

The West View

WESTVIEWMEDIA.ORG

Community news focused on west Salt Lake City

Fall 2015

REAL FOOD RISING

Urban farm increases access to healthy, fresh food

By Charlotte Fife-Jepperson

All through the summer, as I drove to and from my house in Poplar Grove, I saw groups of teens situated in a circle, smiling and interacting under shady trees along the Jordan River Parkway trail. Dressed in identical t-shirts, they appeared to be participating in some sort of structured group exercise. But what really caught

my attention, was the incredibly diverse mix of races – all shades of skin color – and they seemed to be having a lot of fun together.

My curiosity was piqued. Who were these youth? What were they doing? And who in the world was able to get a bunch of teens from completely different backgrounds to engage cheerfully with one another, especially that early in the morning?

I came to find out that the youth were part of a group called Real Food Rising, a youth farming program of Utahns Against Hunger (UAH), a local non-profit with the mission to increase access to food through education and

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PHOTO COURTESY OF REAL FOOD RISING

Three Real Food Rising “crew members” sell produce, which they grew on the farm, at Hildegard’s Food Pantry in downtown Salt Lake City. Teens are employed in this popular Youth Leadership/Urban Farming program.

Spice Kitchen helps newcomers add flavor to SLC food scene



PHOTO COURTESY OF SPICE KITCHEN INCUBATOR

Kaltum of the catering business “Mother of All” uses the kitchen at Spice Kitchen Incubator to develop her entrepreneurship skills as she prepares a traditional feast for an upcoming event.

By Jamaica Trinnaman

When my friend Ze Min Xiao (who goes by “Zee”) enthusiastically told me about the Spice Kitchen Incubator a few years ago, the project was only a concept. Now, as she gives me a tour of this 4,000-foot space on the west side of Salt Lake City, complete with a top-of-the-line commercial kitchen, her sense of optimism from seeing that concept come to reality is contagious.

The “Spice” in Spice Kitchen Incubator stands for “Supporting the Pursuit of Innovative Culinary Entrepreneurs.” This program offers refugees and immigrants the tools to trans-

form their culinary passion into a legitimate business. It is the first of its kind in Utah, and only one of a handful in the United States.

The Spice Kitchen Incubator came about through a partnership between The International Rescue Committee, a refugee resettlement agency, and Salt Lake County. Ze Min Xiao, Salt Lake County’s Community Innovation Manager and Refugee Services Liaison, and IRC Development Manager Natalie El-Deiry modeled the program after the successful La Cocina in the Mission District of San Francisco.

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To build community, increase civic involvement and pride, and foster social justice in west Salt Lake City.

About Us

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

Distribution

Published quarterly, *The West View* is mailed to 19,000 homes and businesses throughout the Fairpark, Glendale, Rose Park, Westpointe, Jordan Meadows and Poplar Grove neighborhoods. An additional 1,000 copies are hand-distributed to local businesses and public spaces in nearby areas.

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

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

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**Editors' Note**

The West View thanks Utah Humanities for their support of this special issue on food & culture.

It's harvest time and everyone seems to be talking about food. This issue of *The West View* centers on personal essays and news stories about how growing, preparing, and sharing food reflects what we are, what we have been, and what we can become as a community.

To celebrate the diverse cultural and culinary heritage

shared in this issue, we invite you to attend an open house on Saturday, November 14 from 3 to 5 p.m. at the Glendale Library. This unique event will feature readings by contributors to *The West View*, a fun opportunity for audience participation, and more.

West View Media has received funding from Utah Humanities to publish this issue and host the open house. Utah Humanities enriches our cultural, intellectual, and civic life by providing opportunities for all Utahns to explore life's most engaging questions

and the wonders of the human experience. In this issue, we aimed to use the humanities to overcome generational, cultural, and language barriers to come together as people of an underrepresented community. Food is a part of every culture and often brings us together as a community.

For this issue, we asked contributors: Have you had any meaningful experiences concerning food? What are your early memories of food? What is the significance of food in your culture? On these pages you will find the answers to these questions.



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UTAH HUMANITIES
Ideas in Action

SLC Greek Festival has west side roots

By Dorothy Pappas Owen

The Greek Festival in Salt Lake City celebrated its 40th anniversary this year. While smaller festivals exist in Price and Ogden, the Salt Lake Greek Festival draws people from all over the state, as it coincides with the Utah State Fair.

Preparation for the Greek Fest begins many months in advance and many local families pitch in to help.

Pappas Family Involvement

When their family business closed during the Great Depression, Gust Papadopoulos and his wife Eugenia moved their family to an area on the west side of Salt Lake. The old homestead at 3475 South 700 West still stands today. At this

once rural location the family herded sheep, grew sugar beets, and tended a family vegetable garden. They didn't have any money, but they always had food and shared what they had with their neighbors. Years later the family continues this tradition of sharing its food and its culture with the community at the annual Greek Festival.

Gust's son, Steve Pappas (who shortened the family name) and his wife Helen also raised their six children at the west side homestead. In the early 80s when Helen was asked to chair the tyropita committee, she asked her youngest daughter, Stephanie, to co-chair with her. They were in charge of making nearly 8,000 cheese-filled tyropita pastries for the festival. Helen coached her then 18-year-old daughter to diplomatically approach the older,

more experienced women to coax them into adjusting their traditional ways to produce a larger, more uniform, product. They were a good team and worked closely together until Helen's death in 1998.

Since that time, Stephanie has continued to chair the tyropita committee—one of 49 committees that are responsible for organizing the annual Greek Festival. After 30 years, one would think everything was perfected but Stephanie feels like they are still learning and innovating—a lifelong process.

Helen's oldest daughter Jeaninne also reminisces about her mother's positive attitude and appreciation for all who came to help – traits, like diplomacy, that served her children well later in life and business.

As the years passed, young mothers would bring their ba-

bies, with bottles, diapers, play pens and toys, along with them as they worked in the festival prep kitchens. As soon as the children were old enough to help in any capacity, they were given jobs and required to help. Younger members frequently observed as "quality control" and acted as runners making sure everyone else had all the tools and ingredients to do their jobs.

An especially fun job was helping to crack the 150 dozen eggs, which were later mixed into the 400 lbs. of feta and cotage cheese to make the pastry filling.

One of Stephanie's most endearing memories is having all the "rug-rats" totally under foot, making the work three times as hard.

Nevertheless, the family was committed to involving them

and patiently teaching them the necessary skills—even if it meant fishing broken eggshells out of the scrambled eggs. In the process they learned to pay attention to details, to plan carefully, to be considerate of others, and always be open to improvement. Such "employee training" has built lasting commitment. A few years ago when the older family members brought up the idea of discontinuing the family effort, the younger members reacted in disbelief.

Stories have been passed down about how women used to make the thin filo dough from scratch, roll it out with broom handles and then dry it on the top of the bed. Today the pastry dough is ordered months in advance from an out-of-state factory. It is the only component of the delicacy that is not

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PHOTO BY MICHAEL EVANS

During periods of concentration, Filo dough, cheese, and butter were changed into tyropitas by dozens of willing hands at the Hellenic Center in preparation for the annual SLC Greek Festival.

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handmade.

Only “clarified” butter is used. When one of Helen’s sons, John, returned from California in 1984 he became the “butter man,” converting the weighty blocks of butter into heavenly liquid butterfat, free of water and milk solids. In this form, the butter burns at a higher temperature and does not go rancid — cooking more like olive oil.

Making tyropitas involves brushing the pre-cut filo multiple times with butter, measuring out scoops of cheese filling and carefully folding the dough six times to enclose the filling within a uniform pastry triangle.

Once made, the pastry is covered with wax paper and refrigerated. During the festival they are heated in an oven and served or boxed frozen for

home use. Each year the tyropitas sell out — all 6,800 of them. Placed end to end these delicacies would extend the length of 12 football fields!

While the members of the Pappas family play a key role in planning and orchestrating the “Tyropita Project,” the success of the effort is dependent upon the many friends and extended family, both Greek and non-Greek, who assist each year. This year over 80 people across three generations assisted with the project.

Another west-side Greek, Bill Rekouniotis, has been a critical “go to guy.” As the sexton of the Holy Trinity Cathedral for twenty years he has overseen many facets of the Greek Festival and been an invaluable resource to many committee chairs.

When the festival first started Connie Cayias was a young woman in college. Thirty-nine years later she is retired, moving

a bit slower, but still involved. When asked why she does it, she is very matter of fact, “It is part of the culture, part of the community, so everyone needs to help out.” But what amazes her after all these years is the tremendous support of the greater community — people standing in line year after year to enjoy the food, the dancing, the Church tours and of course *parea*—the good feeling of hospitality when people come together.

The Greek Festival continues despite any internal political difficulties because it is no longer just about good food or Church fundraising. It is the immigrant Greeks’ gift carried not by Trojan horses but by future generations to a city that has adopted them as their own.

(Thank God they did not deport us all back to Greece!)

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Pacific Islanders celebrate culture, tackle tough issues during PI Heritage Month



PHOTO BY DAVID RICKETTS

Jacob Fitisemanu Jr., who was appointed to Pres. Obama's Advisory Commission on Asian Americans and Pacific Islanders, performs a tradition Samoan dance called the Tauluga during a celebration in his honor last August.

By Charlotte Fife-Jepperson

For three years, people from all over Utah have gathered to commemorate Pacific Islander Heritage Month each August.

Utah is the only state in the country (other than Hawaii) to have an official PI Heritage recognition, and this year, Salt Lake City Mayor Ralph Becker joined the state in officially declaring the month of August as Pacific Islander Heritage month.

So what does this official declaration mean for the PI community? It shows that their culture and contributions are valued by local government, but it also gives PI community leaders the opportunity to rally around issues that are crucial to the well-being of their people, such as health care, employment, domestic violence aware-

ness, and education.

One of the head organizers for Pacific Islander Heritage Month is Susi Felch-Malohifo'ou, Director of the non-profit organization "Pacific Island Knowledge 2 Action Resources" (PIK2AR).

She said that the declaration gives the PI community an official platform to educate outsiders about the different cultural groups within their community. But it also serves as an education platform within the PI community. "Our youth are losing their identity," said Felch-Malohifo'ou. "So this is a way to teach our history."

Felch-Malohifo'ou is a tireless advocate for her community year-round, and she bases her work not only on personal experience and love for her Pacific Islander people, but also

on factual data.

According to the 2010 US Census Bureau, Salt Lake City contains the largest proportion of Pacific Islanders than any other city in the U.S., and Salt Lake City and West Valley City have the largest and second-largest populations of Tongan Americans of any city in the country. Of the 10,267 Tongan Americans in Salt Lake City, 56 percent of them are considered to be low-income, while 19 percent live in poverty. This leads to other problems, Susi said.

In 2012, 24 percent of Pacific Islanders dropped out of high school. Suicide deaths rose 170 percent between 2005 and 2010. And according to the Utah Dept. of Health, the PI group had the highest obesity and infant mortality rates of any other group in Utah between 2011-2013. They also have the highest rates of diabetes and cancer than any other racial group in the U.S.

