



FALL 2021

The Hidden Patients

As more people are helping aging family and friends, who's looking out for the caregivers? p. 30

Seven Canyons

Buried creeks will see the light of day thanks to the efforts of U students and alums, p. 22

The MUSS at 20

Two decades of unruly, uproarious moments with the Mighty Utah Student Section, p. 44

History Comes Alive

From a canine hero to a female WWII pilot, these are some of the remarkable stories of those buried in the Fort Douglas cemetery.



Outside

Astounding Ascent

Nikki Smith BS'02 doesn't have a favorite climb. What excites her most is a new challenge. "Walking up to a wall and envisioning how you might reach the top is exhilarating," says Smith. She's a professional climber, photographer, and writer with more than 150 first ascents—including this route dubbed "Corporate Hippy," above Scout Lake in the Uintas. She took this photo of Cerre Francis BS'06 following her path up the rock face in 2007. Smith has now written five guidebooks and is sponsored by REI, Mountain Hardware and others.

Climbing treacherous rock faces isn't the only obstacle Smith has faced. As a woman who happens to be transgender, she's met discrimination in everything from getting work to finding safe bathrooms while on climbing trips. An advocate for the LGBTQ+ community, she encourages everyone to speak out in support of transgender people. "You don't have to understand why people are trans," Smith says. "What's important for you to know is that people you care about are trans. It's up to you to be vocal in your support."



Early preparation can help unpaid caregivers tackle the task of looking after sick and elderly family and friends. Sharing responsibilities with a dedicated team can help alleviate the burden being placed on one person alone. p. 34



ANN OHEN

FEATURES

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Seven Canyons What began as an idea from a capstone class at the U has turned into a new park in Salt Lake City—and a different way to look at water. With the help of alumni, professors, and an indefatigable determination, these grads are getting long-suppressed creeks out to where the sun does shine.

ON THE COVER

Tony “the Terror” served in WWII before returning home and becoming a beloved pet and mascot, later to be buried in the Fort Douglas cemetery. Acclaimed artist Tim O'Brien catches the drama of this dog's time on the battlefield.

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Tales from Yesteryear Travel back in time with stories of the fascinating figures buried in the Fort Douglas cemetery. In the fall, reenactors revive the tales of those who've gone before, highlighting the history of the 159-year-old graveyard and its lively, ghostly reputation. Here are some of the accounts of those interred.

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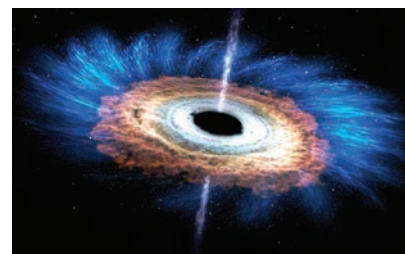
The Hidden Patients When someone falls ill as age takes a toll, dutiful family or friends often step in to look after those suffering—but their service comes at a cost. From lost wages to physical exhaustion, these unpaid caregivers face their own challenges. Health experts share recommendations to help ease the strain.



WEB EXTRAS

More available at magazine.utah.edu

The site of the Bear River Massacre is flanked by a backdrop of verdant hills, hot springs, and willow trees, and it is now the future location of a cultural center for the Northwestern Band of the Shoshone Nation. Darren Parry, former chair of the tribe, shows us what the land looks like now at magazine.utah.edu/bearriver.



U professor Anil Seth is hoping to better understand the mysterious power of black holes as he studies their swirling darkness. With a telescope at hand, Seth gazes at the anomalies and tracks the speed with which stars approach the vacuum. To see some of his discoveries, visit magazine.utah.edu/blackholes.



Artist Trent Call has made his mark on many a notable mural in Salt Lake, but how does he create a masterpiece the size of a building? Hint: his work includes the use of night-time, a projector, and a cherry picker. To see a time-lapse of Call at work, visit magazine.utah.edu/call.

DEPARTMENTS

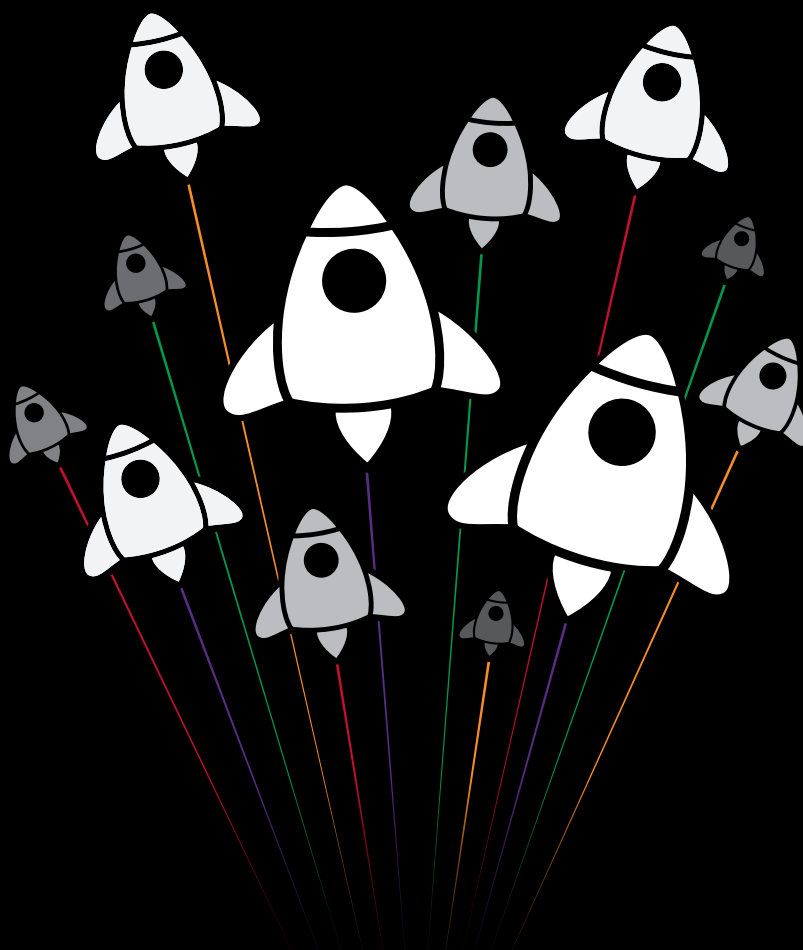
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ERIO HANSON

A Promising Future



The University of Utah campus has come alive again this fall with the return of students, faculty, and staff. And we have the COVID-19 vaccines to thank for making the in-person experience possible.

Campus is not only abuzz with activity, but also with the excitement of welcoming new University of Utah President Taylor Randall, a proud U alum! The announcement of his appointment was made just hours before *Utah Magazine* went to press last month. So, by the time this hits your mailbox, the university will be in the capable hands of President Randall, who comes to this role after serving as accomplished dean of the David Eccles School of Business for 12 years. His list of achievements runs long, and his love for the U runs deep.

President Randall is fortunate to take the helm of a university that is thriving. There is so much good news to share. Among recent highlights: A gift of \$110 million from the George S. and Dolores

Doré Eccles and the Nora Eccles Treadwell foundations will transform our School of Medicine. This historic gift will allow us to support advanced models of medical education, attract more world-class faculty, and engage in further critical research, and will help provide a home for the newly named Spencer Fox Eccles School of Medicine (more on p. 8).

Work is now underway on the Juniper Canyon Campus in Herriman, a partnership between Salt Lake Community College and the U that will allow students in this fast-growing area to pursue their educations closer to home and transition seamlessly to the U to complete their degrees without changing locations. We are also very excited about the recently completed Ken Garff Red Zone on the south end of the Rice-Eccles Stadium (more on p. 10).

This university has never been stronger. I thank the U community—especially you, our outstanding alumni and friends—for your unwavering support. A most promising future awaits the University of Utah.

MICHAEL L. GOOD
 SENIOR VICE PRESIDENT FOR HEALTH SCIENCES
 INTERIM U PRESIDENT (APRIL-AUGUST 2021)



Saying Goodbye

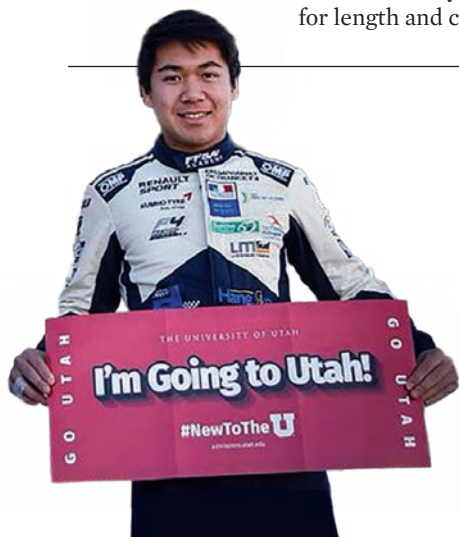
I was able to interact with Dr. Watkins [Reflect, Summer 2021] on a few occasions while she was here. While talking to her, I felt like she really cared about me and my success, personally and professionally. I appreciated her support for our students, particularly how she could help our largely nontraditional group of students. I know that completing our education was her primary goal, and she put together initiatives that made it happen. As an employee, I saw systems and cultures change, too. I will always appreciate Dr. Watkins for her dedication to our institution. My best wishes as she moves on to make another corner of the world better.

TONYA EDVALSON BS'08, PLEASANT GROVE, UT



We want to hear from you!

Join the discussion at magazine.utah.edu or email us at magazine@utah.edu. Comments may be edited for length and clarity.



SOCIAL SPOTLIGHT

Meet Bryson Lew from Moraga, CA. The race car driver and U business student is just one of thousands of incoming students starting school this fall, and one of hundreds who have stormed social media with the hashtag #newtotheU to share their excitement about joining the University of Utah community.

Survey Notes

This past summer, we asked you what you think of the recent changes to *Utah Mag*. The response was overwhelming, and we had hundreds of survey takers leave dozens of comments—all anonymous. Here are a few of our favorites.

"I'm a Black gay man. And I could not believe a university in Utah would do a story about a Black gay author who wrote about the AIDS crisis [Ask, Winter 2021]. I ordered his book shortly after and read it the next week. I have never been so proud to be an alum. Thank you for the representation."

"I want to say thank you for sending such a wonderful publication. I put it on my coffee table and leave it until the next one comes out. I see my husband, my daughter, and even my 15-year-old son pick them up. It helps bring a culture of the importance of a college education and how it's a lifelong investment into my home. And I'm very grateful for that."

"I'm not the type to be a gung ho alumnus, but the magazine is a source of pride in the excellent growth, productivity, community, and worldwide outreach that the U has achieved in the decades since I went to school in an old Army barracks building."



Small Changes, Big Impact

In response to a profile of Patagonia CEO Ryan Gellert JD'05 and his efforts to protect the planet [Faves, Summer 2021]:

My late husband, Craig Forster, was the first director of the U's Office of Sustainability. He used to say that many people changing out their lightbulbs for LEDs has a much bigger effect than one person doing their maximum for the environment. I've always liked the idea that swaying opinions in the center can cause the pendulum to swing in the right direction.

BONNIE BATY, SALT LAKE CITY



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ALUMNI

FOREVER UTAH

News from the U



Utah Gov. Spencer Cox, past U presidents Ruth Watkins and Michael Good, Spencer Fox Eccles and family announce the gift to the U.

Transformative Work

A momentous Eccles foundations gift will help advance health care in Utah and across the nation

In what was described as a landmark contribution, two Eccles family foundations announced a \$110 million gift to the U's School of Medicine. The gift from the George S. and Dolores Doré Eccles Foundation and the Nora Eccles Treadwell Foundation includes \$40 million for an endowment to enrich student scholarships and recruit top-tier faculty, as well as \$40 million for research, focused on cardiovascular science and heart disease. And \$30 million will be used for the new home of the medical school.

These resources will allow the School of Medicine to develop innovations in health care—especially for rural and underserved populations, advances in teaching models, and, eventually, to make future increases in the size of the medical school class possible. “Our newly named school will join the ranks of the nation’s preeminent named institutions,” says interim U president Michael Good. “We will not just adapt to the future of medicine—we will define it.”

The timing of the gift also holds special meaning for the School of Medicine and the Eccles family.

Fifty years ago, the Spencer S. Eccles Health Sciences Library was the first significant capital project at the university to be funded by the Eccles family. Since then, Spencer Fox Eccles BS’56 (Spencer S. Eccles’ son) has dramatically expanded his family’s vision. The Eccles family and associated charitable foundations have been major donors to U of U Health and other areas at the U. Thanks to that storied history, the medical school will be renamed the Spencer Fox Eccles School of Medicine.

“I have long believed that no state or region can become truly great without a world-class medical center at its nucleus,” says Spencer Fox Eccles. “We hope this seminal grant—the largest ever awarded by our foundations—will help ensure the university not only provides the highest quality medical education for the doctors who serve Utah and the entire Intermountain West, but also furthers the excellence of health care for all our citizens and impacts the future of medicine through its groundbreaking research.”

