

21-YEAR-OLD QUADRIPLEGIC PAINTS WITH HIS EYES



By Jessica Thompson



PAGE 4



PAGE 2



PAGE 15



PAGE 16

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“There are always some students that somehow slip through the cracks, and I wish that there were more that we could do.”

PAGE 5

YMCA Children Do 1,000 Acts of Kindness

By Jessica Thompson | Jessica@mycityjournals.com

In 2015, children and staff of the YMCA Salt Lake and Weber County after-school programs made a goal to participate in 1,000 acts of kindness before the end of the year. Emilie Gibson, Taylorsville community family center program coordinator at the YMCA, said, “The acts of kindness the children did throughout

celebrate the YMCA hosted the Festival of Kindness where children were able to participate in holiday crafts, food and Christmas performances. The purpose of this event was not only to celebrate reaching their goal, but was also to celebrate the children’s efforts at making the community a better place through

“We hope the children will have a greater desire to reach out to others and give back to their community through simple acts of service after they were a part of this Festival of Kindness.”

the two months ranged from holding the door open to being nice to someone who was sad or needed a friend. One of my personal favorites included kids surprising their parents with a clean house.”

Around Christmas time the children reached their acts of kindness goal, and to

kind acts. Families were even able to hang their acts of kindness on a Kind Acts Tree, so all could see the good they accomplished together.

“My favorite aspect of the Festival of Kindness is seeing families come together and enjoy quality time with our activities and performances,” Gibson said.

Left: Parents came with their children to the YMCA Festival of Kindness to enjoy many holiday arts and crafts. Many families hung their kind acts on the Kind Act Tree. Right: YMCA’s Festival of Kindness was a celebration for the children who helped reach their goal to give 1,000 acts of kindness. Photos credit: Julia Breinholt



At the Festival of Kindness children of the YMCA after school program performed holiday songs for their parents. Photo credit: Julia Breinholt

This event helped give parents an opportunity to see what their children have been learning and doing at the YMCA after-school program. Staff at Taylorsville City’s YMCA were proud of the youth in the program and

all the kindness they provided.

“I feel proud that our children were making an effort to be more caring and thoughtful. It is encouraging to see them bring about goodness to the community through their kind acts,” Gibson said.

YMCA of Northern Utah would like to thank the University of Utah Pharmacy Club for all the help they did at the arts and crafts stations. Children at the YMCA’s Festival of Kindness made wonderful memories of making holiday crafts and cookies with their families, but Gibson feels they left the festival with a little bit more.

“We hope the children will have a greater desire to reach out to others and give back to their community through simple acts of service after they were a part of this Festival of Kindness,” Gibson said. ✦

For more information about the Taylorsville YMCA, visit www.ymcautah.org, call 801-839-3388 or stop by at 4223 Atherton Drive.

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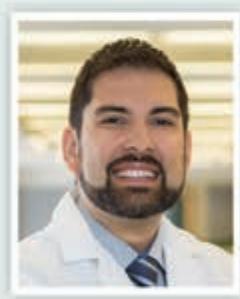
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21-Year-Old Quadriplegic Paints with his Eyes

By Jessica Thompson | Jessica@mycityjournals.com

When Justin Miller was just two years old, he caught a virus that completely paralyzed his body for a week. Miller soon recovered and could eventually breathe and talk on his own again. During this time Miller's mother, Donna Miller, said, "He was a normal little boy. He loved to finger paint. Even then he liked to do art."

At the age of five, he caught the virus once again, but this time he never recovered, causing Miller to become a quadriplegic. The doctors have never been able to diagnose Justin's cause for becoming paralyzed. Now at the age of 21, Justin doesn't let his disabilities stop him from creating something beautiful.

With the help of a communication computer called the Dynavox, Justin is able to create bright and beautiful artwork with the movement of his eyes. The computer follows his eye movements and takes pictures to help him communicate through speech and his artwork. Justin is also able to smile slightly and use his right ear movement to control his wheelchair.

"I started painting because I thought it was something I would be good at and something I would be interested in. I also thought it was a good talent for me to have. When I first started painting, I thought to myself, doing artwork is a fantastic idea, I'm going to create art," Miller said with the help of his computer.

St. Mark's Hospital Taylorsville Emergency Center purchased three pieces of Justin's artwork making him now a professional artist.

"I think it is wonderful that Justin is so talented and that people want to buy his artwork. If you look at him, it doesn't look like he can do anything, but of course he does. He creates this beautiful artwork," Donna Miller said.

The new Emergency Center is a 10,500-square-foot facility with 10 exam rooms, including a trauma room with services including computerized tomography, ultrasound and X-Ray. This new center is located at 2675 West Taylorsville Boulevard.

The three pieces on display at the Emergency Center have been titled by Justin. His entire artwork collection is titled 'Art of Imagination' with the first piece titled 'Tired Water.'

"I feel relaxed when I'm painting. I always imagine myself being in different places when I am doing artwork. I imagine myself being on the beach, listening to the calm relaxing waves and watching the sun set," Miller said.

Miller names each one of his paintings. This piece of art is a part of his "Art of Imagination" collection and is titled 'Blowing Dust.' Photo Credit: www.ksl.com



At the age of two Justin Miller caught a virus that completely paralyzed his body. Now, 21 years old Justin doesn't let his disabilities stop him from doing something he loves. Justin loves to paint with the help of his Dynavox computer which tracks his eye movements to create each of his paintings. Photo Credit: www.ksl.com

The other two pieces of art are titled 'Stained Glass Window' and 'Blowing Dust.'

"It's wonderful and amazing that he can express himself through artwork. It makes me feel happy for him and amazed at what he does because of the limitations that he has," Donna Miller said.

This new facility is not the only place where you will be able to find Justin's artwork. The Emergency Center gifted one of Justin's Masterpieces to Taylorsville City Hall for more people to enjoy viewing.

Having a disability has not stop Justin from accomplishing his goals and he feel others should do the same.

"I would encourage others to follow their dreams by having a variety of things to image and having a variety of emotions. I would encourage people to dream about having a creative talent, whether it's a talent in art, writing, music, designing websites or any other creative talent," Miller said.

The Millers believe that the sky is the limit with children who have disabilities.

"I know children with disabilities are capable of doing miraculous things just like Justin. I am thankful for technology that can make it so they can do whatever they want," Donna Miller said.

Junior High is where Justin first learned how to create art and since then has become part of an organization called Doue which means "gifted" in French. This organization invites special needs artists to share their talents and inspirational stories. Doue is currently applying to be a non profit, which will hopefully give them an opportunity to have a traveling art exhibit and work with more facilities to display special needs children's art work.

Veronica Hansen, Doue representative, said, "We feel that this will provide Justin and other special needs artists with continued opportunities, add even greater value to their work, and touch many lives in the process."

