

AGENDA

OF THE
GREATER AVENUES
COMMUNITY COUNCIL

www.slc-avenues.org

March, 2017

Vol. XXI

Issue 3

representing the Avenues and
Federal Heights neighborhoods
of Salt Lake City, Utah

Education Should Be Our Top Priority

by Kim M. Bowman Jr. **If** you ever want to know how many people read a monthly newsletter, just wait to see how many phone calls and emails you get if it's a few days late!

We had a mix-up with our new mail house that resulted in a one-time delay of our February issue of *The Agenda*. The show went on despite the delay and we had a great meeting discussing renewable and responsible energy use. This month's issue picks up where the meeting left off, and includes a first-hand account of what it's like to install solar on a home here in the Avenues.

The next GACC priority is increasing our community's commitment to education. We all agree education is the key to a stronger economy and a bright future for our children. I would go so far as to call it our most important issue as a state. There's a lot we get right, but we need to begin by being honest about what isn't working in education.

For example, Utah is last in the U.S. for K-12 per-pupil funding, the average starting salary for a teacher is only \$27,000, on average 1 in 4 children of color don't graduate high school, and 75% of all high school students who do graduate aren't prepared for college. There are real challenges, some of which can be made better with more funding, and others that present challenges that go beyond dollars (and seemingly common sense). Studies have shown that relatively small investments in our children's education can provide huge benefits for a lifetime and help reduce poverty.

For example, children who attend pre-K and all-day kindergarten programs are more likely to finish high school, attend college, get a higher-paying job, and are less likely to abuse drugs and alcohol.

Research also shows that students who attend after-school programs get better grades, are more likely to graduate, and have lower incidences of drug use, violence, and teen pregnancy, and that for every \$1 spent on after school programs \$9 are saved in future services.

However, more than 100,000 school-age children in Utah are responsible for taking care of themselves during work hours before and after school, and for every child in an after-school program, two are still on waiting lists. Clearly there is still a lot of work to do and each of us has a role to play in improving



Kim M.
Bowman Jr.

GACC Community Meeting

Sweet Library

9th Avenue and F Street

March 1, 7:00 p.m.

- 7:00 to 7:05—Welcome, Announcements (Chair)**
- 7:05 to 7:35—Reports:** Library, Police, Fire, City, School Board, Legislative, and Aves Baseball
- 7:35 to 7:45—GACC Treasurer's report**
- 7:45 to 8:25—2017 Priority Issue No.2—Education**
- 8:25 to 8:35—Salt Lake City Marathon Update**
- 8:35 to 8:40—Salt Lake Open Spaces Update**
- 8:40 to 8:45—Open Announcements**
- 8:45—Adjourn**
- 8:45 to 8:55—Cookies and Conversation with Neighbors/Clean Up**

education.

This issue of the newsletter and the largest portion of our next meeting are devoted to making connections between our local schools and the members of our community. We will hear from Katherine Kennedy, Salt Lake City School Board Vice President and our Precinct Representative. March's meeting will include an open house, where we've invited representatives from Bryant Middle School, City Academy, Ensign Elementary, The Madeleine Choir School, the Open Classroom, Wasatch Elementary, and West High School to answer the question that comes up most regarding education: "What do you need?" Join us for this opportunity to make connections to the institutions that make up the foundation of the strength of our community.

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AVENUES COMMUNITY MEETINGS

GACC Council Meeting

Wednesday, March 1, 2017, at 7 p.m., Sweet Library. For special accommodations contact the GACC chair at gaccchair@slc-avenues.org. Open to the public, all welcome.

GACC Board Meeting

Wednesday, March 8, 2017, at 7 p.m., Sweet Library. For special accommodations contact the GACC chair at gaccchair@slc-avenues.org. Open to the public, all welcome.

Community Life / Resources / Free Stuff!

