



the
WEST VIEW



- Four west-side residents over the age of 65 discuss the threat of COVID-19 complications and isolation, as well as the constant barrage of fraudsters.
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COVID-19 highlights systemic disparities that put communities of color at greater risk

By Ayrel Clark-Proffitt

Utah's communities of color continue to make up a disproportionate number of Utah's overall COVID-19 case counts, and west Salt Lake has been among the hardest hit parts of the state since the beginning of the pandemic.

Communities of color make up a smaller percentage of total new cases than they did earlier in the year, but cases continue to rise for all communities. Local officials and health professionals note that systemic health disparities, including in COVID-19, continue. They highlight employment type, housing conditions, health care access, and food insecurity as pre-existing risk factors that are leading to worse outcomes for Indigenous peoples and people of color during the pandemic.

"What COVID-19 does is it lays bare the inequity in society caused by racism," said Dr. José Rodríguez, associate vice president for Health, Equity and Inclusion at the University of Utah and a doctor at the U of U Redwood Clinic, 1525 West 2100 South.

RELATED ARTICLES

- U of U graduate student discusses impact of COVID-19 on undocumented and immigrant communities. *Page 26*
- Award-winning journalist returns to Salt Lake City and becomes a contact tracer. *Page 26*

'Expendable' Workers

Many residents of Salt Lake's West Side work in essential positions, and the workforce in the Latinx community – which has among the highest rates of infection in Utah – is almost entirely essential employees, Rodríguez said. Essential workers' jobs are not protected, Rodríguez explains, which deters testing because if these employees get sick, they will just be replaced.

"You have to work, if you don't work, you will lose your job, so you're going to infect everyone you work with," he said.

Research by Daniel Mendoza, faculty in the University of Utah's City & Metropolitan Planning

See **DISPARITY**, page 25



PHOTO BY TURNER BITTON

Co-owner of King's Peak Coffee Roasters, Brandy Ledbetter, and her daughter, Sadie Lynn Ledbetter, pose for a photo inside their family-owned business at 412 South 700 West, Suite 140.

VIRAL ECONOMICS

Small businesses struggle to stay afloat and keep employees amid pandemic

By Christian Sears and Turner Bitton

The economic impact of the coronavirus and measures aimed at controlling its spread have carved deep wounds into the finances of many Americans. What began as a public health crisis has grown into an economic catastrophe that cannot be overstated. Failure to control the spread of the virus has created instability for businesses

and impacted the jobs of millions of Americans.

To avoid the threat of financial disaster, many Salt Lake City residents and businesses have had to adapt quickly and sacrifice much to make ends meet.

For many families, the rapid transition to working from home, digital commuting, or implement-

See **ECONOMICS**, page 31

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OUR MISSION

To increase awareness of west-side issues through local journalism that informs, engages and connects diverse communities in Salt Lake City.

OUR VISION

Through a commitment to social justice and increasing civic participation we create a more informed, engaged and equitable community.

ABOUT US

The West View is a product of West View Media, a nonprofit, 501(c)(3) community news organization that offers an authentic look into Salt Lake City's West Side through stories written primarily by community members.

Published quarterly, *The West View* is mailed to 22,000 homes and businesses 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 public spaces in nearby areas.

STORY SUBMISSIONS

If you would like to contribute a story to *The West View*, please pitch your story idea to our Community Newsroom by sending an email to: charlotte@westviewmedia.org. Include your full name, address and phone number. You will be invited to attend a Community Newsroom meeting to discuss story ideas and to receive feedback from newsroom participants.

The West View reserves the right to edit all submissions and letters for libel, slander, clarity and length. All submissions become the property of *The West View* upon publishing.

TO GIVE FEEDBACK

West View Media welcomes comments, suggestions, and corrections. Contact Executive Director Turner Bitton at 801-564-3860 or turner@westviewmedia.org.

from the editor

These are very difficult times. At the time of this writing in mid-December, I am thinking about all those who are struggling to make it through this pandemic:

our elders, students, parents, teachers, healthcare workers, first responders and essential workers. I am thinking about our unsheltered community members, government and nonprofit workers, political and religious leaders, and our business owners. I am thinking of people who have lost their jobs, who are isolated or suffering from mental illness, and families who have lost loved ones to the coronavirus.

It seems that no one is unaffected by this virus.

The other day I stepped outside to take a break from editing and to catch the last few minutes of sunlight, a cup of steaming Earl Grey tea in my hand.

en español

Estos son momentos difíciles. Al momento que estoy escribiendo esto, estoy pensando en todos aquellos que han luchado para sobrevivir esta pandemia: personas de la tercera edad, estudiantes, padres, maestros, trabajadores de la salud, policías, bomberos y trabajadores considerados como esenciales.

Estoy pensando en aquellos miembros de nuestra comunidad que no tienen donde vivir, trabajadores del gobierno y en organizaciones sin fines de lucro, líderes políticos y religiosos y aquellos que son dueños de negocios. Estoy pensando en personas que han perdido sus empleos, que están aislados o padecen de enfermedades mentales, y familias que han perdido seres queridos al coronavirus. Parece que nadie ha salido ileso de los efectos de este virus.

El otro día salí por un momento para tomarme un descanso de mi trabajo como editora y disfrutar de los últimos minutos de sol, con una taza de té caliente Earl Grey en mi mano. Sintiendo lo tibio del sol en mi rostro, sentí amor por mi comunidad. Amo la belleza natural del Río Jordan, que pasa cerca de mi casa. Es reconfor-

As I felt the warmth of the sun on my face, I felt love for my community. I love the natural beauty of the Jordan River, which runs near my home. It is comforting to see the steeple of the nearby LDS church against the western skyline, and to hear the



church bells ring from St. Patrick's Catholic church one and a half blocks away, even though I, personally, do not subscribe to any organized religion.

I nodded a friendly hello to a couple who were biking past on the Jordan River

Trail, and stopped to talk with Rosa who was walking home from her day of work at Neighborhood House, where the voices of young children ring out as their parents pick them up from daycare each afternoon.

I am grateful for our first responders – our fire department, dispatch and police officers, who, I believe, do their best under great stress to keep us safe. (Full disclosure: my husband

has served as a firefighter in the Salt Lake City Fire Dept. for almost 25 years, so I am a bit biased.)

I hope that we can all hang in there, and take time to check in on one another during this winter. Let's not forget about our neighbors who are shut-in or who might be struggling. And don't forget to notice the beauty that is all around. Here's hoping the new year will bring better days ahead.

P.S. I know that so many people are experiencing financial hardship because of the pandemic. I know that many families are stretched thin and that's why we continue to publish The West View free of charge and in print. Our whole team wants everyone on the West Side to have access to quality community journalism. During this season of giving, if you are able, will you donate to our end of year fundraising campaign? This year The West View is participating in NewsMatch and every donation could be matched. You can donate online at westviewmedia.org or by mail at P.O. Box 271516 Salt Lake City, UT 84127.

—Charlotte Fife-Jepperson

dientes el uno del otro durante este invierno.

No nos olvidemos de nuestros vecinos que por una razón u otra no pueden salir de sus hogares y quienes pueden estar luchando con situaciones difíciles. Tampoco olvidemos fijarnos de la belleza que está a nuestro alrededor. Esperemos que el nuevo año traiga mejores días para todos.

P.S. Yo sé que muchas personas están pasando por dificultades económicas debido a la pandemia. Sé que muchas familias están a más no poder y es por eso que continuamos publicando The West View gratis e impreso. Nuestro equipo entero desea que todos en el West Side (el lado oeste de la ciudad) tengan acceso a periodismo comunitario de calidad.

Durante esta época de compartir, si pueden, ¿podrían donar a nuestra campaña para recaudar fondos? Este año The West View está participando en un NewsMatch y cada donación será igualada y recibiremos doble la donación. Pueden hacer sus donaciones en línea a westviewmedia.org o por correo a P.O. Box 271516 Salt Lake City, UT 84127.

—Charlotte Fife-Jepperson

COVID-19 vaccine is unlike any you've had before; here's what you need to know

By Emma Penrod

The coming availability of a vaccine for COVID-19 has prompted considerable excitement – and concern – about the speed with which new medical technology has become available.

But while the COVID-19 vaccine itself is new, vaccines in general are an ancient method of rallying the human body's natural defenses against disease. And the vaccine for a coronavirus was actually in the works behind the scenes for some years, giving us more time than meets the eye to understand how this technology works, whether it is safe, and who should consider getting the vaccine.

Historical evidence suggests the Chinese began using rudimentary vaccines to prevent smallpox as early as 1000 CE, according to The College of Physicians of Philadelphia. Ancient physicians would inoculate patients against the disease by collecting the scabs of patients who had recently recovered from smallpox, grinding the scabs, and blowing them up a healthy individual's nose. The receiving patient would become permanently immune to the disease. These techniques traveled across the Middle East, Africa, and reached Europe by the 1700s.

The COVID-19 vaccines currently en route to Utah hospitals contain cutting-edge technologies that represent the culmination of years of scientific research, according to Dr. Audrey Stevenson, director of Salt Lake County Health Department's division of family health. This technology may not only help to end our current pandemic, but may also hold the key to combating a whole range of medical conditions – like HIV, allergies and maybe even cancer.

So how does it work, and how is it different from your annual flu shot? It all boils down to how the vaccine itself is made.

All vaccines work with our natural immune systems to prevent

disease, Stevenson explains. Certain cells within the human body serve as microscopic security guards, seeking out and destroying disease-causing viruses, bacteria and other unwanted intruders. But in order to stop a disease, these cells have to learn to recognize the agent that causes it as unwelcome.

Viruses, and the virus that causes COVID-19 in particular, are especially difficult for the immune system to recognize. Viruses are incapable of reproducing by themselves. In order to make copies of themselves, viruses trick our cells into letting the virus inside. Once there, they take control of the cell and turn it into a virus factory.

When we survive infection by a virus, our immune cells remember the virus that caused the attack. The next time we encounter that same virus, the immune system responds quickly, destroying the virus before it enters too many of our cells and causes us to get sick.

Vaccines take advantage of this natural process by teaching our immune system to recognize a viral intruder before we catch the disease. Traditionally, this is done by injecting a very small amount of the virus itself. The virus is often weakened or, in some cases, killed entirely so that it can't spread and cause disease inside the body while the immune system learns to recognize it.

However, some viruses are especially tricky to prevent with vaccines. COVID-19 is a master of disguise that uses what scientists have named a "spike protein" to enter our cells, according to Tamara Sheffield, Director of Community Health and Prevention at Intermountain Healthcare. The spike protein acts kind of like a key, which unlocks the cell and lets the virus inside so it can reproduce and

cause disease and, for some people, severe illness.

"The problem with this disease is we're finding it causes these inflammatory reactions that can cause permanent damage to the lungs and cardiovascular systems," Stevenson said. "It's not a benign disease. Some go on to have chronic conditions."

Because of the spike protein, our bodies have a particularly difficult time stopping COVID-19 and other viruses from the coronavirus family. And, injecting people with COVID-19 doesn't trigger immunity. So scientists had to consider a different approach, but they weren't starting from scratch.

Coronaviruses have been monitored as a potential threat to public health since the 1960s, Stevenson said. The SARS outbreaks of the early 2000s, caused by a COVID-19 sister virus identified as SARS-CoV-1, prompted scientists to begin developing a coronavirus vaccine. Although work on that vaccine slowed when SARS settled down, Stevenson said research tied to the SARS outbreak and other coronaviruses meant scientists had a head start on the development of a vaccine for COVID-19.

"Despite how quickly the vaccine technology has been [developed]," Stevenson said, "there really have not been any shortcuts with regard to determining the safety of this vaccine."

This early research also helped scientists zero in on which of many new vaccine technologies might combat COVID-19 and its spike protein. The first vaccines to come online, developed by Pfizer and Moderna, contain a form of genetic material called "messenger" RNA. This mRNA is a natural substance similar to, but not exactly the same as, DNA. Messenger RNA tells the

cell how to make proteins that do the work in a cell.

On Dec. 11, the U.S. Food and Drug Administration determined the Pfizer vaccine is safe and effective in individuals ages 16 and older. The mRNA in the Pfizer vaccine instructs cells to make copies of the COVID-19 spike protein, which teaches the immune system to defend itself against the virus without causing illness.

There are both advantages and disadvantages to this vaccine approach. On the upside, data from the Pfizer and Moderna trials suggest that mRNA vaccines are incredibly effective, reducing the risk of getting COVID-19 by nearly 95%. The flu shot, by comparison, reduces the risk of disease by roughly 40-60%, according to the Centers for Disease Control and Prevention.

The flip side of this efficacy is that the mRNA vaccine triggers a noticeably aggressive response from our immune system. That is, some people who have had the vaccine experienced side effects including fever, chills, headache and body aches. These symptoms reportedly last 24-48 hours in most people, and are unlikely to cause hospitalization, disability or death, Stevenson said.

Medical workers who receive the vaccine in the coming weeks will take each dose toward the end of their shifts to give them time

to recover from any side effects. However, people who experience these symptoms do not need to quarantine – they can continue with their daily activities as soon as they like.

"With all vaccines, what we study in tens of thousands of people gives us a good idea of basic safety," said Dr. Andrew Pavia, head of the Division of Pediatric Infectious Diseases at the UofU, "but that doesn't tell us what could happen in rare instances. The COVID-19 virus [is estimated to] kill 1 in 150 people [who contract the virus]. What we don't know

about the vaccine is whether there might be a side effect that affects one in a half million people."

According to the FDA, symptoms are more likely to occur after the second dose of the vaccine than after the first. However, people who do not get the necessary second dose three weeks after the first injection may not have a sufficiently strong immune response to prevent

infection. It's important for people to remember what brand of vaccine they received – Pfizer, Moderna or another vaccine – Stevenson said. The vaccines are not interchangeable and patients will not develop full immunity to the virus if they do not get two doses from the same manufacturer.

Because the vaccine has been available, even in trial settings, for less than a year, it's also unclear how long the immunity granted by the vaccine will last. "There will be ongoing studies that look at vaccine

“Despite how quickly the vaccine technology has been [developed], there really have not been any shortcuts with regard to determining the safety of this vaccine.”

Dr. Audrey Stevenson
Director Salt Lake County Health Department's division of family health

SLC elementary school students will resume in-person learning in January amid controversy

By Nina Yu

Millions of students around the world, including those in the Salt Lake City School District, have been learning remotely via computer during the pandemic. Amid much conflict, the SLC School Board voted 4-3 on Nov. 17 to start allowing elementary school students back into the classroom beginning in late January.

The school board had planned to maintain remote learning until the end of the first quarter (Oct. 30) or until health conditions improved enough to allow students back into the classrooms. With COVID-19 cases significantly increasing daily since mid-September, remote learning has continued throughout the first trimester.

Online learning has taken a toll on students' grades; data obtained by the Salt Lake Tribune showed that junior high and highschool students are failing classes at double the rate of last year. And those rates are triple for elementary school students. Lower income students in Title I schools on SLC's West Side are struggling the most, according to the Salt Lake Tribune (www.sltrib.com/news/education/2020/12/13/during-covid-pandemic).

As students return to schools, health officials urge students to be cautious. "Most of the transmission in the community is occurring via social contact with family, friends, and extended family," said Nicholas Rupp, the Communications & PR Manager at the Salt Lake City Health Department. "Students in the SLCS D still need to be vigilant about wearing a face covering whenever they are around anyone they don't live with and staying six feet away from anyone they don't live with."

At a July 30 online Salt Lake City school board meeting, Interim-Superintendent Larry Madden, presented the district's school reopening plan with the proposed goals to "provide quality learning while maintaining the safety of our com-



PHOTO BY DAVID RICKETTS

Mountainview Elementary School, normally bustling with students, families and teachers, will welcome back students in a phased approach in January.

munity," and to "take steps that will allow us to open and remain open as soon as it is safe."

Since that meeting, there has been contentious debate among board members, parents, and teachers who have conflicting opinions about reopening schools.

"In the beginning, I didn't think it was wrong for the Salt Lake School District to be fully remote. But I had no idea how difficult it would be for my whole family," said former Poplar Grove resident, Tawni La Salle. "It was just a huge realization for me that my kids do much better in a classroom setting, interacting with other kids."

"We [have been] doing 100% remote learning," said James Tobler, teacher and president of the Salt Lake Education Association (the local teachers' union). "However, we are doing small group, in-person instruction as well. SLEA supports remote learning due to the high transmission and positivity rates [of COVID-19]. Teachers are also doing one-on-one Zoom calls for students who are struggling. The conditions

of our union right now are that we don't reopen our schools until the positivity rate falls below 5%," he said. Currently, Utah's positivity rate is above 20%.

Despite the pandemic, teachers and principals had prepared and worked hard to make this school year seem as normal as possible for their students.

"I don't think that there's a time my teachers worked harder than during this pandemic," said Heather Newell, the principal at Backman Elementary School. "They have been fielding phone calls, emails, messages, and texts all while thinking about their students 24/7. We are doing something we have never done before, and my teachers are all in. We did small group learning last summer with some of our kids with disabilities and in special education. We took safety precautions, everyone spread out and wore masks, the areas were cleaned before and after. It worked well."

Teachers' lessons have been delivered through an online platform called Canvas and students interact

with their teachers in a face-to-face call each week through Zoom. However, some parents are less than satisfied with the experience.

"It was hard having three Zoom classes going on at the same time," said La Salle, who has three children. "In addition, I was working from home a couple times a week. I couldn't monitor my kids while I was working, and my kids would skip classes or ignore the teacher." She also said her kids did not have one-on-one Zoom calls with their teachers, although there were parent-teacher conferences.

She and her husband made the difficult decision to move out of the Salt Lake City School District so that their children could go back to school in person. "Putting our kids back in classes may increase the risk of COVID for our family, but we believe there are equal or greater risks to the physical and mental health of our children, as well as their educational growth that need to be considered. We also believe the schools can implement better protocols, from mask-wearing to temperature

checks to alternating days and times so not all students are at school at once," said La Salle.

Other parents are adamant about not having school reopen until the virus conditions improve in Utah. School districts outside of Salt Lake have held in-person instruction and have had outbreaks that led to shifting instruction online. A Salt Lake Tribune article reported that the Utah Education Association said that back-and-forth is disruptive for students.

"It has depended on the subject," said Fairpark resident, Circe Arzola, when asked about how her son is managing online classes. "Music classes are harder compared to other subjects such as language arts. My son has to find other ways to learn the trumpet, perhaps compared to a student who is taking private lessons."

Right now, one of the main benefits of online learning is health-related. Parents who support online learning are aware of the high transmission rates of COVID-19, or they have family members who they want to keep safe from the virus. Most parents understand that teachers are doing the best that they can during this pandemic. Some of the older teachers struggle with the technology that is involved and some struggle with talking to a Zoom class full of black screens.

"My son understands the 'why' of online classes, but of course he wants to be in-person and around people his age. He wants to see his teachers and have that connection," Arzola said. "However, these case numbers are high and our hospitals are at full capacity. I think people would think twice if they saw what I [as a health-care worker] see every day. I think it is irresponsible to make the decision of going back to in-person classes. It is toying with peoples' health."

NOTE: The SLCS D provides additional resources and online support for academic and emotional aid such as office hours, help sessions, and counseling.

opinion

Sixth-grade student: Online school has its challenges

By Vanna Nguyen

Because of the coronavirus pandemic, students in Salt Lake City have been doing online school this year. And since we've never done online school before, there have been many struggles. There are a lot of reasons for this – lack of internet connection, not knowing how to log in, or not having the right equipment. It took my 6th grade class at North Star Elementary a long time for every student to be able to log into our zoom class and to turn in assignments.

It all started with the massive windstorm on September 9 that damaged cars and homes throughout Salt Lake City. That



was supposed to be my first day of school. Because of the power outages, school didn't start for a whole entire week.

On the first day of school, there were two students (out of 24 in our class) that didn't show up. Attendance went up and down after that. I have noticed that after lunch some

students don't log back on. It's usually the same students. Many students don't turn their cameras on, even when our teacher asks them to.

On Wednesdays we have individual work time in the subjects of Art, Library and P.E. We have to tell our teacher what we did in each subject. For example, in P.E., we have to watch a video of our teacher and do activities with her, like stretches, jumping jacks, and running in place. If we don't report to our teacher, we are marked absent for that day. Our teacher said that many students get marked absent and their parents get phone calls from the school.

Our teacher always explains

how to do assignments and asks if everyone understands. The answer is always, "Yes." But, I am sure that some students just say yes, even if they don't understand. Sometimes the teacher will ask students who have completed assignments to help other students who haven't. I usually finish my assignments, so I often help other students in online breakout rooms. Most of the students don't say much and even keep their cameras off, making it hard to communicate.

