

The West View

www.westviewmedia.org

Community news focused on west Salt Lake City

Winter 2013

Understanding the Affordable Healthcare Act

By Julianna Clay
STUDENT CONTRIBUTOR

The Affordable Healthcare Act, more famously known as “Obamacare,” is a complex piece of legislation that has inspired fear, apprehension and confusion in Americans across the nation.

Whether you’re insured or uninsured, a family of four, a newly wed couple, or a single individual, the new Affordable Healthcare Act is a source of stress and many questions - how will it affect you, what will it mean for you, and what do you need to do?

In Nick J. Tate’s book, *ObamaCare Survival Guide*, Tate addresses all of these questions and more in a very easy-to-understand and approachable way. Read on to find out what Obamacare means for you in a nutshell, according to Tate.

THE INSURED

The good news is that with the Affordable Healthcare Act, there are many new consumer benefits and protections available for people who already have coverage that may not cost them extra.

The not so good news is that for those who are insured under their employers, there’s a cap amount



WALKING in their shoes

THE REALITY OF HOMELESS PEOPLE STRUGGLING TO LIVE IN SALT LAKE

By Misty Brown
WEST VIEW MEDIA

As we are driving in the car down 900 West, my young daughter is playing a game, “If I were homeless I would... shower at the pool, spend the day at the library, eat from the dumpster behind the bakery, sleep by the river.” She turns her face away

from the underpass to look to me as we pass a trio of panhandlers with signs and a forlorn-looking dog. She leans forward in the backseat, pressing hard against the safety of her seatbelt, and says, “Mom, your turn. What would you do if you were homeless?”

It’s a good question these days. Like many families, we live paycheck to paycheck,

month to month. It’s hard not to wonder about the lives of the people sleeping in makeshift cardboard hotels. They are all around us. When I run the Jordan River trail, I see their relics—a discarded shirt here, a sleeping bag stowed there.

The Department of Workforce Services recently released the 2013 Utah Comprehensive Report on Homelessness,

a fifty-one page document of statistics and initiatives regarding the issues of homelessness in the state of Utah. The face of homelessness may surprise you. A common myth is that single men make up the majority of the homeless in Utah when in fact they comprise only 29 percent,

A homeless couple temporarily resides in the 800 South park behind Smith’s grocery store in October. Many homeless people feel more comfortable in the park than in the shelters. **PHOTO BY JOSÉ BERNARDO FANJUL**

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Our Mission: to serve as an inclusive medium of communication that works to strengthen community identity and vitality, increase civic involvement and foster social justice for the diverse community members of west Salt Lake City.

The West View is a product of West View Media, a non-profit dedicated to community news and information as it pertains to the people of west Salt Lake City. Published quarterly, *The West View* reaches nearly 18,000 homes throughout the Fairpark, Glendale, Rose Park, Westpointe, Jordan Meadows and Poplar Grove neighborhoods. An additional 2,000 copies are hand-distributed to local businesses and organizations in the community.

West View Media reserves the right to edit all submissions and letters for libel, slander and length. All submissions become the property of West View Media upon sending. To submit, include full name, address and telephone number.

The West View welcomes comments, suggestions and corrections. Contact us at wvm.editors@gmail.com or P.O. Box 271516, SLC, Utah 84127

CORRECTION

The West View incorrectly stated that a photo of Ms. Evelyn Gaskill was taken in her home at the West Side Nursing Home, when in fact she has lived in her house on 1000 West since 1964. She just turned 101. Happy birthday!

THE WEST VIEW, AN EXPERIMENT IN GRASSROOTS COMMUNITY JOURNALISM

By Charlotte Fife-Jepperson

WEST VIEW PUBLISHER

The West View is a unique, grassroots newspaper.

The first version of the paper was created in 2001 by a small group of west side residents who were proud of their community and fed up with all the negative coverage of it by the major news media in Salt Lake City.

Edie Trimmer, my husband Chad Jepperson, and I had very little knowledge of running a newspaper, but shared a common vision of highlighting positive stories that would help bring diverse community members together, encourage civic engagement, and provide helpful information to readers.

The West View got its name from a local resident who won a "Name Your Newspaper" contest in April 2001. Many community members contributed stories and photos, and steadily, the quality of the paper improved with guidance from west side resident Jim Fisher, who was a University of Utah Journalism professor at the time.

This volunteer-driven newspaper ran for four years, until my husband and I realized we needed a break to focus on our young family.

The West View was revived in 2011, only this time it was organized as a

non-profit, tax-exempt organization called West View Media with a dedicated board of directors to guide and support it.

From past experience, we have learned that in order for The West View to be sustainable, we need to reach out and involve other like-minded people and organizations.

We now have broader and increasing support from readers, advertisers, volunteers, local business sponsors, local government and schools.

We are very fortunate to be involved in a campus-community partnership with University Neighborhood Partners (UNP), a U of U organization that brings University and community resources together to work towards common goals.

This UNP partnership has connected us with faculty board members and student interns from the U of U Department of Communication. This year, the Department piloted a new COMM 3670 class that allows U of U students and community members to learn side-by-side about community journalism as they provide content for The West View.

One of the most unique and valuable things about The West View is our citizen journalism component.

For over a year, The West View Community Newsroom, comprised

of local volunteer writers and photographers, has met monthly at the Sorenson Unity Center to help plan and contribute content for the newspaper and website. Anyone who considers themselves a member of the west side community is welcome to join the Newsroom.

Our new Newsroom Director Kajsa Berlin-Kaufusi would like to see more community members of diverse backgrounds get involved. She and Photo Editor Scott Frederick are working together to create a more organized process of putting issues together.

A primary goal for the Newsroom is to develop on-going training for contributors in the areas of writing, photojournalism, multi-media reporting and graphic design.

Other goals include finding affordable office space and obtaining the means to compensate regular contributors and pay a few, key staff people to sustain the organization and continue improving our quality of journalism.

However, one thing West View Media will always hold on to as we evolve is our grassroots founding purpose of serving as an inclusive medium of communication for community members to tell their own stories in their own voice.

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Beware of Carbon Monoxide Poisoning

By Jasen Asay

PUBLIC INFORMATION OFFICER, SLC FIRE DEPT.

Each winter, the Salt Lake City Fire Department responds to several carbon monoxide leaks in both homes and businesses. Carbon monoxide poisoning is a great concern at this time of year because of the increased use of furnaces, water heaters and fireplaces.

Carbon monoxide is often called the silent killer because it is an invisible, colorless, odorless gas that is created when fuels burn incomplete-

ly. Extremely high levels of poisoning can be fatal, causing death within minutes.

SLCFD encourages everyone to install carbon monoxide detectors in homes in a central location outside each separate sleeping area and on every level of the home.

Residents and businesses should also have fuel-burning heating equipment and chimneys inspected by a professional every year before cold weather sets in. During and after a snowstorm, it is important to make sure vents for the dryer, furnace, stove, and fireplace are clear of snow

build-up.

Other safety tips include never using your oven to heat your home and if you need to warm a vehicle, remove it from the garage immediately after starting it. Do not run a vehicle or other fueled engine or motor indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not covered with snow.

If you suspect a carbon monoxide leak in your home or business, exit the building immediately and call 911.

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NeighborWorks recognizes local nonprofits

By Kajsa Berlin-Kaufusi
WEST VIEW MEDIA

Recently, the Salt Lake chapter of NeighborWorks held its 36th annual meeting with the theme of "Leveraging the Private Sector." Since 1977, NeighborWorks Salt Lake, has served the community with the mission of revitalizing neighborhoods and creating affordable housing by providing dynamic and creative leadership through partnerships with residents, youth, businesses, and government entities.

This year's Annual Meeting took place at Frida Bistro warehouse, with many friends and partners of NeighborWorks in attendance. At the event, NeighborWorks gave their annual report and welcomed new board members, including new Board President Tiffany



West View contributors accept an award from NeighborWorks Salt Lake on behalf of West View Media. From left to right: Jose Bernardo Fanjul, Scott Frederick, Billy Palmer, Charlotte Fife-Jepperson, David Ricketts, and Kajsa Berlin-Kaufusi.

Sandberg, who lives in the Fairpark neighborhood and is also a Salt Lake City School Board Representative.

