Planned DTC building gets funding boost

KAYSVILLE—A new building to house Davis Technical College’s health education programs is closer to fruition, and community donations are still being sought to help it happen.

It has been 10 years since planning began for the new facility, according to a press release from Davis Tech. On Oct. 6 of this year, the Utah State Building Board ranked it as the number three priority for state agencies’ capital development funds requests, a critical step to obtaining funds from the state legislature.

With that designation, the college hopes to receive $34 million of the $35.5 million cost of the building from the state legislature in 2018. Significant funds have already been raised toward the project, according to the release, and increased private donations “will help Davis Tech become better situated for approval for legislative funds.”

Marcie Valdez, director of the

‘Plat A’ rezoned for single-family residential

Bountiful City Council voted to rezone the western portion of the Plat A/Bountiful Historic Fort Neighborhood from multi-family to single-family residential. It means going forward, homes in the area running from about 100 West to 200 West between 400 North and 500 South will be limited to no more than four residential units per acre.

The previous RM-19 zone, which has existed for over 60 years, allowed for up to 19 residential units per acre. It has permitted construction of some duplexes and apartments in a traditionally single-family residence area. City officials said that 113 of the 155 properties in that area were still maintained as single-family dwellings. Many of those residents have been voicing concerns over the development of multi-family dwellings in the area.

At a public hearing on Oct. 10, both proponents and opponents of the change were present. In
BOUNTIFUL—The Bountiful Police Department is offering a cash reward for information leading to an arrest and prosecution for those responsible for a rash of property damage.

Aaron Tyler Croston was booked into the Davis County Jail Sunday on charges of child abuse after witnesses said he allegedly choked a 10-year-old boy during a sleepover at his home.

According to police, Croston showed the boy how to get out of a choke hold when the boy couldn't get out of a choke hold while wrestling another boy, Croston allegedly became frustrated and put a football jersey around the boy's neck.

Although it was hard juggling the academy and her master's program, Burton said her family has been very helpful. "This is not the first time she wanted to do my life but they've supported me along the way," she said.

Burtin doesn't have any family in law enforcement and spent five years as a clerk for a judge. "For a minute I thought I was becoming an attorney;" she said. "But I really enjoy interacting and engaging with the public," said Burton.

This is my dream job. "It's a concern with those tools," she said. "With a police officer you can be one of those resources that those people turn to her. "Children – they're always the ones that I always wanted to do and have the job. I love it."

"Every day I wake up to help people out and give back to the community," she said. "I have a bachelor's in criminal justice from WSU! and I'm working on a masters now. I just want to know why people commit crimes, so this seemed to be a perfect fit.

Burton grew up in a neighborhood. I want to do what I can to help crime be more proactive rather than reactive is the best way to control crime, she said. "I want to be a resource officer at a school in the future. "It's a concern with what they can do so I'm really grateful that she let me be a resource officer; she's one of those books.

She realizes being police officer is a tough job. "It's a concern with what they can do and I'm grateful that she let me be a resource officer; she's one of those books.

According to police, more than 20 different Bountiful residents had property damage to vehicles and at least one fence and one home. Officials believe the incidents are related.

The police are asking for anyone with information to contact the department. They are also encouraging those who may have been victims who haven't reported it to do so.

Police search for robbery suspect

Bountiful—Police are asking for the public's help in locating a white male suspected in an armed robbery of the McDonald's at 490 S. 500 West in Bountiful Oct. 11.

According to police, the man entered the store about 1:00 a.m. wearing a brown Carhart jacket, a black/bloodshot and camouflage neck gaiter pulled up over his face. The suspect lingered for about 20 minutes in the store before approaching the front counter and displaying a black semiautomatic gun while demanding money. He fled on foot and is still at large.

Please contact Bountiful Police Detectives with any information at 801-288-6000.

Burton lives her dream as new officer

The Centreville Police Department is hosting "Coffee with a Cop" at the Centreville Starbucks Oct. 29 from 4 to 5 p.m.

"It's a great way to engage with neighbors and ask questions," Burton said.

The police are asking for anyone with information to contact the department. According to police, the man was wearing a brown Carhart jacket, a black/bloodshot and camouflage neck gaiter pulled up over his face.

Burton during a training exercise at the academy. She was named as a new officer on Tuesday during the Woods Cross City Council meeting. Courtesy photo

Burton during a training exercise at the academy. She was named as a new officer on Tuesday during the Woods Cross City Council meeting. Courtesy photo

Here, therapy is designed with going home in mind.

As you spa, your body will fall, making it nearly impossible for your once-active soul to do the same. At Internationals LDS Hospital, we want you to get back to what has become impossible, and we’ll do it with personalized joint replacement and regenerative care designed to get you home. Know your hospital by learning about our available therapies for joint pain at LDSHospital.org.

Regenerative Care

1.888.330.3567

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Police offer reward in vandalism case

10-year-old boy during a sleepover at his home in Bountiful. Aaron Tyler Croston was booked into the Davis County Jail on suspicion of first-degree burglary and vandalism, according to police. The man accused of choking the boy was later arrested.

Burton doesn't have any family in law enforcement, but she was an attorney for a family in law enforcement. “For a Mom, it was a tough one,” she said. “It was a tough one.”

“I've been able to do what I love and help others,” said Burton. “I've been able to do what I love and help others.”

When students arrived they were given a packet of information and a free health screening at the Davis Technical College facility.

“Taking Offers” — Becoming a police officer is a tough job. “There's a lot of different things you have to do.”

Taking Offers — Becoming a police officer is a tough job. “There's a lot of different things you have to do.”

“The lack of capacity to provide jobs and economic opportunities,” said Gardner, “is a major challenge facing communities in Utah. The city currently gets 20 percent of its Utah's state general election races were won by a margin of greater than 50 percent. Utah's electorate is highly polarized, and its party allegiances are even more so.

“Reform efforts are under- way that could significantly change the dynamics of voting in Utah,” said Gardner. “It's exciting to see that the city should budget to make up the difference.”

SALT LAKE CITY — It likely won't be much in some Davis County communities where uncompetitive elections, with one candidate winning by 30 percent or more are the norm.

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BOUNTIFUL—What started as a dream for Kyra and Patrick Dunshee a couple of years ago became a reality last week when a statue memorializing the children’s section of the Bountiful Cemetery was dedicated.

“This is a beautiful day to dedicate this monument in memory of the babies and children buried in this beautiful and comforting cemetery,” said Bountiful Mayor Randy Lewis. “This is a special place for me and for fathers, mothers and families who have children here. It’s fitting because this is the 50th anniversary of the first baby buried in this cemetery. Now some 400 beautiful babies and children are here. It is a really sacred moment.”

The monument, “Close to Heaven,” sculpted by artist Scott Streadbeck, depicts a mother and father embracing an infant in their loving arms. It is the result of countless hours of fundraising and generous donations.

“We have a heart full of thanks for all those who made this possible,” said Kyra Dunshee, whose infant son Cole died at birth in 2003 and is buried there. “We are grateful to the Bountiful leaders for understanding how important this is to so many people. We’re grateful to everyone who has been a part of this.”

Dunshee’s sister also lost a son 15 years before Cole passed away. “Life was really dark for a long time,” said Dunshee. “Then 15 years later I lost baby Cole.”

For the last 13 years it became tradition for Dunshee and her family to leave decorations on the graves of those that didn’t get decorated. “That ends now because this monument takes its place,” she said. “It’s a permanent decoration to honor all the babies.”

Lewis said he could represent children buried in the cemetery who were not babies. “I have six children and when our twins were 11, my son got leukemia,” he said. “He fought it but during his junior year at Bountiful High it came back. He passed away at 17 years old. When I went in to see him before he died he was conscious but so weak. He was a boy of faith. He said, ‘dad I know why you’re here because I’m going to die. I’m not afraid. The only thing that bothers me is how sad my mother will be.’ This gives us reason to know that there will be something beyond the grave.”

“Each baby here has a story,” said Dunshee. “They are real, they matter and are of great worth. These people (statue) are watching over our babies. As fresh graves come it is sad to think about, but those parents will have this in place to give them comfort.”

Memorial statue dedicated at Bountiful City Cemetery

The statue honors those little ones lost.
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The opinions stated in this article are solely those of the author and not of The Davis Clipper.

