



partners in medicine
surviving residency together



Guide to SLC

Favorites, ideas and suggestions from PIM members

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Newcomer's Telephone Directory

The numbers you need for utilities, vehicle registration, getting the family settled and more!

Getting the House in Shape		
Electricity: Rocky Mountain Power	888/221-7070	www.rockymountainpower.net
Gas: Questar Gas	800/323-5517	www.questargas.com
Telephone/Internet/TV: Century Link Comcast	800/244-1111 801/892-6009	www.centurylink.com www.xfinity.com
Garbage, Water & Sewer: Dept. of Public Utilities	801/483-6900	www.slcgov.com/utilities
Deseret Industries (for donating or used items)	801/532-6201	www.deseretindustries.org
SLCgreen (recycling)	801/535-6470	www.slcgov.com/slcgreen
Health Department	385/468-4100	www.slcohealth.org
Vehicle Registration & Licensing		
DMV	801/297-7780	dmv.utah.gov
Dept. of Public Safety	801/535-2600	publicsafety.utah.gov
Getting Help		
Police, Fire, Ambulance (emergency only)	911	
Poison Control	800-222-1222	www.utahpoisoncontrol.org
Better Business Bureau	801/892-6009	utah.bbb.org
Getting the Family Settled		
Utah Office of Education	801/538-7500	www.usoe.k12.ut.us
Libraries	801/524-8200	www.slclpl.lib.ut.us
Welcome to Utah	801/967-7818	www.utah.gov
Child Care Resource & Referral service	801/537-1044	Children's Service Society

Getting Informed		
Newspaper Service: Salt Lake Tribune	801/204-6100	www.sltrib.com
Voter Registration	801/468-3427	www.elections.utah.gov
Lieutenant Governor's Office	801/538-1000	www.utah.gov/governor
Mayor's Office	801/535-7704	www.slcmayor.com
Job Service	801/536-7000	www.jobs.utah.gov
Chamber of Commerce	801/364-3631	saltlakechamber.org
Getting Around		
Utah Transit Authority	801/287-4660	www.rideuta.com
Highway Patrol	801/965-4518	highwaypatrol.utah.gov
Non-Emergency UHP	801/887-3800	
Road Conditions	511	www.udot.utah.gov
Other Relocation Resources		
The Newcomers Club	801/261-5656	www.newcomersclubsaltlakecity.org

Education/Preschools and Childcare

Education

- The University of Utah has a great continuing education program, with something for everyone. You can pick up a catalog at their office at the University. As a spouse to a U employee, you also get a discount!
- The Salt Lake and Granite school districts have classes for both adults and children.
- Gallivan Center schedules free noontime classes through Salt Lake Community Education.
- City Libraries have storytimes for children and various programs for adults. Check your local branch for listings.
- Westminster College offers night classes with financing available.

Favorite Preschools/Childcare

- Discovery children's in Millcreek - ask a friend in PIM b/c they have no website and it hard to find info about it
- Elizabeth Academy Montessori School
- Ms. Dana Anderson in Canyon Rim 801-631-8228
- Narda Coppers in-home daycare 801-485-6317
- Holladay Preschool
- Challenger School
- Jewish Community Center Early Childhood Center
- CFDC at the University of Utah
- Fine Arts Preschool at the UofU (Tanner Dance)
- Winner School
- Montessori Community School
- Wasatch Presbyterian Preschool
- Discovery Place Preschool at Christ United

Goods and Services

Good Auto Mechanic

- Ray's Muffler 801/292-4731
- GS Transmissions in Holladay
- Lambert Automotive
- Foothill Tire Pros
- The Little Garage
- Steve's Automotive Specialist
- Dan's Automotive 801-693-1195
- Slaugh's Car Care
- Bobby at Third Ave Car Clinic
- Old Fashioned Service (3300 South)
- Scott at Scotts auto clutch and towing in downtown SLC
- Lancer Automotive in South Salt Lake (different than Holladay Location)

Favorite House Cleaners and other Home Services

- Veronica Mezo 801-889-3909
- Sharon Denunzio 801-484-0823
- Landscaping: Sage's Way (Chase Fetter) 801-573-8934
- Yael Keenan and her crew, 801-674-3868
- Betty at MB Best Cleaning, 801-637-1692
- Klean Impressions for carpet cleaning

Favorite Photographers

- Joanna Taylor Photography
- Amanda Castleberry Photography
- Alexx Acor Photo
- Brittany Cascio
- Kelly at Gallery Photography

