

What's New Around Town

COMPILED BY EMILY MOROZ

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Beat the economy blues with Free Coffee Mondays at Cucina!

It's a numbers game, and the prize is free coffee, including lattes, mochas and espresso—at least on Mondays at Cucina in Salt Lake's Avenues. And everybody wins.

"No ifs, ands or buts. No gimmicks. It's free coffee," says good-natured owner Dean Pierose, who has pledged to maintain Free Coffee Mondays until the Dow Jones reaches 10,000 points—during a recent visit, we heard customers debating how long this would be, with estimates ranging from two to 10 years. "You should've seen it in here on Monday. Coffee is a big deal to customers... especially free lattes. People waiting in line were giddy!" says Pierose. The offer pleases his regulars, and is attracting new faces, who may come for a coffee but can't resist a pastry or maybe a few deli items as well.

Pierose and the folks at Cucina have enjoyed local support and customer loyalty for 14 years. "I see people changing their behavior and lifestyles now because of the situation with the economy. People are driving less, conserving more. Ultimately I think it's a good thing for society." But Pierose wants to make sure people don't forget their lattes.

The Free Coffee Monday bar graph, painted in red on the north wall of the cozy deli, currently displays 25 months of possible Free Coffee Mondays. If the Dow isn't up by then, Pierose jokes, "I might have to start making checkmarks above the doorway."

Cucina Deli, 1026 2nd Ave (between Q & R Streets), 801-322-3055, WWW.CUCINADELI.COM

Creativity, crafts & camaraderie (...and vegetables)

Ever wondered how to paint a Ukrainian egg, make a wooden flute, or build a puppet? Come to the Pioneer Craft House and "learn something old."

At the same time, every Tuesday until September, you can buy produce from area growers, including a group of enterprising refugees from Bhutan, Burma and Burundi. Refugee Services Liaison Ze Min Xiao

approached the Pioneer Craft House in January in search of a place where refugees could gather for spiritual ceremonies, participate in craft arts and enjoy a common ground with fellow community members. The refugees maintain a garden plot surrounding the Pioneer Craft House parking lot where they grow all of their own vegetables and some to sell at the markets. It gives them an opportunity to interact with fellow refugees and community members alike.



In addition to produce there are weekly folk craft demonstrations, live music and an open mike, food vendors, and artists' booths with arts and crafts for sale.

The Pioneer Craft House is one of Utah's oldest educational facilities. Built in 1847 by a small group of settlers, it began as a two-room schoolhouse, church and recreation center, growing into a well-established meeting place for community crafters young and old. Executive Board Member Pam Hanrahan invites anyone interested in learning about traditional crafts to sample the variety of classes offered at the PCH, including drawing, jewelry making and lapidary, fiber arts (quilting, weaving, and knitting), pottery, mosaic glass and more.

Tuesdays through September, 5:30-8 p.m.
Pioneer Craft House and Tuesday Farmer's Markets, 3271 South 500 East, 801-277-9688.
WWW.PIONEERCRAFTHOUSE.ORG

2009 Live Green Festival a success

The CATALYST staff had a hootin' good time at this year's Live Green Festival at Library Square, sponsored by the

Downtown Alliance. The turnout was notable, the weather stunning, and you couldn't beat our location—right in front of bike-powered music radiating from the outdoor amphitheatre. CATALYST also took fest-goers by storm by giving out live organisms—for free! Staff members Emily, Carol, Pax, Mike and John handed out samples of kombucha daughters, also known as "that weird fungus tea," to passersby, whose reactions ranged from slightly skeptical to downright pumped up about growing kombucha. We hope those of you who took a SCOBY have had success in brewing your own tea. Feel free to let us know how it's going!

Thanks to all who filled out our reader survey. We will make good use of the information. (If you would like to fill out the survey, visit our website.) Congratulations to the winner in the prize drawing; she received a \$75 gift certificate to Faustina.

And thanks to all of you readers who stopped by to say hello and tell us how awesome we are. Don't worry, we don't let that kind of thing get to our heads. Now if you'll excuse us, we have an Invite-Only Awesome Party to attend....

WWW.DOWNTOWNSLC.ORG/EVENTS/LIVE-GREEN.HTM



CATALYST'S Emily Moroz & Carol Koleman at last month's Live Green Festival on Library Square.

Eat—and grow—your own with D&L Urban Farms

There's a lot of buzz about growing your own food these days, and for good reason. Have you ever considered how many miles your food has traveled in a gas-powered vehicle? That conventional apple you're about to bite into may have come all the way from Washington, California or New York, but the one grown locally may have only traveled a few miles. Buying, eating and growing local food helps reduce our fuel dependency. It's also fun, quickly rewarding and saves money in the long run. But how do people living in a city with limited gardening space grow their own food? D&L Urban Farms, a new urban gardening company, can help.

"The Victory Garden is back!" says Durham. "More people are involved in Community Supported Agriculture (CSA) and growing their own food. Many people in Salt Lake are interested but still don't know how to start. Once they meet with us and learn the basics, it's incredibly empowering."

D&L Urban Farms was started earlier this year by lifelong gardening friends and business partners Mike Lewis and Jessica



Durham. Lewis grew up in northern New York, Durham in southern Idaho, and both come from hardworking gardening families. Inspired by similar existing businesses in Seattle, Portland, and San Francisco, Lewis and Durham thought it was high time Salt Lake had such a resource. The two entered their urban gardening business plan into an entrepreneur competition at Westminster College, and business blossomed from there.