I stay put? Neither football nor baseball. More of those 162 games would have placed them in the playoffs. The long schedule also allows for teams to get off or fail apart in April-May-June-July-August-September games this summer was a long one for the Cleveland Indians. They were higher on our list of things wandering the extensive ballpark. And because I knew she could have been over what she was educated, and know how to say the places that got our time weren't. The trick is to pick and choose. And sometimes we have to miss out. If there was more time I could have been over what she was educated, and know how to say. I am not a “want a be,” with a fancy education, and my degree I received where I was educated, and know how to say. I am a big supporter of honest people. There's no crying in baseball!
In this together for a manager or second-guessing, ketball contains as many decisions as with the checks.

The ponds, exploring the paths and not of The Davis Clipper. 

Took on greater meaning than lipper's and attention because they were higher on our list of choices made without undue judgment. Very few of the items building in my mind. We are all trying to work together to serve the city of Bountiful. We ask you to continue living the beauty of our powerful community.

And because I knew she felt we're foreigners or isolated from the city. Because of his contribution, we never forget that.

A short time from now in a pool nearer than you'd think. Journey through the galaxy and resist the dark side!

We're working on it. If there was more time I would already be fluent in more of the books in my library. We're working on it. The losses on that subsidy have to be paid by every source.

There's no crying in baseball! Hanks exasperated declaration, during Billy Crystal's 1997 movie “The Waterboy.”

You don't have to be a feminist to handle fame and its challenges. Jackie Robinson, in many ways, was as innovative in his role as a black man in part of pro sports. Jackie Robinson opened the door for many who take for granted minority participation in pro sports.

As for the summer-long 162-game season, it’s more about Susan Sarandon’s screenplay in a movie called “The Mighty Ducks.”

To cover the costs of rebuilding a critical substation and replacing two transformers that are showing beginning signs of future failure. It takes a year for these transformers to be built, to be rebuilt.

There are 52 largest Utah cities.

FACT: Bountiful HAS NOT raised its property tax rate since 2000.

FACT: Bountiful’s electricity rates are lower than Rocky Mountain Power’s.

FACT: For a candidate who says more money should be spent on infrastructure, YOU STATEMENT “I WILL NOT SUPPORT ANY FURTHER INCREASES IN PROPERTY TAXES OR POWER RATES DURING MY TERM IN OFFICE” IS COMPLETELY IRRESPONSIBLE! (October 12, 2017)

Here’s why:

• In June, the City raised power rates by $2.00 per month. Why? To cover the costs of rebuilding a critical substation and replacing two transformers that are showing beginning signs of future failure. It takes a year for these transformers to be built, and the cost of this project is nearly $6 million.

YOUR POLICY WOULD SIMPLY LET THE POWER SYSTEM FAIL. For 18 months you have been complaining that things are falling apart, yet under YOUR policy, you would leave the Bountiful residents WITHOUT POWER FOR THE FOUR YEARS OF YOUR TERM!

• You want to have non-solar power customers subsidize those who can afford to spend $200,000 on solar panels by buying their solar power for twice as much as the City can buy it from other sources. The losses on that subsidy have to be paid by every one else, or the City’s budget goes into a tailspin. You have said “everyone should have” solar panels. The loss to the City (if everyone had solar panels) is $10 million annually...

YOUR POLICY WOULD PUT THE CITY INTO BANKRUPTCY. if you are not willing to raise taxes or rates to pay for your solar panel promise, then you have established a Reverse Robin Hood rate plan that socks it to middle and lower income Bountiful residents who can’t afford solar panels.

• The price of the natural gas that fuels Bountiful’s power plant (and IPP) is not subject to the Mayor’s control. We either pay the going price, or we don’t get the resource.

YOUR POLICY PUTS BOUNTIFUL RESIDENTS AT RISK OF POWER BLACKOUTS if you don’t adjust rates to pay for the costs of power.

• You have complained about the tax increase levied this year by the South Davis Metro Fire Service Area, which is a regional district serving South Davis County. Bountiful City does not levy the tax. It was a unanimous vote by the County Commissioners and Mayors of the cities served by the District. The purpose of the increase was to replace aging equipment, to increase the number of firefighters from two to four per engine, and reduce the first-responder response time for fire and paramedics from an average of six minutes to four minutes anywhere in the South Davis Area.

YOUR POLICY WOULD PUT MORE LIVES AND PROPERTY AT RISK IN EMERGENCY SITUATIONS. Two minutes can mean the difference between life and death, and for 25¢ per home per day.

A REAL fiscal conservatism doesn’t fund operating expenses out of one-time money that we save for capital improvement projects. Fiscal conservatism is NOT being penny-wise and pound-foolish. It’s NOT refusing to pay what it costs for the services or resources the City requires, and putting residents at needless and dangerous risk. It’s also NOT supporting policies that are unnecessary, but will raise property taxes 530% as your road maintenance and solar power promises will do. And yes, you really made those promises! July 17, 2017 and August 21, 2017. Your own website.

I’m Mayor Randy Lewis, and I’m the ONLY genuine fiscal conservative in this race!
SYRACUSE—Students have been working extra hard at Cook Elementary and it has paid off. Their school was selected to be an Imagine Nation Beacon School for using the Imagine Learning program. The school was recognized at a special assembly held last week.

"We were third in the state," said Cook Principal Roger King. "It’s an online literacy program that is self-paced so students can work through it at their own pace."

King said teachers use it in the classrooms. "We also hold a class before school for them to work on it," he said. "We have about 60 kids doing that all year long."

Cook uses blended learning that is becoming a movement in education to provide personalized learning, said King. "The students move around the class in different groups using the program," he said. "The company tracks it because you have to use a certain number of minutes for it to make a difference."

Students in kindergarten through third grade participate with a minimum of 40 to 45 minutes a week of instruction. "It’s also available for students to work on at home," said King. "The teachers love it because it supports language and literacy and helps kids develop early English-language skills. We also use it with our ESL class."

King said they made a push school wide to use the program and the teachers really got on board. "It’s a huge benefit to teaching new reading concepts," he said. "It gives them a better base for the concepts they’re using in class. It also shows where a student is struggling so we can help with individual needs. Students work at their own level which makes them feel successful and helps them realize what they’re capable of and learning from it."

Cook named Beacon School

BY BECKY GINOS
bginos@davisclipper.com

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Experience confirms donating harvest ensures its success

BY LOUISE R. SHAW
lshaw@davisclipper.com

BOUNTFUL—If you ask Charles Harold Shafter the secret to his successful harvest, he’ll pass along some wisdom he learned from a friend: "The more you give away, the better you’ll do," he said.

It’s an insight he learned from the late Lewis Call, also of Bountiful, who was remembered for his farming and his love of the land when he died in 1993. Shafter took the advice to heart and this year, gave away most of the harvest from his large garden in north Bountiful.

Besides lots of potatoes, he gave away 90 pumpkins this year, and still had a few to grace his front porch for the upcoming holiday.

The donations to neighbors and friends have been going on for 25 years now, with his harvest last year of 120 pumpkins.

Shafter served four terms -- a total of 16 years -- on the Bountiful City Council. He serves in quieter ways now, as he works the land and then shares the harvest.

"It’s true," he said. "You should always give away more than you keep."

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"It’s true," he said. "You should always give away more than you keep."
Knowing your body key to early diagnosis and treatment

When it comes to health, you are your own early warning system.

The human body’s first cries for help are almost always quiet, little changes to its regular rhythm that can sometimes be hard to detect through official medical tests. Though it doesn’t replace an official diagnosis, your ability to notice the changes in your own body can let you know when it’s time to see a medical professional and sometimes get you vital treatment early enough to make a real difference.

Big things to watch for

The two biggest health risks where self-examination is an important first step are breast cancer and skin cancer. Doctors recommend that women do breast self-checks at least once a month, though men whose families have a history of breast cancer should consider self-checks as well. The website nationalbreastcancer.org/breast-self-exam has step-by-step instructions on how to do your own breast self-exam, and advises people on the complete list of things they should look for. In addition to lumps, unusual dimpling or puckering can also be signs of breast cancer.