I always understand the assignments. They aren't very hard for me. The only hard thing is that Zoom glitches. And when it does, it's hard to understand the teacher. To be honest, doing anything on-

line is kind of a challenge. Turning in assignments can be difficult. Sometimes it takes a really long time for an assignment to load or submit. I don't have proper equipment, so I usually have to figure out different strategies to get assignments done without a computer or laptop. It can be a challenge typing over and over with only two fingers on my iPad.

I understand that my teacher is working hard and trying his best. Soon, I'm going to start regular school again. I feel excited to go back to normal learning, but I'm nervous about going outside of my house and being around a lot of people. I hope to do well even when the environment changes.

Hello Westside!

The Salt Lake City Council set aside money to collaborate with homeless outreach providers and other service providers to assist with outreach and cleaning the North Temple area. Financial assistance is available to help with biowaste and sharps removal on private property. You may request clean-up services by downloading the SLC Mobile phone app or by calling 801-535-6402.

It is especially important that everyone has a warm place to stay with winter upon us. Salt Lake City is working with the Salt Lake Valley Coalition to End Homelessness to open a shelter for the winter months. Learn more about the efforts to prevent and end homelessness at homelessutah.org.

¡Hola vecinos!

El Concejo Municipal de Salt Lake City apartó dinero para colaborar con proveedores de servicios sociales para personas sin hogar y con otros proveedores de servicios para asistir con la promoción y limpieza del área de North Temple. Asistencia financiera está disponible para ayudar con la eliminación de desechos biológicos y materiales filosos en propiedad privada. Puede pedir servicios de limpieza descargando la aplicación móvil de SLC o llamando al 801-535-6402.

Con el invierno a la vuelta de la esquina es especialmente importante que todos tengan un lugar cálido en donde descansar. Salt Lake City está trabajando con Salt Lake Valley Coalition to End Homelessness para abrir un refugio estos meses de invierno. Para mantenerse informado visite: homelessutah.org.

Community resources to explore if you or someone you know is facing the risk of homelessness:

Recursos de la comunidad que puede explorar si usted o alguien que conoce se enfrenta al riesgo de la falta de hogar:

Salt Lake City Housing Stability Program and Rapid Rehousing:
Programa de Estabilidad de Vivienda y Reubicación Rápida de Salt Lake City:

- Rental Assistance / Asistencia con el Alquiler:
 - Asian Association of Utah: 801-467-6060
 - Catholic Community Services: 801-363-7710
 - Utah Community Action: 801-359-2444
- Mortgage Assistance / Asistencia de Hipoteca
 - Community Development Corporation of Utah: 801-994-7222
 - NeighborWorks Salt Lake: 801-539-1590
- Rapid Rehousing / Reubicación Rápida
 - The Road Home: 801-359-4142

State of Utah and Salt Lake County Rental Assistance available. Learn more by calling 2-1-1. Asistencia con el alquiler del Estado de Utah y del Condado de Salt Lake también está disponible. Aprenda más al respecto llamando al 2-1-1.



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#WESTSIDESTRONG

Dads inspire daughters to **DREAM BIG**

Tattoos tell of unique bond, history

By Dane Hess and Saia Langi

Carlos' arm is shining with the stickiness and bold colors of a fresh tattoo. A pair of eagle feathers hang beautifully just below his left elbow. The artist responsible is a bit unexpected – his daughter Rosa Sanchez Garcia, age 14, who was inspired to start tattooing after repeatedly getting in trouble for drawing on herself in class.

She reluctantly let her mom, Marisela, know of her idea and, to her surprise, she replied, “Sí, lo que tú quieras.” *Whatever you want, I support you.* She was even more shocked when her dad told her if she kept up with her chores and grades, he would get her a tattoo machine.

“When my kids tell me they like something, I try to support them as best I can. In this case, what she needed in order to learn how to tattoo was skin,” Carlos explains. A big smile crosses his face as he remembers approaching her with the tattoo machine, holding out his arm and saying, “Here’s your canvas.”

One of her first tattoos was of a skull that didn’t turn out quite like she wanted. It “looks like a little kid drew it,” she laughs. “I wasn’t expecting perfection but poco



PHOTO
BY DAVID
RICKETTS

Rosa Sanchez Garcia puts the finishing touches on her dad, Carlos', tattoo.

a poquito you can tell I’ve been improving.” It has been a process full of mistakes but Rosa advises, “Learn from them. Try not to be afraid of them and if you are, don’t show it. Get back up and keep going.”

She is thrilled that she has taken her own advice in persisting because this is about more than just tattoos for her and Dad. It is a chance to deepen their relationship, share stories, history, values and culture. “We are trying to keep our identity,” Carlos says with conviction. He hopes his children understand who they are and how their history is one of strength in the face of extreme

hardship.

He then elaborates on the history of colonization, explaining how the conquistadores’ violent policing of truth has impacted Native Americans for more than 500 years. The loss of land, language and traditional ways of life have all taken their toll.

Counteracting all of these years of violence to try and maintain an identity is not easy, but through the storytelling of tattooing, he and Rosa are trying. “Traditions, beliefs and customs are important to us,” he says as he shows the tattoo Rosa recently penned in Nahuatl, one of the several languages used in their family. Cultivating

linguistic ties with the language of their Mexican ancestors is one of a myriad of ways they are reclaiming their way of being.

Carlos wants the tattoo to serve as a reminder that the struggle is long and we need to keep fighting. Rosa remembers her dad elaborating on the story behind this particular tattoo. “We have to help one another, and together we’re going to be something powerful,” she says.

Rosa agrees that the conversations had through the process of tattooing provide consequential connections to her ancestral roots. In addition to the benefits of speaking Spanish with her dad,

she says, “It’s really cool to get to know where my people come from, what they used to do and how they used to be.” Her curiosity and drive to connect to those who have gone before is evident.

Carlos is confident that this rootedness in the richness of their past will help his children reach higher as they move through the world. He teaches them, “If you know who you are, you will have vision for your future.” For Rosa, this self-assurance is helping her preserve a broad perspective. “As I’m growing and learning, I want to see what other canvases come up,” Rosa expresses openly as she speaks of eventual goals of landing a career in the medical field.

“When she wants to do something, nothing in this life will stop her from doing it,” Carlos says.

For now, Rosa’s just grateful to have this special time with her dad. Last month Carlos got really sick and she thought she may not see him again. She chokes back tears as she remembers her feelings and her dad’s words, “Last night, I thought you were never going to get to tattoo me again.”

“¡Aquí te estaba esperando!” *I was here waiting for you!* she exclaims. Carlos glances at his arm, then looks at her lovingly and says, “Feathers remind me of you.”

Young entrepreneur and gymnast continues family legacy

By Dane Hess and Saia Langi

“Dad grad’s tenacity inspires family” reads the headline from the Salt Lake Tribune on May 11, 2007. Tatiana Cuellar would not arrive in the world for another year and a half, so she’s missing from the accompanying photo of her dad, David, and her sisters. However, the legacy of grit definitely did not pass her by.

Her abuela was a migrant farm worker in California who marched with Cesar Chavez. David remembers the marching, the backbreaking work and his mama’s words – “If you want to leave these fields for better work, get an education.” David did just that, going back to school in his 40s after his mechanic job was outsourced to Mexico.

He laughs as he remembers showing up to the entrance exam with a No. 2 pencil. “They just stared at me wondering what I was going to do with that.” Everything had moved to computers since he was last in school. “I was proud, though, because I got a B+ on my entrance exam after not being in school for almost 30 years.” He then went on to get 34 straight As, graduating from Salt Lake Community College with a perfect GPA. He commented proudly, “I wanted to set the bar high for my kids. The bar can never be too high.”

Tatiana definitely doesn’t think so. Flipping around high bars is something she regularly practices at Epic Gymnastics and Dance where she just made the gold level team. She hopes her dedication will take her to the junior Olympics and the Olympics one day. She knows these are lofty goals but fearlessly fighting for one’s dreams seems to be written into the family DNA. “Scary is not in my vocabulary,” she proclaims as she talks of the inherent dangers of balance beams, flipping and tumbling.

Dad smiles with pride as he

To explore more of what TC Beauty has to offer:

Instagram: @tcbeauty_1
Snapchat: @lipglossesbyt20
TikTok: @tcbeauty1

“Scary is not in my vocabulary.”

Tatiana Cuellar

considers all that Tatiana is doing to push herself to learn and grow. “She’s getting her education in her own way,” he says. Formal learning within the school system has been confined to Zoom meetings and canvas courses since March. “It’s really weird and I wish I was going to middle school,” she says about her disrupted 6th grade year. Tatiana is not letting that stand in the way of her learning, though.

She began experimenting with making her own beauty products earlier this year in hopes of finding something more friendly to her skin. Her dad saw the potential and encouraged her to start selling it. A small-business owner himself, David mentored her through the ins and outs of starting a business, and on April 4, Tatiana launched TC Beauty, a vegan, cruelty-free and organic beauty products line.

“I want people to have healthy skin and have what they buy not just be good for them, but for animals and the environment, too,” she said.

Tatiana’s persistence in learning about health, beauty, communication, marketing, finance, and social media are getting put to the test with trying to keep her business going during the unpredictability of the pandemic. If this were a class in school, she is

confident she would be pulling off some great grades. Talking of her studies, she states with conviction, “I have learned a lot about health, beauty and business.”

She has been excited that people are purchasing and promoting her product. The support is motivating her to take more risks and expand what she offers. When asked about her hopes for the business for the coming year, she replies, “I want my website to be up. I want to create more products and go viral.” Dad beams with delight as he says, “She’s not waiting around with her hand out looking for money from me. She’s getting after it herself.”

She seems to wear confidence as if it were one of her company’s products. How else could you explain her open-armed embrace of all the challenges of being an Olympic hopeful, small business owner and 6th grade student all while dealing with the uncertainty created by the COVID pandemic? For Tatiana, it seems pretty clear. “I’m following my passion. I’ll keep going no matter how hard things get.”



PHOTO BY DAVID RICKETTS

Above: Tatiana Cuellar shows off products from her business, TC Beauty. Below: David Lopez Cuellar poses with daughters (from left) Tatiana, Dolores, Viridiana and Monica, son Santos (left) and grandson Santana.



As homeless population grows, Salt Lake City's winter plan is underway

By Celeste Tholen

Amid rising rates of homelessness in part due to the pandemic's economic impacts, local governments and service providers are investing in outreach and emergency shelters, including a new location on the West Side. But continued camp closures have stirred up activists who say people experiencing homelessness have nowhere else to go.

During the January 2020 Point in Time Count by the Utah Department of Workforce services, there were 704 unsheltered people living in Salt Lake City and 2,427 sheltered people (those staying in shelters) experiencing homelessness.

Those numbers have risen dramatically during the pandemic, said Andrew Johnston, Salt Lake City Councilmember and Chief Strategy Officer at the Volunteers of America Utah. He estimated that homelessness may have risen up to 50% between March and December compared to the same period in 2019. Many of those people are new to the system.

"There's a large number of folks on the precipice, and if jobs fall through, family can't help, they end up homeless," Johnston said.

Mayor Erin Mendenhall outlined the Salt Lake City's winter plan on Sept. 1 that involves Salt Lake Valley Coalition to End Homelessness and people living in the largest encampments in Salt Lake, like those on the West Side in the Granary District, Ballpark, on North Temple near 700 West, and on North Temple between 900 West and Redwood Road.

The Community Commitment Program plan has two phases at each encampment:

- Clean Neighborhoods: a 12-week biowaste and trash cleanup



that began on Sept. 14.

- Coordinated Outreach: outreach with coalition partners that started Oct. 5 to get people into shelter and treatment programs. It also included a mobile service fair. Following this phase, camping will no longer be allowed at the site.

Mayor Mendenhall described the Community Commitment Program as "almost the opposite" of the enforcement-first approach to homeless camps earlier this year.

Still, the announcement of cleanups and camp closures received harsh criticism from activists and protesters during public hearings, with many calling in for more services funding, sanitization stations, housing, and emergency shelter. Some also demanded camp closures to stop.

Clean Neighborhoods

As part of the winter plan, the city council approved a \$700,000 budget amendment for bio waste

cleanup and to continue the Clean Neighborhoods program for one year.

In September, the council approved to distribute \$12,397 from the Coronavirus Aid, Relief, and Economic Security Act (CARES) grant for homeless services personnel.

Additionally, the mayor requested the following budget amendments that would impact homeless services:

- \$150,000 for the Fourth Street

Clinic's COVID testing units and medical services

- \$1.1 million toward rental and mortgage assistance and rapid re-housing

The council is also considering an amendment to increase funding for homeless services and add portable restrooms near encampments.

Coordinated Outreach

The city and its partners are con-

See HOMELESS, page 9

SHELTER OPTIONS AND WINTER CAPACITY

Future overflow location: 100-120 beds

Stay Safe Stay Home Motel: 130 beds

Millcreek overflow motel: 60

St. Vincent De Paul Dining Hall and the Weigand Homeless Resource Center: 40 mats, plus warming chairs

Motel vouchers: 80

Youth Resource Center: 30 (ages 15-22)

Gail Miller Resource Center: 200

South Salt Lake Men's Resource Center: 300

Midvale Family Resource Center: 300

Geraldine E. King Salt Lake City women's shelter: 200

RESOURCES

- If in need of emergency shelter, call 801-990-9999.
- For unemployment benefits, visit jobs.utah.gov.
- For additional financial, mortgage, or food assistance call 211 or visit 211utah.org.
- For eviction mediation services, call the Utah Community Action Landlord Tenant Mediation line at 801-213-3109.
- Obtain sponsored legal help from the Utah State Bar by calling 801-297-7053 or emailing probono@utahbar.org.
- Get grocery assistance from SLC COVID Mutual Aid at covid19mutualaidslc.com.



PHOTOS BY
CHAD JEPPELSON

JJ McEaneny (standing) and Steve (lying down) received sack lunches from volunteers at their camp near the Jordan River in Fairpark.

From HOMELESS, page 8

ducting four-day outreach efforts at each encampment that bring service providers like legal aid, detox and treatment centers, shelter personnel, housing providers, and other resources to resolve issues on-site. After outreach, no-camping notices are posted.

Additionally, prior to one of the camp closures, the city held a mobile resource fair for the immediate needs of people experiencing homelessness. Healthcare workers administered flu shots, housing providers connected with people, and substance abuse treatment centers were on site.

During the fair, the Salt Lake City Justice Court and District Court resolved nearly 70 warrants, according to Michelle Hoon, the Housing and Neighborhood Development Project and Policy Manager.

Hoon noted that between initial outreach efforts and the resource fair, 22 people had been brought in off the street as of Nov. 24. Prior to the service fair, 40 of the 166 people encountered had taken advantage of services, according to Mayor Mendenhall.

“One thing we know for certain is that our residents do not want to see camps just moved around, and taking a service-then-enforcement based approach, as we do with the [Community Commitment Program], is so much more effective at actually resolving the homeless crises of people on the street than, say, an enforcement-only approach does,” Hoon said.

Salt Lake Valley Coalition to End Homelessness Winter Plan

As the impacts of COVID put more people on the streets than in recent years, the coalition has had to make adaptations to secure temporary emergency shelters that allow for social distancing.

The latest additions of permanent resources have increased permanent emergency shelter beds to 1,300. Through a mix of motel vouchers and overflow shelters, the coalition added 410 – 465 emergency shelter beds this season. The latest additions are two overflow shelters, which opened in December in a former Millcreek memory

care facility and the Airport Inn.

The move to non-congregate facilities and motels is a big change from previous sheltering plans and allows for social distancing, Johnston noted.

Providers note that pets are welcome in many of the shelters, and that there are large locking bins for personal items in the resource centers.

If someone tests positive in a shelter, they are invited to go to a designated facility provided by Salt Lake County where they can isolate and receive care from on-site nurses, if needed. They can go back to the original shelter after they recover.

Moving Forward

More is needed, like rental assistance, landlord assistance, additional shelters, affordable housing, more medical services for COVID, increased minimum wage, and help with necessities like food, emphasized Jean Hill, coalition co-chair. With the end of the federal eviction moratorium on Dec. 31, she’s particularly concerned about more people losing their homes.

“There are bigger policy answers that COVID is bringing to the forefront like rising rental and housing prices and a minimum wage of \$7.25 [an hour],” Hill said. “That’s just not sustainable.”

The National Low Income Housing Coalition reports that 58,663 Utah renter households live on less than \$25,100 annually – about \$16,000 short of what’s needed to afford a two-bedroom rental. NLIHC also reports a shortage of nearly 41,000 affordable rental homes for Utahns in this income bracket.

There are some affordable housing projects in the county, like Pamela’s Place and the Magnolia complex, as well as zoning changes that could expand single room occupancy units and tiny houses.

While those solutions may not come in time for some this winter, advocates hope they will reduce homelessness in the future.

If you (or someone else) are experiencing homelessness or are in need of emergency shelter, call 801-990-9999.

opinion

What west-side residents can do to help people experiencing homelessness

By Cody Egan

One question I am often asked after telling people I am a housing case manager for the chronically homeless is, “How can I help the homeless or someone who is on the verge of experiencing homelessness?” Although these are complex and regional issues, I believe the following are several actionable steps that a community and its residents can take to limit people’s threat or experience of homelessness. I believe prevention is the most effective way to combat homelessness.

I genuinely believe that residents must treat someone experiencing or close to experiencing homelessness with empathy and compassion. Homelessness can occur to nearly anyone, and it’s unfair to place judgment on someone without knowing all of the details, especially when it’s often the result of bad luck.

I have talked to many people who feel shame in going to food banks. Let us work as a community to remove the stigma of going to food banks or other community organizations, especially when COVID-19 has devastated our communities this year. Many of Salt Lake City’s west-side residents are one paycheck away from homelessness. Still, thankfully there is an abundance of resources available to help, and many are located right here on the West Side.

One of the most vital tools in preventing homelessness is for residents to utilize and donate to local food banks or thrift stores. The Salt Lake City Mission on 1151 S. Redwood Road, the Concern Center on 1235 W. California Ave, and the Salvation Army on 438 South 900 West are just a



few examples of great options for west-side residents to access free food. Crossroads Urban Center Thrift Store on 1385 West Indiana Ave is available for low-income individuals and families to shop for household items or clothing with a voucher easily obtained from Crossroads. Additionally, all these organizations are great options for west-side residents to volunteer or contact to see what donations are needed to help support their fellow neighbors.

Another way that west-side residents can help reduce homelessness is to attend their local community council and city council meetings. Glendale, Rose Park, Poplar Grove, Fairpark, Jordan Meadows, Westpointe and Ballpark all have community councils. These are great forums for

discussion about homelessness and homelessness prevention, particularly since representatives from Salt Lake City Mayor’s office and a local representative from the Salt Lake City Police Department are usually in attendance to address

residents’ concerns. During the pandemic, most of these councils are holding meetings virtually. (See the Community Bulletin towards the back of this newspaper for info on specific community council meeting dates and times.)

Lastly, residents can help people experiencing homelessness on the west-side of Salt Lake City by calling the VOA Outreach Response Line at 385-266-0020. This is a constructive alternative to calling the police on groups of people camping outside. This Outreach Response Line helps people get connected to food, clothing, and medical care and helps them along the path to getting a permanent solution to their current housing crisis. Additionally, residents can also download the Salt Lake City Mobile App and report homeless camps that are then reported to the VOA Outreach Team, who will in turn, respond appropriately.

Although these may seem like small solutions to a massive problem, if everyone contributes a little of their time and resources, our communities could help reduce and prevent homelessness drastically, one action at a time.

Cody Egan is a Glendale resident who works as a case manager for the chronically homeless at Housing Connect. He also serves on the board of the Glendale Community Council.

Homelessness can occur to nearly anyone, and it’s unfair to place judgment on someone without knowing all of the details, especially when it’s often the result of bad luck.

schoolboard Meet the new faces of the SLC School Board

precinct 1

Joel-Lehi Organista

By Michael Evans
and Charlotte Fife-Jepperson

At 28 years old, Joel-Lehi Organista is currently the youngest elected official in the state of Utah. He is also a proud Mexican immigrant who values education, and works diligently to fight for equity and against the school-to-prison pipeline.

One of Organista's defining moments was when he was told as an incoming student, that he could not enroll in Honors classes at West High School, despite having a 4.0 GPA and a desire to challenge himself. "I guess the counselor assumed I was not capable, because I was in a lower level 8th grade history class with many other students of color." After his parents went to the school district to protest and get to the bottom of it, he was enrolled in the Pre-IB program, one of the most rigorous programs in the district. He said he took the Honors classes to "prove them wrong" – them, meaning those who disparaged students who are English Language Learners.

