

INSIDE



St. George

WINTER 2019



A FIRST IN UTAH

SNAKE HOLLOW BIKE PARK
THE ONLY YEAR-ROUND
BIKE PARK IN STATE

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Snake Hollow Bike Park
A First in Utah

Photo by: Dan Ransom

MAYOR Jon Pike	CITY COUNCIL Joe Bowcutt Jimmie Hughes Michele Randall Bette Arial Ed Baca	DESIGN/LAYOUT Kami Wilkinson
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MAYOR PIKE'S MESSAGE

It's hard to believe 2018 is over and 2019 has begun! I want to thank everyone for their patience with the Bluff Street widening project that took almost all of 2018 to complete. UDOT and their contractors did a wonderful job. While the impact on motorists was great, the contractors and many city employees did their best to facilitate as much movement of vehicles as possible during the project. Now we have a much improved major transportation corridor for citizens of St. George as well as surrounding communities to benefit from.

On the housing front, a number of apartment and townhome projects have been (and some still are) under construction — mostly in the central part of St. George. These are all privately-owned developments, but several have had significant city involvement as we fulfill plans and commitments to encourage various kinds of housing needed in our community. City View and Joule Plaza are two key downtown projects that will combine office and retail with apartment housing. We look forward to having more people able to live, work and play downtown. Other multi-family housing projects are being constructed all around the city, and will also help with the great need of more rental housing.

On the parks side of things, with the help of Washington County Tourism and the St. George Recreation, Arts and Parks tax revenue, we were able to deliver on a commitment to build and open the first phase of the Snake Hollow Bike Park across the street from Snow Canyon High School. This is a great venue for local residents as well as visiting cyclists coming to participate in future competing tracks that will soon be added to the park.



We continue our commitment to expand existing parks and build new parks as residential development occurs. In December we cut the ribbon on the final phase of Sunset Park. We will shortly open the new Crimson Ridge Park in Little Valley, and the additional sports fields also in Little Valley will soon be playable as the sod takes root.

In 2018 we will continue efforts to expand our paved trail system. We have several that will take a year or more to complete, which be critical links to existing trails and adjacent cities. Our trail network is a growing part of our transportation system as well as a great recreational opportunity for residents and visitors.

Finally, we'll soon see more happening on Tech Ridge. More and higher-wage jobs are the main goal of this long-term project at the location of the former airport. In addition, multi-family residential, resort, and commercial projects will be a part of Tech Ridge — effectively adding a new and exciting dimension to our downtown.

Thanks to everyone for making St. George great! With all our growth and changes, it is my goal, and the goal of the City Council and City Manager to maintain and improve our quality of life.


Jon Pike
City of St. George Mayor

UNDERSTANDING THE ROLE OF THE WASHINGTON COUNTY WATER CONSERVANCY DISTRICT



"Wholesale" and "retail" are terms we're used to hearing, especially when it comes to things like clothing, food, or other goods. But water? Probably not. And particularly not with government-related entities.

Since the establishment of St. George in 1862, water has been part of the civic discussion. The first water transmission pipelines were established in the early 1900s. In 1962, in an effort to address Southern Utah's regional water needs, the Washington County Water Conservancy District (district) was created. The district is responsible for the development, stabilization, management, acquisition and conservation of water resources throughout the county. The City of St. George and other communities rely on the district to, essentially, be the "water wholesaler," providing a safe, reliable water supply for current and future generations.

The district secures, treats and delivers its water supply to its municipal customers, including the City of St. George. The city takes over as the "water retailer," delivering water to its residents and businesses. St. George receives more than 60 percent of its water supply from the district. Additional water supply for the city comes from springs and wells. Similarly, other cities in our region, such as Washington, Santa

Clara and Ivins, follow this same pattern--serving as water retailers to their communities. Because of this, your water bill comes from the City of St. George, not the Washington County Water Conservancy District.

The district is managed by a Board of Trustees comprised of government and civic leaders from the region, including St. George's mayor, Jon Pike. Additionally, the district has a staff of people responsible for day-to-day operations and coordination with the various cities and towns receiving water from the regional system.

The City of St. George, district and municipal partners have invested more than \$60 million in recent water conservation efforts, including upgrading facilities, improving infrastructure, education and outreach programs and demonstration gardens. These efforts, along with the contributions made by St. George's residents and businesses, have allowed us to achieve something remarkable...

Together, we have saved our community more than 1 billion gallons of water.*

High fives, St. George. Here's to even more savings in 2019.

*Potable water use of WCWCD's municipal customers from 2010 to 2015.

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ST. GEORGE AREA
Chamber of Commerce

The Voice of Business

By: Monte Bambrough
Director of Marketing and Business Development

The St. George Area Chamber of Commerce worked to elevate its organization, membership and community in 2018 by championing your business success, building buyer relationships, expanding your business skills and amplifying the voice of business. Much like the growth of southern Utah, the Chamber has shown an increase in membership, community events and personnel.

We elevated our effort to build upon the mission of equipping our Young Professionals group with the tools needed for personal, civic and professional development. Our vision is to be the catalyst that allows Young Professionals to make measurable and significant impacts in our community. We'll continue to grow and sustain this group by providing meetings with key community leaders, networking events, small business training, monthly social events and mentoring.

Collaboration and support of the Women's Influence Center continues

HAPPY 157TH
St. George!

Heritage Days Celebration

January 12, 2019
12:00pm to 2:00pm
St. George Social Hall Parlor
212 North Main Street

On January 12th enjoy free entry into Sand Hollow Aquatic Center, St. George Recreation Center, Art Museum and free SunTran bus ride all day!

Enjoy free rootbeer floats, cookies and live entertainment

to be a key chamber initiative. The objective is to build a strong community of collaboration with local and state organizations that promote women. We will continue to advocate for and lift women across a variety of life circumstances by promoting personal, professional and leadership development, promoting health and wellbeing, supporting women's entrepreneurship and civic engagement.

Additionally, following a whirlwind nine-day trip to South Korea and Taiwan as part of a trade mission delegation, Pam Palermo, President and CEO of the St. George Area Chamber of Commerce, marveled at the possibilities for Southern Utah following the official state trip with Utah Governor Gary Herbert and the Governor's Office of Economic Development. Your chamber is aggressively advocating on behalf of local business, not only locally but internationally.

2019 Feature Events

January: Awards Gala

These annual community awards help us celebrate the achievements of those individuals and/or businesses that have made an impact in our area. Past recipients include: St. George Police Department,

Washington County Search and Rescue, InfoWest, Bikers Against Child Abuse, Inn on the Cliff/Cliffside and Parke Cox Trucking.

June: Business Summit

This full-day conference, sponsored by Innovation Plaza at Dixie State University, will feature keynote speakers and breakout sessions designed to inspire, inform and provide businesses the tools they need to succeed. The Summit provides the opportunity for small business owners, managers and entrepreneurs to network and learn new tools, tactics and strategies, gain practical skills and make invaluable connections to help support the growth and prosperity of small business in Utah, especially southern Utah.

Training and Networking

In addition to the major events listed, the Chamber is focused on bringing first-rate training and networking opportunities specific to the subjects of most concern to our business community. In partnership with Dixie Tech and Custom Fit, we've offered discounted rates for Lean Practice training with the ultimate goal of providing perfect value to the customer through a process that has zero waste.

It's going to be a great New Year!
For more information, visit
www.stgeorgechamber.com.

Snake

B I K E P A R K B E C

Hollow

O M E S A R E A L I T Y



By: Jeff Peay
Park Planning Manager, City of St. George

These are exciting times for the St. George and Washington County bicycle communities as the recently completed Snake Hollow St. George Bike Park opened on November 17, 2018. This unique 60 acre bike park is located between Lava Flow Drive and Tuweap Drive, along the Sand Hollow Wash directly east of Snow Canyon High School and north of the Sand Hollow Aquatics Center. The park is the latest in a series of creative and iconic parks designed and developed by the City of St. George Park Planning Division. The Park Planning Division worked on the project since early 2017 when it met with the public initially to discuss the project and identify the community's wants and needs. From there a bike park designer

who specializes in bike park planning along with several other local consultants were brought in to provide the engineering and architectural design for the site.

