Local leaders bring resources, focus to communities most affected by virus

By Charlotte Fife-Jepperson

Around the U.S., COVID-19 is disproportionately affecting communities of color. That is true here in Utah, as well. West Valley City and Salt Lake City’s West Side have had the largest number of COVID-19 cases in the state and it is affecting Latino, Pacific Islander, American Indian and Black communities at higher rates, according to the Utah and Salt Lake County Health Depts.

State Senator Luz Escamilla, whose district includes Salt Lake City’s West Side and West Valley, said, “[The pandemic] is the perfect storm for Latinos.” Total case counts among Latinos have surpassed case counts among White Utahns, even though Latinos are a much smaller percentage of the state’s population.

She said that many Latinos in Utah live in areas where there is poor air quality and a lack of affordable housing. Many cannot work from home, and they may not have a full understanding of various health orders due to language barriers.

West-side resident, Maria de Lourdes Sanchez, said in a virtual community meeting in May that some of the Latino families she knows who are infected with COVID-19 have been told to isolate at home and to monitor their symptoms, but they do not have thermometers and first-aid supplies.

Your zip code almost determines your medical outcome.

Sen. Luz Escamilla

Salt Lake City’s West Side will get 1,000 new trees this year

By Sheena Wolfe

Salt Lake City Mayor Erin Mendenhall is making good on a campaign promise to plant 1,000 new trees on Salt Lake City’s West Side during each year of her tenure. The partnership – with nonprofit TreeUtah and the city’s Division of Urban Forestry – has already put more than half of the allotted trees in the ground on the West Side this year.

“If you look at a satellite map of our city, the reason for wanting more trees in our city’s west-side neighborhoods is obvious. There is an inequitable distribution of forest in our city and for as long as that map looks this way,” said Mendenhall, “west-side neighborhoods won’t get the same benefits of urban forestry as the rest of the city.”

According to the Mississippi Urban Forestry Network, http://urbanforestrynetwork.org/, the average tree can clean up to 48 pounds of carbon dioxide annually, and one acre of new forest can sequester about 2.5 tons of carbon annually. The network also indicates that strategically planted shade trees can reduce summer cooling bills by up to 30 percent.

TreeUtah Executive Director Amy May said, “The initiative will increase canopy coverage, give shade, help make our schools and parks more beautiful, improve the air, lower ground temperatures and provide a natural habitat for urban wildlife.”

According to Salt Lake City’s Urban Forestry Director, Tony Gliot, Salt Lake City is unique in that it has 290 species of trees, which puts it in the 95th percentile as far as diversity goes. He said that the city can also hold its own in numbers of trees, but there is always room for improvement. Filling areas on the West Side will even out the city’s overall urban canopy.

Most of the 1,000 trees are being planted in parks and park strips and will include a mix of species with an emphasis on large-growth trees, such as London Planetree, Frontier Elm and Kentucky Coffee tree, space allowing. Depending on the
**from the editor**

With help from hundreds of volunteers, advertisers, funders and cheerleaders, we have been publishing *The West View* since 2001 (with a six year break between 2005 - 2011). In that time, we have experienced an incredible amount of growth and change.

As our organization has grown, so has the demand on our volunteer staff. Nonetheless, we feel it is more important now than ever to continue to offer a trusted source of local news, stories, information, and commentary, so that our diverse community cannot only survive, but thrive.

In order to increase our capacity, our board of directors and I have selected a new executive director to lead the organization into the future.

I am pleased to introduce Turner C. Bitton as our executive director. Turner, our board, and I are working closely together to take West View Media into the future, to ensure that west-side community issues are known and our voices are heard.

Turner brings a wealth of community leadership, nonprofit administration experience, and drive. A native Utahan, Turner fell in love with public service at a very young age. Turner’s life has been defined by a commitment to the people around him and he spends his time in service to his community. Driven by a deep sense of compassion and justice, Turner believes in the power of bringing people together to solve complex problems. He is recognized as a leader and serves on the board of directors of over a dozen nonprofit organizations as well as in appointed positions in local and state government.

Moving forward, Turner will be the point person for advertising and administrative matters. You can reach him at turner@westviewmedia.org or (801) 564-3860.

These changes will allow me to focus entirely on the editorial side of our work: overseeing content and managing the Community Newsrooms. As always, you can reach me at charlotte@westviewmedia.org.

**A New Brand**

We are also very excited to announce that West View Media is rebranding. Our new logo represents change, growth, and a bright future for *The West View*. Our new brand uses a simple and elegant aesthetic that will remain bold for a long time and be instantly recognizable.

A special thanks to Third Sun Productions for helping us create this new brand. We deeply appreciate your work.

To complement the new brand, *The West View* is sporting a fresh layout design. We are excited for the future and can’t express enough gratitude for all that you’ve done to support West View Media. During this unprecedented time, we want to be a source of strength and information.

Together, we are providing a voice for the West Side.

Thank you,

Charlotte Fife-Jepperson

---

**La primer parte de junio trae una mayor propagación de COVID-19 en Utah**

**Por The West View**

En la conferencia de prensa virtual semanal del Departamento de Salud de Utah el 3 de junio, la epidemióloga estatal, Angela Dunn, anunció que Utah tuvo un fuerte aumento en los casos de COVID-19 entre el 26 de mayo y el 2 de junio. Dijo que no se debió simplemente a un solo brote o aumento de las pruebas, más bien una tendencia en todo el estado después de la relajación de las restricciones.

“Sabíamos cuando allojamos las restricciones hace unas tres o cuatro semanas que probablemente daría lugar a un aumento de los casos en Utah. Aflojar las restricciones no significa que el riesgo de propagación esté disminuyendo. Significa que debemos continuar tomando medidas como individuos para evitar enfermedades y muertes innecesarias debido a COVID-19 en Utah”, dijo.

Para evitar que COVID-19 se propague aún más, Dunn aconsejó a las personas que tomaran las siguientes medidas:

- Cuando salga en público, como tiendas, restaurantes y gimnasios, evite el contacto cercano con otras personas y use una mascarilla para la cara. (Las mascarillas no eliminan la propagación; reducen la propagación de COVID-19. Las mascarillas no son un reemplazo para seis pies de distancia física).
- Quédese en casa si tiene signos de enfermedad, no importa cuán leve sea, y comuníquese con su proveedor o con la Línea Directa de información sobre coronavirus de Utah, 1-800-456-7707, para ver si debe hacerse la prueba.

Si la salud pública le solicitó ponerse en cuarentena o aislarse, siga sus instrucciones. (La cuarentena es para personas que pueden haber estado expuestas a COVID-19, pero que aún no están enfermas. El autoaislamiento es para personas que están enfermas).
Líderes locales aportan recursos y se concentran en las comunidades más afectadas por el virus

Por Charlotte Fife-Jepperson, versión en español interpretada por Vicky Lowe

En los EE. UU., COVID-19 está afectando desproporcionadamente a las comunidades de color. Eso también está ocurriendo aquí en Utah. West Valley City y West Side de Salt Lake City han tenido el mayor número de casos de COVID-19 en el estado y están afectando a las comunidades latinas, isleñas del Pacífico, nativas americanas y negras en tasas más altas, según los departamentos de salud del condado de Utah y Salt Lake.

La senadora estatal Luz Escamilla, cuyo distrito incluye West Side y West Valley de Salt Lake City, dijo: “[La pandemia] es la tormenta perfecta para los latinos”.

Ella dijo que muchos latinos en Utah viven en áreas donde hay mala calidad del aire y falta de viviendas accesibles. Muchos no pueden trabajar desde casa, y es posible que no tengan una comprensión completa de varias órdenes de salud debido a las barreras del idioma.

La residente del lado oeste (West side), Maria de Lourdes Sánchez, dijo en una reunión virtual de la comunidad en mayo que algunas de las familias latinas que conoce que están infectadas con COVID-19 han recibido instrucciones de aislarse en sus hogares y controlar sus síntomas, pero no cuentan con termómetros u otros suministros de salud como Tylenol, Vicks VapoRub o alcohol. También necesitan máscaras, desinfectante para manos y papel higiénico.

“Esta situación es muy difícil, no solo aquí, sino también en México. Lo he experimentado con mi propia familia teniendo que ir a trabajar para poder comer. La mayoría de las personas que tienen que vivir día a día están arriesgando mucho”, dijo.

El padre de Sánchez murió de COVID-19 en México, y ella está tratando de ayudar a sus vecinos que luchan contra el virus.

“Tu código postal casi determina tu resultado médico”, dijo Escamilla. Los códigos postales 84116 y 84104 de Salt Lake City (West Side de Salt Lake City) han mostrado continuamente algunos de los números COVID-19 más altos del estado de Utah, según la Oficina de la alcaldesa de Salt Lake City.

Escamilla, quien vive en Rose Park, comenzó a sentirse mal un par de días después de que finalizara la sesión legislativa de Utah 2020. Ella dio positivo para el virus COVID-19 unos días más tarde, y su esposo y su hija de 5 años también contrajeron el virus.

