

# BEST FRIENDS

ANIMAL SANCTUARY

See Page 7



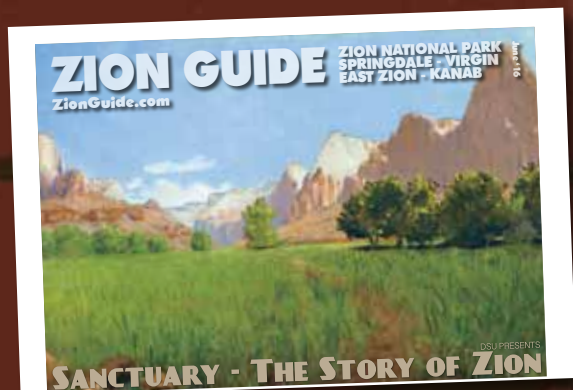
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**HISTORIC ST. GEORGE LIVE TOURS**  
BRING THE PAST TO LIFE  
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**RED ROCK DANCE FESTIVAL BRINGS**  
THREE DAYS OF DANCE TO ST. GEORGE  
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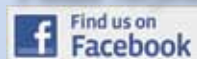
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## EDITORIAL

### PUBLISHER'S PERSPECTIVE by Josh Warburton

Recently, I called on the Washington County Water Conservancy District to release important information regarding the planned repayment plan for the proposed Lake Powell Pipeline. While some of you may have already read the statement or seen the video, I thought this spot was a good venue to reiterate the call.

As Washington County has likely never seen such a botched job of a proposal and at such an extraordinary cost, I feel compelled to stand up against it and instead support alternatives to it. Currently, I am the only candidate for Washington County Commissioner taking this position.

If built, taxes for the citizens of Washington County will go through the roof to pay for it. At an cost of \$6-8 billion including financing, which is based on the best estimates of 20 Utah economists, this project will do just the opposite of ensure economic stability but instead may doom Southern Utah's economy.

Property taxes, state taxes, water rates, and impact fees will all have to go up, creating an incredible burden for all of us who live here if the pipeline were to be built. These huge taxes will essentially price many of us out of the ability to live and/or own a home in Washington County. I believe the

citizens deserve to know how we would pay for such a massive debt.

Here is the statement in its entirety:

I have called this press conference today on behalf of the citizens of Washington County in the interest of more transparency on the proposed Lake Powell Pipeline project.

Today, along with the Utah Rivers Council and as was ordered by the Utah Records Committee last Thursday, I am calling for the Washington County Water Conservancy District (WCWCD), which serves under the Washington County Commission, to release its draft payment plan.

As of yet, WCWCD has refused to release the model being used to estimate the costs of repayment for the proposed 140 mile long pipeline from Lake Powell to Washington County.

Our taxpayers and all of the citizens of Washington County have the legal right, as ruled by the Utah Records Committee, to have this information as per the Government Records Access & Management Act, otherwise known as GRAMA. Documents indicate that WCWCD has access to this information, which was contracted for and provided by Applied Analysis of Las Vegas, but is simply refusing to release it despite the order from the Utah Records Committee.

This project has been going on for over 10 years now and has already cost us taxpayers nearly \$30 million! I ask you as citizens, voters, and taxpayers in Washington County to also call on WCWCD to release this information to the public so we can all see the math being used to convince us we need this political boondoggle, which by

best estimates would cost us taxpayers \$6-8 billion once financing is worked in.

We all deserve transparency and honesty in our local elected and appointed officials, and when elected I will work to ensure we have a water board that is held accountable.

And as the only candidate for Washington County Commissioner promoting alternatives to the Lake Powell Pipeline, I ask you to please consider supporting my campaign to be Washington County's next commissioner. You can look up my statements on water and the Lake Powell Pipeline as well as seven other critical issues at JoshWarburton.com.



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## WHY THE KATE DALLEY SHOW MATTERED

By Dallas Hyland



Canyon Media, with little or no notice to the listening audience — or even the show's host, for that matter — cancelled the Kate Dalley Show yesterday. While I am in no position to question the decision, I

identify with the disappointment felt in the listening community. The Kate Dalley Show mattered.

The show ran from 1 to 4 p.m. Mondays through Fridays. I have been a regularly scheduled weekly guest on the show since 2012 when Kate then co-hosted the show with Bryan Hyde. I often joked that I was the token liberal nemesis; but in truth, Kate having me on the show was actually a well-thought-out strategy to,

among other things, counter the assertion that her show was merely an echo chamber for the conservative right.

Kate and I went rounds every week, with little exception, for the better part of the last four years, and although we rarely saw eye to eye on the political spectrum, we were and are, point of fact, close friends. So say what you will.

The point here is an obvious one to most cities in America but one that Southern Utah seems to be willfully lethargic in grasping. In order for our democratic institution to thrive well, we must by way of the protections afforded us in the First Amendment continually have rigorous and meaningful dialogue about elected and appointed officials in said democratic institution. This imperative task is set at the feet of not only the common citizen but also the reporting journalist — and the political commentator.

I, like Kate, mostly operate in that third realm. We have found that we have much more to say than what the rigid protocol of a news-writing environment allows for. And while some openly mock and criticize political commentators, they would do well to realize that in doing so they join that commentary by default. Rigorous civil discourse on matters of consequence is at the core of our ability to sort through the



process of living together in a democratic fashion. Were anyone on any end of the spectrum to be pressed on the matter, they would like agree that when only one side owns the debate, that is when only one side is broadcasted or published and when civil discourse loses any and all veracity.

Silencing both, however? One has to question just what the people over there at Canyon Media are thinking.

In today's news environment, the importance of stories is being weighed with search engine optimization and advertising influence. Not unlike the politicians reported on for being swayed not by the people but by corporate lobbyists, the companies that generate news content are more often web marketing engines disguised as news sources.

Don't misunderstand, here: No sales equals no source. Keeping the lights on in any business is predicated by generating profit. But the conundrum seems to be, "Which is more important, and to whom?"

What Kate's show did was provide a medium that bridged that gap. It was an interactive show that was often guest-driven and made complete by the engaging public who would call in to be heard, debate, or simply call me a tree-hugging commie. It was — and still is, for that matter — a necessary component of the Fourth Estate

to take in to account what has happened locally or abroad and hash it out.

When only one side or one source exists, this leads to that echo-chamber effect, and it is demonstratively dangerous. And while St. George has come a long way in this arena, it seems intent almost on perpetual digression instead of realizing it still has a long way to go.

Speaking for myself, I owe a debt of gratitude not only to Canyon Media but also to Kate Dalley and Bryan Hyde for having me as a regular guest on their shows. The market value of that exposure is not lost on me.



But a special and heartfelt farewell goes out to my friend and part-time nemesis, Kate. We worked and laughed together and even saw each other through a few hard times. The community is all the poorer without that show.

See you out there.

## ZION NATIONAL PARK WILL NEVER REALLY ADDRESS OVERCROWDING

By Chris Zinda



Zion National Park is in the process of holding a series of local public meetings to discuss overcrowding and what to do about it.

I am here to say that Zion and other National

Park sites will *never* meaningfully address carrying capacity.

*Ever.*

Inherently psychotic with its dual missions of preservation and visitor use, the National Park Service constantly complains of being "loved to death" while at the same time plaintively blathers for money to consistently increase the footprint of services to accommodate more, using outdated and masturbatory programs like the Frankenstein biological/social science-based Visitor Experience and Resources Protection model as justification.

Politically, the national, state, and local politicians always squeal like stuck pigs on behalf of their tourism councils and Chambers of Commerce. One just need look at how the BLM is dealing with permitting

for the overcrowded Wave on the Arizona Strip, whereby local businesses oppose both online registration and printing of permits, complaining that they depend on duped lottery hopefuls who must show up in person in Kanab on the day it is held, most of whom never get a permit and must then find something else to do. How stupid is that?

How can you address overcrowding when even current ethically and Equal Opportunity (diversity and sexual harassment) embattled NPS Director Jonathan Jarvis doesn't think overcrowding is an issue? From Travel & Leisure:

*"I've come to the conclusion that the only real significant impact brought on by public use is an experiential one. In other words, concerns about crowds. I do think that there needs to be a range of quality experiences and that public use needs to be managed. But to be blunt, I worry a lot more about apathy than overuse."*

As a former NPS manager who sat alongside many like Director Jarvis and jerked in the same delusional circles, I have some suggestions that Zion National Park can implement to deal with park overuse:

—Do not look for money you don't need by selling the naming rights to park buildings to corporate interests. Not only does Zion not need Zion's Bank or Desert Management Corporation identified with it, but as with recreation fees you will have an insatiable appetite for continued destruction.

—Although you cannot legally say as much, the number of parking lots for cars will largely determine the number of visitors at your park. Build only bathrooms, and invest in sewage

treatment facilities. Do not increase the size of visitor centers or other of these type of similar facilities. Do not increase your infrastructure footprint.

—Join the rest of the civilized world and require backcountry users, climbers, canyoneers, day hikers, or anyone outside of designated high-use "Class 1 and 2" zones to have Search and Rescue (SAR) insurance. The cost is minimal and can be purchased for the length of the visitor's trip.

—Create a day-use permitting system for "Class 3" zones complete with entry quotas during the high-use season. These could be obtained online, include the option for SAR insurance, and be presented upon request.

If by "overcrowding" the NPS refers to *overuse* that has and continues to cause resource destruction, it needs to get real about carrying capacity and develop meaningful quotas based on biological science instead of cowering under political assault and using shoddy social science to justify doing the wrong thing. Do not encourage a neverending supply of corporate funding to develop a larger infrastructure footprint to "serve" the visitor.

If by "overcrowding" the NPS refers to the high cost of SAR — which is significant to both the NPS and local sheriff departments — it needs to get real, start requiring insurance, and recoup the costs. Having known two winners of the Harry Yount Award (the highest award offered to park rangers) and countless chief rangers responsible for SAR and law enforcement services, depressingly none are in favor of SAR insurance, believing that somehow people will be reluctant to call them if they know if there will be a cost. My retort has always been that we instead end up with freeloaders and constant SAR complaints

for money.

So, Zion and the NPS, you can complain as much as you like about the tragedy of the commons, but until your agency and its leaders stop being beholden to stuck pigs and institute what biological and social science tells you — which is to stop freeloaders, set quotas, and shut the gates — you are only wasting taxpayer monies as well as your time, breath, and credibility.

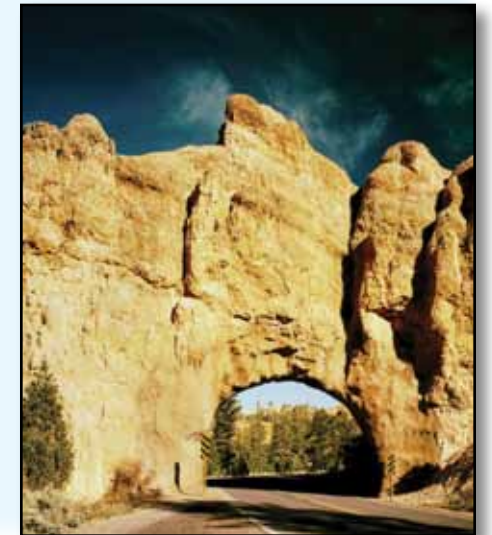
Zion National Park is holding public meetings to discuss increasing park visitation and its effects. All meetings run from 5 to 7 p.m.:

—May 23, Canyon Community Center, Springdale.

—May 24, SUU Sharwan Smith Student Center, Cedar City.

—May 25, Dixie Center, St. George.

—May 26, Kanab City Library, Kanab.



## WHY ARE UTAH LEGISLATORS PLAYING DOCTOR?

By Marianne Mansfield

Because they apparently don't have enough to do, Utah legislators are playing doctor. Unfortunately, they do so at the expense of women's health and safety.

On March 28, 2016, Gov. Gary Herbert signed into law SB 0234, euphemistically titled the "Protecting Unborn Children Amendment." As a law that is the first of its kind in the nation, it requires women seeking abortions at or beyond 20 weeks of gestation to receive anesthesia. Supporters of the bill argue fetuses at 20 weeks may be capable of feeling pain and therefore should be anesthetized.

This almost makes sense, except it doesn't. Most medical experts agree there is no credible scientific evidence a fetus of 20 weeks experiences pain. According to a literature review in the Journal of the American Medical Association, "pain perception probably does not function before the third trimester [28 weeks]." The misguided suggestion that a fetus feels pain caused by the act of abortion is largely a creation of Utah's male legislators in general, and Sen. Curtis Bramble in particular, who are desperate to chip away at a woman's right to control what happens to her body.

To be clear, no one wants a baby

## TONDRA THOMPSON'S UPHILL CANCER BATTLE AND WHAT WE CAN ALL LEARN FROM IT

By Jason Gottfried

Some people simply don't know how to give up. It doesn't make sense to them. They're like a gnarly desert plant that you chop, burn, uproot, and poison ... and yet the damn thing still happily sprouts leaves and flowers and throws seeds all over the place as if to spite you.

That's my friend Tondra Thompson. She's been through everything — abuse as a child, divorce, myriad health issues, and now cancer — and yet when I saw her Thursday, she was the same old Tondra: chipper, buoyant, selfless, and utterly unstoppable.

She's taught at the university level and has started, developed, and managed several successful businesses. She's a

to feel pain. Probably the person who tops the list is any woman carrying a fetus. Abortion foes, however, have staked out what they deem to be the moral high ground and kicked the safety and well-being of the mother, not to mention her personal rights to the curb. In the face of overwhelming scientific evidence to the contrary, they have declared they believe fetuses not yet viable are capable of feeling pain. The legislature has waddled into the privacy of the examination room and settled itself down squarely between a woman and her doctor.

Let's consider for a moment what this means to those mothers who seek abortions at 20 weeks. By the way, for the most recent year for which data is available, 2014, there were 17 such women in the state of Utah. That's it.

Prior to SB 0234, a woman in collaboration with her physician could opt for anesthesia. Without her consent, this new law requires she either be given a general anesthetic, which will render her unconscious and connected to a breathing tube, or sedated with a heavy dose of narcotics, carrying its own heavy dose of risks. But again, the legislators are playing

doctor here.

Now consider the position in which physicians find themselves, thanks to SB 0234. According to a literature review in the Journal of the American Medical Association, "pain perception probably does not function before the third trimester [28 weeks]."

Prior to SB 0234, physicians who administered anesthesia to women having abortions were required to advise their patients about the health risks and anesthesia-related side effects of adding drugs to their procedures. Not only does SB 0234 not contain any such requirement, it rather asks physicians to inform their patients that "substantial medical evidence from studies concludes that an unborn child who is at least 20 weeks gestational age may be capable of experiencing pain during an abortion procedure." In other words, it requires physicians to dispense information many consider to be unfounded and untrue.

It is time to call this law what it is: another foothold for legislatures to chip away at the protections guaranteed women by the 1973 Supreme Court decision in *Roe v. Wade*.

It is worth consideration to

remind ourselves how the Supreme Court reached its unanimous decision in that landmark case. The justices looked to the 14th Amendment of the Constitution and its due process clause to find that women were guaranteed a right to privacy within which to make decisions about abortion. The justices, however, also found that states possessed two legitimate interests under which they could regulate abortions. The first was to protect the health of the woman, and the second was to defend the potentiality of the human life.

It seems clear that SB 0234 does nothing to protect the health of the woman, which is the first of the legitimate state interests. With regard to the second, the defense of human life, the administration of a narcotic to an unborn fetus through the body of the mother hardly rises to the standard.

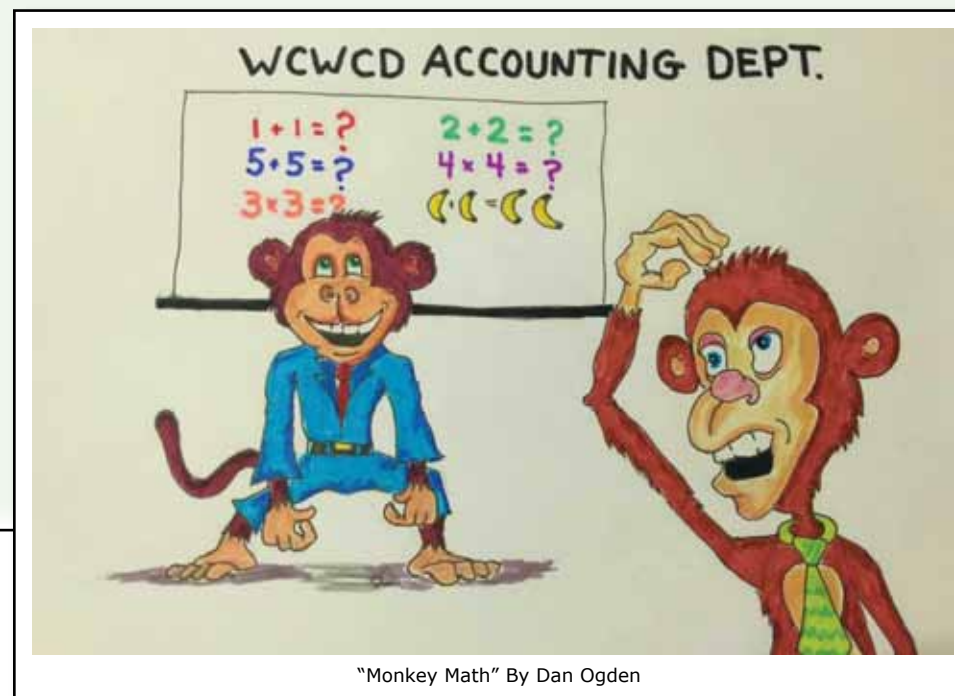
It occurs to me that this is an argument that just never goes away. Why are women treated to such pervasive subjugation? Why is it a woman's control over what happens to her own body is considered subordinate to the will of legislators?

Is this what the future holds for all women? Does the past truly predict the future? Is it that we will continually be forced to fight for what should rightfully be ours to begin with?

What is it about women that makes us the target of this sort of gender discrimination? I'm sure I don't know what it is, but I do know this: I'm grateful beyond words for women who fought and continue to fight for our rights. I'm grateful for the physicians who stood against the Utah legislators, fighting bias with fact. I'm grateful for every woman who realizes we can never relax.

We must call out our legislators. We will not stand silently by while these legislators play doctor with our lives.

They have no right.



"Monkey Math" By Dan Ogden

tremendous vocalist — think Whitney Houston meets Janis Joplin — as well as a songwriter and owner of Dame deVille Music.

She was in the middle of recording an album when cancer struck.

This all started in January when she went in for an ultrasound after finding a lump. Her nurse practitioner said that it was nothing to worry about, and an MRI also suggested that everything was fine. But Tondra has unusually strong intuition (whereas I usually can't even find my keys) and knew that it was serious. She just knew. Tondra followed her heart and went straight to surgery.

She had the lump removed, and immediately afterwards she was informed that her intuition was correct. She was the lucky winner of not just run-of-the-mill breast cancer but also grade 3 invasive carcinoma.

Translation: Cancer was John Mayer, and Tondra's body was a wonderland.

