AT LONG LAST, 2021 IS HERE!
What is resilience? Dr. Ernestine Briggs-King of the Duke University School of Medicine and the National Child Traumatic Stress Network defines it as “the ability to recover or adapt following a traumatic event.” She further explains that resilience includes “handling or coping with adversity in a way that fosters growth and strength.”

What factors lead to resilience? Dr. Briggs-King points to connections to other people as being key. She’s not alone. Most researchers agree, and really, it doesn’t take a lot of research to know that hard things are easier to bear when we have someone we can lean on. If you’ve seen billboards along I-15 the past few months, you know that suicide prevention looks a lot like spending time connecting with another person. The people who settled much of the West, including our corner of Utah, understood this. Here in Washington County, they were a diverse group – musicians and blacksmiths, farmers and craftsmen. They came from all over the world and spoke several different languages. They understood that their survival required working together and embracing their diversity.

Connections with people may be a bit more difficult right now, but we are creative, caring people, fully capable of finding ways to see the people behind the literal and metaphorical masks we wear. Over the coming months, let’s make it our individual missions to find safe and kind ways to connect with others.

This brings us to another piece of research. Dr. Sherry Hamby, Ph.D. published an article in Psychology Today entitled “Sense of Purpose – The Most Important Strength?” (January 31, 2020). In the article, she details a research project aimed at finding the top nine or ten strengths that lead to resilience. The results were surprisingly consistent: “A sense of purpose appears to contribute to well-being more than other strengths,” she concluded. I see that exhibited throughout our community.

The holidays often lead us to think beyond ourselves, and these past couple of months we have seen so many examples, from basket brigades and other meals provided to those in need on Thanksgiving, to Toys For Tots and Coins for Kids at Christmastime. Virtual fund raisers have been the norm since COVID-19 hit, and our residents have opened their hearts and their wallets to help non-profit groups (ie: other people) even in the middle of difficult times for themselves.

We all do better when we are needed – when we are part of something bigger than ourselves. We have friends and neighbors who need us. Let’s continue to look for opportunities to help others in this new year, whenever and however we are able.

Here’s to a safe, kind, healthy and resilient 2021!
Rob Kramer, the Director of the Institute for Continued Learning (ICL) at Dixie State University, was in the midst of creating a five-year strategic plan. ICL provides classes for retirees to keep their minds and bodies from unnecessary atrophy — of vital importance in a community with a high number of residents identifying as senior citizens.

Kramer wondered if what they had been doing was enough. Could ICL achieve more?

“I knew we could do more than just cure boredom,” Kramer recalls. “We could do more to stimulate people’s minds, bodies and spirits. We could save people’s lives.”

This desire gave birth to the Live Long. Live Well. (Live!) initiative, which has the goal of increasing longevity, improving health and the increasing overall life satisfaction of residents of Washington County — with an emphasis on people over age 50. Kramer found a champion for his concept in Nancy Hauck, Associate Provost of Community & Global Engagement at DSU, and they formed a committee involving Intermountain Healthcare’s Live Well Center and the City of St. George.

In January 2020, Live! began a six-month survey to gauge the health and wellness of the community. The unforeseen COVID-19 pandemic tossed a wrinkle into things, yet 2,400 responses were recorded. The study produced these key results:

- The over-50 population in St George is already one of the healthiest groups in the United States. They report feeling better about their physical, cognitive, emotional and financial health than younger generations.
- Eighty percent of respondents report practicing 30 minutes a day of exercise on average, compared to an average of only five percent for the U.S.
- Although better than average, respondents eat well, focusing on vegetables and fruits, but still consume too much sugar and snacks.

“This survey revealed that St. George is already a health-conscious community, so it will not take much for us to become one of the healthiest communities in the world,” Hauck said.

