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Women and Bicycling: Do Men Ride More Than Women?

If you are a woman, do you ride your bicycle for recreation or transportation - or both? Do you have a functional adult bicycle in your house?

An interesting study conducted in 2014 by PeopleForBikes revealed some interesting facts about women and bicycling. "We decided to ask. In late 2014 we commissioned the U.S. Bicycling Participation Study, an unprecedented comprehensive survey of bicycling participation. We measured all kinds of riding by all kinds of people, including women. It turns out that much of what we thought we knew was wrong. There are some important and interesting findings from the study."

Read about the gap between men and women who ride bikes,

- Who rides more - women or men?
- Do parents ride more or less?
- Do men and women have similar aspirations when it comes to bicycling?

Comparing safety concerns between men and women, Do older women ride more or less than younger women? How are women represented in bicycle racing? Find out more:

Article: <http://www.peopleforbikes.org/blog/entry/new-research-on-womens-bicycling-participation-reveals-insightsand-some-sur>

Download the study: <http://www.peopleforbikes.org/pages/u.s.-bicycling-participation-benchmarking-report>

Pedal in the City



Agenda Fairpark Community Council December 1, 2016

- 6:00 Annual Fairpark Community Council Holiday Potluck
- 6:30 Welcome/Announcements
- 6:35 Public Safety
Det. Bryce Curdie and Det. Eldon Oliver
Fire Station 7
- 6:50 City Council Members/Legislative Report-Those in Attendance
- 7:05 RDA Budget Discussion
James Rogers and Andrew Johnston
- 7:20 Mayor's Office Report
Nate Salazar and Hildegard Koenig
- 7:30 Water Rights Adjudication Presentation
Blake Bingham, Department of Natural Resources
- 8:00 Adjourn

Bringing the West Side Together



Restore North Temple is a citizen led, grassroots movement to bring the entire west side community together to support the restoration of our Grand Boulevard, North Temple. Go to restorenorthtemple.com for more information or Like the Facebook page.

Winter Spotlight: Annual Community Coat Exchange

Can you believe how cold it is getting out there?! The Fairpark Community Council was proud to participate as a partner in the Annual Community Coat Exchange again this fall. The Annual Community Coat Exchange, a project of Blue Sky Institute, has been an ongoing event in Salt Lake City, Utah since 2005. The event is held annually at Pioneer Park from 10am to 1pm the day after Thanksgiving. "Need a coat? Come get one. Have a coat? We know someone who can use it!" the website says.

We wanted to learn more about the individuals that this event helps so we met with Glenn Baily, Executive Director of the Crossroads Urban Center. With over 50 years of service, Crossroads Urban Center is a nonprofit, grassroots organization that assists and organizes Utahans with low incomes, those with disabilities, and people of color to meet basic survival needs and to address essential issues affecting quality of life. Crossroads runs an Emergency Food Pantry and helps over 4,000 families each year. Mr. Bailey is passionate about getting individuals to participate in Community Council events. "We want to continue working with individuals in the neighborhood to discuss real issues of homelessness and affordable housing, and make sure that individuals that haven't traditionally been involved in Community Council are able to have their voices heard." So this year, we have been collecting jackets this fall and presented them at the event the day after Thanksgiving. Do you have something you want to donate but were not able to do it for this event? Bring your gently used or new jackets to a Fairpark Community Council meeting and we will get them to Crossroads Urban Center. Clean out your closets and help out an individual in need! "A lot of the people we serve are families, so often it's about having a good coat that fits. It's about helping people stretch their budget," Mr. Bailey added.

Every year, the Annual Community Coat Exchange receives hundreds of donated jackets and coats and delivers them to Pioneer Park the day after Thanksgiving. Anyone may get a coat: No questions asked. Exchange a coat, take a coat,

donate a coat. Leftover coats are donated to the Crossroads Urban Center Thrift Store which is a place where homeless individuals and families can come and get winter coats. Mr. Bailey said, "The coat drive used to be at Library Square and they've always included us. The extras are given away for free through our thrift store by using a referral at the food pantry. Coats are one of the things people are always looking for. We do serve a lot of homeless people. They do go through a lot of clothes, particularly because they aren't able to launder things. This helps people get by. That's the number one reason people use our food pantry. It's because they've just paid their rent. That's why the coat exchange is so great, because people are able to stretch their budgets." Individuals with referrals from a variety of community and religious groups can exchange vouchers for clothing and household items at the Store at no cost. Items are also offered at nominal prices to those without referrals or in need of other goods. Items are also offered at nominal prices to those without referrals or in need of other goods. Crossroads Urban Center is always reliant on volunteers and you can learn more at www.crossroadsurbancenter.org. Mr. Bailey said, "Having a good supply of coats, especially going into winter, makes a big difference."

For more information about the Annual Community Coat Exchange, go to www.coatexchange.org.