Sweet Branch Library, 455 F Street (at 9th Avenue), 801-594-8651, www.slclpl.org. **Kids Calendar:** *Book Baby*, Wednesdays at 10:15 a.m. **Preschool Storytime**, Wednesdays at 11:15 a.m. **Playtime @ Sweet**, Tuesdays at 10 a.m. to 11:30 a.m. Playtime for children 0 to 5 years-old and their caregivers. This program is playtime for children 0 to 5 years-old and their caregivers. **Coding Club:** Monday, 4 p.m. - 6 p.m. Develop computer coding skills at your own pace in a creative and collaborative environment. Kids and teens ages 8-18 can take part in weekly workshops where they'll be able to work through a self-guided programming curriculum with the help of Library staff. **Registration is required.** Call Sweet Library: 801-594-8651. **STEAM Activity:** Theme: Exploring Colors. Thursday, March 2 at 4 p.m. **LEGOs at the Library:** Thursday, March 9 at 4 p.m. **Thursday Afternoon Craft:** St Patrick's Day Craft. March 16 from 4 p.m. - 5 p.m. **Family Yoga:** Thursday, March 23 at 4 p.m. **Wildcard! Discover Discovery Kits.** Thursday, March 30 at 4 p.m. - 5 p.m. The City Library's Discovery Kits are a great way for kids to explore space, technology, and other topics through books, games, and fun devices. See what the Library's Discovery kits have to offer in this exploratory program. **Beehive Bingo** ends March 31. Play a game of bingo to help choose the 2017 Beehive Book Award winner. Kids in grades K-6 can pick up a Beehive Bingo card at the Sweet Branch and fill in a bingo square each time they read a Beehive Bingo book and complete a Beehive Nominee ballot. Once you get a "bingo," visit the Sweet Branch to collect a prize. Kids that turn in a bingo card that has been completely blacked out will be entered into a drawing for a free book. Completed bingo cards are due by March 31.

Teen Calendar: **Escape the Room:** Saturday, March 11, 3:30 p.m. - 4:30 p.m. Use teamwork and problem solving skills to uncover clues that will help you escape from "locked"

room that's lost in time. Teens ages 14 and up can take part in a riveting game where they'll be tasked with navigating through several forms of historical and modern communication—including hieroglyphics, the Pony Express, and the Internet—to unlock puzzles and save the day. **Maker Madness:** Friday, March 17, 4 p.m. Challenge your mind and mettle in this tournament, where you'll compete against other teens using science, technology, engineering, art, and math.

Adult Calendar: **Art Exhibit:** Student Artists: Words by students from Bryant Middle School. March 23, - April 22, 2017. Reception: Wednesday, March 29 from 5:30 p.m. to 7:30 p.m.

Beginning Organic Gardening: Growing your own organic produce is a fun and inexpensive way to eat healthy this year. Learn the basics of organic gardening in this workshop with Wasatch Community Gardens. In this event, you'll learn about garden planning, crop selection, timing, soil texture and testing, and how to manage any insects and diseases that arise using organic methods. Saturday, March 11, 10 am - noon. Let WCG know you're coming! The link to register is on the library's website. **Sweet Reads** at Avenues Proper 376 8th Ave: 4th Tuesday at 7 p.m. Light refreshments will be provided at each event. **Registration is required.** **Author in the House:** Thursday, March 23 at 7 p.m. Guest author is Ann (A. E.) Cannon. Refreshments will be served for this event.

City Academy, now enrolling for fall 2017. 555 E. 200 South, 801-596-8489, www.cityacademyslc.org, 7th-12th grade tuition-free public charter school since 2000. Call for a personal tour.

Save the date! Bryant Middle School Production of "Beauty and the Beast" on March 8 and 9, at 7:00 p.m. Bryant Middle School Auditorium, 40 South 800 East.

March Cut the Carbon Contest! Whoever walks the farthest to our March 1st meeting will win a fantastic Avenues baseball hat! Just come ready with your fitbits, smart phones, google maps, or good old-fashioned pedometers to prove you walked the farthest.

