park, running track, enhanced entrances, increased lighting and additional trees. Safety had improved, but perception of change lagged behind.

Enter Salt Lake Solutions. With Becker and City Councilman Luke Garrott co-convoked a Partners Team from the surrounding neighborhood with representatives from the residential and business sectors as well as homeless community rep-

*Continued on page 15*

**What would a Solutions-driven city look like?**

- Neighborhood schools that serve as community and educational centers for adults and children
- A world-class network of urban trails, city parks and waterways
- Successful local businesses
- Thriving neighborhoods that combine walkable commercial centers with safe residential areas, for a liveable city
- A capital city that is the cultural, social, educational and economic center of the state
- A vibrant downtown
- Communities that offer equity and access to opportunities for the city's diverse population, and a city government that advocates inclusiveness
- Communities that offer safe, accessible and affordable housing for all residents
- Environmental stewardship through wise energy use, pollution reduction, open space preservation and watershed protection
- Transportation options that emphasize pedestrian, bicycle and transit facilities, and more efficient, safe use of the existing road system
- Preservation of historic structures throughout the city

Source: [www.slcgov.com/SLsolutions](http://www.slcgov.com/SLsolutions)

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Some said it couldn't be done.  
But a team of volunteers with a DIY ethic  
created an internet radio station

## Out of thin air: Utah Free Media (UtahFM.org)

by Katherine Pioli

“People from every aspect of the working world volunteer at Utah Free Media,” says Rachael Bradford, programmer of the Saturday afternoon show “Completely Random.” Pushing her blonde hair back from her face, she turns to her computer to type in the next three songs on her playlist. “Most of us are not trained for radio,” she continues while typing, “and honestly, that’s where the fun comes in. When you get people who aren’t bred for this—when they haven’t been groomed—the styles, backgrounds, musical tastes, everything... is so eclectic.”

The station broadcasts from the basement of a downtown building near the Gateway. At the end of a hall, beyond the exposed grey

concrete walls that soak up the winter chill, a small, comfortable room is filled with microphones, music players, computers and a radio console. This room is the realization of a vision started last February when changes in local radio programming produced a collective cry for a new voice in community radio.

Mike Place, current board chair for Utah Free Media, was one of the

first to respond to the pleas. With countless hours and a few dollars, Mike and many other volunteers built Utah Free Media by hand, piece by piece. Mike recalls with pain and pride the hours spent accumulating the necessary pieces. “It took me two solid weeks of

*Left: Calvin Mumm (host of Calvin's Clubhouse)*

*Below: Susan Schlotterbeck (PSA director), Andy Schlotterbeck (host of Another Age), Mike Place*

photos by Troy Mumm

working till midnight or later to make 250 feet of cables for the entire studio,” says Mike. With plenty of help from people both experienced in radio and new to the medium, Utah Free Media was born.

From the beginning, the response to calls for donations in money and equipment surprised Mike Place. Pete Ashdown of XMission offered support. A radio station in Oregon donated a console. Babs deLay offered studio space.

“That’s what I love about community radio,” he says. “That commitment is what makes it great.” The new grassroots station made its debut broadcast online just six weeks after work began.

“We still have people coming in off the street wanting to volunteer. Our new volunteer meetings are always packed and lots of ideas for growth in programming are still being generated,” reports Mike, who hosts his own show on Monday afternoons.

In addition to music, podcasts such as Pinpoint SLC have been a

source of particular interest. Produced by another station founder, Patrick Commiskey, Pinpoint explores the arts and culture scenes in the city by spotlighting community members.

Utah Free Media’s independence from corporate monies allows programmers to play the music they find the most interesting without the stress of striving for consistently high listener numbers. Not trying to cater to everyone’s musical tastes all of the time allows shows such as Rachael’s “Completely Random” to exist.

“I hear a band I like and research it, maybe find a tangential band that I also like,” says Rachel. “That’s the beauty of it—all the programmers have the freedom to play what they want whether it’s really obscure or commercial.”

Tune in and you’ll hear what I mean. Utah Free Media has some of the most creative playlists around, and you have to wonder where they find some of this stuff. Utah FM flouts this independence, counting on listeners to appreciate that very quality and respond by spreading the word, volunteering and donating.

Internet radio is able to survive on much less cash than the most frugal of FM station budgets. “But all of the money we receive is essential to our existence,” Mike reminds us. “It all goes into the operating budget.” He says in these next few months community support will be particularly important.

If you have not yet set your browser to [WWW.UTAHFM.ORG](http://WWW.UTAHFM.ORG), do it now. If you like what you hear, support the station by attending their first fundraising event this month (see below). In addition to a good show, you can meet other supporters and applaud the volunteers who committed to their vision and pulled what may well grow into a great music station out of thin air. ♦

## UTAHFM.ORG presents Carrie Rodriguez

**When:** Sunday, January 18

**Where:** Rose Wagner Performing Arts Center (Black Box)

**Admission:** \$35 (VIP pass, \$75, includes food, drinks and an opportunity to meet Ms. Rodriguez.) 21+ only; “adult” beverages available

**Info/ticket sales:** [WWW.ARTTIX.ORG](http://WWW.ARTTIX.ORG) or [WWW.UTAHFM.ORG](http://WWW.UTAHFM.ORG)

Ever wanted to get involved in radio? Look no further than Utah FM. Your community radio station is looking for more volunteers to produce podcasts with training and equipment provided by the station. They have spots available for new radio shows and need radio producers to fill these slots. They are also looking for an experienced radio producer to work on developing a new podcast program—ideally a person with a minimum of two years media experience who is willing to donate their time and services. The application is available on the station’s website.



Rachael Bradford (host, Completely Random)

photo by Katherine Pioli

representatives and service providers, property owners, police and the Downtown Alliance.

Initially the Partners Team met weekly, focusing on actual safety and perceptions of safety. They got all ideas on the table, then reached agreement on an approach to ensure the park's safety and livability. They concluded that regular activities, during the park's open hours, will entice people back and revitalize the park.

A wide variety of public events in the park were organized, financed through community and corporate contributions. From morning yoga classes to Sunday night "BBQ and Bocce," both sponsored by the Downtown Community Council, Pioneer Park was filled with folks new to the park. Free lunchtime concerts were sponsored by the Salt Lake City Public Services. And in August, Friday night international movies (with free popcorn) hosted by the SLC Film Center attracted hundreds of people from diverse backgrounds each week, creating a new vitality in the park. "It was mind blowing to see so many people with their families, blankets, and coolers in the park after dark," says Topher Horman, director of operations for the SLC Film Center.

Has the perception of safety changed? "The numbers speak for themselves," Horman says.

"The park is different than it was 10 years ago. It's starting to be used as a neighborhood park," adds Straube.

Salt Lake Solutions' second project has been "enormously successful, bringing everyone together," says Becker. "Talking through issues, brainstorming and the creative process has resulted in a much faster change in the character of the park."

The next step? More infrastructure improvements have been designed, but remain unfunded. Straube wants to implement the Solutions process to assess "the current needs and desires of the community. Then we'll prioritize." Salt Lake Solutions and the City Council will host a public forum to discuss future renovations. Check out the website for more information.

## Community-based air quality improvement

Salt Lake City was recently named by FORBES.COM as one of the top-10 most stressful metropolitan areas in the country, based on quality of life indicators which include air quality.

An idling reduction campaign that began in October, aimed initially at grade schools, is an example of the type of project that Salt Lake Solutions will be implementing. Run by the Office of Sustainability, this collaborative effort of the city, county and state addresses the challenge of reducing emissions and ozone levels in the Salt Lake Valley.

In the spirit of rallying the grassroots level to effect change, the initiative focuses on what we do that impacts air quality and how we can improve our habits. The ultimate goal is to reduce "red alert" days.

## The legacy of Salt Lake Solutions

The Salt Lake Solutions process is as important as the outcome; transparency makes it accessible. For instance, its website includes minutes of meetings; suggestions are solicited and posted.

Mayor Becker says it's the paradigm for how he would like to see city government run. His administration has been developing a transparency model for Salt Lake City government. "We're going through an education process," he says. "For some, it's intuitive; for some, it's not natural." Straube will facilitate some of these meetings.

With Salt Lake Solutions as the model for process and governance, we can look forward to more collaborative community-based projects. Already the clean air initiative is being considered as a model for other communities around the country.

Salt Lake City as the example for the nation—what could be better?

Debbie Leaman writes frequently for CATALYST.

Salt Lake Solutions website:  
WWW.SLCGOV.COM/SLSOLUTIONS

## Want to be involved?

Salt Lake Solutions welcomes your ideas about new or existing projects. Go to the website and click on: Share Ideas. Donations and volunteers are also always welcome.



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# Training the brain

A conversation with psychologist  
Richard Davidson

Richard Davidson, named by Time magazine in 2006 as one of the 100 most influential people in the world, is renowned for his work in advancing the understanding of the brain and conscious mind in healing and the emotions. He is director of the Laboratory for Affective Neuroscience at the University of Wisconsin-Madison, where many studies involve meditators and the neurological effects of contemplative practice. Richard Davidson will be in Salt Lake City next month to present the University of Utah's Tanner Lecture on Human Values. CATALYST's Carl Rabke spoke with him recently by phone.

BY CARL RABKE

PHOTO BY MARTHA BUSSE

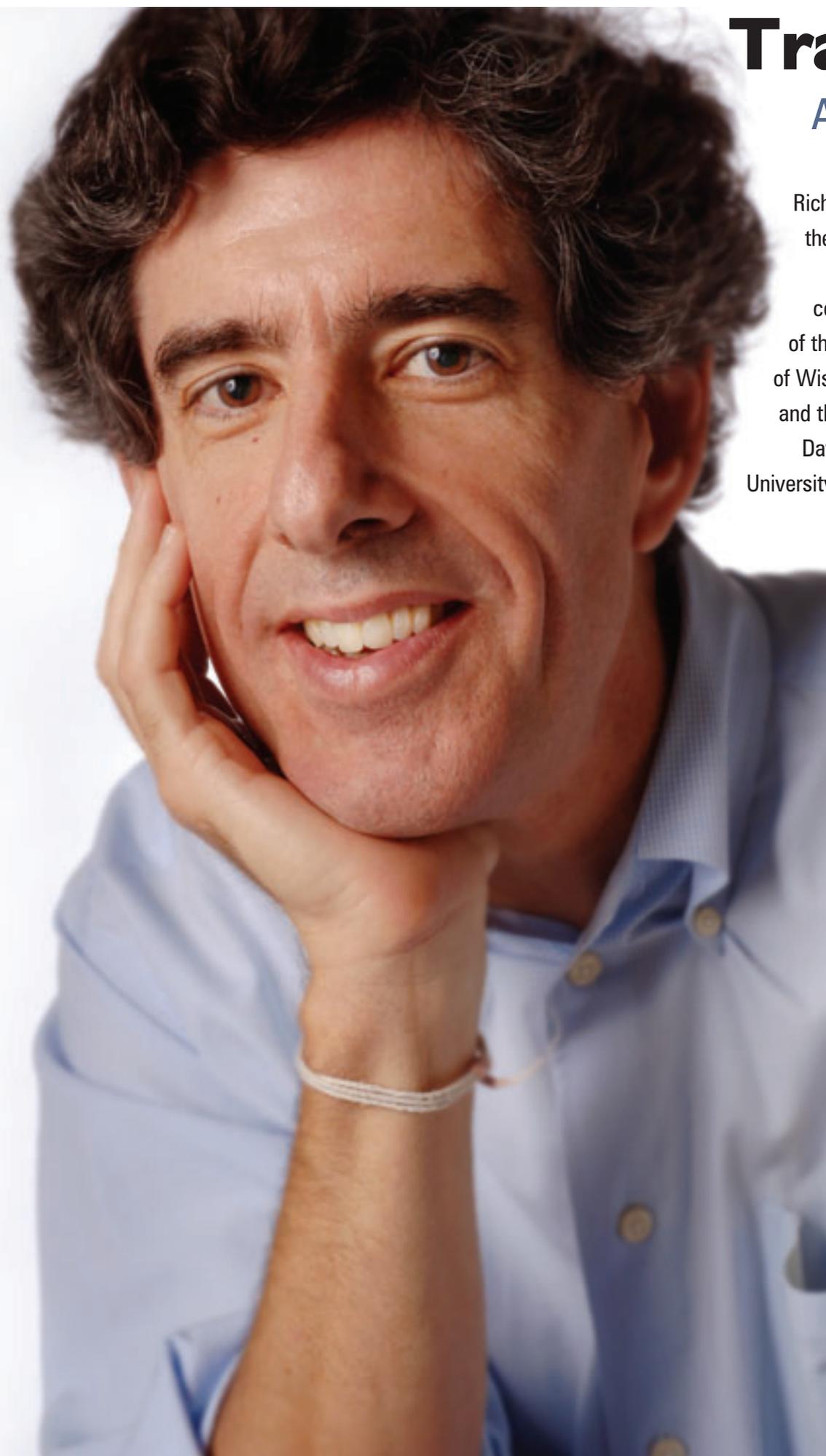
*How would you describe the over-arching intention for your work?*

Let me give a bit of background. My career has really been spent studying the brain mechanisms that underlie emotion and disorders of emotion. The work has focused on how people respond to emotional challenges, particularly to adversity. Patterns of brain activity are associated with styles of vulnerability versus resilience. Those differences in brain function are important in modulating the course health and illness. One issue we have become particularly interested in is how we can transform these emotional styles and the corresponding brain mechanisms that support them, in ways that promote increased levels of well being and resilience. This is where the research on meditation and related contemplative practices comes in. The primary motivation and aspiration for this work is that it will play its small role in helping to relieve suffering. It's our conviction that some of the suffering on this

planet may be reduced by transforming our minds; through systematic practice, we can transform our minds in ways that also change our brains and benefit our bodies.

