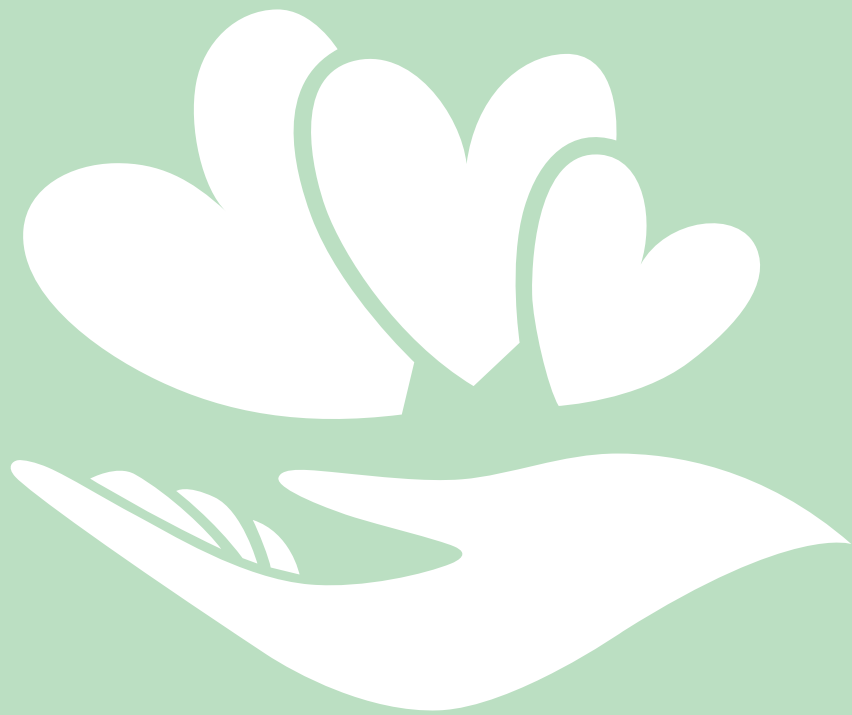


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*/'karita:s/ (noun) love of humankind, charity*

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**WASATCH  
COMMUNITY  
GARDENS**

## A Salt Lake City Heirloom

*'We envision a community where everyone has access to growing and eating healthy and delicious food.'*

**Henry Tanaka**  
*Caritas/The Enterprise*

The *Old Farmer's Almanac* can give home gardeners knowledge and understanding about seeds, seasons, tilling the soil, watering frequency and when to watch out for a surprise frost that could ruin a newly planted garden. But what the 200-year-old publication can't do is assess the spirit of a community and respond to the wants of a constituency hungry to fulfill its own produce needs.

That's where Wasatch Community Gardens excels. The Salt Lake City-based nonprofit has figured out when its resources will permit expansion in its quest to provide a personal gardening experience to more communities around its Northern Utah base. The organization seems to have a green thumb — the ability to foster successful shared gardens — along with the foresight and skills to bring urban gardening to area residents.

Wasatch Community Gardens' origins go back to 1985 and a program of the Crossroads Urban Center called the Fish and Garden Project. Facing a growing hunger problem in the community and the difficulty for some low-income families in accessing help from programs like food stamps, Crossroads' then-director, Jeff Fox, devised a plan for obtaining inexpensive and nutritional food from community gardens.

The plan also included sourcing protein from the mass-harvesting of abundant carp — previously deemed a “trash fish” — from Utah Lake by local fisherman Bill Loy Jr. Crossroads was able to buy the fish for pennies a pound and supply the fresh meat to low-income residents.

Fox reasoned that community gardening empowered people to grow their own fresh and healthy food without relying on bureaucratic food sources. All the center needed to do was secure underutilized or vacant land, create small garden plots and a water source and invite people in the

neighborhood to start gardening.

By 1991, the program had swelled to nine gardens, but with only five to 10 gardeners at each location. Because of the logistics of maintaining many gardens, program directors decided to limit the number of gardens and encourage more participants at each location. The new program worked, and the gardens grew in size.

