

FALL 2009



ST. GEORGE



**DRUG USE:  
CHOICES & CONSEQUENCES**  
By: Sergeant Craig Harding

**FLU 101:  
Concern for the Swine Flu  
Get Your Questions Answered**

**"FOSSILS IN MY BACKYARD"  
A New Exhibit at the St. George  
Dinosaur Museum at Johnson Farm**



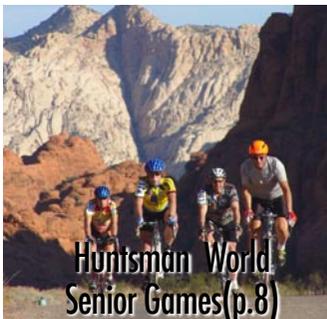
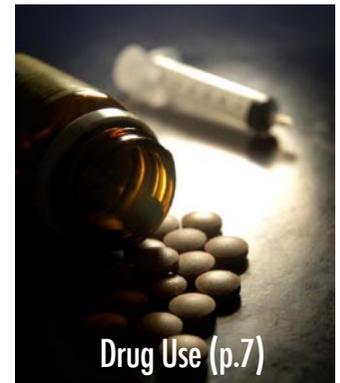
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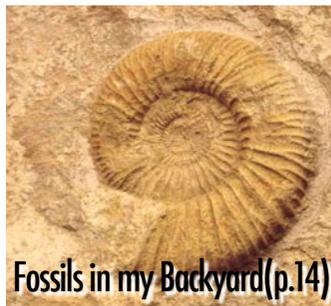
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This past year has been difficult for many individuals and families here in the St. George area. It has been no different for the city. The good news is that we have been able to weather the storm thus far and like many of our citizens, the exercise has not been all bad. We have had to tighten the budget, trim where needed, and plan for the future.

One area of concern is preparing for any emergency that we may encounter. In the case of my own family, Bunny and I have been having some mini-teaching moments with our married children. Once a week we get together to discuss how to get out of debt or at least reduce the stresses that come from overspending and not being prepared for an unforeseen circumstance. We have been putting into action a financial plan as taught by Dave Ramsey and also putting into action a plan for provident living. Part of the plan is being prepared for and becoming familiar with some of the precautions that come from getting ill from the flu or any other illness that could result in the loss of a job.

In this issue of "Inside St. George" there is good information on this topic. Each of us should become informed and be ready to help out if the need arises. The H1N1 flu is something that the city is taking very serious and I encourage every citizen to take the necessary steps to get prepared as we enter flu season. A good source for local up-to-date information is the Southwest Utah Health website. A link can be found on the city's site at [www.sgcity.org](http://www.sgcity.org).

Two major events in St. George take place this time of the year, the St. George Marathon and the Huntsman World Senior Games. Both events play a critical role in our local economy and are incredibly inspiring. Information on these and many other events are outlined in the pages that follow and on the city website.

I wish everyone the best as we continue to weather the economic storm together and share with you some of my philosophy in the following poem by an anonymous author:

*Don't Quit*

*When things go wrong as they sometimes will  
 And the road you're traveling seems all uphill  
 When funds are low and debts are high  
 And you want to smile but you have to sigh  
 When care is pressing you down a bit  
 Rest if you must, but don't you quit.*

*Life is queer with it twists and turns  
 At many a time as we sometime learn  
 And many a failure will turn about  
 If only we will stick it out.*

*So stick to the fight when the pace seems slow  
 You may succeed with just one more blow  
 Success is failure turned inside out  
 The silver lining in the clouds of doubt.*

*And you never can tell how close you are  
 It may be near when it seems so far  
 So stick to the task when you're hardest hit  
 It's when things are tough that you mustn't quit*



*Daniel D. McArthur*

Daniel D. McArthur  
 City of St. George Mayor

**Turkey Trot 2009**  
**1-Mile Walk and 5K Run**

Saturday, November 21st  
 9:30am

Seegmiller Historical Farm  
 2450 South 3000 East

City of St. George  
 LEISURE SERVICES DEPARTMENT

Fee: 3 cans of food per participant

Continue to make it a family tradition by joining the fun at the Annual Turkey Trot. Families can participate in the 1-mile walk or 5K run. Drawings for prizes will be held immediately following the run.

Prizes include frozen turkeys, gift cards, and more.

Registration starts at 8:30am  
 Day-of-Event on Site

All donations go to the Dixie Care and Share

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# St. George Book Festival

Book authors, filmmakers, poets, book clubs, puppet shows, bookstores, book signings, local author displays, discussion groups—all these will concentrate at the St. George City Town Square for the annual St. George Book Festival this October 21-24, 2009. The Festival is sponsored by the Utah Humanities Council, Utah Arts Council, St. George City, the Spectrum and Washington County Library. All events are free to the public.

Wednesday, October 21, at 7 p.m., in the St. George Tabernacle, Drs. Ron Esplin and Dean Jessee will discuss the massive Joseph Smith Papers project sponsored by the LDS Church Historical Department. The first volume, *Journal Volume 1, 1832-39* appeared in 2008 and has enjoyed brisk sales. It is the first of approximately 30 volumes that will document the life of the LDS Prophet Joseph Smith.

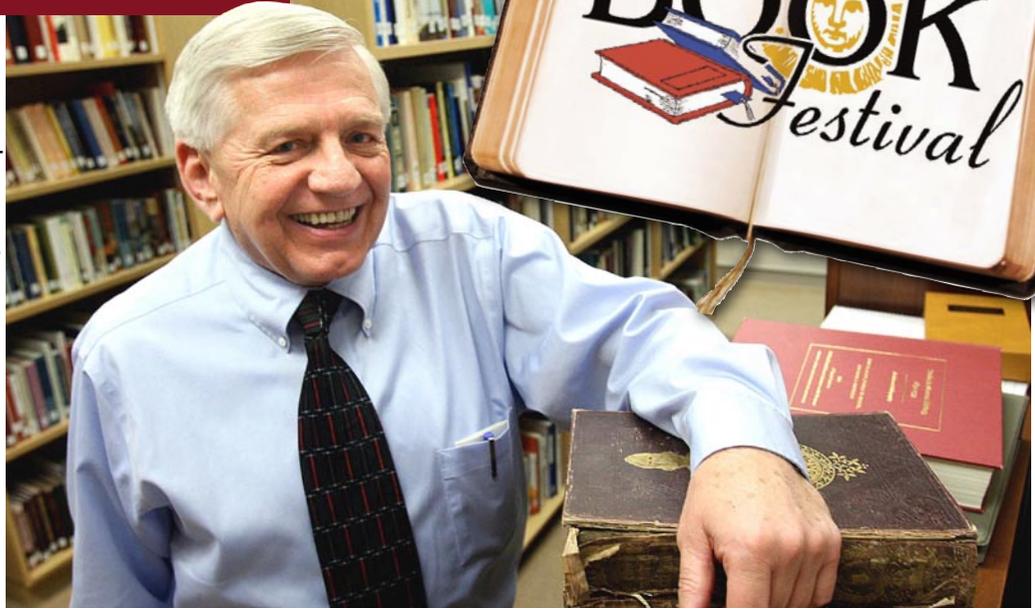
On Saturday, October 24, from 9 a.m. to 3:30 p.m., authors will speak and discussions will be held in the Community Arts Building (the Old Dixie College) on the corner of Main Street and 100 South. Booksellers and local authors will have signing tables and book displays near the entrance. At 9 a.m., Stephen Nasser, a survivor of the Nazi Holocaust, will tell of his experiences as a seven-year-old child in the concentration camps at Auschwitz and Dachau. He will discuss his book, *My Brother's Voice*, which is based on the journal his brother secretly kept during the imprisonment. Nasser lives in Las Vegas.

In a different session, William Kerig will talk about his book, *The Edge of Nowhere*, which describes searching for his father who was lost while skiing in the Utah mountains.

Stephen Singular will speak in the third session that hour. He is an investigative reporter from Colorado who has published *When Men Become Gods*, about FLDS polygamy and their prophet, Warren Jeffs.

After a break, a plenary session will convene at 10:30 a.m., in the newly restored and spacious conference room on the third floor. An elevator is available at the west end of the building. Mike Ramsdell will talk about his novel, *Train to Potevka*, which is based on his CIA experience in the Soviet Union. The book has enjoyed wide sales through Costco. Ramsdell is from Layton, Utah.

During the noon hour there will be food vendors on the town square sponsored by the Foundation for the Students of Washington County and the supporters of Dixie Care and Share.



There will also be a Rock and Roll car show on the square. Bookstores and individual authors will have their books to sell and to sign. A special table at the information booth will have books for presenters to sign and sell.

At 1 p.m., the sessions will resume. Helen Keith Beaman will read her poetry. She is the Utah Poetry Society's poet laureate for this year. In the second session, Marilyn Arnold will discuss her new novel, *Unidentified Lying Objects*. It is the third in a series from Mayhaven Publishers. All three are masterful works of humor. Arnold lives in St. George where she has produced a book a year for a decade. Also at 1 p.m. the "Dixie Reads" project will sponsor a discussion of Wallace Stegner's *Mormon Country*, and his influence on the environmental movement in the West. The discussion leaders will be Drs. Randy Jasmine and Theda Wrede of the Dixie State College English Department.

A children's activity will be held at 1 p.m., on the lawn by the building. Grace Mann, children's librarian from the St. George Library, will sponsor a puppet show for children. Lori Hawley of Mountain West Puppeteer Association will put on a show and then help children make their own puppets.

At 2:30 p.m., Jana Richman will talk about her book, *The Last Cowgirl*. This session is sponsored by the Utah Humanities Council "Authors on Main Street" program, of which Marilyn Arnold is also a representative. Also at 2:30, "Dixie Reads" will sponsor a session where attendees will discuss Ivan Doig's book, *The Whistling Season*. Sue Wilson from the Washington County School District and Audrey Shumway, coordinator of the community book clubs, will lead this discussion.

On Saturday at 7 p.m., in the Electric Theater, 68 East Tabernacle, Rocco deVilliers, the filmmaker of *Fly Boys*, will present his film, recently produced in St. George. The public is invited, free of charge.

By: Councilwoman  
Suzanne Allen

# Our Future's So Bright We Have to Wear Shades

inside  
stuff

You may have heard the saying that "our future's so bright we have to wear shades!" This expresses exactly how I feel about St. George and all the exciting projects we have in the process of being built or planned. There is an amazing learning curve thrust upon you when given the chance to serve on a city council. Given such an opportunity, learning about the infrastructure of your city, how it all comes together and the amount of money and time it takes to engineer, install and maintain leads to an appreciation for vision and planning. The wastewater treatment plant becomes fascinating, water and power line placement is interesting, traffic studies are good reading and discussing street standards begins a lively debate.

Since I spend a lot of my day in my car (mobile office), it seems appropriate that I get to work closely with transportation and infrastructure planning. Even before being elected to the city council, the mayor appointed me to serve on the committee that created our city's first Transportation Improvement Plan, and I was hooked.

A large part of our population have lived here for ten years or less and probably don't realize the amazing amount of projects we have completed or will be completing soon. Ten years ago, Dixie Regional Medical Center did not exist on River Road; the River Road extension north of 700 South was still relatively new. Riverside Drive was finally becoming a reality, but more years would pass before it would extend to the east of River Road. St. George was named one of the best places in the nation

to retire and infrastructure building went into overdrive in order to keep up with growth and keep the traffic flowing. Economic down turn or not, people continue to expect uninterrupted traffic flow - not a problem! Transportation improvements certainly have not slowed down. Over the past five years there have been 47 transportation projects totaling \$389,000,000. Some of the more notable projects include Snow Canyon Parkway, St. George Blvd. reconstruction and landscaping (one we are very proud of), widening and improvements of Brigham Road, the recent upgrade of the Bluff Street



Interchange and the new Atkinville Interchange. These improvements not only did wonders for traffic flow, but with the gorgeous landscaping our daily travels are somewhat of a pleasure drive.

