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COMES TO SOUTHERN UTAH**
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Color Country's Complete Guide To Arts, Music, Entertainment, Culture & More

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EDITORIAL

PUBLISHER'S PERSPECTIVE

By Josh Warburton

How do you go about making this new year the best year ever, and how would you even judge such a thing? Well, it might be easier than you think.

I just spent less than half an hour writing out all of the things I'd like to manifest in 2018. If you've never done it, it's really quite simple. I started by looking at my list from a year ago, which streamlined the process for me considerably.



Josh Warburton and brother Ben Warburton

I simply wrote out everything I could think of that I'd like to see, do, experience, or be in the new year, in random order.

It's basically like free writing for the life you want to live. As an example, I listed items in the areas of self-care, relationships, business, travel, habits, finances, and more. While you're likely to assess varying degrees of success at the end of the year, it's quite remarkable to me how many of the two dozen plus lines that I wrote a year ago to which I did give some of my energy and attention during the year — which is how I assess my own success.

Did I put effort or time into each of these items or areas of my life? Yes, to varying degrees ... but overall, I'd say I did. And like I said, for 2017 there were a large number of items on the list that I can say I'm further down the path on. Did I make it to Europe or get a pilot's license? Sadly, no. But did those things come up during the year in conversations about things I'd like to do or places I'd like to go? They sure did. And I at least did some low-level research (there

are multiple pilot schools in southern Utah area, it turns out). So while I didn't actually accomplish those things, I have at least kept the ball moving in those directions.

And I think that's what it's about: pointing your life in the direction you want it to go. Did I travel and vacation more than any year of my life? Why yes, yes I did! Did I get out of the country? Yup, I went to Cancun with my brother. Have I improved my overall financial position from a year ago? Yes! I did that. Movement is success!

So this year's list is a little bigger. I doubled down on the majority of the items I listed a year ago and added to them. And remarkably, even with 38 items on my new list, it doesn't feel overwhelming. I'm sure part of it is, because I'm realistic about it. By doing nothing more than simply putting items on the list, I've done something in that area. By just writing them down, reading the list back to myself, and putting the list up in a prominent place, I keep them on my radar. That step is critical.

And for me, that's what makes a successful year. Did I do all the things I wanted to? Heck no. Did I manifest some amazing things in 2017 like a four-wheel-drive vehicle and a piece of land to build a vacation home on? Yep! Never underestimate your own ability to create the life you'd like to live. Sure, we're all bound to one degree or another by our circumstance, resources, education, and relationships, but at the end of the day, it's your life to live. You get to make it what you want.

And it's not too late to make a list, even if you're reading this way after the first of the year. I actually wrote out a fresh list mid-year last year and was able to knock off a few things by the end of the year. So just remember that we are all creators. We are all powerful. You are powerful. Don't forget that.

Let's make 2018 the best year it can be. Be well, my friends.



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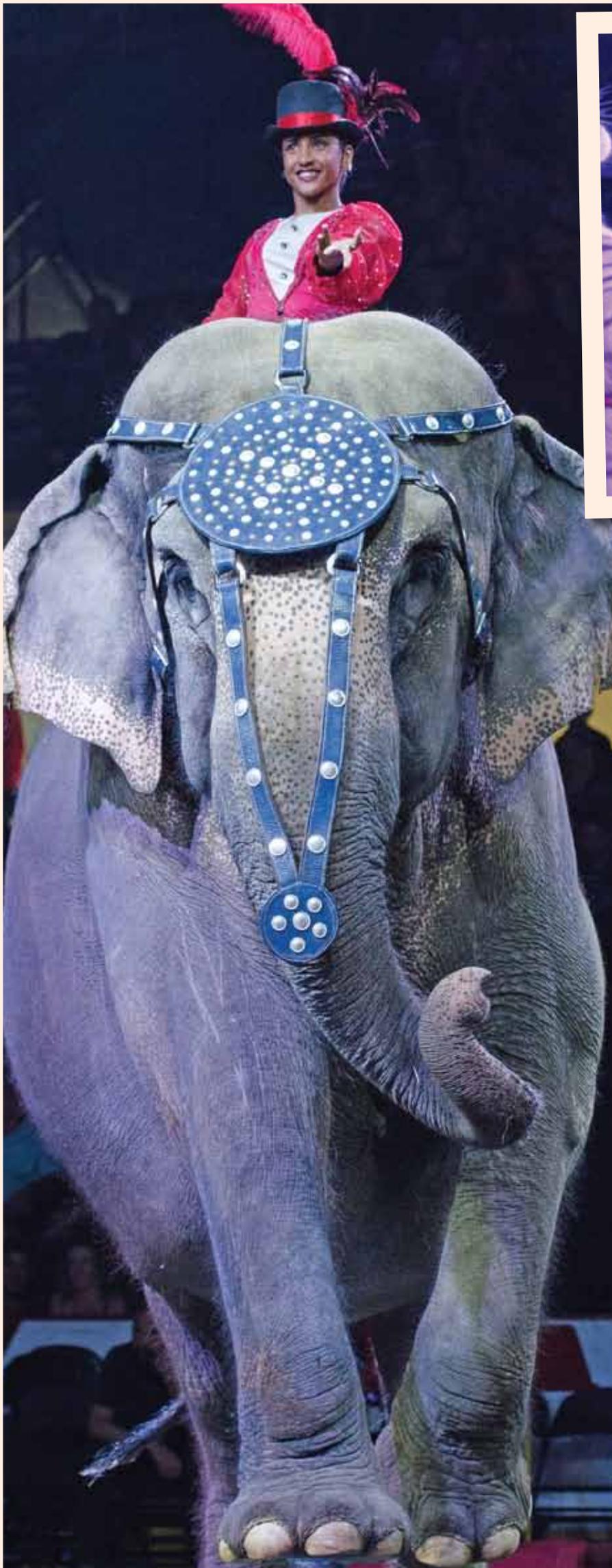
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JORDAN WORLD CIRCUS COMES TO HURRICANE

The Jordan World Circus, one of North America's premier traveling circuses, will perform at the Washington County Regional Park Jan. 22. The circus will put on two performances, one at 4 p.m. and one at 6:30 p.m.

The Jordan World Circus is owned and produced by Jody and Melanie Jordan of Las Vegas. Hailing from a long background of aerialists and circus performers, The Jordan World Circus presents death-defying aerial acts, and animal attractions. In addition to the performing acts, kids

will have the opportunity to ride and pet different types of animals. Two-hour shows are presented on annual nationwide tours by local Shrine Centers and clubs, police and fire associations, civic clubs and organizations, merchant associations, local presenters and venues, fairs, festivals, and parks. Acts are subject to change.

Admission fees vary from \$10 to \$30. The Washington County Regional Park is located at 5500 W 700 S in Hurricane. For more info contact thejordanworldcircus.com or (702) 456-2642.

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EDITORIAL

SHALL WE LET THEM RUIN OUR NATIONAL MONUMENTS

By Melissa Jessop

The desecration of national monuments isn't a new battleground in the United States. It certainly isn't new to Utah. We are privileged to live in a state with extraordinary natural beauty that cannot be found anywhere else on earth. It is our duty as Utahns, and as Americans, to protect these lands.

In the 1950s, the Bureau of Reclamation functioned as a powerful government entity in a dam-crazed America. Energy was American. Domesticating wild rivers was American. In the cradle of a political climate that favored dams, the Bureau overstepped with the proposal of plugging up Echo Canyon in Dinosaur National Monument.

For the first time in our nation's history, public outcry challenged the Bureau of Reclamation. Because Dinosaur National Monument was a federally protected space, we the people decided that public land takes precedence over energy and resource extraction. This was our decision over 75

years ago. As a result of saving Dinosaur National Monument, Glen Canyon — Wallace Stegner's "superb national park" — was proposed as an alternative dam site. Because Glen Canyon was not designated as a federally protected space, it was dammed.

Saving Echo Canyon was a victory. The loss of Glen Canyon was a tragedy.

Dam was complete. Congress voted against a place it had never seen in order to spare another place that already had federal protection: Dinosaur National Monument

Donald Trump voted against two places he has never seen: Bears Ears National Monument and Grand Staircase Escalante National Monument. This time, though,

ancestral Puebloans for their opinion on the creation of Glen Canyon Dam. Nobody asked how they would feel knowing their ancestor's grave sites, artifacts, and sacred lands were drowned. Their history has been submerged under hundreds of feet of water and layers of silt for half a century.

Today, we have the chance to ask the decedents of ancestral Puebloans: the Hopi, Navajo, Uintah and Ouray Ute, Ute Mountain Ute, and Zuni Nations — all of which are part of the Bears Ears Intertribal Coalition — how they would like their sacred lands to be protected.

Living in a state where so many people cherish their pioneer ancestors' heritage, I ask us to look at ourselves and empathetically ask, "How would I feel if all of my family history were buried underwater or exposed for desecration?" It seems beyond basic for Utahns, and Mormons in particular, to understand the importance of ancestral history and grant the same protections to native peoples that we ourselves expect.

What will we the people decide? Over 75 years ago, we chose to save Echo Canyon; we chose to preserve our national monuments. Over 75 years ago, we also chose to dam Glen Canyon; we chose to desecrate ancestral Puebloans' homeland. Is it still American to preserve nationally protected spaces? Is it American to add insult to injury and allow a man who has never stepped foot on the soils of Bears Ears to desecrate sacred space? It's time to stop dodging the politics of public lands because it makes you uncomfortable. In 75 years, whatever we choose to do or ignore today will matter to every person in our nation.



Ancestral Puebloans, formerly called Anasazis, inhabited the canyons of southern Utah for thousands of years. Pictographs, kivas, pots, granaries, moqui steps, arrowheads, and petroglyphs were to be scavenged and documented by teams of archeologists the years before Glen Canyon

there is no dignity to hide behind; he has saved nothing except the opportunity for Big Oil and Gas to have their way with sacred land. Is this the narrative we will choose to continue endorsing? The choice, after all, is ours.

Nobody asked the descendants of

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HOW TO GO VEGAN IN 2018

By Jason Gottfried

Well, you managed to lurch all the way to 2018 without succumbing to cancer, heart disease, atherosclerosis, diabetes, osteoporosis, or any of the other diseases that arise from the Standard American Diet. At least I hope you did. Congratulations!

But now it's 2018, and what better time to stop killing yourself in plain view of your friends and family with a New Year's resolution to go vegan in 2018?

Plus, it'll just piss them off. Bonus.