*You've done extensive research on the effects of meditation practice on both long term practitioners as well as those new to meditation. What have you found most interesting with each of those groups regarding the effect of meditation on brain activity, and how might that be reflected in how they live their lives?*

We've studied the impact of meditation practice on people who are rank beginners who have never meditated before and tracking changes over time as they learn to practice. On the other side, we've studied practitioners who have spent on average 35,000 hours of their lifetime in formal practice. If your readers do the arithmetic, that means years of continuous daily practice. In these very long term practitioners we have been able to study what we think of



as the farther reaches of human neuroplasticity—that is, the impact of the most extreme kinds of changes that the brain may be capable of displaying. We have observed radical alterations in brain physiology, in brain hemodynamics, in the circuitry that particularly is involved in the regulation of attention and the regulation of emotion; both are dramatically transformed by such practices.

We're particularly interested in studying meditation practices that are specifically designed to cultivate compassion and see how those practices transform a person's response to stimuli that depict human suffering. The capacity to change our response to human suffering may be key in the development of compassion. Practitioners report that this long term training prepares a person so that when they confront suffering in the world, their automatic disposition is to help to reduce the suffering—the propensity is called forth by the occasion of suffering.

We've observed neural changes which we have interpreted as consistent with that kind of conjecture although a lot more research needs to be done.

We have been interested in whether even short amounts of compassion training can make a difference for both the brain and behavior. One experiment we recently completed involved training people who had never meditated before. They received training for 30 minutes a day for two weeks. We looked at changes in their brain before and after the training, and also behavioral measures that may be sensitive to compassion training.

For example, we gave participants the opportunity to donate a portion of the money we paid them to a charitable cause of their choice and had them execute the transaction online. Among people who received the compassion training, those who showed changes in the brain in particular areas actually donated more money. So we can show a very strong relationship between the magnitude of neural change and a real-life behavioral measure that may be sensitive to the cultivation of compassion.

*What you think might change if meditation and attention-training practices were implemented in other areas such as medicine and education?*

I believe the impact of meditation and contemplative practice will be particularly significant in these

areas. The field of medicine is probably further along than education at this point. A study, not ours, was done with patients with psoriasis, a skin disease that is treated with exposure to ultraviolet light. Since patients had to be in this light box, some were taught to meditate while they were receiving the treatment. The rate of healing was tracked and it turns out the patients who were given the meditation instructions healed more quickly than those receiving just the treatment alone.

This indicates that the changes in the brain produced by meditation have downstream consequences for peripheral biology—that is, biology below the neck; in this case, the effects on psoriasis treatments.

Another example: In studying wound healing, we have created blisters in a person—it sounds gruesome but it's pretty painless—and we can actually look at the rate at which they heal. We can also extract the blister's fluid and study the molecular markers that play a role in inflammation. To make a long story short, we find that meditation does accelerate wound healing. I believe that as we begin to learn about the detailed biological mechanisms that underlie some of the effects of meditation, it will become more widely accepted in the medical community. We're providing a rigorous rationale for how meditation actually works. Once this set of mechanisms is described and understood, it provides a framework for traditional bio-medicine to accept it.

As education becomes more evidence-based, it will become more receptive to training procedures that may facilitate a child's ability to concentrate, to pay attention, to regulate his or her emotions in a way that could be conducive to learning and pro-social behavior.

*In the last 20-30 years, an increasing number of attentional and emotional difficulties that both children and adults experience have been addressed through the use of pharmaceuticals. If meditation and other mind-training practices were implemented in, say, the realms of education and medicine, how do you think that would affect the role of pharmaceuticals in our culture?*

Medication for certain kinds of psychiatric conditions is a viable and often effective therapeutic strategy. I also think that in certain contexts, certain kinds of medications are over-used. Strategies like meditation have many fewer side effects than medication. I do believe

**“We can take more responsibility for the experiences we are having. We can maximize the positive trajectory of brain development and minimize the negative trajectory by regulating our minds, and literally altering the nature of the experiences in which we reside. That is where the role of practice comes in.”**

that in the long run we will find that reliance on medication will be less with an increased use of meditation. There needs to be a balanced, informed approach to this. Patients with serious forms of psychiatric conditions may benefit from both. We need to keep an open mind and use the best tools of science available. If we can reduce the reliance on medication, which we know can have deleterious side effects, I think that would be a great benefit.

*As a longtime friend of His Holiness the Dalai Lama, I'm sure you have experienced the profound impact his presence has on those around him. Could you talk about the way the values we hold affect those around us?*

This is an extremely important issue which I have thought about a lot. One of the best ways of studying compassion, for example, is to not study the compassionate person, but study the impact that person has on others. Certainly His Holiness the Dalai Lama is an extraordinary example of bringing out the compassion in others. We are biologically wired to process social information, and particularly positive social information of the kind that is characteristic of compassion, which is one of deep acceptance, of nurturing, of love. When you are with His Holiness the Dalai Lama, most people, including myself, feel this very, very deeply, and it clearly does affect my view. This needs to be studied more scientifically. We can use this as a framework to better understand the impact of training doctors and teachers—seeing how modeling and cultivating these positive qualities affects themselves and the students and patients with whom they interact. I think it's just a fantastic area to explore.

*Many people experience values as fixed—“I am what I am.” Could you speak a bit about the connection between values and neuroplasticity*

*and the possibility of developing or changing values at any time in one's life through training?*

That is really the key. Values are not fixed, they are not irrevocable or immutable. They can be transformed through experience and practice. Wittingly or unwittingly, the brain is continuously being affected by the environment in which we live. The brain is the organ, more than any other organ in the body, that's built to change in response to experience.

We can take more responsibility for the experiences we are having. We can maximize the positive trajectory of brain development and minimize the negative trajectory by regulating our minds, and literally altering the nature of the experiences in which we reside. That is where the role of practice comes in. The data are beginning to show that through practice, we can alter the function and structure of the brain.

To paraphrase the Dalai Lama in “The Art Of Happiness”: The wiring of our brains is not irrevocably fixed; our brains are adaptable. His point was that happiness can be enhanced and transformed through training the brain. ♦

Carl Rabke is a once and future regular contributor to CATALYST. He has a Feldenkrais and Structural Integration practice, and is a regular meditator.

**February 4, 2009, 7 p.m.:**

**What:** Richard Davidson will present the Tanner Lecture on Human Values at the University of Utah. His topic is “Order and Disorder in the Emotional Brain.”

**Where:** Utah Museum of Fine Arts Dumke Auditorium

**February 5, 2009, 9 a.m.**

**What:** Panel discussion  
**Where:** Carolyn Tanner Irish Humanities Building, Rm. 109.

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# Lessons from a faux doctor



Provoked by a missing wallet, a real doc recalls a curious incident and an unlikely source of wisdom

BY PAUL GAHLINGER, MD

**D**uring a howling blizzard a couple of weeks ago I drove to my friend Al's to sample his Christmas ale. A Yorkshire-style nitro-brew flavored with cinnamon, nutmeg and cloves — with about 10% alcohol. No Utah beer, this.

The next day, I couldn't find my wallet. I called Al, thinking it might have fallen out of my coat pocket. No luck. I looked around my house, and then the medical clinic where I work and asked if anyone had seen it. Nada.

**A crowd gathered and yelled at the police to let him go. "We need 'im. Leave 'im here, ya bastards!" The cops tried to explain that he was a criminal, not a doctor. "WE DON'T CARE!" the mob kept yelling.**

When I still hadn't found it after another three days, I searched every square inch of the house, the car and the laundry. I also checked my credit card accounts but there was no new activity, making it unlikely that the wallet was stolen.

Losing your wallet is incredibly annoying, and the money is the least of it. Having to cancel and renew credit cards, replace your driver's license, other ID, favorite picture, etc. is frustrating, to say the least.

Most of all, as a doctor, I worried that someone else now had my medical license.

This reminded me of an event when I was a young man. I worked as a logger in the Pacific northwest Canada. If you've read the Ken Kesey's "Sometimes a Great Notion," you get the idea. Taking down 500-year-old Douglas firs was a tragedy then and obscene now, but when you're broke, you go where the money is. I worked near a frontier sawmill town that was nobody's idea of a good place to live.

The event was the arrival of the Royal Canadian Mounted Police to take away the town doctor. It turned out that he—or, rather, a doctor with that name—had vacationed in Cancun a year earlier, drunk a few too many Margaritas and had his wallet stolen. The thief found the medical license and decided he might like to try his hand at practicing medicine.

This Canadian town had not had a doctor in over 10 years, and the previous one was a gruff older man who clearly resented being there and had little empathy for his patients. The town's surprising new doctor, on the other hand, was wonderfully kind, charming and considerate. He even told people not to worry about insurance billing and pay whatever was convenient by cash or trade. Always there with wise advice or a shoulder to cry on. Who had ever seen such a humble and thoughtful doctor! When the patient had a puzzling problem, he actually took the time

to look up the symptoms and prescribe the recommended book treatment. The townspeople were delighted. They finally had a caring doctor whom they trusted completely. And—miracles abound—he seemed to be equally happy to be there among them.

Until the Mounties came. They cuffed the doc and hauled him off to the airport. There, with the propellers of the Twin Otter spooling up, a crowd gathered and yelled at the police to let him go. "We need 'im. Leave 'im here, ya bastards!" The cops tried to explain, one hand on their hats to keep from blowing off with the prop wash and the other on the hapless prisoner, shouting above the whine that he was a criminal, not a doctor. "WE DON'T CARE!" the mob kept yelling. "We don't give a shit whether he's real doctor—he helps us and we'll pay his fine or whatever." After the airplane left, the townsfolk mailed a petition to the government, offering to bail out the thief (who turned out to have quite a rap sheet), and let him come back to town. The Canadian government promised to send a real doctor, but never did.

After a week of mounting anxiety over my lost wallet, I decided to look in one last place (where I probably should have started from the beginning). It had likely fallen into the snow when I got into my car after I left Al's place. So I went back to where I had parked.

A snow plow had left the street clean. Hard-packed snow and ice was shoved into crusty heaps along the curb. I kicked away the dirty ice, down to the rotted leaves and other fascinating gutter debris—a baby-bottle nipple, a soggy playing card, a torn-up mitten, probably run over a few times—and there, to my astonishment and delight, was my wallet.

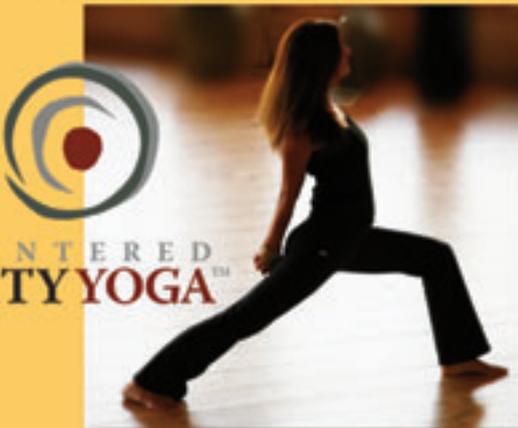
So, inspired by my memory of the Canadian imposter, this is my New Year's Resolution:

Remember that how you do something is more important than what you do. Do it with grace and compassion. Even if your work is terrible, you are out of your league, you don't have a clue, or you feel inadequate—hell, even if you are an imposter—as long as you are considerate and try your best, people will love you.

And if you're lucky enough to sample Al's Christmas ale, keep an eye on your wallet. ♦

Paul Gahlinger is the founder of MediCruiser, a medical clinic and house call service, and was voted Best of Salt Lake, Physicians and Surgeons, 2008. He is a frequent contributor to CATALYST.

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# Amos Sapuni, 1970-2008

Supani's sculptures, visited by thousands at Utah's Red Butte Garden, and his teaching and friendship, inspired many

BY CAROL KOLEMAN



**W**e read about political corruption and terrorism in Zimbabwe—the cholera epidemic, tragic deaths and civil unrest; but it seems so distant. We experience these events abstractly, somewhat emotionally removed: We cannot comprehend the challenges that people face half a world away.

But the violent death of a friend with whom many in Salt Lake City were connected, who was a part of our community, changes all that.

Amos Sapuni came to Utah in 2003 to teach stone carving, though he did not teach as much as inspire

those he came in contact with. Amos was a true master artist who taught his students how to be guided by the stone rather than follow his technique. He believed there is a dialogue with the material, that one “may start with an idea, but the stone makes its own decision.” He said, “You have to let go of your preconceptions, you have to learn how to respect the stone, how to negotiate with it.”

Amos was born in 1970. In 1989 after completing school, he became involved with a Catholic youth group and a year later moved to Silvera House, a Catholic-run skills

training center. There he learned to work with stone, and found that he excelled.

In 1991, Amos spent six months in Tanzania as part of a cultural exchange program. There he learned print making, batik, lino cut and etching techniques while holding workshops for stone carving. He returned to Silvera House to continue his work. In 1996, he was chosen by Chapungu founder Roy Guthrie to become part of the Chapungu artists' residency program and would later travel the world exhibiting and teaching stone carving workshops.

Amos often returned to Silvera House to encourage and teach those who wanted to sculpt. His own experiences showed him that community-based projects were a source of support and income for youths and he believed art could be a way out of poverty. Amos viewed his work as “a voice for the voiceless,” often tackling social issues such as the plight of street kids and the poverty-stricken. But he also portrayed the joys of human experience such as his depictions of extended family, the birth of his son, and his connection to the natural world which is at the heart of Shona (Zimbabwean) sculpture.

In 2002, Red Butte Garden exhibited the works of the Chapungu group and over several months, members of the group taught workshops to the public. Amos so inspired our community that he was asked by the Alta Community Enrichment and Snowbird Resort to teach a three-month workshop. This was followed by another three-month series through Salt Lake's First Unitarian Church.

Amos touched many people in our community; some call him brother, some changed the direction of their lives to practice stone carving. Many have their own creations

displayed proudly in their homes. All are a testament to the remarkable influence this one man made in a few short months in America.

Amos' life in his homeland was very difficult, with starvation a daily threat as a result of Zimbabwe's economic collapse. In fact, it was in search of food in neighboring Mozambique for his family that Amos was killed.

Amos leaves behind an extended family that depended on him for support: mother, aunts, three stepsons, his pregnant wife Fortunata, and other community members.

Amos' body was put to rest late last month with funds gathered from his Utah community of friends.

