Laying the Groundwork

Story on Page 20
Farmington — In spite of the heat, throngs of frustrated parents and students waving signs stood outside the Davis District Administration building prior to the school board meeting Tuesday night to protest the district’s plan to start school on an alternating schedule.

“I’m peacefully protesting,” said Athena Anderson. “I’m a single parent and my children aren’t going to study on their own. They say to anticipate 40 minutes per subject. That’s three and a half hours per child. After I get done with work I want to spend time with my kids, not fight over school. I’m not an educator.”

“It’s a dis-service to the children,” said Nicole, another parent. “I feel like there’s a lot of distrust for parents now because the district pulled out the week we had to make a decision. It’s easy to take away and restrict but it’s so hard to get it back. It’s based on opinion, it’s not data driven.”

Originally, the district’s plan called for a full five-day return to school. Then last week, parents received a letter that students would attend on an alternate schedule with two days of in person learning and three days online, citing safety concerns (see related article).

In an effort to social distance, only a limited number of people were allowed into the boardroom with the proceedings being broadcast online and in an overflow building nearby. Several protesters banged on the windows and taped up posters.

Typically, public comments are limited to 18 minutes total with a three minute maximum per speaker. As the meeting began, Board President John Robison asked for a vote to extend the comment period to 45 minutes to give more people a chance to speak.

“It’s important to make you aware that since the soft closure in March we’ve had committees meeting regularly with the Governor and the State Board of Education,” said Robison. “We found three things we needed to do and that was have proper hygiene, wear masks and physical distance. We can do the first two but we can’t physical distance unless we reduce the number of students in school.”

This will help minimize the spread of the virus, he said. “We want to start from a position of strength instead of weakness. We certainly hope we won’t stay on the hybrid model the whole year. We hope to get back to a five day routine as quickly as we can.”

For the next 45 minutes a mix of students, parents and teachers stepped up to the podium to offer their opinions to the board.

“I have a passion for my woodworking class,” said a Davis High student who will be a senior. “It doesn’t make sense how I will finish my project only going to the class one day a week.”

“If Lagoon can be open, we can be open,” said another parent. “What if Lagoon opened only two days a week? Many kids have cried over this stupid plan.”

Junior high teacher Alexis Davis thanked the board for making the decision. “Thank you for being so caring,” she said. “You can’t make all of us happy but it boils down to safety. I’m in my 40th year teaching and I love it. I don’t want to teach kids that I won’t see for a week but it’s for safety. Thank you, thank you, thank you.”
FARMINGTON — The school board approved a plan on July 14 to reopen school as usual but last Tuesday, the district pivoted to an alternate day schedule with only two days of in person learning.

“There was always a possibility we’d switch to the alternate plan if things forced us to go to another plan,” said Chris Williams, Director of Communication & Operations for the district. “We did a survey of parents and staff back in June. About 17,000 parents responded and 45.6 percent said they liked the alternating day schedule.”

Knowing that there still isn’t a vaccine and the numbers are not wonderful, there just wasn’t a way to have physical distancing, he said. “We can’t move classroom walls or buy additional buses. If we went back 100 percent we’d have full classes and full buses. That wouldn’t be what we need we’re out of business.”

Williams said the administration had been discussing the switch before last Tuesday. “Our leadership conference started this week and a decision was made and we told everyone on Tuesday morning.”

The district has experienced several cases of COVID that added to the concern, he said. “There are 45 athletic teams such as cheerleading, drill, football, soccer, etc. that have been practicing. Out of those, 11 teams have been in quarantine during the summer. That has affected both students and adults and we haven’t even started school yet. We’ve had 20 people in our custodial crew test positive and a dozen other district employees who have had COVID.”

We realized if we don’t do something now we won’t be prepared, he said. “We decided to go to a plan where we could cut down our population by 50 percent. We also wanted to give people as much time as possible. We didn’t want to wait until the Friday before and say, ‘oh by the way.’”

The days are broken down by last name with A – K in class Monday and Wednesday and L – Z on Tuesday and Thursday. Students will have remote

THE ALTERNATE DAY PLAN will cut class sizes in half.

see ALTERNATE PLAN » 6
OPINION

Trump facing a rough road to re-election

The opinions stated in this article are solely those of the author and not of The Davis Clipper.

It is only three months away from Election Day and in many states only two months away from voters casting early mail-in ballots. The polls are providing candidate preference numbers, intriguing fodder for news and political junkies.

The current surveys show President Trump is in trouble. While incumbent presidents usually are granted a second term, Trump’s prospects seem murky at best. Can he pull an upset and win? Of course he can – but the headwinds are brisk and unsettling.

As pointed out in this column numerous times, the “real election” occurs in a handful of states, not the country as a whole. There are not enough Democrats in North Dakota to fill a Little League baseball bleacher, and the chances that Republicans win in California are the same as Joe Biden selecting Sen. Mike Lee as his running mate. Texans will vote for Trump just as Oregonians will vote for Biden.

Trump won four years ago by squeezing out small victories in the normally Democratic bastions of Pennsylvania, Michigan, and Wisconsin while racking up slightly larger wins in Florida and Ohio toss-up states. His problem in 2020 is Wisconsin while racking up slightly larger wins in Florida and Ohio.

Four years ago, the election was about Hillary. This year it’s about Trump, not his opponent, and the only major voter blocs supporting him are white senior citizens and the white male working class. If Biden even slices off 10% of Trump’s support amongst these two groups, he Waltzes into the White House.

While I personally thought Hillary Clinton was one of the most qualified presidential candidates since the 1950s, a large swath of American voters disagreed. It is more difficult to send hate mail to Joe Biden, a seemingly nice guy with a working class background who never received a handsome check from his daddy.

Four years ago, white Catholics narrowly voted for Trump. This year, they have a choice of Biden, a man who wears a crucifix around his neck. Four years ago, many voters blamed Hillary for the deaths of several soldiers and an ambassador in a Libyan terrorist attack. This year, they can vote for Biden whose son served fighting the same type of terrorists.

Four years ago, some voters perceived that Hillary had an elitist background. This year, they can choose Biden, the “Scrapper from Scranton” who as a senator rode the train each morning from Delaware to Capitol Hill so he could prepare breakfast for his young sons after the death of his wife and small daughter.

And you also have a different economic environment, including a current president vowing to abolish the Affordable Care Act at a time when millions of Americans – especially the white working class – are worried about losing health insurance.

Republicans, of course, will say the polls were wrong in 2016. But the current mood in America is more sour now than four years ago, and the Black Lives Matter movement will probably increase the turn-out of minority voters.

If you believe Trump will handily beat Joe Biden, answer this question: Do you know anybody who voted for Hillary Clinton in 2016 but is voting for Donald Trump this year?

If so, Trump has a chance, but those voters must also reside in Michigan, Wisconsin, Pennsylvania, Florida, or Ohio.

To the Editor:

Imagine my surprise and shock!! When I turned the page to 15 in the July 24th Clipper and saw over 100 people crowded tight together not one person wearing a mask. Especially when it was a picture of the Davis County Health Department whose theme is Safe, Smart and Strong. My only hope is that the picture was taken in January or February.

Donna Hiatt

DEAR EDITOR:

Department whose theme is Safe, Smart and Not one person wearing a mask. Especially when

Dear Editor:

Imagine my surprise and shock!! When I turned the page to 15 in the July 24th Clipper and saw over 100 people crowded tight together not one person wearing a mask. Especially when it was a picture of the Davis County Health Department whose theme is Safe, Smart and Strong. My only hope is that the picture was taken in January or February.

Donna Hiatt
Substance abuse, mental health issues increase during COVID-19

The pandemic and economic downturn has taken a toll on mental health and is resulting in increased numbers of people struggling with addiction. Approximately 30% of adults in the United States are reporting symptoms and struggling with anxiety and depressive feeling. The stress and worry related to the coronavirus have harmed the psychological health of millions of Americans. Unfortunately, drugs and alcohol become a perceived solution to manage these issues, which includes legal prescription drugs.

Substance abuse and addiction tend to always lead to tragedy. Suicide is one of the top 10 causes of death in the United States, and it has increased in almost every state over time. Unfortunately, drug and alcohol addiction is an underlying factor with many suicides.

During 2018, the age-adjusted suicide rate was 14.2 per 100,000. Some of the states with the highest rates of suicide were New Mexico, Montana, Wyoming, Alaska, and Idaho. Some of the states that had lower rates of suicide were South Dakota, Nebraska, Iowa, North Dakota, and Texas.

Co-occurring disorders continue to remain a key policy issue at the state level, especially during the pandemic. However, only $425 million of the $2.5 trillion approved for emergency relief was allocated for mental health and substance use treatment, as reported by the Washington Post.

A Well Being Trust Report projected various scenarios regarding the increased loss of life due to deaths of despair. Across nine different situations, the additional deaths ranged from over 27,000 to over 154,000 based on economic recovery, rates of unemployment, and deaths of despair.

Many of the states are teetering on whether to enforce more heavy-handed lockdowns, while some states have already imposed more restrictions. Whenever this pandemic subsides, there are going to be more people accessing various treatment resources and support across the nation.

Treatment providers across the country should be prepared. Unfortunately, if many of the government restrictions continue, some of these centers may no longer be able to operate. It seems like walking on thin ice — everyday Americans are caught between fending off a virus and power-hungry politicians, while the most vulnerable, such as those struggling with addiction, are falling through the cracks. When this all recedes, we can only hope there are still programs in place to treat the increased issues with mental health and substance use.

CORI BUCK is a healthcare professional and an expert in substance abuse and addiction recovery. She uses her years of experience to provide insight into our nation’s drug epidemic and other issues surrounding medical care in our society. She is a regular contributor to the health website Addicted.org.

The problem with labels

If you’re shopping for groceries, or pharmaceuticals, or perhaps a new vehicle or appliance, reading labels can be very important. I have family members with allergies to certain foods, and if I don’t do my due diligence when picking up things at a store, they could easily get ill and I’d be in the doghouse (and rightfully so).

