Tale of Two Campaigns

See story on page 3
Heart disease is the #1 killer of women

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The average American consumes excess calories, which contribute to obesity, sedentary lifestyles and cardiovascular disease. Avoid foods high in fat and cholesterol, which can clog arteries and lead to heart problems. Eat more fruits and vegetables.

Exercise regularly.
Even low-to-moderate intensity activities, when done for as little as 30 minutes a day, can bring benefits. These activities include pleasure walking, climbing stairs, gardening, yard work, moderate-to-heavy housework, dancing and home exercise.

Don't smoke. If you do, quit.

Learn more at IntermountainHealthcare.org/hearthealth
Lawmakers promote electric car legislation

by Becky GINOS
bginos@davisclipper.com

SALT LAKE CITY—Lawmakers from both the House and the Senate came together Monday to announce a public/private partnership to support electric vehicles for cleaner air.

“We’re getting cleaner but we need to continue to move the needle in significant ways,” said Speaker Brad Wilson, R-Kaysville. “Refineries are switching to cleaner Tier 3 fuels which is having a positive effect on our air. Last year there was legislation on wood burning stoves. But we’ve come to understand our air pollution comes from our backyards, our tailpipes,” said Senate President Stuart Adams, R-Layton.

“It is just over 150 years ago that the transcontinental railroad finished with the golden spike, said Rep. Lowry Snow, R-Santa Clara, sponsor of HB259. “That was the largest public/private partnership back then. Today we’re announcing a public/private partnership with Rocky Mountain Power who is making a $50 million investment in electrical recharging infrastructure that includes fast charging equipment.”

Drivers won’t have to wait an hour and a half to charge their vehicle, said Snow. “That will especially work with rural Utah so they can be a part of this. They’re also looking at Point of the Mountain and the Inland Port to get clean air to that part of the state. This bill encourages investment in those locations. Right now drivers are restricted by how far they can go. This will eliminate those concerns so more Utahns can buy electric vehicles.”

When polled, Utahns said the top two problems are clean air and education, Snow said. “This shows that as a state we’re addressing one of these significant problems.”

“Our data says the number one thing that keeps people from purchasing an electric car is ‘range anxiety,’ said UCAIR Executive Director Thom Carter. “This public/private partnership will provide a way for citizens of Utah to know where the next charge will come.”

“We’re proud to sponsor this $50 million investment to further electrify our highways,” said President and CEO of Rocky Mountain Power, Gary Hoogeveen. “We couldn’t be more thrilled to create a detailed plan for this investment.”

“Through HB259 we’re trying to develop a long-term plan to avoid ‘range anxiety,’ said Rep. Robert Spendlove, R-Sandy. "Frankly, right now there are places they (electric vehicles) cannot go. This is a statewide effort to develop an aggressive five-year plan to have charging stations every 50 miles. This will really open up our state, especially in our remote, beautiful areas. We can lead the nation and develop something that can really change the state.”
Serial rapist pleads guilty

FARMINGTON—In a surprise turn of events, a man believed to be a serial rapist who had eluded police for almost 20 years pleaded guilty last week during an appearance in 2nd District Court.

Long-haul truck driver Mark Douglas Burns, 69, pleaded guilty to 17 first-degree felony charges. Davis County prosecutors declined to offer a plea deal and had come to court planning to defend their case but Burns took them by surprise as he pled guilty to eight counts of aggravated sexual assault, six counts of aggravated kidnapping, two counts of aggravated burglary and one count of aggravated robbery.

Investigators were led to Burns last year after developments in DNA analysis and technology pointed to him as a suspect in several rape cases. Burns is also facing charges in Wyoming in the death of Sue Ellen Higgins in 2001.

Sentencing in the Davis County case is scheduled for April 6.

Shell Gas Station robbed

WEST BOUNTIFUL—Police are looking for a male suspect who entered the Shell Gas Station at 560 W. 500 South Monday morning just before 10 a.m. and demanded money from the teller.

The suspect is described as Caucasian about 30 – 40 years old, wearing a black baseball hat, a black mask covering all but his eyes, a black coat with gray at the top of the chest area, black cargo pants and gray shoes. Police said the man did not specifically display a weapon or use force but was seen on video holding a cylindrical item believed to be pepper spray. The suspect fled the scene on foot and was last seen going southwest toward I-15.

Please contact the West Bountiful Police Department at 801-298-6000 with any information.

Fences tagged

The Layton Police Department is offering a $200 cash reward for information that helps them identify who is responsible for the graffiti around 3100 N. and 1300 E. Several fences and other property were tagged in that area over the past few weeks and the LPD could use the public’s help to catch those responsible. Please call 801-497-8300 with any tips.

Fraud suspect

The Bountiful police are asking for the public’s help to identify this fraud suspect. Please call 801-298-6000 with any information.

Children suffer from breathing problems at rec center

Bountiful—Several children suffered minor respiratory problems last week from what appeared to be too much solution in a hot tub at the South Davis Recreation Center and were taken to Primary Children’s Hospital.

Authorities said Health Department officials came on scene to investigate the situation. Two of the children were taken by ambulance to the hospital and the other five were transported by personal vehicle.

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

The Utah Legislature has already tossed out a bill that would deregulate yurts but passed legislation requiring botanists to provide family-friendly reproductive information to migratory bird nesting at the Great Salt Lake.

OK, I made that last one up, but every legislative session sees its fair share of mind-numbing ideas. On the positive side, however, most lawmaker votes deal with substantive issues impacting Utah families. Below are my quick impressions of a few bills being debated at the House and Senate.

EXPANDING KINDERGARTEN PROGRAMS – The numbers are stark and unforgiving. About 40 percent of Utah students enter kindergarten needing intervention to help them read and comprehend. Without help, they become more likely to become involved in the criminal justice system, drop out of school and/or become teen parents.

A dollar spent in the early years is a wise investment, saving taxpayer money on costs for incarceration and welfare.

DECLINERALIZE POLYGAMY – Having multiple wives would be a mere “traffic ticket” infraction, but the law would increase penalties for fraud, child sex abuse, domestic abuse, etc. The bill makes perfect sense for law-abiding consenting adults.

STATE WOULD BLOCK LOCAL CONTROL ON ANY AND ALL GUN RESTRICTIONS – This bill has one target: Salt Lake County’s decision to require federal background checks on gun purchases made at a county-owned facility. It seems a bit hypocritical for Republicans to boast of how they love local control until they see something they dislike. Then they want Big Brother to dictate to the locals.

ELIMINATE STRAIGHT PARTY VOTING – As an aid to democracy, this might be the most important bill being considered. It would halt “lazy” voting and make citizens actually consider the candidates as well as voter initiative proposals. More thinking and less blind partisanship equals better government.

ELIMINATE LETTER GRADES TO DESCRIBE UTAH SCHOOLS – If a letter grade (B-minus, for instance) doesn’t really explain what a student knows, why would a letter grade for a school be any different? All it does is pit schools in low income and more diverse areas against those located in highly-educated neighborhoods. Get rid of the grades!

REQUIRE WARNING LABELS ON PORNOGRAPHY MATERIALS – Despite the cries of the porn industry, there is no benefit to pornography. The problem, however, is that people define it differently. As a teacher, I was accused of teaching porn since a 380-page novel had several paragraphs about a mother nursing her baby. I question the taxpayer-funded lawsuits that could come from well-intentioned bills.

SPEND $500,000 TO PROMOTE SOLAR OR WIND POWER ENERGY JOBS IN SMALLER RURAL AREAS – Stranded tourists and injured hikers have strained the emergency medical funds for southern Utah counties. Legislation would let these communities raise a sales tax to offset these costs. Actually, the state should do even more by allocating funds directly to these counties for EMS services. Hey, instead of wasting money on that coal lawsuit, here is a worthy cause to help rural taxpayers.

OPINION  

CYCLOPS  

BRYAN GRAY  
Experienced journalist, businessman living in Davis County

The coal industry is dying from well-intentioned lawsuits.  The coal industry is dying as a worthy cause to help rural taxpayers.
Viewmont gives back to community

by Becky GINOS
bginos@davisclipper.com

BOUNTFUL—Students at Viewmont High went the extra mile during the holidays to raise money for several different organizations and recently presented a $10,000 check to the Bountiful Community Food Pantry. “I was in charge of our annual Christmas fundraiser this year,” said Student Body Officer Vice President Matt Barlow. “We were providing for about 56 families at the Spectrum Academy. It was a long process for sure.” They started in the summer to decide what they wanted to do, he said. “Someone in my neighborhood directed me to the pantry. I’d done work there before with my Eagle project and they gave me the idea to help Spectrum Academy. About 80 percent of the students there have autism and I loved the idea.” For about a month, students rallied to help raise funds for the school, said Barlow. “We had collection nights where students signed up to volunteer to go door to door in the area and ask for donations. We also had a mini version of the Festival of Trees where clubs decorated small trees and we auctioned them off. It was super fun.” They also held a benefit concert. “We raised a little bit of money there,” Barlow said. “There were also several competitions going on like when we hit a milestone teachers would dress up as Santa or wear a temporary tattoo on their face for the day or the SBOs would do a polar plunge in the winter if we raised our goal.” Barlow said they also held a carnival during lunchtime. “We had tons of different booths with food and games where you could win a prize. Viewmont has had a tendency to raise a lot of funds in the past so I wanted to match that but the number of students dropped after some went to Farmington High.” In spite of that, the students were able to raise $60,000. “Our first priority was Spectrum Academy so we used $15,000 for them and then the left over funds went to different places we felt would benefit like the pantry so we gave them $10,000. We want to donate where it will make the best impact so we’re still distributing it.” Sometimes in the past they’ve received large donations from community members, said Barlow. “This time we didn’t have any major donors, we were able to collect it all. It was awesome. We felt good about it.”