Escamilla dijo que su diagnóstico fue “aterrador al principio”. Se les dijo que se aislaran, y luego comenzó el rastreo de contactos. “Nos preguntaron en todas partes donde habíamos estado recientemente, como restaurantes, y nos pidieron nombres y números de teléfono de cada persona con la que habíamos estado en contacto”.

Aunque Escamilla entendió por qué el departamento de salud necesitaba toda esa información, se sintió incómoda. “Es muy invasivo”, dijo. “Imaginese si usted fuera indocumentado y no confiara en el gobierno, la paranoia se establece”.

Además de eso, muchas personas de bajos ingresos que han dado positivo con el virus también se enfrentan a la inseguridad alimentaria y de vivienda.

Después de ver los datos en abril sobre las altas tasas de casos de COVID-19 en comunidades de color, Escamilla y los otros cinco legisladores de color de Utah (Representantes Angela Romero, Sandra Hollins, Karen Kwan, Mark Wheatley y el senador Jani Iwamoto) se juntaron para ayudar a abordar la gran tensión en las comunidades de color más afectadas por la pandemia.

Crearon la Asociación Comunitaria COVID para aumentar el acceso a las pruebas COVID-19; brindar apoyo en las áreas de alimentos, vivienda y servicios públicos; para recopilar datos adecuados y precisos sobre el virus, y mejorar la comunicación, cultural y lingüísticamente, con estas comunidades.

La idea es expandir y apoyar el trabajo que los socios (el estado de Utah, el condado de Salt Lake, Salt Lake City y U of U Health) ya están haciendo, dijo Escamilla.

El componente clave del programa es utilizar trabajadores comunitarios de salud, o “agentes culturales”, como lo expresó Escamilla, para evaluar las necesidades de las personas que dan positivo por COVID-19.

Los fondos del programa se destinan a la Oficina de Disparidades de Salud en el Departamento de Salud de Utah, que luego subcontrata con una serie de organizaciones basadas en la comunidad étnica, que contratan o ya tienen personal que trabaja en la comunidad.

Otro componente es aumentar el acceso a las pruebas. Se llevaron a cabo pruebas gratuitas en “puntos críticos” en el Condado de Salt Lake, como el Utah State Fairpark, el Centro Cívico Mexicano y el Urban Indian Center. (Se realizarán pruebas adicionales en todo el estado).

A las personas que se someten a la prueba de COVID-19 en estos eventos se les pide que firmen un formulario que permite que un trabajador de salud comunitario se conecte con ellos. Luego, el trabajador de salud de la comunidad realiza una evaluación, que analiza los determinantes sociales de las necesidades de salud de un paciente, y luego hará un seguimiento con el paciente en las áreas de alimentación, vivienda, salud física y mental, etc.

Estadísticas de Utah COVID-19 a partir del 10 de junio

Total de casos: 12,864 | 6,619 casos en el condado de SL
Total de personas evaluadas: 249,760 | 100,915 en el condado de SL
Total de hospitalizaciones: 954 | 503 en el condado de SL
Total de muertes: 128 | 84 en el condado de SL

DATOS DEMOGRÁFICOS EN TODO EL ESTADO

Hispano / Latino - 5,361 casos totales
Solo el 14.2% de la población, pero representan el 41.7% de los casos.

Blanco - 4,491 cajas en total
El 78% de la población, pero solo representan el 34.9% de los casos.

Nativos de las islas de Hawaii / Pacífico: 508 casos en total
1.6% de la población, pero representan el 3.9% de los casos

Nativoamericano / Nativo de Alaska - 408 casos totales
2.3% de pop. y 3.2% de casos

Negro / afroamericano - 428 casos totales
2.1% de pop. y 3.3% de casos

Para recuentos diarios actualizados, visite: coronavirus.utah.gov/case-counts/, slco.org/health/COVID-19/data/

Organizaciones comunitarias contratadas

- Alliance Community Services
- Asian Association of Utah
- Centro Hispano
- Community Building Community
- Comunidades Unidas
- Holy Cross Ministries
- International Rescue Committee
- OCA-Asian Pacific American Advocates Utah
- Project Success
- Somali Community Self-Management Agency
- Utah Pacific Islander Health Coalition
- Urban Indian Center of Salt Lake
From VIRUS, page 1

such as Tylenol, Vick’s Vapo Rub, or alcohol. They also need masks, hand sanitizer and toilet paper.

“This situation is very hard, not only here, but also in Mexico. I have experienced it with my own family having to go to work to be able to eat. Most of the people who have to live day-to-day are risking so much,” she said.

Sanchez’ own father died of COVID-19 in Mexico, and she is trying to help these families who are struggling with the virus.

“Your zip code almost determines your medical outcome,” said Escamilla. Salt Lake City zip codes 84116 and 84104 (Salt Lake City’s West Side) have continuously shown some of the highest COVID-19 numbers in the state of Utah, according to the Salt Lake City Mayor’s Office.

Escamilla, who lives in Rose Park, started feeling sick a couple of days after the 2020 Utah Legislative session ended. She tested positive for the COVID-19 virus a few days later, and her husband and 5-year-old daughter ended up contracting the virus as well.

Escamilla said her diagnosis was “scary at first.” They were told to isolate, and then the contact tracing began. “They asked us everywhere we had been recently, such as restaurants, and asked for names and phone numbers for every person we had been in contact with.”

Even though Escamilla understood why the health department needed all that information, she felt discomfortable. “It’s very invasive,” she said. “Imagine if you were undocumented and you don’t trust the government – the paranoia sets in.”

On top of that, many low-income individuals who have tested positive with the virus, are also facing housing and food insecurity.

After seeing the data in April about high COVID-19 case rates in communities of color, Escamilla and the five other Utah legislators of color (Representatives Angela Romero, Sandra Hollins, Karen Kwan, Mark Wheatly and Senator Jani Iwamoto) put their heads together to help address the huge strain on communities of color most affected by the pandemic.

They created the COVID Community Partnership to increase access to COVID-19 testing; to provide support in the areas of food, housing and utilities; to collect adequate and accurate data about the virus, and improve communication, culturally and linguistically, with these communities.

The idea is to expand and support the work that the partners – the State of Utah, Salt Lake County, Salt Lake City and U of U Health – are already doing, said Escamilla.

The key component of the program is utilizing community health workers, or “cultural brokers” as Escamilla put it, to assess the needs of individuals who test positive for COVID-19.

Program funding goes to the Office of Health Disparities at the Utah Dept. of Health, who then subcontract with a number of ethnic community based organizations, which hire or already have staff that are community health workers.

Another component is increasing access to testing. Free testing events took place in “hot spots” in Salt Lake County such as the Utah State Fairpark, Centro Cívico Mexicano, and the Urban Indian Center. (Additional testing events will take place statewide.)

People being tested for COVID-19 at these events are asked to sign a form agreeing to allow a community health worker to connect with them. Then, the community health worker conducts an assessment, which looks at the social determinants of a patient’s health needs, and will then follow up with the patient in the areas of food, housing, physical and mental health, etc.

First half of June brings increased spread of COVID-19 in Utah

By The West View Staff

At the weekly Utah Department of Health’s virtual press conference on June 3, State epidemiologist, Angela Dunn, announced that Utah had a sharp spike in cases of COVID-19 between May 26 - June 2. She said it was not simply due to a single outbreak or increased testing, rather a statewide trend following the loosening of restrictions.

“We knew when we loosened restrictions about three to four weeks ago that it would likely result in increased cases in Utah. Loosening restrictions does not mean that the risk of spread is decreasing. It means that we must continue to take actions as individuals to avoid unnecessary illness and death due to COVID-19 in Utah,” she said.

To keep COVID-19 from spreading further, Dunn advised individuals to take the following actions:

- When going out in public, such as to stores, restaurants and gyms, avoid close contact with others and wear a face covering. (Masks do not eliminate spread; they reduce the spread of COVID-19. Masks are not a replacement for six feet of physical distancing.)

- Stay home if you have any signs of illness, no matter how mild, and contact your provider or the Utah Coronavirus Information Hotline, 1-800-456-7707, to see if you should be tested.

- If public health has asked you to quarantine or isolate, follow their guidance. (Quarantine for people who may have been exposed to COVID-19, but aren’t sick yet. Self-isolation is for people who are sick.)
When Daniel was 24 years old, he found out he had HIV.

“I was finishing off a few years of bad decisions and a lot of self-hatred. Finding out I had HIV was a kick in the balls. I was scared; I heard a lot of stories about people who died in the early days and I was so afraid,” said Daniel, who asked The West View to protect his privacy by using only his first name.

That was the mid-1990s, and a lot has changed since then. Daniel moved to Utah, got his education, and a job that he loves. He has been living in Salt Lake City ever since.

Daniel’s medication regimen is strict – and expensive. His medication has allowed him to live a normal life and so he is very dutiful about making sure he follows his doctor’s orders.

Like many people with chronic health conditions, Daniel’s medication costs him almost $1,500 per month, and he depends on a manufacturer’s co-pay card to offset the cost. The co-pay card has made it easier for Daniel to afford his medication, because it has allowed him to count the co-pay card toward his deductible.

Until January 1st, that is. Daniel found out that his insurer...
THE CENSUS MATTERS TO ME BECAUSE

“MY COMMUNITY BENEFITS THE MOST WHEN THE CENSUS COUNTS EVERYONE”

JOJO

Let’s Make Sure We All Get Counted. Spread The Word!