After all that Amos has given to this community, the opportunity has arisen for us to give back to him. CATALYST Magazine has set up a bank account for any contributions you would like to give. All funds will be transferred immediately to Amos' family in Zimbabwe. In addition, Michael Reid represents Amos in Utah and has many pieces of Amos' work that are available for sale. ♦

View photos of Amos Sapuni's sculptures on CATALYST's website: [WWW.CATALYSTMAGAZINE.NET](http://WWW.CATALYSTMAGAZINE.NET)

#### To purchase sculptures:

Tel. Michael Reid, 435.659.1344. (All funds go directly to Amos Sapuni's family.)

**Donations:** Make out check to “Catalyst/ DONATIONS” with “Amos” on the description line. Mail to Catalyst at 140 S. McClelland, SLC, UT 84102. All monies will be deposited with Brighton Bank and forwarded to the Sapuni family.

## Zimbabwe: 45 years of chaos

**Z**imbabwe, the former British colonial state of Southern Rhodesia, is a prime example of how not to hand over power from whites to blacks. In 1965, before a black government could be formed, minority white settlers led by Ian Smith declared independence from Britain and set up an all-white government. International sanctions and a refusal by most of the world to recognize Smith's regime led to a dire economic situation which destabilized the government.

Two separate liberation movements quickly formed. The Chinese backed ZANU, led by Robert Mugabe, which repre-

sented the 80% of the black population who spoke Shona. The Soviets backed ZAPU, led by Joshua Nkomo which represented the 20% of the black population who spoke Sindebele. After an ugly conflict and protracted negotiations to reach a settlement, Robert Mugabe won elections held in 1980. Strained relations between ZANU and ZAPU were worsened when the white regime in South Africa began a series of acts of sabotage making it look like ZAPU was responsible.

Elections were held in Zimbabwe last year. The results indicated that Mugabe had lost to Morgan Tsvangirai. But because Tsvangirai had failed to get 50% of the vote, a run-off election was needed. Leading up to the run-off election, hundreds of Tsvangirai's supporters were murdered. Given

the violence, Tsvangirai withdrew from the run-off but subsequently entered into power-sharing talks.

Unfortunately, Mugabe has refused to share any real power and as negotiations drag on and the already devastated economy (an inflation rate in the trillions) continues a death spiral. Since August a cholera epidemic has sickened at least 30,000 and killed 1,600 – a direct result of breakdowns in public sanitation and public health systems.

Ironically, it is now the black government of South Africa that is supporting Mugabe in the face of unanimous international condemnation. ♦

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Pre-requisite: intro course or permission from Lama Thupten

**Sitting & Walking Meditation**

Saturdays 10:30-11:30 a.m. Jan. 10-Feb. 28 drop-in

**Advanced Practice and Teachings**

Mondays, 6:00-8:00 p.m. on-going w/ Lama Thupten

**Sunday Pujas**

- Puja of Compassion (in English): 9-10 a.m.
- Main Puja: 11:00 a.m.-1:00 p.m.

**Green Tara Practice**

Tuesdays & Thursdays 7:00-8:00 a.m. on-going



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**Fundamentals of  
Wing Chun Kung-fu**

**Free Demo Class:** Saturday, Jan. 3<sup>rd</sup> 9-10:15 am  
15-week session begins Jan. 10<sup>th</sup> teens/adults/families

**Wudang Qigong and Meditation**

15-week special session with Sifu Solomon Blaz  
Tuesdays, 6:15-7:15 pm begins January 6<sup>th</sup>

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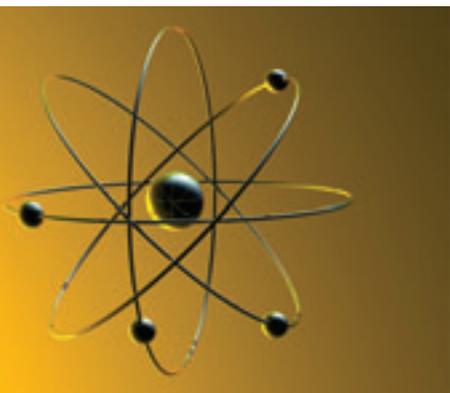
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Will Utah plow fearlessly into the past? Or is it time to embrace *real* clean energy? First, let's look at

## Utah's nuclear legacy

BY SOPHIA NICHOLAS

I used to be a garden-variety environmentalist—I recycled, worried about global warming, aimed to eat organically. I grew up in Utah, where there were no nuclear power plants, so I didn't think much, if at all, about the nuclear issue. Topics concerning the nuclear industry are controversial and “unsexy.” There are no cute-faced prairie dogs to save or sea turtles to count. Simply a lot of talk about “fission,” “fuel cycles,” “spent rods,” and sometimes “yellowcake” and “proliferation.”



But in the course of the past year, things have changed. It's amazing how the words “nuclear power plant” and “in my backyard” focus one's attention. And I'm learning that nuclear power has had more impact on Utah than most of us realize.

At college in the East, I learned about the inequality of the world food system and all the science behind climate change. Everyone had heard of Chernobyl and Three Mile Island and the targets of opportunity that pools of spent fuel rods at nuclear power plants present to terrorists. But it wasn't until I joined the staff of HEAL Utah (Healthy Environment Alliance of Utah) that I learned how communities in the West—the Navajo Nation, the early Mormon towns of southern Utah, the Goshute Reservation and many others—have been targeted

and exploited in the name of “the greater good” of nuclear progress.

Often couched in patriotic terms, this “greater good” meant condoning the era of nuclear weapons testing in the 1950s and '60s, a “greater good” which spread radioactive fallout over hundreds of miles, killed sheep and ranchers' livelihoods, spawned clusters of rare cancers in small communities, and produced a devastating legacy of birth defects in the children of children who watched the bombs drop from their schoolyards.

More recently, “the greater good” has meant carving up swathes of our west desert to make room for the thousands of tons of nuclear waste—low-level in the case of EnergySolutions' commercial dump

**As for reprocessing: “Calling that recycling is like taking the tab off a soda can and recycling it, throwing the can away, and saying you recycled the can,” as my coworker John Urgo likes to say.**

and high-level in the nuclear industry's attempts to store spent nuclear fuel in the Goshute Reservation 50 miles west of the Salt Lake valley.

Even now, if you listen to the EnergySolutions commercials, you'll still hear the language of “duty” and “greater good,” “patriotism” and “sacrifice.” They seem to say: “We're just ‘playing our part’ to solve global warming. We're sacrificing this small area of Utah's lands to the world's nuclear waste, so the world can restart its nuclear reactors and finally solve this pesky global warming problem.”

Should we enable a system of energy production that requires us to poison and cordon off portions of our land for generations?

Add this hornet's nest to the list of possible futures: Two Utah state legislators (one now former) are pedaling a 3,200-megawatt nuclear power

plant in Green River, Utah. They have gone so far as to secure the needed water rights. They ran a bill in the 2007 legislature to saddle Utah electric ratepayers with the construction costs, which was mercifully shot down.

### Hot, hot, hot

Climate change is one of the most challenging threats our planet faces—on this almost all environmentalists agree, and a majority of the population as a whole. While it's commonly accepted that the world drastically needs to cut carbon emissions, the challenge is in how we actually take significant action.

When you begin to talk about nuclear power, the discussion becomes even more heated. It's one of the few issues environmentalists can't seem to agree on.

Is nuclear power the answer to climate change? Is it clean, safe and renewable? What happens to the waste?

And most pressing: If we do not embrace nuclear, what do we do?

On the surface, nuclear power sounds like the essence of good recycling: Stop polluting the earth's atmosphere with carbon-based fuels while reusing the radioactive waste that's produced to generate

even more electricity. It's not unlike the allure of the original atomic era, when man first harnessed “the power of the stars” with the potential to dominate and destroy not only nature, but all of its inhabitants. But defining “clean energy” only on the basis of its carbon output does not consider the wide range of other environmental and human costs of this “silver bullet” resource.

Any discussion about the benefits of nuclear power must consider the entire nuclear fuel cycle, from mining to waste disposal. (The statistics I quote in this article come from the research and records of HEAL Utah, as well as interviews with a representative from the Nuclear Regulatory Commission, who, conveniently, is also my uncle.)

### Feed the beast

During the uranium boom of the 1940s and '50s, thousands of mines sprung up throughout Utah and thousands of workers took up the job of feeding the early reactors that provided the raw material for nuclear weapons. As early as the 1950s, the federal government had secretly studied the health of uranium miners and found significant health impacts, including increased incidence of lung cancer, respiratory disease, and diseases of the blood.

Producing electricity from nuclear energy, as well, begins with mining uranium.

### No music with this heavy metal

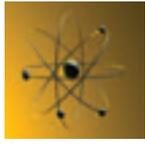
Extracted uranium goes to a milling facility, where it is crushed and treated with a strong basic or acidic solution to separate the uranium from the other material in the rock. The resulting “yellowcake” of concentrated uranium is sent off to a different facility for enrichment, while the remaining tailings are left behind.

Energy intensive and expensive, uranium milling produces piles of mill tailings full of heavy metals, radioactive materials, and other pollutants that sit in tailings piles that are not always adequately secured. Taxpayers in Utah have already paid over \$390 million to clean up four mill sites in the state. The Atlas mill tailings just outside of Moab are currently leeching these toxins into the Colorado River. It will cost the public upwards of \$1 billion to relocate and remediate that one site alone.

Towns near milling operations have suffered abnormal rises in health ailments from their exposure to the tailings. In Monticello, after their mill closed in 1960, children played on the tailings pile. Much of the material was used to pave streets and aid in construction. The government did not warn people of the known dangers. Today, a local health survey found over 500 cancers in past and current Monticello residents—a town with a population of about 2,000.

### Concentrate, concentrate

After the uranium is milled and turned into yellowcake, it is sent to an enrichment facility where the concentration of fissionable uranium-235 is increased. The relative concentration of uranium-235 in



## How do we treat the places we live? How do we fully account for the resources that power our societies, not just in economic or carbon-trading terms, but in the fuller impact they have on our health and environment? How do we envision a new system, one that is practical, holistic and inclusive?

mined ore is about 0.7%; it is increased to 3-5% for use in nuclear power facilities. The same enrichment process and technology used to make power can also be used to make nuclear weapons, if you continue the enrichment process long enough.

### Extreme reaction

The enriched uranium is formed into fuel rods, which are grouped together into fuel assemblies. These assemblies are inserted into the nuclear reactors where unbridled chain reactions start occurring.

It's that simple: The chain reactions create heat, which boils water to produce steam. The steam turns a turbine, which generates electricity. "And that's basically how a nuclear reactor works," my boss, HEAL Utah executive director Vanessa Pierce, tells me. "You unleash the power of the atom to turn a turbine, essentially. It's kind of silly that it creates such a dangerous form of waste just to make steam."

When a fuel rod can no longer create electricity—about three to five years—it is still radiologically and thermally hot. It's stored in a cooling pool for several more years with a constant circulation of water to prevent an uncontrolled criticality—or explosion—from occurring.

"The word 'spent fuel' is really a misnomer," Pierce says, "because the fuel rods are literally one million times more radioactive once they're taken out of the reactor than when they were put in. This happens because the material has been irradiated by all of these free radicals that have gone through the chain reaction inside the reactor, creating very 'hot' radionuclides as a result." Hence, the water supply controlling the processes of the reactor is very important.

A typical reactor will lose 16,500 gallons per minute to the atmosphere, perhaps more in desert conditions.

### House looks clean, but what's that smell?

The biggest problem with the nuclear power, however, on top of the detrimental environmental and

health impacts of the mining, milling, enrichment and generation processes, is the waste issue.

What do we do with all of the spent fuel rods, which have half-lives in the thousands of years? Currently, all of these are stored on-site at the nuclear reactors where they're generated.

When nuclear power plants began operating, the "waste problem" had not been solved and it has not gotten any closer to this day. In 1982, the federal government said it would take ownership of the waste, quickly homing in on Yucca Mountain in Nevada as a site for deep geologic storage. However, billions of dollars and two decades later, Yucca is no closer to being open than it was in the beginning.

Scientists question its geologic stability. "[Yucca Mountain] was chosen because it was politically expedient, not because it was scientifically the most desirable," says Pierce. The site continues to be embroiled in political controversy. "Basically you cannot get elected in Nevada unless you oppose Yucca Mountain," says Pierce.

Proponents of the nuclear power "renaissance" gloss over the waste issue, pushing, as McCain has done, for 45 new nuclear reactors to keep pace with the ones going offline in the coming years. Others say we should ramp up our construction of reactors even more so we can completely eliminate coal-based fuels.

A study by the Institute for Energy and Environmental Research in D.C. assessed how many reactors would need to come online to reduce greenhouse gas emissions to year 2000 levels by 2050. They assumed nuclear would account for 50% of our energy portfolio, with renewable sources such as solar, wind and geothermal and energy efficiency making up the other 50%.

Their conclusions were startling and point to the need to develop other sources of energy beyond both coal and nuclear. To bring nuclear up to 50%, they found that somewhere in the world a nuclear reactor would have to come on-line every six days. This would require a new Yucca Mountain to store the resulting waste opening up every

three years. No country in the world has succeeded in doing this thus far.

As for reprocessing: Yes, France does it. And no, it is not a solution, as reprocessing only uses 1% of the original waste—the plutonium. This process requires an acid bath to separate the plutonium from the uranium and other materials, and creates both a highly radioactive as well as extremely corrosive liquid byproduct. As my coworker John Urgo likes to say, "Calling that recycling is like taking the tab off a soda can and recycling it, throwing the can away, and saying you recycled the can."

Nuclear might produce low-carbon, or even zero-carbon energy if the engineering is done perfectly—but it is in no way "clean." Standards have improved and technology continues to develop. However, nuclear power remains an extremely polluting, extractive industry.