Snake Hollow Bike Park was designed to provide opportunities for people of all ages to develop their biking skills progressively in a concentrated and controlled environment. A variety of skill levels and experiences that range from beginner to advanced are offered throughout the site. The park is divided into several areas including the Dirt Jump Zone, Pump & Bump Skills Loop, Pump Track, Gravity Jump Trails and the Progressive Drop Zone. Each area has a specific series of



elements that are designed to help hone the skills of the rider and prepare them to advance to open country riding, similar to that found in the southern Utah region. Along with the bike park elements the City completed a restroom and storage facility, a 60-foot shade pavilion, paved trails that connect the park elements, and xeriscape landscaping designed to tie into the local native environment.

The elements completed to date are included in phase 1 of a multi-phased project. Future phases include a proposed 6-mile National Interscholastic Cycling Association (NICA) track to encircle the entire 80-acre Sand Hollow Wash site. Formalized parking areas also will be developed, as well as another restroom building and paved trails on the Tuweap Drive side of the wash. Several additional shade pavilions, a playground and a strider track are also planned for the expanded park site.

The City of St. George Parks Division is responsible for maintaining the facility and will work with local bike groups and public volunteers to keep the park in great shape. There is a plan to create formally organized work groups to help teach best practice bike park maintenance techniques during these volunteer opportunities.

Funding for the project came from the City of St. George Park Impact Fund, RAP Tax and Washington County contributions. The first phase of the bike park development was approximately \$1.7 million to complete. Because of the popularity of the park, the City and County are considering additional funds to develop the NICA loop and some of the other park amenities.

For more information on volunteer opportunities and for upcoming park and trail project updates, please refer to the City's website sgcity.org.

For park pavilion reservation information or other inquiries, contact the Parks Division at (435) 627-4530 or drop into the offices at 390 North 3050 East, St. George, Utah.

YOUTH SPORTS

A three-part series about the case against early specialization

PART 2

By: Della Lowe

Why Are Youth Sports Injuries Sky-Rocketing?

"The pressure and anxiety is stealing the one thing our kids can never get back, their childhood. The path is a race to nowhere, and it does not produce better athletes. It produces bitter athletes who get hurt, burn out and quit sports altogether."

Dramatic Rise of Injuries



Protect Your Child

- **Gear up.** When children are active in sports and recreation, make sure they use the right protective gear for their activity, such as helmets, wrist guards, knee or elbow pads.
- **Use the right stuff.** Be sure that sports protective equipment is in good condition and worn correctly all the time—for example, avoid missing or broken buckles or compressed or worn padding. Poorly fitting equipment may be uncomfortable and may not offer the best protection.
- **Practice makes perfect.** Have children learn and practice skills they need in their activity. For example, knowing how to tackle safely is important in preventing injuries in football and soccer. Have children practice proper form – this can prevent injuries during baseball, softball, and many other activities. Also, be sure to safely and slowly increase activities to improve physical fitness; being in good condition can protect kids from injury.
- **Pay attention to temperature.** Allow time for child athletes to gradually adjust to hot or humid environments to prevent heat-related injuries or illness. Parents and coaches should pay close attention to make sure that players are hydrated and appropriately dressed.
- **Be a good model.** Communicate positive safety messages and serve as a model of safe behavior, including wearing a helmet and following the rules.

Source: CDC

Youth sports provide many benefits to children – better physical health, a sense of emotional wellbeing, a sense of achievement and learning how to get along with others. There are, however, drawbacks to forcing young children to specialize in one sport or play year-round.

In the first article of this series, I discussed the challenge of letting parents and coaches drive young athletes too hard, banking on the promise of either a college scholarship or a professional career. In this article, I will look at the mounting concern that early specialization not only doesn't lead to better performance but also can lead to more serious injuries and burnout by young sportsmen.

An article from the Wall Street Journal, titled "How Not to Ruin a Prodigy," and commented on in The Gifted Exchange blog, quotes Todd Schmitz, Olympic swimming coach for Missy Franklin saying, "Getting to be world class in any field takes a ton of work and practice. But if it isn't fun, then it's hard to stick with a rigorous schedule year after year after year. A coach who insisted on making her swim when she did not want to might have squelched the joy that these days has her getting faster and faster. How to nurture that joy is a question that all adults who work with talented young people need to ask."

I think most of us can agree that what is fun, we stick with and what is not, we don't. However, society seems to have put such a premium on winning that parents and coaches appear to be serving their own agenda and not their child's. That pressure, often combined with a child's love of a particular sport appears to have resulted in a rise of both burnout and injury in young players.

Emerson Watanabe, Manager of Recreation Services in Saint George Utah, notes, "What is the first question you ask your child when they come home from a game. It is probably - did you win? Not a bad question, but perhaps the wrong message. If your child believes that winning is the only reason to play, you could be taking the fun out of sports for your kids." Watanabe adds that the first questions should be, did you have fun? Did you try your best?

In an article posted on changingthegameproject.com, the author cites the film, "The Race to Nowhere" and a Washington Post article which point out that, "an adult driven, hyper-competitive race to the top in both academics and athletics that serves the needs of the adults, but rarely the kids." Indeed research he cites indicates that, "while the race has few winners, the course is littered with the scarred psyches of participants."

Research revealed in an article titled, "Play now, Pay Later: Inside the rising injuries of youth sports" states that over 4.5 million children play youth sports every year. Many of them have dreams of someday playing in the big leagues. 3.5 million get injured each year and for some that dream ends too soon. Those injuries are up by 60 percent for baseball and football alone over the last decade. While professional athletes often can recover from a Tommy John injury for example, young children are not as lucky because their body is undeveloped and unfinished. "When the injury occurs before the growth plates are closed, the treatment of the injury is much more complex and the results are clearly not as good," said Dr. David Altchek, an orthopedic surgeon at the Hospital for Special Surgery. According to Consumer Reports:

"Sports injuries in children are on the rise—at The Children's Hospital in Denver, doctors have seen its patient numbers for children with sports injuries double each year since 2007."

The CDC states that more than half of the 7 million sports and recreation-related injuries that occur in the U.S. each year are sustained by youth between ages 5 and 24 and gives some common sense advice about protecting your child from becoming part of these statistics:

That sentiment seems to be echoed by many in the medical community. An article titled "Armed and Delicate" written by well-known sports writer, Jack Cavanaugh, quotes George Paletta, the former head doctor for the Cardinals who has performed more than 500 Tommy John surgeries. "This generation of pitchers is paying the price of sport specialization. Kids were much better off when they played multiple sports, rather than just focus on baseball all year. The elbow is not designed for that kind of stress, and an incremental increase in velocity leads to an exponential increase in arm injuries."

In the same article, the great Nolan Ryan comments, that many arm injuries stem from pitchers not having thrown enough when they were young. Ryan states, "Kids don't organize pickup games on the own as we did, when we played baseball almost all day. Many of them haven't built up arm strength by the time they reach the big leagues." Ron Darling, a pitcher with the 1986 championship Mets, agrees. "When I was a kid I was always



throwing something. If it wasn't a baseball it was a football or even skimming rocks on the water. That helps build up other muscles."

The article states that injuries requiring Tommy John surgeries for professional baseball players, have increased exponentially. Well-known orthopedist, Dr. James Andrews, says, "I used to do between five and 10 surgeries in a year, I now do 50 to 100."



"Most kids don't know at an early age what they will like and dislike or what they may excel at," says Watanabe. "Allow them the time and flexibility to find their way forward, support their interests, encourage them where you see promise, and help them to develop their skills without undue pressure."