Cambodian refugee Sengtek Tan had succeeded Loy as the fish program manager, but he was severely injured in a car accident in 1993 and could not continue his work with Crossroads. An analysis by staff members found it was more economical to provide families with protein from retail-sourced chicken, and the fish program was discontinued.

Having earlier been spun off of the Crossroads Urban Center as its own 501(c)(3) nonprofit and with the fish element of the organization no longer functioning, the board of directors voted in the spring of 1995 to create a new mission statement and changed the name from Wasatch Fish & Gardens to Wasatch Community Gardens.

Since the organization's founding, the Grateful Tomato Garden at 639 E. 800 S. in Salt Lake City has been the face of Wasatch Community Gardens. With its wrought-iron gate, complete with its perpetually blooming iron sunflower, the garden was the



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first iteration of Wasatch Community Gardens. The original garden has served more than 2,000 patrons with its countless crops of vegetables and herbs, all produced under the shared community garden model.

The Grateful Tomato Garden was the driving force behind one of the Wasatch Community Gardens' first and most successful fund-raising efforts. In 1995, changes in the real estate market made a sale of the property attractive to the owner, who had been leasing the plot to the organization for \$1 per year. Through the efforts of several organizations, including a group of sixth-graders at nearby Lincoln Elementary, and the generosity of a local business owner, the \$65,000 purchase price was raised and the Grateful Tomato Garden came under the ownership of Wasatch Community Gardens.

As Wasatch Community Gardens grew, a number of new programs were spawned.

**Youth Garden Program**

In the spring of 1993, a Wasatch Fish and Gardens employee named Tom Johnson conceived the first Youth Garden Program. His idea was initially a money-making idea where youth would plant, nurture, harvest and sell the produce — then split the proceeds. The 10 kids — mostly from West High School — who initially signed up took their crop to the budding Downtown Farmer's Market at Pioneer Park. Johnson found that

the great sense of responsibility and accomplishment among the young participants was something most had never known.

The Youth Garden Program has evolved over the years to now include summer camps, field trips and the Youth Garden Club, all designed to teach and edify youth from Salt Lake County's underserved communities.

**Green Team**

Started in 2016, Wasatch Community Garden's Green Team Job Training Program provides farm-based employment, work readiness training, job placement assistance and mentoring for women facing or experiencing homelessness. Under the direction of Jim Loomis, WCG's director of agricultural operations, the program

is conducted at the Green Phoenix Farm in the downtown Salt Lake City area. Through on-the-job training and weekly life and job skills workshops, the program helps participants develop new skills and strengthen existing skills, cultivate strong work habits, build confidence, develop key social and emotional skills, secure housing and permanent employment and achieve other personal goals, Loomis said.

Loomis said the program generates over \$60,000 worth of food per year from a totally 100 percent solar-powered operation and the 1.4-acre farm serves as a demonstration site for regenerative agriculture and permaculture.

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*When children tour a garden site, they are often invited to participate in the vegetable harvest. Here a group admires the fruits of its labors.*



*Volunteers and staffers of Wasatch Community Gardens participate in a tomato-tasting event last fall as the 2022 growing season drew to a close.*



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FROM page 4

ulture techniques. The program cites its 80 percent success rate with participants achieving stable housing and reliable employment after completing the program. Green Team program participants grow most of the 45,000 seedlings sold at WCG's annual Spring Plant Sale, as well as organic produce that feeds thousands of low-income individuals and families annually through WCG programs and community partnerships.

#### School Garden Program

Urban farming can be a great skill to learn for all ages and WCG has a curriculum for everyone, including sprouts. WCG says its School Garden Program, which now partners with more than 10 schools, is dedicated to growing healthier and smarter kids by using school gardens as an educational tool. Included in a garden curriculum are school-located gardens, food safety resources, garden design courses, field trips and many other agriculture-based activities.

"This past year we have participated in over 73 field trips for youth, including some Title 1 schools in the valley," said Katie Dwyer, WCG's marketing and communications director. "But the learning and fun don't end when the bell rings. WCG also offers summer camp for school-aged children to continue their fun in the dirt with community instructors."