After a second surgery, a double mastectomy was next. Both of her lungs collapsed — which is insane to conceive if you've ever heard her sing. You know the part in Spinal Tap when Nigel Tufnel explains how his amp goes to eleven? Well,

so did Tondra's lungs. The left lung had to be punctured for life support.

The cancer's estrogen receptor, progesterone receptor, and Her2 levels were all measured at 100 percent. That's extremely rare in the sort of way that it's extremely rare for someone to randomly sneeze \$50 bills. Her surgeon was flabbergasted by these test results.

Translation: Cancer was House of Pain, and it came to get down.

Tondra's approach to all of this? Bring it on! "I plan on thriving through this experience," she said. "I hold the hand of Jesus. I refuse to let go!"

She is doing everything she can to cleanse and empower her body in preparation for the years ahead, including going vegan, exercising daily, and getting plenty of sun.

Tondra has liquidated all of her assets to pay for medical expenses. Fortunately, she has been approved through Utah's Cancer Control Program, but while it helps with medical costs, there is a great deal that it will not cover. She has undergone three surgeries but has two more ahead of her in the next five months.

She is raising funds, but not just for herself; she's taking someone with her.

For starters, she's planning on doing both a concert and a luncheon as fundraisers "to raise enough funds to help another walking through the fire" with her. She says that she wants to bring more resources to the area as a result of her experience.

Tondra isn't the only person in the world to get cancer. Learn ways to change your diet and lifestyle in order to minimize your own chances of developing cancer. While genetics and environment play a role, your diet and lifestyle are your main defenses. By eating organic foods and minimizing processed foods, GMO foods, animal foods, drugs, and alcohol, you can lessen the damage you do to your own body that can manifest later as cancer. In the relatively radioactive land of Southern Utah, iodine drops can be a simple, cheap, and effective tool in cancer prevention (ask your doctor). By keeping your body in a more alkaline state through diet, you help strengthen it against disease. One easy thing to do is to drink lemon juice and add a pinch of baking soda to your drinking water.

So please pray for Tondra and her family, and follow the hashtag #TriumphantTondra to follow her progress. Consider making a donation of any size at [gofundme.com/vhx39hv8](http://gofundme.com/vhx39hv8). And think about how cancer would affect your family if it struck and what you can do to prevent that from happening.

Like Linda Carter and Gloria Gaynor, Tondra Thompson is a wonder woman despite all odds, and she will survive.

## LOCAL NEWS

# DSU PARTNERS WITH DUY TAN UNIVERSITY IN FILM STUDIES

Dixie State University has formed an international partnership in film studies and production with Duy Tan University in Vietnam. In May, DSU's Dr. Jeffrey Jarvis, dean of the School of Visual and Performing Arts, traveled to DTU in Da Nang, Vietnam, to sign a memorandum of understanding.

DTU, under the direction of project manager Raphael Didierjean, has made incredible strides in computer-generated animation in recreating Vietnam air battles on film with the latest 3-D technology. DTU will be organizing training courses on computer-generated animation for DSU officials and will work with DSU in showing DOCUTAH films in Vietnam. DSU, in return, plans to organize training for DTU in film studio engineering, building studios, post-production processing, script writing, and more.

"We are excited about the next steps in our film program, including the bachelor's degree in digital film and the expansion of DOCUTAH and its international reach," said DSU's Dr. Jeffrey Jarvis, dean of the school of visual and performing arts. "Duy Tan University shares our interest in documentary film and will be a strong partner in mutual collaboration."

The partnership emerged thanks to Vietnam veteran and DSU patron Dave Hansen, who helped connect DSU officials with DTU president and provost Dr. Le Nguyen Bao. In 2014, the film "Soldiers' Sanctuary" screened at DOCUTAH and featured Hansen and his involvement with a group called PeaceTrees Vietnam, which is devoted to reconciling American and Vietnamese veterans. The group unites veterans from both sides to dispose of explosive remnants that are still on former Vietnam battlefields and plant trees in their place.

Hansen visits Vietnam frequently, bringing other Vietnam vets with him to join in the reconciliation effort. Since the release of "Soldiers' Sanctuary," he has been a liaison between DSU and DTU.

At the signing ceremony, Le also thanked Hansen and spoke of the benefits that will come from such a partnership.

"DSU is strong in arts and social sciences, [and] DTU, since inception, has made humanities the cornerstone of its educational philosophy," Le said. "Such international collaborations in film production and other fields will significantly improve the standard of education at DTU in the age of international integration."

**Find more news daily at [SUindependent.com](http://SUindependent.com)**

# IHC LAUNCHES CONNECT CARE TELEHEALTH APP

Intermountain Healthcare recently launched Intermountain Connect Care, a telehealth service that connects patients with Intermountain Healthcare providers through video and audio conferencing on the web and using the Connect Care app on mobile devices.

"This means that for many minor medical problems, patients can receive treatment from an Intermountain provider from their home or office without the need to come to an urgent care or doctor's office," said Dr. William Daines, Intermountain Connect Care's medical director.

Daines explained that providers can diagnose and treat a variety of conditions, such as coughs, colds, sinus pain, ear pain, allergies, painful urination, minor rashes or skin conditions, flu-like illnesses, minor musculoskeletal complaints, and gastrointestinal issues.

The cost of the visit is \$49 regardless of insurance coverage. Some insurance will cover part of the fees, and the service is available to use for all Utah and Idaho residents. Connect Care providers can prescribe medications and send them to local pharmacies. If the providers see the need for a patient to visit a doctor face-to-face or receive immediate attention, they will refer the user to the nearest clinics.

"Not all medical conditions are appropriate for telehealth evaluation and treatment," said Daines. "If the provider feels that an in-person evaluation is needed immediately, the provider will refer you to a local in-person clinic and we won't charge you for the visit."

The service is tied to the patient's Intermountain electronic medical record. Intermountain providers will be able to instantly access the patient's medical history and medications during the Connect Care visit. Clinicians who meet with patients in person in the future will also have the details of the online visit available to them. That vital information helps providers track recurring complications and symptoms, access records of allergies, and note current medications to avoid dangerous drug interactions.

Connect Care brings healthcare access to the entire state, including rural areas that have limited clinic options.

"Patients in rural areas typically have to cover long distances to see healthcare providers, so the ability to connect with a provider instantly over a video link will save patients time and money," said Daines.

Connect Care can be accessed at [intermountainconnectcare.org](http://intermountainconnectcare.org) or by downloading the app for Apple or Android.





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## EVENTS

### BEST FRIENDS ANIMAL SANCTUARY: UTAH'S BEST-KEPT SECRET

Among the majestic beauty of the national parks scattered throughout the area — like Zion, Bryce, and Capitol Reef — is another treasure, a secret canyon that

lies among the national parks. In the heart of Angel Canyon is the largest sanctuary in the entire nation for homeless pets: Best Friends Animal Sanctuary. Nestled among the red rocks, 1,700 animals reside there on any given day — healing, thriving, and looking for homes.

Volunteers are always welcome as are avid hikers who want to explore the distinctive 30,000-acre landscape. Visitors can reserve a sanctuary cabin or stay in nearby Kanab to enjoy a few days of “voluntourism,” helping take care of cats, dogs, pigs, bunnies, horses, or even parrots. Kids ages six to nine can learn about the animals by spending a few hours or a whole week at the summer kids camp. Visitors can take a quick van tour, explore the gift shop, or meet other animal lovers and travelers at the scenic Village Café.

To learn more, visit [bestfriends.org/fetch](http://bestfriends.org/fetch).



### SUU BRINGS HEARTLAND MARIMBA FESTIVAL TO CEDAR CITY

The Heartland Marimba Festival Academy Out West will be held in Cedar City June 3–14. Multiple performances will be given in Southern Utah University’s Thorley Recital Hall featuring various guest artists including artistic director Matthew Coley, Michael Burritt, Clocks in Motion, and SUU director of percussion Lynn Vartan. All concerts begin at 7:30 and are free and open to the public.

The concert series is as follows:

June 8: Academy participants and faculty

June 10: Clocks in Motion and Michael Burritt

June 11: Marimba Orchestra, Clocks in Motion, and Michael Burritt

Under the leadership of Coley, the Heartland Marimba Festival launched in 2014. The festival focuses on community outreach, creating educational experiences, generating new repertoire, and providing opportunities for professionals. The festival consists of academy sessions, concerts, and opportunities for students to learn about the life of a performing artist.

This is the first year

for the Heartland Marimba Festival to be held in Cedar City. Coley came to SUU in 2012 as a guest artist for Satellite Salon when he approached Vartan about hosting the Heartland Marimba Festival Academy Out West.

“Matthew Coley and I have worked together many times in a percussion duo,” said Vartan. “Michael Burritt is considered one of the greatest artists and teachers in percussion.”

More information about the College of Performing and Visual Art’s Department of Music percussion program is available at [suu.edu/pva/music/percussion](http://suu.edu/pva/music/percussion).



### HISTORIC ST. GEORGE LIVE TOURS BRING THE PAST TO LIFE

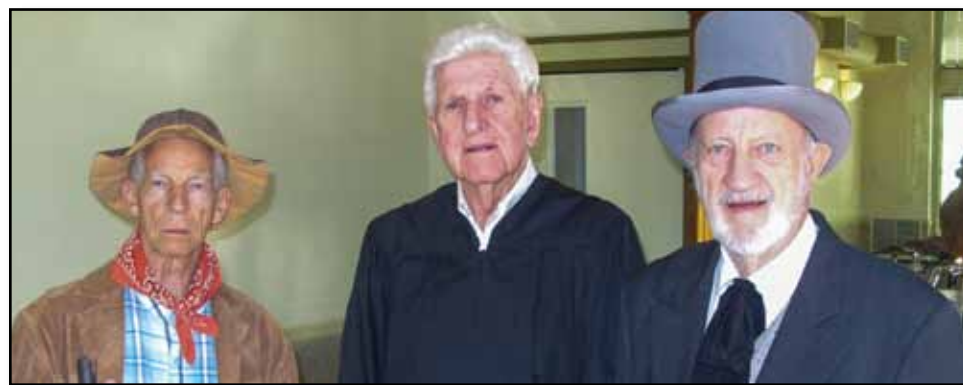
This summer, both St. George residents and visitors can meet Brigham Young, Erastus Snow, Orson Pratt, Jacob Hamblin, Judge John Menzies Macfarlane, and a pioneer woman as part of the Historic St. George Live tours. Beginning June 3 and ending August 30, (excluding July 4 and 24), guests will meet the pioneer settlers in historic buildings around town. Tuesdays through Saturdays at 10 a.m., the tours will be given at the art museum at the Pioneer Center for the Arts, located at 47 E 200 N, across the street from the post office.

The first-person reenactment is in its 18th year of entertaining and informing guests about early St. George history. In period costumes, the actors, tour guides, bus drivers, and day captains take visitors back to 1870 with historic facts and artifacts, such as a replica odometer that pioneers used to count the miles on

the wheels of their wagons. At the Pioneer Courthouse, visitors will witness a trial for someone misusing a water turn, showing the importance of irrigation. The St. George Tabernacle, the Pioneer Opera House, Brigham Young’s Winter Home, and the Daughters of Utah Pioneer Museum are all included on the tour. Buses are provided between sites.

In past years, the tours have catered to family and class reunions, Scout troops, neighborhoods, churches, civic clubs, businesses, bus tours, and others wishing to enjoy the pioneer spirit during the summer.

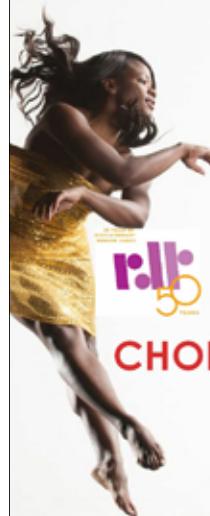
Tickets can be purchased at the St. George Art Museum. They are \$3 for ages 12 and up. Children 11 and under are admitted free with an adult. The ticket also admits one person to the Town Square Carousel for one free ride this year. For more information, call (435) 627-4525.



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June 15-17, 2016

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TUACAHN HAFEN THEATER \$10  
MORE INFO: 435-773-1221



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**EVENTS**

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On June 24 and 25, the Hidden Trails/Sea Doo Pro Watercross National Tour's fourth stop, the Red Desert Championship, will attract over 125 competitors from all over the world to compete in closed-course racing, otherwise known as watercross (on stand-up and runabout personal watercrafts), and freestyle competition. The event will take place at Sand Hollow State Park on the waters in front of The Beach at Sand Hollow in Hurricane and is free and open to the public.

Watercross will be featured during the Pro Show June 24 from 6-8 p.m. and June 25 from 11 a.m.-2 p.m. The Pro Show showcases competitors performing aerial maneuvers. Each stop of the tour is televised and broadcast on Regional Sports Networks and streamed live online at [prowatercross.com/live](http://prowatercross.com/live).

The tour offers entry-level classes for those interested in just getting their feet wet or looking to push their competitive edge. For more information, go to [prowatercross.com](http://prowatercross.com) or contact managing director Nick Handler at (585) 794-6549.

**RED ROCK DANCE FESTIVAL  
BRINGS THREE DAYS OF  
DANCE TO ST. GEORGE**

The Red Rock Dance Festival is three full days of moving, collaborating, dance-making, and performing June 15-17 at Tuacahn Center for the Arts. The festival's mission is to bring together a community of choreographers, performers, educators and students in a cooperative environment to study, perform and create new work.

The Red Rock Dance Festival builds upon the Contemporary Dance Concert, an annual choreography showcase hosted by St. George Dance Company and directed by Summer Belnap Robertson. The concert has been held in Southern Utah for the past eight consecutive years and has attracted dance companies, choreographers, and dancers from all over the Southwest.

With RAP Tax financial support, the event's name has been changed to the "Red Rock Dance Festival" and expanded from a one-day showcase performance to a three-day festival that includes performances and various workshops.

Participants will work intimately with dance professionals on developing and exploring ideas in dance workshops. Masterclasses will be taught by dance professionals and professors such as Kate Monson; Brigham Young University dance faculty, who will partner with Amy Markgraf Jacobson; and Utah Valley University dance faculty, who will teach their newly developed dancer conditioning program.

founder and director of NOW-ID and former artistic director of the Ririe-Woodbury Dance Company. — John Corsa, former dancer with Momix, Diavolo, and Parsons Dance and current principal in Twyla Tharp's musical "Movin' Out."

Choreographers are encouraged to submit their work and receive feedback. Choreographers are made up of a broad range of experience from university faculty to emerging dancers who are just entering the field.

In addition to the professional training program for ages 16 through adult, the Red Rock Dance Festival provides a junior workshop to be held concurrently at Vista School for ages 8-15.

The Repertory Dance Theatre will perform Thursday, June 16, at 7:30 p.m. at the Tuacahn Hafen Theater and will also teach some of the workshops. Various choreographers in the choreography showcase will perform Friday, June 17, at 7:30 p.m. at the Hafen Theater. Tickets are \$15 for the June 16 performance and \$10 for the June 17 performance.

To participate, register for workshops, or purchase tickets, visit [RedRockDanceFestival.com](http://RedRockDanceFestival.com), or call (435) 773-1221.



"It is a program that is specifically focused for modern/contemporary dancers and is based on an across-the-floor structure with focus on LMA and kinesiology principles," said Monson. Other classes offered include modern, jazz, repertory, improvisation, composition, ballet, hip-hop, and partnering.

Dance pieces submitted will be adjudicated by a panel of judges:

— Linda Smith, former dancer for José Limón and current artistic director of the Repertory Dance Theater.

— Greg Sample, founder of Sample Dance and former dancer for Celine Dion, Cirque de Soleil, Phantom, and Hubbard Street.

— Charlotte Boye-Christensen,



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# MOVIES

- ★★★★★ - Amazing!
- ★★★★ - Good
- ★★★ - Decent
- ★★ - Poor
- ★ - Terrible

## THE INDEPENDENT MOVIE GUIDE

by Adam Mast

**KEANU (R)**  
★★★★½



How much entertainment value you get out of the new comedy "Keanu" will most likely be dependent on how you feel about its stars, Key and Peele. If you dig this hilarious, energetic, and undeniably likeable duo, chances are this crazy, loose, and irreverent fusion of "John Wick" and "New Jack City" with a cute kitty thrown in for good measure should be right up your alley.

Unlucky in love, Rell Williams (Jordan Peele) finds solace in the form of an adorable kitten he finds on his doorstep. Unbeknownst to him, this sweet little feline, whom he affectionately names "Keanu," has ties with a negative inner-city element. No matter, though, because Keanu gives Rell an entirely new outlook on life.

Shit gets real when Rell returns home from an evening on the town with bestie Clarence Goobril (Keegan-Michael Key), and discovers that Keanu has been kidnapped. Rell and Clarence immediately spring into action in an effort to find the little guy and return him home to safety. Their inner-city adventure brings them face to face with a nutty pot dealer, a gang of lovable drug-slugging hoods, and a mythical pair of cold-blooded killers (played by two actors you may or may not recognize).

If you hadn't guessed already, "Keanu" is a Key and Peele vehicle in every sense of the term. This is a loosey-goosey movie, to say the least, and it doesn't so much as coast along by way of a solid plot structure (there really isn't much of a script to speak of) as it does on sheer star appeal and the genuine rapport between its immensely likable leads. Seriously, even when Rell and Clarence are throwing each other under the bus, you'll never doubt their love for one another.

This is a comedy, but it's punctuated by spontaneous bursts of violence and scenes of drug use that would be perfectly at home in a movie like "Pineapple Express." There are certainly scenes that lull and a handful of jokes that fall flat, and a weird and seemingly unnecessary revelation during the climax sort of cheapens a surprisingly ballsy moment that happens earlier in the film. Still, there are plenty of jokes that stick

(a 2-for-1 lap dance and an all-you-can-eat buffet at the same classy joint? Sign me up!).

More importantly, though, a lively Key and Peele are charming and have chemistry to spare. They pepper "Keanu" with a ton of film references, and their love for the likes of all things Keanu Reeves proves to be pretty darn irresistible. This creative duo have the same sort of love for geek culture that takes the wonderful collaborations between Edgar Wright, Simon Pegg, and Nick Frost ("Shaun of the Dead," "Hot Fuzz," "The World's End") to such colorful heights. "Keanu" isn't as clever or as cohesive as those particular films, but it bristles with the same sort of affection. In short, Key and Peele are a ton of fun to watch, and they manage to rise above most of whatever shortcomings this film might have. Translation: Bromance conquers all! Of course, the inclusion of an adorable little furball goes a long way to help make the movie more appealing, too.

**MOTHER'S DAY (PG-13)**  
★★½

"New Year's Eve," "Valentine's Day," and now, "Mother's Day." In his golden years, "Pretty Woman" and "Princess Diaries" director Garry Marshall has established himself as the Irwin Allen ("The Towering Inferno") of the holiday-inspired all-star comedy ensemble. How is "Mother's Day?" Well, the timing of its release couldn't be any more appropriate, and while it isn't as bad as "Exit to Eden," it's still a far cry from Marshall's heyday when he was churning out solid '80s fare like "The Flamingo Kid," "Overboard," and the underrated Tom Hanks/Jackie Gleason headlined "Nothing in Common."