Also, two west side, non-profit organizations were recognized for their community building efforts: West View

Media (dedicated to bringing community journalism into the homes of west side residents) and Early Morning Zumba (EMZ), a group of spirited instructors who offer free 5:30 a.m. Zumba classes, Monday - Friday at the LDS Cannon



PHOTOS BY FLOR OLIVO

Volunteer zumba instructors from the non-profit fitness organization, Early Morning Zumba (EMZ), received an Outstanding Community Service award from NeighborWorks Salt Lake on November 20. Names of instructors: Beti Tua'e, Betsy Vakapuna, Billie Sosi, Dana Rossi, Lila Latu, Liu Vakapuna, Maki Chavoya, Meliame Te'o, Satomi Biggs, Sela Misinale, Sinai Pauni, Sisilia 'longi, Twig Larkin

Stake Center, 900 W. 1100 S., to anyone desiring to get out of bed and dance their way to better health. Both nonprofits


received a framed Outstanding Community Service award and \$250 cash.

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BENEATH THE HOODIE

A Look at Racial Profiling in America

MARTIN LUTHER KING, JR. CELEBRATION



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THURS, JAN 23, 2014

Keynote - Marc Lamont Hill

12:00 pm

Kingsbury Hall

Dr. Marc Lamont Hill is one of the leading hip-hop generation intellectuals in the country. His work, which covers topics such as culture, politics, and education, has appeared in numerous journals, magazines, books, and anthologies.



WED, JAN 22, 2014

A Conversation with Sybrina Fulton

12:00 pm - Union Ballroom

5:50 pm - Bryant Middle School

Sybrina Fulton is the mother of Trayvon Martin. She will have a conversation with students and community members about the Trayvon Martin case.



Other Events

Sat, Jan 18, 2014

Day of Service

Mon, Jan 20, 2014

Walk for Youth

Tues, Jan 21, 2014

Film/ Panel Discussion

Campus & Community Panel

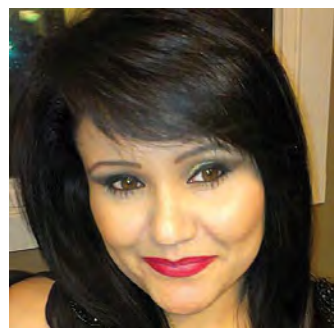
Joaquin Zihuatanejo

To learn more about our events, visit diversity.utah.edu

Exploring identities

COMING OF AGE

WITH A LARGE, TRADITIONAL QUINCEAÑERA CELEBRATION



Carla Martinez

COMMUNITY CONTRIBUTOR

Some say the tradition of a quinceañera dates back to and is in some way part of an old Aztec tradition where young girls were being prepared for marriage. In the Aztec culture, women were not a part of the visible functioning society, but, as in many societies, played a critical role that wasn't always seen. Thus, preparing for marriage and family was a major step in a young girl's life. To help in her preparation, elder Aztec women during this time were said to teach the young girls modest behaviors and what was expected of them as a wife. Traditionally, duties that young girls were expected to master were weaving, cooking, and housekeeping—all things related to childrearing.

After the young girl mastered the mentioned activities, she was believed to be of "wife material" and the ceremony

would then take place. The elder women in the tribe would dress her in a type of gown that covered her whole body, including her head, and carry the young girl on their back down a lighted path to her husband's house. Once they met him they would tie a knot between her gown to the groom's, making him her husband.

However, that was the past and things have changed quite a bit and the traditional Aztec way was not what I had in mind when I was planning my daughter's "quince." The word quinceañera actually translates as "a celebration of a girl's 15th birthday." However, it really is so much more than that. To me, a quinceañera today is a "coming of age" tradition - a tradition focused on the maturation of a young girl, but in no way encouraging or signifying that she is now "marriageable material."

As a mother, I see my daughter's quince as a rite of passage. In my eyes, she is moving away from being "my little baby girl" to "my bigger baby girl." What I want for her is to graduate from high school and move onto college and develop her skills and talents to bless the community she is a part of. In doing this, she will challenge the stereotype of many Hispanic cultures that says, "I am not



PHOTO BY DAVID RICKETTS

Thalia Gonzalez smiles as she dances with Raul Vidal, her main chambelean, during her Quinceañera. Thalia's quinceañera was attended by dozens of friends and family, and lasted from 4 p.m. to 1 a.m.

truly a woman until I get married and have kids." Though marriage and family are a wonderful and important step for many, I want my daughter's quince to represent the idea that "you are a woman because you were born a woman" and that "your life

choices are limitless!"

I kept those thoughts in mind when I planned her quinceañera. I wanted to celebrate her being a woman without the traditional gender stereotypes associated with our ethnicity. My daughter has the advantage of coming

from a rich Hispanic/Native American heritage that is full of resilience and life spirit. That is a unique part of her that can help her achieve her goal of becoming a physical therapist.

Exploring identities

NAVIGATING MY CULTURE

THOUGHTS ON BEING “HALF”



Heilame Kaufusi
COMMUNITY CONTRIBUTOR

It wasn't until I moved to Salt Lake City that I began to really think about what my “Tonganness” meant to me. I was born in Boise, Idaho, to a white mother and a Tongan father who was from the small village of Koloa, in the Vavu'u island group in Tonga. You could say my upbringing was the epitome of “when east meets west,” but in Boise (at the time when I grew up there) I was only one of a handful of Polynesian kids so I was never challenged about my culture. To me, I was simply “Tongan.” People saw my brown skin and knew my family as “the Tongan family.”

That all changed when I moved to Salt Lake at the age of 16. Suddenly, I was

thrown into a mix of cultural diversity and for the first time in my life, I was around a large group of other Polynesians and wasn't sure what my “Tongan” side meant to me. Attending a high school where Polynesians were a large minority, I was suddenly either not “Tongan enough,” or simply “not white.” Feeling pressure to confirm, I threw myself into being what I thought being “Tongan” meant. Certain clothes, a way of speaking-but I found myself torn between feeling like I had to “choose” what I was (white or brown), and that began to wear me down.

I battled navigating my culture like that for a long time, back and forth-back and forth. Now, as an adult, I occasionally still do. I choose the word “navigate” because that is a word that has meaning to both sides of my ancestry. My mom's ancestry is Scots/Irish, a people who lived close to the water and navigated the area known as the “British Isles.” My dad's side is pretty obvious-Polynesians are known as the “Vikings of the South Pacific,”-ocean navigators



PHOTO COURTESY HEILAME KAUFUSI

Three year old Heilame Kaufusi with his mother, Karen Kaufusi, while growing up in Boise, Idaho.

who could use the stars and the feel of the ocean currents to traverse the thousands of square miles of island groups that make up the region where my father's side is from.

I have been able to come to see that both sides of my ancestry make me who I am.

Living on the west side, I see youth daily who remind me of myself when I was their age-multicultural and struggling to figure out “what” they are...“brown” or “white,” one culture or the other. I realize that is a question that only the individual can answer from

places deep within themselves, but I hope my story would inspire those individuals to take strength and identify from all the diverse places their ancestry may pull from.

I will be honest-when I am with mostly a white crowd I am still usually always seen as “Tongan” and when I am with other Tongans, I am almost always labeled as “half,” or, in Tongan, “afa kasi” (half cast). I am now comfortable that navigating both parts of my culture will always be a part of my life. Both sides of my ancestry have contributed to who I am today-a man who considers himself a “navigator” and strives to see what I have to contribute to any situation I am in. Having cultural knowledge that pulls from two ethnic backgrounds, my multicultural identity is an asset to me. As a member of a community that is very diverse and multicultural, I encourage individuals to explore their cultural identity and then own it, as I have come to own mine.

Heilame is a student and full-time employee in Information Systems at the University of Utah. He currently resides in Poplar Grove and is a proud father of a newborn baby.

QUINCEAÑERA

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I know you might be thinking, “why would this help her?” Having confidence in her culture and her gender will motivate her to maintain good grades and a great attitude towards who she is and where she came from as she continues to focus on her goals. I believe she, and other

young Hispanic girls like her, can do anything they set their minds to! That, to me, is what my daughter's quince was all about. I have always told all of my three kids, “No siguen el ejemplo sea el ejemplo” which translates to “don't follow by example, be the example.”

I wanted my daughter's quinceañera to be a reflection of her past and an example of what her future can be. She is

unique because she is the only one on my side of the family to have a quinceañera, in addition to it being generations since anyone on her dad's side has had one. In giving her this opportunity to celebrate this incredible transition into womanhood with her family and friends, I hope she sees it as a gift of gratitude from me to her as being an outstanding and talented young lady

in my eyes. My love for her and confidence in her as her mother was my motivation to throw her a quinceañera and by doing so, celebrate her for who she is and what she can become.