Carr printing donates space to food pantry

by Becky GINOS
bginos@davisclipper.com

BOUNTFUL—It’s hard to find a home for 18 pallets of food at the Bountiful Community Food Pantry – but they certainly didn’t want to pass it up. “The Church of Jesus Christ of Latter-day Saints Self Reliance Department had an over abundance of food that they wanted local pantries to benefit from,” said Wendell Wilde who works closely with the church and is on the pantry board. “I got involved with this and it was kind of a natural tie being associated with Lorna (Koci) at the pantry.” Wilde said they received a full semi of food. “But the problem is it all came in as single pallets of beans, stew, etc. It would be hard to take that and utilize it so we thought about where there was a large warehouse. I’d worked with Lloyd Carr when I was a city administrator so I contacted him and explained our situation.” The idea was to have a place where volunteers could brake down the pallets and combine them with mixed food then get them out to smaller pantries in the area who could benefit from those, he said. “Wendell was aware of our building,” said Lloyd Carr, president of Carr Printing. “They had this offer from the church but they had to take it in bulk. The pantry didn’t have room but they wanted it. They got truckloads of food and put it on our floor then assembled it. We’re paying for heating and lighting. It’s a short-term arrangement but it’s still a good way to help out local people.” Before the holidays, a group of Davis School District principals and counselors helped assemble the food into mixed pallets, said Wilde. “Because of our good relationship with the district we solicited their help. We supervised but they moved everything from pallet to pallet and combined them. There’s still a fair amount of food so this has been ongoing.” The food was distributed to pantries and churches throughout Davis County and into Ogden, he said. “We wanted to share the ‘wealth.’” However, the space at Carr Printing is up for lease. “We have a good friendship with Lloyd,” said Wilde. “If someone wants to lease it we’d scramble to finish assembling the pallets. We don’t want to hurt them in the process but we believe with the help of community friends we’d be able to handle this. I don’t see this going on much longer than a couple of months.” Wilde said they are most grateful for the donation. “Thank you to the church – this will bless a lot of lives.”
Students show off talents at ‘District Day on the Hill’

by Becky GINOS
bginos@davisclipper.com

SALT LAKE CITY—The Capitol Rotunda was filled with music and inventions of all kinds as students gathered from across the state at District Day on the Hill last week.

Northridge High and Fairfield Junior High were among those showing off their tech skills in robotics, cyber security, machining and welding.

“Our robotics team qualified for the world championships,” said Weston Bowles an eighth grader at Fairfield Junior. “We hope to go to Kentucky in April. It’s an afterschool club and we’ve spent countless hours on this. It’s been a lot of hard work but it’s a lot of fun.”

Derek Bitner is a CTE (Career and Technical Education) teacher at Northridge who brought some of his top students to the event. “The 309th software development department at Hill Air Force Base told us they need programmers,” he said. “They couldn’t believe our training is beyond what they thought possible in high school. Over the next five years they’re going to hire 300 new programmers a year. They don’t exist right now so they have to figure out how they’re going to get them.”

Northridge has machining and welding classes and has started a pilot program in cyber security, he said. “We’re teaching these kids how to break into the school’s computers – it’s scary. These students have written a program where you can type in words and it encrypts them then someone on the other end has a program that puts it back into readable text.”

“They’re so good, said Bitner. “I was a programmer and I quit my job to teach. I’d hire them in a flash.”

Daylight Saving topic of discussion – again

by Becky GINOS
bginos@davisclipper.com

SALT LAKE CITY—Utahns have been falling back and springing forward for a long time. The Senate recently passed SB59 that would keep the state on Mountain Daylight Time year round and now it’s headed for the House.


“When a poll was taken the big majority of Utahns want to keep the state on Mountain Daylight Time year round and now it’s headed for the House.”


“Sixty to 65 percent want the summer which is what we’re at 2/3 of the time and then less for the winter schedule.”

Ward said there are two obstacles that make it hard to change. “First, the federal government won’t let us move to the summer schedule or switch back and forth. It wasn’t until WWI that we ever started changing back and forth. It was called ‘wartime’ and was meant to help war manufacturers and a group pushed for it so that merchants could get more business if it was lighter into the evening. But there was a PR campaign that said it was for farmers, etc.”

During WWI Germany changed and Britain thought they should change too then the U.S. changed, said Ward. “Then when WWII started we did it again and some states went back. It became a crazy patchwork quilt across the U.S. Congress decided it needed to be the same everywhere and these were the only two choices, keep changing or keep standard time. Arizona stayed and Hawaii went back to standard too.”

About 15 years ago, the switch was made to eight months of Mountain Daylight Time and four months on Daylight Saving Time.
More than 100 bills related to law enforcement

by Becky GINOS
bginos@davisclipper.com

WOODS CROSS—Lawmakers will consider several bills during the session that could impact law enforcement in the state. Woods Cross Police Chief Chad Soffe is trying to keep his eye on all of them.

In addition to his duties as chief, Soffe sits on the board of the Utah Chiefs of Police Association as Sergeant at Arms. “We meet with the Utah Legislative Committee once a week and go over bills on law enforcement,” he said. “There have been 110 bills filed that deal with something that touches law enforcement. We take a position of either support, no position or oppose and send that to all the legislators so they can see what our recommendations are.”

Soffe said bills range from tow truck amendments to child abuse. “There’s a wide gamut of things we look at. There’s a body cam bill but there’s no language on that yet and one making no front license plates a primary offense. It’s gone back and forth with being a secondary offense such as if the driver runs a red light we can ticket for the missing plate. We support having a front plate mainly for identification purposes. If someone robs a store and a witness sees the front plate it makes it easier to track the suspect down.”

Several bills are already in place but need some housekeeping, he said. “There’s a firearms commitment amendment that says a cohabitant can take firearms to the police and ask them to hold them for a period of time. We don’t like that it has to be approved by a judge to make the determination. If we’re in the house and feel like we need to remove the firearms for safety we want to be able to do it.”

Currently, if there is any type of physical altercation police can hold firearms for at least 30 days, Soffe said. “This (bill) is if someone called in or came in. The person could request to get them back and we’d have to do a background check and get it approved by the county attorney if they’ve been charged with something. If they haven’t been charged then it’s strictly up to the police department.”

Soffe said another bill, HB101 Distracted Driver Amendments would make it illegal to have a cell phone in hand while driving. “We support it. You can answer the phone through hands free but you can’t touch the phone. It would make it easier to enforce. Currently we have to prove drivers are texting or opening emails. The law allows drivers to answer the phone so they all say that’s what they were doing.”

A UHP TROOPER looks over the Capitol Rotunda from the top floor during the legislative session.

DAYLIGHT
Continued from page 7

the winter schedule. “It doesn’t make sense,” Ward said. “If you look all over the world who does this? Europe decided it doesn’t make sense and after next year America, Canada and Mexico will be the only ones.”

Another obstacle is that people are afraid surrounding states will not be in sync with their neighbors, he said. “In this bill we can get around those by getting the feds to allow it and having four other western states do it, not only one but the majority. We want to do it all together and push forward this way.”

Utah is not the first state to do this, said Ward. “There are other states who have passed it all in the last two years. It’s an idea people have been talking about. We hope we can get the federal government to listen to us.”

Ward said Utah could stop switching right now if it went to the winter schedule year round. “But it always fails because most people don’t want to do that. It passed in the Senate by a strong majority but the House hasn’t had a hearing yet.”

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Viewmont students win art contest

by Becky GINOS
bginos@davisclipper.com

BOUNTIFUL—Viewmont high seniors Lucas Burnham and Kelsey Barton are among 20 students from around the state who were named winners of the 6th Annual Utah Senate Art Contest and recognized during floor time at the Capitol last week. More than 200 unique, personal works of art were submitted for the contest depicting subjects ranging from landscapes to women’s suffrage. Senate President Stuart Adams and his wife Susan Adams, Sen. Ann Millner, Sen. Kathleen Riebe and Sen. Deidre Henderson and two professional judges selected the winners.

“I was applying for scholarships,” said Burnham. “I was not super into art or photography but I do take pictures when I’m hiking. I got a cool picture of Mount Timpanogos that I submitted and I heard back that I was in the running for the finals.”

Burnham said he took the winning photo with his phone. “I hiked up Timp in the middle of the night to see the sunrise and as the sun came up I could see the ridgeline and it was cool so I snapped a picture. I had to write in 100 words or less how it relates to Utah and what I was thinking is that it’s an iconic piece of Utah and the picture represents that pretty well.”

Barton’s winning entry is a collage called “Pando.” “I used magazine pages and acrylic paint on foam board,” she said. “I incorporated Delicate Arch and another Utah arch. I used white strips to represent aspen trees.”

“The oldest living organism is called Pando, she said, and it’s in quaking aspens in Southern Utah. “This represents how aspens are connected by their roots. Its symbolism is how we’re all connected in Utah and we have similar things that connect us on where we live and how we interact.”

Burnham hasn’t taken any photography classes until this semester, he said. “This contest has sparked something greater. I’m taking a digital photography class and it’s pretty fun. Learning Photoshop has helped a lot and taking pictures with a higher quality camera. I’d like to get a nicer camera and start taking some pictures.”

Barton has taken art classes throughout high school and plans to continue in college. “I’ve been accepted to BYU and they have a prestigious design department,” she said. “I hope to apply and make it into there.”

She also has a piece in the Springville Art Show that is part of a traveling exhibit. “That will travel all over for the next year,” she said. “It’s exciting.”

Both students received $500 scholarships and their work is on display on the third floor of the Capitol through the rest of the session.

Kids have fun in the sun at beach party

by Becky GINOS
bginos@davisclipper.com

LAYTON—Who needs winter? Kids in the after school program at Whitesides Elementary beat the winter blues last week with an indoor beach party complete with sand castles and slip and slide minus the water. “We were sick of winter,” said C.A.R.E.S. Director Savannah Poe. “Flying the kids to a beach would be hard so we thought we’d bring it to them for a fun day. All the activities are STEM related so they’re learning something.”