Jacob Fitisemanu Jr., who was appointed in May to President Obama's Advisory Commission on Asian Americans and Pacific Islanders, is fully aware of these alarming statistics. He is also a member of the National Census Advisory Council and was past Chair of the Utah Pacific Islander Health Coalition.

"The biggest issue that I work on is addressing our invisibility," said Fitisemanu. "Although we are a small percentage of the total U.S. population, it is my goal to make our presence known to policy makers."

Born in New Zealand, Fitisemanu spent his earlier years in Honolulu and moved to Salt Lake City as a teen. He graduated from Taylorsville High School and currently lives in West Valley City. He is of Samoan, Chinese and Korean heritage, and speaks four different languages.

Fitisemanu was honored during PI Heritage Month at a community celebration

at Pacific Heritage Academy Charter School on Salt Lake City's west side on August 21. He is highly respected in his community as a "role model and exemplary public servant," said Pacific Heritage Director Dirk Matthias.

In an interview at the community celebration, Fitisemanu said that his top three priorities for the PI community are: Business and Entrepreneurship, Youth Engagement, and Immigration and Citizenship Services.

He supports initiatives that sustain existing businesses, incubate new businesses and increase market penetration; maximize the capacity of youth to reach their potential; and assist Pacific Islanders who are having difficulties with US

immigration and citizenship policies.

But Fitisemanu and Felch-Malohifo'ou both know that coming together as a community isn't only about doing work; it's about celebrating and having fun together. And for the PI community, having fun always involves good food, music and dancing! As Irene Lolofie, the Heritage Culture Coordinator at Pacific Heritage Academy, put it, "You know it's a good party when there's plenty of good food for everyone."

So, of course, there was plenty of hearty food and dancing at Fitisemanu's White House appointment celebration, as there always will be at Pacific Islander gatherings to come.

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PHOTO BY DAVID RICKETTS

Community members enjoy lots of good food, potluck style, at this celebratory gathering at Pacific Heritage Academy Charter School on SLC's west side

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Hidden farms grace backyards in Glendale

By Carly Gillespie

There is an unassuming street on the West Side where this year alone a swath of urban farms and gardens will churn out more than 25,000 pounds of produce. It's a street where residents have taken a vein of unusually undeveloped land and built a community of small business owners, modern-day homesteaders and food system advocates.

It's in this neighborhood where B.U.G. Farms is growing and thriving. Backyard Urban Garden Farms was started in 2010. The model is simple: take unused urban spaces (mostly backyards) and farm them. The produce is then sold through a weekly CSA (Community Supported Agriculture) subscription, at local farmers markets and to local restaurants. The idea is that by using intensive growing practices, on small pieces of land, we can earn money farming, without initially having to raise money to buy a large chunk of land.

In the beginning B.U.G. had plots all over Salt Lake City, from East Millcreek to the University to Sugar House to everywhere between. A few years ago, B.U.G. Farms got its first large plot on the West Side along a dream-of-a-street called Cheyenne that shoots off the south side of California Avenue.

Why so dreamy? Why the need to consolidate? Well, this particular section of Cheyenne Street has not been subdivided like much of Salt Lake City. The street has many homes that sit on half-acre, or larger, plots, making it, in the city, unusual but ideal for urban farm plots.

And so it has been in the past few years that B.U.G.'s presence along Cheyenne has grown, with 2015 being the first year that the entirety of its operation is now on the West Side, with the hope being to cultivate even more land.

Beyond the excitement and allure of large lots, people are

discovering this neighborhood because it's centered in many ways on community.

On Cheyenne Street alone, Slam Ranch runs a quarter-acre market farm that sells at the International Rescue Committee's Sunnyvale Farmers Market, located in South Salt Lake; urban homesteaders, Celia and Kevin Bell, longtime Cheyenne Street residents, and beacons of all things related to food production; M & M Farms focuses on producing for restaurants on an acre of urban farm sandwiched between Wasatch Commons Cohousing and neighbors on Utah Street; Wasatch Commons' community and personal gardens and fruit orchard; and countless other backyard gardeners with the time and passion to grow their own.

It's the kind of reclamation of community and repurposing of land that is creating ripples throughout the greater community, in many ways inspiring a citywide urban farming movement. And B.U.G. Farms is lucky to be surrounded by a welcoming community that is as excited about growing food as we are.

Who knew that when the Bells moved to the neighborhood 10-plus years ago that their presence on the street would bring the attention B.U.G. Farms and M&M Farms to the neighborhood? And, that they would connect the neighborhood, community and the food produced here to the larger Salt Lake community?

In 2015, B.U.G. Farms has 100-plus CSA members receiving weekly or biweekly shares of produce all coming from this neighborhood. B.U.G.'s customers live all over the Salt Lake Valley, but most live within 10 miles of the farm. And while "local" means a lot of things these days, it's hard to imagine a community and a mission more local than the one that's settled in along Cheyenne.



PHOTO BY DAVID RICKETTS

Coleman Riedesel is heavily involved in urban farming and lives near one of the Backyard Urban Garden farms near Cheyenne in the Glendale neighborhood.

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Green Urban Lunch Box takes gardening on the road

By Heidi Steed

If it weren't for the brightly illustrated vegetables painted on its sides, the thirty-five-foot yellow school bus rolling down the streets of Salt Lake City would look like any other, but this bus is different, it is Green Urban Lunch Box's mobile greenhouse. On the inside, lining the walls where the school bus seats would be, are garden beds, growing a variety of plants and vegetables.

Now in its fifth summer, the Green Urban Lunch Box traverses Salt Lake City in their mobile greenhouse teaching residents how to grow fresh food and helping people connect with the food they eat. Director Shawn Peterson wants to get people excited about eating healthy and eating local, but more importantly he wants to empower residents in urban environments to grow their own food using existing resources available in their communities, a venture he admits "sometimes requires a little creativity" just like their imaginative school bus.

Green Urban Lunch Box uses their modified school bus for outreach efforts, so it can be seen parked at local festivals, like the Rose Park Community Festival or at local schools, giving kids and neighbors an opportunity to hop on board the bus and gets hands-on experience witnessing how food goes from seed, to plant, to table.

The mobile greenhouse is just one of four programs that the organization currently runs, including a community orchard in Davis County that teaches young farmers about commercial agriculture, a fruit share program that allows residents to register their fruit trees with the organization and share the harvest with those in need, and Back-Farm, a program that pairs elderly community members with a volunteer to help transform the community member's backyard space into a

"their modified school bus...gives kids an opportunity to hop on board the bus and witness how food goes from seed, to plant to table."

fertile community garden.

The Back-Farm program has been helpful in not only providing elderly community members a chance to actively maintain their own garden space that they might not otherwise be able to physically maintain, but they can also learn all about organic gardening with the assistance of a volunteer. Both the community resident and the volunteer benefit by sharing the harvest with one another, but more importantly as Director Shawn Peterson observed, "they benefit from creating meaningful cross-generational connections" through weekly garden visits.

Green Urban Lunch Box is on track to harvest over 10,000 pounds of food this year from its various programs and according to the group's blog, they have already donated a lot of that harvest to immediate hunger relief organizations in the area. The fruit share program donates a third of the fruit harvested from neighborhood trees to hunger relief in the community, after distributing a third of the fruit to the tree-owner and a third to the volunteers that help harvest.

Residents with fruit trees who are interested in registering their trees with the Fruit Share Program, should check out their website for more information at <http://thegreenurbanlunchbox.com/fruitshare/> or contact the organization at 801-318-1745 or greenurbanlunchbox@gmail.com.

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PHOTOS BY JEWEL MORGAN, COURTESY OF UNP

Aaron Porter from Green Urban Lunchbox shows off the school bus that they modified into a mobile garden during a Partners in the Park event organized by University Neighborhood Partners at Jordan Park.

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Foraging wild foods for fun and good health

By Dan Potts

Over the past few years there has been an increase in the number of students taking my wild foods foraging class taught through West High School's Community Education Program. The class generated so much interest that I began teaching it twice a year, once in the spring and again in the fall. Two seasons offered different opportunities to harvest largely underutilized food resources, both out in the wild and surprisingly right here in our own neighborhoods.

My students say that they are curious about all the plants and fungi that they see, and wonder "is that edible?" Many suggest that they are interested in better health and outdoor fun, and who can argue, with all those wonderful flavors and textures of wholesome spring greens and mushrooms available almost year-round, and exquisite berries in the summer and fall?

Some students are also interested in the medicinal and traditional uses by local Native Americans. I can never answer all their questions, but I certainly learn as much from them as they do from me. The experience is usually great for everyone; I try to bring food to every class for folks to try and we usually go on an informal field trip.

Americans are well known in the world for being afraid of almost everything. Just the mention of the words "wild mushroom" in this country usually elicits either the word "poison" or "magic" – both of which are rare. But, we all know that it only takes one mistake

and you might be dead – kinda like driving a car, but Americans don't hesitate to take that risk.

My job as a teacher is to boil everything down to the basics to dispel the fear and get people on the road to learning more about nature and all the wonderful foods available to all of us on this planet.

I got started in foraging the same way everyone gets started, one plant species at a time. My first one was extremely easy, one that virtually everyone readily knows, asparagus. The first time I brought a handful of spears home to my mom, I was a hero! And boy was it better than store-bought. It was not long before I started adding mushrooms, berries, and even greens for the pot or salad to my forte. Just getting started begins the process of reducing those age-old fears that so many of us have been taught by our parents' parents.

To avoid displeasures, and even death, from eating the wrong stuff you should hang out with people who have foraged for many years. There are classes, workshops and books available to help you along your journey. The Native Plant Society of Utah, The Utah Mushroom Society, and Wasatch Community Gardens offer opportunities to learn about what to and what not to eat.

So, what are you waiting for? Life is just too short to waste valuable time waiting in line at McDonald's when you could be having the fun of harvesting far healthier food right in your own neighborhood.

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PHOTOS BY DAN POTTS

Local west sider Kevin Bell harvests wild raspberries and currants on the upper Weber River during a Wasatch Community Gardens workshop.



Dan cooks up some tasty wild mushrooms for his foraging class near Strawberry Reservoir during a fall field trip.



Discovering the joy of hunting mushrooms

By Adam Luker

Last weekend I went backpacking for the first time in probably 20 years. I took my two sons, ages 8 and 10, up to Haystack Lake in the Uintas. We planned to do some exploring and hiking, maybe a little fly fishing, but we were especially looking forward to one thing: hunting mushrooms.

I was bitten by the mushroom bug about a year ago, when I found four different kinds growing in the front lawn of my office. My kids are homeschooled, and we're always looking for new ways to explore the world around us, so I looked online and found the Mushroom Society of Utah (MSU), which was having their last mushroom hunt of the year that very weekend. We were blown away by the experience, and have been hooked ever since.