As a mother, seeing the smile on her face made it all worth it. Hopefully she uses this day as a reminder of how important she is to me, to her family, and to her

friends. I have no doubt that she will become a talented and educated young woman-a true example of womanhood and exactly what the quinceañera is meant to reflect: the value and capability of a woman.

Carla Martinez works at the Sorenson Unity center and is Thalia Gonzalez's mother. Carla has lived on the west side her whole life and currently resides in Rose Park.

SNAPSHOTS OF OUR



PHOTO BY CHARLOTTE FIFE-JEPPERSON

Nicole Lamas, age 5, and Santiago Lamas, age 4, play in the autumn leaves at Jordan Park in mid-November. Most residents live within walking distance to a public park, according to the West Salt Lake Master Plan, available online at slc.gov.com.



PHOTO BY CHAD JEPPERSON

Local artists Zach Franzoni and Trung Tham have some fun creating art with some young kids at a local Halloween-themed art show organized by Irma Cervantes. Some attendees brought canned goods, clothing or cash, which she donated to charity.



PHOTO BY CHARLOTTE FIFE-JEPPERSON

Members and supporters of the Salt Lake Chinese community gathered at the Jordan Park International Peace Gardens to celebrate the re-dedication of the Chinese Garden on Sept. 28.

NEIGHBORHOODS

Submit your community event photos for consideration to wvm.editors@gmail.com



PHOTO BY MISTY BROWN



PHOTO BY MIRIAM FLORES

Above: A group of dancers from West Side Dance and community members walk in a community procession at the annual Rose Park Dia de Los Muertos Festival outside of Day-Riverside Library, 1575 W. 1000 North, on Nov. 2. This is an annual, family-friendly event exploring the traditional Mexican celebration, hosted by the Salt Lake City Library System and Rose Park Elementary School. Below: A young lady speaks about Dia de Los Muertos at the Mestizo Institute of Culture and Art (MICA) gallery.



PHOTO BY MISTY BROWN

Former Councilman Van Turner's 3 year old grandson Zion doing a little groundbreaking of his own while waiting for the official ceremonies to begin for the new Glendale Branch Library located at 1275 S. Concord St. (1235 W.). Van Turner was essential in securing the funding for the future Glendale Library.



PHOTO BY MISTY BROWN

Young polynesian community members perform the traditional haka during he groundbreaking ceremonies 4 p.m., Friday, Oct. 25 for the new Glendale Branch Library.

A look inside the Salvation Army

By **Kajsa Berlin-Kaufusi**
WEST VIEW MEDIA

As the cold of the winter season sets in, there is a church on the west side that steps up to assist those in the community in incredible ways.

Stop by the Salvation Army nearly any day of the week, and you will find a warm and friendly bustle of activity as local volunteers interact with community members and church patrons alike. Cindie Quintana, Salvation Army's Public Relations and Special Events Manager, said, "We are always busy, but the holiday season in particular keeps us pretty active."

The Salvation Army has been a helping hand and Christian presence in Salt Lake City since 1887. The Army has its origins in England, where, in the 1860s, Methodist preacher William Booth and wife Catherine Booth recognized the extreme need for both charity and gospel outreach for the people of London's east end, historically a low-income region where the population had been socially marginalized for centuries.

The Salvation Army is a Christian denomination that was founded after the idea that God needed an army of charitable persons here on the earth, thus, the church uses titles such as "major" and "general" as opposed to traditional Christian titles such as "minister" and "pastor," etc.

When discussing the Salvation Army's place here on the west side, Major Deborah Green stated, "One of the things William Booth always said was, 'Go for souls and go for the worst!' He also said you can't get to a person's heart if you don't meet their physical needs, or if their stomach is empty. I can't talk to a man about his soul if he



PHOTO BY DAVID RICKETTS

Thomas Barret, a volunteer for the Salvation Army, lays out assorted bread items at the food pantry during drop in pantry hours. The food pantry provides much needed assistance to many members of the community.



PHOTO BY DAVID RICKETTS

Major Richard Greene assists patrons with their selections during the Salvation Army's drop-in food hours.

is wondering 'well where am I going to eat, to sleep, am I worried about my clothes, etc.' so we take care of that first."

Commenting about her church's Sunday services, Green said "our church provides a very open and friendly atmosphere. Our numbers are usually small, but all are welcome and we have several people in our congregation who consistently come every

Sunday and have been a part of our church for years." The Trimmer family is one such family who has been a stable presence at Salvation Army for years. When asked why his family chooses to worship with the Salvation Army, Troy Trimmer said that the Salvation Army "has the ability to reach all gametes of society."

Serving Salt Lake's Salvation Army branch since 2005, Troy

originally came to chaplain a rehabilitation program that, in the five years of its operation, helped over 500 persons and saw 200 formally graduate from the program. "Salvation Army's outreach is huge," said Troy, "but very un-noted." One such example of the Army's "un-noted" good deeds is their "hot meals" program that serves 160 meals a night to those in the community who are in desperate need. This program runs Monday through Friday, for a total of 800 meals a week. This operates through the support of Salvation Army staff who prepare and hand deliver the meals each night, assuring a good meal to those who would otherwise go without.

The Army also strives to meet community needs not only through their charitable outreach, but also during their worship service. "We try to be as bilingual as possible," said Green. "We just enrolled a new gentleman who is Spanish speaking and he heads what

we call 'minutos con Miguel' where he will come up and deliver a message in Spanish during our Sunday meeting." As many people are aware, the Salvation Army is known both locally and throughout the world as an active and impactful charitable organization.

Since Major Green and her husband came to the west side in 2009 to manage the church, they have been very involved in large charitable activities. Some of the services the Army provides are a food pantry open to the community on Monday, Wednesdays, and Fridays, back to school assistance for elementary aged children, emergency utility payment help, etc. Further, during the holiday season, the Army also hosts an Angel Tree program that provides Christmas to children and seniors in need, in addition to their annual Silver Bell Gala fundraising event. Impressively, the Salvation Army's Salt Lake chapter is completely self sustaining, receiving no funding from the global headquarters in London. "No, we get no money from London" Major Green responded, "everything done in Salt Lake City is self-sustaining."

When asked what he would have people know about the Salvation Army, Trimmer responded, "We are committed to the community we are in." "We want to know our neighbors, and if there are needs we can help with, we would like to help, but foremost, we just truly want to know our neighbors." After visiting the Salvation Army and talking to those committed to the Army's vision, there is no doubt that Trimmer's comments are accurate: the Salvation Army is committed to the community and provides a space for all to not only get to know their neighbors, but to serve one's neighbors as well.

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HEALTHCARE

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they can contribute to their personal Flexible Spending Accounts.

Also, coverage may be dropped due to a rise in prices for employers and private insurance companies, because they are required to cover more people and include new consumer benefits and protections.

However, those dropped

may qualify for subsidies in the marketplace or through Medicaid, both of which are probably going to be cheaper than some previous insurances.

For those who are dissatisfied with their current insurance, they may want to look into marketplace options for that very reason. For those who are currently covered through Medicaid, the only way this new act will affect you is that there will now be

more who qualify so the quality of care may go down.

With the new act, states have the right to choose whether or not to expand medicaid. According to the communications specialist for Voice of Utah Children, Barbara Muñoz, if Utah Governor Gary Herbert expands Medicaid, it could mean low-cost health insurance for up to 120,000 uninsured Utahns.

THE UNINSURED

For the uninsured population, Obamacare presents only good news. Poor and working families with no health insurance can qualify for Medicaid or subsidized insurance. If you fall in between the 133 to 400 percent poverty line, you most likely will qualify.

If you have no health insurance and a high income, you can purchase an insurance plan on the marketplace that will

most likely be more affordable than a private insurance plan.

The book states that contrary to popular belief, there are exemptions to the Affordable Healthcare Act. Those exemptions apply to undocumented immigrants, cases in which the lowest cost plan on the marketplace is greater than 8 percent of their income, those who don't make enough to even file an income tax return, Native Americans, prison populations, etc. Those who are exempt will still be able to use emergency care facilities and, in most cases, will not have to pay a fine.

Whether you are insured or uninsured, it's important to remember that this new change is not a cause for panic. As of today there are about 41 million American citizens that are uninsured by 2019. The hope is that with the Affordable Healthcare Act, that number will be reduced to 10 million.