Avenues Exercise Class -Free- Federal Heights LDS Ward, 1300 Fairfax Road. Mondays and Wednesdays, 8:30 a.m. to 9:45 a.m. 801-534-1443.

Spring 2017 Avenues Baseball: Avenues Baseball invites all boys and girls aged 12 and under to register for our spring baseball season! Most games are at Lindsay Gardens Park, 8th Avenue and M. Info: www.avesbaseball.org.

The Agenda

Publisher's Statement

The monthly Greater Avenues Community Council newsletter "The Agenda" is mailed free to all residences in the Avenues. This publication is created to conduct the business of the Greater Avenues Community Council. Mail correspondence to P. O. Box 1679, Salt Lake City, UT 84110.

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GACC web page is www.slc-avenues.org.

Did You Know?

The average household in Salt Lake City includes 2.45 people, resulting from 52% of the households being comprised of families. Source: http://www.slcdocs.com/hand/Housing_plan_executive_summary.pdf

Shambala Means Comfort Food Tibetan Style

by Brian Berkelbach

If your afternoon on Sunday, February 5th looked anything like mine, it was filled with excessive consumption of pigs in a blanket, buffalo chicken dip, and pizza rolls. As the New England Patriots mounted the largest comeback in Super Bowl history against the Atlanta Falcons, my pallet (and waistline) called for food choices with more nutritional value. While announcing to the Super Bowl party attendees, “the diet starts tomorrow,” I began looking for some healthy restaurant options in the Avenues neighborhood.

Café Shambala, a Tibetan-themed restaurant, is located on the corner of 4th Avenue and E Street and boasts a menu with vegan and gluten-free choices aplenty.

The restaurant has been owned by Tashu Dhondup for the past six years, but has actually been in business since December of 1995.

As mentioned, the café's menu items carry a Tibetan theme, but also offers spices and dishes from Tibet's neighbors, China and India. Fan favorites include the Beef Phingsha, Beef Fried Noodles, Chicken Chow Mein, Tofu Vegetable Curry, and Spicy Potatoes. My personal favorite is the Vegetable Momos, which come in both the steamed and fried variety. Just be careful with the hot sauce that is served with the Momos, as it will surely clear your sinuses!

The cafe's walls are decorated with unique pictures and art the friendly staff will be delighted to explain. The west wall features a large photograph of Tibet's capital, Lhasa, which translates to “place of the gods,” and the south wall features several pictures of the renowned scholars of Nalan-

da University, which is a post-graduate and doctoral school in Northern India.

Be sure to check out the daily lunch buffet from 11:30 a.m. to 3 p.m., which is \$8.50. Additionally, after your meal, inquire about the beautiful Nepalese jewelry for sale. The proceeds from jewelry sales are directed to the needs of Tibetan refugees in India and Nepal.

Café Shambala is sure to please both taste buds and waistlines!



Vegetable and beef momo combo. Photo: Brian Berkelbach

Birkelbach Named as Chair of Street Fair in September

Street Fair Planning is Underway!

GACC is pleased to announce that Brian Berkelbach is the Chair of the 2017 Avenues Street Fair.

The planning committee's next

meeting will be March 4th from 9-11:30 a.m. at the Sweet Library.

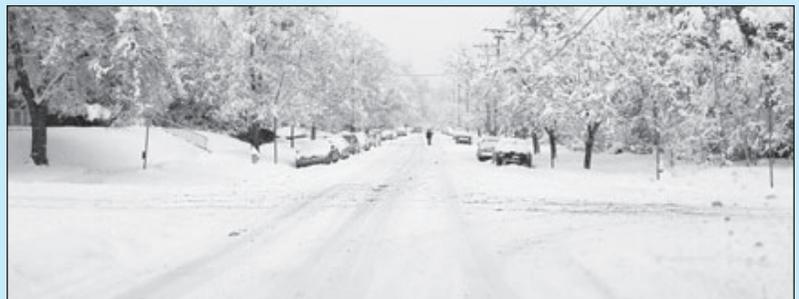
Please email gaccchair@slc-avenues.org for more information.