But when we talk about people, labels are often hurtful and inappropriate, and in many cases grossly inaccurate. Especially when we talk about politics in this most volatile year. And when someone is labeled by their political party or persuasion by someone with an opposite viewpoint, the labeling often becomes brutal. Don’t believe me — just get on social media and expose YOUR views on politics. See what happens.

Labels are often assumptions. Case in point: During the 2002 Winter Olympic Games in Salt Lake City, I had a part-time job working in a tourist bureau for the state. I rode TRAX to and from my home every day to avoid the traffic coming into downtown, and on one particular day, I sat across from two Olympic visitors who told me they were from Kansas. Here was more or less the gist of our conversation:

Visitors: “Do you live in Utah?”
Me: “Yes.”
Visitors: “Are you Mormon?”
Me: “I am.”
Visitors: “Do you have more than one wife?”
Me: “No, I don’t.”
Visitors: “Planning to have more than one?”
Me: “I hope the name-calling and the innuendos and the verbal and social media attacks start coming to an end.”

I hope the name-calling and the innuendos and the verbal and social media attacks start coming to an end.

Thought of the Week

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.”

» Ralph Waldo Emerson
Parents facing new challenges as school resumes

by Becky GINOS
bginos@davisclipper.com

BOUNTIFUL — When schools shifted to online in March everyone had to adjust to a new way of learning. Now parents, students and teachers are facing another change as school bells ring in a few weeks.

“We talked about online school and whether we wanted to do it or risk going back in person,” said Stephanie Hubbel, a mother of three, two in junior high and one in fifth grade. “The kids are so stir crazy we thought we’d go ahead and do it. Then once they announced it would be half the student body twice a week, we said ‘I think we can do that.’”

Her oldest is going into ninth grade and her middle daughter is starting seventh grade. “Sabrina is excited to go, she’s very social,” said Hubbel. “But they feel bad because some of their friends are in the other half of the alphabet. Walking groups, carpool will all be affected.”

Hubbel also works in the lunchroom at the elementary school four days a week. “Lunch will have to be served for a lot longer,” she said. “They’ll just be one grade at a time instead of two. We’re not going to be given more hours so we’ll have to do it all during our shift. We have to do cleanup and prep for the next day.”

Students will notice a few changes too. “We won’t have the salad bar cart,” said Hubbel. “That was sketchy before so that’s for sure not coming back. We won’t be letting them dip their hands into a bucket for utensils and we’ll hand trays out to them. We’ll probably serve a regular menu with fruits and vegetables simplified.”

Both of her older children are involved in theater, orchestra and choir. “You can do math and English online but those are the classes they’re most excited about that you can’t do online,” she said. “I guess they’ll sing with masks on. Last year the school was supposed to put on ‘James and the Giant Peach.’ We were supposed to have dress rehearsal the week school closed. That was a bummer. I doubt anyone is going to risk putting on a production. There probably won’t be any assemblies either.”

Kids are not as nervous about coronavirus as we parents are, said Hubbel. “They are more aware now and it’s been ingrained into their heads to be careful. They’re just more excited to be getting back to having some normalcy to life again.”

ALTERNATE PLAN

* CONTINUED FROM PAGE 3

learning on the other three days. “We know daycare is going to be challenging but we also know that opening up at 100 percent capacity is something we can’t afford to do,” said Williams.

Teachers will be available on Fridays for small group discussions or face-to-face appointments, he said. “It will take more work on the part of the teachers – no question – but the beauty of it is a smaller class. There are still state requirements that need to be met for graduation. All the curriculum has to be covered.”

Fall sports are expected to resume as usual with some modifications. “We had already limited it to 50 percent capacity in our arenas,” said Williams. “We’ll require masks and that members of the same household stay together and six feet from other groups. Hopefully we can keep the numbers down. The summer sports teams have had a challenge so we hope fall sports can continue but we don’t know what that will look like.”

There are still questions about choir and band, he said. “There are committees working out those details. The schools will let students know.”

The word of the year is “flexible,” said Williams. “We’re all going to have to be flexible. It’s like bowling with a sheet across the pins – you’re just tossing the ball.”
**SAFETY FIRST**

MONTHLY SAFETY TIPS FOR EVERYONE IN DAVIS COUNTY.

**Drowning Prevention Tips**

COURTESY OF DAVIS COUNTY SHERIFF’S OFFICE

According to the Centers for Disease Control and Prevention, approximately 10 people die from unintentional drowning every day in the United States. Of these deaths, one in five are children under the age of 14. Below are a few simple steps we can all take to recreate safely in and near water.

- Learn to swim: In-person classes are available for people of all ages and abilities
- Online tutorials provide basic skills that can easily be practiced in shallow water
- Know CPR
- Always swim or recreate with at least one other person
- Keep an eye on/supervise children and those with limited abilities or disabilities
- Swimming in a pool with a life-guard (or two) is always wise
- Don’t play games that involved holding one’s breath
- Avoid alcohol or other substances that might impair your ability
- Wear a life jacket when in open water
- That might impair your ability
- Enter the water feet first
- Many water bodies have uneven depths — rocks and other items may not easily be seen from above and could be easily hit if one dives in
- If caught in a storm, stay in or near your recreational device if safely possible
- If you find yourself ‘trapped’ in an open body of water, remember to:
  - Breathe - take frequent breathes
  - Stay relaxed and don’t panic
  - Roll on your back if needed
- Private pools should have a four-foot (at least) fence around them with a latch that isn’t easily accessible to children
- A gate lock or alarm can provide additional safety and security

More info: cdc.gov/homeandrecreationalsafety/water-safety/waterinjuries-factsheet.html

Non-emergency Dispatch: 801-451-4150

Stop a crime, report a fire, save a life: 911

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**Family escapes burning SUV**

FARMINGTON — A Woods Cross family was able to get out of their burning SUV safely after it over heated and ignited Saturday afternoon near Francis Peak in Farmington Canyon. Crews responded to the incident and said their vehicles started to overheat too because the heat was intense and the area was very steep as they tried to get to the family and stop a wildfire from starting. The vehicle and its contents were unsalvageable.

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**Quick action stops fire in Centerville**

CENTERVILLE — The quick actions of a Centerville Police Officer and South Davis Metro Fire crews prevented a brush fire in the hills above Center Street last week from spreading.

“CPD Officer Cash emptied two fire extinguishers trying to keep this fire from spreading more until SDMFD arrived to save the day,” a CPD Facebook post read. “Well done Officer Cash and SDMFD.”

The fire burned about two acres and appears to have been caused by fireworks. The responsible party has been identified and is cooperating with the investigation, according to SDMFD.

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**Crime Briefs**

**Man arrested for rape of teenage girl**

FARMINGTON — A Bountiful man was arrested by FBI Child Exploitation Task Force agents last week for allegedly raping and sodomizing a teenage girl.

Andrew Christopher Copeland, 24, was booked into the Davis County Jail with three counts each of rape and forcible sodomy and six counts of second-degree felony sexual exploitation of a minor.

According to a probable cause statement, agents served a search warrant at a Bountiful apartment where they found 12 explicit images on Copeland’s phone of a 13-year-old girl. Copeland allegedly told agents he’d gotten the images from the girl through a social media app.

Copeland also allegedly said he raped another girl who was 15 at the time and recorded the acts on his phone, the affidavit said.

**BPD looks for suspect**

The Bountiful Police Department is seeking the public’s help to identify this male suspect. The suspect used stolen credit cards to make multiple purchases in Bountiful.

Please contact the Investigations Division at 801-298-6000 with any information and reference case 200001614.
Teachers adjust to new plan

by Becky GINOS
BGINOS@DAVISCLIPPER.COM

WOODS CROSS — Although students won’t return to the classroom every day when school starts – teachers will and the alternate day schedule means getting creative.

“It is food for thought,” said Woods Cross Elementary sixth-grade teacher Jade Crown. “I’ve been thinking of how I’m going to do things. For sure we’ll have the same regimen because students need to have continuity and consistency. That’s important for them.”

Crown said she is preparing as usual while keeping kids safe. “Kids are really resilient. They look to adults to make sense of things. I want to make sure the kids have a positive attitude. The district has been super supportive to give us what we need curriculum wise and safety wise.”

Her whole process of thinking is that of a growth mindset, she said. “I want the kids to feel confident and not so anxious. What I’d like to do is reframe things such as this is a new adventure we get to embark on or this is an exciting new challenge instead of this is a crazy, hard, change.”

It’s a chance to try something new, said Crown. “It’s a mix of things as usual and school as usual – but it’s not. We’ll have to be more creative and find other ways to handle teaching.”

Students will still work in groups, she said. “We’ll find ways to handle that and find creative ways to interact. That’s such a vital part of learning. Learning in isolation is such a sterile atmosphere.”

You can’t just treat the child, she said. “You have to treat the whole family and make sure they’re all on board. I’ll keep in touch with parents so they know what’s going on. Parents will be about to log in to Canvas and see what we’re doing.”

The district is issuing masks and face shields, Crown said. “They’re giving us the things we need physically so that helps me to focus on families and how we’re going to interact, just in a safe way.”

Crown intends to have contact with all of her students every day, even if they’re not in class. “I hope we can read aloud together,” she said. “I think we can make that happen. We’ll still have some kind of connection. Kids need to be present for school. One way or another we’ll still be having class.”

Some students were less involved when school went online in the spring, she said. “I’m concerned about keeping them engaged. I’m going to push for a check in every day on a Zoom conference or we’ll lose them. This experience will really prepare them for college.”

In the past, Crown has led a leadership conference for students. “That will look totally different,” she said. “I’ll make sure we can do it online but it’s kind of sad.”

The alternate schedule means smaller classes but more work for teachers to prepare material for remote learning. “The district has been very supportive in creating curriculum online so we don’t have to do that,” she said. “It will really be an adjustment for me as an interactive teacher. I want to cry – but I can make it work.”

Kids are resilient so they’ll adapt, said Crown. “But this could be the wave of the future. I don’t even have my students yet but I love them already.”
**FARMINGTON —** A group of concerned parents are hoping to raise both money and awareness for efforts of Operation Underground Railroad (OUR), which is fighting to prevent human trafficking. The race is scheduled for Saturday, Sept. 19 at the Farmington City Regional Park and Gymnasium, starting at 7:30 a.m.