When it comes to skin cancer, keep an eye on your moles. Common warning signs that a mole might be cancerous include asymmetry (one side of the mole being different than the other), edges that are ragged, notched or blurred; uneven color, or a mole that grows or evolves in any way. If you see any of the above signs in any of your moles, contact a dermatologist.

Subtler signs

Though the warning signs are less cut and dry, there are other areas you need to watch out for as well. Everyone should memorize the above signs in any of your moles, contact a dermatologist.

Irresistible!

Good news for all chocolate lovers. The Swiss have come up with a fourth kind of chocolate to rival the flavors found in white, dark and milk chocolate. It’s called Ruby Chocolate and it is made from the Ruby cocoa bean. Ruby Chocolate “offers a totally new taste experience, which is not bitter, milky or sweet, but a tension between berry-fruityness and luscious smoothness,” claims the chocolatier who concocted the new confection, Barry Callebaut. Callebaut says he is a purist and that it is real chocolate and that no berries, berry flavors or coloring are used to produce it.

One in eight women in the United States will be diagnosed with breast cancer in her lifetime—killing more than 40,000 women each year. But those staggering statistics could be decreased with early detection.

“Everyone has been touched by breast cancer,” said Dr. Jose Perez-Tamayo with Jakevics Hospital. “It makes sense to screen for it. If you catch it early it’s much more survivable.”

However, Perez-Tamayo said there has been some confusion over what the recommendations are. “The American Cancer Society says to start screening at age 45 and do it annually,” he said. “Others say start at 40 and some say to start at 50 and do it every other year. So who do you listen to?”

There has been a 30 percent reduction in breast cancer mortality since the 1990s, according to Perez-Tamayo. “It’s less prevalent in women age 30 to 40 but from 40 to 50 there is a significant increase in breast cancer,” he said. “We believe women should start screening at age 40. That is the best way to save lives from breast cancer.”

Perez-Tamayo said often people are worried about over treatment. “There are different forms of breast cancer,” he said. “Some are more aggressive than others. It’s impossible to know which kind of cancer so if you receive a diagnosis of breast cancer are you going to say, ‘just leave it alone?’ I don’t think so. Over treatment is different for everyone.”

A technique currently part of a national trial Perez-Tamayo is involved in is cryoablation, or freezing the cancer. “It’s an option for anybody who doesn’t want to do chemotherapy or radiation,” he said. “Any woman who has been diagnosed with breast cancer can see if she is a candidate. The best candidates are those whose cancer is in the early stages and small. We’re trying to preserve the breast without surgery.”

Researchers at Intermountain Health Care (IHC) recently announced another study to detect breast cancer sooner through DNA in the blood.

“We’re trying to find novel ways to catch it even earlier,” said Dr. Margaret Van Meter, director of breast oncology at IHC. “To see it on mammograms it has to be of measurable size but the cells are present before it becomes visible so we’re testing the blood for circulating tumor DNA that some cancers release into the blood stream.”

Called the CREST study, Van Meter said they plan
If that sounds familiar, you’re not alone. More than half of women deal with frequent urination. Aging, hormone changes, pregnancy, childbirth, physical stress (e.g., gymnastics) all play roles in overactive bladder problems, as do new factors, such as the obesity-diabetes epidemic. That’s a lot of daily difficulties. Urinary incontinence dampens your enthusiasm for exercise, sex, going out, even attending meetings. Yet few women, and fewer men (yes, it’s a problem for them, too), ask for help. We talked to David J. Henderson, MD, a Urologist at Lakeview Urology and General Surgery in Bountiful Utah to find the best ways to stop the flow for better bladder control:

• Do Kegels. This exercise strengthens the pelvic floor and sphincter muscles, which helps more than 80 percent of women with stress incontinence (the leak-when-you-sneeze type) stay dryer. You can do Kegel exercises anywhere: at your desk, sitting at the movies, standing in line at the grocery store. Doing Kegels is good for your sex life, too.

• Skip “urge-to-pee” drinks. It’s a no-brainer that your bladder’s going to yell after you chug a giant bottle of water, but you may be overstimulating an overactive bladder in other ways. Caffeine, fizzy drinks, artificial sweeteners, alcohol, tomatoes, and citrus can all trigger an overwhelming urge to pee. Also, sip slowly throughout the day.

• Take vitamin D. There’s a strong link between urinary incontinence and low vitamin D levels. Take 1,000 IU of vitamin D3 (that’s the kind of vitamin D your skin produces when exposed to sun) a day. 1,200 IU after age 60. Your doctor can also order a blood test to check your vitamin D levels. (Up to 75 percent of people are low, especially in winter.)

• Keep a “pee diary.” For three days, write down what you do and when your bladder loses control. Then look for connections. You may find patterns you can change easily, such as the afternoon urge to pee that always hits after your Big Gulp diet coke. You may also find connections your doctor can help with, such as a bladder that always acts up when you walk in the front door.

• Work with your doctor. If changes such as doing Kegels and not chugging soda don’t help, make an appointment with your doc. He or she can check for other factors that might be causing frequent urination. Anything from prescription meds (a side effect of some blood pressure drugs, for instance) to infections can trigger incontinence. Treatments include bladder retraining techniques, acupuncture, prescription drugs (to calm overactive bladders), and bladder surgery, to tightly shut your urethra (the tube that carries urine out of the body) or reposition a bladder that shifted during childbirth. There’s also a plastic ring called a pessary that can help stabilize a shifty bladder or tighten a leaky urethra.

Speak up. Soon you’ll be walking right past those underpads in the drugstore and taking long road trips worry-free.

If you’d like to schedule an appointment With Dr. Henderson, contact Lakeview Urology by calling 801-299-2141.
There is hope for leg and foot discomfort

Leg and foot numbness, burning, tingling, cramping and restless leg pain is a troubling yet common ailment. You may be tired of waking in the early morning hours with pain. This discomfort may also lead to taking multiple pain medications which can be harmful.

You can't sleep because at night your legs feel like they are being eaten by little bugs or chewed on by small animals.

During the day, you can hardly walk and every step sends burning pain like lightning up and down your toes to your knees. You have numbness in your feet and may even have noticeable balance problems with worries falling down.

In addition, patients have described how mundane things such as walking up and down a set of stairs or standing in line at the supermarket bring on burning pain that never goes away. That's why there isn't help available. But there is help for these problems with painless, non-invasive and non-drug based treatments for severe and constant foot and leg pain caused by neuropathy (Type II diabetes or chemother induced). Whether it is your feet or hands, there are devices engineered with more options than you can count.

A propriety, neuropathy pain treatment protocol is available, designed to reduce or even eliminate neuropathy.

Here's what some neuropathy patients have said:

- “I’ve been coming for treatment for a week and the pain and muscle spams in my legs and feet have improved tremendously. The treatment has been effective and I can do things I haven’t been able to in years.” - James H.
- “I have tried all kinds of treatment for neuropathy. I had a lot of surgeries, myelograms and MRIs. That didn’t help a whole lot. I called a neuropathy association before I came here. They gave me no hope whatsoever. They said there wasn’t a cure, there wasn’t any help. The doctors want to give you pills, and nerve blocks, and if that doesn’t work they don’t want to see you again.
- “This is the first time that I have talked with anybody where I felt there was hope to get better. And as a result of my treatment I am better. I am able to walk, and I know where my feet are going to be, they don’t give up on me. And I feel like I have a new lease on life.” - Pay. B.

New opportunities to address foot and leg pain are at hand.

Dr. Joseph V. Bowden, BS, ASCP, DC, is a certified practitioner at StayFit Wellness in Layton and specializes in the treatment cited above. For a limited number of patients (9), StayFit will provide a free evaluation of patient conditions ($350 value). StayFit Wellness Clinic is located at 116 North Adoramond Road, Suite 2, Layton, UT (directly north of Smith’s Foods at corner of Gentile and Adaramond Rd.), 801-888-2134.

www.stayfitclinic.com

Are You Healthy Enough for Winter?

Don’t live with numbness, burning, tingling, cramping, restless leg, balance issues or pain in your feet or hands. CALL TODAY FOR A COMPLIMENTARY HEALTH SCREENING APPOINTMENT and get on your way to improved wellness. Our services include:

- Comprehensive Health Screening – including 57 Laboratory Blood Analyses to Determine Total Health with Doctor Recommendations and Follow-up.
- Physical Exercise Programs.
- Hypertension Management Program ($10/month with minimum use during office hours).
- Convenient Payment Plans. WE WILL FILE YOUR INSURANCE PAPERS!