"Painting gives me a variety of things to imagine and gives me a variety of emotions. Artwork is another way I can express and communicate. That's what I like about painting," Miller said. ✦



Students GEAR UP at Taylorsville High

By Elizabeth Suggs | Elizabeth.s@mycityjournals.com

Students at Taylorsville High have the opportunity to GEAR UP for college.

Created for students in low-income housing, GEAR UP is an acronym for “Gaining Early Awareness and Readiness for Undergraduate Programs.” The grant offers seven years in the federal program for assistance and services needed during college.

“There are always some students that somehow slip through the cracks, and I wish that there were more that we could do.” Andres Dominguez, part of Taylorsville High’s GEAR UP program, said. “But we are always recruiting and trying to find those that would really benefit from what GEAR UP has to offer.”

need to succeed in the global economy.”

Dominguez believes Utah could become better if the communication between students and programs could be enhanced. He suggested more ways of communication or even enhancing current ways.

“We are working on different social media platforms to see which is the most effective to get the word out for our several activities and events,” Dominguez said. “The most recent of those endeavors being Twitter, which has not been as successful as we had initially hoped for.”

Even with social media platforms, students must take their own initiative and par-



Dominguez has been part of the program for over a year. For Dominguez, it was about giving students a chance to be exposed to resources that they may have never had a chance to experience.

“I got involved because it was an opportunity that allowed me to help youth that come from a background similar to my own,” Dominguez said. “I’m in a position to empower, educate and motivate youth.”

GEAR UP, according to the National Council for Community and Education Partnerships, follows students from as early as 7th grade throughout their high school career. The program helps students through tutoring, mentoring, academic preparation, financial education and college scholarships. While GEAR UP helps students take part in scholarships, the program also offers both state and partnership grants for students.

GEAR UP was authorized in the 1998 amendments to the Higher Education Act of 1965 and was signed into public law the same year by then president Bill Clinton. The reasoning behind the GEAR UP program, according to Clinton, was due to the reaction of how little low-income students actually went to college, or succeeded with some higher education level.

“In today’s global economy, what you earn depends on what you learn,” Clinton said. “This bill will make it easier for millions of Americans to get the higher education they

participate in events. Students who care will be faithful and will adjust their plans for activities, according to Dominguez.

“The objective is to help prepare them and have them be ready to enter college,” Dominguez said. “Of course there are some events that they can’t make it to, but overall, if they want to be involved we try our best to make activities available for them.” ✦



GEAR UP was authorized in the 1998 amendments to the Higher Education Act of 1965 and was signed into public law the same year by then president Bill Clinton

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MAYOR'S MESSAGE



Mayor Larry Johnson

February is a great month. February 14th is Valentine's Day, what a great day to show love, thanks, and appreciation to family members, friends, and neighbors. February 15th is Presidents' Day, a holiday to honor George Washington and Abraham Lincoln. I would like to share some fun facts about both of them with you.

George Washington – Fun Facts

1. He did not have a middle name. With a name like George Washington, you don't need one.
2. He was not born on February 22, 1732.

Washington was actually born on February 11, 1731, but when the colonies switched to the Gregorian calendar from the Julian calendar, his birthday was moved eleven days. Since his birthday fell before the old date for New



Year's Day, but after the new date for New Year's Day, his birth year was changed to 1732.

3. That is his real hair, not a wig. It looks white because he powdered it.
4. Nobody will ever rank higher than him in the U.S. Military. In 1976, Washington was posthumously awarded the highest rank in the U.S. military, EVER.
5. He had quite the salary.

According to the Christian Science Monitor, in 1789, his presidential salary was 2 percent of the total U.S. budget.

6. He was one of the sickest Presidents in U.S. History.

Throughout his life, he suffered from a laundry list of ailments: diphtheria, tuberculosis, smallpox, dysentery, malaria, quinsy (tonsillitis), carbuncle, pneumonia, and epiglottitis – to name a few.

7. He had no children of his own.
8. He never chopped down that cherry tree. Parson Weems, who wrote a myth-filled biography of Washington shortly after he died, made up the cherry tree story.
9. Before becoming the father of the nation, Washington was a master surveyor.
10. He was a dog-lover.
11. He is the only president to go into battle while actually serving as president.

Abraham Lincoln – Fun Facts

1. Lincoln is enshrined in the Wrestling Hall of Fame.

2. Lincoln created the Secret Service hours before his assassination.

On April 14, 1865, Lincoln signed legislation creating the U.S. Secret Service. That evening, he was shot at Ford's Theatre. Even if the Secret Service had been established earlier, it wouldn't have saved Lincoln: The original mission of the law enforcement agency was to combat widespread currency counterfeiting. It was not until 1901, after the killing of two other presidents, that the Secret Service was formally assigned to protect the commander-in-chief.

3. Lincoln personally test-fired rifles outside the White House.

Lincoln was a hands-on commander-in-chief who, given his passion for gadgetry, was keenly interested in the artillery used by his Union troops during the Civil War. Lincoln attended artillery and cannon tests and met at the White House with inventors demonstrating military prototypes. Although there was a standing order against firing weapons in the District of Columbia, Lincoln even test-fired muskets and repeating rifles on the grassy expanses around the White House, now known as the Ellipse and the National Mall.

4. Lincoln's beard was historic.
5. Lincoln supported women's rights.

Lincoln's was the first president to sport a beard while serving in office.

6. Lincoln had the first inaugural photograph.

Lincoln was the first president to be photographed at his inauguration. Standing close to Lincoln in the photo is his future assassin, John Wilkes Booth.

7. A Secret Message was engraved inside Abraham Lincoln's pocket watch by a jeweler, and it was not discovered until 2009.
8. Lincoln established Thanksgiving as a national holiday.
9. Lincoln was the first president to use the telegraph.
10. Lincoln ran for the U.S. Senate twice and lost.
11. Lincoln kept his important documents inside his hat.

Mayor Johnson

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replace aging and degraded mechanical and electrical equipment in the treatment plant and rehabilitate corroded collection system pipes. The need for rehabilitating the aging infrastructure at CVWRF will cause an additional expense to the District.

While these expenses are never desired, they are necessary at this time to continue providing high quality service. The rehabilitation will take place over the next 20 years allowing the plant processes to continue recycling water and returning it the environment.

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- *Reducing overall household water use.*

This information and more can be found on the Central Valley Water Reclamation website: www.cvwrf.org.