#### Utah Yard Share

An old adage says that good fences make good neighbors; however, WCG would submit that good soil makes good community. Participation in WCG's Yard Share program seems to prove the maxim.

Simply put, Utah Yard Share introduces gardeners to garden spaces, creating a unique and viable approach to empowering people of all ages and incomes to grow and eat healthy, organic, local food. In addition, it creates self-reliance and builds stronger communities.

To participate in the program, anyone with a potential garden spot — dubbed a "resident gardener" — fills out a questionnaire that asks things like what type of sunlight their yard gets and what they will or won't allow to be grown in their yard. That person is then matched with a "companion gardener," a person seeking a place to grow a garden.

"We've had a lot of interest in

the program, which is actually pretty hands-off for us since people just seem to have such an interest in community-growing" said Dwyer.

Wasatch Community Gardens maintains its programs upon three pillars, or core values.

The first pillar — service to the community — means that WCG makes a point of creating sharable models of sustainable practices for the underserved communities in Salt Lake County. Inherent in this model is creating an environment that embraces and cultivates respectful, authentic connections among diverse people.

Preserving green space is a commitment within the WCG credo. As an example of the execution of this pillar, the organization cites a choice between an oversized, water-guzzling lawn or a shared garden that can provide produce for the surrounding neighborhood. Wasatch Community Gardens opts for the latter, Dwyer

said.

Thirdly, WCG advocates strengthening its community partnerships in order to grow and benefit all concerned. The organization gives credit to the dozens of donors and sponsors that make the success of its mission possible.

An example of WCG's community partnerships is a recent event held in conjunction with Artes de México en Utah, an organization that promotes the arts and culture of Mexico. The event — "Sabores de Mi Patria" or "Flavors of My Homeland" — comprises a series of workshops that teach lessons from the farming legacy of generations of Mexican farmers.

It takes more than a green thumb to successfully bring fresh, healthy, affordable produce to hundreds of urban families. Whatever that added value is, Wasatch Community Gardens has figured it out and continues to bless those it serves.



A group of young students from the Elizabeth Academy in Salt Lake City stop during a recent field trip to sample the spinach from a planter box at a neighborhood garden.



Volunteers construct planter boxes for one of Wasatch Community Gardens' neighborhood garden plots in Salt Lake City.



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COMMUNITY  
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# Ending the scourge of child sexual abuse

**The work done by the Malouf Foundation has helped raise awareness to the severity of childhood sexual abuse and empowered survivors in their respective healing journeys**

**Taylor Larsen**  
*Caritas/The Enterprise*

Hushed tones and whispers are often how the general public talks of child sexual abuse, something so severe and prevalent that one out of every five children is sexually abused before they turn 18.

“It doesn’t happen here.”

“Not in our community.”

“It could never happen to my child.”

Phrases like these are commonplace, leading to stigmas surrounding survivors and an overall lack of awareness of the prevalence of this harm.

But the effects of child sexual abuse are far-reaching. There are many challenges for survivors beyond victimization, as they are at a higher risk of dropping out of high school, hospitalization for a mental or physical health problem, and suicide.

However, there is hope.

Advocates and allies at the Malouf Foundation aim to end child sexual abuse by providing education, promoting healing and furthering advocacy for survivors.

## **Beginnings of Advocacy**

Sam and Kacie Malouf, the Logan-based mattress moguls that founded Malouf Companies, always wanted to give back to the community by

providing new sheets and new mattresses to domestic violence shelters, homeless shelters, safe houses and trafficking shelters.

According to Sage Hancock, director of impact at the Malouf Foundation, that commitment to the community has been ingrained since the company’s



*Sam and Kacie Malouf formalized their charitable efforts in 2016 and created the Malouf Foundation.*

founding in 2003.

“The more [Sam and Kacie] gave back, the more they realized this problem was more prevalent than anyone recognized,” she said.

Their work to confront child sexual exploitation, specifically sex trafficking and online abuse, was formalized in 2016 by creating the Malouf Foundation, the charitable arm of their company with the specific mission to advocate for survivors.