Kids enjoyed a soda science mixology station, magically motivating fishing, shape shifting indoor beach ball, a sand castle engineering station and mathematical indoor slip and slide, where students put water toys on wheeled platforms and skated down the hallway ramp.

Whitesides’ before and after school program runs Monday through Friday. “They come and hang out with me,” Poe said. “We have learning reinforcement and help with homework and a snack that has the five basic food components. Monday is ‘motivate,’ Tuesday is technology, Wednesday is workout, Thursday is STEM and then ‘Creating my future Friday.’”

The kids have homework time where they can bring it in and get help, she said. “We have a creation table with art materials and Legos and Kinetic toys like PVC pipes and electric connectors they can play with.” Poe started three years ago and this is her first year as director. “We provide this all year,” she said. “It’s my favorite thing.”
**Wight still dancing through life at 95**

by Becky GINOS  
bginos@davisclipper.com

**BOUNTIFUL**—Betty Wight may be turning 95 in April but she doesn’t plan to slow down. The former owner of the iconic Wight House clothing store still checks in once or twice a week and can be found kicking up her heels with the Dancing Grannies at the South Davis Senior Center.

“I started dancing with the grannies in 1992,” she said. “I liked dancing but hadn’t had the opportunity to learn so I learned from the other ladies. We used to travel all over doing performances three or four times a month with costumes. Just last year we stopped performing. Now we just go for fun. There’s only about eight of us left. Some are in their 60s or 70s. They’re the young ones. The others are 85 to 95. It’s a fun activity.”

Wight grew up in Malad, Idaho in a home with no water or electricity. “We didn’t get a car until I was about 3 years old,” she said. “We used horses and sleighs for transportation because there were no snowplows. We had lanterns and coal stoves. When I was 12 we moved to town so I could get to school easier.”

Prior to that she attended a country school. “There were two classes in each room,” said Wight. “We’d march in to the school bell. There was first and second grade and third and fourth grade combined. By the time I got to junior high we had moved into town.”

She graduated from high school with honors in 1943 just as WWII started. “I got married two weeks later and my husband left to the war and came home three years later.”

Wight got a job as a railroad telegraph operator and when her husband came home in 1946 they moved to Provo so he could attend BYU. “We raised our family in American Fork and opened our first store in 1965,” she said. “Then we opened stores in Logan and Bountiful in 1967. I’ve worked here (in the store) for 54 years.”

Along the way, Wight worked as a model railroad enthusiast. “I’ve sold the company and the stores are in my son’s hands,” she said. “That’s the main reason I retired.”

Wight and her husband still live in Centerville. “I still enjoy gardening and playing the piano. At her home in Centerville, Betty still enjoys gardening and playing the piano.

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**FUN AT THE CAPITOL**

**ABRAHAM ROE** delighted some elementary school students who visited the Utah State Capitool recently, as the state legislature hosted schools from throughout the state.

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**HosTlers Model Railroad Festival**

**Mar. 6, 7, 8, 2020**

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**NEWS**

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**DAVIS CLIPPER**
WIGHT  
Continued from page 10

secretary for the superintendent of Geneva Steel and as American Fork City treasurer. When the Wights opened their store she started working there. “I did the bookend of it, statements and work orders, but I did go to market,” she said. “I went to New York, Dallas and Las Vegas. There were six markets and I would buy for all seasons. I had to be kind of a gambler to buy what I thought people would like. I have plenty of clothes but that really wasn’t my cup of tea.”

Wight’s husband got Alzheimer’s when he was 56 and passed away 11 years later. She sold the business to her granddaughter who now runs it. Her son opened the reception center in 1998 and sold it in 2018.

She attributes the store’s longevity to good customer service. “We have wonderful clerks that have helped through the years,” said Wight. “We’ve been very fortunate. We try to stay conservative and cater to what people in this area like. We’ve gotten a lot of faithful customers over the years.”

Over her 95 years Wight said she’s seen a lot of changes. “Transportation is one. We drove a Model-T Ford that you had to pull the windows up by hand and hook them. You also had to carry water because it would go dry. Airplanes and spaceships, my goodness so much change and I’m not sure it’s all for the good. We didn’t have computers to do school. We had to use our brains for math and grammar but we had a good education.”

Wight attributes her own longevity to staying active and eating right. “Stay away from fast food and pop,” she said. “I was taught to eat vegetables and fruits. I even have a garden in the summertime. I read a lot and play the piano for entertainment. I also write poetry but I do everything in shorthand so I found I’ve done a lot of writing that I’m trying to transcribe.”
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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.

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.

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
March is brain injury awareness month

by Rosemary RAWLINS
Caregiver

It's been 13 years since my husband sustained a severe TBI when a car hit him as he cycled home from an afternoon workout. It took two years to resume what we call a “normal” life, although we both shy away from the word “normal” nowadays.

In many ways, we have been fortunate. Hugh returned to work. He was able to return to the sports he loves, and he’s been able to use compensatory strategies to overcome his lingering deficits. He has not had a seizure in years. Knock wood, he knows his meds are working. But this year, we sat down and had a long talk about life. We tally, emotionally, and financially prepared is important to Hugh and me. He may never develop dementia or Parkinson’s, and perhaps I will be the one to fall ill long before my husband (caregiver stress can cause health issues); but we have learned a great deal from his TBI experience, and we have learned even more from caring for all of our parents.

What’s the old saying by Lee Child? Hope for the best, plan for the worst. Here’s how we’re planning for the worst (and in my experience, when I plan for the worst, the worst doesn’t happen; so I’m kind of counting on that):

• Educating ourselves about early onset symptoms so we can seek medical help right away if we suspect any changes.
• Being proactive about our own wellness: eating healthfully, staying active, getting proper rest and sleep, and living in an environment where we can best keep up these habits.
• Actively keeping our stress to a minimum by doing the things we love that have a calming effect on us like going for walks, yoga, enjoying

by Jackie SMITH
Retired Senior Volunteer Program Manager

Healthy aging is something that we all strive to attain. Some things like genetics are out of our control; however, there are things that we do have control over that contribute to healthy aging. Volunteering is one of those things.

Volunteering has a positive effect on our mental health. People who volunteer feel more socially connected, which leads to feeling less depressed and lonely. They have an increased sense of purpose and life satisfaction.

Volunteering can also improve our physical health as well by helping us to stay active. Physical activity is linked to several health benefits. It can lower blood pressure, cholesterol, and the risk of type 2 diabetes. Being physically active helps to build stronger muscles and bones, which reduces the risk of falls.

To make the most out of your volunteering experience, look at causes that are important to you. What are your...
Upcoming Medicare 101 classes

If you are turning 65, or planning to retire soon, please join us for a free, one-hour, Medicare information class. Topics covered are: eligibility, enrollment times, and benefit coverage options.

• Wednesday, March 11, 6:30-7:30 p.m. Centerville Library (45 S. 400 W., Centerville)
• Thursday, April 9, 6:30-7:30 p.m. – Kaysville Library (215 Fairfield Road, Kaysville)

Classes are sponsored and presented by Davis County Health Department. For more information contact Marissa Black at 801-525-5082 or by email mblack@co.davis.ut.us.

Caregiver Academy

A free series of classes that assist family and community caregivers in developing the skills needed to manage an in-home care environment. The once a week classes begin Wednesday, March 4, 2020, and meet 11 a.m.-12:30 p.m. for six weeks at the University of Utah Health Center in Farmington (165 North University Avenue, Farmington). Space is limited and registration is required. Call 801-525-5050, option 5.

VOLUNTEER

Continued from page 13

interests? What are you good at, or what would you like to learn more about? There are a lot of great volunteer experiences right here in Davis County. When looking for a volunteer opportunity, it is good to remember that volunteering is a commitment. Don’t take on more than will comfortably fit into your schedule. Start small and then add more hours when you are comfortable. The Retired & Senior Volunteer Program in Davis County has single events that would be a perfect way to get started on your volunteering journey. Those 55 and better are invited to join us on March 26 at 7 p.m. at Open Doors Food Pantry (875 E. Hwy 193, Clearfield). For more information about this event or volunteering in general contact Jackie (801) 525-5094 or Jennifer (801) 252-5052.

BRAIN

Continued from page 13

time with friends, and enjoying water sports. Downsizing our residence to reduce costs and stress. I learned from caring for my own parents that it’s better to downsize before health issues progress than after, so we’ve sold our bigger house in Richmond, Virginia, and moved to a ranch in Nags Head, North Carolina, near the ocean. By giving up some possessions and moving to a smaller, more manageable house on one level, we’ve saved our daughters the job of clearing out a big house in the middle of a health crisis.

• Putting our affairs in order: purchasing a long-term care policy and staying up to date on changes involving medical insurance. Taking charge of our lives in this way feels invigorating, as if we have control over some things. Hugh and I will use our talents to continue working part-time, but most of our energy these days will go into making sure that we enjoy the healthy years we have left to us as much as possible. We made a conscious decision not to fall into the trap of working night and day to prepare and save for the future. Our future is now. We’ll hope for the best. And enjoy each moment and day as it comes.
## Televison Guide

### Weekday Mornings

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Q: Is it true that Krystal and that other villain from "The Bachelor/Bachelorette" are getting divorced already? Was the wedding just a publicity stunt? — D.E.

A: I don't know what to believe anymore when it comes to ABC's "The Bachelor" and its franchises. I'm actually surprised at the number of successful marriages that have resulted so far. As for Krystal Nielson and Chris Randon, two of the most hated "characters" in the show's history, I don't know if the marriage itself was a publicity stunt or if they realized they weren't a good match after the honeymoon period wore off. Only they know.