Entertainment and Shopping

Local Instagramers

- @SLCMoms
- @Utahwithkids
- @doingutahdaily
- @femalefoodie_slc
- @flightsfromhome (posts great flight deals from SLC)

Entertainment

- Gallivan Center “Salt Lake City’s Outdoor Living Room” has various events scheduled year round (free concerts, free movies, and more!).
- Tower Theatre & Broadway Theater are Salt Lake City’s art theaters.
- Tabernacle Choir at Temple Square, free concerts in Assembly Hall, Mormon Youth Chorus and Symphony and Organ Recitals.
- Salt Lake City has the Utah Symphony Orchestra, Ballet West, Utah Opera Company, Ririe Woodbury Modern Dance Company, Repertory Dance Theater, a host of local theater companies, Comedy Circuit, and many touring performers and shows. Discount tickets are often available through the University.
- Professional sports teams include the Utah Jazz (basketball), Grizzlies (hockey), REAL Salt Lake (Soccer), Bees (minor league baseball).
- The Vivint Smart Home Arena, the Maverick Center, Kingsbury Hall, USANA Amphitheater, Red Butte Garden, The Venue, The Depot, and The Great SaltAir are the primary venues for concerts.

Favorite Recreation Equipment and Apparel Stores

- REI
- Wild Rose Mountain Sports
- Patagonia Outlet (great sales during major holidays: President’s Day, Memorial Day, Labor Day, etc.)
- Western Rivers Flyfishing
- Cabela’s
- Dick’s Sporting Goods
- Scheels
- Salt Lake running co
- Sports Den
- Christy Sports/AJ Motion Sports (ski rentals)

Favorite Local Shops

- Every Blooming Thing (flowers)
- Jolley's Gift and Pharmacy
- Amy's Boutique
- Hip and Humble
- Roolee
- Whimsy
- The Children's Hour
- Babinski's Baby
- Tutoring Toy
- The King's English Bookstore (has fun story times too)

Favorite Consignment Shops

- Name Droppers (clothing and accessories)
- Emilie Jayne (home goods)
- SecondHand Chic (home goods and women's clothing)
- Consignment Circuit (clothing and home goods)
- Pibs Exchange (clothing; also has great selection of new costumes)
- Kid-to-Kid (clothing, books, toys)
- Play it Again Sports (sports equipment/gear)
- Uptown Cheapskate
- Home Again (home goods)
- Savers

Favorite Malls

- The Gateway
- City Center
- South Towne Center
- Fashion Place
- Historic Trolley Square
- Tanger Outlets (Park City)
- Shopping areas: 9th & 9th (900 South 900 East), 15th & 15th (1500 South 1500 East)

Favorite Specialty Grocers

- Liberty Heights Fresh
- Tony Caputo's
- Emigration Market
- Chinatown Supermarket

Personal Care and Physicians

Favorite Salons/Stylists

- Lunatic Fringe (3 locations)
- Julie Vanzweden @ Salon UniQue, 801-597-1799
- Jennifer @ Salon Star 21, 801-467-5556
- Sojo Salon, Spa & Boutique, 801-446-0474
- Dexterity Hair Design, 801-364-1420
- Landis Aveda, 801-485-5506
- Emily @ Evolve Salon and Day Spa, 801-272-4455
- Allison @ Salon Keiji, 801-485-1110
- Cookie Cutters for kids cuts
- Salong Shag
- Eden Culverwell at Kings Road Salon
- Malstrom Salon - Bree for coloring
- Lit Salon in Park City - Ask for Lexxi

Massage

- The Kura Door
- Knead a Massage
- Utah College of Massage Therapy (inexpensive massages on weekends)
- Finnish Touch Day Spa
- Breathe Day Spa
- Akasha Spa
- Shirodhara Day Spa

Favorite Health Clubs/Fitness Centers

- The Jewish Community Center (JCC) – special resident membership rate
- Body Wise Fitness in Foothill shopping village
- SL Sports Complex
- Cottonwood Heights rec center
- Xcel Fitness- Holladay
- Anytime Fitness, Parley's location
- VASA – Some have childcare
- Holladay Lions (corporate rate when you show U ID)
- Centered City Yoga
- Wasatch Yoga Upstairs

- 24 Hour Fitness — U employee/partner discount Sugarhouse and Trolley Square locations, both have childcare
- Core Power Yoga
- Bountiful Rec Center
- Therapy Social Fitness by Liberty Park