The boys and I started late for Haystack Lake. The sun set just as we began the half-mile hike to the lake, so we ended up pitching our tent in the dark. The fish were jumping like crazy, but we had to set up camp instead of catching them. "Tomorrow morning," I told the boys, "fish and mushrooms for breakfast." They grinned.

But morning came, and the lake was smooth as glass, without a single fish rising. After a few half-hearted casts, we decided to trek around the lake. An hour later, we'd found 11 different kinds of mushrooms, including three varieties we recognized as edible.

"Why mushrooms, of all things?" people ask me. Many seem shocked by the very idea of eating a wild fungus, and are sure I'll die any day now. American culture inherited this extreme "fungophobia" from its English ancestry. (My eastern-European friends think we're idiots in that regard.)

But with care and practice, anybody can learn to forage

safely. Since that first amazing MSU foray last year, renowned local experts have become my mentors, and 11 mushroom books now sit by my bedside for late-night perusing. Even so, I'm really still a beginner.

The very first edible mushroom I identified was the "mica cap" from my office less than a year ago. My six-year-old daughter Ammy loves them so much she calls them "Ammy mushrooms." Last time I collected some for her, a curious neighbor came to ask what in the world I was doing. I explained, and he listened, but I think he thought I was a little daft.

"[Mushrooms] connect me with neighbors, introduce new friends...and make me more aware of my surroundings."

- Adam Luker

As we returned to our camp at Haystack lake, we showed our tasty but meager finds to David, a guy in the next campsite over. Surprisingly, it turns out he'd joined MSU last October just like I had. He recognized the "golden chanterelles," which taste kind-of like apricots, and said they were his wife's favorites. (She's Swedish. Just sayin'.) Then he generously shared a pair of extra fish he'd caught the night before.

We took all that food back to camp, but just before frying it up I thought I'd take one more quick look around. To my delight, I found a huge "king bolete" mushroom not twenty paces from our tent – one of the best! It was enough to fill up our cookpot, with a bit to spare for home. We ate every scrap and licked our plates.

We found another batch of chanterelles on the way back to the car. I'm considering tracking down David at his house and trading them for some good Swedish mushroom recipes. I

gave a sample of leftover porcini to my neighbor, and left her musing on some recipe ideas of her own. (Last week she shared some mushrooms I found for her in her yard, and they turned out rich and incredible.)

So why mushrooms? Because they connect me with my neighbors and introduce new friends. Because they give me an excuse to engage with people in ways I might not otherwise. They make me more aware of my surroundings, like when a walk in the park last month turned into an unexpected and bountiful harvest.

Tomorrow night the boys and I are going camping again. I don't know what – or who – we'll discover, but I'm excited to find out..

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PHOTO BY DAN POTTS

Wasatch Community Gardens Mushroom Workshop attendees find a large, yummy King Bolete (Porcini) they found in Holiday Park.



PHOTO BY ADAM LUKER

Peter and Jasper Luker collected chanterelle, slippery jack, and puffball mushrooms at their foray at Haystack Lake. Although they didn't catch any fish, they were pleased with their discovery of mushrooms.



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A taste of home with Bengali family recipes



PHOTO BY HENA JOHN-FISK-

Ingredients for West Bengali recipes are not always easy to find in the U.S.

By Hena John-Fisk

Food has always connected me to my ancestors, language, culture and country. When I moved to the U.S., I was not sure how much I would be able to cook due to lack of access to Indian ingredients. I remembered packing as many ingredients and cookware in my

luggage as I could.

When I reached the U.S., I was glad to discover a few ethnic grocery stores where I could find the ingredients I needed to cook food from West Bengal, the eastern region of India that I come from.

As I got settled, I started cooking more and exploring different types cuisine. I re-

member calling my mom, other relatives, my friend's mom, and neighbors in India for their recipes and trying them. Eventually, I discovered recipes online and tried many of them, but I would always come back to my mom's recipes and the food of West Bengal.

However, soon I realized that there were very few restaurants, grocery stores, blogs, youtubers who served or talked about my region's food. Like most regions of India, we have our own language, alphabet, dressing, culture, and food. Bengalis love food, soccer, politics, art, and literature. I am no exception – I love cooking and entertaining people. I love cooking my traditional meals.

Here is one such recipe:

Cholar Dal -Bengali Style

Cholar/Chana is also called Bengal gram. Cholar dal belongs to the chickpea fam-

ily and is very common in the Indian sub-continent. It is low in glycemic index and good for people with diabetes according to the website (www.mendosa.com/chanadal.html). Cholar dal can be prepared in several ways.

I remember having this version of cholar dal during weddings and festival times as a child. I got this recipe from my mom. I have made some alterations to the measurements from the original recipe.

Ingredients

1/2 cup cholar/chana dal, washed and soaked for 30-60 mins.
1 medium to large tomato, chopped
1/2 tsp turmeric
1 tsp salt – or to taste
1 tsp sugar – or to taste
2 whole green chilies – or to taste,
2 dried, whole red chilies – or to taste
1 bay leaf – washed and dried
1 tsp ginger paste

1/2 tsp asafoetida/hing
1/2 panch phoran
1 Tbsp oil
1-2 tsp coconut pieces (optional) chopped into small pieces

Wash cholar/chana dal until water drains out clean. Soak the washed cholar dal in 1 cup of water for about 30-60 minutes.

Use a pressure cooker if you have one; it helps the dal cook faster. Put the cooker on medium heat and add the dal and water in it. Add small pieces of fresh or dry coconut if you want. Add turmeric and salt in the dal and cook until it whistles four times. Turn off the stove and let the pressure of the cooker come down by itself. Check after 10-15 minutes to see if the pressure has gone down. Always lift the whistle to double check if there is still pressure in the cooker. Open only when there is no air coming out.

BENGALI PAGE 18

Nonprofit promotes the pleasure of 'slow' food

By William Spiegel and Taniana Subbotin

Many people on Salt Lake City's west side are catching on to the wonderful concept of "slow food" – a way of eating that links the pleasure of food with a commitment to community and the environment.

Slow Food Utah (SFU) is a local chapter of Slow Food USA. We are a member-supported nonprofit with the mission of bringing good, clean, and fair food to everyone. We are part of a global, grassroots movement with thousands of members around the world that are linking the pleasure of food with a commitment to community and the environment.

SFU has a wide variety of programs, including offering classes and workshops, farm tours, tastings, a book club, and discussion groups – many in

partnership with other organizations in our community that are working to build a healthier, stronger local food system. We work with our friends at Wasatch Community Gardens, Downtown Farmer's Market, and Harmon's to provide canning and preserving workshops in the summer.

Direct connection to our community and our local food producers is key to understanding local food systems and we make that connection with fun events, like our "Meet The Maker" events and restaurant food tastings, to connect the community to chefs and foster local food culture and traditions.

We are gearing up for our annual fundraising event, the Feast of Five Senses. Several local chefs – or as we call them Feast Makers – work together



PHOTO BY MICHAEL EVANS

Slow Food volunteers at Salt Lake City's Farmers Market spread the word about "Eat Local Week," which happens every September.

SLOW FOOD PAGE 18

SHARING FOOD ACROSS CULTURES – G

CLC gardeners build, educate, sustain community

By Siosaia Langi

Shining like emeralds in the morning sunlight, the tomatoes and tomatillos hang on the vine in the community garden at the Glendale/Mountainview Community Learning Center.

Deeper within the foliage lay yellow squash, nestled safely underneath their canopy of leaves.

Next to them are eggplants, their purple bodies becoming rounder and fuller with each pass of the sun. Soon the pumpkins will be picked and the aroma of pie and falling leaves will arrive, with only the smiling snaggle-toothed faces of jack-o-lanterns illuminating the way.

The CLC community garden has 24 planter boxes, each about eight by three feet in length. Within these boxes of mulch and soil are the precious plants that each gardener has been tending since spring, and each plant has its own story.

However, it is the hands that

have sown the plants that have the most interesting stories to tell. The purpose of the CLC garden is to bring community together. Food is, and most likely will continue to be, the great common denominator of cultural and human interaction and connection. And it is the caretakers in this space and their stories and reasons for gardening that hold special interest and importance.

Miss Elizabeth, who works in the CLC and facilitates classes on cooking, community, and eating healthy says that the garden is a tool for teaching. “Most students do not know where their food comes from. Many of them think that all food comes from the market. What they do not understand is that someone had to grow the food,” she says.

Miss Elizabeth’s focus is on sustainability, and she teaches parents how to grow their own food. “In order to have food, you must work,” she says.

“You don’t need a store to



PHOTO BY MICHAEL EVANS

Garden Guru Elizabeth Montoya points out neighbor Saia Langi’s pumpkin vine at the Glendale/Mountainview Community Learning Center Garden.

GARDEN PAGE 14

My Por Lilliana Cecena

La alegría más grande de mi madre es ver su cocina llena de seres queridos y sabiendo que la comida que hace nos da la nutrición y la fuerza para hacer todo lo que queremos hacer. Debido a que actualmente vivimos en dos países diferentes, le preocupa que no estamos comiendo buena comida así que cuando llegamos a casa a México siempre nos recibe con abrazos, besos y comidas caseras. Siempre hay un olor de chiles frescos, tomates, harina, salsas y todo está hecho a la perfección. La cocina de mi madre es su manera de decirnos lo mucho que nos ama.

By Emma Hopper, Age 9

The food was unlike anything I had ever tasted before. The butter mint was the best ice cream I had ever had! It tasted like many different flavors at the same time – flavors I have always loved when they are not in ice cream. I felt the tiny lumps of the white chocolate melting on my tongue. It was so good! The flavors were creeping into my throat. I love making this homemade ice cream; soon I will be making it by myself.

By Marisol Hernandez, Guadalupe School Adult Education student

For my family it is very important to make ponche for Christmas and New Year’s. Ponche is a hot drink made with apples, tejocotes, guayabas (guavas), dried plums, piloncillo (brown sugar), tamarindo and canela (cinnamon). I cut the fruit in slices and I put it in a big bowl with a lot of water. Next, I put in brown sugar and cinnamon with apples, tejocotes, guavas, dried plums and tamarind. I put this on the stove. After boiling for 30-40 minutes, it is ready to drink. Finally, you can enjoy this hot drink. An option, if you want, is to put in a little tequila.

By Michael Evans

When I lived in Europe, breakfast tables expressed local culture. England had heavy breakfasts -- featuring several varieties of meats, eggs, and potatoes, with beans, tomatoes mushrooms, and commercial white bread – thickly sliced. In the Dutch countryside, days began with much-thinner white bread, hard-boiled eggs, and red beets – a rather bland meal. One morning, at an Amsterdam hotel with fellow theater people from abroad, a normally-quiet man complained, “Where are those real good Dutch breakfasts?” I chuckled gently, “These ARE real Dutch breakfasts.”