A complete and accurate count is critical for you and your community. Your voice can make a difference. The census asks a few simple questions about you and everyone who was living with you on April 1, 2020, and there is NO citizenship question. Your personal information is safe, and can never be shared with law enforcement agencies, ICE, or a landlord.

You can still respond online at my2020census.gov, over the phone in English by dialing: 1-844-330-2020 or Spanish at 1-844-468-2020 or through the mail. You’re also able to complete the census over the phone in 12 non-English languages.

Households do not need an ID code to respond online or by phone. Respond to the 2020 Census now without ever having to leave home or meet a census taker.

What is the Census?

The 2020 Census will count everyone who lives in the U.S. as of April 1, 2020, regardless of nationality, citizenship status, or living situation.

Census statistics help determine how billions of dollars in federal funds will be allocated by state, local, and federal lawmakers every year for the next 10 years.
Census count is underway amid big challenges

By Hailey Leek

The 2020 U.S. Census, which counts our population every ten years, kicked off during a pandemic and an earthquake here in Salt Lake City.

Before the COVID-19 crisis, community organizers had planned to be making the transition in April from online to offline outreach, and be meeting people where they’re at – grocery stores, public libraries, houses of worship, picking their kids up from school or neighborhood gatherings – to help them fill out the census.

Unfortunately, the type of in-person outreach that would boost census participation for low-income households, immigrants, seniors and people experiencing homelessness has either been postponed or canceled due to the pandemic.

The data collected through the census brings more than $5.6 billion dollars to Utah to pay for programs like Medicaid, Free and Reduced School Lunch and Pell Grants for college students. And has access to critical resources.

The data collected through the census also determines school district, congressional and state legislature boundaries. Increases in the population give our state additional congressional representatives. For example, in the 2000 census, Utah lost the opportunity of receiving a fourth seat in the U.S. House of Representatives by 856 people. Utahns had to wait for another ten years to get an additional seat, after the 2010 count.

An inclusive and accurate census is even more important in the wake of COVID-19. Data collected from the census supports emergency response and preparedness by helping us understand our growing and aging population, and it can increase funding and access to health clinics.

For the first time in history, the census questionnaire may be completed online or by phone, in addition to the traditional method of returning the paper questionnaire some households received in the mail.

Census organizers are urging everyone living in the United States to complete the 2020 Census as soon as possible, if they haven’t done so already. As of today, 62.2 percent of Salt Lake City residents have completed the survey. The majority of these responses were done online. You can track your community’s response rate here.

The Census Bureau, along with Salt Lake City, Salt Lake County and other organizations, have had to adjust their outreach efforts to follow the guidance of health authorities. As it stands, the safest way for people to respond to the 2020 census is either online, by phone or by mail.

To complete the census online, go to my2020census.gov. To complete by phone, with access to support in different languages, visit 2020census.gov.

Online response options work for the majority of Salt Lake City residents. However, households who don’t speak English, or who have limited access to or knowledge of the internet or digital devices, have the potential of being excluded from the census.

Since census data is used to determine how much funding each state, city and county receives from the federal government, the digital divide has the potential of costing Salt Lake City millions of dollars. Every community member not counted reflects a loss of $1,860 per person or $18,600 over the next 10 years.

Even under the best of circumstances, census participation for historically marginalized communities has been low. Salt Lake City’s census participation rate in 2010 was 68.9 percent, which means over a quarter of our city’s population didn’t participate, and thereby lost out on thousands of dollars of funding and political representation.

2020 Census organizers are hoping to increase the participation rates from 2010. By completing the census and encouraging your family, friends and neighbors to do the same, you are ensuring that your community is supported and has access to critical resources over the next decade.

Reminders:

There is NO citizenship question on the 2020 census.

If you’re able to complete the census online but don’t have your ID number, you can still participate! Go to my 2020 census.gov, select the link under the login button that says, “If you do not have a Census ID, click here.”

Only one person from each household needs to fill out the questionnaire, but should count every person who was living or staying in their household as of April 1, including babies and non-relatives.

For more information visit slc.gov/census or 2020census.gov.

Hailey Leek is the Census Coordinator for the Salt Lake City Mayor’s Office.
¿Qué es el censo?

El Censo 2020 es un conteo de todos los que viven en los EE. UU. a partir del 1 de abril de 2020, independientemente de su nacionalidad, condición de ciudadanía o situación de vida. Las estadísticas del censo ayudan a determinar cómo los legisladores estatales, locales y federales asignarán miles de millones de dólares en fondos federales cada año durante los próximos 10 años.

Todos Contamos en el Censo. ¡Corra la Voz!

Un conteo completo y preciso es vital para usted y su comunidad. Su voz puede hacer la diferencia. El censo hace preguntas sencillas sobre usted y todos los que vivían con usted el 1 de abril de 2020. NO hay una pregunta sobre ciudadanía o estatus migratorio. Por ley, su información personal está protegida y no se puede compartir con la policía, ICE o un arrendador.

Todavía puede responder en línea en el sitio web my2020census.gov, por teléfono en inglés marcando 1-844-330-2020 o en español al 1-844-468-2020 o por correo. También puede completar el censo por teléfono en 12 idiomas diferentes.

Los hogares no necesitan un código de identificación para responder por internet o por teléfono. Responda al Censo 2020 ahora sin tener que salir de casa o encontrarse con un entrevistador del censo.

Para más información visite: 2020census.gov
El conteo del censo está en marcha en medio de grandes desafíos

Por Hailey Leek

El Censo de EE. UU. De 2020, que cuenta el número de nuestra población cada diez años, comenzó durante una pandemia y un temblor aquí en Salt Lake City.

Antes de la crisis de COVID-19, los organizadores del conteo de la comunidad habían planeado hacer la transición en abril del alcance en línea a fuera de línea de la internet, y encontrarse con personas los lugares donde estuvieran: supermercados, bibliotecas públicas, centros religiosos, recogiendo a sus hijos de la escuela o en reuniones vecinales, para ayudarlos a completar el censo.

Desafortunadamente, el tipo de divulgación en persona que impulsó la participación en el censo para hogares de bajos ingresos, inmigrantes, personas de mayor edad y personas sin hogar no ha sido pospuesto o cancelado debido a la pandemia.

Los datos recopilados a través del censo aportan más de $ 5.6 mil millones de dólares a Utah para pagar programas como Medicaid, almuerzo escolar gratuito y reducido y subvenciones Pell para estudiantes universitarios. Y ayudan a las agencias federales a controlar el cumplimiento de las leyes contra la discriminación, incluida la Ley de derechos de voto y la Ley de derechos civiles.

El conteo del censo también determina los límites del distrito escolar, el Congreso y la legislatura estatal. Los aumentos en la población le dan a nuestro estado representantes adicionales en el Congreso. Por ejemplo, en el censo de 2000, Utah perdió la oportunidad de recibir un cuarto puesto en la Cámara de Representantes de EE. UU. Por 856 personas. La habilitación de Utah tuvieron que esperar otros diez años para obtener un asiento adicional, después del conteo de 2010.

Un censo inclusivo y preciso es aún más importante a raíz de COVID-19. Los datos recopilados del censo respaldan la respuesta de emergencia y la preparación al ayudarnos a comprender nuestra población en crecimiento y envejecimiento, y pueden aumentar la financiación y el acceso a clínicas de salud.

Por primera vez en la historia, el cuestionario del censo se puede completar en línea o por teléfono, además del método tradicional de devolver el cuestionario en papel que algunos hogares recibieron por correo.

Los organizadores del censo instan a todos los que viven en los Estados Unidos a completar el Censo 2020 lo antes posible, si aún no lo han hecho. A partir de hoy, el 62.2 por ciento de los residentes de Salt Lake City han completado la encuesta. La mayoría de estas respuestas se realizaron en línea. Puedes encontrar la tasa de respuesta en tu comunidad aquí.

La Oficina del Censo, junto con Salt Lake City, el Condado de Salt Lake y otras organizaciones, ha tenido que ajustar sus esfuerzos de divulgación para seguir la guía de las autoridades de salud. Tal como está, la forma más segura para que las personas respondan al censo de 2020 es en línea, por teléfono o por correo.

Para completar el censo en línea, visite a my2020census.gov. Para completar por teléfono, con acceso y apoyo en diferentes idiomas, visite 2020census.gov.

Las opciones de respuesta en línea funcionan para la mayoría de los residentes de Salt Lake City. Sin embargo, los hogares que no hablan inglés, o que tienen acceso limitado o conocimiento de Internet o dispositivos digitales, tienen el potencial de ser excluidos del censo.

Dado que los datos del censo se utilizan para determinar la cantidad de fondos que recibe cada estado, ciudad y condado del gobierno federal, la brecha digital tiene el potencial de costar millones de dólares a Salt Lake City. Cada miembro de la comunidad no contado refleja una pérdida de $ 1,860 por persona o $ 18,600 en los próximos 10 años.