For well over a decade now, I've enjoyed the numerous benefits of a vegan diet, ranging from the way I feel to the way I look and even the way I smell. I mean, I still smell with my nose, but the bouquet of my personal musk has improved since I stopped gnawing on dead bodies. I can't believe I ever fell for the "you need meat to live" meme or the "b-but muh protein" meme, but having been raised in the Bible Belt, I've believed stupider things.

I have three major suggestions for anyone who is remotely interested in vegan or vegetarian diets: ridding yourself of the "muh protein" meme, becoming less terrified by the zillions of meat and dairy substitutes out there (many of which are better than the original), and learning to cook like a mofo.

Chill out about protein already

Proteins are just big, gnarly molecules made out of amino acids. There are only 16 that it can't manufacture (hence "essential" amino acids), and like all other necessary nutrients, they're all found in staggering abundance throughout the plant kingdom, which illuminates how inane the "I need protein, I need meat" mentality is.

Consider that any cell contains within its nucleus a strand of DNA, which is just another big, gnarly molecule made out of amino acids. If it's a cell or it has cells, it contains DNA, which means that it contains protein. Equipped with this knowledge, you can now roll your eyes when restaurants refer to certain foods as "proteins," which is well beyond stupid.

Now consider that the Power Plate advocated by the Physicians' Committee was so spot on that the USDA plagiarized it with MyPlate.

Now consider that it is nearly impossible for any diet that provides enough calories to be deficient in protein.

So stop worrying about protein already. You sound like a moron. You'll run out of oxygen faster than protein prattling on about it.

General nutritional advice, even from the FDA (which as we all know is definitely a vegan propaganda outlet, right?) is to enjoy a variety of plant-based foods. You can try the "eat the rainbow" method, which simply entails a conscious effort to eat different-colored foods throughout each day. With that approach combined with a mindfulness of the main food groups — fruits, vegetables, grains, legumes, and nuts and seeds — there's little need for most people to worry about any kind of supplementation, least of all protein.

Don't be afraid to use fake meats and nondairy products to transition

I'm pretty sure that vegans in the 1970s who wanted mayonnaise just mixed dirt and water and spread it on bread.

Now the vegan market is booming with new products coming out every day. It's a little ridiculous, but I'm not complaining.

I'll admit that I'm not big on fake meat and dairy. I have lost my taste for meat entirely, and I'm not particularly interested in eating something that closely resembles postmortem remains.

Furthermore, most meat analogues are heavily processed, meaning that while they're still often less harmful for you than life-threatening animal foods, they're not ideal staple foods. While I think that most of the fermented and cultured foods I'll mention below are okay as staple foods, I believe that most meat and cheese analogues are best used sparingly.

Still, I vividly remember the "so what the hell do I eat?" phase, and a good veggie burger was a welcome option during those days.

I'll be the first to admit — hell, *let me warn you* — that some faux cheeses are decidedly unsatisfactory in their efforts to replicate the real thing. A plastic, vaguely cheesish square of readily indiscernible origin that resembles an actual dairy product in the way that carob resembles chocolate isn't much consolation for an struggling dairy addict. Fortunately, there are some really good options out there now.

I suppose I may as well hit the "soyboy" meme now.

If you are concerned with phytoestrogens turning you gay like Alex

Jones' frogs, consider the massive doses of actual estrogen in dairy. So if you think phytoestrogens in soymilk are going to make you gay but you're drinking actual estrogen in cows' milk, I guess I'll see you at the next pride parade.

And now for a quick sidenote to aspiring reformed dairy addicts: All dairy contains a protein called casein. It does bad things to you (like cancer), but it also breaks down into several things during digestion, one of which being casomorphins — opioid peptides that are created during the deconstruction of casein.

As far as addictive power goes, these SOBs purportedly have about 1/8 the potency of actual heroin. They're there because they aid in the bonding process between a baby cow and it's mother (it's baby cow food, remember?). They are why you think you can't live without cheese.

You can live without cheese, just like you can live without cigarettes and crystal meth. But as with any addictive substance, you'll have to give yourself time away from dairy (probably 4–6 weeks) so that your brain chemistry can reset itself. Until then, you are going to experience cravings, and it will suck. When I was moving from vegetarianism from veganism, I totally broke down after a few weeks and raced to the nearest Mexican restaurant for a plate of cheese enchiladas. The struggle is real. Deal with it head on.

Learn to cook

Eating fake meat all the time is expensive, and like the real deal it shouldn't be the centerpiece of anyone's diet. Knowing how to cook gives you total

control of everything you put in your body and at a far lower price point. And if you're a good cook, restaurants can't compete with you anyway. Besides, businesses are not generally concerned with your longevity or quality of life, so depending on the freezer section or canned and boxed foods is a bad idea for anyone.

If you are male, being a badass cook means that you are absolutely 100 percent going to get laid. Period. Learn to cook like a boss and you will find it necessary to have pallets of condoms airlifted directly to your residence.

If you are female, while a more direct route involves tearing the ribcage open, the maxim that the best way to a man's heart is through his stomach generally holds true.

I had the exquisite honor of being general manager of the world's best damned vegetarian restaurant — Nashville's fabled The Wild Cow — and I briefly co-owned the local staple vegetarian cafe in Gainesville, Florida: Book Lover's Cafe. I definitely learned to cook by being thrown in head first. So if you are able to get a job in the kitchen at Peekaboo Kitchen or Best Friends Animal Sanctuary's Village Cafe, that will definitely be your best crash course in vegetarian cooking. Good luck with that, though.

For the rest of you, April Ashcroft does local vegan whole-foods wizardry classes in St. George. Find her at health4lifecooking.com.

If you're not into that, I heavily recommend two cookbooks. Skip the gorillions of niche vegan cookbooks and go straight for Deborah Madison's classic "Vegetarian Cooking for Everyone." If there's a vegetarian bible, it's either that or New York Times food reviewer Mark Bittman's "How to Cook Everything Vegetarian." These are both worth buying (special mention to "Veganomicon" and "Thug Kitchen").

Those were just three tips. There's no reason to stop there. The internet is replete with how-to guides, starter kits, and nutritional research, so go get it.

Now you have no excuse to continue to shave years off your life while lowering its quality with conditioned habits that are easily outgrown. If you don't want to go fully vegan or vegetarian, you'll still enjoy increased health by eating more plant foods and fewer animal-derived foods. Do it for yourself, and if that's somehow not a good enough reason for going vegan, do it for your family.



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EVENTS

TRAVELING THE WORLD

By Gary Sorensen, CTC

In my life I have been very fortunate to be able to experience many incredible places around the world. I have been to the spectacular Iguassu Falls in Brazil, the glaciers of Alaska, the ruins in Turkey, and many places in between. At each of these places, I have experienced something new. I have been able to touch amazing world history, hear the splitting and splashing of glaciers in Alaska, and feel the spray of an impressive waterfall on my face.



Every time I travel, my senses are awakened to the different cultures, different people, different foods, and unbelievable sites. I have been to places that I saw pictures of in my school books. It brings a new appreciation when you stand in places that you have heard about all of your life. It is hard to explain, but it makes you different. It makes you think and learn about the people that lived there and built the amazing structures. It makes you think about your ancestors and what they did not only to form your personal history but to influence their corner of the world.

There are all types of traveling: traveling to the beaches of Hawaii or the Caribbean for enjoyment; traveling to Rome, Athens, or Chichen Itza to learn about ancient cultures; traveling to the countries that make up your roots; traveling to Costa Rica or Fiji for the pure beautiful scenery; traveling to Pearl Harbor or Normandy, France to bring to life the sacrifices that have been made for us; traveling for the food in Italy or for the chocolate in Switzerland; traveling to museums like the Louvre in Paris or the spectacular British Museum in London; traveling to large countries like Russia or amazing small countries like Estonia. There are an unlimited number of reasons to travel. Think about what motivates you to see this incredible world.

I love to travel! As my passion for traveling continues, I have been so fortunate to have recently sailed through the massive Panama Canal, relaxed on the beaches of Hawaii, been awed by the spectacular beauty of Banff National Park, and explored the rain forests of Costa Rica. Each trip that I have taken in my life has shaped who I am. I can relate to the conflicts in Israel since I have seen them firsthand. I can understand different cultures, learning that "different" than what I am used to can really be a great experience. I have learned to accept and respect people who I had never met before, and now they have become an active memory in my mind.

Traveling has given me knowledge, taught me history, let me see beautiful places, and helped me meet interesting people from



around the world. When someone talks about a destination, I immediately recreate my memories of that place in my mind. I quickly remember the smells, the beauty, the tastes, the scenery, and the sounds of that amazing trip. It is almost like I am reliving the experience in my mind. Of course, it makes me want to take another trip both to places I have been to and to discover new destinations I have yet to experience.

A great opportunity for you to discover where you want to go is at the Morris Murdock Travel Expo coming up on Wednesday, Jan. 24 at the Dixie Center. Morris Murdock Travel is bringing over 45 travel companies from around the world to St. George to provide you with information, answer your questions, and offer special deals. The Morris Murdock Travel Expo runs from 11 a.m. until 6 p.m. with the fun and entertaining On Stage Alaska Production at 1 and 3 p.m. There is a small charge of \$3 to attend The Morris Murdock Travel Expo, and there are free brochures and information from all over the world available. Each travel company has a specific extra value or discount at the Travel Expo. Morris Murdock Travel will also give you a \$50 travel gift card on your next seven-day or longer cruise or vacation package. I will be at the Travel Expo. Make sure to tell me where you will be going on your next adventure.

Gary Sorensen is a vice president with Morris Murdock Travel and a local travel writer who has written over 300 travel articles. He also hosts a local travel radio show every Wednesday morning at 8:35 a.m. on NewsTalk 890 AM.

Morris Murdock Travel Expo Wednesday, Jan. 24

Come meet with over 45 travel companies from around the world including Princess Cruise Lines, Delta Vacations, Trafalgar Tours, Holland America Line, AMA Waterways River Cruises, Royal Caribbean Cruise Lines, Pleasant Holidays, Viking River Cruises, and so many more. There will be amazing travel prizes awarded!

Admission to the expo is \$3. Brochures and information are free. Learn about your favorite destination and how to get there. Make sure to attend the On Stage Alaska Production at 1 or 3 p.m. Every year, there is standing room only for this fun, entertaining, and informational program on Alaska.

- The 7th Annual Morris Murdock Travel Show
- Wednesday, Jan. 24 from 11 a.m. to 6 p.m.
- At the Dixie Center
- Call Morris Murdock Travel at (435) 628-3633 for more information

ZION NATIONAL PARK FOREVER PROJECT ENJOYS SUCCESSFUL FIRST YEAR

Since its inception earlier this spring, the Zion National Park Forever Project, the park's official nonprofit partner, has raised the funding necessary to accomplish several goals as set out in its 2018 Field Guide.