Justin Redfearn, from the Quick Feet Track Club in St. George agrees. "In the last couple of years, I knew a few of my athletes were going to be towards the bottom of the national competitions based on their performance, but we did not focus on that. We never focus on the outcome - the results - we focus on the process, the form and how to do it. I think by focusing on the process, athletes automatically get better."

In his article, "Hey Parents quit raising specialists and start raising omnivores," Daniel Coyle notes that by the 1990s,

"Every sport became a highly organized year-round enterprise: indoor soccer in winter, hockey in summer, baseball all year round. Suddenly kids had to choose before they turned 10 or so, or risk falling behind the pack."

The author cites research that early specialization increases the chance of injuries, creates worse overall athletes, makes kids less likely to participate in sports as adults and creates a falsely high barrier to participation.

"Most important, multi-sport kids develop a far more useful skill: how to learn. They learn how to adapt to different situations, make connections, and to take true ownership over the improvement process."

As examples, the author points to research which finds interesting statistics about the disadvantages of early specialization and the benefits of multisport participation:

Statistics

- Children who specialize in a single sport account for 50% of overuse injuries in young athletes according to pediatric orthopedic specialists
- Children who specialize early are at a far greater risk for burnout due to stress, decreased motivation and lack of enjoyment

However, children who participate in multi-sport activities tend to develop better overall skills and ability, become smarter, more creative players and that 88% of college athletes surveyed participated in more than one sport as a child. "I think the bigger point is this: when it comes to athletic skills, we are natural omnivores. Our bodies and brains are built to grow through variety of activities, not just one."

"Think about what happens when you play multiple sports. You develop whole-body skills like balance, quickness, core strength. You cross-train skills from one sport to another," continues Coyle.

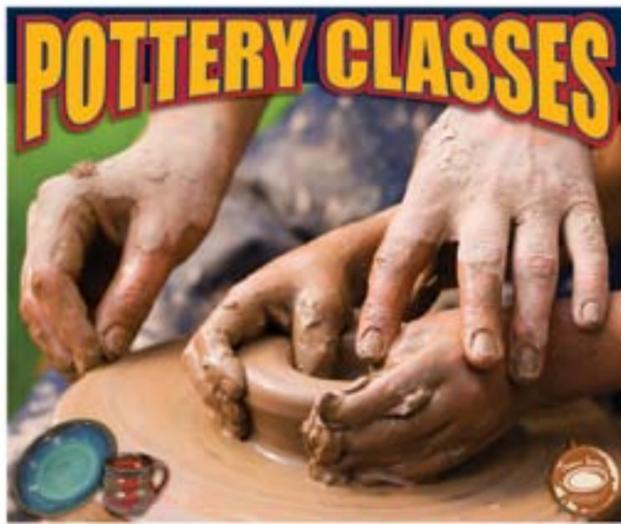
Why play, why outside, why on several teams, what are the benefits? Michelle Graves with the Huntsman World Senior Games, who previously ran the youth sports program for the City of St. George, thinks the answers are apparent. "Our Motto was Get out and play. The lessons you learn on a sports field are a lot of what you need to develop and function as an adult and a good citizen in a community. You learn to give and take, sportsmanship, win and lose. We have even seen statistics that say there is a 10% increase in intellect when kids are active as opposed to when they are not."

Indeed the Youth Sports Program of the St. George Leisure Services Department is specifically geared to provide children of all abilities, all levels access to physical activities while keeping the costs low to allow as many children as possible to participate no matter what their circumstances.

The final article of this series will explore how the Leisure Services Department is taking current research and applying it to its programs to provide a beneficial sports and life experience for children.



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SALT LAKE CITY 1950s
Rebecca Hartvigsen



DESERT BLOSSOMS
Sherry Meidell

FRIENDS OF

Art

Sherry Meidell



Sherry Meidell has worked as a professional artist for 45 years, starting her career as a graphic designer and artist, continuing as an illustrator for children's books and magazines, and currently spending most of her time painting watercolors that have been shown and won awards in regional and national exhibits. She has taught watercolor classes for the previous eight years, and over the past decade has presented multiple workshops and classes on children's book writing and illustrating, art principles, using a sketchbook to improve skill and confidence, and watercolor painting and technique.

Sherry has had a full and active life outside of her art career, participating fully in church and community activities, camping, hiking, running marathons, road and mountain biking, and being fully invested in being a wife and mother, raising a family of five boys, and being a grandmother of fifteen, and counting.

Rebecca Hartvigsen

Except for a two year sojourn in Georgia, Rebecca Hartvigsen has lived near Salt Lake City all of her life. She loves to paint flower gardens, still life and historical subjects. Her love for historical buildings reflects her connection to a pioneer heritage that began in 1847 when her great-great-grandfather entered the Salt Lake Valley as one of the first pioneers. Rebecca feels that it is important to value her heritage and allow it to positively affect her art.

Majoring in History as a freshman at Brigham Young University, it soon became apparent that Art was a greater love. Rebecca graduated with a B.A. in Art. She taught Art at Kaysville Junior High School, and traveled throughout Europe and the Mediterranean during her summer vacations. Great museums and works of art provided an education in itself.

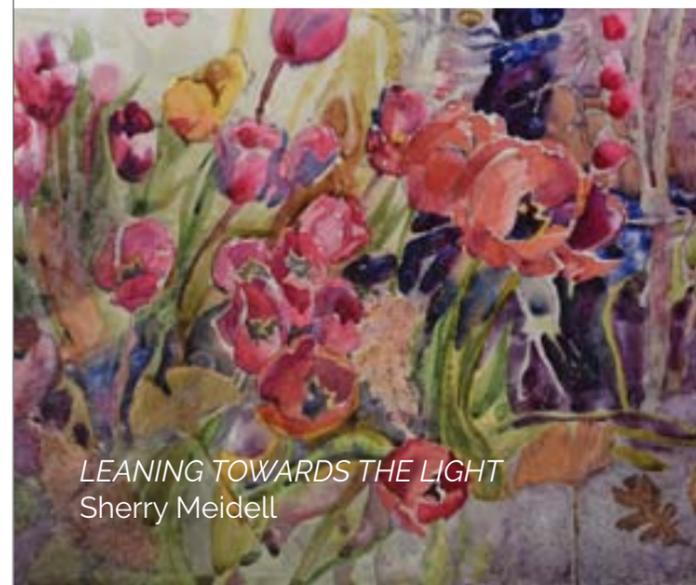
In 1974, Rebecca married Dr. James L. Hartvigsen and ended her teaching career in order to raise a family. She continued her education through graduate classes at the University of Utah, and workshops around the country.



Rebecca's first "one woman show" was in 1986. Her painting career has kept her very busy; her artwork can be found in collections from Alaska to Florida and as far away as Australia and Japan. Rebecca enjoys having her work accepted into shows, as well as the ribbons and awards that follow. She is happiest, however, when clients express their enjoyment and love for her paintings by taking them into their lives and hearts. Rebecca teaches workshops and classes when time permits. She loves the interaction with her students.

Friends

Becky Hartvigsen and Sherry Meidell met at an oil painting class taught by Diane Turner. Becky, being the friendly person that she is, started talking to Sherry. Becky purchased one of Sherry's illustrations from her picture book, "When Pioneer Wagons Rumbled West" and they became friends. The children's book writer Barbara Williams said it's nice to have a writer friend if you are in the children's book writing field. It is also nice to have a good artist friend if you are an artist. Hartvigsen and Meidell critique each others paintings, talk business, do plein air events and travel to far away places like Nauvoo, Illinois to do research for paintings and "Meet the Artists Events."