To find out where you fall on the spectrum or what you qualify for, go to www.healthcare.gov and apply.

After filling out the application, the system will let you know what you qualify for and what you need to do next. Like all new websites, this one has had its glitches, but improvements are being made every day. There are also licensed navigators who are trained to help people understand their options and find health coverage. Go to www.takecareutah.org or call 211 to talk to a specialist.

Muñoz encourages people who are unsure about this new change to talk to an expert, "There is a considerable amount of scary, misleading news out there about the changes in health care. The best way to overcome the fear and confusion is to sit down and talk one-on-one with people who know this law inside and out. Navigators are exactly the people to discuss your options with. I really encourage people to go to the Take Care Utah website or call 211 to set up an appointment with a Navigator."

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Getting ACTIVE

By Nick Mecham
WEST VIEW MEDIA

The popular saying among sports fans is that “boxing is dead.” However, if you venture into Louie’s Boxing Club in the Sorenson Center on 900 W. and California Avenue, it is apparent that boxing is alive and well.

‘BOXING ON SALT LAKE’S WEST SIDE IS VERY MUCH ALIVE’

It’s Friday evening around 6 p.m. and there are about 30 athletes crowding the small gym. The 3-beat whirl of the speed bag is a constant as trainer Lawrence Solano talks about the kids in the gym who he helps coach. “If you really want to see this place packed, come on a Tuesday or a Wednesday,” Solano says. Several of his fighters are making final preparations for fights that they have the next day at the Murray Theatre. Despite many Utahns being unfamiliar with the sport, Utah has a pretty storied past in boxing. The best fighters from Utah, some of whom are famous, all seem to come from the west side of the Salt Lake Valley. Gene Fullmer, who beat the greatest pound-for-pound fighter ever, Sugar Ray Robinson, to win the middleweight world championship in 1957, hails from West Jordan. Another legend in the boxing community, Leo Montoya, also hails from the west side of Salt Lake City. Montoya still runs a gym on the west side on 600 W. between 200 and 300 North. He’s 86 years old and has been train-

ing kids for the last 60 years. Montoya’s historic gym started out as a meat market and then became a second-hand shop when he purchased it. The gym includes a kitchen and living space for traveling boxing coaches. Montoya’s influence, it seems, has touched not just the thousands of kids he’s helped, but has also extended as far as the Greatest of All Time, Muhammad Ali, who, according to Montoya, stopped to rest for a short time at the gym as he was traveling. Both Solano and Montoya agree that most of the kids who become successful in their boxing gyms come from humble circumstances. Solano said that he’s trained a few kids that arrived with the “silver spoon mentality. They think it should be handed over to them” he said, referring to success in the ring. “With boxing, it can’t be like that,” Solano continued. “It’s about what you know, not who you know, and that’s where these hungry kids thrive, because it can’t just be given to you,” said Solano. Montoya went on to say, “Boxing makes kids want to be better. It teaches them respon-



A man works out on the punching bags at Louie’s Boxing Club at the Sorenson Multicultural Center.

sibility. It requires hard work and dedication.” Both Montoya and Solano agree that the only comparison of the bond forged between fighter and trainer is the relationship between a father and a child. Many of the kids that Montoya has trained haven’t had a father figure in their life prior to stepping into his gym. Each fighter became a son to him. Solano believes it’s the close relationship and the attention they get that urge kids to stick with it. Solano and Montoya both said that money is an issue when training to box. “It’s expensive to travel around to different tournaments in different states within the region,” Montoya said. “And it’s expensive to run the gym.” The fee for Louie’s Boxing Club, a Salt Lake County facility, is minimal, only five dollars a month. But Solano is willing to cover the cost for youth or families who can’t afford the fee. “I’m going to be here anyway, and that’s one more kid in here and one less kid

on the street,” he said. While Louie’s receives funds from the county, Leo Montoya’s Boxing Gym does not. According to Solano, the Sorenson Center Advisory Board helps raise funds to pay for each kid on the boxing team to go out of town twice per year and provides a van for in-state tournaments. Montoya pays for his fighters’ trips both in and out of state, out of his own pocket and occasionally through the generosity of others. Boxing isn’t dead. Boxing on Salt Lake’s west side is very much alive thanks in no small part to good men like Lawrence Solano and Leo Montoya who dedicate time and money to make sacrifices for kids who would go without otherwise. They do it because they love the sport and because they love the kids. This, in turn, creates a bond between both boxer and trainer and boxer and the sport. Hopefully their effort will, as Montoya says, make kids want to be better and take responsibility. Ideally, these kids then pass that down to the next generation of west side boxers. EMAIL: wvm.editors@gmail.com

TRAILS ARE AFFORDABLE MEANS OF EXERCISE

By Lacey Ellen Kniep
U OF U STUDENT CONTRIBUTOR

The holidays are upon us and with them comes many things, including the expanded inch in our waist belts. But rather than using yet another New Year’s resolution to lose those extra pounds, there’s a solution that can keep it off—even during the holidays. Local trails provide easy access and affordable, scenic exercise for a variety of activities year-round. Trails are paved in several areas which allow for activities such as biking, roller skating, cross country skiing (when there is snow), in addition to running and walking. The Jordan River Parkway Trail follows along the Jordan River from Utah Lake to the Great Salt Lake. This trail has over 40 miles of non-motorized paths, passing through parks

and golf courses. Another local trail is the newer 9 Line trail. This paved trail, established in 2011, runs from Redwood Road to 700 West along the old Union Pacific railroad line. Trails are a great start for anyone to get back in shape, improve one’s health, or to keep off those holiday pounds. Any form of activity can improve one’s mood, boost energy, as well as fight off certain diseases and health conditions. Misty Brown, Glendale resident and writer for The West View, runs not only for the enjoyment, but for her health. “I am a diabetic, I use running to regulate my blood sugar instead of insulin; it literally saves my life,” she said. According to a regular exercise column on a Boston National Public Radio news Website, www.commonhealth.wbur.org, every one minute of exercise

could lengthen one’s life expectancy by 7 minutes. That could mean many more Christmas dinners to be had in the future. If you find it hard to motivate yourself to run alone, there is an opportunity to join a local, informal running group headed by Poplar Grove resident Kate Rubalcava. She started the group after she began training for a half marathon with her neighbor. The group, named the Go Go Goblets, typically meets once a week, although during winter months the meetings are more sporadic due to weather and air quality issues. Runners of all expertise are encouraged to attend, even walkers. “Most often we run (or walk) along the 9 Line trail [starting in Rubalcava’s local neighborhood, at about 650 S. 1000

West. People can run at their own pace. Those who are faster will run out and back, meeting up with others,” Rubalcava said. To find out more about the group, visit the group page on Facebook, titled “Go Go Goblets,” where meeting times and community running opportunities will be posted. Once you start exercising, there are some important things to know to keep you going: Running shoes should not be worn longer than a season (when worn regularly). Running in old shoes is one of the leading causes of running injuries. Shoes are designed to absorb any impact when your foot hits the ground through the cushioning. If unusual aches or pains occur when exercising, it is likely that the cushioning is worn out, and a new pair of shoes

is needed. Another indication of shoe-life is the tread at the bottom; if the tread is worn out, it’s time for a new pair of shoes. Some safety tips to keep in mind: •Wear reflective clothing when out and about. At times it may be difficult to see a runner, especially during dawn or dusk, and reflective gear can make all the difference. •Watch out for cars where the trail goes through crosswalks. This is especially important during the winter months when there may be ice on the roads that prevent cars from coming to a sudden stop when needed. •Running with a buddy or group is safer than running alone. When running alone, be alert to your surroundings. Now, save your New Year’s resolution for something fun and get out and try some of the west side’s great running trails! For more info on local trail-heads, visit www.slco.gov/cityparks and www.parks.slco.org. EMAIL: wvm.editors@gmail.com



From left to right: Councilman Kyle LaMalfa, Poonam Kumar, Kate Rubalcava, and Angela Romero run together on the new 9 Line trail.

PHOTO BY DAVID RICKETTS

Woman starts autism project for Spanish speakers

By Susie Porter, PhD
WEST VIEW MEDIA

Lourdes Flores is a true pioneer for autism awareness in Salt Lake City. When she noticed her oldest son acting irregular as a young boy, she searched everywhere to find answers. Due to Lourdes' Hispanic heritage, pediatricians simply concluded her child was confused because of his bilingual upbringing: Spanish at home and English at school.