(Continued on Page 14)
Barberis enlisted in January 1950 at age 19 and was assigned to E Company of the 2nd Battalion of the 5th Marine Regiment. Six months later he boarded a ship bound for South Korea. The matter was urgent. On June 25, Communist forces of the Korean People's Army (KPA) crossed the 38th parallel and invaded Seoul. South Korean troops fought back but were pushed southward — nearly to the Sea of Japan.

In coordination with the United Nations Security Council, U.S. President Harry Truman sent forces to stem the tide. On Aug. 6, Barberis saw his first day of combat on the Pusan Perimeter as fifth ammunition bearer for a machine gun crew.

"Now we have the enemy firing live ammo and artillery at us," Barberis says. "This changed the ballgame. We are facing the reality that we could become a casualty at any moment."

On Aug. 17, E Company began an attack along Obong-ni Ridge. The machine gun crew’s task: to cover the advance of the assault units near the Naktong River. Due to attrition, Barberis had become the gunner’s assistant. Typical machine gun maneuvers involve firing bursts and displacing to a new location — making it difficult for the enemy to pinpoint your whereabouts.

"We moved a fourth time back to our original spot. I had just fed the belt into the gun when we got hit. A lucky shot," Barberis says. "The bullet shattered the weapon ... shrapnel and rocks blew up and hit me on the right side of my face and neck. Luckily it wasn’t a fatal shot. It could have been."

Barberis’ comrade, Private First Class Raymond Lee Tuttle, not yet 19, was killed in action.

A native of Oshkosh, Nebraska, Barberis’ family struggled to make ends meet during the Great Depression and the early years of World War II. They gradually moved west until they settled in Homedale, a tiny farm community about 40 miles west of Boise.

Barberis’ teenage years were filled with the imagery of WWII fighting men. One was his brother, Albert, who served with the Marine Corps in the Pacific. When Ed saw his brother’s dress blue uniform, it was love at first sight. He was going to become a Marine.

"My bucket list at the time was to get home, get married, create a family — do all the things you plan on doing with your life," Barberis says. "I didn’t want anything to keep that from happening. Consequently, I offered up a lot of silent prayers."

As he fired on the ceaseless enemy, Barberis knew one thing.

Tomorrow was far from promised.

"As he fired on the ceaseless enemy, Barberis knew one thing. Tomorrow was far from promised."

The call of the Corps

Whistles and horns shattered the silence of a frigid evening in a foreign land. As flares lit up the sky, Chinese troops materialized out of the snow and charged toward American lines. Atop a hill just to the west of the Chosin Reservoir, Ed Barberis, a 20-year-old marine from Homedale, Idaho, was under siege.

As he fired bursts from a machine gun, Barberis prayed that he would see another day.

The Battle of Chosin Reservoir, among the most storied battles in the history of the U.S. Marine Corps and a turning point in the Korean War, had begun. The surprise Chinese intervention at the Chosin 70 years ago turned what appeared a sure victory for United Nations forces into a bloody fight to avoid annihilation.

A retired Greyhound bus driver who logged nearly two million miles on duty, Barberis, 90, has lived in St. George for 27 years. The sounds, smells and memories of battle have never left him. He often thinks about those perilous times in North Korea, when survival was his only objective.

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Tomorrow was far from promised.
General Douglas MacArthur made a career of taking calculated risks. A more timid man might have asked questions. One of his great triumphs was the surprise landing at Inchon on Sept. 15, 1950. This allowed U.S. forces to flank a large chunk of Communist forces in the South.

By then, Barberis had returned to his unit and fought from Inchon inland to the capital city, Seoul. Barberis, now promoted to machine gunner due to the shelling, was not welcomed by the men of the 5th Marine Division. "It was 30 degrees below," says Barberis, "and the gloves didn't afford much protection. The cold was appreciated, this little piece of home. Yet it didn't make you forget about the cold."

The nonagenarian continues to move freely, though he still experiences physical effects from the war. Shrapnel remains in Barberis' neck; pieces of rock and debris burrowed into his toes and feet, Barberis says, "You just have to be careful around them."