If you have any questions regarding this article, please contact Dan McDougal, Communications Manager, at Taylorsville-Bennion Improvement District:
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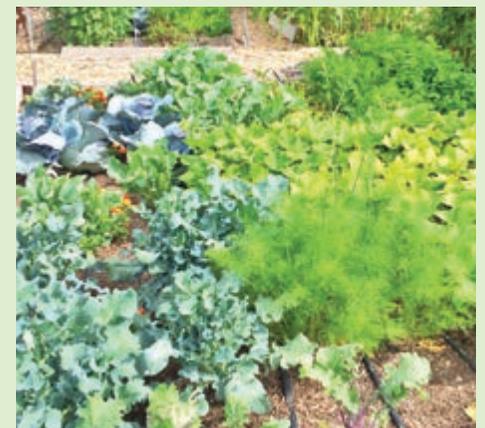


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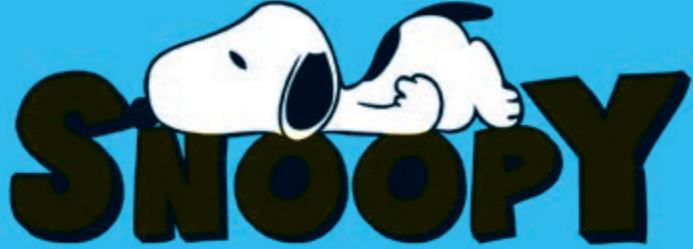
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COUNCIL CORNER

City Center Planning

As we look around our city we see lots of change, growth and vitality. One of the changes we look forward to is in our own front yard. When Taylorsville became a city we leased space and conducted city business in a shopping center. Our city founders realized the importance of investing in the future when they purchased the Namba property to create a city center. According to the 1997 General Plan for the city of Taylorsville, “City Center for the new City of Taylorsville may be different than other cities. Rather than creating a center

which focuses on city administration and services, Taylorsville prefers to find an expression for City Center that is more of a gathering place and activity center for its residents...”

Several weeks ago we met with the Mayor and administration to discuss options for the property surrounding city hall. In attendance at this meeting were some of our former elected officials: Janice Auger Rasmussen, Jim Dunnigan and Keith Sorensen. Howard Wilson, chair of the Arts Council also participated in this meeting. A flood of memories were

brought to our minds as we reviewed photos, site plans and compared notes as to the history, purpose and potential of this property. Although faces and philosophies may change, the common thread woven throughout the discussion was love for the city and responsibility and accountability to our residents.

As we move forward this year we are hopeful that our City Center will be a pleasing and inviting place in which to conduct city business, gather as friends and neighbors and celebrate the good things in Taylorsville.



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YOUTH COUNCIL CORNER

Youth Council Report

By Taylorsville Youth Council

As the world celebrates the start of the New Year, Taylorsville City Youth Council members reflect on the successes of the past year and await the adventure of 2016. For many members, 2015 marked the start of their service on youth

council and the following months came jam-packed with service projects, new experiences, and lots of laughs that increased the council’s unity.

To start off the coming year, members look forward to attending Day at the Legislature. This event at the Utah State Capitol building will provide the council with a wide array

of opportunities. The featured events include participating in a mock debate, discussing Utah’s current issues with local legislators, and listening to the oration of Paralympic champion, Mallory Weggemann. This event promises countless learning opportunities and sets the youth council for another amazing year.



Building Department Transitions to Electronic Plan Review Format

On March 15, 2016, the City of Taylorsville’s building department will transition to an electronic plan review format for all building permit applications. Instead of bringing building plans to the city offices, plans will now be submitted electronically to the city’s plan review website: <http://taylorsville.eprocess360.com/login>

Here you will be able to check the status of plans, schedule inspections, and manage your building permit. This website will simplify the permit application process and allow users to inquire about the status any time of day. The building department is available to offer first-time users assistance with website use and set up to scan and upload their plans. This change will streamline the overall process and assist in keeping permit costs as low as possible.



Save the Planet; Let's Reuse, Recycle, and Re-do

By Taylorsville Green Committee

In today's fast pace world isn't about time to take action on the recycling arena? We all need to recycle. Start today and write an action plan for your own household. Just, by having a plan one can make a difference. The planet will be beautiful for years to come.

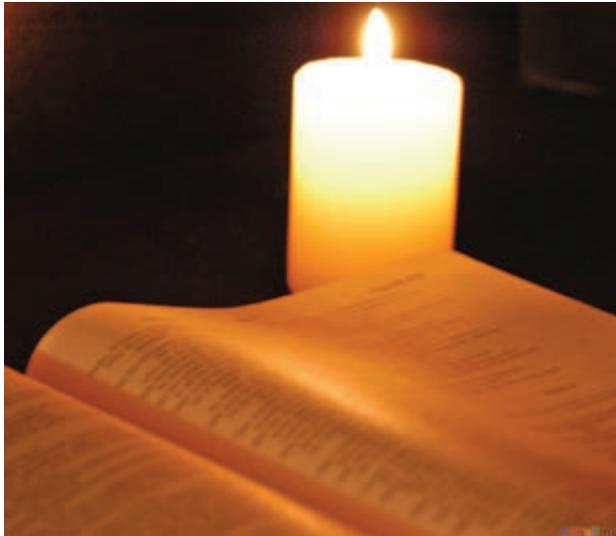
On a not so good bit of information, at this writing we as a planet have a huge piece of plastic circling, in the ocean the size of our state of Texas. The ocean is full of plastic. The plastic is annoying, dangerous, and unhealthy.

Listed below are a few ideas that one can begin with these in mind:

- Use your plastic containers when you purchase a salad, those container meals, bedding plastic with zippers reuse for other storage needs. Use the plastic for your seeds starts in the spring. Plastic that bedding comes in could be reused for other items in the home, like yarn, thread, and pocket change. Find ways to reuse. Make it a habit or be more aware, to save our planet.
- Save your plastic bottles you purchase. Refill with your tap water. Refill plastic soda with water as well. It saves money from continually buying water.
- Use your empty orange juice bottle for watering your houseplants. Later, fill again and use for a cut flower, by using it as a vase. Reuse. Make it a fun habit, with cost savings in mind.
- When shopping for clothes, for instance, shirts and blouses with the plastic holder attached, by cutting these you can make ornaments, key chains, and hang your homemade item from the car mirror. Personalize and be creative.
- Reuse birthday cards and make pictures out of them. Just by buying a dollar frame you can make an old picture become new.
- Reuse cardboard piece that accompany the blankets, and sheets we purchase. The cardboard divider acts as a bookmark sort of speak. This will keep your papers, monthly bills, cards, invites, literature in an organized fashion.
- One can make wreaths, purses, hand bags from plastic bags. They are fun and you reused.

Listed below are a few household ideas that will save yourself money, energy, and time. They are as follows:

- Think ahead somewhat when you are doing your laundry. Wash your clothes, and instead of using your dryer, hang your clothes on hangers, and your clothes will dry on the shower bar. This saves energy and time. Gives you more time and you can save money on your electric and gas bill.
- Turn your computer off. You can save energy, like mentioned before.