Pediatricians

- Dr. Michelle Chamberlain 801-942-1800, Wasatch Pediatrics, Willow Creek Branch
- Dr. Zainab Kagan, Sugarhouse Clinic
- Dr. Diane Lou, University of Utah Clinic 6
- Dr. Elizabeth Smith (801) 213-3599, University of Utah Clinic 6
- Dr. Jennifer Goldman-Luthy (801) 213-3599, University of Utah Clinic 6
- Dr. Chuck Norlin (801) 213-3599, University of Utah Clinic 6
- Dr. Justin Alvey (801) 213-3599, University of Utah Clinic 6
- Dr. Charles W. Ralston (801) 581-2321, University of Utah Clinic 6
- Dr. Susan Martini (801) 213-3599, University of Utah Clinic 6
- Dr. Katie McElligot (801) 747-8700, Cottonwood Pediatrics
- Dr. Harlan Muntz (ENT) (801) 662-1740, Primary Children's Hospital

OB/GYN

- Dr. Abby Watson, University of Utah
- Dr. Michael Draper OBGYN/MFM, University of Utah
- Dr. Lauren Thielen OBGYN/MFM, University of Utah
- Dr. Keri Gibson, University of Utah
- Dr. Thackary Cottonwood OBGYN, Intermountain Medical Center (IMC)
- Dr. Jennifer Van-Horn 801-213-2995, University of Utah Clinic 4
- Dr. Stephanie Wilder 801-213-2995, University of Utah Clinic 4
- Dr. Howard Sharp 801-213-2995, University of Utah Clinic 4
- Dr. David Branch OBGYN/MFM 801-213-2995, University of Utah Clinic 4 and OB Diagnostic Center
- U of U Midwife Clinic 801-213-2995, University BirthCare Health Center

Family/Internal Medicine

- Dr. Katherine Hastings (Primary Care and Women's Health), University of Utah
- Dr. Amy de la Garza, Evolutionary Healthcare
- Dr. Bernadette Kiraly, Family Medicine Sugar House Clinic
- Dr. David Kaplan, Internal Medicine at Madsen Clinic
- Dr. Lorraine Szczesny 801/521-4500, 508 East South Temple, Suite 300

- U of U Internal Med 801/581-2231 University of Utah

Internal Medicine of Salt Lake

- Dr. Amy de la Garza 801/519-2461, Evolutionary Healthcare
- Dr. Bernadette Kiraly, Family Practice, 801/213-8845, Sugarhouse Clinic
- Dr. David Kaplan, Internal Medicine, 801-581-7790, Madsen Clinic
- Dr. Lorraine Szczesny 801/521-4500, 508 East South Temple, Suite 300
- U of U Internal Med 801/581-2231, University of Utah
- Dr. Anthony Musci 801/384-4700, 2645 E. Parley's Way, Suite 200, www.SaltLakeInternalMedicine.com

Dentists

- The Dental Spa 801/466-6645
- Foothill Dental 801-582-5787
- Dr. Scott Drury in Foothill
- Dr John Graham (invisalign)
- Dr. Theurer at Sugarhouse family dental
- Dr. James Lund
- Dr. Kim Roberts 801/424-3500, 4046 S. Highland Drive
- Dr. Randy Barnhisel 801/262-6811, Salt Lake Smile Design, 4790 South 900 East, Suite G
- Dr. Kelly Carroll 801/943-2020, Brighton Dentistry, 2114 Fort Union Blvd.
- Dr. Cindy Sumarauw 801.281.3500, Cadenza Family Dentistry, 999 East Murray Holladay Rd., Suite 105 Holladay, UT 84117
- Dr. Brent Curtis 801/486-0660, 2025 South 1300 East #3

Pediatric Dentists

- Burg Pediatric Dentistry 801-272-8555, 1580 East 3900 South – Let them know PIM referred you
- Reading Pediatric Dentistry
- Dental Spa - Dr Debbie

Fertility (Reproductive Endocrinologists)

- Dr. C. Matthew Peterson 801/581-4838, Utah Center for Reproductive Medicine, 675 Arapeen Way
- Dr. Joseph LETOURNEAU, University of Utah

Therapists

- Dr. Leigh Ann Morse
- Dr. Susan Porter, LCSW

Outdoors and Recreation

Favorite Indoor Pools

- Fairmont Aquatic Center
- Murray Aquatic Center
- Holladay Lions Recreation Center
- Cottonwood Heights Recreation Center

Favorite Outdoor Pools

- Cottonwood Heights Recreation Center
- Bountiful Rec Center
- Cherry Hill Resort
- Cowabunga Bay
- Liberty Park

