

MURRAY Journal

Murray's Own Community Newspaper

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Murray Parks and Recreation
Newsletter Pages 12-14

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January 9, 2008

FREE!

Amended development ordinances designed to protect Murray neighborhoods

By Anita Y. Tsuchiya

When a building ordinance gets approved in 10 minutes, it doesn't seem like a particularly difficult decision. That wasn't the case when the Murray City council decided on a handful of new building ordinances late last fall.

Deciding how tall a home should be or how many units to put onto a plot seems like matter of simple math until you figure out that ground level on the building site is rarely flat like a sheet of blueprint film. Add to that the question of a planned unit development in an existing neighborhood, and the passages of ordinances can be interesting, as members of the council will attest too.

"I don't think people understand the number of hours that go into making decisions like this," said Councilmember Jeff Dredge. "It looks like things happened overnight."

Public Services Director Doug Hill described how in the summer of 2006, the collaborative process of amending the existing ordinances began. City staff members from the Community Development, Building, Engineering and Fire Departments got the proposal started by gathering information and analyzing the results.

Months later, an advisory task force was created to help analyze the issues related to infill developments, PUDs, street access and residential building heights. Co-chaired by Bill Finch and David Hunter, the

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Developers will no longer be able to create private streets to link homes within a Murray subdivision.

Chamber members visit China for business development, fun



Members of the Murray delegation enjoyed a visit to the Great Wall during their trip to China.

By Anita Y. Tsuchiya

When Murray Mayor Dan Snarr saw the China tour package being offered in November by the Murray City Chamber of Commerce, he knew it was an opportunity too good to pass up. And so the Snarr family spent their family vacation visiting the Middle Kingdom along with a contingent of chamber members.

Scott Baker, president of the chamber, pointed out that Snarr went over strictly as a tourist.

"Mayor Snarr paid for the whole trip for the family. He didn't go in any official capacity," Baker said. "The tour was open to anyone who was interested. When he saw what a great price it was, he decided to take us up on our offer."

Some of the travelers were interested in exploring new business opportunities.

"One of our chamber members, Tom Henry, is an auto mechanic. During the trip he met with a potential supplier for brake parts," Baker said.

Of course the major draw was the
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Murray resident
hoping to make
it big in music
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Keith Snarr leaves city for Taylorsville post

By Anita Y. Tsuchiya

Departing Economic Development Director Keith Snarr said what he'll miss most about Murray City is the teamwork. And Mayor Dan Snarr.

"It's always been a team effort. Redevelopment projects require coordinating with lots of other departments and the RDA Committee," Snarr said. "Working with Mayor Snarr is the most fun I've had in a job. He knows what's going on because he gets involved."

Snarr officially started in Taylorsville on Jan. 2. An open house in his honor was held on Dec. 27 at a Murray residence.

His recollections of past projects during his seven years with Murray were peppered with terms like transit-oriented development, residential neighborhood business zoning, mixed-use buildings, walkable communities and open-space linkages.

"Murray is on the cutting edge of mixed-use and transit-oriented developments," Snarr said. "Fireclay is being recognized nationwide."

Snarr listed off his other proud achievements: opening the Intermountain Medical Center and The Pointe at 53rd; remodeling the existing Oakwood Village Shopping Center; revitalizing auto dealerships along State Street; developing the residential neighborhood business ordinance and retaining University of Phoenix during its expansion.

Snarr explained that redevelopment involves a considerably more complex ap-

proval process than new development.

"Building on sites of former dry cleaning factories brings up environmental studies and clean-up," Snarr said. "Certifying an area 'blighted' for eminent domain requires special surveys and additional hearings. And the legislation keeps changing so it's a challenge keeping up with the regulations."

So with all that's happening in Murray, why leave now?

"Don Adams [retiring Taylorsville director] asked if I could help interview his replacement and the mayor wasn't too thrilled with any of the candidates. So they made me an offer," Snarr said.

Snarr candidly admitted that the pay raise will help boost his pension payouts when he retires from government service. And he confessed to the appeal of the challenges presented in Taylorsville.

"I feel good about what's going on in Murray and I feel like I can leave," Snarr said. "Taylorsville has some big redevelopment challenges, such as a 162-acre area near Bangerter Highway and 5700 South and the corners of 5400 South and Redwood and 3800 South and Redwood. There's also some property by City Hall."

City Council approves term limits for Power Advisory Board



Advisors for Murray City Power will now have limits on the number of terms they can serve.

By Anita Y. Tsuchiya

The Murray City Council has voted unanimously to establish term limits for the Power Advisory Board, meaning the maximum time a board member can serve is for five three-year terms.

The key was finding the right balance

between retaining valuable expertise while still managing to introduce new life and enthusiasm, said Murray City Power General Manager Blaine Haacke.

"Mayor Snarr originally proposed the idea of term limits and charged staff with calculating the right number," Haacke said. "Fifteen years may seem like a long time; however, power is a complicated issue. It takes time just to become familiar with all the acronyms. It's usually a few years before new members are able to stay on top of the issues."

The power board consists of five Murray residents, who volunteer their time to provide feedback and recommendations to staff members. Currently on the board are Chairperson Lew Wood (appointed in 1994), Ralph Siebert (1994), Diane Hartford (2003), Karl Snow (2003) and Richard Stauffer (2005).

Haacke feels fortunate to have such an

Continued page 18 "Power"

Boys & Girls Club recognizes generous donors

The Boys & Girls Clubs of South Valley has joined part of a national program to recognize generous donors to the club's programs.

Jeremiah Milbank was a remarkable person and lifelong volunteer who gave generously with a firm belief in the Boys & Girls Club program. It is through his legacy that the Boys & Girls Clubs of America has created **The Jeremiah Milbank Society** as a way to pay tribute to local club donors on a national level.

Bob Dunn, executive director of South Valley, said the society was created to inspire and recognize higher-level unrestricted giving from individuals within local clubs. Each member of the society has given a minimum of \$10,000 to their local Boys & Girls Club organization.

Local members of The Jeremiah Milbank Society include Chuck Warren, Art & Martha Pasker and Marv & Shirlene Hendrickson. Being a member of The Jeremiah Milbank Society grants donors access to the National Conference reception, which has featured celebrity club supporters Denzel Washington and Hank Aaron.

For more information on how to become a member of The Jeremiah Milbank Society, contact Dunn at 284-4251 or e-mail at bgcsv_murray@hotmail.com

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Check cashing businesses to be limited in Murray

By Anita Y. Tsuchiya

Check cashing businesses, also known as deferred deposit loan businesses or payday lenders, won't be looking at Murray City as a place to open up shop any time soon.

A new ordinance passed by the City Council in November limited the maximum density to one check-cashing business per 10,000 residents. Murray's current population is roughly 46,500 and there are already 10 such businesses located within city limits, already over the limit.



A new ordinance will curb the number of check cashing businesses in Murray City.

"The existing businesses would be grandfathered in," said Doug Hill, Public Services Director. "No new businesses could be built unless some of the existing ones left."