"We didn't know that they were Chinese or who they were," Barberis says. "You just know that there are shots coming toward you and you just return fire."

Barberis blazed away on the .30-caliber machine gun. In many combat situations the defenders can dig foxholes or trenches to provide cover. Not in the Chosin Reservoir. The ground was too cold. Barberis got his wish as he could white sending bullets into the enemy.

In some sectors the Chinese overran Marine positions. Chaos ensued. Much of the battlefield deteriorated into hand-to-hand combat. American forces, including those in Barberis' unit inflicted heavy casualties. Barberis recalls the moment after the initial attack, he saw dead Chinese about 15 feet away from his position.

The battle of Chosin Reservoir was a crisis of enormous proportions. Due to the overwhelming manpower of the Chinese — they held a 4 to 1 advantage in committed troops — they held a 4:1 advantage in committed troops. Guam and South Korea were on the verge of obliteration.

Working against the Americans was that there was only one way out: the narrow Main Supply Route (MSR) that the Chinese were in position to cut. It would be a perilous journey — not a retreat, but as General Douglas MacArthur made a career of taking calculated risks. A more timid man might have asked questions. One of his great triumphs was the surprise landing at Inchon on Sept. 15, 1950. This allowed U.S. forces to flank a large chunk of Communist forces in the South.

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The St. George Art Museum celebrated its 30th anniversary with a special art happening. On Nov. 3 from 11 a.m. to 7 p.m., artists featured in two films from the 2020 DOCUTAH International Documentary Film Festival created a new mural inspired by “Alice Street” and “Prophets, Teachers & Kings” in real time. The mural covers the entire front, south-facing wall of the museum. The project was made possible by the generous support and in partnership with the City of St. George and Art Around the Corner Foundation.

“To bring great urban artists to Southern Utah to enhance the St. George Museum with such a beautiful and hopeful painting is how we see all the arts intersecting to bring joy and meaning to the world,” said Phil Tuckett, Founder and Director of DOCUTAH. “We hope it will bring an understanding to our community and beyond of how art in all its forms can transform lives and bring people of different backgrounds together.”

As chronicled in Alice Street, Desi and Peskador are Oakland-based artists who form an unlikely partnership to tackle their most ambitious project to date, a four-story mural in the heart of downtown Oakland. In Prophets, Teachers and Kings, an inside glimpse at the dark and sometimes violent world of one of Los Angeles’s oldest graffiti crews — UTI (Under The Influence) — artists Skill and Fear recount their 35-year rise from juvenile delinquency to urban art infamy. Both films are slated to be screened during the next DOCUTAH Festival, set for March 1-6, 2021.

Now in its 17th year, the nonprofit AACF partners with the City of St. George to install a new collection of high-quality public art each spring. Although COVID-19 sidelined the 2020 show, plans are well underway for a refresh of the artwork next March.

AACF board chair Marianne Hamilton said a family stroll around Historic Town Square may be just what the doctor ordered at the moment.

“The sculptures are available to enjoy 24/7, and they’re spaced far enough apart to enable social distancing,” Hamilton noted. “There’s no charge, there are pieces that children and adults will love, and walking is a great way to get some exercise! And there’s no time like the New Year to visit Town Square, and get started on that new fitness routine.”

For more information, and a map of the sculptures, visit www.artaroundthecorner.org.

Airborne ECS to expand, add 73 high-paying jobs to St. George

The Utah Governor’s Office of Economic Development (GOED) recently announced that Airborne ECS will expand its facility in St. George, creating up to 73 new high-paying jobs in the next seven years.

“We envision a thriving tech ecosystem as part of our vibrant, diversified economy in St. George,” said Mayor Jon Pike. “We are building a place where our children can stay and earn higher-paying salaries while enjoying the quality of life we are known for. I congratulate the Airborne ECS team for their success and commitment to our city.”