"I was the only Latino who graduated with the IB diploma in 2010," said Organista. He is also the first member of his family to receive a master's degree – in Education and Society – from an Ivy League School (Columbia University), no less. Through a partnership with the University of Utah when he was a student at West High School, Organista distinguished himself by making a documentary film about racism and ethnic stereotyping in Utah schools.

Organista values the experience of attending west-side schools with such rich diversity. "My best friends were refugees from around the world – from Somalia, Bosnia, and Cambodia – three different continents, and my best friends were Polynesian!" he said.

Once an English Language Learner, Organista now speaks and writes a variety of languages, including Japanese and Portuguese which he learned and practiced on his



LDS mission in Tokyo.

He taught highschool health at Horizonte for a few years and currently teaches a course called "Decolonizing Leadership" in the Ethnic Studies Dept. at the UofU. He is also very involved in his family-founded nonprofit, Casa Quetzalcoatl, which focuses on a cross-generational approach to empowering the Latinx community in Utah.

Organista, who by the way, is coincidentally an organist and composer, said he gained valuable experience managing his mother, Teresa Organista's almost-successful campaign for SLC School Board four years ago. He was the only one of five candidates in his primary race to run an actual campaign this year. He won the primary, and ran unopposed in the general election.

Organista knows that one of his first tasks as a SLC school board member will be to search for and hire a new superintendent, which he notes, reports directly to the board. "We all have ideas, but the superintendent executes these ideas!"

precinct 2

Jennifer Christabel Temalisi Sika

By Moana Uluave-Hafoka

There is a level of hubris that every politician needs to have in order to say, "I am the best person that can change the course of history; I will be the one." Jenny Sika, as a first-time office seeker, possesses no hubris at all. On election night, when most candidates are refreshing the count every other minute, she was returning from a long day's work laying concrete and had to be informed of her win. She is rough around the edges. A true daughter of the streets she represents.

Jennifer Christabel Temalisi Sika was born in Utah and raised transnationally, between the Rocky Mountains and the island Kingdom of Tonga. As the youngest of eight children, she has settled into the role of underdog. A role that has cultivated in her a fighting spirit to never count her out. Sika knows she was the student who was never supposed to succeed academically – a graduate of Horizonte, English Language Learner, transfer, non-traditional, first-generation, working-class student. Sika has occupied every aspect of the stereotypical west-sider student profile, for better or for worse.

And still, she persists. Her life has had ebbs and flows. It has never been a straight line to anywhere – not into politics, education, business, or motherhood. Sika's experience is what brands her, not in the arena of politics or halls of academia, but in community building, of quietly serving as a youth leader for nearly twenty years in Tongan and English-speaking congregations. She is the one whom politicians claim to represent. Mother. Bilingual. Businesswoman. Unconventional. Real. All things she wants to bring to the Salt Lake City School Boardroom come January 2021.

Currently, she is raising eight children ranging from kindergarten to college, with her sister, Eni and mother, Rima. Her children are the reason she even attempted to run. "I did not seek this position; it found me. I was called to 'the work.' I looked



around and was like, "You talkin' to me? Nah, there must be someone else who can do this," said Sika.

When asked how she feels about being the first Tongan woman to be elected in the 100-plus-year history of the Salt Lake City School District, she responds with visible discomfort, partially because she's Tongan and social cultural norms do not allow for vanity, and partially because she's just a keep-it-real kind of woman, "I'm both grateful and terrified." What she does allow herself to feel is the responsibility. "I want all the kids in my precinct to know that I ride for them." Sika points to her life motto, which her late father instilled in her: "Koe faka'amu ke 'aonga 'eku mo'ui ki ha fa'ahinga taha pe." *It is my hope to be useful to those in need.*

And perhaps, Jenny Sika is the exact type of politician our neighborhood needs right now. One that is unencumbered by image or political ambition and is purely here as a representative of the family and community that pushed her to run.

"I did not seek this position; it found me. I was called to 'the work.'" — Jennifer "Jenny" Sika

Newly elected school board representatives make history

By Moana Uluave-Hafoka

When I was a junior at East High School in 2005, my father, ‘Alama ‘Ulu‘ave became the first Tongan to be elected to the Salt Lake City School District Board of Education. There were very few POC (people of color) who had ever served on the board. This was my first foray into politics, campaigning for my father on a shoestring budget of \$100 and watching him win by a single vote. My family and I gathered to witness him get sworn in at the district headquarters. I remember the room was full and the majority of faces did not look like mine – both those in attendance and the line of elected representatives who sat at the front table. I never imagined that this elected body would become the most diverse in Utah.

In January 2021, four of the seven board members will be BIPOC (Black, Indigenous, and People of Color) – finally representing the ethnic makeup of the city more accurately.

Ethnic representation is not everything. The new board still needs to meet. The dynamics of diverse representation will be tested to see if, in fact, it is better than the past, but this has always been the experiment of American democracy. How will the new policymakers fare under the pressure of competing needs of parents, teachers, and students? How will their COVID response change or remain the same in 2021? Will there be an institutional shift? The proof will be in the policy.

Regardless, many people believe that this board’s ethnic makeup is a step in the direction of creating a Salt Lake City School District where every student feels that they belong. That’s a promise that the SLCS D has long stated. And the voters of Salt Lake City are now holding them accountable to live up to their own vision of “Excellence and Equity: every student, every classroom, every day.”

precinct 4 Nathaniel Salazar

By Moana Uluave-Hafoka

Nathaniel Salazar grew up in the East Central neighborhood, attended Bryant Middle School, and graduated from East High School. This bow-tie-wearing, golf-playing, highly-educated, millennial Chicano has spent the majority of his life in politics. His career started over 27 years ago while working with his parents on the late community activist Archie Archuleta’s bid for the Salt Lake City Council in the 1990s.

Since then, community organizing and politics has taken Salazar to Oregon for higher education, Colorado as a field organizer for Obama, Salt Lake City Hall, first – with an attempt for city council, then as an appointee of the Mayor’s Office – and most recently, the Vice President of the Salt Lake City School District Board of Education.

If Salazar seems polished, it is because he has been tumbled over and over through politics until his rough edges smoothed. His parents, Anna Vasquez and Chuck Salazar, Latinx/Chicanx Salt Lake community ac-



tivists, instilled in Salazar a responsibility to those most marginalized in society. However, these efforts to build a community-conscious son was not always well-received by the young Salazar. “For context, teenage Nate was rebellious and unconventional,” Salazar describes his younger self. So what changed him from rebelling against authority to taking political office? For Salazar, it took leaving home to find home.

He fell into higher education by way of

Portland Community College, where an influential educator took interest in Salazar. That educator intervention eventually led him to transfer to Portland State and leave Oregon with two degrees in higher education. “I am grateful for my unconventional academic and personal journey. That rebellious kid is still in me. He’s reminding me of who I serve. He’s reminding me that I have a responsibility to contribute to the same institution and place that not only shaped me, but will help me raise my own kids and family.”

Salazar and the rest of the board have their work cut out for them. With over half the board being new, COVID still on the forefront of everyone’s mind, and the hiring of key district leaders in 2021, he will need to call upon the ancestors, mentors, and community to see him through this next transition. Yet, he is optimistic and believes they, as a collective board, are up for the challenge.

“It is the commitment and sacrifices made by the previous generations that are coming to fruition. When I think about how we will become one of the most diverse legislative bodies in our city and state representing one of the most diverse constituencies, it is powerful – so powerful.”

precinct 5 Mohamed Baayd



By Charlotte Fife-Jepperson and Michael Evans

Mohamed Baayd has had many different, rich life experiences in his first 45 years. His life journey has taken him from a very small village called Allougoume in the south of Morocco, where he was born, to Casa Blanca (the largest city in Morocco), Florida, California, Illinois, Hawaii (where he served in the U.S. Navy), and finally to Utah, where he and his wife, Jami, are raising their three

children – 15-year-old Amira, 13-year-old Norah, and 8-year-old Naim. They attend East High, Clayton Middle and Hawthorne Elementary schools, respectively.

Baayd said that he was initially thinking of running for the city council, but was advised to run for the school board first. He embraced the idea, especially after all the hours he had spent teaching Arabic, Moroccan and Muslim culture at his son’s school, Hawthorne Elementary. (Parents are required to co-op three hours a week in the Extended Learning Program.)

An ethnic Berber (descendant of the pre-Arab inhabitants of North Africa), Baayd was the first person in his family to go on to higher education. He grew up under very humble circumstances, but his parents always urged him to get an education. “My dad told me, ‘Son, never give up on education,’” said Baayd. He graduated with a Master’s Degree in Human Resource Management from BYU in 2009.

Adapting to life in the U.S. took some getting used to. “It took a lot of effort to step out of my comfort zone, to feel like I belonged,”

said Baayd, but he had some help from a BYU professor, Dr. Crandall, whose family basically adopted him and took him under his wing, for which he is grateful.

Back in Morocco, Baayd’s family and community are very proud of his achievements. Baayd said his victory in the SLC school board race made national news in Morocco.

One of Baayd’s priorities is to take better care of teachers in terms of pay and support. This is ingrained in him through his Muslim faith. “In Islam, Prophet Mohammed, peace be upon him, said that teachers are almost considered as prophets,” he said.

Baayd is new to politics, but he’s hoping to bring about big changes. “We are one of the three worst districts in the nation for per-pupil spending, and by the end of my term, I want to see these barriers vanish with better state and federal funding.” Baayd also has ideas about policemen in schools, and the challenges faced when their presence is “not comforting for kids,” especially minorities. He speaks of the need for “a bridge of trust.”

He is excited to represent part of Glendale on Salt Lake City’s West Side because there are many immigrant families. “I want those students to know that no matter where they came from or where they live, they are every bit as smart and capable to achieve whatever they desire through education.”

Get the facts of the COVID-19 virus

By Celeste Tholen

There's a lot of misinformation about the pandemic out there – get the facts from local health officials and offices.

Fact: Masks work

“We know that masks are effective at preventing transmission of COVID-19 when they're worn consistently and correctly by a large portion of the population,” said Nicholas Rupp, spokesperson for the Salt Lake County Health Department.

“We see that in settings where we know there's enforcement, like schools. We don't see a lot of spread at schools where there are teachers enforcing mask-wearing. But we see a lot of spread in school-associated settings when kids can take their masks off while they hang out.”

The county health department notes on its website that masks can reduce transmission by somewhere between 75% and 82%. And in an analysis of 115 COVID-19 studies, Brigham Young University researchers noted that some estimate it's 90%.

Why? Masks can prevent respiratory droplets from spreading beyond the infected person's mask (called “source control”), according to the Centers for Disease Control (CDC) coronavirus website. When uninfected people wear masks, they can prevent droplets from reaching the wearer's mucous membranes.

What if I feel healthy?

A mask is still recommended. People are most contagious just before they exhibit symptoms (pre-symptomatic), and some people never develop symptoms (asymptomatic) but can spread COVID-19.

Do I still have to social distance while wearing a mask?

Yes. If you're around someone you don't live with, wear your mask, watch your distance, and wash your hands.

“More than 70% of spread is happening between people who know each other well,” Rupp said. “And



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ILLUSTRATION COURTESY STATE OF UTAH

“We don't see a lot of spread at schools where there are teachers enforcing mask-wearing.”

Nicholas Rupp

Spokesperson for the Salt Lake County Health Department

that's happening because they let their guard down and they're not wearing their masks consistently, like at dinner with family. We're comfortable with those people, they feel safe to us. ... I know I find it awkward to wear a mask when I visit my parents, for example. But that's where we're seeing the spread.”

Fact: COVID-19 is not just a bad case of the flu

Early symptoms may be flu-like, but there are major differences:

They are different viruses.

There is a flu vaccine.

COVID-19 symptoms may take longer to appear.

COVID-19 can cause loss of taste and smell.

COVID-19 can become more severe and affect the lungs, heart, kidneys, and brain.

COVID-19's long-term effects on these major organs are unknown.

COVID-19 is more contagious and contagious for longer.

The flu can be transmitted 5–7 days after symptoms begin (and sometimes 1 day before symptoms).

COVID-19 can be transmitted at least 2 days before and 10 days after symptoms begin.

Fact: Young people need to be careful too

While recovery rates for people under 30 are higher than for older people, young people have spread the disease to higher-risk groups rapidly, the World Health Organization noted in an August press conference. Older adults can catch the virus from a child, grandchild, and other young loved ones and have higher rates of severe cases and death, according to the CDC.

And you may not be that lucky. As of Dec. 11, more than 2,000 Utahns

aged 15–44 were hospitalized for confirmed COVID-related reasons, according to the Utah Department of Health case counts.

Fact: A negative COVID test doesn't mean you're in the clear

Testing gives us a lot of data about community spread and some reassurances about our health, but a negative test doesn't mean we're in the clear.

PCR tests are highly accurate, but timing is important. Median incubation of COVID-19 is four to five days, though it can be up to 14 days, according to the CDC. So you could get a negative test result two days after exposure because it wasn't fully incubated at that point. That's why experts recommend getting tested five to eight days after exposure.

Plus, a negative COVID test gives you information only up to that point in time. Work, school, or socializing bring new exposures that the test won't capture, Rupp said.

Fact: You can help too

You can do a lot while we wait for a vaccine and for things to get back

to normal.

Pay attention to local restrictions and guidelines

These guidelines are designed to reduce spread in the community. Follow them to save lives and prevent further overwhelming hospitals and medical staff.

Take care of yourself and your loved ones

Call loved ones, send a card, or drop off a care package. If they are high-risk, offer to do things like pick up groceries or prescriptions. Zoom is a great way to connect and look for visual cues about their health.

Even when it feels like it'll never end, remember that this is temporary.

Help spread accurate information

A lot of misinformation has spread about COVID. Help set the record straight by sharing information from experts. The CDC, Salt Lake County Health Department, UDOH, University of Utah Health, and Intermountain Healthcare are regularly sharing credible information about COVID-19.

Conozca los hechos del COVID-19

Por Celeste Tholen

Hay mucha información errónea sobre la pandemia- obtenga los datos de las oficinas y los funcionarios de salud locales.

Hecho: las máscaras funcionan

“Sabemos que los cubrebocas son eficaces para prevenir la transmisión de COVID-19 cuando una gran parte de la población las usa de manera constante y correcta”, dijo Nicholas Rupp, portavoz del Departamento de Salud del Condado de Salt Lake.

“Vemos eso en entornos donde sabemos que hay cumplimiento, como las escuelas. No vemos mucha propagación en las escuelas donde hay maestros que imponen el uso de los cubrebocas. Pero vemos mucha propagación en entornos asociados a la escuela cuando los niños pueden quitarse las máscaras mientras pasan el rato”.

El departamento de salud del condado señala en su sitio web que las mascarillas pueden reducir la transmisión entre un 75% y un 82%. Y en un análisis de 115 estudios de COVID-19, los investigadores de la Universidad Brigham Young señalaron que algunos estiman que es del 90%.

¿Por qué? Las máscaras pueden evitar que las gotas respiratorias se propaguen más allá de la máscara de la persona infectada (llamado “control de fuente”), según el sitio web de coronavirus de los Centros para el Control de Enfermedades (CDC). Cuando las personas no infectadas usan máscaras, pueden evitar que las gotas lleguen a las membranas mucosas de la persona que la usa.

¿y si me siento saludable?

Aún se recomienda una mascarilla. Las personas son más contagiosas justo antes de presentar síntomas (pre sintomáticas) y algunas personas nunca desarrollan síntomas (asintomáticos), pero pueden propagar COVID-19.

¿Debo mantener la distancia social mientras uso un cubrebocas?



Las máscaras pueden evitar que las gotas respiratorias se propaguen más allá de la máscara de la persona infectada (llamado “control de fuente”), según el sitio web de coronavirus de los Centros para el Control de Enfermedades (CDC). Cuando las personas no infectadas usan máscaras, pueden evitar que las gotas lleguen a las membranas mucosas de la persona que la usa.

Si. Si estás cerca de alguien con quien no vives, usa tu cubrebocas, cuida tu distancia y lávate las manos.

“Más del 70% de la propagación ocurre entre personas que se conocen bien”, dijo Rupp. “Y eso está sucediendo porque bajan la guardia y no usan sus cubrebocas constantemente, como cuando cenan con la familia. Nos sentimos cómodos con esas personas, sentimos que son seguras para nosotros. ...

Sé que a mi me resulta incómodo usar un cubrebocas cuando visito a mis padres, por ejemplo. Pero ahí es donde estamos viendo la propagación”.

Hecho: COVID-19 no es solo un caso grave de gripe

Los primeros síntomas pueden parecerse a los de la gripe, pero existen grandes diferencias:

Son virus diferentes.

Existe una vacuna contra la

gripe.

Los síntomas de COVID-19 pueden tardar más en aparecer.

El COVID-19 puede causar la pérdida del gusto y el olfato.

El COVID-19 puede volverse más severo y afectar los pulmones, el corazón, los riñones y el cerebro.

Se desconocen los efectos a largo plazo del COVID-19 en estos órganos principales.

El COVID-19 es más contagioso y contagioso durante más tiempo.

La gripe se puede transmitir de 5 a 7 días después de que comienzan los síntomas (y algunas veces 1 día antes de los síntomas).

COVID-19 se puede transmitir al menos 2 días antes y 10 días después de que comiencen los síntomas.

Hecho: los jóvenes también deben tener cuidado

Si bien las tasas de recuperación de las personas menores de 30 años son más altas que las de las personas mayores, los jóvenes han propagado rápidamente la enfermedad a grupos de mayor riesgo, señaló la Organización Mundial de la Salud en una conferencia de prensa en agosto. Los adultos mayores pueden contraer el virus de un hijo, nieto y otros seres queridos jóvenes y tienen tasas más altas de casos graves y muerte, según los CDC.

Y puede que no tengas tanta suerte. Hasta el 11 de diciembre, más de 2,000 habitantes de Utah de entre 15 y 44 años fueron hospitalizados por razones confirmadas relacionadas con COVID, según el recuento de casos del Departamento de Salud de Utah.

Hecho: una prueba de COVID negativa no significa que estés a salvo

Las pruebas nos brindan una gran cantidad de datos sobre la propagación de la comunidad y algunas garantías sobre nuestra salud, pero una prueba negativa no significa que estemos a salvo.

Las pruebas de PCR, prueba de diagnóstico molecular, son muy precisas, pero el tiempo es impor-

tante. El promedio medio de incubación de COVID-19 es de cuatro a cinco días, aunque puede ser de hasta 14 días, según los CDC. Por lo tanto, podrías obtener un resultado de prueba negativo dos días después de la exposición porque no se incubó completamente en ese momento. Es por eso que los expertos recomiendan hacerse la prueba de cinco a ocho días después del contacto.

Además, una prueba de COVID negativa le brinda información solo hasta ese momento. El trabajo, la escuela o socialización traen nuevas exposiciones que la prueba no capturará, dijo Rupp.

Hecho: tú también puedes ayudar

Puedes hacer mucho mientras esperamos una vacuna y que todo vuelva a la normalidad.

Presta atención a las restricciones y pautas locales

Estas pautas están diseñadas para reducir la propagación en la comunidad. Síguelos para salvar vidas y evitar que los hospitales y el personal médico se sobrecarguen.

Cuida de ti y de tus seres queridos

Llama a tus seres queridos, envía una tarjeta o entrega un paquete de atención. Si son de alto riesgo, ofrece tu ayuda para hacer cosas como recoger alimentos o recetas. Zoom es una excelente manera de conectarse y buscar señales visuales sobre tu salud.

Incluso cuando sientas que nunca terminará, recuerda que esto es temporal.

Ayuda a difundir información precisa

Se ha difundido mucha información errónea sobre COVID. Ayuda a aclarar las cosas compartiendo la información de los expertos.

Los CDC, el Departamento de Salud del Condado de Salt Lake, UDOH, University of Utah Health e Intermountain Healthcare comparten regularmente información fidedigna sobre COVID-19.

Traffic calming coming to 600/700 North

By Sheena Wolfe

A traffic calming and beautification test area at 600 North and 1200 West — part of a larger transportation study of the 600/700 North corridor — has caused confusion and numerous complaints.

Using paint, logs, signs and delineator posts, the test area — which has since been dismantled — was designed to show residents in the area the kinds of things that can be done to calm traffic and improve walkability at a 600 North commercial hub, said Kyle Cook, project manager and Salt Lake City transportation engineer.

As part of the test area, a sign announcing the 600/700 North Mobility, Safety and Transportation Study listed a toll-free number to call for comments, said Cook, noting that most of the comments were negative and were overwhelmingly about the temporary elimination of turning lanes in and out of the neighborhood.