Trimming the number of these short-term loan services might not be a bad thing. According to policy and advocacy groups such as the National Conference of State Legislatures and Woodstock Institute, Utah payday lenders can charge as much as \$110 in interest and/or fees for a \$500 advance. Furthermore, there is no upper limit on the total amount a customer can borrow or a lender can charge.

City Attorney Frank Nakamura expressed his concern for ensuring that Murray doesn't end up being the destination of choice for these largely unregulated financial services companies. He also pointed out that a cluster of check-cashing offices would negatively impact the neighborhoods where these businesses are located.

"Surrounding jurisdictions have similar restrictions," Nakamura said. "Without an ordinance, those businesses will end up

here in Murray."

The draft ordinance stipulated that check-cashing businesses may not be located within 600 feet of each other. Nakamura said that most neighboring cities use this distance, which is consistent with state law. However, Sandy City imposes a minimum distance of one mile.

During council discussion, members Krista Dunn and Jim Brass felt as though the minimum separation distance should be increased.

"I'd rather make the distance a little stronger, say 1,000 feet," Dunn said.

"At 600 feet we still might end up with a cluster in Fireclay, the way the streets are arranged," Brass added.

The ordinance, amended to require a minimum distance of 1,000 feet, was approved by unanimous vote, 4-0, with Councilmember Robbie Robertson absent.

The new regulations apply only to "check cashing" businesses as defined by state laws and therefore do not affect bail bonds businesses, pawn shops, ATMs, finance, insurance or real estate services.

Local Boy Scout's accomplishments put him in elite group

By Josh McFadden

Alex Recksiek may have earned his Eagle Scout rank five years ago, but he keeps winning awards.

The 18-year-old Murray resident recently received the Denali Award, a medal given to Varsity Scouts for demonstrating leadership in service roles from at least two different field of emphasis. Recksiek was recognized for his efforts in community and religious service at a ceremony on Oct. 18.

"It's really cool. I think it's a big accomplishment," Recksiek said.

The Murray High School senior was also acknowledged for doing something seldom accomplished in the Scouting ranks:

Continued page 18 "Denali"



Proud parents Melvin and Susan Recksiek joined son Alex as he was honored with the Denali Award, one of the most prestigious in all of Boy Scouting.

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Local residents to soon compete in Murray Idol competition

By Josh McFadden

“American Idol” has become one of the country’s most popular television programs. Beginning Jan. 15, local residents ages 11 to 30 will have a chance to be part of something similar – only on a little smaller scale.

On Jan. 15, under the direction of the Murray Arts Council, auditions will start for the first annual “Murray Idol” competition. On that date, boys and girls ages 11 to 14 will be able to audition at Creekside School, 179 East 5065 South, from 6:30 to 9:30 p.m., for “Murray Idol” in the junior division. Each candidate will prepare up to a two-minute vocal selection and provide a photograph. A CD player and keyboard will be available. There is a \$5 audition/commitment fee.

Auditions for the senior division of the “Murray Idol” competition, open to those ages 15 to 30, will be held at the same location and time on Jan. 17 and 18. Those

Continued page 18 “Murray Idol”

Viewmont kindergartners bring books for New Orleans’ students

By Julie Slama

Although Hurricane Katrina hit Louisiana more than two years ago, the rebuilding continues. Viewmont Elementary kindergartners students want to be part of that process.

In December, kindergartners brought in new or gently-used books appropriate for their age to donate to fellow kindergartners in the Louisiana Recovery School District. Once there, these books will help build a classroom library, said kindergarten teacher Jennifer Lightfoot, who coordinated the effort.

“Schools across the Gulf Coast were devastated by the hurricane,” Lightfoot said, stating that more than 400 school buildings were damaged or destroyed. “Basic services like schools, libraries and public transportation are at half their original levels.”

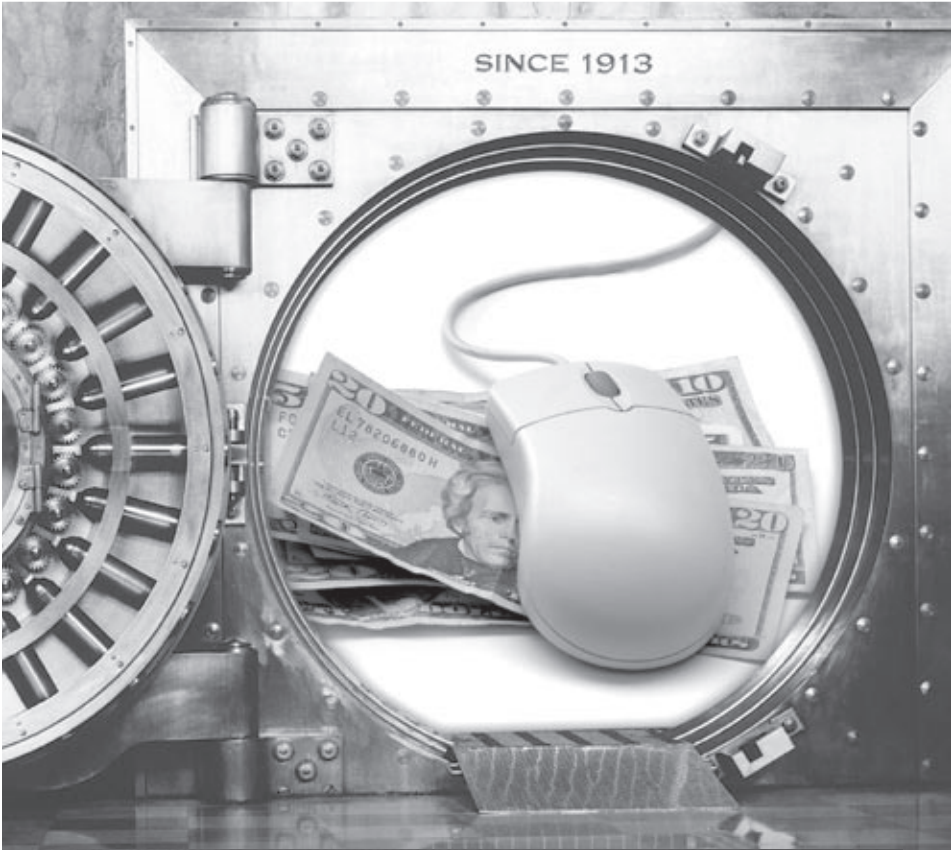
Since the hurricane, 58 public schools have opened and another 21 are scheduled to reopen this school year and are in need

of basic school supplies. This is still about half the pre-Katrina number of schools, according to the New Orleans/Louisiana Department of Education website.

Many of these schools are in the Recovery School District. Created by legislation passed in 2003, the district was created to turn underperforming schools into successful schools. Five schools in New Orleans were transferred to the new district before Hurricane Katrina. In November 2005, a law was created for the Recovery School District to take over any New Orleans public schools that had a school performance score that was academically below average, so another 107 low-performing schools were transferred.

Lightfoot asked her students to contribute to the rebuilding process, with books her own students could relate to and enjoy.

Donations were also accepted to cover shipping costs, she added.