“This was started by a group of friends who all love to run,” said Karaline Hunsaker, one of the event’s organizers. “Most of us ran together many years ago in high school and have continued to get together to run as much as our schedules allow. We are all young mothers and have been sickened lately by human trafficking. Due to July 30, 2020 being the National Human Trafficking Awareness Day, we thought we’d pull our talents together and organize a 5K to raise money and awareness for OUR. We have been working for the last few weeks to organize a big event that will reach as many people in the area as possible, while doing everything we can think of to keep things COVID-safe.”

Hunsaker said the group has three goals—to raise money for OUR, increase awareness of what OUR does, and create some positive content for the media.

The race is for all levels of fitness and experience. Racers under 6 will be allowed to ride their bikes on the course. Start times will be staggered to keep people socially distanced. Race bibs will be embedded with chip technology to keep race times accurately, and results will be printed on a personal card upon finishing and later posted online. There will be “refuel food” available for runners at the finish line, and organizers are planning a raffle or silent auction at the finish line to increase donations to OUR.

“We’re inviting local businesses who are interested to donate or be a sponsor,” Hunsaker said. She can be reached at 801-928-1476 or at karaline3@gmail.com.

Registration is underway online at https://www.raceentry.com/run-to-stop-traffick/race-information. Cost is $30, and discounts are available for sharing to Facebook. The Facebook page is https://www.facebook.com/groups/282075989525099 and the Instagram account can be found @ runtostoptraffick.

The park and rec center is located at 178 South 600 West in Farmington.
FARMINGTON — It started out as a pilot program in December and since that time, the Receiving and Engagement Center has seen great success, having served more than 300 clients so far.

The center is located near the Davis County Jail and is dedicated to helping those suffering from mental illness or substance abuse get the help they need without going through the criminal justice system.

"About 50 percent of our clients are law enforcement driven where charges are diverted," said Nichole Cunha, Adult Mental Health Director for Davis Behavioral Health and Director of the Receiving Center. "We've seen 80 percent successfully engaged in treatment so they won't be charged. It's great to see as we build the program out."

Initially, only the Bountiful and Layton Police Departments were directly involved. "It's been a slow roll out but we opened it up to the whole county at the beginning of July," she said. "All law enforcement have had the ability to refer but now they can use jail diversion."

Clients are brought into the facility when an officer sees that someone needs help who would otherwise be facing criminal charges, said Cunha. "They let them know there's a program they're required to engage in for treatment. If they stay with it in 60 days no charges will be filed."

The center only accepts those with misdemeanor offenses, no crimes against another person or violence, she said. "Usually officers bring people directly here. Without the Receiving Center, about 45 percent would have gone to jail and about 15 percent the ER."

A nurse, a therapist and an on call medical provider assess every person admitted. "The average length of their stay is 12 to 72 hours," Cunha said. "The key component is they're immediately engaged with a peer support specialist, who has gone through recovery and lived the experience themselves. It speaks volumes of the success of having the presence of a recovery support specialist."

Clients are closely monitored for safety and stability, she said. "Some are going through detox. We have them meet with a nurse and a therapist who recommends the protocols and treatment."

Those who need extra help can stay longer than the 72 hours but most are given the resources to continue their recovery outside of the center, she said. "If anyone relapses or is struggling, 100 percent our door is open. The program is voluntary so it's important that the client is an active participant in recovery. Most clients are appreciative for the opportunity. We haven't had any incidents of aggression."

Amanda Upchurch is one of the recovery support specialists. "It's really cool to experience the type of change we've been able to help people make in their lives," she said. "People are comfortable here because they know they're with someone who has been through it."

"We had a female who was one of the first to graduate," said Holly Hinojosa, another support specialist. "She's now in sober living and doing great. They also feel safe to come back, she said. "If they mess up they know they can come back with no questions asked and get help."

"There's no judgment which is huge," said support specialist Jessica Neff. "We give them a plan and even if they won't answer our calls but then they say they're ready – we're here."

"It's the people, that's why I do what I do," said Cunha. "It's important to have alternatives, options and access to critical services and ongoing treatment. We would not have been able to do this without law enforcement, the community and other stakeholders."
BOUNTIFUL — Leaders from the Davis County Health Department (DCHD) and Lakeview Hospital hosted a virtual town hall last week to discuss the impact of COVID on the county and a plan going forward.

“The first case was in Davis County on March 6,” said David Spence, DCHD Deputy Director. “We saw a little bit of a rise then we saw a dip. It was during that dip that the state went to orange and then to yellow. We’ve seen case numbers go up since going to the yellow phase. There’s been a plateau the last couple of weeks so I hope that continues. But we need to keep doing the basics, wearing masks, hand washing and cleaning surfaces.”

Spence said they are watching the data and making decisions based on that. “We’ve seen a large need for education in other agencies, our staff, etc. We’ve played an important role in that.”

DCHD employees have had to transition to different roles as well, he said. “Becoming contact tracers is one example. We want everyone to see the great work they’ve done.”

“We’re in a much better position now than we thought we’d be,” said Lakeview Hospital CEO Troy Wood. “Hopefully in the spring we’ll have a vaccine.”

When the virus hit, Lakeview took a lot of action really fast, he said. “We’re fortunate to be over prepared. Here at Lakeview we have two to four (COVID patients) at any given time. While there was fear of the unknown with COVID it’s becoming known to us as something we can corral.”

At first, they thought they would be overwhelmed with COVID patients, said Wood. “We told people to stay home and they did. But then we started finding more individuals dead at home. We were a ghost town. People were waiting too long and getting sicker and sicker during February and March. That was not our intent.”

Lakeview has gone above and beyond the CDC requirements, he said. “Hospitals are extremely safe. If you go to the grocery store you don’t know who’s washing their hands, wearing masks, but if you come to the hospital I guarantee people are doing that.”

Not only is there a concern for emergency care but a delay in people seeking chronic care, said DCHD Deputy Director Kristy Cottrell. “The more we can decrease fear that it’s safe the better. If we can help somebody feel comfortable using telehealth we should.”

Another big concern for older adults is isolation, she said. “They’re naturally socially isolated and now grandkids can’t come over and our (senior) centers are closed. We’re trying to call and visit if they get Meals on Wheels. If you know somebody is alone check in with them.”

The DCHD has been contact tracing to monitor COVID patients since the beginning. “We’re alerted when there is a case,” said Spence. “We find out where a person’s been and if they’ve had intimate direct contact which is 15 minutes within six feet of a person. It’s almost like a spider web that spreads out. We’re simply contacting them to talk and educate them. It’s a way to stop the disease before it spreads.”

The challenge is the sheer number of contacts has gone from one to 3,000, he said. “At first when we contacted someone we talked to them and it was one person to about five. Now it’s 20 to 25 contacts per case. The numbers started getting very big, very quickly.”

Spence said they hired about 50 new employees to do contract tracing. “Davis County has been the fastest to respond in the state.”

All three emphasized the need to wear masks. “We can only do so much,” said Wood. “But we don’t have to argue about how fast this spreads. If we want to gain back our freedoms we have to do small and simple things. We’ve been successful but we can do better.”

PROTECT THE HIVE

OUTDOOR MOVIE!

Saturday August 15th
8:45pm Movie Start Time
Bountiful Park Stage
Concessions For Sale!
Social Distance Guidelines Will Be In Place

South Davis Recreation District
550 N 200 W, Bountiful, UT 84010
801-298-6220
southdavisrecreation.com
Unchecked loneliness can lead to adverse behaviors such as alcoholism and drug use, increased stress levels, decreased memory and learning, antisocial behavior, depression, and poor decision-making. Lisa began getting some counseling at the end of April. She says she’s feeling better now, but admits the “scars” of this pandemic will last for a long time, as they will be for all of us. “I’ll probably never feel quite the same, which could mean I’ll not take some things for granted. That would be good.”

Katherine’s story is different. As she related to the Clipper (again, not using her real name), the Davis County resident has been living on her own for more than 20 years since college. She’s one of a reported 35.7 million Americans who live by themselves, and the COVID-19 pandemic has exacerbated the feeling of loneliness for many of them.

“I’m 45, have a good job in Salt Lake that I’ve enjoyed for years, and seriously, I’ve never really felt lonely. Until recently,” she said. “My self isolation has always been a matter of choice, but now it feels required which is not by choice. I think that makes it worse.”

The health community says loneliness can have serious consequences.

A study in 2005 likened loneliness to the same effects of smoking 15 cigarettes a day! About 14 percent of Americans are smokers, but Cigna Health reported in January, pre-pandemic, that 60 percent felt some moments, days or weeks of loneliness. It’s particularly a problem for men ages 24-39, with 36 percent loneliness. It’s particularly a problem in that demographic feeling more lonely than before the pandemic, for symptoms of loneliness in that demographic feeling more lonely than before the pandemic, 35.7 million Americans who live by themselves, and the COVID-19 pandemic has exacerbated the feeling of loneliness for many of them.

“I realized that when the quarantine hit, things in my routine that I counted on for some sort of comfort were gone. I was alone. Until recently, I was with someone, but now I’m living by myself.”

Experts say a number of contributing factors to loneliness include situational variables such as isolation – certainly a problem during the pandemic for all of us.

“I realized that when the quarantine hit, things in my routine that I counted on for some sort of comfort were gone. I was alone. Until recently, I was with someone, but now I’m living by myself.”

Lisa couldn’t understand it – why she was feeling ill, lethargic, moody. Her eating habits were “well regulated,” as she put it – a mixture of healthy foods like veggies and fruits, a limited amount of meat, lots of daily water consumption, and no alcohol, drugs or nicotine. But she felt lousy. All the time.

It was mid-April, about a month since the COVID-19 pandemic mandated rules of quarantine, social distancing and working from home had begun. Both she and her husband were able to maintain their jobs and work remotely. Their three children were home from school, but two were teenagers and the other almost 11, so the kids found ways to keep themselves entertained most days without needing to be “babysat all the time.” The family’s essential needs – food, housing, clothing, etc. – were all being met. So Lisa (not her real name, but one I agreed to use in telling her story) asked herself, “What is my problem?”