Two other members of the "Bachelor in Paradise" cast also have split, but at least they don't have to worry about how to divide the wedding gifts. Kendall Long and "Grocery Store Joe" Amabile have called it quits, with Joe moving back to Chicago and Long staying in L.A.

Q: My mom was telling me there is a spinoff of "Grey's Anatomy," but she couldn't remember the name of the show. Can you tell me when it's on? — O.S.

A: Unlike "NCIS," "Law & Order" and the "Chicago" groups of series, the "Grey's Anatomy" spinoff doesn't have part of the original show's title in its name. "Station 19" follows the lives of first responders at a fire station in Seattle. Ana Lee Ortiz's character Andy and Jason George's Ben from "Grey's" were chosen to headline the new project, which is now in its third season.

"Station 19" has generated good ratings, and there have been several crossover episodes with "Grey's" that are planned for this season. In fact, the shows have swapped time slots, so you'll see more instances where someone is rescued on "Station" and their story continued in the next hour when they're treated at the hospital.

As Krista Vernoff, who now runs both shows, told "Deadline": "I think it's quite a different show ["Station 19"] this year. "It's messier visually, and it's messier emotionally than it's ever been.

"Station 19" airs on ABC Thursday nights at 8 p.m. ET, with "Grey's Anatomy" airing right after at 9 p.m.

Q: Years ago I read a book about a nurse who killed many patients by overdosing their medication. I can't remember the name of it, and Google hasn't been any help. I wanted to read it again. Do you know the title, and was it ever made into a movie? —  P. P.

A: You're probably referring to "The Good Nurse," written by Charles Graeber and published in 2013. Sadly, it was a true story about a nurse who killed what some estimate to be hundreds of patients in his care until a colleague helped build a case against him. It's actually being made into a movie soon with Academy Award-winner Eddie Redmayne playing the evil RN and Jessica Chastain as the whistleblower.
When Disney On Ice presents Mickey's Search Party comes to the Vivint Smart Home Arena in Salt Lake City starting March 5, it will be part of a dream come true for performer Aaron Blake. After all, the combination of ice skating and performing has been in his blood since the age of six.

“I grew up in show biz—everyone in my family learned to perform early,” the Tennessee native said during a telephone interview from the San Francisco Bay Area, where the show was performing before coming to Utah. His older brothers Adam and Austin were both performers in Disney ice shows, though both have now retired.

“I saw what they got to do, how amazing it was to be able to perform, and it seemed like a great opportunity,” Blake said. “I was already loving skating since I played hockey, so after high school I auditioned at the ProSkater’s Live Camp in Knoxville (near his home in Oak Ridge, Tenn.) and joined the shows in 2016.”

“Mickey’s Search Party” is Blake’s fourth Disney tour production. He’s been skating this particular show since September, and once it completes its West Coast swing in April, the show will move to Japan.

Show producers say this latest Disney production offers “a brand-new immersive ice skating experience that brings the magic closer to fans than ever before through engaging elements that take place on the ice, in the air and in the seats. An exciting participatory adventure delivering compelling storytelling through multi-level production numbers that immerse fans into the fantastic worlds of Disney-Pixar’s Coco, Frozen, Moana, Beauty and the Beast, Aladdin, Toy Story and The Little Mermaid.”

Blake plays Aladdin in this show, which means he’ll be climbing a 15-foot rope. He said the shows continue to evolve into “very special acts and visual elements. In this show, we have aerial straps, a teeterboard act, and ice ramps for the first time in a Disney on Ice show.”

The story in “Mickey’s Search Party” follows Mickey Mouse and pals as they follow Captain Hook’s treasure map for clues to find Tinker Bell after he attempts to capture her magic. They journey across the Marigold Bridge with Miguel from Disney-Pixar’s Coco into the magnificent and mystical Land of the Dead and discover a vibrantly colorful performance with skeletons atop sway poles dancing over the audience in a beautiful cultural celebration of family. They travel to the wintry world of Arendelle and sing along with Elsa as video projection creates a kaleidoscope of crystals to help build her ice palace. They witness Belle lift into the sky as the enchanted chandelier comes to life high over the ice for onlookers seated above and below. Along the way they encounter pirates flip, tumble, and twist on air tracks, stilts and more in an effort to showcase their talents for Captain Hook. Throw in elements from Disney favorites like Aladdin, Toy Story and The Little Mermaid and the search party becomes an all-out magical celebration.

“People are drawn to figure skating because with each year, performers do harder and harder stunts,” he said. “These productions are mesmerizing. We’re always pushing new boundaries and creating something new to make the shows more entertaining.”

Disney On Ice presents Mickey’s Search Party will perform March 5 and 6 at 7 p.m., and on March 7 and 8 at 11 a.m., 3 p.m. and 7 p.m. in the Vivint Smart Home Arena, 301 S. Temple, Salt Lake City. Tickets are available at the box office or can be purchased online at Ticketmaster.com.
Calendar

Events

Feb. 27: JOIN PHELPS, Phriends & Phavorites for a musical performance at the Bountiful/Davis Art Center. The program features various types of music such as vocal, instrumental, popular, classic, sacred, Broadway and sing-alongs. Lewis Phelps, professor emeritus, University of Mount Union, Alliance, Ohio will be joined by Anita Call, Mary Ann Dresher, Susan Facer, Nathan Northrup, Suzanne Hill, Sara Jane Nicholson, Lisa Safeer, RaeLynn Wheeler and Gary Whipple. The performances are free and open to the public and will be held from 1:30 – 3 p.m. Feb. 27. The BDAC is located at 90 North Main Street, Bountiful.

Feb. 29, March 14, 21, 28 Come enjoy a guided exploration of the historic Fielding Garr Ranch at Antelope Island. Meet at the ranch at 1 p.m. For more information, contact caldich@utah.gov.

March 4-April 8 The Bountiful Community Church is hosting a Bible Study series during Lent. “Understanding the culture of the New Testament: the Bible Comes Alive!” will be held every Wednesday evening starting at 6 p.m. with a potluck dinner and video discussion of New Testament times and topics. All faiths are welcome, 150 N. 400 East, Bountiful.

March 7: The eighth annual Bountiful Soroptimists’ International Women’s Day Luncheon will celebrate the 100th anniversary of U.S. women receiving the right to vote. Eldredge Manor, 564 W. 400 North, Bountiful, 11:15 a.m. to 1 p.m. Cost, $25, paid at the door. The public is invited. Speaker will be Dr. Naomi Watkins from the Better Days 2020. She will discuss the book Thinking Women: A Timeline of Suffrage in Utah, by Rebekah Clark and Katherine Kitterman. Reservations are required. Call Phyllis Robins: 801-292-3683 or Esther Shutt: 801-294-4542.

March 17: Bob Stevenson will address the topic “Lost Industries” at the Centennial Lecture Series sponsored by the Heritage Museum of Layton. Lecture series are free and begin at 7 p.m. in the City Council Chambers of the Layton City Administration Building, 437 N. Wasatch Drive, Layton. Before Layton became a city there were several industries that contributed to the growth of the region. At one time, there were four flour mills processing the various grains grown in the region. There were also three canning companies who processed corn, peas, beans, and tomatoes for consumption throughout the Western United States. None of these industries exist today. This lecture will explore how these “lost industries” contributed to the Layton of the past.

Mondays: Get your taxes prepared by AARP and electronically filed for free. Call Devon Stainer for details and to make an appointment. Call Mondays from 9 a.m. to noon and 2 to 5 p.m. at 801-292-1389.

March 26: Open Doors Food Bank from 7 to 8 p.m. Volunteers 55 and older are invited to join the Davis County Retired and Senior Volunteer Program (R.S.V.P.) at Open Doors Food Bank to help sort food. For more information or to sign up contact Jackie Smith 801-525-5094 or email Jsmith@co.davis.ut.us

Music

March 6: March is Women’s History Month and Wi-Fi(ve) Quintet will celebrate with music written and inspired by women. They will perform at the Alpine Church, 254 W. 2675 N., Layton, 7 to 8 p.m. Free. Wi-Fi(ve) is five talented and experienced musicians who have come together to form a fresh new chamber ensemble in Northern Utah. Their beautifully rich and sonorous sound, coupled with our outstanding musicality and professionalism is absolutely guaranteed to knock your socks off.

• BYU’s Living Legends will perform at 7 p.m. at the Conference Center Theater in Salt Lake City. For tickets visit churchofjesuschrist.org/events.

March 8: Music, song, and dance will be in abundance at the 2020 Interfaith Music Evening hosted by the Salt Lake Interfaith Roundtable. The concert will be held on March 8, 2020, at 6 p.m. in the Tabernacle on Temple Square and is open to patrons of all ages and religious backgrounds. This night of unity and celebration will include musical performances, scriptural readings, and prayers from various Utah faith communities. Tickets are not required. This annual tribute originated during the 2002 Olympic Games as a time of prayerful reflection for religious leaders and others preparing to welcome the world to Salt Lake City. It returns every spring near the anniversary of the Games and is the signature event of Interfaith Month in Utah, which celebrates the legacy and spirit of global harmony and understanding.

Stage

Feb. 28-29, March 4-7: Farmington High School presents “Joseph and the Amazing Technicolor Dreamcoat,” 7 p.m. with March 7 matinee at 1 p.m. Tickets general admission, $5 students and kids, $8 adults. Facebook @farmington bightheatre.

Feb. 7-29: Guys and Dolls will be presented at the Hope Box Theatre, 1700 S. Frontage Road, Kaysville, 801-451-5259, hopeboxtheatre@gmail.com.