### Economics: a question of priorities

Even if nuclear power did not have such a hazardous impact, from a practical viewpoint the economics still make it unsustainable as a solution to climate change. Construction costs are the main culprit, with each reactor estimated at \$6-\$8 billion. To succeed, a nuclear renaissance would require billions of dollars in taxpayer-backed loan guarantees and direct federal subsidies. As recently as September, before the financial meltdown overtook Congress, the "Gang of 20" senators was considering inserting legislation into an energy bill which would have provided unlimited federal loan guarantees to the nuclear industry, pumping an estimated \$500 billion into this energy sector.

Think about how far that money can go if it is invested in ratcheting up energy efficiency and propelling renewable technologies into our society!

### Getting unstuck: so many more options for a healthy future

If we are serious about addressing the one problem that threatens the way we live and relate with the environment as we know it—climate change—it would be a shame to waste such an incredible opportunity by simply trading one extractive fuel for another. We need an even bigger paradigm shift in the way we relate with the land we live on, the resources we use to power our life, and the way we communicate these problems with others.

That's why, now, I feel so passionate about nuclear power and energy

policy—because it's really about so much more than that.

Instead of turning away from the ugly, scary issues, I am delving into them: They offer an unparalleled opportunity for shifting the debate. It is in these deep, dark realms where the practical meets the essential, and where the need for effective communication, not only among like-minded people, but among people who cannot even agree on the problem, comes out.

We are stuck in a rut, as a country, as energy producers and consumers, that is symptomatic of the disconnect we have with the environment as a whole. How do we treat the places we live? How do we fully account for the resources that power our societies, not just in economic or carbon-trading terms, but in the fuller impact they have on our health and environment? How do we envision a new system, one that is practical, holistic and inclusive?

In addition to energy policy, it's an important question for all sorts of issues, from food production to education to health care to family relations.

What this means for HEAL is taking the hard line against nuclear waste and nuclear power, while also rigorously assessing what we can do in Utah in terms of renewable energy. Rather than retreating from a conservative legislature or skeptical dominant culture, we've had to ask ourselves how we work here, in the community we live in, to effect change. We've found that it requires a change in the method and form of communication. In our renewable energy study, which will be the topic of a later article, we are using hard science as a language to build bridges with people who may not even believe climate change is a problem, but who do value energy independence, homegrown technologies and healthy communities.

The challenge, with energy policy, with "environmentalism," with "activism" as a whole, especially in Utah, is how to see the big picture—and communicate it—in a holistic, rather than a reductionist way. As with nuclear power, this means paying attention to the painful histories of the nuclear era of the past, holding the line against further abuses, and proactively working towards positive, systemic change within a new energy paradigm.

Here's to all of us learning how to walk our talk. ♦

Sophia Nicholas is the development director for HEAL Utah, where she has been enthusiastically learning new ways of telling Utah's environmental stories.



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*Continued on page 27*

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# Grace at any age

A hardcore skier learns the joy—and wisdom—of listening to her body

BY SIBEL IREN



Almost everyone I know skis. In the early '80s I decided to move from Los Angeles to Alta with the single intention of skiing every day. In fact, we had so much snow that year I must have skied over 150 days. Prior to that, I had skied maybe 20 days total in my life. What a contrast.

For the next 11 years I lived and breathed Little Cottonwood Canyon. Winter and summer I enthusiastically experienced almost every kind of extreme sport possible in the mountains. Then in my 20s, I took my physical fitness for granted. It was easy to stay in shape merely by doing the sports I loved every day.

Time passes. A few seasons went by where I didn't ski much at all. Even so, I was under the impression that I had kept most of my sports fitness from a decade of ski resort living. Then one day early season, I found myself standing atop Great Scott at Snowbird, taking in the view. The conditions were bare, rocky, hard and bumpy and it obviously hadn't snowed for several days. Ready to ski, I distinctly heard my brain give the commands to my legs to drop in. Instead, to my complete surprise, I seized up. My body said, "NO!" I clearly knew that I couldn't make the turns required to stay on my feet. Needless to say, I ended up skiing something less challenging.

Disappointed, dejected and embarrassed I poked my way back to the car and sat there, pondering. Beating myself up. Feeling old. I was not even in my 30's any more (ahem), but did that really matter? I was still in decent shape. After all, I took care of myself, received bodywork, ate well, and hopefully was a little wiser, so what on Earth happened?

I wasn't suddenly out of shape or afraid; it was that my body felt uncoordinated and out of synch. Moving as I used to seemed no longer an option; my body instinctively declined to comply with my

mental commands, in order to keep me safe.

As I calmed down and contemplated how to remedy this situation, an answer to my plea was already waiting. My body had been trying to communicate something important to me. I decided to pay attention. I asked all the cells of my body very specifically, "What do we need to do differently or to have now, in order to feel better?" It wasn't about becoming a "better skier" or "skiing like I used to." The question emanated from a very different place inside.

In response, my body told me I could no longer function in the same way as when I was younger. My body was different now, my mind was different, and so was my spirit. I was different now in every way. But I was behaving and moving based on patterns, habits and activities defined by a younger me—or more accurately, an older version of me.

This was an important discovery. To attempt to move in a way that was not natural anymore would be counterintuitive to my physical senses as well as full of unnecessary effort.

In fact, I had been unaware of what was happening during this process because it occurred organically. But it was clear that I was somehow allowing myself to adapt as a result of the life that I had lived in order to stay current with who I was becoming. Therefore, habits of thinking, perception and movement must change along with the me that was changing.

The more I thought about it, the more compelling this concept became. I considered several friends and acquaintances who had focused on intense sports for years, such as skiing, who also now tended to dance between injury and recovery. They were still mentally and emotionally

attached to attitudes and habits that had served them well in their younger years. Now they were often frustrated and disappointed in themselves as they viewed the discord between who they remembered themselves to be and who they really were now.

I contemplated my own similar reality checks over years of skiing and how I also managed to fend them off, buying more time.

On the other hand, I also knew others within the same over-40 bracket who told a very different story. These people had a sport they loved, whether it was new or old to them. They trained hard, competed, had families and careers, and managed to stay healthy and happy. How did these folks, with their similarly busy lives and various physical abilities, manage to continually function at high levels, injury-free?

In talking with them it made perfect sense. This group of people stayed in touch with who they were becoming while living life. Their attitude simply reflected the reality they had created for themselves and they functioned from that awareness. They were having fun in virtually all areas of their lives and their bodies were giving them the thumbs-up!

How fascinating and amazing to view life as becoming more wonderful every day!

Our bodies are our barometers. They tell us every minute of every day how we are doing in relation to ourselves as we live our lives, have experiences and add to our overall blueprint of Self. When we find ourselves out of balance, tired and unmotivated, our bodies are very clearly sending us signals that we



I was behaving and moving based on patterns, habits and activities defined by a younger me—or more accurately, an older version of me.

are not aligned and in our flow. It makes it hard to do the things we love, especially sports.

Skiing is a very clear channel for this. The nature of skiing is to flow and it is readily apparent when we are not flowing while skiing. This is a signal.

On the other hand, when we are in our flow we aren't even thinking about it. It happens quite naturally: We feel good, energized and enthusiastic. Everything becomes effortless, including the way our bodies move. We have elegance, strength and overall balance. This is also a signal. It matters, then, where we place our focus. And the way we know how to maintain or redirect focus is by listening to our bodies.

On the practical level, the skill of listening to our bodies is not as vague as it sounds. Most of us perceive our bodies through physical sensation. However, our emotional, mental and spiritual experiences are also registered in our bodies and in particular, our cells. They are the record

By simply allowing the information to come forward and acknowledging its existence, we automatically set change into motion.

keepers, which makes sense since it is the only thing we take with us wherever we go. We develop this skill by training ourselves to pay attention to the signals.

The first important step is to become familiar with the types of signals we are receiving. They can be physical sensations or emotional responses to an event or situation.

We do this by paying attention, even when we do not like what we are hearing. By simply allowing the information to come forward and acknowledging its existence, we automatically set change into motion.

The next step is to recognize we can choose to further engage these messages or ignore them. This is where a lot of people get derailed. If you ignore a signal your body is sending you, don't worry, it will generally get louder—usually with an injury or illness.

By intending to listen carefully and frequently to our internal guidance system, however, one can make course corrections before it becomes a crisis situation.

Now that we have started to train ourselves to listen to our body's wisdom, what next?

This is where we access our intuition. All of us have it and it is readily available for our use, just like our computers. And, as with a computer, it involves asking to be shown the direction—much like a Google search.

When the body gives messages requiring a course correction, ask it to clearly show the best course. Then pay attention to where you are drawn.

In my case, I was drawn to Pilates. Within a very short time, I was feeling more integrated. My coordination was returning. Pilates really spoke to my natural style of movement. My body signals were telling me I was on the

right track because I started feeling much better, integrated and back in my flow.

During this same period I attended Kristen Ulmer's Ski to Live program. Ski to Live incorporates Big Mind, a creation of Zen master Genpo Roshi that waxes the tracks to transcendent experience. Repeatedly dubbed by the media and her peers as the most extreme woman skier in the world, Kristen herself was dealing with injuries from years of constantly pushing her body. She saved herself with her own program and has shared it with skiers and snow-boarders at all levels since its inception in 2003.

Ski to Live takes the participant on a journey to become acquainted with one's preferences, beliefs and habits in the psychological and spiritual realm, then bridges it to a physical experience, in this case skiing. Participants can quickly see how self-perception affects not only the inner landscape but outer experience as well, and how it's all linked together. I was quickly connecting the dots of my own inner and outer experience and actively changing my relationship with skiing to better suit who I am today. The timing was perfect.

Looking back on my life, I realize that all along my body has been sending messages. I've often ignored them, sometimes interacted with them and usually made some course correction, consciously or not. In every case, I've grown.

Kristen has seen hundreds of people blossom in the process of accessing their inner knowing. And it's a wonder to behold:

"Jumping off 70-foot cliffs was exciting, but not nearly as exciting as helping people access something they already know; what they're capable of—not just as athletes or business men and women, but as human beings."

I've found that in my work, as well. I'm eternally grateful for the courage to allow myself to change, share what I have learned and have fun doing it!

With a highly skilled trainer or on your own—paying attention to your body's own signals is where it all begins. ♦

Sibel Iren (ROLFINGPARTNERS@GMAIL.COM) has an intuitive healing practice in Salt Lake City. She receives her inspiration from the majestic Wasatch Mountains, is grateful for her education in spiritual psychology and is an unabashed seeker of joy.  
Ski to Live: [WWW.KIRSTENULMER.COM](http://WWW.KIRSTENULMER.COM).



### Salt Lake Roasting Co.

320 E. 400 S. 363-7572. This downtown staple, known for its coffee by the cup and by the pound since 1981, also offers a unique daily-infused lunch and dinner menu. Open late with free Wi-Fi, summer patio dining, fresh pastries and loose-leaf teas, it is a perfect place for a coffee on the go, casual dining or a late night jolt. Visit our 2nd location inside the SLC downtown library. Coffee without compromise and more! \$, CC, V, P, TO.

### Takashi

18 West Market Street. 519-9595. Renowned sushi chef Takashi Gibo has opened the doors to an incredible Japanese dining experience. Enjoy a beautiful presentation of classic sashimi or experiment with delicious creations from the extensive sushi bar. Savor the assortment of small plates (Japanese tapas), from the tantalizing menu prepared by Chef Morio Tomihara. Featuring premium sake, wines and Japanese and domestic beers. Open Mon-Fri from 11:30a. and Sat. from 5:30p. \$\$-\$\$\$ CC V W/B TO.

### Vertical Diner

2280 S. West Temple SLC. 484-VERT. Vertical Diner offers vegan versions of classic "American" fare, including biscuits and gravy and burgers. Hours: Mon.- Wed. 11a-3p. Thurs-Fri. 11a-10p., Sat 10a-10p. Sun. 10a-3p. \$, CC, V, TO. W/B

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# CALENDAR

COMPILED BY DANA IGO



## An Innermost Journey: The Art of Shauna Cook Clinger

Great artistic skill, deep-rooted passion and personal revelation fuse to create the body of art in the Utah Museum of Fine Arts fall exhibition, "An Innermost Journey," by acclaimed Utah artist Shauna Cook Clinger. Cook Clinger began her art studies under Harold Peterson. When she was 17, she was awarded a four-year presidential scholarship to study at the University of Utah. She studied under the academically trained painter, Alvin Gittins, while she was at the University. The exhibition is a survey and celebration of Clinger's career and artwork, through an evolutionary collection of the artist's large-scale paintings created over the last 30 years.

While visiting the museum, leave time for "Art Since 1960: Selections from the Permanent Collection." This installation of modern and contemporary art brings together key works from the last five decades. Highlights include recent acquisitions such as "Buried Angel" (1962) and an early painting by Robert Smithson (best known for his monumental "Spiral Jetty" in Utah's Great Salt Lake).

Info: 581-7332. Utah Museum of Fine Arts, 410 Campus Center Drive.  
Jan.-Feb.

## Christian-Zen meditation

What could the wisdom of the east have to do with the beginnings of Christianity? "In the broader story of our current culture we can trace the

renewed interest in Christian spirituality to the wise men from the east: Yoga gurus, Zen masters and Sufi teachers," says Rev. Bonnie Joia Roddy, a minister at All Saints Episcopal Church. "They revealed to many believers a deep spiritual thirst for the teachings of our own often-forgotten mystic saints:

Teresa of Avila, John of the Cross, Meister Eckhart, Julian of Norwich—and so many others who had been forgotten in the Age of Reason."

Rev. Roddy's interest in Zen came from a Jesuit missionary to Japan, Fr. Thomas Hand, who was himself ordained a Zen monk at the same time he retained his calling as a Catholic priest. "It was through Fr. Hand that I found a comfortable balance between Christianity and the wisdom of eastern practice," she says.

Tuesday, January 6th, the day we celebrate the visit of the wise ones from the east, All Saints will resume their offering of Christian-Zen practice. Everyone is welcome, whether or not you have experience in meditation. No charge. All Saints Episcopal Church, 1710 Foothill Drive. Tel. 581-0380; [WWW.BONNIEJOIA@MAC.COM](mailto:WWW.BONNIEJOIA@MAC.COM)  
Meditation: 6:30pm-7:30pm  
Discussion: 7:45-9:00pm  
Tuesdays, beginning Jan. 6



## David Ruhlman Art Barn reception

Self-taught painter David Ruhlman lives and works in Salt Lake City. He paints primarily in gouache on wood panel. He also creates books, collages and installations, all using found objects. David's work has appeared in shows at the Salt Lake Art Center, The Object Gallery, Phillips Gallery, Finch Lane and The Pickle Company.