Splash Pads

- Mountain View Park
- Sandy Amphitheater Park
- Legacy Park, Foxborro

Favorite Ski Resorts

- Alta,
- Snowbird
- Park City
- Solitude
- Brighton

Sledding Spots

- Sugarhouse Park
- Hill at Donner Park (great for little kids)
- Lindsey Gardens in Millcreek Canyon
- Eastwood Elementary
- Churchill Junior High
- Neffs Canyon
- Donut Falls trailhead in Big Cottonwood Canyon

- Mountain Dell Golf Course in Parley's Canyon
- Flat Iron Mesa Park in Sandy
- Gorgoza Park tubing facility (off I-80, Park City)

State Attractions (Check out all the National Parks in Utah)

- Moab
- Dead Horse Point
- Zion National Park
- Bryce Canyon
- Lake Powell
- Mirror Lake in the Uintas
- Arches National Park
- Capitol Reef National Park
- Canyonlands National Park
- Green River/Flaming Gorge Reservoir

Camping

- Albion Basin in Little Cottonwood Canyon
- Dead Horse Point State Park, near Moab and Canyonlands (great sunsets)
- Devil's Garden, Arches National Park
- Goblin Valley State Park, near Green River (great rock formations)
- Jordanelle Reservoir (great fishing and very nice campgrounds)
- Kodachrome Basin State Park (near Bryce Canyon)
- Payson Lakes (not too far away, takes reservations, swimming available)
- San Rafael Reef (secluded, bring your own water)
- Snow Canyon, St. George
- Southern Utah National Park Campgrounds: Bryce, Zion, Cedar Breaks, Capitol Reef
- Spruces Campground in Big Cottonwood
- Canyon Tanners Flat in Little Cottonwood Canyon
- Uinta Mountains: dozens of campgrounds east of Kamas in a rugged wilderness area

Hiking

(Great hiking books: Hiking the Wasatch by John Veranth, Best Hikes with Children in Utah by Maureen Keilty, 60 Hikes Within 60 Miles: Salt Lake City by Greg Witt)

- Get the Alltrails app!
- Foothills above Salt Lake City & the ancient Lake Bonneville Shoreline Trail (as easy or as strenuous as you wish with great views of the city and the valley)
- City Creek Canyon

- The Living Room
- Draper suspension bridge
- Ensign peak
- Avenues loop
- Rattlesnake Gulch to SLC overlook
- Lake Bloomington
- Coyote gulch (southern Utah)
- Jungle Hike (13625 Carolina Hills Ct in Draper)
- Silver Lake
- Albion Basin
- Lofty Lake Loop
- Bells Canyon
- Pipeline Trail
- Donut Falls
- Lake Blanche (Strenuous, NOT kid friendly, amazing)
- Trails in all the Wasatch Canyons: Big and Little Cottonwoods; Millcreek; Neffs; Provo; Red Butte; American Fork; etc. (for all levels of abilities)
- Good hikes with kids:
 - Little Cottonwood Canyon: White Pine Trail; Secret Lake trails
 - Big Cottonwood Canyon: Snowbird Barrierfree Trail, Lake Mary, Silver Lake, Donut Falls, Willow Lake

Outings and Sightseeing

- Tunnel Springs Park
- Museum of Curiosity at Thanksgiving Point
- This Is The Place State Park
- Red Butte Garden
- Hogle Zoo
- Lagoon Amusement Park
- Timpanogos Cave
- Alpine Slide at Olympic Park
- Heber Valley Historic Railroad
- Bingham Copper Mine
- Dinosaur Park (Ogden)
- Gardner Historic Village
- Clark Planetarium
- Tracy Aviary
- Downtown Farmers Market
- Park Silly Sunday Market
- Antelope Island

- Discovery Gateway Children’s Museum
- Thanksgiving Point
- Wheeler Farm
- Natural History Museum
- Temple Square
- LDS Church History and Art Museum
- Parley’s Canyon Nature Trail
- Fifth Hotsprings hike
- SLC ComicCon
- Sundance Film Festival
- Jump Around Utah

Holiday Events

- Ice Skating at Gallivan Center
- Christkindl German Market at This Is the Place
- July 3rd Liberty Fest in North Salt Lake
- Days of 47 parade float preview usually the week before July 24th
- Christmas Lights at Temple Square
- Witchapalooza at Gardner Village in October
- Cross E Ranch pumpkin Patch in fall and Baby Animal Days in spring
- Drive Nebo Loop in the fall to see the leaves
- Park City Arts Festival every August
- Tulip Festival at Thanksgiving Point in the spring