Airborne designs and integrates the assembly of complex environmental control systems (ECS) for aerospace applications. Airborne is the only company that gives its customers full digital control over all environmental aspects, including pressure, volume and temperature. The company fabricates the world’s lightest, most cost-effective ECS using composites and 3-D printed materials, all designed in-house.

Airborne may earn up to 15 percent of the new state taxes it will pay over the seven-year life of the agreement in the form of a Utah Legislature-authorized Economic Development Tax Increment Finance (EDTIF) tax credit. The GOED Board has approved a post-performance tax credit not to exceed $1,433,643. Each year that Airborne meets the criteria in its contract with the state, it will earn a portion of the total tax credit.

Art Around the Corner returns in March

What can you do with your family that’s a.) safe, b.) fun, and c.) free? Believe it or not, all three are possible, right in the heart of St. George. Just mask up and head down to Historic Town Square, where you’ll find an engaging collection of sculptures and 3D art, curated by the Art Around the Corner Foundation (AACF).

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For more information, and a map of the sculptures, visit www.artaroundthecorner.org.
A mural depicting hope and unity was commissioned and created Nov. 3 on the south-facing wall of the St. George Art Museum.

American Legion Post 90 hosted a brief ceremony to commemorate the Pearl Harbor attack and honor the 2,403 Americans who died Dec. 7, 1941.

From left, after-school site coordinator Jenny Fidler, City Councilwoman Danielle Larkin and Dawn Eide-Albrecht from Leisure Services pose with an art project completed by elementary school students during the after-school program, a collaboration between the Washington County School District and the City of St. George.

Officer Vincent Lusk and Beth D’Antonio from Administrative Services bracket Mayor Jon Pike as they accept an award for their life-saving efforts to help a resident in distress.

Emma prepares for an exercise during K-9 officer training with the Police Department.

Mayor Pike cuts a ribbon for the brand new Riverwalk Village, a project by the Switchpoint Community Resource Center.

Mayor Pike and members of the City Council tour the Wastewater Treatment Plant during the Council’s work meeting.

Members of the Youth City Council pose with City leadership after being officially “sworn in.”

Photos by Dave Becker, Chris Caldwell, David Cordero and Cory Frost.
Community Health Challenge
Live! is launching its first community challenges with three components. The first challenges are:

**Social & Emotional**
Each day, consider what you are grateful for. Send three messages of appreciation to three different individuals — via text, email, mail or phone. Research has demonstrated that this is one of the most powerful ways to improve mood, overall happiness and enhance relationships.

**Physical Health**
Commit to moderate exercise for 30 minutes per day for five days a week. Engaging in aerobic exercise is the best way to reduce risk of dementia and keep your body healthy. Also, commit to daily gardening, walking or hiking in nature five times a week. Not only is Vitamin D essential for staying healthy and boosting immune systems, but spending time outdoors reduces blood pressure, stress and depression.

**Cognitive**
Learn something new. Take a class at DSU through ICL or Community Education, at the City or through Intermountain Healthcare. Exercise your mind by learning a new language or how to play a new instrument.

To join the challenge or to find out more information, go to the Live! website at live.long.dixie.edu/Challenges.
**CITY ACTIVITIES, SPECIAL EVENTS, RECREATION PROGRAMS & CLASSES**

**REGISTRATION LOCATIONS**
- Leisure Services Department
  295 South 4th East
  627-4560
- St. George Recreation Center
  1144 North Lava Flow Drive
  627-4585
- 5G Commons Building
  220 North 4th East
  627-4500
- Sand Hollow Aquatic Center
  1444 North Lava Flow Drive
  627-4585

**ON-GOING CLASSES/PROGRAMS**

**US Masters Swim Program**
- Day: Thursday - Tuesday
- Time: 9:00-10:30 am
- Fee: $4.00/person paid at facility
- Location: Sand Hollow Aquatic Center