Other welcomed improvements include: the new turning lanes on River Road at Riverside Drive and at St. George Blvd., the reconstruction of 1450 South, Tonaquint Drive and Black Ridge Drive; the extension of Riverside Drive to River Road, Tuweep Drive to 2000 North and 1160 South to 400 East.

Then, there are those little improvements in our own neighborhood or commuting route to which we say, "that one was nice!" Credit Mayor McArthur for the new islands installed at Hilton and Black Ridge and at Diagonal and Bluff, that allow free right turns. The safety improvements on Foremaster Drive at the Dixie Regional Medical Center and the landscaped median on Mall Drive have both greatly improved pedestrian safety. Of course, we all have our pet locations for new traffic signals. Ten new signals have been installed at those



special places that just make it all work better. The excellent public transportation service provided by SunTran has also grown beyond anyone's expectation. Starting in 2003 with 66,000 riders, SunTran has grown to 354,000 riders per year with service every 40 minutes on four routes from Dixie Downs to the Red Cliff area.

We are very excited about some important improvements that have been in planning for years and will emerge over the next year. Completion of the \$100 million Southern Parkway and Airport Parkway projects will provide non-stop access from I-15 to the new airport. A new interchange and connecting roads will also be built near the Dixie Center. This is a \$70 million project which will provide a 15-year solution to the gridlock we have all endured in that area. The roundabout improvements by UDOT at the Bloomington I-15 interchange are also a welcomed sight. They will be accompanied with a new access road east of the Flying J Truck Stop, which will solve the congestion caused by truck traffic. This work will be complete this year at a cost of \$3 million.

Two new bridges are also on the City's project list. The \$3.5 million Valley View Bridge construction is well underway and scheduled for completion in the Summer of 2010. The Mall Drive Bridge will follow to relieve heavy traffic on River Road.

Red Hills Parkway from Bluff to Industrial Road has been in the environmental process for over two years. A finding of "No Significant Impact" is expected to be issued this year, opening the way for design next year and construction of a four-lane link in the Northern Beltway in 2011. This highly used regional arterial already has \$21 million in federal funds approved. With the tremendous growth of





our area, we recognized early the need to cooperate as a region in transportation planning. In 2002 the Dixie Metropolitan Planning Organization (DMPO) was established. It has been my pleasure to serve as the Chairman of the DMPO during that time. My compliments go to the cities of Ivins, Santa Clara, St. George and Washington, as well as Washington County and UDOT, for the great way they have cooperated in the planning, funding and project prioritization process.

In talking about transportation, we cannot overlook the \$160 million Replacement Airport, the largest project in the City's history. This project has been in various developmental stages for 20 years and many wondered if it would ever happen. Yes, there have been some challenges to overcome, but they have been met and the project continues forward on schedule and under budget. The City is nearing completion of the 4.5 million cubic yards of earthwork to provide required leveling of the 1,200 acre site. Drainage, water and sewer systems are being installed and navigation aids are being developed with the FAA. The most exciting element of the project is the terminal, which started construction on July 6<sup>th</sup>. The terminal design is inspired by our local landscape and incorporates a canyon-like corridor, a garden room and art features. Windows have been designed to provide indirect light and a spectacular view of Pine Valley Mountain. Bids for runway construction will open on September 24 and the new airport will open in early 2011.

The reasons people come to St. George always seem to include the scenery, the people and the quality of life here. As a city, we are dedicated to meeting our transportation needs and planning ahead for our future. No doubt, our future is bright!

**Suzanne Allen**  
St. George City Council

# Turkey Triathlon



**November 14, Sand Hollow Aquatic Center**

9:00 AM - BEGINNER (\$35) SPRINT (\$35) TEAM RELAY (\$60)  
11:00 AM - KIDS (\$15)

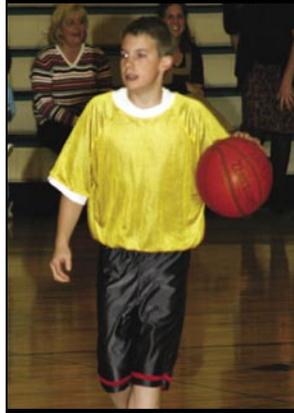


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PRE-REGISTRATION UNTIL NOVEMBER 6TH  
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By: Sgt. Craig Harding

# Drug Use: Choices and Consequences

inside stuff

**City of St. George**  
LEISURE SERVICES DEPARTMENT

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SATURDAY, OCTOBER 31ST  
3:00 - 5:00 PM  
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Sow a thought, reap an action. Officers frequently hear "But I'm not hurting anyone but myself" when they arrest someone for drugs. Parents often get this from their kids: "You can't tell me who to have as a friend". Irresponsible decisions about the thoughts that we have and the friends that we associate with can lead to disastrous results that affect others.



addicted to drugs. Victims of domestic violence report confronting their spouse about distance in the relationship, only to learn about the drug addiction. They confront their husband who gets defensive and they get beaten or killed in the rage that follows.

Sow a character, reap a destiny. Many young people decide to live in

In Mesquite, Nevada a few years back a couple sold some drugs to a friend who didn't like the quality. The couple had left their kids and gone into a casino. The "friend" came looking for the couple but found the kids instead. He took out his frustration on the kids with a knife, severely injuring one of them.

the fast lane and experiment with drugs and alcohol. One young man lived in this "fast lane". Years later, he met a girl he liked and decided to get married and clean up his life. They have several kids who now have mental and physical handicaps. Their kids are also having similar problems. One mother had a daughter that she trusted, and even though she didn't approve of some of her daughter's friends and wished that she would stop staying out all night, allowed her to make her own decisions. The daughter experimented with drugs, had sex with several partners, eventually left home, got married and had two kids. She ended her life a few years later after problems in her marriage led to a divorce.

The choice to smoke has effects on those around us and society, resulting in increased insurance and medical costs. There have been proposed changes in the law about smoking in cars with kids present. The choice to not buckle a seatbelt can have devastating effects. Grief councilors are in place to assist victims and next of kin, and Critical Incident Stress debriefing teams are in place to help the first responders work through the deaths and carnage they witness.

Our choices can be changed. Our actions can also, with some effort. Our habits will take longer to change, but they can be changed! Our character will take much longer and constant effort will need to be put forth. Our destiny is another question entirely. Our choice to act on our thoughts is the one thing that we have the most control over.

Sow an action, reap a habit. How many families and marriages have been ruined by uncontrolled actions that turned into a habit? A young man experiments with drugs and becomes an addict. He spends the next few years in and out of rehab centers and losing job after job. He died of several system failures, the result of his drug addiction.

Sow a habit, reap a character. Many marriages and families have been and are being destroyed by a spouse who is

**Sergeant**  
**Craig Harding**  
**St. George Police**  
**Department**

# Huntsman World Senior Games

The Huntsman World Senior Games have come a long way from that first year in 1987 when St. George, Utah, welcomed a few hundred athletes competing in a handful of sports. From those humble beginnings, the Games have grown into the largest annual Olympic-style sports festival for men and women ages 50 and better in the entire world.

In 2008, over 9,600 athletes converged on St. George, filling up hotels, restaurants and main thoroughfares throughout the city as they enjoyed the competition and camaraderie of what has become an annual tradition for so many. All 50 of the United States of America were represented and athletes from 20 different countries took the playing field as well. Five brand new countries; Finland, Kuwait, St. Lucia, St. Vincent and Venezuela were represented in 2008, bringing the total number of countries who have taken part in the Games since 1987 to 58.

Last year, in 2008, the Games awarded 6,722 gold, silver and bronze medals to worthy participants. But lest anyone think the medals are not earned, keep in mind that 174 new Huntsman World Senior Games records were set as well.

This year, 2009, the Games offer 26 different sports. From archery to volleyball, individual events to team sports, there is something for everyone. "One of the unique things about the Games," says Merrill Barney, Director of Sports, "is that our divisions for the sports are based on age and wherever possible, skill level as well. This makes the event more inclusive and allows for a legitimate chance at a medal."

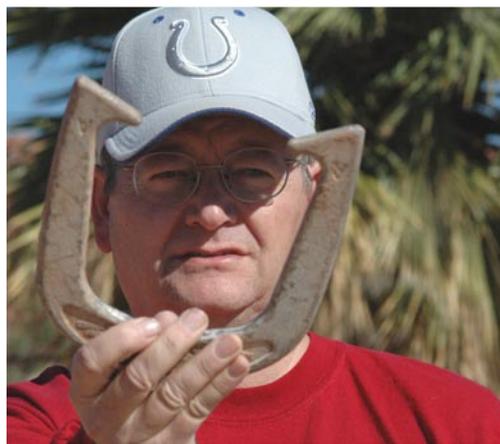
The Games will be introducing a brand new sport this year: Shooting – Trap and Sporting Clays. The new event will take place at the brand new Purgatory Clay Sports Park, a part of the Southern Utah Shooting Sports Park and is expected to draw nearly 100 shooters from all over. "The growth of the Games, especially over the past five years or so, has been just fantastic," says Kyle Case, Huntsman World Senior Games CEO. "And this year, we hope to experience growth again."

Part of the success of the Games is attributed to the philosophy founded in the early years of providing much more than just a sporting event. Case says the Games are a total experience. Each sport hosts an athlete social, where the participants have an opportunity to have a great meal and create new friendships and renew old ones off the field of competition. Other social events provide the opportunity for the athletes to gather together and enjoy themselves, many of which are available to local residents who may want to experience the Games "up close and personal."

Following the pattern of the Olympics, the Games kicks off with a grand Opening Ceremonies, which includes a Parade of Athletes, entertainment, fireworks and the traditional lighting of the Huntsman World Senior Games Cauldron.

"The Opening Ceremonies is a chance for the athletes and the local residents to come together and celebrate," Case says. The show will be produced and directed by Diamond Talent and feature Taylor Vaifanua, who finished in the top 36 on American Idol, along with a plethora of other local talent.

"We're incredibly excited to have Diamond Talent back and running the Ceremonies," said Case. "They bring an amazing amount of professionalism and talent to the production."



The Opening Ceremonies take place on Tuesday, October 6, 2009 at 7:00 p.m. at Hansen Stadium on the campus of Dixie State College. The show is free and the public is invited to attend. Bleacher seating is limited, so those wishing to attend should bring blankets and lawn chairs.

Due to the success in its inaugural year, the Games will once again host the International Festival. This free festival will include international-flavored booths that will provide information on various countries and cultures. There will also be food from around the world available for purchase. The International Festival is held on the campus of Dixie State College behind the Burns arena and runs from 4 p.m. to 7 p.m. on Tuesday, October 13<sup>th</sup>. Bring the kids and learn a little more about some of the countries that participate in the Games.

The second week of the Games kicks off with the Huntsman World Senior Games Concert and Celebration presented by 99.9 KONY Country.

"We have a great show coming in this year," said Case. "We've invited the internationally renown comedy / juggling act, the Flying Karamazov Brothers."

The "Brothers" consider themselves a continuing experiment in comedy, theatre, music and, of course, juggling. They work hard to blend the worlds of performance art, improvisation, word play, harmony, emotion and above all virtuosity into a unique form of theatre and entertainment. They also mean to entertain. Taking their cue from Shakespeare, they bring art and accessible entertainment to the stage. Comedy is their bread and butter and they layer it on so that children of 2 or 92 will laugh at the same moment for very different reasons.

The Concert & Celebration will be in the Burns Arena at Dixie State College on October 13, and starts at 7:00 p.m., immediately following the International Festival. Tickets will cost just \$8.00 with a family-five pack only \$20.00, and can be purchased at the Dixie State College box office or by calling (435) 652-7800.

In addition to the 26 "open" sports, which are for any and all skill levels, the Games hosts the Global Cup – World Senior Volleyball Championship. This elite, invitation-only volleyball tournament is "a true world championship," according to Case. National teams from around the world will compete for the title of World Champion.

"This is high level volleyball," says Barney. "These players are the best in the world in their age group and they can really play."