“From the phone calls we found out quickly that residents don’t want to give up their turning lanes,” said Cook, “and this is not something that we plan to do.”

“The 600/700 corridor has long provided a gateway to several neighborhoods and serves as a convenient way for west-side neighbors and others to access the downtown,” said Corky Reeser, chair of the Salt Lake City Transportation Advisory Board and member of the Rose Park Community Council, “but it does not promote pedestrian, bike or transit safety and has no cohesiveness or identity. The project at 600 North and 1200 West was always meant to be temporary and developed to show the different kinds of things that can be done to beautify an area and cause drivers to slow down and take a look around. I think that from this perspective the test area was a success.”

According to the Salt Lake City government webpage the study area goes from West Capitol Street to 2200 West. The first scenario calls for the continuation of the existing five lanes along the 600/700



COURTESY OF KYLE COOK

An aerial view shows a traffic calming test area at 600 North and 1200 West that has since been dismantled and is part of the 600/700 North Mobility, Safety and Transportation Study currently underway.

North corridor with only minor changes, such as the possible implementation of pedestrian islands in the median, easier pedestrian access — especially at commercial hubs — and improved bike lanes.

Scenario two calls for a greenery and art median down the middle of 600 North between 900 West and Redwood Road, with traffic reduced to one lane going each way and including room for left turn lanes. In addition, there would be improvements for bike and pedestrian safety and bus turnouts.

The third scenario calls for a public green area on one side of the road and road reduction to two lanes going each way, along with keeping the existing middle median and left turn lanes. Bike and pedestrian safety are also ad-

ressed.

“We want to make sure that everyone interested in the study has the opportunity to participate,” said Cook. “This study began in February (2020) and we had plans to go out and make presentations to the neighborhoods and at city events. But then COVID hit, and all our information and meetings had to be done virtually. So, it’s no wonder that people are not aware the study is underway and were confused about the test area.”

Cook said that 600/700 North is nowhere near capacity for an arterial street and that new guidelines for traffic in the city call for more than just moving cars from one block to the next.

Reeser said that if something isn’t done, neighborhood streets

like 600 North will become like freeways with no care for the people living on and around such corridors. “The majority of 600/700 North is residential, but there is no neighborhood friendliness or safety. We would like to change this,” said Reeser.

In January, according to Cook, the study will be augmented with specific traffic-calming concepts and a public questionnaire. Information on a previous survey and input from the questionnaire, along with recommendations, will be available by the spring of 2021.

“What I am estimating is that we will be making changes over time in small increments,” said Cook, noting that some funding for the traffic calming project has already been allocated and will

probably start with better pedestrian access at the 600 North I-15 Interchange.

“The bottom line is how do we make the 600/700 North corridor work adequately for pedestrians, bikes, buses and cars,” said Reeser.

West-side residents who use the 600/700 North corridor are asked to go online at www.slc.gov/transportation/600north/ to learn more about the traffic mobility study, said Cook, noting that the study is also available in Spanish. Residents can also email the team directly at 600north@slcgov.com. Those without computer access can call (801) 535-6630 to get information and make comments.

The test area supplies were donated by Spin, an e-scooter company doing business in the city.

PLANNING A SMALL EVENT?

We can help by providing a CHW (Community Health Worker) to offer free masks, conduct temperature checks, or help connect your event online to help keep your families safe!

LET'S WORK TOGETHER TO STOP

COVID-19



Utah Pacific Islander
Health Coalition

Rooted in Health and Wellness

website: www.upihc.org | Ph 385.274.7121



Salt Lake City mayor opposes designating 'Fleet Block' as park, supports other uses

By **Luke Garrott**
Building Salt Lake

This story was provided through a content-sharing partnership with Building Salt Lake, a local development news website, www.buildingsaltlake.com.

At this week's Salt Lake City Council meeting, Mayor Erin Mendenhall weighed in on the idea of making the city-owned Fleet Block a city park. She doesn't like it.

Mendenhall warned the city council Tuesday night against decisive action on the city-owned Fleet Block, especially any acreage mandates for a city park. In the same statement, she faulted the city for repeatedly passing the buck for the block's redevelopment "from administration to administration."

"I would really caution against... some fine numbers, acreage, or percentage of land on this property until there is public engagement on this and a market data study," said Mendenhall.

How long a new round of public engagement and a market study will take was not specified.

The mayor has ambitious priorities for the Fleet Block – and one of those is open space. But, she says, her plans don't have a "fine point" and are open to discussion.

The city hopes that incubator labs, maker space, and small business opportunities "particularly [for] people of color and indigeneous people" will anchor the new development, senior staff told the city council.

The new form-based Urban Neighborhood FB-UN-3 zoning is expected to do the work on the Fleet Block, along with the development agreements the city can make with its chosen partners prior to property sale.

Fleet Block briefing

Mayor Mendenhall was present for the entirety of the council's work session briefing on Tuesday. She made the lead statement and



PHOTO BY LUKE GARROTT

Murals by local artists dot the Fleet Block, located at 800 to 900 South, 300 to 400 West.

had her Director of Community and Neighborhoods, Blake Thomas, precede council staff's presentation and the council's discussion.

Thomas spoke to the city's intention to create Fleet Block public space to "honor, mourn, celebrate, and build community for those that have been marginalized in our city. To help those who have not been marginalized to listen, learn, and grow from the experience of others."

In addition, he reiterated the Mayor's statements on community involvement in designing the Fleet Block's open space. "We are ready and willing to play a role in convening city leaders and community members and reimagining our city commons together."

Public space on the Fleet Block can be responsive to and inclusive of the community, the mayor said, and future tenants could pay for it. She expects development agreements to produce "the opportunity to get tenants, owners of land at Fleet Block to provide funding for programming beyond what the city has been able to do in the past."

The mayor's park priority: 1700 South and the Jordan River

The idea of a Granary park on the site – between 300 and 400 West, 800 and 900 South – has gained traction among at least a couple of council members, District 2's An-

drew Johnston and District 6's Dan Dugan. District 5 representative Darin Mano has told Building Salt Lake that he would support a park and other public uses, like an art museum, on the property.

Council Chair Chris Wharton, from District 3, told us in November that "having a park or some other public space and public art has always been a large component of the council's vision."

Mayor Mendenhall in her comments to the council foregrounded her new park priority: transforming the abandoned water park Raging Waters into community recreational space. The nearly 17-acre property at approximately 1201 West 1700 South is owned by the city and deed-restricted to be recreational public space in perpetuity.

Glendale golf course

The water park property sits at the northeast corner of the city-owned Glendale golf course. The golf course, part of the city's budget that is in trouble for not meeting statutory requirements to be balanced, was briefly on the table for conversion to a regional park under an aborted property-tax bond proposal by the Becker Administration (Mayor 2008-16).

Since then, especially after then-candidate Jackie Biskupski (Mayor 2016-19) benefitted from

"As someone that has a beloved person up on that wall, I still stand firm about keeping it there as a constant reminder of what shouldn't happen to families, and to bring the community together. Keep it as that healing spot."

Gina Thayne

golfer backlash in defeating Becker in 2015, right-sizing the city's golf portfolio has been a political hot potato. Both ends of city hall seem less than motivated to make the difficult, legally necessary decisions to shrink the city's golf course offerings.

Despite the wealth of city-owned property that is currently zoned public space (like the Fleet Block and its six golf courses), Mendenhall told the council that the "opportunity to create two regional parks is increasingly slim."

A threat to ignore if made a park?

The mayor emphasized that her administration has had conversations with residents that have yield-

ed "incredible" ideas for the 17-acre Raging Waters site.

In tamping down Granary park demands, Mendenhall stated, "I'm trying to be realistic about our flat budget this year and next. I don't want to pass Raging Waters onto future administrations like was done with the Fleet Block."

When asked by Building Salt Lake why the mayor has prioritized the west-side park concept at Raging Waters, the administration's communications team gave us no detailed answer.

Mendenhall told the council that proposed park space at the Fleet Block "could be as unremarkable as some open spaces on different blocks in other parts of the city, unprogrammed, without art, without lighting, without engagement. It could be that. And it could still fulfill your acreage and your percentage [requirements]."

Public response

Members of the public advocating for keeping the BLM murals and public gathering space continued to pour into the city council's inbox and online speaking queue.

"Thank you for letting us have a voice," said Gina Thayne. "As someone that has a beloved person up on that wall, I still stand firm about keeping it there as a constant reminder of what shouldn't happen to families, and to bring the community together. Keep it as that healing spot."

Frequent city gadfly George Chapman commented, "I disagree that chances are slim for two regional parks. Mayor, you shouldn't be setting up the West Side against Ballpark and Central 9th and Downtown for the next park. I know you didn't intend that, but it sounded like it."

The city council directed staff to return in a future briefing with multiple options for action on both the zoning and the disposition of the block. No vote on either item has been scheduled.

opinion

Murals on SLC's 'Fleet Block' are meaningful acts of solidarity and should be preserved

By Gabriela Huggins

Protests that erupted across the nation in the wake of the high-profile police murders of George Floyd and Breonna Taylor were unprecedented in my lifetime.

I'd been acutely aware of the movement for Black lives happening in different places around the country for the last handful of years, but the national conversation about racism and the state of policing felt isolated to states where people who look like me are a highly visible minority. In Minneapolis, or the Bay Area, or Ferguson, or Chicago, the outcry could be heard because there were enough Black voices to raise the volume. In Salt Lake, I didn't think continued justifications of police brutality by city and state officials could truly matter to anyone who didn't feel directly affected.

To say I was surprised when major protests around state-sanctioned violence started to happen on the streets of Salt Lake City is an understatement. The local protests highlighted the disillusionment that, more and more, is being felt by individuals tired of watching their neighbors and strangers in their community not have safety in a state whose values center around family, community, and collective work to solve problems.

My skepticism about the sustainability around a movement for Black lives in a place where Black people are just one of many marginal groups, whose insecurity and endangerment most of us can pretend doesn't exist, quickly followed. The protests were promising, but I decided I wouldn't believe in a genuine effort toward solidarity for those impacted by police violence until I saw it.

The spontaneity of the first "Fleet Block" murals, followed by other murals of Utahns whose lives were taken by police, followed by



PHOTO BY DAVID RICKETTS

The murals at Salt Lake City's "fleet block" near 800 S. 400 W. have become places to memorialize loved ones who have been killed by police.



the construction of benches and garden boxes and the planting of trees was an act of community agency, and an auspicious sign of meaningful activism.

The claiming of the city's "Fleet Block" at 300 West and 800 South as a space for demonstration represents how empowerment found in the summer's protests provided hope for how we, the people, might imagine and create different futures for ourselves. Most heartening was that the murals were an invitation for people to channel the collective energy of protest into

the communal practice of carving out space they've never felt able to claim.

And, interestingly, the murals went up on a disused city building, on a block offering the promises of gentrification, in a part of the city where, historically, residents in the surrounding areas are not meaningfully considered collaborators in decisions about how space is created and for whom.

Creation of public and private space by the Salt Lake City Council has long felt like an exclusionary practice for west-side residents. Fears of potential displacement as a result of gentrification, low participation in council meetings due to timing and technological concerns, and developments planned without west-side input are constant topics of tension during campaigns for public office.

While city officials imagine efforts towards revitalization with developers and new transplants in

mind, existing community members are grappling with anxieties and material struggles. For example, while Utah's housing crisis is not as dire as the crises in places like Seattle and San Francisco, a recent report released by the National Low Income Housing Coalition found that the average Utahn needs to make almost \$20 an hour to afford the average two-bedroom apartment in the state.

Salt Lake's issues associated with homelessness have also exploded amid the pandemic, with encampments of the unhoused routinely disrupted by the health department and police officers, and a lack of restrooms and bathing facilities which, according Salt Lake Tribune reporter Taylor Stevens in a July article, carries "implications for human rights, public health and criminal justice." The Fleet Block murals and the investments community members have made surrounding them stand in direct

conflict to the trend of city-centered – not community-centered – development, characteristic of Salt Lake's efforts towards urbanization.

As it stands, the city council has postponed a vote on what will happen with the murals and the Fleet Block as a whole; plans for demolition of the murals do not seem to be on the table. The halting of this decades-long rumination of how to repurpose the Fleet Block is a result of the widespread public appreciation for and defense of the murals.

Residents are speaking up in city council call-ins and through local publications to share how important these memorials are, not just to the memories of people killed by police, but to families in mourning, people concerned with COVID deaths in Utah's prisons and jails, and houseless folks who might find sanctuary under the gaze of lost community members like Bernardo Palacios-Carbajal, Danielle Willard and Darrien Hunt.

The murals are a piece of community organizing borne out of demands that our institutions stop failing or hurting everyday people, and it's inspiring to see the reclamation of public space and sustained public demonstration the murals have fostered.

Still, the city council deliberates the fate of this organically-created, community-centered space. If the Salt Lake City Council is as committed to combating police brutality, systemic racism, poverty and homelessness as they would have residents believe, they have a major opportunity to demonstrate their belief in community-centered justice by unequivocally committing to protect the "Fleet Block" murals.

Gabriela Huggins grew up in Rose Park and works for SpyHop as the Community Programs Mentor.

“The more that people do what they should do—wear masks, wash their hands and observe social distancing—the sooner we’ll be able to get back to normal.”

Older adults cope with pandemic, share wisdom

By Janice Evans

The coronavirus has affected all of us in so many ways, but it is most threatening to older adults, ages 65 and up. And as if all the death and grave illness brought on by the coronavirus isn’t bad enough, fraudsters are seizing this public health crisis, and targeting older adults more than ever.

We’d like you to meet four longtime west-side residents and learn how they’re coping.



Elwyn Bergstrom



Maria Noble



Wayne Murakami



Anna Giron

‘COVID prison’

Elwyn Bergstrom survived World War II, fighting in Europe with General Patton’s Third Army. And, he survived a heart attack in 1996.

Now, at 98 years old, Bergstrom is surviving the pandemic by hunkering down at home most of the time. His daughter, Judy, lives with him, and he is glad for it. “She chases me around the house and I chase her,” joked Bergstrom.

When Bergstrom and his daughter go to the grocery store, they appreciate that Smith’s offers curbside pickup, and he is grateful for his neighbor and friend, Wayne Murakami, who picks up groceries at Costco for him.

Bergstrom lost one of his sons a year ago. His other son has “a pasel of kids,” and his two grandsons have “wonderful wives,” he said. Altogether, he has ten grandchildren.

He watches “Columbo” most nights and rides his indoor bicycle thirty minutes a day. This is his routine during what he calls “COVID Prison.” He really misses meeting with other people, but said, “You’ve got to roll with the punches!”

‘Alone, yet fortunate’

Maria Noble also survived World War II. She was born in Germany and was a little girl when Hitler was in power. She met her late husband in Berlin while he was serving in the U.S. Army, then emigrated to Utah as his bride. They settled in Glendale in 1948.

Noble worries about her family. She has two sons and a daughter, eight grandchildren and five great-grandchildren. She said she has a lot of great friends, though at age 93, many have passed away.

Noble is alone most of the time, yet she feels fortunate. She bakes a lot and she’s deep cleaning her home. She works in her garden and reads – a lot.

Her son and daughter bring her food and they always wear masks. “I have everything I need,” said Noble. “There are people in my

neighborhood who don't have anybody and they have to go grocery shopping."

Her daughter-in-law, who is a "sweet and kind person," got Noble involved providing food and clothing to the homeless shelter for abused women. "They're in the shelter without anything," she said. "I've taken out things I haven't worn in years and given them to the shelters."

She's also concerned about immigrants in her neighborhood who are less fortunate, said Noble. "They're the ones who are really suffering."

"You just can't do enough. You try to do all you can, but you also need to take care of yourself on a fixed income."

'Maintain a sense of normalcy'

Throughout most of 2020, 69-year-old Wayne Murakami was still going to work at the Chevron Oil Refinery. Murakami said going to work helped him maintain a sense of normalcy, although he decided to retire in early December.

To cope during the pandemic, Wayne and his wife, Cynthia enjoy taking long walks around their Rose Park neighborhood or going for drives to get a change of scenery. They remain as involved as possible with their grandchildren, but they miss their regular Sunday dinners with extended family.

He still visits his 92-year-old mother, Betty Murakami, and makes sure she gets out for a walk nearly every day. She and her late husband, George, moved to Salt Lake City in the early 50s, right after World War II. They wanted to buy a home in the Fairpark neighborhood, but adjacent homeowners signed a petition against them, and even offered to pay them not to move into the neighborhood. Fortunately, the Murakamis were welcomed in the new Rose Park neighborhood.

The Murakamis have two daughters and two sons, and eleven grandchildren, all of whom are studying remotely. He said it's

76% de todas las muertes en Utah relacionadas con COVID-19 son en personas mayores de 65 años, según cifras actualizadas el 3 de diciembre.

Precauciones para personas de alto riesgo

- Use el cubrebocas en público
- Manténgase al menos a 6 pies de distancia de demás personas
- Lávese las manos con frecuencia (20 segundos con agua y jabón)
- Cancele citas que no sean imprescindibles
- Si es posible, ordene y reciba medicamentos por correo
- Evite los viajes en avión que no sean esenciales
- Designe un contacto de emergencia



76% of all Utah deaths related to COVID-19 are people over age 65, as of Dec. 3.

Precautions for high-risk people

- Wear a mask in public
- Stay at least 6 feet away from others
- Wash hands frequently (20 seconds with soap and water)
- Cancel non-essential appointments
- If possible, mail order prescriptions
- Avoid non-essential plane travel
- Designate an emergency contact



ILLUSTRATIONS COURTESY STATE OF UTAH

hard on his daughters and their grandchildren, but they're trying to work around it and doing the best they can.

"The more that people do what they should do – wear masks, wash their hands and observe social distancing," said Murakami, "the sooner we'll be able to get back to normal."

'I just want to do the right thing'

Anna Giron isn't ready to retire. Even though she's 81, she said she feels "young at heart."

She drives a school bus, Monday through Friday, for special needs children. She said they're good kids, very well behaved, and all of them wear masks. "The teachers are wonderful," said Giron. "They're with the kids all day until I pick them up at 2 p.m."

Giron is a widow. Her husband passed away many years ago so she had to work to support their six children. The thing is, Giron loves to work. She's had many jobs, at times two jobs at once. She has worked for the Utah Department of Transportation and the Utah State Board of Education. She used to drive buses to Wendover and to California. She also worked at 7-Eleven and for UPS.

"I just like to get a paycheck so that I can help anyone who needs help," said Giron. "I've never had a job that I didn't love." She also makes time to serve on the Fairpark Community Council Board.

Giron talks to her family every day. She loves to make her kids and nine grandchildren tortillas, soups and stews. She also loves to walk and hike in the canyons. "I like to get in the car and go sightseeing," said Giron. "That's a joy for me."

She so misses hugs and handshakes. "It's not natural," said Giron. "It's kinda sad that we have to

think before we drop in and visit people. But I'm really okay with it. I'm getting used to it. I just want to do the right thing."

Flummox the fraudsters

Bergstrom said he once got two fraudulent calls in one day.

"The first call, I could barely understand the woman who called because her English was so bad," said Bergstrom. "She said she had put \$400 dollars on my VISA card."

The next call, from a woman who was fluent in English, made the same claim.

"I'll tell you what," said Bergstrom to the caller, "I'll call you back if you'll give me your phone number."

He called VISA, told the operator what was going on and gave them her phone number. "They thanked me very much and put their fraud people on the case," said Bergstrom. "I trust everybody, but I don't trust anybody."

Noble said fraudsters call her all the time.

One told her they'd taken \$399 dollars out of her account, then they started fishing. "They wanted to know my personal information," said Noble. "And that's when I called my bank. The bank told me that it wasn't possible for these guys to take my money out of my bank account."

Noble was saddened when recalling this incident. "These people prey on the elderly, and so many people believe this and they get taken."

Murakami simply doesn't answer the phone if he doesn't recognize the caller.

"If they want me, they'll leave me a message," said Murakami. "If they needed me or wanted me that bad, I'll call them back!"

Giron's encounter with fraudsters is the most harrowing of all.

One of her grandsons was serving time in jail for unpaid tickets. One day, she got a call.

"This guy says he has my grandson in jail in Mexico," said Giron. "He puts this guy on the phone, and he sounds just like my grandson! And then he says his friend's

father got him out of jail after police arrested him for having drugs."

Giron said she nearly became hysterical when the guy on the phone demanded \$12,000 right away to put her grandson on a plane home. Otherwise, he threatened to send her grandson to a jail in Peru.