NEWS ROUNDUP



The U's Huntsman Mental Health Institute

(HMH) broke ground for the Mental Health Crisis Care Center on the future site of the HMHI Campus of Hope. The new 24/7 facility will welcome people experiencing a mental health crisis and provide immediate, compassionate care at no cost to individuals. The Mental Health Crisis Care Center will be located at 3300 South and 1000 West in South Salt Lake and is slated to open in late 2023.



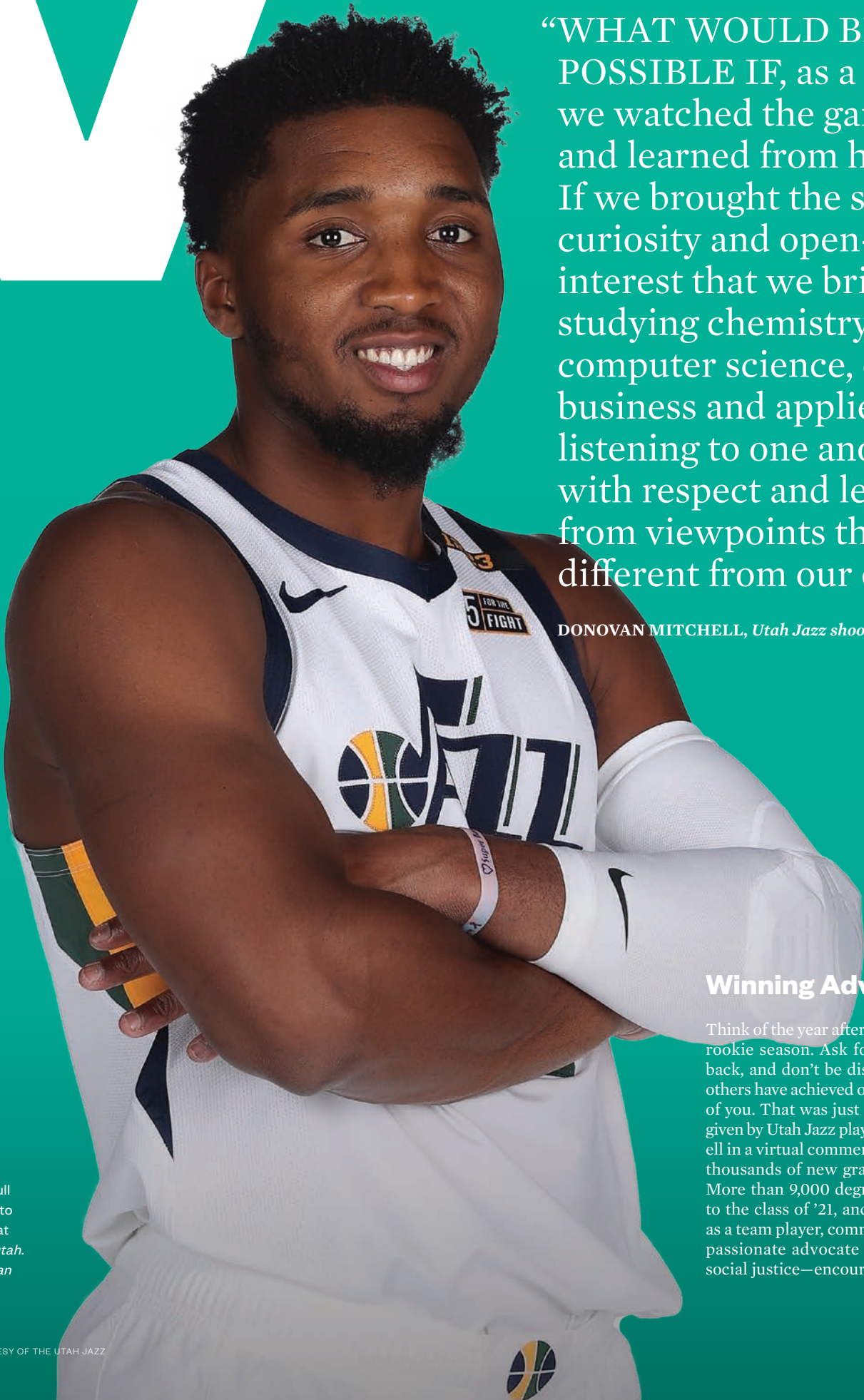
The U is helping develop nine new degree programs at Swat University of Engineering and Technology in Pakistan. In 2014, the U was awarded a \$10 million grant to assist with the creation of the U.S.-Pakistan Center for Advanced Studies in Water (USPCASW) at Mehran University for Engineering and Technology. The success of USPCASW made the U a sought-after partner by the higher education institutions of Pakistan.



A new program

sponsored by the U's George Floyd Memorial Fund seeks to nurture and inspire the next generation

of Black leaders through a yearlong academic leadership bootcamp. Operation S.U.C.C.E.S.S. (Students United to Create Cultural and Educational Success Stories) will include four students who work as Black Cultural Center ambassadors and propose a project to address a larger challenge within the local, national, or global community.

A portrait of Donovan Mitchell, a shooting guard for the Utah Jazz. He is wearing a white jersey with blue and yellow accents, featuring the Utah Jazz logo and the number 31. He has his arms crossed and is smiling slightly. The background is a solid teal color.

“WHAT WOULD BE POSSIBLE IF, as a country, we watched the game tape and learned from history? If we brought the same curiosity and open-minded interest that we bring to studying chemistry, computer science, or business and applied it to listening to one another with respect and learning from viewpoints that are different from our own?”

DONOVAN MITCHELL, *Utah Jazz shooting guard*

Winning Advice

Think of the year after graduating as your rookie season. Ask for help, don't hold back, and don't be discouraged by what others have achieved or what others think of you. That was just some of the advice given by Utah Jazz player Donovan Mitchell in a virtual commencement address to thousands of new graduates last spring. More than 9,000 degrees were awarded to the class of '21, and Mitchell—known as a team player, community builder, and passionate advocate for education and social justice—encouraged them on.



Web Extra

Watch Mitchell's full comments to graduates at magazine.utah.edu/donovan



Loud and Proud

U football fans are greeted with expanded seating, a new south end zone

No, it's not just your imagination—Rice-Eccles Stadium is bigger and louder than ever. That's thanks, in part, to energetic fans who missed cheering for the home team last season, but also because of the increased capacity at the stadium from the newly opened Ken Garff Red Zone.

Construction of the addition on the south end of the stadium began in December 2019, and it opened with the 2021 football season. It adds 5,000 new seats—including premium seats—bringing stadium capacity to 51,444. The Ken Garff Red Zone also includes new locker rooms, sports medicine facilities, and hospitality areas.

In addition, there is space for athletic training, equipment, media, and a recruiting lounge. The zone is named in honor of a \$17.5 million gift from the Garff family—the largest single gift in Utah Athletics history.

"Updating the south end zone is the last piece in making Rice-Eccles Stadium truly one of the best college football environments in the country," says U football coach Kyle Whittingham. "We are especially grateful that a family enterprise like Ken Garff, whose roots are in Salt Lake City, has made such a significant contribution to our Utah football family."

Credit Cards Affect Our Brains—and Our Spending Habits

It's long been known that credit cards encourage spending. But little research has been done to find out why that's the case. One prevailing thought is that credit cards act to "release the brakes" on spending by removing the pain of payment. Another hypothesis is that they "step on the gas" by creating a craving to spend. A new study put those two theories to the test by imaging people's brains while they made credit card purchases.

U assistant professor of marketing Sachin Banker and MIT professor Drazen Prelec used fMRI technology to look at the brain at the moment of purchase. Participants used their own personal credit card or cash to make real purchases of everyday products.

The researchers found that credit cards serve to "step on the gas" by creating a craving to spend, regardless of the price of the product. More specifically, the study revealed that credit cards drive greater purchasing by sensitizing reward networks in the brain, involving the striatum, which is the same dopaminergic reward center that is exploited by addictive drugs like cocaine and amphetamines.

"Billions of financial transactions each year involve cash and credit cards, so any neural differences in the 'buy' processes that drive decisions are multiplied to a high degree," Banker says. "By identifying how credit cards shape neural processes involved in making purchase decisions, we spotlight brain mechanisms that could be exploited by new payment methods as they evolve."

PICTURE

What does a painting sound like? For music composition doctoral student Zheng Zhou, it sounds like the Grand Canyon. Zhou was one of 10 students who participated in the U's School of Music composition program writing works inspired by art at the Utah Museum of Fine Arts. He composed a piece called *Echo* after pondering this painting—*Landscape*, a mid-nineteenth-century scroll painting by Chiang Ta-Lai. "By gazing at the artwork with Grand Canyon's natural beauty in my mind, the painting's landscape seemed to come alive with movement in my imagination," he says. "The resulting composition describes both authentic and imaginary sounds and images presented in the Grand Canyon and Chiang's painting." Listen to his and the other art-inspired works at magazine.utah.edu/composition.



CHIANG TA-LAI (CHINESE), *LANDSCAPE*, CA. 1824-1949, INK, PAPER, SILK, GIFT OF DR. MARCUS JACOBSON



Yasmin Khan MBC'21

Alum with a skincare product lauded by *Forbes*

I was five years old when I moved to Chicago, Illinois, from Pakistan with my family. When I was young, I didn't embrace the customs of my home country. I loved fashion, beauty, and beauty products. It was as a young adult that I began embracing my culture, religion, and ancestry, and that has played a large role in where I am today.

When I started my skincare business in 2017, I wanted to use an essential ingredient from my homeland that was around me as a child and is used in high-end perfumes—oud. It has a natural, woody scent and comes from agar-

wood. It smells like nature, like a walk, like utmost luxury. Oud also has high antioxidant levels and antimicrobial elements, so it was a natural choice for me to include it in my luxury skincare products. It is 1.5 times more valuable than gold, so you feel like a prince or princess when you have this on.

I joined the Master of Business Creation program at the David Eccles School of Business and Lasonde Entrepreneur Institute in 2020 because it was perfectly aligned with the goals of my company. The MBC accelerator program

gave me the tools to form a Khalm Advisory Board that will help grow the business, and it helped Khalm Skincare reach major, instrumental milestones—like having *Forbes* name my Overnight Oil Elixir as one of the 5 Best Face Oils to Use in 2021.

The next couple of months, we're focused on sales and really homing in on who our customer is. We're looking for investors and an anchor store that will market us well. I'm looking forward to seeing who really appreciates the brand and its ethos.

Black Holes and Humankind

Looking to the stars to help us better understand ourselves

Who are we? What are we made of? Where do we come from? The search for answers to these questions isn't limited to the philosophy department at the U. To uncover the mysteries of life, look up to the skies, says Anil Seth, associate professor of physics and astronomy. "All the elements the Earth is made of were made in stars," he says. "A fundamental piece to understanding our existence is based on astronomy."

Seth has been unraveling the evolution of black holes, galaxies, and star clusters for nearly a decade to better understand humankind's place in the universe. In 2014, he discovered the first supermassive black hole that wasn't at the center

of a galaxy—with a mass five times that of the black hole in the middle of the Milky Way galaxy. Since then, he's found and studied black holes with masses great and small. Yet we still don't know much about these mysterious objects. "There are lots of weird things that happen around black holes. Time slows down. If you were falling into a black hole, you would get stretched out into a little piece of spaghetti," notes Seth.

Being an astronomer makes you think about the world in different ways, he says. "It opens your mind to how vast the universe is. But it's also made me appreciate how precious our Earth is."

Imagine



Web Extra Watch a video featuring Seth and learn what black holes are teaching us about the universe: *magazine.utah.edu/blackholes*

Making Tracks

Fossilized footprints show the earliest known evidence of mammals at the seashore

Most people don't think of Wyoming as oceanfront property. But go back 58 million years and the region was actually seaside-adjacent, complete with large hippo-like mammals traipsing through nearshore lagoons. And a

set of tracks from those creatures—discovered recently in the Hanna Formation of Wyoming by U geologist Anton Wroblewski—are the earliest known evidence of mammals interacting with marine environments.

*The brown-bear-sized mammals called *Coryphodon* left thousands of tracks 58 million years ago in what is now southern Wyoming.*



ANTON WROBLEWSKI

“Paleontologists have been working in this area for 30 years, but they’ve been looking for bones, leaf fossils, and pollen, so they didn’t notice footprints or trackways,” Wroblewski says. He first saw the tracks in September 2019. “When I found them, it was late afternoon, and the setting sun hit them at just the right angle to make them visible on the tilted slabs of sandstone. At first, I couldn’t believe what I was seeing; I had walked by this outcrop for years without noticing them.”

Now preserved in sandstone, the tracks go for more than half a mile and were made by two different animals, one with four toes and one with five. The five-toed tracks are consistent with *Coryphodon*, a semi-aquatic mammal similar to a hippopotamus but the size of a brown bear. The owner of the four-toed tracks remains a mystery.