March 13-April 11: CenterPoint Legacy Theatre brings a classic back in The Music Man! Monday – Saturday 7:30 p.m., Saturday matinees 2:30 p.m. Tickets $18-$30, free parking, 801-298-1302, CPTUtah.org, 525 N. 400 W., Centerville. Timeless and fun, The Music Man is just as magical as if 76 trombones marched down your very own street. CenterPoint Legacy Theater has done it again with this charming blast from the past, chock full of memorable songs, hilarious and charming characters, and a story for the ages.

ASL Performance Saturday March 21, Matinee 2:30 p.m. Certified Interpreter. Ticket requests need to be made 48 hours in advance to insure interpreters. Contact the Box Office for available seating, 801-298-1302.

North Main Street, Bountiful.

HONEST ABE
Melvin J. Mills started dressing as Abe Lincoln when he had trouble getting into businesses as a sales representative. Soon he branched out and now he visits hospitals and schools dressed as the well-known president. COURTESY PHOTO
Viewmont only survivor in girls’ state basketball tournament

by Catherine Garrett
Clipper sports

Viewmont defeated Brighton and Alta to advance to the final eight teams of the 5A state tournament. Davis, Bountiful and Woods Cross went 1-1 last week while second-seeded Farmington was upset by Mountain View.

**Viewmont**

Tenth-seeded Viewmont dominated Brighton, who was No. 23, getting off to a hot start and going up 10 in the first quarter before holding the Bengals to just two points in the second. After leading 32-13 at the half, the Vikings coasted to a 52-24 win on Feb. 18.

“Every player got in the state game so that was awesome,” said head coach Roger Farnsworth. “The ninth graders that didn’t play up sure are missing out. Not one tried out. We’re having a blast every day.”

Anna McKay had 12 points and eight rebounds to lead Viewmont, with Karlia Gunnell (11 points) and Grace Mackay (11) also in double figures.

On Feb. 20, the Vikings faced No. 26 Alta and pulled off a 51-46 win by scoring 25 points in the fourth quarter to pull away just enough in a tight game.

“It was another fun and exciting win for a team without a ceiling,” Farnsworth said.

**Bountiful**

The Braves used a big run in the second half to take down Mountain Ridge 67-58 in their first-round victory, held at home on Feb. 19.

Trailing 35-31 at halftime, the Braves stormed in front thanks to a 20-8 advantage in the third quarter, turning the tide and giving the team a 51-43 advantage heading into the final six minutes. From there, Bountiful held strong to preserve the win.

Camron Chism paced the team in scoring with 20 points. Ethan Phillips had 15 points and six rebounds, while Austin Cooper chipped in 10 points, six rebounds and three assists. Robert Whaley was held to just six points, though he added eight rebounds, six assists and three steals.

Whaley made up for his season-low scoring effort in a big way two days later. In round two, Bountiful blitzed Park City 80-64. Whaley put together one of the most impressive performances of the Utah high school season with 38 points.
State wrestling: Viewmont fourth, Farmington cracks top 10

by Josh MCFADDEN
Clipper sports

The Viewmont wrestling program had made it a tradition to finish at or near the top of state competition standings. This year was no different. On the heels of a third-place showing last season and a Class 5A state title in 2018, the Vikings finished fourth among a talented group of competitors at this year’s event, Feb. 13 and 14 at Utah Valley University.

Viewmont amassed 140 points during the two-day affair, 24 behind third place Box Elder, a fellow Region 5 squad. Among all the wrestlers at state, perhaps no one was as dominant as Jeremy Evans. The 160-pound athlete was scarcely challenging on his way to an individual title.

Evans won three matches by fall, all in less than 1:14. He dispatched his first two foes in 20 seconds and 23 seconds, respectively. Then, after a forfeit in the semifinals, Evans took down teammate Alex Zesiger in 1:13. Zesiger’s second-place showing helped the Vikings control the 160-pound class.

Evans wasn’t the only individual champion during the tournament. Marcus Espinoza-Owens also took first, doing so in the 152 class. He won in the first round 14-2, followed by 4-0 and 3-2 decisions. In the finals, he prevailed 3-0. His brother Moses took second in the 145-pound class.

Other Viewmont standouts were Dallin Astling, who took fourth in the 170-pound division, and Karson Rees, who was fifth at 132 pounds. Chase Redd rounded out the scoring for Viewmont, placing sixth in the 195-pound group.

Farmington

In their second year as a program, the Phoenix more than held their own at the tournament. The team placed sixth with points, 10 behind Mountain View.

The Phoenix were led by Jacob Anderson, who took first in the 195-pound division. Anderson won by fall in all four of his matches, including a pin in 2:20 in the finals. At 132 pounds, Parker Frasure came up just short of a title by coming in second.

Teammates Austin Gillette (152 pounds) and Sam May (145) were third and fourth, respectively, in their divisions. The Phoenix got more points from Jacob Waddoups, who earned sixth place at 106 pounds.

Woods Cross

The Wildcats were in the middle of the pack, picking up 42 points to secure 14th place. Woods Cross was just a point behind 13th place Provo.

A pair of Woods Cross wrestlers came in third to help their team move up the standings. Colton Erickson achieved that place in the 126-pound group. Christian Smoot wrestled his way to third place at 195 pounds.

The Wildcats’ finish this season was close to last year’s showing when the team placed 12th.

Davis

The Class 6A ranks featured plenty of strong teams, and the Darts also placed right around the middle for 14th place. Davis scored 45 points, down from last year’s 76.5 points and ninth-place effort.

A pair of Davis wrestlers made it to the podium by placing in the top six. At 138 pounds, Maclaine Percival ended up in third place. His teammate Mason Rigby was sixth at 182 pounds.

Darts, ‘Cats advance in boys basketball tournament

by Josh MCFADDEN
Clipper sports

As expected, both Davis and Woods Cross made it through the first week of the boys basketball state tournaments. Davis, in Class 6A, and Woods Cross, in 5A, both turned out some strong performances to move closer to a trip to the Jon M. Huntsman Center in Salt Lake City for the semifinals and finals.

Davis

The Darts and Woods Cross earned the top seed in 6A, thanks to a dominant one-loss performance during the regular season. Davis picked up where it left off, leaving no doubt about its superiority.

Davis throttled Taylorsville 76-40 in the second-round home game, Feb. 21. The Darts were hot from the field, shooting 28-47 and limited Taylorsville to 15-38 from the floor. There were plenty of individual accolades to go around. Jake Sampson had six three-pointers, accounting for all 18 of his team-high points. He also added three rebounds. Spencer Vernon distributed the ball nicely to the tune of eight assists. He chipped in 15 points in the win. Dylan Perrenoud had 11 points, five rebounds and three assists, while Jax Pearce filled the stat sheet with 10 points, seven rebounds and a trio of steals.

The game was still within reach for Taylorsville at the half, with Davis up 31-19. However, a 45-21 second-half run shut the door on a comeback.

Davis went on to host Westlake on Wednesday (after our press deadline) in the quarterfinals. A victory there would send the Darts to the semifinals on Friday where they would face the winner of Skyridge and Lone Peak.

Woods Cross

The Wildcasts eased past fellow Region 5 foe Box Elder on Feb. 21 by the score of 62-50. It was the second win of the year for the Wildcats over the Bees.

Woods Cross used a strong effort for the first three quarters to put Box Elder away. The Wildcats were up 31-20 at halftime and 46-29 at the end of the third quarter. The Bees made a mini-run in the fourth quarter, but the Wildcats had built a big enough cushion to win comfortably.

Davis Creer and Quaid Knell each had 16 points for Woods Cross, while Tyler Roberts added a dozen points.

On Tuesday, the Wildcats entertained Orem in a quarterfinals matchup held after our press deadline. A victory would have moved Woods Cross to the semifinals where they would take on either No. 2 seed Springville or Bountiful on Thursday.

Athletes of the Week

The Davis Clipper is teaming up with Mountain Orthopaedics of Bountiful for our Athletes of the Week contest.

Our Male Athlete of the Week is Viewmont wrestler Jeremy Evans, who won all of his 160-pound division matches at the state 5A tournament by falls in less than a total of 1:14! Quite the feat.

Other nominees for the male award were wrestlers Marcus Espinoza-Owens of Viewmont and Jacob Anderson of Farmington, and basketball players Robert Whaley of Bountiful, Collin Chandler of Farmington, Micah Johnson of Viewmont, Davis Creer of Woods Cross and Jake Sampson of Davis.

Our Female Athlete of the Week honor goes to Viewmont basketball player Karlia Gunnell, who scored 30 points in wins over Brighton and Alta to reach the Elite 8 in the state 5A girls tournament.

There were no other nominees for the female award this week.

Winners were chosen from recommendations by our sportswriting staff and area coaches. We’ll be honoring Athletes of the Week throughout the school year, as well as Athletes of the Month.

Congratulations to all of these athletes!
**Survivor**

Continued from page 19

“We play with a lot of heart. Our fans were awesome!”

Gunnell had 19 points while Anna MacKay added 17 points and nine rebounds to lead Viewmont. The Vikings reached the quarterfinals and faced Mountain View on Tuesday after our press deadline.

**Farmington**

Second-seeded Farmington received a first-round bye at state before matching up with No. 18 Mountain View on Feb. 20. Leading scorer Val Kunzler was unable to play, being in bed with pneumonia, but the Phoenix got off to a 13-7 start in the first quarter and took an 18-13 advantage into the break. Mountain View came out in the second half and outscored Farmington 22-29 to win 42-40.

“It was a very good hard fought game,” said head coach Van Price. “We started the game a little sluggish, but it was in our control for the most part. Mountain View made some crazy three-pointers and then we had a couple untimely turnovers that ultimately cost us the game. It was a difficult loss knowing that we weren’t at full strength.”

Amber Beddes had a 12 points, seven rebound effort to lead the Phoenix.

The Region 5 champions finished up the season with a 19-3 mark.