The September event draws thousands

to the Avenues for food, music and shopping. Date is always the second Saturday in September but the location is decided later in the year.

March theme for our monthly photo contest: "Wildlife in the Avenues"

If you have taken photos of wild animals in your yard (who hasn't?) send your best shot to gaccchair@slc-avenues.org by March 13.



The winner: Gabriela Marston took this snowy street scene.

Rooftop Solar: A First-Hand Account

When my wife and I moved to Salt Lake City to start a family and begin new jobs at the University of Utah, we envisioned the type of work-life balance that seemed out of reach on the East Coast—a backyard garden, the mountains nearby, living in a safe, diverse neighborhood near work.

Five years later we are homeowners in the Avenues, gratefully finding that these aspirations are our day-to-day reality. Recently we made an investment to lessen our environmental footprint: rooftop solar. As of October we are the proud owners of 16 solar panels that are quietly capturing energy from the sun and sending it directly into our home (or back out to the grid if we do not need it). As complete novices to this process when we first considered it last spring, we had a lot of questions. Here are a few of the biggest ones we had about solar as Avenues homeowners:

1. How expensive is it? There are generally two ways to finance solar panels (aka photovoltaic or PV panels) for your private residence. The first is to purchase them outright from a company like the one we used, Creative Energies. The second is to lease them. I cannot speak to the details of this second option, except to say that the benefit of a lower upfront cost (you generally pay almost nothing up front and instead pay a monthly lease to the installer) appears to be outweighed by a couple of disadvantages: since you do not own the panels, you may not qualify for the state and federal tax benefits (mentioned below). There is also an issue when you sell your property, as the panels are not yours and the buyer would have to negotiate a new contract with the solar installer. The other option, purchasing the panels, is definitely more expensive upfront. However they are now a permanent part of the house and are very likely to enhance resale value. Without moving parts, they are thought to last 30 years or more, without need for maintenance or significant decline in energy production.

We installed 16 panels, with a total, all-inclusive cost of \$15,500. We will get a one-time \$2,000 tax credit from the

state this year, and will also get a 30% tax refund from the IRS (\$4,650). With that total tax savings of \$6,650 coming back to us when we file our taxes next month, the panels will have cost us \$8,850. Given the anticipated savings on our Rocky Mountain Power bill every month, they will pay for themselves in about eight years.

2. Are these tax credits / refunds going away in the near future? The short answer is that no one knows for sure. Rocky Mountain Power recently attempted to implement a new billing structure where grid-tied solar panel owners would pay more for electricity. Utah politicians aligned with the oil and gas industries have chimed in regarding their discontent over the continued tax rebates for residential solar. Neither group has offered a cogent argument for their positions (can you guess what those might be?). Over 12,000 individuals wrote to contest the Rocky Mountain Power pricing change and it has been put on hold. There is a growing consensus about the importance of residential solar and the industry is growing rapidly. Bottom line: the financial incentives are still available as of today—if you are interested, the time to get a quote is now!

3. Where can I get more information? We had a terrific experience start to finish with our installer, Creative Energies. Check them out at cesolar.com or give them a call at 866-332-3410. Utah Clean Energy, a non-profit group, helps to represent the solar industry at the local and state level, and also pairs potential clients with installers. They have a great website that provides the latest on the fight to maintain solar installation financial incentives among other issues (<http://utahcleanenergy.org>). Lastly if you (or a family member) are an employee of the University of Utah, their solar energy program is an excellent place to get started: (<http://mycommunitysolar.org/ucommunitysolar>).