"Mother's Day" weaves its intersecting subplots around — you guessed it! — Mother's Day. The film follows a handful of various moms as they navigate through complicated relationships, deal with overbearing parents, come to terms with their identities, and engage in that crazy adventure called motherhood.

"Mother's Day" features an impressive roster of talent, including Jennifer Aniston, Julia Roberts, Kate Hudson, Britt Robertson, Jennifer Garner, Sarah Chalke, and Cameron Esposito. And while all of these ladies have moments here, they are ultimately let down by a screenplay that is clichéd, overstuffed, obvious, and at times even a little bit insulting — further proof that star power only gets you so far.

"Mother's Day" has moments of warmth and humor, but very little here truly resonates. Furthermore, a lot of the jokes fall painfully flat while others are surprisingly off color, and such shenanigans only add to this film's surface-level trappings.

As I sat through this simple-minded and very predictable movie, I couldn't help but be reminded of Ron Howard's expertly crafted "Parenthood" from 1989. That film juggled several thematically connected plot threads too, but it did so with a grander sense of sincerity and truth. "Mother's Day" by comparison plays more like last year's overwrought Christmas flick, "Love the Coopers." This isn't to say



that this movie won't have an audience. It's harmless enough, and there were plenty of folks laughing and crying throughout the screening I attended.

Certainly, there are worse films you could take your mom to see on Mother's Day ("The Huntsman: Winter's War," yuck). Having said that, this particular movie fan can only hope that Garry Marshall refrains from subjecting us all to "Father's Day."

**CAPTAIN AMERICA: CIVIL WAR (PG-13)**  
★★★★

Being a superhero isn't all sunshine and rainbows. Sometimes a seemingly decent act, no matter how heroic, can have repercussions. Pixar's "The Incredibles" dealt with the age old "cause and effect" theme head on, and so does Marvel's "Captain America: Civil War."

In "Captain America: Civil War," a handful of The Avengers team — sans out-of-towners Thor and Hulk — are at a crossroads after a tragic mishap in the battlefield finds these keepers of peace under enormous political scrutiny. Should there be a law in place that keeps superheroes like The Avengers in check? Tony Stark (aka Iron Man) emphatically believes there should be while Steve Rogers (aka Captain America) firmly suggests that if there's an issue that needs tending to, he simply can't look the other way. Contention arises when a new threat surfaces, forcing various members of The Avengers into opposing points of view. In short, it's Team Cap vs. Team Iron Man.

"Civil War" manages to succeed where DC's recent "Batman v Superman: Dawn of Justice" appeared to fail. It not only addresses the after-effects incurred

when our favorite heroes cause inadvertent destruction while facing off against the enemy, but the reasoning behind this superhero "Civil War" feels far more meaningful. What's more is that both sides take an incredibly valid stance in terms of their position. In other words, you could make a strong argument for both sides. Each hero who makes an appearance in "Civil War" — and there are quite a few heroes to speak of in this picture — serves a distinct purpose and is given multiple moments to shine.

Perhaps the greatest trick that the Russo brothers pull off here is that they've managed to fashion a massive fan-friendly epic with a very intimate and contained story of friendship, loyalty, and revenge at the center. "Civil War" is a small movie and a huge movie rolled into one, and rather than ending on the customary sequence of mass destruction, this film ends on a decidedly different note. In fact, while this is hardly in line with the rather self-serious nature of some of the DC cinematic superhero properties, "Civil War" is, perhaps, the darkest of the Marvel movies. This edgier sensibility definitely works to the film's advantage, though, especially when taking into consideration that some of the threads at play in this picture will lead in to "The Avengers: Infinity War."



- May 27 @ 8:45pm
- June 10 @ 9:00pm
- June 24 @ 9:00pm
- July 8 @ 8:45pm
- July 22 @ 8:45pm
- August 12 @ 8:30pm
- August 26 @ 8:15pm

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# MOVIES

There's a lot going on in "Civil War." At 2 1/2 hours long, it's the lengthiest Marvel movie yet, and while this film probably won't make superhero fans out of non-superhero fans, it's sure to impress those of us who love this particular genre. Whereas movies based on Marvel comics are concerned, I give "Spider-Man 2," "The Avengers," and "Guardians of the Galaxy" the slight edge, but "Captain America: Civil War" is way up there. It's super fun, super serious, and super provocative in equal measure, and I greatly look forward to experiencing it again.

## MONEY MONSTER (R)

★★★

Famed actress Jodie Foster returns to the director's chair for the first time since 2011's "The Beaver," starring Mel Gibson. With "Money Monster," Foster has fashioned a potboiler with topical themes, but does the movie work as a whole?

In "Money Monster," popular financial advisor and TV personality Lee Gates (George Clooney) finds himself and his TV studio crew held hostage by Kyle Budwell (Jack O'Connell), a desperate investor with an ax to grind. It seems that Budwell holds Gates and a handful of other so-called experts accountable for giving him less-than-sound financial advice.

With an explosive strapped to his chest, Gates must find a way to either talk Budwell down or get the man the info he seeks before time runs out. Thankfully, this charismatic but somewhat despised TV show host has his trusty producer Patty Fenn (Julia Roberts) on his side, but will that be enough to keep a volatile situation in check?

Clooney is solid here, bringing swagger to his fast-talking Lee Gates, a somewhat thinly drawn character who probably has more detractors than supporters. O'Connell is a major star on the rise, and you needn't look any further than his riveting, quietly intense turn in



last year's little-seen gem, "71," to recognize that. His Kyle Budwell is a sympathetic sort: a likable, down-on-his-luck individual who, after foolishly taking some bad advice, seeks a little payback for himself and the American people. O'Connell brings much-needed energy to the proceedings, and of the three leads, he's the most compelling. Sadly, Roberts is saddled with a fairly thankless role. Her screen time is ample, but she isn't given much to work with, and you'd think a woman in her situation would break more of a sweat.

And therein lies a problem with "Money Monster." This film is all about an intense situation, but the proceedings as played aren't particularly intense. It's kind of a go-through-the-motions scenario, and there were certain characters in the film whose lives never really felt in any real peril.

Furthermore, "Money Monster" goes for the seriousness of "Dog Day Afternoon" and tries to fuse it with the B-movie mentality of something like "Phone Booth," and I don't know that this marriage is entirely successful. The film has an undercurrent of humor, but there are times when said humor drains the movie of real tension. And some scenes are completely overplayed, including one in which Budwell's pregnant girlfriend is brought in to diffuse the situation. What she says when she gets to the studio, while cold and unexpected, evoked laughter at the screening I attended. This is a problem because I don't know that this particular moment was designed to be funny.

What I do know is that "Money Monster" is breezy enough. At an hour and forty minutes, it never really outstays its welcome, but for a potboiler, it lacks the kind of real intensity that was needed to make it truly effective.

As for this film's themes, the loyalty and commitment between the members of the TV show staff was more intriguing than the less-than-subtle political stuff. "Money Monster" will no doubt be written off by some as anti-capitalist propaganda, but it should be noted that to the credit of Jodie Foster and her screenwriting team, it's a key capitalist character in "Money Monster" who offers up the most prophetic line of dialogue in this picture. Don't worry, no spoilers here.

There's a certain slightness to the relationships in "Money Monster," and the writing never reaches the provocative heights of something like "The Big Short." But thankfully, the acting is solid, and Foster keeps things moving along briskly enough that this is a far cry from the depths of a whiny hostage crisis movie like "John Q."

## THE NICE GUYS (R)

★★★½

Smog, porn, epic late-night parties ... '70s Hollywood had it all. Come to think of it, it wasn't all that different from Hollywood today. In Shane Black's unapologetic, uncompromising, noir-laced buddy action comedy "The Nice Guys," stars Ryan Gosling and Russell Crowe prove that star chemistry can trump a convoluted plot. Of course, Black's witty wordplay doesn't hurt.

In "The Nice Guys," mismatched private eyes Holland March (Gosling) and Jackson Healy (Crowe) join forces in a valiant effort to solve a mystery involving a murdered porn star, a political activist on the run, and crazy killer for hire. The job isn't easy, however, as single father March has a drinking problem and a comical aversion to blood while rough-around-the-edges Healy has virtually no concept of the term "hands off."



"The Nice Guys" is off-the-wall bonkers in terms of its "comedy of errors" approach, and for all its '70s Hollywood antics, there's never a moment when it doesn't feel like a movie made by the same man behind the screenplays for "Lethal Weapon," "The Last Boy Scout," and "Kiss Kiss, Bang Bang." If only "The Nice Guys" had the cohesive structure of Black's past work.

There's a propulsive energy at the heart of "The Nice Guys," there's no doubt about that. Sadly though, there's a little too much going on in "The Nice Guys," and there are certain stretches in the picture — including a sequence in which baddie John Boy (Matt Bomer) has an encounter with March's daughter (Angourie Rice) — that are surprisingly clunky in execution.

That being said, there are plenty of moments in "The Nice Guys" that work (many of those moments are spoiled in the trailer), and in a way, I have to admire Black for throwing caution to the wind and daring to make a movie this cynical and this blatantly non-PC. Of course, these are both traits that might keep the very adult-oriented "The Nice Guys" from appealing to the masses. Not this Shane Black fan, however. I really didn't have a problem with that stuff. I just didn't think the film offered up enough consistency and heart, and it never quite maintained that sweet spot for me.

Thankfully, the gags that do hit, hit big. The opener, in which a young boy sneaking a peek at a nudie magazine gets the surprise of his life, is shocking and oddly hilarious while the big finale is a ton of outrageous fun despite one too many goofy pratfalls. And the fashion in which Black uses film itself as a MacGuffin of sorts is pretty creative, too. Add to this Hitler jokes, "Waltons" references, "Three Stooges" inspired slapstick, and unexpected bursts of random violence, and you have a movie that's as eccentric as it is audacious. It should also be noted that at the very least "The Nice Guys" is an original in what looks to be another summer full of sequels, reboots, and comic book adaptations, so that

should account for something, too.

I had extremely high expectations for "The Nice Guys." Probably too high. Just keep your expectations in check and be warned: "The Nice Guys" is rated "R" for a reason.

## THE ANGRY BIRDS MOVIE (PG)

★★

I hate to sound like a killjoy, but I didn't care for "The Angry Birds Movie." I recognize I'm not the target audience but would it have hurt the filmmakers behind this tedious animated film to at least try and reach a little beyond the target demographic?

Based on the popular game (at least, it was popular a few years back), "The Angry Birds Movie" weaves its tale around Red (voiced by Jason Sudeikis), a bird with anger issues who resides on an island populated by other flightless birds. Ultimately, Red is ordered to take an anger management class where he meets a handful of fellow angry birds. Not surprisingly, Red refuses to take the class seriously, and that's because his anger comes from a place deep within.

When a handful of mysterious green piggies show up to the island unannounced, Red desperately attempts to convince the bird community that these piggies have a hidden agenda. Of course, the community writes Red's theory off suggesting that it's all just part of his anger issues. Ultimately though, Red is put in a position where he must become a leader and prove his worth.

My kids really enjoyed this thing. They laughed quite a bit throughout, but for me, it was bordering on torture. From a story and pacing standpoint, "The Angry Birds Movie" is dull, mean, and uneventful — and what's more, even the animation is subpar. The character designs in particular are pretty uninspired, most notably the green piggies. Again, I recognize that these designs are based on preexisting characters, but the whole thing struck me as fairly unimaginative.



As for the humor, there are very few laughs to speak of, and the bigger gags are of the off-color variety and hardly child-appropriate: A urine gag involving an Eagle and a lake, Red uttering the line "Pluck my life!" and a bird that shoots fireballs from its butt, etc. There's even a bizarre, completely out-of-place "Shining" reference. Perhaps the most fitting gag in the entire film involves that aforementioned Eagle rocking out to Rick Astley's "Never Gonna Give You Up." That's right. Watching "The Angry Birds Movie" is the equivalent of getting Rick rolled.

"The Angry Birds Movie" offers up a few cute moments and it briefly comes alive in the final act when our flightless feathered friends retaliate against an unexpected foe, but by and large, I can't say that this one is worth watching. In fact, I'd give this one the bird!

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## THE INDEPENDENT ALBUM REVIEWS

**Babymetal's "Metal Resistance" is a Japanese metal mutant**  
By Rob Jones

As a major fan of metal who's been in love with the genre for over half of my life, even I have to admit that metal, as



diverse a genre as it is, has been stuck in a rut for a while now. Not many truly great bands have come out that stand out from the rest. Then you have the great ones who occasionally put out something, good or bad, do the quick cash grab of reunion tours, or play the entirety of albums their fans love from yesteryear. But all in all, not much new and different is being done with metal to push it forward and make it sound fresh.

I think among the many things that can be said about Babymetal is that they will get a reaction out of you. You're either going to love them or hate them and either way that means they are doing something worth taking notice of. Because the fact is that this band *is* doing something different, and that is something my favorite genre of music needs.

Babymetal is a Japanese band that blends various genres of metal — speed metal, power metal, black metal, and industrial metal, just to name a few — with Japanese pop and various other musical influences here and there to create its own genre they call kawaii metal, “kawaii” meaning “cute.” This band can play really well, and if it was fronted by any usual good metal singer or screamer you'd have fewer haters out there. Babymetal, however, is



fronted by three teenage girls who were pop stars in Japan. They sing (almost entirely in Japanese), dance, and wear frilly anime-esque dresses. They look like a Norwegian black metal band. I can honestly say that I've never seen or heard anything like this before, and you would think that the fusion of J-pop and extreme metal shouldn't work. But it's actually flat-out brilliant.

“Metal Resistance,” Babymetal's second album, starts out with “Road Of Resistance,” which is a driving power metal masterpiece cowritten by Herman Li and Sam Totman of Dragonforce. From there, you have great songs like the charging power anthem, “Karate”; the more industrial-sounding “Awadama Fever” and “Gj”; the ska and dubstep metal of “Yava”; the trip-hop influenced “From Dusk Till Dawn”; and the '80s power ballad, “No Rain, No Rainbow.” That really is just scratching the surface of all that is going on in “Metal Resistance.”

Of all these songs, only one song is sung in English, another '80s power ballad called “The One.”

What is surprising is that I don't mind that I don't know what the songs are about since I don't speak Japanese. That just goes to show how strong the songs are. The music is really good, and the vocal delivery is great. Babymetal have really upped their game with “Metal Resistance,” and I honestly can't wait for the next album. Give this band a chance. You might find yourself surprised at how good it is.

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HUMOR

# DSU TRAILBLAZERS BLAZE TRAILS IN TRAILBLAZING

By Jason Gottfried

Dixie State University, now known as the Trailblazers, or the Tail Braziers, or the Braille Tasers, is blazing a trail all over the goddamned place.



"Trails have been blazed, but the blaze of our trail will blaze on for many trails to come," said DSU President Biff "The Spliff" Williams, who was not only wearing a blazer but also appeared to be blazed.

"As Trailblazers, we are blazed to be trailing behind ... uh ... nothing!" rambled Williams. "We trail ahead of the blaze, by trailing the blaze behind for many ... uh ... buffalos. Because the future is now! Or at least it's about to be. Just wait!"

A DSU spokesperson who was also wearing a blazer and appeared to be somewhat blazed trailed behind Williams as they exited the new DSU Blaze Trailer.

"There are a lot of trails in St. George, but none blaze so blazingly as the trails blazed here today," the spokesperson said between mouthfuls of Cheetos. "Sorry, the entire marketing staff just blazed a huge trail in our new DSU Blaze Trailer, and I've got crazy munchies."

DSU's chief marketing and communications officer — who was also wearing a blazer and appeared absolutely blazed — claims that they did not invent the identity.

"We didn't invent this identity," he said. "This identity emerged from who we are. Wait, who are we? Oh yeah, the Tail Baiters. It's copyrighted, though, even though we didn't invent it. So you can't make a pretend version of Mary Jane the Buffalo on your Facebook page or we'll sue the fuck out of you, just like we sue the fuck out of anyone else who crosses our path ... er, trail. Bwahaha! Hey, what flavor is that tape recorder?"

Apparently mad with power, Williams issued an "imperial decree" to all DSU employees commanding them to integrate "Trailblazers" as well as its variants and conjugated forms into daily speech and writing as many times as possible under penalty of firing and death.

"We are all pretty confused by the president's actions lately," said a DSU professor who asked to be kept anonymous. "The whole 'Dixie' thing is enough of a resume-killer. Then there have been the freedom of speech lawsuits and the whole Varlo Davenport debacle, which pretty much means I'm stuck at this community college for life."

"Now we've dropped \$50,000 to have a drug-addicted cow or something as a mascot," she continued. "That's supposed to inspire fear in our competition ... I guess fear of getting arrested, I don't know. 'Red Storm' was way scarier. There's nothing more terrifying than premenstrual syndrome combined with football. But in reality, all that has happened is that business is booming for local pizzerias, Dixie State University's campus reeks even worse of skunkweed, and people here are ashamed and afraid ... I mean, more so than usual."

"Oh, and I'm supposed to mention Failblazers or I was told that I'll lose my job and a Freemason will slit my throat," the professor continued. "So, you know ... Trailblazers. Whatever."

When asked about his "imperial decree," Williams seemed disoriented.

"Who said that? For the record, I have never tased a blind person," added Williams. "I did a whole bunch of other illegal shit, though. Two words: bison porn. Hey man, are you holding?"

At press time, most DSU students appeared too blazed to respond when asked what they thought of the new mascot and identity. None were wearing blazers.

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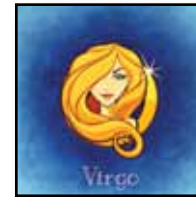
# YOUR MONTHLY HOROSCOPE

By Trippy Koala

*These horoscopes are provided for entertainment purposes only. The authors cannot be held responsible for any decisions or actions based, in whole or in part, on any of the information presented herein. Really, even if you believe in horoscopes (especially if you believe in horoscopes), you shouldn't listen to anything listed herein ... wait, drink water. There, that's some advice you can heed.*



**Leo:** If you open yourself to new things, romance may find you. Or, you'll be eaten by a pack of coyotes. It could go either way.



**Virgo:** Be kind to others this week, not for earthly rewards, but for the feeling of self-righteous superiority it gives you.



**Libra:** Reconnect with family this week. They're the only ones genetically obligated to put up with your shit.



**Scorpio:** Yes, your cat is trying to kill you, and yes, you should have opted for the little fake testicles when you had him neutered. Wear a cup or have him declawed.



**Sagittarius:** People will rain on your parade all week. The question you need to ask yourself is, "Why in the hell am I putting on a parade anyway?"



**Capricorn:** Venus is all up in your shit. What are you gonna do about it? Nothing, that's what.



**Aquarius:** This will be a magical week for you! Your money, your partner, and your car are all going to disappear! Magic!



**Pisces:** Stay focused and play your cards right this week. Your bookie isn't joking around. He will bust you kneecaps like Gallagher and watermelon.