What she came to discover is that she was suffering from loneliness, a state of mind that occurs even when people are surrounded by others. Loneliness causes people to feel empty, alone, and unwanted. People who are lonely often crave human contact, but their state of mind makes it more difficult to form connections with other people. If you feel alone and isolated, then that is how loneliness plays into your state of mind.

Experts say a number of contributing factors to loneliness include situational variables such as isolation – certainly a problem during the pandemic for all of us.

“I realized that when the quarantine hit, things in my routine that I counted on for some sort of comfort were gone. I was alone. Until recently, I was with someone, but now I’m living by myself.”

Low self-esteem is a huge factor in, and byproduct of, loneliness. We begin to lack confidence in ourselves, feel unworthy of getting other’s attention, particularly since none of our friends are around to offer it. Unchecked loneliness can lead to it. Like all facets of this pandemic, the answers are developing slowly, but at least they are moving forward.

Next: How our pets will have to “adjust” again once everyone starts returning to work and school.
Statistics show one in five people have a mental health condition but help is available. The National Alliance on Mental Illness (NAMI) offers support groups and classes for those living with a mental health condition or for those supporting a family member with a mental health condition.

“There is every reason in the world to have hope and live a fulfilling life,” said Robin Holcomb, Programs Director for NAMI Utah. NAMI is a grassroots advocacy organization for mental health matters, she said. “Our purpose is to educate and support people with a mental health condition or someone who is supporting a person with a mental illness. We do that by offering free classes, support groups and mentoring for anyone in Utah who is impacted by mental illness.”

It’s a peer-based organization, said Holcomb. “All the classes are provided by peers who have experienced mental illness or have family members with a mental illness. Peer support is critical to success and has a long-term impact.”

Volunteers are what make NAMI successful, she said. “They make it happen really. When we had to switch to online they generously took it on and bravely stepped up.”

Holcomb said she wasn’t sure if going online would have the same outcome but so far it’s been very successful. “I’ve gotten feedback from participants that the opportunities have changed their lives. We knew mental health symptoms would likely increase because of stress (over the virus). I didn’t expect that moving our programs online would be so positive in so many ways.”

The Family-to-Family class helps participants understand treatment options and gives basic mental health education, she said. “It’s heartwarming to talk to people on Zoom and the feedback has been phenomenally positive.”

NAMI also has special offerings for parents who are supporting teens with a mental health condition. “Parents learn how to navigate systems like schools, etc.,” said Holcomb. “It also covers self care because we know that we can’t take care of someone else if we aren’t healthy ourselves.”
Dr. Nathan Phelps

Since 2014, Dr. Nathan Phelps has been providing excellent care to patients of all ages. Recently his extensive work with elderly patients has given him the proficiency to provide unique care for those with specific medical needs. His focus on treating a whole person allows him to see beyond the disease and provide a complete medical approach.

Dr. Celine Rivera

Dual board-certified physician, Dr. Celine Rivera, has extensive experience in Internal Medicine and Obesity Medicine. While dedicated to providing comprehensive care to her patients she has taken special interest in preventative medicine and wellness and is looking forward to providing Davis County with a customized approach to health.

Bountiful Internal Medicine also has the following providers:

- Grant Christian MD
- Joshua Oaks MD
- Val Hansen MD
- Joseph Jensen MD
- Scott Southworth MD
- Jeffery Oka MD
- Rachel Smith FNP
- Melanie Oliver GNP

We take most major insurance carriers such as:

- Medicare
- United Healthcare
- Aetna
- DMBA
- PEHP
- Medicare/AARP Complete
- Molina
- Select Health
- BCBS
- Cigna
- UofU
- Humana

Accepting New Patients
Early detection can help prevent skin cancer

As a board-certified dermatologist at Tanner Clinic, a lot of my patients ask me, “When should I be concerned that a mole is actually skin cancer?” You may have heard of the ABCDE of melanoma (Asymmetry, Border, Color, Diameter, Evolution). These are helpful guides for assessing concerning skin spots, and if you have a spot that violates any of these, it’s best to let a dermatologist take a closer look.

That said, I think we are asking a lot of our patients when we ask them to use these criteria. After all, you are not trained to be a dermatologist. So, let me simplify it a bit for you. I think the most important of these is E for evolution. If you have a spot that is changing or growing (an ugly duckling, as I like to call them), come in and make sure it is not a skin cancer.

Because of the complexity of skin issues, I also want to stress the importance of annual skin checks. If you have not had a skin check in the past year, come see me and we will make sure to treat any concerning areas before they become a serious problem. I often find spots that should be treated that patients weren’t even aware they had.

I have patients tell me, “sorry to waste your time for something so minor.” In reality, they very much did the right thing. It’s much better for me to take a quick look and tell you that you don’t need to worry about something than for you to let a skin cancer continue to grow.

In addition to skin cancer, I treat everything skin-related in my dermatology practice at Tanner Clinic in Layton: from rashes, fungus and rosacea to cysts and lipomas, or even if you’re just looking for recommendations on the best over-the-counter products for your skin type. I am currently accepting new patients, and will do my best to get you in within one week.

Hope to see you soon!

A dog’s tale

Spot, the sheep herding mechanical dog, is making a name for himself for his skill and, well, his doggedness. This is no shaggy dog story. Spot is for real, the brain-child of Massachusetts-based, Boston Dynamics, and the New Zealand-based software company, Rocos. They got together to show off the practical capabilities of robotics. And, they succeeded in proving that robots can, indeed, easily handle complex responsibilities in a demonstration herding sheep on a New Zealand sheep farm. Someone once said that herding sheep is like herding cats – a daunting task, at best. But sheepdogs are born and bred to do the job with the help of handlers. It’s a task that requires fast thinking. And, that’s the edge that Spot has – a brain with a chip-based, lightning speed thought process. This dog does have its flaws, however. It’s not likely you’d want to give him a pet for a job well done.

Had your annual skin check recently?

Dermatologist Dr. Matt Innes specializes in skin cancer and rashes. He’s now accepting new patients and is available for same-week appointments.

To make an appointment, call (801) 773-4865 or visit tannerclinic.com
Emergency room doctors are modern day heroes as they save lives on a daily basis. TV shows often conceptualize the ER physician by the stressful decisions they make in an emergency. Can your regular humble family doctor save your life as well? It may not look as glamorous as on TV, but calculating your risk with your family doctor, then discussing lifestyle changes or treatment can certainly prevent that heart attack or stroke in the first place.

Imagine you need to swim across an alligator infested river, and about 25% of people similar to you don’t escape the alligators. Of people who increase exercise, only 18% of them get bit (similar results for improved diet, smoking cessation, etc.). Of people who take a recommended medication, only 15% of them get bit. Although you cannot reduce your risk to zero, it helps to combine these changes.

If you have multiple risk factors such as high blood pressure, diabetes, tobacco/nicotine use, family history of heart or kidney disease, then your risk could be even higher than 25% of having a heart attack or stroke in the next 10 years. We all have to “swim” across this river called life, and there is always risk of bad things happening, but you can mitigate this risk with simple interventions.

Emergency room doctors deserve all the credit they get, but don’t forget about how glamorous preventative medicine can be. We family doctors in the clinic may not be pumping on patients’ chests, putting tubes down throats, or doing emergency surgeries, but we do have good data to show how many of these life-threatening problems we have prevented. This may not get the spotlight on entertainment media, but sitting down and having a conversation with your humble family doctor could save your life.

In the fall, NAMI is launching a progression course for teens where “near peers” will share their stories of recovery so they know that they’re not alone, she said. “It will be fun with music videos and phone apps. It’s a powerful class.”

August is National Minority Month and NAMI is partnering with Latino Behavioral Health (LBHS) to provide online classes in Spanish.

“We’re excited to offer that,” said Holcomb. “We know the Spanish speaking population is growing across the nation and in Utah but there are barriers to getting the help they need and deserve.”

This fall, NAMI Utah and LBHS will host a one-hour seminar online called En Nuestra Propia Voz (In Our Own Voice) where presenters will share their mental health journeys.

Holcomb said NAMI classes were successful before but going online has opened up new opportunities. “People are busy and now they don’t have to drive somewhere. They’re also less intimidated. It levels the playing field.”

If someone is experiencing mental health distress they need to know they’re not alone, she said. “Reach out to NAMI. If you want to come, come – we’ll help you. There is hope. Recovery is possible.”
Dr. Jared R. Heaton
Board Certified Dermatologist

Jared Heaton is an attentive and thorough dermatologist, serving his patients in Davis County. Dr. Heaton is Board-certified in dermatology, and he is currently a member of the American Society of MOHS Surgeons. Dr. Heaton prides himself in serving all patient populations, treating all areas of dermatology from children through retirement age. He places a strong emphasis on catering specifically to the retirement population in his community, as skin cancer is more prevalent in this age group. Dr. Heaton earned undergraduate degree in International Relations with a minor in Asian Studies from Brigham Young University (BYU). His medical degree from Arizona College of Osteopathic Medicine (AZCOM). He completed both his internship and medical residency in Tampa, Florida. In his spare time, Dr. Heaton enjoys mountain biking, snowboarding, paragliding, kite flying, and spending time with his wife and three children.

Shalise Owens
DNP, FNP-C

Specializing in:
- Skin cancer diagnosis and treatment
- Melanoma
- Mole exam and removal
- Acne
- Vascular treatment for spider veins & rosacea
- Skin Tags
- Warts
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- Hair Loss
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Hearing evaluations – from infancy to adulthood

from BOUNTIFUL HEARING CENTER

Everyone knows that once you get older your hearing begins to noticeably diminish. Unfortunately, that means that hearing loss has been associated with old age despite the fact that it can begin earlier, even as early as infancy.

When we are born, we are actually given a newborn screening test before leaving the hospital, but oftentimes parents forget to continue the follow up appointments or they believe them to be unnecessary. What they may not know is that in the first few years of life, hearing is critical to a child’s social, emotional, and cognitive development and can affect their ability to properly develop speech and language skills.