Fairpark Construction Update: On Track for a July Opening

Have you noticed the construction happening at the fairgrounds? The demolition of the old arena is done and new construction is happening! The latest update is that all the footings and utilities are nearly finished and steel is starting to come out of the ground. Going vertical is a GOOD sign. Things are on track for a July opening and the Fairpark is expecting over 6,000 BMW Motorcyclist enthusiasts in early July for the first event, before the Days of '47 Rodeo. This will bring a lot of activity to the neighborhood which will help our local businesses.

Cornerstone Church Children's Christmas Party December 10, 2016 Time: 1:00 to 3:00



Winter is Coming... Make Sure You are Prepared!

• Drive Safely in the Snow

Driving in the winter means changes in the way you drive. Snow, sleet and ice can lead to hazardous road conditions. Prepare your vehicle for the upcoming winter season with these helpful tips.

• Avoid Strain while Shoveling

Shoveling snow is a major winter activity in many parts of the United States. Taking a few precautions can help you prevent unnecessary pain and suffering.

• Treat Frostbite Immediately

Use first aid to help someone who may have hypothermia or frostbite. Online and classroom courses are available through NSC.

• Prevent Carbon Monoxide Poisoning

Carbon monoxide detectors save lives, but less than one-third of American homes have one installed. Install one today.

Replace the battery for your home's CO detector each spring and fall.

Do not heat your home with a gas range or oven.

Never run a car or truck inside an attached garage.

• What to Wear

Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Don't forget warm boots, gloves or mittens, and a hat.

The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.

When riding in the car, babies and children should wear thin, snug layers rather than thick, bulky coats or snowsuits.

Blankets, quilts, pillows, bumpers, sheepskins and other loose bedding should be kept out of an infant's sleeping

environment because they are associated with suffocation deaths and may contribute to Sudden Infant Death Syndrome (SIDS). It is better to use sleep clothing like one-piece sleepers or wearable blankets.

If a blanket must be used to keep a sleeping infant warm, it should be thin and tucked under the crib mattress, reaching only as far as the baby's chest, so the infant's face is less likely to become covered by bedding materials.

• Winter Sports and Activities

Set reasonable time limits on outdoor play to prevent hypothermia and frostbite. Have children come inside periodically to warm up.

Using alcohol or drugs before any winter activity, like snowmobiling or skiing, is dangerous and should not be permitted in any situation.

• Sun Protection

The sun's rays can still cause sunburn in the winter, especially when they reflect off snow. Make sure to cover your child's exposed skin with sunscreen and consider using sunglasses.

• Fire Protection

Winter is a time when household fires occur. Remember to buy and install smoke alarms on every floor of your home.

Test smoke alarms monthly.

Practice fire drills with your children.

Install a carbon monoxide detector outside bedrooms.

Keep space heaters at least 3 feet away from anything that could burn, and turn them off when leaving the room or sleeping.



Students with Disabilities: Which Plan is Right?

The school year is well under way and the first quarter has ended. After countless meetings, lack of progress despite numerous interventions, and lots of testing, your child has been classified with a disability. You have so many questions! There are various plans for students with disabilities in the educational setting - IEP or 504? What are they and which one is right for my child?

The Utah Parent Center, a training and information center founded in 1983 by parents of children and youth with all disabilities to help other parents facing similar challenges throughout Utah, has posted a webinar called "IEP vs. Section 504 Plans: Which Is Right for My Child?" (<http://www.utahparentcenter.org/iep504webinar>). The webinar is presented by the Utah State Board of Education and can be downloaded by viewers.

Topics include:

- IEP vs Section 504, Which is Right for My Child Slides

- What-is-Section-504?

- IEP Tips For Parents

"Children with disabilities who qualify for special education under the Individuals with Disabilities Education Act (IDEA) receive services under an IEP plan. However, some children with disabilities do not receive services under an IEP but are instead served under Section 504 of the Rehabilitation Act of 1973 (Section 504). This interactive webi-

nar, presented by Jennifer Slade and Naté Dearden at the Utah State Board of Education, will describe similarities as well as differences between the IDEA and Section 504. For some children, providing the appropriate modifications and accommodations they need is the only way they will be successful in their school experiences. A thorough understanding of the provisions of these two laws and how they differ can help you and your child's teachers plan the most appropriate education for your child."

After view this webinar, you are likely to still have questions and in need of support. Be sure to maintain contact with your child's school and his/her educational team. Working together has great benefits! Outside of the school you can contact the Utah Parent Center for resources, trainings, and support. Services provided by this non-profit organization are free.

Parent involvement is crucial to the education of all children. Children with disabilities are at higher risk for not completing school, not being employed or not pursuing higher education. Family involvement is especially crucial for these children. Seek out the resources you need to help your child be successful!

More information or questions can be directed to Education Corner author Deanna Taylor, transitionuniverse@gmail.com

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 c/o Salt Lake Community Network
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Join us Thursday, December 1st for our Annual Fairpark Winter Potluck at 6pm! Bring a side to share! This is a great time to meet your neighbors and chat about issues impacting our neighborhood. Turkey and the main dishes will be provided.

Advertise Here!!
 Call 1-801-455-5801



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