**Flying Fish**
- Date: 1st and 3rd Tuesday Jan-Oct.
- Time: 6:30-7:30pm
- Fee: $7.00/person
- Location: Sand Hollow Aquatic Center

**Sand Hollow Aquatic Center**

**Aquatic Center**
- Day: Monday & Tuesday
- Time: 10:00 am - 12:30 pm
- Fee: $3.00/person
- Location: Sand Hollow Aquatic Center

**Karaté Class**
- Days: Mondays & Wednesdays
- Time: 6:00-7:45 pm (White/Yellow) 7:45-8:45 pm (Orange/Adult)
- Fee: $30/month
- Location: St. George Recreation Center

**Ballet Class**
- Days: Thursday, Thursday or Friday
- Time: Various
- Fee: Various
- Location: St. George Recreation Center

**Tumbling**
- Day: Mondays, Tuesdays and Thursdays
- Time: Varies
- Fee: $25-32/person
- Location: St. George Recreation Center

**Jr. Development & High School Tennis Tournament (HSTA)**
- Days: Mondays, Tuesdays & Wednesdays (5 wk rotation)
- Day & Time: Monday / Wednesday & Friday - 4:00-6:30 pm
- Fee: Please visit sgcityrec.org for details
- Age: Jr. Development: 10-18 years
- Location: Tonaquint Tennis Center

**10 & Under Youth Tennis – Advance**
- Day: Tuesday & Thursday (6 wk rotation)
- Time: 3:45-6:00 pm
- Fee: $70/player- 1 visit/wk
- $50/player- 2 visits/wk
- $25/player- 2 visits/wk PLUS 6 half hour private lessons
- Age: 6-10 years
- Location: Tonaquint Tennis Center

**10 & Under Youth Tennis – Beginner/Intermediate**
- Day: Tuesday & Thursday (6 wk rotation)
- Time: 3:30-6:00 pm
- Fee: $30/player- 1 visit/wk
- $40/player- 2 visits/wk
- $70/player- 2 visits/wk PLUS 6 half hour private lessons
- Age: 6-10 years
- Location: Tonaquint Tennis Center

**Mountain Biking Level 1**
- Day: Monday (4 Mondays; 4-wkks)
- Time: 4:00-6:15 pm
- Fee: $85.00
- Age: 11-17 years
- Location: St. George Recreation Center
- Description: This class is designed for beginners and intermediate as well as experienced riders.

**Mountain Biking Level 2**
- Day: Monday (4 Mondays; 4 wkks)
- Time: 4:00-6:15 pm
- Fee: $85.00
- Age: 11-17 years
- Location: St. George Recreation Center
- Description: This class is designed for beginners and intermediate as well as experienced riders.

**Mountain Biking Level 3**
- Day: Thursday Morning Morning (4 wkks)
- Time: 9:00-11:30 am
- Fee: $85.00

**Dinners-Youth Pickleball Clinic**
- Day: Tuesdays & Thursdays (6 wk rotation)
- Time: 4:30-5:30 pm
- Fee: $45/player- 1 visit/wk
- $65/player- 2 visits/wk
- $35/player- 2 visits/wk PLUS 6 half hour private lessons
- Age: 6-9 years
- Location: Little Valley

**Jr. Development**
- Day: Monday & Tuesday
- Time: 4:30-7:00 pm
- Fee: $55/player- 1 visit/wk
- $70/player- 2 visits/wk
- $35/player- 2 visits/wk PLUS 6 half hour private lessons
- Age: 6-10 years
- Location: Tonaquint Tennis Center

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- Age: 6-10 years
- Location: Tonaquint Tennis Center

**10 & Under Youth Tennis- Munchkins**
- Day: Tuesdays & Thursdays (6 wk rotation)
- Time: 3:30-6:00 pm
- Fee: $30/player- 1 visit/wk
- $40/player- 2 visits/wk
- $70/player- 2 visits/wk PLUS 6 half hour private lessons
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- Location: Tonaquint Tennis Center

**Adult & Kids Pottery Wheel- Monday Nite**
- Day: January 4 (4 wkks)
- Time: 6:00-8:00 pm
- Fee: $70/person
- Age: 9 years-Adult
- Location: St. George Recreation Center
- Description: This class is designed for the beginner and intermediate pottery student. Beginner students 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, sectional, and sets. All projects will be trimmed and glazed and ready for use. The class fee includes clay, glazes, and firing.