- Take an evening for your children and yourself by reading by candle light. Try this for an hour. Supervision might be required. Then your children can imagine how the folks from long ago read in the mist, of a calm light. Make this fun for all. Think about saving energy in the house. It truly can make a difference on your bill, and then everyone is happy.
- Operate your dryer in the later time of day. It's not a peak time.
- Turn your light off when leaving a room. Know your habits and stick to a not so many lights on attitude. Think about saving energy.
- Also, keep your gas tank full. Check your tires. Take care of your vehicle. By caring for the car, it saves you time, energy and money, by far.

The Impact of Unnecessary Idling

By Taylorsville Public Safety Committee

We are aware that the Salt Lake valley has a reputation of having low air quality. During an inversion, making a trip to the benches will truly illustrate the murky soup we breathe in daily. To cut down on pollution, many citizens take public transportation, turn down the thermostat, and carpool to school or work. One action that we can all make to help improve air quality is to be aware of the impact of idling.

According to Utah Clean Air (UCAIR), automobiles account for nearly half of the typical workday emissions. These area sources include homes, small businesses, and buildings. Unnecessary idling is a growing concern. The average person idles their car five to ten minutes a day. While there are some circumstances that idling is unavoidable, idling increases the emissions of nitrogen oxides (NOx) and volatile organic compounds (VOCs), both precursor gases for the formation of PM2.5 during inversions.

The effects of idling are felt both physically and financially. Children, the elderly, and people with respiratory ailments are most vulnerable to the pollutants from vehicle exhaust, although these emissions affect everybody. Pollutants released during idling have been linked to the increased incidence of asthma, allergies, lung disease, heart disease and cancer. Air quality plays an important economic issue as poor air quality hinders corporate relocation efforts. This places additional regulatory burdens on business. Which as a result, increases health care costs and places Utah's federal highway funding at risk.

Despite the negatives of idling, UCAIR and the Taylorsville Public Safety Committee have come up with a few solutions to combat unnecessary idling and help improve the community.

- If you are going to stop your car for more than 30 seconds, turn off the engine. When you start your engine, do not step down on the accelerator; simply turn the key to start.
- Rather than using a drive-through window, park your car, walk inside, do your business and then return to your car.
- Use remote starters wisely. Don't turn your vehicle on before you are ready to leave.
- View the UCAIR website to find other ways that you can improve Utah's air quality.
- Join Taylorsville's Public Safety Committee to share your talents, raise awareness, and be a positive influence in the community.

City of Taylorsville

Meeting Schedule • Location: Taylorsville City Hall

Planning Commission	February 9, 2016	7:00 p.m.
City Council Meeting	February 17, 2016	6:30 p.m.
City Council Meeting	March 2, 2016	6:30 p.m.
Planning Commission	March 8, 2016	7:00 p.m.
City Council Meeting	March 16, 2016	6:30 p.m.
City Council Meeting	April 6, 2016	6:30 p.m.
Planning Commission	April 12, 2016	7:00 p.m.
City Council Meeting	April 20, 2016	6:30 p.m.
City Council Meeting	May 4, 2016	6:30 p.m.



Public Meetings are subject to change. Official agendas for public meetings are posted the Friday prior to meetings. Please check the City's website at www.taylorsvilleut.gov to view upcoming agendas.

Fiiz Drinks, Welcome to Taylorsville!

City Officials, Youth Ambassadors, and Community members participated in a Ribbon Cutting to celebrate the Grand Opening of Fiiz Drinks in Taylorsville! It is located at 2530 West 4700 South.

The locally owned and operated Fiiz Drinks strives to serve THE BEST specialty drinks around. They are constantly thinking up new combinations to put a fun, delicious and modern twist on the old soda fountain shop. Their flavor offerings are endless and include a line of custom hot chocolate and steamers. They know that good service and a delicious treat can make a good day a great one!



NEW BUSINESSES

Welcome to Taylorsville!



Amigos Tax Services

5255 South 4015 West #207C
Tax Preparation

Beans & Brews Coffee House

1776 West 5400 South
Coffee Shop

Chi Ku Taylorsville

1732 West 5400 South
Restaurant

Empanada Express

4546 S Atherton Dr
Cooking for Catering

Johnson Matt, LLC

4246 So Riverboat Rd #100
Law Firm

Mattress Firm #066028

5352 So Redwood Road
Mattress Store

Mathnasium

6357 So Redwood Rd #E
Math Learning Cener

Sodexo American LLC

6426 So Redwood Rd
Food Service for Avalon West Care

Welcome to Taylorsville, Mattress Firm!

On Wednesday, January 30th, City Officials participated in a Ribbon Cutting to celebrate the Grand Opening of Mattress Firm in Taylorsville. Mattress Firm located at 5352 South Redwood Rd is the newest retailer to join Legacy Plaza at 54th.

Mattress Firm has set out to be a different kind of mattress

store; focused on a unique shopping experience for the customer with a large selection of quality brand name mattresses, beds and bedding products, combined with competitive pricing and knowledgeable, well-trained sales associates. They continuously offer a variety of mattress sales and discounts so make sure to stop in and check them out. Brands they carry include: Hampton & Rhodes, Sealy Posturepedic, Simmons Beautyrest, Tempur-Pedic, Sealy Hybrid, Serta, Simmons World Class, Sealy Optimum, Serta iComfort, Stearns & Foster.



Café Rio Opens New Location With A New Interior Design in Taylorsville

On Monday, January 11th, 2016, City Officials stopped by to celebrate the New Café Rio Location at 1855 West 5400 South at to check out their new interior design. This new design amplifies Café Rio's commitment to using all fresh ingredients and showcase their open kitchen. They have made the kitchen area even more of a centerpiece, showcasing their team members preparing fresh ingredients. Café Rio has always instilled a strict 'no microwaves and no freezers' policy, matched with a strong commitment to quality and excellence, which has helped them win their way into the hearts of many locals. The company prides themselves on serving delicious Mexican cuisine, using only the freshest ingredients, in all of their made from scratch meals. Cafe Rio is the first new tenant of the 68-acre Family Center that under new ownership has been renamed "The Crossroads of Taylorsville" where 125,000 square feet of space has been demolished to make way for new shops and restaurants.





Fireplace Safety Tips

During this time of year, nothing may be more comforting than to sit next to the fireplace or wood-burning stove. However, ignoring some simple safety precautions could turn deadly.