When her son turned four years old, he was finally diagnosed with Autism Spectrum Disorder, one of five types of autism. Lourdes searched diligently for all her own information on autism and its treatments, which was not easy. Due to her limited English-language skills at the time, she could not take advantage of many resources in the state of Utah, including English-only classes and workshops.

The struggles Lourdes faced inspired a search for ways to inform her Latino community on the difficulties associated with raising autistic children. Lourdes enrolled in the Westside Leadership Institute in 2009 and designed an autism conference in Spanish, the first of its kind in Utah, as her class project. Lourdes then contacted local television, radio and newspapers to spread the word, and created an informational website called, "Que es Autismo?" (What is Autism?)

Over 120 people attended the conference on April 17, 2010, creating an opening for people from the Spanish-speaking community, and beyond, to voice their frustrations and needs.

Flores established her project under the name, "Proyecto Autismo de Utah" or "Utah Autism Project." After several years of work, the organization became a 501(c)3 nonprofit, and advocates for



PHOTO COURTESY PROYECTO AUTISMO

Lourdes Flores stands to the right of volunteers and Fox News staff at well-attended autism conference that she organized. She founded the Proyecto Autismo (or Autism Project) to provide resources for Spanish-speaking families dealing with autism.

the community by partnering with providers to donate curriculum and workshops in Spanish. An established board, 30-plus volunteers,

and various committees work to achieve this advocacy for families of autistic children. The organization places the most emphasis on parent edu-

cation and support. In 2011, they held another autism conference, created support groups for parents to discuss their challenges, and provided

zumba classes and house visits to individual families. Throughout the year they served about 260 people.

The biggest challenge faced by families in the Latino community is the lack of a strong support system. It can be dauntingly difficult to attend classes or workshops without someone to watch the kids. There are obvious language and financial barriers to obtaining treatment and information on autism.

Proyecto Autismo seeks to break down these barriers and open up resources to the community.

In addition to providing the same services from 2011 in 2012, Lourdes partnered with Utah State University and helped establish their "ABC's of Autism" workshop curricu-

AUTISM PAGE 13

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AUTISM

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lum in Spanish. Lourdes spent time ensuring the translated curriculum was culturally appropriate, and in return, Utah State donated the workshop and day care for the children of all parents who attended. The workshop was held in Ogden, Utah.

Proyecto Autismo distributed flyers for the workshop in many special education classes throughout Ogden to help promote the event. During 2012, they served about 290 people.

The remarkable strength of Proyecto Autismo is its capacity to solicit excellent partnerships. For example, in both the 2011 and 2012 annual conferences, William McMahon, a world-renowned psychiatrist, enlightened the community with his specialized research on autism. In order to serve the Latino population, his address was translated into Spanish.

In July 2013, Utah Autism Project sponsored the hit Family Program, incorporating a Social Skills curriculum and workshop donated by the Utah Autism Resource Part-

nership. UTARP also donated the money to carry out this six-week summer program. Classes were held for both parents and family members of children with autism to provide fun and family appropriate instruction. Therapists from the University of Utah came to conduct the Social Skills workshop for each child with autism.

The social skills portion would normally have cost about \$400 a child, but Lourdes and her organization provided it free of charge to 110 people. In both 2012 and 2013, Proyecto Autismo diligently served roughly 400 people.

Lourdes had the courage to learn how she could make a difference. She is the first to establish an organization of this kind, targeting the Spanish speaking population where prevalence for autism is one out of 125 children.

Because of organizations like Lourdes's, more children are diagnosed with autism at younger ages, and can in turn receive earlier treatment.

Most importantly, Lourdes is the lifeblood of Proyecto Autismo, managing almost every aspect of its existence

by herself, all out of love and passion for helping parents, children, and communities understand and cope with autism.

Lourdes has been a great resource within the community in ways that cannot be measured by pointing to a formally registered non-profit or to board appointments. With all this, Lourdes is a tireless advocate for people in the Latino community who seek ways to make a difference, but may not have ideas about how to move forward.

She has been an instructor for the Westside Leadership Institute for some six years now, and tirelessly meets with participants in the institute to discuss how to conceptualize community needs and how to design projects that bring creative solutions to meet those needs.

Perhaps one of the most undervalued aspects of her community work is the way she promotes self-confidence in people who do not think they have a worthwhile contribution to make to their community.

She gives people voice.

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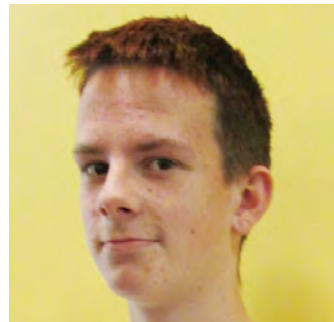
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community editorials

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Why do people bully?



Jonathon DiGiovanni
STUDENT CONTRIBUTOR

quest for stories with accounts from all three perspectives.

“I used to bully a girl,” said one Glendale student, “I did that because I wanted to be cool.” Many teenagers think it’s ‘cool’ to bully.

However, bullying is not cool. It causes real problems. We know firsthand that kids who are bullied sometimes feel helpless. Those feelings can lead negative responses such like dropping out of school and even thoughts of ending one’s life. For example, R.J. “was hurt by bullies last year” and tried to kill himself. But R.J. learned that bullies like it “when we react by crying or hurting ourselves.” He says the “bullies would have gotten their way” if he had succeeded in hurting himself, but they didn’t. “I am still here and they will never stop me again.”

I personally was bullied throughout middle school. I was called a Sasquatch (even though I didn’t know what

that meant at the time). I also was bullied during class in 6th grade and the teacher didn’t seem to care as much as she should. I had to walk into math class and get pencils, names, and other things thrown at me daily. In 7th grade I was bullied randomly throughout the year. This year in 8th grade I almost started home school because of how bad the bullying was. The bullying even turned violent when a kid cut my arm five times. Since then, my schedule was changed and things have gotten better.

Due to my own experiences and the experiences of others, I am committed to preventing others from being bullied.

One reason bullying keeps happening is that people who are bullied and people who see bullying are afraid to talk about it. “I have seen lots of bullying!” said one Glendale student, “Most of the time I just stand there, scared.”

When bullying is seen it

needs to be reported. One problem stopping students from reporting bullying is that students do not want to be seen as tattle tales or snitches. However, there is a way to notify someone without feeling this way. When you go to notify an adult, ask them to keep

your name out of anything they do. Tell them you do not want anyone to know you are the one who told. Notifying an adult is the right thing to do and is very courageous. Bullying is something that needs to

BULLYING PAGE 15

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Meet Poplar Grove's peacocks

By Dan Potts
WEST VIEW MEDIA

"We've got dinosaurs in our neighborhood," I joked, years ago. Well, they are not real dinosaurs, but they might as well be for some of the smaller neighborhood children.

I'm talking about a wild flock of peafowl that has been wandering the Poplar Grove neighborhood for more than a decade. Although newcomers to our community are often taken aback, those of us who have lived here for years have enjoyed and taken care of these large, loud, beautiful birds that are now very much a part of our community.

The flock was originally started by John Whiskers, who lives in the shady little house on 500 South across from the Neighborhood House Children's Day Care Center. Originally, there was only one white male bird that had resided for years on the old Brown Floral property behind John's house.

John felt the male needed a companion, so he purchased a hen in Coalville. The male apparently bred the hen, but was

discovered dead in the Jordan River shortly afterwards. The hen built a nest on the roof of a condemned garage next door, but laid only one egg. That egg eventually hatched into a male chick that, upon hatching, fell off the roof but amazingly survived.

He was later named Romeo, and after reaching maturity bred with his own mother to give rise to a flock that continued to expand over the next few years to about ten birds.

Initially the flock was held captive, but finally set free into the neighborhood in 2002.

Many of the residents have grown to tolerate these large dinosaur-like birds, and many even feed and care for them. Jill Gass, however, is the person who has gone above and beyond the call of duty in caring for the flock. Although Jill no longer lives in the neighborhood, she still visits routinely to feed them expensive, nutritious commercial food, which she has purchased with her own money for at least seven years.