Kabita Deo of Nepal prepares dough for stuffed with potatoes, cilantro, and spices India.” – Photo from “Savor – Stories of C



GARDENING, RECIPES AND MEMORIES

'Savor' - much more than just a cookbook

By Amy Jordan

"Savor: Stories of Community, Culture, and Food" is possibly the only cookbook that you will read cover to cover, leaving you in tears before you cut a single onion.

The book was a collaborative project between Glendale community members, the Glendale-Mountainview Community Learning Center and students from a University of Utah class called Eating for Justice, Sustainability, and Health.

When CLC Coordinator Keri Taddie sat down with the U of U students to explore ideas for their semester project with the Community Learning Center, she wasn't sure of their commitment level. Now, after two years of genuine community building – one year after the students' graduation – she knows Kate Harrington and Mary McIntyre to be some of the most hard-working volunteers she has ever known.

Their desire was to create a

project that would celebrate the beautiful diversity of the west side and unite the community at the same time. This was accomplished by inviting 15 community members, representing 12 different cultures, to share a

"...at last we are able to hear voices in our community that few of us have regularly heard, and these voices speak eloquently and passionately of a depth and tenacity of foodways that few outsiders have fathomed."

-Gary Paul Nahban

recipe with one or more of three common ingredients; cilantro, noodles, and the banana. The real treat of this book though, are the personal stories told by community members and the captivating photography that won't let you put the book down.

In the book's forward, Gary Paul Nabhan, author of Coming

Home to Eat, says, "The true beauty of this project is that at last we are able to hear voices in our communities that few of us have regularly heard, and these voices speak eloquently and passionately of a depth and tenacity of foodways that few outsiders have fathomed." This book truly gives a voice to many who may not otherwise be heard.

Food is what we all have in common; it is the great equalizer, the window into one's heart and culture and, for many, to home. One of the contributors, Ailine Loa, says in the book, "When you're growing your own food and share with others, that's Tonga."

Another contributor, Rebeca Penha, says, "Cooking is usually a time when you gather your friends and you talk, you laugh, tell jokes, and have fun. It's a big thing in Brazil." This is one reason the project took so long to complete – after submitting their recipe, each contributor spent an afternoon teaching



An Iraqi woman drops a falafel croquette into hot oil for frying" – Photo from "Savor – Stories of Community, Culture, and Food," p.26.

SAVOR PAGE 15



aloo paratha, "whole wheat flat bread, often eaten for breakfast in Nepal and Community, Culture, and Food," p.46.

By Vicky Gallegos

Guadalupe School Adult Education Program

I really miss the food my dad cooked for my family on every important date, like the birthdays of my parents. Usually he cooked lamb in a hole underground covered with cactus leaves. We call it barbacoa. It is delicious, especially with homemade corn tortillas. It brings me good memories because when we had this kind of food all my family was together.

By Elvira Ramirez

Guadalupe School Adult Education student

Mexican cooking is more than tacos, salsas, tortillas and beans. It's an experience full of flavors, traditions and magical scents that strengthen the relationships in the family. It's where you can find new friends and enjoy a good conversation at a table covered with different food. Mexico has a lot of different festivals where you can find Mexican candies and drinks and even taste exotic foods like grasshoppers, ants and worms. My favorite Mexican food is a dessert called "raspas" or "granizadas." They are made with ice and different kinds of syrups like guava, nance, strawberry, lemon, coconut and other flavors.

By Gisela Hernandez

Guadalupe School Adult Education student

Food is a great unifier across cultures. Food is important to me because my family and good friends can be together and share – talking, happiness, laughter – even when somebody has a problem. Friendship becomes stronger and our family becomes closer.

The foods that are important to me from my childhood are handmade tortillas with beans, hot tomato sauce, fresh cheese and cream. My grandma called this "picadas." We used to have it for breakfast every morning. It was served with a little piece of steak, pork ribs or chicharon (fried pork skin) on the top with a good cup of coffee.

Picadas bring me back good memories from my childhood, because in that time my grandfather was alive and it was so fun to sit around the table. He was the most important influence in my life. Now when I cook picadas, I think about him.

GARDEN

continued from **PAGE 12**

feed yourself?”

Miss Elizabeth grew up gardening with her father. “I remember waking up every morning and walking out to our yard to pick fruit off the trees. This would be my breakfast,” she said. As a child, her mother would always call out from their kitchen to come inside to eat supper. Try as she might, her mother could never get Elizabeth to come inside. “She would get so angry at me,” laughs Elizabeth. “But I would always tell her that I had all the food I needed up in the trees. I would much rather eat fruit than meat.”

Now as an adult, Miss Elizabeth still loves to be out in nature and among her plants. “My garden is my heaven,” she says. “I still wake up, ride my bike to my garden and it’s like my therapy. The best part is that it is free!”

Luis Novoa, Co-director of Mestizo Arts & Activism and

undergraduate student, was 11 years old when he first started gardening. Being forced to pick tomatillos by his father, Luis found it a chore. Over time, he came to see that growing and tending a garden is beneficial.

Luis was introduced to the CLC garden through a youth program called Mestizo Arts & Activism. The four youth researchers who participated in MAA wanted to know if and how plants help improve air quality in their neighborhoods. Soon they found that gardening not only helped with the air quality, but it was a way to nourish and help sustain the community with fresh produce.

Even though the MAA project is over, Luis continues to tend the garden. “Gardening reflects environmental justice,” said Luis. “We are interested in the idea of planting something because there is reciprocal growth. With this garden we can sustain ourselves, family, and community. My father always said, ‘Whatever you plant in this world, depending how

you take care of it, there may be consequences or [it may] bear the fruits of your labor.”

There are life lessons to be learned not just in the CLC gardens but within the ways we interact with the earth. “Plants are like people,” says Miss Elizabeth. “You must water them and nourish them every day, and you must never forget to tell them how beautiful they are. You must always acknowledge their growth.”

It seems that when we return to nature we are reminded of the beauty and the abundance of the earth. But more importantly, we are reminded of the ways in which we are connected to each other.

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Correction:

In our Summer 2015 issue in An Epic Story of the Garden of Glendale, we incorrectly named an important partnering organization, Wasatch Community Gardens.



PHOTO BY SAIA LANGI

Luis Novoa, Co-director of Mestizo Arts & Activism, showers his plants with water and love. He experiences reciprocal energy in this community garden.



VOA’s Cornerstone Counseling offers behavioral health treatment programs and counseling for youth and adults. Open since 1968, they are a leader in providing treatment for all family members, recognizing that domestic violence, substance abuse and other mental health disorders affect the entire family. Free on-site childcare is provided. VOA accepts Medicaid and can provide funding for those affected by substance use disorder and domestic violence. **Call 801-355-2846 to schedule an evaluation today.**



UTAH

www.voaut.org

SAVORcontinued from **PAGE 13**

other community members how to prepare the dish. This is where the community building started, with the necessary ingredient of quality time together.

Originally from Thailand, Mi Sun demonstrated a recipe using broken English, some Spanish, Thai, and the international language of smiles and laughter to connect with new friends.

Keri Taddie's team approached this project like she has all of her work with the community in Glendale for the past 20 years. She says, "It is all about the relationships. It all has to be individualized, honoring who they are and their culture."

She says that University Neighborhood Partners and the Salt Lake Education Foundation also understand that goal and that is why they funded the first printing of the cookbook. Equal thanks goes to the Salt Lake City School District and Salt Lake City Corporation for supporting the Community Learning Center itself.

Taddie says that in small ways this book dispels the myth of what the media says Glendale is. "This book is just one pebble dropped into a lake. It makes a ripple, but when we all throw our pebbles in together at the same time, people take notice."

With 250 copies sold and 250 more, fresh off the press, Taddie is seeing a real impact inside as well as outside of Glendale. "You can just see the warmth come over people as they look through the pages of this beautiful book," she said.

"Savor: Stories of Community, Culture, and Food" is available for purchase at The King's English bookstore and the Glendale-Mountainview CLC for \$25. You can also get a sneak peek at www.savorbook.com.

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SPICE KITCHENcontinued from **PAGE 1**

La Cocina began in 2005 with the belief that the members of their community, if given the right resources, could create self-sufficient businesses that benefited themselves, their families and their communities. They saw the vibrant immigrant community around them and knew that it was a tremendous asset just waiting to be tapped into. Now, years later they are home to over 30 up-and-coming businesses, have brought many jobs to their community and introduced thousands of customers to flavors from all over the world. La Cocina has stayed in contact with the Spice Kitchen from the earliest stages of development and mentored them as they have grown.

Zee says, "We saw that Salt Lake was becoming a kind of 'foodie city,' that people were venturing out to taste Burmese food, Ethiopian food and all kinds of things. So we knew that there was a demand for it, but not a supply, and we knew that one of the biggest barriers entrepreneurs face is having access to a commercial kitchen."

The Spice Kitchen concept was a natural next step for Zee, who has experience with New Roots (another International Rescue Committee program that supports refugees by providing access to small urban farms and community gardens, allowing them to grow and sell produce that is uniquely familiar to them).

The Spice Kitchen Incubator is funded mainly through the private sector, which allows them to keep the program grounded in its goal of assisting participants, without making them jump through additional hoops. The only stipulation to applying for the Incubator Program is that the prospective participant has a low to moderate income. When considering the ap-

plications, Zee says that it boils down to two things:

"How serious are they about participating in the program and how good is the food?" She smiles when she says the last bit, and it tells me that to her...it is all about the food!

Program Coordinator Genevieve Healey agrees, stating that what they are really looking for is the "entrepreneurial spirit," something she says helps carry participants through the challenging process of starting their own business. She also raves about the program and how they now have participants from Burma, Nepal, Venezuela and more.

The Spice Kitchen Incubator's program consists of three stages: Pre-Incubator, Incubator and Graduation.

In the Pre-Incubator stage the program provides workshops, one-on-one technical

assistance on business plans, product and menu development and financial planning. This stage supports the participant as they follow the path to a Business License, which then allows them to proceed to the Incubator stage.

In the Incubator stage participants benefit from the program in a number of ways. For a subsidized rate, they are given access to a wonderful commercial kitchen complete with commercial ovens and stoves, secured storage, and both a walk in freezer and refrigerator. They are assisted with marketing and business planning as well as set up with mentors and other valuable resources in the community. Lastly, they are allowed to participate in the many events Spice coordinates including booths at three local outdoor markets and catering jobs.

After this comes Graduation, where the participants are encouraged to mentor and stay connected to the program. While the length of time in the program varies, the participant can remain in the program for a maximum of 5 years.

With the assistance of Salt Lake County and the funding of many generous private donors, Spice Kitchen Incubator is giving some of Utah's immigrants the opportunity to add vibrancy and flavor to our community. The program is also funded in part by the space itself, which can be rented at a reasonable rate for events or by local entrepreneurs in need of a commercial kitchen.

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PHOTO COURTESY OF SPICE KITCHEN INCLUBATOR

Entrepreneurs Kiki, Srijana and Geeta make their vegetable samosas at Spice Kitchen in preparation for World Refugee Day Festival, which was held in June at Liberty Park.