Many house fires are started as the result of:

- An overloaded fireplace, with too much wood, paper, etc.
- Damage to the fireplace or stove
- Blocked chimney flues • Flying sparks
- Discarded ashes in trash receptacles
- Items left too close to the fireplace catch fire

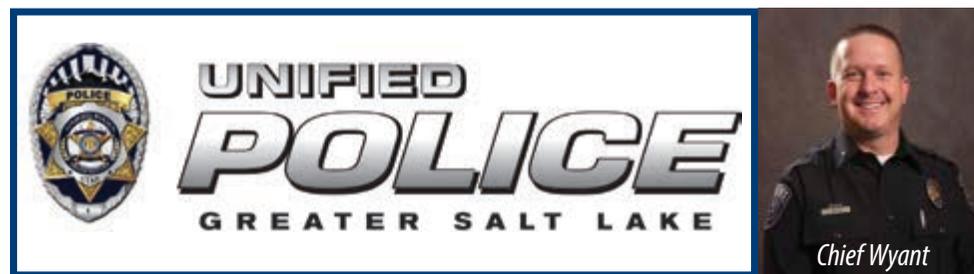
Keep your family safe and warm by following these fireplace safety tips:

- Inspect the fireplace
- Make sure the protective linings and smoke ducts are clean and in good condition
- Check to see that the chimney is clear and in good repair
- If you are installing a factory-made fireplace, it should not be located near any materials that can catch fire easily
- Have it checked and cleaned as necessary, by a CSIA (Chimney Safety Institute of America) Certified Chimney Sweep. A certified sweep can also perform maintenance on your wood stove or help remove gas logs from a fireplace
- Keep the top of chimneys clear of tree limbs or debris
- Install a chimney cap to keep debris and animals out of the chimney
- Always open the damper before lighting the fire and keep it open until the ashes are cool. This will help prevent the build-up of poisonous gases, such as carbon monoxide



- Fuel the fire safely. Select well-seasoned wood that has been dried for at least six months to a year and stored properly
- Build it right. Place firewood or fire logs in the back of the fireplace on a sturdy grate
- To start the fire, use a fire lighter, and never use gasoline, charcoal lighter or other fuel to light or re-light a fire because the vapors can explode
- Never keep flammable fuels near a fire. Vapors can travel across a room and explode

- Do not use coal or charcoal in a fireplace because of the danger of carbon monoxide
- Do not burn trash or gift wrap in the fireplace because certain plastics, foam rubber and other coated materials can cause deadly fumes
- Artificial logs are very different from wood logs! Artificial logs are usually made of sawdust and wax and can burn differently. Be sure to read the instructions on the logs and follow them carefully
- Do not overload the fireplace. Large fires can lead to overheating of a wall or roof, especially if the fireplace is made of metal
- Always use a screen around the fireplace to keep sparks from flying out and to protect children and adults
- Keep items such as carpets, pillows, furniture or papers away from the fireplace area
- Always make sure that the fire is completely out before going to bed for the night or when leaving the house
- Never remove hot ashes and place them immediately in the trash receptacle. Let them cool completely in a non-combustible container before discarding.



Officer of the Month Awards



Officer Kyle Andrew

Officer Cody Miskin

Distracted Driving

On a daily basis, Officers from around the State receive complaints about distracted driving. The typical complaint concerns texting, but can range from applying make-up, shaving or arguing with someone in the car to the point it creates a safety hazard for everyone involved.

To combat the ever increasing threats to public safety from distracted driving, the Taylorsville Precinct of the Unified Police Department has been conducting distracted driving enforcement. During December alone, Officers stopped 39 cars for distracted driving. Although this type of enforcement is labor intensive and expensive, as it requires either two Officers or an Officer and a Civilian employee, the efforts are worthwhile.

Recent studies suggest that drivers who are texting are up to 23 times more likely to cause a crash.

In 2011, 23% of auto collisions nationally were results of distracted driving.

The average person texting while driving is looking away from the road for a period of 5 seconds at a time. Driving 55 MPH and looking away from the road for 5 seconds, the same driver will cover nearly 100 yards of roadway without being focused on their driving.

TEXTING LAWS: All Utah drivers are prohibited from texting while driving. Text messaging is defined in Utah law as "a communication in the form of electronic text or one or more electronic images sent by the actor from a telephone or computer to another person's telephone or computer by addressing the communication to the person's telephone number.

ENFORCEMENT: Under Utah's law, someone caught texting and driving now faces up to three months in jail and up to a \$750 fine, a misdemeanor. If they cause injury or death, the punishment can grow to a felony and up to a \$10,000 fine and 15 years in prison. Utah's texting laws are considered "primary" laws. A primary law means that an officer can pull you over for the offense without having to witness some other violation. That is, the officer sees you texting and issues a citation.

It is our hope that drivers can simply "leave the phone alone" while driving and focus on the task at hand. Placing it on silent or even turning it off and placing it in a closed compartment can help mitigate the temptation. No text message, email or social media posting is worth a citation or worse, serious injury or death.



CITY OF
TAYLORSVILLE
UTAH

Green Waste Subscription Program

For Taylorsville residents, the Green Waste Collection Program will begin Thursday, March 17th. This is a subscription-based program, and those interested in subscribing or getting more information can visit our website at www.wasatchfrontwaste.org. Taylorsville currently has 430 subscribers for our Green Waste Program.

Like Us on Facebook

Wasatch Front Waste & Recycling District is on Facebook. Please "like" our Facebook page. This is the best and quickest way to notify you of tips, issues, and important announcements that may impact your service.

Broken/Damaged Cans

If your garbage or recycle can is broken or damaged, please call our office at (385) 468-6325. We will come and repair your cans for free. You can also complete an online service order request on our website.

LARP Committee Home Christmas Decoration Awards



Bob and Dixie Swiatocha
5868 Sierra Grande • Taylorsville, UT



Fordham and Ann Black
5868 Sierra Grande • Taylorsville, UT



Claudette Evans
3061 West 4745 • Taylorsville, UT

HONORABLE MENTIONS:
Brad and Cherille Ayre
5104 South Persille • Taylorsville, UT

Wendell and Carolyn Alcorn
4761 South 3200 West • Taylorsville, UT

Love is in the air at Taylorsville Bennion Heritage Museum

For the month of February, we will have on display our photo albums of those couples who have been married at least 50, 60, or 70 years and live in the boundaries of Taylorsville. Stop by and see if your loved one is in one of our albums. If not, make sure we get a copy of their wedding anniversary to be included in our displays. We will also be featuring historic valentines and love poems from long ago.

Our newest donation came from the Kirt Spencer family which included a very old white chamber pot from England, a brass spittoon, and a Majestic sewing machine from 1927. We are also celebrating the birth of eight baby pigs born Tuesday, Jan. 19, 2016. Come on by and check out these neat additions to the museum!



UDOT ANNOUNCES ENVIRONMENTAL STUDY AT BANGERTER AND 5400 South

As part of its efforts to keep traffic moving on Bangerter Highway now and into the future, UDOT is conducting an environmental study to evaluate the potential benefits and impacts of constructing a freeway-style interchange at 5400 South. The improvements will be similar to the newly redesigned interchanges on Bangerter Highway at 7800 South and at Redwood Road. As part of this study, UDOT will also evaluate three other intersections at 7000 South, 9000 South and 114,000 South to determine if freeway-style alternatives will be suitable options at these locations as well.