She hung up, wisely called the jail, and then called his mother. "She told me it was a scam and that my grandson was still in jail, but doing fine," said Giron. Now, she says, she doesn't pick up the phone unless she knows who's calling.

Advice from our elders

"Be alert to anything that may happen," said Bergstrom. "Make do with what you've got and every day will be better."

Bergstrom's goal is to live to be one hundred years old. His family and friends hope he gets his wish!

Noble is a big fan of healthy living books. She likes to say that a kiwi fruit has more vitamin C than an orange!

Here's her advice: "Do things for others so you won't brood about yourself."

Murakami says getting out in the fresh air helps everyone a lot. "It's a lot better than being cooped up in the house!"

He also says that everyone should call their friends to find out how they are and how they can help them out. "It's kinda fun to talk to them and they like hearing from you," said Murakami.

Giron is positive about the future. She says, "We need to believe there will be better days."

She's also forceful in her admonition to obey guidelines to avoid the spread of COVID. "Just try to deal with things; follow the guidelines," said Giron. "Try to stay healthy – and love your neighbor and try to do the Christian thing."

If you're feeling lonely, and you'd like to talk to someone, contact AARP Utah: local.aarp.org/ut or 801-567-2643. They have a program called Friendly Voice and they can set you up. You might even make a new friend!

opinion

My personal COVID-19 story: Surviving the hardships

By Ivan Carrasco

Novel.Coronavirus. COVID-19. Pandemic. Shutdown. Isolation. These are terms we've all had to live in and around for the better part of a year.

COVID-19 seemed so far removed in the early days of the pandemic; that was until Rudy Gobert of the Utah Jazz tested positive for the virus. From that moment in early March, the novel coronavirus didn't just knock on my door, it barged in.

You see, I was the audio engineer for the radio voice of the Utah Jazz, David Locke. When the news broke of Rudy Gobert, I panicked. I asked myself questions, "When was the last time I was in close contact with David Locke?" (who is often in close contact with the players.) "Should I be tested? Should I be worried?" With details of the virus emerging daily – even hourly – I was numb, anxious and stressed out.

Within a span of a week after the diagnosis of Rudy, the NBA shut down and I was let go of my first job in 2020.

Days later, my children were dismissed from in-person learning and assigned to remote schooling. A few days later, the company I work full-time for announced they were furloughing over 70% of the company. I was one of the unfortunate few to be furloughed. My world was shaking – literally. (Let's not forget the earthquake many of us experienced.) Yes, COVID-19 had definitely barged into my life and sat on my couch.

During these first few gut punches to my small world, my mother had traveled to Mexico to visit my brother and the timing couldn't have been worse. When it was time to return home, the border was partially closed to control the spread of the virus. Her return was delayed for weeks.

Upon finally returning home in Glendale, her world – and ours – was changed. Schools were closed,



stay-at-home orders put in place and the news cycle was at warp speed. March was a blur.

Right after she returned from Mexico, my mother was in self-isolation as a precautionary measure. During this period of time I refrained from any family get-togethers and such. This was not easy. That's when the stark reality set in for me, "When would this end?" Unfortunately this was the precursor to a tempestuous April and May.

April seems as if it was years ago, and in hindsight, I wish it was. During that month while I was on furlough, my anxiety shifted from being in the back of my mind to being ever so present. I felt paranoid and scared. I questioned myself as a teacher to my children during their remote learning, and worried about if and when I would receive a call to head back to work. Filing for unemployment was a reality check. This was real. The news headlines of millions of Americans being out of work was now an actuality for my family. For a time I developed a self-medicating habit, which in itself was hard to deal with.

Towards the end of April while on a call with my parents, who are legal guardians of my nieces and nephew, my mother informed me that my niece had tested positive for COVID-19. I was stunned, but in a way, not surprised. For a time, my parents ignored the pandemic and the virus. They wouldn't wear masks and would go about their routine as much as possible, continuing regular shopping, visiting family and having



PHOTO BY IVAN CARRASCO

My family is among the millions of Americans to experience COVID-19.

“I asked with a cracking voice, “Mom, what’s wrong?” Under duress and in between breaths, she said she was scared. I asked, “Why?” She said her chest hurt, that she couldn’t breathe right.”

sleepovers with their grandkids.

As time went by, I would call daily to make sure all was well. My mother, who is a diabetic, said “we’ll be okay, everything will be fine.” I hoped for just that.

I remember hearing the cracking in my mother’s voice over the phone one day. She said my father (the patriarch and breadwinner of the family for as long as I can remember) wasn’t feeling well and that he had a bad cough. I was stunned. I said, “Mom, Dad needs to get tested immediately.” They said I was lecturing and being paranoid in telling them what to do.

Then, my mother started feel-

ing ill. There were the body aches – she said her bones were in pain. The sweats and fever became regular, then there was the shortness of breath, the symptom I worried about the most.

When my father’s positive COVID-19 test results arrived a few days later, I felt a shortness of breath of my own – not due to the virus, but due to the fact that both of my parents and their household were battling COVID. There was nothing I could do for my parents but offer words of support, remain positive, and as many do in uncertain times, pray.

There were a few times I visited

my mother during her battle with COVID. Those visitations were unlike any others – masks on, distanced and only speaking through her bedroom window. In a way, I would speak in a raised and subdued voice simultaneously. I would ask how she felt, what she needed and how the kids were.

My family and I helped by bringing toiletries, groceries and the occasional treat to my nieces and nephews as well as my folks. I thought maybe by seeing us there for them would give my parents extra energy to fight.

As the days went by, my father started gaining strength and began doing everything he could to help his wife of over three decades fight towards recovery. My dad worried about the financial repercussions from missing weeks of work.

On a visit with my parents roughly two weeks into my mother’s battle, I could see the shine of tears dripping down the side of my mother’s nose. I asked with a cracking voice, “Mom, what’s wrong?” Under duress and in between breaths, she said she was scared. I asked, “Why?” She said her chest hurt, that she couldn’t breathe right. Frantic, I said, “We have to get you to a hospital!” With defiance she said, “I’m not going to the hospital to die alone.” Words that scare me to this day. She said, “If it’s my time to go, then I want to be home when it happens.”

I left it alone, almost as if I was granting her last wishes. I withheld my calls from two or three a day to one or less. I did that for selfish reasons. I didn’t want to be the first to hear of any tragic news. I held it together as well as anyone could. I maybe had one too many drinks during this time, as I had no job to report to the next day. This didn’t bode well for me, as I felt guilty for not tending to my own family as best as I could.

See PERSONAL, page 33

Recursos para COVID-19 | COVID-19 resources

REDUZCA LA PROPAGACIÓN | SLOW THE SPREAD



Distancia física
Physically distance



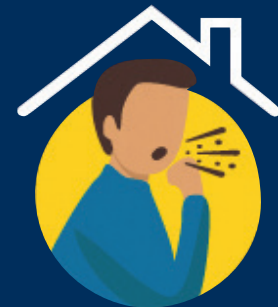
Use una cubrebocas
Wear a mask



Lávase los manos
Wash hands



Socialize virtualmente
Socialize virtually



¿Enfermo? Quédese en casa
Stay home when sick

¿TIENES ALGÚN SÍNTOMA? HAZTE LA PRUEBA HAVE A SYMPTOM? GET TESTED



Fiebre
Fever



Tos
Cough



Dificultad al respirar
Shortness of breath



Dolor de cuerpo
Muscle aches and pains



Deterioro del sentido del olfato o gusto
Decreased sense of smell or taste



Dolor de garganta
Sore throat



ASISTENCIA ADICIONAL

United Way 211

211 puede ayudarte a encontrar servicios y cubrir otras necesidades. Llame al 888-826-9790, envíe un mensaje de texto al 211-9898 o descargue la aplicación 211 Utah para conectarse.

Línea directa de COVID-19

¿Tiene preguntas sobre los efectos de COVID-19 o preocupaciones por su comercio relacionadas con la pandemia? Llame a la línea directa COVID-19 del Departamento de Salud de Utah al 1-800-456-7707 o envíe un correo electrónico a covidresponse.utah.gov.

ADDITIONAL ASSISTANCE

United Way 211

211 can help find services and other needs. Call 888-826-9790, text 211-9898 or download the 211 Utah app to connect.

State hotline

Questions about COVID-19 effects or business concerns related to the pandemic? Call the Utah Department of Health COVID-19 hotline at 1-800-456-7707 or email covidresponse.utah.gov.

opinion

Get vaccinated for the flu during the pandemic

By Turner Bitton and Polina Konuchkova

The impact of COVID-19 on west-side communities has revealed the importance of public health as a primary responsibility of each of us. The pandemic has harmed our neighborhoods on a scale that we haven't seen for over 100 years. Like many, we are anxiously awaiting a safe and effective COVID-19 vaccine to start to bring some normalcy back to our lives.

In the meantime, we have been challenged by the Westside Coalition – a group of representatives from the six west-side community councils and other key organizations – to explore ways to help our neighborhoods that have been disproportionately affected by pandemic.

We approached the Salt Lake County Health Department to identify how the coalition could



make an impact. The response was unexpected. The department told us that the most effective way we could help was to provide opportunities for our neighbors to get the flu shot. Flu cases have the potential of straining the healthcare system every year, but in combination with a global pandemic, flu can quickly overwhelm even a robust healthcare system.

We learned that flu immunization rates in this country have declined in recent years, with Salt Lake County having a particularly low immunization rate.



That means that our neighbors and families are left vulnerable to experiencing a severe illness, which may also impact getting care for other conditions (such as heart attack) in an overwhelmed healthcare system.

A flu vaccine is safe and effective in preventing the flu in the first place, or making it much less severe, reducing the risk of being hospitalized. In addition to protecting those who receive the shot, it also helps to stop the spread of it to someone who is more vulnerable (similar to wearing a mask).

For these reasons, flu vaccines are available for free or very low cost every year.

In contrast, the spread of the flu has a large economic impact, estimated to cost businesses across the country \$10.4 billion in the form of lost productivity due to worker sickness. The costs are magnified for people with compromised immune systems. The average household income on the West Side is roughly \$45,500, or roughly \$22 per hour for a full-time worker. An unexpected medical bill would be financially devastating to many families. Even with fairly decent insurance, a single hospital visit can cost in excess of \$3,000.

Getting a flu shot is an act of neighborliness. We want to do our part in protecting our community, and we want to make it as easy as possible for you to do your part as well.

For the past several months, the

Westside Coalition has partnered with the Salt Lake County Health Department (and too many community partners to name) to provide no cost flu shots (as well as vision screenings) for West Side residents. We have held several drive-thru vaccination clinics over the past few months – at Glendale Middle School, Mestizo Coffee-house (CityFront and Bridges Apts), and the Utah State Fair Park. We also had some on-site flu clinics at local breweries such as Fisher, Saltfire and Kiitos, where we reached younger people who do not normally go out of their way to get the flu vaccination. As of the middle of December, we have helped over 800 people get their flu shots.

We understand that we are living in a time unlike any other in our memories. Too many neighbors have lost loved ones, had jobs

See FLU, page 23

LAS VACUNAS AYUDAN A PROTEGER A SU FAMILIA VACCINES HELP PROTECT YOUR FAMILY



Las vacunas son:

- Seguras
- Eficaces
- Medidas preventivas

Vaccines are:

- Safe
- Effective
- Preventative

ILLUSTRATION COURTESY STATE OF UTAH

opinion

Navigating a pandemic with energetic children

By Rasheedah El-Amin



As our world adjusts to the new normal of COVID-19, one casualty has been a loss of organized youth sports. Although in no way comparable to the impact of lives lost, personal boundaries readjusted, or changing educational expectations, the loss of youth sports has had definite consequences on the psyche of parents and children. Parents all over the world are navigating new restrictions and finding ways to give their children opportunities to safely participate in organized activities.

As the wife of a former Division I athlete and former high school coach, I thought I understood how much sports was a part of my life. However, I was in no way prepared for the silence that overtook my home during the pandemic. Nights filled with listening to my husband drone on about missed plays, lost potential, yards gained, buckets scored, goals defended was replaced by...nothing.

We were forced to evaluate elements of our lives that we took for granted and we had to learn to

connect without sports. Our four-year-old son, though, has had a much harder time adjusting to our slower world.

Initially, I found new ways to incorporate my son's need for exploration with the need to remain socially distant. My family further familiarized ourselves with the Jordan River Trail. Like others, we found solace in walking and biking the JRT and other nearby routes.

However, just as the need for competition and contact drew my husband to watch anything ESPN offered, I found myself unexpectedly wanting to watch my own child compete. I missed cheering. And because my own competitive spirit is such that I find it impossi-

ble to play even the most innocuous games like Sequence and Connect Four without stomping all over my child's feelings, I ached to watch him play with his own age mates. So, I was thrilled to stumble upon a group of children near my son's age dressed in ill-fitting matching shirts and chasing a soccer ball in a nearby neighborhood.

I knew of high school students and professional athletes being approved to play together and I had heard reports of parents of older kids moving across state lines so their children could continue to play, but I did not know young children had commenced organized sports so close to me. I was shocked, scared, and secretly so happy to see kids play that I stopped and watched.

The children clumsily ran across the field and my son and I laughed at eager attempts to score and I quietly cheered for the lone child whose mother had insisted he wear a mask the entire game. The game was joy personified. And terror seized my heart as I watched.

The pandemic has meant that

I have had to explain a lot of new concepts to my son. The hardest, though, was explaining that even though children his age were able to participate in a fun-filled game of soccer, he could not. I was still firm in my belief that he would not play, especially without a mask. I thought it was futile for parents to insist children wear a mask throughout the day but not insist the same during a moment of fun. So even while I cheered, I remained conflicted. And scared. And it seems I'm not the only one for whom this issue is complicated.

Just as the Salt Lake City School District took drastic measures to protect youths during this time, Salt Lake County-run recreation centers have cancelled youth programming since mid-February, despite reopening pools and gyms for adults in the summer.

Additionally, The Jayhawks, a local nonprofit basketball league, went from hosting 270 youth athletes aged 8-18 to organizing only a few practices with 20 high school students after the pandemic hit. Out of safety concerns, they limited

participation even after health officials allowed larger crowds of people to gather. Jayhawks kept numbers low, enforced strict social distancing guidelines, used pre-temperature checks, provided masks and utilized hand-sanitation stations to protect the youth.

Jayhawks' coach and co-founder John Satini said, "Kids feel invincible. I remind them that [they] have to be selfless for those the virus may cause to get sick or even kill. [They] have to have a certain etiquette regarding this virus."

The Salt Lake City Recreation Centers plan to eventually open their facilities back up, with limited amenities being available, using a phased approach. The facility that usually hosts sports such as t-ball, baseball, soccer and Jr. Jazz basketball, is still waiting to get word on when everything else will be made available and what restrictions will be included to minimize participants' chances of contracting COVID.

In the meantime, I secure the mask around my son's ears and continue to watch from a distance.

As the wife of a former Division I athlete and former high school coach, I thought I understood how much sports was a part of my life. However, I was in no way prepared for the silence that overtook my home during the pandemic. Nights filled with listening to my husband drone on about missed plays, lost potential, yards gained, buckets scored, goals defended was replaced by... nothing.

From FLU, page 22

evaporate, or faced a health crisis as a result of the COVID-19 pandemic. We also know just how strong our communities are and what the residents of the West Side are capable of. As we continue to wait for the COVID-19 vaccination to be available, we encourage you to take action in a way that you can right now - get a flu shot.

You can find a location to receive a flu shot here: vaccinefinder.org/find-vaccine. For flu vaccination events sponsored by the Westside Coalition, please follow us on Facebook at www.facebook.com/westsidecoalitionslc (Note: We are now exploring providing COVID-19 vaccines via Westside Coalition sponsored events

when the vaccine becomes available. Our Facebook page will have the most up-to-date information).

Polina Konuchkova is a resident of Poplar Grove and works as a Digital Enablement Consultant at Intermountain Healthcare. Polina enjoys volunteering on issues of health and wellness and received her flu shot from her family physician on September 29.

Turner C. Bitton is a resident of Glendale and serves in a variety of leadership positions including as the Chair of the Glendale Community Council and Executive Director of West View Media. Turner got his flu shot at our drive thru flu clinic on October 17.

From VACCINE, page 3

effectiveness over time," Pavia said.

For this reason – and because it takes some time for the vaccine to take full effect – people who receive the vaccine will still have to take precautionary steps such as handwashing and wearing a mask to prevent the spread of COVID-19, Sheffield said. Masks are also necessary to stop the virus from spreading among people who have not yet had access to the vaccine, Stevenson said, which could take some time due to the unique nature of the vaccine, which is extremely fragile.

The first doses of the vaccine will be distributed to employees of Utah's largest hospitals, which are equipped with special freezers to store the vaccine at less than negative

80 degrees Celsius, according to Jeanmarie Mayer, an epidemiologist for University of Utah Health Hospitals and Clinics. Giving the vaccine to healthcare workers first will also help to ensure there are adequate doctors, nurses and other medical staff available to care for patients as the pandemic continues, according to R. Alta Charo, a professor of law and bioethics at the University of Madison Wisconsin.

After healthcare workers are vaccinated, Sheffield said, Utah medical providers will work to increase the availability of the vaccine as fast as possible, making it first available to the state's essential workers, then to adults over age 65. The vaccine is expected to be available to the majority of adults, at little or no cost, by next summer, she said.

COVID-19 destaca las disparidades sistémicas que ponen a las comunidades de color en mayor riesgo

Por Ayrel Clark-Proffitt

Las comunidades de color de Utah continúan representando un número desproporcionado de los recuentos generales de casos de COVID-19 de Utah, y el oeste de Salt Lake ha estado entre las partes del estado más afectadas desde el comienzo de la pandemia.

Las comunidades de color representan un porcentaje más pequeño del total de casos nuevos que a principios de año, pero los casos continúan aumentando en todas las comunidades. Los funcionarios locales y los profesionales de la salud señalan que continúan las disparidades de salud sistémicas, incluido el COVID-19. Destacan el tipo de empleo, las condiciones de la vivienda, el acceso a la atención médica y la inseguridad alimentaria como factores de riesgo preexistentes que conducen a peores resultados para los pueblos indígenas y las personas de color durante la pandemia.

“Lo que hace el COVID-19 es dejar al descubierto la inequidad en la sociedad causada por el racismo”, dijo el Dr. José Rodríguez, vicepresidente asociado de Salud, Equidad e Inclusión de la Universidad de Utah y médico de la Clínica Redwood de la Universidad de Utah, 1525 West 2100 Sur.

Trabajadores “reemplazables”

Muchos residentes del West Side de Salt Lake trabajan en puestos esenciales, y la fuerza laboral de la comunidad Latinx, que tiene una de las tasas más altas de infección en Utah, está formada casi por completo como empleados esenciales, dijo Rodríguez. Los trabajos esenciales de los trabajadores no están protegidos, explica Rodríguez, lo que desalienta las pruebas porque si estos empleados se enferman, simplemente serán reemplazados.

“Tienes que trabajar, si no trabajas, perderás tu trabajo, por lo que vas a infectar a todas las personas con las que trabajas”, dijo.

Una investigación realizada por

Daniel Mendoza, profesor de los departamentos de Planificación Urbana y Metropolitana y Ciencias Atmosféricas de la Universidad de Utah y la división Pulmonar de la Facultad de Medicina de la U, muestra que durante y después de la orden de permanencia en el hogar del condado de Salt Lake, los códigos postales de más bajo ingreso económico, incluidos 84104 y 84116, experimentaron altas tasas de COVID per cápita en comparación con las áreas de mayores ingresos. Su trabajo confirma que los trabajadores manuales tienen más probabilidades de ser infectados por COVID-19 que los trabajadores administrativos. “Su trabajo dicta su exposición”, dijo.

En entornos de oficina, hay menos encuentros casuales y, debido a que hay menos transitoriedad entre colegas, es más probable que los empleados tomen precauciones para protegerse entre sí, dijo Mendoza. Además, los trabajadores administrativos tienen más probabilidades de recibir pagos por enfermedad y vacaciones para ayudar a proteger sus trabajos. Por el contrario, un empleado de una tienda de comestibles entra en contacto con muchas personas que no conoce, algunas de las cuales pueden hablar en voz alta, toser o usar cubrebocas de manera incorrecta, lo que pone al empleado en un mayor riesgo de infección, dijo Mendoza. Si ese empleado da positivo, simplemente lo reemplazan. Mendoza dijo que estos trabajadores son tratados como “reemplazables”, en lugar de esenciales.

“Esencial es demasiado eufemismo”, dice. “Nos hace sentir mejor, llamarlos esenciales. Implica que son importantes y buenos”.