The Malouf Foundation does its much-needed work with a lean, dedicated 10-person team. However, they are aided by the greater Malouf Companies team, with employees of the company donating time across various programs and initiatives. From the second story of the company’s Logan headquarters, Hancock said, “Everyone here (at Malouf Companies) has been involved with the foundation in some capacity.”

## **Education**

Jeff Frodsham, marketing manager for the Malouf Foundation, spoke of the disparity between resources allocated reactively, like in criminal and restorative justice, to resources devoted to preventative measures to ensure that child sexual abuse

**CONTINUES on page 9**





sands of people have participated in OnWatch training, helping to support survivors on their path to freedom.

**Advocacy**

According to Utah State University and Utah Women & Leadership Project statistics, three-quarters of sexual assault victims reported being sexually assaulted before their 18th birthday.

To advocate for survivors and create justice frameworks to prevent sexual abuse in the future, Hancock and Frodsham mentioned how Utah residents have pushed local leaders to enshrine the commitment to end childhood sexual exploitation into law.

In one instance, U.S. Representative Blake Moore, Utah state Representative Angela Romero, Utah state Senator Chris Wilson, Utah state Representative Karianne Lisonbee and Cache County Executive David Zook proposed or supported legislation to toughen up penalties for those who sexually exploit children, passing SB167 in March 2022.

The work done at this advocacy level is one of the main things the general public can do after learning about the issue. Doing so allows resources to be spent on helping survivors heal.

**Healing**

Once survivors escape their abusers, they usually need comprehensive treatment to help them recover and reintegrate into society.

In this arena, the Malouf Foundation’s efforts allow survivors to heal and shine bright as their whole selves. The organization donates hundreds of thousands of dollars in products to foster care efforts, child advocacy centers and a unique pro-

**FROM previous page**

does not happen. For every dollar spent on preventive measures like research and education, governments spend thousands on punishment. But the Malouf Foundation wants to change that disparity by allocating thousands of dollars in foundation monies toward restorative justice efforts and running various education initiatives.

OnWatch is one of those efforts that has proved effective in educating the general public and building advocacy at a grassroots level. It is a survivor-led education platform that teaches users to spot, report and prevent trafficking in the United States. Hancock explained how trainees complete 10 online modules to understand the problem better and take on a more significant role in fighting against and reporting child sex abuse.

Experts lead modules covering how to identify familial trafficking, address stigmas surrounding child sex abuse and identify how to identify abuse escalation. Individuals and companies can be certified, with Frodsham explaining how one company, Radix, a Utah-based residential solar energy company, became certified, allowing employees who travel all over the country to identify the signs of child sexual abuse and exploitation.

According to the Malouf Foundation’s impact reports, tens of thou-



*“We Believe You” recognizes the positive impact that comes from believing survivors of sexual violence. Studies show many victims don’t report sexual assault for fear of not being believed, so this campaign aims to create educated and accepting communities.*

gram to help children heal from sexual abuse called Rooms Restored.

The Rooms Restored program, Frodsham explained, renovates and restores a room in the child’s home to help them enjoy a new space, mainly removing the trauma of the previous room.

“The bedroom can hold a lot of trauma or a lot of healing,” he said, “if we can create that fresh space that is there and fits them.”

Children and families work with a victim advocate to pick out furniture, colors and other needs — locks, curtains and more.

Sometimes, the needs are as simple as the perfect fluffy chair, Frodsham said. Other times, the room undergoes a full nuts-to-bolts remodel.

**Partners**

The Malouf Foundation partners with other pivotal organizations to accomplish its mission. In 2020, it officially joined with the Elizabeth Smart Foundation to make a bigger impact. The foundation often works with Prevent Child Abuse Utah and Saprea.

As a survivor-informed and survivor-led organization, Hancock said that the Malouf Foundation has looked to be married to the problem rather than the solution. It follows best practices and the latest research to truly listen and assist those looking to break the cycle of child sexual abuse.

**CONTINUES on page 10**



*The Rooms Restored program of the foundation renovates and restores a room in a child’s home to help him or her enjoy a new space, mainly to remove the trauma of the previous room.*







The Malouf Foundation exists to confront child sexual exploitation, specifically sex trafficking and online abuse. We fulfill our mission by providing education, promoting healing, and furthering advocacy for survivors.