Other locals, including Ray Hernandez, Sherry McLaughlin, Barbara Rufenacht and others, also feed them a



PHOTO BY DAN POTTS

Romeo, the local peacock, resides in Poplar Grove and is a frequent sight for residents of the neighborhood.

variety of other food, including everything from kale and tomatoes to bread and tortillas. Like many such predatory animals, what they really like to eat is living protein like cockroaches, lawn grubs, snails, grasshoppers and any manner of other things most of us consider pests. They are really an asset to the community, and do little damage to our gardens.

The extremely loud "a-haw, a-haw, a-haw" calls of the males can keep people up at night, especially during their spring breeding season. Most of us here in the neighborhood have grown accustomed to this clamor, and if new residents complain we remind them that the birds were here long before they were. We tell them, "If you don't like them, you should be the one to move away!"

The peacocks roost in the neighborhood trees and may change locations from night to night, but often prefer the large elms in the alley between 1000 W. and Goshen Street. The neighborhood kids like to tease and chase them, but they simply fly up onto the roof of the nearest house or into a

tree to escape them.

The flock spends most of its time wandering up and down Goshen Street, and often hang out in the fenced and mostly vacant lot next to Barbara's house, where they can get some peace from the rest of us. I also like to tease them by imitating their calls, and the males almost always immediately call back to the consternation of the neighborhood. The birds probably think a new male has invaded their territory.

Unfortunately, the flock is now in trouble and needs your help. Careless drivers have run over most of the flock. As a result there are only four birds left, and three of them are males. Like most birds they have a pretty high reproductive rate, but because only one very young female remains, the flock is not keeping pace with their current death rate.

These large, slow moving, beautiful birds don't dart into the street like dogs, cats, or even our own children; rather they casually wander here and there. So, please do not hit them! They belong to all of us!

John and Jill have respectively started and taken care of the flock, and now, I think it is our responsibility to help out by adding a few new adult hens to the flock. Anyone who knows where we could find some, or who is interested in making a small contribution towards purchasing some pea hens, can contact me at 801-596-1536.

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BULLYING

continued from **PAGE 14**

be stood up to and if stopped, can save lives.

Another student wrote, "At school, I've been bullied. It made me want to be a better person because I understood how it feels to be a victim." This student understands what it is

like to be bullied. If enough people realize how bad bullying affects people, and are willing to take a stand, collectively we would make a big difference in many people's lives. Its time to stop bullying—now.

Jonathon DiGiovanni is a student of the Dreamkeepers journalism class at Glendale Middle School.

community editorials

Your story matters. *The West View* encourages community members to contribute stories to the paper, either by telling their own story in their own words, or by helping report on important community issues. Come learn more at our monthly Newsroom meetings on the third Tuesday of every month at the Sorenson Unity Center, 1383 S. 900 W., from 6 p.m. - 8 p.m.

LIFE AFTER INJURY

A LOOK INTO THE LIVES OF DISABLED PERSONS AND THOSE WHO SUPPORT THEM



Roberto Cardenas
STUDENT CONTRIBUTOR

ROBERTO'S STORY:

I was planning to leave for the Army when my plans were shattered by an accident that changed my life. I was a strong person, getting ready for a change. Months before my accident happened on Nov. 20, 2008, I told my dad that I had signed up to join the Army and that I would be getting deployed at the beginning of the year. He was shocked and worried. I told him I loved him, but I felt that it was the right thing to do, since I wanted to give something back to my community. However, things did not work like I planned.

After my accident, my luck quickly changed. One after another the trials began. My life became a drama after my accident; I got arrested, lost my kids, wife, and family. It took awhile for me to discover that although I was disabled, there was still life out there, especially for someone who, like me, had been in an accident and felt that staying home was my only option.

I am a 35 year old proud and disabled person and a member of TRAILS (Therapeutic Recreation and Independent LifeStyles,) a



PHOTO COURTESY ROBERTO CARDENAS

Roberto and Adrian during a Biathlon at Casper, Wyoming with the wounded marines in Nov. 2012.

recreational organization for disabled persons in Utah with an active branch in Salt Lake City. Anyone can be part of TRAILS. Your welcome ticket consists of a spinal injury, which I happen to have. TRAILS gives a place of belonging and has different activities including hand cycling, cross country skiing, tennis, swimming, kayaking, mono skiing, and education forums. My niece Miriam has been with me in many of my marathons and activities. She is able bodied and she knew me before my injury. Miriam has been able to grow with

me as I have moved on in a positive way, making my life change to an advantage and not a disadvantage. She has helped construct this story of my life so that I can share it with others as well.

Being someone with a disability or having a family member with a disability can be a challenge. Some are born with disabilities, others just go through a life changing tragedy, like myself-both present unique challenges of adaptation.

Roberto Cardenas is a student at Salt Lake Community College.



Miriam Flores
STUDENT CONTRIBUTOR

MIRIAM'S STORY:

Having an uncle that has experienced a disability and was able to motivate himself to create a positive experience out of a tragedy has taught me much about life. As he learned to adapt to his disability, he not only impacted himself but also our family and those around him.

I knew my uncle before his spinal cord injury. Before his injury my uncle was like a complete stranger to me. The injury caused him to look into himself and decide what kind of person he wanted to be. His improvement has caused me to look to him as a person that inspires me. He was able to graduate from high school and is currently going to college. He is an athlete, and also makes time for his children. Through his example, I now see that challenges, no matter how difficult they seem, can lead to opportunities for us to better our lives.

Carla Gourdin is a Utah Resident and has lived in the Glendale area for 30 years. She moved here after an injury which left her disabled back in 1983. She found

out about TRAILS through the Sorenson Unity Center, grateful that the organization helped her know what resources were available to her as a disabled person. "TRAILS gives me a place to come out," she said, as she shared with me how she had rented hand cycles to ride at the Jordan River Parkway.

Tanja Kari, coordinator of the program, said "TRAILS started because no one knew what was happening to our patients with spinal cord injuries after they were out of the hospital and after their rehabilitation, unless they came back for clinical visits because they had a problem. It was clear that there was a need for people with spinal cord injuries to have recreation and sports that were well planned and had the right equipment." She explained that because of this need, there is consistency in the program. People can come back every week and will have access to the right equipment and the right help.

Casey Fenger, an employee of the program, said "It has impacted me greatly because I am a very athletic person and I really enjoy doing outdoor activities like skiing, mountain climbing and biking. It is almost comforting to know that if something were to happen to me and I were to get injured that there is stuff out there for people with a spinal cord injury. Life doesn't end, it does go on and you can continue that very active lifestyle."

Miriam Flores is a goal-oriented University of Utah student. She is proud to be a bilingual Chicana.

HOMELESS

continued from **PAGE 1**

whereas families with children account for the majority of the homeless population.

An even more alarming statistic is that 73 percent of all homeless persons are victims of circumstances such as illness, trauma, lack of access to affordable housing, abuse and violence, or suffer from mental illness.

It is important to remember that these statistics are only numbers. While they give us a general understanding of who is homeless and why, they are limited because they exclude the personal side of the issue. Each of these numbers is a person with a story to tell. Are we willing to listen?

Take Derek and Suzanne, a homeless couple living along the Jordan River, all their earthly possessions in a shopping cart behind them and a long cold winter ahead of them.

I had the chance to sit down and talk to them one chilly October day.

Derek, a disabled veteran, sat on a blanket holding an open Bible. I couldn't help but notice his bookmark was the business card of the Salt Lake Mission.

He told me in detail the downward slide his life took following an injury, the loss of a job, and then how in a tangle of government red tape he lost his benefits, causing him to slip farther and farther from stable life.

He lived in a motel for \$200 a week, until the money ran out. Because he is afraid of the shelters, he chooses to camp along the river through the winter, as he did the last.

Intelligent, friendly, and well-educated, he is praying for help to find him because he doesn't know what else to do. "It's okay to give us a hand out, but we appreciate a hand up, too," Derek said, as the conversation turned to his desire for employment.

Suzanne, more timid and less elaborate with her history, offered no clues to how she

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became homeless, but did say at one point in her life she was working as an educated CNA. Somewhere along the way, she lost all her official records and identifications to thieves and says she lacks the resources to obtain new documents.

As a woman in the local shelters, Suzanne said she experienced isolation, loss of privacy, and intimidation. She talked about the even darker dangers a woman on the street faces. "Certain men believe because I am on the street I am a working girl. If I'm alone, even for a small amount of time, it's bad. They don't stop harassing you," she said.