Determinantes sociales

Jacob Fitiseanu, Jr., presidente de la Coalición de Salud de las Islas del Pacífico de Utah y gerente del Programa de Pruebas Contratadas COVID-19 del Departamento de Salud de Utah, dijo que COVID-19 destaca la multitud de factores de riesgo para contraer y propagar enfermedades en las comunidades de color. Fitiseanu también es concejal de la ciudad de West Valley City.

“Es una variedad de factores que vinieron todos a la vez. Cuando se trata de tantos factores a la vez, es bastante difícil de abordar”, dijo Fitiseanu. Esos factores incluyen el empleo en industrias que

no permiten trabajar desde casa, hogares multifamiliares y condiciones de salud preexistentes.

Aquellos que pierden sus trabajos debido a COVID-19 corren el riesgo de efectos negativos adicionales en la salud. Pamela Silberman, directora del programa de salud del Comité Internacional de Rescate (IRC) en Salt Lake City, 221 South 400 West, señala que los refugiados, como las comunidades de color, trabajan en servicios esenciales.

“Estos trabajos con frecuencia carecen de días libres pagados por enfermedad, por lo que si los refugiados necesitan auto-cuarentena debido a la infección o exposición al coronavirus, la pérdida de ingresos los pone en riesgo de quedarse sin hogar, inseguridad alimentaria y otras crisis que enfrentan quienes viven en la pobreza”, dijo. Muchos refugiados que llegaron durante los últimos dos años viven en Glendale, South Salt Lake, Midvale y West Valley City, dijo Silberman.

Un gran número de indígenas estadounidenses / nativos de Alaska tienen bajos ingresos, dijo

Maurice “Mo” Smith, director ejecutivo del Urban Indian Center de Salt Lake, 120 West 1300 South, y miembro de la Nación Navajo. Esto conduce a una falta de acceso a la atención médica, incluso para los pueblos originarios que viven en áreas urbanas. Esa falta de acceso, combinada con el aumento de las tasas de diabetes y enfermedades crónicas y la falta de confianza como resultado de traumas históricos, es un gran desafío.

“Indian Country está aprendiendo que todavía tenemos que hacer un mejor trabajo para abordar la diabetes y una forma de vida saludable”, dijo. Una forma de hacerlo es mediante la telesalud; sin embargo, la financiación recibida por el Urban Indian Center se ha limitado a la comunicación y las pruebas de prevención, en lugar de mejorar el acceso a nuevas plataformas virtuales.

El dinero para cubrir los costos médicos sigue siendo una gran preocupación. La prueba de COVID-19 es gratuita, pero las facturas del médico y del hospital no lo son, dijo Rodríguez, y quiere que la gente recuerde que la vida vale más que cualquier factura del hospital. Instó a los que sufren a ir al médico o al hospital y elaborar un plan de pago accesible.

“COVID es un momento para la bondad. Un tiempo para la compasión”, dijo, e instó a los proveedores a trabajar con los pacientes.

Esperanza a pesar de la crisis

Durante tiempos tan duros y difíciles, puede ser difícil permanecer optimista. Pero hay motivos para sentir esperanza. Los programas han adaptado rápidamente nuevos métodos para continuar sirviendo a las comunidades y abordar las inequidades en salud. Las discusiones se están alejando de cambiar los comportamientos individuales para abordar las disparidades comunitarias causadas por el racismo sistémico.

Por ejemplo, el IRC ha grabado en video sus clases de promoción de la salud, que les enseñan a los

nuevos estadounidenses cuándo ver a un médico, cuándo ir a la sala de emergencias y cómo surtir una receta. Las clases ahora son más cortas que la versión en persona, están disponibles en varios idiomas y son accesibles una y otra vez, a diferencia de la clase en persona, dijo Silberman. Estas innovaciones centradas en las personas y el impulso para abordar los determinantes sociales de la salud deberían continuar, dijo.

“Mi esperanza es que incluso después de que la urgencia de la pandemia haya disminuido, el sentido de urgencia para abordar las disparidades en la salud se mantendrá”, dijo.

El Urban Indian Center se ha mantenido abierto durante la pandemia y ha realizado talleres relacionados con el coronavirus sobre temas que incluyen no tener efectivo y preparar té y alimentos tradicionales que aumentan la inmunidad. Smith dijo que la pandemia ha empujado al centro a enfocarse tanto en educar para COVID-19 (prevención / detección) como en construir una comunidad más saludable a través de la promoción de alimentos tradicionales, fortalecer las alianzas con organizaciones estatales y locales y promover la transición a la virtualización.

Fitiseanu dijo que los problemas de equidad y disparidad en la salud están ganando más terreno con algunos legisladores como una forma de ayudar a aliviar la pobreza. Las discusiones sobre la salud en la comunidad de las islas del Pacífico se están alejando de la dieta y el ejercicio hacia temas más importantes como la salud ambiental, la reforma de los seguros y las condiciones de la vivienda. Dijo que también está viendo un mayor compromiso cívico, especialmente entre las generaciones más jóvenes, que se está dando cuenta de las conexiones entre la salud y todos los demás sectores.

“Estos son problemas generacionales, y puede llevar generaciones mejorarlos”.

From DISPARITY, page 1

and Atmospheric Sciences departments and the Pulmonary division of the U School of Medicine, shows that during and after the Salt Lake County stay-at-home order, low-income ZIP codes, including 84104 and 84116, experienced high per-capita COVID rates compared to higher-income areas. His work confirms that blue-collar workers are more likely to be infected by COVID-19 than white collar workers. “Your job dictates your exposure,” he said.

In office settings, there are fewer chance encounters, and because there is less transiency among colleagues, employees are more likely to take precautions to protect each other, Mendoza said. Plus, white-collar workers are more likely to have sick and vacation pay to help protect their jobs. Conversely, a grocery clerk comes in contact with a lot of people they don’t know, some of whom may speak loudly, cough, or wear masks incorrectly, which puts the clerk at a higher risk of infection, Mendoza said. If that clerk tests positive, they just get replaced. Mendoza said these workers are treated as “expendable,” rather than essential.

“Essential is too much of a euphemism,” he says. “It makes us feel better, to call them essential. It implies they are important and good.”

Social determinants

Jacob Fitisemanu, Jr., chairperson of the Utah Pacific Islander Health Coalition and manager of the Utah Department of Health COVID-19 Contracted Testing Program, said that COVID-19 highlights the multitude of risk factors for contracting and spreading illnesses in communities of color. Fitisemanu is also a city councilman in West Valley City.

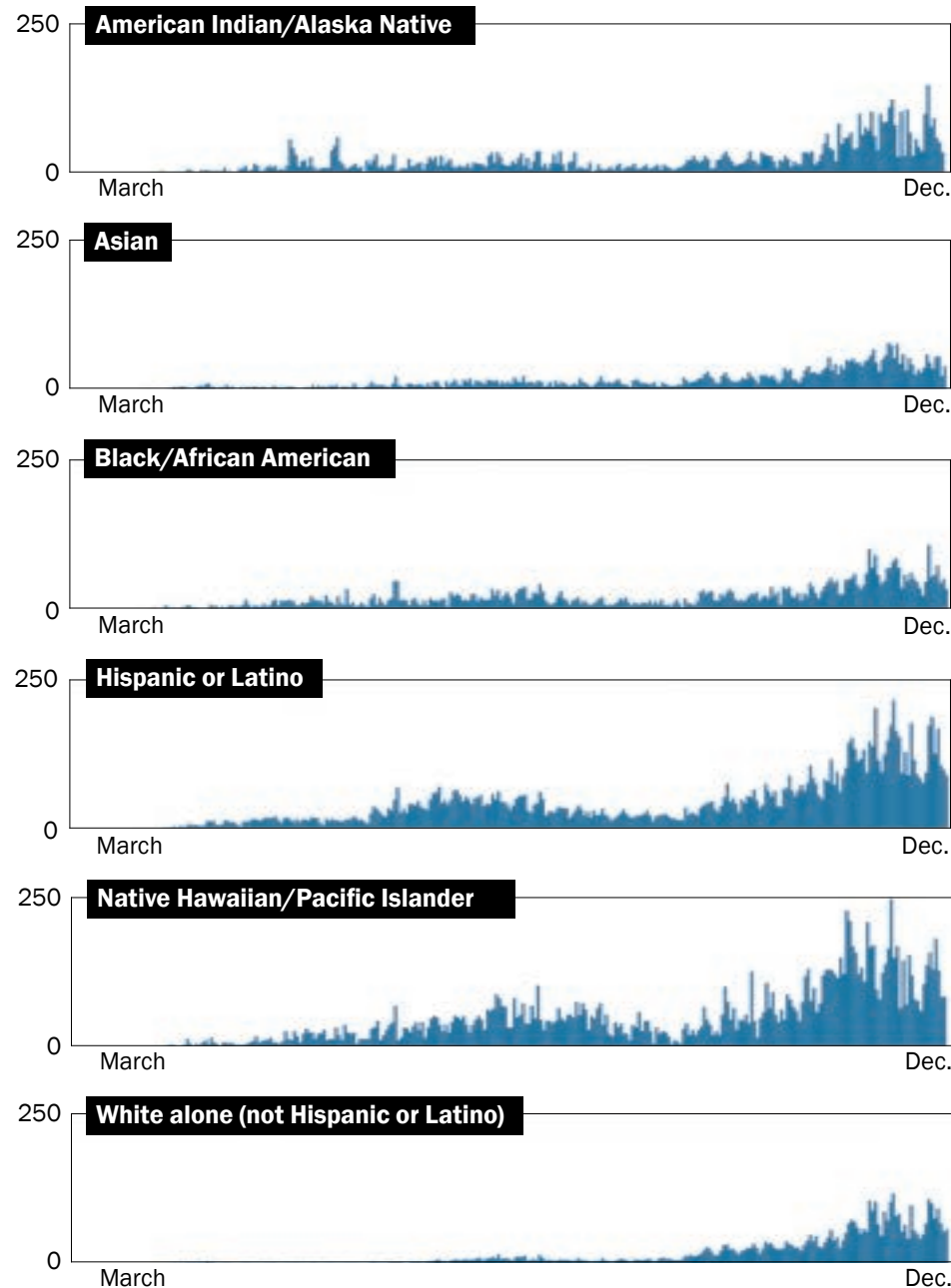
“It’s a variety of factors that came all at once. When dealing with so many factors at once, that makes it pretty tough to address,” Fitisemanu said. Those factors include employment in industries that don’t allow work from home, multi-family households and pre-existing health conditions.

Those who lose their jobs because of COVID-19 risk additional negative effects on health. Pamela Silberman, the health program manager for the International Rescue Committee (IRC) in Salt Lake City, 221 South 400 West, notes that refugees, like communities of color, work in essential services.

“These jobs frequently lack sick leave, so if refugees need to self-quarantine due to coronavirus infection or exposure, the

CASE RATES PER 100,000 BY RACE/ETHNICITY

As of Dec. 8



SOURCE: CORONAVIRUS.UTAH.GOV/CASE-COUNTS

loss of income puts them at risk for homelessness, food insecurity and other crises faced by those living in poverty,” she said. Many refugees who arrived during the past two years live in Glendale, South Salt Lake, Midvale, and West Valley City, Silberman said.

A large number of American Indian/Alaska Native peoples are low income, said Maurice “Mo” Smith, executive director for the Urban Indian Center of Salt Lake, 120 West 1300 South, and a member of the Navajo Nation. This leads to a lack of access to health care, even for native peoples living in urban areas. That lack of access,

combined with increasing rates of diabetes and chronic illnesses and a lack of trust as a result of historic traumas, is a major challenge.

“Indian Country is learning that we still need to do a better job of addressing diabetes and a healthy way of life,” he said. One way to do this is through telehealth; however, funding received by the Urban Indian Center has been limited to prevention communication and testing, rather than improving access to new virtual platforms.

Money to cover medical costs remains a major concern. COVID-19 testing is free, but doctor and hospital bills are not, Rodrí-

guez said, and he wants people to remember that one’s life is worth more than any hospital bill. He urged those suffering to go to the doctor or the hospital, and work out an affordable payment plan.

“COVID is a time for kindness. A time for compassion,” he said, and he urged providers to work with patients.

Hope despite crisis

During such bleak and trying times, it can be hard to remain optimistic. But there is reason for hope. Programs have quickly adapted new methods to continue to serve communities and address health inequities. Discussions are moving away from changing individual behaviors to addressing community disparities caused by systemic racism.

For example, the IRC has video recorded its health promotion classes, which teach new Americans when to see a doctor, when to go to the emergency room, and how to get a prescription filled. The classes are now shorter than the in-person version, available in multiple languages, and accessible over and over, unlike the in-person class, Silberman said. These people-focused innovations, and the momentum to address social determinants of health, should continue, she said.

“My hope is that even after the urgency of the pandemic has subsided, the sense of urgency to address health disparities will remain,” she said.

The Urban Indian Center has stayed open throughout the pandemic, and it has done coronavirus-related workshops on topics including going cashless and making traditional teas and foods that boost immunity. Smith said the pandemic has pushed the center to focus on both educating for COVID-19 (prevention/detection) and building a healthier community through promoting traditional foods, strengthening partnerships with state and local organizations and furthering the transition to going virtual.

Fitisemanu said health equity and disparity issues are gaining more traction with some policymakers as a way to help alleviate poverty. Discussions around health in the Pacific Islander community are moving away from diet and exercise to larger issues such as environmental health, insurance reform and housing conditions. He said he is also seeing more civic engagement, especially among younger generations, that is realizing the connections between health and every other sector.

“These are generational issues, and it may take generations to improve them.”

Pandemic's effects on marginalized communities: A conversation with Blanca Fabiola Madrigal

By Maru Quevedo

Since the early stages of COVID-19, the drastic racial disparities that the pandemic has exposed became central in the national conversation and are clear examples that intersectionality matters. The fact is that people of color are far more likely to contract the virus, be hospitalized and die from coronavirus than their white neighbors, as reported by the CDC on August 18.

And while our skin color doesn't inherently put us in the high-risk categories, race and ethnicity are risk markers for other conditions that impact health such as occupation, access to health care, socio-economic status and quarantine reality.

Blanca Fabiola Madrigal, a psychology grad school student at the University of Utah, who works with immigrant and undocumented families on the West Side of Salt Lake City, refers to these disparities as "further marginalization." She said, "Deportation affects your livelihood, and COVID affects your



Blanca Fabiola Madrigal

health. And you are not dealing with one or the other, both are being attacked at the same time. It is hard to be an undocumented person during COVID."

Furthermore, the lack of access to resources that immigrant communities face creates an extra burden. "You either don't have a job or you are being overworked. The toll on undocumented and immigrant workers is so heavy," Madrigal said, "and families have children looking after children, putting their mental and physical health at risk."

Madrigal worked at the Depart-

ment of Child and Family Services in the West Valley area and after the 2016 election outcome, she gathered people around the community to create safe spaces for families like hers. She started the first Spanish-speaking support group at the Mountainview-Glendale Community Learning Center and is also a part of Unidad Inmigrante, an intersectional grassroots collective that advocates for and addresses issues that impact the immigrant community in Salt Lake City.

But Madrigal's personal experience growing up as an undocumented immigrant and her work organizing in the community have led her to her current career. "What gets my heart are individual families; I really like one-on-one work. Changing and influencing one person's life is so valuable, and it helps the whole community to uplift each other," she said. Madrigal works with first generation students at the Diversity Scholars at the University of Utah and is currently assisting three immigrant families and their kids.

When I dug into the ways that

COVID-19 has affected her work, Madrigal stated that one of the biggest challenges is the one-on-one time these families need. As we all know by now, in-person interactions have been drastically reduced in our lives. But for immigrants and undocumented folks this has also meant major role changes and new risks.

With the largest Salt Lake City school-age population living in the area (20% of the population) and 74.5% of Salt Lake City's Hispanic residents, many west-side students are taking online classes unattended, while also taking care of younger kids. Meanwhile, parents and adults are being exposed to the virus at work and increasing their daily risk. In Utah, CDC data shows that 58% of workplace outbreak-associated COVID-19 cases have been in three main sectors (Manufacturing, Wholesale Trade, and Construction) and Hispanic and non-White workers have accounted for 73% of workplace outbreak-associated coronavirus cases. "They (kids and families) are in a state of anxiety, fear and loneliness," Mad-

rigal said, referring to what she has seen and learned during the past months.

Lastly, immigration is not slowing down because there is a global pandemic. As a real world example, Madrigal's sister-in-law has been put in deportation proceedings after her U-Visa case was abruptly rejected this month. ICE continues their mission of separating families and for immigrants facing deportation during COVID-19, detention centers pose other risks.

The research, findings and reality of our communities of color during these times are numbing, but west-side community members are supporting one another. "Older Mexican folks are helping their neighbors," such as making extra food and going grocery shopping, she said. Organizers are helping with case management, such as applying for unemployment, rent relief, or providing COVID resource flyers. "There is a lot of need and a lot of action," Madrigal said. And while these types of actions don't always make the news, neighborhood support is happening all around us.

opinion

Why I became a COVID-19 contact tracer

By Edgar Zuniga

Our country is facing its most dire public health crisis in more than a century and low-income communities and communities of color are facing the worst of the COVID pandemic. I felt helpless reading the headlines and decided to make a difference. "Poner mi granito de arena," as my parents have always taught me, which in Spanish means to do my part, or literally, "to put my little grain of sand." That's exactly how becoming a temporary, bilingual COVID contact tracer feels – like putting



little grains of sand, one at a time, in an enormous bucket that needs to be filled to the brim.

It feels like a gargantuan task because, as of early December, more

than 209,000 Utahns have been infected. As a disclaimer, I only speak for myself. I simply want to draw attention to the importance of COVID contact tracing in helping to curb the pandemic and "flatten the curve."

I was living in New York and experienced the hellish arrival of COVID to New York City in the spring and lost a friend, a colleague, and several acquaintances in the process.

Since moving back home to Salt Lake City a few months ago, I have been horrified to witness how, slowly but surely, the pandemic has

reached a fever pitch here, with our ICUs filling up to near capacity.

People of color are three times more likely to contract COVID and three times more likely to die from the virus, according to data from John Hopkins University. The same is sadly true in Utah. One of my best friends from high school, recently lost his 57-year-old father, a native from Mexico and Rose Park resident, to COVID.

I pursued a journalism career in network television during the last decade I lived out of state, and have been working freelance since I moved back. With that said,

I jumped at the opportunity to become a temporary contact tracer because I know the toll the disease can take. One of my main goals is to harness my personal experience with COVID in understanding and helping my clients. In addition to knowing people who lost their lives, it took me a couple of weeks to recover from COVID-19 with very little guidance, before moving to Salt Lake City. This winter, I have been working from home, speaking over the phone with some half a dozen COVID clients a day.

See TRACER, page 27

Por qué decidí ser investigador en la lucha contra COVID-19

Por Edgar Zuniga

El país se está enfrentando ante la crisis de salud pública más grave desde hace un siglo y las minorías étnicas y las comunidades de bajos ingresos son los más afectados por la pandemia del COVID. Sentía impotencia al leer los titulares cada vez más alarmantes y decidí hacer algo al respecto. Quise “poner mi granito de arena”, como siempre me han enseñado mis padres. Por eso he decidido trabajar como investigador y rastreador de contactos en la lucha contra el COVID.

Se siente como una tarea gigantesca porque para principios de diciembre, más de 209.000 habitantes de Utah ya han sido infectados. Hablo solo en nombre mío, no en representación de alguna entidad. Simplemente quiero informar sobre la importancia del rastreo de contactos para ayudar a frenar la pandemia.

Vivía en Nueva York y me tocó la llegada infernal de COVID a la ciudad de Nueva York en la primavera y perdí a un amigo, a un colega y a varios conocidos durante esas primeras semanas.

Desde que regresé a Salt Lake City hace unos meses, me he aterrorizado de ver cómo la pandemia ha llegado al punto que nuestras

UCIs, las unidades de cuidados intensivos, ya no dan abasto.

Los latinos y otras minorías son tres veces más propensos de contraer COVID y de morir a causa del virus, según datos de la Universidad John Hopkins. Lo mismo es tristemente cierto aquí en Utah. Uno de mis mejores amigos de la secundaria, recientemente perdió a su padre de 57 años, mexicano y residente de Rose Park, por culpa del COVID.

Fui un periodista galardonado en la misma empresa mediática durante la década que viví fuera del estado y he estado participando en proyectos periodísticos independientes desde que me mudé. Dicho esto, aproveché la oportunidad de trabajar como rastreador de contactos temporal porque sé lo difícil que puede ser la enfermedad. Uno de mis principales objetivos es aprovechar mi experiencia personal con el COVID para entender y ayudar a mis clientes. Además de conocer a personas que perdieron la vida, en mi caso personal, me tomó un par de semanas recuperarme con ninguna asesoría. Pasaré todo el mes de diciembre, quizás más, trabajando desde la casa hablando por teléfono con media decena de clientes de COVID al día.