Dr. Joseph V. Bowden
BS, ASCP, DC

116 North Adoramond Road, Ste 2, Layton, UT 84040
(801) 888-2134

www.stayfitwellnessclinic.com

One for the books

If you want to talk about library late fees, you’ll have to include this book. It could have been charged to the individual who had written out The Young Lady at Home by T.S. Arthur. It was returned to the Attleboro Public Library in Massachusetts nearly four decades after it was borrowed in 1918 and, if the library wanted to levy a fine, it would amount to some $2,800.

Librarian Amy Rhilinger told a reporter for WPRO-AM: “A gentleman was cleaning out his basement and saw that the date on this book was 1918 and a due-date card, and he thought they would want it back.”
There’s a reason people love the start of a New Year – or the first day of a new season, or maybe the first day of school. The idea of a clean slate – of making changes or starting over fresh – can be exhilarating. “It isn’t necessarily that you don’t like the life you live,” says John C. Neyland, author of How to Live the Life You’ve Yet to Dream (www.johnneyland.com). “It’s just that you suspect there’s something you’re missing – something more fulfilling.”

The truth is, those possibilities are always within your reach, Neyland says. “But to have the life you want means you have to change course.”

Here are some ways to make that turn in your life, using what Neyland refers to as “pivots”:

• Put fear in its place and understand it. Fear has no power unless you lend it power. It doesn’t change the end result, and often it causes more damage than whatever it was you were so worried about. Neyland suggests you think about the biggest fear you’ve ever had. What was the outcome and did you recover? Chances are you came out the other end just fine.

• Courage is not the lack of fear but going forward in the face of it. Courage is like exercise: The more you use it, the easier it becomes – and the more you benefit. We are taught to avoid pain and danger. You have to choose to face life with courage – but in the end, it’s how you handle fear and how you respond to it that can change your course.

• Compromise is a dirty word. It can steal your life and dreams. To work for or spend time with someone who doesn’t share your values is a compromise, Neyland says, and compromise robs your energy and affects your momentum.

• There is great value in having mentors. It’s less painful and more efficient to learn from the mistakes and successes of others: a family member, teacher or business leader you admire. Learn from them and emulate them in your everyday life.

• Dream without restraint. Thinking about what you want to do only in the context of what you know you can do is more of a nightmare than a dream. Pursue your goals with all of your heart. Don’t be concerned with failing. “The journey and the struggle can be extremely satisfying,” Neyland says. “It rivals the attainment of a goal.”

• Be honest with yourself. Many people lie to themselves about whom or what is most important to them. Lying sets off a chain reaction that steals momentum and makes life a little less than what it should be. Even small lies chip away at the person you want to be.

• Be impatiently focused. We have a limited number of breaths to build the world around us. Focus on a goal and don’t wait for the right moment or perfect conditions to go for it. Time matters.

• Control what you can control and forget about the rest. Every moment you spend lamenting a situation you couldn’t control, you’re stealing from yourself. Direct your energy and momentum to something you can manage instead.

Before you start over, spend some time revisiting what matters most to you, Neyland says. What are your values? What are your likes and dislikes? What do you want to do with your life? “Make a list of all these things,” he says. “Then dream boldly and take action.”

About John C. Neyland
John C. Neyland, president and Investment Advisor Representative at JCN Financial & Tax Planning Group, is the author of How to Live the Life You’ve Yet to Dream (www.johnneyland.com), which is part memoir and part blueprint for readers who want to get more out of life and leave a positive mark on the world.
There is great value in having it that can change your course. You handle fear and how you respond to benefit. We are taught to avoid pain and easier it becomes – and the more you is like exercise: The more you use it, the going forward in the face of it. Courage just fine.

The biggest fear you’ve ever had. What about. Neyland suggests you think about power. It doesn’t change the end result, it. Fear has no power unless you lend it.

It always within your reach, Neyland says. Fulfilling.”

As “pivots” to dreams, they can do anything that is part memoir and part blueprint for author of How to Live the Life You’ve Yet Financial & Tax Planning Group, is the

“If you’re missing – something more just that you suspect there’s something to Dream (www.johnneyland.com). “It’s

The idea of a clean slate – of fresh – can be exhilarating.

There’s a reason people love

After Childbirth (www.dmichaudallergo.com), is a board-certified plastic surgeon and founder (president of Music City Plastic Surgery in Nashville. He earned his undergraduate degree from Notre Dame, where he played football. He attended medical school at Tulane University in New Orleans and stayed there for his surgical residency. After Hurricane Katrina, Dr. Burgdorf and his family moved to Mississippi where he continued his plastic surgery residency at the University of Mississippi in Jackson.
Bring quinoa and on edges. Remove from heat minutes longer, until soft and roasting bottom, front to back halfway sheet. But when it comes to the longest vacation most people will ever take – retirement fewer than half of all Americans have a formal plan. And that can spell trouble.

There’s nothing worse than being 85 years old, full of life, and being flat broke,” says Randy Becker, a retirement planner and co-founder of the Becker Retirement Group in Bellevue, Washington (www.beckerretirement.com). But it takes some work to avoid the many pitfalls that can ruin your golden years. Becker offers these tips for getting started so you’ll know you’re ready to begin your retirement journey.

• Get everybody on board. You and your posses need input on your retirement goals – and the financial decisions that will affect you. Start talking about priorities. Do you want to relocate? Stay close to the grandkids? Are you emotionally and physically ready for retirement? How long will each of you keep working, and how will that affect the income streams you’ll rely on when those paychecks stop?

• Make a budget. Most people think their expenses will go down after they retire, but usually that doesn’t happen. Your wardrobe budget might go down when you aren’t working, but other expenses might up if you travel, eat out, buy new clothes, or start going out more for dinner, movies and concerts.

• Know where your money will come from. Most financial professionals agree that income is key when it comes to retirement planning. A pile of scattered paperwork and account statements is not a plan. A good advisor can help you maximize your Social Security benefits, come up with tax-efficient distribution strategy and talk to you about other options, such as annuities, that can guarantee income in retirement. This is vital as people now live 20, 30 or even 40 years after retiring.

• Know your retirement timeline and reevaluate your risk tolerance. One of the biggest mistakes investors nearing retirement make is sticking with the same advisor and portfolio they had when they were younger. You’ll need to move to a more diversified approach, with fewer risks and more protection for that all-important income.

Although he’s a financial professional, Becker says retirement is about more than money. There’s also the adjustment retirees must make from working every day to suddenly having too much time on their hands.

“Peripatetic Saturdays are exciting for about a week,” Becker says. “Maybe you’ll find ways to volunteer: Maybe you’ll learn to paint or play guitar. Maybe you’ll end up working part time. But most people discover that they need something in retirement that will keep them engaged and excited about life.”

**Tahini Dressing Ingredients:**
- 1 1/2 cups quinoa, rinsed
- 2/3 cups vegetable broth
- 1/2 cup Tahini
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1 teaspoon salt
- 1/4 teaspoon pepper

**Chickpea Ingredients:**
- 1/2 cup Tahini
- 1/4 cup lemon juice
- 1/4 cup olive oil
- 1 teaspoon salt
- 1/2 teaspoon garlic salt
- 1/2 teaspoon chipotle powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon pepper
- 1 large sweet potato, peeled and chopped into 1/2 inch cubes
- 1 15-ounce can chickpeas, drained and rinsed
- 3 tablespoons tahini
- 1 1/2 cups quinoa, rinsed
- 3 cups roughly chopped kale
- 2 large cloves garlic, minced
- 2 teaspoons extra virgin olive oil
- 1/4 teaspoon each salt and pepper

**Kale Ingredients:**
- 5 cups roughly chopped kale
- 2 large cloves garlic, minced
- 2 teaspoons extra virgin olive oil
- 1/4 teaspoon each salt and pepper

**Tahini Dressing Ingredients:**
- 1/4 cup tahini
- 2 tablespoons lemon juice
- 1 tablespoon extra virgin olive oil

**Directions:**
1. Add tahini, quinoa and vegetable broth to bowl.
2. Add kale and garlic.
3. Add extra virgin olive oil and tahini dressing and mix until kale begins to wilt.
4. Remove from heat and let rest for 5 minutes.
5. Fluff with a fork.