Incluso en las mejores circunstancias, la participación en el censo de las comunidades históricamente marginadas ha sido baja. La tasa de participación en el censo de Salt Lake City en 2010 fue del 68.9 por ciento, lo que significa que más de una cuarta parte de la población de nuestra ciudad no participó y, por lo tanto, perdió miles de dólares en fondos y representación política.

Los organizadores del Censo 2020 esperan aumentar las tasas de participación a partir de 2010. Al completar el censo y alentar a su familia, amigos y vecinos a hacerlo mismo, se asegura de que su comunidad reciba apoyo y tenga acceso a recursos críticos durante la próxima década.

Recordatorios:
No hay preguntas de ciudadanía en el censo de 2020.
Si puede completar el censo en línea, pero no tiene su número de identificación, ¡aún puede participar! Vaya a my 2020 census.gov, seleccione el enlace debajo del botón de inicio de sesión y digite: “Si no tiene una identificación del censo, haga clic aquí.”
Solo una persona de cada hogar debe completar el cuestionario, pero debe contar a cada persona que vivía o permaneció en su hogar a partir del 1 de abril, incluidos los bebés y los no familiares.
Para obtener más información, visite slc.gov/census o 2020census.gov.

Hailey Leek es la Coordinadora del Censo de la Alcaldía de Salt Lake City.
Combate contra la propagación de COVID-19
*Combat the spread of COVID-19*

¿Tiene alguno de los siguientes síntomas?  
*Do you have ANY of the following symptoms?*

- Fiebre  
  *Fever*
- Tos  
  *Cough*
- Pérdida de sabor u olor  
  *Loss of taste or smell*
- Falta de aliento  
  *Shortness of breath*
- Dolor muscular  
  *Muscle soreness*
- Dolor de garganta  
  *Sore throat*

Entonces hágase la prueba de COVID-19  
*Then get tested for COVID-19*

Cuando esté en público, use una cubierta facial en todo momento  
*When in public, wear a face covering at all times*

Obtenga más información en SaltLakeHealth.org  
*Learn more at SaltLakeHealth.org*
Family-owned Caputo’s Market & Deli famous for specialty foods, including chocolate

by Terry Marasco

Matt Caputo, son of Tony Caputo, is intense and passionate about chocolate. Matt was a cheese geek, now he’s a chocolate geek, and he is carrying on a long family tradition.

Four generations of Caputos have lived in Utah. Matt’s great grandparents immigrated from Italy and settled in Carbon County, where they worked in the coal mines. The Caputo family opened a small market in 1920 in Rose Park, where they served locals for decades and even had the first refrigerated deli case in Utah.

Both Matt and his father, Tony, worked at Granato’s, then later Tony opened Caputo’s Market & Deli at 300 South and 300 West in 1997. They have been at this location near Pioneer Park for 23 years.

Three additional markets have opened up in recent years – at 15th and 15th, in Holladay, and on the U of U campus. Caputo’s is a focal point for specialty foods in the Intermountain West, and was awarded Outstanding Specialty Food Retailer by the National Association of the Specialty Food Trade in 2009.

Matt’s priority for sourcing chocolate is, first and foremost, “bean-to-bar” producers; their hands are on the whole process using heirloom tree strains which grow in specific soils, like fine wines from specific vineyards.

Additionally, the fermentation process is started with ambient yeast also derived from the soil, which contributes to the unique taste. Environmentally sound practices are carefully checked by Matt. Small family farm producers find USDA regulations very costly, but Matt makes sure their farming practices, as well as the taste of the products, meet his high standards.

History of Chocolate

Chocolate beverages date back to 450 B.C. in Mexico. The Aztecs believed that cacao seeds were the gift of Quetzalcoatl, the god of wisdom, and the seeds were used as a form of currency. The word “chocolate” equates to the Aztec word “xocoatl,” a beverage from cacao beans. Cocoa trees grew in Central and South America about 100 million years ago, perhaps on the lower slopes of the Andes. The trees only thrive in hot, rainy places near the equator.

Fast forward to 1847: The creation of the first modern chocolate bar is credited to Joseph Fry, who added melted cacao butter back into Dutch cocoa, and in 1868 Cadbury was born in England.

Caputo’s Large Chocolate Collection

Caputo’s carries 62 brands and about 800 varieties made from chocolate: bean-to-bar bars (the largest selection which includes pure, fruit and nut-flavored); cocoa powders; baker’s chocolate (Michelin chefs use a brand he carries – Valrhona); mothballs, drinking types; spreads; chocolate bitters and Bon Bons from a high quality producer in California. The mothballs are from a producer in Iceland. One type of mothball is Kakkris (“licorice”), which tastes of licorice root and sea salt.

Cocoa beans at Caputo’s are as varied in national origin as are fine wines: Madagascar, Ecuador, Vietnam, Dominican Republic, Uganda, and Democratic Republic of the Congo. Producers are from all over the world such as England and Iceland, states like Oregon and our own Utah.

Solstice, a producer in Murray, makes a “Wasatch” 70% bar with cocoa from Madagascar and Uganda.

Another bar they carry is sourced from the Dominican Republic and flavored with Bergamot, the herb used in Earl Grey tea. Powder Hazel of Portland makes a spread with Ennis hazelnuts and donates 50 cents per bar to the Audubon Society.

One of their spread producers from Vietnam, Maron (which Matt visited), uses cashews and coconut milk with their cocoa rather than hazelnuts.

In Utah, Amano in Orem was Utah’s first producer of bean-to-bar craft chocolates in 2005 and has won many awards.

With selections running from $8 to $450, Matt believes chocolate is an “affordable luxury.” Where else can you enjoy “best in the world” for $8? He states that chocolate is meant to savor like a fine wine, a few tastes of the best sate. And giving the best from Caputo’s chocolate collection is the ultimate. Matt has his share daily; he says he consumes about ¼ to ½ of a pound a day, but stays in shape by exercising.

If staff is busy, Matt has set up a self-education table with discussions of a variety of chocolates; dark, milk, and chocolate with fruit. Customers can sample various types of chocolate and learn about the differences.

Cocoa dust has wandered to the deli side: Tiramisu is dusted with Valrhona cocoa powder adding a flavorful touch to this Italian dessert. Mangia!
Use your vote and your voice to bring about change

I am very saddened by the death of Mr. Floyd and the many others who have needlessly lost their lives under a regime of systemic racism. I understand the frustration and anger now simmering in our nation and state. I encourage people to use their voices in a way that is productive to bring about change. I want everyone, of all ages, to get involved in changing the pathway ahead for our state and our country. Please register to vote. Voting will make a difference. I, along with my other colleagues of color, look forward to working towards policy change to address the important issues we face with race and equality. We want to be that listening ear for our constituents and the catalyst for change our state urgently needs.

Utah State Rep. Sandra Hollins, Dist. 23

"What we hope is that we can better understand the importance and context of this moment. Our Black relatives are continuously hurting, and despite this, have enhanced all of our public lives and civil rights in their ongoing fight for justice, life, and liberation."

It ain’t over

Our current era bombards us with information that can feel daunting to try and process, and the systems we live in do not encourage mindfulness. So, we have to be rigorous in our engagement with the information we may have access to. Some of the consequences of not being thoughtful is self-centered thinking and responses such as “what about us,” “what about this,” or “what if,” instead of being mindful of the actuality of “what is” and “what has been.”

What we hope is that we can better understand the importance and context of this moment. Our Black relatives are continuously hurting, and despite this, have enhanced all of our public lives and civil rights in their ongoing fight for justice, life, and liberation.

We feel it is important to learn and remember what has already been said and continues to be said by our Afro relatives in their work and legacy. We invite our friends, relatives, and other relations to STOP. LISTEN. THINK CRITICALLY. PROCESS. REFLECT. LEARN. CONNECT with what Black leaders, scholars, artists and community have been expressing, doing, and teaching for years. Through this acknowledgment, our relations will be strengthened and the work towards Black liberation will move forward.

‘Inoke Hafoka and Daniel Hernandez

Hafoka, Glendale native and son of Tongan immigrants, is a PhD candidate at UCLA in Education with a focus on race and ethnic studies. Hernandez, Rose Park native and urban diasporic Mayan (Winak) with several ancestries, currently lives in Tamaki Makaurau (Aotearoa). He recently completed his PhD studies in Anthropology and is a lecturer at the University of Auckland.

Equality and justice

The West View invited commentary from community members of color regarding the current protests against police brutality and systemic racism in the wake of George Floyd’s killing on May 25, 2020.

We need real accountability

If unjust laws and policy allow an EMT worker to be shot in her own home, a jogger to be chased down by armed gunmen, or an officer to press his knee onto your neck until you can’t breathe, then those laws and policies have got to be changed. We need some real accountability from our leaders and lawmakers, and actual reform that takes into account this country’s long history of treating black, brown, and poor people, as disposable.

Ebay Jamal Hamilton, Glendale resident and D.J. at KRCL, 90.9 FM Community Radio
Racism has been a plague affecting our nation for centuries, but sadly, we're so accustomed to it that it has become our way of life. With the help of technology and social media, recent events have opened our eyes to a plague that is so deep, it will take centuries to overcome. However, we need to start and we need to start now.

This is the time for all Americans – Black, White, Christian, Muslim, Jewish, and everyone – to stand up for justice.