The field will consist of women's teams made up of former Olympians and world champions. Seven teams have been confirmed: Brazil, Canada, Germany, Latvia, Russia, United States and Venezuela. Pool play begins on Monday, October 12, 2009 and is held in the Dixie Center. The medal games will be played on Thursday, October 15, 2009 at Desert Hills High School Main Gym. The Bronze medal game begins at 5:30 p.m. and the Gold medal games will begin at 7:00 p.m. Pool play is free to attend. Tickets for the finals will be sold at the door for \$7.00. In addition to the social and entertainment opportunities for local residents, there are many opportunities to volunteer and experience the Games first-hand. Those interested can register to volunteer on the Games website, [www.seniorgames.org](http://www.seniorgames.org) or call Bob Anderson at the Games office at (435) 674-0550.



**For additional information on the Games or any of its events, visit the web at [www.seniorgames.org](http://www.seniorgames.org) or call the office at 800-562-1268.**





# Mayor's Walk

*Take a Walk with Mayor McArthur*



The walks start promptly at 8:00am on the following dates and locations:

<p><u>October</u></p> <p>7th - Chuckwalla Trail Head Just off of Rt. 18</p> <p>21st - Shadow Mtn. Park 360 N. 1050 W.</p>	<p><u>November</u></p> <p>4th - J.C. Snow Park 400 E. 900 S.</p> <p>18th - Bloomington Park 650 W. Man O'War Rd.</p>	<p><u>December</u></p> <p>2nd - Dinosaur Tracks at Johnson Farm 2180 E. Riverside Dr.</p>
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Visit us online at [www.sgcityrec.org](http://www.sgcityrec.org) or call 627-4560 for more information

## Flu 101



**Can you get H1N1 from eating pork products?** No. In fact, "Swine Flu" is not an entirely accurate label. H1N1 contains swine, bird, and human flu elements.

**I heard flu shots are available. Are these for H1N1?** No. The flu shots now offered at the health department and many healthcare providers are for the seasonal flu. This shot is recommended for anyone over 6 months of age, especially pregnant women, children, people over 50, and people with chronic health problems. We encourage everyone to get this shot early this year.

**What is the "Flu Shoot-Out?"** This is a drive-through clinic for the seasonal flu shot. With the help of the City of St. George, Washington County, Dixie Regional Medical Center, and other community partners, we will hold this event on Saturday, September 26<sup>th</sup> from 8am-1pm at the Dixie Center for everyone age 19 and over. This is the fastest way to get your flu shot and you'll be helping us test our capacity to provide mass vaccinations.

2009 has been an interesting year for public health with the arrival of a new influenza virus. Called Novel Influenza A H1N1 (or "Swine Flu"), this new flu has caused concern since it emerged in April because most humans have no immunity against it. H1N1 has also shown unusual patterns of continuing through the summer and infecting younger people. The good news is that most people who have caught this virus have recovered at home within a few days. It is possible that H1N1 cases will increase as schools are back in session and cooler fall temperatures arrive. As with any flu virus, there is also the potential of mutation to a more severe form. The situation gets a little more complicated when we consider that the normal flu season will be making its annual rounds beginning this fall as well. In the interest of keeping the public informed and increasing our prevention and preparedness efforts, the Southwest Utah Public Health Department offers the following answers to common questions about H1N1:



**When can I get an H1N1 shot?** The vaccine for H1N1 has been developed and should start arriving in October. Supplies may be limited at first and priority will be given to vulnerable groups including pregnant women, healthcare providers, first responders, caregivers of infants under 6 months of age, and others.

**Can I get the flu from the flu shot?** No. Flu shot vaccine is made from inactivated viruses. A few people may experience mild flu-like symptoms as the body is building immunity (which takes about 2-3 weeks).

**How can I prevent the flu?** Besides vaccination, you can also help by washing your hands, keeping your hands away from your face, covering coughs and sneezes with your arm, staying away from large crowds and sick people, and staying home from work or school if you are sick.

**How can I be prepared in case the flu pandemic gets worse?** Gather adequate food and medical supplies in case you can't get to the store. Learn how to treat flu symptoms at home. DO NOT go to the hospital unless you have a true medical emergency. Have a family contingency plan in case work and school are cancelled.

**How is the H1N1 Flu different from seasonal flu?** Other than the immunity issue, the symptoms are the same and can include high fever, body aches, fatigue, cough, diarrhea, and vomiting. Seasonal flu is harder on the elderly while H1N1 has impacted younger people, especially those with health conditions such as obesity, diabetes, asthma, and pregnancy.

**How dangerous is H1N1?** The World Health Organization has categorized this flu as a Phase 6, Category 2 Pandemic. Phase 6 means the virus has spread globally. Category 2 indicates severity, which at this level means we might expect 20-40% of us to get infected and a fatality rate of .1-.5%, or 90,000 to 450,000 deaths in the United States. In comparison, seasonal flu causes 35,000 deaths annually in the U.S. So far, fatalities have been relatively low with H1N1.

**Where can I get more information?** Visit [www.swuhealth.org](http://www.swuhealth.org) for H1N1 updates and preparedness resources. The mission of the Southwest Utah Public Health Department is to protect the community's health through the promotion of wellness and the prevention of disease.

# St. George Marathon



Each year on the first Saturday in October thousands of runners from all 50 states and several different countries lace up their shoes and load buses at 4:00 am to embark on, what we hope to be an extraordinary experience of a life time. This year will be no different. The 2009 St. George Marathon is up and running and is set to be the largest race in its history.

In 1977 the St. George Marathon was introduced with 57 runners and one wheelchair participant registered. Only 38 of those runners finished. 33 years later in 2009 we had nearly 11,000 runners and 19 wheelchair and hand crank participants register for this event. With a cap raised to 7,200 participants we anticipate the highest number of finishers to cross the finish line after journeying through 26.2 miles of breath taking red rock landscape and gorgeous Southern Utah scenery.

With its 2,600-foot drop in elevation, beautiful weather with cool temperatures, close to 2,000 amazing volunteers and staff, the St. George Marathon has been branded "The most wondrous marathon in the world" and noted by Runner's World as "The Fastest Fall Marathon" which makes it a perfect race for runners hoping to qualify for Boston or looking to set a Personal Record.

The marathon weekend will kick off with The NordicTrack Health and Fitness EXPO at the Dixie Convention Center on Friday October 2<sup>nd</sup> from 9:00 a.m. to 9:00 p.m. This event is open to the public and will include runner packet pick up, over 60 local and national vendors, numerous clinics; including the first timer's clinic, an open discussion panel of veteran St. George runners and the Clifbar pace team clinic as well as an all-you-can-eat pasta dinner.

The race will begin October 3<sup>rd</sup>, up route 1-18 in Central. Wheelchairs and hand cranks will start at 6:40 a.m. and runners will begin at 6:45. Marathon weekend will come to a close at the finish line located at Vernon Worthen park where volunteers, medical staff, race staff and spectators will be there anxiously waiting to cheer on those who will achieve this tremendous accomplishment.

**For more information  
please visit us at  
[stgeorgemarathon.com](http://stgeorgemarathon.com)**



# Art Museum Exhibits

city arts

## VISIONS OF ZION - On Display (Sept. 26, 2009 - Jan. 8, 2010)

In 2007, the St. George Art Museum celebrated its 10<sup>th</sup> anniversary in its current location, and that year we began our "Connect with the Community" campaign. One of the aspects of this campaign featured the four major area art organizations. Each of the groups had their own show, and each member had an opportunity to show one piece of art.

Periodically since that year, we have sought and offered other connection opportunities. The Visions of Zion show is the latest. We offer this as a way for local artists to have a chance to be a part of Zion National Park's 100<sup>th</sup> birthday through this exhibit.

Zion National Park, once an inaccessible place, is now visited by millions of people from around the world. Artists have been drawn to the rugged beauty of the Zion area since 1870. Today there is an active and increasingly vibrant artistic community working in many mediums in order to capture the essence and spirit of the land in and surrounding Zion National Park. The Century of Sanctuary juried exhibit was open only to painters; however we wanted to offer a show for all media and local artists only from Cedar City to Mesquite, Kanab, Ivins and all points in between. This showing provides them an opportunity to participate in the Zion Centennial, but also allows us to offer a wider look at Zion through a variety of art being created in our region that centers on Zion National Park.

The St. George Art Museum features several additional elements to enhance your visit. In one of the more popular sections, the Museum Store, one will find a nice selection of music, jewelry, books, games, note cards, and the Century of Sanctuary: The Art of Zion National Park catalog. Another highlight that can be found at the Museum is the "Care For Your Art" section. This self-education tour provides art enthusiasts an opportunity to learn more about the Museum featured medium including its history, how to best care for art pieces composed of it and how to display the art. The Care for Your Art element is ideal for those who treasure their art work.

The Family Discovery Center is a special gem within the Museum where families can explore art together, and it is filled with activities that allow children to be creative in a way that relates to the exhibits. Furthermore, the Adult Study Center offers a quiet spot to read and to learn more about Zion, art, museums, and national parks through the means of various books. Don't miss this chance

to see the best Zion art being created by area artists' right here at the St. George Art Museum.

### Visions of Zion

The Best of Zion from Kanab to Ivins, Cedar to Mesquite  
Juried Exhibit



## FOR THE LOVE OF ART—Home Tour 2009

The St. George Art Museum and the St. George Art Museum Advisory Board (Paula Bell, Stefanie Bevans, Eunice Borg-Hydeman, Joan Hickman, Allen Jacobi Jr., Carol Lakin, Joe Viers, Barbara Watson, Robert Whatcott, and Mary Williams) are undertaking the third annual "For the Love of Art" home tour showcasing art in St. George on October 16<sup>th</sup> and 17<sup>th</sup>, 2009.

The Advisory Board chooses three homes of art collectors in the St. George area to be showcased. Some of the homes themselves are architectural gems that display art collections to their best advantage. This tour is unique in that participants travel together in small groups of 14 people among provided transportation means. The buses take alternate routes so only one group is in a featured home at a time. The participants have the opportunity to meet, hear about, and speak personally with the homeowners regarding the collecting, displaying and preferences of other artist's works. The small group setting allows for a more intimate and participatory experience for both the ticket holders and the homeowners. We expect the tour to be as successful this year, as it has been for the past two years.

This particular fundraising event debuted in 2007, when the Museum celebrated its first decade in the beautiful Pioneer Center for the Arts complex. When the Museum opened in its current location, the first exhibit was entitled Legacy. The 10<sup>th</sup> anniversary year was dubbed 2007: Legacy II for the Next 10 Years and a goal was set to grow the permanent collection with a focus on national parks art. One of the many ways the Museum acquires its valuable artwork is through the raising of proceeds from fundraisers such as "For the Love of Art" home tour. The proceeds raised by the Museum go into an acquisition fund for future purchases of artwork.

Tickets for the For The Love Of Art- Home Tour 2009 are \$65 per person and includes lunch at the Painted Pony restaurant. Museum members may pre-purchase their tickets at the St. George Art Museum; remaining tickets will be made available to the general public. You can find out more information on this marvelous community event by visiting [www.sgartmuseum.org](http://www.sgartmuseum.org).

## PERMANENT COLLECTION GROWS

Upon the completion of the groundbreaking exhibit, A Century of Sanctuary: The Art of Zion National Park, the Museum received gifts of 26 paintings by 25 artists whose works had been among the 78 paintings juried into the show. The Museum is extremely fortunate to add these works to its growing collection of national park art, especially art of this caliber. The artists featured at the exhibit are: Gordon K. Baker, John Berry (2 paintings), Arlene Braithwaite, Marilee Beard Campbell, Donna Catotti, Michelle Chrisman, Linda Dellandre, Allen Figone, Susan Gallacher, Sharon Graham, Steven Hagerth, Donal Jolley (also donating three additional watercolors of St. George), Tom Keesee, Brent Langley, Morgan Launer, Warren F. Marshall, Jane McCreary, Chad Niehaus, Pamela Mills Poulson, Ron Rencher, Sherry Blanchard Stuart, Janet Tenneson-McCarty, Lynn Thorensen, Linda Umphrey, and Rick Wheeler. Buffalo Kaplinski, another juried artist, charitably gave an additional painting of Zion National Park.