"The Forever Project efforts are not about nostalgia for a park experience that is lost," said Lyman Hafen, executive director of the Zion National Park Forever Project. "Rather, they are integrated actions to protect the integrity of the Zion experience for generations to come. We are humbled and grateful to so many who have captured the vision of this project right from the start. They all are part of Zion's legacy by providing unwavering support, monetarily and otherwise."

Over 4,000 people purchased a plush sheep as part of the Adopt a Bighorn Sheep program. The proceeds of this program go to ensuring the herd's health and extending its range to other public lands.

Hundreds of children from local Title I schools visited the park for the first time in 2017, and thousands more became Junior Rangers.

Nine interpretive park rangers brought curriculum-based programming to those unable to travel to the parks. Rangers from Zion, Cedar Breaks, and Pipe Spring National Monuments shared lessons on

science, history, and social studies with kids in southern Utah and northern Arizona.

A \$150,000 grant was awarded to the park to produce a new park film, and a \$150,000 pledge helped the park and its gateway partners secure a new park shuttle system.

"Critical to the future of Zion National Park is a recommitment to the care and sustainability of the park in order to facilitate the millions of visitors that come from around the world every year," said Zion National Park Superintendent Jeff Bradybaugh. "What we have experienced this past year with Zion Forever Project is a collaborative and necessary partnership that has set a new standard for national parks throughout the country. I could not be more proud of our efforts."



KAYENTA ARTS FOUNDATION HOSTS NEIL SIMON'S "THE DINNER PARTY," A MELOCOMEDY FILLED WITH CHARM AND HEART

By Grisha Syssoyev

Cedar City's Neil Simon Festival is teaming up with the Kayenta Arts Foundation to bring their production of Neil Simon's "The Dinner Party" to Ivins Jan. 17. A witty and tender comedy about three divorced couples tricked into attending a private party in a Paris restaurant, the play begins as farce and transforms into a more self-reflective and sentimental consideration of relationships and their meaning. The play draws inspiration from Simon's own five marriages and marks a departure from his previous works, exhibiting a serious side that his earlier comedies did not.

Directed by Henry Ballesteros and featuring members of the Neil Simon Festival directorate — Richard Bugg, Peter Sham, and Clarence Gilyard — along with Holly Barrick, Alyson King, and Kirsten Sham, the piece opened in Cedar City this past August to strong reviews. Front Row Reviewers, Utah called it "a lovely little

piece of life that can give you a perspective about relationships and will make you think" (Jennifer Mustoe), and the St. George Spectrum noted that "Although technically a comedy, there is some real drama here ... this phenomenal cast delivers [Simon's] lines in a genuine and immersive way" (Brian Passey).

"It's been amazing," said Kayenta Arts Foundation executive director Jan Broberg speaking of Kayenta's collaboration with the Neil Simon Festival. "They are top notch, wonderful to work with, the production is outstanding, professional, and they're just a lot of a fun — the tagline is 'come laugh with us,' and they exude that in pretty much every way." Having herself previously acted and directed for the festival, Broberg wants to see the partnership grow and hopes to have the Neil Simon Festival bring one to two shows to Kayenta annually.

"The Dinner Party" is an exciting theatrical offering in this inaugural season of the Kayenta Arts Foundation's new Center for the Arts, the work of a professional director and cast dedicated to keeping the plays of Neil Simon alive and enchanting for southwest Utah audiences. If the Cedar City performance is any indication, Jan. 17 will be an evening filled with laughter, suspense, and heart.



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at SUindependent.com

EVENTS

MESQUITE MOTOR MANIA PRESENTS DECENNIAL EVENT

Mesquite Gaming, owner of Casablanca Resort and Virgin River Hotel, and the Mesquite Resort Association will partner with the Las Vegas Cruisin Association to fill the streets of Mesquite with classic cars, custom automobiles, and vintage hot rods during the 10th annual Mesquite Motor Mania event Jan. 12-14. The three-day weekend event features roaring engines, slow drags, burn-out competitions, open-header cruises, exciting exhibitions, and a giveaway of \$15,000 in cash and prizes for car show participants.

"For three full days in Mesquite we get the opportunity to wax nostalgic," said Christian Adderson, corporate sales manager for Mesquite Gaming. "From the classic cars to cool tunes, Mesquite Motor Mania is fun for the entire family."

Drawing more than 900 vehicles and thousands of spectators over the three-day weekend, the Las Vegas Cruisin Association will give out more than 260 total awards, including the Top 150 Vehicles, plus specialty awards including dignitary and sponsor picks, Peoples Choice, Participant's Pick, and more.

Spectators can also enjoy a variety of entertainment in one of the many entertainment venues at CasaBlanca Resort and Virgin River Hotel. All week long, Sharon & the Chevelles, a '50s and '60s cover band, will play inside the Skydome Lounge at CasaBlanca Resort, and country/rock cover band Marshall Star will play at the River Lounge. On Jan. 13, Earth, Wind & Fire tribute band Serpentine Fire will perform.

A complete schedule of events and more information on Mesquite Motor Mania are available at casablancaresort.com. More information on Mesquite Gaming is available at mesquitegaming.com or by following Mesquite Gaming on Facebook, Twitter, Instagram, or YouTube.



SUU BIOLOGY PROGRAM RECEIVES \$113,000 GRANT

A National Science Foundation grant will include Southern Utah University students in a nationwide collaboration aimed at training future biologists to be scientists through an interdisciplinary and integrative learning experience. SUU's biology program will receive \$113,000 over the next five years, funding new laboratory equipment to train students in lab skills and improving analysis accuracy.

Dr. Roger Gold, an SUU biology professor, collaborated on the project with Rupa Iyer, principal investigator on the grant and founding director of the biotechnology program and the University of Houston College of Technology. The full grant will spread \$2.1 million to five colleges and universities around the country, all to implement the key components of the UH biotech program.

"Over the years, I have worked with Dr. Iyer in the development and testing of the various aspects of these instructional modules," said Gold. "When I joined SUU last year, it seemed natural to integrate these ideas into our classes to give our students the high-quality research experience that our future scientists and innovators will need for success in their careers."

The grant is named "From Discovery to Market — Integrating Interdisciplinary Skills through a Collaborative Research based Lab Curriculum." Gold will integrate the microbiology research into his general microbiology laboratory courses.

Students will carry out actual scientific research by collecting soil samples and processing them for bacterial strains, logging the results on a map. They will be given the opportunity to mine the growing

dataset to analyze trends and to draw conclusions. Gold's students will then write papers and give reports to communicate their findings. The expanded database they are contributing to will provide a platform for national and global research collaborations between students, faculty, governmental agencies, and biotech companies.

"The instructional program funded by this grant will help improve the process of becoming scientists because it allows students to engage in the discovery process from start to finish," said Gold. "By engaging in the actual process of discovery, students will learn the skills that they need to become successful scientific researchers."

Besides the benefits to current microbiology students, access to this nationwide database, which has the potential to be multidisciplinary, will create research opportunities to all biology majors. Interested students from across campus, including computer science and mathematics majors, will be able to gain access to the data for the purpose of analyzing trends and making discoveries that go far beyond the scope of the microbiology laboratory.



DOVE CENTER ANNOUNCES TICKET SALES FOR 2018 ANNUAL GALA

By Adele Pincock

Ticket sales are now open for DOVE Center's fifth annual gala March 24 at the SunRiver Ballroom. Tickets are \$100 each and can be purchased at dovecenter.org. DOVE Center is a local agency providing emergency shelter, victim advocacy, and counseling services for survivors of domestic violence and sexual assault. The gala is held each year to raise funds that help ensure the continuation of critical services to survivors free of charge.

The 2018 event, "Stand Together, It's Up to Us to End Domestic Violence," is presented by Carpets Plus in memory of Kristy Manzanares. Victor Rivas Rivers — a veteran film star, best-selling author, and renowned anti-violence advocate — will be the keynote speaker. Rivers is a survivor of childhood abuse and credits caring, compassionate teachers and other community members for helping him make the journey from gang member to anti-violence activist.

Rivers, whose story is chronicled in his memoir "A Private Family Matter" speaks to the role all community members play, particularly men, in ending domestic abuse and violence against women.

"I see men and boys trying to outdo each other to see who's more tough, more manly," Rivers said. "But I believe a man is one who joins in the movement to end violence against women and children, who confronts those who commit the violence, who sets an example for boys and younger men, and who stands up to protect and respect women. That is a man." As one of the few male voices speaking out against domestic violence, Rivers seeks to inspire activism among men and fathers.

Lindsey Boyer, executive director at DOVE Center, agrees that men play an important role in ending violence in our communities.

"It is essential to include men in finding solutions," she said. "That's one of the reasons it is such an honor to partner with Joe Gibbons this year to bring Victor to town."

Gibbons is the owner of Carpets Plus, the headline sponsor of the event. He decided to get involved at this level in part to pay tribute to a former employee and beloved family friend who was killed in a domestic violence homicide last July. Kristy Manzanares was killed while on a family vacation, and her husband has been charged in her death. Gibbons wanted to take action somehow to honor Kristy's memory and help others find safety before it's too late.

"We've supported DOVE Center in other ways in the past, but in honor of Kristy and in her memory, we felt we should step up and lead out this fundraising effort," said Gibbons. "It won't bring her back, but it helps soften our sadness, and we hope it inspires others to step up and donate as well."

DOVE relies on the generosity of event sponsors so that more community donations go directly to programs and services that help clients find safety and healing.

"We are so blessed to have Joe's leadership in support of our efforts," added Boyer. "He has a genuine heart and sincere desire to help others, and it is truly inspirational."



The gala will begin with a social hour and silent auction followed by a beautifully catered sit-down dinner, after which Rivers will speak. To purchase tickets or make a donation, visit dovecenter.org. For information on sponsorship opportunities, email development@dovecenter.org or call (435) 817-2219.

For emergency shelter and other questions about domestic violence or sexual assault, please call DOVE's 24-hour helpline at (435) 628-0458.