“The best part for me was the closeness we have as a team, the fun, the memories and the friendships that resulted from being together,” Price said. “The three seniors will be missed by everyone. We hate seeing the end to an awesome year.”

**Davis**

Davis came in as the No. 9 seed and faced No. 24 Clearfield Feb. 18 in the first round of the 6A state tournament. The teams were close after the first quarter – with the Darts up 10-7 – before Davis poured it on offensively over the next three quarters to win 54-29.

“It was awesome to get a first-round state game,” head coach Anne Jones said. “We played some tough defense against a quick and athletic Clearfield. We are playing well right now. Hopefully we can get this next win against Herriman and get to the U!”

Kykee Mabry led the way with 15 points while Callie Tolman added 12.

On Feb. 20, Davis lost to Herriman 60-40. The Darts found themselves down early and then 31-16 at half. A 24-point second-half effort came up short against a hot-shooting Mustangs team.

“Herriman is a very good team and could go really deep into the state playoffs,” Jones said. “They shot lights out against us and anything we did defensively against them it seemed they had an answer. We played tough and played hard, but unfortunately some of our easy shots just didn’t fall for us. With the new format for the state playoffs this year and the first two rounds at home sites, it would have been nice to have played at a neutral site.”

Leavitt scored 10 points to lead Davis.

The Darts ended the season with an 18-5 record.

**Bountiful**

Bountiful, playing as the No. 20 seed, hung with 13th-seeded Wasatch for the first half – with the Braves up 20-19 at the break.

In the second half, the Wasps had a big third quarter and went up by five going into the fourth quarter. The Braves evened things up by the end of regulation and then outscored Wasatch 52-5 in overtime to record the upset 57-54 on Feb. 18.

“It was a gutty clutch win for the Lady Braves,” head coach Joel Burton said. “We had to come back in the fourth and tie it up to get to overtime.”

Emrie Satuala had 18 points while Evelyn Chism and Lizzie McConkie had 16 and 14 respectively. On Feb. 20, Bountiful lost to Marlee Albrecth during the Viking’s win. The surprise foe from Farmington then closed the game with an 18-5 record.

**Viewmont’s Kaylie Smith (20)** and Karla Gunnell (23) collapse on Alta’s Marlee Albrecth during the Viking’s win, moving them into the 5A quarterfinals.

**Woods Cross**

It was a battle for No. 14 Woods Cross and No. 19 Murray Feb. 18 as the teams were within just a few points after the first quarter and then just one at the break. The Spartans held a two-point lead going into the final eight minutes when the Wildcats scored 15 points to win 40-35.

Taylor Jackson had 13 points for Woods Cross.

On Feb. 20, the Wildcats faced No. 3 Highland who had a first-round bye. Woods Cross struggled offensively and scored just six points in the first half, going down 21-6 by halftime. The Wildcats outscored the Rams in the second half 27-22, but they lost 43-33.

“It was a tough start to the game,” head coach David Simon said. “We couldn’t get the ball to go in the basket in the first half. We have had that challenge all year long with certain stretches of games. Highland is a really good team who plays hard and makes plays when they need to. We were able to make a run in the second half, but the deficit was just a little too big to overcome for us.”

Woods Cross finished the season with an 11-12 record.

**Win**

Continued from page 19

and 14 rebounds. He was hardly alone, however. Chism contributed 18 points and six assists, while Cooper had 14 points and seven assists.

Now in the quarterfinals, Bountiful had a tall order against No. 2 seed Springville in a Tuesday road game (held after our press deadline). Springville won Region 8 and boasts a 19-5 record. Should Bountiful win the game, it would take on the winner of Orem and region rival Woods Cross on Thursday.

**Farmington**

The Phoenix had an intriguing first-round game against Region 5 foe Viewmont at home on Feb. 19. The two teams had met twice during the regular season, including just five days earlier—a 76-42 Farmington win.

The playoff game was much closer, but the Phoenix got the win 44-29.

In a strong defensive effort for Farmington, the team bounced back from a slow start to turn a two-point deficit at the end of the first quarter into a 20-12 halftime lead. Farmington then closed the game with an 18-12 run to seal the victory. Neither team shot the ball well from the floor, as the Vikings made just 10 of 43 shots. The Vikings hit 17 of 18 from the foul line, though, which was a big key in the win.

Mason Covington had 15 points for Farmington, while teammate Collin Chandler had 11 points, six rebounds and three steals. For Viewmont, Micah Johnson had a game-high 21 points and nine rebounds. The Vikings ended their season with a 7-17 record.

Farmington moved on to edge Alta 77-75 on Feb. 21. A big second-quarter spurt turned a 17-13 deficit into a 34-29 halftime lead for the Phoenix. The team appeared to be comfortably ahead but had to withstand a 32-25 Alta run in the final six minutes.

The Phoenix were once again accurate from the foul line, hitting 18 of 21 shots.

Chandler led the team with 24 points. Truman Hendry had 18 points, and McKay Thomsen had 13 points of his own.

On Tuesday, after our press deadline, Farmington hosted Provo. The surprise foe from Region 8 had gone 11-12 during the regular season. A triumph in that quarterfinals matchup would move Farmington the semifinals against the winner of Timpanogos and Murray on Thursday.
Social Security announces online card replacement

The Social Security Administration introduced the expansion of online services for residents of Utah available through its my Social Security portal at www.socialsecurity.gov/myaccount. Andrew Saul, Commissioner of Social Security, announced that residents of Utah can use the portal for many replacement Social Security number (SSN) card requests. This will allow people to replace their SSN card from the comfort of their home or office, without the need to travel to a Social Security office. “We are here to serve the public and this option helps us improve service by offering a safe, secure, and more convenient choice for doing business with us online,” Saul said in a release. “I am pleased to offer Utah residents the added convenience of replacing a Social Security card through the my Social Security portal.”

The agency is conducting a gradual roll out of this service; Utah is one of the many states, plus the District of Columbia, where this option is available. Throughout 2020, the agency will continue to expand the service option to other states. This service will mean shorter wait times for the public in the more than 1,200 Social Security offices across the country and allows staff more time to work with customers who have extensive service needs.

U.S. citizens age 18 or older and who are residents of Utah can request a replacement SSN card online by creating a my Social Security account. In addition, they must have a U.S. domestic mailing address, not require a change to their record (such as a name change), and have a valid driver’s license, or state identification card in some participating states. My Social Security is a secure online hub for doing business with Social Security, and nearly 47 million people have created an account. In addition to Utah residents replacing their SSN card through the portal, current Social Security beneficiaries can manage their account – change an address, adjust direct deposit, obtain a benefit verification letter, or request a replacement card without waiting for a replacement form in the mail. Account holders still in the workforce can verify their earnings history and obtain estimates of future benefits by looking at their Social Security Statement online.

For more information about this new online service, visit www.socialsecurity.gov/ssnumber.

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CAMPAIGNS

Continued from page 3

said.

His appearance came just hours after his first Democratic debate in Las Vegas on Feb. 19, a performance that, by his own admission, was less than stellar.

“I think it felt like being a Utah fan in Provo during the ‘holy war,’” he quipped. “The real winner in the debate last night was Donald Trump.” He said he worries that his very divided party might be on its way to nominating someone who can’t win in November, referring to Bernie Sanders, who’s emerged as the front runner after two state caucuses and one primary: “If we choose a candidate who appeals to a small base like Senator Sanders, it will be a fatal error.”

Bloomberg painted himself as much more moderate than most of his opponents, and points to his record as mayor of New York City as evidence he’s not afraid of a challenge or a fight – from Trump or anyone else.

“We took on the toughest fights and won,” he said. “I helped lower the homicide rate in New York City by more than half. The city’s carbon footprint went down by 13 percent under my leadership. I want to reinstitute an estate tax, lower prescription drug costs, fix the broken immigration system, have sensible gun laws and protect a woman’s right to choose.” He has skipped the nation’s first four primaries and is focusing on Super Tuesday, when Utah will be one of 14 states, along with citizens of American Samoa, to cast ballots for delegates to the national Democratic convention. Bloomberg’s talk was short and he was gone within about 30 minutes of his arrival.

Gabbard’s town hall on Friday night was much more low key, but much more personal. The Iraq war veteran and congresswoman from Hawaii spent part of three days in Utah. She spoke to students at UVU in Orem and at the University of Utah on Friday, followed that with another talk with students at BYU on Saturday, then went snowboarding in Utah with her husband on Sunday. Though she has made just a ripple so far in national polls, she’s determined to fight for unity in a party, and in a country, she said is “terribly divided.”

“The way to combat that is through leadership,” she told me. “We need a systematic change in Washington so we can truly have a government that is of the people, by the people and for the people.”

There were no flashing lights or blaring music at her town hall, and attendees weren’t offered free swag, though shirts and hats were available for purchase. An audience of about 150 heard her give a short speech, after which she took questions, posed for photos and interacted with anyone who wanted to meet and visit with her.

“I want to see campaign finance reform to end political donations from committees and special interest groups,” she said. “I want to see a redistribution of wealth to help everyone just trying to afford life, and I do want an end to wasteful military spending.”

She’s also keen on environmental protection, moving away from fossil fuels and supports regenerative agriculture.

“I was a soldier for 17 years and I’ve been a member of Congress since 2012 – someone focused on national security and foreign policy. Some ask if I’m afraid of a fight with Donald Trump, but I served in Iraq during the height of the war and I served in a medical unit where we were confronted every day with the possibility it could be our last. So I have nothing to fear from Donald Trump.”

The contrast between campaigns – one very grassroots and one funded by a massive billionaire fortune – couldn’t have been greater. But one thing they had in common – believing that Utah voters matter, which is why they came to the Beehive State last week. That’s something few Democrats, or even Republicans fighting for the White House, have paid attention to overall in our state’s history.
## Obituaries

### Maurine Louise Jones Stone

**Dec. 29, 1928 - Feb. 15, 2020**

Our sweet Mother, Maurine, passed away peacefully at home on Feb. 15, 2020, surrounded by her family and loved ones. She was 91 years old.