According to Allen Harlor, Jr, MD and Charles Bower, MD in an article for American Academy of Pediatrics, “Some degree of hearing loss… is present in 1 to 6 per 1,000 newborn infants.” Hearing loss can occur if a child was born prematurely, had newborn jaundice that required a blood transfusion, was given medications that can lead to hearing loss, had meningitis, exposure to loud noises, or inherited their hearing loss. Growing up, a child can develop hearing loss if they have many ear infections as well. While many of us never experience these things, it’s important to continue to monitor your hearing throughout your life.

Newborn hearing screening can identify most children born with hearing loss. But, according to kidshealth.org, the number of people with hearing loss doubles between birth and teen years so it’s important you are regularly checking your child’s hearing, even into their teen years. A child’s school usually performs hearing tests at ages 4, 5, 6, 8, and 10. After that, it tends to be forgotten about unless there is an issue but audiologists recommend regular hearing evaluations from your teen years through adulthood, especially if a hearing loss has been determined.

Some signs that may indicate hearing challenges in children include:

» Limited, poor or no speech by the time they are toddlers
» Frequently inattentive
» Difficulty learning
» Fails to respond to his or her name
» Easily frustrated when there’s a lot of background noise
» Needs the volume on the TV to be high
» Answers inappropriately to speech

If you notice any of these symptoms in your child, make sure to schedule an appointment with your audiologist before class resumes. With kids going back to school, whether by online courses or in person, it is important to make sure they are not missing out on a single word.

Providing for a disabled child

from ROBYN WALTON

If you die without doing estate planning, the state of Utah has a will for you called “Intestacy.” If your disabled child inherits through your will or trust or intestacy, he, she may lose government aid.

Years ago, parents of special needs children gave extra shares to their non-disabled children. This arrangement is problematic because there is no legally enforceable way of making sure the sibling makes monies available for the disabled child for things that Social Security and Medicaid do not cover, such as dental work, rehabilitation, schooling, travel, etc.

If your non-disabled child dies or became disabled with the money in their names, it may never be made available for your disabled child’s needs.

It is no longer necessary to try to “disinherit” your disabled child if you have conforming “supplemental needs trust” language drafted within your existing will or trust.

So long as your will or trust has the correct provisions, you may leave your disabled child funds for their expenses (not food and shelter) in a “Supplemental” or “Special” needs trust that conforms to current disability laws.

Contact a local elder law attorney for the best advice to make sure your existing wills or trusts conform to current rules.

Have YOU protected YOUR disabled loved one?

Independent Trust Review • Living Trusts • Wills/Will Review
Powers of Attorney • Special Needs Trusts • Supplemental Needs Trusts
Call TODAY to set up your FREE consultation

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Robyn Walton, Attorney at Law

801-298-0640 • 915 So. Main Street • Bountiful • www.rowewalton.com
BOUNTFUL — Even temperatures over 100 degrees didn’t stop volunteers from helping lay sod at the Bountiful Veterans Park on Saturday. More than 30 volunteers completed about one-third of the sod installation. In all, 20 pallets of sod will be laid at the park site.

“We’ve had so much amazing support from the volunteers who’ve helped us with the construction,” said Chris Simonsen, chair of the Bountiful Veterans Park Board of Directors. “We’re moving right along, with the granite walls and concrete inner circle completed, and the decorative landscaping completed east of the circle. Our sprinkler system is also installed.”

He said another volunteer session is set for this Saturday morning, as more of the sodding effort will be completed.

On Tuesday, the first flagpole was installed at the site, and the American flag was raised by Simonsen and fellow board member Rob Vandegrift. The project remains on schedule with hopes of a park dedication on Nov. 11 of this year, Veterans Day.

“We are still selling granite pavers for engraving the names of veterans, something that is going well,” he said. “We have a limited number of those pavers that are still available for our initial installation around the center of the monuments. We’re encouraging the public to order those pavers as soon as possible.”

Information on those pavers, along with the park and other donation opportunities, can be found at bountifulveteranspark.org.
Janice Albrand Jones

1936 – 2020

On Thursday, July 23, 2020, Janice Albrand Jones, loving wife, mother, grandmother, great-grandmother and sister, passed away peacefully at home in Bountiful at the age of 84. Janice was born Jan. 31, 1936 in Salt Lake City to Earl Kent Albrand and Nesta Rosa Sears. She was the youngest of four children.

Janice graduated from West High School in 1954. She married her eternal companion, Thomas Dale Jones, on March 20, 1959. They were sealed for time and all eternity in the Salt Lake Temple. They were the proud parents of three children. Janice was an active member of The Church of Jesus Christ of Latter-day Saints and served in many callings through the years.

Janice loved life. Her family was her pride and joy. She and dad went to many baby blessings, baptisms, weddings, birthdays, ball games, dance recitals, and school performances. We are very grateful for her love and support.

Janice is survived by her loving husband of 61 years, Thomas; children: Cynthia (Kevin) Peay, Centerville; Catharine (Jerry) Allen, Bountiful; Michael (Bonnie) Jones, Herriman; nine grandchildren; and 15 great-grandchildren; sister, Carol Lloyd, and a loving extended family. She was preceded in death by her parents; sister, Donna Shingleton; brother, Kent Albrand; sister-in-law Jean Albrand; brother-in-law Lorin Shingleton; brother-in-law, Reid Lloyd.

A private service was held on Saturday, Aug. 1, 2020 at 11 a.m. The services were live streamed at www.wasatchmedia/JaniceJones. Interment at the Bountiful City Cemetery. Online guest book at www.russonmortuary.com.
Charles E Everett

1934-2020

Charles E Everett, “Chuck,” 86, passed away at home, surrounded by his family, due to Multiple Myeloma cancer. Charles was born in Bountiful, on June 24, 1934, and was the second son of Ivan and Gladys Everett.

He grew up in the Bountiful area. He attended Stoker Elementary, Bountiful Jr. High and Davis High School. He had many childhood friends and ran around with a group calling themselves the Second Ward Seven.

After high school, he enlisted in the Naval Reserves. He served a mission for The Church of Jesus Christ of Latter-day Saints in the Western Canadian Mission. After returning from this mission, he enrolled at the University of Utah and studied pharmacy. During this time, he met Geraldine “Jeri” May Higley and they were married in the Salt Lake Temple on Aug. 28, 1959. They had four children, Scott, Tara, Julie and Jackie.

He spent his early career working in pharmacies in Vernal, Salt Lake City, and Bountiful. Professionally, he found the greatest happiness working for St. Mark’s Hospital where he served as the Director of Pharmacy for 31 years. During this time, he was able to participate in many humanitarian efforts locally and abroad. These included donating blood regularly, donating medicines to individuals who were unable to pay, traveling to Ouellessebugou, Mali to help with an eye surgery service project and to Guayaquil, Ecuador to help teach pharmacy management.

He was the recipient of several prestigious professional and humanitarian awards including the Dr. Frist for individuals who were unable to pay, traveling to in many humanitarian efforts locally and abroad. These for 31 years. During this time, he was able to participate positions. He was well known for his generosity to

Carole Ann Hunt Hanson

5/7/1949 – 7/27/2020

MONROE/BOUNTIFUL — Our matriarch and life pulse, a collector of hearts and feathers used her vibrant, magical wings to take a new flight, soaring directly into the loving, long awaited angel wings of her sons Aspen and Nate, her grandson Anthony (Tonio) and so many others who have longed for her spirited, courageous soul to reunite with theirs.

As she has often said, hers was “a life well lived” and “None of us make it out of here alive,” she truly did ensure that her legacy was both inspirational and colossal during her extraordinary, yet challenging 71 years.

She spent the early and later years of life in Central Utah, graduating from Richfield High School and the middle years in Davis County where she raised five children into unique, independent, vastly different, adults who live on their terms, just as she did. Her family was her everything and she will “always” be missed. Her careers spanned from efficient office assistant to dedicated domestic engineer, from successful retailer to cultivative farmer and lastly, impactful teacher.

After her retirement years, she began a new role as teacher and mentor to the inspirational youth in special education at South Sevier High. Lifiting, encouraging and treasuring them consistently, oh how she loved her students and being their, Mrs. Hanson. She was never a professor but the brightest minds could learn great lessons from her in the area of acceptance and genuine compassion.

An artist, a photographer, a writer, a prideful gardener, a mama to the masses of the strong, the weary, the lost or the broken. She could stage a home solely with thrift shop items and turn it into a showroom of perfection. She loved to read, she could do and did do whatever she set her mind to. She was known for her sense of sassy style and for her resilience to conquer monumental heartbreak with fierce, deep-rooted love. Music danced through her veins and healed her deepest aches. Bruce Springsteen, Stevie Nicks and Towns Van Zandt were favorites but “nothing” beat the music that her talented sons made independently and together.

She leaves behind the broken but extremely full hearts of: sister, Linda Hunt (Austin) Hayward; children: Lisa (Shawn) Adamson, Miguel Peterson, Matthew Padley, daughter-in-law, Heathier Padley; grandchildren: Sean (Sam) Peterson, Jonathan Byrne, Matthew Byrne, Keaoa (Br) Adamson, Keaon Adamson, Hunter Kone, Aria Hunt, Lux Soulé and Avignon Soulé; great-grandchildren: Torrence and Lola and masses of bonus children and grandchildren, treasured nieces, nephews, cousins, friends, colleagues, students and music makers and of course, her sweetheer Jerry who gave her a new found love, light and a great future to plan. He cared for her tenderly during many scary months of medical discovery. we are forever grateful.

Preceded in death by her parents, Carlyle and Alta Hunt; sister, Silvia Hunt Johnson; sons Aspen Harvey Hunt and Nate Padley; grandson, Tonio Padley; daughter-in-law, Kenna HaIterman, son-in-law, Terence Byrne; husband, Richard Hanson.

As she wishes, a celebration of her rewarding, vivacious, radiating life will be held at a later date. In lieu of flowers, the family is asking those who wish to honor Carole and you will have a chance to contribute to that in the near future. “Fly high, free and in all seasons, Mama Bird, we will watch for your feathers.”

LuDean Thompson

1935-2020

LuDean Muir Thompson passed peacefully July 26, 2020, from heart failure. Below is her obituary as written by LuDean herself.