When asked about the safety of the shelters in Salt Lake City, Kelli O. Bowers, LCSW Director of Supportive Services at Palmer Court / The Road Home said, "...For some, the large number of individuals around them feels very overwhelming...Others may have experienced an unsafe event despite best efforts of shelters to ensure safety." However, Bower went on to explain that "actually issues may have happened just outside, in the vicinity of the shelter, and therefore were associated with the shelter."

As Derek spoke about their plans to camp out during the winter months, the weight of their reality was reflected in their eyes. When asked if there was anything they needed, their response was simple: "For someone to care enough to listen."

They exist in a state of limbo as the world rushes past them, as if they weren't even there.

In the State of Utah's 2013 report, "Why Homelessness Matters," two paragraphs outline the impact of homelessness on individuals and the community. It highlights the negative effects on children, especially school-aged children. Issues such as interruptions in schooling and unhealthy/dangerous environments increase the likelihood that children will experience homelessness as adults.

Where it explains why it should matter to the community, the impact is broken down into fiscal concerns: homelessness costs taxpayers money. With that in mind, I would ask us as a community, "Is that the extent of our value on these people's well being? Or as a community could we demonstrate more compassion, more outreach, and a higher social consciousness?"

"Those experiencing homelessness are often folks just like you or [me]. Often, life events resulted in their homelessness, not a life choice," said Bowers.

Many of us live closer to this reality than we would like to admit.

It's my ritual to take time out from the overwhelming demands of the holidays and go for a run as often as I can get away with it. As soft new snow squishes under the worn tread of my old running shoes, I worry about the pressure of

increased expenses for Christmas. Can we afford the extra four items on the grocery list we need to make a dish for a party? How do we pay for gifts and the heat bill?

I have a home waiting for me at the end of this journey down the river and back. It's not a perfect place. We need a new roof, a broken window needs repair, and the list of things that need doing is actually embarrassingly long, but it's a safe and comfortable place to sleep.

Out on the cold trail, my foot falls, echoing against the same ground where the homeless sleep. Remembering the game my daughter was playing earlier, I can now answer my child's question, "No, thank you, I don't want to be homeless, even in a game."



With light snow falling I rushed my daughter from the car into the warm shelter of the Chapman Library. Among the bookshelves we wandered, smelling the familiar winter smells of an old building and wet boots. As we turned to leave, arms loaded with books, I saw Derek and Suzanne sitting in wingback chairs reading.

I took my daughter's hand, guiding her towards them. "There are some people I want you to meet," and I then introduced them to my child. Halfway down the front steps she asked, "How do you know them?" "I met them in the park when I was working on the homelessness article; they're homeless," I answered.

She turned around, staring at the cold straight bricks. "They didn't look homeless; they look just like everybody else." I watched her take it in. They are just like everybody else. It could happen to almost anyone. I could hear her little words in my head, light as snowflakes, "If I were homeless I would: shower at the pool, spend the day at the library, eat from the dumpster behind the bakery, sleep by the river."

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INTERACTING WITH HOMELESS PERSONS

Whether or not you choose to actively get involved, homelessness impacts you. Maybe it is in passing a homeless person in the park or encountering panhandlers (who may or may not be homeless) outside your local grocery store; Being confronted by a stranger asking for money and/or help can be overwhelming. Here are some general guidelines to follow when encountering a homeless person:

1. Always be cautious when talking to someone on the street. Stay in areas where other people can see you, and don't take unnecessary chances. Don't feel that you are being uncaring if your personal safety is in question.

2. Treat them with respect. Recognize not all homeless are alike. With many factors playing a role in homelessness, you cannot know a person's true history by looking at them. They might be homeless due to a loss of income, drug or alcohol addiction, or mental illness. They could be a veteran, a battered woman fleeing her abuser, or a con artist. Keep in mind many homeless people suffer from depression and isolation, some might feel paranoia, others may be seriously mentally ill or unstable. If a homeless person approaches you, a friendly response even while saying "no" can be a first step in helping them.

3. Don't give cash. The Rescue Mission of Salt Lake notes that well-intended gifts of cash too easily are converted into drugs or alcohol. They suggest that you donate food, clothing, bedding, or other items to reputable charities. If you feel the person is jeopardy, there are emergency numbers you can use to call those trained to help. Encourage the homeless to seek help for themselves.

4. Last, but not least: Donate and/or volunteer.

MILITARY FAMILIES

ONGOING WARS ABROAD AFFECT FAMILIES HERE AT HOME

By Charlotte Fife-Jepperson
WEST VIEW PUBLISHER

Since 2001, the U.S.-led war in Afghanistan, also known as Operation Enduring Freedom, has taken a huge toll on millions of people. The longest war in U.S. history is still being waged today, and yet it doesn't seem to be on the forefront of the general public's mind here in the U.S.

Well, here at home in the west Salt Lake City neighborhood of Poplar Grove, one particular family has not forgotten about the war.

With three combat veterans in their family, the Daniels' are familiar with the sacrifices a military family has to make. Two of their sons, Andy and Wade, served in the Army National Guard in Afghanistan in 2012 and 2013, and their father, David Daniels, served in the Army National Guard in the Philippines in 2006.

According to iCasualties.com, a website devoted to documenting casualties of current wars, 2,290 U.S. soldiers have died since 2001 in Operation Enduring Freedom.

The Daniels' are very grateful that all three of their family members returned home safely after their tours.

However, it was not easy for Kimberly Daniels and her children when her husband was deployed to the Philippines for a year with the 19th Special Forces Group.

Being the only parent at home with a struggling high school senior was very difficult. Although she was able to talk to her husband on the phone regularly, she didn't want to worry him, so she kept all the problems to herself.

To make matters worse, the Army made an error with



From left to right: Andy Daniels, Wade Daniels and their father, David Daniels pose for a photo at Wade's Basic Training graduation at Fort Knox, Kentucky in 2008. All three men serve in the Army National Guard. **PHOTO COURTESY** DANIELS FAMILY

David's pay, and for about five months, money was not coming in. Having been a stay-at-home mom for most of her life, Kimberly was forced to get a full-time job. They would have foreclosed on their house if it weren't for the Servicemembers Civil Relief Act, an umbrella of protection for members of the military that originated during the Civil War.

On top of all the financial and parenting stress David's deployment caused, in the back of her mind, Kimberly worried about his safety. "I didn't watch the news, because I didn't want to see the danger my husband or sons were in," she said. She told of one military wife who learned of her husband's death after she watched him being killed on CNN.

When she was a teen, she swore she would never marry anyone in the military, because her dad was in the Air Force, and the threat of having to move every four years was stressful.

But in 1985, after Kimberly and David were engaged to be married, David decided to join the Army after an 8-hour conversation with a co-worker, in which he tried to convince his coworker how stupid he was for being in the military. This co-worker managed to convince David how neat it would be to get paid for jumping out of airplanes, learning all kinds of survival skills, and traveling to remote parts of the world.

Just one day before David left for Basic Training in Fort

Jackson, South Carolina, they found out Kimberly was pregnant with their first child. This was the beginning of several military tours and, later, a career as a Salt Lake City Police Officer – another source of worry for Kimberly.

In 2012, their second oldest son, Andy, served as a mechanic on a one-year tour in Afghanistan with the 2-11th Aviation Attack Regiment.

Two days after Andy came home, Wade learned that he would be deployed to Bagram Airfield in Afghanistan.

Kimberly said it was hardest when her youngest son, Wade, was deployed "He's the baby of the family, so I worried about him the most," she said.

Wade served as a parachute rigger, someone who builds

the cargo delivery systems that get packages of supplies, such as food, water, and fuel to NATO and U.S. allied forces on the ground in remote areas. He was in charge of 10 American and 10 Afghani riggers.

Although the sporadic launching of mortar rockets was nerve-racking, Wade said the hardest part about going to Afghanistan was being away from his three-year-old son, Jayson. "Knowing I wasn't there to take care of him if something happened was tough," he said.

For now the Daniels family can be together, at least until the next deployment, as all three men are still serving in the National Guard.

EMAIL: wvm.editors@gmail.com

communitybulletin

Northwest Recreation Center

1255 W. Clark Avenue (300 N.)



ON GOING EVENTS:

Swimming Lessons: Tuesday and Thursday lessons: \$24
Sessions start on Jan. 7, Feb. 3 and March 4
Saturday lessons: \$18
Sessions start on Jan. 11, Feb. 1, and March 8

Junior Panthers Youth Swim Team: Pre-competitive team, ages 8 and up, on-going registration
Practices: Monday, Wednesday, Friday, 5 p.m. - 6 p.m.
\$30 per month or \$80 for 3 months

Men's Basketball League: Begins March 3, Monday evenings, \$360 per team,
Registration open: Feb.1 - March 1

NeighborWorks Salt Lake

622 W. 500 North, 801-539-1590
nwsaltlake.org



GRANT

North Temple Façade Improvement Grant Program
Businesses and property owners on North Temple, from 600 West to Redwood Road, can apply for a matching grant for up to \$5,000. The program will invest up to \$110,000 to revitalize the area.