Maurine was born on Dec. 29, 1928, in Victor, Idaho to Charles Vern and Eva Mae Sinclair Jones and was the third of five children. She was born and raised in the beautiful Teton Valley. She grew up on her family farm where she and her favorite horse “Old Bud” shared adventures throughout the valley. When she was 16 years old, she and her sister Deon, worked at the Double Diamond dude ranch in Jackson, WY and enjoyed their experiences that summer.

Maurine moved to Rexburg, Idaho to complete her education at Madison High School. During her senior year, she met her sweetheart, Lorin T Stone, from Sugar City, Idaho. He had recently returned from his service in WWII. He was honorably discharged from the Army Air Corps (Air Force).

They were married on Oct. 20, 1947, in Victor, Idaho. Their marriage was later solemnized in the Bountiful Temple on June 19, 1960. They were happily married for 68 years and created many wonderful memories while raising their five daughters in Centerville.

Mother worked outside of the home at various jobs throughout her life, yet her most treasured role was that of being a wife and mother. Her family was everything to her. She found much joy in spending time with her grandchildren.

Mother was known for her work ethic starting at a young age. She was known for her ability to maintain a pristine home and took pride in her beautiful landscaping. From fudge and bread to quilts and needlework, she enjoyed sharing her handmade gifts with those she loved.

Mother lived a life full of memorable experiences. She had a passion for reading, music, camping, and traveling with her family. She was able to visit many foreign countries throughout her lifetime. She found joy in the beauty of nature and sharing that with her daughters.

Maurine was a faithful member of The Church of Jesus Christ of Latter-day Saints. She loved the Gospel of Jesus Christ and lived a life full of service. She served diligently in many church callings and lived lovingly the lives of others.

Mother is survived by her daughters Sheron (Michael) Morell, Sherylan (Mark deceased) Mann, JaaNeel (Robert) Franson, Janet (Dennis) Warner; and her brother Benny J Jones. She has 13 grandchildren and 24 great-grandchildren. She was preceded in death by her husband Lorin, daughter Carol, her parents Charles Vern and Eva Mae, two brothers, Laurel and Nuel; one sister, Deon Carlson; grandson Joshua Carlson, son-in-law Mark D. Mann, and great-grandsons Chance Farley, and Jaymin Mann.

We give a special thanks to Tammy and Jodie and the other caregivers from Encompass Home Health, who so lovingly cared for Mom during the final months of her life.

Funeral services were held Saturday, Feb. 22, 2020 at 11 a.m. at Russon Mortuary, 295 North Main, Bountiful. Interment was held before the services from 9:30 to 10:45 a.m. Interment at the Centerville City Cemetery. Online guest book at www. russonmortuary.com.

Mom, we love you and miss you already. Thank you for touching so many lives with your special love and generosity.

In lieu of flowers, please hug your family and keep them close as mother always did.

### Jeannine Pope Parrish

**1937-2020**

Blackfoot, Idaho – Jeannine Pope Parrish passed away suddenly and unexpectedly on Tuesday morning, Feb. 18, 2020. She had just celebrated her 83rd birthday. She was born Feb. 2, 1937, in Salt Lake City to Harold and Vermilla Beck Pope and lived most of her early life in Bountiful, Utah. She attended Bountiful High School and later Weber State College. She married Terrell Hart, of Bountiful, and they became the parents of three sons. In 1965 she married Joel Raul ‘RJ’ Parrish, of Centerville – also a single parent – and who had two sons. The newlyweds settled into a home in Kaysville, where they began to blend their two families together. Their marriage was later solemnized in the Ogden Utah Temple of The Church of Jesus Christ of Latter-day Saints.

Over the years – in addition to her household responsibilities and raising live boys – she worked full time as a rural carrier for the US Postal Service, school lunch program manager at Layton Elementary School, and as a teacher’s aide at Monte Vista Elementary in Farmington. After her sons began leaving the nest, she earned a four-year degree in nursing from Weber State College, after which she joined Intermountain Health Care, where she worked until retirement at Ogden’s McKay-Dee Hospital as an operating room nurse, specializing in open heart surgical procedures. It was during this time that she and RJ became certified as emergency medical technicians and supervised emergency ambulance services in Davis County in their spare time.

Jeannine was a gifted pianist and singer – and into her late years served as ward organist in her LDS ward in Kaysville. She was also a skilled artist – both in illustration and painting. Many of her artistic touches could be seen as decorations in her Kayysville home, where she lived for more than 50 years. In 2016, she sold the home and moved to Blackfoot, Idaho, where she was cared for by her son, Brian, and daughter-in-law, Nancy.

She was preceded in death by her husband, RJ; her son, Joel Jr.; her parents, older sister, Lorraine, and youngest sister Claudia. She is survived by four sons: Douglas (Kayeline) of Johannesburg, South Africa; Brian (Nancy) Hart of Blackfoot, Idaho; Chris (Monica) of Pleasant Grove; and Tracy (Cindy) of Herriman; 21 grandchildren; 30 great-grandchildren; and her younger brother Ronald (Sydna) Pope of Waynesboro, Pa.

Funeral services were held Tuesday, Feb. 25, beginning at 11 a.m. at the LDS Kaysville Twelfth Ward chapel, 1039 East Crestwood Road, Kaysville. Friends wishing to pay respects called on the family at Russon Mortuary, 1941 North Main, Farmington, on Monday evening, Feb. 24, from 6 to 8 p.m., and at the chapel on Tuesday morning from 9:30 to 10:30 a.m. – just prior to the services. Interment followed the funeral in the Kaysville City Cemetery.

In lieu of sending flowers, the family encourages donations to be made to a charitable organization of your choice on behalf of Jeannine.


### Brittany Farr Pulsipher

**1979-2020**

I am profoundly saddened to announce that my wife and best friend, Brittany, finished her mortal journey last Friday evening (2/21/2020). We are missing her already and will miss her more. To know her, was to love her. She radiated everything good, she glowed. She brought great strength and peace to those around her. She was an amazing mother – always striving to be better. Her love for Tanner and Jackson was supreme. She was a perfect companion. Her great sense of humor, amazing smile, and deep love for her family will always be remembered. She was always seeking out those in need and reaching out to lift up others. We wanted to be better just being around her. We look forward to being reunited again with her someday. Families are forever. Love, Dan

Brittany is survived by her husband, Dan; sons, Tanner and Jackson; parents, Brian and Jayne Farr; siblings, Jana (Cameron) Scott, Justin (Andrea) Farr, Erin Farr, Kellie Farr; parents-in-law, Dennis and Dixie Pulsipher; and many loving aunts, uncles, cousins, brothers and sisters in-law, nieces, nephews and friends.

Please visit www.russonbrothers.com for full obituary Viewing: Friday 2/28 6-8 p.m. Funeral Services: Saturday 2/29 Noon Viewing also prior at 10:30-11:30 a.m. All will held be at: NSL Legacy Stake Center 954 N. 1100 N. North Salt Lake

### Cloyd Jay Jessop

**1930-2020**

Cloyd Jay Jessop was reunited with the love of his life on Valentine’s Day, Feb. 14, 2020. Cloyd was born Dec. 22, 1930 in Millville. He died at the age of 89 in the same room he was conceived and born in. He lived his early life running-amuck in Millville with his countless cousins in crime. In 1951, he and Beth Haslam eloped and started their 63-year adventure together. He was a loving husband, a father that led by example, adored his grandkids, crazy strong, and not your average-hunting companion. Cloyd left an impression wherever he went with his charming personality. Preceded in death by his parents; Verlo and Thelma Jessop, wife Beth Jessop. Survived by; sister Nelda Roskelly, sons Jay (Charyn), Randy (Pam), Carl (Chris), Jimmy (Valerie), Kevin; and finally a daughter Peggy (Jeff) Neagle and oops, Patie (Jerry) Fox, 17 grandkids, 32 great-grandkids and two-great-grandkids.

A viewing was held Friday evening, Feb. 21, 2020 at Russon Mortuary, 295 N. Main Street, Bountiful. Graveside services were held at the Millville Cemetery at 1 p.m. on Saturday, Feb. 22, 2020. In honor of Cloyd, please join the family in wearing farm casual attire during our graveside services.

Online guestbook available at www.russonmortuary.com

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**Obituary Deadline**

**Monday, 4 p.m.**
Obituaries

Chadley Ann Thacker
1935-2020
Chadley Ann Thacker was born on Sept. 22, 1935 in Logan, the oldest of three daughters born to Archie K. and Valoie Rosenbaum Hill. The family moved to Denver, CO, and later to Stockton and Sacramento, CA. She also had the opportunity as a teenager to live in Greece for a time after World War II. She graduated from high school in Sacramento in 1953. Chadley Ann continued her education, studying nursing, at BYU in Provo. She graduated with high honors in 1957 as part of the first class from the newly accredited BYU School of Nursing.

Three days after graduation, on June 3, 1957, Chadley Ann married her sweetheart, Fay Weldon Thacker, in the Logan Temple. She made being a wife and the mother of her eight children her full-time job, and when asked what she did, she would proudly always reply, “I am a homemaker.”

Chadley Ann visited many countries and continents. In addition to visiting the 5 countries in which her sons served as missionaries, she and Weldon led tours for the Church Educational System (CES) to Church History Sites in the US as well as leading nine tour groups to the Holy Land and Egypt. They made it possible for each of their children to join them on a Holy Land tour of sacred sites.