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By Darren M. Edwards

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Business

Best casual fine dining restaurant

Xetava Gardens (with 38 percent of the vote)

Honorable mention: Cliffside Restaurant

Best healthy restaurant

Twisted Noodle (with 87 percent of the vote)

Honorable mention: Wild Thyme

Best cafe

Zion Blues Café (with 45 percent of the vote)

Honorable mention: Perks! Espresso & Smoothies

Best festival, fair, or event

Georgefest (with 50 percent of the vote)

Honorable mention: Zion Canyon Music Festival

Music

Best singer/songwriter

Steven Swift (with 53 percent of the vote)

Honorable mention: Raven Cain

Best pop/rock band

Full Tilt Boogie (with 43 percent of the vote)

Honorable mention: Vinyl Fusion

Best country band

Muddy Boots (with 43 percent of the vote)

Honorable mention: Raven Cain Band

Best metal band

Aura Surreal (with 44 percent of the vote)

Honorable mention: Sleep Dealer

Best DJ

DJ Lex (with 59 percent of the vote)

Honorable mention: DJ Spinz

Music (other)

Orchestra of Southern Utah (with 43 percent of the vote)

Honorable mention: Gary Huff

Art

Best photographer

Nick Adams (with 49 percent of the vote)

Honorable mention: Carl Mazur

Best painter

Steven Stradley (with 29 percent of the vote)

Honorable mention: Eddi Malloy

Art (other)

Matt Clark (with 43 percent of the vote)

Honorable mention: Deborah Durban

Theater

Best theater company

Tuacahn (with 32 percent of the vote)

Honorable mentions: Brigham's Playhouse; Neil Simon Festival; and St. George Musical Theater

Best dancer

Rebekah Wainwright (with 56 percent of the vote)

Honorable mention: Tia Stokes

Best stage actor

Henry D. Ballesteros (with 35 percent of the vote)

Honorable mention: Brodie Perry

Best stage actress

Sceri Sioux Ivers (with 60 percent of the vote)

Honorable mention: Ashley Rai Benham

Best film actor

Sheldon Demke (with 42 percent of the vote)

Honorable mention: Dan Fowlks

Best film actress

Rachelle Hansen (with 46 percent of the vote)

Honorable mention: Jessica Elleen Staples

Writing

Best writer

Brian Passey (with 72 percent of the vote)

Honorable mention: Stephen Armstrong

Best spoken word poet

Janae Godfrey (with 63 percent of the vote)

Honorable mention: Ron Coulson

Best writer for The Independent

Dallas Hyland (with 33 percent of the vote)

Honorable mention: Marianne Hales Harding

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START YOUR NEW YEAR OFF RIGHT IN DOWNTOWN ST. GEORGE

By Darren M. Edwards

There is plenty going on in downtown St. George this January to keep you entertained. With restaurants and art galleries around every corner, there is something for everyone.

Don't forget, there is no Georgefest for January or February

In January and February of 2018, Georgefest will be going dark. After listening to public feedback, Georgefest is taking some time to revamp itself and address your concerns and ideas. But don't worry, Georgefest will be back and better than ever the first Friday in March 2018.

Mystery Escape Room

Located at 46 W. St. George Blvd., the Mystery Escape Room invites you and your friends to try and escape one of their seven room designs. They are open Mondays-Saturdays by reservation. Contact Jeff at (435) 237-8470 for more information.

Open Mic Poetry Jam at the St. George Art Museum

Every fourth Thursday of the month at 7 p.m., you can share some of your

poetry or some poetry that you love, or you can just come and listen to others at the St. George Art Museum. Not only is this event free but you can also enjoy free entrance into the art museum every Thursday after 5 p.m.

Game Night at the St. George Art Museum

If poetry isn't your thing, you may want to check out Game Night every second Thursday of the month at the St. George Art Museum. You can pick from the selection of games provided by the museum (including Trivial Pursuit, Monopoly, and Go Fish), or you can bring your own. This event is free and open to the public.

The Ugly Sheep Gallery Show

You can catch The Ugly Sheep Gallery Show through January at the DiFiore Center in downtown St. George. The subject of the work in the show is the complex and ever growing urban landscape. For more information on this show, contact the DiFiore Center at (435)-673-4206, or visit difiorecenter.org.

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ARROWHEAD GALLERY FEATURES PHOTOGRAPHER SHIRLEY SMITH IN JANUARY

The Arrowhead Gallery's January featured artist is photographer Shirley Smith. A reception will be held Jan. 12 from 6 to 8 p.m.

Smith utilizes a digital camera to capture images of nature and enhances them with a computer. She studied photography in 2012, having previously worked in the pharmaceutical industry. She moved to southern Utah from Michigan in 2013 and says that her goal is to be able to capture images of Utah with her camera.

"Mother Nature is the true artist, Smith said. "All I can do is capture her beauty with my camera in person and in my studio. My photography captures the beauty, up close and in grand sweeping views, which Mother Nature has created. My finished images are what I see in my

mind's eye at the moment in time when I push the shutter release. I am in awe at her work!"

Smith is an award-winning photographer currently shooting with a Nikon D800e and a Nikon 5500 (for hiking) with various lenses. She has exhibited at the Rochester Contemporary Art Center, Dixie State University, Red Cliff Gallery, St. George Art Museum, and various venues in Michigan. In the summer of 2017, she had a solo show at DSU's Eccles Center. She is president of the St. George Color Country Camera Club and an active member of the Southern Utah Artists Guild and Virgin Valley Artists Association. Her work is currently on display at the Mesquite Fine Art Gallery and the Arrowhead Gallery in downtown St. George.



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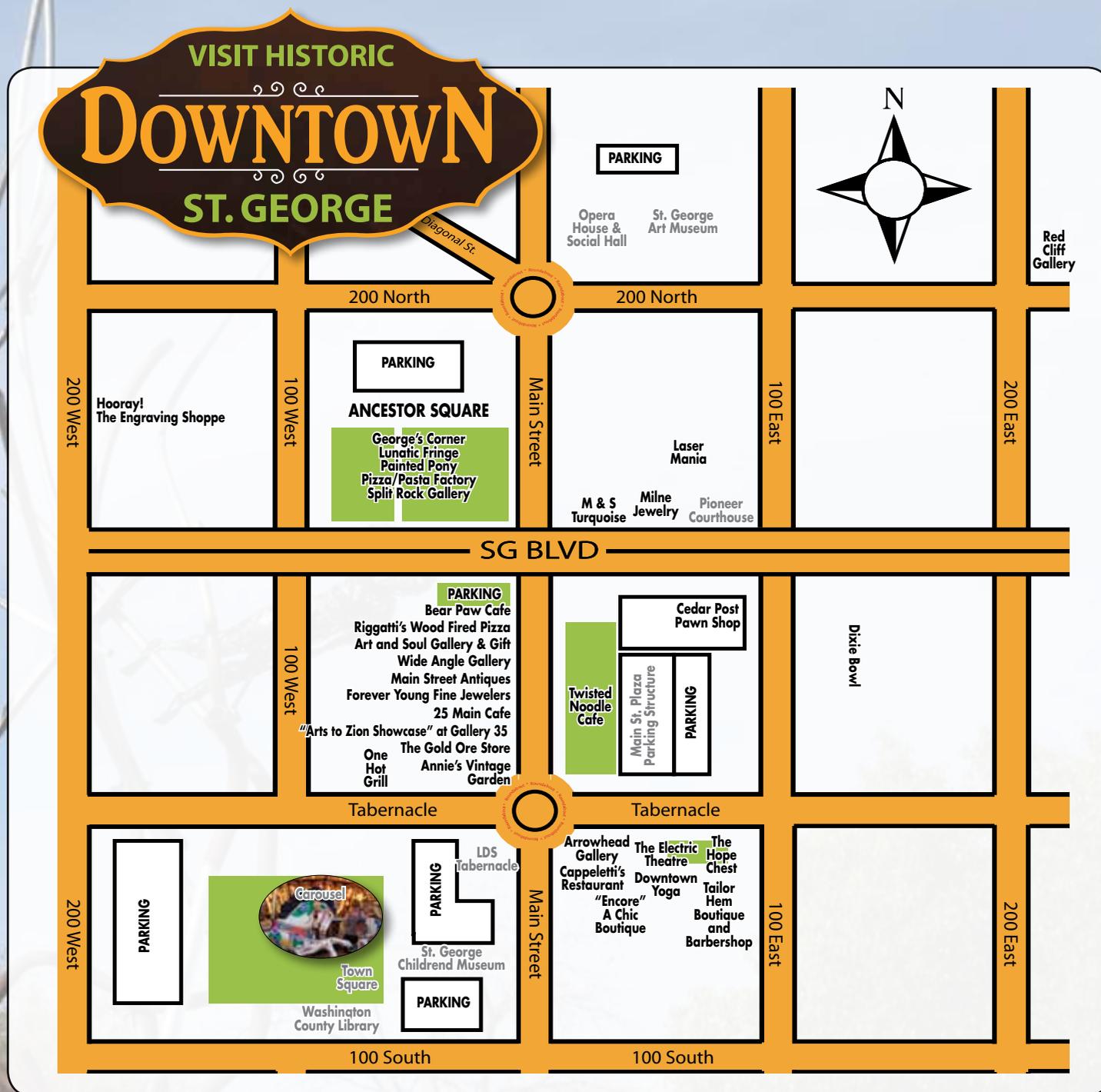
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ALBUM REVIEWS

MY FAVORITE ALBUMS OF 2017

By Charles Cuthbertson

The frustrations of politics and an almost daily parade of shameful antics by our elected officials made music an even more important outlet for me in 2017 than it usually is, and that's saying a lot. Neither the internet nor television nor even the movies could entirely escape from commentary on our political moment, and though there is more than a fair amount of worthy political commentary in music today, few of my favorites here seemed to be aiming for Guthrie-esque relevance. I'm not saying that social commentary is unworthy of inclusion here, just that I was looking more for a "safe place" in the music I listened to during the past year. So that's one caveat.

Another, and this is not unrelated to the first, is that I'm not one to jump on trends or who feels the need to identify the most modern new sounds first. In short, I'm no hipster and don't pretend to be one. Whether this ends up making my selections more mainstream is perhaps best for you to decide, but my intent here is less to inform you of what's "cool" and more to suggest an X if you also happen to like a Y among this list. Lists like these are made to argue over, of course, but the accessibility of streaming options makes it easy to sample widely and diversely, and I hope my list leads you to some of the joy I found listening to these albums. Here are my picks for the best music of the year.

Old 97s, "Graveyard Whistling"

I had more fun listening to this record than any other new release in 2017. The lyrics are clever and sharp, the music is fast, and the band, which has been around since 1994, has never sounded better or more in command of its talent. I laughed in delight the first time I listened to this; very few bands are capable of transferring their live energy to a studio recording, but this album seems to be taking shape just as you hear it. It's energetic, funny, and lean.