FROM page 9

“We’re very collaborative,” Hancock said. “We don’t want to re-create the wheel.”

Unifying with the Elizabeth Smart Foundation has resulted in new programs and combined initiatives, namely in the organization’s work in education, where the Malouf Foundation has combined resources and adopted the Smart Defense program to educate and empower people through self-defense.

Another effort comes via the “We Believe You” campaign, which raises awareness for survivors of sexual abuse and sexual violence that the foundation hopes will lead others to advocacy and healing.

Hancock succinctly put the campaign’s goal: “When you believe someone, they can start on their path to recovery.”

Believing survivors, she said, is critical as they navigate these complex emotions in a way they choose. “We Believe You” helps to build a support system and help survivors realize that the abuse that happened was not their choice to make but that they are empowered to choose their way forward.

The challenges, as previously mentioned, are complex, Hancock said. “It’s hard to talk about — it’s uncomfortable.” Recognizing such a serious issue that may be happening to friends, family and others in our respective circles is a tough pill to swallow. But, as the saying goes, an ounce of prevention is worth a pound of cure.

Malouf Foundation seeks to make a difference by intervening in child abuse cases, allowing survivors to thrive and creating new lives supported by the community around them every step of the way.



In 2022, the Elizabeth Smart Foundation became an official part of the Malouf Foundation. Smart (center) is pictured with Malouf Foundation Executive Director Jake Neeley and Director of Impact Sage Hancock.



When the Malouf Foundation combined resources with the Elizabeth Smart Foundation, it adopted the Smart Defense program to educate and empower people through self-defense. Here, Miyo Strong conducts a Smart Defense class.



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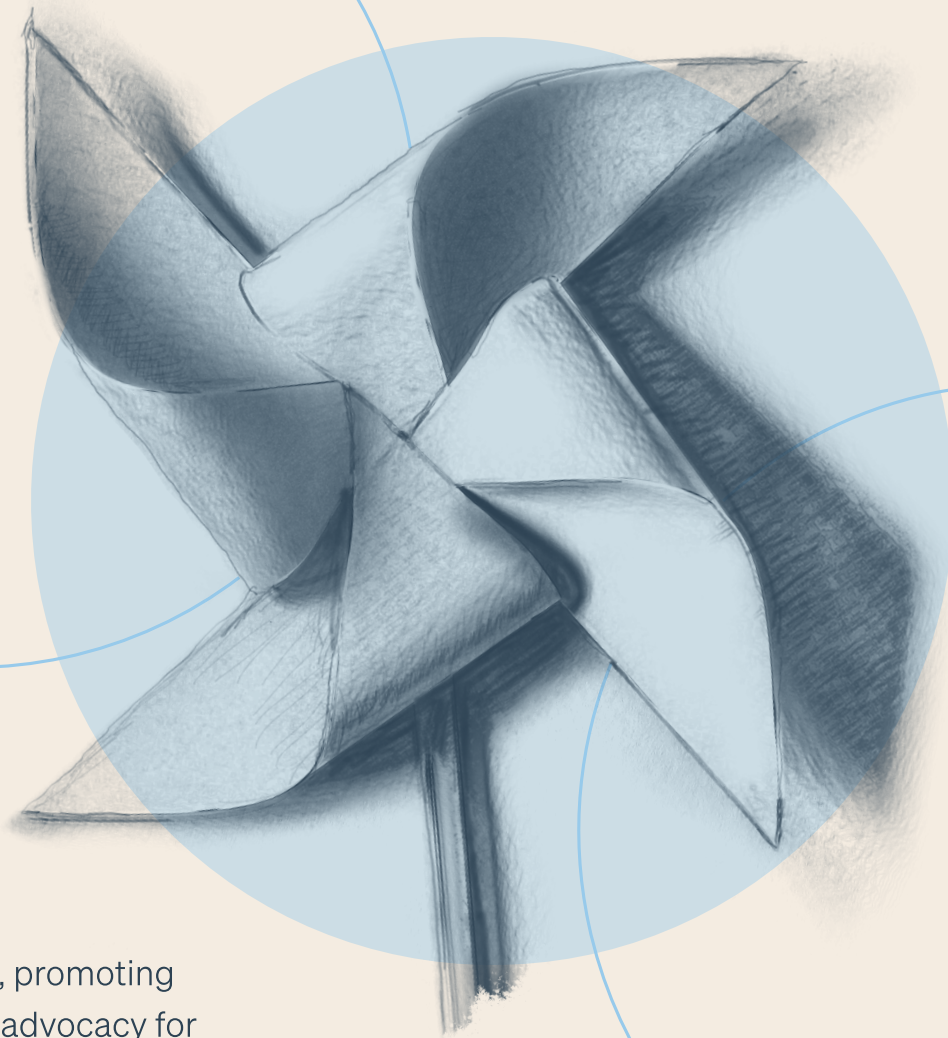
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# BOONE BROTHERS FOUNDATION