Also for the Zion Centennial exhibit, a large selection of historic Zion artifacts including souvenirs, pamphlets, postcards, photos and a set of stereographs and viewer were loaned by Stephen Johnson of Rockville, Utah. At the conclusion of the exhibit, Mr. Johnson donated his collection of 83 items to the St. George

Museum. The Museum and the Advisory Board are touched by the generosity shown by all these people, and thank each of them sincerely. Due to the generosity of all of those who support in the St. George Art Museum in the form of memberships, volunteer hours and contributions to our Annual Appeal and attending the Soup N' Bowl and/or the Home Tour, we are able to purchase art for the growing permanent collection.

At the beginning of the A Century of Sanctuary: The Art of Zion National Park exhibit, some of the collected funds were used to create a purchase award for the juried art. Debra Teare's Memories of Zion, won the Mayor's Award and thereby became a part of our collection. The City of St. George's City Council purchased and presented Jonathon Frank's Within October's Dream as a gift to the permanent collection for the St. George Art Museum. In addition, the Museum also purchased David Drummond's View from the Trail and Melissa F. Clark's Restful Interlude. Therefore, a total of 30 pieces from the juried exhibit will reside permanently at the St. George Art Museum.

The Museum is most grateful to all of those, including the Advisory Board and the City of St. George, whom openhandedly contributed their funds and/or their work to increase our ever-growing art collection that will benefit the community now and for future generations.

Tonaquint Nature Center's

# FALL Festival & Pumpkin Alley

MONDAY, OCTOBER 26TH

5:30 - 7:00 PM  
GENERAL ADMISSION

FREE  
CRAFTS : \$1.00

FUN FOR THE  
WHOLE FAMILY!



GAMES,  
TREATS,  
AND  
PRIZES!

TONAQUINT NATURE CENTER  
1851 S. DIXIE DRIVE  
FOR MORE INFORMATION  
CALL (435) 627-4560  
OR VISIT [WWW.SGCITYREC.ORG](http://WWW.SGCITYREC.ORG)

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## St. George Leisure Services' SAVE-A-SISTER

10K, 5K & 1 Mile Walk  
SATURDAY, OCTOBER 24TH @ 9:00 AM  
CONFLUENCE TRAIL HEAD  
1835 CONVENTION CENTER DRIVE

SHOW YOUR SUPPORT FOR THE  
DIXIE REGIONAL MEDICAL CENTER'S  
BREAST CANCER DIVISION

EARLY REGISTRATION DEADLINE OCTOBER 16TH  
LATE REGISTRATION UNTIL OCTOBER 21ST  
(\$10.00 LATE FEE APPLIES)

\$25 - 10K & 5K / \$15 - 1 MILE WALK

  
Intermountain  
Dixie Regional  
Medical Center  
*Healing for life™*

  
LEISURE SERVICES  
DEPARTMENT

FOR MORE INFORMATION, CALL (435) 627-4560  
OR VISIT [WWW.SGCITYREC.ORG](http://WWW.SGCITYREC.ORG)

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# "Fossils in my Backyard"

A new in-house exhibit is being designed by staff from the St. George Dinosaur Discovery Site at Johnson Farm (SGDS) and Dixie State College in cooperation with the Bureau of Land Management, U.S. Forest Service, Utah Geological Survey, and the Utah Museum of Natural History. This exhibit will focus on discoveries made by staff and volunteers from the SGDS since its opening, including important fossils from the Chinle, Moenave, and Kayenta formations (Upper Triassic to Lower Jurassic – 225 to 193 million years ago).

According to St. George City Paleontologist and SGDS Curator, Andrew R.C. Milner, "the exhibit is being designed as a look at life prior to, during and immediately following the existence of Lake Dixie."

The exhibit will also have examples of paleontology finds from other parts of Utah. For years, the SGDS has been conducting fieldwork in San Juan County and has discovered and collected many important fish and reptile fossils along with tracks and plants that will also be on display.

In addition to the glimpse visitors will get of life in and around Lake Dixie, there will be examples of important discoveries brought to the attention of the SGDS by residents of Washington and Iron counties. According to Milner, some of these discoveries include a large phytosaur swimming trackway and the trackways and footprints of middle Miocene age (12.5 million years old) cats, camels, dogs, and hopping rodents that moved across reworked volcanic ash.

Finally, a major part of the exhibit will focus on the laws people must follow when they come across a fossil. With the recent rapid development of Washington County, paleontological resources are being damaged by people intentionally or unintentionally, along with theft and vandalism of fossils. "This unfortunate aspect of paleontology will also be partially covered in this exhibit in the hopes of educating the public in this regard," Milner says.

If you would like more information about the upcoming exhibit or the St. George Dinosaur Discovery Site at Johnson Farm, please call (435) 574-DINO.



**PICKLEBALL  
FALL  
BRAWL  
TOURNAMENT**

**SATURDAY  
NOVEMBER 21ST  
7AM - \$40/TEAM**

**DOUBLE ELIMINATION:  
MEN'S, LADIES' & MIXED DOUBLES  
MASTERS' & LEGENDS'**

*City of St. George*  
LEISURE SERVICES  
DEPARTMENT

**FOR MORE INFORMATION  
CALL (435) 627-4560  
OR VISIT WWW.SGCITYREC.ORG**

[twitter](#) [facebook](#)



**Fall Finale  
Volleyball  
2 on 2  
Tournament**

**October 24th @ Worthen Park - 9AM  
Registration Deadline is Tuesday, October 20th  
Fee: \$60.00 Per Team**

*City of St. George*  
LEISURE SERVICES  
DEPARTMENT

**Divisions:  
Men's & Women's Open (in Sand)  
Men's & Women's A, B & Novice (in Grass)**

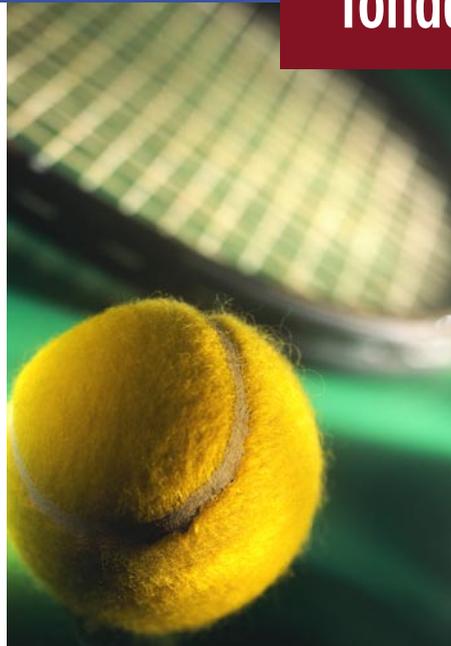
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**St. George Recreation Center, 285 S 400 E  
for more information call (435) 627-4560 or  
visit our website at www.sgcityrec.org**

# Tonaquint Tennis Complex

recreation info

In 1999, the Tonaquint Tennis Complex was constructed to add more tennis courts to aid in the increase in popularity of tennis. The newly completed Complex included 8 beautiful courts with lights, along with one hitting board for solo drills. Since then, the tennis program has evolved to a higher professional level in terms of organization. This fall, the City of St George hired Wayne P. Bullock to take the lead over all the tennis lessons and programs sponsored by the City. Wayne is a USPTA Certified Pro and has been teaching tennis to adults and youth for 8 years in the St George area. He made his tennis career debut at the Green Valley Tennis Resort and has been the Tennis Director for various area tennis clubs. Wayne's personal playing resume includes collegiate play at Dixie College and the title of 2-time Intermountain Doubles Champion. For the last 4 years, he has taught at Dixie State College.



Two of the new programs at Tonaquint are the Quickstart Tennis and the Junior Tennis. The Quickstart Tennis program is designed for youth 4-9 years old that want to learn the basics of tennis through the means of games, drills and most importantly FUN! Wayne loves teaching children. He says "they bring a lot of energy to the tennis courts and they are a lot of fun" The other youth oriented program is the Junior Tennis program. This is aimed for youth 10 and older that want to start working on their game in more of a competitive way, yet still keeping the ultimate factors of sportsmanship and enjoyment intact.

With Wayne's experience and the Complex's facility possibilities, the tennis program at Tonaquint has started to undergo a new feel and structure. Leagues, tournaments, lessons and daily clinics will be the key elements in the transformation of the tennis program. Wayne believes that lessons, leagues and clinics will be foundation of the program. By getting these three core elements established in the tennis community, people will be more apt to be active in all the offerings at Tonaquint.

Also new to the tennis program is a variety of daily clinics. There are multiple Liveball clinics for all ages and abilities. The Liveball clinics incorporate fast pace drills with lots of hitting to give the player a great cardio workout while improving his/her strokes. There is a Monday evening Liveball clinic that encourages the whole family to get out and play together. The other clinics include a "Stroke of the Week" and a special Saturday Morning clinic.

The final key element to the new foundation is the organization of league play at Tonaquint. If you are new to the tennis scene or do not have a partner to play with, it is okay because we have single leagues and a widow maker league. There are also doubles and junior leagues available for people to choose from. All the leagues run for eight weeks and all leagues provide players with tennis balls.

Since the hiring of Wayne, the City is striving to make great improvements to the tennis program. Kirt Guerisoli, Program Coordinator states "Wayne has a lot of experience, knows the community and will be a huge asset to the City's tennis program and we are excited to have him on board. I encourage people to come out and participate in our exciting new tennis programs." If anyone would like more details on the programs being offered at the Tonaquint Tennis Complex either visit [www.sgcityrec.org](http://www.sgcityrec.org) or call Wayne P. Bullock directly at 435-669-9834.

## SNOW CANYON HALF MARATHON & 5K



SATURDAY, NOVEMBER 7TH @ 8:30 AM FEES: 1/2 MILE \$35 OR 5K \$20

DAY-OF CHECK-IN:  
SNOW CANYON HIGH SCHOOL  
1385 N. LAVA FLOW DR. @ 7:30 AM

st. george RUNNING CENTER

EARLY REGISTRATION DEADLINE OCTOBER 30TH  
LATE REGISTRATION UNTIL NOVEMBER 4TH  
(\$10.00 LATE FEE APPLIES)

FOR MORE INFORMATION, CALL (435) 627-4560  
OR VISIT [WWW.SGCITYREC.ORG](http://WWW.SGCITYREC.ORG)

City of St. George LEISURE SERVICES DEPARTMENT

OCTOBER 23TH-25TH	NOVEMBER 13TH-14TH	DECEMBER 11TH-12TH
<p>23rd - Lecture: 7pm @ Health and Performance Center</p> <p>24th - Save-A-Sister 10K: 9am @ SHAC</p> <p>24th - Group Swim: 8-10pm @ SHAC</p> <p>25th - Group Bike: 7am (location TBA )</p>	<p>13th - Lecture: 7pm @ Health and Performance Center</p> <p>14th - Turkey Triathlon: 8am</p>	<p>11th - Group Run: 6pm (location TBA )</p> <p>11th - Group Swim: 5-7am @ SHAC</p> <p>12th - Lecture: 8:30am @ Health and Performance Center</p> <p>12th - Group Bike: 10:30am (location TBA )</p>
<p><b>Drop In Rate: \$35 PER MONTH Covers ALL weekend events</b></p> <p>For more information call (435) 627-4560 or visit <a href="http://www.sgcityrec.org">www.sgcityrec.org</a></p>		
<p>st. george RUNNING CENTER</p>	<p>Intermountain Sports Medicine</p>	<p>SNOW CANYON</p>