The xx, "I See You"

Like everyone else, I was first caught by the slightly distorted sample of Hall & Oates that marks the lead single from this album, "On Hold." There was that initial moment of confused recognition — "Is that what I think it is?" — followed by the persistence of Jamie xx's hypnotic beat. And then the voice, seemingly detached but expressing a yearning and sadness that is itself compelling: How could this not be a hit? The rest of the songs on the album don't need the gimmick of a sample. The alternating voices of Romy Madley Croft and Oliver Sim create a varied soundscape that lures you in and takes you places Hall & Oates never could.

Beck, "Colors"

Beck Hansen's latest combines about 18 months' worth of recording into a seamless pop album with most of the songs displaying Beck's familiar wordplay and glossy production values that are as bright and appealing as the primary colors the album itself was presented on in its vinyl editions. Though a few songs reflect Beck's state of mind, the vast majority of the record is gleefully devoid of any meaning or context, submitting fully to the pleasures of the dumb pop song. Wow!

Jason Isbell & the 400 Unit, "The Nashville Sound"

The title tells you what Isbell and his band are going for: a return to a more traditional country sound than has been heard on Isbell's previous records. That doesn't mean the guitars lose any of their emphasis, but the lyrics here are more contemplative, further demonstrating Isbell's ability to appeal to both heart and mind. He tackles some big subjects here: mortality, addiction, and even white privilege. But the music is anything but ponderous.

Father John Misty, "Pure Comedy"

Another album that tackled big subjects, the former Fleet Foxes drummer offers songs that veer from sardonic critiques of human behavior to melancholic, sorrowful accounts of the consequences of human behavior. Father John (aka Josh Tillman) has a unique sensibility formulated in part by being raised in an Evangelical Christian household. His commentary on organized religion in songs like the title track is pointed and chilly, but the sounds are rich and enveloping. What else is music for?

Sharon Jones & the Dap-Kings, "Soul of a Woman"

It's been more than a year now since Sharon Jones died of pancreatic cancer, and the awareness of her impending death prompted this recording, one that shows no sign of weakness in Jones' voice or in the dynamic accompaniment by the Dap-Kings. This is an R&B album that goes down fighting. I am not usually one for gospel music, but if hearing "Call on God," the song that closes this album, doesn't stir something inside you, you are beyond help.

St. Vincent, "Masseduction"

In the ten years since Annie Clark began her solo career, she has become bolder, more innovative, and seemingly louder than ever. Her creative flowering

has been exhilarating to watch, and her latest album pushes all kinds of buttons; she leaves nothing off the table in terms of subject matter while managing to maintain a performance style that is unique and engaging. This is great rock and roll in the tradition of Bowie, the Talking Heads, and even Gary Numan.

Ryan Adams, "Prisoner"

There was a period in the mid-2000s when it seemed as if Adams would succumb to the easy pattern of recording bland alt-country with his band, The Cardinals, forever churning out an endless cycle of the same album. But luckily, about three or four years ago, Adams decided to play rock guitar again, and his sad-dad compositions changed to Henley-like pronouncements of adulthood (without the ego). Now he's got a broken heart, and when Adams suffers, his music gets much, much better.

Arcade Fire, "Everything Now"

This is a polarizing band. I haven't met anyone who is ambivalent about them. They are either loved or hated. I'm decidedly in the "love" column, especially in regard to their theme albums. This time, they're going on about capitalism and consumerism, and most of the songs here are written as sugary pop songs that filter into your brain and do annoying things there. Get it? They wrote a bunch of annoying pop songs to critique the culture that produces annoying pop songs!

Chastity Belt, "I Used to Spend So Much Time Alone"

Ultimately, rock and roll is designed to make you feel. It can be fun or gloomy or childish or bitter, and this band of young women can do all of it, if not at once then certainly all on the same record. They sound like everything they do is for the fun of playing in a rock band, and it's infectious as hell. They keep getting better, and they're going to be big any day now.

Honorable mentions

Best soundtrack: "Baby Driver"

This two-disc compilation has old R&B, pop, punk, rock, and two songs about Debra. And they're not the same songs on nostalgia soundtrack exercises like "Guardians of the Galaxy" or "Stranger Things" that you've already heard a million times. These are nuggets, deep tracks, and shoulda-been hits, put together like the best mixtape you ever got.

Best reissue: The Beatles, "Sgt. Pepper's Lonely Hearts Club Band"

I listen to most of my CDs on an old, beat-up Sony boombox. It is not a high-end piece of stereo equipment. But the mixing of this 50th anniversary edition of the Beatles classic is so good, so vivid, that I literally jumped when I heard it come out of the speakers. The sound of this is phenomenal, whether you're a new fan or if you've memorized every note. And if you are a fan, spring for the four-CD edition: There is a lot of amazing music here.

BEST OF
2017



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MOVIES

MY FAVORITE FILM EXPERIENCES OF 2017

By Adam Mast

Another year is in the books, and boy did 2017 go by fast! There were plenty of films I didn't get around to seeing throughout the year for a number of reasons. Titles such as "The Lost City of Z," "Molly's Game," "Personal Shopper," "The Shape of Water," "The Post," "The Disaster Artist," "I, Tonja," "Three Billboards Outside Ebbing, Missouri," "Brawl in Cellblock 99," "Lucky," "The Killing of a Sacred Deer," "The Meyerowitz Stories," "Phantom Thread," "Darkest Hour," "The Square," "The Greatest Showman," "Columbus," "Call Me By Your Name," and "The Florida Project" just as easily could have made the cut had I had the opportunity to see them.

That said, this alphabetical list represents my 10 favorite film experiences of 2017. Should you decide to seek any of these movies out, I can only hope you enjoy them as much as I did.

"Blade Runner 2049"



Denis Villeneuve is a master when it comes to provocative sci-fi. In 2016 he dazzled us with "Arrival," but in 2017 he topped himself with "Blade Runner 2049," a sequel to a movie fans thought they'd never see a follow-up to. It's peculiar that some viewers were surprised by this film's lukewarm box-office reception, but the truth is that the original didn't exactly torch up the box-office either. In the end, we should be grateful that we got this breathtaking movie at all. Not only did "Blade Runner 2049" expand on Ridley Scott's cold, bleak, and altogether stunning universe but it's also a much richer experience on an emotional level. Ryan Gosling, Sylvia Hoeks, and Jared Leto are superb, but it's veteran Harrison Ford who leaves the biggest impression bringing more weight to Deckard in 40 minutes of screen time than he did in the entire first film. One has to be excited at the very idea of the gifted Villeneuve now getting to play in the "Dune" universe.

"Brigsby Bear"

If "Room" and "The Truman Show" had been re-envisioned by the gloriously goofy Lonely Island crew ("Popstar: Never Stop Never Stopping"), it might look a little something like this surprisingly endearing, slightly eccentric, and altogether likable



movie. Cowritten and starring SNL player Kyle Mooney, this sweet-natured laugh-out-loud comedy will be instantly relatable to film lovers and to those who use art of any kind to help navigate through that unpredictable thing called life. But for all its goofy, Lonely Island-infused humor and slapstick hijinks, it should be noted that "Brigsby Bear" has a ton of heart. This is a movie about family, friendship, and moving forward from life-altering situations. It's also quite the clever look at the art of filmmaking itself. Plus, Luke Skywalker is in it!

"Downsizing"



Alexander Payne's latest offering, a creative social satire that imagines a world where individuals miniaturize themselves in the interest of leading more financially sound lives, is as ambitious as it is bonkers. Even though this is a movie about getting small, it certainly isn't short on big ideas, and Payne directs the hell out of it. It's a technical marvel full of great visual effects, but those effects never dwarf the very quirky and very human story at the heart of the movie. And as good as Matt Damon is in this picture, be on the lookout for an award-worthy performance from Hong Chau as a tenacious Vietnamese house keeper. This movie didn't find much of an audience, and while perhaps not as strong as Payne's best work, it's still a thoughtful motion picture experience and well worth seeing.

"Get Out"



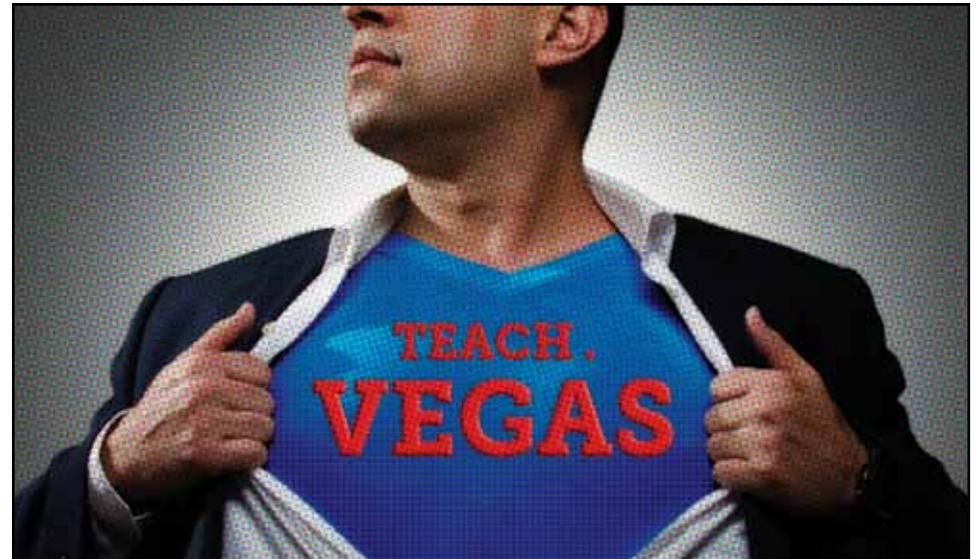
Comedy mastermind Jordan Peele scored big time with his directorial debut, "Get Out," an ingeniously clever thriller that could be best described as "The Stepford Wives" meets "Guess Who's Coming to Dinner." It says a lot about Peele's natural likability and pure skill as a storyteller that "Get Out" comes across as scary, funny, joyful, and thrilling, even

when it's clear that the outer shell of this picture is being used to house a pretty serious issue. It's all done in a hyper-real way, of course, but that's what helps make for a truly memorable genre picture. Peele has the same sort of vibrant, colorful, fanboy-infused spirit that makes the works of Edgar Wright so appealing. And to think that "Get Out" is only Peele's first film as a director!