LEANING TOWARDS THE LIGHT
Sherry Meidell

THE ART MUSEUM PRESENTS: LAYERED VOICES

Layered Voices is an exhibition of 23 art quilts created by members of Studio Art Quilt Associates (SAQA). Today, SAQA defines an art quilt as a creative visual work that is layered and stitched or that references this form of stitched layered structure. Layers are everywhere. They become apparent when we plumb the earth's surface. They make archeological digs to discover the history of civilizations, explore human anatomy, dress for the weather, dig in freshly fallen snow, and count rings in the stump of a tree. Layers are abstract, too. We find them in language when we ponder the hidden meanings in novels, poems, conversations, and puns. And of course, layers are integral to the definition of an art quilt. Textile artists achieve layering many ways in their artwork. Multi-hued fabrics frequently begin the layering process. The character of the layers can be changed by selecting sheer, opaque, reflective, tinted or toned fabric. Enhancement of the layers can be achieved with paints, dyes, bleaching, distressing, embellishments, and stitching. These are the tools at the artist's disposal to create layers of light, shade, depth, and color. Entrants were encouraged to interpret the use and concept of layering in their work. The layering of the media may be literal, inferred, or even digital. Realistic, representational, wearable art, and abstract work were considered for this exhibit.

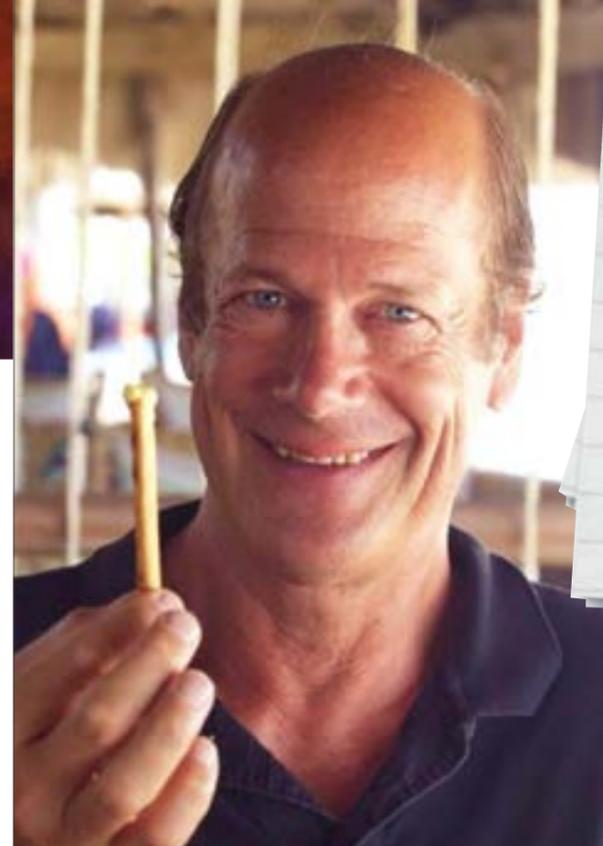
Layers are inherent in the definition of a quilt (two or more layers, held together by stitch). They can be literal, conceptual, or both—so we invite viewers to look for the myriad iterations of layers in these works. The artworks ask us to contemplate the additive and subtractive experiences of time and memory as we observe the additive and subtractive techniques used to create each piece. They can, and should, be viewed with an eye to both the layering of image, meaning, and form, and to the individual voice of each artist. We ask viewers to take the time to ask questions about the artists' decisions, and to make connections between the works to further deepen the experience. There are no right or wrong answers to the questions posed, and keep in mind that individual pieces may connect to others in more than one way.

SAQA is a nonprofit organization whose mission is to promote the art quilt through education, exhibitions, professional development, documentation, and publications. Founded in 1989 by an initial group of 50 artists, SAQA now has over 3,000 members worldwide: artists, teachers, collectors, gallery

owners, museum curators and corporate sponsors. Since its establishment, the organization has grown alongside the evolution of the quilt as an art form.

LAYERED VOICES IS AS MUCH ABOUT THE UNIQUE VOICE EACH PERSON EXPRESSES AS IT IS ABOUT LAYERS.

How are these voices heard? The juror states, "Transformative processes brought about by natural forces, politics, social interactions, emotional states, and spiritual convictions were recurring themes in many artist statements. It became apparent that an exploration of the nature of time—particularly as it relates to the environment, memory and change—was a unifying theme in the 23 pieces I chose for this exhibition." In viewing the artwork, ask, how does the layering of images, meaning, and form work together to convey a message. Linda Colsh's *Defiant* invites conversation about aging, about strength and stubbornness, independence versus feebleness. Penny Mateer and Martha Wasik's *THIS Revolution Will Not Be Televised #13 Protest Series* uses a traditional quilt format as the foundation for imagery highlighting the institutionalized racism still prevalent in the United States today. Kristin La Flamme's *Death Shroud For Democracy* references ancient textiles to speak to current political woes. All the pieces in the exhibit, and these three in particular, confront our assumptions of quilts as objects for warmth and comfort, and use that dissonance to invite deeper consideration. Dinah Sargeant states, "I paint fabric, then search for narratives within the colors and shapes. Between what I see and what I intuit, a story unfolds." What story does her piece, *Premonition*, suggest to you? Compare Sargeant's painted piece to Roxanne Lasky's layered and stitched coat, *Migration, Souvenir*, which also seems to voice a narrative. Which voices in this exhibit speak loudly, and which convey a quiet message. When might one or the other be most effective? An artist's voice can be heard through the materials they choose to work with, their unique aesthetic, or what subject matter they explore. What might your voice be?



The Nobel Laureate poet, Seamus Heaney wrote to Robert Perkins after reading his book *Talking to Angels*

Dear Rob,
If I could be a symphony that would cover all the expressible and inexpressible, I'd be up to writing you the letter that I'd like to. Your work is out of this world, drawn out of this-worldness and a love of it, drawn towards a point beyond which offers a perspective. Heart-breaking, spirit-leveling, true to life. As Frost said, strongly spent is synonymous with kept.

Blessings, Seamus

Paper Trail

by: Robert Perkins

"I've never grown up. I'm one of Peter Pan's Lost Boys. That is a double-edged sword because you certainly get older. Things happen in life and that is the pleasure and the challenge of it. The question is whether you can maintain your curiosity, use your imagination, be flexible, kind and compassionate."

The exhibition, *Paper Trail*...is a current journal, and a musing on life as it's lived by me. I believe in Social Practice, a new art movement that includes others and as many aspects of life as possible. In German there is a word for this: A Gesamtkunstwerk.

In *Paper Trails* I invited young students to participate, as my theme is 'keeping your dream alive', not forgetting the joy and imagination of childhood. As Saint-Exupery says near the beginning of *The Little Prince*, "Grownups never understand anything by themselves, and it is tiresome for children to be always and forever explaining things to them."

Biography:

Robert Perkins is known for his storytelling through books, film, and the spoken word. Born in Boston and classically educated at Milton Academy and Harvard University (AB 1974), he received an MFA from Bennington College in 2004. Since then, he has lived in Cave Valley, above Virgin, Utah, where he hosts a unique Airbnb called *Lazalu* (www.lazalu.com). Perkins follows the tenets of Social Practice, a movement where the edges of what is considered art remain constantly in flux. His combination of images, whether in film or on canvas, his storytelling, and his commitment to community building find expression through his ability to create unexpected beauty in, with, and from unlikely places and people.

He has exhibited widely, most recently in London, England in 2017 where he had two exhibitions of his collaborations with poets called the *Written Image*, a catalogue of which is on display in the museum store. He has worked for PBS and Channel 4 in England for 25 years as a documentary filmmaker. His personal and quirky films have been widely shown, causing one critic to call him "The Lou Reed of documentary filmmaking."

FOR MORE INFO ABOUT THE
"LAYERED VOICES" AND
"PAPER TRAIL" EXHIBITS
PLEASE GO TO
SGCITY.ORG

CITY ACTIVITIES, SPECIAL EVENTS, RECREATION PROGRAMS & CLASSES



REGISTRATION LOCATIONS

Leisure Services Department
St. George Recreation Center
285 South 400 East
627-4560

SG Commons Building
220 North 200 East
627-4500

Sand Hollow Aquatic Center
1144 North Lava Flow Drive
627-4585

ON-GOING MONTHLY EVENTS

US Masters SUSA Swim Program

Date: Tuesdays, Wednesdays, and Thursdays
Age: 18 and older
Time: 9:00-10:30 am
Fee: \$25/month for coaching plus admission fee.
Location: Sand Hollow Aquatic Center
Registration: Contact Cindy Gilmore 408-294-5545
Description: Runs like an adult swim team with on-deck coaching. All swimming abilities welcomed. Class used for fitness, training and fun.