**Aries:** You're most likely feeling lost this week, unsure which direction to take your life. Don't. The best direction for your life is sitting on your ass watching reruns of The Golden Girls.



**Taurus:** Give people the benefit of the doubt this week. Then, once they've screwed you over, seek revenge with reckless abandon.



**Gemini:** After the loss of a loved one, you will go through a period of deep grieving this week. To cope, try saying "That's what she said" through the tears in response to everything. It's what she would have wanted.



**Cancer:** In a survival situation, remember that you can drink your urine to survive. However, this week will be just fine, so stop drinking pee.





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# ART SMART: SPRING SPRUCING

By Aimee Olsen Cox

Spring weather is upon us. All that rain and sunshine gives me the urge to exercise my green thumb. It also makes me want to give old things a new look. Today, I have combined those two desires into the perfect spring art project. It's loads more fun than spring cleaning. We are giving the planters some sprucing-up for spring. Everything looks so neat and pretty when you're done! I used two methods to spruce up the pots to my liking. One is strictly painting, and the other involves fixing cloth to your pots. I will give the instructions for both. So grab the plants and the pots and get started.

Here is what you will need:

- Acrylic paints.
- Paintbrushes.
- Cups.
- Paper towels.
- An old cupcake tin.
- A tablecloth or cover.
- Fabric of choice.
- Scissors.
- Mod Podge.
- Acrylic sealer.
- Painter's tape (optional).
- Clay pots.
- Desired plants.
- Potting soil.
- Good music.

Most of these items are already on hand because of all the art projects we do. However, the little acrylic paints are \$0.50 each. The Mod Podge starts around \$5, and the sealer is also about \$5. My children used the tiny pots that begin at \$0.25 so that they could plant some succulents. The fabric I used has been sitting in my sewing box for about three years, so I have no idea how much it cost. You will have to decide how much you want to spend on pots and plants.

## Get ready!

First and foremost, you have to cover your work area. This is a messy one. Then gather all of your supplies. As usual, the cups will just be to hold water for rinsing the paintbrushes, and the paper towels are for dabbing off water. Go ahead and put your paints in that old cupcake tin. Every time I put paint in that old tin, I applaud my wisdom. Everyone needs and ego boost every now and then. Mine comes when I heartily approve my choices. Turn on some good music here too. It's free, and I swear it's good for getting creative juices and conversation flowing.

## Painting

Now that you have everything, go ahead and start painting. If you are doing this with children, I strongly advise that you just relax and let them paint something that is uniquely them. You might not like it. Accept that now. I often wonder what

exactly is going through my children's minds when they create something. I have one child who I know just wants to use as much paint as possible. If you are doing this on your own, though, I suggest taking your time. If you will use two different colors on your paint, tape them off so the edges are neat. Clean edges make a huge difference. Also, remember that it's best to let the bottom coat dry before putting anything on top of it. The nice thing about the clay pots is that they dry so quickly. For young hands, however, it might not be soon enough. If they are finicky, you might want to grab your blow dryer to speed things up.

## Fabric preparation

If you have decided to pretty up your pots with fabric, lay your fabric down with the pattern facing out. There is a way to actually measure the pot and cut the fabric appropriately. If you want more math in your life, go for it. Look it up online and do your math. I, however, prefer simplicity over all things. All you need to do is lay the pot on its side on the fabric where you will start and get your marker ready. Giving about 1/2 inch on top and bottom, mark the fabric. Then gently roll the pot on its side a bit. As you roll it, continue to mark the fabric. You will notice that the pot rolls in a wide circle and that the marking resembles a donut half. You can see in the picture how I did it. I used black ink to make sure you could see clearly, but I strongly recommend not using black unless your fabric is dark. It shows through and will make you very sad. Trust me.

## Mod Podging

Go ahead and cut the material now. Once again, I have a word of caution for you before you proceed. If you are planning on painting the inner lip of your pot or even the top portion, I strongly suggest you do that before slapping that fabric on it.

It's just a nightmare if you reverse that order. You might want to smash your pot if you don't heed my advice, and that would just be a waste. Hear and hearken, people. If, however, you are just using the fabric, proceed to slather that Mod Podge on the pot, putting the material on as you go. I'm not going to lie to you. This is a practice in patience and tolerance for many people. You have to be willing to go a little slowly with the material and accept that you will



be covered in the Mod Podge. It is, however, worth it.

If you have a tray to sit under the pot, paint it in a coordinating color. It makes the whole thing more pleasing to look upon, very put-together.

## Sealing

When you are through painting and the paint is dry, just take your pot outside and spray that sealer on it. It won't take much. I prefer a matte finish. I only like my lip gloss and my car to shine. This is neither of those things, so a matte finish is for me. You can get a glossy finish if you like, though.

The fabric covered pots use something else. After you have applied the material, trim it nice and close to the edges. Then slather on more mod podge. Don't use too much, though. It will take longer to dry. Now, because my pots will spend some of the time outside as well as inside, once they had finished drying from this step, I took them outside and sprayed them with the sealer as well. I honestly don't even know if that will help, but it can't hurt.



## Planting time

Now that your pots are complete, you are ready to plant! Follow the instructions for transferring plants to pots that are listed on the plant information, or ask your neighborhood gardening guru for tips. I have none for you. Trust me. You don't want my advice. I might exercise the green thumb in the spring, but by the end of summer it is 95 percent black. This is actually why my children chose succulents. Everything we researched said they were easy to keep alive. I chose basil and oregano. I think that planting something useful will increase my will to keep it alive. That's the idea, anyway. If they die, however, I will have the consolation of knowing they died in pretty pots. Wouldn't we all prefer to go in something lovely? I would.

After this project was completed, I was thinking how cute it would be to personalize some pots with children's hand prints. That would be adorable and would make a cute gift for grandma and grandpa. Then the thought of using lace instead of printed fabric popped in my mind and was quickly followed by a burlap idea. I think wrapping a flower pot with lace and burlap would be a beautiful way to personalize your clay pots. You could even paint them first and put lace on afterward. The possibilities are endless! So go ahead and give in to that little voice that is telling you to plant something right now. Make sure you do a little spring sprucing to get your pots looking smart. It's so fun to see plants growing in a beautiful container. And your children will get a lot of enjoyment caring for a plant in a pot they spruced up themselves.

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# EIGHT THINGS BOOKSELLERS WOULD LIKE SELF PUBLISHED AUTHORS TO KNOW

By Niki Hawkes

**Making sure your title is available for bookstores to order is an important first step**

Bookstores don't have access to all titles, and corporate stores like Barnes and Noble can't sell your title unless it's in its system and available from one of its distributors. Independent bookstores are much more likely to accept copies you bring from home, but each one is different, so it's important to do some preliminary research. The more available your book is, the easier it will be to make sales.

Before setting up a book signing, do research on how to get your title accepted into the bookstores you are considering.

**Make sure your title is returnable, specifically for national bookstore chains**

With literally millions of titles in publication, it makes sense that real estate in a bookstore is a high commodity. With so many titles vying for space, most bookstores are reluctant to order anything that can't be returned, especially in the quantities required for a signing event.

If your book has already been accepted into the distribution system, ask how to make your title returnable. I'm told it's a fairly simple process, but be aware that it isn't a free service.

**Bookstores typically don't have a budget to promote your signing event**

The hard truth of the matter is that bookstores are approached by countless self-published authors who rarely make enough sales at an event to justify promotional expenditures. Even promotion for New York Times best-selling authors are supported by publishers, the authors themselves (yes, even highly successful authors promote their own events), and social media. There are exceptions to this, but be prepared to handle your own advertising.

If you want people to show up, there are several things you can do. Print flyers (or even better, bookmarks) for booksellers to bag-stuff, ask if you can set up a display a few weeks early with the event info, boost ads on social media, or take out an ad in the paper. The opportunities are there and go beyond what I've listed. You just have to be willing to put in the effort.

**Take an active role in your signing event**

Most events are scheduled for high-traffic days, which makes sense because authors want to engage as many people as possible. From a sales standpoint, booksellers prefer this also. From a logistical standpoint, these days can be so busy that booksellers have a difficult time disengaging themselves from customer service long enough to give your event the attention it needs. Booksellers have the best intentions to set you up for success but don't always have the human resources to make it happen. Therefore, the more involved you can be in preparing for and setting up your event, the better.

Arrive early and help organize your station. Anything you can bring to draw attention to your book is also helpful. I've seen authors show up with balloons, stuffed animals, posters, candy trays, and



all other sorts of things to attract attention. The extra effort usually pays off.

**Your self-published book is probably not going to be competitively priced**

In the self-publishing industry, there is a noticeable correlation between quality and price. Unfortunately, self-publishing facilities don't have the resources to print at a high enough volume to make the cost per unit competitive. You can sacrifice quality (to a degree) for a lower price, but overall cover appeal plays a role in your book's marketability. Traditionally published trade paperbacks usually run from \$9.99 to \$14.99, whereas I've seen self-published trade paperbacks anywhere from \$15 to \$30. It's important to be aware of this disadvantage when asking people to take a chance on your title.

There's just no getting around the price/volume relationship of publishing economics, which is why so many self-published authors opt for digital publishing. The only thing you can do is consider your market strategy very carefully before going to print.

**Booksellers don't want to be hassled about your book**

Save your soliciting for the customers. Booksellers know way more about what's available to read than the average person and have already decided before they meet you whether or not they want to read your book. Talking about it

with them is okay. Pestering them to read it is not. You want to leave booksellers with a general knowledge of your book's premise, but you also want to leave them with a positive experience. Your goal shouldn't be to sell to them but to garner a good relationship.

If you really want booksellers to read your book, provide a free copy a few months ahead of your signing. This gives employees a chance to check out the title with zero pressure and ample time to read it beforehand. This method usually gets the best response.

**Content quality matters**

This, I have found, is the biggest difference between traditional and self-published titles. The editing process of big publishing houses is more than just fixing grammatical errors and running spellcheck. They invest tons of time and money getting a manuscript ready for market, which is why they're so picky. They're only willing to financially back projects they believe will make them the most money. It all comes back to the quality of the content. If you want any chance of standing out in an industry that publishes a million titles every year, recognize that producing quality content is the best way to generate positive word-of-mouth and gain an audience.

Stephen King once said, "Read a lot and write a lot." Study your market thoroughly. Attend seminars and workshops. Join a writing group. Acknowledge that your work is not perfect (no one's ever is) but that hard work can make a difference.

**You are not entitled to an audience**

This seems to be the hardest truth for any author to learn (myself included). Just because you wrote something does not mean others are obligated to want to read it. Literally anyone can self-publish a book, but the mere act of doing so doesn't guarantee you readers. It takes a lot of market awareness and research to produce something with mass appeal. Even if you've done your homework, attended seminars, and revised until the red ink ran dry, it still doesn't entitle you to an audience.

Venture into the world of self-publishing with a humble approach and a quality product, and rely on positive word-of-mouth and hard work to generate an audience. A sense of entitlement will only hurt your goal.

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## THE OBSESSIVE BOOKSELLER REVIEWS

**The "Paradox" Trilogy by Rachel Bach**  
Orbit, 2013. 320 pages.

★★★★★

I loved this series. It solidified Rachel Bach (a.k.a. Rachel Aaron) as one of my go-to authors for a guaranteed good read. Seriously, there's nothing this woman can't do! The "Paradox" Trilogy is her only sci-fi/space opera series thus far, but she also wrote the "Eli Monpress" fantasy series (which has amazing world-building, humor, and characters you'll never forget) and the "Heartstrickers" series (which is an urban fantasy about a clan of badass dragons and one nice dragon who doesn't quite fit in). The bottom line is that I have yet to be anything short of completely dazzled by everything Rachel Bach has written, and the "Paradox" Trilogy might be my favorite yet!

It starts off with an excellent character. Devi is a young woman mercenary who has one goal: to join the King's elite Devastators. To show her worth, she applies for the most dangerous job she can find: a security position on Captain Caldwell's "Golden Fool" trading ship, guaranteed to test her limits. And it only gets more exciting from there.

Bach presents a universe with dynamic and beautifully imagined aliens who make the entire structure of the story memorable. I like sci-fi novels and television shows that focus on technology and human advancement, but it's the ones with expansive world-building and creature creation that I really love. The "Paradox" Trilogy had, in my opinion, excellent aliens with totally different compositions, motives, and impacts on the story. It's by far my

favorite element to this series.

Another thing I loved is the story's great pacing. It's definitely a page-turner with loads of action and excitement. I found it difficult to put down, even in the wee hours of the night. And yet, amongst all the conflicts, the author still managed to include a compelling love story. It occasionally got a little eye-rolling for my tastes but overall provided a great balance to the heavier fight scenes.

Basically, the "Paradox" Trilogy is now one of my all-time favorites, and I can't help but feel like nothing I write will do it justice short of totally gushing. I'll spare you, but take my word for it — this series is well worth a try! Fair warning: there is sexual content and mild violence.

# SOAK IN THE SUMMER VISITING DOWNTOWN

By George Scott



Summer has arrived. The kids are out of school, and the days are growing longer. The splash pads are flowing, and downtown is bustling with activities.

This month, Streetfest is combining with the City of St. George and Brad Harr to bring June Moon Jubilee. Streetfest is officially one year in the making. The celebration slated is spectacular. Main Street will be filled with music, food, and fun for all ages from 6 to 10 p.m. The Jazz Garden has music, food, and drinks for the 21+ crowd from 6 p.m. until midnight. The festival is adding a midnight movie at The Electric Theater starting this month. The midnight 5k and light parade will keep things going all the way to the midnight hour. The largest monthly community event continues to deliver nightlife to get excited about every first Friday in downtown St. George. Streetfest is free to attend with a free concert on Main Street. More information can be found at [georgestreetfest.com](http://georgestreetfest.com).

The City of St. George Concert in the Park series continues at Vernon Worthen Park with Rob Landes at 7:30 p.m. June 13. The Concert in the Park series is a celebration of wonderful music, open parks, and family celebration. The series runs April through September at Vernon Worthen Park, located at 300 S. 400 E. in St. George. Performances are on the second Monday of each month and start at 7:30 p.m. Park seating is available. Attendees are welcome to bring blankets, lawn chairs, and food. The concert series is free to the public. More information can be found at [facebook.com/StGeorgeConcertinthePark](http://facebook.com/StGeorgeConcertinthePark).

DOCUTAH at the Electric Theater is making downtown come alive on the last Friday of the month. DOCUTAH is gaining greater recognition across the globe, but there are still some

in our community unfamiliar with the organization. Even those acquainted with the annual event may not know about the newest offering. On the last Friday of each month, DOCUTAH is showing high-quality documentaries at the Electric Theater. This offers a fantastic opportunity to view some of the best documentaries, including Academy Award-winning films, and enjoy an evening out. Tickets are just \$10 at the door. However, seating is limited. For more information, visit [facebook.com/DocUtahTheElectric](http://facebook.com/DocUtahTheElectric).

Art Around The Corner is available all day every day. The new art is officially up and ready to be enjoyed. Warm daytime temperatures offer an opportunity to take the kids to see the art and then head to the splash pad at Town Square to cool off. Or go for a pleasant evening stroll to take in this spectacular outdoor exhibit. All pieces in the exhibit are for sale, and purchases are tax-deductible. The outdoor exhibit is a free self-guided tour of the downtown area. More information can be found at [artaroundthecorner.org](http://artaroundthecorner.org).

Sunset on the Square returns for the summer. It opened its ninth season on May 27. This community favorite involves St. George Town Square transforming into a giant outdoor movie theater under the stars. This event is held on the second and fourth Friday through August. Classic movies for adults and children are shown on the big screen. Guests are encouraged to bring blankets, chairs, and goodies to enjoy with friends and family. Arrive early and to participate in games and fun, but be certain to be there by dusk when the movie starts.

Whether headed downtown for any of the events or enjoying the downtown shops, boutiques, restaurants, and activities, downtown always offers a fantastic place to gather. Make it a point to get out and enjoy the heart of the community in beautiful downtown St. George.

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## ART AROUND THE CORNER CREATES DEEP, POWERFUL CONNECTIONS

By Cindy Trueblood

You may have noticed some intriguing new figures in downtown St. George. On April 9, Art Around the Corner installed 20 new sculptures from well-known artists for 2016 and 2017. The previous evening, most of the artists attended the show's opening gala and introduced their pieces with a few words.

I'd like to highlight two of the artists who are widely recognized as master sculptors with significant bodies of work. I also want to share a touching moment from the gala.

Franz Johansen is a classically trained sculptor and painter who has earned an international reputation for conveying deep, spiritual meanings in his work. He is also a beloved figure in the LDS art world, having taught at the BYU for 30 years, mentoring a new generation of creative minds. His most important works include his "Resurrection" series and the magnificent bas-relief doors of the LDS temples in Seattle and Washington D.C. Johansen's piece in this year's show is "Bethany," a pensive young dancer situated on Main Street near Print It Imaging Services.

Stanley Wanlass concentrates his creative efforts on a more earthbound subject: the automobile. Through dynamic depictions of hot rods, roadsters, racecars, and daredevil drivers, Wanlass

has become one of the world's foremost automotive sculptors. For him, a car is far more than a collection of metal, rubber, and glass.

"Cold exactitude isn't art," said Wanlass. "Facts bore me. I'm more interested in truth."

International collectors line up to acquire a Stan Wanlass bronze, so "Flat-Out," his piece in this year's exhibit, is a prestigious addition. See it on the west side of Main Street, in front of the splash pad and just north of the St. George Children's Museum.

Here's where that touching moment comes in. During the gala, Wanlass began his remarks with an intriguing history of the roadster, but then he paused and fell silent. Clearly his emotions had overcome him, and he took a moment to compose himself. He turned to Johansen, sitting in the audience, to acknowledge an old friend and express deep gratitude. He told how he had studied under Johansen and later taught alongside him in Europe. His voice cracked as he told about Johansen's influence on his life's work. It was a moving tribute from one dedicated artist to another.



And here's why I share that moment. It was a powerful demonstration of the connections that art forges. I know I wasn't the only one affected. Many others were touched as well. For certain, from now on I'll always see a graceful Franz Johansen figure or a Stanley Wanlass hot rod in a different and much fuller light. And because that singular moment happened here in St. George, and because their pieces are now in our community, we are all enriched.

That's why art matters, and why the Art Around the Corner exhibit matters. These sculptures connect us to the artists, to each other and to our community. They also tie us into a larger creative vision that isn't of exactly of earth or of heaven but lies somewhere in the space between.

Art Around the Corner is a nonprofit foundation, dedicated to enhancing the community and elevating quality of live through public works of art. All purchases from the foundation are tax-deductible. See more at [artaroundthecorner.org](http://artaroundthecorner.org).

Now, go take a nice walk in downtown St. George, and see what you can see. The Johansen and Wanlass pieces are just the beginning.

*Cindy Trueblood is director of sales and community relations for Art Around the Corner.*

## ST. GEORGE FARMERS MARKET CONTINUES TO GROW



The 2016 St. George farmers market season is in full swing in the Ancestor Square parking lot and will continue every Saturday from 8 a.m. to noon through Oct. 29.