Questions? Contact NeighborWorks Salt Lake Economic Development Director Christopher Foley at 801-539-1590 ext. 104 or christopher@nwsaltlake.org.

Grant information and application available at db.tt/cb5zqEO4

Sorensen Unity Center

1383 S. 900 West, 801-535-6533
www.sorensonunitycenter.com



DECEMBER:

Nov. 14 - Jan. 7: The Mexican Revolution Exhibit,
Monday - Friday 6 a.m. - 8 p.m., Saturday 9 a.m. - 5 p.m.

Dec. 13: Free computer class: creating an eResume
10 a.m. - noon, call to RSVP

Dec. 20: Free Family Film Series: Elf, 6 p.m.,
visit website for details

JANUARY:

Jan. 10: Free computer class: Google Drive, Part 1
10 a.m. - noon, RSVP

Jan. 10: Free Family Film Series, 6 p.m.,
visit website for details

Jan. 17: Free computer class: Google Drive, Part 2
10 a.m. - noon, RSVP

Jan. 25: People's Market Seed Swap,
visit website for details

FEBRUARY:

Feb. 14: Free family film series, 6 p.m.,
visit website for details

ON GOING EVENTS:

Horizonte ESL classes: Monday-Thursday,
9 a.m. - 1 p.m., 5:30 p.m.- 8:30 p.m.

Free computer class: Windows and Tablets,
Tuesday and Thursdays, 6 p.m. - 7 p.m., call to RSVP

Free computer and multimedia out-of-school program for youth ages 8 to 17.
Call 801-535-6536 for more information

NOTICE

The SLC Parks and Public Lands Program is finalizing the internal city review for the 70 percent design drawings for the 900 South Oxbow Restoration and Enhancement Project. The drawings will be available for public review by Dec. 20 at slcgov.com/node/1245.

communitycouncil

FAIRPARK COMMUNITY COUNCIL

Fourth Thursdays: Jan. 24, Feb. 28, March 27,
6:30 p.m.
Northwest Multipurpose Center, 1300 W. 300 North
Chair: Steven Johnson: philogooch@yahoo.com
801-521-3168
Website: www.fairparkcommunity.org

JORDAN MEADOWS COMMUNITY COUNCIL

Second Wednesdays: Jan. 8, Feb. 12, March 12
6:30 p.m.
Day Riverside Library, 1575 W. 1000 North
Chair: JoAnn Anderson: zcar1977@netzero.net
801-355-5583

ROSE PARK COMMUNITY COUNCIL

First Wednesdays: Feb. 5, March 5
6:30 p.m.
Day-Riverside Library, 1575 W. 1000 North
Chair: Blake Perez: blakeperez@hotmail.com
801-702-2522
Facebook: Rose Park Community

WESTPOINTE COMMUNITY COUNCIL

Third Wednesdays: Jan. 15, Feb. 19, March 19
7:00 p.m.
Day-Riverside Library, 1575 W. 1000 North
Chair: Erin Youngberg: erin@westpointecc.org,
801-815-0130

POPLAR GROVE COMMUNITY COUNCIL

Fourth Wednesdays: Jan. 22, Feb. 26, March 26.
7:00 p.m.
Pioneer Police Precinct, 1040 W. 700 South
Chair: Andrew Johnston:
poplargrovecouncil@gmail.com, 801-699-1381
Facebook: Polar Grove Community Council

GLENDALE COMMUNITY COUNCIL

Third Wednesdays: Jan. 15, Feb. 19, March 19
7:00 p.m.
Mountain View Elementary, 1380 S. Navajo St. (1335 W.)
Chair: Randy Sorenson:
801-973-6652

BALLPARK COMMUNITY COUNCIL

First Thursdays of each quarter: Oct. 3, Nov. 7, Dec. 5,
7:00 p.m.
Horizonte Center cafeteria, 1234 S. Main Street
Chair: Elke Phillips: Ballparkcc@gmail.com
801-708-3915
Website: www.ballparkcc.org
Facebook: Ballpark Community

The West View

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West side wildlife



Dan Potts
West View Media



A cottonwood tree shows signs of beaver damage at the Bend-in-the-River Urban Tree house area near 1000 W. Fremont Ave. Beavers are wonderful wildlife to encounter on the west side, but they cause damage to trees along the Jordan River. **PHOTO BY DAN POTTS**



Canadian Beaver, *Castor Canadensis*

Beavers are one of the largest forms of wildlife here on the west side, and are found mostly in the Jordan River. They are often seen floating or swimming in the river by trail-users, who may have been startled by this large rodent's tail slapping. Beavers slap the water with their large, flat, scaly tails, creating a resounding "crack" to warn other family members of potential danger.

Beavers grow up to 30 inches long, not including their tail. They are now considered the largest rodents on our continent, but at one time (around a million years ago) grew as large as oxen, and possessed unicorn-like horns to help protect themselves from the larger predators that roamed their territory. After humans arrived, however, most of these large megafauna (a scientific term for large animals) disappeared, and today's beaver are much smaller and largely defenseless.

Early white fur trappers almost drove the species to extinction by the end of the 1800s, largely for hats and other clothing, as beaver fur is very soft and warm. Early records

by well-known Canadian fur trapper Kit Carson recorded a daily harvest rate in Utah of 70 beaver in one day by his group. The following day he reported having killed a total of 2000.

In researching this article, I was unable to find any reference by trappers, explorers or even early settlers of beaver being present on the Jordan River, although they referred to most other wildlife. Today, however, we do find an abundance of beaver here. They do not build beaver dams on the Jordan River as they do in more forested areas. Here they generally build their homes in burrows in the riverbank, although they occasionally build a wooden lodge on top of the bank. Entrances to these homes are usually underwater with fresh air available only through a breathing hole dug above the water level.

Like most rodents, beaver feed on vegetation, preferring the living tissue just inside the bark of trees. They use

their large, sharp, buck teeth to gnaw and eat their way completely through the trunk of a tree until it falls to the ground, where they can more easily gain access to the rest of the tree's branches that are also either eaten or dragged off towards their den.

Beaver living higher in Utah's mountains mostly feed on quaking aspen and willows, where they even store branches underwater to feed on through the winter because their ponds usually freeze over. Down here in the warmer valley where the Jordan does not freeze over, beaver can feed year round on cottonwoods, elms, and willows found near the river's banks, but will feed on almost any other tree if food is running short.

Beaver are interesting, watchable wildlife. They are excellent swimmers above or under the water. Another aquatic rodent, the muskrat, is often mistaken for beaver, but are usually much smaller, and possess a long, vertically flat-

tened rat-like tail, that they use to propel themselves. Muskrat eat grasses and other more tender vegetation along the riverbanks, and also live in burrows with underwater entrances. Both are fun to watch!

The greatest problem today with beaver on the Jordan, is that they no longer have either their historic, longtime predators like wolves and cougar, nor fur trappers to help control their numbers. Beaver skins have long since been replaced by the likes of other natural insulations like wool, or by newer synthetic materials like Dacron to help keep us warm, and fur trapping is now mostly practiced by the few folk still practicing mountain man techniques. Therefore, while populations of both beaver and humans have continued to increase, the encroachment of human development towards the river has resulted in conflicts between these two mammals.

There are areas where beaver

have cut down large sections of trees along the river. Efforts to plant trees along the Parkway for shade, beautification, and wildlife restoration projects are hindered by this animal that has historically provided so many benefits to Americans. Some solutions include, protecting the trunk of every tree with chain link fencing, but that could be unsightly. Beaver can be live-trapped and transplanted to areas that would benefit from their works, or they could be merely trapped and killed to control their overpopulation in specific areas where they have become a problem.

Regardless, I recommend that the new Jordan River Commission, Salt Lake City, and Salt Lake County all work together with Utah Wildlife Resources to address this problem.

Dan Potts is a Poplar Grove resident, local naturalist and President of Salt Lake County Fish and Game Association.