Fossilized plants and pollen helped the researchers determine the tracks to be around 58 million years old, from the Paleocene epoch. Before this finding, the earliest known evidence of mammals interacting with marine environments came from the Eocene epoch, around 9.4 million years later. Wroblewski says that the Hanna Formation tracks are the first Paleocene mammal tracks found in the U.S. and only the fourth in the world.

U Scientists Plumb the Depths of the World’s Tallest Geyser

When Steamboat Geyser, the world’s tallest, started erupting again in 2018 in Yellowstone National Park after decades of relative silence, it raised a few tantalizing scientific questions. Why is it erupting again now? What can we learn about it before it goes quiet again? And why is it so tall? Recorded eruption heights reach up to 360 feet, high enough to splash the top of the Statue of Liberty.

U scientists have been studying the geology and seismology of Yellowstone for decades, and their findings provide a picture of the depth of the geyser as well as a redefinition of a long-assumed relationship between the geyser and a nearby spring.

“We don’t really know what controls a geyser from erupting regularly, like Old Faithful, versus irregularly, like Steam-

boat,” says Fan-Chi Lin, an associate professor of geology and geophysics.

Unlike its famous cousin Old Faithful, Steamboat Geyser seemingly follows no patterns. It’s only had three periods of sustained activity in recorded history—one in the 1960s, one in the 1980s, and one that began in 2018 and continues today. But the current phase of geyser activity has already seen more eruptions than either of the previous phases.

Just as doctors can use multiple X-rays to create a CT scan of the interior of a human body, seismologists can use multiple football-sized seismometers recording several events to build a sort of image of the subsurface.

The results show that the underground channels and fissures that comprise Steamboat Geyser extend down at least 450 feet. That’s much deeper than the plumbing of Old Faithful, which is around 260 feet. The study also found there was no direct connection between Steamboat Geyser and a nearby spring that drains when Steamboat erupts.

Will scientists eventually be able to predict when the geyser will erupt? Maybe, says Lin. “We now have a baseline of what eruptive activity looks like for Steamboat,” he points out. “When it becomes less active in the future, we can redeploy our seismic sensors and get a baseline of what non-active periods look like.”



Steamboat Geyser, the world’s tallest, has been erupting since 2018—raising questions about what causes its irregular schedule.

The Mural of the Story

Every kid is an artist. Some just stick with it while others don't, says Trent Call BFA'04. Call is one of the few who hasn't abandoned his paintbrushes. You may recognize some of his work from around Salt Lake. But unlike many painters, his pieces aren't always on display in galleries or sold at auction. Instead, much of his art is larger than life. From paintings two stories tall on the sides of buildings to a piece covering a wall in a high-end California restaurant, Call is known for his colorful murals.

And it was a class at the U taught by Kim Martinez BFA'98 that helped him get his start. "Trent is extremely creative and is a master at putting forms and

color together," says Martinez, a professor of painting and drawing widely known for her own large-scale mural projects. "The way he uses humor in his work is wonderful. The perspective he takes is always unexpected, and that's what makes it so strong."

His high school art teacher Pat Eddington helped him prepare his portfolio so he could get a scholarship to the U. "I wouldn't be where I am without him. I would've probably just kept skating and hanging out with my friends," Call says. But even with the most talented and inspiring teachers, the creativity driving art still has to come from within. "In art school they teach you the basics and how to use the tools. But you have to figure out how to make it work for you and find yourself," Call says. "No one can do that for you."



Web Extra

For locations of Call's murals and to watch a time-lapse video of him bedecking a building, visit magazine.utah.edu/mural



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People's Voice

Ranked-choice voting manifests voter values

In a time when all eyes are on the health of America's electoral process, a new approach to voting may provide political parties with a better way to enhance its representation of diverse voices.

In an analysis of the 2020 Democratic presidential primaries that used ranked-choice voting (RCV) for the first time, a team led by Baodong Liu, professor of political science at the U, discovered that this new approach was effective in providing consensus for selecting a presidential candidate, while acknowledging the desires of diverse voters. His report was published by New America, a Washington, D.C.-based policy institute.

The Democratic Party used the RCV model in Alaska, Hawaii, Kansas, Nevada, and Wyoming in the 2020 election to determine the party's presidential nominee and allocate delegates for the national convention. Voters selected their top five candidates in order of preference instead of just selecting one candidate, as in traditional voting. Candidates who received 15 percent or more of the vote received a proportional number of delegates for the convention, and candidates who received less than 15 percent of any of the votes were removed from contention.

Compared to a regular election, the RCV results were surprising, Liu said.

"Anybody who says Americans don't pay attention to politics, these results are just completely in total violation of their assumption," Liu says. "Americans are brilliant. They knew how to rank their candidates, and they treated the process very seriously."

Through RCV, voters who didn't select the leading candidate still influenced the party platform by expressing their choice for an alternative candidate. Because delegates at the national convention were assigned proportionally to candidates with at least 15 percent of votes cast, multiple candidates influenced the party platform, instead of just one.

SPORTS BRIEFS



Gary Henderson has been named the U's ninth head baseball coach. Henderson was the associate head coach at the U the past two seasons following 31 years of coaching experience at elite programs across the country. Henderson takes over for Bill Kinneberg, who retired at the end of the 2021 season after leading the program for 18 years.

Utah volleyball's Dani Drews was named to the 2021 USA Volleyball Women's Collegiate National Team. Drews, the Pac-12 Player of the Year, led the country in kills per set, averaging 5.21. The three-time All-American earned American Volleyball Coaches Association First Team honors for the second season in a row and helped lead Utah to a third-place finish in the Pac-12.



U track & field's Maya LeBar earned 2020-21 Academic Momentum Award First Team honors. In addition to her academic and athletic accolades, LeBar has been a vocal leader of the UTAH (United Together Against Hate) Group within the athletics department and has organized several events with more than 100 students in attendance.

Hideki Nakada became the third head coach in Utah women's soccer history after spending the past seven seasons at Stanford, the last three seasons as an associate head coach. Nakada helped guide the Cardinal to two national championships (2017, 2019) and five consecutive Pac-12 Championships (2015-19).



Several U students competed at the Tokyo Olympics this past summer. Incoming freshman gymnast Grace McCallum (center) was part of the U.S. team that won silver, while former U gymnast and current student MyKayla Skinner (right) took home silver in the individual vault. (Meanwhile, Red Rocks frosh Kara Eaker, left, had her Olympic hopes derailed by a positive COVID test at the Games.) Other members of Team USA included Nathaniel Coleman ex'16, who took silver in climbing; Jake Gibb BA'02 in beach volleyball; Alexis Lagan BS'17 in pistol shooting; and Hannah Flippen BS'17, who helped the U.S. softball team earn a silver medal. On other teams around the world, Anissa Urtez BS'17 competed with Mexico's softball squad, while Leilani Mitchell BS'08 and Kim Smith Gaucher BS'06 returned to the Games on Australia and Canada's women's basketball teams, respectively.



PHOTO BY BRETT WILHELM

Tying Up Loose Ends

U skiing and gymnastics squads shine in return to competition after COVID hiatus

A year after both their seasons were cut short, the U's ski and gymnastics teams finished out the 2021 season with a bang. The Utah ski team took home a national championship—their 13th NCAA title in program history—and the Red Rocks placed third at the NCAA tournament.

"It's been a long year and quite a struggle to get where we are today," said Fredrik Landstedt, the U's director of skiing, as the team wrapped up their season last spring. "It's been tough to get the whole season off with all the testing we've been doing, but it's also been just an incredible year for us. It's just a great way to finish it off and win the championship."

This is the U's 14th team national championship in school history (including an AIAW title in 1978), and the third national title for Utah skiing in the past four NCAA Championships completed, dating back to 2017. The ski team also had 16 All-Americans, nine skiers finish on the podium, and two individual wins.

After taking home the Pac-12 title, U gymnastics set its sights on a record 45th-straight trip to the national championships. The Red Rocks had a stellar appearance and finished third with a season-high score of 197.9875—and the team's best NCAA finish since 2015.

The Red Rocks closed out the season with five Pac-12 champions, seven All-Pac-12 selections, five Women's Collegiate Gymnastics Association Regular Season All-Americans, three NCAA All-Americans, and a two-time national champion in Maile O'Keefe. But training and competing in the midst of a pandemic didn't come easy, says Red Rocks head coach Tom Farden.

"This was one of my best years at the University of Utah, and we feel as a staff we maxed this program out," he says. "It was a combination of so many sacrifices to get to this point. We never had a case of COVID, athletes or staff. For everybody to make that self-sacrifice, to have that discipline, it's hard to find a group of people who are willing to do that."



Stats

Leap of Faith

Diver Luke McDivitt was only interested in universities on the east coast. But his mom—a proud U alum—encouraged him to visit Utah. “I fell in love almost immediately,” McDivitt says. “The team culture and coaching staff felt right.” And with just two seasons as a Ute, he’s already making a big splash as the 2021 Platform Champion, the Pac-12

Diver of the Year, an NCAA Championship finalist and the program’s only first-team All American on the 10-meter platform.

He’s been diving since he was 13 years old, but he was a gymnast for nine years before that. “Gymnastics helped me with the most difficult aspect of diving—the mental game,” McDivitt notes. “Getting over the fear of standing 30 feet up and leaping into the air while contorting your body is the hardest part of diving.”

NAME Luke McDivitt

CLASS

Redshirt junior

HOMETOWN

Lexington, S.C.

MAJOR

Chemical engineering

DIVES IN A

PRACTICE 70-90

SIGNATURE MOVE

Back two-and-a-half somersault with a one-and-a-half twist from the 10-meter platform

CONFERENCE

IMPACT

The U’s first-ever Pac-12 diving champion on platform and men’s Diver of the Year

NCAA FINISH IN 2021

8th with a score of 345.85—the highest platform finish in U diving history

CARBO-LOAD OF

CHOICE

Ruth’s Diner biscuits, followed closely by Sushi Burrito

WHAT HE’S

WATCHING

Schitt’s Creek and *Arrival* with Amy Adams

Summer Haze

Wildfire smoke trends worsening in the American West

Summers in the Western U.S. are marked by hazy orange sunsets and occasional burning lungs. New research from the U ties the worsening trend of extreme poor air quality events across the West to wildfire activity, with growing trends of smoke impacting air quality later into September.

“In a big picture sense, we can expect it to get worse,” says Kai Wilmot, lead

author of the study and doctoral student in the Department of Atmospheric Sciences. “If we extrapolate our trends forward, it seems to indicate that a lot of urban centers are going to have trouble meeting air quality standards in as little time as 15 years.”

Wilmot and his colleagues looked at trends of extreme air quality events in the West from 2000 to 2019. Over the

years studied, the researchers noticed that the mean air quality was worsening in the Pacific Northwest in the average August when sensors indicated wildfire smoke events. “That’s pretty dramatic, that extreme events are strong enough to pull the mean up,” Wilmot says.

What about Utah? The study shows that the magnitude and significance of air quality trends increases as you go from the southern states of Arizona and New Mexico toward the Pacific Northwest. In the Beehive State, Wilmot says, air quality trends are near the edge of statistical significance, with evidence for impact from wildfires, but it’s less robust than in the Pacific Northwest and California.



The San Francisco Bay with unhealthy smoke-filled skies from many wildfires across the West.

New U of U Health Clinic Treats Longer-term Impacts of COVID-19

For some, the effects of having COVID-19 are lingering. Post-COVID conditions include fatigue, shortness of breath, muscle and joint pain, and other issues, such as the continued loss of smell or taste. In an effort to provide coordinated care for those suffering longer-lasting symptoms from the disease, U of U Health has opened a post-COVID-19 clinic.

More than 400,000 incidences of the illness have been confirmed in Utah. In

most of those cases, the viral infection ran its course without new or ongoing symptoms. But for some, the effects of the disease have persisted. Overall, studies show up to 30% of COVID-19 patients experience post-COVID conditions, says Jeanette Brown BS’01, pulmonologist and medical director of the new clinic.

Along with providing patient care, the clinic will also conduct research on the longer-lasting impacts of COVID-19 in the

hope that it will lead to better treatments.

The clinic will also feature collaborative educational sessions to help providers learn more about post-COVID-19 symptoms.

“Right now, treating COVID-19 and its long-term effects is like jumping out of an airplane and trying to make the parachute as you go down,” Brown says. “We still have a lot to learn about it. By gathering evidence and developing clinical pathways that are based on collaborative learning, we can funnel this knowledge into improving all aspects of long-hauler care.”



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Beneath

Unearthing streams breathes life back into local communities.

By Amy Choate-Nielsen Photographs by Dave Titensor

The journey of a single drop of water falling from the sky onto the Wasatch Mountains is predetermined. After it careens toward the granite rocks and pine trees below, it will head west to the Jordan River, and then to the Great Salt Lake—but the path isn't easy.