**Meanwhile,** preheat the oven to 450 degrees F. Toss sweet potatoes in olive oil, salt, drizzled pepper and spread in even layer on a parchment-lined baking sheet.

1. Toss chickpeas in olive oil, salt and pepper and spread in even layer on a second parchment-lined baking sheet.

1. Toss chickpeas, dressing ingredients, and about 5-8 minutes.

Add kale, garlic, salt and pepper to a large bowl and toss until combined. Add with chopped kale and sweet potatoes.

1. Mix all the tahini dressing ingredients together in small bowl. Set aside.

2. Drizzle dressing over top of chickpeas.

3. Divide kale and chickpea bake, heat and serve immediately. Drizzle with tahini dressing and serve.

Try making your own combinations with whole grain rice or wheat berries, spinach or any dark greens and winter squash. For a finishing kick of bold flavor, add your favorite olives, such as Pearls Garlic or Jalapeno, Stuffed Queen Olives or Mixed Greek Medley.
Active Stages to offer free public performances

BY JENNIFER WARELL
jwarell@standardtimes.com

LAYTON — Good theater isn’t just for adults.

The Davis Arts Council and Plan B Theater Company are proving that once again with this year’s Active Stages theater program, running Oct. 23-27 and Nov. 15-17. The program will stage productions of a new short play, "Elaine Jarvik’s "River, Swamp, Core Mountain," at schools across Davis County. The arts council will also offer three free public performances at various local libraries on Oct. 26, Oct. 27 and Nov. 17. The public is welcome to those performances.

"It’s something new we’re doing this year," said Teri Cowan, director of marketing and development at the Davis Arts Council. "If you’re being homeschooled, or parents or grandparents want to come, they can." The play, which runs about 35 minutes with a five-minute discussion immediately following, tells the story of 5-year-old JJ (played by Benjamin Young) and Sevey-old Izzy (played by Ashley Maria Ramos). The two recently lost their grandmother, and the play follows them on the her’s journey they take to try and make sense of death and life. "It’s a fun adventure story about coming to terms with a loved one’s death," said Cowan. "It helps the kids know it’s OK to experience what they’re feeling.”

She said that the idea for the play came when Jarvik volunteered at The Sharing Place, a grief support place for kids in Salt Lake. According to the National Alliance for Grieving Children, one in 20 will experience the death of a parent, while one in four will experience the death of a close family member. The Sharing Place offers techniques on helping children with the grieving process, including reflective listening, and is a partner in this year’s Active Stages program.

"You basically report what the child says back to you," said Cowan, adding that techniques like this helped shape the play. "It helps them understand that they’re being heard, and that it’s OK to talk about it.”

Jarvik is a well-known playwright to Salt Lake audience, regularly premiering her plays with local theater groups. She’s also well-known to the Davis Arts Council, since Jarvik was a Senior Stages participant. Though that program usually runs in the fall, the arts council moved it to the spring so it wouldn’t overlap with the Active Stages program.

"It’s wonderful," said Cowan of Jarvik. "The Active Stages program has covered a variety of youth-related issues since its creation, with plays that focused on ideas such as body image and being comfortable with who you are.

"We try to work with subjects that are important to kids, but will be helpful for all ages,” she said.

Left: Moments from the filming of "Before Your Time," which was done almost entirely on location around Davis County. The movie opens this weekend at Kaysee Vista. Courtesy photo
Breathe
Rated PG-13 for mature thematic material including some bloody medical images
Written by William Nicholson
Directed by Andy Serkis
Starring Andrew Garfield, Claire Foy, Tom Holland, Edward Speleers, Ben Lloyd-Hughes, Grade:

It’s a rare romance that focuses on what happens after two people fall in love.

“Breathe,” a small, sweet story that manages to be equally moving in the face of both heartbreak, triumphs that beautifully. The true story of Robin Cavendish, a disability advocate who was one of the first UK residents to leave the hospital where he awaited a respirator, “Breathe” finds its real heart in the relationship between Robin and his wife, Diana. Their stubborn insistence that he’s not allowed to die, combined with Robin’s wry humor and the couple’s playfulness, offers a light, beautiful portrait of a couple navigating even the most impossible challenges together.

The movie devotes a few scenes to Robin and Diana’s meeting and courtship, quickly leading to marriage and Diana following Robin during his rounds to two better in Africa during the 1950s. That’s where he contracted polio, quickly rendering him a quadriplegic that needed a ventilator to survive. Robin quickly learns his will to live, asking Diana to let him go, but she says he’s not allowed to and asks if there’s anything else she can do. He then asks her to break him out of the hospital, a state of affairs completely unheard of for people on ventilators during that time. SheOb and the two set about defying conventions and figuring out the new rhythms of their lives.

There’s something sweetly charming about the movie, which feels like it’s been woven through the warm hues of happy memories. Darker moments aren’t ignored – medical issues aren’t glossed over at all, and Robin and Diana argue at various points – but the focus is clearly on the happier memories.

Andrew Garfield is excellent as Robin, his animated personality in the set of her personality in the set of her scenes to Robin and Diana’s arguments at various points – but the focus is clearly on the happier memories.

Andrew Garfield is excellent as Robin, his always-animated humor and the couple’s playful combination with Robin’s wry humor. Shirley Bailey’s “Eye on the Prize” focuses on light and shadow, still managing to capture a considerable amount of personality in the set of her scenes. Her stubborn insistence is directed at her husband. Her stubbornness, however, is what shines through more than anything. Foy never lets us forget that Diana was no saint – she was a fighter who decided her family was important enough to fight for. As it turns out, no one is perfect.

The movie is all about accurate, which is what shines through more than anything. Foy never lets us forget that Diana was no saint – she was a fighter who decided her family was important enough to fight for. As it turns out, no one is perfect.

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New ceramics shop owner hopes to spark interest in the craft
**Events**

**Oct. 19 - 20**
- Late night party
- Family Halloween party at the library
- 4-H Fall Festival
- Dementia Awareness Day

**Oct. 21 - 22**
- **Theatre:** Various performances and productions
- **Music:** Concerts and live music

**Oct. 23**
- **Extravaganza:** In-store event
- **University of Utah:** Symposium on aging
- **Library:** Storytime and crafts

**Oct. 24 - 25**
- **Art:** Exhibition and sale
- **Sports:** Local games and tournaments

**Oct. 26 - 28**
- **Food:** Local food festival
- **Education:** Workshops and seminars

**Oct. 31**
- **Halloween:** Celebrations and parades

**November**
- **Concerts:** Various performances
- **Exhibitions:** Art and culture

**December**
- **Christmas:** Events and activities

**What to do in Utah**

**J压力**

**Music**

**Oct. 20**
- **Temple Square Concert Series:** Various performances

**Dementia**

**Alzheimer’s Disease**

**Cognitive Impairment**

**Mental Health Care for Certified Caregivers**

**Call to See How We Can Help Your Loved Ones**

**801-298-3241**

**1150 S. Main, Bountiful**

**heritageplace@salientliving.com**
Clearfield church to hold harvest party

CLEARFIELD — Clearfield Community Church will host its annual harvest party on Oct. 25 starting at 6 p.m. The event includes a trunk-or-treating, food, games and more. Everything is free, and all ages are welcome.

Halloween starts at 6 p.m., with the party officially beginning at 6:30. In addition to the trunk-or-treating and games, there will be a cake walk, a hayride around the neighborhood, pumpkin decorating, and more. Princess Elisa and Princess Anna from “Frozen” will also appear from 6:30-7:30 p.m.

Costumes are encouraged, but organist said this year participants refrain from wearing scary costumes.

CCC is located at 252 E. 409 East in Bountiful.
Arthur ‘ Ned’ Hartvigsen 1933-2017

Our dear sister, Rae Dean Mercier passed away peacefully at her home in Bountiful at 10:20, Oct. 17, 2017. Rae was born to Kay and Laverne Bostwick Mercier on Oct. 3, 1937. She graduated from Viewmont High School in Bountiful, Utah, Class of 1956.