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Mayor’s Report

By Mayor Daniel C. Snarr

When the local newspapers review the year just past, are you ever surprised at all that took place? Each year seems to hold a unique personality, with a blend of good and bad to mark it. I look forward to this time of the year because it is an opportunity to reflect on how our City has continued to evolve. It is also when goals are the focus as we prepare to move forward.

As I work with the Department Heads and staff in the City, we examine not only where we have been but where we are going and what it will take to get there. Recently I had a conversation with a resident who expressed his amazement at the dramatic changes he has seen in our City. He went on to express concern that the City seemed to be undertaking some expensive projects. I may have surprised him when I explained that I wished the funds had been available years earlier to spend on long term infrastructure. You will understand what I meant if you have watched the prices escalate in the housing market. If you were planning to spend \$250,000 for a home a year or two ago, you would have been able to purchase a larger home than you would get for that same amount today.

The same principle is true with City projects. Over the years we have made commitments to having our basic services upgraded and necessary infrastructure in place. Some examples include the sewer trunk line for the west side of the City, new water lines as part of road projects, power system upgrades from 46 KV to 138 KV and storm drain improvements. The great thing about these projects is that they were built when construction costs were lower and will serve us for several decades. Roads need to be maintained more often so it is an ongoing part of our budget focus. I shared with this gentleman, as we talked, my mantra regarding infrastructure, “Today’s problems left unaddressed, will surely become tomorrow’s catastrophes.” As we discussed the direction of the City, he agreed that proactive decisions will continue to make our City a place he will be confident to live in and enjoy along with his neighbors.

Two new fire stations will soon be in place. The station on Vine Street and approximately 1000 East is moving along quickly and this year ground will be broken for the one at 5900 South and 500 West. These stations are being built without tax increases or bonding but as a result of the strong economy we are enjoying in



our State and City. They will provide vital infrastructure in allowing the public safety services to be what we all expect.

I am hopeful that 2008 will bring a year of peace and prosperity to all of us. As we watch it unfold together, may you enjoy living in our City. I think it is an excellent place to call home.

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MHS career day gives students insight into occupations

By Julie Slama

Earlier this fall, Murray High twelfth-grade student Angie Ramos had thoughts of entering the field of social work. She and 1,500 other Murray High students participated in the school's second annual career day Nov. 29 and attended sessions to explore and learn more in depth about career choices. Fifty-five speakers talked to students, describing their careers, explaining schooling and training that is required, outlining daily duties and their work environments, talking about the pros and cons of their career, telling students what motivated them to enter the career, sharing salary and job outlook information as well as answering student questions. From this opportunity, Ramos became cemented in her career choice.

"I attended the social work session; it was awesome," Ramos said. "The speaker had a lot of useful information. She convinced me, even more, that social work is the career for me."

Twelfth-grader Katie Nelson also took advantage to learn more about a career – nursing – that interests her.

"I learned a lot because the nurse told us about the good and bad of the career," she said. "She didn't sugarcoat anything."

Students had the opportunity to hear keynote speakers Murray Mayor Dan Snarr and KSL's Amanda Dickson. Then, they had previously chosen two careers of interest and attended those sessions, said Joan Anderson, work-based learning coordinator, who was one of the career day committee members.

"We feel high school students need more education and training information about career choices and how to go about preparing for their careers," Anderson said. "We want them to be exposed to a variety of careers and to start asking questions,



KSL's Amanda Butterfield gave Murray High students a look into her career as a newscaster.

thinking and wondering about their future after high school. This may spark an idea of what path they will need to follow."

Among the speakers this year were Olympic speed skating 1500-meter gold medalist Derek Parra, KSL TV anchorwoman Amanda Butterfield and Murray High's counselor and author Gordon Kener. Other presenters included medical practitioners, a dietician and nutritionist, a dentist, a veterinarian, a set designer from the popular "High School Musical" films, a retail manager from REI, and a fire fighter, sports marketing manager, interior designer, cosmetologist, attorney, author/writer, architect, accountant and more.

Eleventh-grader Heu Yen Hua, who attended accounting and photography sessions, gained much from the experience.

"All of the decisions that you make now will affect you in the future," Hua said. Classmate Tara Whyte, who attended the teaching and education sessions, added, "It

helped me decided what I really want to do with my life."

And sophomore Tabitha Rose McClellan, who attended the FBI and social work sessions, said, "I learned that being in the FBI would be really difficult and that social work would be very rewarding. Overall, I enjoyed this experience a great amount and will look forward to it in the next two years at Murray High."

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Hillcrest Junior High honors its heroes

By Julie Slama

At Hillcrest Junior High, heroes aren't necessarily the ones who are honored in the academic arena or in the sports field.

Through the second-year Hillcrest Hero program, students are honored for exhibiting character education traits. These Community of Caring values include respect, responsibility, caring, family and trust.

"Hillcrest Heroes are students who do not always get recognized for their contribution to the classroom and school," said assistant principal Jennifer Covington.

Covington said students are selected by teachers, following the criteria that they exhibit one or more of the school's Community of Caring values. Six students are nominated by grade-level teachers each term.

Continued page 18 "Heros"

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New Year - New You The Answer to Your Health and Fitness Resolution

It's that time of year again. The holidays are now behind us and most people have either already given up on their New Year's Resolutions just a few days into the month or haven't really started them.

If you are like most people the holidays have packed on a few pounds. The sad part about this is that according to The National Institute of Health & Human Development the weight gained during the holidays is weight that most people keep on over their lifetime.

The prevalence of obesity in the U.S. has increased dramatically over the past decade. Weight gain during adulthood may contribute to heart disease, diabetes, and other serious health problems."

Even if people do drop the weight, 95 percent will regain it and then some within a year. Since 65% of Americans are considered overweight and 31 percent are obese, this can be considered a national epidemic. Take into consideration that 300,000 people die each year due to obesity-related causes and the idea of intelligent weight loss becomes a real priority.

Enter Total Health and Fitness of Salt Lake.

"We are not a gym," said Jeff Sproul, manager and nutrition consultant. "Our approach is achieving total body transformation. Every client we work with has a program created based on the way their body loses weight."

Jon Janke has been a fitness consultant

with THF for five years. He said, "Part of the problem is that while professional athletes and fitness competitors receive the best science has to offer, the average person has to attempt to achieve their goals largely through guesswork. We provide the same quality guidelines that are used on an elite level for everyone."

One of the biggest problems people have with health and fitness is they don't know what to do. "It isn't that people aren't motivated," said Sproul, "It's that they don't know what they are supposed to be doing. They simply go to the gym and guess which machine they want to work on or they go to the grocery store and have no idea which foods work best for their individual body."

Total Health and Fitness takes all the guesswork out of your health and fitness program. "One program doesn't fit all," stated Janke. "It takes individual guidelines. We aren't a "quick fix" or a "magic pill or injection." What we teach is lifelong health and fitness."

The guidelines provided consist of every component of fitness. This includes, diet, workout plans, supplemental recommendations and the amount water one needs to drink.

Nutritional guidelines are formatted with detailed food choices and portion sizes, and the best part is you never go hungry. "Anyone on a THF program is constantly eating" added Sproul.