In the beginning, water flowing from the peaks surrounding this desert city will find itself divided into seven canyons etching horizontal lines across the valley to the river in the distance. From a bird's-eye view looking north to south, the creeks

flow through City, Red Butte, Emigration, Parleys, Mill, Big Cottonwood, and Little Cottonwood canyons like organized veins, pumping life from the east to the west—except where they are buried, hidden from view. There, you see parking lots, houses, and pavement.

After the water leaves its beautiful canyon, it quickly dives underground, flowing through pipes and culverts. It does not see the light of day.

And that's where Brian Tonetti BS'14 comes in. As the executive director of the Seven Canyons

Trust, Tonetti is making it his life's work to unearth those streams, one inch at a time. His vision started at the U, where he joined 20 classmates in an Urban Ecology capstone class in the Department of City and Metropolitan Planning and sought to create a plan to daylight the valley's seven creeks. In that course, Tonetti and his peers identified one key place to begin: the three creeks confluence. This is where the Red Butte, Emigration, and Parleys streams combine and join the Jordan River.

Brian Tonetti BS'14 spearheaded efforts to daylight a section of buried streams and create a new city park.





It's where Tonetti is standing now, with his commuter bike leaning against a construction fence. As he looks up 1300 South, the road under which the water flows, he can see all the way to the canyons where these creeks began. He's come a long way, but he still has far to go.

"My whole career has been working toward this," Tonetti says, watching a muskrat dive into the water that used to be covered with concrete. "You can bring people here and say, looking at this site, it is possible. Looking around, you can see the impact students can have. This site is a case study in optimism."

Daylighting Streams

The Three Creeks Confluence Park marks a milestone in Salt Lake City's history. It is the second daylighting project to be completed here. The first was completed in 1995, when Stephen Goldsmith, who taught Tonetti's capstone class, and landscape architect Jan Striefel MS'85 worked with the city to bring a half-mile of City Creek out of its culvert, up to the surface. The city removed a parking lot to create a park around the now-exposed waterway, just west of Memory Grove, where the sound of birds percolate through the air and wildlife has returned.

"I don't look back on the work and say, 'Wow, look what we've done,' but acknowledge the

privilege of doing this work and hope that others will say, 'Now, what can I do?' " Goldsmith says of the project.

Goldsmith's experience as the former planning director of Salt Lake City and Loeb Fellow at Harvard University's Graduate School of Design led him to want to teach a capstone course that would ask students to plan a way to daylight the seven creeks that run through Salt Lake to the Jordan River. He asked for a 100-year visioning document.

Once the students completed the document and received an American Planning Association award for their ideas, they didn't want to stop. They looked at examples of daylighting all around the globe—from the Cheonggyecheon Stream in Seoul, South Korea, to the Wadi Hanifa stream in Saudi Arabia and the Saw Mill River in New York—and they decided to keep going and form a nonprofit organization that would use their document as its guiding star.

"Daylighting is happening all over the world because people realize we need access to water, not only because we need it to live, but to aid our spirits," Goldsmith says. "A restoration project doesn't just restore the waterway, or the neighborhood, but enlivens the human spirit."

Open rivers and streams also add value to

communities, says Megan Townsend BS'15 MCP'17, community and economic development director of the Wasatch Front Regional Council and a former capstone student of Goldsmith's.

Exposing streams where possible is an expensive undertaking, but so, too, is maintaining underground waterways and replacing pipes. Allowing water to flow freely through soil, grass, and sand purifies it and removes contaminants and lets excess moisture absorb into the land, instead of being forced to the surface when grates and culverts become overwhelmed, Townsend says.

With that in mind, Tonetti and his classmates formed a plan to take their vision to the next level—and they approached then-Salt Lake City Councilman Kyle LaMalfa BS'98 BS'05 MStat'09 with their idea.

Fording the Future

LaMalfa loves Salt Lake City, and he loves nature. He wants his future grandchildren to have a piece of wilderness close by, no matter where they may live in Salt Lake County. So, when Tonetti reached out six years ago with an idea that combined those two loves, LaMalfa was intrigued. He wasn't deterred by the fact that the idea was coming from college students, or



that it was step one of a 100-year plan. He was willing to get moving.

“As a council member, every day you work with something that is going to happen in 25 years,” LaMalfa says. “And if something takes 100 years to realize, even though I’m not going to be alive to see the dream come true, I can see where my contribution fits in.”

Having LaMalfa’s support was a huge win for Tonetti’s team. After that, the city approved the project and provided grant money to start purchasing land. Little by little, the vision crystalized and took on a life of its own.

“The initial construction project was supposed to be \$500,000 but it became clear that the community really wanted to uncover the streams entirely and create a much larger park than we initially planned,” says Salt Lake City Parks and Public Lands Project Coordinator Tyler Murdock BS’10 MPP’16. The cost grew to about \$3 million for the park, which includes a children’s play area, sitting and walking spaces, and a new canoe takeout.

Making the leap from hoping to make a difference in the waterways in Salt Lake County to seeing it become reality has been a slow but tangible process, and every step along the way is worth it, Townsend says. As she explains it, daylighting is a phrase that can

literally mean exposing a stream to the sky, but it can also mean knowing there is water flowing beneath your feet, below the floor, under the concrete.

“Sure, daylighting a creek is measurable progress, but so is public education and bringing children out to see creeks that they didn’t know were there,” Townsend says. “The vision isn’t just about what’s in the ground, it’s also about awareness.”

Urban Acupuncture

As Tonetti walks the grounds of the new park, he points out the significance of its surroundings. Across the street is a free preschool program for low-income children. Around the back is a community center. The wide opening with a view straight to the mountains used to be a little dirt road. But now it’s a place children and youth can come and watch the ducks putter around on the bank of the Jordan River.

Only 200 feet of the creeks were cracked open here. But it’s a start, and it will make a difference, Goldsmith says.

“Little bits of urban acupuncture like this, little pinpricks of change, have a global impact because they inspire other communities to say, ‘We can do this. If they can do that in Utah, we can do that here in Taiwan,’ ” Goldsmith says. “It’s hopeful work.”

The fact that this “urban acupuncture” in Salt Lake City was initially the brainchild of college students is a benefit to inspire young people everywhere, says Chelsea Gauthier BS’10 MCMP’13, board member of Seven Canyons Trust and associate director of Center for the Living City, a New York-based global urbanist organization.

“With projects like this, how it started—with students researching and making the invisible visible—they help spur the ‘just do it’ approach and not get this analysis paralysis that happens a lot with big planning initiatives,” Gauthier says. “Three Creeks is showing the world that your ideas matter, and anyone can be part of change.”

For the Glendale neighborhood where the park now sits, this kind of change can breathe new energy into the community, Murdock says.

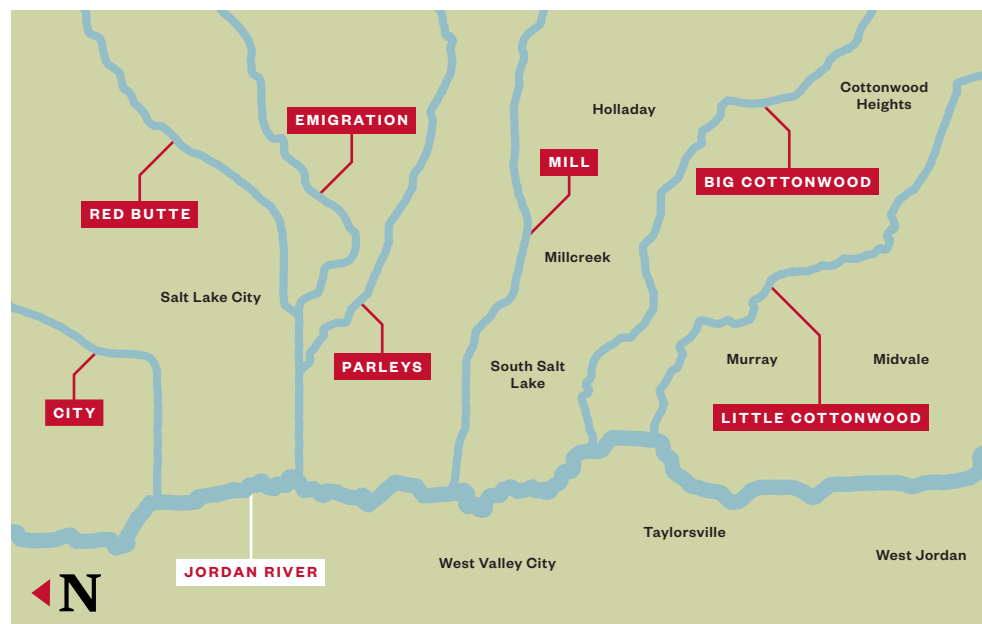
“Within Salt Lake County, this project will be an example of how you can take hidden or ignored space within our communities and transform them into a space that is an asset, where the community wants to be,” he adds.

And one day, it’s possible that others who dream of a sustainable world where humans and nature coexist peacefully may encounter the Three Creeks Confluence Park and be inspired to take their own first steps in a 100-year journey. Perhaps the optimistic ambition of college students will be contagious.

“When you think about this project, we were just students,” Tonetti says. “We didn’t really know what we were doing, and I think, in a certain respect, our naivete helped us, just going to a council member and saying, ‘Hey, what do you think about this idea?’ ”

That is how the journey of a single idea begins—and, after traveling through twists and bends, ends with a new community gathering place, a park, and a vision of what’s possible for the future. **U**

Amy Choate-Nielsen is associate editor for Utah Magazine.



All seven creeks from the mountains just east of Salt Lake City flow toward the Jordan River.

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The Fort Douglas military cemetery keeps centuries-old

Tales from



stories alive. BY AMY CHOATE-NIELSEN • ILLUSTRATIONS BY TIM O'BRIEN

Yesteryear





n the southeast corner of campus, where the gold, dry grass turns and races up the hill toward an overlook of the city, is a piece of land that is shrouded in stories. The Fort Douglas Post Cemetery is laid out in a simple, unassuming design—a three-acre square that grew with the casualties of time and war, harsh winters, and wild passions—but the tales of those interred here are intricate and complex. From prisoners of war to army musicians, Buffalo Soldiers, and World War II heroes—the military cemetery is a cross-section of history, a slice through some of humanity’s best and worst times.

The first Fort Douglas burial occurred mere months after the 3rd Regiment of the California Volunteer Infantry arrived to establish the outpost in late October 1862. A handful of funerals still occur here every year, but for the most part, the cemetery, which is owned and overseen by the National Cemetery Administration, is closed to new additions. Nevertheless, there are whispers about the grounds—that they’re haunted, or overrun by rattlesnakes—but to walk through the rows of aging headstones, under shade trees and past the storied memorials is to stroll through time.

In the fall, Beau Burgess, executive director of the Fort Douglas Museum, organizes a tour for people to come hear about the graveyard’s history. Volunteer actors, some of whom are descendants of those interred, roam the property in costume, telling the tales of those buried here. This year, as plans to host the tour resume with the lifting of COVID-19 restrictions, we are bringing a few of those stories to you. They come from different time periods, backgrounds, and perspectives, but they have one thing in common: if left unsaid, their existence would fade like the etchings in the sandstone marking their graves. Repeating the words keeps their memory alive.

Lorraine Bain paid her own way to become a WASP.

Tony with his trainer, and his best friend—a cat.



The Flying WASPs

IN THE SUMMER of 1943, a program was created to train women to fly noncombat missions in World War II. The Women Airforce Service Pilots (WASPs) completed hundreds of hours of ground school and flight training to receive their wings from the Army Air Corps, even though they were considered civilians. After completing their training, the 1,830 WASP pilots knew Morse code, meteorology, military law, aircraft mechanics and navigation, and they took to the skies ferrying airplanes, towing targets for aerial gunnery training, and testing planes after repairs.

Lorraine Marion Nelson Bain, born April 16, 1920, applied to be part of the program, and paid her own way to travel from her home in Montana to the training base in Sweetwater, Texas, in

December 1943. She deployed to the Pecos Army Air Base in Pecos, Texas, as a maintenance pilot, where she worked until the WASP program was deactivated in December 1944.



Even though 38 women died during their service as WASPs, they received no honors until 1977, when the WASP program was officially militarized, and the members were granted veteran status. The surviving women, including Bain, received Congressional Medals of Honor in 2010 for their service. Bain continued to fly and work in aviation for

the rest of her life, until she and her husband retired to a small farm in Texas, where she died on May 23, 2014. She is buried in the Fort Douglas military cemetery in honor of her wartime contributions.

Terror No More

NOT ALL THE burials in Fort Douglas are human—like Tony “the Terror,” a German shepherd who fought in World War II. A descendant of Rin Tin Tin, Tony joined the K-9 corps in June 1943. He was assigned to Sergeant Jack Lamper, who traveled with him to Saipan in the Northern Mariana Islands, where he underwent training to become aggressive in battle.