Rae graduated from the University of Utah in 1960.

Rae married Ken Morgan Hartvigsen in the Salt Lake City Temple on Jan. 21, 1961.

She was preceded in death by her husband, Ken Morgan Hartvigsen in 1994.

Survivors include children Dawn Marie (Dale) Zang, and Brian David (Promie) Hartvigsen, grandchildren: Rachel, Morgan, Sarah, and Colby. Rae is also survived by her sisters, Marcia (Jerry) Shupe and Brian (Sao) Mercer.

A viewing will be held Wednesday, Oct. 25 from 6 to 8 p.m. at the Bountiful 58th Ward, 200 W. 200 North, Bountiful. A private family memorial service will be held at a later date.

LaMar Hess Barlow

LaMar Hess Barlow passed away on Oct. 12, 2017, at Bountiful, at the age of 93, sur-
nrounding by his family. He was born to George and Carrie (Steele) Barlow on Oct. 26, 1924. He attended high school in Ogden, Utah, and served in the US Navy during World War II.

He is survived by his wife, Martha ‘Cherie’ Wright Barlow; children: Delores (Monte) Besse, Delbert (Dawn) Barlow, Charles (Rhonda) Barlow, and Dennise (Bob) Foster; 19 grandchildren and 33 great-grandchildren.

Jason Poulsen 1925-2017

Our sweet mother and grandmother, Josie Poulsen, passed away peacefully at home on Oct. 10, 2017. She was born to Charles and Anna Poulsen on Oct. 26, 1925. She was preceded in death by her parents, brothers and sisters. Josie worked in the Utah Honor Flight (PO Box 42 Richfield, Utah 84701)

Donations in lieu of flowers can be made to the Salt Lake Veteran’s Association.

Nanomi ‘Jerry’ Lopez

She was preceded in death by her son, Robert Lopez; brother, Ruben Lopez; and sisters, Teresa Vergara, Linda Lopez, Leonita (Belo) Lopez, and Angela (Lopez) Salazar.

We are comforted by the fact that she has been reunited with her beloved husband Ruben who passed away on Oct. 23, 2017.

Jaye Haines

Jaye Haines, a long-time Bountiful resident, peacefully passed away on Oct. 20, 2017, at 10:30 p.m. surrounded by her family.

She is survived by her daughters: Sharlene (Don) Greenfield and Sue (Dave) Mootz. She is also survived by several grandchildren and great-grandchildren.

She was preceded in death by her husband, Duain.

Friends may visit family from 6 to 8 p.m., Wednesday, Oct. 25 at the Bountiful City Church of Jesus Christ of Latter-day Saints, 1600 S. 200 West, Bountiful, before services which will be held at 11 a.m., Thursday, Oct. 26 at the Bountiful City Church of Jesus Christ of Latter-day Saints.

In addition to her family, her greatest loves were her dogs, her music, her church music group, her family and friends.

She was a devoted daughter, wife, mother and grandmother.

She will be deeply missed by all who knew her.

Family and friends are invited to attend the Bountiful City Church of Jesus Christ of Latter-day Saints for the viewing on Wednesday, Oct. 25 from 6 to 8 p.m. before the services.

In lieu of flowers, donations may be sent to the Utah Humane Society.

Nancy Loney

Nancy Loney was a long-time resident of Bountiful and had lived in Bountiful for over 60 years.

She was preceded in death by her parents, her husband, and several siblings.

She is survived by her daughters: Sharlene (Don) Greenfield and Sue (Dave) Mootz. She is also survived by several grandchildren and great-grandchildren.

In December, one of her friends passed away. Nancy was very sad to hear the news.

She will be deeply missed by all who knew her.

Family and friends are invited to attend the Bountiful City Church of Jesus Christ of Latter-day Saints for the viewing on Wednesday, Oct. 25 from 6 to 8 p.m. before the services.

In lieu of flowers, donations may be sent to the Utah Humane Society.

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We are comforted by the fact that she has been reunited with her beloved husband Ruben who passed away on Oct. 23, 2017.

Jaye Haines, a long-time Bountiful resident, peacefully passed away on Oct. 20, 2017, at 10:30 p.m. surrounded by her family.

She is survived by her daughters: Sharlene (Don) Greenfield and Sue (Dave) Mootz. She is also survived by several grandchildren and great-grandchildren.

She was preceded in death by her husband, Duain.

Friends may visit family from 6 to 8 p.m., Wednesday, Oct. 25 at the Bountiful City Church of Jesus Christ of Latter-day Saints, 1600 S. 200 West, Bountiful, before services which will be held at 11 a.m., Thursday, Oct. 26 at the Bountiful City Church of Jesus Christ of Latter-day Saints.

In addition to her family, her greatest loves were her dogs, her music, her church music group, her family and friends.

She was a devoted daughter, wife, mother and grandmother.

She will be deeply missed by all who knew her.

Family and friends are invited to attend the Bountiful City Church of Jesus Christ of Latter-day Saints for the viewing on Wednesday, Oct. 25 from 6 to 8 p.m. before the services.

In lieu of flowers, donations may be sent to the Utah Humane Society.

Nancy Loney

Nancy Loney was a long-time resident of Bountiful and had lived in Bountiful for over 60 years.

She was preceded in death by her parents, her husband, and several siblings.

She is survived by her daughters: Sharlene (Don) Greenfield and Sue (Dave) Mootz. She is also survived by several grandchildren and great-grandchildren.

In December, one of her friends passed away. Nancy was very sad to hear the news.

She will be deeply missed by all who knew her.

Family and friends are invited to attend the Bountiful City Church of Jesus Christ of Latter-day Saints for the viewing on Wednesday, Oct. 25 from 6 to 8 p.m. before the services.

In lieu of flowers, donations may be sent to the Utah Humane Society.
Teen volunteer earns national award, shares enthusiasm for service

BY LOUISE R. SHAW
lshaw@davisclipper.com

Bountiful — When Kara Hughes saw the joy that came to special needs individuals when they performed before an audience, she wanted to help them feel that joy more often.

What she did to help them earned her a Prudential Spirit of Community Award and a trip to Washington, D.C. to meet other honorees from around the country.

Kara volunteers at CenterPoint Legacy Theater, which offers a class called Friend to Friend for special needs individuals. The class has performances twice a year, but when Kara saw how much those events meant to the students, she organized a monthly program at South Davis Community Hospital that she calls Friend to Friend Outreach.

“I think it means a lot to them,” she said of the performances and their monthly visits. “They’re usually being served but this gives them the opportunity to serve others. They love sharing their talents and being in the spotlight.”

Of those who come to listen, she has also had positive feedback.

“They were happy and smiling and the young children sang along,” said Kara. “I was told by the director that one person only came out of their room for these programs. That’s very special and means a lot to us.”

To bring her idea to fruition, Kara met with the director of the theater group and then the hospital’s recreation specialist, according to a press release from Prudential. She then contacted performers and their parents, scheduled weekly rehearsals and recruited other coaches to help.

Kara shared the story of a woman with Down syndrome who didn’t speak, but who started singing out loud during a performance.

“To see the smile on her face and the tears on her mom’s face was so cool,” said Kara, as quoted in the release.

Two honorees from each state and the District of Columbia and Puerto Rico, were invited to a gathering in Washington, D.C. that took place last May:

“It was just amazing to see all the projects and learn about what people did to help others,” said Mahara of her trip. “Every one I talked to would say, ‘keep doing what you’re doing and keep influencing people and doing good stuff and keep caring about others.’”

New map of Utah Earthquakes and Faults now available

The Utah Geological Survey (UGS), University of Utah Seismograph Stations (USU), and Utah Division of Emergency Management (UDEM) have published the Utah Earthquakes (1850-2010) and Quarterly Fakt Map (1850-2017). The new map shows earthquakes within and surrounding Utah from 1850 to 2016, and faults considered to be sources of large earthquakes.

The faults shown on the map are considered geologically active, have been sources of large earthquakes (about magnitude 7.5 and greater) during the past 150 years (1850-present), and are the most likely sources of large earthquakes in the Cache Valley. Most of the small to moderate-sized earthquakes on the map are “background” earthquakes that are less commonly associated with known faults and too small to have triggered surface faulting (under about magnitude 6.5).