Según los Centros para el Control y la Prevención de Enfer-

medades, el rastreo de contactos “es un proceso para identificar, monitorear y apoyar a las personas que pueden haber estado expuestas a una persona con una enfermedad contagiosa”. En el pasado, el rastreo de contactos ha sido esencial para reducir la transmisión del VIH y el ébola, pero no es una tarea fácil. El 41% de los estadounidenses no se sienten cómodos hablando con funcionarios de salud pública por teléfono, por temas de privacidad, según el Centro de Investigación Pew. Según KXAS-TV en Fort Worth, Texas, hasta el 50% de pacientes no le devuelven las llamadas al departamento de salud local.

Los inmigrantes indocumentados infectados con COVID pueden ser especialmente reacios a la hora de compartir información con funcionarios de salud pública. Los departamentos de salud realmente necesitan rastreadores de contactos que sean bilingües y que puedan trabajar de manera eficaz con pacientes de habla hispana, sin importar su estatus legal. La “sensibilidad cultural” es primordial para llegarle a todos los pacientes, sea cual sea su idioma o estatus en el país, para así poder librar esta batalla sanitaria de la mejor manera.

Según NPR, sólo siete estados tienen suficientes investigadores para hacerle frente a la demanda. Los expertos en salud pública dicen que el país necesita más de 100.000 rastreadores en la lucha contra el

COVID. Sólo contamos con unos 53.000 rastreadores de contactos, según la Universidad John Hopkins.

Los barrios del occidente de la ciudad, conocidos colectivamente como el “West Side”, se han visto especialmente afectados en comparación con el resto de nuestro estado y esto realmente me entristece. Es un honor poder ayudar y unirme a este ejército de salud pública de 53.000 rastreadores. Sé que si trabajamos juntos, podemos reducir la transmisión del virus en nuestras

comunidades hasta que las vacunas estén ampliamente disponibles el próximo año. Podemos y debemos hacer nuestra parte para salvar las vidas de nuestras familias, amigos y vecinos.

Edgar Zúñiga es periodista independiente y ganador de dos premios Emmy. Egresado de West High School y de la Universidad de Utah, Edgar se acaba de mudar a Salt Lake City después de más de una década por fuera. También, Edgar es un miembro de la Junta Directiva de West View Media.

From TRACER, page 26

According to the Centers for Disease Control and Prevention, contact tracing “is a process to identify, monitor, and support individuals who may have been exposed to a person with a communicable disease.” In the past, contact tracing has been an effective part in curtailing HIV and Ebola transmission, but it’s not easy. Forty-one percent of Americans are not comfortable speaking with public health officials over the phone, citing privacy concerns, according to Pew Research Center. According to KXAS-TV in Fort Worth, Texas, up to 50% of contact tracer calls from Tarrant County Health Department are not returned.

Undocumented immigrants with COVID infection may be especially reticent to share information with public health officials. Health departments really need contact tracers who are bilingual and who can effectively work with Spanish-speaking clients, regardless of legal status. It is paramount to be culturally sensitive to all clients, regardless of preferred language or legal status, to effectively wage this battle.

According to NPR, only seven states have enough contact tracers to face demand. Public health experts say the country needs more than 100,000 COVID contact tracers. We only have some 53,000 contact tracers, according to John Hopkins University.

The West Side has been especially hard-hit compared to the rest of our state and it really saddens me. I am honored to do my part and join this 53,000-strong public health army. I know that if we work together, we can lower community transmission significantly until vaccines are widely available next year. We can and must do our part to save the lives of our family, friends and neighbors.

Edgar Zuniga is a two-time Emmy Award-winning freelance journalist. A graduate of West High and the University of Utah, Edgar just moved back home to Salt Lake City after more than a decade working out of state. He also serves on West View Media’s Board of Directors.



OPEN FOR DINE-IN





‘Change is coming’

My experience with the Black Lives Matter movement

By *Diane Bahati*

On May 25, a mother lost a son, a man lost a brother, and a little girl lost a dad. His name was George Floyd, and on June 3 his name echoed in the streets of

Salt Lake City. Amidst a global pandemic arose a racial outbreak that shook millions of people all over the nation.

On that hot sunny day, I stood on a podium and spoke to the hundreds of mourning, courageous faces. The number of people I saw from the beginning, multiplied. I felt tears rolling down my cheeks,

and at that moment I knew that this wasn't just a fight for George Floyd. This was a fight for the thousands of lives lost from police brutality. Black men in America have lost their lives from fighting a war that was sparked 400 years ago, and Black mothers are mourning for the hashtags that have dissolved into social media trends.

See **POEM**, page 29



PHOTOS
COURTESY
OF DIANE
BAHATI



From POEM, page 28

So when I stood up on that podium and looked at the mourning faces, I read my poem:

Black boy, we love you.
Black boy, you have a soul.
Black boy, we'll protect you.
Black boy, YOU MATTER.
Black boy, YOU F***N MATTER.
And one day I will have a Black boy.
One to hold.
One to hug.
One to love.
One with no worries, because they momma gon be right here.
Black boy, I will whoop yo a**, if you stress them, white neighbors.
Black boy you better come home before them street lights come on.
Because when they come on they won't be able to see your beautiful chocolate skin.
And when people don't see you, they imagine what you can be.
They'll turn you into a monster.
Because they don't see you they're scared of you.
Because they don't see you they will threaten you.
Because they don't see you they don't care that you graduated.
Because they don't see you they don't care that you're successful.
Because they don't see you they don't care that you hurt.
Because they don't see you they don't care that you have a soul.
Because they don't see you THEY DON'T CARE.
Black boy LISTEN TO ME.
They will pin you down, hold you at gunpoint and say that they felt threatened by you.
DO YOU HEAR ME!?!
BLACK BOY!!
It's been 400 plus years of oppression, and you look no different from the last millions of people they've killed.
BLACK BOY RUN!
Run until you start to fly.
Run until you see clouds, and stars, and the whole galaxy.
Run and tell God that we've been screaming his name.
BLACK BOY YOU BETTER RUN!
But you can't...
And just like that, they shot you.

It's not because you were holding some skittles and tea.
It's not because you were sellin some weed.
It's not because of a broken tail light.
It's not because you wanted to fight.
It's because you were a Black boy.
Black boy, we will go to your funeral.
Black boy, you will lay with our ancestors.
And just like them Black boy, you'll become a statistic.
A hashtag.
A name people whisper.
Saying your name will become sour to my mouth.
And just like that Black boy, your life didn't matter to them.
And they still won't care, because someone's son will one day decide to walk the same street after that same street light comes on and they will shoot him!
And we get another cycle of mixed feelings and broken hearts.
We get another cycle of broken families with f***d up scars.
They will get you from your house.
Your cars.
You name it they will get you there.
Black boy, we love you.
Black boy, you have a soul.
Black boy, we'll protect you as much as we can.
Black boy, YOU MATTER.
Black boy, YOU F***N MATTER.
And one day I don't know if I wanna have a Black boy.

Despite the cheers coming from thousands of people, everything went silent. It was almost like the world went quiet for a split moment, and the only thing I could hear was my heart beating. That's when a stranger said to me, "Change is coming soon; I feel it."

Diane Bahati is a resident of the Westpointe neighborhood in Salt Lake City and a refugee from the Democratic Republic of Congo. She is a senior at the Academy for Math Engineering and Science (AMES), and helped organize the Juneteenth block party protest this past summer.

opinion

West-side residents reimagine the future of public lands with equity as a priority

By **Claudia Loayza**



The year 2020 has brought unpredictability, stress, and a variety of public crises that have caused many to find unexpected refuge in our public lands. City parks and natural areas are rejuvenating spaces that serve as an escape from day-to-day living amid a global pandemic and social unrest, bringing to light the benefits of natural areas to our mental, physical, and social health.

Salt Lake City has begun the development of a new Public Lands Master Plan over the last few months and have called on residents to help reimagine the future of natural lands, urban forests and city parks so that all are able to access the benefits these spaces bring to our daily lives. The goals of the master plan are to capture and address gaps in equity, access and proximity through evidence-based analysis and community engage-

ment to prioritize transformative projects for Salt Lake City's public lands.

The Public Lands Division enlisted the help of Dr. Ivis Garcia and masters students like myself in the University of Utah's City & Metropolitan Planning Department to increase community outreach in a wide, inclusive, and intentional way.

Being close to nature has historically been associated with privilege, but as a country confronting inequitable systems through a nationwide racial reckoning, it's

time that this become a given for everyone. Based on interactions with residents, the West Side of Salt Lake City is in need of more green spaces and programming to engage people in a way that honors the diversity and resiliency of its communities.

The students that were part of the outreach team performed over 4,000 surveys on the West Side and across the city to gather feedback from hard-to-reach groups. I had the opportunity to help lead a Spanish focus group with Latinx residents over Zoom to identify opportunities for improvement of public lands from their perspective.

Residents' comments focused on access, community mobilization, and more resource-inclusive programming. The discussion started with a short overview of the diversity of Salt Lake City in spoken languages and cultures, which led to an established sense

of advocacy for their communities with statements such as, "There are many Hispanics who do not have the opportunity to vote or are not residents; I do not know if there are other initiatives to be able to listen to these populations," or "When you speak to them in their language, they feel included." These statements called for increased language access and inclusion.

Most comments were longer in nature and included personal anecdotes or experiences. This was incredibly valuable and resonating, especially to hear certain residents who saw a need – such as lack of lighting near a park – and along with their neighbors, found a solution (ie. through personal light fixtures). This showed the personal value that this group had for public lands and the consideration that these areas are for everyone, regardless of age, income, race, nationality or ability. This was better illustrated by a resident who said

in their ending comments that "el parque es de todos" or "the parks are for everyone."

It is becoming more widely understood that nature is not just a nice-to-have amenity. Public health experts have long shared that your zip code is a better predictor of your health than anything else, meaning your environment and surroundings have a greater impact on your life than you may think. Having green and natural spaces readily available is a vital aspect of creating healthy and vibrant communities.

It is up to residents to help reimagine where these places can be found and improved upon and Salt Lake City is ready to receive your feedback. Visit www.reimaginenatureslc.com to help plan a bright future for public lands for everyone.

Claudia Loayza is a City & Metropolitan Planning Masters student at the University of Utah.

Los residentes del West Side reinventan el futuro de las tierras públicas con equidad

Por **Claudia Loayza**

El año 2020 ha traído imprevisibilidad, estrés y una variedad de crisis públicas que han provocado que muchos encuentren refugio en el héroe olvidado de las tierras públicas. Los parques urbanos y las áreas naturales son espacios rejuvenecedores que sirven como un escape de los desafíos de la vida en medio de una pandemia global y disturbios sociales, y sacan a la luz los beneficios que las áreas naturales tienen en nuestra salud mental, física, y social, los cuales a

menudo pasamos por alto.

Salt Lake City ha comenzado el desarrollo de un nuevo Plan Maestro de Tierras Públicas en los últimos meses y ha pedido a los residentes que ayuden a reimaginar el futuro de las tierras naturales, los bosques urbanos y los parques de la ciudad para que todos puedan acceder a los beneficios de estos espacios. Los objetivos del plan maestro son capturar y abordar las brechas en la equidad, el acceso y la proximidad a través del análisis basado en evidencia y la participación de la comunidad para

priorizar proyectos transformadores para las tierras públicas de Salt Lake City.

La División de Tierras Públicas contó con la ayuda del Dr. Ivis Garcia y estudiantes de maestría, como yo, en el Departamento de Planificación Metropolitana y Ciudad de la Universidad de Utah. Juntos aumentamos el alcance comunitario de manera inclusiva e intencional. Estar cerca de la naturaleza se ha asociado históricamente con privilegios, pero como país que enfrenta sistemas inequitativos a través de un cálculo racial

a nivel nacional, es hora de que esto se convierta en un hecho para todos. Basado en las interacciones con los residentes, el lado oeste de Salt Lake City necesita más espacios verdes y programación para involucrar a las personas de una manera que honre la diversidad y la resiliencia de sus comunidades. Los estudiantes que formaron parte del equipo de extensión realizaron más de 4,000 encuestas en toda la ciudad y especialmente en el lado oeste para recopilar comentarios de grupos de difícil acceso. Tuve la oportunidad de ayudar a liderar un grupo de enfoque en español con residentes latinos sobre Zoom para identificar oportunidades para mejorar las tierras públicas desde su perspectiva.

Los comentarios de los residentes se centraron en el acceso, la movilización comunitaria y programación que celebra las culturas

diversas. La conversación comenzó con una breve descripción de la diversidad de Salt Lake City en los idiomas y culturas, lo que condujo a un sentido de defensa comunitaria con declaraciones como "aquí hay muchos hispanos que no tienen la oportunidad de votar o no son residentes, no sé si hay otras iniciativas para poder escuchar a estas poblaciones" o "[cuando] les hablas en su idioma, se sienten incluidos", pidiendo un mayor acceso e inclusión lingüística en términos de aportes de la comunidad.

La mayoría de los comentarios eran más largos e incluían anécdotas o experiencias personales. Esto fue increíblemente valioso y algo con lo que me pude identificar. Especialmente al escuchar a ciertos residentes que vieron una necesidad, como la falta de ilumi-

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From ECONOMICS, page 1

ing new safety protocols has redefined family and work roles. These sudden changes, coupled with the uncertainty of financial relief were a perfect storm for many local businesses. In early spring, Congress took note and passed the CARES act on March 27, which created the Paycheck Protection Program, a \$349 billion injection of cash to businesses. The Small Business Administration, working with financial institutions, offered zero interest loans to businesses to prevent a wave of layoffs. If spent on qualifying expenditures like payroll and benefits, the loans could be forgiven and provide a lifeline to businesses impacted by early virus containment measures.

It took just 13 days from the first day of applications for the program to run out of funding. For Garland and Brandy Ledbetter, co-owners of King's Peak Coffee in Poplar Grove, the process was frustrating. King's Peak closed on March 16 and didn't receive funding during the first round. Ultimately, it wasn't the bank where the Ledbetter's do business, nor their personal bank, that came through. It was their payroll company, Square.

"Our business account bank was not taking any more applications," said Brandy. "Our personal bank never responded to our application. Paypal denied our application because we are a new company with limited credit history. Finally, Square, who handles our point of sale and payroll, reached out to us and they did it quickly and efficiently."

When Congress approved additional funding, King's Peak was able to secure a loan. Despite initial challenges, the program remains popular. "It was frustrating to hit a wall the first few tries, but Square actually made it feel easy



PHOTO BY
TURNER BITTON

Head barista, Sadie Lynn Ledbetter, makes a latte at King's Peak Coffee Roasters.

and we ended up being very happy with it after that," said Brandy.

As a result of programs like the Paycheck Protection Program, some local workers have been able to keep their jobs. Owen Geary, head mechanic at the nonprofit Salt Lake City Bicycle Collective, explained that after securing relief during the first round, the Collective stayed open by taking special measures to ensure the safety of customers and employees. "We have appointments, so we limit the number of people in our shop to typically one to two people," said Geary. "Anyone who's not an essential part of what we do works from home...we've found other work for them to do within our organization, so we can keep them employed."

Despite his challenges, Geary recognizes that his experience is more positive than those of other workers. "...[it would] be hard for me to say that I'm not privileged. I have a job and I'm grateful for that, and I get to work for a nonprofit and help people. Those are

all things I have in my life that are pretty awesome."

For others, like Jennifer of Rose Park, (whom we're using a pseudonym for because she asked not to be named), their financial security evaporated as the coronavirus began spreading in Utah. After cases spiked in early March, she had to get creative and work overtime just to stay afloat.

Originally, she was driving for Lyft and working at a tattoo parlor. Once stay-at-home orders went into effect, she said of the tattoo parlor, "we immediately shut down." She stopped driving for Lyft because she "was trying to be socially responsible, not putting myself and other people in danger."

Jennifer lost both her sources of income and was also ineligible for unemployment benefits. "Because I was working under the table, I don't qualify for unemployment... Officially I wasn't being paid for it, so I can't receive the benefits. I checked with my boss to see if he could verify that I was an employ-

ee but...he's not willing to verify with the state that I worked for him."

She has persevered by starting her own business. "I've just had to transition to selling my art full-time. It's my only resource I've had to generate income in a safe way... It's mostly been reaching out to friends, who have been really supportive by purchasing custom commission pieces."

The future makes Jennifer anxious. "I was able to receive the \$1,200 [individual stimulus payment] and that was a lifesaver, but there's still a fear of what's going to happen next month, because depending on freelance work is terrifying."

Despite the impact that COVID-19 prevention measures have had, Jennifer expresses support for preventing the public health effects of the virus. "...the decision to actually put the stay at home order in was one of the smartest things we could have done. I think that's been extremely helpful in slowing the spread."

She also thinks that the government, at any level, should be doing more to protect citizens from the economic fallout. "Putting a hold on mortgages and rent costs during a time when almost no one can work would be the right thing to do."

Jennifer added that her inability to receive unemployment benefits is not unusual. "I do know quite a few people who have had success in getting their unemployment, but just as many of those are people who haven't had anything other than that \$1,200 injection come through and are playing it day by day, hoping for the best."

The gravity of the damage to businesses and workers illustrated in data provided by the United States Department of Labor is staggering. Between March 7 and November 7, a staggering 249,516 Utahns filed unemployment claims. During the same period in 2019, 34,293 Utahns filed for unemployment insurance.

The recent spike in cases in Utah and the likelihood that a vaccine is several months away from being widely available means businesses and workers alike have adapted to balance public health and economic considerations.

With future relief funding from Congress uncertain, businesses are relying on support from customers to stay afloat. Brandy Ledbetter from King's Peak says that support from customers is more important than ever, "Wear a mask so that I can stay open... and remember that most things that [customers] need can be provided by small businesses and that we are truly grateful when [customers] make purchases from us... each purchase, however small, really goes a long way for a small business."

Turner Bitton is West View Media's Executive Director.

Desde PARQUES, página 30

nación cerca de un parque, y junto con sus vecinos, encontraron una manera de satisfacer esa necesidad (es decir, a través de lámparas personales). Esto mostró el valor personal que este grupo tenía por

las tierras públicas y la consideración de que estas áreas son para todos, sin importar edad, ingresos, raza, nacionalidad o aptitud física. Esto fue mejor ilustrado por un residente que dijo en sus comentarios finales que "el parque es de todos".

Cada vez se comprende más que la naturaleza no es solo una comodidad agradable. Los expertos en salud pública han dicho durante mucho tiempo que nuestro código postal es un mejor indicador de nuestra salud que cualquier otra cosa, lo que significa que nuestro

entorno y sus alrededores tienen un mayor impacto en nuestras vidas de lo que pensamos. Tener espacios verdes y naturales fácilmente disponibles es un aspecto vital para crear comunidades saludables y dinámicas.

Depende de los residentes ayu-

dar a reimaginar dónde se pueden encontrar y mejorar estos lugares y Salt Lake City está listo para recibir sus comentarios. Visite www.re-imaginenatureslc.com para ayudar a planificar un futuro brillante para las tierras públicas para todos.

opinion

A conservative take on healthcare during COVID-19

By Joseph B.V. Arrington



Like everyone else, COVID-19 has been a major topic of conversation among friends and family. I've heard a lot of talk about the rather high survival rate for the virus. One of the reasons for this is the rapid response of healthcare teams around the globe. As someone who works in hospital operations, I have seen how the effects of the virus have put a strain on our health providers and systems.

This virus has proven to be quite contagious, causing high check-in rates, hence concerns over hospital capacity. Although the majority who contract the virus won't die, to ensure mortality rates stay low many will need direct medical observation. If infection rates continue to rise, the funnel grows larger for people who will need the watch-

ful eye of a health provider team, and this comes with unintended consequences. Many are worried, and rightfully so, about how the mandates and recommendations around the pandemic will affect the economy and standard of living in the United States. If little to no action is taken, one component of healthcare in the United States may come under attack: freedom to choose.

This freedom can become compromised because although our

Wearing a mask doesn't have to be a symbol of fear; instead, it can be a symbol of conserving a vision of the American way.

brilliant providers are equipped to help everyone there are only so many of them, meaning they simply cannot help every individual. This will lead to rationing of care, meaning some who could normally afford treatment will be turned away because they don't fit predetermined criteria for who can get care. It is a simple reality that no one wants to face, but is becoming more prevalent every day.