After two years, Tony was released from service and sent to a rehabilitation program to overcome his fierce training. Some dogs never recovered, but Tony was different. He wasn’t violent; he was sad. He remained mopey and seemingly depressed until he was reunited with Lamper in February 1946, and he became friends with two orphan minks, a cat named Aggie, and the Lamper children. He later became a mainstay at the fort and a beloved uniformed mascot for the American Legion. When he died in 1949 at age 7, Tony was buried at Fort Douglas in an elaborate casket, with “Taps” and a salute.

Bear River Massacre

ONE OF THE most notable features of the cemetery is a large monument to soldiers killed during the Bear River Massacre in January 1863. The attack on the Northwestern Shoshone just above the northern border of Utah resulted in the deaths of 21 soldiers—and hundreds of Shoshone men, women, children, and babies were killed in the largest Native American massacre in the West. Only about 100 of the Shoshone survived.

For years, accounts of the event overlooked the Shoshone perspective, which has been passed down through generations. The tribe has now purchased 650 acres surrounding the area, with plans to build a cultural center on the site to tell their story. To see the setting of the future center and hear from Darren Parry, tribe historian and former chair of the Northwestern Band of the Shoshone Nation, visit magazine.utah.edu/parry.

Here, in his own words, he shares his thoughts about the monument in the Fort Douglas cemetery and how that day in January forever impacted his people.

GETTING HISTORY RIGHT

"I'm not a history eraser. I think it's important that people see history in the context of the time that they lived. It's important that we share that historical context, otherwise, how do we know if we're getting better? I use it as a measuring stick, and I use it to place my values on today, because we know so much more than people who lived 158 years ago.

I wrote a letter to the Army Corps of Engineers, saying why I felt we needed to preserve and maintain the monument, and it's still there today. It's a painful reminder, though, of what took place. I always tell people, monuments are not history, so if you keep that in mind, it just gives you a snapshot of what people want you to know.

I hope as we get smarter and older and wiser, we can put up another reminder, or a plaque, that tells a different side. That's what we're doing at the Bear River Massacre site. It's okay to acknowledge past wrongs and a dirty part of our history that we'd probably rather forget, because

that's the only way you get to reconciliation or forgiveness—the willingness to say, 'This was terrible,' or 'This never should have happened.'

We can all do more to acknowledge our past and try to rectify it. That was one of the things my grandmother Mae Timbimboo Parry did as she went to Washington, D.C., and testified 10 times to Congress and the Senate about Bear River. She said Bear River wasn't a battle, it was a massacre. So, the National Park Service changed the name to the Bear River Massacre in 1990 because of her. She worked her whole life to tell the story of her people in an accurate way.

I am a descendant of Chief Sagwitch, my great-great-grandfather, who was chief of the Northwestern Band when the attack occurred. I have a strong feeling that we need to share their story; their voices need to be heard. In the next year, we will start construction on a \$6 million cultural center that tells the story on the site.

I think it's finally time that our story is told. Horrible things happened to our tribe. But that doesn't define us today. We get up and go to work and try to be the best people we can today, and that's what the world needs more than anything. We survived. We're resilient. And we want to make a difference."

EDITOR'S NOTE While the military cemetery is not owned or managed by the University of Utah, the university has both historical and contemporary relationships with Indigenous peoples. We acknowledge that the land the campus was built on is the traditional and ancestral homeland of the Shoshone, Paiute, Goshute, and Ute peoples. The U respects the sovereign relationship between tribes, states, and the federal government, and we affirm our commitment to a partnership with Native Nations and Urban Indian communities through research, education, and community outreach activities. As a result of this article, the university is in the process of petitioning the National Cemetery Administration to install a plaque in honor of the Shoshone who died in the Bear River Massacre.



Chief Sagwitch married his fifth wife, Beawoachee, after the massacre.

SHADOW PEOPLE AND HAUNTED VISIONS

Of all the cemeteries Fiona Robinson-Hill has visited throughout the world, none is more active than Fort Douglas.

"Any time you go there, you are guaranteed to get paranormal activity happening," says Robinson-Hill, a ghost hunter, historian, and tour guide for Salt Lake City-based Grimm Ghost Tours, founded by Paul Wheeler BA'09. "It just depends on whether you are aware of what is happening or not."

Robinson-Hill works with the cemetery to conduct research about who is buried there, and one of her life's goals is to ensure those stories stay alive. But the more time she spends in the graveyard—giving tours and looking at photographic evidence of orbs, inexplicable shadows, and mists of light—the more she's convinced that the burial ground is full of activity from another realm.

There are reports that one can hear whispers in German in the southwest corner of the cemetery, where German prisoners of World War II are buried. And a security guard told Robinson-Hill that when he parked outside of the gates, he witnessed human shadows moving about. When he turned on his headlights, the shadows vanished, but as soon as he turned them off, the dark figures reappeared.

On a tour once, Robinson-Hill placed candles on the gravestone of someone with a questionable past. As she voiced her skeptical opinion of the person, her candles became covered in spiders, moths, and other creepy crawlies. That never happened before, or since, she says.

Robinson-Hill recorded herself using dowsing rods to communicate with ghosts in the graveyard. She is standing in deep snow on a cold, gray day, holding one straight, thin copper wire with a 90-degree angle in each hand. Ghost hunters believe that spirits use their energy to move the rods, in the same way the rods were historically used to find water.

"Is there someone here?" she asks no one in particular. The rods slowly move toward each other, crossing into an x—a sign that means yes.

"Do you want to talk to me?" X again.

"Who are you?" The wires slowly rotate, gradually creeping 180 degrees to her right, pointing to a different part of the cemetery, and she looks off in that direction, a little wary.

Then, the video ends—a story for another day.

Service in Suds

IN THE LATE 1800s, some women performed a key duty in the Army: washing the laundry. The women usually lived together on “Soap Suds Row,” nicknamed after the soap suds from the wash tubs.

Fort Douglas had its own Suds Row, as did nearby Camp Williams. Several of the laundresses from both locations are buried in the cemetery, including Margaret Rivers, who died Jan. 1, 1863,

and Anna Forbes, who died Aug. 2, 1864.

While they were alive, they completed the time-consuming work of washing, ironing, and mending the men’s clothing, with four laundresses being assigned to 100 soldiers. They often received only one ration of food per day but were paid well—more than most of the enlisted soldiers: \$.75 per month for each enlisted soldier and \$3 per month for each officer.



Army women received high wages to wash the soldiers’ clothing.

The Buffalo Soldiers



Buffalo Soldiers in the 9th Cavalry rode horses into battle.

THE FIRST ADVANCED guard of the 24th Infantry—an all-black regiment formed in 1869—arrived in Salt Lake City in October 1896. The men were known as Buffalo Soldiers, so nicknamed by Native Americans at the time. They were

deployed to fight across the frontier and abroad. At Fort Douglas, the men filled every role from musicians to members of the cavalry.

One of the first Buffalo Soldiers to be buried at Fort Douglas was Lee Shipman, who died June 3, 1897. Shipman was born in the early 1840s in Kentucky and enlisted in the Colored Volunteer Army, a precursor to the 24th Infantry, as an “Enlisted Recruit Slave” in 1865.

In 1868, he officially enlisted in the Army as a free man, after which he had 32 years of exceptional military service. Three months after Shipman retired in Utah, he died of a cerebral abscess.

Stories of soldiers like Shipman must be preserved so that their contribution is recognized, says Robert Burch, executive director of the Sema Hadithi African American Heritage and Culture Foundation, whose mission is to document Black history in Utah. In some cases, descendants of Buffalo Soldiers don’t know where their ancestors are buried. Families weren’t always notified where their loved ones died; they simply never returned home.

“We can only unify ourselves as a

community by learning the truth of everyone in that community,” Burch says.

Sam Thomas, a native of Indiana who joined the army at age 21, brought his wife and children with him to Utah, where he performed in the popular Fort Douglas military band. He played gigs every weekend, but one night, his wife found him in another woman’s house. On June 11, 1897, she shot and killed him on the spot.

Two other Buffalo Soldiers—Private William Carter and Sergeant John Jackson—fought in the Battle of San Juan Hill in Cuba during the Spanish-American War. Jackson was one of the highest-ranked Black soldiers at the time, and Carter had an excellent service record, but after San Juan Hill, Carter suffered from Post-Traumatic Stress Disorder. In August 1899, after being disciplined for not completing his orders, Carter shot and killed Jackson. As Carter tried to run away, he was shot in the back by his comrades, and he also died.

The Buffalo Soldiers left Fort Douglas later that year. **U**

Amy Choate-Nielsen is associate editor for Utah Magazine.





THE Hidden PATIENTS

HOSPITAL
BILLING
STATEMENT

DATE OF SERVICE
21/2021
0.59

Funeral
SERVICES

58 LAKESIDE DRIVE
MILLCREEK, UTAH

RX 58
DIN: 70
MED

MEDICAL
POWER OF ATTORNEY

APPOINTMENT
OF HEALTH CARE
AGENT :

PRINCIPAL
FULL NAME

PATIENT NAME
DOB 6/8/42
#0056812UD

As more people are helping aging family and friends, who's looking out for the caregivers?

BY SETH BRACKEN • ILLUSTRATIONS BY ANN CHEN

THE STROKE CHANGED everything. Before the stroke, Alyx Pattison's mom could drive, was quite healthy for an 83-year-old, and still had her vision. But three years ago, that was altered overnight. Right after the stroke, Pattison BA'96 BA'97 flew to Salt Lake City to spend 10 months helping her mother—and she's continued to help from Chicago since. "My mom spent almost a month in the hospital," Pattison says. "But in some ways, the time right after the hospital was the hardest." Pattison had to learn to navigate a sometimes-disjointed health care system while still getting her mom to rehab appointments and trying to find a way to work on the side. And her mother had to learn to adjust to a new way of living that was less autonomous and a lot more difficult.

"We all hoped she would live a good, happy life and then go slowly into the night," notes Pattison. "We were totally unprepared for the level of care required after the stroke. We didn't have plans for the logistics or the massive home care expenses."

Pattison is not alone. The U.S. Census Bureau reports that there are 44 million unpaid eldercare providers in the U.S., and the majority are women. In Utah, the situation is perhaps even more dire. The share of the population ages 65 and older is projected to double over the next 50 years, rising from 10 percent of the population to more than 20 percent in 2065, according to a report from the U's Kem C. Gardner Policy Institute.

Caregivers often have to change to a less demanding job, take time off work, or even quit altogether. This results in lower wages, depressed savings, and other impacts, such as worse Social Security benefits and reduced retirement. Women caregivers, in particular, lose an average of \$324,044 in compensation. That's in addition to the physical and mental obstacles that come from caring for older friends and family.

Because the burden caregivers often must shoulder is so great and the resources available so few, they've become known as the "hidden patients" of health care, says Linda Edelman MPL'93 BS'95 PhD'08, an associate professor of nursing. Edelman is director of the Utah Geriatric Education Consortium, which provides training and support for caregivers and adults, as well as enhanced geriatric expertise in primary care and long-term services.

Although every situation will be different, the best thing you can do to prepare is to start now, Edelman notes. "It's very likely we're all either going to be caregivers or be cared for at some point in our lives." Communication with family and friends about what matters most and how to best honor those wishes is crucial, she says. To assist with that planning, *Utah Magazine* consulted a group of specialists and experts to put together the following guide to do just that.



TAKE A TEAM APPROACH

Before you start as a caregiver, gather everyone who will be helping, says Andrea Harris, a nurse care manager for the Geriatric Clinic at U of U Health. Start by divvying up all the responsibilities. People who live out of the area can join virtually and help with things like scheduling doctor appointments or managing the budget. Remember, the person handling much of the care may not be the best person to oversee finances.

Next, create a binder. It can be digital or hard copy. Include the patient's full medication list, all patient information (birthday, blood type, etc.), any questions that come up between visits, and a list of all family, close friends, doctors, nurses, and everyone involved in the care.

"If at all possible, see a geriatrician regularly," says Harris. There are issues that come up for aging adults that other family doctors aren't familiar with. Geriatricians and their staff can help address those concerns and be the conduit to other specialists.



HAVE OPEN DISCUSSIONS

We live in a death-phobic culture, says Kara Dassel, interim assistant dean of the Gerontology Interdisciplinary Program in the College of Nursing. "Life is incredibly fragile, and it's never too early to start having discussions about how we want our final days to be," she says. The key is to start now and revisit regularly.

Think of the four "D's" as indicators that it's time to reassess end-of-life desires: talk about it whenever there is a divorce, death in the family, diagnosis of a major illness, or a decade has passed since the last discussion. Other ways to tee up the conversations are to use current events such as the announcement of a celebrity being diagnosed with dementia. "You could ask mom, 'What would you want in terms of your medical and long-term care if you were diagnosed with dementia like she was?'" says Dassel.

Dassel and her team have developed a guide called Life-planning in Early Alzheimer's and Dementia (LEAD). It was designed specifically for those who are concerned about or who have been recently diagnosed with dementia and their families. However, it can be a useful tool to frame more broad conversations. For example, it asks you to gauge on a scale of one to five the importance of quality versus length of life.