Today I finished my journey here on Earth. I hope those in Heaven have a good sense of humor. I was born in the back of Muir’s Market in Logan, on Sept. 11, 1935. I was born to wonderful parents, Vern B. Muir and May John, the fourth of six daughters: Marva Weaver, Anna Harper, Verla Jensen, Margaret Olpin and Jacquelyn (who passed at age five).

At Utah State University, I met Collins Thompson. We were married in the Logan Temple. We started our family, which consists of Bruce (Malena), Jackie Davidson, Neal (Linda) and Chris (who passed at age three). Together, they have given us five very special grandchildren: Kirstan Eberle (Adam), Katie Sorensen, Kip Davidson, Nicholas Thompson, and Spencer Thompson. Kirstan and Adam have also blessed me with two beautiful great-grandchildren, Jace and Alexis Eberle. What a great blessing they all have been to me!

When I was growing up, I always said, “when I travel,” not “if I travel.” That dream came true. Collins and I saw a great deal of the world and became part Gypsy, forever wanting to see one more country.

We had some wonderful experiences while working in the Salt Lake Temple for 15 years.

Now I go to join Collins, preceded in death by my mother and father, two sons: Chris and Bruce, three sisters: Jackie Muir, Marva Weaver and Verla Jensen, and many friends.

A brief graveside service was held at the Clarkston Cemetery at 1 p.m. on Friday July 31, 2020 under the direction of Lindquist’s Bountiful Mortuary. In lieu of flowers, please donate to your favorite charity in LuDean’s name. Thanks.

Condolences may be shared at www.lindquistmortuary.com. www.lindquistmortuary.com
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Do you know if they're going to finish the final season of "Supernatural" on the CW network? — Reader, via email

"Supernatural," starring Jensen Ackles and Jared Padalecki, was nearing the end of its run after 15 years on the CW network when the pandemic shut down production. There are seven episodes left, five of which are already being shot earlier this year. The plan is for those last seven episodes to air this fall before Padalecki starts filming his new series, "Walker," which is set to begin production in January. This, of course, all depends on the pandemic. Soap operas like "The Bold and the Beautiful" and "General Hospital" have been among the first shows to re-emerge from the dark. Hopefully more prime-time projects also will begin filming scripts.

As for "Walker," it's a remake of the hit series "Walker, Texas Ranger," which aired from 1992 to 2001 and starred Chuck Norris, and it'll be part of the CW's lineup.

What happened to Lucy Lawless? I haven't seen her since she played "Xena." I loved that show. — H.M.

Lawless, who hails from New Zealand, is still acting. After the hit syndicated series "Xena: Warrior Princess" ended almost 20 years ago, Lawless guest starred on countless prime-time shows before landing regular roles on "Battlestar Galactica" from 2005-09 and "Spartacus" from 2010-12. She then tried her hand at comedy — and succeeded — with a recurring role as Ron Swanson's (Nick Offerman) wife on "Parks and Recreation." Currently, you can catch her in the Aussie crime series "The Code," on the Ovation TV channel. Lawless plays schoolteacher Alex Wisham, whose students are involved in a car accident. Alex has footage on her phone of the crash and shares it with a journalist (Dan Spielman), which leads to terrifying consequences from some political bigshots.

If this sounds familiar, "The Code" originally aired on the Audience Network and on Acorn TV before debuting Aug. 1 on Ovation TV. For more information, visit www.ovationtv.com/the-code.

My wife and I just finished watching the entire series of "Breaking Bad." It is, without a doubt, the best drama series. Does the show's creator, Vince Gilligan, plan any additional episodes or seasons? — J.D.

"Breaking Bad" starred Bryan Cranston as Walter White, a high-school chemistry teacher who turns to crime, namely making meth, after being diagnosed with terminal cancer. It ended after seasons on the AMC network, a wise decision by its creator, Gilligan, because it concluded while it was at its most brilliant. We loved it and never got over "Breaking Bad."

Gilligan then created a prequel, "Better Call Saul," which will conclude with its sixth season sometime in 2021. While there are no more episodes of "Breaking Bad," Gilligan did gift fans with the Netflix movie "El Camino," which told what happened to Aaron Paul's character, Jesse, after that terrific "Breaking Bad" finale.

Send me your questions at NewCelebExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803. (c) 2020 King Features Syndic, Inc.
Virtual Mental Health Camp for teens offered

Utah State University Extension 4–H hosts a virtual summer camp focusing on mental health and well-being for youth. Camp Thrive is designed for youth who have completed grades 7 to 10.

Participants will learn how important their physical, emotional and social needs are for their mental health. They will participate in virtual meetings and activities that teach them to focus on their individual strengths, learn how to care for their physical health, identify and manage emotions, build resilience and thrive.

“The National 4-H Council recently did a survey with Harris Poll and learned that seven in 10 youth are having a hard time with their mental health during the COVID-19 pandemic,” said Zuri Garcia, USU Extension associate professor and mental health education expert. “While many youth have resilience, there are negative effects and risk factors that influence mental health. It’s important to understand it as well as the factors that can promote positive mental health, especially in times like these.”

Camp sessions are available Aug. 3, 5 and 7 from 10 – 11 a.m., and from 2 – 3 p.m.

The camp also includes a webinar for parents and guardians, titled EveryDay Strong. Adults will learn about their role in helping youth meet their needs and strengthen their resiliency.

The camp is free for active Utah 4–H members. For those who are not yet a 4–H member, contact your local USU Extension office to become one. A $10 annual fee will apply. Register at https://ut.4honline.com.

For more information on Camp Thrive, contact Kassie Lovan at (435) 919-1322 or Kassandra.lovan@usu.edu. For more information about USU Extension 4–H youth programs, visit https://utah4h.org/ or haraldsen@davisclipper.com.

Weber State University August Events

Friday (Aug. 7): Last day of summer semester classes.

Saturday (Aug. 8): WSU’s Outdoor Program hosts the Summer Waterfall Series: Farmington Creek, various times; meet-up location determined by group leader, free, pre-registration required at weberec.4honline.com.


Friday (Aug. 14): WSU’s Wildcat Toastmasters Club, noon, online, learn new speaking and leadership skills, free, contact sbelflower@weber.edu for details.

Wednesday (Aug. 19): WSU’s Outdoor Program hosts Mountain Bike Dawn Patrol, 6 a.m., meet at the Outdoor Program building and ride the trails above campus, $10.50 WSU/$15 non-WSU, previous experience and pre-registration required, weberec.4honline.com/outdoor/waterfall-series.html.

Monday (Aug. 24): First day of fall semester.

Monday-Friday (Aug. 24-28): WSU’s Student Association Service Team will host the annual American Red Cross Blood Battle, 9:30 a.m. to 3 p.m. Shepherd Union Ballrooms, WSU will compete with USU in a friendly competition to donate blood over a five-day period, donors will receive a prize, register to donate at americancriss@weber.edu.

Friday (Aug. 28): WSU’s Wildcat Toastmasters Club, noon, online, learn new speaking and leadership skills, free, contact sbelflower@weber.edu for details.

Summerhays returns home to keep livin’ the dream

FARMINGTON — Family is everything to Daniel Summerhays. And his young family of six was at the heart of his recent decision to leave the PGA tour and return home after playing golf at the highest level for more than a decade.

“I don’t see myself being anywhere else right now,” he said. “My kids are getting older and the family travelling to my tournaments has decreased and I wasn’t finding it as enjoyable to keep missing out on things and missing them. Plus, there are a lot of young players coming up on the tour and I had to take an honest look at where my game was at. I’m all in for not being all in.”

The main goal Summerhays is focusing on now during his “lift-off time” is making his family his priority, including continuing to teach them the game he has loved. “We’re members at Oakridge and we go out and play,” he said. “All of them can smack it, especially Jack [who is 12] who is a really good player.” Additionally, Summerhays said he wants “to teach them the game he loves.”

Summerhays retired from touring golf.” He will also continue teaching private lessons.

His post-golf dream job is everything to Daniel Summerhays. And his young family of six was at the heart of his recent decision to leave the PGA tour and return home after playing golf at the highest level for more than a decade.

He turned pro in 2007. “I was really drawn to that.” Summerhays said that although you dream of playing in the U.S. Open or Masters as a young golfer, he didn’t really set his sights on professional golf until he was playing collegiately at Brigham Young University. At the time, he and then-fiancé Emily Brinton decided to “give it a try,” so he turned pro in 2007. Over his PGA career, he placed second twice, third once and second place.

In 2016, Emily Summerhays wrote a piece for PGA Tour.com sharing “18 Things You Should Know About My Husband.” Number six read, “His post-golf dream job would be to teach lifetime activities and health at the local high school and coach the boys’ golf team.”

And here he is, living the dream.
How to take hunter education or enroll in the Trial Hunting Program

by Faith Heaton JOLLEY
DIVISION OF WILDLIFE RESOURCES

SALT LAKE CITY — If you are interested in trying hunting for the first time this fall, you’ll need to look into either taking a hunter education class or participating in the Trial Hunting Program. If you’ve never taken hunter education, rest assured that it isn’t too late; but don’t put it off because classes fill up quickly!

January and February are the most popular months for hunter education courses, so people can apply for the big game hunt drawing. The next-busiest months are July and August, right before the fall general-season big game hunts.

To hunt in Utah, everyone born after Dec. 31, 1965, must complete a state-offered hunter education class or participate in the Trial Hunting Program. Here’s what you need to know to enroll in either:

How to take a Hunter Education course

Typically, people have the option of taking a traditional in-person class led by an instructor or an online course followed by a field day. Both options include a final written test and the “field day” with hands-on skills demonstration and a live-fire shooting exercise at the end.

However, this year, due to COVID-19, the DWR has temporarily postponed all instructor-led, in-person courses until further notice, and is just offering online courses. The field day exercise is also temporarily being offered virtually this year, although some small, field-day exercises are still being offered in person.

The online course will teach you about firearm safety, hunter responsibility and ethics. It can be taken at your own pace. There are a few options for online courses. They range in price from $13 to $29.