**On-going student rates available. Please contact the instructor.**

**Adult Lapidary Class**
- Day: January 5 (Tuesdays & Thursdays 8-6 wkks)
- Time: 9:00 am-Noon OR 12:00-3:00 pm
- Fee: $75/person
- Age: 16-years-Adult
- Location: St. George Recreation Center
- Description: Come learn the intricacies of silver smithing and lapidary work! Lapidary is learning, polishing and working with stone. Make new friends and new jewelry at the same time.

**Mountain Biking Level 1 & 2**
- Day: January 6 (4 wkks)
- Time: 4:00-5:15 pm
- Fee: $75.00
- Ages: 11-17 years
- Location: St. George Recreation Center
- Description: This class is designed for beginners and intermediate as well as experienced riders.

**Boulderung Level 3**
- Day: January 7 (Tuesdays 4 wkks)
- Time: 4:00-6:00 pm
- Fee: $50.00
- Age: 8-17 years
- Location: Meet at St. George Recreation Center
- Description: Introducing youth to all the basic techniques of bouldering. We accept all levels of climbers. You will be given instruction in a small group setting to challenge and improve your skills. Call 627-4579 with any questions you have.

**Mountain Biking Level 1**
- Day: Thursday Morning (4 wkks)
- Time: 9:00-11:30 am
- Fee: $85.00
**CITY ACTIVITIES, SPECIAL EVENTS, RECREATION PROGRAMS & CLASSES**

**Parental participation is required.**

**Date:** January 9 (6-wks)

**Fee:** $60.00

**Ages:** 11-17 years

**Location:** Meet at St. George Recreation Center

**Description:** This class builds on the basics of building. We accept all levels of climbers. Youth will be given instruction in a small group setting to challenge and improve their skills. Call 627-4579 with any questions you have.

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**Mountain Biking Level 1:**

**Friday Afternoon**

**Date:** January 8 (4-wks)

**Time:** 4:00-6:45 pm

**Fee:** $50.00

**Ages:** 11-17 years

**Location:** Meet at St. George Recreation Center

**Description:** Introducing youth to all the basics of mountain biking. We accept all levels of riders. You will improve your skills. Call 627-4579 with any questions you have.

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**Adult Winter Indoor Volleyball**

**League Registration**

**Fee:** $55.00/ team

**Ages:** 18-25 years

**Location:** TBA

**Description:** League format includes 10 games and a single elimination tournament. Registration closes March 2; league begins March 6

**Youth Soccer Registration**

**Leauge Info:** TBA

**Fee:** $45.00

**Ages:** 7-17 years

**Location:** Meet at St. George Recreation Center

**Description:** This class builds on the skills learned in Bouldering Level 2 and climbers will have the opportunity to try more challenging routes. Youth will be given instruction in a small group setting to challenge and improve their skills. Call 627-4579 with any questions you have.

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**Adult & Kids Pottery Wheel-**

**Monday Night**

**Date:** February 1 (4-wks)

**Time:** 6:00-8:00 pm

**Fee:** $70/person

**Ages:** 9-17 years

**Location:** St. George Recreation Center

**Description:** This class is designed for the beginner and intermediate pottery student. Beginner students 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, sections, handles, and sets. All projects will be trimmed and glazed and ready for use. The class fee includes clay, glasses, and firings. On-going student rates available. Please contact the instructor.