"A Ghost Story"

Writer and director David Lowery shot this meditation on life, love, loss, and death on the quick and with very little money, but you wouldn't know it upon watching it. This is a hypnotic, gorgeously photographed slice of experimental goodness featuring solid performances by Casey Affleck and Rooney Mara, but the real star of the show

is a beguiling white-sheeted ghost. With stunning cinematography by Andrew Droz Palermo and the kind of dreamlike feel you might expect from Terrence Malick or Stanley Kubrick, "A Ghost Story" is required viewing for moviegoers who like to think a little outside the box. Doubly so if you're a fan of pie!



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MOVIES



"Jim and Andy: The Great Beyond"

There were a lot of great documentaries in 2017, but Chris Smith's look into the careers of Jim Carrey and Andy Kaufman and how Milos Forman's biopic "The Man on the Moon" would find their lives crossing paths was the most intriguing of the lot. It's a great movie lover's movie that delves into an artist's creative process. There came a point in "Jim and Andy: The Great Beyond" when I wasn't entirely sure what was real and what might have been staged, and that's just the way Kaufman would have wanted it.

"The Lego Batman Movie"

If you take DC's "Justice League" out of the equation, it was a pretty darn good year for superhero movies (see "Thor: Ragnarok," "Spider-Man: Homecoming," "Logan," "Wonder Woman," and "Guardians of the Galaxy Vol. 2"). It's a bit ironic, then, that the studio behind "Justice League" would



not only release the best superhero movie of the year but also the best animated feature of 2017 in the form of "The Lego Batman Movie." This is a wonderfully colorful and cleverly subversive take (Batman and The Joker may be enemies, but it's clear they can't live without each other) on an incredibly popular genre, and it's even more creative than 2014's "The Lego Movie." And cheers to a fantastic, dry-witted Will Arnett for hitting all the right notes as the Dark Knight.

"Mudbound"

What a run Netflix has had! With their acquisition of "Mudbound" at the Sundance Film Festival last January, the



roll continued. This powerful film from "Pariah" director Dee Rees is an emotionally charged adaptation of the Hilary Morgan novel. This story of a pair of World War II soldiers who return home to the rural south only to find themselves on an entirely new battlefield benefits from what just might be the strongest ensemble of the year. Jason Mitchell, Mary J. Blige, Rob Morgan, Garrett Hedlund, Carey Mulligan, Jason Clarke, and a terrifying Jonathan Banks are all stellar in this picture. I walked out of this one shaken and moved.

"Patti Cake\$"



An entertaining underdog story that would make the folks behind "Rocky" and "8 Mile" proud, this film about an aspiring female rapper trying to break free of her New Jersey surroundings benefits from Jeremy Jasper's high-energy direction, a great soundtrack, and a star-making turn by Aussie actress Danielle MacDonald. Yes, this is a variation of countless underdog stories that we've seen before, but it's all about the execution, and Jasper has fashioned an inspiring, underrated gem in the infectiously likable "Patti Cake\$."

"War For the Planet of the Apes"



technical attributes and unforgettable work by Andy Serkis in these movies. "War For the Planet of the Apes" is a quietly powerful tale of war and humanity as seen through Caesar, a wise ape who would go from domesticated pet to fierce (and compassionate) warrior over the course of a compelling and provocative three-story arc. Director Matt Reeves took what Rupert Wyatt started and did something even more extraordinary with it. Granted, it does help when you have a masterful actor like Serkis in your corner. His work as Caesar is simply stunning, and in fact, for my money, this was the most captivating performance of the year! Not too shabby for a guy who also played Snoke in "The Last Jedi" and went on to unveil his directorial debut with the buzzed-about drama "Breathe" all in the same year. This may be perceived as a bold statement to some, but "War" managed to be an even more thoughtful and moving look at the effects of war than Christopher Nolan's much talked-about "Dunkirk."

Honorable mention goes to "Baby Driver," "The Big Sick," "Coco," "Good Time," and "Thor: Ragnarok."

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When 20th Century Fox set out to continue the "Planet of the Apes" franchise back in 2011, very few would have thought it would go on to become one of the most powerful trilogies of all time. While its place in the pantheon of great trilogies is debatable (obviously I'm a champion of the series as all three films made my best of lists), it would be difficult to deny the brilliant

Jobs, Jobs, Jobs



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BOOK REVIEWS

THE INDEPENDENT BOOK REVIEWS

By Niki Hawkes

“Oathbringer” by Brandon Sanderson
★★★★★

While trying to compose a review that will do this series justice, the question becomes not whether “Oathbringer” was an amazing installment in the Stormlight Archive series but how to explain how fiercely I loved it without gushing like a fangirl. Suffice to say that it’s on a pedestal. I can see so many of the brilliant ideas within it shaping fantasy works for decades to come. It truly is the next evolution in the genre similar to that brought on by the likes of Jordan and Tolkien. At least, that’s how I feel about it.

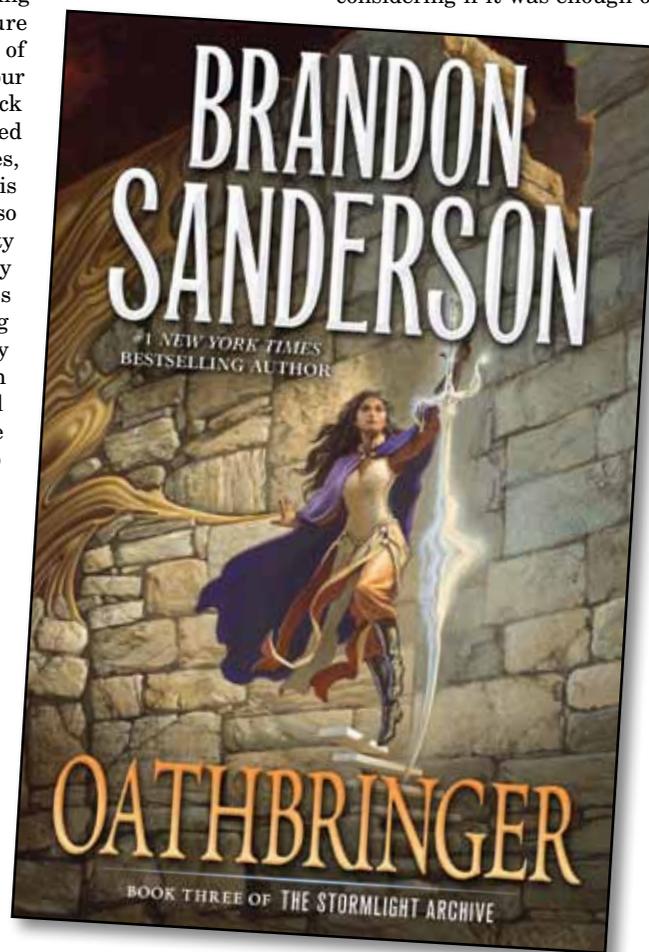
Expansive world building always wins me over, and I can think of very few worlds as impressive as Sanderson’s Roshar. Stormlight Archive is a series that encompasses many different cultures across this island continent. Sanderson provides a constant infusion of these races by highlighting their differences (and celebrating their similarities). This variety of humanity is easily my favorite element. I’ve experienced so many exotic places in this series alone — it truly is a wonder. It

is world building like this that makes me ecstatic to be a reader.

I especially loved learning more about each culture through the diverse cast of characters within Bridge Four (even if I am just an “airsick lowlander”). I’ve always loved the characters in this series, but I think “Oathbringer” is the first book in which I’ve also appreciated their complexity and duality. They’re definitely not cookie-cutter profiles with mildly interesting backstories but rather deeply flawed individuals with more than just the external conflicts to overcome. If the first two books delved into Kaladin and Shallan’s past, respectively, then book three was an exploration of the events that shaped Dalinar. Even minor characters in this series are rich and interesting, and I eat up all new information revealed about every single one of them. There were a few new characters that got to share the limelight in “Oathbringer” (brought in from the interludes in previous books), and I delighted in how they changed the dynamics of the story.

If I’m honest, I’ll admit that there were a few moments throughout “Oathbringer” when I wondered if the pacing was a little too slow (keeping in mind that I didn’t have

a single issue with pacing for the first two more than 1,000-page novels). It had me considering if it was enough of



something profound would happen to reel me back in. Then the snowball climax of the story hit, and all of my hesitations were swept away. The book felt different than the first two, but that doesn’t necessarily mean it was weaker. My friend Liam at Thoughts of a Thousand Lives summed up my internal debate perfectly: “... each of these books is different enough that it’s extremely hard to compare them. All three of them sit pretty equally with me because of that, and the quality of the writing, worldbuilding, and character development never varies at all.”

And that’s the crux of it. All of the things I’ve come to expect from a Sanderson novel were there in abundance. Overall, “Oathbringer” contained all of the plot advancement and amazing moments I’d hoped to get out of it. Multiply that by the fact that the tome itself is a gorgeous piece of art filled with sketches and diagrams that enhance the story and you have a reading experience unlike no other. I applaud Sanderson’s ambition and commitment to this project as I could see how he could have easily wrapped it up in this third book and left a few things unresolved (as many authors have done). What a delight that one of my favorite series on the market continues strong with many more novels to come. If you haven’t ventured into this series yet, you are sorely missing out!

an issue to take away from my enjoyment of all the other amazing elements. Ultimately, it wasn’t because every time I thought it,

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AMERICAN MADE AT VIRGIN RIVER HOTEL Jan. 5-7, 8 p.m. From Heart to Haggard, American Made plays it all. Free. Must be 21 or older. 100 Pioneer Blvd., Mesquite.

B FLAT & THE NOT TOO SHARP AT CASABLANCA Jan. 5-7, 8 p.m. Variety show incorporating Jerry Lee Lewis, Elton John, Divorce, Beach or Margaritaville, Hee Haw, Sonny and Cher, Johnny Cash, The Cars, Joan Jett, Dire Straits, Stevie Ray Vaughn, Neil Diamond, Adele and more. Free. Must be 21 or older. 950 W. Mesquite Blvd., Mesquite.

2018 MESQUITE MOTOR MANIA Jan 12-14. Car show featuring over 900 cars, slow drags and burnouts, and live entertainment. Free. 950 West Mesquite Blvd, Mesquite.

MARSHALL STAR AT VIRGIN RIVER HOTEL Jan 10-14, 7 p.m. Three vocalists, fiddle, piano, and lead guitar playing classic and current country, classic rock, and originals. Free. Must be 21 or older. 100 Pioneer Blvd, Mesquite.

SHARON & THE CHEVELLES AT CASABLANCA Jan 10-14, 8 p.m. A tribute to the '50s and '60s. Free. Must be 21 or older. 950 W. Mesquite Blvd, Mesquite.