The instructor will provide additional details about either field-day option (in person or virtual) after you register for the online hunter education course. Once you finish the online portion of the course, you’ll print your proof of completion document. Then, you can buy a hunter education registration certificate online. They are $10 and are required before you can do the field day.

Trial Hunting Program

Utah’s Trial Hunting Program is another way to get in the field this fall. The program gives you a chance to try hunting with an experienced hunter and see if it is something you’d like to pursue. You are not required to take hunter education to participate in this program.

You must be at least 12 years old to join the program. You just need to be accompanied by a licensed hunter who is 21 or older. To participate, you must complete a brief online orientation course, which can be found on the DWR website. You also need to buy a hunting license and the permit for the species you’d like to hunt. In this program, you are eligible to obtain the following licenses and permits:

» Combination or hunting licenses (good for hunting all small game, including upland game and waterfowl)
» General-season deer and elk permits
» Permits to hunt bear, cougar, sage-grouse, sandhill crane, sharp-tailed grouse, swan and turkey

Local fishing reports

Bountiful Lake: ★★
Fishing is slow to fair. An angler we visited with recently caught a rainbow trout that was around 10 inches long. Other anglers we visited with hadn’t caught any fish yet. With the hot weather, try fishing early in the morning and late in the evening.

East Canyon Reservoir & State Park (Blue Ribbon): ★★★
Fishing is good. Anglers have been catching smallmouth bass and rainbow trout from shore. For smallmouth, try using a pumpkin-colored jig. PowerBait is a good choice if you’re fishing for rainbows.

Echo Reservoir: ★★★
Fishing is fair to good for yellow perch. An angler fishing recently caught around 20 yellow perch and a few smallmouth bass. Try fishing in the vegetation with a small hook and a jig tipped with worm. Fishing in the morning and late afternoons is recommended.

Farmington Pond: ★
Fishing is slow. An angler fishing recently caught no fish.

Kaysville Ponds: ★★
Fishing is slow to fair. An angler recently caught two bluegill. Try fishing early in the morning and late in the evening.

Ogden River: ★★★★
Fishing is good. An angler recently caught several brown trout. For fly anglers, try using a dry nymph fly.

Pineview Reservoir (Blue Ribbon): ★★★★
Fishing is good. An angler recently caught a good-sized tiger muskie. He was fishing from shore, casting and retrieving a chartreuse swimbait. A group of anglers who were also fishing from shore had a fun time catching black bullhead catfish recently.

Willard Bay Reservoir (Blue Ribbon): ★★★★★
Fishing is fair to good. An angler recently caught a few wiper and walleye. He was fishing from a boat.

HUNTER EDUCATION PROGRAMS help prepare those planning to enjoy the seasons this fall.
Submit your classified ads at www.davisclipper.com or fax them to 801-295-3044 or call 801-295-2251 ext. 100.

DEADLINE TO PLACE ADS IS MONDAY AT 4 P.M. FOR FRIDAY PUBLICATION

The Davis Clipper's Free Classifieds Section is a Service to the Community and Is Not Intended to Be Used by For-Profit Businesses. Advertisements Are the Sole Responsibility of the Advertiser. The Davis Clipper hereby disclaims all liability for any damage suffered as the result of any advertisement in this newspaper and is not responsible for any claims or representations made in advertisements in this newspaper.

The Davis Clipper Has the Sole Authority to Edit and Locate Any Classified Advertisement As Deemed Appropriate. The Davis Clipper Reserves the Right to Refuse Any Advertising.

**Help Wanted**

**Occasional Handyman**

To work on rental properties. Must work on plumbing, electrical, fence, painting, roofs. 801-381-1899.

**Community Health Nurse**

Davis County is hiring a full-time Community Health Nurse. This position requires graduation from an accredited nursing college or university. Preference for Bachelor’s degree in Nursing, work experience in a public health agency, and/or fluency in both Spanish and English.

**Instruction/Tutoring**

**Marcia Anderson’s Preschool**

Open in the Fall. Call 801-390-9149 or 801-298-KIDS (5437). www.centervilleacademy.org

**Personal Property Appraiser**

Davis County Appraiser’s office is looking for a Personal Property Appraiser to perform appraisals on taxable business personal property and make recommendations on accounts to be audited. Must have 4 years full-time experience in bookkeeping, finance, or appraisal duties. Preference for experience performing real or personal property appraisal and fluency in Spanish and English.

**Apartments for Rent**

**Bountiful Duplex**

227 East 200 South W/D hook-ups, $650/month, $650 Deposit. No smoking or pets. 801-755-6789 or 801-322-2800.

**Room for Rent**

**Layton**


**Auto Sales**

**K & J Auto Inc.**

Rent 2 Own

No Credit Required

$299 Depoosl

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Bountiful, Utah 84010
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KANDJAUTO.COM

**Service Directory**

**We do lockouts, gas delivery, jump starts & of course TOWING Ogden to Provo**

DeWaal & Sons 801-292-8036

**$10 OFF**

Service calls

**Swiss Boy**

VACUUMS & MORE

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www.swisboy.biz

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We Make New and Repair Old

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obrienglass@aol.com
www.obrienglassproducts.com

**Avon Beauty Center**

See It, Smell It, Try It, Buy It

Peg Roberts
301-397-2866 • 811 S 500 W #102

**Davis County**

**Riley Court Apartments**

“Life is Easier Here” Independent Senior Community (Age 55+)

Currently Available • 2 Bedroom, 2 Bath, Studio

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www.davisclipper.com

**YARDWORK** Services! We would love to take care of your yard for you. We do aeration, lawn maintenance, weed control, grading, gardening, sprinkler work & repair, landscaping. Call today for a Free estimate. 801-755-7706 or 801-295-8095.

**TREE TRIMMING & REMOVAL** Affordable Services South Davis Area. Trees, shrubs and hedges, Mowing Summer Cleanup, Hauling, Concrete Flat Work. References, Senior Discount. Call Dan 801-518-7365

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Yard Work

**Handy Andy’s Yard Work**

Go with this familiar & dependable name in Davis County. Over 30 years experience & commitment to customer satisfaction. Where quality is not just a word, it’s our only way of doing business.

**General Cleanup**

- Cleaning & Hauling
- Flower beds, shrub removal & weeding
- Complete tree services

**Services**

- Military Plumber 30 years of experience. Will fix replace or install toilets, sinks, faucets, water heaters, dishwashers. Call 801-598-0700 for free estimate.
- Let Us Help You With Your Chores at Home. 801-295-8095 or 801-755-7706
- Seamless Aluminum Gutter Gutters Siding, painting, deck and fence repairs, tile, drywall repair. Lic/Ins. Call Jason 801-808-7056
- House Cleaning and grocery shopping. We will clean your house and do any shopping you need for $20/hr. Flexible schedule, call Chelsea 801.529.5999
- Concretes Patios, driveways, RV Pads, walls, patios, sidewalks, jobs ok. References, Senior discount. Call Dan 801-518-7265

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LEGAL NOTICES

**Notice of Trustee’s Sale**

The following described property will be sold at public auction to the highest bidder, payable in lawful money of the United States at the time of sale, at the Main Entrance, Second District Court on 21st day of August 2020 at 10:20 AM of said day, for the purpose of foreclosing per the Amended and Restated Declaration of Covenants, Conditions and Restrictions of The Courtyard at Pages Lane, Section 5.8 as amended and supplemented, recorded February 1, 1999, Entry No. 1483351. The parties to said Declaration are Murray Grouvom and The Courtyard at Pages Lane Homeowners Association. The Declaration provides that liens for the nonpayment of assessments may be enforced by sale by the Homeowners Association or its authorized agent, such sale to be conducted in accordance with the provisions of the law applicable to the exercise of powers of sale or foreclosure in deeds of trust or mortgages or in any other manner permitted by law. In any foreclosure or sale, the Owner shall be required to pay all late charges, interest and the costs and expenses of such proceedings including reasonable attorney’s fees. The property is more particularly described as: Legal Description: ALL OF UNIT 36, BLDG 6, COURTYARD AT PAGES LANE A CONDOMINIUM DEVELOPMENT PHASE 4 Property Address: 37 Courtyard Lane, Centerville, UT 84014 Parcel ID#: 03-173-0036

The record owner(s) of the property as of the recording of the notice of default is Murray Grouvom.

Bidders must tender to the trustee a $10,000.00 deposit at the sale and the balance of the purchase price by 12:00 noon the day following the sale. The deposit must be in the form of a bank or credit union cashier’s check or bank official check payable to Miller Harrison LLC. The balance must be in the form of a wire transfer, bank or credit union cashier’s check, bank official check or U.S. Postal money order payable to Miller Harrison LLC. Cash payments are not accepted. A successful bidder who fails to tender the full purchase price will forfeit the entire deposit. A trustee’s deed will be delivered to the successful bidder within three business days after receipt of the amount bid.


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**Notice to Creditors**

IN THE SECOND JUDICIAL DISTRICT COURT OF DAVIS COUNTY STATE OF UTAH

IN THE MATTER OF THE ESTATE OF JERRY LEE INGLES (AKA JERRY L. INGLES, AKA JERRY INGLES).

Probate No. 203700724.

CARRIE LYNN INGLES GRONEMAN, whose address is 3056 S. 1065 W., Syracuse UT 84075, has been appointed Personal Representative of the above-entitled estate. Creditors of the estate are hereby notified to: (1) deliver their written claims to the Personal Representative at the address above; (2) deliver or mail their written claims to the Personal Representative’s attorney of record, MATTHEW L. MITTEN, at 170 E. Main St., Ste. 1500, Salt Lake City, UT 84101; or (3) file their written claims with the Clerk of the District Court in Davis County, or otherwise present their claims as required by Utah law within three months after the date of the first publication of this Notice or be forever barred. Date of first publication: August 7, 2020.

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**Auction**

**The Haight’s Creek Irrigation Company**

Notice of Delinquency and Sale

(For Publication) NOTICE IS HEREBY GIVEN that there are delinquent upon the following described shares of stock of the Haight’s Creek Irrigation Company (the “Company”), as set forth above and other expenses due thereon. The sale will occur on the 21st day of August 2020 at the Haight’s Creek Irrigation Office at 9:00am.