Wibit

Date: Most Saturdays
Time: Noon-6:00 pm
Fee: SHAC regular admission fees apply
Location: Sand Hollow Aquatic Center
Registration: No registration necessary
Description: Floating obstacle course for all ages!

Lawn Bowling

Days: Mondays, Wednesdays & Fridays
Time: 10:30 am-12:30 pm
Fee: \$3.50 General Admission; \$3.00 for Seniors; Free to pass holders
Location: St. George Recreation Center
Registration: No registration necessary
Description: Come enjoy the exciting game of Lawn Bowling. Come once as a stranger and leave as a friend. This is a great game for players of all ages and abilities and requires no previous experience.

Karate Class

Days: Mondays & Wednesdays
Time: 6:50-7:45 pm (White/Yellow)
7:50-8:45 pm (Orange & Above)
Fee: \$30/month
Location: St. George Recreation Center
Register: Sgcity.org/karate or at the Rec Center
Description: Students will primarily learn selected techniques from Shotokan (Japanese Karate), Shorin Ryu (Okinawa Karate), Judo (Japanese), and JuJitsu (Japanese and Brazilian). Also techniques will be introduced from Aikido, Hapkido, Chinese Kung Fu and other styles.

Native American Hoop Dance – Beginning & Intermediate

Days: Wednesdays
Time: 4:00-4:45 pm
Fee: \$25/month plus a one-time \$5 materials fee to create your own hoop!
Ages: 5-18 years old
Location: St. George Recreation Center
Register: Sgcity.org/hoopdance or at the Rec Center
Description: This class will teach the fundamentals, creating a foundation for learning Native American history and culture. No experience is necessary and everyone is welcome!

Polynesian Dance

Days: Saturdays
Time: 11:15 am -12:15 pm Juniors (Ages 4-13)
12:15-1:15 pm Seniors (Ages 14+)
1:15-2:15 pm - Tahitian Drumming (Ages 6+)
Fee: \$25/month
Ages: 4+ years old
Location: St. George Recreation Center
Register: Sgcity.org/polydance or at the Rec Center
Description: This class will give you the tools you need to strengthen your stamina and endurance. Students will learn basic techniques from the island of Tahiti, as well as improving their timing and stage presence.

Tumbling - Lil'Rollers

Days: Mondays
Time: 9:15-10:00 am; 12:00-12:45 pm (Ages 3-4)
10:00-10:45 am; 12:45-1:45 pm (Ages 4-5)

Fee: \$25/month

Ages: 3-5 years old
Location: St. George Recreation Center
Register: Sgcity.org/tumbling and at the Rec Center
Description: Lil' Rollers Tumbling classes are for boys and girls who want to focus on basic skills, coordination, flexibility and strength. Each child is encouraged to reach their own physical potential in a nurturing and safe environment. No prerequisite skills necessary. Children must attend the 3-4 year old class with the City of St. George before attending the 4-5 year old class.

Tumbling - Level 1a & 1b

Days: Mondays, Tuesdays, or Thursdays
Time: 4:00-5:00 pm (Level 1a);
5:00-6:00 pm (Level 1b)
Fee: \$32/youth
Ages: 5-8 years old
Location: St. George Recreation Center
Register: Sgcity.org/tumbling and at the Rec Center
Contact: 435-627-4560
Description: Tumbling Level 1 is an entry level tumbling class for children ages 5-8 years old. Each child will work to master cartwheels, handstands, round offs and back walkovers.
Prerequisites: Level 1a: N/A; Level 1b: Must have attended a Level 1a class with the City of St. George.

Tumbling - Level 2

Days: Tuesdays or Thursdays
Time: 4:00-5:00 pm
Fee: \$32
Ages: 5-13 years old
Location: St. George Recreation Center
Register: Sgcity.org/tumbling or at the Rec Center
Description: Tumbling Level 2 is an intermediate level tumbling class for athletes ages 9 and up; however children ages 5-8 years old who can perform the prerequisite skills are also welcome. Prerequisite skills: Handstands, cartwheels and round-off handsprings, as well as multiple standing and running back handsprings.

Tumbling - Level 3a & 3b

Days: Mondays or Thursdays
Time: 4:00-5:30 pm (Level 3b);
5:00-6:00 pm (Level 3a)

Fee: \$32 (Level 3a); \$48 (Level 3b)

Ages: 5-13 years old

Location: St. George Recreation Center
Register: Sgcity.org/tumbling or at the Rec Center

Description: Tumbling Level 3 is an advanced level tumbling class for athletes ages 9 and up; however children ages 5-8 years old who can perform the prerequisite skills are also welcome. Prerequisite skills: Level 3a: Round off back handspring and a standing back handspring performed by themselves; Level 3b: Be able to complete multiple back handsprings without a spotter.

Private Tumbling Lessons

Days: Fridays or Saturdays
Time: 2:00-5:00 pm (Fridays);
2:00-4:00 pm (Saturdays)
Fee: \$25 for 30 minutes
Ages: 5+ years old
Location: St. George Recreation Center
Register: Sgcity.org/tumbling or at the Rec Center
Description: Private Lessons are 30 minutes of one-on-one targeted training for your child. *Must speak to coaches to schedule times.

Ballet - Tiny Tots

Days: Wednesdays or Fridays
Time: 12:45-1:30 pm (Wednesday);
4:45-5:30 pm (Friday)
Fee: \$25/ month
Ages: 3-6 years old
Location: St. George Recreation Center
Register: Sgcity.org/ballet or at the Rec Center
Description: This class emphasizes creative movement while incorporating classical ballet technique. Students will learn to move to the music while having fun with basic, age appropriate techniques.

Ballet - Pre-Ballet

Days: Wednesdays or Thursdays
Time: 4:30-5:30 pm (Wednesday);
5:00-6:00 pm (Thursday)
Fee: \$25/ month
Ages: 6+ years old
Location: St. George Recreation Center
Register: Sgcity.org/ballet or at the Rec Center
Description: This class emphasizes beginning ballet techniques. Students will learn to follow music, gain self awareness, coordination, flexibility and strength in preparation for Ballet 1.

Ballet - Level 1 & 2

Days: Wednesday & Friday
Time: 5:30-6:30 pm (Friday);
3:30-4:30 pm (Wednesday)
Fee: \$40/ month
Ages: 9+ years old
Location: St. George Recreation Center
Register: Sgcity.org/ballet or at the Rec Center
Description: This class teaches basic classical ballet techniques and builds on skills learned from Pre-Ballet. Older beginner students and students with previous experience welcome in this mixed class.

Ballet - Adult Beginner

Days: Thursdays & Fridays
Time: 6:00-7:00 pm (Thursday);
10:30-11:30 am (Friday)
Fee: \$25/one class a week;
\$40/two classes a week
Ages: 16 +
Location: St. George Recreation Center
Register: Sgcity.org/ballet or at the Rec Center
Description: This class will work on clean techniques and correct form as well as strength building and is for those who have little or no experience. Returning adults with previous dance experience are also welcome. Ballet is a great way to get in shape while building lean muscle and toning.

Chess Club

Date: Thursdays
Time: 6:00-8:00 pm
Fee: \$3.50 for Adults; \$3.00 for Seniors;
\$2.50 for Youth; Free to pass holders
Age: All ages welcome
Location: St. George Recreation Center
Register: No registration necessary
Description: Come play the classic strategy game with our Chess Club, no matter your skill level.