GREGG PETERSON BAND Jan 17-21, 7 p.m. Variety and dance band Free. Must be 21 or older. 950 W. Mesquite Blvd., Mesquite.

VOODOO COWBOYS AT VIRGIN RIVER HOTEL Jan 17-21, 8 p.m. Country/rock cover band. Free. Must be 21 or older. 100 Pioneer Blvd., Mesquite.

WINTER 4X4 JAMBOREE Jan. 18-20. Offroad event with guided trails. Washington County Regional Park, 5500 W 700 S, Hurricane.

REBA LAS VEGAS 8:30 p.m. Corrie Sachs has been paying tribute to Reba McEntire for 25 years and was awarded "Tribute Artist of the Year" by the Las Vegas Review Journal. Must be 21 or older. No refunds or exchanges. 950 W. Mesquite Blvd., Mesquite.

PSYCHOBILLY AT VIRGIN RIVER HOTEL Jan 24-28, 8 p.m. Cover band playing a variety of dance music from country to classic rock. Free. Must be 21 or older. 100 Pioneer Blvd., Mesquite.

TYRIQ & JAMESTOWN AT CASABLANCA Jan. 24-28, 7 p.m. R&B, funk, and dance band voted the best R&B band in Vegas at the 2009 BMA Awards. 950 W. Mesquite Blvd., Mesquite.

ENGINE OF COLOR/MOTOR OF FORM Jan. 5-31. 11 a.m. Artworkscedarcity.com. Art Works Gallery, 16 N 100 W, Cedar City.

THE KLIQUE AT CASABLANCA Jan. 31-Feb. 4, 7 p.m. Covering swing music to contemporary. Revolving singers, instrument-switching, choreography, and special guest star appearances. Free. Must be 21 and older. CasaBlanca Resort, 950 W. Mesquite Blvd., Mesquite.

WALKER WILLIAMS AT VIRGIN RIVER HOTEL Jan. 31-Feb. 4, 8 p.m. Classic and current country and a variety of dance tunes. Free. Must be 21 or older. 100 Pioneer Blvd., Mesquite.

THE UGLY SHEEP GALLERY SHOW Jan. 5-31. Mixed media photography show. DiFiore Center, 307 N. Main St., St. George.

EVERYDAY WONDERS Jan. 5-Feb. 16, 6 p.m. Southern Utah Art Guild show. Reception Jan. 6 at 6 p.m. Canyon Community Center 126 Lion Blvd., Springdale.

PIZZA N PAINT NIGHT FOR KIDS 6 p.m. every Friday and Saturday. Fridays are for 4-12 year olds and Saturdays are for 8-14 year olds. Pizza, a movie, and paint supplies are provided. Kids take home their creations. Ms. Traci's Small Scholars, 293 E. Telegraph St. Ste. 103, Washington.

OUTBACK HIKING CLUB OF SOUTHERN UTAH Dates and times vary. Visit meetup.com/outback-hiking-club-of-southern-utah.

BEST FRIENDS ANIMAL SANCTUARY TOUR 8 a.m.-5 p.m. Drive to the sanctuary and take a tour through the visitor center. Make reservations at (435) 644-2001 or visit bestfriends.org. Best Friends Animal Sanctuary, 5001 Angel Canyon Road, Kanab.

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

ART CLASSES Tuesdays and Thursdays at 6 p.m. 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 and 8 p.m. Saturday nights. Book a party for your bachelorette or birthday party. 270 N 2940 E, St. George.

MOVIES AT CRESCENT MOON MOVIE THEATER Wednesdays-Saturdays at 7:30 p.m. and Saturdays at 1 p.m. Ticket prices start at \$6. Call (435) 644-2350 or visit crescentmoonkanab.com. 150 S 100 E, Kanab.

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PRECISION HEARING AND MEMORY MATTERS MONDAY MOVIE MATINEE 1 p.m. The Precision Hearing Monday Matinee series is a new, free community event that is bringing back the classics featuring memorable film favorites from the '50s and '60s. The Electric Theater, 68 E. Tabernacle St., 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. Call (702) 346-5224. Mesquite Library, 121 W. First N. St., Mesquite.

KICKSTART YOUR HEALTH NUTRITION AND COOKING CLASSES 4:30 p.m. Class topics range from digestion to blood pressure. Visit nutritiousway.org. 1554 Hummingbird Dr., St. George.

ST. GEORGE DANCE COMPANY CLASS 7:30-8:45 p.m. Ballet for adults, intermediate to advanced. Open to the public. Visit saintgeorgedance.com or call (435) 773-1221. The Electric Theater, 68 W. Tabernacle St., St. George.

TUESDAYS

DIXIE POETS 2 p.m. Develop your poetic talents with a fun group of poets twice monthly on first and third Tuesdays. Bring 10-12 copies of your original poetry for gentle critiquing and suggestions. Short poetry lesson on the first Tuesdays and other special events as scheduled. Contact Lin Floyd at lin@sunrivertoday.com for more info. Newcomers welcome. St. George Senior Citizen Center, 245 N 200 W, St. George.

NEW HORIZONS ORCHESTRA 9:30-11:30 a.m. Tuesdays. Free group music instruction for senior adults, beginning or experienced. zionmusicensembles.com. Washington Fields, 471 W. Washington Palms Way, St. George.

FRONTIER STORY TIME 10 a.m. Each Tuesday, preschool children can learn about the past through stories and history-related events. A different story and activity is featured each week. Free. (435) 586-9290. Frontier Homestead State Park Museum, 635 N. Main St., Cedar City.

NEW HORIZONS BAND 2-4 p.m. Tuesdays. Free group music instruction for senior adults, beginning or experienced. zionmusicensembles.com. St. George Library, 88 W. 100 S., St. George.

KARAOKE AT PEGGY SUE'S DINER 5-9 p.m. Full bar and grill. Hosted by singer Gayle Louise. 380 N. Sandhill Blvd., Mesquite.

HERITAGE WRITERS GUILD Second Tuesday of each month at 6 p.m. Meets in the basement of the St. George Library. Call (435) 634-5737. 88 W 100 S, St. George.

OLD TIME FIDDLERS JAM SESSION 7 p.m. Free. Parry's Lodge Old Barn Theater 89 E. Center St. Kanab.

PAINT NITE 6 p.m. Thursdays. Use the code "SUTAH" for 35% off. 21 and older. Sand Hollow Resort, 5662 W. Clubhouse Dr., Hurricane.

OPEN PAINT NIGHT 6 p.m. Desert Rose Art Studio invites anyone who would like to join a group of artists. Bring whatever medium you want. Cost is \$15. Call Alice Hiatt at (435) 256-3317. 225 N. Bluff St. suite 1, St. George.

TRIBUTE TO THE KING 6-10 p.m. Starring John Brooks. Must be 21 or older. Free. CasaBlanca Skydome Lounge, 950 W. Mesquite Blvd., Mesquite.

THE GRACEFUL WOMAN 6:30 p.m. Open to women of all ages for a night to empower, uplift, heal, strengthen, and teach. Fruit and tea will be served after class. By donation. Sage Hills Healing Center, 6232 W. Sage Hills Dr., Cedar City.

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

INTERMEDIATE LEVEL WEST COAST SWING CLASSES AND DANCING Each first and third Tuesday of the month at 7 p.m. \$6 per person per class. For more information, contact Neil Duncan at neiljamesduncan@gmail.com or call (619) 994-6854. Washington City Community Center, upstairs aerobics room, 350 E 200 N, Washington.

WEDNESDAYS

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

ANIME GAMER CLUB 3 p.m. Teens and 'tweens who love anime, gaming, or both meet for book discussions, games, and great times. Santa Clara Library, 1099 Lava Flow Dr., 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.

KARAOKE AT BEAVER DAM STATION 5:30-9 p.m. Full bar. 21 and over, must have ID. Hosted by singer Gayle Louise. Beaver Dam Station, County Hwy. 91, Littlefield, AZ.

GRATITUDE & GRIT: YOGA FOR ADDICTION RECOVERY 6 p.m. Meditation and yoga exercises to help overcome destructive behaviors. All are welcome. Sage Hills Healing Center, 6232 W. Sage Hills Dr., Cedar City.

MINDFULNESS AND MEDITATION CLASS 6 p.m. Free. Discussion of mindfulness and periods of meditation. All experience levels welcome. Offered by Dr. David Tate and Caroline Kiss. Grace Episcopal Church, 1072 E 900 S, St. George.

MUSIC AT THE TERRACE 7 p.m. Come out and enjoy live music every Wednesday on the stage behind the Office of Tourism Visitor Center. It is free to the public and a different performer each week. Office of Tourism Visitor Center, 78 S. 100 E., Kanab.

ELECTRIC LINDY NIGHTS 7:30 p.m. Red Rock Swing Dance offers beginning and intermediate classes in a progressive fashion with each class building on the last. The first hour will be the lesson followed by a social dance. Enter from the rear of the building. Classes are held downstairs. The Electric Theater, 68 East Tabernacle, St. George.

THURSDAYS

LINE DANCING AT THE ONE AND ONLY 9 p.m. Come have some good old fashioned fun with a friendly crowd. 64 N 800 E, St. George.

INDUSTRY 7 p.m. Free drink and drawing ticket, corn hole tournament, beer pong, and Jenga. Live entertainment. \$10 buckets of beer. No cover charge. 275 Mesa Blvd., Mesquite.

FRIDAYS

YOGA NIDRA AND GONG 9 a.m. A unique guided meditation preceded by yogic breathing and movement. All levels welcome. The Healing Tree, 535 S. Main St. #4, Cedar City.

PAINT YOUR PET PARTY 5-7 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. Don't have a pet? Thumb through one of the many Best Friends' magazines to find an animal of your liking or email a web image to vistor-center@bestfriends.org and they'll print it out for you. Email jennifernagle@hotmail.com to sign up. Best Friends Animal Sanctuary, 5001 Angel Canyon Rd., Kanab.

KARAOKE AT OASIS GOLF CLUB 5-9 p.m. Full bar and grill. Hosted by singer Gayle Louise. 100 Palmer Lane, Mesquite.

LIVE MUSIC AT PEEKABOO WOOD FIRED KITCHEN 6:30 p.m. Free. 233 W. Center St., Kanab.

JAKEY LEIGHS HOSTS RED ROCK LIVE 6:30-9:30 p.m. Live music, free and open to the public. Jakey Leighs, 4 E. Center St., Kanab.

DJ SPINZ AT THE ONE AND ONLY 9 p.m. 64 N 800 E, St. George.