Janna Edgington is a mother of two who just finished her 14 week program. She says "I can't believe how often I was eating and how much weight I lost...This has been one of the most rewarding experiences of my life. I feel so incredible! My clothes fit better and my body looks the best it's looked in years! This

was the best investment I've ever made!"

"Education is the key to nutrition," said Janke. "Our clients will not only get the results they want, but will also know how to maintain them."

From being educated on the science behind cardio training, resistance training, meal planning, and proper supplementation, every detail is broken down.

Measurements are taken on a weekly basis and discussed one on one. Each client's plan is then reevaluated and redeveloped making Total Health and Fitness the most unique and educational fitness program on the market. Another unique thing is that many THF client's don't have gym memberships and no gym membership is required. "We cater it to what you have available to you" said Sproul.

This is not a program only for the overweight. In fact many of THF's clients are athletes, marathon runners or fitness competitors who want to enhance what they are currently doing.

Company co-founder Wes Barney said, "You are never too old, too young or too fit to learn proper total body transformation needed for a



Jerry Before



Jerry 12-weeks

healthy lifestyle. Anyone who follows the guidelines will see the results they want."

Total Health and Fitness offers free on-site seminars for businesses or groups. They also teach free classes in their own office on firming and toning, fat loss vs. weight loss, sculpting your abdominals and other areas of health and fitness.

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★ School News ★

Longview fifth-grade students place value on money

By Julie Slama

Ask Longview fifth-grade students about the value of money and how it began, and they can tell you.

It was part of the fifth-grade mall experience held at the school before the holiday break, where students learned about money. First, students learned the history of money and why it was invented. As they completed their homework, they were given green bills, which later were traded in for play money.

As students learned about supply and demand and consumerism, their math assignments began to work with decimals, adding money and making correct change, said teacher Cindy Durante.

“Since November, first they have been studying economics and how to start their own business,” Durante said. “Throughout the unit, they have had the opportunity to earn fifth-grade play dollar bills by turning in quality complete economic assignments.”

Durante said that students learned about marketing, entrepreneurship and how to run their own businesses. They were allowed to use \$3 of real money, which they had to earn around home, to make their own items to sell at their own store (their desks) at the mall (their classrooms.)

But before they could sell their home-

made product, Durante said, they had to rent their store, obtain a business license, create commercials, ads, a logo and a jingle for their product, and create a selling price analysis.

“During this pre-mall time, they also had to decide on a product to produce, submitted a product proposal, created a one-minute commercial, then produce 10 of their products to sell,” she said.

When students opened their store, they had posters advertising their products and hoped their classmates would buy their 10 items, for real. If students didn’t have enough money to open their store, one teacher loaned them money, but students had to pay her back with interest, double the amount borrowed.

“We kept it to pure economics,” Durante said. “Students learned how to price their items so they sold and how not to take it personal if their item isn’t selling. They also became wise consumers.”

Students, with the help of their parents, made items ranging from duct tape wallets to holiday and sport team magnets, she said.

“The students get pretty clever in what they are making and how to create things that they think their classmates will purchase,” Durante said.

At the end of the experience, students were required to have at least \$1. Students



Skyler Keeler, Anthony Rodriguez, Camden Winget, Cade O’Neill and Makayla Jensen sold items to classmates during Longview’s fifth-grade mall event, where students learned about money and its value.

who didn’t end up with at least \$1 had to write one page explaining why they didn’t have money and why they didn’t take care of their money, she said.

Fifth-grade student Savannah Simons enjoyed the mall experience.

“I think it’s a great way to teach kids how to make wise choices on how to spend their money,” she said.

Her classmates Tim Cowan and Giulia DeVittori agreed, adding that it will help them as they grow older.

“It is a good way to teach kids about the future life with money, work, shopping and taking care of their money,” Tim said.

Giulia added, “Money is something that kids should learn because if they don’t know about bartering and handling money

they would have to learn later in life. Then it would be too late.”

Durante, who said this is the 12th year they have hosted the mall event, agrees. “It’s a fun experience and students look forward to it every year. It teaches students to appreciate the value of money and how to take care of it.”

Murray Concert Band to perform

The Murray Concert Band, conducted by Dr. Craig Ferrin, will present a free concert on Saturday, Feb. 2 at 7:30 p.m. at Murray High School. The school is located at 5440 South State St. in Murray.

Riverview students try making ‘real’ way in world

By Julie Slama

More than 230 ninth-grade students dressed in professional garb tried making their own way in the world, or rather, in a mock real-world setting. It may have proved to be a reality check for some of them.

As part of the annual Reality Town day, Riverview Junior High School students learned how to balance careers and family all on a set budget, said school counselor Cathy Hansen.

“Students had jobs that corresponded with their grade-point averages and then they were assigned a life scenario with their family, salary pay day, need of transportation, housing, food and everything they need to understand everyday living,” she said. “Some students realized early that they would need to work a little harder in school to make the kind of grades they needed for a better paying job.”

Students’ family size and other responsibilities were selected randomly before the exercise began. Through the process, students learned about checking accounts, interest and savings, she said.

Hansen said some students were single parents raising three kids and learned that

with their monthly gross income, they couldn’t continue living the same lifestyle to support their children. Many students needed to get a second job for supplemental income or renegotiate for less expensive housing or transportation to pay their monthly bills.

“They learned that they need to spend their money wisely and save their salaries,” she said. “They learned that you never know what will happen.”

Following Reality Town, students were asked to evaluate the process and write about their life paths. The assignment included having students write about their educational goals, occupation goals, family life goals and more. Students also evaluated Reality Town experience, such as how they finished the activity with a positive bank balance or if not, how they paid for their expenses. They were asked how school grades affect their future choices, why it is important to budget money and how people in real life prepare for unexpected things.

Students later attended the school’s 13th annual Career Day, where they could listen to two of 11 speakers who addressed a variety of careers and preparation for those careers. Speakers also shared with students the job outlook and working conditions as well as high points and low points of the occupation.

“It’s a worthwhile opportunity for students to hear from people in careers they’re interested in,” Hansen said. “They discuss classes and subjects they will need to know, salary and got to answer questions. This opportunity will help many of our students become more aware of the world of work and think about the types of careers they might be interested in pursuing.”

This year, speakers included people in the fields of accounting, athletics, law, business, pharmacy, radio, medical examiner, police and FBI, computer engineering and health care.

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Fluid motion fills students’ films seen at conference

By Julie Slama

When the American Physical Society Division of Fluid Dynamics held its 60th annual meeting in Salt Lake last fall, they had a chance to see what Murray High film students interpreted as fluid flow.

“The students shot how fluid moves and interacts in the atmosphere and earth,” said Ryan Moffett, Murray High’s TV and film production teacher. “Every year, students create an abstract film project and when the opportunity arose to do this for the convention, it sounded like fun.”

Moffett said students’ one- to five-minute films were continuously run in the “Gallery of Fluid Motion” outside the group’s meetings. About 1,700 scientists from around the world had a chance to see what students’ created using dry ice, water, oil, soda pop, baking soda, Alka Seltzer, food coloring, dish soap, milk, cream and more.