This is why I co-organized a march and vigil from the U of U Institute of the Church of Jesus Christ of Latter Day Saints to our State Capitol. While the gathering was meant to pray and remember those who have been so unjustly killed, it is also a time to act. As Latter-Day Saints, we believe that we are all children of God and right now our Heavenly Father’s Black children are being killed, marginalized, and silenced.

WE SAY NO TO THIS INJUSTICE!

Madelaine Lamah, 25-year-old Salt Lake City resident, former Presidential Ambassador/intern under U. President Ruth Watkins, and outgoing president of the African Student Association at the University of Utah

Why we march

“I went and protested with my children on May 30 in downtown SLC. I wanted to stand with them, kneel with them, raise my fist in solidarity with them, all the while knowing I have a liberty they may never see; watching my children cry as they shouted ‘Black lives Matter,’ knowing in my heart that they don’t – not to some people.”

I hear your cry

I find myself in tears throughout the day, grieving over the injustice, grieving over the hatred displayed against men and women of color. Watching the video of George Floyd’s murder and hearing him cry out for his Mama did something to my soul. I saw my son under that knee, struggling to have a basic human right, the ability to breathe. I couldn’t stay silent.

I went and protested with my children on May 30 in downtown SLC. I wanted to stand with them, kneel with them, raise my fist in solidarity with them, all the while knowing I have a liberty they may never see; watching my children cry as they shouted “Black lives Matter,” knowing in my heart that they don’t – not to some people.

As I cried out, “These are my children, their lives matter,” the officer in front of us began to cry. He could hear my voice, he could see our tears, and he could feel our pain. At that moment I knew he didn’t want to be seen as a threat, no more than my children want to be seen as one. At that one moment in time, he could identify with my 17-year-old daughter, who held a poster that read, “Does the color of my skin threaten you? Because your badge threatens me.”

I truly believe he understood what it felt like to be feared. He could see her little face with tears streaming down her cheeks. He could sense her anxiety as she watched more and more officers come out of the capitol. He saw her expression changing to panic as the crowd shouted “they are going to tear gas us,” and quickly changing as her cousin who stood beside her reassured her that they weren’t. He empathized with her in that moment, as he did with me. When he could no longer separate humanity from duty, he turned his head, refusing to look at us any longer. I understood he had a job to do, and so did I.

My job is to use my voice, to speak up against injustice. To sign petitions that demand the arrest of all the officers involved. To get out and vote, so we can remove people in office who don’t use their platform to create peace and unity or use their authority to punish those who dishonor the oath they took to serve and protect.

You may think I am speaking out of anger and hate. I tell you this. I speak from a place of love. There is no greater love on this earth than the love a mother has for her children. George cried out, “Mama, Mama!” When he did that, he cried out to every mother of a black son. I heard your cry, George. I hear you over and over again. I hear you in the voices of those who march, in the voices of those who chant, and in the voices of those who take a knee. All of them wanting the same thing. The ability to breathe freely.

Laura Lucero, a 48-year-old mother of Mexican/Italian heritage, who lived in Glendale most of her life and raised her four bi-racial children there
Strengthening relationships key to good parenting

By Richard O’Keef

What behavior issues do you struggle with most? Kids fighting? Tantrums? Lying? Teasing? Ignoring? Saying “No?” Being defiant? The most effective way to reduce these infuriating behaviors is to follow these three steps: (1) Build a strong relationship with your children, (2) teach them life skills, good values and desirable behavior, (3) skillfully correct your children when their behavior is displeasing.

The power of these three steps lies in the way they relate to each other. Notice the image of the pyramid. The three levels of this pyramid correspond to the three steps I just mentioned.

Correcting
“Correcting” is at the top. It means skillfully correcting your children when their behavior is displeasing. Children have a tendency to test limits and boundaries you set for them. Correcting helps them understand they are expected to stay within those limits and boundaries. It is how you enforce rules and expectations.

Because “Correcting” is at the top, and is the smallest part of the pyramid, it demands the least amount of effort. As strange as that sounds, more effort should be given to teaching, and the majority of your attention should be given to strengthening relationships. The important thing to remember about correcting is: The key to effective correcting is effective teaching.

If you find that your children don’t respond well when you try to correct their misbehavior, rather than intensifying your effort by screaming, threatening, punishing and lecturing, focus on the level below correcting: Teaching.

Teaching
Teaching is the foundation of correcting. That means before you can correct behavior, you must teach the kind of behavior you expect. It is how you set rules and expectations. The important thing to remember about teaching is: Effective teaching depends on a strong relationship with your child.

If you are finding that your teaching is falling on deaf ears, or that your child doesn’t seem to care about the expectations or rules you set, rather than spending more time and effort trying to get your child to listen and learn, focus on the level below teaching: Relationship.

Relationship
Relationships are the foundation of teaching. It is the biggest level of the pyramid to remind us that strengthening relationships should be given the most attention. “If you have a good relationship, your child will be more RECEPTIVE to your teaching and RESPONSIVE to your correcting.

A mother in one of my workshops once asked, “My son doesn’t listen to me. I tell him to do something and he just ignores me. I’ve imposed consequences and taken away everything he plays with, including banning him from playing video games. What can I do to ‘motivate’ him to do what I ask?”

I addressed the class and said, “That’s a common problem among parents these days, isn’t it? I see it all the time, don’t you?”

I pointed to the pyramid and said, “When we try to correct our children’s behavior and it’s just not working, should we intensify our correcting? No. We should focus our attention on the level below Correcting, which is Teaching. What if our children don’t seem to care about the rules we set or the behavior we expect? Do we teach harder? Longer? Louder? No. We should focus our attention on the level below Teaching, which is Relationship.

Are we intentionally working on strengthening the relationship we have with our children? Without a strong relationship, teaching falls on deaf ears and correcting misbehavior is exhausting and ineffective – even futile.

But when there’s a strong relationship between children and parents, children develop a desire to please their parents. They even feel bad when they let their parent’s down. When we have a good relationship, we enjoy being around our kids. We laugh together. When they get home, they tell us about their day. They confide in us. We experience the deep satisfaction we always hoped raising children would bring.”

Remember, the key to effective correcting is effective teaching, and the key to effective teaching is to always be working on building a strong relationship.

Richard O’Keef is a long-time resident of the Westpointe community, father of six, and grandfather of 18. He is the author of 3-Step Parenting (available on Amazon), and teaches parenting workshops in Salt Lake City. He can be reached at 3stepparenting@gmail.com.
opinion

Improving community engagement during coronavirus

By Richard Holman

Many leading experts tell us that life in the new COVID-19 world will likely not return to any previous sense of normalcy. Adapting to a new world of social distancing has come with challenges and losses. Schools, businesses, concerts, family gatherings, sports leagues and so much more will adapt or perish.

Many of us, as community leaders, feel increasing concern for the future of participatory democracy. Even in isolation we need to retain our voice to propose solutions to our community challenges.

Equitable long-term benefits can only accrue when all are at the table and have an equal voice. Engaged citizens are informed citizens. Timely and relevant feedback is essential to our leaders to resolve city, community, school and even street issues.

In our isolation, it becomes an even bigger challenge to engage on issues of crime, development and social programs and policies. Our community council meetings depend on representatives from Police and Fire Depts. and the Mayor’s Office for updates, but even during the best of times these meetings often have too many empty chairs.

To further complicate this, most community council meetings have been cancelled in recent months. Some have found technology-based alternatives to face-to-face meetings but their sustainability is in question. Some of the issues include having a robust enough platform that both accommodates everyone and allows comment.

Equal access also means ensuring that our neighbors have the computers, monitors, cameras, microphones and internet connections needed to actively participate. Libraries that were once a resource used by many for internet access, are currently not an option. Traditional town hall meetings where broad-based community issues had been addressed in the past now present an unacceptable health hazard.

I have proposed to city leaders that a public access television network could be a solution using a call-in format for comments and also scrolling important resource information 24/7 in, at least, English and Spanish. This is an example of where a community brainstorm is needed; it will take all of us to devise what communication works best for all, while observing social distancing.

While efforts to address communication move forward, issues of impact continue to emerge and grow. Newspapers, social networking, and local news provide some information concerning the impacts of things like the Inland Port, electric utility projects and earthquake preparedness.

However, this does not facilitate interaction. With the new pressures of adapting to post pandemic life, we have an opportunity to develop a more effective way to both inform and listen to each other.

We will not be going back to life as it was anytime soon. Let’s use this opportunity to build the best community engagement for all residents.

Richard Holman is the Westside Coalition Chair and a Rose Park resident.
Plant-based diets can offer protection from severe effects of COVID-19 virus

By Harriett Emerson

With the COVID-19 pandemic, many of us are feeling especially concerned about our health. However, there is very hopeful evidence that we can defend ourselves against the worst effects of COVID-19 by strengthening our immune systems with plant foods such as whole-grain foods, vegetables, fruits, beans, nuts and seeds.

There is evidence suggesting that healthy plant-based food can increase the production of antibodies in our immune system to fight COVID-19, according to biochemist and nutrition researcher T. Colin Campbell, who has over 60 years experience in nutritional science. And, there is ample information showing that this beneficial effect may begin in a matter of days, enough time for people who are not yet infected by COVID-19 to strengthen their immune systems. A plant-strong diet does not mean we won’t get infected by the virus, but it should increase our defenses to avoid its worst effects, says Dr. Campbell.