SATURDAYS

GUIDED SATURDAY MORNING HIKE 7 a.m. Venture into the stunning outback that surrounds St. George on a guided half-day hiking tour (4-5 hours). Scheduled hiking tours begin at the St. George Adventure Hub (spring and fall months). The guide is a local expert trained as a Wilderness First Responder. Call (435) 673-7246. Adventure Hub St. George, 128 N 100 W suite 124, St. George.

TUACAHN SATURDAY MARKET 9 a.m.-1 p.m. Come enjoy the wonderful surroundings at the outdoor market in the canyon featuring local artwork, crafts, food and entertainment. 1100 Tuacahn Dr., Ivins.

YEAR ROUND FARMERS MARKET 9 a.m.-noon every Saturday. Cedar City's year-round downtown farmers market. 50 W. University Blvd./Center St., Cedar City.

CEDAR SATURDAY MARKET 9 a.m.-1 p.m. every Saturday. Food, artisans, drawings, bingo, and more. Held indoors during winter. (435) 463-3735. IFA, 905 S. Main St., Cedar City.

TAI CHI DRAGON QIGONG AT SANTA CLARA LIBRARY 10:30-11:30 a.m. Full-body energetic healing. Admission is free. No experience needed. Tai Chi Dragon Qigong is good for all ages and all levels of health and mobility. Santa Clara Library, 1099 N. Lava Flow Dr., Santa Clara.

SATURDAY MOVIE MATINEE 2 p.m. St. George Library, 88 W 100 S, St. George.

SUNDAYS

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., St. George.

Events by Date

Fri, Jan 5

ART COWLES AT EVEN STEVENS 7-9 p.m. Free. Art Cowles is a singer/songwriter from St. George playing rock, jazz, and blues. 471 St. George Blvd., St. George.

WINNIE BRAVE AT GEORGE'S CORNER 9 p.m. 2 W. St. George Blvd., St. George.

Sat, Jan 6

JOHNNY VAN AT EVEN STEVENS 7-9 p.m. Free. 471 St. George Blvd., St. George.

Sun, Jan 7

DULCE AT EVEN STEVENS Noon-2 p.m. Free. 471 St. George Blvd., St. George.

Tues, Jan 9

OPIOID EPIDEMIC CLASS 4 p.m. Learn about the epidemic here in Utah. St. George Area Chamber of Commerce, DSU Training Room, 136 N 100 E, St. George.

Wed, Jan 10

MEDITATION 101 6:30 p.m. Meditation 101, a beginners class, is offered every month on the second Wednesday. Learn techniques to reduce stress and increase happiness through meditation. Class fee is \$10. For more information, contact Suzie at (435) 592-5191. Stone Path Energy Center, 150 W. University Blvd., Cedar City.

Thurs, Jan 11

DESERT PULSE COMEDY NIGHT AT EVEN STEVENS 7-9 p.m. Free. Live music and comedy. 471 St. George Blvd., St. George.

Fri, Jan 12

JON STONE AT PEEKABOO KITCHEN 7 p.m. Free. Multi-instrumentalist Jon Stone from Louisiana plays acoustic folk on violin, mandolin and other strings. 233 W. Center St., Kanab.

DICK EARL AT EVEN STEVENS 7-9 p.m. Free. Dick Earl is a blues and rock and roll musician from St. George. 471 St. George Blvd., St. George.

HEALTHY RELATIONSHIPS INAUGURAL SYMPOSIUM 7 p.m. Dixie Academy Building, 86 S. Main St., St. George.

THE COMEDY MACHINE 8:30 p.m. Enjoy top comedic performances from the United States. Tickets are \$15-\$25 and can be purchased at startickets.com. Casablanca Resort, 950 W. Mesquite Blvd., Mesquite.

Sat, Jan 13

FAMILY MOVIE NIGHT 3 p.m., second Saturday of the month. Free. Cedar City Library, 303 N 100 E, Cedar City.

Find more events
everyday at
SIndependent.com

CALENDAR

Sat, Jan 13

HONOR BAND CONCERT 6 p.m. Heritage Center Theatre, 105 N 100 E, Cedar City.

FAMILY MOVIE NIGHT 3 p.m. Cedar City Library, 303 N 100 E, Cedar City.

JERRY ALLEN AT EVEN STEVENS 7-9 p.m. Free. Jerry Allen is based out of St. George and cites Matchbox 20 and The GooGoo Dolls as influences. 471 St. George Blvd., St. George.

SERPENTINE FIRE AT CASABLANCA 8:30 p.m. Tribute to Earth, Wind & Fire. Full 12-piece band! Free. Must be 21 or older. 950 W. Mesquite Blvd., Mesquite.

FEATURED EVENT



2018 DIXIE REGIONAL TRANSPORTATION EXPO

The 2018 Dixie Regional Transportation Expo will be held Jan. 13 from 10 a.m. to 6 p.m. at the Dixie Convention Center, located at 1835 S. Convention Center Dr. in St. George. The expo will feature community groups, conferences, workshops, tradeshow, and more. Attendees will be informed on current and future transportation projects and will have a voice in regional transportation planning. Representatives from surrounding cities, Washington County, and UDOT will be present to explain transportation projects and studies and take comments on projects. Issues including East St. George Boulevard design between 900 East and 1000 East, how to drive safely around trucks and busses, the widening of Bluff Street from two to three lanes in each direction from St. George Boulevard to Sunset Boulevard, improvements to SR-9, various Washington City Projects including the Merrill Road extension and the interchange at Main Street, past and future changes to the I-15 corridor, the new SunTran app, St. George City park planning, and the benefits of electric cars. Admission is free.

Sun, Jan 14

NICK ADAMS AT EVEN STEVENS Noon-2 p.m. Free. Nick Adams is a singer/songwriter based out of St. George. 471 St. George Blvd., St. George.

Tues, Jan 16

CHEZ 7 p.m. FireHouse Bar & Grill, 1476 W. Sunset Blvd., St. George.

JAZZ JAM 7 p.m. Free. Every third Tuesday of each month. For information, call (435) 673-4206, email difiorecenter@gmail.com, or visit difiorecenter.org. DiFiore Center, 307 N. Main St., St. George.

DIXIE POETS 2 p.m. Develop your poetic talents with a fun group of poets twice monthly on first and third Tuesdays. Bring 10-12 copies of your original poetry for gentle critiquing and suggestions. Short poetry lesson on the first Tuesdays and other special events as scheduled. Contact Lin Floyd at lin@sunrivertoday.com for more info. Newcomers welcome. St. George Senior Citizen Center, 245 N 200 W, St. George.

EXERCISE FOR BUSY PEOPLE 4 p.m. How to fit exercise into a busy life. St. George Area Chamber of Commerce, 136 N 100 E, St. George.

OPEN MIC NIGHT AT THE LIBRARY 5:30 p.m. Showcase your talent in music, dance, spoken word poetry or comedy. Prizes awarded in teen and adult categories (9th grade and up). Light refreshments will be served. Performer sign-up begins at 5:30 p.m. Performances begin at 6. (435) 986-0432. Santa Clara Branch Library, 1099 N. Lava Flow Drive, St. George.

Thurs, Jan 18

DESERT PULSE OPEN MIC NIGHT AT EVEN STEVENS 7-9 p.m. Free. Live music and comedy. 471 St. George Blvd., St. George.

PAWS FOR TALES 4 p.m. Children can read to registered therapy dogs. Free. St. George Library, 88 W 100 S, St. George.

CHAMBER AWARDS GALA 6-9 p.m. Celebrate Cedar City Chamber of Commerce's 2017 winners with food, entertainment, and awards. More info and tickets at cedarcitychamber.org.

Fri, Jan 19

JOSH WARBURTON AT PEEKABOO KITCHEN 7 p.m. Free. Josh Warburton performs originals and classics in the folk, blues, and rock genres with unique vocals and acoustic guitar. 233 W. Center St., Kanab.

THE NATURALS AT EVEN STEVENS 7-9 p.m. Free. The Naturals are an indie band from Santa Clara. 471 St. George Blvd., St. George.

THE MARTIN & LEWIS TRIBUTE SHOW AT CASABLANCA 8:30 p.m. Tom Stevens and Tony Lewis perform as Dean Martin and Jerry Lewis with a full band. Must be 21 or older. 950 W. Mesquite Blvd., Mesquite.

Sat, Jan 20

HIGH SCHOOL HONOR CHOIR 2 p.m. Heritage Center Theatre, 105 N 100 E, Cedar City.

SARAH JANE AT EVEN STEVENS 7-9 p.m. Free. 471 St. George Blvd., St. George.

A NIGHT OF COUNTRY 8-10 p.m. \$5 per person. SUU Student Center Ballroom, 351 W. University Blvd., Cedar City.

Sun, Jan 21

MIKE & ELAINE AT EVEN STEVENS Noon-2 p.m. Free. 471 St. George Blvd., St. George.

Mon, Jan 22

COLOR COUNTRY CAMERA CLUB Every fourth Monday, 6 p.m. The Color Country Camera Club is a fellowship of people with a mutual interest in photography who routinely gather at meetings and on field trips to share photographic knowledge and experiences. Attendees are at all levels of expertise, beginners to professionals. No fees or by-laws. St. George Public Library, 88 W 100 S, St. George.

Thurs, Jan 25

MR. CP'S JAZZ JAM AT EVEN STEVENS 7-9 p.m. Free. 471 St. George Blvd., St. George.

BAR G WRANGLERS AT THE ELECTRIC THEATER 7 p.m. 68 E. Tabernacle St., St. George.

Fri, Jan 26

JON STONE AT PEEKABOO KITCHEN 7 p.m. Free. Multi-instrumentalist Jon Stone from Louisiana plays acoustic folk on violin, mandolin and other strings. 233 W. Center St., Kanab.

SHANNON BIRCH VOCAL STUDIO STUDENT NIGHT AT EVEN STEVENS 7-9 p.m. Free. 471 St. George Blvd., St. George.

PAINTING CLASS 7-9 p.m. Free. SUU Student Center Ballroom, 351 W. University Blvd., Cedar City.

Sat, Jan 27

LISA MAC AT EVEN STEVENS 7-9 p.m. Lisa Mac has become known for her powerful, soulful voice and poignant blues-rock songwriting. 471 St. George Blvd., St. George.

Sun, Jan 28

TOM BENNETT AT EVEN STEVENS Noon-2 p.m. Free. Tom Bennett sings country and is based out of SLC. 471 St. George Blvd., St. George.

Mon, Feb 5

PAWS FOR TALES 4 p.m. Children can read to registered therapy dogs. Free. St. George Library, 88 W 100 S, St. George.

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