The St. George farmers market has relocated to the parking lot of Ancestor Square to allow vendors to have more space and make loading in and out easier as well as to allow patrons more

room to browse.

The farmers market features vendors from all over Washington and Iron County selling goods such as organic fruits and vegetables, baked goods, jams and preserves, soaps and lotions, jewelry, pottery, woodwork, and other homegrown, handmade, or locally produced goods.

The St. George farmers market is a nonprofit community project that



promotes the downtown area as well as organic gardening, homemade certified foods, and handmade arts, crafts, and goods. The farmers market accepts EBT.

More information is available by calling (435) 632-3721 or at the St. George farmers market website and Facebook page.



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### Art Galleries and Museums

- Ancestor Square
- Art and Soul Gallery & Gift
- Art Around the Corner
- Authentic Gallery
- Bedard Fine Art Gallery
- Brigham Young Home
- Children's Museum
- Daughters of the Utah Pioneers Museum
- DiFiore Center
- Main Street Gallery by Fibonacci
- Pioneer Courthouse
- Roland Lee Gallery
- Split Rock Art & Design Gallery
- St. George Art Museum
- Wide Angle Gallery



### Restaurants

- Bear Paw
- Benja's
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I am **Josh Warburton** and I'm asking for your **vote on November 8!**

I am running for Washington County Commissioner because I love Washington County. Growing up all over Washington County, I am acutely aware that each community has its own set of assets and challenges. From Veyo to Springdale, where I live now, I have seen first-hand the need for strong representation in local government.

When elected, I will bring balance, transparency, and honesty, and will work to represent the unrepresented. From a much-needed county animal shelter, and fair wages for our Sheriff's officers, to alternative plans to the Lake Powell Pipeline, I will directly address many areas of neglect here in Washington County.

I'll be **YOUR VOICE** in Washington County!



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**Warburton on Nov. 8**



## WHO'S DOING THE RIGHT THINGS TO GROW THE GAME OF GOLF?

By Scott Dunford



I had the opportunity to attend the 26th annual International Network of Golf conference in beautiful Heber City, Utah, this past month. ING is where the golf media and the industry connects. Writers, manufacturers, and marketing companies make this a must-attend event thanks



to networking and sharing new and innovative approaches to grow the game. This year's event was no exception.

Several companies I met there had a single focus: to grow the game from the youth up. Nineteen percent of our current golfers are age 70 and older. How much longer will they golf? Five percent of current golfers are age 30 and younger. Will this millennial group grow as golfers? It's not likely. Jack Nicklaus said, "In today's ESPN world, a child chooses his or her sports by age 8, 9, or 10. If we don't introduce golf before then, we will simply lose them to other sports." Jack has 22 grandchildren. I think he knows what he's talking about! If we choose to do nothing or continue down the path of letting our children decide without introducing them to this great sport, we'll lose more than six million potential future golfers based on that five percent model. That's billions of dollars lost, not to mention a continued loss of golf courses. So what and who is taking this challenge on? Here are just a few.

Snag Golf is an innovative product and marketing approach that I believe addresses the problem head-on. They've come up with golf clubs made out of plastic, sized for smaller hands and heights, with tennis-sized, Velcro golf balls that are very easy to hit. Kids ages 6 to 10 can easily swing the paddle like a putter and 8 iron equivalent to 10 to 60 yards once they've had their three-step lesson. Grips are color-coded, so they learn the proper grip right off. Targets are Velcro as well and provide a

reachable successful outcome that kids and beginners love. No longer are they frustrated and confused by 50 things to remember and learn before they see their first great ball strike. Check these guys out online at snagolf.com. Talk to your schools to see if it's something that warrants their serious consideration in physical education. Their model is to introduce this into grade schools, parks, and team sports similarly

executive chefs.

This concept directly addresses the need to make golf more fun and less time consuming. You can play in an hour or two depending on whether you decide to play 36 holes or enjoy a great meal and dance to a live band. To find out more, go to topgolf.com. Their newest and largest driving range just opened in Las Vegas. I for one can't wait to experience this total package of golfing fun.



to how soccer, little league, and physical education were introduced back in the '50s and '60s.

Another great idea is TopGolf. These guys currently have 26 65,000-square-foot three-story driving ranges worldwide that are climate controlled and covered with lighted targets that utilize a golf ball with a chip in it to report back scores. Families, kids, teens, and everyone in between now have the perfect alternative to the perceived notion that golf is too difficult and too expensive. For only \$25 to \$30 per hour, six golfers can compete all year long, regardless of the weather. Live music entertains guests along with a menu of culinary delights served up and driven by

At the conference, we played two rounds of golf and met one-on-one with each of the exhibitors. We shared ideas, product benefits, and great food and drink. Heber Valley has so much to offer us desert rats who need a break from the heat in summer and a playground in winter. Wasatch Golf and Soldier Hollow golf courses were in exceptional shape. I plan on writing a full story about their "Stay-And-Play" packages in my July article. You'll want to consider a mini-vacation just four hours from St. George this summer, the perfect way to beat the heat and play some incredible scenic golf overlooking Mt. Timpanogos. The Swiss Alps have nothing on this place! See ya on the links.

## YOUR MONTHLY GOLF TIP

### THE COURSE BEHIND THE UNITED STATES OPEN

By Adam Schwartz



The 116th edition of the U.S. Open will be played June 16-19 at the historic Oakmont Country Club, located in western Pennsylvania. The course itself is 113 years old and is registered as a United States Historic Landmark as well as in the U.S. National Register of Historic Places. For the 16th time, the United States Golf Association (USGA) has selected Oakmont to host one of their national championships. This course steals all the headlines leading up to the actual tournament because of its difficulty, length, bunkers, and greens. This inland

links-style course has virtually zero trees and no water hazards. Oakmont is consistently rated as one of the toughest golf courses in North America, if not the toughest on a yearly basis. Mike Davis, executive director of the USGA, simply explains, "Oakmont is the gold standard for championship golf."

One of the unique characteristics of Oakmont is its approximately 180 bunkers — about 120 less than its original design. You know this course has great bunkers when they start naming them. The most famous is the Church Pew bunker, located between holes three and four. Other bunker names include "Big Mouth" and "Sahara," which compliment the pot bunkers located around the greens.

The speed of the greens are also a stand-out characteristic of the course as

well. Every year, the USGA increases the green speed for each U.S. Open course, but Oakmont is the only place where the USGA actually had to maintain a slower speed for their national tournaments. In fact, the stimpmeter, used today on all golf courses to figure green speed, was first used at Oakmont where speed was measured typically at 13-15 feet. Standard PGA Tour events conduct 10.5-12 feet for their tournaments. Most daily fee golf courses are typically 8.5-10 feet.

The rough around the course is typically 4-6 inches deep; however, for the Open the USGA actually shortens the length of the rough. Generally speaking, the members at Oakmont play the course in a more difficult setting than the players for the U.S. Open do. The reason behind this unique story is that the membership at Oakmont is a golf membership as

compared to most country clubs where its golf and social. Half of their 300 members carry single-digit handicaps.

With all the difficulty surrounding the golf course, it still is remembered as the only U.S. Open course to yield a 63 to a player during the tournament. Thankfully, now that Fox Sports broadcasts the U.S. Open now instead of NBC, we won't have to hear from Johnny Miller how great his 63 at Oakmont was all week in the toughest conditions he has ever played in.

When watching the U.S. Open on TV, be sure to take notice of the immaculate bunkers, the huge greens, and the best finishing hole in U.S. Open history.

*Adam Schwartz is a class A PGA professional and pro of the Oasis Golf Club in Mesquite.*

## TIPS FOR TEACHING CHILDREN MEDITATION

By Jason Gottfried

Healthy kids are generally bombastic blurs of energy. I'd bet everyone a stack of pancakes that it would be unreasonable to expect their kids to sit still, unstimulated, for five minutes. But teaching children meditation isn't impossible. My five-year-old daughter Sky, who is like a walking Broadway musical, does it twice a day. If she can do it, your child can, too.

I'd imagine that the mere idea of teaching children meditation seems pretty weird to most people in Southern Utah. In the West, prayer is about as close as we get to it, and that — if we'll be honest with ourselves — is largely asking for things, even if they aren't for ourselves. There's nothing wrong with prayer, of course, and some forms of prayer and meditation do resemble each other in ways. However, most forms of Buddhist meditation are generally the opposite: training oneself to ask for nothing and accept everything as it is rather than petitioning some external entity for change. Sometimes it's lumped together with prayer as a "contemplative discipline"; however, the idea is really not to contemplate anything. Prayer and meditation both have value, but they're also very different, and one seems relatively normal in 2016 America while the other is often misunderstood.

There are many kinds of meditation. When I discuss teaching children meditation in this setting, I'm talking about straight-up Zen. That's the Japanese word for "chan," which is the Chinese word for "dhyana," which is the Sanskrit word for meditation. Call it zazen, shikantaza, shamatha, or vipassana: I'm talking about meditation that involves

silence, stillness, and concentration. (I'm not talking about listening to some lady whisper sweet nothings over an Enya soundtrack so we can feel blissed-out for 15 minutes.) In secular contexts in the West, these techniques are generally lumped together and often referred to generally as mindfulness meditation, mindfulness training, or even Mindfulness-based Stress Reduction (MBSR). I'll just refer to it as meditation.

The effect that meditation has on the brain is profound. It physically reshapes the brain. It heals old emotional wounds and keeps the heart and mind in an open, refreshed state. The effect on the body is another matter entirely. It bolsters the immune system, lowers inflammation, and can even be used to manage pain. Each area of benefit warrants a separate article — or more like a book — in and of itself.

This is not an article about how to meditate, but it's ridiculously easy. Sit down in a comfortable position. Most people use a cushion and sit cross-legged on the floor, but a chair is perfectly fine; however, sitting up straight is important. Put your hands wherever they are comfortable, such as palms down on your thighs. You don't have to hold your hands in a funny shape. Focus your eyes on a spot on the floor in front of you. Some people close their eyes, which is also okay, although I personally find it easier to lose my focus and get lost in thought that way. Relax your entire body, and focus your attention on your breath. If you find your mind wandering, congratulations! You're normal. Just make a note to yourself of what it was doing, gently let go of that thought, and go back to watching your breath. Repeat until enlightened or until your timer goes off ... whichever happens first.

Suffice it to say that meditation very much deserves the playful moniker of "mental floss." I can't think of a single reason why any parent would not want his or her child to reap the benefits of a lifelong meditation practice. It is an invaluable tool for long-term development, and it has immediate behavioral effects as well.

We want the best for our kids, and teaching children meditation helps them to uncover the best in themselves and cope with the worst life has to offer. So how can we teach our children to meditate?

Here are a few suggestions for anyone who is interested in teaching children meditation.

### Lead by example

"Yum, this broccoli is sooo good!" Who hasn't used that trick? Kids learn by emulating, and for better or for worse, what they see regularly they accept as "normal." My daughter used to lie next to me during my nightly meditation when she was three and four. She saw me doing it daily and always wanted to participate in her own way, so when I asked her if she would like to begin her own formal practice when she turned five, she was very excited. Yeah, a kid excited about sitting still and being quiet ... picture that!

If you lead by example with your own meditation practice, you will most likely not have to force your child to meditate, which is not something you should do. It wouldn't work, anyway.

### Establish a routine

First thing in the morning or right before bed are good times to meditate. Meditating in the morning is a great way to start the day clearly and peacefully, especially if your child has a hectic schedule filled with school and activities. And mediation helps settle one's mind at night, which helps kids (and adults) fall asleep more quickly and, in my experience, sleep more soundly. If you teach your child to meditate at the same time every day, it will become as automatic and ingrained as brushing teeth before bed.

You can sit for however long you like. Standard sitting times for adults range from 15 minutes to an hour, but five minutes seems like a reasonable amount of time for a 5-year-old to start. However, if your child is having trouble making it through a five-minute period, you might try starting with only one or two minutes and gradually working your way up from there.

### Be disciplined

Assuming that you have successfully established a routine, being consistent is important. On a couple occasions, my daughter said that she wasn't

going to meditate on a given night. When I asked why, she said that she just didn't feel like it.

Before Nike's advertising gurus co-opted it, "Just do it" was a Zen adage (attributed to famous Tibetan saint Milarepa). When I don't want to meditate, I acknowledge that resistance ... and then I just do it. It's a good lesson to learn overall and a good one to reinforce when teaching children meditation.

### Praise your child's meditation efforts

Even if your child was looking around or fidgeting, he or she tried — and that's by far the most important thing. Could you sit still for five minutes when you were that age? I, for one, was the ADHD poster child.

It's just as important to have the same forgiving attitude with yourself. Despite our tendency for self-criticism and perfectionism, there is no "bad" meditation. You sit and you do your best, and what happens happens. This is an opportunity for your child to learn about loving and forgiving oneself, which is tantamount to psychological and emotional health.

Offer constructive criticism, but always give it that spoonful of sugar so that he or she feels good about the experience. I like to discuss with my daughter what my mind was doing and invite her to do the same. I think she feels better knowing that, even after four years of practice, I still watch my thoughts whiz around my head like a colony of caffeinated bats and have to let them go and return to the breath. Every time we get up from our cushions, we are smiling.

Teaching children to mediate has obvious short-term behavioral benefits for your child, but you are also equipping him or her with one of the most powerful tools for self-care that exists in the human behavioral lexicon. Life isn't easy for any creature in this world, but these tools are our inheritance and our birthright. In teaching children meditation, we bestow upon them a miraculous gift — a complete mental, emotional, and spiritual toolset — that will last a lifetime, should they choose to use it.

## AN OPEN LETTER TO RECENT GRADUATES

By Lauren Jo Sypniewski

As I sat at DSU's commencement ceremony amid the crowd of rambunctious students, proud family, and fellow colleagues, the energy was contagious. Though I personally influenced only a handful of these particular graduates, I couldn't stifle my pride.

The commencement speaker delivered various cookie-cutter remarks regarding popular children's rhymes, and the valedictorian was passionate, peppy, and adorable. And yet, there were something "off" in the room, or maybe just within me. I couldn't help but think of this event as an apex for the graduates: a high point only resulting in decline.

Coupled with my passion to make a difference in my students' lives, a place in my heart — already soft for these graduates — softened even more, sparking a desperate need to speak to these students, to give them more than I already had.

Graduates, keep your expectations high. Some say high expectations cause disappointment. And, in contrast, low

expectations exceed most outcomes, resulting in satisfaction. However, if you have low expectations in life, you may never exert any effort. For instance, if you have low expectations towards acquiring a particular job, you will most likely not apply to the job at all or not put much effort into the application, because in your mind, what's the point? However, if you truly believe you are capable of anything, you will chase it with intensity.

In addition, learn to externalize failure. Say to yourself, "That test was difficult" rather than, "I must be stupid." The latter, or internalizing, may result in never seeing yourself as successful in general or as successful as your peers. Often, those with little confidence internalize their failures, viewing these downfalls as personal disappointments and ultimately impairing their efforts.

Though you should take responsibility for your actions, externalizing failure allows you to see situations as challenges rather than letdowns; it may

allow you to see tasks through new, nonlinear perspectives, provoking you to test, experiment, and — ultimately — learn. Frequently, successful people achieve their goals because they've failed so many times that they will, at some point, succeed; they never saw failure as personal enough to give up on the task.

Graduates, instill curiosity within yourselves. It is my belief that most passion originates from curiosity, and people gravitate to passion: employers, coworkers, strangers, and friends. This gravitational pull can be used to your benefit in regards to networking, socializing, and career building.

A passion for life is created and fostered from the curiosity to know the capacity of human limitation. Take the curiosity academia has already instilled in you and nourish it. Many fields will require this of you. Doctors, for instance, must attend conferences to attain continuing education credits. I believe successful people make an effort to expand themselves, to

chase down their curiosities.

Finally, I cannot stress enough the importance of giving yourself deadlines and finding a community to keep you accountable. My dear graduates, in the last several years, you've been held accountable by your professors, advisors, classmates, and deadlines. These will fade from your life, and you are expected to pick up the reins yourself.

It's okay to admit you are not strong enough — yet — to hold yourself accountable to your own deadlines. Chances are academia has made you a wonderful procrastinator. But in the classroom, you had deadlines to give structure to the procrastination. Now, out into the real world, chances are you aren't going to have that same structure.

Without the self-discipline inherent in creating deadlines, you could end up procrastinating on your dreams until the ultimate deadline. Don't wait around. Accept help from others. My dear graduates, don't let life pass you by.

# LET'S STOP PRETENDING IDENTITY IS A SIMPLE CONCEPT

By Darren M. Edwards

A few weeks ago at a friend's wedding reception, I overheard a group of people talking about the recent bathroom legislation passed down from President Obama. While they admitted to each other that they didn't know anyone who was transgender, they were adamant that anyone who didn't fit into our culture's neatly labeled and easily categorized gender binary had to be a pervert, an evil soul sent to corrupt the world and molest children in public restrooms.

My first impulse was to put this group into my own neatly labeled box for bigots and hatemongers, crotchety conservatives who'd rather make other's lives difficult than examine their own. But that's not who they are. They are loving parents and kind neighbors who happen to have some extremely bigoted and outdated world views. It would have been easier to lump them all into that box, but it also wouldn't have been true.

Over the course of human history, we have inched toward understanding ourselves as a species. As researchers press forward in fields like neurology, psychology, and even immunology, our picture of who we are as human beings begins to become clearer. Likewise, over the course of our lives, most of us come to understand ourselves better as unique individuals. Through analyzing our actions and reactions (consciously or subconsciously) and experiencing our highs and lows — what truly makes us happy or upset — we start to recognize our self-image a little better. And we want that. We want to look in the mirror and recognize the person looking back at us. When someone tries to slap a label on us, we become upset and defensive. We want them to see us for who we really are, not who they imagine us to be.

In direct conflict with this journey of self-discovery, it would seem, is our inherent desire to simplify things. We live in a big, complex world. When we encounter something for the first time, we like to categorize it, stick a convenient label on it, and move on with things — one more variable simplified to better help us deal with the complex reality of existing. But nobody is simple enough to actually fit a given label, and the labels we impose on others are often based on our own deeply rooted prejudices and insecurities. The prom queen who seems to have it all locked down is dealing with her own demons. The crotchety old man across the street has reasons for hiding his sensitive side. The ex-Mormon from your home town didn't leave the church just to have sex and drink cheap vodka. The co-worker who identifies as female despite having been born with a penis isn't seeking attention or just trying to be different.

Em Grosland, who is playing Peter Pan at Tuacahn this summer, doesn't fit

into any of the boxes society has made for him as a transgender man. Sitting outside Perks Coffee House, Grosland walked me through his life, or as much of his life as one can cover in a Sunday afternoon conversation. Grosland pointed out that he didn't feel trapped in the wrong body as a child (a common stereotype that even well-meaning people try to force onto transgender individuals). He didn't always know he was transgender. He talked about growing up in Illinois with his loving and open-minded family, enjoying the mix of nature and city the area provided. He remembers his parents asking him and his sister to choose between a family vacation and performing in the upcoming dance recital each year because they couldn't afford to do both. Smiling, Grosland noted, "Every year both my sister and I were like, hands down, dance recital." He talked about the journey he took through dance and theater, the visual arts, and back to theater and how he didn't love New York City when he first moved there but soon fell in love with Queens. It was the feeling of community amongst the artists that made the switch for him.