Working to build a better future for the youth in Utah and around the world

**Henry Tanaka**  
*Caritas/The Enterprise*

Folks in Utah who pay any attention at all to football will recognize the name Boone. Four brothers who hail from the Millard County town of Fillmore have taken extraordinary steps to turn their sports celebrity and prowess to the benefit of Utah's young people. Operating out of Sandy, the Boone Brothers Foundation operates under the promise to "elevate the lives of Utah youth."

"Our mission is to provide an enjoyable, educational and affordable youth football camp and other educa-

tional activities with personal, professional instruction for all skill levels," the foundation's website declares.

The operative word in that statement is "affordable." With a tuition of \$29 for the learning experience, a Boone Brothers football camp may be the best bargain in the sports camp arena. The foundation also makes "scholarships" available so that boys and girls in a lower socioeconomic status can attend at no cost. Youth of elementary and junior high school age may pay hundreds of dollars for a similar experience at other camps offered in Utah

Third-graders through eighth-graders are welcomed at a Boone

Brothers camp, this year held in Heber City, Fillmore and the Salt Lake Valley at Juan Diego Catholic High School where 130 kids showed up for instruction. For the \$29 cost, they get a camp T-shirt, a wristband, free drinks, a commemorative photo, a trophy and five hours of instruction from dozens of former college and professional players and coaches. Legendary University of Utah Coach Ron McBride is often seen pacing among the campers and joining the instruction.

Because of the varied life and football experiences of the brothers and their volunteer instructors, skill in virtually all football positions are

taught and drills are run to suit all levels of ability and experience. "Learning to play any position allows these youth to explore how their bodies will respond to each role, but also they may find what position they like on the field and want to pursue it. That's why it's so important to push yourself to learn new things and to push your abilities," said brother Jesse Boone.

Kids are taught the skills necessary to win and the focus they will need to get there. The philosophy be-

**CONTINUES on page 14**





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FROM page 12

hind cross-training and understanding the game from every vantage point on the field is simple yet incredibly effective in the Boone brothers' eyes. "The more you know about your opponent, the better your defense and offense is. Knowing every position allows you to think like your opponent and see a play before it happens," said Jesse. He said that means that if you know how to move on the field, you will likely be able to apply this to life experiences when thinking strategically about how to make a move for what you want out of your own life, not to mention the teamwork it will take for everyone to achieve their goals.

So, just who are these Boone brothers — Jonathan, Jesse, Aaron and Jason — bringing these extraordinary experiences to Utah's youth?

The Boone family raised its boys in hard-working, middle-class rural Fillmore. As football players, they led the Millard High School Eagles to more than one state championship and excelled in other sports as well. But football seemed to be their go-to endeavor.

Aaron Boone quarterbacked the Eagles to a state championship in 1996 and went on to star as a wide receiver at Snow College and the University of Kentucky, where he led the Wildcats in receiving his senior year. He had stints in the NFL with Houston, Chicago and Carolina, as well as stopovers in the Arena Football League and NFL Europe, where he received all-league first-team honors.