Pottery Wheel - Beginning & Intermediate

Date: Mondays or Wednesdays
Time: 6:00-8:00 pm (Mondays)
12:00-2:00pm; 4:30-6:30pm;
7:00-9:00pm (Wednesdays)
Fee: \$75
*Class fee includes one bag of clay, glazes, and firings.
Location: St. George Recreation Center
Register: Sgcity.org/pottery or at the Rec Center
Description: Beginners will learn how to center and will make a mug, bowl, plate, and vase. Intermediate students will work on personal projects and learn more advanced techniques such as: lidded containers, sectionals, and sets.

Youth Mountain Biking - Beginner & Intermediate

Date: Mondays (Beginner) or Saturdays (Intermediate)
Time: 4:00- 6:00 pm (Monday);
10:00 am - 1:00 pm (Saturdays)
Fee: \$56/month (Beginner); \$75/month (Intermediate)
*Discounts are available to individuals who qualify for free or reduced price lunch as outlined by the Washington School District. These spots are limited.
Age: 8-17 years
Location: TBD
Register: Sgcity.org/outdoors or at the Rec Center
Description: Our Beginner Mountain Biking classes will get you ready to ride the trails in no time! Our skilled bike instructors help make the challenge of mountain biking fun! No previous experience mountain biking necessary.

Youth Bouldering - Beginner & Intermediate

Date: Tuesdays (Beginner) or Thursdays (Intermediate)

Time: 4:00-6:00 p.m.

Fee: \$38/month (Beginner);
\$56/month (Intermediate)
*Discounts are available to individuals who qualify for free or reduced price lunch as outlined by the Washington School District. These spots are limited.
Age: 8-17 years
Location: TBD
Register: Sgcity.org/outdoors or at the Rec Center
Description: Our youth bouldering program will introduce all the basic techniques of bouldering. We accept all levels of climbers.

Group Hikes - Seniors & Families

Date: Fridays (Seniors) or Saturdays (Families)
Time: 7:00-11:00 am (Fridays);
3:00-5:30 pm (Saturdays)
Fee: Adults: \$20 Youth: \$10
Location: TBD
Register: Sgcity.org/outdoors or at the Rec Center
Description: Our guides will take you on some of the most beautiful trails Southern Utah has to offer. We welcome families, friends, or mixed groups. Difficulty and challenge of trails will vary. Friday mornings are geared for Seniors wanting to stay active. Saturdays are geared toward families looking to go on an adventure together!

Tennis Liveball

Date: Monday & or Wednesday
Time: 7-8:30 pm
Fee: \$5 per person
Age: 11+ (All skill levels welcome)
Location: Tonaquint Tennis Center / 1851 S. Dixie Drive
Register: Drop In / Pay on site
Description: Home to the original liveball. Liveball is a non instructional clinic. This fast pace, lots of hitting clinic is available for all skill levels, during liveball the "wave" will be incorporated where players will have a chance to work their way up to the top court. Are you good enough for the top court? Come out and let's find out!

H.I.I.T (High Intensity Interval Tennis) Liveball

Date: Thursdays
Time: 7-8:30 pm
Fee: \$5 per person
Age: 12+ (All skill levels welcome)
Location: Tonaquint Tennis Center 1851 S. Dixie Drive
Register: Drop In / Pay on site
Description: H.I.I.T Liveball is a twist on our classic Liveball where a ball is fed into play and players play out the point with High Intense Intervals of Training added. H.I.I.T Liveball plays such games as "Cardio", "Balls Up", "Up and Backs" and "Triples". During H.I.I.T Liveball the "waiting participant" will work on agility, speed, strengthening and cardio. Are you ready for the challenge? H.I.I.T Liveball is a non instructional clinic.

Pickleball Clinics - Beginner & Intermediate

Days:
 Tuesday: 7:00-8:30 pm - \$10 person (Intermediate & Advanced)
 Wednesday: 9:00-10:00 am - \$5 person (Beginner)
 Wednesday: 10:00-11:30 am - \$10 person (Intermediate)
 Thursday: 7:00-8:00 pm - \$5 person (Beginner)
 Friday: 9:00-10:00 am - \$5 person (Beginner)
 Friday: 10:00-11:30 am - \$10 person (Intermediate & Advanced)
Location: Little Valley Pickleball Complex/2149 Horseman Park Drive
Register: Drop In / Pay on site
Description: Drop In Pickleball Clinics are instructional clinics designed to help players learn fundamentals of the game and to advance their skill level. Players will be taught correct grips, stance, strokes and strategy. It is highly recommended that players come to these clinics knowing the rules to the game of pickleball.

JANUARY 2019 EVENTS**Current Art Exhibits**

Date: Now - March 9, 2019
Location: St. George City Art Museum
Description:
 Main Gallery: Layered Voices, SAQA (Studio Art Quilt Associates)
 Mezzanine Gallery: Paper Trail, Robert Perkins
 Legacy Gallery: Friends in Art, Sherry Meidell & Rebecca Hartigan

Lapidary & Jewelry Making

Date: Tuesdays & Thursdays
Time: 9:00 am - 12:00 pm;
 12:00-3:00 pm
Fee: \$75
Location: St. George Recreation Center
Register: Sgcity.org/lapidary or at the Rec Center
Description: Learn the intricacies of silversmithing and lapidary work in this new and exciting class! Lapidary is the art of cutting, polishing, and working with stone. All tools and supplies are included. All skill levels are welcome!

Sand Hollow Aquatic Center's WINTER Learn to Swim Program

Date: January 7-17
Time: Monday-Thursday for 2 weeks at 5:05 pm and 5:50 pm
Fee: \$32
Age: Age requirements depend on the class level
Location: Sand Hollow Aquatic Center
Description: We offer 2 Parent Child levels, 3 Preschool Levels, and 6 Learn to Swim levels. Please contact the SHAC at 435-627-4585 for more information.

FUNDamentals Basketball

Date: January 12th
Time: 9:00am-1:00pm
Fee: \$25/participant

Location: TBA
Registration: Online at www.sgcityrec.org/basketball or in person at the City Commons or Rec Center. Deadline is January 7th.
Description: There will be 6 weeks of instructional learning for 3-5 year olds. Towards the end of the class we will integrate what we have learned into a game.

Heritage Days

Date: January 12
Time: 12:00-2:00 pm
Fee: Free
Location: Social Hall, 212 N. Main Street
Description: City of St. George Birthday Celebration, root beer floats prepared and served by Mayor and City Council Members. Free day at the Sand Hollow Aquatic Center, the Recreation Center, the Art Museum as well as free rides on Suntran.

Sand Hollow Aquatic Center's Heritage Day Free Swim

Date: Saturday, January 12
Time: Noon - 6:00pm
Fee: FREE
Location: Sand Hollow Aquatic Center
Description: Join the staff at the SHAC for a fun afternoon of free swimming.
Contact: 435-627-4585

smART - Sonia Delaunay

Date: Saturday, January 12
Time: 10:00 am
Fee: \$3
Ages: 6-12
Location: St. George City Art Museum
Description: Art classes for kids! Classes consist of an art lesson on an artist and a related art project. First come, first served!

Adult Coed, Men's and Women's Basketball

Date: January 14th
Time: 6:30-9:30pm
Fee: \$285/team
Location: TBA
Registration: Online at www.sgcityrec.org/basketball or in person at the City Commons or Rec Center. Deadline is January 7th.
Description: There will be an eight game season followed by a single elimination tournament.

Adult Flag Football

Date: January 15th
Time: 6:30-9:30pm
Fee: \$285/team
Location: TBA
Registration: Online at www.sgcityrec.org/football or in person at the City Commons or Rec Center. Deadline is January 8th.
Description: There will be an eight game season followed by a single elimination tournament.