*St. George Recreation Division*  
- YOUR LEISURE ACTIVITY SPECIALIST -

# TENNIS AT TONAQUINT



## GENERATION GAP TOURNAMENT

**When:** October 15th - 17th - Thursday to Saturday

**Format:** Doubles, all teams must be at least 20 years apart in ages.

**Cost:** \$25/person (\$50/Team) - Guaranteed 3 matches

## BYU VS. UTAH TENNIS TOURNAMENT

**When:** November 19th - 21st - Thursday to Saturday

**Format:** Singles/Doubles regular sets scoring. Wear your team colors.

**Note:** Balls will be painted Red and Blue. First round: Utah supporters vs. BYU supporters.

**Cost:** \$25/person Doubles, \$30/person Singles - Guaranteed 3 matches

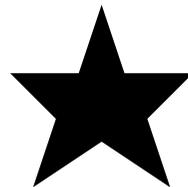
**Sign up NOW!**

**Wayne P. Bullock**  
USPTA Certified Pro  
Head Pro for the City of St. George  
435-669-9834 cell  
Wprince2569@aol.com

## Daily Play at Tonaquint

\*Quickstart Tennis - 4-9 years old  
Tuesdays & Thursdays

\*Liveball Clinics - \$10/person  
Mondays, Wednesdays & Fridays



\*Junior Tennis Clinics - 9 years & older  
Mondays, Wednesdays & Fridays

\*Rockin Saturday Tournaments  
10:30-2:30pm - \$5/person

**For More Information call 435-627-4560**

- REGISTER ONLINE AT [WWW.SGCITYREC.ORG](http://WWW.SGCITYREC.ORG) -





# CALENDAR of EVENTS

- Recreation Programs
- Art Museum Programs

- City Programs
- Golf Programs

-  Activities for Kids
-  Activities for Families

## October Events

### ■ Family Sports Night at the SHAC

**Date:** Wednesday Evenings (on-going)  
**Time:** 6:30-9:00 pm  
**Fee:** \$4.00 per person and/or passes apply  
**Location:** Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive  
**Description:** Family fun at the SHAC on Wednesday evenings. Drop-in for jumbo water volleyball or spend some quality time with your family splashing in the pool or flying down the hydro-tube slide.  
**Contact:** 627-4585

### ■ Stroke of the Week Tennis Clinic

**Date:** Wednesdays (on-going)  
**Time:** 9:00-10:30 am  
**Fee:** \$10/person/visit  
**Location:** Tonaquint Tennis Complex, 1851 S. Dixie Drive  
**Description:** Weekly clinic covering all strokes, giving detail instructions and performing liveball drills.  
**Contact:** 627-4560

### ■ Doubles and Singles Strategy Tennis Clinic

**Date:** Saturdays (on-going)  
**Time:** 8:30-10:00 am  
**Fee:** \$10/person/visit  
**Location:** Tonaquint Tennis Complex, 1851 S. Dixie Drive  
**Description:** The clinic is a mixture of liveball drills and instructions.  
**Contact:** 627-4560

### ■ Saturday Morning Tournament Play

**Date:** Saturdays (on-going)  
**Time:** 10:00 am  
**Fee:** \$5/player  
**Location:** Tonaquint Tennis Complex, 1851 S. Dixie Drive  
**Description:** Tournament format that includes a short set with consolation rounds and guaranteed players at least 2 matches. The Saturday Morning Tournament is open for all ages.  
**Contact:** 627-4560

### ■ Country Line Dancing

**Date:** Thursday Evenings  
**Time:** 7:45-9:45 pm  
**Fee:** \$5.00/person/visit  
**Description:** Join Sandy Carty as she teaches line dancing favorites such as "The Electric Slide" and "Ko-Ko-Mo Shuffle". Join in on the boot scootin fun.  
**Contact:** 627-4560

### ■ Forever Fit

**Date:** Tuesdays & Thursdays (on-going)  
**Time:** 10:30 am  
**Fee:** \$2/ visit or premium passes apply  
**Location:** St. George Recreation Center, 400 E. 285 S.  
**Description:** This class is ideal for older adults that are looking to get fit or wanting to maintain a healthy and active lifestyle regardless to his/her fitness ability. This multi-level class is designed to combine cardio and muscle toning into a fun workout while teaching ways to increase muscle strength and flexibility in daily functional skills.  
**Contact:** 627-4560

### ■ Softball Fall Mini-League

**Fee:** \$125/Women's Teams; \$140/Co-Ed D Team; \$235/Men's, Senior's & Co-Ed DH Team  
**Location:** Canyons Softball Complex, 1890 W. 2000 N.  
**Description:** Registration is NOW open for the Fall mini-softball league. The Fall Mini-league will run for 4 weeks with double elimination playoffs for all leagues. All teams will play a double header each night of play, except for the Co-Ed D league games, which will play a single game each night. Registration deadline is Monday, October 19<sup>th</sup> @ 6pm. League play will begin the week of October 26<sup>th</sup>.  
**Register:** St. George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)  
**Contact:** 627-4560

### ■ Youth Iddy Biddy Basketball

**League:** K-2<sup>nd</sup> grade  
**Sign-Up:** Registration is NOW open. Registration deadline is Friday, October 30, 2009. After October 30<sup>th</sup>, there is a \$5 late fee.  
**Fee:** \$27/ child  
**Age:** K-2<sup>nd</sup> grade  
**League Info:** Games begin in December. Standard Blue & Gold reversible jerseys are required and can be purchased at the Recreation Center for \$10 each. Kids will participate in 10 practices/games. At the St. George Recreation Center, kids will participate in practice clinics teaching the fundamentals of basketball and then conclude each practice with a scrimmage game.  
**Register:** St. George Recreation Center, 400 E. 285 S. or on-Line at [www.sgcityrec.org](http://www.sgcityrec.org)

### ■ Youth Basketball Registration

**Sign-Up:** Registration is now open for girls and boys in grades 3<sup>rd</sup>-9<sup>th</sup>.  
 Registration deadline is October 30, 2009. After October 30, 2009 there is a \$5.00 late fee.  
**Fee:** \$27/youth  
**League Info:** Games begin in December. Standard

gold & blue reversible jersey must be worn and can be purchased at local merchants or the St. George Recreation Center for \$10 each. The girls and boys will have separate leagues. To volunteer to coach or to get more information on coaching call 627-4560.  
**Register:** St. George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)  
**Contact:** 627-4560

### ■ Snow Canyon ½ Marathon & 5K Registration

**Sign-Up:** The registration deadline is Friday, October 30<sup>th</sup>, however late registrations will be accepted until Wednesday, November 4<sup>th</sup> at 5pm with an additional \$10 late fee. The race will be held Sat, Nov. 7, 2009  
**Time:** 8:30 am  
**Fee:** ½ Marathon: \$35/person; 5K: \$20/person  
**Location:** Snow Canyon High School, 1385 N. Lava Flow Drive  
**Description:** Runners will run through Snow Canyon State Park and end at Snow Canyon High School. All runners will be required to ride the provided transportation to the start line. Day-of check-in starts at 7:30 am. Packet pick-up will be Friday, November 6 from 4-8 pm at St. George Running Center and day-of event starting at 7:30 am. The buses will be transporting runners from 8:00-8:30am.  
**Register:** St. George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org) or [www.active.com](http://www.active.com)  
**Contact:** 627-4560

### ■ Turkey Triathlon Registration

**Sign-Up:** Registration is now open for the Turkey Triathlon. Pre-register accepted until November 6, 2009. Late registration accepted until Wednesday, November 11 with a \$10 late fee or until full.  
**Time:** 9:00 am (Sprint/Beginner/Team) & 11:00 am (Kids)  
**Fee:** \$35 (Sprint/Beginner), \$60 (Team) and \$15 (Kids)  
**Location:** Snow Canyon High School, 1385 N. Lava Flow Drive  
**Description:** Beginner: 200 Meter swim, 5-mile bike, 1.5 mile run. Sprint/Team: 400 meter swim, 10-mile bike, 5K run. Kids (14 & Under): 50 meter swim, 1-mile bike, ½ mile run. Triathlon starts and ends at the SHAC on Saturday, November 14, 2009.  
**Register:** St. George Recreation Center, 400 E. 285 S. Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive On-Line at [www.activityreg.com](http://www.activityreg.com) or [www.active.com](http://www.active.com)  
**Contact:** 627-4560

### ■ Nordic Track Health & Fitness Expo

**Date:** Friday, October 2, 2009  
**Time:** 9:00am - 9:00pm  
**Location:** Dixie Convention Center

**Information:** The 33rd annual NordicTrack Health & Fitness Expo will be held in conjunction with the St. George Marathon. This event is open to the public and will include runner packet pick up, over 60 local and national vendors, numerous clinics; including the first timer's clinic, an open discussion panel of veteran St. George runners and the Clifbar pace team clinic as well as an all-you-can-eat pasta dinner.

■ **St. George Marathon** 

**Date:** Saturday, October 3, 2009

**Time:** Race Begins at 6:40am

**Information:** Here are the best locations to cheer our runners on!

**Veyo/Mile 7:** First Runner 7:22am

(Those viewing the runners at Veyo will have to travel westbound through Gunlock and around to Sunset Boulevard in St. George. Please Note: Please drive careful through small towns)

**Snow Canyon North Entrance/Mile 16:**

First Runner 8:06am

(Those wishing to watch the runners at the north entrance should enter the Snow Canyon South Entrance via Snow Canyon Parkway, where they will be directed to park. Please Note: Watching runners at this point might prohibit you from getting to the finish line before the runner.)

**Snow Canyon Parkway/Mile 21:**

First Runner 8:34am

(Snow Canyon Park has a 6 mile paved trail that connects to Snow Canyon Parkway. This is great for strollers, bicycles and walking. Please Note: Northbound traffic is prohibited on SR 18 after Snow Canyon Parkway.)

**Along Diagonal to 300 West/Mile 24:**

First Runner 8:49am

**300 West/Diagonal to Tabernacle/Mile 24.5:**

First Runner 8:50am

**Tabernacle/300 West to Main Street/Mile 25:**

First Runner 8:52am

(There is a Parking Garage on Tabernacle and 50 East)

**Main Street to 300 South/Mile 25:**

First Runner 8:55am

(There is a Parking Garage on Tabernacle and 50 East)

**300 South/Main Street to Finish Line/Mile 26:**

First Runner 8:58am

**300 South/ 200-300 East Finish Line Bleachers/Mile 26.2:**

First Runner 9:00am

■ **Senior Games Social Events**

**Date:** Oct. 5 & 12, 2009

**Location:** Sunbrook Golf Course

**Contact:** 627-4400

■ **Cowboy Day Camp** 

**Date:** October 5 & October 7  
October 6 & October 8

**Time:** 3:30-5:30 pm

**Fee:** \$27/ person

**Age:** 7-9

**Location:** TBA

**Description:** Cowboy Day Camp features a reading component, healthy lifestyles activity, fitness activity, community service section, and outside assignment requiring the use of a computer to identify healthy lifestyle resources. Students will receive a certificate of completion.  
**Register:** Community Education Office, 865 E. 100 S.  
**Contact:** 652-7675

■ **Senior Games Gold Cup**

**Date:** Oct. 6, 2009

**Location:** Sunbrook Golf Course

**Contact:** 627-4400

■ **Be Healthy Dixie- Walk with Mayor McArthur** 

**Date:** Wednesday, October 7

**Time:** 8:00 am

**Fee:** FREE

**Location:** Chuckwalla Trail Head, Westside of Hwy Rt. 18

**Description:** Mayor Dan McArthur is inviting community members to join him on his walks. This week's walk will begin at the Chuckwalla Trail Head. The trail head can be found just a ¼ of a mile north of the Bluff Street/Snow Canyon Pkwy Intersection on the west side. Walkers will trek around the surrounding unpaved trails and view some beautiful scenery. Walkers are encouraged to wear sturdy walking shoes. For future scheduled walks visit [www.behealthydixie.com](http://www.behealthydixie.com)

**Contact:** 627-4560

■ **Adult Pottery Wheel- Session 2**

**Date:** October 7 (Wednesdays- 4 wks)

**Time:** 1:00-3:30 pm

**Fee:** \$95/person

**Location:** St. George Recreation Center, 400 E. 285 S.

**Description:** This class is designed for the beginner and intermediate potter. Students will learn how to center and make various items. All projects will be trimmed and glazed ready for use. Class fee includes one bag of clay, glazes and firings. Class size is limited so sign-up early.