A three-sport star at Millard, foundation president Jesse Boone went on to receive all-conference honors at the University of Utah as a center and team captain. His pro career also took him to Europe, and he played in the NFL for the Bengals and the Raiders. He finished his career with the Las Vegas Locos of the United Football League (UFL).

Also an all-stater and state champion at Millard, Jason Boone earned all-conference honors on the offensive line at Utah and went on to play in the NFL for New Orleans. He also played in the Canadian Football League, NFL Europe, the UFL and as a tight end for the Utah Blaze of the Indoor Football League. At Utah, Jason was also named academic all-conference in the Mountain West Conference.

Oldest brother Jonathan Boone watches out for the foundation's

money as its treasurer. He played his high school football at Provo High before the family moved to Fillmore. He then played briefly at then-Ricks College in Rexburg, Idaho.

So where does all this fame and widespread experience get the Boone siblings?

Aaron told the *Deseret News*, "I want them to look at me and say, 'He went to a 2A high school in podunk Utah and he made it to the pros. If he can do it, I can too.'"

The goal of the camps is to teach fundamentals of football and life, the brothers say. "Our love for football commits us to instruct, demonstrate and help develop proper fundamental skills. ... Our commitment to youth development expands the foundation's activities ...", the brothers say in their mission statement.

"Maybe football's not where you're going to be," said Jason in the *Deseret News* interview, "but that same work ethic and dedication is going to apply to whatever you end up doing."

None of the Boone brothers came out of their professional football travels as multi-millionaires. They are all self-employed and run small business-

CONTINUES next page



ErikLars



The Boone brothers (left to right), Aaron, Jason, Jesse and Jonathan, are no strangers to football arenas, having played many collective years in stadiums around the world. They hope this experience inspires the youth who attend their camps to greater heights in life.



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es to earn a living and pay their mortgages. That makes the money they raise from sponsors and the volunteer help they get to run the camps of vital importance. They just hope to raise enough funds above the approximately \$5,000 it takes to run a camp to not lose too much money.

But it doesn't matter a lot to the brothers if they end up in the red at the end of a camp season. There's no way they're going to stop seeking kids to mentor.

"I don't think we could quit now if we wanted to," said Jonathan. "Giving back is just too much fun."

This year, generous donations from Red Zone Realty and MVP Mail House have kept the Boone Brothers camps going.

The Boone Brothers Foundation became a 501(c)(3) nonprofit in April, making gifts to their cause tax-deductible for donors. The brothers serve as the foundation's board of directors and Janelle Garcia runs the day-to-day operations as a paid manager, assisted by Rachel Joy Bonotan. Each camp is made possible due to the volunteer efforts of about 30 unpaid coaches and helpers.

This year marked the 14th consecutive year — with a year off for COVID — that the Boone brothers have hosted a football camp in their

hometown of Fillmore. Jesse said the program hopes to impact more than football in the rural community. He cited the unfortunate growing substance abuse rate among the camps' target demographic in Utah's small towns and hopes the values taught above and beyond football can have a positive effect on the mentality of kids, giving them goals beyond those offered in rural communities.

"The idea is to keep moving the goalpost in life so that you are not resting on your laurels," said Jesse.

Having participated in their beloved game throughout American and overseas and seen the respect and knowledge of the game worldwide, the Boones have not limited their aspirations to just Utah, the U.S. or even to one continent. They recognize the scope of the dreams football can facilitate for kids as they leave adolescence and enter the world and trials of adulthood.

As they are all college graduates, the Boone brothers have seen first-hand what the discipline of organized sports can mean to success in life.

As Coach Ron McBride told the *Deseret News* in regard to the efforts of the Boone family: "Now they're giving back to the kids, giving them an opportunity to be around people who love football and see the importance of what it's done for them. One of the great things about football is it teaches you how to get up when you get knocked down. When you have problems in your life, you learn how to process things so a minus becomes a plus."



*Jesse Boone interacts with a young camper at a recent Boone Brothers Football Camp. The brothers make a point to teach life skills in addition to fundamentals of football.*



*The Boone brothers pose for a camp photo with a couple of their volunteer coaches. The success of their foundation depends on cash donations and volunteers to conduct the camps.*





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