Use these conversations as a basis to document the individual's wishes legally. Include a power of attorney, which will allow someone to act on behalf of the care recipient; an advance care directive, which tells health care teams and other caregivers what kind of end-of-life care the recipient would like; and a will.

Conversations early on can help avoid anguish later if, for example, you have to put your mother in a nursing home, says Dassel. "Mom may have wanted that to avoid being a burden. You don't know until you ask," she adds.



START SAVING

Whether planning for your own end of life or someone you care for, it all comes down to compound interest, says Su Shin, assistant professor of family and consumer studies. “Start early so your savings can grow exponentially over time,” she says. Comb through and take advantage of every program offered by your employer. Look at all matching funds, life insurance, and any other benefits, and meet regularly with any financial advisors provided through your employer.

Consider taking a financial planning course. Shin leads the U’s Continuing Education class, which teaches the basics of investment and estate and retirement planning. For example, it goes over life insurance plans and how you should reevaluate every time there is a new dependent or another major life change, says Shin.

Although it’s far from the only cost to consider, at an average of \$280 a day, nursing homes can be surprisingly expensive for those who don’t plan ahead. Pattison says she was shocked when she started looking into assisted living facilities for her mom, “I’m a lawyer, and I can’t afford it,” she says.

Medicare and Medicaid can be some help, but there are catches. Medicare may cover skilled nursing home care for up to 100 days total in the recipient’s life. But after that, any long-term care and all assisted living will only be covered by Medicaid. “To qualify for Medicaid, you’ll need to spend down the entirety of your savings,” says Shin. Classes to learn the ins and outs of Medicare and Medicaid are often offered by local senior centers, county aging services, and the AARP.

Another tactic to cover nursing home expenses is with long-term care insurance. But the premiums can be high, and the benefits often cover less than the full cost. “If you’re interested in nursing home insurance, the sooner you start, the lower your premiums will be,” notes Shin.

Finally, look into any tax breaks, such as the dependent care tax credit. And if you don’t take the standard deduction, medical expenses for your dependent can be itemized.



FOSTER RESILIENCE

The relationships patients have can make or break recovery and well-being, says Alexandra Terrill, assistant professor of occupational and recreational therapies. “When we see one partner struggling with excessive stress and/or depression, the other is likely to be dealing with similar issues,” says Terrill. Her research is funded by the NIH and examines how to foster resilience in couples where one partner had a stroke or suffered a spinal injury.

To promote resilience, caregivers should consider three areas: physical, social, and psychological. Determine where you find the most relief, and have emergency outlets. For example, if spending time being social is how you unwind, let friends know you may need to call on them to hang out if things get overwhelming. Or if going for a jog is more your speed, have your running shoes at the ready if you start feeling overwhelmed. Then work on developing all three areas.

“Find mindfulness activities, schedule exercise, and be sure to put social time on your calendar,” says Terrill. By setting aside time for these activities, you’re more likely to do them.

“Starting to care for a family member can be a huge change for both people,” says Terrill. “When a child has to start bathing mom, or when it no longer feels like an equal partnership with your spouse, it can be incredibly difficult. And it’s OK to mourn the loss of how you thought your life would be.”




DON'T NEGLECT MENTAL HEALTH

Mental health can be difficult to gauge, says Kristina Purganan, medical director of the Geriatric Psychiatric Clinic at the U’s Huntsman Mental Health Institute (HMHI). “When we look in the mirror, we can see the physical effects of aging,” she says. “But it’s not always so simple to see the effects of depression and anxiety.” And mental health is important for both the recipient and caregiver. In fact, more than half of caregivers have depression, she adds—which leads to worse outcomes for the person being cared for and unneeded complications for the giver.

Watch for signs like withdrawing socially, not taking care of themselves, and their mood worsening. If you notice something amiss, approach from a place of love. “Try saying something like, ‘I’m noticing some of these symptoms, and that’s not like you. I hate to see you suffering. Do you want to talk to someone about it?’ ”

Medicare will often cover mental health services, and the HMHI Geriatric Psychiatric Clinic accepts patients who are over 60 years old. “Talk to a professional. It can make all the difference,” adds Purganan.

The background is a vibrant collage of geometric shapes in various shades of teal, green, and yellow. A large, textured teal circle is the central focus. Scattered around it are numerous smaller shapes, including triangles, circles, and crescents, some in solid colors and others with a grainy texture. The overall composition is dynamic and modern.

IT'S
Never
TOO
EARLY.



Resources

**ARE OUT
THERE.**



FIND HELP

Caring for aging and unwell family and friends can be extremely demanding. It can also make the caregiver feel isolated—but help is available, says Lee Ellington PhD’96, professor and director of the U’s Family Caregiving Collaborative, which brings together students, faculty, and community to improve the lives of family caregivers and those they care for.

Local senior centers are a good place to start. Next, visit county and state aging adult services websites. From financial help to support groups for caregivers, resources are available. For example, respite programs can bring someone in for free or at a low cost so the caregiver can take a break, says Ellington.

Those living in rural areas face unique challenges, says Edelman. Rural residents should talk to providers, nurses, and social workers at their local primary care clinic as well as the local pharmacist. They will know about formal and informal services, such as home care agencies. The Seniors Blue Book (seniorsbluebook.com) can connect you to help in your area. “It’s too much for anyone to do alone,” adds Ellington. “Resources are out there, and it’s worth the work to find them.”



PREPARE TO GRIEVE

Part of caring for older friends and family is preparing for the end. And that involves more than just buying a funeral plot, says Kathie Supiano PhD’12, associate professor of nursing and director of Caring Connects, a hope and comfort in grief program. “The most amazing thing about humans is that we’re hard-wired to live for a brief window of time,” Supiano says. “It makes our time here that much more precious.”

Being mentally prepared for the passing of the person you’re caring for can be extraordinarily difficult and is often accompanied by feelings of relief—and shame for that relief, says Supiano. Talking about end-of-life wishes can help, but ultimately it comes down to learning through practice. “Learn from older people around you who have had to learn to grieve and see friends and family pass,” Supiano says. “There’s a lot of wisdom that comes with age. Don’t let that pass.” **U**

Seth Bracken is editor of Utah Magazine.

A CAREGIVER’S CHECKLIST

There’s no easy way to take on the role of caregiver. But there are things you can do that help, says Jackie Eaton. She’s an assistant professor and teaches in the Gerontology Interdisciplinary Program. Her research focuses on how the arts can help reduce anxiety and create moments of connection for caregivers and care partners. “Aging is across the life span. We sometimes don’t think about end-of-life until someone is on a ventilator, but it’s so much more than that,” says Eaton. Here are a few ways to prepare to care for an aging family member or friend.

■ Start end-of-life conversations early and revisit with any of the four “D’s”

- Divorce
- Death in the family
- Diagnosis of a major illness
- Decade—at least once every 10 years

■ Prepare the following documents

- Power of attorney
- Advance care directive
- A will

■ Nearly everyone will care for someone or be cared for themselves; either way, get your finances in order

- Take advantage of *all* employer-offered benefits
- Meet with a financial advisor
- Enroll in a financial skills course
- Explore tax credits and deductions

■ Ask for help

- Investigate resources from local senior centers, as well as county and state agencies
- Visit seniorsbluebook.com to find more services

■ Work with your health care team

- Create a binder with patient information and questions
- See a geriatrician regularly

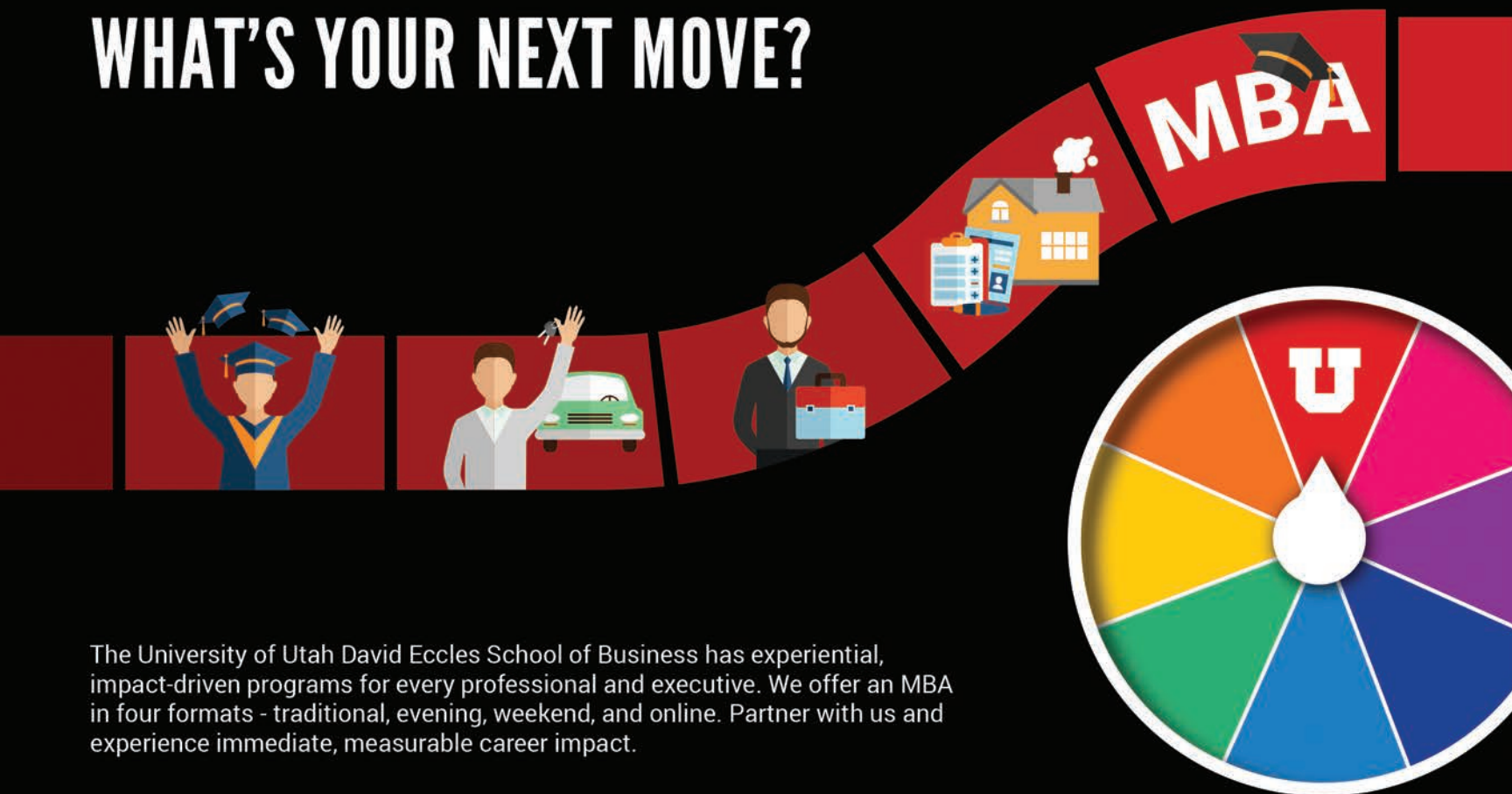
■ Stay healthy mentally

- Consider a therapist for both the caregiver and care recipient
- Schedule physical, social, and mental outlets to manage stress

■ Prepare for the end

- Understand that your relationships will change
- Recognize that it’s okay to mourn what used to be or what might have been
- Learn from others who have had much grief in their lives

WHAT'S YOUR NEXT MOVE?



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A black and white portrait of Angie Matinkhah, a woman with short dark hair, looking slightly to the side with a gentle smile. She is wearing a dark, textured top. The background is dark and out of focus.

ANGIE MATINKHAH MArch'87

Who was your mentor?

My career trajectory would not have happened without great mentors. I came to the U in 1983, intrigued by computer applications in the architecture field. Thanks to the guidance and collaboration of professors Edward F. Smith, D.Arch. and Wayne Rossberg, Ph.D., our small Utah company grew to be the premier source of construction specification research, development, and automation. I am forever grateful for such amazing career and life mentors.

Be a mentor or find one today at forever.utah.edu.



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The MUSS Turns 20

One of the loudest, rowdiest student sections in college football celebrates a storied past

It's been one of four finalists for ESPN and Taco Bell's "Live Más" Student Section of the Year. The NCAA placed it among the top five student sections in college football—and so did *College GameDay* co-host Kirk Herbstreit. It's no wonder "no rival band of college fans dare meet us in the muss." As the Mighty Utah Student Section (MUSS) prepares to turn 20, here are some of the defining moments in the words of those who were there.