**Registration:** St George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

■ **Kids Pottery Wheel** 

**Date:** October 7 (Wednesdays- 4 wks)

**Time:** 4:30-6:30 pm

**Fee:** \$65/person

**Location:** St. George Recreation Center, 400 E. 285 S.

**Description:** This class is designed for the beginner and intermediate potter. Students will learn how to center and make various items. All projects will be trimmed and glazed ready for use. Class fee includes one bag of clay, glazes and firings. Class size is limited so sign-up early.

**Registration:** St George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

■ **Sand Hollow Aquatic Center's Fall Learn to Swim Program-Session 2** 

**Date:** October 12-22 (Monday thru Thursday)

**Time:** 5:00 pm and 5:45 pm sessions

**Fee:** \$30/youth

**Location:** Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive

**Description:** Swim levels 1 thru 5 will be taught (including Parent-Tot level).

**Register:** Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive

**Contact:** 627-4585

■ **Sand Hollow Aquatic Center's ADULT Learn to Swim Program-Session 1**

**Date:** October 13 (Tuesdays & Thursdays)

**Time:** 5:45 pm

**Age:** Adults

**Fee:** \$45/person

**Location:** Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive

**Description:** This 4-week adult only swim lesson program will help adults feel more comfortable in the water and provide basic swim techniques in a comfortable atmosphere.

**Register:** Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive

**Contact:** 627-4585

■ **Little Rollers Tumbling** 

**Date:** October 13 and/or October 15 (4 wks)

**Session:** Session 3: Tuesday; Session 4: Thursday

**Time:** 9:15-10:15 am

**Age:** 9 & older

**Fee:** \$20/student/session

**Enrollment:** 10 max per session

**Location:** St. George Recreation Center, 400 E. 285 S.

**Description:** This class will teach children how to tumble and roll. The class focus will be on flexibility, balance, rolls, leaps, cartwheels and mostly importantly fun!

**Register:** St. George Recreation, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

■ **Women's Halloween Tournament**

**Date:** October 16-17 (Friday-Saturday)

**Time:** 7:00 pm on Friday

**Fee:** \$305.00/team

**Location:** Canyons Softball Complex, 1890 W. 2000 N.

**Description:** Women's slow pitch softball tournament. Registration deadline is October 2<sup>nd</sup> or until tournament is full.

**Register:** St. George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

■ **Be Healthy Dixie- Walk with Mayor McArthur** 

**Date:** Wednesday, October 21

**Time:** 8:00 am

**Fee:** FREE

**Location:** Shadow Mountain Park, 360 N. 1050 W.

**Description:** Mayor Dan McArthur is inviting community members to join him on his walks. This week's walk will begin at the Shadow Mountain Park. Walkers will trek around the neighbor while chatting with the Mayor. Walkers are encouraged to wear sturdy walking shoes. For future scheduled walks or for detail directions visit [www.behealthydixie.com](http://www.behealthydixie.com)

**Contact:** 627-4560

■ **Youth Basketball Clinic** 

**Date:** October 21 (Mondays & Wednesdays)

**Time:** 4:30-6:00 pm

**Fee:** \$45/youth

**Age:** 4<sup>th</sup>-6<sup>th</sup> graders

**Location:** St. George Recreation Center, 400 E. 285 S.

**Description:** The 5 week clinic will focus on learning important skills, including passing, dribbling, shooting, rebounding, and ball handling.

**Registration:** St George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

■ **4th Annual St. George Book Festival** 

**Date:** Wednesday, October 21st

**Time:** 7:00pm

**Location:** St. George Tabernacle

**Speaker:** Dean Jessee and Ronald Esplin

*The Joseph Smith Papers*

**Date:** Saturday, October 24th

**Location:** The Community Arts Building

**Time:** 9:00-10:00am

**Speaker:** William Kerig

*The Edge of Never*

**Speaker:** Stephen Singular

*When Men Become Gods*

**Speaker:** Stephen Nasser

*My Brother's Voice*

**Time:** 10:30-11:30

Plenary Session - Michael Ramsdell

*A Train to Potevka*

**Time:** 1:00-2:00

**Speaker:** Helen Keith Beaman

*Utah State Poetry Society's Poet of the Year for 2008/9*

**Speaker:** Randy Jasmine & Theda Wrede

*100 Years of Wallace/Stegner/  
Discussion of Mormon Country*

**Speaker:** Elissa Wall  
*Stolen Innocence*

**Time:** 2:30-3:30

**Speaker:** Jana Richman  
*The Last Cowgirl*

**Speaker:** Dixie Reads - Ivan Doig  
*The Whistling Season*

**Speaker:** Dixie Reads -Sue Wilson & Audrey Shumway

**Speaker:** Marilyn Arnold  
*Unidentified Lying Objects*

**Fee:** Free to the Public  
**Contact:** 627-4000

#### ■ Sunbrook 2 Man Best Ball

**Date:** Oct. 23-24, 2009

**Location:** Sunbrook Golf Course  
**Contact:** 627-4400

#### ■ Men's Halloween Tournament

**Date:** October 23-24 (Friday-Saturday)

**Time:** 7:00 pm on Friday

**Fee:** \$305.00/team

**Location:** Canyons Softball Complex, 1890 W. 2000 N.  
**Description:** Men's slow pitch softball tournament. Registration deadline is October 9<sup>th</sup> or until tournament is full.

**Register:** St. George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

#### ■ TEC Camp October Training

**Date:** October 23-25 (Friday-Sunday)

**Time:** 7:00 pm-Friday; 9:00 am-Saturday;  
7:00 am-Sunday

**Fee:** \$35/person

**Location:** DRMC Health & Performance Center and Dixie Center Trail Head

**Description:** Interested athletes are encouraged to participant in the Triathlon Endurance Camp training program. One weekend per month athletes will meet with health and training professionals to learn how to better train for triathlons. Visit [www.sgcityrec.org](http://www.sgcityrec.org) for more information and future training dates.

**Contact:** 627-4560

#### ■ Howling Halloween Contest ☀

**Date:** Saturday, October 24

**Time:** 2:00 pm

**Fee:** \$5/person

**Location:** Snow Park @ Doggie Park, 400 E. 900 S.  
**Description:** Dress your favorite dog up in his/her Halloween costume and join the fun. Prizes awarded for best, creative, unusual, colorful and unique costume.

**Register:** Community Education Office, 865 E. 100 S.  
**Contact:** 652-7675

#### ■ St. George Outdoor Volleyball Fall Finale

**Date:** Saturday, October 24

**Time:** 9:00 am Pool Play Begins

**Fee:** \$60/team

**Location:** Vernon Worthen City Park

**Description:** Competitive outdoor volleyball tournament for Novice, A, B and Open divisions. Open divisions will be played on the sand courts. Novice, A and B divisions will be played on grass. There will be NO day-of-registration. Registration deadline is Tuesday, October 20 @ 5 pm.

**Register:** St. George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)  
**Contact:** 627-4560

#### ■ Save-A-Sister Run

**Date:** Saturday, October 24

**Time:** 9:00 am

**Fee:** 1-Mile: \$15/person; 5K or 10K: \$25/person

**Location:** Confluence Trailhead, 1835 Convention Center Drive

**Description:** Proceeds of the race go to help the Breast Cancer Services at the Dixie Regional Medical Center in St. George. Race registration deadline is Friday, October 16th at 6 pm. Late registration accepted until Wednesday, October 21<sup>st</sup> with a \$10 late fee or until full. Packet pick-up will be Friday, October 23, 2009 from 2:00-9:30 pm at the St. George Recreation Center.

**Register:** St. George Recreation Center, 400 E. 285 S. or on-line at [www.activityreg.com](http://www.activityreg.com)

**Contact:** 627-4560

#### ■ Tonaquint Fall Festival & Pumpkin Alley ☀

**Date:** Monday, October 26

**Time:** 5:30-7:00 pm

**Fee:** FREE General Admission; \$1.00/craft

**Location:** Tonaquint Nature Center, 1851 S. Dixie Dr.

**Description:** All ghouls and goblins are welcome to participate in Halloween games, crafts and the pumpkin decorating contest. There will be refreshments for all visitors.

**Contact:** 627-4560

#### ■ Pumpkin Alley Decorating Contest ☀

**Date:** Monday, October 26

**Time:** 5:30-6:45pm

**Fee:** FREE

**Location:** Tonaquint Nature Center, 1851 S. Dixie Dr.

**Description:** Everyone is invited to enter their Halloween creation in the annual pumpkin alley event! All decorated, carved and non-carved, pumpkins must be at the Nature Center by 6:45 pm and must be created by the individual entering the contest. You must be present to win. Winners and prizes will be announced at 7:15 pm.

**Contact:** 627-4560

#### ■ Curiosity Club 🐾

**Date:** Tuesday, October 27 (4 weeks)

**Time:** Session 3- 10:30-11:30 am OR

Session 4- 1:30-2:30 pm

**Fee:** \$20/child/session

**Age:** 3-5 years old

**Location:** Tonaquint Nature Center, 1851 S. Dixie Dr.

**Description:** This 4-week program is designed to encourage your youngster to ask why, what and how. Each week a new topic will be introduced. The club will meet on Tuesday mornings for 4 weeks. Day-of registration will be accepted.

**Register:** St George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

#### ■ Boy Scout Merit Badge Class- 🐾 Mammal Study

**Date:** Tuesday, October 27 (3 weeks)

**Time:** 6:30-7:30 pm

**Fee:** \$12/youth

**Location:** Tonaquint Nature Center, 1851 S. Dixie Drive

**Description:** Local scouts can earn credit for the Mammal Study merit badge while attending this class. Each scout is required to bring his merit badge book and a notebook. Pre registration is required by Monday, October 26 at 5 pm.

**Register:** St George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

#### ■ Boy Scout Merit Badge Class- 🐾 Environmental Science

**Date:** Thursday, October 29 (3 weeks)

**Time:** 4:30-6:00 pm

**Fee:** \$12/youth

**Location:** Tonaquint Nature Center, 1851 S. Dixie Dr.

**Description:** Local scouts can earn credit for the Environmental Science merit badge while attending this class. Each scout is required to bring his merit badge book and a notebook. Pre-registration is required by Wednesday, October 28 at 5 pm.

**Register:** St George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

#### ■ Boo-Nanza ☀

**Date:** Friday, October 30

**Time:** 6:00-9:00 pm

**Fee:** General Admission and passes apply

**Location:** Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive

**Description:** Join the spooky fun at the SHAC for a haunted locker room, canoe rides and other Halloween games. At 7:00 pm, the lights are dimmed for a dive-in Halloween movie, Casper, so don't forget your floaties and innertubes.

**Contact:** 627-4585

#### ■ Halloween Carnival ☀

**Date:** Saturday, October 31

**Time:** 3:00-5:00 pm

**Fee:** \$3.00/ person

**Location:** St George Recreation Center, 400 E. 285 S.

**Description:** Attention kids!!! Get your costumes on and join in on the spooky fun at the St George Recreation Center for Halloween games, free magic shows with Jake the Magician, Bounce House fun, treats and crafts. The first 200 guests receive a free trick-or-treat bag.

**Contact:** 627-4560

#### ■ Youth Acro-Gymnastics- Session 7 🐾

**Date:** Saturday, October 31 (6 wks)

**Time:** 9:00 am Beginners; 10:00 am Intermediate; 11:00 Advanced

**Fee:** \$36/youth

**Age:** 5+ yrs- Beginners; 7+ yrs- Intermediate; 9+ yrs- Advanced

**Location:** St. George Recreation Center, 400 E. 285 S.

**Description:** This class will help develop flexibility, balance, coordination, muscle strength and tumbling skills. Each one-hour class consists of skill training and choreography time to utilize the skills being taught. Class size is limited so sign-up early.