Come see his neo-mythic dreamlike new works. From ram's heads to stag-headed stigmata, Ruhlman's works speak a specific language of the imagination. Refreshments will be served, but BYOI (bring your own interpretations.) Info: 596-5000. The Art Barn, 54 Finch Lane (1325 East 100 South).  
Reception: Jan. 9, 6-8p.  
Exhibit: Jan 9-Feb 20.

## e2 Business networking event

The Salt Lake City Environmentally and Economically sustainable (e2) business program recognizes and supports the Salt Lake City business community and economy. Join them for a fun and informative networking evening with appetizers, drinks and dialogue. Guest speakers include Mayor Ralph Becker. This event is free for e2 businesses (includes two drink tickets) and \$15 for non-members (fee waived if business brings in an e2 application). Squatters Pub Brewery, 147 West 300 South.  
Jan. 8, 5:30-8:30p.

## Red Rock Hot Club CD release party

The Red Rock Hot Club is a Gypsy

Jazz-style guitar group featuring the music of Django Reinhardt. If you've never heard Gypsy Jazz, you're in for a treat; it can range from sweet n' low-down ballads to high-energy, fast paced jazz swing. This music can often be heard in motion picture soundtracks, or TV commercials, and it's extremely infectious. It was featured in the animated film "The Triplets of Belleville," Woody Allen's "Sweet



and Lowdown" and "Chocolat" starring Johnny Depp who actually plays the Reinhardt/ Grappelli composition "Minor Swing" on guitar. Join the Red Rock Hot Club for the release of their latest CD, "Gypsy Daydream," at Café Niche. Info: [WWW.REDROCKHOTCLUB.COM](http://WWW.REDROCKHOTCLUB.COM). Café Niche, 300 South 800 East.  
Jan. 17, 6-9p.



## Snowshoe Outings with a Naturalist

Looking for a little adventure in the snow? Antelope Island State Park naturalist Crystal Carpenter guides a series of free snowshoe outings in the Weber area. These quick trips provide a great opportunity to get out of the house and see Utah's natural wildlife. These outings are nature-oriented tours and not physical fitness workouts. To register: 510-8389. For information on snowshoe rentals: 393-2304.

Jan. 3, 17, 19, 10a-12p



PHOTO: BRUCE AOKI

## At Capacity— Ballet Without Boundaries

When the students from the Salt Lake Ballet Conservatory started receiving positive attention during their dance competitions only shortly after the school's opening in 2007, the founders knew that they had tapped into an incredible talent. Soon, they decided that Salt Lake was ready for another professional ballet company. Using the Conservatory as a feeding school for the company, DeAnn Caussyn and Cristobal Marquez formed the non-profit company the Salt Lake City Ballet.

At Capacity includes a salute to Harald Lander's famed ballet, *Etudes*, re-choreographed to Czerny's noted score by Cristobal Marquez and named *Estudios en Etudes*. Following are excerpts from such beloved ballets as *Don Quixote*, *Le Corsaire*, *Carmen*, *Romeo & Juliet* as well as four original contemporary dance pieces choreographed by Kassandra Taylor and Kea Kapahua. Tickets: 664-4607 or [WWW.SALTLAKECITYBALLET.ORG](http://WWW.SALTLAKECITYBALLET.ORG). Rowland Hall St. Marks Larimer Center Theater, 970 East 800 South.  
**Jan. 23, 7:30-9:30p.**

## Utah FM fundraiser with Carrie Rodriguez

Utah Free Media presents their first fundraising event: an evening with "a skilled purveyor of sophisticated twang," Carrie Rodriguez and her band. Opening for Carrie will be the Kaiser Cartel. Funds raised will go toward buying equipment to enhance the sound of UtahFM, give more of the city's radio documentarians the opportunity to create original works, and pay the station's music licensing fees. \$35 (\$75 for VIP passes). Must be 21 or older to attend. 355-ARTS; [WWW.ARTIX.ORG](http://WWW.ARTIX.ORG). Rose Wagner Center, 138 West 300 South.  
**Jan. 18, 7:30p.**



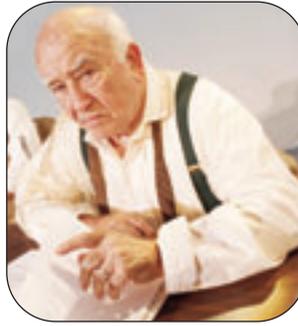
## "Get Organized" Month: super event at IKEA

January is Get Organized month. Join the Utah Wasatch Front chapter of the National Association of Professional Organizers for an afternoon of organization in the IKEA parking lot. Activities include personal document shredding, charity donation drop-off, household hazardous waste collection, free advice from local organizers, discounts on IKEA organizing products, cardboard recycling and a used book exchange. So get organized at this fun and free event. Info: 463-9090; [WWW.UTAHORGANIZERSGROUP.COM](http://WWW.UTAHORGANIZERSGROUP.COM). IKEA, 67 West IKEA Way, Draper.  
**Jan. 24, 10a-3p.**

## The Great Tennessee Monkey Trial

It's the summer of 1925 and the place is a sweltering Southern courtroom where the Tennessee vs. John Scopes "Monkey Trial" took place. The trial challenged the newly-passed act banning the teaching of evolution in Tennessee's public schools.

This riveting radio theatre performance is based entirely on original transcripts of the famous trial and all its stranger-than-fiction happenings. The performance is just in time for Darwin's 200th birthday and the 150th anniversary of "The Origin of Species." Starring Edward Asner (William Jennings Bryan), John Heard (Clarence Darrow), Arye Gross (Arthur Garfield Hayes), Jerry Hardin (Judge John Raulston) and James Gleason (H.L. Mencken). Performed by L.A. Theatre Works. [WWW.KINGTIX.COM](http://WWW.KINGTIX.COM). Kingsbury Hall, 1395 East Presidents Circle.  
**Jan. 28, 7:30-9:30p.**



## Footwork: An Evening of Percussive Dance

Debby Robertson and a variety of dancers will perform *Footwork: An Evening of Percussive Dance*. A variety of dance groups, whose common feature are the wonderfully audible rhythms they tap out with complex footwork, will gather to perform. The program features a classical tap piece performed in 1930s by famed vaudeville performer Eddie Rector, a humorous a capella dance by Bill Evans that takes place seated in chairs, and a call and response piece for a tap dancer and African drummer. Tickets: \$12 (\$10 with student ID). 355-ARTS. Rose Wagner Performing Arts Center, 138 West Broadway (300 South).  
**Jan. 29, 7:30-8:45p.**



## Urban Agriculture workshop series

Ever wanted to grow your own vegetables? Collect honey, eggs and fruit from your own backyard?

Lifelong Learning at the University of Utah, in collaboration with Wasatch Community Gardens and Red Butte Garden, offers a new workshop and class series on urban agriculture.

The series will provide hands-on training in a wide range of backyard gardening and city farming skills, from raising chickens and bee keeping to garden design and selling your own produce.

For everyone from the occasional gardener to the aspiring urban homesteader, the classes offer essential tools

for those interested in eating locally, engaging with nature, and developing an increased sense of self-sufficiency.

The seven classes, held at both the U and Red Butte Garden, include topics like How to Raise Backyard Chickens, Vegetable Gardening Basics, Grow Your Own Herbs and Eating Local. They will be taught by a range of local experts such as Dave Bell, founder of Bell Organics; Diane Sheya, "the Herb Chef" from Fox 13 TV; and Steven Rosenberg, owner of Liberty Heights Fresh.

Wasatch Community Gardens will also offer a wide variety of shorter hands-on workshops this spring. These workshops are held across the Salt Lake Valley, with several courses offered in Spanish. Workshops for spring include Beginning Organic Gardening, Starting a Community Garden, Organic Vegetable Seed, Compost Basics, Drip Irrigation, and Edible Landscapes. Info and to register: [WWW.LIFELONG.UTAH.EDU/URBANAG](http://WWW.LIFELONG.UTAH.EDU/URBANAG) and [WWW.WASATCHGARDENS.ORG/WORKSHOPSCHEDULE.HTML](http://WWW.WASATCHGARDENS.ORG/WORKSHOPSCHEDULE.HTML).



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# Obama dancing

## The rebirth of collective joy in the streets of America

BY AMY BRUNVAND

“Michelle may be a better dancer than me, but I’m convinced that I’m a better dancer than John McCain!”

—Barack Obama

Last summer on the beach when I read Barack Obama’s memoir, “Dreams From my Father,” it struck me that the pivotal moment in the distanced relationship between father and son was a dance.

When little Barry was 10 years old, his absent Kenyan father came to Hawaii to visit the son he had left behind as a toddler. To the little boy, his father in person presented just as much of a mystery as the dark-skinned stranger he had seen in photographs. Then, as Obama senior was packing to go back home, he discovered some recordings of African music that he had forgotten to un-pack. He put the records on a turntable, and the scene that follows is so beautifully written that it’s worth re-reading:

“Come Barry,” my father said. “You will learn from the master.” And sud-

*denly his slender body was swaying back and forth, the lush sound was rising, his arms were swinging as he cast an invisible net, his feet wove over the floor in off-beats, his bad leg stiff but his rump high, his head held back, his hips moving in a tight circle. The rhythm quickened, the horns sounded, and his eyes closed to follow his pleasure, and*

**During the campaign it wasn’t just Obama who danced. Pretty soon people around him were dancing, too. The New York Times reported, “There is more dancing at Democratic rallies, more shouting out at Republican ones.”**

*then one eye opened to peek down at me and his solemn face spread in a silly grin, and my mother smiled and my grandparents walked in to see what all the commotion was about. I took my first tentative steps with my eyes closed, down, up, my arms swinging, the voices lifting. And I hear him still: As I follow my father into the sound, he lets out a quick shout, bright and high, a shout that leaves much behind and reaches for more, a shout that cries for laughter.*



Obama senior died without ever seeing his American son again, so this one glimpse into his father’s soul had to make up for a whole fatherless lifetime.

But even though his father never really got a chance to teach him African dancing, Barack Obama the candidate had the distinction of moving beautifully. And—unusual for a political candidate—his dancing generally inspired admiration rather than ridicule. In October 2007 when Obama danced onto the set of the Ellen DeGeneres show he amazed viewers just by appearing rhythmic and natural, though he was self-deprecating when Ellen compared him to the other presidential contenders saying, “You’re the best dancer so far.” Obama acknowledged, “It’s a low bar.”



During the campaign it wasn’t just Obama who danced. Pretty soon people around him were dancing, too. An October 2008 New York Times article reported, “There is more dancing at Democratic rallies, more shouting out at Republican ones.” And by the time November rolled around it was possible to pull together a credible world-music dance set composed entirely of pro-Obama songs. (See sidebar.)

On election night, cold rain was falling in Salt Lake City so I was indoors watching the election results on television. Then Obama won, and TV cameras all over the country showed huge crowds of people literally dancing in the streets.

A year ago in this column I reviewed “Dancing in the Streets: A History of Collective Joy,” by Barbara Ehrenrich, which is all about how this kind of ecstatic public celebration never, ever happens in America, and how the loss of collective joy has created a sense of something missing in our culture. And yet all over the country people were dancing, and I was particularly longing to be with a jubilant group in Washington D.C. who were dancing in front of the White House. In their silly grins and their pleasure I caught a glimpse of the “something” that has been missing in our country for far too long. ♦

Amy Brunvand is a dance enthusiast and a librarian at the University of Utah.

### YouTube ObamaSongs

Need some music for your Inauguration Day celebration party? The ObamaSongs group on YouTube has posted a collection of 1,346 original music performances from Obama supporters including musicians from more than 62 countries:

[WWW.YOUTUBE.COM/USER/OBAMASONGS](http://WWW.YOUTUBE.COM/USER/OBAMASONGS)

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### Alliance Francaise of Salt Lake City

571-0723. P.O. Box 26203, SLC UT 84126. International cultural organization conducts French language classes. Beginners through advanced levels taught by experienced, native teachers. Three semesters, 10 sessions each. Monthly social gatherings. We also sponsor French related concerts and lectures. [WWW.AFSLC.ORG](http://WWW.AFSLC.ORG).

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801-879-5411. At Meridian Massage, 1245 East 8600 South, Sandy, Utah 84094 Acupuncture and Chiropractic also available. You deserve it. Your body needs it. Mon, Fri, & Sat 1-6 by appointment. Tue & Thur 1-5 on site.

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# COMMUNITY

## RESOURCE DIRECTORY

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801-520-1470. Sibel Iren, MA. Sibel offers a unique and gentle form of transformational bodywork combining Roling®, Core Integration of the structural spine and viscera, and intuitive energy reading of the chakra system allowing Quantum Healing to naturally occur. www.UTAHROLFING.COM

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### Rolifing® Structural Integration

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897-7892. Ever wonder how you can influence the way your body feels? I combine myofascial/structural manipulation with Laban Movement Analysis to help you feel, understand, and re-pattern the movements that form your body every day. Matthew Nelson, CLMA, CMT, THEWNELSON@VERIZON.NET.

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### Sunflower Healing & Massage

801-828-7273, 600 North Rose Soaring WhiteEagle, Massage Therapist/Healer Discover the Best Massage in the Valley! Mind, Body, Spirit & Soul! Swedish & Deep Tissue, Reiki Master-Teacher, ThetaHealing, CranioSacral, & Shiatsu

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www.BLUEBOUTIQUE.COM

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## EDUCATION

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**Sego Lily School.** 274-9555. [WWW.SEGO-LILYSCHOOL.ORG](http://WWW.SEGO-LILYSCHOOL.ORG)

**Elaine Bell.** Art Instruction. 201-2496.

**Red Lotus School of Movement.** 355-6375. [WWW.REDLOTUSSCHOOL.COM](http://WWW.REDLOTUSSCHOOL.COM)



## ENERGY WORK & HEALING

*energy balancing, Reiki (SEE ALSO: Bodywork)*

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- ✦ Founder of International Institute of Chinese Medicine (IICM), Albuquerque and Denver campuses.