St. George Art Museum Book Club

Date: Thursday, January 17
Time: 4:00 pm
Location: St. George City Art Museum
Description: All Welcome! Reception

for Friends in Art: Rebecca Hartvigsen & Sherry Meidell
Date: Thursday, January 17
Time: 6:00-7:00 pm

A Conversation with Rebecca Hartvigsen & Sherry Meidell

Time: 7:00 pm
Location: St. George City Art Museum

St. George ½ Marathon, 5K, Move It! Kids Run & I Am Able Run

Date: January 19
Time: 9:00 am (½ Marathon); 9:15 am (5K); 11:00 am (Kids and I Am Able)
Fee: \$60 (½ Marathon); \$30 (5K); \$10 (Kids and I Am Able)
Location: Dixie Center, 1835 South Convention Center Drive
Description: Southern Utah's longest running ½ marathon attracting nearly 2000 participants each year. The spectacular event will take participants on scenic journey along the City's amazing trail system and the Virgin River. The registration fee includes a shirt, finisher medal, chip timing and post-race refreshments.

Water Safety Instructor Certification Class

Date: January 21 - February 1
Time: Monday-Friday for 2 weeks from 4:00-7:00 pm
Fee: \$150
Age: 16 years or older
Location: Sand Hollow Aquatic Center
Description: Get certified as a Water Safety Instructor and be certified to teach group and private swim lessons.

Superbowl Slow Pitch Softball Tournament

Date: January 25th-26th
Time: 1st games will be at 6:30pm on Friday and will go till Saturday evening.
Fee: \$325/team
Location: Canyons Complex and Little Valley Complex
Registration: Online at www.sgcityrec.org/softball or in person at the City Commons or Rec Center. Deadline is January 20th.
Description: This will be a four game guarantee tournament.

American Red Cross Lifeguard Certification Class

Date: January 28 - February 1
Time: Monday-Friday for 1 week from 5:30-9:00 pm
Fee: \$150
Age: 15 years or older
Location: Sand Hollow Aquatic Center
Description: This blended learning course has a combination of online assignments and in class time with a Certified Instructor. Completion of this course will result in a certification as an American Red Cross Lifeguard.

Curiosity Club for Kids

Date: January 29 (Tuesdays; 4-wks)
Time: 10:30-11:30 am and/or 1:30-2:30 pm
Fee: \$20/youth
Location: Tonaquint Nature Center, 1851 S. Dixie Drive

Description: Kids ages 3-6 years old are invited to join us for our fun and interactive Curiosity Club at the Tonaquint Nature Center. Each week features a different theme which includes various learning activities, crafts and games.

FEBRUARY 2019 EVENTS**Desert Spring Championships 10U/12U/16U Tournament**

Date: February 1st-2nd
Time: Start time on Friday will depend on the # of teams registered.
Fee: \$430/12U & 16U team; \$295/10U team
Location: Canyons Complex, Little Valley Complex and Bloomington Complex.
Registration: Online at www.sgcityrec.org/softball or in person at the City Commons or Rec Center. Deadline is February 10th.
Description: This will be a four game guarantee tournament.

Desert Spring Championships 14U/18U Tournament

Date: February 1st-2nd
Time: Start time on Friday will depend on the # of teams registered.
Fee: \$430/team
Location: Canyons Complex, Little Valley Complex and Bloomington Complex.
Registration: Online at www.sgcityrec.org/softball or in person at the City Commons or Rec Center. Deadline is January 20th.
Description: This will be a four game guarantee tournament.

Bikestock Family Fun Bike Ride and Move It! Kids Criterium

Date: February 2
Time: 8:30 am (Family Bike Ride); 10:00 am (Kids Criterium)
Fee: FREE for Family Bike Ride \$10 Kids Criterium (pre-registration); \$20 Kids Criterium (day-of)
Location: Red Cliffs Mall, 1770 Red Cliffs Drive
Description: The Family Bike Ride will take families on the paved trail system with the option to ride 2.8 or 5.5 miles. The Move It! Kids Criterium is open to all youth ages 12 & under. Participants are grouped by age and bike type. All youth criterium participants will receive a finisher award, shirt and post-event refreshments.

Adult Indoor Volleyball League

Date: February 5th
Time: 6:30-9:30pm
Fee: \$165/team
Location: TBA
Registration: Online at www.sgcityrec.org/volleyball or in person at the City Commons or Rec Center. Deadline is January 29th.
Description: There will be an eight game season followed by a single elimination tournament.

Road Rage Duathlon

Date: February 9
Time: 9:00 am
Fee: \$40
Location: Bloomington Park, 650 W Man O'War Road
Description: Put your running and bike skills to the test with this fun Duathlon. Participants can pick either the Sprint or Olympic distance to complete.

smART - Yayoi Kusama

Date: Saturday, February 9
Time: 10:00 am
Fee: \$3
Ages: 6-12
Location: St. George City Art Museum
Description: Art classes for kids! Classes consist of an art lesson on an artist and a related art project. First come, first served!

Adult Spring Softball League

Date: February 11th
Time: 6:30-9:30pm
Fee: \$450/team
Location: Canyons Complex
Registration: Online at www.sgcityrec.org/softball or in person at the City Commons or Rec Center. Deadline is February 4th.
Description: There will be an fourteen game season followed by a double elimination tournament.

Sweetheart Swing

Date: February 14
Time: 7:00-10:00 pm
Fee: \$15
Location: Dixie Academy (Children's Museum) 86 S. Main Street
Description: A great way to spend Valentine's Day with your sweetheart, swing dancing to live music by the Rebel Jazz Band, a floorshow, and refreshments all evening.

Cupid Hop

Date: February 14
Time: 10:00-11:00 am
Fee: Buy one get one FREE
Age: 18 years or older
Location: Sand Hollow Aquatic Center
Description: Bring your Sweetheart to come swing dance to classic swing tunes in the Sand Hollow Aquatic Center Leisure Pool.

Adult Indoor Volleyball Tournament

Date: February 15th-16th
Time: Games will start at 6:30pm on Friday.
Fee: \$165/team
Location: TBA
Registration: Online at www.sgcityrec.org/volleyball or in person at the City Commons or Rec Center. Deadline is January 29th.
Description: There will be two pool play games and then teams will be seeded into a tournament bracket.

Sand Hollow Aquatic Center's WINTER Learn to Swim Program

Date: February 18-28
Time: Monday-Thursday for 2 weeks at 5:05 pm and 5:50 pm

Fee: \$32
Age: Age requirements depend on the class level
Location: Sand Hollow Aquatic Center
Description: We offer 2 Parent Child levels, 3 Preschool Levels, and 6 Learn to Swim levels. Please contact the SHAC at 435-627-4585 for more information.

St. George Art Museum Book Club

Date: Thursday, February 21
Time: 4:00 pm
Location: St. George City Art Museum
Description: All Welcome! Art Conversation on Layered Voices by Studio Art Quilt Associates
Date: Thursday, February 21
Time: 7:00 pm
Location: St. George City Art Museum

Water Safety Instructor Certification Class

Date: February 25 - March 8
Time: Monday-Friday for 2 weeks from 4:00-7:00 pm
Fee: \$150
Age: 16 years or older
Location: Sand Hollow Aquatic Center
Description: Get certified as a Water Safety Instructor and be certified to teach group and private swim lessons.

Youth Soccer League

Date: February 26th
Time: 5:30pm to 7:30pm
Fee: \$35/participant
Location: Little Valley Soccer Complex and Sandtown Park
Registration: Online at www.sgcityrec.org/soccer or in person at the City Commons or Rec Center. Deadline is February 11th.
Description: They will play an eight game schedule.

MARCH/APRIL 2019 EVENTS**Annual Soup N' Bowl Fundraiser**

Date: Friday, March 1
Time: 11:30-1:00 pm
Fee: \$25
Location: St. George City Art Museum
Description: You get a handmade ceramic bowl, lovely lunch and Art Museum Admission. Plus there will be drawings, a silent auction and live music!

FUNDamentals Soccer

Date: March 2nd
Time: 9am-1pm
Fee: \$25/participant
Location: Little Valley Soccer Complex
Registration: Online at www.sgcityrec.org/soccer or in person at the City Commons or Rec Center. Deadline is March 1st.
Description: There will be 6 weeks of instructional learning for 3-5 year olds. Towards the end of the class we will integrate what we have learned into a game.