**Registration:** St George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

## November Events

#### ■ Family Sports Night at the SHAC ☀

**Date:** Wednesday Evenings (on-going)

**Time:** 6:30-9:00 pm

**Fee:** \$4.00 per person and/or passes apply

**Location:** Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive

**Description:** Family fun at the SHAC on Wednesday evenings. Drop-in for jumbo water volleyball or spend some quality time with your family splashing in the pool or flying down the hydro-tube slide.

**Contact:** 627-4585

### ■ Country Line Dancing

**Date:** Thursday Evenings

**Time:** 7:45-9:45 pm

**Fee:** \$5.00/person/visit

**Description:** Join Sandy Carty as she teaches line dancing favorites such as "The Electric Slide" and "Ko-Ko-Mo Shuffle". Join in on the boot scootin' fun.

**Contact:** 627-4560

### ■ Stroke of the Week Tennis Clinic

**Date:** Wednesdays (on-going)

**Time:** 9:00-10:30 am

**Fee:** \$10/person/visit

**Location:** Tonaquint Tennis Complex, 1851 S. Dixie Drive

**Description:** Weekly clinic covering all strokes, giving detail instructions and performing liveball drills.

**Contact:** 627-4560

### ■ Doubles and Singles Strategy Tennis Clinic

**Date:** Saturdays (on-going)

**Time:** 8:30-10:00 am

**Fee:** \$10/person/visit

**Location:** Tonaquint Tennis Complex, 1851 S. Dixie Drive

**Description:** The clinic is a mixture of liveball drills and instructions.

**Contact:** 627-4560

### ■ Saturday Morning Tournament Play

**Date:** Saturdays (on-going)

**Time:** 10:00 am

**Fee:** \$5/player

**Location:** Tonaquint Tennis Complex, 1851 S. Dixie Drive

**Description:** Tournament format that includes a short set with consolation rounds and guaranteed players at least 2 matches. The Saturday Morning Tournament is open for all ages.

**Contact:** 627-4560

### ■ Forever Fit

**Date:** Tuesdays & Thursdays (on-going)

**Time:** 10:30 am

**Fee:** \$2/visit or premium passes apply

**Location:** St. George Recreation Center, 400 E. 285 S.

**Description:** This class is ideal for older adults that are looking to get fit or wanting to maintain a healthy and active lifestyle regardless to his/her fitness ability. This multi-level class is designed to combine cardio and muscle toning into a fun workout while teaching ways to increase muscle strength and flexibility in daily functional skills.

**Contact:** 627-4560

### ■ Youth Soccer K-6<sup>th</sup> Grade

**Sign-Up:** Registration is now OPEN for girls and boys in K-6<sup>th</sup> grades. Registration deadline is Friday, January 22, 2010. After January 22<sup>nd</sup>, there is a \$5 late fee.

**Fee:** \$27/ per child

**League Info:** Games begin in March 2010.

Standard gold & blue reversible jersey must be worn and can be purchased at local merchants or the St. George Recreation Center for \$10 each. The girls and boys will have separate leagues. To volunteer to coach or to get more information on coaching call 627-4560.

**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.activityreg.com](http://www.activityreg.com)

**Contact:** 627-4560

### ■ Junior Tennis Clinic

**Date:** November 2 and November 4 (Mondays & Wednesdays)

**Time:** 4:30-6:00 pm

**Fee:** \$60/person- 1 visit/week; \$100/person- 2 visits/week; \$130/person- 3 visits/week; \$12 Drop-In Fee

**Age:** 10 and Up

**Location:** Tonaquint Tennis Complex, 1851 S. Dixie Drive

**Description:** This clinic is designed for any junior wanting to play high school and for any junior wishing to improve their tennis game.

**Register:** St. George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

### ■ Be Healthy Dixie- Walk with Mayor McArthur

**Date:** Wednesday, November 4

**Time:** 8:00 am

**Fee:** FREE

**Location:** JC Snow Park, 900 South 400 East

**Description:** Mayor Dan McArthur is inviting community members to join him on his walks. This week's walk will begin at JC Snow Park. Walkers will trek along the City paved trail system and learn interesting facts on St. George's history. Participants are encouraged to wear sturdy walking shoes. For future scheduled walks visit [www.behealthydixie.com](http://www.behealthydixie.com)

**Contact:** 627-4560

### ■ Adult Pottery Wheel- Session 3

**Date:** November 4 (Wednesdays- 4 wks)

**Time:** 5:30-8:00 pm

**Fee:** \$95/person

**Location:** St. George Recreation Center, 400 E. 285 S.

**Description:** This class is designed for the beginner and intermediate potter. Students will learn how to center and make various items. All projects will be trimmed and glazed ready for use. Class fee includes one bag of clay, glazes and firings. Class size is limited so sign-up early.

**Registration:** St. George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

### ■ Dixie Celebrity Classic

**Date:** Nov. 6 & 7, 2009

**Location:** Sunbrook Golf Course

**Contact:** 627-4400

### ■ Desert Fall Championships- 10, 14, & 18 & Under Divisions

**Date:** November 6-7 (Friday-Saturday)

**Time:** 7:00 pm on Friday

**Fee:** \$350.00 per team

**Location:** Canyons Softball Complex, 1890 W 2000 N

**Description:** Girls' Fast Pitch tournament for 10, 14, and 18 & Under teams. Registration deadline is October 23, 2009 or until tournament is full.

**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

### ■ Motorcycle Safety Fun Ride Fundraiser

**Date:** Saturday, November 7

**Time:** 7:00 am

**Fee:** \$25/ person

**Description:** Fundraiser ride from St. George to Kanab via Cedar City, ending at Biker's World US **Location:** St. George Range (DSC parking lot), 100 S. 900 E.

**Register:** Community Education Office, 865 E. 100 S **Contact:** 435/652-7675

### ■ Snow Canyon ½ Marathon & 5K Registration

**Date:** Saturday, November 7

**Time:** 8:30 am

**Fee:** ½ Marathon: \$35/person; 5K: \$20/person

**Location:** Snow Canyon High School, 1385 N. Lava Flow Drive

**Description:** Runners will run through Snow Canyon State Park and end at Snow Canyon High School.

All runners will be required to ride the provided transportation to the start line. Day-of check-in starts at 7:30 am. Packet pick-up will be Friday, November 6 from 4-8 pm at St George Running Center and day-of event starting at 7:30 am. The buses will be transporting runners from 8:00-8:30am. The registration deadline is Friday, October 30<sup>th</sup>, however late registrations will be accepted until Wednesday, November 4<sup>th</sup> at 5pm with an additional \$10 late fee.

**Register:** St. George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org) or [www.active.com](http://www.active.com)

**Contact:** 627-4560

### ■ Sand Hollow Aquatic Center's Fall Learn to Swim Program-Session 3

**Date:** November 9-19 (Monday thru Thursday)

**Time:** 5:00- 5:45 pm and 5:45-6:30 pm

**Fee:** \$30/youth

**Location:** Snow Canyon High School, 1385 N. Lava Flow Drive

**Description:** Swim levels 1 thru 4 will be taught (including Parent-Tot level).

**Register:** SHAC, 1144 North Lava Flow Drive

**Contact:** 627-4585

### ■ Desert Fall Championships- 12 and 16 & Under Divisions

**Date:** November 13-14 (Friday-Saturday)

**Time:** 7:00 pm on Friday

**Fee:** \$350.00 per team

**Location:** Canyons Softball Complex, 1890 W 2000 N

**Description:** Girls' Fast Pitch tournament for 12 and 16 & Under teams. Registration deadline is October 30, 2009 or until tournament is full.

**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

### ■ TEC Camp November Training

**Date:** November 13-14 (Friday-Saturday)

**Time:** 7:00 pm-Friday; 9:00 am-Saturday

**Fee:** \$35/person

**Location:** DRMC Health & Performance Center and Sand Hollow Aquatic Center

**Description:** Interested athletes are encouraged to participate in the Triathlon Endurance Camp training program. One weekend per month athletes will meet with health and training professionals to learn how to better train for triathlons. Visit [www.sgcityrec.org](http://www.sgcityrec.org) for more information and future training dates.

**Contact:** 627-4560

### ■ I Do What? Where? Care of Native Plants

**Date:** Saturday, November 14

**Time:** 10:00-11:00 am

**Fee:** Free

**Location:** Tonaquint Nature Center, 1851 S Dixie Drive

**Description:** Want to know what to do with the red yucca shoots after they bloom? How about the care of ornamental grasses? Well, everyone's been planting desert plants, but most of us are unsure on the proper care. Help is here! This workshop teaches how to take of them through each season.

**Contact:** Julie at 673-3617

### ■ Turkey Triathlon Registration

**Date:** Saturday, November 14  
**Time:** 9:00 am (Sprint/Beginner/Team) & 11:00 am (Kids)  
**Fee:** \$35 (Sprint/Beginner), \$60 (Team) and \$15 (Kids)

**Location:** Snow Canyon High School, 1385 N. Lava Flow Drive

**Description:** Beginner: 200 Meter swim, 5-mile bike, 1.5 mile run. Sprint/Team: 400 meter swim, 10-mile bike, 5K run. Kids (14 & Under): 50 meter swim, 1-mile bike, ½ mile run. Pre-register accepted until November 6, 2009. Late registration accepted until Wednesday, November 11 with a \$10 late fee or until full.

**Register:** St George Recreation Center, 400 East 285 South, or Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive, or on-line at [www.activityreg.com](http://www.activityreg.com) or [www.active.com](http://www.active.com)  
**Contact:** 627-4560

### ■ Be Healthy Dixie- Walk with Mayor McArthur

**Date:** Wednesday, November 18

**Time:** 8:00 am

**Fee:** FREE

**Location:** Bloomington Park, 650 W Man O' War Rd.

**Description:** Mayor Dan McArthur is inviting community members to join him on his walks. This week's walk will begin at the Bloomington Park playground. Walkers will trek around the surrounding neighborhood and are encouraged to wear sturdy walking shoes. For future scheduled walks visit [www.behealthydixie.com](http://www.behealthydixie.com)

**Contact:** 627-4560

### ■ Turkey Trot

**Date:** Saturday, November 21

**Time:** 9:30 am

**Fee:** 3 cans of food per participant

**Location:** Seegmiller Farm, 2450 South 3000 East

**Description:** Continue to make it a family tradition by joining the fun at the Annual Turkey Trot. Families can participate in the 1-mile walk and in un-timed 5K run. Drawings for prizes will be held immediately following the run. All donations go to the Dixie Care and Share.

**Register:** On-Site registration at 8:30 am

**Contact:** 627-4560

### ■ Fall Brawl Pickleball Tournament

**Date:** Saturday, November 21

**Time:** 7 AM

**Fee:** \$40 per team

**Location:** TBA

**Description:** Men's Doubles, Women's Doubles, Mixed Doubles, Legends & Masters all played in a double elimination format.

**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

### ■ Adult Flag Football Winter

#### League Registration

**Sign-Up:** Register opens November 30<sup>th</sup>. Registration deadline is Friday, December 18<sup>th</sup> or until full.

**Fee:** \$300/team

**League Info:** Men's Classification of play: A, B, C and D divisions. There will be 16 teams per division. League runs from January through March.

**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

### ■ Adult Men's Basketball Winter

#### League Registration

**Sign-Up:** Register opens November 30<sup>th</sup>. Registration deadline is Friday, December 18<sup>th</sup> or until full.

**Fee:** \$350/team

**League Info:** Men's Classification of play: A, B, C and D divisions. League runs from January through March.

**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

### ■ Adult Ladies Indoor Volleyball

#### League Registration

**Sign-Up:** Register opens November 30<sup>th</sup>. Registration deadline is Friday, December 18<sup>th</sup> or until full.