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### Dr. Lin Bin, O.M.D., L.Ac.

- ✦ M.D. and O.M.D. in China
- ✦ Specialized in Chinese Gynecology and internal medicine
- ✦ Practiced acupuncture and Chinese medicine in the U.S. for 16 years
- ✦ Faculty member for IICM and Dallas College of Oriental Medicine.

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# Your story of the year

## Choosing a positive way of thinking about 2008 sets us up for a better 2009

BY JEANNETTE MAW



**W**hat are the stories you're hearing—and telling—about the year behind us now and the new one ahead? Are you paying attention to the way you talk about what's happened and what's coming next? The transition into 2009 is an excellent time to remember to use your word powerfully.

Some sentiments I've heard from others:

"2008 kicked my butt."

"That was the best year of my life."

"I'm so glad to have that year behind me."

"Something good is going to happen this year!"

"We've got a tough road ahead."

"It'll get worse before it gets better."

I invite you to become aware of not just the words you're speaking, but also recognize their power to dramatically alter what unfolds for you in the coming months as you choose them wisely.

### Your habit of perception?

How do you tend to think about the last year? Was it a string of trials and tribulations, or did things pretty much go your way? Most of us can find examples of both; and—

**As you change your mind, you change the state of matter. Your consciousness creates tomorrow; use it well.**

most of us don't practice both perspectives. Usually we have a habit of one perception over another.

For example, do you more naturally see what went right during 2008? Or do you tend to focus on the shortcomings? As you do your "year in review," do you see more highlights than lowlights? This is an important personal quality to be aware of, because it strongly affects what happens in 2009.

Whether we're observing present circumstances, imagining the future or reflecting on days gone by, those thoughts make up our *current* vibrational frequency or energy patterns. That matters because what we vibrate now has everything to do with what unfolds next; how we think about the past affects what happens tomorrow. So choosing a positive way of thinking about 2008 sets us up for a better 2009.

A fellow entrepreneur celebrating her company's one year anniversary this month said to me, "I survived a whole year!" As she talked about her journey it was clear she felt lucky to still be standing after 12 months of struggling and just getting by. While there's undoubtedly different ways to think about the crossing the first anniversary milestone, the "survival" theme might not be one she would prefer to take with her into 2009. Tweaking the year-end assessment to a more powerful "gaining momentum," "making progress on the learning curve" or "planted some important seeds" story would create a whole different energetic frequency for her—which changes what happens next!

No matter what went "right" or "wrong" for you in 2008, finding a way to look at it that feels better is an easy way to shift your energy, which soups up the new year.

Some of us have a tendency to focus on what didn't get done or what didn't go as planned. That focus attracts more of the same. It's important to purposely reflect on what went right, what we did accomplish, what we are proud of. As you switch to a more empowering focus, you'll feel the difference in your emotional energetic state.

### What would you love?

As you look at 12 fresh months ahead of you, instead of *anticipating* what might be in store, flex your manifesting muscle by *choosing* what 2009 holds for you. You do that simply by being deliberate about the thoughts you think and the story you tell about 2009. Are you going to wait and see what happens? Worry what might go wrong? Or think about what you don't want? Those points of focus aren't likely to bring in rave reviews next New Year's Eve!

Although most folks don't consciously choose to think thoughts that dampen potential future suc-

cess, most of us engage it to some degree unconsciously. What was the last thing you worried about, and how long ago was that? It might have been something as simple as wondering if there's food stuck in your teeth, or whether you ran out of time at the meter. It might be a more alarming thought about whether you'll be able to dodge the landlord another couple days or how mom's surgery will turn out.

As you think, so shall it be. The energy of the new year offers a clean slate to start new habits; start with those all-powerful thoughts and feelings.

Instead of just doing a repeat of years past with mixed results, create a new result by asking what you would love to see happen; wonder about what fabulous things might unfold in this new vibration of 2009. Think of reasons to expect the best for the new year. As you do so, you literally change what happens next! As you change your mind, you change the state of matter. Your consciousness creates tomorrow; use it well.

Here's to the best and brightest 2009 you can possibly imagine! ♦

Jeannette Maw is a Law of Attraction coach and founder of Good Vibe Coaching in Salt Lake City. [www.GOODVIBECOACH.COM](http://www.GOODVIBECOACH.COM)

## Empower your new year intentions

*Here's a process for redirecting old thought patterns into new ways of manifesting your deepest dreams and desires for 2009. To get off to a strong vibrational start this year, pull out a piece of paper and pen for this short written exercise from Mike Dooley's "Manifesting Change" audio program. It will help you dial up whatever you'd most enjoy in 2009.*

**First step:** Think about things in the past you've wanted that have come to fruition in your life. Whether it was accomplishing a big goal, acquiring material things or having an experience you always wanted, note which of your old thoughts manifested in physical reality. Dooley instructs to "write down as many thoughts of yours that have already become the things and events in your life." As you do so, skip lines or leave a space between each item. Note dreams of yours that have already come true or thoughts of yours that have already become things.

**Second step:** Once you've made this list, in the spaces between each "dream come true" or "thoughts that became things," jot down present dreams of yours that will become true.

*This method can be a profound way to see upcoming wishes and desires in a new light, as it strongly connects you with your ability to manifest what you want. Dooley says the simple act of associating prior successes with successes you wish to experience will show you you've been there before—you're exercising an ancient muscle you came equipped with that effortlessly creates the world around you.*

**Variation #1:** Jot down fears or challenges of the past that you've mastered or dealt with. Intermingle that list with some present day fears or challenges. This simple act of associating prior successes with present day challenges will immediately show you that you've been there before, you can do it again.

**Variation #2:** List names of people who have achieved as you wish to achieve, and in that list put your name.

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842-4518. Kathy Melby, Certified Facilitator of The Work of Byron Katie. The Work is a simple way to access your own wisdom and lead a happier life. Specializing in developing loving relationships, relieving depression, and improving your outlook on life. Individuals, couples, families, groups and retreats. [WWW.THEWORK.COM](http://WWW.THEWORK.COM)

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**Clarity Coaching.** 487-7621. [WWW.KATHRYN-DIXON.COM](http://WWW.KATHRYN-DIXON.COM).



## SPIRITUAL PRACTICE

*meditation/study groups, churches/ministry, spiritual instruction, workshops*

### Antelope Island Spiritual Foundation

364-0332, 150 South 600 East Suite 1A. A community-based developmental spirituality program. Beginning level group support encouraging internal exploration, challenging the individual's attachment to personal history; intermediate guidance for responsible use and discernment of transformative power through a series of initiations; advanced guidance and mentoring in community leadership with ceremonial Deathlodge, Purge-sweats, Dreamlodges, Shamanic journeywork, Kundalini principles, and Self-Stalking practices. [INSIGHT@VELOCITUS.NET](mailto:INSIGHT@VELOCITUS.NET).

### The Agape Movement

801-531-0600. Hear The Secret's Rev. Michael Bernard Beckwith, founder: Agape Spiritual Movement, on tape, at celebratory service beginning Nov. 2, Sundays 4PM, Deeksha meditation 3:30PM, First United Methodist Church, SE Corner, 203 S 200 E. Enter East door, go down to Chapel. [WWW.LESLIEREYNOLDSBENNS.COM](http://WWW.LESLIEREYNOLDSBENNS.COM)

### Goddess Circle

467-4977. Join us second Monday of every month for Wiccan ritual. Free, open, women & men, beginners, experienced & curious all welcome. 7:30pm at 569 S. 1300 E., Unitarian Church, Salt Lake City, UT 84102.

### Inner Light Center Spiritual Community

268-1137. 4408 S. 500 E., SLC. An interspiritual sanctuary that goes beyond religion into mystical realms. Access inner wisdom, deepen divine connection, enjoy an accepting, friendly community. Events & classes. Sunday celebration & children's church 10am. [INNERLIGHTCENTER.NET](http://INNERLIGHTCENTER.NET)

### Kanzeon Zen Center International

328-8414 with Zen Master Dennis Genpo Merzel. 1268 E South Temple. [WWW.GENPO.ORG](http://WWW.GENPO.ORG).

### Meditation group in Sugar House

915-6795. Facilitated by Clinton Brock, this organic contemplative meditation approach emphasizes relationship with the Divine

through devotion, will, surrender, fluidity and Love. Call Clinton for more details. 1104 Ashton Ave. (2310 S.), #204.

### Stephen C. Paul, Ph.D. (801) 355-2526.

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### Salt Lake Buddhist Temple

363-4742. 211 West 100 South. Shin Buddhism for families. Rev. Jerry Hirano and the sangha welcome you to our services Sundays, 8:30 a.m. tai chi /qi kung, 9 a.m. meditation service, 10 a.m. dharma school service, 11 a.m. study class. Naikan (self-reflection) retreats for everyone. Please check our website for calendar of events. [WWW.SLBUDDHIST.ORG](http://WWW.SLBUDDHIST.ORG).

### Salt Lake Center for Spiritual Living

307-0481. Elizabeth O'Day, Minister. A home for your spirit. 870 E North Union Ave. (7150 S at 900 E), Midvale. Sunday celebration Services at 9:30 and 11am; childcare at both services, Youth Church at 11. "Empowered people sharing in spiritual growth." [WWW.SPIRITUALLYFREE.ORG](http://WWW.SPIRITUALLYFREE.ORG).

### Transcendental Meditation Program

635 8721 or 446-2999. The easiest and deepest meditation, automatically providing rest twice as deep as sleep, most researched and recommended by physicians, for improved IQ, enhanced memory, better coordination, normal blood pressure, and reversal of aging, TM greatly deepens happiness and calmness, and is the bullet train to enlightenment. [WWW.TM.ORG](http://WWW.TM.ORG)

### Urgyen Samten Ling Gonpa

**Tibetan Buddhist Temple**  
328-4629. 740 S. 300 W. Urgyen Samten Ling Gonpa offers an open environment for the study, contemplation, and practice of Tibetan Buddhist teachings. The community is welcome to our Sunday service (puja), group practices, meditation classes and introductory courses. [WWW.URGYENSAMTENLING.ORG](http://WWW.URGYENSAMTENLING.ORG)

### Vedic Harmony

942-5876. Georgia Clark, certified Deepak Chopra Center educator. Ayurveda is the oldest continually practiced wellness enhancer in the world. Learn how it can help you harmonize your lifestyle and well being. Primordial sound meditation, creating health workshops, Ayurvedic wellness counseling, Ayurvedic oils, teas and books, Jyotish (vedic astrology). Georgia has trained in the US and India. [TARAJAGA@EARTHLINK.NET](mailto:TARAJAGA@EARTHLINK.NET)

### Work, Live and Practice

510-981-1987. Buddhist Community, Northern CA. Work-Study opportunity includes housing, vegetarian meals, living allowance, free classes in meditation, Tibetan yoga, Buddhist psychology and more. Work with projects of benefit to all humanity. Learn about us at [WWW.NYINGMA.ORG](http://WWW.NYINGMA.ORG)

### Soul Therapy Center 349-2639.

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# What's New Around Town

BY KATHERINE PIOLI

## ATTENTION CATALYST ADVERTISERS AND COMMUNITY SUPPORTERS:

Help us keep our readers informed about changes in your business. Send us news about your company or organization—new services, products, projects, employees, location, menu, hours, honors, etc. Email us a brief message (include telephone and name): [greta@catalystmagazine.net](mailto:greta@catalystmagazine.net)

### Crystal bowls on sale in January

Scientific studies show that sound can produce changes in the autonomic, immune, endocrine and neuropeptide systems. "Every atom, molecule, cell, gland, and organ of the human body absorbs and emits sound," says Mary Nickle, who has devoted over 25 years studying and working with spirit and the human energy field, including 16 years as an instructor.

At Time Out Associates, Mary Nickle is offering introductory sound-healing demon-



strations and private sessions with crystal singing bowls. The bowls are also available for purchase, with special pricing during January.

"The tones produced by crystal bowls are not just heard by the ear, you feel them in your body, with certain tones affecting your energy centers for healing, balancing & meditation," says Mary. "Our crystal singing bowls are 99.992% pure quartz crystal, making them incredibly resonant."

Time Out Associates, 150 S 600 E, #6C, also offers meditation instruction, massage/bodywork, and intuitive healing therapies. 801.530.0633. [WWW.TIMEOUTASSOCIATES.NET](http://WWW.TIMEOUTASSOCIATES.NET)

### Civic duty: Join a board or committee

Calling all bicycle enthusiasts and open spaces users looking for ways to serve their community: Salt Lake City and County need your help.

**Bike Committee:** an advisory group for the city and county. Volunteer board members work together through issues that affect bikers and city street users. They look for solutions to make roads safer for all users, work for increased biker safety, and



### 2009 People's Market Seed Swap

The Salt Lake City People's Market is holding their 3rd annual Seed Swap at the end of this month. The event is intended to promote urban farming and food production—urban farmers from throughout the Wasatch Front (and beyond) will be sharing their seeds.

Seed saving is an important way to preserve and promote biodiversity in our food supply. Many seed varieties have been declining and disappearing over the generations, leaving us poorer for their passing, and many of these older seed varieties have been specially adapted over the years to the specific regions in which they grew, making them ideally suited for these climates and naturally resistant to pests that occur there. These regionally suited seeds diminish or remove the need for pesticides and other agri-chemicals that damage the environment.

Large-scale commercial growers are more inclined to use genetically modified varieties and not to save their seeds. Modern genetic engineering creators manufacture new vegetable varieties better suited for resistance to pesticides, robotic harvesting, high-volume processing, and long-range transportation at the expense of flavor and nutrition.

Organizers of the People's Market created the Seed Swap as a way to build community, promote gardening, enhance food security, and encourage people to think of market gardening as a viable entrepreneurial activity. At the seed swap, community members offer a wide variety of perspectives on these issues and ways to work together to promote strong, secure communities.