Lake to Lake Team Relay & Ultra

Date: March 2
Time: 7:00 am
Fee: \$250 (Team- up to 5 people);

\$145 (2-person team);
 \$75 (Ultra Solo);
 \$250 (Kids Team- up to 10 youth)
Location: Gunlock Reservoir
Description: A 50-mile team relay from Gunlock Reservoir to Sand Hollow Reservoir with each team runner completing a minimum of 2 legs (roughly 5-miles each). Kids teams can have up to 10 kids and only have to run one leg each. The course will take athletes through the dramatic landscapes of southern Utah, running along city trail systems and back roads.

Swim Lesson Assessment

Date: March 2
Time: 11:00 am
Fee: FREE
Age: 3-12 years old
Location: Sand Hollow Aquatic Center
Description: Come find out what Swim Level to sign your child up for by having them participate in this free swim assessment. All swimming participants will get to stay and swim at the facility for free during open swim that day. To register please call 435-627-4585

American Red Cross Lifeguard Certification Class

Date: March 4-8
Time: Monday-Friday for 1 week from 5:30-9:00 pm
Fee: \$150
Age: 15 years or older
Location: Sand Hollow Aquatic Center
Description: This blended learning course has a combination of online assignments and in class time with a Certified Instructor. Completion of this course will result in a certification as an American Red Cross Lifeguard.

Adult Spring Futsal League

Date: March 7th
Time: 6:30-9:30pm
Fee: \$200/team
Location: TBA
Registration: Online at www.sgcityrec.org/futsal or in person at the City Commons or Rec Center. Deadline is February 28th.
Description: There will be an eight game season followed by a single elimination tournament.

smART - Vincent Van Gogh

Date: Saturday, March 9
Time: 10:00 am
Fee: \$3
Ages: 6-12
Location: St. George City Art Museum
Description: Art classes for kids! Classes consist of an art lesson on an artist and a related art project. First come, first served!

Lil Detective Camp

Date: March 11-13
Time: 9:00 am (2-3 graders); Noon (4-5 graders)
Fee: \$35
Location: Tonaquint Nature Center, 1851 South Dixie Drive
Description: This 3-day camp will

keep kids busy over Spring Break by teaching them how to solve mock crimes and learning about the world of crime solving. Fee includes all camp materials. Registration deadline is Friday, March 8, 2019.

Shamrock Your Socks Off 10K

Date: March 16
Time: 9:00 am
Fee: \$30
Location: Ivins City Park, 55 North Main Street
Description: Wear your green and join us for a pre St. Patrick's Day celebration. This scenic 10K will take runners through Snow Canyon State Park before finishing at Ivins City Park. Runners MUST ride the buses provided to the start line.

Curiosity Club for Kids

Date: March 19 (Tuesdays; 4-wks)
Time: 10:30-11:30 am and/or 1:30-2:30 pm
Fee: \$20/youth
Location: Tonaquint Nature Center, 1851 S. Dixie Drive
Description: Kids ages 3-6 years old are invited to join us for our fun and interactive Curiosity Club at the Tonaquint Nature Center. Each week features a different theme which includes various learning activities, crafts and games.

Sand Hollow Aquatic Center's WINTER Learn to Swim Program

Date: March 18-28
Time: Monday-Thursday for 2 weeks at 5:05 pm and 5:50 pm
Fee: \$32
Age: Age requirements depend on the class level
Location: Sand Hollow Aquatic Center
Description: We offer 2 Parent Child levels, 3 Preschool Levels, and 6 Learn to Swim levels. Please contact the SHAC at 435-627-4585 for more information.

St. George Art Museum Book Club

Date: Thursday, March 21
Time: 4:00 pm
Location: St. George City Art Museum
Description: All Welcome! March Art Exhibits Open
Date: March 23 - July 6, 2019
Location: St. George City Art Museum
Description: Main Gallery: Downey Doxey-Marchal Mezzanine Gallery: Things that Matter, Coalition of Artists with Purpose (35 Textile Artists) Legacy Gallery: Vulnerability, McGarren Flack

Red Rock 10U/12U/14U Fastpitch Softball Tournament

Date: April 5th-6th
Time: Start time on Friday will depend on the # of teams registered.
Fee: \$430/12U 14U team; \$295/10U team
Location: Canyons Complex
Registration: Online at www.sgcityrec.org/softball or in person at the City Commons or Rec Center. Deadline is March 24th.

Description: This will be a four game guarantee tournament.

Adult Spring Outdoor Volleyball League

Date: April 11th
Time: 6:30-9:30pm
Fee: \$100/team
Location: TBA
Registration: Online at www.sgcityrec.org/volleyball or in person at the City Commons or Rec Center. Deadline is March 4th.
Description: There will be an fourteen game season followed by a single elimination tournament.



COMMUNITY EDUCATION

Community Education Offers a Variety of Unique Classes. Community Education is a program designed to provide the community with educational services and learning opportunities by offering unique and exciting non-credit classes. Classes are designed for all ages and emphasis is given to special populations with particular needs. Classes cover a broad spectrum ranging from a wide variety of Art classes, such as Oil Painting and Scrapbooking; to Dance classes, such as Jazz, Ballet, and Ballroom; to Computer Classes such as Basic Microsoft Word and Excel. Interested in learning how to play the Guitar or the Piano, or how to start you own Home Based Medical Transcription Business? Ever wanted to learn a foreign language such as Spanish, French, or Chinese, or trying to find that perfect way to get thin and stay thin? Community Education offers all of these classes and more to the community in an effort to provide Southern Utah with recreational, cultural, and academic services.

For more information please call 652-7675 or go online to: <http://ce.dixie.edu>

CONTACT INFORMATION

Mayor and City Council

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 Michele Randallmichele.randall@sgcity.org
 Bette Arialbette.arial@sgcity.org
 Ed Baca.....ed.baca@sgcity.org



City Manager

Adam Lenhard.....adam.lenhard@sgcity.org

Communications and Marketing

David Cordero.....david.cordero@sgcity.org

City Services

Administration 627-4000
 Airport..... 627-4080
 Animal Shelter..... 627-4350
 Building 627-4100
 Business Licenses..... 627-4740
 City Pool (700 So.)..... 627-4584
 Community Arts..... 627-4525
 Community Development 627-4206
 Engineering 627-4050
 Fire 627-4150
 Leisure Services..... 627-4500
 Parks 627-4530
 Police..... 627-4301
 Public Information 627-4005
 Public Works..... 627-4050
 Recorder 627-4003
 Recreation Center/ Programs..... 627-4560
 Sand Hollow Aquatic Center 627-4585
 Streets 627-4020
 Suntran..... 673-8726
 Utilities 627-4700
 Water/Energy Emergencies 627-4835
 Water/Energy Conservation 627-4848



For emergencies please call 911

City Council

Regularly scheduled city council meetings are held on the first and third Thursdays each month starting at 5:00pm at City Hall (175 East 200 North) unless otherwise noticed. Work meeting sessions are held on the second, fourth and fifth Thursdays beginning at 4:00pm at City Hall.

Planning Commission

Regularly scheduled planning commission meetings are held on the second and fourth Tuesdays each month starting at 5:00pm at the City Office Building unless otherwise noticed.

For more information on city services, contact information, and events please visit the city website at www.sgcity.org.

St. George City Golf

LOYALTY REWARDS PROGRAM

Annual Membership Fee:

\$30 Single
\$50 Couples

**Valid for 1 year from date of purchase.*

Loyalty Program:

- Reduced green fees at all St. George City Golf Courses. Discount varies from weekday to weekend and also time of year.
- 5% discount on all merchandise in St. George City golf shops.

Rewards Program:

Receive a free round of golf for every 20 rounds played.



St. George
THE BRIGHTER SIDE