D&L Urban Farms specializes in building and managing food gardens in customers' backyards, balconies or even window boxes. Lewis and Durham work with the client to design and construct individualized gardens so customers can enjoy local, organic produce from their own backyards, explains Durham.

D&L Urban Farms can help you with garden design, kid-friendly projects, building raised beds and soil testing. They'll even stick around for end-of-season maintenance, harvesting, and food preservation. Rates are reasonable, starting at \$25/hour, with project bids for larger projects.

D&L Urban Farms, Jessica Durham & Mike Lewis,
INFO@DLURBANFARMS.COM, WWW.DLURBANFARMS.COM

Marrying mind & body

Newlyweds celebrate practice, harmony and spirit at Yoga Path Studio in Draper



The community of historic downtown Draper loves its dusty little main street. Quaint shops, some occupied and some abandoned, line Fort Street, their windows catching reflections of cars streaming by. A defunct barber pole perches above the local barbershop, motionless yet delivering a timeless image. Just next door, visible through nearly floor to ceiling windows, is a yoga studio. Hard to believe for Draper? Not anymore. Yoga Path, Draper's first community yoga studio, is apparently just what the community needs.

Kimberly Gallegos opened Yoga Path in her Fort Street space in December of 2007, joined shortly thereafter by business partner Henry Deutsch. She was thrilled to find the large, relatively inexpensive space—the building housed a hardware store for nearly 60 years prior.

Gallegos and Deutsch have worked with the building's owner, Will Webster, to maintain the integrity of the building and the historical context in which it was built. "Everyone who comes through the door feels a certain energy in this spot, and this building," Gallegos says. "I think we have a magic door here, because the most amazing people walk through it! It's great to sit here and see who's going to walk in next."

Will Webster knew it was important to preserve the sense of community the street once had with the centrally located hardware store. At one time, says Gallegos, the men in town would all gather around a big coal stove inside and

share stories, take advice, and talk about their families. Webster wanted Yoga Path to create that same kind of atmosphere. And so far, it has. "I've seen really strong friendships form here among students who hadn't known each other before. Now they go to each other's homes and their children know each other. It's great to be a part of that community."

Randy Sorenson, licensed acupuncturist and herbologist, occupies two rooms in the studio space. Gallegos, Deutsch and Sorenson one day hope to add a massage therapist, nutritionist and kinesiologist. They also look forward to hosting movement workshops and expanding their teacher base. The couple wants to establish a lounge area in the front for students to relax and socialize before and after classes.

Through "the magic door"

The studio is light and comfortable, easily accommodating the half-dozen students stretching on mats on the floor. Quiet music plays in the background, and Gallegos, benevolent and soft-spoken, guides the students through a few routines.

It's clear that Deutsch, a Chicago native who has been practicing yoga for four years, admires Gallegos' focus and her ability to respond to the needs of each class. "Kim reads the energy of the class and creates the practice for the day around this energy."

Gallegos grew up in Draper and has been practicing yoga for over 18 years. She became certified with D'ana Baptiste in 2007 at Centered City Yoga in Salt Lake.

The couple met a few years ago, while Deutsch was searching for a yoga studio in which he could find more spirit-focused practice, which he prefers over the "ra-ra" gym-oriented yoga he'd previously encountered. "No spandex for me," Deutsch says. "It's not just about the exercise. It's more about the mind." Finding a practice that allowed for concentration, dedication and meditation was important to him, which was why he jumped at the opportunity to work with Gallegos. "Yoga is an opportunity for me to become more of a human being, instead of a human doing," he says.

Flexible instruction, flexible students

Gallegos and seven other instructors teach Monday through Saturday, including a Fundamentals class, Vinyasa Flow, Restore, Hatha, Fusion, and a kids class. "People have said to me, 'I'm not very flexible' or 'People might laugh at me.' But all of that disappears as soon as they arrive," says Gallegos. "In the yoga studio, people come from many different social climates, but none of that matters here. You come here in your yoga clothes, and you're on a mat in your bare feet."

The instructors at Yoga Path all share a common emphasis on personal practice. Classes here can be as rigorous or moderate as one wishes, depending on ability and need. Deutsch and Gallegos say their teachers aren't pushy, and people appreciate that. "You come in, you do what you can today, and if you need to rest, you rest," adds Gallegos. If you need to take a break and regain your focus, you can. "There's no pressure. It's their practice for whatever they need that day, not mine."

Gratitude for practice and the place

Deutsch began practicing yoga after realizing how stressed and overworked he felt in his daily routine. "For me, it was always a fear of letting go," Deutsch says of his newness with practicing meditation and yoga. Deutsch is grateful for every opportunity to train both his mind and body through yoga, and says he's a lifetime student.

Gallegos remembers a really difficult time of her life through which yoga was extremely helpful. "I didn't want to practice, but I did anyway," recalls Gallegos. "At the end of the practice, I found myself laughing uncontrollably; tearful laughing. I'd realized that I could be anywhere in the world, and all I needed was a little faith, and some yoga, and everything would be okay. It was very liberating."

The day CATALYST visited Kimberly Gallegos and Henry Deutsch in their studio, they had just gotten married. We wish them well in all their new endeavors!

Yoga Path, 12582 S. Fort St (950 E), Draper, UT,
801-860-8638, WWW.YOGA-PATH.ORG