The swap is open to the public, and you do not need to bring seeds in order to attend, or to take home seeds. — *Pax Rasmussen*

Saturday, January 31. Sorenson Unity Center, 1307 S 900 W, 5p. 359-8559. [WWW.SLCPPEOPLESMARKET.ORG](http://WWW.SLCPPEOPLESMARKET.ORG).

educate drivers about multi-use road issues. They are also responsible for planning and implementing special projects such as the Josie Johnson memorial ride that commemorates the victims of cycling accidents.

**Open Spaces Committee:** The committee comprises volunteers passionate about protecting and managing open spaces in Salt Lake and the Wasatch-hikers, bikers and ranchers. They have the power to recommend immediate spending of the \$24 million bond given for open space projects. They also form visions and ideas for the future. The seats for this committee are districted. Current spots are open for Salt Lake City, Millcreek, Sandy and the valley west side near Magna.

To apply for these volunteer positions, download and fill out the two-page application, sending it along with a resumé to the address provided at the bottom of the form. Submission of applications is recommended by January 15 although the process will be ongoing until all spaces are filled.

Application form at [WWW.MAYOR.SLCO.ORG/](http://WWW.MAYOR.SLCO.ORG/) under

### Total relaxation with Marcine Shirley

*Pratyaksha* is a hindu word meaning connection of mind, body and spirit. It is also the name Marcine Shirley has chosen for her new massage studio in the Millcreek Wellness Center.



Marcine began her career in massage and bodywork 12 years ago in California. Marcine offers Shiatsu, Swedish massage and Thai yoga massage among other treatments.

Marcine considers herself extremely blessed to have found work that she truly loves, clients that appreciate her services, and a space of her own. In the Millcreek Wellness Center, Pratyaksha is surrounded by a community of independent body workers, including a yoga studio and a life counselor. Marcine says the arrangement

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**Dragon Dreams moving...  
 from 10th & 9th to 9th & 9th**

Just over a year ago Sandra Mingua opened a tiny giftshop in the Web of Life Wellness Center on 9th South. Her inventory and clientele expanded in tandem; now the time has come for larger digs.

Next month Dragon Dreams will open new doors just down the street, occupying a niche among 9th & 9th's other thriving shops. Her store will offer the same variety of new age-oriented items including Aubrey skin-care products as well as daily psychic and astrological readings provided by local practitioners. The new, much larger location also affords classroom space.

The old location at the corner of 10th East remains open through Jan. The new location officially opens for business on February 3rd, with a grand re-opening party the evening prior.

Dragon Dreams Gift Boutique. Through Jan.: 989 E. 9th So. After Feb. 2: 920 E 9th S. Tel 509-1043.

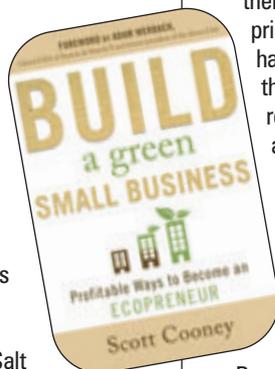
is extremely beneficial to her clients who can take advantage of occasional specials such as a Pilates and Massage package, with the establishments conveniently located in the same building.

Pratyaksha Massage, Marcine Shirley, LMT 1550 E 3300 S, tel. 856-6825 WWW.PRATYAKSHAMASSAGE.COM

**Ecopreneur turns author:  
 Scott Cooney**

Scott Cooney grew and sold several green businesses while living in Salt Lake City. He has written for the entrepreneur, or shall I say wanna-be "ecopreneur," based on his personal experience and connections. "Build a Small Green Business: profitable ways to become an ecopreneur" outlines how to reform an existing business or be green from the get-go.

Cooney owned his own green lawncare business, then became part-owner in the Salt Lake edition of the ReDirect Guide. "I learned quite a bit about how businesses conduct themselves, how they market themselves, and how they price their



products and services," he says. His book breaks the process of starting a green business into four steps: green it, getting started, finding customers, and how to charge. From tourism to wedding planning to venture capitalism, Cooney covers each step as it pertains to each business. "There are different shades of green customers," he points out. "How you speak to them varies, depending on if you run a spa or a dry cleaner."

"Build a Small Green Business" shows how to capitalize on the trend toward sustainable practices as more people make an effort to live more lightly on the planet.

"Build a Green Small Business," by Scott Cooney: McGraw Hill, 2009. Scott will be in SLC on a book tour next month; see Feb. CATALYST for specifics. And check out his blog: WWW.ECOPRENEURSGUIDE.COM



**Photographers need credit:  
 Sallie Dean Shatz**

The above photo of writer Rebecca Solnit accompanied Solnit's article which appeared in the Dec. 08 CATALYST, "A Great Day, Nine Years, Three or Four Centuries: The jubilant birth of the Obama Era caps a decade of extraordinary events." It was taken by Sallie Dean Shatz in NYC last winter. The photo credit was accidentally left off.

Shatz taught "Daily Journaling with a Camera" through the Women's Art Center this fall. She will teach the course again, starting January 27. No experience is needed—only "the desire to express something that has never been seen before."

Tuesdays, 6:30-9pm, eight weeks beginning Jan. 27. \$175.  
 WWW.SHATZIEPHOTOS.COM.

**Idle Free Utah  
 Campaign: Update**

The latest news from the Idle Free Utah campaign reported a budget deficit of \$540 left from their last sticker printing. The city has since picked up the tab and the environmental engineering and consulting company Brown and Caldwell donated enough funds to cover the next printing—which has already been mostly distributed. In two months' time the project as distributed over 30,000 stickers with the county responsible for another 10,000, according to Renee Zollinger, the city's environmental manager.

There's more: The town of Alta and Alta Ski Resort have teamed up and bought 2,000 stickers, the first step in an effort to extend the idle-free movement from the valley up the canyons.

Zollinger reports that a number of banks are expressing



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Photo: Daisy Johnson

### "Easy Like Sunday Morning" day retreats

If the prospect of a relaxing and invigorating day in the mountains stirs your soul, consider a La Vie d'Aise retreat, complete with "inspirational yoga, awakening music and elegant food." Local songwriter and sometime rock diva Lisa Marie provides live music, yoga classes are taught by local and regional instructors and Dawn Brockett is chef.

Dawn founded La Vie d'Aise (The Easeful Life) one year ago as an umbrella company for the expression of her culinary and yoga artistry. She has used her integrated understanding of food and the body to benefit local yoga retreats and conscientious non-profit organizations. Her French-influenced skills are also in demand by private clientele.

"Easy Like Sunday Morning" day retreats are held Sundays, 11 am-7 pm, at Rikka Events Studio in Park City. Info: [WWW.DAWNBRACKETT.COM](http://WWW.DAWNBRACKETT.COM) or [WWW.LISAMARIEVOX.COM](http://WWW.LISAMARIEVOX.COM).

interest in joining the campaign. They hope to find a balanced solution to reduce idling common in bank drive-thru lanes.

But the most important project for the approaching year may come from Patty White's sixth grade class at Morningside Elementary. The elementary school has received a grant to continue their efforts to spread and promote the idle-free campaign. The sixth graders are creating packets of information with activities and information for distribution to other schools, gearing up for continued outreach.

Involving the students at schools like

Morningside has produced triple the amount of progress in the campaign compared to schools where only the principal and teachers are involved, reports Zollinger. Including the children teaches them about civic engagement and social activism, she stresses. Once the students adopt and engage in the activity, the rewards and successes grow exponentially.

For schools, businesses and communities that would like to join the idle-free Utah campaign: [WWW.IDLEFREE.UTAH.GOV](http://WWW.IDLEFREE.UTAH.GOV), [RENEE.ZOLLINGER@SLCGOV.COM](mailto:RENEE.ZOLLINGER@SLCGOV.COM), tel. 535-7215.



### Old and New

For 15 years CATALYST occupied a lovely old building downtown on Broadway. We dubbed it the Lorenzo Snow Apartments, as it was built in the 1890s by Mr. Snow. (While we still maintain some residency there, about a year ago we transferred the office to the space we'd previously referred to as "CATALYST East" on McClelland.)

If you've passed by recently, you may have noticed life in the sweet old building. Meet our new tenants!

### The business of intuition: Cheryl Deis, Enchanted Eye

Cheryl Deis freely uses the word "psychic" to describe herself and her work while also acknowledging that her craft is largely a result of well-honed intuition.

Just as most people can write, most also have an ability to sense and perceive what is not always apparent, she says. But only a few are really good at it and Cheryl is one of these people. As a "conduit for information," Cheryl uses her gift of insight to help her clients find answers to their question about relationships, investments, health issues and a many other things.

Cheryl as created a comfortable and inviting sitting room for her and her clients. Having her own space, she says, allows her to fill it with her own energy (note the gold fireplace!), making the space more open and clear and enhancing necessary communication.

Cheryl has been a working psychic for eight years after leaving a career in business management. She is also a professional glass artist, specializing in jewelry making. Cheryl is available for parties, special events, private readings and group channeling sessions.

Enchanted Eye, 362 East Broadway. Tel. 577-2248. [WWW.ENCHANTEDEYE.COM](http://WWW.ENCHANTEDEYE.COM)

### A master of the craft: Georg Meiwes, violin maker

Georg Meiwes' (pron. *Ghee-ogg My-vis*) life story takes him from a family of bakers and stone carvers in northwest-

ern Germany to violin-making shops in London, Dallas and finally to his own shop in Salt Lake City. Georg with his wife and business partner Alessandra,



occupy the east side of the old CATALYST office space, and their work brings a whole different type of craft to the building.

Since 1997 Georg has worked as a master craftsman, following seven years of intensive study at schools in Germany and three years of apprenticeship under other masters, concluding in a series of comprehensive exams. Now, after more than a decade, Georg is finally ready to open his own shop.

Commercially made violins use pieces of milled and pre-shaped wood. By contrast, each of Georg's violins takes 180 hours of careful carving and manipulation. During a recent visit, Georg lovingly lifted one of his handmade instruments from its case to explain the process of production: spruce wood top, maple strips on the sides, the ebony pegs, fingerboard and bridge.

The old CATALYST space, he says excitedly, was the perfect find, near to the family's home and in a popular downtown neighborhood with plenty of parking for customers.

Georg takes commissions for violins, violas and cellos. He also offers repair services, restoration and free appraisals.

Georg Meiwes, 364 East Broadway. Tel 428-7368

### And goodbye to: Michelle Royer of Healing Hands

Before the major relocation of the Catalyst office took place, and before Cheryl Deis and Georg Meiwes made their homes in the duplex on Broadway, the magazine gladly shared its space with Michelle Royer of Healing Hands Massage Therapy.

Michelle has downsized her practice as she has returned to school, seeking a graduate certificate in Conflict Resolution and Mediation.

Healing Hands, Michelle Royer tel. 641-5883



BY SUZANNE WAGNER

- Arthurian Tarot:** Three of Cups, The Eachtra
- Mayan Oracle:** Muluc, Universal Movement, Manifestation
- Aleister Crowley:** Strength, Victory, The Magus
- Medicine Cards:** Badger, Blank Shield
- Osho Zen Tarot:** The Creator, Suppression
- Healing Earth Tarot:** Eight of Wands, Two of Feathers
- Ancient Egyptian Tarot:** Prince of Disks, Seven of Disks, The Devil
- Words of Truth:** Self-Obsessed, Resentment, Feeling, Fluidity

January 2009 is a time of celebration but also great change and stress. For the moment, optimism is the theme as we look forward with hope to a new beginning with a new president.

The next year will be fraught with major adjustments and shifts that will profoundly affect everyone and the world.

There will be those of you who feel that the ship of life is heading away from the obvious dangers that have been plaguing us for the last six months. The new president will be the brave face for an upset and stressed country. Some will feel that we are finally breaking out of a rut, knowing full well that further effort will be needed. All around, the anticipation is igniting a fire of hope that is desperately needed at this time.

Then there are others who want to see that the sky is falling; they may want to feel like the victim in this situation. This will cause great worry, delays and negative feelings.

And both can be true. One is not exclusive of the other. In every time there are those who want to fall into fear and gloom. There are also those who want to see the possibilities and are willing to sacrifice in order to allow change to manifest.

Change is necessary for life. Nothing can stay the same. There are natural cycles of prosperity and downturn for every culture and system that has ever existed on the planet. So why stress yourself out? A better option is to honestly

make conscious choices to protect and support the new energetic shifts and trends that are coming into play now. It is time to let go of the pattern that used to be and become clear about what is happening right now. If you continue to live in the illusion of the past in order to bolster fears or weaknesses within, you may find yourself in a very difficult position. But if you become aware and take the necessary precautions, you will be able to navigate this river of change with clarity and a sense of adventure.

A good boatman in the Grand Canyon knows that before running a big rapid, you stop the boat and study the temperament of the water at the moment. Rivers change day by day. The pathway to take the boat

It is time to let go of  
the pattern that used  
to be and become  
clear about what is  
happening right now.

through last week might not be correct for this week. A boatman knows to get out and take a look, create a strategy, and then run the rapid.

This is the way life should run, also. But often we forget and want to run the river the way we did before. Sometimes doing that produces dire consequences.

This month I challenge you to pause, survey the scene, suss out the possibilities, stay flexible and open to change, forget about how you did it last year or even yesterday, and decide what you want to happen next. Then run the rapid of your life with all the awareness and enthusiasm you can muster. Because, ultimately, whether the sky falls or the ship sails smoothly is irrelevant. Your ability to choose your viewpoint will rue or save the day. ♦

Suzanne Wagner is the author of numerous books and CDs on the tarot. She lives in Salt Lake City. [www.suzwagner.com](http://www.suzwagner.com)

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# January 2009

Communal effort is the remedy of choice for all that ails in 2009

BY RALFEE FINN

**2**009 is a paradox: At the stroke of midnight, the planets promote pure individualism, with an almost singular concentration on common sense as the key to personal success. Yet the astral emphasis is also on community as the most important means of facing personal as well as collective challenges. It's a new twist on the needs of the one versus the needs of the many. A twist that leaves no doubt that the needs of the one are the needs of the many, for as the year unfolds, communal effort will emerge as the remedy of choice for personal and collective difficulties.