Visit us online at www.westviewmedia.org

All Chay offers vegan options for west side residents

By Trinh Mai

Sister and brother Kim Hoa Nguyen and Binh Nguyen realized their dream last spring of opening the first Vietnamese vegan restaurant in Salt Lake City, and perhaps Utah.

All Chay is a surprise found on a quiet intersection at 1264 W. 500 North in the Fairpark neighborhood, nestled in a small strip mall among Latino businesses and a Spanish-speaking Pentecostal church.

"I have a passion to introduce vegan food to people, especially Vietnamese vegan food," said Kim Hoa. "She would like people to recognize the word "chay" (which means "vegan" in Vietnamese) the way many people recognize "pho" (Vietnamese beef noodle soup). This passion drove Kim Hoa and her brother to take on a new venture; they travelled to California to research and study with friends and then spent a year planning for their first restaurant.

Kim Hoa and Binh Nguyen are both vegans, which means they do not eat meat nor any foods made with animal products such as butter, milk or eggs. Binh explained that a vegan diet "reduces your calories, but increases your energy." Kim Hoa became a vegan for her own health and the earth's, and out of respect for the Buddhist teaching of reverence for life. "When I eat meat, though I'm not killing, I am making others kill," she said. When she was young, she thought animals were very different from herself, beneath her, but through teachings of Buddhism and PETA, she came to believe that they are living beings just like her.

Kim Hoa also has a passion for west Salt Lake City. Sponsored by a family member, she and her family immigrated to Utah from Vietnam in 1982. She found her first residence on Salt Lake City's west side, as many immigrants do. However, unlike other fam-

ily members and neighbors who have moved out as they upgraded to newer, bigger homes, she found her new, big house in Poplar Grove. "I have lived 33 years on the west side, and I love it. It has everything: it has big trees; it's peaceful, diverse, close to the airport, downtown and the pretty Jordan River Parkway," she said.

All Chay brings her two passions together. Kim Hoa said that there are many vegan options on the east side, but no vegan restaurants west of I-15. This family-owned and operated restaurant is proud to contribute more diverse choices to west side residents. Binh beamed, "It's very rewarding to know that people are happy to have a vegan restaurant here. There are many vegetarians and vegans in the neighborhood that now don't have to leave their community to find a restaurant." In addition to feeding west side locals, All Chay has attracted vegans and vegetarians from all over to the Fairpark neighborhood. Binh said thanks to word of mouth and customers' support on sites such as Yelp, Urban Spoon, Happy Cow and TripAdvisor, he has met people from many states as they travel through Utah.

All Chay's owners are very conscientious in selecting suppliers that use no animal products in the making of their foods. Though they spend more time and money in preparing their dishes, they seek to keep their prices low



PHOTO BY DANIEL LOMBARDI

With a small staff and a lot of customers the sibling owners of All Chay, Kim Hoa Nguyen and Binh Nguyen, stay very busy in the kitchen.

because they want to make vegan food accessible to more people. All entrees range from \$5.50 to \$8.95. "

All Chay's menu offers vegan versions of typical Vietnamese fare such as spring rolls, pho, rice plates and banh mi (sandwiches). Drinks include vegan boba Thai iced tea and iced coffee as well as fresh carrot juice. Customer favorites include Ocean Love Noodles, which is a spicy salad bowl of rice vermicelli and vegan shrimp sprinkled with fresh lettuce, cucumber, and mint. Other favorites include pho and banh mi made with vegetables and soy-meat.

Vietnamese Translation: "All Chay" mang đến vùng phía Tây thêm sự lựa chọn thực ăn chay.

Phóng sự bởi Trinh Mai

Bài dịch Việt ngữ của Kim Khuê Vào tháng 3-2015, chị Nguyễn Kim Hoa và cậu em Nguyễn Bình đã thực hiện được giấc mơ là mở nhà hàng toàn chay Việt Nam đầu tiên ở Salt Lake City và có thể cả Utah nữa.

Ngạc nhiên là "All Chay" tọa lạc ở một ngã tư yên tĩnh trong khu Fairpark (1264 West 500 North), nép mình trong khu thương mại nhỏ của người Mỹ Latin và nhà thờ Pentecostal, nơi mà ngôn ngữ chính là tiếng Bồ Đào Nha.

Chị Kim Hoa nói: Tôi ước ao được giới thiệu thức ăn chay đến dân chúng, đặc biệt thức ăn chay Việt Nam. Chị muốn người ta công nhận chữ "Chay" (đó là chữ Việt của thức ăn chay) như nhiều người đã biết chữ Phở (phở bò Việt Nam).

Lòng đam mê này đã đưa chị Hoa và em vào cuộc phiêu lưu

mới. Họ đã đến Cali tìm hiểu và học hỏi từ bạn bè. Sau đó phải mất một năm để thực hiện kế hoạch cho nhà hàng đầu tiên này.

Kim Hoa và Bình đều ăn chay nghĩa là họ không ăn thịt và những thức ăn chế biến từ thú vật như bơ, sữa hay trứng... Kim Hoa ăn chay ngoài lý do nghe theo lời Phật dạy về lòng tôn kính sự sinh tồn mà còn vì sức khỏe của chính chị và môi trường. Chị giải thích: khi tôi ăn thịt, dù tôi không giết súc vật nhưng tôi đã làm người khác giết chúng. Khi còn trẻ, chị cho rằng thú vật rất khác xa chị, thấp hơn chị. Nhưng qua những lời dạy của Phật và PETA, chị đã tin rằng chúng cũng là những sinh vật như chị.

Kim Hoa cũng có thêm niềm đam mê đối với phía Tây thành phố Salt Lake. Được bảo lãnh bởi một thân nhân, chị và gia đình từ Việt Nam đã đến định

cư ở Utah năm 1982. Chị cũng như nhiều di dân khác đã chọn phía Tây thành phố Salt Lake là nơi ở đầu tiên của mình. Tuy nhiên, không giống như những thành viên trong gia đình, hàng xóm đã dọn đi khi họ nâng cấp, thay ngôi nhà lớn hơn và mới hơn., chị lại tìm ngôi nhà mới ở Poplar Grove. Chị nói “Tôi đã sống 33 năm ở phía Tây và tôi đã yêu thích nó. Nơi có đủ mọi thứ: có cây xanh to, sự yên tĩnh, đa chủng, gần phi trường, gần trung tâm thành phố và có con sông Jordan Parkway xinh đẹp”.

All Chay đã cùng đem đến cho chị hai niềm đam mê. Kim Hoa cũng nói thêm có nhiều sự lựa chọn thức ăn chay ở phía Đông nhưng không có nhà hàng chay ở phía Tây của I-15. Nhà hàng này do chính gia đình chị làm chủ và điều hành, tự hào được góp phần thêm vào sự lựa chọn của cư dân phía Tây.

Bình hơn hờ bảo rằng: thật là thích khi biết rằng dân cư rất vui khi có một nhà hàng chay ở đây. Nhiều người ăn chay ở quanh đây giờ không phải rời cộng đồng mình để tìm nhà hàng nữa. Thêm vào đó, ngoài việc phục vụ cho cư dân địa phương, All Chay đã hấp dẫn

những người ăn chay ở khắp vùng Rose Park. Bình nói, nhờ sự truyền miệng cho nhau và sự ủng hộ của khách hàng trên mạng như Yelp, Urban Spoon, Happy Cow và Tripadvisor, anh đã tiếp được khách hàng từ nhiều tiểu bang khác du lịch qua Utah.

Những chủ nhân của All Chay rất cố lương tâm trong việc lựa chọn nguyên liệu, không dùng những sản phẩm từ thú vật để chế biến thức ăn. Dù phải mất nhiều thì giờ và tiền bạc trong việc chế biến các món ăn, họ vẫn tìm cách giữ giá thấp, vì họ muốn thức ăn chay dễ đến với nhiều người hơn. Giá các món ăn từ \$5.50 đến \$8.95. Thực đơn của

All Chay cung cấp cho khách hàng sự lựa chọn những thức ăn tiêu biểu của Việt Nam như gói cuốn, phở, cơm và bánh mì. Món được khách hàng ưa thích gồm bún Ocean Love, đó là tô bún cay xà lách, tôm chay trộn với rau diếp tươi, dưa leo và rau thơm. Những món được ưa thích khác gồm phở và bánh mì được chế biến với rau củ và thịt được làm từ đậu hũ. Thức uống gồm trà đá Thái boba, cà phê đá cũng như sinh tố cà rốt.

EMAIL: wvm.editors@gmail.com

REAL FOOD

continued from **PAGE 1**

advocacy.

The Real Food Rising youth farming program is one way UAH addresses hunger issues in Utah. It is modeled after successful urban farming projects in Boston and Austin that focus on youth development.

Real Food Rising's home is on 1.25 acres of land leased from Neighborhood House on 500 South and about 1100 West. The land has been transformed from a Russian thistle weed-infested lot to the largest continuous urban farm in Salt Lake City.

Real Food Rising employs youth between the ages of 14-17 as crew workers who learn all about sustainable agriculture on their farm

The youth farming program has become so popular, that this year Real Food Rising had the bittersweet problem of turning away over 60 young applicants. They received 85 applications for only 24 spots.

Youth Program directors teach the importance of sustainable local farming practices, such as crop rotation, crop diversity, conserving water through drip irrigation, composting and not using chemical pesticides. “Sustainable agriculture is about leaving the land the same or better than you found it,” said

Volunteer and Development Coordinator Liz Elmore.

Youth employees receive job readiness, communication and leadership skills through mentoring and team-building exercises. They participate in service projects like “Farm Mobs,” where they help local farmers with their gardens, and “SLC FruitShare,” where they harvest excess fruit from homeowners’ trees. They also volunteer at food pantries that receive donations of fresh produce grown on the farm.

“It is a wonderful experience for these youth to serve meals to the homeless at St. Vincent de Paul’s Soup Kitchen or work the front counter at Hildergarde’s food pantry,” said Real Food Rising Program Director Krystal Rogers-Nelson. “They become more aware of hunger issues in their community and they can see people directly benefitting from the produce they grew at the farm.”

Marti Woolford, Nutrition Initiatives Director with UAH, says that many people don’t fully understand the hunger issues in Utah. She often hears the message, “It is the parents’ job to feed their kids.” But, what happens when parents can’t afford to feed them?

Almost 20 percent of SLC residents live below the poverty threshold, according to the US Census Bureau. 90 percent of families on the west side

qualified for free or reduced lunch in 2014. And the Food Resesarch and Action Center says that 20 percent of SLC residents experienced Food Hardship in 2014, where they could not afford to buy food to feed their family at least once in the past year. “Food Hardship and poverty are real problems on the west side of SLC,” said Woolford.

Utahns Against Hunger oversees all outreach for federal nutrition programs such as SNAP, Food Stamps, and the Summer Food programs. Much of their work involves protecting funding and connecting low-income people to existing food assistance programs, like Double Up Food Bucks, WIC and emergency food pantries.