“The students were in the science lab, playing around with no rules,” he said. “They performed fun, crazy experiments and didn’t have to follow scientific methods. They had a blast.”

Moffett said film students, who are juniors and seniors, worked together in small groups to shoot the footage a couple times in the lab. Afterward, students then edited their films on the computer and set them to music. Some student groups used music which they performed while others used music available to them on the computer.

“Students were able to look at ordinary things and capture it with an artistic eye,” Moffett said. “They saw creative beauty in front of them.”

Moffett said the abstract films express

ideas, they don’t tell stories.

“Students had visual images that are stimulating and expresses the idea of fluid flow,” he said. “I honestly can’t believe how into it they were. They had a purpose and were motivated knowing people would be watching their films.”

Moffett said that two conference organizers, a scientist and a filmmaker, came to the school to watch the films with the students and provide feedback.

“The assessment was the most valuable experience for students,” Moffett said. “The students listened to everything they said and were open to their feedback. It was a great experience.”

Riverview students’ qualities praised

By Julie Slama

Once every month, teachers in each grade at Riverview Junior High discuss students who demonstrate outstanding qualities in the classroom. A student from each grade then is selected and honored as part of the school’s Terrific Kids program.

“These are really incredible kids,” said Riverview Principal Shauna Ballou. “These are students who don’t always get recognized but who have great citizenship qualities and outstanding qualities as students and people. They’re kind, helpful, polite and go out of the way to be caring.”

Marissa Burton, Hailee Martinez and Cassidee Steadman were chosen recently for having lots of energy, loving to learn and experience new things, contributing to class discussions and demonstrating an understanding of concepts and possessing

Parent education night held for preschool families

By Julie Slama

Three Murray elementary schools recently held a preschool family night full of activities and information focusing on literacy.

In late November, Horizon, Liberty and Parkside Elementaries served a free donated dinner, then had activities for children up to five years of age. Parents received information on how to help their children identify letters and letter sounds and introduce them to reading.

These Title I schools paired up with the State Office of Education’s “Ready, Set, Learn” kindergarten readiness program where parents received free materials. The program focus is to teach parents how to develop literacy skills at home, said Linda Auwerda, Parkside reading coordinator.

“The idea is to have parents working with their preschoolers to help them get ready for school,” she said. “We have some children who are ready for school and then we have some kids who haven’t ever picked up a book and don’t know their letters and letter sounds.”

Some of the skills that were reviewed included self-help skills, such as using the restroom independently, cleaning up after oneself and asking for help when necessary; social and emotional skills, such as sharing materials, working well independently or in small groups and listening to others; motor skills, including holding a pencil or scissors correctly to running and catching a ball; and literacy and language, to listen and respond to books, speak clearly and in complete sentences and expressing feelings and ideas.

While parents discussed how to prepare children for school, the preschoolers met to do learning activities, such as tracing and decorating giant letters. Other activities included preschoolers listening to books, doing literacy activities in Play-Doh or to music and putting together puzzles.

“It was a big hit,” Auwerda said. “We encourage all parents to work with their kids before they enter kindergarten.”

a desire to excel.

Once selected, students are invited to Ballou’s office where a representative from the Kiwanis Club and the Parent-Teacher-Student Association president honor them with a certificate, T-shirt, water bottle, Frisbee and other items. The students also receive a copy of the letter the teachers

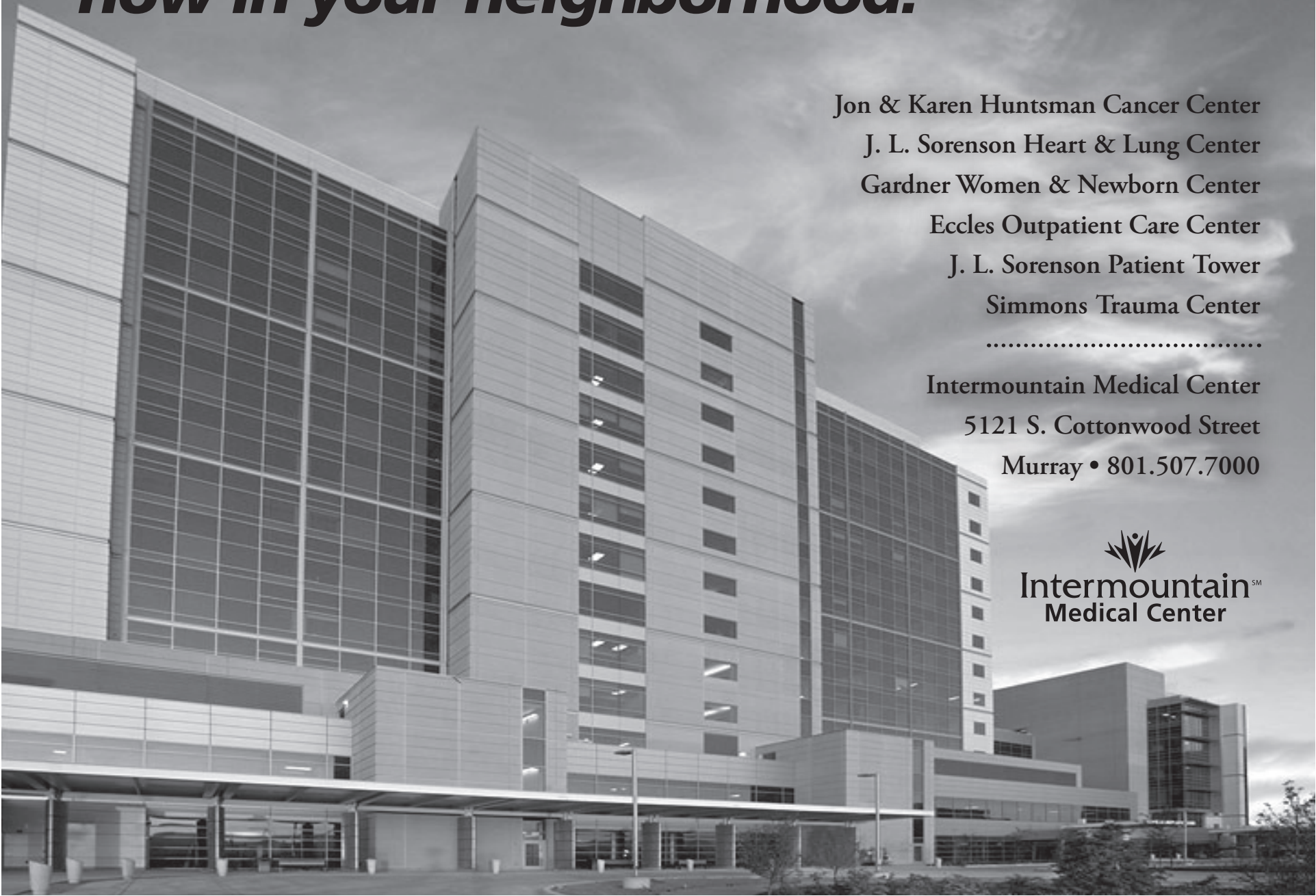
Continued page 18 “Praise”

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★ Sports ★

Three generations of athletic success for Murray family



Ron Taylor, granddaughter Jaymie Nava and daughter Shanna Nava represent three generations of highly-successful athletes.