Restaurants and Dining

- **American:** Log Haven, Pallate, Pretty Bird, HSL, Oasis Cafe, Copper Onion, Niche, The Dodo, Tin Angel, Porcupine Grill, Bambara (great wine list), Avenues Bistro, Tree Room at Sundance, Anarchist Café, Pago, Cubby's
- **BBQ:** Sugarhouse BBQ, R&R BBQ, Charlotte-Rose's Carolina BBQ, Smokin Bones BBQ, Goodwood Barbecue Company
- **Breakfast/Brunch:** Ruth's Diner, Eggs in the City, Blue Plate Diner, Roots Café, Bruges Waffles, Pig In A Jelly Jar, Park Cafe, Sweet Lake Biscuit and Limeade
- **Burgers:** Hires Big H, Crown Burger, In-n-Out, Iceberg Drive-Inn, Cubby's, Lucky 13 Bar and Burgers
- **Chinese:** The Mandarin, East-West Connection, Dragon Diner, Pan Wok, Charley Chows
- **Deli:** Tony Caputo's, Cucina Deli, Moochie's Subs
- **French:** La Caille
- **Indian:** Bombay House, Himalayan Kitchen, Star of India, Kathmandu, Gurkhas
- **Italian:** Fresco, Cucina Toscana, Cafe Trio, Michelangelo's, Tucci's, Sicilia Mia, Valters
- **Korean:** Stun Cube, Chick Queen (Korean fried chicken)
- **Mexican:** Red Iguana, Café Rio, Taqueria 27, Z'Tejas, Lonestar Taqueria, Tres Hombres, Chungas, Real Taqueria
- **Middle Eastern:** Mazza, Cafe Med, Spitz
- **Pizza:** The Pie Pizzeria, Neapolitan Flatbread, Este Pizza, Sebetto, Stoneground, Rusted Sun, Pizzeria Limone, Pizza Nono
- **Pubs:** The Bayou, Red Rock, Squatters, Salt Lake Brewing Co., Desert Edge Brewery, Wasatch Brew Pub, Bohemian Brewery, Piper Down, Fiddler's Elbow Brew Pub, Hoppers Grill, Avenues Proper
- **Seafood:** Deer Valley Seafood Buffet, Harbor Seafood & Steak Company, Current Fish & Oyster, Freshies Lobster, Slapfish
- **Soup and Sandwiches:** Big City Soup, The Soup Kitchen, Cafe Zupas, Even Stevens,
- **Sushi:** Takashi, Tsunami, Sapa, Naked Fish, Ichiban, Oh Sushi, Happy Sumo
- **Tapas:** Eva, Finca
- **Thai:** Bangkok Thai, Sawadee, Thai Siam, Siam Orchid, Skewered Thai, Chanon Thai Cafe, Tosh's Ramen, Pho Saigonn Noodle House
- **Vegetarian/Vegan:** Vertical Diner, Vessel Kitchen
- **Vietnamese/Pho:** Pho Thin, Oh Mai, Little Saigon
- **Bakeries:** : Gourmandise, The Baking Hive, Tulie Bakery, Mrs. Backer's, So Cupcake, Sweet Tooth Fairy, Great Harvest Bread Co., House of Bread, Banbury Cross, Glaus French Pastry Shop, Les Madeleines, Fillings and Emulsions

- **Coffee shops and treats:** 3 Cups Coffee, Coffee Garden, Sugarhouse Coffee Shop, Tulie Bakery, Café Espresso, Alchemy Coffee, Two Creek Coffee, Millcreek Coffee Roasters, Beans & Brews, Jack Mormon Coffee, Les Madeleines, Carlucci's, Tony Caputo's, Jitterbug Coffee Hop, Salt Lake Roasting Company
- **Bars:** Gracies, Fats Grill, Red Door, Port O' Call, Tavernacle, Liquid Joe's, Whiskey Street, The Rest (speakeasy), Tea Bar (boba)\
- **Soda Shops:** Thirst, Swig, Sodalicious, Fizz, The Park 5
- **Cookies:** Crumbl, Chip, Goodly Cookie, Ruby Snap, Crave, Twisted Sugar
- **Ice Cream and Desserts:** Rockwell Ice Cream, Penguin Brothers, Normal Ice Cream, Monkeywrench, Dolcetti Gelato, Blacksmith Ice Cream, Waffl Luv, Handel's Ice Cream, Brownies Brownies Brownies!, Doki Doki, Sweet Rolled Tacos, The Chocolate, Hatches Family Chocolates, Sweetaly Gelato