In 2014, Real Food Rising harvested 15,000 pounds of produce. They donated at least 75 percent of their total harvest to hunger relief agencies. The rest was sold to local restaurants and community members, or used in community lunches or cooking demonstrations.

Applications for next year’s youth farming program are due in June 2016. For more information on this and other Utahns Against Hunger programs, visit www.uag.org for more information.

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PHOTO COURTESY OF REAL FOOD RISING

Real Food Rising crew workers Dipika, Grace, Essie, Noun (hidden), and Surya harvest plants that they cultivated on the farm. Most of their produce is donated to local hunger relief programs.



PHOTO BY DAVID RICKETTS

Real Food Rising crew workers Bri and Analisa are supervised by Liz Elmore as they gain experience selling their produce at their Farm Stand in front of Mountainview Elementary School. Veggies, herbs and lettuces are sold at inexpensive prices to increase the community’s access to fresh, healthy, organic food.

BENGALI

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Now take a pan or karahi and put it on medium heat. Add 1 tbsp oil and let it heat up. Now add “panch phoron.”

Panch phoron means blend of five spices consisting of fenu-greek seed, nigella seed, cumin seed, black mustard seed and fennel seed in equal parts.

After the panch phoran starts popping, add the bay leaf and red chilies and stir. Add the chopped tomatoes and stir and mix the spices. Cover the pan and cook on low heat for 1-2 minutes until the tomatoes are soft and mushy. Open the cover and add green chillies and asafoetida and stir.

“Asafoetida or hing is the dried latex (gum oleoresin) exuded from the living underground rhizome or tap root of several species of *Ferula*, which is a perennial herb. The species is native to the mountains of Afghanistan, and is mainly cultivated in nearby India,” ac-

ording to Wikipedia.

Now add ginger paste and stir for a second. Add the cooked chana dal and stir. Cover the pan and let the dal simmer for 10 minutes. Uncover the pan and add sugar to the dal and stir. Cover the pan and cook for 4-5 minutes. Simmer more if you want your dal a little dry.

You can serve this dal with rice, roti, paratha or puri. I served it with puri. I usually make this on special occasions.

Because food has always been one of the connecting factors of our families, let’s celebrate the gift of food in our lives and share those special recipes with the next generation.

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Hena John-Fisk moved to the west side this past summer and is a stay-at-home mom, working on a doctoral degree in Social Work at the University of Utah.

SLOW FOOD

continued from PAGE 11

to create an unforgettable meal featuring locally grown ingredients. Proceeds from the Feast of Five Senses go toward our micro-grant program, supporting small farmers, school and community gardens, and food artisans, helping to build a strong and vibrant Utah food community.

Since its inception, the micro-grant program has provided more than \$60,000 to more than 75 worthwhile food-centric projects that are committed to the principles of good, clean, and fair food. Some of the grant recipients from the Salt Lake City’s west side include: Hillsdale Community Garden, the Burrito Project, the Artists for Local Agriculture community garden, New Roots Refugee garden, Neighborhood House garden, Real Food Rising youth farm project, Riley Elementary garden, Jackson Elementary garden, Rose Park Elementary

garden, the Dual Immersion Academy garden, and B.U.G. Farms.

Our Annual Honeybee Festival is held every year at the Sorenson Unity Center. This family-friendly event honors Utah’s state symbol, the beehive, through presentations about beekeeping and bee-friendly gardening, tastings, and children’s activities. We love that the Utah community is showing a new interest in beekeeping and we are invested in seeing Utah’s honeybees thrive. Plus, it’s fun to see the kids actively participate in the bee-centered crafts and games.

Eat Local Week, which took place in September, has gotten bigger every year. There were jam-packed daily events from a Tomato Sandwich Party to a Local Food and Art Show. People went online and took the Eat Local Pledge. The challenge is simple: to eat as local as you can for one week. It is a fun way to discover what local foods you can find and you can make it as easy or challenging as you want. Slow Food Utah was there from the inception of Eat Local Week and we are honored and excited to see it grow with new partner-

ships and new leadership.

Our organization depends heavily on its members to create change and showcase the exceptional resources for quality food in our community. While SFU takes a clear-eyed view of the challenges to the local and global food systems and advocates for change, it is at the grassroots level through our activities, classes, and events that we showcase sustainability and create change. It is this invitation to the table that connects people and place, and that make good food taste great.

SFU is entirely volunteer-run, managed by a Board of Directors and supported by a large number of members, volunteers, and partners in the community, and we have a spot for you at the table. Join us!

The 11th annual Feast of Five Senses will take place at Frida’s Warehouse on Sunday, October 18. For more information about the event, or to find out how you can get involved with our organization, visit www.slow-foodutah.org.

William Spiegel and Tatiana Subbotin serve on the Board of Directors for Slow Food Utah.

EMAIL: wvm.editors@gmail.com



PHOTO BY HENA JOHN-FISK

Cholar dal – Bengali style – is served here with puri, an unleavened, deep-fried Indian bread.



PHOTO COURTESY OF REAL FOOD RISING

Slow Food Utah board members Gwen Crist, Paula Springer, and Doreen Kulikowski challenge SLC Downtown Farmers Market-goers to eat local.

Visit us online at www.westviewmedia.org.

Salt Lake County helps aging adults live independently



PHOTOS BY MATT GARNER

Volunteer driver Moana Edwards loads her truck to get ready for her route. Meals on Wheels have 12 or more trucks going out on various routes each day.



**THURSDAY
OCTOBER 22
6 - 9 PM
SUGAR SPACE
132 S. 800 W.**

Join us for **Taste of the West Side** – a benefit event for West View Media, in partnership with Volunteers of America, the River District Business Alliance, and Utah Paper Box – featuring multicultural entertainment and amazing food from some of the best restaurants, food trucks, and caterers on Salt Lake City's West Side.

All Chay Vietnamese, Rico's, Red Iguana, Comfort Bowl (Asian fusion), Argentina's Best Empanadas, The Red Food Truck (Peruvian), Dottie's Biscuit Barn, Mestizo Coffeehouse, and many more!

\$50 per person – VIP Pass (all food vendors)
\$60 per person – VIP-Plus Pass (all food vendors plus two adult beverages)

Also available at the front door:
\$5 single plate tickets
\$4 beverages, cash bar

Pass prices are \$10 more at the door.
Purchase passes in advance at www.westviewmedia.org.

Help West View Media continue to engage, inform and inspire readers!






By **Charlie Hobbs**

Salt Lake County provides some very interesting and helpful services to our growing population of senior citizens. Thanks to better information on how to care for ourselves, and how to obtain better nutrition and healthcare, our life expectancy has increased. We can look to Salt Lake County Aging & Adult Services for services to help make our lives easier.

When Congress passed the Older American Act in 1965, Salt Lake County Aging and Adult Services was established as the first local Area Agency on Aging (AAA) in the state of Utah. It is the largest AAA in Utah and the eleventh largest in the Nation.

Our Aging and Adult Services has four categories that work together to support seniors in Salt Lake County: Community Engagement & Resources; Promoting Active Aging; Supporting the Most Vulnerable; and Promoting Independent Living.

Meals on Wheels and Rides for Wellness are two of the programs that offer assistance to older adults so that they can continue to live independently in their own residences. As a senior myself, I know how important it is to feel and act independently.

Meals on Wheels provides balanced nutritional lunches to homebound seniors who may be unable to cook for themselves. Additionally, when meals are delivered, a wellness check is provided to older citizens who may otherwise be isolated from socialization.

In 2013, Meals On Wheels delivered 330,000 meals to homebound clients, numbering over 1,400, which calculates to over 6,100 meals weekly. Meals are delivered Monday – Friday (weekend meals are delivered on Thursday and Friday) which improves clients' nutrition, helps socialization and promotes independent living. Salt Lake County Meals on Wheels have over 40 volunteer partners and over 50 volunteer routes.

The Rides for Wellness program provides reliable transportation for adults aged 60 and older, who have no other means of transportation. Rides to vital medical appointments and treatments, dental care, essential business appointments, pick up prescriptions, and group grocery shopping from participating housing facilities, are a few of the transportation needs facilitated by the program.

In 2013, Salt Lake County Rides for Wellness provided approximately 50,000 essential rides or over 4,000 rides per month. 25 percent of rides are given by individual volunteers. In 2013 volunteer drivers provided 12,324 rides. There are approximately 42 volunteers in the Rides for Wellness program. The office sends out monthly donation statements where a \$2.00 donation is suggested for each trip.

There are many services available to us "Golden Oldies" here in Salt Lake County. I have only scratched the surface. Many of our Aging and Adult Services programs are supported by volunteers who give of their time and talent. I can say from personal experience that volunteering has rewards that go well beyond anything easily expressed.

EMAIL: wvm.editors@gmail.com

Charlie Hobbs has resided in Poplar Grove with his wife, Nancy, for 30 years. They raised 3 children who still live in Salt Lake County, and have 9 grandchildren. Charlie has been a volunteer driver for Rides for Wellness since retiring five years ago.

*For more information on these and other Salt Lake County Aging Services, visit www.slco.org/aging-adult-services or call: **Meals on Wheels:** For new meal service, call 385-468-3200. Existing clients should call 385-468-3220.*

***Rides for Wellness:** To enroll as a new client, call 385-468-3200. To cancel a ride, or for more information about the program call 385-468-3400*

communitycouncil

GET INVOLVED IN YOUR LOCAL COMMUNITY COUNCIL

EVERYONE IS WELCOME!

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 held monthly and are open to the public.

To find out which community council area you live in, go to www.slcgov.com.

BALLPARK COMMUNITY COUNCIL

First Thursdays of each quarter: Oct. 1, Dec. 3 (No meetings November and January), 7 p.m.
Horizonte School, 1234 South Main Street
Chair: Bill Davis, ballparkcc@gmail.com

FAIRPARK COMMUNITY COUNCIL

Fourth Thursdays: Oct. 22, Jan. 28 (No mtgs in Nov. and Dec) 6:30 p.m.
Northwest Multipurpose Center, 1300 West 300 North,
Chair: Bryce Garner, (801) 885-1352
<http://fairparkcommunity.org/wordpress>

GLENDALE COMMUNITY COUNCIL

Third Wednesdays: Oct. 21, Nov. 18, Jan. 20 (No mtg. in Dec.) 7 p.m.
Glendale Library, 1375 South Concord Drive
Chair: Randy Sorensen, (801) 973-6652

JORDAN MEADOWS COMMUNITY COUNCIL

Second Wednesdays: Oct. 14, Jan. 13 (No mtg in Nov. and Dec.), 6:30 p.m.
Day-Riverside Library, 1575 West 1000 North
Chair: Jo Ann Anderson, (801)355- 5583

POPLAR GROVE COMMUNITY COUNCIL

Fourth Wednesdays: Oct. 22, Jan. 28 (No meetings in Nov. and Dec.), 7:00 p.m.
Location: Pioneer Precinct, 1040 West 700 South
Chair: Marti Woolford, (385) 743-9767
poplargoCouncil@gmail.com, Facebook.