First, Grosland recognized his attraction to women and identified as a female lesbian. As he continued to try to better understand himself, the terminology he used to describe that self evolved.

"I identified as pangender for a brief period of time and then found 'transgender' as a term to really be more accurate," he explained. "I now identify as a trans male, but I also identify as non-binary because I think that our binary is detrimental to everyone, not just trans people. I think that there is a huge middle ground of gender and outside, even, of the spectrum that we're not allowed to explore." This recognition of the complexity of individual identity is important.

I identify as a straight, white, cisgender male. Still, as Grosland pointed out, "our binary is detrimental to everyone." If I were to listen to what society tells me I should be as a man, I would probably be a much bigger asshole than I already am. But I don't, or at least I try not to. While I am completely comfortable in my male identity, I gladly acknowledge that many of my personality traits are more commonly attributed to women. We are DNA built upon and borrowed from generations and generations of others' DNA. I am in part

my mother, in part my father. I am in part my grandfathers, in part my grandmothers. Grosland touched on this idea when he explained further.

"It was hard for me to let go of the female side of my gender, and I still haven't completely because I'm a feminist and I was raised female, and I'm still perceived as female by most of the world. I don't want to run away from that. I don't want to let go of that because it's part of my history. And not all trans people feel that way. Everybody has their own unique journey. I personally love my history. There are things that are painful about having been thought of as female and being seen as female my whole life, but I also feel like I gained certain things from that. I've been allowed a certain range of emotions by society that I feel like men are not allowed. And I really appreciate that a lot."

Just like anyone living with a socially imposed label, no two stories are the same, and none of them perfectly fit into the corners of that box. In talking with my friend Roman, also a transgender male, the differences between his story and Em's quickly became apparent. Roman grew up in the Midwest. He moved to St. George in his twenties to work as a counselor at an outdoor therapy program. Not a member of the LDS church, Roman felt the culture shock so many do when they move to Utah, but he stayed because of his love for the land and ended up finding a tight-knit LGBT-friendly community. At the time, Roman identified, both to himself and others, as queer, a move at least one side of his family supported.

It was a girlfriend he had in St. George who first raised the question of his gender identity — sadly with the caveat that she didn't want to be with a man. "That wasn't a bad thing for her to say. She was being honest, and she wanted me to explore that and just be honest with myself," Roman noted.

Somewhere in Roman's mind were memories of identifying as a boy when he was a young child, even trying to convince his classmates of it, changing his name on his homework to Mike, passing any test other boys gave to him like running laps, peeing in a urinal, and eating a cicada shell. But nothing worked. "It was just shut down so much, that I put it away." In fact, Roman would later be surprised how deeply he'd buried it.

Visiting with me over the phone late one night, Roman admitted, "I'd been a bit transphobic to be honest, before coming to that realization. And I've found throughout my life, anytime that I'm adamantly fighting something in someone else that just doesn't make sense, it's because it's part of the mirror I don't want to look at, and I'm seeing it in them."

Acknowledging his male identity was frightening for Roman, as it is for so many. He was concerned with the effect it would have on his more conservative family members who'd just learned to accept that he was queer and embrace him (as a woman at the time) being with another woman. As he put it, "There's just a bunch of different steps of grieving the false life that I had been accustomed to. It took me a while to wrap my head around."

Discovering and accepting his gender identity certainly wasn't the end of the road for Roman. He acknowledged that he still has struggles with depression and anxiety. Shortly after starting on testosterone Roman noticed that, "Living [his] authentic life is not the cure all for [his] problems." But, having accepted that

part of himself and moving down that path has given him solid footing from which to manage those other problems. As someone who manages his own clinical depression on a daily basis, I can appreciate the need for that footing.

Unlike Roman, my friend Lex grew up in St. George. And unlike Roman or Grosland, he had no period of doubt or questioning in regards to his gender identity. Though he'd been born female, Lex knew from early in life that he was a boy. In a primarily conservative, predominantly religious town, this often made him a target.

"Being a thirteen-year-old who knew he was transgender in St. George, it was quite the adventure," said Lex. "Having friends who were Mormon and their parents were like, 'No, you cannot have this friend who is not part of the church' ... it kind of fucked me up a little bit." Due to peer pressure and some transphobic comments from his father, Lex eventually did succumb to hiding his identity, lying to himself and others every day about who he was. Lies only stay hidden for so long, and years later Lex made the decision to once again embrace his true identity.

As I talked with Lex about those years he spent hiding, his voice thinned with emotion, and he eventually had to step away for a moment to gather himself. The pain of living that lie hung in the air, and once again reminded me how brave it is for some people just to be who they are.

There are commonalities between their stories. Each of them fear using public bathrooms, a fear that is justifiable when you look at the rate of violence against transgender individuals (as opposed to the unjustified, politically motivated fear that transgender people are using bathrooms to molest children). All three of them mark an internal feeling of joy, almost unexplainable at the time, at being seen as a man as a turning point, or a marker of sorts, in their exploration of self. The first time Lex bought cloths from the men's department, the time a teacher called Grosland a boy before he'd even self-identified as a man, every time a stranger uses the correct pronoun to address Roman, these are the deeply rooted emotional proof of their identity.



As each of them told me about these moments, I felt something I've felt often before. It's a depth of sincerity and nostalgia. The same kind that I've felt from people sharing their religious conversion stories with me or their moment they knew, inexplicably, completely, that they were in love. I have felt this in myself a precious handful of times, and each of them led to a breakthrough in self-discovery. These are the temples we decorate inside of ourselves.

These men, these good men, are examples not only to the LGBT community — to the young trans boys and girls who need to see that there is a way to be themselves and be happy — but to everyone of having the bravery to explore and continue to learn about who we really are.

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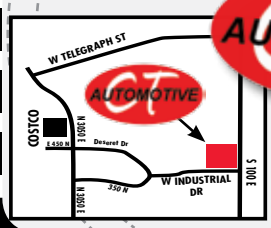
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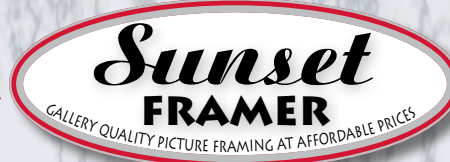
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Photos depict competitors from previous shows.





# CALENDAR

## Multi-Day Events

To get your event in our Free Calendar of Events log on to [http://www.suindependent.com/events\\_calendar/form.php](http://www.suindependent.com/events_calendar/form.php). Limit one free listing per day or date per organization.

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### FEATURED EVENT

#### DIXIE STATE UNIVERSITY AND THE CELEBRITY CONCERT SERIES



The Dixie State Celebrity Concert Series brings world renowned guest artists, performers and acts to the Cox Performing Arts stage each month from October through March 2017 for the 2016/2017 season. Featured performances this year will kick off with BYU Noteworthy on Oct. 22. Other acts hitting the stage this season will be Adam Trent, Canadian Brass, Ryan Shupe, BYU Mens Chorus and more. Tickets for these shows are on sale now through November 1. This concert series continues to enhance the local community by bringing these world-class acts to Southern Utah. Visit [celebrityconcertseries.com](http://celebrityconcertseries.com) for more information.

### FEATURED EVENT

#### DOWNTOWN FARMERS MARKET



The Downtown Farmers Market runs through October 29, 2016 in Ancestor Square, 2 W. St. George Blvd. The market is open Saturdays from 8 a.m. to noon and features live music and an array of vendors. The Downtown Farmers Market is a non-profit community project to promote the downtown area as well as promoting organic gardening and homemade art, crafts and other goods. There's something for everyone - admission is free! For vendor information and other details, visit [www.farmersmarketchowntown.com](http://www.farmersmarketchowntown.com), email [info@farmersmarketchowntown.com](mailto:info@farmersmarketchowntown.com) or call (435) 632-3721.

**Z-ARTS! GALLERY SHOW** 10 a.m. Mary Jabens gallery show "Landscape Painting" is featured in Springdale Thursday-Sunday until June 25. Canyon Community Center, 126 Lion Blvd., Springdale

### FEATURED EVENT

#### OLD CALIFORNIO PLAYS BIT AND SPUR



Zion Canyon favorites return Saturday, June 25 for another night of psychedelic, dance crazed live music. The band-mates, formerly from the popular Southern California band Old Californio, have maintained a friendship for over 20 years. They return to the Bit and Spur once a year to treat themselves and the crowd to an amazing night of world class music! They will hit the stage from 10 p.m. to 1 a.m. Tickets are \$15 and the show is 21 and over. Call (435) 772-3498 for more information.

### FEATURED EVENT

#### THE LIEUTENANT OF INISHMORE



Dixie State University Theater Department presents "The Lieutenant of Inishmore" running from June 23-July 23 every Tuesday and Thursday starting at 7:30 p.m. This dark comedy takes place in a rural village of Ireland in the early 1990s. Mad Padraic, the lieutenant of Inishmore's Irish National Liberation Army gruesomely tortures captives, but when he discovers his cat has been killed, his benevolence is revealed. His friends and family are in a frenzy as they try to conceal the cat's death and how it occurred before he returns home. (Rated R for graphic violence, language blood and a cat). See this performance at the Eccles Fine Art Center. Tickets are \$10. To purchase visit [dsutix.com](http://dsutix.com).

**ART CLASSES** 6 p.m. Tuesdays and Thursdays. Oil painting, drawing, portraits and pastel classes available. Desert Rose Art Studio, 225 N. Bluff St Suite #1, St. George.

**POLE FITNESS CLASSES** 7 p.m. Beginner class (Flow 1) Held Tuesday and Thursday nights at 7 p.m. for \$10. Or attend the free Community Intro class at 7 p.m. and 8 p.m. on Saturday nights. Book a party, 270 N. 2940 E. St. George.

**2016 SUMMER READING PROGRAM** Join the Washington County Library System to explore all things sports and fitness with fun programs, prize drawings, story times and more. They are programs for children, teens and adults, free. Registration is open and the programs begin June 6. Visit [library.washco.utah.gov](http://library.washco.utah.gov) for more info. Washington.



## May Live Music Schedule

June 4 – 3 Hat Trio 4-7 pm

June 11 – Scot Ibex Band 4-7 pm

June 18 – Brooke Mackintosh 4-7 pm

June 25 – Whiskey Tooth Revival 4-7 pm

95 Zion Park Blvd, Springdale • 435-772-0336

# CALENDAR

## Multi-Day Events

**FAMILY HISTORY RESEARCH** Come research your family history with the aid of friendly helpers. The center is open Tuesday and Wednesday from noon to 9 p.m., Thursday through Saturday from noon to 6 p.m. and Sunday from 4-7 p.m. Family History Research Center, 20 W. Main St., Kanab.

**COWBOY DINNER AND SKIT** 9 a.m. Walk-ins are welcome to join the Chuckwagon Cookout buffet when they have tours scheduled. Dining is available everyday from 9 a.m. to 5 p.m. Most seatings include an episode of "How the West Was Lost," cowboy skit. Pricing is \$16 for lunch and \$20 for dinner. Little Hollywood Museum, 297 W. Center St., Kanab.

**COWBOY ACTIVITIES AND CHUCKWAGON BUFFET** 5 p.m. Come by Jake's Chaparral on night's with scheduled tours. You can participate in several cowboy activities including shooting a real gun, pan for gold, cattle roping & a game of horseshoes while you enjoy live entertainment and a chuckwagon buffet every Monday-Saturday. Reservations available online. Jake's Chaparral, 86 S. 200 W., Kanab.

**KARAOKE AT THE STATELINE CASINO** 8 p.m. Tuesdays and Fridays. Karaoke at the Stateline. Here's your chance to be part of the show or you can just sit back, listen and have some fun. Stateline has plenty of gaming to keep you occupied or several pool tables if you would like to shoot. Come on down and join the fun. Karaoke goes until we're finished. Stateline Casino 490 W. Mesquite.

**RED ROCK DANCE FESTIVAL** 9:30 a.m. A three-day workshop happening June 15-17. This festival includes master classes and workshops by professional teachers, dancers and choreographers. Seminars are taught by renowned dance scholars and university dance professors. The annual choreography showcase features works presented by emerging choreographers and feedback from adjudicators with a grand cash prize. redrockdancefestival.com. Red Rock Dance Company, 1943 Acacia Pl., St. George.

**ELVIS ROCKS MESQUITE!** 7 p.m. The Elvis Tribute Artist Contest returns to the Casablanca Showroom June 16-18. There will be three preliminary rounds and each finalist from the preliminaries will move on to the final round where they will battle it out for the title of Elvis Rocks Mesquite 2016 Champion! This show quickly sells out. Get your tickets now. CasaBlanca Resort, 950 W. Mesquite Blvd., Mesquite.

**TECH-ART STUDIO: LEARN TO DJ** 3 p.m. This interactive hands on experience will expose you to the profession of being a DJ. Classes are every Tuesday and Thursday until June 30. You will learn the skill of scratching, mixing, lighting and more. This event is for ages 13-17. Mesquite Library, 121 W. First N. St., Mesquite.

**TEXTURES OF LIFE EXHIBIT** 9 a.m. Join a list of artists for a reception showcasing rug collections, textiles, quilts and more. The event begins June 17 and runs Monday-Fridays until July 1. Eccles Fine Arts Center, 100 S. University Ave., St. George.

**CHARLY: A LOVE SONG** 7 p.m. Runs until July 2 every Tuesday, Thursday and Saturday. Call (435) 251-8000 or visit Brigham's Playhouse.com for more information. Brigham's Playhouse, 25 N. 300 W., Washington.

**HISTORIC ST. GEORGE LIVE** 10 a.m. Come see historic figures come alive and describe living in Dixie at the turn of the century. Shows run every Tuesday through Saturday until July 2. Be a part of an entertaining and educational event for the whole family. St. George Art Museum, 47 E. 200 N., St. George.

**FIRST FREEDOM** 7 p.m. First Freedom begins June 1 and runs until July 2 every Wednesday, Friday and Saturday. This is a powerful new musical that tells the story of Thomas Jefferson and James Madison's fight for humankind's most fundamental right: freedom of religion. Award winning playwright Rob Lauer and Emmy Award Winning, Utah composer, Sam Cardon, combine humor, fact, suspense, and gripping music to tell this powerful but little known story. Brigham's Playhouse, 25 N. 300 W., Washington.

**SUMMER COMEDY THEATER** 7:30 p.m. The Dixie State University Theater Department presents two live comedic performances for their Summer Comedy Theater productions. See "The Lieutenant of Inishmore" from June 23-July 23 every Tuesday and Thursday, and "Five Women Wearing the Same Dress" running June 24-July 22 every Monday and Friday. Dixie State University, 225 S. 700 E., St. George.

**BRIAN HEAD RESORT 4TH OF JULY CELEBRATION** Bring the whole family for a fun on the mountain happening July 1-4! There will be music, food, beer, booths, kettle corn, mountain biking, hiking and so many more activities. Don't miss this and the fireworks celebration captivating audiences for over 10 years. Brian Head Resort, 329 S. Hwy. 143, Brian Head.

**TARZAN** 8:30 p.m. Tarzan hits the stage at Tuacahn. This performance runs from June 3-October 12 every Monday through Saturday starting at 8:45 p.m. Visit tuacahn.org or call (800) 746-9882 to purchase tickets and for more information. Tuacahn Amphitheatre, 1100 Tuacahn Dr., Ivins.

**KUNDALINI YOGA & GONG RELAXATION** 7 p.m. Join Erika Field for a relaxing yoga session. Downtown Yoga, 50 E. Tabernacle, St. George.

**ST. GEORGE DANCE COMPANY CLASS (OPEN TO THE PUBLIC)** 7:30-8:45 p.m. Ballet for adults intermediate to advanced. More information visit saintgeorgedance.com or call (435) 773-1221. The Electric Theater 68 W. Tabernacle St., St. George.

## TUESDAYS

**OLD SCHOOL SWING DANCE + LESSONS** Check us out on facebook for more info at facebook.com/thefirehousebar. FireHouse Bar & Grill, 1476 W. Sunset Blvd., St. George.

**JAZZY'S - STORM THE MIC/POETRY OPEN MIC** Uncensored open mic event for local writers. Come out have a drink or a meal and bring a poem, short story or other writings, or even just listen. Very supportive, inclusive and uncensored group! 285 N. Bluff St., St. George.

**TRAUMA SENSITIVE YOGA** Hosted by the D.O.V.E. Center. A women only class. Class by donation. 301 N. 200 E. #2C, St. George.

**ALL LEVELS HATHA YOGA** 9:15 a.m. Join Hollie Fillmore for almost two hours of Hatha yoga. Downtown Yoga, 50 E. Tabernacle, St. George.

**FLOW YOGA** Noon. Join Jayme Terran for stretching and yoga to help you relax. Downtown Yoga, 50 E. Tabernacle, St. George.

**WOMEN'S GROUP MEETS** 7 p.m. First Tuesday each month. 259 W. 200 N., St. George.

**TECHART STUDIO: LEARN TO DJ** 10 a.m. This interactive, hands-on experience will introduce and expose you to becoming a DJ. You will acquire the many skills of DJing including: scratching, mixing and lighting. After mastering the many functions of the controller and software, you will be able to create your own mix, burn it to a disc and share it with family, friends and fellow DJs. Meadows Library, Mesquite.

**KARAOKE TUESDAYS IN MESQUITE, NV** 5 p.m. Get to Peggy Sue's for KARAOKE, fantastic food, full bar and lots of friendly people. Call (702) 346-6747. Peggy Sue's Diner, 380 N. Sandhill Blvd., Mesquite.

**YOGASANA** 5:30 p.m. Join Elise Mitchell for this exhilarating yoga and stretch class. Downtown Yoga, 50 E. Tabernacle, St. George.

**HERITAGE WRITERS GUILD** 6 p.m. Second Tuesday of each month in the basement of the library. For more information call (435) 634-5737. 88 W. 100 S., St. George.

**OPEN PAINT NIGHT TUESDAY** 6 p.m. Desert Rose Art Studio invites anyone who would like to join a group of artist in an open paint night every Tuesday evening. Bring whatever medium you want and spend an enjoyable evening. Bring a friend if you would like. The cost is a donation of \$15 to help with our overhead. If you are interested in joining us call Alice Hiatt at (435) 256-3317. 225 N. Bluff St. Suite #1, St. George.

**THE GRACEFUL WOMAN** 6:30 p.m. Tuesday nights are now open to women of all ages for a wonderful night of specialized teachings to empower, uplift, heal, strengthen and teach. Fruit and Yogi Tea will be served after class. Bring your girlfriends, your daughters, your aunts, your mother and grandmother. By donation \$5 to \$11. Sage Hills Healing Center, 6232 W. Sage Hills Dr., Cedar City.