The study is scheduled for completion in May 2016 with construction starting in 2017, pending approval of the environmental study.

A public meeting will be held in spring 2016 to present the study's findings and next steps, but the project team welcomes your questions and comments about environmental issues and transportation needs throughout the study.

CONTACT INFORMATION:

WEBSITE www.udot.utah.gov/go/bangerterstudy
PHONE 888.766.ROAD (7623)
EMAIL Bangerter@utah.gov

Taylorsville Youth Baseball Registration for ages 4-18

Registration is under way. You can still register in person at Taylorsville High School on Saturday, February 20th & 27th from 9am - 1pm. Or you can go to our website taylorsville.siplay.com and click Register Now. New players will need their birth certificate when registering.

It's that time of year again! So dust off your glove and bring out your bat and play ball!

Make sure you have the latest information and like our Facebook page found under Taylorsville baseball. You can also get up-to-date information on our NEW website taylorsville.siplay.com

Tryouts are currently scheduled for Tuesday, March 1 for Majors and AAA. Tryouts for AA will be held on Wednesday, March 2. Both of those tryouts will be held at Taylorsville Rec Center on 4948 S. 2700 W. starting at 5:30 PM. Tryouts for Babe Ruth are TBD.

We have a few board positions we are looking to fill. All board positions would require you to help at the fields weekly, help with special events, attending a monthly board meeting, and cover your specific position. The following positions are still available:



- *Babe Ruth VP - Communicating with coaches in this division and resolving any conflicts.*

- *IT/Scheduler - making sure all player and coach data is in the registration system, assigning them to their team, and submitting rosters for regular season and all-stars. Setting up the parameters and field availability in the online scheduling system so that a schedule can be created.*

- *Snack Bar Coordinator - making sure the snack bar is stocked, making arrangements for deliveries of food and*

or drink items, preparing the schedule for when each team is to help, training volunteers, and helping to make sure that proper procedures are followed for handling food.

- *Spring/Fall Accelerated Coordinator - advertising and registration for Saturday play. Also coordinating with the scheduler and snack bar coordinator to schedule games and make sure there is coverage at the snack bar.*

- *Asst Treasurer - working closely with our current treasurer to learn the ropes to be prepared to take over this position next year.*

If you would be interested in any of these please contact us at taylorsvillebaseball@gmail.com



The Next Certification Course Available in Taylorsville:

Saturday, April 9th, 2016 & Saturday, April 16th, 2016
8:00 a.m. - 5:00 p.m. & 8:00 a.m. - 2:00 p.m.



New participant fee - \$30
Free to trained CERT Volunteers



The Community Emergency Response Team (CERT) program was developed because of the need for a well-trained civilian emergency work force. The CERT Program provides for community self-sufficiency through the development of multi-functional response teams who act as an adjunct to the city's emergency services during major disasters.

To register please visit www.taylorsvilleut.gov

Taylorsville City Arts Council Hosted



ART Intake

3/15 Tuesday 1PM - 6:30PM
3/16 Wednesday 1PM - 6:30PM
3/17 Thursday 2PM - 4PM
All hanging art must be framed

2016 TAYLORSVILLE ART SHOW



Friday, March 18th from 5 PM - 8 PM
Saturday, March 19th from 10 AM - 4 PM
awards presented saturday at 3:30 PM
Select 1st place pieces invited to be displayed at Taylorsville City Hall
Taylorsville Senior Center - 4743 Plymouth View Drive
FREE ADMISSTION TO THE PUBLIC





*Taylorville Symphony
Orchestra Concert
"Symphonic Valentine"*

—

*Friday - February 26, 2016
7:30 P.M.*

—

*Bennion Jr. High
6055 South 2700 west*

FREE CONCERT






TAYLORSVILLE SENIOR CENTER

(801) 293-8340 • 4743 Plymouth View Drive
Taylorville, Utah 84123

Tuesday, Feb. 2nd- Birthday Tuesday Celebration. Help us celebrate our friends with birthdays in February. Special entertainment from 11:30-12:00. Lunch served at 12:00. Suggested lunch donation of \$3.00 for anyone 60+.

Tuesday, Feb. 9th- Healthy Heart and Exercise Presentation by Greg Baker, Psychical Therapist from 11:00-12:00.

Thursday, Feb. 11th- Special Entertainment and Lunch. Entertainment at 11:30 and lunch at 12:00. Suggested lunch donation of \$3.00 for anyone 60+. Everyone wear Red to help celebrate Heart Health Month.

Monday, Feb. 15th- President's Day- Senior Center Closed
Thursday, Feb. 18th- Evening at the Center- "Sweet Heart's Ball" Catered Chinese Dinner. 5:00-7:00 pm \$6.00 per person

Monday, Feb. 22nd- "Living a more fulfilled life" presentation by Care Source from 11:00-12:00

Tuesday, Feb. 23rd- Lunch Bunch field trip to "5 Guys Burgers and Fries" in Taylorville. \$2.00 van donation and pay for your own lunch. Bus leaves center at 11:15.

Monday, Feb. 29th- Free Hearing Tests by Costco from 10:00-12:00.

NEW CLASS: STEPPING ON

Building Confidence; Reducing Falls

Join this 7 week workshop where you'll learn exercises and strategies to help prevent you from falling.

February 3rd-March 16th • 5:30-7:30 (Wednesdays only)

For more information, call April at 385-468-3370

POSITIVE SOLUTIONS FOR FAMILIES WHILE GRANDPARENTING

Presented by: Fayth Bushman;
Utah State University Extension

TIME: 6:00-7:00 COST: Free

For more information or to register call: (385) 468-4820

LOCATION: Taylorville Senior Center,
4743 Plymouth View Dr, Taylorville, UT

MONDAY, FEBRUARY 1ST - Learn how to build your relationship with your child(ren) through play, quality time and positive encouragement.

MONDAY, FEBRUARY 8TH - Learn why your child(ren) act the way they do and how to teach them to handle their emotions in a positive way.

MONDAY, FEBRUARY 22ND - Learn how to promote positive behavior, use problem solving to challenge behavior and set up a daily routine.

**VOLUNTEER OF THE MONTH
CHAD SMITH**

Chad was born in Redmond, Utah. He and his partner Dell have been attending the center since it opened. Chad volunteers with the daily lunch program by helping serve out meals to those who need assistance. Chad was a professor at the U of U teaching fine arts. Before that he was in the Navy for two years. Chad enjoys painting and traveling. His favorite place to go to is the Panama Canal. Thanks Chad for everything you do.



Save the Date!



**Taylorville
DAYZZ**

June 23rd, 24th, 25th

2016 Taylorville Dayzz - Performance Applications & Parade Applications
are NOW AVAILABLE on the City of Taylorville website at
www.taylorvilleut.gov

Video Production Class Increases Communication at Taylorsville High

By Elizabeth Suggs

The video production classroom at Taylorsville High has an office located in the room with a window littered by coke cans of Santa Claus printed on the side. Beside the office window, students were editing videos on five-year-old Mac computers.