Adam and Emily Spivak
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aspivak1@gmail.com

Growing SLC: A Five Year Housing Plan (2017-2021)

Growing SLC is a five-year housing plan that is intended to establish Salt Lake City as a place for a growing, diverse population to find housing opportunities that are safe, secure, and enrich lives and communities.

The Housing and Neighborhood Development Division will be holding an Open House to solicit comments on the City's plan to address the root causes of affordability, create long-term solutions for increasing needed housing supply, and expand opportunities throughout the City.

The Open House will be held on March 9, at 7 to 8:30 p.m. on the 4th floor of the Salt Lake City Main Library (210 East 400 South).

The plan and an opportunity to comment may be found online at: <http://www.slccgov.com/opencityhall>.



Open City Hall

Four new Community Emergency Response Team (CERT) class sessions for 2017 have been announced beginning at the end of March, mid May, mid-July, and mid-September. The next English language course is March 28:

- English language CERT class, Tuesdays, March 28, 2017 through May 9 (7 nights), 6:30 p.m. - 9:30 p.m.
- Spanish language CERT class: Thursdays, March 23, 2017 through May 4 (7 nights), 6:30 p.m.- 9:30 p.m.
- All classes take place at the Salt Lake City Public Safety Building 475 S. 300 East.

Classes cover basic emergency response and home/family preparedness for your community. We hope to draw city-wide response for the CERT Program. Join us for the training that will help our community learn resilience, mitigation and preparedness when disaster occurs. This 7-week, 21-hour course teaches how neighbors can help neighbors.

To register, go to <http://www.slccert.org>. If registration isn't open, please try again. If it still doesn't work, please just show up for the first class.

—Carleton DeTar

Area Schools Reveal Pressing Needs In GACC Survey

by Aly Delanty

With the March GACC meeting topic being Education, it is important to hear from the schools in the Greater Avenues community. We reached out and asked schools about their most pressing needs and how they would like to see Avenues residents engage with them. Unsurprisingly, each school has different needs; below are responses of some of our Avenues schools.

West High is in constant dire need of substitutes. You don't have to have any teaching experience; you just need to be passionate about supporting our youth and have completed the equivalent of an AA degree in college-level coursework. In applying to the SLC School District, you can specify that you ONLY want to sub at West so you don't receive too many calls. This is a great opportunity to teach in your area of expertise—or simply serve as a caring adult who can help with responsibilities of staff and students and perhaps inspire a teen about college and careers. Consider a flexible "volunteer" position that pays \$75 to \$95 a day! To apply, go to <https://www.applitrack.com/slcschools/onlineapp/default.aspx?Category=Substitute>. To learn a bit more about the great program offerings and diversity of West High, see the website at <http://west.slcschools.org/>.

Open Classroom (134 D Street, 801-578-8144) is a public charter school offering grades K-8. Our focus is on whole-child development and, with the help of volunteer parent co-ops

in the classroom, we can have an adult-to-student ratio as low as 1 to 6. We would love to have Avenues residents take tours, consider volunteering, and to help us spread the word about the education work we are doing. To learn more about how you can be involved, please visit us for one of our regular tour dates offered every Thursday at 9:00 a.m. or call Carolyn or Kathy to make an appointment. We REALLY want to show off our school and encourage you to become involved!

Wasatch Elementary enjoys a steady supply of volunteers from the University of Utah. At the general meeting on March 1st, you can come to hear about other ways we would like support from the Greater Avenues community and residents.

Ensign Elementary is currently focused on inclusion and diversity within their student body. We were recently visited by Reverend France Davis, who left the children with the message to 'Have bold visions; don't be afraid to dream big!'. At the General Meeting you can hear more about ways community members might help Ensign students be bold and dream big.

Not every school was able to get back to us in time for this newsletter. We hope you can make it to the March General Meeting to hear from school representatives themselves and help us forge stronger connections between Avenues schools and residents.