Opponents of socialized medicine have fought against it for years, partially over concerns of health rationing, (i.e. committees making decisions on who will or will not be cared for). Some version of this is already happen-

ing, with emergency rooms in the United States being unable to transfer non-COVID patients to intensive care units because they are already filled with people receiving care for COVID-19 who would die without being under careful watch. A recent report of a Utah woman who suffered a heart attack and had to be revived four times in the ambulance while hospitals tried to make room for her is a sobering wake-up call to how this could soon become the norm.

One way to help avoid this facet of socialized medicine creeping into the United States is to help reduce infection rates. Evidence states that even if a mask is not

100% effective in avoiding contraction of the virus, it can lead to fewer particles being inhaled and thus reducing the severity of symptoms. This will, in turn, prevent many who get sick from having to be hospitalized, freeing up space for real emergencies.

Wearing a mask doesn't have to be a symbol of fear; instead, it can be a symbol of conserving a vision of the American way.

Joseph is a long-time advocate for the West Side of Salt Lake City who has worked in varying levels of healthcare, both on the front lines with patients and in administration. He currently works at Intermountain Medical Center, researching hospital workflows as he pursues his Doctorate of Business Administration. He also serves on West View Media's Board of Directors.



NeighborWorks[®]
SALT LAKE
EQUAL HOUSING
LENDER

**COVID-19 MORTGAGE
PAYMENT ASSISTANCE**

NEIGHBORWORKS SALT LAKE IS OFFERING ASSISTANCE TO ANY ELIGIBLE SALT LAKE CITY RESIDENTS FOR UP TO 3 MONTHS OF MORTGAGE PAYMENTS COVERED.

An application does not guarantee mortgage payment assistance. For qualifying Salt Lake City Homeowners that have experienced COVID-19 hardship. Eligibility based on income requirements

opinion

Looking out for the Wasatch Mountain Range

By Alex Schmidt

Step outside and look east. The western part of the Salt Lake Valley offers some of the most unobstructed and dramatic views of the Wasatch Mountain Range. Catching the beauty of the changing leaves in autumn, playing in the snow in the winter and enjoying all kinds of recreation year round make our lives here exciting.

The Wasatch Range creates the backbone of Utah's burgeoning metropolis, extending from the Idaho border 180 miles south to its terminus at Mount Nebo near Payson in Utah County. The Forest Service-managed land in the Wasatch attracts a year-round visitation of 9 million people. It's also home to 1,200 species of plants and animals, and is a main water source for us valley residents. The cities and communities around the Wasatch Range are a great place to live. There's a balance between urban and wild



that needs to be cared for.

This is why since 1972, the mission of Save Our Canyons has been to protect the beauty and wildness of the Wasatch Mountains. As a local nonprofit organization, we've advocated for science-driven environmental ordinances that limit development in wetlands and in close proximity to streams that support wildlife and provide our water. We offer experiential education activities through our SOCKids program that just last year took over 600 students on hikes to

learn about the Wasatch's wildlife, watershed, and trail system. With the help of hundreds of volunteers we have completed miles of trail maintenance and canyon highway cleanup projects.

There's no shortage of ways our community comes together to continue to build support to help us address the challenges that face the Wasatch. But the pressures are growing, and so must our efforts.

How we recreate and access the foothills and canyons as our population grows could protect and even restore this unique landscape to a healthier future. However, if left unchecked, construction projects could alter the natural character of the land and exclude people who wish to experience the year round delights of nature.

Decisions are being made now that will impact the future of these canyons. Ask yourself, what values deserve protection? What wins and what loses as the pressures

increase? Our elected officials at all levels of government need to know that open space and natural areas in and around our cities matter to you.

Seven creeks flow from the Wasatch through our urban environments before emptying into the Jordan River. Let's find ways to connect with our governments and communities to share in the joys and address the problems that face us, as we work to steward and

preserve the Wasatch Mountains. We invite you to help us Save Our Canyons by visiting our website (www.saveourcanyons.org) where you will find current campaigns, how to become a member, and volunteer opportunities.

Alex Schmidt, a native Utahn, works as the Campaigns Coordinator for Save Our Canyons, a nonprofit devoted to protecting and preserving the Wasatch Mountains.

FROM PERSONAL, page 20

In the early days of May, my mother began to feel slightly better. She said her night sweats were less than before and she hadn't experienced a fever in consecutive nights. The conversation was short as my mother was still feeling achy and exhausted, and couldn't stand, sit or talk for a prolonged period of time. I told her to rest and that I would check on her the following day.

I felt some relief. Maybe there was a light at the end of this tunnel. A light of life.

As the days went by, our calls became longer and longer. The sound of her voice improved. Especially the day when she told me that my Dad was fully recovered and was thinking about going to work the following week. After weeks of being mostly in her room, bedridden, even basic household chores were taxing. She said she must have washed and wiped down

everything in her room over a dozen times. She didn't want any remnants of the virus lingering on her nightstand.

By June, my mom and dad and niece had all recovered, although my mother still feels lingering effects of the virus. Still, we're grateful and blessed that my mother was strong enough to fight COVID-19 and beat it. She and/or my father could have added more deaths to the statistics of the over 1.5 million deaths so far around the world. We're glad they didn't.

I'm not perfect; I, like many, have gotten complacent and fallen in the trap that they call "pandemic fatigue." I have attended family gatherings here and there. In the back of my mind, I ask, "Should I be at this BBQ? Should I have let my nieces or nephews sleep over?" That's when the guilt sets in. It's extremely difficult to remain home for weeks on end when you're used to spending the

summer and fall at family BBQs, celebrating birthdays, having weekend breakfasts and such.

What many of us need to realize is that if we continue avoiding and dismissing the proper precautions, there's always that chance that instead of having cause to celebrate, we'll be gathering to pay our respects, or in a sense, asking for forgiveness to a loved one who has passed away from this virus.


What I don't forget is that a virus that has killed over a quarter million Americans is not political. This virus doesn't care if you lean left or right. It doesn't care if you're young or old. The Coronavirus. COVID-19. This novel virus is real. That is certain. It almost killed my parents.


Ivan Carrasco grew up in Glendale and attended school at Parkview, Glendale and East. He considers himself a family man with an interest in photography and a love of the West Side.

POPLAR GROVE
COMMUNITY COUNCIL


Phone:
385-743-9767
Email:
poplargoCouncil@gmail.com

JOIN US
MEETING SCHEDULE

 4th Wednesday of the month @ 7PM
(excluding June, July, November, & December)

 Zoom ID: 957 2009 1401

 Poplar Grove Community Council

 @PoplarGroveCC

"A Cup of Culture"
Delicious flavors, vibrant art,
and more!

MESTIZO
coffeehouse

Experience community.

631 West North Temple SLC, Ut 84116
mestizocoffeehouse.com

communitycouncils

Community councils are neighborhood-based organizations developed to help community members directly advocate for change in their communities. Their job is to provide various city departments with input and recommendations generated directly from the community. These councils consist of local residents, service providers, property and business owners. Meetings are open to the public. To find out which community council area you live in, visit: www.slco.gov/commcouncils

● Ballpark Community Council

Chair: Amy Hawkins
703-728-9151 | amy.j.hawkins@gmail.com
Meets: 1st Thursdays at 7 p.m.
[facebook.com/BallparkCC](https://www.facebook.com/BallparkCC)

● Fairpark Community Council

Chair: Tom King
801-502-1991 | earth4alllife@gmail.com
Meets: 4th Thursdays at 6:30 p.m. (except December)
fairparkcommunity.org

● Glendale Community Council

Chair: Turner C. Bitton
801-564-3860 | chair@glendaleutah.org
Meets: 3rd Wednesdays at 7 p.m.
www.glendaleutah.org

● Jordan Meadows Community Council

Chair: Joseph Arrington
801-793-0355 | jbvarrington@gmail.com
Meets: 2nd Wednesdays at 6:30 p.m.
www.jordanmeadows.org

● Poplar Grove Community Council

Chair: Erik Lopez
801-602-9314 | poplargrovecouncil@gmail.com
Meets: 4th Wednesdays at 7 p.m.
poplargroveslc.weebly.com

● Rose Park Community Council

Chair: Kevin Parke
801-452-3833 | kevin.s.parke@gmail.com
Meets: 1st Wednesdays at 6:30 p.m.
roseparkcommunitycouncil.org

● Westpointe Community Council

Chair: Dorothy P. Owen
801-503-7850 | dorothy.owen@gmail.com
Meets: 2nd Wednesdays at 6:30 p.m.
westpointecc.org

● Westside Coalition

Chair: Richard Holman
208-390-4587 | westsidecoalitionslc@gmail.com
Meets: Alternating Tuesdays at 6 p.m.
www.facebook.com/westsidecoalitionslc

resources and event info

communitybulletin

Government and Health Resources

Center for Disease Control (CDC)

www.cdc.gov
1-800-CDC-INFO (1-800-232-4636)

State of Utah

coronavirus.utah.gov

Utah Department of Health

health.utah.gov

Utah Coronavirus Hotline

1-800-456-7707

Utah Division of Multicultural Affairs

Works closely with state and local agencies to elevate the unique concerns and impacts that COVID-19 has on underserved, underrepresented, and systemically marginalized populations.
multicultural.utah.gov

Salt Lake County Government

slco.org/covid-19/

Salt Lake County Health Department

slco.org/health/COVID-19
385-468-4100

Salt Lake County Health Department Flu Shot Resources

slco.org/health
385-468-SHOT (385-468-7468)

University of Utah COVID-19 Resources

healthcare.utah.edu/coronavirus

Free COVID-19 Testing

State of Utah - Testing Locations

coronavirus.utah.gov/utah-covid-19-testing-locations

Salt Lake County Health Department

Tuesday and Thursdays, 10 a.m. - 1 p.m.

Saturdays, 10 a.m. - 2 p.m.
Maverick Center Overflow Lot, 2051 West 3100 South
Registration required in advance. Call 385-468-4082 or visit bit.ly/SLCoMavCOVIDTest (Note: Closed 12/24/20-12/26/20 and 12/31/20-1/2/21)

Utah Wellness Bus

Call ahead to schedule an appointment at 801-587-0712 (English) or 801-436-7118 (Spanish).
[facebook.com/utahwellnessbus](https://www.facebook.com/utahwellnessbus) or twitter.com/UtahWellnessBus

Food Resources

Utahns Against Hunger

www.uah.org/covid19

Emergency Food and Community Resources

www.uah.org/images/pdfs-doc/Salt_Lake_County_Sheet.pdf

Utah 211 Help

Phone 2-1-1, online www.211utah.org, or email 211ut@uw.org
Connecting people to housing and utility assistance, food resources, transportation, mental health and addiction help, medical, dental, and vision, domestic violence and abuse resources, legal aid and more.

Salt Lake City School District Meals on Wheels

801-301-6476
www.slcschools.org/departments/business-administration/child-nutrition/

Salt Lake Community Learning Center Food Distribution

Families can come to one of the Community Learning Centers

(CLCs) to pick up a bag of emergency food:

- Liberty CLC (1078 S. 300 E.): Tuesday and Thursday from 10 a.m. - 12:30 p.m.
- Glendale CLC (1388 S. 1340 W. Navajo Street): Tuesday and Thursday from 10 a.m. - 12:30 p.m.
- Rose Park CLC (1104 W. 1000 N.): Wednesday from 8 a.m. - 11:30 a.m.
www.slcschools.org/news/2019-20/coronavirus-information/food-for-families

Food Assistance FAQs - Department of Workforce Services

jobs.utah.gov/covid19/snapfaq.pdf

Emotional Relief Help Lines

Utah Strong Recovery Project

Free support for stress, anxiety, loneliness and worry. Available daily from 7 a.m. - 7 p.m. Call or text 385-386-2289 or email utahstrong@utah.org

Utah Coronavirus Mental Health Treatment Locator

coronavirus.utah.gov/mental-health

Intermountain Healthcare Relief Hotline

1-833-442-2211
Caregivers available 10 a.m. - 10 p.m., 7 days a week. Counseling is available in 19 languages.

NAMI Utah

National Alliance on Mental Illness Mentor Help Line. Monday - Friday, excluding holidays, 9 a.m. - 4:15 p.m. 801-323-9900 or 877-230-6264
www.namiut.org

Substance Abuse and Mental Health Services Administrative

SAMHSA's Free and Confidential National Helpline for individuals and families facing mental and/or substance use disorders. 24/7, 365-days-a-year 1-800-662-4357
www.samhsa.gov

Utah Domestic Violence Coalition

Domestic violence crisis intervention, emergency shelter, and safety planning.
1-800-897-LINK (5465)

Crisis Help Lines

For those having suicidal thoughts or for those who are helping people with suicidal thoughts

University of Utah Neuropsychiatric Institute (UNI) Crisis Line
801-587-3000

UNI's Warm Line
801-587-1055

A recovery support line operated by certified peer specialists available daily from 3 p.m. - 11 p.m. to provide support and encouragement to individuals experiencing mental health crises.

National Suicide Prevention Lifeline
1-800-273-8255

Crisis Text Line
Text HOME to 741741

Safe Utah
Free 24-hour crisis mobile app with mental wellness tips.
801-587-3000
www.SafeUT.org

Employment Resources

Department of Workforce Services (DWS) COVID-19 Resources
jobs.utah.gov/covid19/index.html

DWS Employment Center
jobs.utah.gov
720 South 200 East
Salt Lake City, UT 84111
801-526-0950
Monday - Friday 8 a.m. - 5 p.m.
This location has a free videophone for people who are deaf or hard of hearing.

Unemployment Insurance FAQs - Department of Workforce Services
jobs.utah.gov/COVID19/uifaqemployees.pdf

Refugee Services - Department of Workforce Services
Employment assistance, skills training, and case management.
250 West 3900 South, Building B
Salt Lake City, UT 84107
801-618-5096
refugee@utah.gov

Child Care and Education Support

Office of Child Care
Information and resources regarding child care services during COVID-19.
1-800-670-1552
jobs.utah.gov/covid19/covidocc.html

Salt Lake City School District Family Resource Hotline
Support hotline for families needing help with homework, student tech/devices, emergency food resources and other basic needs. Monday - Friday, 8 a.m. - 5 p.m.
801-301-6476
Support in other languages can be provided as needed.

COVID-19 Business & Nonprofit Assistance

Salt Lake City Business and Employment Services
801-535-7200 or email ed@slc.gov.com
www.slc.gov/ed/covid19

Salt Lake County Resources for Businesses
www.slco.org/health/COVID-19/business

Salt Lake County Business Relief Hotline
385-468-4011
Assistance navigating federal state and local relief options.

Utah Leads Together Small Business Bridge Loan Program
801-538-8680 or email
bridgeloan@utah.gov
Business.utah.gov

Utah Small Business Development Center
This organization may be available to help small businesses access federal assistance programs, advise businesses on how to manage disruptions associated with COVID-19.
utahsbdc.org

Women's Business Center
This organization may be available to help small businesses access federal assistance programs, advise businesses on how to manage disruptions associated with COVID-19.
wbcutah.org

Minority Business Center
This organization may be available to help small businesses access federal assistance programs and advise businesses on how to manage the disruptions associated with COVID-19.
www.mbdba.gov/

Local First Utah
www.localfirst.org/covid19

Small Business Administration Loan Resources
1-800-659-2955
www.sba.gov

Utah Nonprofits Association
801-596-1800
www.utahnonprofits.org/resources

Resources for Households

Utah Community Action
For renters who are not receiving unemployment benefits or unable to pay their rent due to circumstances related to COVID-19 may be eligible for assistance. Meals and case management resources also available.
801-359-2444
www.utahca.org/coronavirus

Comunidades Unidas
801-487-4143
www.cuutah.org

HOST - Homeless Outreach Service Team
If you or someone you know needs clothing, dental care, food, housing assistance, obtaining an ID, medical assistance, shelter or work, HOST may be able to provide assistance.
801-799-3035

Utah Housing Coalition
801-364-0077
www.utahhousing.org/covid-19.html

Utility Assistance
The HEAT program provides energy assistance and year-round energy crisis assistance for eligible low-income households. If you are in danger of shut-off or need assistance paying your bills, contact your local HEAT office.
801-521-6107 (Salt Lake) or 1-866-205-4357
jobs.utah.gov/housing/scso/seal/offices.html

Relief for Landlords and Homeowners with Federal Housing Agency (FHA) Mortgages Impacted by COVID-19
www.fhfa.gov

Protecting Immigrant Families
Quick reference guides on immigrant eligibility of federal public programs during the COVID-19 health crisis.
protectingimmigrantfamilies.org

**Reward offered for stolen cane****Posted to NextDoor**

In 1990, one of my mom's brothers handcrafted this walking cane for my father—Lt. Col John L Egan, USAF (retired)—to use during the last decade of his life. When my father passed on in December 2002, the cane then became my responsibility as the oldest surviving son.

The cane was removed from my unlocked Ford Ranger pickup truck on Friday or Saturday, October 2 or 3.

This is a beautifully handcrafted cane made with love, and I have used it since that time. During the summer of 2019, I attended a Philmont Training Center course and a Philmont Logo Shield was glued to the front of the cane under the handle.

Would everyone, please, please keep your eyes open for this unique, one-of-a-kind, handcrafted with family love, walking cane. It is very important to all of us in our extended family, and we hope it will be returned safely. There is a \$50 reward for return of the cane.

If anyone has any information about this cane, TEXT me (I have a severe hearing loss) at 801-414-1511. Thank you!



the WEST VIEW

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Your community, your news, your voice. Get involved in your community newspaper by contributing stories, helping with distribution, or copy editing. If you are interested, send us an email at charlotte@westviewmedia.org

jordan river: heart of the west side

Beavers of the Jordan River

By Cooper Farr

The first time I saw a beaver on the Jordan River, I briefly mistook it for a Labrador Retriever swimming for the bank. Beavers are, in fact, the second largest rodent in the world, and they can weigh up to 110 pounds (although most are between 35-65 pounds). With delightful chunky bodies, small wide-set eyes, and the classic flat tail, beavers are one of my favorite mammals to spot along the river. They are also tantalizingly difficult to find, because they are mainly active at night.

If you have walked along the Jordan River Trail, you may have noticed a lack of beaver dams and lodges in the water. Our river is too deep and fast-moving for beavers to build these iconic log structures. Instead, they live in burrows that they have excavated out of the river bank. It is rare, but beavers along the Jordan River may flood small sections of the river bank immediately surrounding their burrow.

Beavers eat tree bark, buds, and stems, as well as other soft plant food like grasses and roots. Their eating habits are actually the main reason that I am interested in beavers.

As the Director of Conservation at Tracy Aviary, I spend my days studying our local bird pop-

ulations and figuring out ways to protect and conserve them. Beavers – with their tendency to munch on trees – have created an interesting challenge to the birds of the Jordan River.

For thousands of years, both migratory and resident birds have relied on the food, shelter, and nesting opportunities along the Jordan River. Water from the river supported rich stands of trees and other vegetation in an otherwise arid landscape, making the river corridor a hot spot for bird activity.

But since Mormon pioneers settled the valley in the mid-1800s, the river has been drastically altered by decades of channelization, development, urban and agricultural runoff, the loss of native trees, and the spread of exotic plants. The river today looks very different from the river 200 years ago, and unfortunately many of



PHOTO BY NAN WEBER

A beaver enters the water on the muddy banks of the Jordan River in Poplar Grove.

these changes have made the river much less hospitable to birds.

Luckily, there are groups such as the Jordan River Commission working on restoring and improving the Jordan River. In some cases, these groups are protecting existing trees, and in other cases they are planting new trees and shrubs. This is where the beavers come in: They love to eat soft-wooded trees such as cottonwoods, and will happily eat and kill both recently-planted saplings and large established trees. They actually prefer these native trees over the exotic trees, although they will feed on both.

As frustrating as this might be for the folks planting the trees, I

don't blame the beavers. They've been living in the Jordan River long before we settled and developed the Salt Lake Valley. They're just being beavers! They can't help it if the best-tasting trees are the native ones that we're desperately trying to keep and restore along the river corridor to provide habitat for the birds.

With this in mind, a team of scientists and educators at Tracy Aviary have started working on this problem. We are designing a project to minimize beaver damage and preserve trees for the sake of the birds, without needing to remove beavers from the landscape.

We will rely on volunteers (cit-

izen scientists) from the community to document and monitor beaver damage that they observe along the Jordan River Trail, and we will deploy teams of people to "wrap" especially vulnerable trees to protect them from beavers. More information can be found at tracyaviaryconservation.org/beaver

Keep an eye out for the start of this project in early 2021. In the meantime, see if you can spot a beaver on the river!

Originally from Lawrence, Kansas, Cooper Farr has worked as the director of Conservation at Tracy Aviary for 5 years.