Over 90% of the people who have died from COVID-19 had pre-existing medical conditions, mostly due to bad nutrition. Studies show that a healthy plant-based diet can help prevent and sometimes reverse medical conditions such as heart disease, diabetes, hypertension and obesity, and therefore also help people avoid the worst effects of COVID-19. A shift to healthy plant-based foods can help to prevent future pandemics which could be even worse than COVID-19, which is thought to be a zoonotic disease (spread between animals and people) which originated from a ‘wet market’ in Wuhan, China. In wet markets, animals are crowded next to each other, greatly increasing the risk for the spread of disease. Meanwhile, here in the U.S., most of the ten billion animals slaughtered annually live in filthy, over-crowded factory farms which are breeding grounds for disease.

One very common myth is that we need to eat meat to get enough protein. The truth is that everyone, including vegans and vegetarians, get more protein than they need. All plant foods contain protein, with beans, lentils and chickpeas having especially high amounts. Anyone who doubts that we can thrive without animal-based protein should watch the “The Game Changers,” a documentary about world-class, plant-based athletes.

Another myth is that it’s more expensive to eat healthy, plant-based meals. In fact, delicious meals can easily be created out of some of the cheapest foods such as oats, pasta, beans, rice, potatoes, vegetables and fruit.

PlantPure Communities, a non-profit organization, is co-hosting a series of free Global Jumpstarts to help people strengthen their immune systems with a 10-day program of cooking classes, daily emails, webinars, and other resources. The next Jumpstart starts on Sunday, June 21. People can sign up at https://plantpurecommunities.org/global-jumpstart to participate.

Anyone interested in more information on plant-based nutrition can contact Salt Lake Thrive, a local community group, at saltlakethrive@gmail.com or at facebook.com/saltlakethrive.

Harriett Emerson lives in Salt Lake City and has a Certificate in Plant-Based Nutrition from eCornell and the T. Colin Campbell Center for Nutrition Studies. She is the Group Leader for Salt Lake Thrive, a local community group that raises awareness of the many benefits of plant-based nutrition, provides resources and hosts community education events.
Arts educators get creative amidst school closures due to COVID-19 pandemic

By Nina Yu

With the COVID-19 pandemic slowly spreading its way around Utah, thousands of students have been forced to take classes online, including outside extracurricular activities. While doing everything online may be a struggle in some ways, music students at Salty Cricket are taking full advantage of this opportunity.

The Salty Cricket Composers Collective is a nonprofit organization that provides musical education for K-12 youths in Salt Lake City. Salty Cricket currently runs programs in Mary Jackson Elementary and Wallace Stegner Charter Schools. Instructors and faculty members strive to enrich and maintain knowledge of music among students.

Their notable after-school music program, El Sistema@Silty Cricket is based on the internationally renown model. El Sistema is a publicly funded music education program, founded in Venezuela. Founder José Antonio Abreu said that music “transmits the highest values – solidarity, harmony, mutual compassion.” Similar to the international model, El Sistema@Silty Cricket seeks to promote a positive social change through music and to help kids claim their role in the culture.

“[The program] is an aggregate of guiding principles,” said Executive Director Victoria Petro-Eschler. “Unlike the usual curriculum for music students, our implementations are highly customized to whatever population we’re dealing with. In our school, we have a lot of families recently immigrated from Central America, so we have mariachi offered.”

However, the immersive music program is fully orchestral and provides students with free music theory, instrument, and orchestra practice. There are also additional activities included to support the engagement levels.

With everything operating online, Salty Cricket faculty and students took this as the perfect opportunity to collaborate with other music students across the nation. Last week, Salty Cricket was joined by New Jersey's Trenton Music Makers and The Collective Conservatory for a week-long workshop.

“The first wave of our mission is to provide social things such as music and athletics online, as those are hard to access right now,” Trahey said. “The second wave is to create dynamic programs for people that can’t get to education centers due to many factors. We want to connect communities.”

During the week’s workshop, Trahey hired teaching artists to teach and guide Salty Cricket students during their breakout sessions. Realizing that health and wellness are extremely important right now, his team incorporated mindfulness, deep breathing, mental, and physical exercises before each 90-minute session.

The final goal of the workshop was to compose a brand-new piece of music. Salty Cricket students and Trenton Music Makers came up with themes, decided what kind of music they wanted to make, and which direction they wanted to take the piece. Trahey encouraged them to take authentic sounds from their everyday environment and conceptualize the sounds into music that would be meaningful to the individual students.

After a week of hard work, the students from Salty Cricket and Trenton Music Makers performed their piece over Zoom meeting.
Trumped up, left behind

President’s program to bring business to poor communities skips over west side as pandemic grips economy

By Eric S. Peterson

The following was written and researched by The Utah Investigative Journalism Project in partnership with The West View.

There’s an old gambler’s expression that “Scared money don’t make no money.” Translation: you can’t win, if you don’t play. In 2017 President Trump created the “opportunity zone” program meant to encourage wealthy investors to roll the dice and bet on riskier investments in poorer, underserved communities that might otherwise avoid. In return, the investor ups their odds of a profit by gaining lucrative tax breaks.

Since then, numerous reports have come out of how wealthy investors have learned it’s better to cheat at this new game than play by the rules. ProPublica reported how one opportunity zone covered a superyacht marina in Florida, another benefitted a real-estate development company co-owned by Trump’s son-in-law, Jared Kushner. Critics say it has been a jackpot for the wealthy and craps for the distressed communities that were supposed to benefit.

Experts say it’s hard to know if this benefit has helped local, distressed communities, but in Salt Lake City a cluster of downtown luxury real-estate developments will likely benefit, so will the Inland Port. Actual west-side investments are a mixed bag, especially in Poplar Grove, where one section of the low-income and racially diverse neighborhood was originally fifth on the list to become a zone, only to get bumped off by the Salt Lake City Mayor’s Office.

Opportunity Knocks

The program allows investors to gain tax breaks by keeping their investment in an opportunity zone for the long term; if they keep their capital in a project for 10 years, they will pay zero capital gains tax on that investment when they cash out.

Capital gains taxes previously could amount for as much as 20% of an investment, so the program offered a big, juicy zero-percent tax to investors. At the same time, it would encourage investors to make it rain venture capital dollars on poor opportunity zone neighborhoods.

Win-win right?

James Wood, the Ivory-Boyer Senior Fellow at the Kem Gardner Policy Institute at the University of Utah, says most of the winning is “I really think it’s had some perverse consequences,” Wood says of the program. He notes that residential homes circling downtown were low-income enough to qualify the area for the program – largely to the benefit of luxury real-estate projects, including six different downtown high-rise projects currently under construction.

Although, the developer of one of the major downtown projects told Wood the opportunity zone didn’t make a difference in deciding to pursue the project, as it was a promising project on its own merits.

Other downtown projects have long been on the books prior to the opportunity zone program’s rollout in 2017 – the Inland Port has been in discussion since 2016 and the Convention Center Hotel has been in the works since 2013.

“It might be some icing on the cake,” Wood says, “But [these projects] were committed before opportunity zones came into play.” Hence the perverse consequence: funds going to projects already underway instead of places that might truly need the boost.

Bumped

Governor Herbert’s office took hundreds of potential opportunity zones nominated by communities across the state before selecting the final 46 in June 2018. In April 2018, community advocate, Michael Clára, was pleased to see an open-house meeting several west-side neighborhoods displayed at the top of Salt Lake City’s list to be sent to the governor. A few weeks later he was shocked to see one Poplar Grove tract bumped off that had previously been in the city’s top five.

“What criteria was used to drop it?” Clára asked in an email to the governor’s office in May 2018, noting that the Poplar Grove tract was more distressed than others that were approved. “Who decided that tracts with less poverty and ethnic minorities would benefit from this program at the expense of those in Poplar Grove?”

According to Ben Kolendar, the Acting Director of Salt Lake City’s Department of Economic Development, what happened is that the city offered their choices, the county rejected two and the state dropped one as well. After the state’s decision, then Mayor Bisk upski wrote to the Governor’s Office and asked them to reconsider.

Kolendar who worked on the project at the time says it came down to a tough decision with one of the Poplar Grove tracts being dropped in favor of securing a North Temple zone instead. The zone that got bumped ran west from the Jordan River to Redwood Road and from 500 South down to approximately 900 south. This tract was previously number 5 on the city’s priority list.

Kolendar says the city’s approach to the zones was to prioritize those that had other programs working to their benefits like redevelopment agency projects in the works to maximize the impact of the zone designation.

“Having multiple tools in your tool belt in certain target areas is the approach we took,” Kolendar says.

Millions had already been invested into the North Temple corridor to help develop a housing and transit node, along with $4.5 million invested into connecting the Legacy Trail to the Jordan River trail.

“We were highly interested in the lost [zone] in Poplar Grove,” Kolendar says, but “that area was speculative based on a future RDA project area rather than an existing one.”