## Events by Day

### MONDAYS

**FREE2FEED BREASTFEEDING SUPPORT GROUP** 9:30 a.m. Free2Feed is a local Motherhood & Breastfeeding Support Group. We aim to support & encourage women of all ages and in all stages of motherhood by education & Love. Check out our website for upcoming events & guest speakers or go online to www.free2feed.org. Luther Hall, 244 S. Valley View Dr., St. George.

**COMMUNITY BEREAVEMENT GROUP** 3:30 p.m. A supportive and educational group for those experiencing grief resulting from the loss of a loved one. Co-sponsored by Virgin Valley and Mesa View Hospice Care. For more information, please call (702) 346-5224. Mesquite Library, 121 W. First N. St., Mesquite.

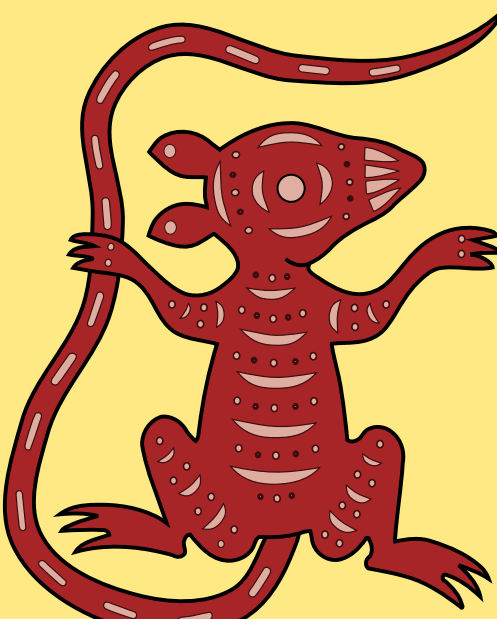
**GENTLE YOGA ZACI** Yoga 4:15 p.m. Have you dabbled in yoga in the past and wondered "Is this for me." I hope you will return for a second slice. ZACI Yoga, 348 N. Bluff #205, St. George.

**YIN YOGA** 5:30 p.m. Join Jenna Mackey for a great yoga and stretch class. Downtown Yoga, 50 E. Tabernacle, St. George.

**COLOR COUNTRY CAMERA CLUB** 6 p.m. Color Country Camera Club meets on the second and fourth Mondays of the month at the St George Library (Basement meeting room). Anyone interested in photography is welcome. No dues. For more information send an email to meetings@colorcountrycameraclub.org. St George Library, 88 W. 100 S., St. George.

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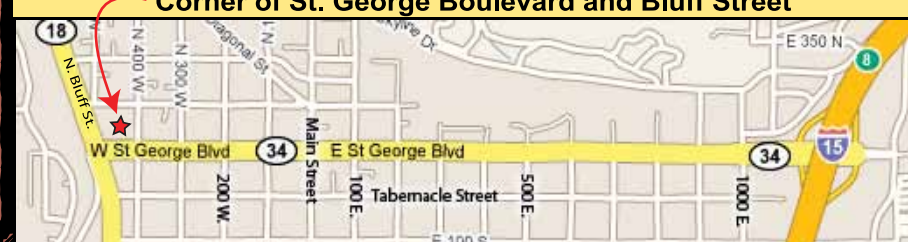
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**Corner of St. George Boulevard and Bluff Street**



# CALENDAR

**LIBRARY ART CLUB FOR CHILDREN** 6:30 p.m. Every second and fourth Tuesday of each month. This club is free. Register in the children's area! 88 W. 100 S., St. George.

**TRIBUTE TO ELVIS** 7 p.m. "From Memphis to Las Vegas - A Tribute to the King" starring John Brooks. Every Tuesday in the Skydome Lounge at the CasaBlanca. Must be 21 or older and no cover charge. Voted Best of Las Vegas 2013 "Best Elvis Tribute Show" & "Best Lounge Performer!" CasaBlanca Resort, 950 W. Mesquite Blvd, Mesquite.

**TANTRIC YOGA** 7:15 p.m. Join Mari Shirley for a vigorous but relaxing class. Downtown Yoga, 50 E. Tabernacle, St. George.

## WEDNESDAYS

**KARAOKE WITH KJ EVAN** Call (435) 867-5990 for more information, or visit MikesTavernCC.com. 90 W. Hoover, Cedar City.

**OPEN MIC AT GROOVACIOUS** 7:30 a.m. Sign up and all participants are selected by a random drawing. Performers limited to 10. This event is free. 173 N. 100 W., Cedar City.

**KUNDALINI YOGA & MEDITATION** 9:15 a.m. Join Jennifer Tholen for a class to help ease the mind. Downtown Yoga, 50 E. Tabernacle, St. George.

**FREE2FEED BREASTFEEDING & MOTHERHOOD SUPPORT GROUP** 9:30 a.m. Free2Feed is a local Motherhood & Breastfeeding Support Group. We aim to support & encourage women of all ages and in all stages of motherhood by education & Love. Check out our website for upcoming events & guest speakers free2feed.org. The Bunkerville Community Center, 200 Virgin St., Mesquite.

**PRIVATE CORPORATION** 11 a.m. Downtown Yoga, 50 E. Tabernacle, St. George.

**IT'S JUST YOGA** 1 p.m. Join Hollie Fillmore for just yoga. Downtown Yoga, 50 E. Tabernacle, St. George.

**WRITERS IMPROVEMENT GROUP** 2 p.m. and 6 p.m. Offered by Heritage Writers Guild every Wednesday. Bring eight pages of writing, (up to five pages, double spaced, 12 point font) for free and friendly feedback. For more information, call (435) 625-1743. 88 W. 100 S., St. George.

**ANIME & GAMER CLUB** 3 p.m. Teens and tweens who love Anime, gaming or both, join us at the Santa Clara Library for book discussions, games and great times! 88 W. 100 S., St. George.

**GENTLE YOGA ZACI** Yoga 4:15 p.m. Have you dabbled in yoga in the past and wondered "Is this for me." I hope you will return for a second slice. ZACI Yoga, 348 N. Bluff #205, St. George.

**WELCOME WAGGIN** 5 p.m. Join one of Best Friends' founders to learn more about the organization, hear heartwarming stories and discover secrets about the sanctuary. Best Friends Animal Sanctuary, 5001 Angel Canyon Rd., Kanab.

**FOREIGN FILM CLUB** 5 p.m. Do you love foreign films? Then join us every first Wednesday of the month as we watch and discuss foreign cinematic gems! Santa Clara Library, 1099 Lave Flow Dr., St. George.

**KUNDALINI YOGA** 7 p.m. Join Jennifer Tholen for Kundalini style yoga. Downtown Yoga, 50 E. Tabernacle, St. George.

**BRAIN FITNESS & SOUND HEALTH RESEARCH INITIATIVE** 7 p.m. Adults from 47 to 87 are invited to apply for acceptance into the program. Call (435) 229-6655 and talk with Nancy or Bob, graduates of the program and now facilitators. Email BrainFitnessSoundHealth@gmail.com. Blackridge Terrace Bldg. 1, 250 W. & Hilton Dr. Ste. 305, St. George.

**OPEN MIC AT JAZZY'S** 9 p.m. Come share your talents, or simply listen and have a beer! 285 N. Bluff St., St. George.

## THURSDAYS

**ALL LEVEL VINYASA YOGA** 9:15 a.m. Join Hollie Fillmore for a great stretch and relaxing yoga class for all levels. All moves and stretches can be adjusted to fit for you. Downtown Yoga, 50 E. Tabernacle, St. George.

**WIDOWED AND SINGLES SUPPORT GROUP** 2:30 p.m. Rocky Mountain Care and the Senior Citizen's Center invite you to join them for the Widowed & Singles Support Group. 245 N. 200 W., St. George.

**YOGASANA** 5:30 p.m. Join Elise Mitchell for this exhilarating yoga and stretch class. Downtown Yoga, 50 E. Tabernacle, St. George.

**JOYFUL YOGA** 6:30 p.m. An all levels, all ages class for anyone and everyone! Get your Joy on with Kundalini Yoga and Meditation as taught by Yogi Bhajan. By donation \$5 to \$11. Thank you. Sat Nam. Sage Hills Healing Center, 6232 W. Sage Hills Dr., Cedar City.

**CEDAR CITY LIBRARY BOOK CLUB** 7 p.m. The Cedar City Library Book Club meets on the second Thursday of each month. This month we will discuss "The Nightingale" by Kristin Hannah. Our selection for July is "The Astronaut Wives Club" by Lily Koppel. Cedar City Library, 303 N. 100 E., Cedar City.

**LIVE MUSIC WITH NICK ADAMS** 7 p.m. Nick plays acoustic guitar every Thursday evening. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

**TANTRIC YOGA** 7 p.m. Join Mari Shirley for a vigorous but relaxing class. Downtown Yoga, 50 E. Tabernacle, St. George.

**SINDUSTRY** 7 p.m. Free drink & drawing ticket. There will be Corn Hole Tournament, beer pong and Jenga. Live entertainment. \$10 buckets of beer. Every Thursday. No cover charge. 275 Mesa Blvd., Mesquite.

## FRIDAYS

**SUNSET ON THE SQUARE** Experience a movie the right way with the ninth annual Sunset on the Square. This event features an outdoor movie every second and fourth Friday of the month starting May 27 and continues through August. Bring your lawn chairs and blankets, snacks and friends to enjoy a movie under the night sky. St. George Town Square, 50 S. Main St., St. George.

**IT'S JUST YOGA** Noon. Join Hollie Fillmore for just yoga. Downtown Yoga, 50 E. Tabernacle, St. George.

**PAINT YOUR PET PARTY** 5 p.m. For just \$20 per person, you're provided with an 11x14 canvas, paints, brushes, and artist instruction. No prior painting experience is needed! Email jennifernagle@hotmail.com to sign up. Don't have a pet? No problem! Thumb through one of the many Best Friends' magazines to find an animal of your liking or email a web image to vistorcenter@bestfriends.org and we'll print it out for you. Best Friends Animal Sanctuary, 5001 Angel Canyon Rd., Kanab.

**YOUR FEATURED EVENT HERE!**  
**CALL 435-656-1555**

**FREE2FEED BREASTFEEDING SUPPORT GROUP** 11 a.m.-1 p.m. Mommy & Tot playtime, followed by group discussion at noon. Free2Feed is a local Motherhood & Breastfeeding Support Group. We aim to support & encourage women of all ages and in all stages of motherhood by education & Love. Check out our website for upcoming events & guest speakers at free2feed.org. Public Library, Hurricane.

**LAUNCHING PAD COMMUNITY GATHERING** 6 p.m. We are a trans-denominational spiritual community. We focus on young adults, but everyone is welcome to join! Community potluck starts at 6 p.m. and service begins around 7 p.m., followed by a group discussion and spiritual practice. Visit facebook.com/LaunchingPadZion for more info! 908 N. 1400 W., St. George.

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# CALENDAR

## SATURDAYS

**UNITY CENTER OF POSITIVE LIVING GATHERING** Providing a learning environment on how positive affirmations, or prayer works. Explaining how super-natural healing occurs whether physically, or spiritually, when you believe. People of all beliefs are welcome. For more info visit stgrgeunity@gmail.com or call (435) 817-1746. 1072 E. 900 S., St. George.

**TOP 40/DANCE/HOUSE** Saturday nights at Envy Nightclub & Lounge. For more information visit facebook.com/envynevada. 792 W. Pioneer Blvd., Mesquite.

**YOUTH INTERMEDIATE TENNIS LESSONS** Ages 15-18 classes run from 8-9 a.m. Ages 12-14 classes run from 9-10 a.m. Ages 9-11 classes run from 10-11 a.m. Register at ivins.com (on the Parks and Recreation web page), visit the Ivins City office at 55 Main St. in Ivins to register in person, or call the Tennis Pro at (435) 674-3180 for information regarding the lessons. Unity Park, 200 W. 400 S., Ivins.

**ZION CANYON FARMERS MARKET** 9 a.m. Enjoy fresh produce, crafts, beautiful scenery and great company at the Zion canyon Farmers Market. The market happens every Saturday morning until noon on the Bit and Spur lawn. Visit zionharvest.com for updates on the market. Bit and Spur, 1212 Zion Park Blvd., Springdale.

**KARAOKE SATURDAYS!** 9 p.m. You're The Star! with Gayle Louise. 21 and over. Great food! 720 E. 700 S., St. George.

**KANAB FARMERS MARKET** 9 a.m. Join your fellow community members every Saturday morning on the Visitor's Center lawn for fresh produce, baked goods and more. Visitors Center, 78 S. 100 E., Kanab.

**GRATEFUL YOGA TEACHER ROTATION** 9 a.m. Enjoy your Saturday morning by starting off with yoga to relax and stretch you. Downtown Yoga, 50 E. Tabernacle, St. George.

**TUACAHN SATURDAY MARKET** 9 a.m. Pancake breakfast. For vendor applications call (435) 652-3218 or visit tuacahn.org. 1100 Tuacahn Dr., Ivins.

**BUNNY YOGA** Noon, Best Friends Visitor Center invites you to a gentle yoga class and opportunity to meet a few adorable, adoptable Sanctuary bunnies every first Saturday of the month. Mats will be provided if needed. Suggested donation of \$10 or more will be gifted to Best Friends. Best Friends Animal Sanctuary, 5001 Angel Canyon Rd., Kanab.

**HIGH SCHOOL ADVANCED TENNIS CLINICS** 1 p.m. Register at ivins.com (on the Parks and Recreation web page), visit the Ivins City office at 55 Main St. in Ivins to register in person, or call the Tennis Pro at (435) 674-3180 for information regarding the lessons. Unity Park, 200 W. 400 S., Ivins.

**SATURDAY MOVIE MATINEE @ ST. GEORGE LIBRARY** 2 p.m. Washington County Library System, 88 W. 100 S., St. George.

**YOUTH BEGINNER TENNIS LESSONS** 3 p.m. Register at ivins.com (on the Parks and Recreation web page), visit the Ivins City office at 55 Main St. in Ivins to register in person, or call the Tennis Pro at (435) 674-3180 for information regarding the lessons. Unity Park, 200 W. 400 S., Ivins.

**THE LEGEND OF TUMBLEWEED GULCH** 8 p.m. The Las Vegas Family Puppet Theater Company created a show just for Springdale, Utah. See "The Legend of Tumbleweed Gulch" every Saturday. This play is the wackiest wild west adventure the whole family can enjoy. "It's a cross between the Muppets and a Clint Eastwood western". Bumbleberry Theater, 897 Zion Park Blvd., Springdale.

**PRAYFUL & GRATEFUL YOGA** 9 p.m. Join in on a great yoga class to help relax and ease the mind. Downtown Yoga, 50 E. Tabernacle, St. George.

## SUNDAYS

**UNITY CENTER OF POSITIVE LIVING GATHERING** Providing a learning environment on how positive affirmations, or prayer works. Explaining how super-natural healing occurs whether physically, or spiritually, when you believe. People of all beliefs are welcome. For more info visit stgrgeunity@gmail.com or call (435) 817-1746. 1072 E. 900 S., St. George.

**KUNDALINI YOGA & MEDITATION** 9 a.m. Join Tejbir Singh for meditation and a great yoga class. Downtown Yoga, 50 E. Tabernacle, St. George.

**D.R.I.F.T.: DIXIE REASON INQUIRY AND FREE THOUGHT:** 2 p.m. Group meets Sundays. An open place where people can meet to talk about religion, atheism, life, death and an unlimited number of other topics. All are welcome. Jazzy Java, 285 N. Bluff, St. George.

**YIN YOGA** 7 p.m. Join Analee Scott for a great yoga class. Downtown Yoga, 50 E. Tabernacle, St. George.

## Events by Date

### Fri, Jun 3

**THE POTTERY AVENUE COTTAGE RIBBON CUTTING** 11:30 a.m. The Pottery Avenue Cottage is now open to serve the neighborhood! This new gift gallery is bursting with personality and one of a kind Polish Stoneware, Specialty Imports & American made treasures. Our cottage was designed to transport you to a joyful, elegant, European setting so come in, enjoy a cup of tea and discover your next treasure or gift for that special occasion. Join us on Facebook for updates or call (435) 669-0650. If you would like to shop online visit PotteryAvenue.com and use twila as your coupon code to receive 20% off your order. St. George.

**GEORGE STREETFEST ON MAIN** 6 p.m. Happy one year anniversary to George Streetfest on Main. Come celebrate with live music on the main stage, and live music for the jazz and beer garden in Ancestor Square. Shop at vendor booths, eat delicious food from a line of food trucks and party it up! Also join in on the nightly festivities for the June Moon Jubilee as part of the celebration for this First Friday anniversary. Downtown St. George, Main St. and Tabernacle, St. George.

**JUNE MOON JUBILEE** 6 p.m. The June Moon Jubilee in accordance with George Streetfest, St. George Races, Slide the City and Light Parades brings you a celebration of the night. Be a part of a light parade, Moonlight 5K run featuring the all new GloZone, a 2 block slide from Slide the City and so much more. Don't miss out on the nightlife fun! Downtown St. George, Main St. and Tabernacle, St. George.

**3 HAT TRIO** 4 p.m. "American Desert Music". Zion Canyon Brew Pub, 95 Zion Park Blvd., Springdale.

**"THE LOCKET" - A NEW MUSICAL** 7 p.m. Tickets can be purchased now and are \$15. For more information contact Marcos Ornelas at (702) 860-8624, email iocanto84@hotmail.com or visit brokenglobeproductions.com. Mesquite Library, 121 W. First N. St., Mesquite.

**COMEDY MACHINE** 8:30 p.m. Host Adam Stone, headliner Marc Yahfee, and Cookie Hull take the stage for a memorable and upbeat comedy show. Tickets are on sale now. This is a 21 and older show. CasaBlanca Resort, 950 W. Mesquite Blvd., Mesquite.

### Sat, Jun 4

**8TH ANNUAL PET FESTIVAL** 9 a.m. Bring your family and pets to this festival featuring door prizes, good food and vendor booths for both you and your pet! Enter the Cutest Pet Photo Contest or walk the red carpet in the Best Dressed Fashion Show and Fur Real Beauty Pageant. Proceeds benefit local rescues and shelters. Admission is free. SunRiver Golf Course, 4275 S. Country Club Dr., St. George.

**HIKE FOR PAWS** 9 a.m. The fifth "Hike for PAWS" will explore Pioneer Park, Dixie Rock, "The Slot," and beautiful views along an easy hike. Pre-hike registration begins at 9 a.m. Nisson Park, 251 W. Telegraph St., Washington.

**THE STAGE DOOR OPEN HOUSE/SUPER SATURDAY** 10 a.m. The Stage Door will be hosting an open house with various breakout workshops and audition opportunities. Come sample a class or two. Electric Theatre, 68 E. Tabernacle, St. George.