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**Mountain Biking Level 2 & 3**

**Date:** February 4 (4-wks)

**Time:** 4:00-6:15 pm

**Fee:** $75.00

**Ages:** 11-17 years

**Location:** St. George Recreation Center

**Description:** This class will get you ready to ride the trails in no time. Our skilled bike instructors help make the challenge of mountain biking fun. Learn and practice shifting, braking, and body positioning that will get you ready for roots, rocks, climbs, and descents. No previous mountain biking experience necessary. Call 627-4579 with any questions you have.

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**Adults & Couples Pottery Wheel-**

**Wednesday Nights**

**Date:** February 3 (4-wks)

**Time:** 5:30-7:30 pm

**Fee:** $70/person

**Ages:** 18-25 years

**Location:** St. George Recreation Center

**Description:** This class is designed for the beginner and intermediate pottery student. Beginner students 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, sections, handles, and sets. All projects will be trimmed and glazed and ready for use. The class fee includes clay, glasses, and firings. On-going student rates available. Please contact the instructor.
group setting to challenge and improve their skills. Call 627-4579 with any questions you have.

Mountain Biking Level 1: 4:00-6:30 pm Date: March 4 (Thursdays; 3-wks) Fee: $45.00 Age: 8-17 years Location: Meet at St. George Recreation Center Description: This class will get you ready to ride the trails in no time. Our skilled bike instructors help make the challenge of mountain biking fun. Learn and practice shifting, braking, and body positioning that will get you ready for roots, rocks, climbs, and descents. No previous mountain biking experience necessary. Call 627-4579 with any questions you have. No class March 11.

Bouldering Level 2: Date: March 2 (Thursdays & Tuesdays; 4-wks) Time: 4:00-6:30 pm Fee: $38.00 Age: 8-17 years Location: Meet at St. George Recreation Center Description: This class will get you ready to ride the trails in no time. Our skilled bike instructors help make the challenge of mountain biking fun. Learn and practice shifting, braking, and body positioning that will get you ready for roots, rocks, climbs, and descents. No previous mountain biking experience necessary. Call 627-4579 with any questions you have. No class March 11.

Bouldering Level 1: 4:00-6:30 pm Date: March 4 (Thursdays; 4-wks) Fee: $45.00 Age: 8-17 years Location: Meet at St. George Recreation Center Description: This class will get you ready to ride the trails in no time. Our skilled bike instructors help make the challenge of mountain biking fun. Learn and practice shifting, braking, and body positioning that will get you ready for roots, rocks, climbs, and descents. No previous mountain biking experience necessary. Call 627-4579 with any questions you have. No class March 11.

Adult & Kids Pottery Wheel: Saturdays Date: March 4 (3-wks) Time: 4:00-6:30 pm Fee: $38.00 Age: 8-17 years Location: Meet at St. George Recreation Center Description: This class will build on the skills learned in Bouldering Level 1 and 2 and will have the opportunity to try more challenging routes. Youth will be given instruction in a small group setting to challenge and improve their skills. Call 627-4579 with any questions you have. No class March 11.

Adult Spring Slowpitch Softball League Description: A co-ed league for teams of mixed ages and gender. League begins April 9. Location: St. George Recreation Center Fee: $450/team Early Registration; $500/team Late Registration Age: 15 years and older Location: St. George Complex-Little Valley Softball Fields Description: This class is designed for the beginner and intermediate pottery student. Beginner students will learn how to make pots and bowls. Advanced students will learn to work on personal projects and make more advanced techniques such as: dried containers, sectionals, and sets. All projects will be trimmed and glazed and ready for use. The class fee includes clay, glazes, and fringes. On-going student rates available, please contact the instructor.