Web Extra Watch a video to learn more about the history of The MUSS and share your own memories at magazine.utah.edu/muss

1. NAMING OF THE MUSS, 2003 "An opinion piece ran in *The Daily Utah Chronicle* titled 'I'd like to meet our lame fight song in a muss.' It struck me that we could name the area of the stadium where the new Utah Football Fan Club sat 'The Muss.' I didn't intend for it to take over as the name of the group, but it just kind of stuck. 'Mighty Utah Student Section' was conceived later [by Scott Hammer BA'04], but it was the perfect acronym." **ERIK FINN LARSON BS'04**

2. INAUGURAL MUSS BUS VOYAGE, 2003 "The bus ride to Memphis for the Liberty Bowl was the longest 28 hours of my life. The next longest 28 hours of my life was coming back. But we beat Southern Miss 17-0, visited some cool sites, and had great BBQ on Beale Street, so it was worth it." **JAKE OLSON BA'05**

3. STORMING OF THE FIELD, 2004 "The 2004 football season may never be matched. The U, led by future first overall NFL draft pick Alex Smith [BS'04], marched through the schedule undefeated. And we were poised to be invited to a BCS bowl game. The air was electric at the final game of the season as we demolished BYU 52-21. We stormed the field and tore down the goalposts. What a season! What a year!" **JEFF GATZEMEIER PHARM'D'06, MUSS PRESIDENT 2004-05**

4. START OF THE 3RD DOWN JUMP, 2007 "My roommate Kyle Larson [HBS'09] and I started it unofficially at a 2006 BYU game. It became official the next year in a game against UCLA. We worked with the Alumni Association's John Fackler BS'89 BS'94 Mpr'A95, who saw the potential for this to take off. The noise from the students screaming and jumping on the aluminum bleachers caused several false starts, and we beat the No. 11 Bruins 44-6. UCLA's coach later said they weren't prepared for the noise." **PHILIP MALUGADE BS'09, MUSS PRESIDENT 2008-09**

5. PAC-12 INVITE, 2011 "I stepped up in front of cameras and made up a speech on the fly, 'On behalf of The MUSS, I want to tell you how excited we are to be the newest, loudest, and most exciting student section in the conference.' Later, the lead photo on espn.com was Larry Scott holding up a MUSS shirt. From there the popularity and visibility nationally just seemed to grow." **TJ MCMULLIN BA'11 MPA'14, MUSS PRESIDENT 2010-11**



Keeping Tradition Alive

After graduating, former U football player Marcus Jones BS'04 was struggling to find a place to play professionally. He got a job working at a restaurant in Salt Lake called the SkyBox and saw an opportunity. "I told the chef and owner that their barbecue wasn't very good, and that I could do it better," says Jones. He and his dad began barbecuing on weekends for the eatery.

The pair eventually launched Miss Essie's BBQ in Murray, Utah, and now provide catering, curbside pickup, and online sauce orders. "The business was inspired by my grandma—Miss Essie. She taught us that food can bring people together," remarks Jones.

With the help of Jones's business partner and friend since high school, Deonn Henderson, the company is expanding, and their sauces are now available in nearly 400 retail locations including Kroger, Whole Foods, and Harmons. Henderson is also leading the charge on vegetable-based barbecue while Jones focuses on the meat. "I try to take soul food that I grew up on, add to it, and share it with others," Jones notes.

BBQ Tips from a Pitmaster

- 1** **Master the heat.** Preheat your grill, monitor your temperatures, and learn where cold and hot spots are.
- 2** **Don't be afraid of fire.** When a little flame hits just right it can add a whole new layer of flavor.
- 3** **Get used to making mistakes.** Sometimes your food will burn, or it won't taste good. That's OK. Keep at it.
- 4** **Begin with the basics.** Start with salt and pepper to understand the natural flavors of meats.



Web Extra See Miss Essie's delectable recipe for BBQ jackfruit pizza at magazine.utah.edu/bbq



Making History in MLB

If hitting a ball that's less than three inches wide at 100 miles per hour—with a bat that's similarly narrow—sounds hard, you're right. Luckily, Sara Goodrum MS'17, who was promoted in 2020 to be coordinator of hitting development initiatives for the Milwaukee Brewers, teaches athletes how

to master "one of the most difficult tasks in all of sports," she says. As the first woman to work in this position for a Major League Baseball organization, Goodrum is used to facing challenges. We talked with her to find out what keeps her going when the pressure is high.

Softball

I've been swinging a bat and throwing a ball since I was about 5 years old, and I played softball up until I came to Utah to earn my master's degree. I always wanted to work in sports—it is my love and my passion.



Asics Gel-Kayano

Because I'm on my feet so much, investing in a good pair of shoes has been key. These are super comfortable, and my feet don't hurt after work or after I run in them.

Warrior III

I love yoga because being in any balancing position helps keep you in the moment of what you're trying to do. In life in general, I try to be grounded and present in what I'm trying to accomplish.



Chocolate shake

My go-to after any workout is a classic protein shake I've been making since I was a sophomore in college. It's a serving of chocolate protein powder and 1 cup each of almond milk and mixed berries, blended into a smoothie. It's delicious.

Nelly and Ryder

We rescued two pit bulls, so outside of work, I spend a lot of time with our dogs. I love to be outside, going on a hike or running with them.





Melanie and Jack Elizondo supported Mbe Agbor—and other students, for 40 years—with mentorship and a scholarship. After he graduated, Agbor paid it forward by becoming a mentor and donor in the First Ascent Scholars program.

Mentoring Moments

An alum and his wife make a difference in U students' education, one opportunity and dollar at a time

Jack Elizondo BS'77 MBA'78 and his spouse, Melanie, are no strangers to giving back.

Jack was the first in his family to attend college, although his higher education journey was almost cut short when he quit school before finishing his degree. After a close friend convinced him to return to the U and sign up for remedial classes, Jack improved his grades and eventually graduated, feeling grateful for the help he received. He even continued on to receive his MBA from the U's David Eccles School of Business.

He and Melanie wanted to pay it forward. That first year, they did so by donating funds for a scholarship to the Eccles School. "We primarily want to help students of color who are generally underrepresented and cannot financially afford to go to school," says Jack.

Through matched donations, the Elizondos established an \$8,000 scholarship and funded it for 40 years. It was especially tough when they first started a family, but it was something they were passionate about. "We would say to every kid who got the scholarship, 'We're giving this to you now to help you, and when you can help somebody, please turn around and do the same thing,'" Melanie says.

One of the recipients, Mbe Agbor BS'00 MBA'01, did just that. After being selected, Agbor met Jack at a scholarship luncheon. "What surprised me was that

he was just a regular guy," Agbor says. "That's when it occurred to me: you don't have to be some millionaire to really make a difference in someone's life."

After finding success in his career path, Agbor set up his own scholarship with the Eccles School to help other students succeed and started mentoring alongside the Elizondos.

In 2018, the Elizondos discovered the First Ascent Scholars program, a scholarship initiative for students interested in business who have financial need, and started mentoring students through their college journey. "Melanie and I feel compelled to do it," says Jack. "This isn't an option—this is something we have to do. I have to give something back, because higher education made a difference in our own lives."

Jack and Melanie hope to stay connected with their mentees throughout their lives to see where they go. "The potential, the excitement, their dreams, their fears—all that energy is just really exciting to be a part of, even if it's from a little distance," says Melanie.

U Alumni recently launched Forever Utah, an alumni networking and mentoring platform designed to connect students with alumni from their major or career destination. It doesn't take a financial commitment, and it is a chance to follow in the Elizondos' footsteps and create a virtuous circle of giving back. Make a difference in the life of a student today—sign up to be a mentor at forever.utah.edu. ELENA GARDNER

ALUMNI NEWS ROUNDUP



Homecoming Celebration The campus feels alive again, and this year's homecoming is slated to be bigger and better than ever. Events include the virtual and in-person U5K on Sept. 18, the tailgate and homecoming game on Sept. 25 against Washington State, and much more. Visit uhomecoming.com for a full list of happenings. Check out @utahalumni on Instagram and Twitter to see photos and recaps of the week's festivities.



Founders Day Nominations Now Open

What started in 1850 as the University of Deseret with just 25 pupils has grown to provide education for 30,000-plus students annually as the University of Utah. The annual Founders Day celebration recognizes U alumni and an honorary alum who have excelled professionally, served their communities, and supported the university in its mission. View past recipients and nominate someone for this prestigious award at alumni.utah.edu/foundersday.



Alumni Connection Stay connected with our alum e-newsletter, *Alumni Connection*! Read stories from fellow alums, info about events, ways to get involved with your alma mater, and more. If you're not receiving the news, scroll down and click the button to subscribe at alumni.utah.edu/alumniconnection.

Class Notes

'60s

Sisters **Nancy Parry** BS'63, MD, and **Janet Parry** BSN'66, RN, are two groundbreaking women. Nancy became a doctor at a time when few women were, overcoming many obstacles and going on to great success. Janet served as the first female chair in the 90-year history of the Chamber of Commerce in Anaheim, California. The pair co-founded a development company (with fellow alum **Susan Flandro** BS'63 JD'68), building medical and outpatient surgical facilities. Janet worked as a nurse with her sister, ran her practice (in both Anaheim and later Sun Valley, Idaho), and also founded two separate companies. The duo worked together for 52 years before recently retiring.

'70s

Valerie Florance BA'77 MA'80 is acting scientific director of the National Li-

brary of Medicine's Intramural Research Program. Florance had most recently served as director of NLM's Extramural Programs, where she was responsible for their research, resource, and training support. She has held medical library administrator positions at the University of Utah, Johns Hopkins, and the University of Rochester.

'80s

Cynthia J. Lundy BS'82 received the Barbara Knothe Burn Therapist Achievement Award from the American Burn Association. The award serves as a resource for developing burn therapists to achieve their fullest potential. Lundy is a physical therapist in the Burn Center at University of Utah Health.

'90s

Hanko Kiessner BA'91 MBA'92 received the 2021 Entrepreneur of the

Year award from business networking organization MountainWest Capital Network Utah. The annual honor recognizes a Utah entrepreneur who has built an industry-leading company. Kiessner is the co-founder and CEO of Packsize International, a Utah-based packaging company.



Charmelle Green

Charmelle Green BS'91 is deputy athletics director for Internal Operations and chief operating officer for Utah Athletics. A veteran of more than 20 years in intercollegiate athletics administration and coaching, Green had spent the previous 10 years at Penn State, most recently serving as a senior associate A.D. Green is a former U Softball All-American and member of the Utah Athletics Hall of Fame.

Michelle (Elbogen) Hofmann BS'94 MPH'97 is one of two deputy directors for the Utah Department of Public Health. Hofmann joined the UDOH in August 2020 as the manager of the Healthcare Associated Infections and Antimicrobial Resistance Program and has directed the state's COVID-19 response in long-term care facilities. Hofmann was a gymnast with the Red Rocks at the U and now has 17 years of experience as a pediatrician and physician leader.

Erik Olson BA'96 JD'99 has been appointed to the Utah State Charter School Board. Olson is an attorney at Marshall, Olson & Hull, where he has specialized in trials and appeals for more than 20 years. He previously founded and served as chairman of the board of trustees for Canyon Rim Academy Charter School from 2006 to 2019.



Andrea Martinez

Andrea T. Martinez BA'98 JD'01 is Acting U.S. Attorney for the District of Utah. Martinez is the third woman and the first Latina to hold the position. She has served in the U.S. Attorney's Office for more than a decade and also manages her own law office. As an assistant U.S. attorney, Martinez was involved in violent crime prosecution. She also spent almost four years as a trial attorney with the Salt Lake Legal Defender Association.

Blake Hills JD'98 has been appointed to a full-time five-year appointment on the Utah Board of Pardons and Parole. Hills had most recently served as a prosecuting attorney with the Sum-

mit County Attorney's Office. He also serves as an instructor at Salt Lake Community College.

Stacey Hutchings MED'98 is serving a four-year term on the Utah State Board of Education. Hutchings is a third-generation teacher who has taught history and Spanish at Kearns Jr. High and Riverton High School and was a founding teacher at Utah Virtual Academy, where she became the head of school for five years. Currently, she is the director and principal of Career Path High School.



Lindsay Barenz

Lindsay Barenz HBS'99 is president of business operations for the Washington Spirit, a women's professional soccer club based in Washington, D.C. Barenz

previously served as the vice president of business development for the National Women's Soccer League, where she led the sale of the league's broadcast rights to CBS and Twitch.

'00s



Cristina Ortega

Cristina Ortega JD'02 was appointed to a 2nd District Court judgeship by Utah Gov. Spencer J. Cox. Ortega was previously a prosecutor in the U.S. Attorney's Office in Salt Lake City. She is an advisory board member for the Kem C. Gardner Policy Institute at the U and has served on its board of trustees.

Patrick Newman BA'03 MPA'10 is the new CEO and president of the Fort Worth Botanic Garden and Botanical Research Institute of Texas. Newman brings more than 14 years of public gardens experience, serving most recently as executive director of the Lady Bird Johnson Wildflower Center since 2016. Prior to that he was Red Butte Garden director of programs for more than nine years.



Sui Lang L. Panoke

Sui Lang L. Panoke BS'03 is the new senior vice president of diversity, equity, and inclusion at Zions Bank. Panoke previously worked at Rethink International, a global social enterprise and international training organization.