By Tom Patton

Things were simpler back in the day when long-time Murray resident Ron Taylor was winning state championships as a runner at South High School. Two generations later and with more high school championships or accolades won by his daughter and granddaughter, things are different now, especially for the girls.

“Back then there were only eight high schools in the whole valley so we usually played everyone twice,” said Taylor, who graduated in 1952. Taylor won championships that year in both cross country and track and field, but it was his track team he remembers the most. “I was undefeated in the 880-yard run and the whole team never lost a meet that year. At the state meet we won all but two events.”

Shortly after high school Taylor moved to Murray where his daughter Shanna (now Shanna Nava) went on to also become a state champion at Murray High. Nava was a three-sport athlete competing in volleyball, basketball and track and field, where she won a championship her senior year in the discus. The year before her volleyball team came in second in the state. At the time softball was not a high school sport but Nava played for a club team in the summers and won a scholarship to play softball at Weber State. Nava graduated from Murray in 1979, which was a time

Continued page 18 “Athletic family”

Spartan girls basketball team on quick learning curve



Murray guard Mariah Duran looks to pass the ball during a game against Olympus.

By Tom Patton

The feeling amongst the coach and players on the Murray High girls basketball team is that early on they have not played up to their potential. The Spartans finished the pre-region part of their schedule at 3-4 with a couple of lopsided losses to Snow Canyon and Mountain View and road victories over Woods Cross and Payson in between.

“We have the potential to be better than we have been,” said 5-foot-8 senior co-captain Michela Hartlauer. Fellow senior Christie Beck, the 5-foot-11 co-captain, agrees. “I’m excited, we’ve seen what we can do. Now consistency is our big thing to work on.”

The up and down play the Spartans have shown this year is understandable considering head coach Isaacar Beh has one player returning who was a starter last year, 5-foot-11 senior Shay Kennedy. Kennedy plays a key role at forward and has scored in double figures in four games.

“Actually, Shay is the only starter on this team that had any playing time; none of the rest of the girls had any significant minutes,” said Beh. Last year’s starting point guard, senior Elaina Pappas, is still recovering from a knee injury from playing soccer and won’t be on the team. Beh feels, however, that this year’s group while inexperienced has a lot of depth.

“We have eight guards that can play real varsity minutes, and five post players as well,” Beh said. “If one of the kids isn’t playing well, we’ll get somebody else into the game.”

Given the depth and number of players eager to get into the game, Beh is working to instill tight discipline in his players, warning them on occasion in practice when his play structure is not followed properly. One person pushing extra hard is junior transfer (from Highland) Melami White, who wins most of the speed drills in practice. Through the preseason White has only played JV ball but that is likely to change soon.

“Melami is pushing hard to get varsity playing time, and she’s going to get it,” said Bey. “We were originally pretty inexperienced, but now kids are starting to step up.” He goes on to mention 5-foot-6 junior point guard Amy Murakami as someone without much basketball experience who is coming on fast. In addition sophomore guards Prasella Matemate (5-foot-7) and Mariah Duran (5-foot-6) have both seen significant playing time.

Although one might think coach Beys’ insistence on tight discipline might just make the players tight, in practice the girls are all very supportive of each other and seem to well understand the team concept behind this system. If as designed this process leads to more consistency and everyone playing up to their potential, this Spartan team should do well in region play and perhaps beyond.

Murray club hosting figure skating competition

The Utah Winter Games figure skating competition is being hosted by the Murray Silver Blades Figure Skating Club. Competition will be held Jan. 24-26 at the County Ice Center, 5201 South Murray Park Lane.

Stephanie Gibson of the MSBFSC said more than 180 skaters from throughout the state are registered to compete. The competition event groups and schedule is posted on the club’s website at www.murraysilverblades.org

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Spartan basketball squad ready for region play

By Tom Patton

This year's Murray high boys basketball team is looking to build on the way they finished the season last year when they won nine of their last 11 games and narrowly missed the state tournament. The Spartans finished the pre-season with a record of 5-2, with the two losses coming against 5A teams Riverton and West Jordan.

"I'm really optimistic coming in this year," said head coach Jason Workman. "The kids all had good development over the summer and we're even a little better than I thought we would be."

Perhaps sensing a need to build on the future, Workman reworked the lineup in the latter half of last season to get some underclassmen playing time. "By the end of last year we had four underclassmen starting so we had a lot of momentum going into this year," said Workman. Those players include senior captains Zach Lloyd, a 6-foot-2 guard and Tanner Carr, a 6-foot-3 forward.

"By the end of this year people will recognize Zach Lloyd as one of the best perimeter defenders in the state," said Workman. Also returning to start this year is 5-foot-11 junior point guard Marcus Duran, who is relieved by very capable 5-foot-10 senior Chaz Bollwinkle. Watching Duran in early games it appears he has a motor that never quits, playing hard from end to end. Bollwinkle is a really good outside shooter. Seniors Rhett Gardiner (6-foot 4) and Tim Weyland (6-foot-5) share time in the center in the post positions, with 6-foot-5 junior Cruz Manrique seeing time there as well. Senior Cameron Hodges and junior Ken Masic rotate in the other guard position, both

Photos by Tom Patton.



Above: Murray coach Jason Workman instructs Spartans during recent workout. Left: Team captain Zach Lloyd puts up a free throw during a recent game.

having earned starts there.

Play in Region 6 is going to be tough with Cottonwood the favorite and ranked number two in the state in division 4A. Workman also expects traditional region rival Olympus to be tough as well; according to him, the Titans are the number two favorite to win the region,

making this well-prepared Murray team a dark horse candidate should they challenge for the region title.

"Region play is going to be kind of fun," said Workman. "It will be a good year for area teams; we could have a big battle for number one."

Kids ice hockey alive and well in Murray

By Tom Patton

Youngsters who are looking to improve their skating skills and learn to play hockey from the area have a great program in place at the Salt Lake County Ice Center in Murray. Start Smart is an instructional level youth hockey program, designed to give kids ages 5-14 the basic skills needed to then go on to play in the Salt Lake County Youth Hockey League.

The program begins in late September and continues in four 8-week sessions throughout the year. Basic skating skills are required for participation so beginning skaters are encouraged to first attend the Learn-to-Skate program also held at the Ice Center.

The quality of ice hockey competition is said to be improving all over the west and this wouldn't be possible without small local program like Start Smart. Joe Bernardy, BYU hockey team founder and long-time advocate of hockey at all levels in Utah, is the program director of the Start Smart program.

"This is a great developmental program not just for kids but their parents too," said Bernardy. "Parents have to really learn to participate from the beginning." Bernardy went on to give the humorous example of parents having to put all the equipment on little ones and not always quite getting it right at first.

Start Smart coaches take the kids through the whole gamut of skills necessary to play hockey, and the kids who go through all 32 weeks will have nearly 100 lessons by the time they finish the year. In addition, some parent/coaches will come out of the process as well.