Mountain Biking Level 2 & 3: Date: March 3 (Wednesdays; 4-wks) Time: 4:00-6:30 pm Fee: $75.00 Age: 11-17 years Location: Meet at St. George Recreation Center Description: This class will build on the skills learned in Bouldering Level 1 and 2 and will have the opportunity to try more challenging routes. Youth will be given instruction in a small group setting to challenge and improve their skills. Call 627-4579 with any questions you have.
Valleymap 2023

March Warm-Up Classic Softball Tournament
Date: March 19
Time: 9:00/10:00 am OR 11:00-12:00 pm
Fee: $175/Team
Location: Tonaquint Park
Description: High School Softball Tournament with a 5 Game guarantee for Varsity teams and a 4 game guarantee for JV teams.

March Warm-Up Elite Softball Tournament - Girls Fastpitch
Date: March 12-13
Fee: $275 Varsity Team; $250 JV Team
Location: Canyons Softball Complex, Little Valley Softball Complex
Description: High School Softball Tournament with a 5 Game guarantee for Varsity teams and a 4 game guarantee for JV teams.

smart Saturday - Art Class for Kids
Date: March 13
Time: 2:00-2:30 pm OR 3:00-3:30 pm
Fee: $1.00 per child.
Location: St. George Art Museum
Description: Each smart Saturday class includes an art lesson and a related project.

Shamrock Your Socks Off 10K
Date: March 13
Time: 9:00 am
Fee: $50
Location: Tonaquint City Park, 55 North Main Street
Description: Register online by March 6 for $45. 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. Late registration accepted with a $20 late fee.

Sand Hollow Aquatic Center’s WINTER Learn to Swim Program - Session 3
Date: March 15-25
Time: 5:00 pm and 5:50 pm
Fee: $30/Adult; $15/Youth
Location: Sand Hollow Aquatic Center
Description: Classes are designed to teach progressive techniques to the Beginner through the Advanced levels. It is our goal to advance students through the lesson sequence at a reasonable pace while maintaining a high standard of instruction. It is not uncommon for a child to repeat a particular level. The Learn to Swim Program follows American Red Cross program guidelines.

Adult Winter Indoor Volleyball League
Date: March 16
Time: 5:15 pm
Fee: $165/team
Location: TBA
League Info: Format includes 8 games and a single elimination tournament.

Contact:
City Manager
Adam Lenhard
adam.lenhard@sgcity.org

Communications and Marketing
David Cordero
david.cordero@sgcity.org

City Services
Airport
435-627-4080
Animal Shelter
435-627-4350
Building
435-627-4100
Business Licenses
435-627-4740
City Pool (700 So)
435-627-4584
City Services Administration
435-627-4000
Communications/Marketing
435-627-4051
Community Arts
435-627-4525
Engineering
435-627-4050
Fire
435-627-4540
Human Resources
435-627-4500
Leisure Services
435-627-4530
Planning
435-627-4206
Police
435-627-4300
Police Records
435-627-4301
Planning & Zoning
435-627-4206
Public Works
435-627-4050
Recreation
435-627-4003
Recreation Center/Programs
435-627-4500
Sand Hollow Aquatic Center
435-627-4585
Streets
435-627-4020
Surfing
435-627-4010
Utilities
435-627-4700
Water/Energy Emergencies
435-627-4835
Water/Energy Conservation
435-627-4848

For emergencies please call 911

City Council
Regulated regularly scheduled city council meetings are typically held on the first and third Thursdays each month starting at 5 pm 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 pm at City Hall.

Planning Commission
Regularly scheduled planning commission meeting are held on the second and fourth Tuesdays each month starting at 5 pm at the City Office Building unless otherwise noticed.
St. George Art Festival 42nd Annual

Featured Artist

Lynette Nichols

April 2-3, 2021
Town Square - Historic St. George

- Over 110 amazing artists from across the country
- Talented entertainers dazzle the whole family
- Enjoy a wide array of delicious festival food
- Spark imagination in our children’s area with craft projects, games, face painting, water features & carousel

For Info: 435.627.4500
sgartfestival.com #stgeorgeartfestival