SPOTLIGHT



Carl Churchill BA'85 MBA'04 has sent more than 19,000 bags of coffee to deployed troops through his company Alpha Coffee, cofounded with his wife, Lori. A Bronze Star-awarded former U.S. Army Military Intelligence officer of more than two decades, Churchill drank a lot of "crappy" coffee on deployments and grew over the years to appreciate truly great craft brews. So when he and Lori started their own company, he says, "We decided part of our mission would be to donate some of our amazing coffee to those deployed in combat." From an online business run out of their home basement (with the help of their two then-teenage kids), Alpha has now grown to three namesake cafes around the Salt Lake Valley and is served in several locations at the U.

SPOTLIGHT



From the time he registered as a student at the U, **Sheldon Spotted Elk** BSW'07 has looked for ways to help families—especially when they get in trouble. After adding a law degree to his education in social work, Spotted Elk, a member of the Northern Cheyenne Tribe, worked as director of Indian Child Welfare for Casey Family Programs and served as a guardian ad litem and parents' representative in juvenile and family matters in tribal court. In that appointment, Spotted Elk was tasked with advocating for the wishes and best interests of children in the court system. Now, with a continued focus on cultural humility and ethics in children's representation, Spotted Elk has been named director of tribal justice partnerships for the National Council of Juvenile Family Court Judges.



Alex Smith

Alex Smith BS'04 retired after a 16-year career in the NFL culminating in an improbable comeback from devastating injury and leading his team to a playoff berth.

Smith suffered a gruesome compound leg fracture and complications in 2018. The Washington Football Team quarterback endured 17 surgeries for the injury, considered life-threatening, before defying expectations and returning to play. He was awarded the Comeback Player of the Year at the 2021 NFL Honors. Smith considered joining the Jacksonville Jaguars and playing for his former coach, Urban Meyer. But ultimately, he decided to

leave the pro game on this high note. He joins Brett Favre as the only quarterbacks since 1950 to start on three or more teams and have a winning record with each one.

Allyson Torsak BA'06 is senior vice president and chief strategy officer of EnerBank USA®. Torsak was previously chief operating officer at APiO, a FinTech company specializing in accounting data integration for small business financing. Formerly serving at WebBank, Goldman Sachs, and Merrill Lynch, she also co-founded ROOT Credit, a startup focused on SMB lending, decisioning, and scoring middleware.



Engels Tejeda

Engels Tejeda JD'06 is the 2021 recipient of the Raymond S. Uno Award from the Utah State Bar for the Advancement of Minorities in the legal profession. A partner at Holland & Hart, Tejeda is a trial lawyer focusing on consumer claims defense, cybersecurity and privacy litigation, banking litigation, and creditors' rights in bankruptcy. He leads the firm's Pipeline Mentor Program, which provides diverse law students access to career development advice and guidance.

Anne Marie Robson Smock BFA'09 was selected as one of the choreographers for Repertory Dance Theatre's *Regalia 2021*. A Salt Lake native, Smock is now a Brooklyn-based dance educator, choreographer, and performer.



Ana Antunes

Ana Antunes MFA'09, assistant professor in the U's division of Gender Studies, was honored by fellow members of the Urban Research Based Action Network leadership team for her community-engagement and social justice work. Antunes develops participatory projects with young people of refugee and immigrant backgrounds in after-school settings.

'10s



Mohamed Abou Donia

Mohamed S. Abou Donia PhD'10 received a 2021 Vilcek Prize for Creative Promise in Biomedical Science for his research leadership on the impact of the

microbiome of humans and other organisms on host health, disease, and ecology. The award celebrates the early-career work and research contributions of immigrant scientists in the U.S. Donia is an associate professor at Princeton University.

Melissa Stirba JD'14 has been appointed to a five-year appointment on the Utah Board of Pardons and Parole. Stirba was most recently a trial attorney at the Salt Lake Legal Defender Association. She previously served as a pro bono case investigator for the Rocky Mountain Innocence Center, a board member of the Utah Association of Criminal Defense Lawyers, and a defense attorney for the Operation Rio Grande Drug Court.

Sadie Hoagland PhD'15 has published her first novel, *Strange Children*. Using the perspective of eight adolescent narrators, the story explores how people use faith to justify cruelty, and how redemption can come from unexpected places. Hoagland is also the author of a short fiction collection, *American Grief in Four Stages*. She is an associate professor of English at the University of Louisiana at Lafayette and directs its creative writing program.



Cynthia Wilson

Cynthia Wilson MS'16 is part of a project examining the lifestyle of inhabitants of the Bears Ears Region. Wilson is the traditional foods program director of Utah Diné Bikéyah, a nonprofit supporting indigenous communities in protecting their culturally significant, ancestral lands.

Adam Fry MS'18 is the Utah Football program's director of football operations. Fry has been with Utah Football since 2013 in a variety of positions, including the last three years on the coaching staff as a defensive graduate assistant, working with the safeties.

'20s

Just months after graduating, **Jessica Pastuf** MS'20 attended Super Bowl LV with the Tampa Bay Buccaneers as part of her role on their sports performance nutrition team. Pastuf helps plan and execute 15-18 team meals per week in addition to working with athletes on their individual nutritional needs, such as maintaining weight and avoiding cramping on game days. Prior to her role with the Bucs, Pastuf

was part of the performance nutrition team for the Utah Jazz. She completed her dietetics internship with U Athletics, working specifically with the ski and snowboard teams, and completed her master's degree capstone project with U.S. Ski & Snowboard, the national governing body for Olympic skiing and snowboarding.



What's up with U?

Send updates to classnotes@utah.edu

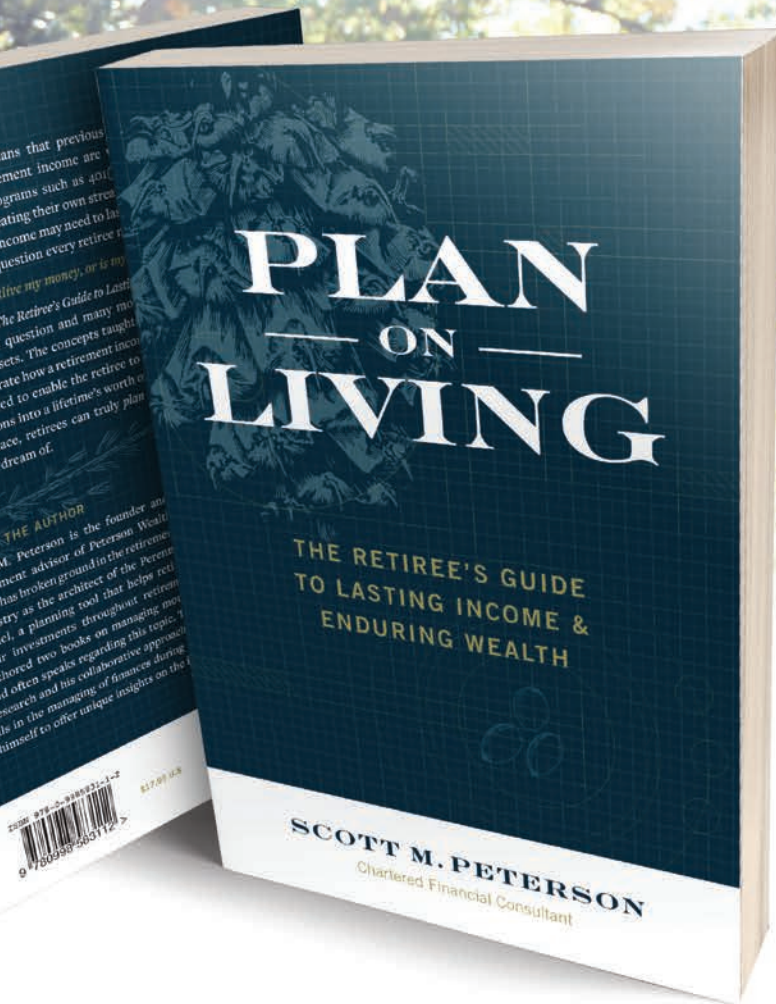
SPOTLIGHT



Jill Bjers BA'09—a "jill of all trades"—is co-creator and co-host of the podcast *Work It*, which looks at the complicated relationship people have with their work and how it shapes their view of the world. Bjers is herself a techie, serial startup founder, author/playwright, and event and community organizer. *Work It* beat out more than 400 other entries in a contest to produce a podcast for NPR's flagship public radio station in Charlotte, N.C. The show has featured conversations with people including a burlesque dancer, carpet installer, wedding planner, day trader, piercer, and doula. Bjers's 20-plus years in her own "day job" working for an airline has helped feed her curiosity about people and cultures while giving her the flexibility to pursue her passions. She is a leader in Code for America's volunteer brigade and helps organize TEDxCharlotte. She has spoken worldwide about tech, community building, and civic engagement.

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* Sharpe, William F.; Scott, Jason S.; & Watson, John G. “Efficient Retirement Financial Strategies.” July 2007 – Sharpe, Scott and Watson are not affiliated with Peterson Wealth Advisors.

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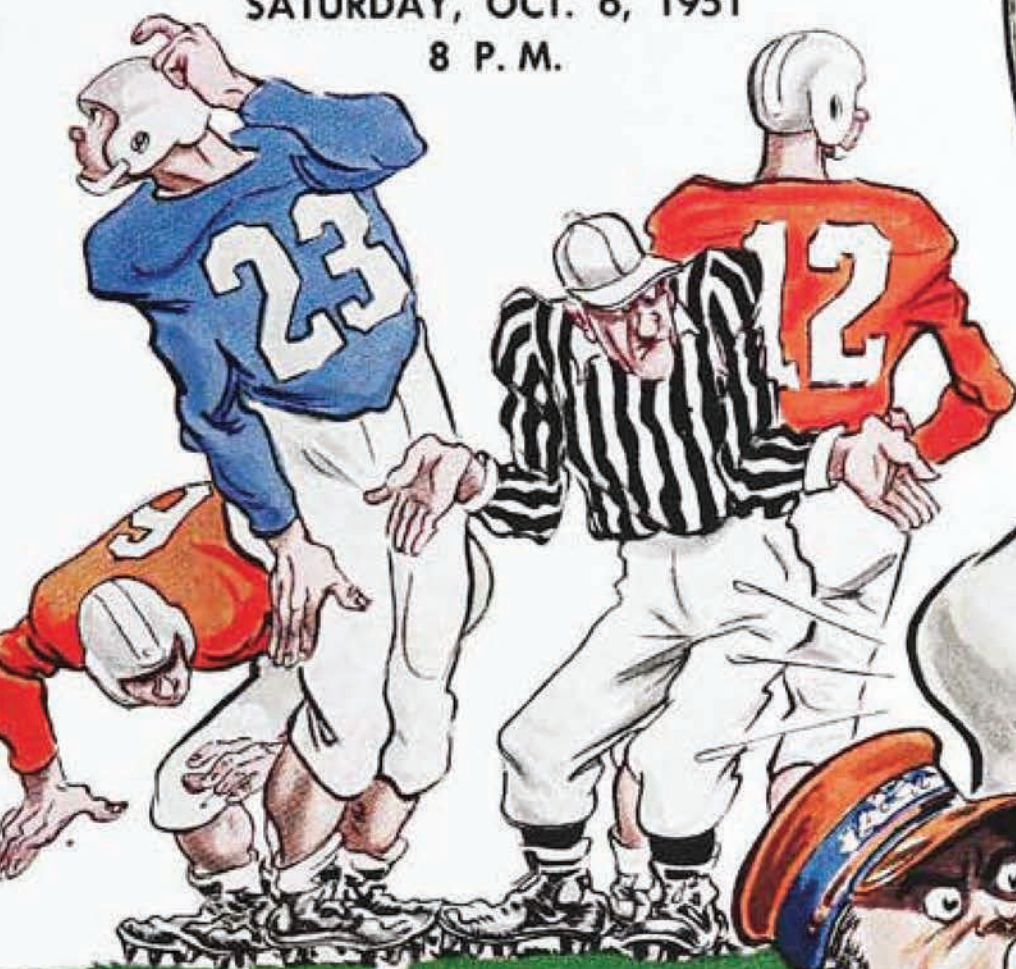


UTAH

VS.

BRIGHAM YOUNG

UTE STADIUM
SATURDAY, OCT. 6, 1951
8 P. M.



Homecoming History

It was a cool, crisp Saturday when the U football team took to the field for their homecoming game 70 years ago in 1951. Led by quarterback Tom Dublinski BS'53, the Utes beat BYU in a 7-6 nail-biter. He was later drafted by the Detroit Lions and guided them to an NFL championship in 1953.

This image is the cover of the program sold to game attendees for 25 cents each. That was on top of the \$1.75 they paid for general admission tickets, or \$3 for reserved seating.

Visit uhomecoming.com to see a full lineup of this year's festivities, culminating with the game against Washington State University on Sept. 25.

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