ROSE PARK COMMUNITY COUNCIL

First Wednesdays: Oct. 7, Nov. 4, Dec. 3, Jan. 6 6:30 p.m.
Day-Riverside Library, 1575 West 1000 North
Chair: Blake Perez, (801) 702-2522

WESTPOINTE COMMUNITY COUNCIL

Third Wednesdays: Oct. 21, Nov. 18, Dec. 16, Jan. 20 6:30 p.m.
Day-Riverside Library, 1575 West 1000 North
Chair: Erin Youngberg, (801) 815-0130,
erin@westpointecc.org



communitybulletin

Salt Lake City Mayor's Office

P.O. Box 145474, Salt Lake City, Utah, 84114
801-538-7704 Facebook: Ralph Becker



Give Big. Feel Happy. Volunteer.

Making Salt Lake City the best place to live, work, and play is at the core of the City's goals. With such a full plate, the City gratefully relies on the help of interested residents who are willing to donate their time and energy in a spirit of community engagement.

Volunteers improve the many public spaces that contribute to the great quality of life in Salt Lake City, and in turn, enjoy a fulfilling and meaningful experience. To learn about upcoming volunteer opportunities for groups, individuals, youth and adults, and to sign up for our monthly Service in the City newsletter, visit www.slcgov.com/volunteer.

SLC Human Rights Education Workshops

Salt Lake City's Human Rights Education Project (HREP) provides refugees and immigrants in SLC with basic information, resources and community workshops to assist with integration into the community.

Workshops are available in multiple languages on topics such as employment and tenant rights, sexual violence prevention, law enforcement, gang prevention, U.S. citizenship and more.

To learn more, or to schedule a workshop, call (801) 535-7110 or visit www.slcgov.com/odhr/HRP.

Salt Lake City seeks your input:

Mayor Ralph Becker and the Salt Lake City Council are always seeking new ways to bring residents into the decision-making process. If you haven't had a chance to see some of the new, digital tools available for becoming engaged, here are a few places worth checking out:

Salt Lake City Open City Hall is a web-based town hall meeting that allows residents to weigh-in on city issues. All comments become part of the official public record and help city officials make the best decisions for all of our residents. Go to www.slcgov.com and click on the "Open City Hall" link in the center column.

The new **Sustainable City Dashboard** is a novel new tool that provides not only a ton of information about dozens of different city programs/efforts focused on air quality, sustainability and resiliency, but also an opportunity for residents to provide their own ideas or let us know how were doing. Lots of charts, maps, videos and photos keep it interesting. Visit dashboard.slcgov.com.

Sorenson Unity Center

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



Dare To Imagine: Claiming Our Future in SLC

Oct. 14 • 1 p.m. – 7 p.m.
What are your hopes and dreams for the future of your neighborhood? What changes do you want to see in your city? Stop by any time between 1 p.m. - 7 p.m. to share your story, express your ideas, and dare to imagine the future you want to live in.
Supported by Sorenson Unity Center, Center for the Living City, OurSLC: Claim it!, Jane Jacobs Walks, Seven Canyons Trust, Westside Storytelling Project, and Cultural Organizing.

Halloween Carnival and Haunted House

Oct. 27 • 6 p.m. – 8 p.m.
Come one, come all, step up and have a ball! The Carnival is always a neighborhood favorite. There will be face painting, a haunted house, bounce houses, prizes, food and games. It is all FREE! It'll be a SCREAM!
This event is presented in partnership with the Sorenson Multicultural Center, Sorenson Unity Center, YouthCity, CityLab and Latinos In Action.

Teen Success Workshop

Tuesday evenings • 5 p.m. – 7 p.m.
Are you pregnant or a mother under 18? Join our weekly support group. Teen Success members benefit by earning \$10 for each week of completed class, and \$100 bonus for every 25 weeks attended! Snacks and childcare provided. Sponsored by Planned Parenthood

Free Citizenship Class

Monday evenings 6 p.m. – 8 p.m.
The International Rescue Committee & Sorenson Unity Center are offering FREE classes for anyone wanting to prepare for the United States Citizenship exam in a fun and relaxed classroom setting.
For more information contact Anna Springer at (801) 833-8461 or anna.springer@rescue.org

Anderson Foothill Library

1135 S. 2100 E. • (801) 594-8611

Art Exhibit:

For the Fairpark: Paintings by Ann Pineda

Oct. 8 – Nov. 13
Fairpark resident Ann Pineda has fondly painted and sketched images of the Utah State Fairgrounds for years "Does no one else see the fairgrounds as I see them? Beautiful in their humble but strong malleability? I love the flexibility of these spaces and their untethered usefulness." – from the artist's statement.

Chapman Library

577 S. 900 W. • (801) 594-8623

Spooky Saturdays
 Every Saturday in October • 3 p.m. – 6 p.m.
 Celebrate the Halloween season with Halloween-themed craft and film screening. Craft supplies are limited, so be sure to arrive early. Free popcorn!

Twitter clase en español
 Saturday, Oct. 17 • 11 a.m. – 1 p.m.
 Twitter es una social en línea que permite a los usuarios enviar y leer actualizaciones– mensajes cortos de 140 caracteres llamados “tweets.” La matriculación para todas las clases de informática es obligatoria y empiece una semana antes de cada clase.

Teen Lab
 Nov. 4, Dec. 2 • 3:30 p.m. – 5 p.m.
 Free arts and crafts project, facilitated by employees.

Day-Riverside Library

1575 W. 1000 N. • (801) 594-8632

Rose Park Dia De Los Muertos
 Nov. 2 • 5 p.m. – 8:30 p.m.
 Celebrate the rich Mexican tradition of Dia de los Muertos with activities for all ages. Sample “pan de muerto” and hot chocolate, view an art show by local youth, decorate a sugar skull, and enjoy music, dancing, face-painting, crafts, games and a photo-booth.

Monthly Movies at Day-Riverside
 Fourth Saturdays: Oct. 24, Nov. 28, Dec. 26, Jan. 23
 Free film series for movie fans of all ages. Refreshments provided.

The Science of Leaves
 October 20 • 5 p.m.
 Celebrate the changing colors of fall. Kids will use light prisms, flashlights and paper to see how light includes a variety of colors, then learn how different light reflects off leaves to make them change colors. Afterwards, kids can make a craft inspired by the book “Leaf Man” using leaves found outside in the EcoGarden.

Glendale Library

1375 S. Concord • (801) 594-8660

Mundi Live! : A Musical Series
 Third Saturdays: Oct. 17, Nov. 21, Dec. 19, Jan. 16
 3 p.m. - 4 p.m. A monthly musical series sponsored by the City Library and the Mundi Project. Come experience open mic events, sing-a-longs and concert pianist performances.

Teen DIY Arts and Crafts
 Thursday afternoons • 4 p.m. - 5:30 p.m.
 Get creative with this series of DIY workshops for teens. Every week take part in a new project with supplies provided by the library.

Preschool Storytime
 Friday afternoons • 3 p.m. – 4 p.m.
 Stories and music for preschool-aged kids.

Sunday Anderson Westside Senior Center

868 W. 900 S. • (385) 468-3155

Bingo, Dinner and Dancing Social
 Thursday, Oct. 22 • 3:30 p.m. – 7 p.m.
 Come play bingo, have dinner and do a little dancing. • \$7

Thanksgiving Dinner
 Friday, Nov. 20 • 12 p.m.
 Join us for a traditional Thanksgiving dinner and enjoy some entertainment.
 \$3 suggested donation for those 60 and older.

Holiday Dinner
 Friday, December 18 • 12 p.m.
 Join us for a hearty holiday dinner and enjoy some festive entertainment.
 \$3 suggested donation for those 60 and older.

Meditation
 Thursdays afternoons • 12:30 p.m. – 1:15 p.m.
 Learn techniques that will relax and bring you to mindfulness.

Technology Assistance
 Wednesday mornings • 9:30 a.m. - 11:30 a.m.
 Learn how to navigate your iPod, iPad, Smartphone, etc.

Tongan Health Class
 Second Thursdays • 1 p.m. - 2 p.m.
 Health topics taught in Tongan.

River’s Bend Senior Center

1300 W. 300 N. • (385) 468-3015


Holiday Fair
 Wednesday, Oct. 21 • 9 a.m. - 2:30 p.m.
 Come and get your holiday shopping done early this year. Our Advisory Committee is hosting a Holiday Fair. Donated handmade, new and slightly used items will be available for purchase.

Oil Painting
 Tuesdays • 10 a.m. - 12 p.m. or 5:30 p.m. - 7:30 p.m.
 Instructor-lead oil painting .

Enhance®Fitness
 Mondays, Wednesdays, and Fridays
 9:30 a.m. - 10:30 a.m.
 A full hour of fun that focuses on dynamic cardiovascular exercise, strength training, balance and flexibility.

Wii Bowling
 Mondays, Wednesdays, and Fridays
 10:30 a.m. - 11:30 a.m.
 Practice for recreational Wii video game bowling team.

Brain Health Exercises
 Fridays
 10:45 a.m. - 11:45 a.m.
 Keep your brain active with exercises to slow dementia.



POPLAR GROVE
 community council

385-743-9POP (385-743-9767)
 PoplarGroveCouncil@gmail.com
 facebook PoplarGroveCouncil
 twitter @PoplarGroveCC

Join us
meeting schedule
 4th Wednesday of the month (excluding June, July, Nov, Dec) @ 7pm
Pioneer Precinct
 1040 W 700 S
 SLC 84104

A NEW VOICE FOR

WEST SALT LAKE

www.andrewforsaltlake.com



andrew JOHNSTON

FOR CITY COUNCIL DISTRICT 2

PAID FOR BY THE COMMITTEE TO ELECT ANDREW JOHNSTON

VOTER'S GUIDE

Questions for Candidates

Coordinated by Joaquin Galvan

- 1 How will you leverage support for development/investment on the west side?
- 2 The west side has a substantial stock of affordable housing. How would you encourage a young couple on a budget to consider the west side in addition to the houses they are looking at in other parts of the city?
- 3 The Utah State Legislature recently decided to relocate the prison in west SLC. The west side is already home to three of five state halfway houses and a parole violator center. What will you do to address this egregiously unfair situation?



Andrew Johnston,
SLC Council District 2
Candidate

1 Salt Lake City is on the verge of unprecedented growth. We need to ensure that city permit processes do not hold up development that is “shovel-ready” especially in our west-side business nodes where we can incorporate mixed-use developments to bring both business and residents into the area. To continue to attract new businesses and families to move to the west side, we need to make our neighborhoods the safest in the city through visible police support, clean streets and parkways, and inviting street and sidewalk lighting. We should also push hard to increase bus service to downtown and the University. To assist in all of this, we should work to enhance the emerging benefits of the North Temple redevelopment by creating an CDA district south of North Temple to be a catalyst for street and infrastructure upgrades by retaining tax revenue in our west side neighborhoods.