While the results of the zones are hard to measure, Kolendar says at least the Granary District is doing well, and benefitting from its zone designation and developers there he’s talked to say projects are moving forward despite the pandemic’s effect on the economy.

Councilman Andrew Johnston who represents the Glendale, Poplar Grove and Fairpark neighborhoods said he didn’t have much input on the Poplar Grove area getting bumped. He also remembers wondering why the Inland Port needed the perk of a zone designation over zones like Poplar Grove.

“I don’t know how much more incentive people need to build out there,” Johnston says of the Northwest Quadrant. “Especially with the Inland Port having such a massive amount of tax increment [financing] they can use.”
species, these large trees could last for over 100 years and reach a height of more than 60 feet.

“We have three types of trees,” said Urban Forester Tony Gliot, “small, medium and large, and there are five trees that we are currently planting in each category. It’s generally true that we try to plant the tree that is largest for the space available, but some spaces, especially in park strips, are less than five feet wide with overhead power lines so only a smaller tree will fit.”

Because of the Coronavirus pandemic, TreeUtah and its partners are adjusting programming; instead of doing large-group public tree plantings this year, they are testing ways to invite families to plant trees in parks, one household at a time, or in groups of 20 people or less.

One of these small-group tree planting activities focused on Poplar Grove Park in May, where many old Cottonwood trees either died or had to be removed because of the spread of a bacterial wetwood infection.

For news and updates on tree plantings, and to view videos about how to plant a tree in your yard, visit TreeUtah’s website.

The Salt Lake City Division of Urban Forestry is in charge of all tree plantings and tree maintenance within the city limits on public properties. This includes all trees growing in park strips between the sidewalk and road, as well as trees in parks and public green areas. Urban Forestry provides the following services pertaining to trees in these public areas: tree planting, pruning and removal, stump grinding, storm cleanup, hazard assessment, health evaluation, and permit issuance for private work on city trees. To learn more about urban forestry, its services and the types of trees being planted go to slc.gov/parks/urban-forestry.

To request a new tree or service on an existing tree in your park strip, call Urban Forestry at (801) 972-7818. Office hours are 7:30 a.m. to 4 p.m., Monday through Friday. Those requesting services for their park strips are asked to first check the website to see specific details on types and extent of services. Those calling to make a tree request will be put on a tree planting list after an evaluation is performed.

From TRESSES, page 1

From COPAY, page 5

ance company is implementing a “co-pay accumulator program.” Under this program, instead of applying the value of his manufacturer co-pay card to his deductible, his insurance company will now require him to pay for his medication, completely out-of-pocket.

“I’m having to figure out how I’ll keep paying my rent and stay on my medication.”

Even worse, Daniel says, is that he was completely blindsided by the change. Insurance companies aren’t required to notify their subscribers about the change in policy. In fact, the Trump administration proposed a rule that would go into effect in 2021 and allow all insurance companies to adopt such policies — a worrying concern for patient advocates like Teighlor Kodel, a case manager at the Utah AIDS Foundation.

“I have clients who are facing these huge increases in costs for their medicine. They’re having to choose between medicine and other expenses because even though they have jobs, they can’t afford $2,000 a month” she said. Adding that many of her clients don’t qualify for direct assistance through the state’s Ryan White Program, which helps people living with HIV and AIDS.

Co-pay accumulators are a relatively new phenomenon, designed by insurance companies to limit the use of brand name medications, which are generally more expensive. The damage, advocates for patients say, will not be limited to people living with HIV and AIDS but all people with rare or chronic illnesses, such as Hepatitis C and cystic fibrosis. These illnesses often require medications that do not have a generic alternative.

The financial impact is so great for vulnerable patients that states across the country are taking action. As of the time of writing, four states have banned co-pay accumulator programs: Arizona, West Virginia, Illinois and Virginia. A similar effort led by Rep. Ray Ward (R-Bountiful) failed during the 2020 legislative session. House Bill 214 would have banned the implementation of co-pay accumulator programs in Utah. The measure failed after vigorous opposition from Utah’s health insurers.

The implementation of copay accumulator programs represents a significant cause of concern for Utahns. Despite concern about the spread of such policies, Daniel expresses optimism. “I think if people like me keep sharing our stories, then something will happen. Asking people to pay thousands of dollars more for our meds is not going to work.”
5 tips to help you focus with technology when working from home

By Carrie Rogers-Whitehead

The coronavirus has many of us juggling work, school and sickness while stuck in the four walls of our own home. While we may not be going out as much, there is certainly a lot coming in. Calls, notifications, emails, texts and more help connect us, but also can be a distraction when trying to work from home.

1. Prioritize tasks. Some tasks, like strategizing, writing and any type of creating require more mental energy. These “deep work” tasks need to be done with little to no interruption. Plan your day and divide your deep versus shallow tasks. If you know you have an hour of no interruptions in the morning, or perhaps late at night after the kids are asleep, plan to do your most brain intensive work.

2. Limit tabs and windows on your computer. Only pull up the tabs of projects you are working on right now. There are browser extensions to help with this such as MaxTabs on Firefox or XTabs on Chrome.

3. Use online blockers. If you find technology becomes a distraction and you’re struggling, use blockers. They can be heavy-handed, but can help you create new habits over time. Freedom is a website blocker that can shut you out of sites that waste time. Mac offers Focus, and a cross-platform program called FocusMe that blocks websites and tracks your online usage. If you really need extra help, there’s the “nuclear option” of Cold Turkey on Windows, which locks you out of your computer for a time period if you break the rules you set.

4. Save it for later. Sometimes when we’re working, we find a new fact or topic we don’t know much about and get pulled away from our primary work. The internet is full of rabbit holes. Wikipedia and YouTube are two of the most popular ones, but everyone can get sucked in. Instead of trying to squash that curiosity and interest, save it for later. There are sites where you can bookmark and store content for a time you’re not working. For example, Pearltrees is a free site that allows you to organize and curate offline reading lists. Pocket is a paid service but provides a personal backup of articles and sites you want to save for later.

5. Put away your phone. If you can, put your phone in another room. Even the presence of your phone can be a distraction, and that buzzing or ping will make you lose focus. If you need your phone for calls, turn off all notifications except the phone ringer. You can also set it in airplane mode to put it to sleep while you work.

Technology can be a help or a hindrance when working from home. Use it for good to help you get through your busy day. Of course, working from home is a luxury that many do not have. Many essential employees have to interact with others. It’s unclear exactly how many people are working from home now, but a Bureau of Labor Statistics survey in 2018 stated that about a quarter of Americans worked from home. That number may permanently rise after businesses find that they can save costs and employees get used to working from home. Working through tech distractions may be a skill more people suddenly need to develop.

Carrie Rogers-Whitehead is the founder of Digital Respons-Ability, the state provider of online safety education in Utah. Contact them at https://respons-ability.net, https://digital-parenting.com or contact@respons-ability.net for FREE student and parent digital citizenship & wellness classes in English or Spanish. Virtual trainings and online classes are also available.
Here’s what you need to know in order to vote this year

By Nina Yu

In light of the coronavirus pandemic, changes have been made to this year’s elections to manage the spread of the virus. Here are the necessary steps to take so that your vote counts.

With the precautions that the state of Utah and Salt Lake County are setting in place, Utahns will be able to safely vote in the upcoming June 30 primary and November 3 general elections.

According to the Utah Legislature HB3006, “this bill makes temporary changes to the Election Code and related provisions, as they relate to the 2020 regular primary election only, to conduct the election in a manner that protects the public health and safety in relation to the COVID-19 pandemic.” The law also eliminates the option for in-person, early voting.

The law also eliminates the option for in-person, early voting.

Salt Lake County Clerk Sherrie Swensen, said, “We will have a poll worker go out to the car wearing a mask and shield, look up their information on the poll pad, make sure they’re registered to vote and then they will go back and have a ballot packet prepared pertaining to the individual’s precinct.”

Sherrie Swensen
Salt Lake County Clerk

“Similar to some states that are still offering in-person polling, Utah has opted for mail-in ballots or drive-up stations. Salt Lake County is one of seven of the 29 counties that is offering the drive-up option to their voters. In addition to providing locations where voters can drop off their ballots, the drive-up stations will also be giving out ballot packet replacements for individuals who did not get their ballot in the mail.

Salt Lake County Clerk Sherrie Swensen, said, “We will have a poll worker go out to the car wearing a mask and shield, look up their information on the poll pad, make sure they’re registered to vote and then they will go back and have a ballot packet prepared pertaining to the individual’s precinct.”

These individuals will then have to drop off their packet at one of the 20 drop boxes located throughout Salt Lake County. The drop-offs are only an election day option and have to be done by 8 p.m.

In order to be able to vote on June 30, you have to be registered. Registration can be done online (present a driver’s license or Utah ID) or a paper form can be filled out and mailed in. The deadline to register is June 19 by 5 p.m. If you need to register or change your party affiliation, this is the last day to do so as well.

If you have registered to vote, mail-in ballots should be arriving to your household anywhere between June 8 to June 23. If a ballot has not arrived after June 23, you can contact the clerk’s office where they will confirm your address and a replacement ballot will be sent.