"They look brand new, don't they?" video production teacher Richard Clawson said, referring to the Macs. "The reason is I treat them like they were mine."

Along with treating the computers as if they were his, so was his reaction with the cameras, microphones and other video production equipment used in the classroom or in the media center. According to Clawson, classes start with knowing what kind of respect is required for the equipment.

Students learn how much things generally cost, and because of that students tend to respect the equipment. For Clawson, breaking equipment is a personal attack on his livelihood because, according to him, the equip-

ment makes the class and without the class there's no job.

"If you're making my classroom go down, you'll go down and trust me, the police will be involved," Clawson said. "I used to feel bad when students broke the rules, but now you're the guy that broke the rules. It's not my fault."

However stringent Clawson may seem, it's necessary for what kind of work is involved with production. Equipment that's easy to get in a Hollywood setting, isn't as easy in a classroom setting – there's more imagination involved.

"We can't afford all that stuff [expensive equipment] so you have to use your imagination to put stuff together," Clawson said. "You can have a blast doing this stuff, but you can still get the message across."

With their knowledge, students do both fun or informational based videos. In one such video, Vehicle Safety, students had assistant



Students work on the set Tall Hart Mall Cop. In white, Hunter Hart, plays as Tall Hart Mall Cop. Photo credit Taylorsville High

Richard Clawson, video productions teacher at Taylorsville High, on set with students for the video "Tall Hart Mall Cop." Photo credit Taylorsville High



principal Ryan Shaw and high school police officer Richard Bullock talk about student and car safety. Since the video was released on YouTube, according to Shaw, some students have taken the advice.

"Because of where Taylorsville High School is, there's a lot of movement. A lot of people coming and going. We've had some break-ins because students will leave their bags in their cars," Shaw said.

Most, if not all videos, go online to YouTube. The risk of going online and having students' privacy exposed is not an issue, according to Clawson. The reason being, students create the videos and decide who should or should not go online. This ensures that anyone not willing to go online doesn't go online.

In fact, the worry online isn't of the students, but of copyright. Being a school institution, fair use law is enacted, but YouTube doesn't know that. According to Clawson, the

school has to register specifically as a school in order to use certain music or sound effects.

"We've had a little bit of trouble with YouTube," Clawson said. "We have to register as a school website, so we don't have videos taken down because of copyright."

For Clawson, the registration is easy and is expected. Other online sites are slightly different, like Twitter, which Shaw is responsible for. According to Shaw, having several ways to communicate the same message helps get the information out.

"We try a multi pronged approach to getting information to students," Shaw said. "We show videos, announcements, when games are. We do announcements during the day. They're somewhat effective."

Soon posters with an attached QR code of the school website will be posted around the hallways of Taylorsville High, according to Clawson. †

**You Can Save Lives.
Donate Plasma at
Biomat USA Taylorsville.**

Biomat USA
GRIFOLS

2520 W 4700 S
Taylorsville, UT 84118
(801) 965-9160

Walk-ins Welcome

Required items:
MATCHING Social
Security Card & photo I.D.

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GRIFOLS

Bring in this coupon to Biomat USA
Taylorsville or Sandy to **redeem for a special bonus!**

**You Can Save Lives.
Donate Plasma at
Biomat USA Sandy.**

Biomat USA
GRIFOLS

727 East 9400 South
Sandy, UT 84094
(801) 566-2534

Walk-ins Welcome

Required items:
MATCHING Social
Security Card & photo I.D.

Two Taylorsville High Seniors Sign with UVU Baseball

By Jessica Thompson | Jessica@mycityjournals.com

Luke Jacketta and Cole Fivecoat have a lot in common. They both started playing baseball at the age of six, currently play on Taylorsville High School's baseball team and now they both signed to play Division one college baseball at Utah Valley University.

"They are both very talented. To play Division one baseball, you must be physically gifted and they both are. Beyond that, both of them have been working since they were small kids with one goal, to play college baseball," coach Jake Brown said.

Jacketta can remember playing baseball with his dad's and brothers when he was just a little 6-year-old. He always knew he wanted to play baseball in college, but didn't think it was going to happen for him.

"When I heard the news about UVU I didn't think it was real. I didn't think I was good enough to play at a Division one school. I am happy and excited for this opportunity,"

Jacketta said.

There are many reasons why Jacketta loves to play the game of baseball, but his favorite is being able to get lost in the game.

"When I am playing baseball I don't worry about what is happening in real life. I am just playing with all my friends and doing my own thing. I like that it offers me an escape from reality," Jacketta said.

Fivecoat is very grateful for his chance to keep playing the game he loves while gaining an education.

"I have a passion for baseball and I love being able to compete against some of the best in the world. There is nothing better to do than play baseball and try to get an education along with it. It is an honor to be one of the select few to play baseball in college," Fivecoat said.

The recruiting process for UVU baseball ended up being a long and nervous journey for Fivecoat, but he said it was all worth it.

"I couldn't be happier with my decision to play college baseball. I love UVU and I am very excited to be a part of their team," Fivecoat said.

Loving the game of baseball isn't the only thing these two have in common. They both know success takes hard work.

"If you want to accomplish your dreams you have to keep going. Keep grinding it out and keep working harder than everybody else. Everybody wants the same goal so try to out work them," Fivecoat said.

Brown is very proud of how hard

Taylorsville senior, Cole Fivecoat, has been playing baseball since he was six years old. He will now play college baseball for Utah Valley University. —Cole Fivecoat



Taylorsville senior, Luke Jacketta, committed to play baseball for Utah Valley University. —Luke Jacketta

both of these players have worked alongside their teammates.

"To watch a kid work so hard for so long and fight through the anxiety of not knowing whether or not they are good enough to take their game to the next level, and then be present for the moment that they realize they have done it is a special thing. It inspires me as a coach and undoubtedly inspires younger players to attempt to follow in their footsteps," Brown said.

Jacketta and Fivecoat are both grateful for all those who have helped them accomplish their dreams.

"I would like to thank my family and all my coaches along the way. I couldn't be more grateful for everything they have done for me," Fivecoat said.

Jacketta also knows his family is better supporter of accomplishing his dream of playing college baseball.

"I would like to thank my dad for all he

has done for me," Jacketta said.

Brown is very proud of these two seniors and the great example they are setting to others that they can control their own destiny.