**TONY SACCA IN CONCERT** 7:30 p.m. Tony Sacca featuring the Sexy Saccettes will be performing "All American Music" from Sea To Shining Sea, a patriotic musical performance. This show will be filmed for television and is a 21 and older show. Tickets are on sale

**LIT SUMMER NIGHT - BONFIRE RAGER CAMPING PARTY** 8 p.m. LIT Summer Night is an all night party going from dusk until dawn. Enjoy live DJs, a bonfire, camping and more. For tickets and information visit facebook.com/heartofdixie. I.D. will be required. Private Land, St. George.

### Sun, Jun 5

**LAS VEGAS BRASS BAND SUMMERTIME CONCERT** 2 p.m. When you combine brass instruments like trombones, trumpets, cornets, flugel horns and tubas with a percussion section, you get the ever enjoyable Las Vegas Brass Band. Directed by Dick McGee, the ensemble will take to the stage in celebration of 22 years of concerts in Las Vegas. This concert is free and open to the public. For more information on this concert call (702) 507-3459. Mesquite Library, 121 W. First N. St., Mesquite.

**FERNANDA CANAUD IN CONCERT** 3 p.m. For more information call (702) 524-6678 and ask for contact Kelsey Hendrix. Mesquite Library, 121 W. First N. St., Mesquite.

**SHARING THE ROUGH: A DOCUMENTARY FILM** 3:15 p.m. Sharing the Rough documents the never before captured process of the journey of a colored gemstone from mine to market while exploring the challenges of an emerging mining economy in East Africa. This documentary film encapsulates the passion and beauty of one of nature's most precious gifts, weaving together the remarkable journey of all the hands that share in the creation of wearable art. This is presented in partnership with the American Gem Society. Mesquite Library, 121 W. First N. St., Mesquite.

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# CALENDAR

**"THE LOCKET" - A NEW MUSICAL** 7 p.m. Tickets can be purchased now and are \$15. For more information contact Marcos Ornelas at (702) 860-8624, email [iocanto84@hotmail.com](mailto:iocanto84@hotmail.com) or visit [broken-globe-productions.com](http://broken-globe-productions.com). Mesquite Library, 121 W. First N. St., Mesquite.

## Mon, Jun 6

**PAWS FOR TALES - READ TO A DOG** 4 p.m. This is an opportunity for children to read to certified service dogs. Studies have shown the many benefits of reading to dogs for reluctant and slow readers. Washington County Library System, 88 W. 100 S., St. George.

**MARINA V LIVE** 6 p.m. Come enjoy an evening of entertainment with Russian-born, singer songwriter Marina V as she performs some of her most popular hits. This event is free and open to the public. For more information call (702) 507-3631. Mesquite Library, 121 W. First N. St., Mesquite.

## Weds, Jun 8

**NATURAL AND CULTURAL WONDERS OF GOLD BUTTE** 7 p.m. Gold Butte, near Valley of Fire just south of Mesquite, Nevada is a wonderland of geology, scenery and archaeology. Jaina Moan, Executive Director of the Friends of Gold Butte discusses the area, emphasizing Native American rock art and habitation. Visit the Dixie Archaeology Society at [dixierockart.webs.com](http://dixierockart.webs.com) for more details. Udvar-Hazy Bldg. Dixie State University, Room 121 Boeing Auditorium, 225 S. 700 E., St. George.

## Fri, Jun 10

**LIVE ART AUCTION** 7 p.m. Be a part of the live art auction of original art by Kate Starling, Royden Card, Lisa Huber, David Pettit and Lyman Whitaker to benefit the Historic Rockville Bridge. Tickets for this fundraiser are limited and require a minimum \$35 contribution to the Bridge Restoration Fund. Former Rockville School House, 38 E. Main St., Rockville.

**FLAG DAY CONCERT** 7:30 p.m. A Flag Day Concert "America the Beautiful" will be presented as a free gift to the community to honor our flag and the veterans who have served to defend it and our freedom. Enjoy the 150 member choir as they perform live. Cox Performing Arts Center, 325 S. 700 E., St. George.

**SOUL WHAT!?** 8 p.m. R&B and soul. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

## Sat, Jun 11

**SCOT IBEX BAND** 4 p.m. Live music. Zion Canyon Brew Pub, 95 Zion Park Blvd., Springdale.

**COUNTRY JAM 2016** 7:30 p.m. Be a part of the kick off concert for The Trailblazers O.C. Tanner Summer Concert Series. Country Jam 2016 features Eric Dodge and the Randy Anderson Band. Enjoy line dancing, food, great music and more! O.C. Tanner Amphitheater, 300 W. Lion Blvd., Springdale.

**YELLOW BRICK ROAD** 8 p.m. Casapoolooza features Yellow Brick Road, Las Vegas' premier classic rock tribute band. This poolside concert is 21 years and older and is free to the public. The doors open at 7 p.m. 950 W. Mesquite Blvd., Mesquite.

**SOLO MUSICIAN SHAUN SOUTH** 3 p.m. Please join us for an afternoon of music! The very talented musician Shaun South will sing and play guitar, showcasing music from his eclectic background. Shaun has worked in the Las Vegas area for the past 13 years as a solo acoustic performer and with his classic rock Duo Power Play. All library programs are free and open to the public. For more information call (702) 507-6107. Mesquite Library, 121 W. First N. St., Mesquite.

## Mon, Jun 13

**CONCERT IN THE PARK SERIES** 7:30 p.m. Based out of Salt Lake City, Utah, Rob Landes is an award-winning violinist who started playing at the age of 3. KSL.com describes his music as "polished and beautiful...velvety". As a first violinist of the BYU Chamber Orchestra, Rob performed in more than twenty cities throughout central and southern Europe, and as concertmaster of the orchestra, gave a concert to a sold-out audience in New York's Carnegie Hall. Check out Rob live in beautiful Saint George. Vernon Worthen Park, 300 S. 400 E., St. George.

## Tues, Jun 14

**BYE BYE BIRDIE** 1 p.m. Bye Bye Birdie brings some of Broadway's most memorable songs to life. When teen idol Conrad Birdie is drafted, a plan is set in motion to get him to sing a farewell tune penned by a struggling songwriter (Dick Van Dyke) on The Ed Sullivan Show where he will also give a devoted fan a goodbye kiss. Mesquite Library, 121 W. First N. St., Mesquite.

Find more at [SUIindependent.com](http://SUIindependent.com)

## Thurs, Jun 16

**REPERTORY DANCE THEATRE CONCERT** 7:30 p.m. A feature performance by the well-known professional dance company Repertory Dance Theatre will be held at the Tuacahn Hafen Theater. Tickets are \$15 for general admission. Tickets are available at [rdtconcert.eventbrite.com](http://rdtconcert.eventbrite.com). Red Rock Dance Festival, 1100 Tuacahn Dr., Ivins.

## Fri, Jun 17

**FRONTIER FOLK FESTIVAL** A family-friendly event featuring fun for everyone! This event features live music, arts and crafts demonstrations, arts and crafts booths, horseshoe tournament, food and fun! Admission is just \$1 per person or \$5 per family (up to 8 people). Visit [FrontierHomestead.org/arts-festival](http://FrontierHomestead.org/arts-festival) for more details. Frontier Homestead, 635 N. Main St., Cedar City.

**CHOREOGRAPHY SHOWCASE - CONTEMPORARY DANCE CONCERT 2016** 7:30 p.m. Multiple dance performances by various choreographers. Held at the Hafen Theater in Tuacahn. Tickets are \$10 for adults and \$6 for youth and seniors. The dance pieces submitted will be adjudicated by a panel of expert judges. Visit [redrockdance-festival.com](http://redrockdance-festival.com) for more information. Red Rock Dance Festival, 1100 Tuacahn Dr., Ivins.

## Sat, Jun 18

**BROOKE MACKINTOSH** 4 p.m. Acoustic Mountain Soul. Zion Canyon Brew Pub, 95 Zion Park Blvd., Springdale.

**WEST COAST JAZZ PLAYERS** 8 p.m. Jazz. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

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# CALENDAR

**FRONTIER FOLK FESTIVAL** The Frontier Folk Festival is a family-friendly event featuring fun for everyone! This event features live music, arts and crafts demonstrations, arts and crafts booths, horseshoe tournament, food and fun! Admission is just \$1 per person or \$5 per family (up to 8 people). Visit [FrontierHomestead.org/arts-festival](http://FrontierHomestead.org/arts-festival) for more details. Frontier Homestead, 635 N. Main St., Cedar City.

**ANNUAL CHILDREN'S JUSTICE CENTER FATHER'S DAY FUN RUN** 7 a.m. Join the second Annual Children's Justice Center Father's Day Fun Run for both a 10k and a 5k run starting at 7 a.m. and a Kid's Fun Run starting at 9 a.m. There will be categories for individual runners, families, and runners with pets. The cost is \$15 for individuals and \$25 for families. Dress up as your favorite Super Hero to add to the fun. Kane County Children's Justice Center, 76 N. Main St., Kanab.

## Tues, Jun 21

**CAMELOT** 1 p.m. Camelot Richard Harris stars as King Arthur in this lavish, Academy Award-winning film adaptation of Lerner and Loewe's musical take on the legend of the Knights of the Round Table. Mesquite Library, 121 W. First N. St., Mesquite.

## Weds, Jun 22

**HARRY O. LIVE** 7 p.m. R&B. George's Corner Restaurant and Pub, 2 W. St. George Blvd., St. George.

## Fri, Jun 24

**TRI-VALLEY JUNIOR RODEO** Come watch junior cowboys and cowgirls compete in events like barrels, poles, flags and more. There is no admission charge, but bring cash for the concessions stand. Kane Plex Arena, 971 E. Kaneplex Dr., Kanab.

## Sat, Jun 25

**WHISKEY TOOTH REVIVAL** 4 p.m. Folk. Zion Canyon Brew Pub, 95 Zion Park Blvd., Springdale.

## Mon, Jun 27

**MUCH ADO ABOUT NOTHING** 8 p.m. ASL interpretation, audio description, and captioning are scheduled for this performance. Accommodations must be requested at least seven working days prior to attendance. Engelstad Shakespeare Theatre, Cedar City.

## Fri, Jul 1

**BOMBAY HEAVY** 10 p.m. New band Bombay Heavy kicks off their very first tour with a live show in Springdale. See this super group based out of Las Vegas and London. Tickets are \$15 and the show is 21 and over. Bit and Spur Saloon, 1212 Zion Park Blvd., Springdale.

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We would like to speak to our readers about a restaurant that has long known the formula for success. And it's not a complicated or secret recipe. ALL AMERICAN DINER, located at 501 South Main Street in Cedar City, phone 867-4211, has always looked hard to find the best people who are trained to give you the good service you deserve. And when you combine friendly people with exceptional food, no one can ask more from a restaurant. Stop in 7 days a week from 7 AM to 10 PM. ALL AMERICAN DINER offers something for everyone for breakfast, lunch and dinner. With their extensive menu, no leaves hungry.

Simply said, these people appreciate your past visits and they invite you to stop in ALL AMERICAN DINER often.

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SECURITY ESCROW & TITLE INSURANCE AGENCY, LLC is located in Cedar City at 337 South Main Street # 110, phone 867-0402 and they want to take this opportunity to acknowledge and thank their clients from throughout Southern Utah.

## == LIGHTHOUSE SEAFOOD & GRILL == **www.lighthousecedar.com**

The staff at LIGHTHOUSE SEAFOOD & GRILL, located at 2107 North Main Street in Cedar City, phone 233-2330, does not over-promise or boast about their popularity. But, from the point of view of many, there is simply no better place to enjoy the freshest seafood in the area. On their menu you will find fresh seafood dishes, delicious soups, fresh salad, and so much more. They invite you to stop in Monday thru Saturday from 11 AM to 2 PM and 4 PM to 9 PM. To view their menu and more, visit [www.lighthousecedar.com](http://www.lighthousecedar.com)

At LIGHTHOUSE SEAFOOD & GRILL they believe in excellence of food and service, and are committed to creating a unique and special dining experience for everyone who comes through their doors.

## == RUGGED MATERIAL LEATHER GOODS INC. == **To Order Visit www.ruggedmaterial.com**

Some people long for excellence. Others demand it. That's why many depend on the name RUGGED MATERIAL LEATHER GOODS INC., located at 8735 West Highway 56 in Cedar City. To order or for more information visit their website at [www.ruggedmaterial.com](http://www.ruggedmaterial.com)

RUGGED MATERIAL LEATHER GOODS INC success and popularity is due to the fact that they manufacture the highest quality leather goods, with 100% of the work done in Cedar City. Visit their website for beautiful, quality leather bags and purses; baggage; outdoor gear; wallets; watch bands and so much more. They cuts out the middleman and sells direct to the consumer saving you up to 50%.

Treat yourself to the all-but-forgotten art of service and quality products and contact RUGGED MATERIAL LEATHER GOODS INC. To order or for more information on all they offer visit them at [www.ruggedmaterial.com](http://www.ruggedmaterial.com)

## **CM SIDING** **"Excellence Since 1999"** **Phone 559-1963**

You'll never have to face a tough decision when you call on CM SIDING. This company surrounds you with superb quality. They also give you the extra service you need and deserve.

CM SIDING is located to serve you from Cedar City, phone 559-1963, and they are so highly respected in this entire area for offering vinyl siding; soffit and fascia; continuous rain gutter; vinyl architectural shake siding and vinyl steel siding.

Whether it's new construction or your existing property this is the company to call on. CM SIDING is a local business that offers quality work at affordable rates. They genuinely care about having you as a very satisfied customer at CM SIDING. For more information on all they offer phone 559-1963.

## **OGDEN'S FLOORING & DESIGN** **"1/2 Price Granite Countertops"**

People from Southern Utah agree that it's a good feeling to have a local business like OGDEN'S FLOORING & DESIGN around. They are located at 2232 North Main Street in Cedar City, phone 867-1777 and they specialize in offering an excellent selection of flooring and window treatments. They stock advertised brands of carpets; laminates; hardwoods; tiles; and more. Beautiful granite; marble; travertine; and slate are also available. For all they offer visit them at [ogdensflooring.com](http://ogdensflooring.com)

OGDEN'S FLOORING & DESIGN proudly offers their customers an excellent selection of 1/2 Price, beautiful granite countertops. Financing on approved credit is available.

## == A KICKIN TRUCK TIRE & AUTOMOTIVE == **akickintrucktire.wix.com/services**

This business provides so many services that it becomes difficult to describe each service adequately: A KICKIN TRUCK TIRE & AUTOMOTIVE, located in Cedar City at 1001 South Main Street, phone 586-6035.

This locally owned business offers in-shop and mobile repairs for cars, trucks, RVs, semi-trucks and more. They are experts in everything from oil changes to mechanical problems, electrical issues, regular maintenance and more. They also offer a great selection of good used tires and new tires at wholesale prices.

Call 586-6035 and ask about their specials. Walk ins and appointments welcomed here. For information visit [akickintrucktire.wix.com/services](http://akickintrucktire.wix.com/services) For 24 / 7 mobile service, program 586-6035 into your cell phone NOW!

## == ERA REALTY CENTER == **"First In Service"**

Discover some of the most picturesque homes and property available. Whether you're looking for a brand new home, a fixer-upper, retirement-type living, farm, ranch, commercial properties, ERA REALTY CENTER is there to help you. They are located at 259 W 200 North in Cedar City, phone 586-2777 or 1-800-819-2771 and the people at ERA REALTY CENTER are experienced real estate professionals and you are their number one concern, whether you're buying or selling. For all they offer visit [www.cedarcityera.com](http://www.cedarcityera.com)

As long-time neighbors, ERA REALTY CENTER stands ready to help you in every way they can. Just give them an idea of what would make you happy and those are the homes and properties you'll see.

## **DAIRY FARMERS OF AMERICA** **"Cache Valley Cheese"**

DAIRY FARMERS OF AMERICA have been serving the folks from this area for a very long time. And as longstanding neighbors, they are there to serve you, too.

Located at 330 W 300 South in Beaver, phone 438-2421, DAIRY FARMERS OF AMERICA is known for offer the very best in fresh cheese curds and cheese products with cheese samples. They offer Utah's biggest and best ice cream cones with fabulous ice cream. For great gifts stop in at THE CHALET, where you'll find gift baskets, crafts items and more.

For gift ideas and information call 438-2421 or visit them online at [www.dfamilk.com/store](http://www.dfamilk.com/store)

## == EVANS HAIRSTYLING COLLEGE == **Phone 586-4486**

Has the time come to completely re-evaluate your career? If you're a recent high school graduate and are considering an exciting career of cosmetology, call or visit EVANS HAIRSTYLING COLLEGE, located at 169 N 100 West in Cedar City. Phone 586-4486 for information on classes or to make an appointment.

Modern teaching methods, the latest equipment, visual aids and professional instructors make this a great place to learn. Quality education and beauty services continue to be the leading focus of EVANS HAIRSTYLING COLLEGE. They also offers affordable style cutting for the entire family; coloring; skin care; and nail care. All work is performed by supervised students. Also visit [evanscollege.com](http://evanscollege.com)

## == WESTERN POWDER COATING == **Phone 867-1978**

WESTERN POWDER COATING has always been known as one of those local companies that will go the distance to see that their customers' needs are met. These people work hard and work smart to offer state of the art equipment to give you the best in powder coatings for ornamental ironwork, fencing, gates, trailers and more. Custom jobs are welcome. Sand blasting is another specialty. Phone 867-1978.

They are located in Cedar City at 444 West Industrial Road and Russ and everyone at WESTERN POWDER COATING want to thank Southern Utah residents for your business and they invite you to phone 867-1978 for information all they have to offer.

## **RED ROVER RETREAT, INC.** **"Iron County's Only Licensed Kennel"** **Phone 586-2669**

If you have trouble each year deciding what to do with your pet while on vacation because you have been afraid to leave it at an impersonal, unprofessional kennel, then this does not have to be a problem any longer.

RED ROVER RETREAT, INC., located at 911 N 2157 West in Cedar City, phone 586-2669, can be considered an excellent vacation for your dog. They provide clean, individual spaces for boarding; doggie day care; mini-grooming services that include bathing, ear cleaning, nail trimming and teeth cleaning; and more. You can also watch your pet online while you are away.

Andrew, Kari, and everyone here want to thank you for your business and they invite you to check them out on Facebook or visit [www.redroverretreat.com](http://www.redroverretreat.com) for information on all they offer.



Please **KEEP & USE** This Guide. Thank you!

## **JONES PAINT & GLASS** **Phone 586-3800**

**In Cedar City At 38 E 1600 North**

Today, as always, JONES PAINT & GLASS is a company committed to excellence. They are located at 38 E 1600 North in Cedar City, phone 586-3800, and they specialize in quality name brand paint products and supplies. They do excellent color matching and airless spray equipment sales, service and rentals. Also visit their website at [jonespg.com](http://jonespg.com)

JONES PAINT & GLASS is also your indoor; outdoor; and garage door specialist; and your glass headquarters, including auto glass installations. They handle all of your commercial and new construction glass applications; as well as service and repair needs. For residential, JONES PAINT & GLASS has complete glass for remodels and custom homes. Financing is available. Phone 586-3800 for information on all they offer. © UBC 2016

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