DATED this 28th day of July, 2020.

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**Notice to Creditors**

IN THE SECOND JUDICIAL DISTRICT COURT OF DAVIS COUNTY STATE OF UTAH

IN THE MATTER OF THE ESTATE OF JERRY LEE INGLES (AKA JERRY L. INGLES, AKA JERRY INGLES).

Probate No. 203700724.

CARRIE LYNN INGLES GRONEMAN, whose address is 3056 S. 1065 W., Syracuse UT 84075, has been appointed Personal Representative of the above-entitled estate. Creditors of the estate are hereby notified to: (1) deliver their written claims to the Personal Representative at the address above; (2) deliver or mail their written claims to the Personal Representative’s attorney of record, MATTHEW L. MITTEN, at 170 E. Main St., Ste. 1500, Salt Lake City, UT 84101; or (3) file their written claims with the Clerk of the District Court in Davis County, or otherwise present their claims as required by Utah law within three months after the date of the first publication of this notice or be forever barred. Date of first publication: July 31, 2020.

DATED this 27th day of July, 2020.

JONES WALDO HOLBROOK & MCDONOUGH, PC.

Attorney for Personal Representative

C-5170 7/3-8/14

SUMMONS BY PUBLICATION IN THE FARMINGTON DEPT. OF THE SECOND JUDICIAL DISTRICT COURT, DAVIS COUNTY, STATE OF UTAH. CASE NO. 209701836, JUDGE ROBERT J. DALE. CASCADE COLLECTIONS LLC, PLAINTIFF V. SOTERO IGNACIO, DEFENDANT. THE STATE OF UTAH TO SOTERO IGNACIO: You are summoned and required to answer the complaint that is on file with the court. Within 21 days after the last date of publication of this summons, you must file your written answer with the clerk of the court at the following address: 800 W State St., Farmington, UT 84025, and you must mail or deliver a copy to plaintiff’s attorney Chad C. Rasmussen at 2230 N University Pkwy., Ste. 7E, Provo, UT 84604. If you fail to do so, judgment by default will be taken against you for the relief demanded in the complaint. This lawsuit is an attempt to collect a debt of $7,281.11. Ifs/ Chad C. Rasmussen. C-5179 8/7

ANNOUNCEMENT OF APPOINTMENT AND NOTICE TO CREDITORS

In the Matter of the Estate of Valerie A. Robinson, Deceased. Probate No. 203700247, Michael K. Robinson, whose address is c/o Bird & D J Bird Law, PLLC, Bird of D J Bird Law, PLLC, whose address is shown below, file their written claims with the Clerk of the District Court in Davis County, or otherwise present their claims as required by Utah law within three months after the date of the first publication of this notice or be forever barred. Date of first publication: August 7, 2020.

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**Notice to Creditors**

IN THE SECOND JUDICIAL DISTRICT COURT OF DAVIS COUNTY STATE OF UTAH

IN THE MATTER OF THE ESTATE OF JERRY LEE INGLES (AKA JERRY L. INGLES, AKA JERRY INGLES).

Probate No. 203700247, Michael K. Robinson, whose address is c/o Bird & D J Bird Law, PLLC, Bird of D J Bird Law, PLLC, whose address is shown below, file their written claims with the Clerk of the District Court in Davis County, or otherwise present their claims as required by Utah law within three months after the date of the first publication of this notice or be forever barred. Date of first publication: August 7, 2020.
LEGAL NOTICES

INVITATION TO BID

North Salt Lake City
10 E Center St.
North Salt Lake City, Utah 84054

Sealed bids for the construction of the “Honey Hollow Pump Building Landscaping - Project No. 18-014” will be received by North Salt Lake City at the North Salt Lake City Hall Building, 10 East Center Street, North Salt Lake City, Utah until 2:30 pm on Wednesday, August 26, 2020 and then at said office publicly opened and read aloud. The Bidder shall indicate the Construction Contract title, the name and address of the Bidder, and the date and time of the Bid opening.

The work to be performed consists of furnishing all labor, tools, materials, equipment, transportation, and services required for the construction of the above described project as included in the Contract Documents; consisting of the following items of work: removal of existing vegetation and keystone block wall, installation of keystone block wall, irrigation system and landscaping equipment. Approximately 6,500 square feet in all, in accordance with the Drawings and Specifications prepared by MGB&BA.

Copies of the Contract Documents may be obtained from the City’s website at www.nslcity.org. Questions may be directed to Jay Bollwinkel at 801 364-9696 with MGB&BA.

Bids must be accompanied by a Bid Bond, Certified Check or Cashier’s Check in the amount of 5% of the maximum bid price, drawn payable to the order of North Salt Lake City. Bid Security will be returned to each unsuccessful Bidder.

All Bids submitted shall be in conformance with the Instructions to Bidders, which are included in the Contract Documents; and shall be guaranteed by the Bidder for a period of sixty (60) days from the date of the Bid opening. The OWNER reserves the right to reject any or all bids presented or to waive any informal bids in a manner and to make award in the best interest of the City.

Paul Ottoson, City Engineer
North Salt Lake City
C-5182 8/7-14

IN THE MATTER OF THE TRUST ESTATE OF KERRY GIFFORD, Deceased. Patti Duer, whose address is c/o Jonathan Miller, Snow Christensen & Martineau, 10 Exchange Place, 11th floor, Salt Lake City, UT 84111, is the Trustee of the Kerry Gifford Revocable Trust dated November 1, 2018. Creditors of the estate are hereby notified to deliver or mail their written claims to the Successor Trustees at the address above; or otherwise present their claims as required by Utah law within three months after the date of the first publication of this notice or be forever barred.

Jonathan Miller Attorney for Successor Trustee
C-5177 8/7-21

INVITATION TO BID

City of North Salt Lake
10 E Center St.
North Salt Lake City, Utah 84054

Sealed bids for the project “Public Works Wash Bay – Project No. 20-028” will be received by North Salt Lake Engineering at the North Salt Lake City Hall Building, 10 East Center Street, North Salt Lake, Utah until 2:00 p.m. on Wednesday, August 26th, 2020, and then at said office publicly opened and read aloud. The Bidder shall indicate the Construction Contract title, the name and address of the Bidder, and the date and time of the Bid opening. Accommodations will be made for COVID-19 social distancing and/or remote attendance of the bid opening.

The work to be performed consists of furnishing all labor, tools, materials, equipment, transportation, and services required for the construction of a new 3,660 SF concrete wash bay, approx. 100 LF of new E waterline, new fire hydrant, new sewer connection, and all appurtenant work.

Contract Documents and drawings may be obtained from the City’s website at www.nslcity.org beginning on August 10th. Questions may be directed to Karyn Baxter, P.E., at (801) 335-8722 or karynb@nslcity.org.

NOTICE OF AUCTION

In accordance with section 38-8-3 of the Utah state code. Cubes Self Storage will have an auction on August 29th 2020 at 10:30 a.m. at storageauctions.com for said property that has been stored at 620 S 200 W Bountiful UT 84010 in Davis County. Unit # S413; Annabel Rivera: 1145 32nd St #201 Denver CO 80205. Unit # 332 Joshua Hobson: 118 Alpache Drive Evanston WY 82930. C-5180 8/7-8
1. GEOGRAPHY: What is the capital of Hungary?
2. MOVIES: What is the name of the necklace given to Rose in the movie "Titanic"?
3. TELEVISION: Which TV comedy led to a spinoff series called "The Andy Griffith Show"?
4. HISTORY: The Motion Picture Association of America established modern movie ratings in which year?
5. ADVERTISING: What is the name of the rooster in the Kellogg’s Cornflakes advertisements?
6. MEASUREMENTS: How many gills are in a pint?
7. FOOD & DRINK: What is spumoni?
8. LITERATURE: Which 20th-century poet once wrote, “August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time”?
9. BIBLE: How many times did Noah send a dove from the Ark to seek land?
10. ANATOMY: What is a common name for the clavicle?
Comfort food consumption is on the rise

A national study by the Grain Food Foundation suggests that the turnaround is more than a one-time sales blip due to pantry loading. In reality, consumers count bread among their top comfort foods. The study revealed one-third of Americans named pasta and bread as foods that are comforting during a stressful time.

In addition to the comforting flavor, this trend provides valuable nutritional benefits. As a part of many healthy eating plans, bread and pasta are nutritionist approved and provide nutrients needed for healthy aging such as B vitamins, magnesium, selenium, iron, folate and fiber.

“For years, we’ve been telling consumers that grain foods are the foods we love that love us back,” said Christine Cochran, executive director of the Grain Foods Foundation. “The stress has given us permission to enjoy bread and pasta again, but unlike most comfort foods, consumers recognize that grains have nutritional value.”

The highest-ranking comfort foods were ice cream; baked goods like cakes, cookies and pastries; salty snacks; candy; and fast food. However, when asked to identify comfort foods with nutritional advantages, consumers identified bread and pasta as the top two.

Beyond identifying comfort foods and their nutritional value, consumers also expressed worry that bread is in short supply right now.

“We can all rest assured that there is enough supply of grain food products in this country,” Cochran said. “Shoppers may be experiencing some sporadic unavailability of certain high-demand items. However, manufacturers are working closely with retailers to make sure that out-of-stocks are short lived. Consumers will be able to buy their favorite grain-food products and eat them, too.”

To learn more about the role of grain foods in a healthful diet, visit GrainFoodsFoundation.org.

Avocado Veggie Sandwich
Recipe courtesy of the Grain Foods Foundation
Prep time: 10 minutes
Servings: 2

1/2 ripe avocado, peeled
1 tablespoon fresh lemon juice
1/8 teaspoon salt
4 slices bread
4 slices tomato
8 slices cucumber
12 slices sweet bell pepper
2 tablespoons red wine vinegar
2 lettuce leaves

In small bowl, combine avocado, lemon juice and salt. Spread mixture evenly over two bread slices.
Place tomatoes, cucumber and peppers on covered surface. Drizzle with vinegar.
Layer lettuce, tomato, cucumbers and peppers evenly between slices of bread, creating two sandwiches.