"If you could film a kid on day one and compare it to week 32, the difference would be like night and day," said Bernardy.

It is an ongoing challenge to keep this program going, as unlike traditional hockey states like Minnesota or Wisconsin, where as soon as it gets colder everyone starts thinking hockey, in Utah this is not the case. With his obvious passion for hockey undeterred however, Bernardy sees the sport growing all over the state.

"This is a technical sport to learn," said Bernardy, who has two coaching degrees from BYU, "but once the kids do it and experience it they become addicted."

Continued page 18 "Hockey"

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★ Announcements ★

Iraq war exhibit to be displayed Jan. 21

The monthly meeting of the Salt Lake Religious Society of Friends (Quakers) will host the American Friends Service Committee's Eyes Wide Open exhibit on Monday, Jan. 21. The exhibit will be on display all day at 171 East 4800 South.

This powerful exhibit includes over 20 empty combat boots tagged with the names of Utah soldiers who have died in the Iraq war, as well as over 200 civilian shoes, also tagged, to represent Iraqis killed in the war.

More information on the exhibit is available by calling Emily Box at 486-6883, or via e-mail at emilyjbox@msn.com.

Murray High invitational brings choirs together

By Julie Slama

Choirs from Cottonwood and River-ton Highs had an opportunity to sing their hearts out and not worry about competi-tion. In Murray High's auditorium Nov. 29, about 200 student performers had the chance to perform traditional carols as well as new arrangements by local composers.

"It's the first time out," said Alan Scott, Murray High's choir director. "It's a stress-free environment where they can perform and have fun. It's an extra time where they can sing the Christmas music they've been working on and later, we can correct any mistakes."

Scott said that the concert allowed students to get used to performing before competition season begins. With Cotton-wood in their region, Murray will face them later in the school year. But for now, it's a chance to know faces, not just competi-tion colors.

"I was so impressed with how sup-portive and enthusiastic everyone is," Scott said of his choirs as well as Riverton's A Capella and Madrigals and Cottonwood's Madrigals who performed that night.

Scott also said that he is working alongside others to introduce a community choir to perform Feb. 26. Murray High will combine with Cottonwood's concert choir as well as with Salt Lake Choral Artists to give the community a performance at Mur-ray High.

"Not all our students will have a chance to do music in college and they might want to continue having music in their lives after high school," he said. "This is a way they can find they can still be involved in music and all our students will have another kind of exposure to it."

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Murray resident hoping to make it big in music industry



Lashae Lewis of Murray, at left, along with Natalie Hansen and Ambria Thomas, make up Taja, a musical group about to have two songs released on Radio Disney this month.

By Josh McFadden

Growing up, Lashae Lewis was heavily involved in sports. In fact, after high school she was offered a softball scholarship. But she declined the chance to play college sports and decided to pursue something she'd only recently picked up: music.

Lewis didn't really even get into music until her sophomore year at Bingham High School when she began taking private voice lessons. Not long after that, she decided what she wanted to do with her life.

"I fell in love with singing," she said. "I feel passionate about it. I wish I would've started earlier."

Today, the 23-year-old Murray resident is part of the music group "Taja," a Hindi word which means crown. She said she and her group members found the word on an online dictionary and immediately thought it sounded good.

"I like the meaning of crown," she said. "It gives individual empowerment. I also like that it's two syllables – it makes it easier for the crowd to chant 'Taja, Taja.'"

Along with fellow Utahns Natalie Hansen and Ambria Thomas, Lewis has been down a long road with Taja. The group was formed five years ago when Hansen was performing in Nashville with two other girls. The two others left the group, leading Hansen to seek out replacements. She saw Lewis performing with another group and liked what she saw.

"I got really lucky," Lewis said. "[Han-sen] saw me perform and called me. I flew to Atlanta and performed with them. I like the girls. It's been quite a journey."

Taja has performed around the country, opening for bigger acts and trying to get songs on the radio. In 2004, the girls' songs made up the soundtrack for the made-for-television Disney movie "Pixel Perfect." The group has also started putting together an album, though the process hasn't been a simple one.

"People think once a group gets signed by a record company everything happens fast," said Bobbi Hansen, the group's manager. "It's fun and hard. It's definitely one of the hardest businesses to break into. It's been a roller coaster ride. It's been discouraging that it's taken so long."

But it looks as though Lewis and her two fellow band members might be getting their chance soon.

On Jan. 12, Radio Disney will post the Taja songs "All American Girl" and "Gonna Be Alright" on its website. The songs will be there for three weeks and if enough listeners check them out, the two songs will be played on the radio.

"I've always felt like I wanted to go toward Disney," Lewis said. "I'm excited they're taking the project."

If all goes well, not only will Taja get some airplay but Lewis hopes it will lead to even bigger and better things.

"I'd love to go on tour and be on the road and do what I love to do," she said. "I'd like to see some singles and our album released."

No matter what happens, Lewis is grateful for the experiences she's had. She's also grateful the group members have been able to maintain their personal standards and morals. Taja dresses modestly and strives to appeal to pre-teens and teenagers.

Continued page 18 "Taja"



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Murray families celebrate National Family Week



Murray families could give a buck and get a duck at the "Get Fit, Don't Sit" fundraising table at Family Night.

By Anita Y. Tsuchiya

Family Night at Murray Park Centre was an evening full of recreational activities for all ages, not to mention the chance to win a free turkey. The event was organized by Murray City Parks and Recreation in partnership with the "Get Fit, Don't Sit Murray" after-school program.

With a website proclamation of "Murray believes strong families are the center of strong communities," the local event ushered in the start of National Family Week in November. Parks and Recreation organizer Shelly Phillips-Nielson emphasized the importance of building family relationships through recreation.

"Recreational activities provide opportunities for families to interact and build relationships," she said. "These close-knit family bonds are critical to children's development and their ability to function in society later."

A licensed recreational therapist, Phillips-Nielson worked in the fields of geriatric, pediatric and chemical-dependency therapy before her employment in public recreation.

For today's busy families, often with two parents working fulltime, planning can be the most daunting aspect of any group activity, she said. Pre-organized and sponsored events like Family Night make it easier for families to participate because all they have to do is show up together.

And it didn't hurt that the whole evening was free. The usual admission fees were waived from 6 p.m. to 9 p.m., meaning everyone could swim, shoot hoops, run on the treadmill and more, for little cost

beyond putting gas in the minivan.

In the gym, the "Turkey Bowl" gave participants two chances to knock down as many pins as possible. Turkeys were awarded for highest number of pins knocked down. The smallest bowlers preferred a technique that consisted of a squat and two-handed roll. With her mother Nicole watching over, four-year old Grace Butler used this style to knock down five pins in two tries.

"This is our first time coming to family night," Nicole Butler said. "We're having a good time."

The highlight of the water events was the Aquatic Tug-o-War. The rules were simple: no touching the sides of the pool and each team tried to pull the middle flag 20 feet closer to its end.

"The kids and their families show up because it's fun for them," Phillips-Nielson said. "They don't even realize how they benefit from the 'therapy' they're getting."