**Fee:** \$140/team

**League Info:** Women's Classification of play: A, B, C and D divisions. League runs from January through March.

**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

## December Events

### ■ Family Sports Night at the SHAC

**Date:** Wednesday Evenings (on-going)

**Time:** 6:30-9:00 pm

**Fee:** \$4.00 per person and/or passes apply

**Location:** Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive

**Description:** Family fun at the SHAC on Wednesday evenings. Drop-in for jumbo water volleyball or spend some quality time with your family splashing in the pool or flying down the hydro-tube slide.

**Contact:** 627-4585

### ■ Country Line Dancing

**Date:** Thursday Evenings

**Time:** 7:45-9:45 pm

**Fee:** \$5.00/person/visit

**Description:** Join Sandy Carty as she teaches line dancing favorites such as "The Electric Slide" and "Ko-Ko-Mo Shuffle". Join in on the boot scootin fun.

**Contact:** 627-4560

### ■ Stroke of the Week Tennis Clinic

**Date:** Wednesdays (on-going)

**Time:** 9:00-10:30 am

**Fee:** \$10/person/ visit

**Location:** Tonaquint Tennis Complex, 1851 S. Dixie Drive

**Description:** Weekly clinic covering all strokes, giving detail instructions and performing liveball drills.

**Contact:** 627-4560

### ■ Doubles and Singles Strategy Tennis Clinic

**Date:** Saturdays (on-going)

**Time:** 8:30-10:00 am

**Fee:** \$10/person/ visit

**Location:** Tonaquint Tennis Complex, 1851 S. Dixie Drive

**Description:** The clinic is a mixture of liveball drills and instructions.

**Contact:** 627-4560

### ■ Saturday Morning Tournament Play

**Date:** Saturdays (on-going)

**Time:** 10:00 am

**Fee:** \$5/player

**Location:** Tonaquint Tennis Complex, 1851 S. Dixie Drive

**Description:** Tournament format that includes a short set with consolation rounds and guaranteed players at least 2 matches. The Saturday Morning Tournament is open for all ages.

**Contact:** 627-4560

### ■ Liveball Clinics

**Date:** Mondays, Wednesdays and Fridays (on-going)

**Time:** Mondays: 9:00-10:30 am or 6:00-7:30 pm

Wednesdays: 6:00-8:00 pm

Fridays: 9:00-10:30 am

**Fee:** \$10/person (W & F) or

\$5/person (Mondays Only)

**Location:** Tonaquint Tennis Complex, 1851 S. Dixie Drive

**Description:** Liveball is a non-instructional clinic with lots of hitting. This very popular clinic allows you to hit a lot of balls and get in a great workout.

**Register:** St. George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

### ■ St. George ½ Marathon & 5K Registration

**Date:** Registration is now open for the Painter's ½ Marathon and 5K.

**Time:** Check-In: 7:30 am; Race Start Time: 9:00 am

**Fee:** ½ Marathon: \$35/person; 5K: \$25/person

**Location:** Confluence Trail Head

**Description:** Runners will begin near the Confluence Trailhead and travel along the St. George City trail system. The race will be held Saturday, January 23, 2010 starting at 9:00 am

**Register:** St. George Recreation Center, 400 East 285 South or on-line [www.sgcityrec.org](http://www.sgcityrec.org) or [www.active.com](http://www.active.com)

**Contact:** 627-4560

### ■ Superbowl Tournament Registration

**Sign-Up:** Registration is now OPEN. Registration deadline is Friday, January 8<sup>th</sup> or until full. Games begin on Friday, January 22 and play resumes on Saturday, January 23, 2010.

**Fee:** \$305/team

**League Info:** Men's slow pitch classification of play D & E divisions.

**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)

**Contact:** 627-4560

### ■ Youth Soccer K-6<sup>th</sup> Grade

**Sign-Up:** Registration is now OPEN for girls and boys in K-6<sup>th</sup> grades. Registration deadline is Friday, January 22, 2010. After January 22<sup>nd</sup>, there is a \$5 late fee.

**Fee:** \$27/ per child

**League Info:** Games begin in March 2010. Standard gold & blue reversible jersey must be worn and can be purchased at local merchants or the St. George Recreation Center for \$10 each. The girls and boys will have separate leagues. To volunteer to coach or to get more information on coaching call 627-4560.

**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.activityreg.com](http://www.activityreg.com)

**Contact:** 627-4560

### ■ Adult Flag Football Winter

#### League Registration

**Sign-Up:** Registration deadline is Friday, December 18<sup>th</sup> or until full.

**Fee:** \$300/team

**League Info:** Men's Classification of play: A, B, C and D divisions. There will be 16 teams per division. League runs from January through March.

**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)  
**Contact:** 627-4560

■ **Adult Men's Basketball Winter League Registration**

**Sign-Up:** Registration deadline is Friday, December 18<sup>th</sup> or until full.  
**Fee:** \$350/team  
**League Info:** Men's Classification of play: A, B, C and D divisions. League runs from January through March.  
**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)  
**Contact:** 627-4560

■ **Adult Ladies Indoor Volleyball League Registration**

**Sign-Up:** Registration deadline is Friday, December 18<sup>th</sup> or until full.  
**Fee:** \$140/team  
**League Info:** Women's Classification of play: A, B, C and D divisions. League runs from January through March.  
**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)  
**Contact:** 627-4560

■ **Boy Scout Merit Badge Class- Soil and Water Conservation**

**Date:** Tuesday, December 1 (3 weeks)  
**Time:** 4:30-6:00 pm  
**Fee:** \$12/youth  
**Location:** Tonaquint Nature Center, 1851 S. Dixie Drive  
**Description:** Local scouts can earn credit for the Soil and Water Conservation merit badge while attending this class. Each scout is required to bring his merit badge book and a notebook. Pre-registration is required by Monday, November 30<sup>th</sup> at 5 pm.  
**Register:** St. George Recreation Center, 400 E. 285 S. or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)  
**Contact:** 627-4560

■ **Be Healthy Dixie- Walk with Mayor McArthur**

**Date:** Wednesday, December 2  
**Time:** 8:00 am  
**Fee:** FREE  
**Location:** Dinosaur Tracks at Johnson Farm, 2180 E. Riverside Drive  
**Description:** Mayor Dan McArthur is inviting community members to join him on his walks. This week's walk will begin at the Dinosaur Museum. Walkers will trek along the City's neighborhood and also receive a personal tour of the Dinosaur Museum. Participants are encouraged to wear sturdy walking shoes. For future scheduled walks visit [www.behealthydixie.com](http://www.behealthydixie.com)  
**Contact:** 627-4560

■ **Toy4Kids Co-Ed Softball Tournament**

**Date:** December 4-5 (Friday-Saturday)  
**Time:** 7:00 pm on Friday  
**Fee:** \$125.00 per team PLUS \$10 unwrapped toy from each player  
**Location:** Canyons Softball Complex, 1890 W 2000 N  
**Description:** Co-Ed tournament for fun and charity. Each team is guaranteed 3 games. Registration deadline is November 20, 2009 or until tournament is full.  
**Register:** St. George Recreation Center, 400 East 285 South or on-line at [www.sgcityrec.org](http://www.sgcityrec.org)  
**Contact:** 627-4560

■ **2nd Annual Santa's Breakfast**

**Date:** Saturday, December 5  
**Time:** 9:00- 11:15 am  
**Fee:** \$5/ person  
**Age:** 5 and under  
**Location:** Community Building, 245 N. 200 W. St. George  
**Description:** Children will receive breakfast, a present from Santa, and a picture with Santa Claus  
**Register:** Community Education Office, 865 E. 100 S  
**Contact:** 652-7675

■ **Sand Hollow Aquatic Center's Fall Learn to Swim Program-Session 4**

**Date:** December 7-17 (Monday thru Thursday)  
**Time:** 5:00- 5:45 pm and 5:45-6:30 pm  
**Fee:** \$30/youth  
**Location:** Snow Canyon High School, 1385 N. Lava Flow Drive  
**Description:** Swim levels 1 thru 4 will be taught (including Parent-Tot level).  
**Register:** SHAC, 1144 North Lava Flow Drive  
**Contact:** 627-4585

■ **Christmas Social @ Tonaquint Park**

**Date:** Saturday, December 12  
**Time:** 10:00 am-12:30 pm  
**Fee:** General Admission FREE; \$1/craft  
**Location:** Tonaquint Park- Conservation Garden, 1851 S. Dixie Drive  
**Description:** Get in the Christmas spirit and celebrate with the Tonaquint Nature Center's staff and the Washington County Water Conservancy District for a fun Saturday morning at Tonaquint Park. There will be crafts for the kids, face-painting, nature walks, and pictures with Santa.  
**Contact:** 627-4560

■ **Sand Hollow Aquatic Center's Swim with Santa**

**Date:** Monday, December 14  
**Time:** 6:30 pm  
**Fee:** General Admission and passes apply  
**Location:** Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive  
**Description:** Plan to join us for a unique family fun activity at the Sand Hollow Aquatic Center. Kids are invited to meet Santa.  
**Contact:** 627-4585

■ **TEC Camp December Training**

**Date:** December 11-12 (Friday-Saturday)  
**Time:** 6:00 pm-Friday; 5:00 am-Saturday  
**Fee:** \$35/person  
**Location:** DRMC Health & Performance Center and Sand Hollow Aquatic Center  
**Description:** Interested athletes are encouraged to participate in the Triathlon Endurance Camp training program. One weekend per month athletes will meet with health and training professionals to learn how to better train for triathlons. Visit [www.sgcityrec.org](http://www.sgcityrec.org) for more information and future training dates.  
**Contact:** 627-4560

■ **Sand Hollow Aquatic Center's Stocking Stuffer Sale**

**Date:** December 7 (on-going throughout December)  
**Location:** Sand Hollow Aquatic Center, 1144 N. Lava Flow Drive  
**Description:** Do you want to get your loved one a healthy yet unique gift for the holiday? Why not purchase a SHAC Stocking Stuffer? You get 10 visits for only \$25!  
**Contact:** 627-4585

**FIRST NIGHT 2010**  
**THURSDAY, DECEMBER 31<sup>ST</sup>**  
**NEW YEAR'S EVE AT 7:00PM - MIDNIGHT**

**\$5 ADULTS**  
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**YOU MUST HAVE A BUTTON OR WRISTBAND FOR MOST VENUES AND ACTIVITIES**

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**Community Education**

Community Education reflects the importance of strong partnership among homes, schools and communities. It is concerned with the delivery of recreational, social, cultural, vocational, academic and human services. Along with these programs, it features a process of mobilizing human resources, recognizing community needs and using public facilities and making a difference in the lives of the community members. Community Education offers a wide variety of classes for all ages. Check out our upcoming classes featured in our spring brochure coming out in December. The unique classes we offer include the following Fencing, Youtube ETC., Native Flute, Green Fair, Gardening, and Tai Chi.

**For more information please visit our website at [www.ce.dixie.edu](http://www.ce.dixie.edu) or call 435-652-7675**



### Mayor and City Council

Daniel D. McArthur .....	mcarthur@infowest.com
Gil Almquist.....	gil.almquist@sgcity.org
Suzanne B. Allen .....	suzanne.allen@sgcity.org
Gloria Shakespeare.....	gloria.shakespeare@sgcity.org
Gail Bunker.....	gbunker@dixie.edu
Jon Pike.....	jon.pike@sgcity.org



### City Manager

Gary S. Esplin.....	gary.esplin@sgcity.org
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### City Services

Administration.....	627-4000
Airport.....	627-4080
Animal Shelter .....	627-4350
Building/Planning.....	627-4206
Business Licenses.....	627-4740
City Pool (700 So.) .....	627-4584
Community Arts .....	627-4525
Development Services.....	627-4120
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 4:00pm at the City Office Building (175 East 200 North) unless otherwise noticed. Work meeting sessions are held on the second, fourth and fifth Thursdays at the same location.

### Planning Commission

Regularly scheduled planning commission meetings are held on the second and fourth Tuesdays each month starting at 4:00pm 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](http://www.sgcity.org).**

CITY OF ST. GEORGE COURSES



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