For party specifics, to vote for Republican candidates (such as gubernatorial races), you must be affiliate with the Republican party when registering to vote. Otherwise, you are not allowed to vote for a Republican candidate in the primary election.

To vote in the Democratic primary election, you have to either be affiliated with the Democratic party or be an unaffiliated voter. It is not possible to receive a Democratic ballot if you are affiliated with another party, (even though the Democratic party is an “open” party).

For more information about voting in the upcoming elections in Utah, including registration forms in Spanish, visit the state elections website at www.vote.utah.gov or the Salt Lake County Clerk’s website at slco.org/clerk/elections, or call the SLCO election office at (385) 468-7400.

Partners in the Parking Lot

This summer we’ve partnered up to offer a unique and safe spin on our annual Partners in the Park events for Salt Lake City’s west side community.

Watch for the celebratory parades in your neighborhood and join us at one of the drive-thru* Partners in the Parking Lot events for a bag filled with masks, activities, information, and other items.

*Please wear a mask to drive-thru events if you have one.

SPONSORS & CONTRIBUTORS
Community Councils

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.slcgov.com/commcouncils

- **Ballpark Community Council**
  Chair: Amy Hawkins
  26 W. Merrimac Ave.
  703-728-9151 | amy.j.hawkins@gmail.com
  Meets: 1st Thursdays at 7 p.m. Meetings currently virtual; check facebook.com/ballparkcc for July date

- **Fairpark Community Council**
  Chair: Tom King
  earth4alllife@gmail.com
  Meets: 4th Thursday at 6:30 p.m. (no July meeting) Northwest Multipurpose Center, 1300 West 300 North; June 25 meeting will be via Zoom

- **Glendale Community Council**
  Chair: Turner C. Bitton
  801-564-3860 | chair@glendaleutah.org
  Meets: 3rd Wednesday at 7 p.m.
  Visit www.glendaleutah.org for digital meeting info.

- **Jordan Meadows Community Council**
  Chair: Aldo Tavares (Interim)
  Meets: 2nd Wednesday at 6:30 p.m.
  Meadowlark Elementary School, 497 North Morton Dr.

- **Poplar Grove Community Council**
  Chair: Erik Lopez
  801-602-9314 | erik.andrew.lopez@gmail.com
  Meets: 4th Wednesday at 7 p.m.
  Neighborhood House, 1050 West 500 South
  No meetings in June, July, November and December

- **Rose Park Community Council**
  Chair: Kevin Parke
  info@roseparkcommunitycouncil.org
  Meets: 1st Wednesday at 6:30 p.m.
  Visit roseparkcommunitycouncil.org for digital meeting info

- **Westpointe Community Council**
  Chair: Dorothy P. Owen
  801-503-7850 | dpappasowen@gmail.com
  Meets: 2nd Wednesday at 6:30 pm except Aug. and Dec.
  Pacific Heritage Academy 1755 West 1100 North Salt Lake City. During pandemic restrictions, in-person meetings have been cancelled.

---

Food Resources

- **Utahns Against Hunger • Salt Lake County**
  www.uah.org/images/pdfs-doc/SaltLakeCountySheet.pdf

- **The Salvation Army SLC**
  Serves ready to eat meals to people in need
  Mon-Fri at 3 p.m.
  438 S 900 W, SLC.

- **Utah 211 Help**
  Dial 2-1-1 or visit 211utah.org/or email 211ut@uw.org
  2-1-1 is an easy-to-remember, three-digit number that connects people to the services they need, such as housing and utility assistance, food resources, legal aid, and more.

- **Salt Lake School District Meals for Students**
  The school district will provide “Lunch Today, Breakfast Tomorrow.” In addition to receiving breakfast and lunch, at the 15 designated school sites, children may now also receive a sack dinner on Mondays, Wednesdays, and Fridays. 11 a.m. - 12:30 p.m.
  Meadowlark Elementary (Northeast Parking Area), 497 N Morton Dr, SLC.

- **Emergency Food Bags for Families**
  Families can pick up food bags at the Rose Park, Liberty and Glendale community learning centers on Tuesdays and Thursdays from 9 am to 12 pm. The Rose Park Community Learning Center is located at 1104 W 1000 N.

- **Food Assistance FAQS**
  jobs.utah.gov/covid19/snapfaq.pdf

---

Government Health Websites

- **Salt Lake County Health Department**
  slco.org/health

- **Utah Department of Health**
  health.utah.gov

- **Center for Disease Control and Prevention (CDC)**
  www.cdc.gov

---

Employment Resources

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

- **DWS Employment Center**
  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**
  jobs.utah.gov/covid19/uifaqemployees.pdf

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

---

Child Care and Education Support

- **Office of Child Care FAQS**
  jobs.utah.gov/covid19/ccfaqparents.pdf

- **Salt Lake Education Foundation COVID-19 hotline**
  Provides support for students and their families during the COVID-19 pandemic.
  801-301-6476
  Monday-Friday, 8 a.m. - 5 p.m.

---

Crisis Help Lines

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

- **National Suicide Prevention Lifeline**
  1-800-273-8255

- **Crisis Text Line**
  text HOME to 741741

- **UNI’s Warm Line**
  801-587-1055, (A recovery support line operated by certified peer specialists available daily from 3 p.m. to 11 p.m. to provide support and encouragement to individuals experiencing mental health crises.

- **Safe Utah**
  Free 24-hour crisis mobile app with mental wellness tips
  www.SafeUT.org
  801-587-3000
Local church distributes food to community members in need

Religious leaders at the Cannon Stake, a division of The Church of Jesus Christ of Latter-day Saints in the Glendale neighborhood, started a food distribution project in partnership with the Utah Food Bank back in October of 2019 to help feed those less fortunate.

Cannon Stake President Brian Baker got the project going, and Ken Greenland manages the project.

Every Wednesday from 4 - 5 p.m., members of Cannon Stake hand out boxes of high quality food to people in need.

Since the Covid-19 pandemic hit Utah, the demand for food has steadily increased. Now, each week they serve between 400 to 500 vehicles, which are lined up all the way into Jordan Park. Food is given to any community member, not just members of the LDS church, and they are in need of volunteers. To volunteer, simply show up at the LDS church on the corner of 900 West and Fremont Ave. by 3:30 p.m. and ask for Ken Greenland.

Volunteers from the Church of Jesus Christ of Latter Day Saints’ Cannon Stake distribute food to people in need on March 18, the day a major earthquake hit Salt Lake City.

PHOTO BY CHARLOTTE FIFE-JEPPERSON
By Anne Terry

As I write this, I am full of excitement, listening to the first Yellow Warblers I’ve heard this year. These tiny, bright yellow birds come to Utah all the way from Mexico and Central America. Every spring, they migrate under the cover of darkness until one morning, they’re in your neighborhood, with the males singing their sweet songs from the treetops.

This is what bird-watching (or “birding”) brings to my life, and the lives of many others. It turns a simple observation of, “Oh, birds are singing; that’s nice,” into, “Oh my gosh! A bird that only weighs as much as two credit cards just flew hundreds of miles to be here and sing that song!” You learn the incredible natural stories that help you feel more deeply connected to the place in which you live.

Of course, there are many motivations for birding, and all are valid. Some love keeping lists of the birds they’ve seen, whether it’s to challenge themselves to see a certain number of species or just to reflect back on great experiences. Some appreciate that birding motivates them to be active, while others are glad to watch bird feeders from their window.

With the Jordan River running through the West Side, we have some fantastic birds living among us! Spring and summer are particularly exciting times, as birds use the river as a migratory pathway and a place to nest. But fall and winter have their own charms, as some birds who nest north of here or at higher elevations come to the relatively warm valley.

However, the prevalence of birders (people who watch birds) on the West Side doesn’t seem quite so high, at least based on online birding records.

The online database, eBird, was created by the Cornell Lab of Ornithology. Anyone can create an account and record the birds that they see. I’ve recorded birds I’ve seen in my Poplar Grove neighborhood, and eBird has notified me that several of my records, such as the Western Screech Owl and Red-breasted Nuthatch, were species previously unreported in our area at this time of year. As fun as it is for me to be the first to record them, I’d rather share the fun with more people.

So, how does one get started birding? It’s great if you can buy binoculars and a field guide (Sibley Birds West is a great guide for our area), but you don’t have to. The Jordan River is an advantage for birders, as it brings larger birds like ducks and herons close enough to identify with the naked eye. If you’re trying to see small birds, you can bring many to you with feeders. There are wonderful free online resources to help you attract and identify birds. Below are a few:

The Cornell Lab
Project FeederWatch: feederwatch.org/learn
Merlin Bird ID App: merlin.allaboutbirds.org
BirdNET: birdnet.cornell.edu (Upload a sound recording and BirdNET will try to identify the bird for you.)
eBird: ebird.org
Thayer Birding Software: www.thayerbirding.com (Allows you to quiz yourself on local birds, including by sound.)

Tracy Aviary Conservation Science: tracyaviaryconservation.org (Participate in bird-focused community science.)

I hope this inspires you to take a closer look at the birds of the West Side. Happy birding!

Anne Terry lives in Poplar Grove and works as the Manager of Tracy Aviary’s new Jordan River Nature Center located at 1125 W. 3300 S.