2017 NUTRITION TRENDS

Ali Spencer, RDN

Many of us are ringing in the new year with resolutions, and the food industry is paying attention to what consumers want. Nutrition and sustainability are definitely at the top of the list.

Here are some of the top new food trends you can look forward to for 2017.

FERMENTED VEGETABLES

Digestive health is going to continue to be front and center this year, and we already know probiotics are a great way to improve your gut. Fermented vegetables are packed with these gut-healthy bacteria and the trend is going to continue to grow in popularity. Most commercially packaged vegetables have been pasteurized, which kills the bacteria. To purchase pickled vegetables with all the health benefits, choose containers that state they are "unpasteurized" and are in the refrigerated section, or better yet, make them on your own.

WATERMELON WATER

Just like coconut water became trendy, our next "water" trend is likely watermelon water. Essentially, this is watermelon juice. Because it does have added potassium and electrolytes, this could be a great post-work out if you've been sweating a lot. But, don't use this as a replacement traditional water as it does have a higher sugar content.

SAVORY YOGURTS

We're going to see more of a trend towards savory yogurt flavors. Likely stemming from the versatility of using yogurt in savory dishes. You'll start to see flavors like butternut squash, parsnip, sweet potato, olive thyme, coconut curry, cucumber, etc. Traditionally speaking these yogurts tend to have less sugar than their fruity-sugary counterparts so they can be a great lower-sugar choice.

GOAT

Goat milk, yogurt, and cheese have already made it to the mainstream, and the interest for goat meat is also on the rise. Goat meat is very lean and lower in calories than other types of meat. Additionally, it is a more sustainable type of meat. This can be an excellent inclusion into your diet. Locally, you can find it at some specialty grocers and can support local farmers by buying from them directly.

Helping People
Live the Healthiest
Lives Possible.


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THIS MONTH'S MEETING:
WEDNESDAY,
MARCH 1, 2017, 7:00 P.M.
SWEET LIBRARY,
9TH AVE. AT F STREET

Important dated material. Please deliver in-home by February 25

Greater Avenues Community Council thanks LDS Hospital for their generous sponsorship of our activities.

<p>Leo Sotiriou, M.D. DERMATOLOGY <i>call for an appointment (801)521-5630</i> 250 E 300 So #330 <i>ample free parking in rear</i></p>	<p>EST. 2012 AVENUES BISTRO ON THIRD 564 3rd Avenue Open to serve you Wednesday through Sunday 9:00 a.m. to 9:00 p.m.</p>	<p>DESIGN BUILD  CAPITOL HILL CONSTRUCTION RESTORING & REMODELING THE GREATER AVENUES 533.0204 • caphillcon.com</p>
<p>Mike Evertsen "The Avenues Specialist" 801-560-2138 www.slcity.com/mike email: merunner54@hotmail.com A member of Plumb & Co. Realtors</p>	<p> CITY VIEW MEMORIAM Charm • Value • Service Visit Our Elegant Funeral Home 1001 E. 11th Ave. cityviewmemoriam.com • 801-363-7065</p>	<p>Gina Koziatek  801.631.6446 Gina.Koziatek@UtahHomes.com YOUR NEIGHBORHOOD REALTOR® </p> <p>Cat et cetera Loving care for your cat. Daily or twice-daily visits. Licensed, bonded, insured.  catetcetera.com • 801.560.1394</p>
<p>PHILLIPS GALLERY UPCOMING EXHIBIT: MARCH 17 - APRIL 14 Jim Jacobs & Liberty Blake 444 E. 200 S. HOURS: TUESDAY - FRIDAY 11 - 6, SATURDAY 11 - 4</p>	<p>Now Enrolling For Fall 2017 Call now for a personal tour  CITY ACADEMY A tuition-free charter school 555 E. 200 S. Salt Lake City, UT 84102 Grades 7-12 • www.cityacademyslc.org • 801-596-8489</p>	