Chadley Ann loved the color blue green, working in her rose garden, music and theater. Her beautiful singing voice was shared in productions and choirs. She served the community as Bountiful Birthday Gift Historian. She served as Stake Primary President and in many auxiliaries within The Church of Jesus Christ of Latter-day Saints, serving many years as den mother for Cub Scouts. She was very pleased that all five of her sons earned the rank of Eagle Scout. Her favorite church calling was as Primary chorister. Chadley Ann would often say she “married someone worth sharing;” and she followed her words up with actions, supporting Weldon in his varied church leadership callings including “Mission Mom” of the Peoria, Illinois Mission and as his companion on their CES mission in Denton, Texas where she taught at the Institute. Chadley Ann was known for always having a radiant smile on her face. That smile and positivity remained as she dealt with the decline brought on by Dementia/Alzheimer’s. She passed away peacefully in her home on Feb. 23, 2020 in Bountiful.

Chadley Ann is survived by her husband, F. Weldon, and eight children: Brandon K. (Shauna), Bryce Weldon (Shelly), Thalia Lynn Ashby (Robert), Rashan Valoie Balle (Brad), Barton Lee (Callie), Randall Kent (Nicole), Renan Hill (Paula), and Lexie Ann Borg (Todd). She is survived by 31 grandchildren and 20 great-grandchildren as well as by her sister Dallas Lynn Anderson. She was preceded in death by her parents and her sister, Lexie Thalia Lynn Ashby (Richard), Janeth VaLoie Balle (Brad), Barton Lee (Callie), Randall Kent (Nicole), Renan Hill (Paula), and Lexie Ann Borg (Todd).

Ann Borg (Todd). She is survived by 31 grandchildren and 20 great-grandchildren as well as by her sister Dallas Lynn Anderson. She was preceded in death by her parents and her sister, Lexie Thalia Lynn Ashby (Richard), Janeth VaLoie Balle (Brad), Barton Lee (Callie), Randall Kent (Nicole), Renan Hill (Paula), and Lexie Ann Borg (Todd).

F. James Cowan, Jr.
1945-2020
F. James Cowan Jr. passed away from colon cancer Tuesday, Feb. 18. Jim was the first boy born Jan. 1, 1945, to Francis James Cowan and Arminda Merrick Cowan. He is preceded in death by his parents and by his sister, Sue Jensen.

Jim married LaRue Bartholomew on June 8, 1972, in the Salt Lake Temple. They have six well-educated, talented, service-oriented children: Chris, Matt (married to Heidi Block), Natalie (Aaron Stobbe), Mary (Brad and Catherine (Taylor McCarray). They are also blessed with 14 grandchildren (Davis, Samuel, Sara, and Joe Stobbe; Dayna, Ben, Ava, Gianna, and Olivia Jorgensen; Evelyn, Hannah and Clara Cowan, and Alexandria McCarray).

Jim was a faithful, active member of The Church of Jesus Christ of Latter-day Saints. His church service created the strong foundation of his life. He served a mission in Eastern Canada, and held many callings such as: Scoutmaster, bishop, stake presidency member, and temple ordinance worker. Scouting was an important part of Jim’s life. He was an Eagle Scout, and received the Silver Beaver designation.

In 1969, Jim was drafted into the army from graduate school, and served in Vietnam with the artillery unit. He was awarded the Bronze Star for his service during the invasion of Cambodia in the summer of 1970.

After his release from the army, Jim went back to school and graduated with an MBA from the University of Utah. He was one of the first Charter Financial Analysts (CFA) in Salt Lake, and was a founding member of the Chartered Financial Analyst Society of Salt Lake City, serving as its president in 1979. Jim worked for the investment department of The Church of Jesus Christ of Latter-day Saints, Ensign Peak Advising, Deseret Trust Company, Utah Medical Association Foundation, and was president of Century Funds management.

Funeral services were held at 11 a.m., Monday, Feb. 24, 2020 at the Porter Lane 2nd Ward, 436 W. 400 South, Centerville. A viewing for Jim’s honor was held Sunday evening from 5 to 6 p.m. at Russon Mortuary, 295 N. Main St., Bountiful, and Monday morning 10 to 10:45 a.m. at the church prior to services. Online guest book at www.russonmortuary.com.

Fort Limhi discussion at Centerville SUP meeting
Fort Limhi, the Salmon River Mission, or the “Northern Mission to the Remnants of the House of Jacob which inhabit the Mountain Regions known as the Rocky Mountains,” will be the topic discussed by Bruce Collet at the Centerville SUP Chapter meeting on March 5.

At the April 6 conference in 1855, Brigham Young called 27 men as missionaries to the above mission, to depart as soon as possible, at a time when the northernmost outpost was Grover’s Spring (now Brigham City). Although little known and even more misunderstood, it was to play a pivotal role in the history of the U.S. and Utah.

Elder Bruce Collet is a senior Church Service Missionary in the Utah Salt Lake City Headquarters Mission. Elder Collet is assigned to Global Acquisitions in the Church History Department, and works primarily on documenting Church history in South Africa. His access to the Church Catalog spawned an interest in researching his great grandfather’s experience as president of this mission. Although definitely still a novice, he is excited to share some interesting perspectives, facts, stories, observations, and pictures about this mission.

Elder Collet has a degree in computer science from USU and a Masters of Accountancy from the University of Illinois. He began his professional career in Los Angeles as a systems consultant with Arthur Andersen and Co., moving to Utah in 1972 to work on the Alaskan gas pipeline project (later shelved).

For those interested in coming to the meeting, contact Brent Schick at 801-718-0673 for the time and location.
Bountiful Sheet Metal Fabricator is looking for a self-motivated dependable person to fill F/T manufacturing position. Experience with sheet metal fabricating helpful but not required. Must be comfortable using power tools and large equipment. If interested email resume to Shaun at ssharkey@air-ritemfg.com or call 801-295-2529.


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LEGAL NOTICES

INVITATION TO BID

Sealed bids will be received by the City of North Salt Lake City Hall Building, 10 East Center Street, North Salt Lake City, Utah 84054, until 2:00 PM on Wednesday, March 11, 2020, for the following described project:

- Installation of new collars for all water valves and manholes and the installation of new asphalt at an unspecified location.
- Specifically required for milling approximately 9,622 SY of existing asphalt at an unspecified location.
- The work to be performed consists of furnishing all labor, materials, tools, equipment, transportation, and services required for the project.
- Bids must be submitted in compliance with the City's applicable policies and procedures.
- The bid opening will be held at 10 E Center St. North Salt Lake City, Utah 84054 - City Hall Building, 10 East Center Street, North Salt Lake City, Utah 84054 at 2:00 PM, or as soon thereafter as the matter may be heard, at the City's offices. The Bids will be publicly opened and read aloud.
- The Bidder shall be bound by the terms of the Bid and the Date and Time of the Bid Opening.
- The City of North Salt Lake City, Utah 84054 is actively seeking bidders to participate in the bidding process.

LEGAL NOTICES

NOTICE TO CREDITORS

In the Matter of the Estate of June Faireague Beer. Douglas H. Beer is the Personal Representative of the Estate of June Faireague Beer (hereinafter referred to as the "Estate"). June Faireague Beer died on February 3, 2020. Creditors of the Estate are invited to file claims with the City of North Salt Lake City, Utah 84054 at 10 East Center Street, North Salt Lake City, Utah 84054, with the Clerk of the City, not later than March 17, 2020. Written claims to attorney, Kent M. Brown with the law firm of Gary kobzeff@nslcity.org. C-4492 2/27-3/5

LEGAL NOTICES

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 “Storm Drain Along UPRR Union Ave. to Main St.” Project No. 18-018 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 3:00 PM on Wednesday, March 11, 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 application of lane striping and roadway symbols to City streets.

Tools, materials, equipment, transportation, and services required for the application of lane striping and roadway symbols to City streets. All paint must meet UDOT High Build specifications. Painting to be performed in accordance with the Drawings and Specifications prepared by the North Salt Lake Engineering Department.

Copies of the Contract Documents may be obtained from the City’s website at www.nslcity.org beginning February 27, 2020.

Questions may be directed to Gary Kobzeff at 801-335-8730 or gary.kobzeff@nslcity.org. C-4996 2/27-3/5
Raspberry Goodness from Morning to Night

Raspberry Coconut Smoothie Bowl
Servings: 2
- 2 cups frozen raspberries
- 1 large frozen banana
- 2/3 cup light coconut milk
- 1 tablespoon chia seeds

Toppings (optional):
- shredded coconut
- shaved dark chocolate
- hazelnuts
- chia seeds
- edible flowers

In blender, puree raspberries, banana, coconut milk and chia seeds until smooth. Mixture will be thick; ingredients may need to be pushed down to get blender going. If necessary, add more coconut milk.

Pour into two bowls. Garnish each with shredded coconut, shaved dark chocolate, hazelnuts, chia seeds and edible flowers, if desired.

Pecan-Topped Raspberry Cake
Servings: 8
- 1/2 cup chopped pecans
- 1 tablespoon lemon juice

Red Raspberry Whole-Fruit Sorbet
Servings: 8
(1/2 cup each)
- 4 tablespoons powdered sugar
- 18 ounces frozen raspberries
- 1 egg white, pasteurized

In blender, blend sugar and frozen raspberries until smooth. Add egg white and blend 30 seconds. Pour into two bowls. Garnish each with shaved dark chocolate, nuts, chia seeds and edible flowers, if desired.

Pecan-Topped Raspberry Cake
Servings: 8
- 1 teaspoon cinnamon
- whipped cream

Heat oven to 350 F.
- In bowl, cream 3/4 cup sugar and butter. Add eggs one at a time and continue beating until well incorporated. Add flour, baking powder and vanilla; beat well. Pour batter evenly into 9- or 10-inch prepared pan.
- Place frozen raspberries on top of batter. Sprinkle with pecans, remaining sugar, lemon juice and cinnamon.
- Bake about 1 hour. Remove from oven and let cool.
- Serve with whipped cream.