"I would encourage young players to approach every day as if it's the day they earn their college scholarship. We are lucky at Taylorsville to have many kids that get the opportunity to play in college, but the excitement of adding more players to those ranks never gets old," he said. †



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There is no doubt that we are in the middle of a healthcare crisis. Some call it a “healthcare demise.” Obamacare, so far, is here to stay. As long as it is here, people are forced to buy health insurance whose premiums are uncontrollable and whose policies make the insured pay more out-of-pocket expenses. Some families have filed for bankruptcy due to medical bills, others have loved ones who have passed on because they denied medical care and medications due to the higher healthcare costs. It can seem alarming, and cause many people wonder what they can do about it.

The key to navigating through healthcare safely is to become as healthy as possible, minimizing any chances of accessing expensive medical care. The best and most affordable approach to accomplish this is to pre-pay a family doctor for routine care, while having a health insurance policy for catastrophic events. This model allows health insurance to be set aside and be used as “true insurance” – to cover unexpected major medical needs – while allowing a person to visit the doctor as often as needed without concern for cost. This increases the person's well-being and overall healthiness. While this

scenario is ideal, it can be difficult to find quality medical professionals who allow you to pre-pay for expenses. That is where Medallus Medical is here to help.

Medallus Medical has nine clinics across the Wasatch Front that provide urgent care, primary care and work med-

are able to receive the care they need for only \$10 per visit for most procedures.

There are several ways to benefit from Medallus's Medical Membership. One way is to add Medallus Medical Membership alongside your current health insurance plan.

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DATING BEYOND THE "I DO"

By Joani Taylor



My husband and I dated for a year before we married. We thought we had it figured out, had discussed it all, from the number of kids we wanted, right down to the color of carpet in our home.

After the arrival of our firstborn things started getting rocky. My sweet and lovable hubby suddenly turned into a matted green, irritable grouch. Instead of helping him and trying to understand, all I could do was nag.

Life became a chore. Money was tight. We barely talked to each other. We were sliding down a slippery slope. It was during this time that a turning point happened. We found ourselves on a real date. I can't recall how it happened, but nonetheless, the hubs and I had dropped off the little one at Mom's, packed a picnic lunch and headed to the park for what turned out to be the one of best dates of our relationship.

Having the alone time allowed me to open up to listening without distraction to what was really bugging him, his stresses at work and financial concerns. We problem solved, had open conversation and worked together to fix it. In the time it took to

prepare a \$10 picnic lunch for two, throw down a blanket and open our hearts to listen to one another we had solved many built up frustrations.

This made me a believer in "the date night." A date night is a time you and your partner set aside to spend quality time focusing on the other. It's a time to refresh and reboot your relationship and allows you to reevaluate what's working for your family and more importantly, what isn't. Date nights should not be a couple's luxury, but instead a couple's necessity and should be part of a regular schedule, just like paying the bills.

It's easy to put off dating after marriage. With expenses and the never-ending needs of the kids, finding just \$25 a week can be hard. Here are some ideas to make your date night money stretch a little further:

#1 - Make it appetizers or dessert: Instead of going out for a complete meal, make it appetizers instead. This is a fantastic way to check out a new restaurant without breaking the bank. I've found that I often enjoy these small bites more than the regular meal.



If a full meal is in your plan, look for restaurants with early bird specials between 5 and 6 p.m.

#2 - Split the babysitter costs: Sitters typically only charge a little more for additional kids so, plan to share your sitter with a friend that has kids and double date. Or, take turns babysitting each other's kids.

#3 - Get familiar with the Daily Deals websites: We've all heard of Groupon and Living Social by now. A new one you may not be familiar with is **C4Udeals.com**. These daily deal websites can be great sources for discounts for eating out. They also offer creative ideas for dates, like ghost tours, paint mixers and sushi-making classes. All three can currently be found on **C4Udeals.com**.

A regular date night is an important investment in your marriage and will lead to a stronger lifelong partnership. For more fantastic date ideas, check out a Utah based website called the **TheDatingDivas.com** and **APrioritizedMarriage.com**. Both have fabulous ideas for date nights and ideas to help you keep the communication in your relationship strong.

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Life & Laughter

Chew On This

By Peri Kinder

There's a divide in our country, and it's not about whether the Founding Fathers believed every citizen should own an AK-47. It's between people who eat only organic foods and people who treat their meals as a deathdefying extreme sport.

Let's address these two groups in a completely stereotypical manner.

First, the Organictonians never let processed foods pass their lips. Refined sugar is the equivalent of sprinkling arsenic in their coffee. A meal usually consists of a piece of kale with three garbanzo beans and a forkful of sustainable tuna. They obnoxiously tell you the backstory of every snack they put in their bodies.

Example: "The leaves in this green tea are only found in the Himalayas and are naturally crushed under the hoofs of grass-fed mountain goats." Shut up, already.

You can often find these Whole Foods free-range aficionados grazing through the aisles in their yoga clothes, purchasing wheatgrass smoothies, kohlrabi burgers and amaranth water, and not-so-silently judging the person slurping a Coca-Cola in the checkout line. (It was my first Coke for January! Stop sneering at me!)

These people have eliminated greasy grease, sugary sugar and fatty fats from their diets. They are usually praying mantis-thin with a penchant for anger because they're pretty hungry. (Oreos are stealthily stashed under couch cushions for late-night sugar binges.)



On the opposite (and larger) end of the spectrum, we have the Couldn't-Care-Less connoisseur who consumes 3/\$1 hot dogs from the corner gas station, drinks bacon-flavored Mountain Dew and gorges on deep-fried, chocolate-covered butter cubes.

Throwing grease on the fire are restaurants that carbo-load their menus with foods that would make a pig nauseous. Take a look at these (real) menu items.

The Thickburger is a cheeseburger topped with a hot dog and potato chips. Then there's the Hot Dog pizza that has 28 hot dog pieces baked into the crust. It's served with mustard and a bottle of ipecac.

Better yet, Baconator French fries are drenched in cheese sauce and smoked bacon, and heaped with grated cheddar. The fries come with a vial of epinephrine to restart your heart. Doctors recommend you never order these fries unless it's your last meal on death row.

Even "healthy" burgers are out of control. How 'bout an organic beef patty topped with onion marmalade (ew!), green apple slices, pureed chicken livers (double ew!) Swiss cheese and arugula. Well, if there's arugula on it, we're good.

The phenomenon that makes our bodies puff up like a marshmallow in the microwave is referred to by nutritional scholars as "lardbutt syndrome," caused by eating thousands of calories per day.

There has to be some middle ground between snacking on three crunchy wasabi peas and downing a hot fudge baklava shake. Isn't it time we stopped the food shaming and made some reasonable choices?

Let's agree to meet somewhere in the middle where we eat more fruits and vegetables (but not eggplant), cut back on sugary snacks (except Butterfinger bars), make meat a side dish (no more 16-ounce prime rib dinners) and enjoy an occasional splurge (movie theater popcorn!) to keep us pleasant and easier to live with—on both sides.

And those Founding Fathers can go back to worrying about whether we can eat buffalo chicken wings while carrying a firearm. ✦

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