The good news and the bad news is that all year long a plethora of surprising plot twists continues to turn previously solid ground topsyturvy. Some of the shifts are welcome, but the constant barrage of change triggers resistance. No one, no matter how committed to change, thrives in a constant state of uncertainty—nervous systems weren't meant to sustain adrenaline super surges for extended periods. And that resistance, personal as well as collective, is sure to turn into power struggles. Discord on all sorts of levels—physical, emotional, mental, and spiritual—is likely.

A spirit of cooperation is the best

way to handle the disruptions of the coming months. But this spirit needs to be embodied. The idea of working together isn't enough to effect change. What's needed is the ability to actualize the ideal, a process that demands commitment and determination.

Fortunately, planetary signatures for 2009 signal the potential for hard work tempered by empathy and insight. The year begins with five planets in Capricorn—Pluto, Mars, the Sun, Jupiter and Mercury—a sign thoroughly committed to doing whatever it takes, including hands-on hard work, to accomplish its goals. From the 1st-

6th, a Mars/Pluto conjunction continues to trigger issues of power and control; do everything in your power to avoid the use of cruel or brutal tactics. At the opening of the New Year, this volatile conjunction is softened by a sextile from the Moon, in Pisces: a positive interaction that offers the potential for genuine empathy.

Also from the 1st-6th, a Mercury/Jupiter conjunction provides the solid ground of common sense. Use this positive energy to set your intentions for the year—realistic, yet lofty goals that will strengthen your sense of purpose.

*If you know your Ascendant and/or your Moon sign, read that too.*

## **Aries** March 21-April 19

It's the prefect year to release the need for unnecessary drama related to your career. Yes, there will be changes, and yes again, part of those shifts will be personal. But if you're willing to stay flexible and grounded, you'll make steady progress that's manifests as financial prosperity.

## **Taurus** April 20-May 20

The year is devoted to establishing and then, maintaining boundaries, personal as well as professional. The key to this pattern is figuring out how you can experience greater ease at simply being yourself. Sounds like a no-brainer, but it will require a conscientious awareness of where you put the needs of others before your own. And whether those decisions are co-dependent or healthy.

## **Gemini** May 21-June 21

Don't worry if you find yourself in a muddle of personal changes. You're coming out of a prolonged identity crisis, and now that Pluto has left your

Sign, it's time to integrate what you've learned. So take a deep breath and begin to contemplate your long-term goals. And you look toward the future, you may be pleasantly surprised by a new level of confidence and composure about what lies ahead.

## **Cancer** June 22-July 22

2009 invites you to explore your partnerships, personal as well as professional, including your relationship with yourself. Part of this process is recognizing just how deeply you feel responsible for the welfare of others; yet another facet of this exploration is learning how to balance your needs with perceived need of others. While it won't be easy redefining your relationships, it will be worth the effort.

## **Leo** July 23-August 22

Seek the appreciation and validity you deserve, but be prepared to work harder than you can imagine to achieve that goal of recognition. Also be aware, that sort of intensive effort may come at a cost—there are only so many hours in

the day. But while you may grieve the loss of "spare" time, you'll also be more than pleased with the fruit of your labor.

## **Virgo** August 23-September 22

You can feel battered by hate if you choose to, or you can acknowledge just how much you create your own destiny. This is not so much a matter of creative visualization, but rather it is about believing in your ability to move in the world with confidence and strength just by being yourself.

## **Libra** September 23-October 22

Embracing your sensitivity will only make you stronger, so rather than resist your vulnerability, own it. We all have a need to belong, and while Pluto may be probing your need for safety and security, this is a common need. Stay present for your personal experience, and you'll notice just how deeply you are connected to your fellow travelers.

## **Scorpio** Oct 23-Nov 21

Go ahead and sing your own praises—loudly and proudly.

You've accomplished a great deal and there's no reason why your success won't continue throughout the coming year. So share your opinions, pontificate every now and then, and take pride in your accomplishments.

## **Sagittarius** Nov 22-Dec 21

Now that Pluto is finally out of your Sign, you may actually experience a lessening of intensity, so take a moment and breathe in the new air. Then, get ready for the next phase and accept Pluto's invitation to explore issues of value. From the financial to the psychology, if you're willing to plumb the depths, you'll discover hidden treasure.

## **Capricorn** Dec 22-Jan 19

Pluto initiates an identity crisis, and while some of the challenges of this process are unsettling, other aspects will be highly beneficial. Don't be surprised if you suddenly feel like eliminating old habits that no longer serve. But no matter what, hang on to the company of friends who know you, well. In the midst of difficult soul

work it's important to find sweet moment to renew and refresh the soul.

## **Aquarius** Jan 20-Feb 18

Jupiter's presence in your Sign expands your perspective on a variety of subjects as it simultaneously encourages your whole-hearted participation in life. So don't be shy about jumping into a wide range of experiences. And while you do have to look before you leap, Jupiter is the planet of good luck, which should mean you will land on your feet.

## **Pisces** February 19-March 20

We could start with a riddle: You're in the midst of a crystallization process that occurs over time and as each piece of the puzzle solidifies, you'll feel greater clarity and certainty about your next step. To solve the puzzle, you need to know what's crystallizing and why. Here's a hint: Pluto is asking you to identify what gifts you want to share with your community.

## Additional particulars

Jupiter enters Aquarius on January 5th, where it will spend the next year amplifying the need for communal cooperation, with an expansive reach that enhances respect for diverse of opinions. Jupiter's presence in Aquarius will also add a touch of joy to our efforts to work together.

Mercury is retrograde from January 11th-February 1st, so be sure to have everything backed up by January 8th. Mercury Retrograde is never a good time to initiate new plans or projects, but is an excellent time to review, reflect and reconsider on what is already in motion.

Community service as we all know often requires sacrifice, so it might be helpful to know that the root meaning of "sacrifice" is "to make sacred."

All month and all year, the Saturn/Uranus opposition continues to trigger challenges to the status quo. The second exact opposition is on February 5th, two weeks after the inauguration, two weeks into the new administration. And 10 days after a solar eclipse on January 26th that is sure to provide hidden information about just how bad the state of the nation, especially the economy, really is.

The new President has a lot of experience as a community organizer, a skill set that will prove invaluable throughout 2009 and the years ahead. A community is only as strong as its individual members, and its members are only as strong as the community. Sounds simple and even a little corny, but the thing about clichés is that they are true. Community service as we all know often requires sacrifice, so it might be helpful to know that the root meaning of "sacrifice" is "to make sacred." Something we might all be glad to do in the days ahead, in all aspects of our lives. ♦

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# January



## DAY BY DAY IN THE HOME, GARDEN & SKY

BY DIANE OLSON

**JANUARY 1** The Sun rises at 7:51 a.m. today and sets at 5:10 p.m. This month's average maximum temperature is 36°; the average minimum 19°. Average snowfall is 12.7 inches. Look for Venus blazing just below the crescent Moon tonight.

**JANUARY 2** White glass-rings left on furniture from a distracted reveler? Remove with a thin paste of olive oil and salt. Using your fingers, gently massage paste into the ring. Let sit for two hours, then wipe off. Or coat with petroleum jelly, let sit for 24 hours, and wipe. (And remember the coasters for your next party.)

**JANUARY 3** Got the winter blues? Repot your houseplants. A bacterium found in soil stimulates serotonin production. While you're at it, give them a sponge bath to clear their pores. Yes, plants have pores.

**JANUARY 4** FIRST QUARTER MOON. Earth reaches perihelion, its closest position to the Sun, today. It reaches aphelion, its farthest point, around July 4. Seasonal weather patterns are shaped by the 23.5-degree tilt of our planet's spin axis, rather than by Earth's elliptical orbit.

**JANUARY 5** Keep watering amaryllis after the flowers fade, and let them soak up light. What we know as amaryllis are actually *hippeastrums*, which are in the family *Amaryllidaceae*.

**JANUARY 6** Under the reign of the Egyptian emperor Sheshonq I, cats were worshipped, and the cat-headed goddess Bast was the pre-eminent deity. When pet cats died, they were mummified, and the

family went into mourning, shaving their eyebrows in bereavement. The cult of Bast lasted centuries, during which the punishment for killing a cat, even accidentally, was death.



**JANUARY 7** If you have a pond with overwintering fish, make sure a section is always ice free. You can get a deicer (it's actually a small heater) at your local garden store.

**JANUARY 8** The seed catalogs are here! **Time to start planning this year's garden.** Here's an 83-year-old master gardener's approach to ordering seeds: "First, go crazy. List everything your heart desires; it'll add up to thousands of dollars. Then, start crossing things off the list that you really can't afford, don't have space for, or lack the patience to pamper. Pretty soon you'll have a sensible and affordable list." Check out Wasatch

Community Garden's seed exchange this month, too!

**JANUARY 9** If you haven't already sharpened, sanded and painted your garden tools, do it now. You'll need them soon.

**JANUARY 10** FULL WOLF MOON  
Good news for procrastinators: **If the**



ground isn't frozen solid, you can still plant spring bulbs.

**JANUARY 11** Time to prune grape vines. They should be cut back to the main structure of the plant, leaving two buds per side-shoot.

**JANUARY 12** It's best to change your furnace filter every month.

**JANUARY 13** Now's a good time to go to a gardening store and discuss gardening and landscaping issues. Employees will be less busy than in the spring.

**JANUARY 14** In the 1600s, physicians treated fever by having patients lay on a bed of sliced cucumbers.

**JANUARY 15** Fleas have killed more humans than all the wars ever fought. Fleas carry the bubonic plague, which killed one-third of the population of Europe in the 14th century.



Northern Utah isn't typically flea territory, but Southern Utah prairie dog colonies are often plagued (so to speak) by them.

**JANUARY 16** The ideal temperature for sleeping is 68°. Studies in Australia and Tasmania have also found that eating chilies improves sleep quality.

**JANUARY 17** LAST QUARTER MOON. **If the ground is dry, water your trees and garden.** Especially new plants. Dry freezes can kill, and hydrating actually prevents plants from freezing.

**JANUARY 18** This is a good time to **prune apple and pear trees.** These trees develop fruit on short branches called fruiting spurs, which are only productive for five to seven years. Pruning encourages the growth of productive new spurs.

**JANUARY 19** Locusts can eat their own weight in food in one day. Humans typically eat their own body weight in about half a year.

**JANUARY 20** It's mating season for raccoons. After mating, males and females go their separate ways, and the females care for the young exclusively. Mothers and cubs have complex—and, if the family living in my backyard is typical—loud and strange-sounding vocal exchanges. Listen to raccoon and other wildlife calls at [WWW.AUSTINWILDLIFERESCUE.ORG/HTML/SOUNDS.HTML](http://WWW.AUSTINWILDLIFERESCUE.ORG/HTML/SOUNDS.HTML).

**JANUARY 21** Some insects with large body cavities freeze solid during the winter. They first turn to slush inside,



which prevents the formation of large ice crystals that would rupture their cells.

**JANUARY 22** Look for Venus and Uranus, side by side, tonight and tomorrow night.

**JANUARY 23** Whenever you can, open the doors and windows to give your house a change of air. Both you and your houseplants will benefit.

**JANUARY 24** If you've got the gardening jones, and the ground is damp and unfrozen, this is a great time to pull perennial weeds.

**JANUARY 25** NEW MOON. Even with snow on the ground, you can spread compost, manure, or soil conditioner on garden beds. Make it two inches thick. Turn the compost pile while you're at it.

**JANUARY 26** Pussy willow buds are swelling.

**JANUARY 27** Remember to **supply fresh, open water for the birds.** They could use some suet, too. Birds shiver to stay warm, contracting their muscles rapidly to create friction and generate heat. Shivering requires a great deal of energy, so birds need extra food when it's chilly.

**JANUARY 28** In traditional Persian medicine, **saffron**—the lovely, tiny, flavorful red filaments hand-picked from tiny crocus flowers—was used to treat

depression. Make some saffron rice [RECIPES.EPICUREAN.COM/RECIPE/715/SAFFRON-RICE.HTML](http://RECIPES.EPICUREAN.COM/RECIPE/715/SAFFRON-RICE.HTML) for a tasty pick-me-up.

**JANUARY 29** Snowdrops and violets are blooming in south-facing niches.

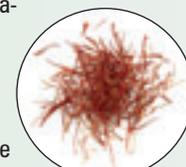
**JANUARY 30** If you didn't do it last fall, cut perennials back now to make room for new growth.

**JANUARY 31** The Sun rises at 7:39 a.m. today, and sets at 5:45 p.m.

"Everything is interesting if you look at it deeply enough."

—Richard Feynman

Diane Olson is a writer, gardener and bug hugger.



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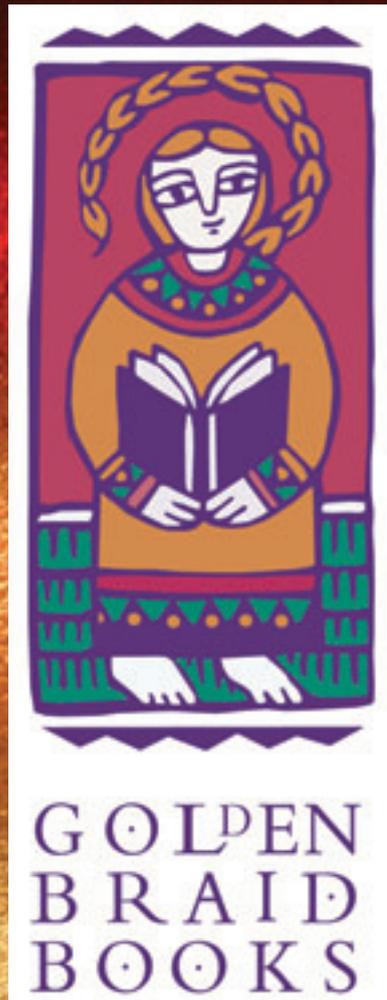
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