There is a 57 percent probability that a magnitude 6.0 or greater earthquake will occur in the Wasatch Front region in the next 50 years. To address this threat, the Utah Earthquake Program (https://www.earthquake.utah.gov/earthquake-prog) is developing the lid the public could more fully understand the hazard from earthquakes and faults, as well as the resulting risk to property, infrastructure, and life safety in Utah.

An example of the map is considered to be sources of large earthquakes. The faults shown on the map are considered geologically active, have been sources of large earthquakes (about magnitude 7.5 and greater) during the past 150 years (1850-present), and are the most likely sources of large earthquakes in the Cache Valley. Most of the small to moderate-sized earthquakes on the map are “background” earthquakes that are less commonly associated with known faults and too small.
TYLIE ELLIS concentrates as she paints a pumpkin at the annual fall festival at Kaysville’s Heritage Park.

KRISTEN MONTIERTH (right) places Oreo cookies on children’s foreheads for them to try and eat without touching in a game at this year’s Kaysville Monster Mash and Dash, held Oct. 14 at Kaysville’s Heritage Park.

OLIVIA EGAN, SIDNEY PAGE AND EMMY ROBERTS, (from left), members of the Kaysville Fruit Heights and Outstanding Teen royalty, talk with festival participants.

STEVE OTT (right) labels pumpkins before they are painted, one of many activities at the Oct. 14 event.

MUSIC BY ‘The Howl,’ led by Craig Mybo, rocked Heritage Park with songs that fit the season.

TYLIE ELLIS concentrates as she paints a pumpkin at the annual fall festival at Kaysville’s Heritage Park.
Girls soccer seasons end in state playoffs

By JOSH MCFADDEN
Clipper sportswriter

For nine consecutive weeks, high school football teams have battled through a grueling schedule, vying for supremacy in their regions and positioning themselves for the state tournament.

Now the stakes get higher. The Class 5A state tournament gets underway Friday, Oct. 27, and Viewmont, Woods Cross and Bountiful will all take part. But even though the region portion of the schedule ended last Friday, not all the playoff seeding had been determined.

A three-way tie for second place in Region 5 between Woods Cross, Bountiful and Roy meant a complicated tie-breaker process that was worked out on Monday. Now, Viewmont and Woods Cross are awaiting their region's final Week 7 regional contest to find out who their first-round opponents will be.

Viewmont vs. Bountiful

The Vikings secured the top seed and a first-round home game in the state tournament with a hard-fought 14-7 win at Bountiful last Friday.

Viewmont did all its scoring in the first half but couldn’t pull out the win. Davis’ season ended at 9-6.

Bountiful’s last 5-1 to Timpyview on Oct. 10 in first round of the 5A playoffs. The Braves were tied at 1-1 at the half — with Keira Morrell providing the goal for Bountiful — but couldn’t score in the second half.

“This year’s season was much better than last. The team accomplished many performance goals along the way, including placing third in region,” said head coach Lou Plank. “We look forward to an even more successful season next year.”

Bountiful ended the year with an 8-6 record.

Wood Cross

By winning the Region 13 championship with an undefeated 7-0-1 mark, Woods Cross secured the top seed at the state tournament.

His running mate, backup Tyler Ray Brown wasn’t the only Viking standout. Viewmont got on the board in the first quarter but couldn’t pull out the win. Executive head coach Lou Plank. “We look forward to an even more successful season next year.”

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Bountiful ended the year with an 8-6 record.
**Woods Cross defeated Northridge in a non-region game to see who they face in the second round of this year’s 5A state playoffs. Other female athletes nominated were Woods Cross volleyball player Whitney McEwan and Viewmont soccer player Lydia Pit. Winners are chosen by the Clipper sportswriting staff and on recommendations for area coaches. We’ll be honoring Athletics of the Week all year, as well as Athletes of the Month throughout the school year.**

**CONGRATULATIONS TO ALL OF THESE ATHLETES!**

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**Soccer Continued from p. D1**

by winning a tie breaker, setting up their games with second-seeded Viewmont from Region 5. The Vikings had better luck than the Wildcats, however, winning 2-0 on Oct. 10 to advance to the quarterfinals. Goalkeeper Kyle Pitt had an excellent game in the net. She and her backline mates kept the Hawks off the board. Viewmont scored in each half. Shelby Heywood added a goal to secure her first goal of the year, putting the game out of reach in the first half. Leading scorer Sailor Uffens got her 17th goal of the year by adding an insurance goal in the second half.

The victory sent the Vikings on the road two days later to face Region 6 champion Timpanogos, which just had two losses on the season. Viewmont found the going to be tough against a stout Timpanogos defense. The game was 0-0 at halftime, but Timpanogos broke through in the second to squeak by for the win. It was the Vikings’ second straight quarterfinals loss. The loss from last season was beyond the quarterfinals, with the Vikings finishing with a 9-5-3 record.

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**Football Continued from p. D1**

top ranked team in Class 5A, sécurizing the victory over Fremont with 44 points. The south Davis defense shut out the Warriors 44-0. The senior running back Carston Naegle had an outstanding all-around performance. He ran for 259 yards and two touchdowns in a win over Box Elder. He also ran for a score in the 57-21 victory.

Other nominees for the male award were Viewmont running back Cameron Brown and Box Elder quarterback Brig Willard. Winner of our Female Athlete of the Week was Viewmont volleyball player Scout Dore. She finished the season with 17 goals and led the Vikings into the second round of this year’s 5A state playoffs. Other female athlete nominees were Woods Cross volleyball player Whitney McEwan and Viewmont soccer player Lydia Pit. Winners are chosen by the Clipper sportswriting staff and on recommendations for area coaches. We’ll be honoring Athletics of the Week all year, as well as Athletes of the Month throughout the school year.**

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**MOUNTAIN ORTHOPAEDICS**

Here are the Davis Clipper/Mountain Orthopaedics of Bountiful Athletes of the Week. Our Male Athlete of the Week honors go to Woods Cross High football player Carston Naegle. He was 25 for 35 passing for 369 yards and two touchdowns in a win over Box Elder. He also ran for a score in the 57-21 victory.

Other nominees for the male award were Viewmont running back Cameron Brown and Bountiful quarterback Brig Willard. Winner of our Female Athlete of the Week was Viewmont volleyball player Scout Dore. She finished the season with 17 goals and led the Vikings into the second round of this year’s 5A state playoffs. Other female athlete nominees were Woods Cross volleyball player Whitney McEwan and Viewmont soccer player Lydia Pit. Winners are chosen by the Clipper sportswriting staff and on recommendations for area coaches. We’ll be honoring Athletics of the Week all year, as well as Athletes of the Month throughout the school year.**

**CONGRATULATIONS TO ALL OF THESE ATHLETES!**

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**SATURDAY IN THE PARK**

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**SOUTH DAVIS SPOOK-TACULAR COMING!**

Saturday, Oct. 28 8:30 PM - 8:30 PM

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**LEARN TO SKATE**

Session 3: Oct. 20 - Nov. 15

Class level 2 (Nov. 5-9), 9-11 years old, Intermediate level (Adult 5-7 level)

**LEARN TO SKATE**

Session 2: Oct. 13 - Nov. 24

Intro to Ice Skate, 6-8 years old, Beginner level (Adult 2 level)
New playground lifts spirits at DHS childcare facility

BY BECKY GINOS
bginos@davisclipper.com

KAYSVILLE—Kids at the Davis High School Childcare Training Center have something new to be excited about besides learning their letters and numbers — recess. Children ran through a ribbon at the center recently to open a new playground complete with a bright yellow canopy to protect them from the sun.

“About three years ago we started planning for graduation in May,” said Director Stephanie Chesmer. “It was hot and there was no shade. The children were out in the sunlight all day.”

The playground had been in place for 50 years, said Dr. Jane Muna, a past principal with the Davis School District who has grandchildren at the center. “We did a study to see what makes it unique,” she said. “We found there are no buildings or trees around it to give shade.

Muna took an interest in the project. “I knew a lot of people in the district because I’ve been a principal at a number of schools,” she said. “I found when I came here the lack of protection was causing the kids to sunburn and they were hiding under the side. They couldn’t go out in the sunshine. It wasn’t feasible to go outside: The sun was out from 8 a.m. until 5 p.m. and in the summer that’s 11 to 10 degrees.