2 My wife and I have conversations with friends who

are looking to buy homes and we invite them to our house and talk about why we love our neighborhood. The fact that they can buy an affordable home with character, a yard and easy access to downtown amenities is the initial draw. We talk optimistically about all the good that is happening here and the great investment that buying here will yield long term. But we mostly talk about why we need good families here and how important they can be to our neighborhood. You can move anywhere and blend in, but if you want purpose and meaning you seek places that ask commitment from you. We have history and character in our houses and streets and we seek others who sense this and accept the challenge to build something greater. We do not apologize for this challenge. We embrace it, we celebrate it and we share it with others looking for the same.

3 To address this awful lack of vision will require continued pressure on the Governor. It is not just about correctional facilities but also about general neglect of west Salt Lake City, including the historic state fairgrounds and the governor's failure to sign a new lease there. The Dept. of Corrections answers to the Governor and he has authority to change this horribly unbalanced consolidation of correctional services and to prioritize long-term solutions for the fairgrounds and State Fair. It also means finding and voicing strong economic arguments for both issues because that tends to be the language of legislative decision-making.



Van Turner,
SLC Council District 2
Candidate

1 As a small business owner I enjoy serving our west Salt Lake City neighbors. We know that neighborhoods are better because of small businesses located in walkable communities. I believe that cooperation with city leaders will create nodes of mixed-use, like restaurants and shopping similar to what is found in the 9th and 9th area. Focusing on our diverse population to provide opportunities for not only west side residents will invite people from other parts of town to experience the beauty of our west side communities. By leveraging city resources like grants, and the Redevelopment Agency (RDA), we can make a bright future for our communities. As a third-generation business owner, I will be committed to providing an environment where family owned and operated businesses can prosper and flourish.

2 Our west side neighborhoods offer first-time homebuyers great homes which come in different styles, some

located on quiet tree-lined streets with yards that have curb appeal, with all sizes of homes suitable for any size of family and to fit any budget. And if you are great at DIY projects, some homes can offer that challenge. There are great schools, friendly neighbors, proximity to freeways, parks, open spaces, trails, and county-run recreation centers that offer many different programs for families. Shopping areas that dot our community offer different ethnic cuisine. What a great place for young couples to raise a family and become involved in a great community.

3 I am familiar with all four state halfway houses and the one federal halfway house located in our area. My wife and I have volunteered for four years at these facilities. We believe in giving these residents a second chance to change their lives. Many of these men and women grew up in our west side neighborhoods, many went to our schools and their families still live in our community. These residents work hard to improve their lives. They were part of our community before the halfway houses came into our community; they rode their bikes to jobs at local businesses who give second chances too. With the State Prison coming we need to see positive results. The state will pay for all costs to put infrastructure, water, gas, power etc., in that area. The old dump will be cleaned up, bad ground water problems will be addressed, wetlands can improve. Let's work for positive results that will strengthen all of the residents in our community.



Ralph Becker,
SLC Mayoral Candidate,
Incumbent

1 I have a strong commitment to improving the west side's economy, quality of life, and infrastructure. In the past five years, Salt Lake City has invested over \$28 million into west side community development projects and programs including local street repair, construction of the Jordan River trail, and even support for childcare and afterschool programs. North Temple has also been designed into a model “complete street” with TRAX, bike lanes, and walkways. The city has also worked to create business nodes, such as the NoTe (North Temple River District) to create additional opportunities for west side residents, and I'm proud of the new Glendale Library. In my next term, I will continue this commitment. My blueprint, available online at www.ralphbecker.com, calls for a west-side circulator bus, connecting residents to TRAX and other public transit opportunities, expanding Community Learning Centers, and additional economic development and business opportunities in west Salt Lake City.

2 West side neighborhoods are among the finest places to live, work, and play in Salt Lake City. Wonderful parks, community spirit, diversity, and schools all contribute to the west side's vitality and increasing popularity. I am dedicated to making it a safer and sustainable place to work and live. I

SALT LAKE CITY ELECTIONS 2015

have increased resources to west side neighborhoods with a range of projects such as the completion of the Jordan River trail, completion of the Glendale Library, development of Community Learning Centers at two new elementary schools, and development of a Regional Sports Complex with 16 new tournament quality soccer fields. We can and will do more. The west side has some of the best parks in Salt Lake City, and in my next term we will build a large, regional dog park that will continue to attract residents and businesses. My administration has been working hard to engage residents in a Westside Master Plan. Finally, I believe we can make the Jordan River one of the best assets any community has to offer, by offering rowing, kayaking, canoeing, splash pads, walking and running trails, and pavilions and fields for events.

3 I have strongly opposed the relocation of the state penitentiary to Salt Lake City. My administration is assessing strategies we might pursue to prevent the prison from moving to Salt Lake City. Because of its proximity to the Great Salt Lake, there is exceptionally high risk to inmates and infrastructure in the event of an earthquake. Also, the site is adjacent to an old landfill. Due to high ground water levels there, any excavation work may draw water and environmental contaminants from the old landfill property offsite. I remain staunchly opposed to relocating the prison to Salt Lake City, and I will continue to fight its development. I also recognize the unfair burden the west side plays in halfway houses. I have been opposed to expanding these facilities in west side neighborhoods and will continue to support zoning and other land use changes that make it more difficult for them to be located just in west Salt Lake.



Jackie Biskupski,
SLC Mayoral Candidate

1 Our city has been focused on growth in the Downtown and Sugarhouse neighborhoods, virtually ignoring our vibrant and multicultural west side. After gathering input from west-side residents, it is time to maximize opportunities for new growth on the city's major corridors and in west side neighborhoods by:

- Creating additional Re-development Agency Project Areas. The RDA has focused on Downtown and Sugar House. We should establish additional RDA zones west of I-15 where opportunities exist for community revitalization.

- Improving the Jordan River corridor through habitat restoration, natural open space, recreation, and infill development projects to make the Jordan River a regional source of community pride.

- Identifying and developing multi-use opportunities and development to major corridors in our west side neighborhoods such as North Temple, 900 West, 600 N. Redwood Road.

- Prioritizing transportation projects to the underserved west side like a direct North Temple to University of Utah Trax or bus routes, expanded and better networked bus routes, earlier and later transit times, enhanced rider amenities such as benches and shelters, and a North Temple TRAX line Park n' Ride.

- Planning today so Salt Lake City can take full advantage

of the vast opportunities offered by completion of the Mountain View Corridor.

- Improving the planning and zoning processes to clear the path for small business growth on the west side.

2 The west side of our city is a vibrant, family-oriented, multicultural community. As I've canvassed neighborhoods west of the freeway I've met many homeowners who recently relocated from Sugarhouse and other neighborhoods east of the freeway. The best way to convince people to consider the west side as a place to buy a home and raise a family is to build on the strengths of the west side and improve educational and economic opportunities. My educational and economic development platforms include specific proposals for expanding Pre-K education and mentoring programs, improving transportation options, building new business districts, and creating RDA zones on the west side. Young people will find the west side of our city an inviting and exciting location to build their lives.

3 The residents and families of the west side of Salt Lake City bear a disproportionate portion of the burden for rehabilitating and penalizing criminals in this state. I am opposed to relocating the prison in Salt Lake City and I support continuing efforts to resist moving the prison here. Environmental impact studies may yet provide a reason for it to not move.

However, if we are unable to reverse the legislature's decision, I will work with the Prison Relocation Commission and the prison administration to ensure that communities surrounding the prison, the halfway houses, and the parole violator center are protected and have access to the services and resources needed as a community adjacent to these facilities. I will also oppose any efforts to locate additional corrections and rehabilitation facilities in our city.

OPINION EDITORIAL



Sue Ativalu **Your Voice,** **Your Vote**

Recently I have thought a lot about the decision to move the Utah State Prison to Salt Lake City's west side and became even more upset as I read an article in September about West High and the 80-plus students that were asked not to come back this school year. (www.good4utah.com/news/local-news/why-are-80-west-high-school-students-missing.)

I have felt pretty helpless as I see decisions being made that negatively impact my community – Pacific Islanders, people of color, and those in poverty. These decisions will have ripple effects for generations to come.

The overrepresentation of people of color in our legal system, the pushout of students from public schools, and the inadequate amount of money and resources invested in public education, specifically in racially diverse areas, are all interconnected issues that need to be addressed if the school-to-prison pipeline is to be dismantled.

I believe in the strength, talent and heart of our people and our ability to organize and create positive change. It

is imperative that our voice, individually and as a community, is heard.

One step to creating positive change is to exercise our right to vote. I wanted to help in this effort and decided to organize a voter registration event that:

1. Is fun and free, where people can bring their families and come together as a community.

2. Provides an opportunity to register to vote, get information about candidate platforms and increase voter turnout for communities of color. (If people bring mail-in ballots to the event, they can get information at the event and we can direct them to the nearest ballot drop box location.)

3. Provides an opportunity for youth to be engaged in the voting process and to connect with community groups that are doing great work.

Sue Ativalu is Division Director of Residential Services at Volunteers of America Utah. She moved to Salt Lake City from the Islands eight years ago.

Your Voice! Your Vote!

Monday, October 26
5 – 8 p.m.

Pacific Heritage Academy
1071 N. Redwood Road

Co-sponsored by
University of Utah's
Voices of Diversity

To register to vote,
bring your Driver's
License or ID Card
with current address.
There will be food,
fun, music and
civic engagement.
All are welcome!

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West side Wildlife



Dan Potts
WEST VIEW MEDIA



One of the newest migratory birds to make its home here on the west side is the great-tailed grackle, *Quiscalus mexicanus*.

Although I saw the first rookery of this very intriguing native species in northern Utah at the Willard Bay State Park about five years ago they are finally becoming estab-

lished here in our neighborhood this year. Here in Utah they have always been very common in St. George, but global warming is now allowing them to become

established farther and farther north every year. The males of this regal and very urban-adapted bird are unmistakable with their huge tail that is almost as long their

body. Like other black birds, great-tails are mostly black, males more so, and females with a cinnamon-buff breast.

Although they are normally associated with larger bodies of water, they have now habituated to humans to such an extent that they literally take over larger parking lots. These native grackles have taken over the Flying J near Willard Bay Reservoir, where they now beg for food.

This year they have arrived at the Home Depot on 2100 South where they can easily be seen swaggering around on the asphalt looking for hand-outs or any food that might be dropped.

These birds are amazingly intelligent – do not give them your car keys; they just might

take off with them! They have an impressive range of calls, everything from something resembling a crying baby to whistles and loud “clack” noises. Some people think they can be taught to speak similar to parrots.

If Salt Lake City is like other places they have “invaded,” they are surely here to stay; you should have no problem finding them at our Home Depot.

They will migrate south in the winter with other migratory birds, but are highly likely to return in the spring. And their numbers are likely to explode, just like they have in Las Vegas where people have learned to hang on to their car keys.

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