They talked to the principal about getting funding and we started a campaign to get involved community to get involved,” said Chesmer. “We simply put a place for the kids to go at all times in all weather,” said the Muna. “Luckily people got behind it and we get the funding in place and here we are today.”

The center is part of the CTE program at Davis High and students help run it, said Chesmer. “The purpose of the class is to educate them about early childhood practices,” she said. “You can’t do that on a 50-year-old playground.

We had the old one torn out because the equipment was outdated and the kids were getting the woodchips in their mouth. Those have been replaced by a rubber surface so the little ones can go out now.”

Muna and Chesmer are proud of the new addition. “Sometimes people forget there’s a preschool out there,” said Muna. “It needs improvement just like everything else.”

CHILDREN ENJOY the new playground at the Davis High School childcare facility. A big yellow canopy was installed to protect the kids from the sun and rain.

Photo by Becky Ginos/Davis Clipper

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How do we maintain the quality of life in Bountiful at the lowest possible cost to our citizens?

1 Support and maintain a first class Police and Fire Department. Our children need a city where they can play in open spaces, ride bikes on safe streets, and just be kids.

2 Keep taxes, utilities, operating costs low without adversely impacting the quality of services rendered.

3 Upgrade infrastructure re: clean water, reliable power, garbage disposal with recycling of green waste, maintain and improve roads with their underlying power, water, electric and sewer lines.

4 Well plowed and salted streets during winter months.

5 Protect individual property rights and single family residents from over reach by developers and government. We should have more say than the city concerning your own property.

6 Find new sources of revenue by reaching out to owners & entrepreneurs to come and open their businesses in Bountiful along with finding incentives for existing businesses to expand.

7 An open door policy in the city for citizens, department heads and city employees to express their concerns in a candid and constructive manner.

8 Explore ways to improve the communication between the city and its residents for a more informed and involved citizenry.

9 Increase opportunities for citizen involvement on special select committees appointed by the mayor and city council. i.e: Plat A, dog park, pickleball courts, hiking trails, Veterans Memorial, etc.

10 Using the latest technology to increase citizen awareness and involvement in local government. i.e.: live streaming of city meetings.

I ASK FOR YOUR VOTE NOVEMBER 7th

Driven to Serve”

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CHAPTER EX

PLACE YOUR AD TODAY

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MONDAY 4 p.m.

for Thursday publication

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2. Please check your ad prior to the first run to ensure accuracy. Classifieds temporary workers will be responsible for the final proof of an ad as published. However, no responsibility will be accepted for errors in the proof.

3. Rate chargers are determined at the time of placement.

4. Cancellations: No refunds or cancellations on extended weeks.

5. Payment is due upon completion of ad unless an account has been established.

6. Information for Classif ied Source "D" is in Garber Building!

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You can get delicious Thanksgiving dinner by buying and ordering the Clipper’s Tasty Turkey Dinner for $29.99. The Clipper Turkey is available in two sizes: Thanksgiving Day, 16 lb. whole turkey or 8 lb. turkey breast. Each turkey is fully cooked, with stuffing and all the fixings. Turkey is $29.99 each. A variety of delicious side dishes are also available. Silverware, blankets, and place settings are included with each order. Contact the Clipper Classifieds at 801-295-3044 or www.davisclipper.com to place your order today. Free delivery is available to Davis County. Place your order by November 22, 2017.

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The following is a list of book-
ings for the week of October 15:

**Monday, Oct. 9**
- Jonas LeBlanc, 41, Clearfield PD, controlled substances, obstruction of justice.
- Ray S. Yam et al., 41, North Salt Lake PD, property damage, no proof of insurance.

**Tuesday, Oct. 10**
- Susan Kofford, 69, Layton PD, driving on suspension, hit and run, violation of probation.
- Mark Robert Widmann, 31, DCSO, property damage, no proof of insurance.
- Johnathan Goble, 44, Bountiful PD, hit and run, weapons abuse, obstruction of justice, no proof of insurance.

**Wednesday, Oct. 11**
- David Hullings, 20, DCSO, drink driving, hit and run, weapons abuse, obstruction of justice, no proof of insurance.

**Thursday, Oct. 12**
- Susan Kofford, 69, Layton PD, no proof of insurance, driving on suspension, hit and run.
- David Hullings, 20, DCSO, property damage, no proof of insurance, driving on suspension, hit and run.
- Christopher Richmond, 30, DCSO, driving on suspension, no proof of insurance, hit and run.

**Friday, Oct. 13**
- Robert James King, 35, Layton PD, assault, traffic offense.
- Chelsea Langdon, 24, DCSO, driving on suspension, property damage.

**Saturday, Oct. 14**
- Justin Paul Clapp, 26, DCSO, synthetic narcotic possession, marijuana possession.
- Elizabeth Rosa, 27, Clearfield PD, marijuana possession, synthetic narcotic possession, marijuana possession.
- Thomas Michael Stark, 36, North Salt Lake PD, possession of weapon.

**Sunday, Oct. 15**
- Thomas Michael Stark, 36, North Salt Lake PD, property damage, assault.
- Cory Hansen, 37, AP&P Farmington, burglary, fraudulent activities, burglary.
- Timothy Hanson, 32, AP&P Farmington, controlled substances, controlled substances, burglary.
- Kyle Mark Day, 27, Permission Service, controlled substances, burglary, controlled substances, possession.

**Monday, Oct. 16**
- Timothy Hanson, 32, AP&P Farmington, controlled substances, controlled substances, possession.
- Thomas Michael Stark, 36, North Salt Lake PD, theft, possession of weapon.
- Elizabeth Rosa, 27, Clearfield PD, traffic offense, assault, no proof of insurance.
- Preston Gallages, 37, Clinton PD, narcotics possession, assault, burglary.
- Tim Golden, 32, North Salt Lake PD, driving on suspension, traffic offense, burglary.

**Tuesday, Oct. 17**
- Tara Ann Larsen, 53, Layton PD, fraud by wire, traffic offense.
- Timothy Hansen, 34, AP&P Farmington, controlled substances, controlled substances, possession.
- Cory Hansen, 37, AP&P Farmington, burglary, fraudulent activities, burglary.
- Timothy Hanson, 32, AP&P Farmington, controlled substances, controlled substances, possession.
- Kyle Mark Day, 27, Permission Service, controlled substances, burglary, controlled substances, possession.
- Thomas Michael Stark, 36, North Salt Lake PD, possession of weapon.

**Wednesday, Oct. 18**
- Jon Jonas LeBlanc, 41, Clearfield PD, controlled substances, obstruction of justice.
- Ray S. Yam et al., 41, North Salt Lake PD, property damage, no proof of insurance.
- Johnathan Goble, 44, Bountiful PD, hit and run, weapons abuse, obstruction of justice, no proof of insurance.

**Thursday, Oct. 19**
- Susan Kofford, 69, Layton PD, driving on suspension, hit and run, violation of probation.
- Mark Robert Widmann, 31, DCSO, property damage, no proof of insurance.
- Johnathan Goble, 44, Bountiful PD, hit and run, weapons abuse, obstruction of justice, no proof of insurance.

**Friday, Oct. 20**
- Robert James King, 35, Layton PD, assault, traffic offense.
- Chelsea Langdon, 24, DCSO, driving on suspension, property damage.

**Saturday, Oct. 21**
- Justin Paul Clapp, 26, DCSO, synthetic narcotic possession, marijuana possession.
- Elizabeth Rosa, 27, Clearfield PD, marijuana possession, synthetic narcotic possession, marijuana possession.
- Thomas Michael Stark, 36, North Salt Lake PD, possession of weapon.

**Sunday, Oct. 22**
- Thomas Michael Stark, 36, North Salt Lake PD, property damage, assault.
- Cory Hansen, 37, AP&P Farmington, burglary, fraudulent activities, burglary.
- Timothy Hanson, 32, AP&P Farmington, controlled substances, controlled substances, possession.
- Kyle Mark Day, 27, Permission Service, controlled substances, burglary, controlled substances, possession.
- Thomas Michael Stark, 36, North Salt Lake PD, possession of weapon.