Murray City Parks and Recreation sponsors recreational activities – including basketball, volleyball, soccer, kid's camps, flag football, tennis, family activities and special events – throughout the year.

Volunteers needed for hospice programs

Local hospice is in need of caring and responsible volunteers to provide compassion and companionship for patients and caregivers. Enjoy very rewarding and gratifying experiences. All training and supplies are provided. Contact Linda at 281-1314 for more information.

Life and Laughter

Weird Science

By Peri Kinder

I never did well in science classes. But after cleaning my fridge for the holidays, I produced enough creepy science experiments to earn a bachelor's degree from any university. It started when I made room in the fridge for the four major holiday food groups: fudge, frosting, cheesecake and cookie dough.

Now, it's never my intention to let food in my fridge get out of control. Checks and balances are in place to ensure what is hidden in the opaque Tupperware bowl never kills anyone. The process goes something like this: first, I try to recognize the food-like substance; second, I balance the odds of whether anyone in my house will still eat it; and third, I put it back to let it sit awhile longer.



This usually works, but there are occasions when I open an airtight container from a refrigerator shelf, try not to shrink in horror and ask myself, "When did I make slime for dinner?" That's when I start carefully removing lids and cautiously glance into Ziploc bags. It's almost like discovering new galaxies.

My favorite surprise was when I lifted the aluminum foil off some enchiladas and discovered the ingredients had created their own little ecosystem. Miniature plants, trees and animals thrived in the nutrient-rich soil. A complex atmospheric structure created oxygen for the tiny world. I'm pretty sure the enchiladas had reached the Jurassic stage of their development, but like I said, I never did well in science.

I just dumped the whole thing in the disposal.

But the most mysterious thing I've found has been on the shelves of my refrigerator. Eerily during the night, alarmingly perfect rings appear. These sticky (and usually red) circles show up on the door shelves, the glass shelves and sometimes even on the top of

Continued page 24 "Weird Science"

Boy Scouts hold successful auction

The Great Salt Lake Council of the Boy Scouts of America has reported their most successful auction to date. Proceeds from the annual holiday auction will benefit children in Learning for Life, a program benefiting at-risk youth and Scout Reach, serving inner-city boys. Support of these programs ensures these children continue to receive value-based learning and traditional Scouting activities not normally available to them.

"This is the most the Scouts have ever raised in over 17 years," said Victoria Morris, one of the key organizers of the auction. She said the exact amount raised will be announced at a later date.

During the evening, guests enjoyed dinner and entertainment. The award-winning American folk ensemble, Enoch Train, performed "One Child at a Time," written exclusively for the event and the Learning for Life program with local vocalist Jenny Frogley.

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January 2008

Murray Parks and Recreation

- Grant Elementary 264-7416
- Heritage Center
(Senior Programming) . . 264-2635
- Hillcrest Jr. High 264-7442
- Horizon Elementary 264-7420
- Liberty Elementary 264-7424
- Longview Elementary 264-7428
- Ken Price Ball Park 262-8282
- Miss Murray Pageant
(Leesa Lloyd) 446-9233
- McMillan Elementary 264-7430
- Murray Area Chamber
of Commerce 263-2632
- Murray Arts Advisory Board
(Mary Ann Kirk) 264-2614
- Murray Boys & Girls Club 268-1335
- Murray City Cemetery 264-2637
- Murray Community
Education 264-7414
- Murray High School 264-7460
- Murray Museum 264-2589
- Murray Parks and
Recreation Office 264-2614
- Murray Parkway
Golf Course 262-4653
- Murray Park Outdoor
Ice Skating Rink 264-2524
- Murray Park Aquatics Pool 266-9321
- Mick Riley Golf Course
(SL County) 266-8185
- Parkside Elementary 264-7434
- Riverview Jr. High 264-7446
- Salt Lake County
Parks and Recreation . . 468-2560
- Salt Lake County
Ice Center 270-7280
- The Park Center 284-4200
- Viewmont Elementary 264-7438

MONDAY, JANUARY 21 MARTIN LUTHER KING DAY CELEBRATION

7:00 p.m. Murray High School
Come join the Murray High School A'Capela Choir as we give tribute to Dr. Martin Luther King by the spoken word and song.

SPRING SOCCER

Look for registration for Spring Soccer with games beginning in April.

Soccer 101

Murray Parks & Recreation is now enrolling for our Soccer 101 indoor program. This unique program will feature instruction emphasizing skill development set to games. Each week will include a skills clinic followed by a game. Teams will be made up each week from the kids in attendance. No score or standings will be kept. Each session will last for one hour for a total of six weeks. A parent or an adult is required to attend and participate to assist with positive reinforcement of the skills learned.

Who: Boys and Girls
Ages: 4 & 5 years olds
Programs Dates: February 16-March 29
Days and Times: Saturdays 9, 10, 11 am
Location: Hillcrest Jr. High
Cost: \$30 Resident/\$35 nonresident
Deadline: Wednesday, February 13, 2008

UTAH JAZZ FUN SHOT LOCAL COMPETITION

Fun Shot is an individual basketball skills competition which involves shooting baskets from five separate spots on the basketball court, during a series of one-minute time periods, testing the athlete's speed, shooting ability, dribbling skills and rebounding ability. It is free of charge and the only requirement is that a participant has never competed on a varsity high school basketball team. Participant categories are, girls & boys elementary divisions (Grades 5 & 6), girls & boys junior high divisions (Grades 7 & 8) and girls and boys intramural divisions (Grades 9-12). Local competitors can advance to area and state finals competitions sponsored by the Utah Jazz. Call 264-2614 for more information.

MURRAY CITY'S FAMILY VALENTINE'S DAY "SOCK HOP" DANCE

Saturday, February 9, 2008 – 7:30 pm - 9:30 pm
Dance the night away with your entire family at Riverview Junior High School, 751 West Tripp Lane, Murray. Enjoy dancing, games, & friendly competition. Wear you best socks, or slippers, to this "SOCK HOP" and enjoy the music of all genres.
Get Fit, Don't Sit In Murray.
Cost is FREE.
Co-sponsored by Murray Parks and Recreation and Get Fit, Don't Sit, Murray
For more information, please call Shelley Phillips-Nielson at 264-2614.

LIFEGUARD TRAINING

The Park Center in Murray Park will be offering an American Red Cross Lifeguard Training course. Upon successful completion of the course, participants will receive an American Red Cross certification in the following: Lifeguard Training, First Aid, CPR for the Professional Rescuer and AED. Attendance and successful completion of a final skills and written exam are required to receive certification.

DATE/TIME: January 15-31
(Tuesday, Thursday 4p.m.-9p.m.)
COST: \$150
LOCATION: PARK CENTER 202 E.
Murray Park Avenue

PREREQUISITES:
Must be 15 years of age and pass a prescreening on the first day of class (500 yard swim and 10lb. brick retrieval from 9ft. deep)
Register in person at The Park Center or call 801-284-4200 for more information

- BUILD GREAT JOB SKILLS INCLUDING:**
- Lifeguard Rescue Skills
 - First Aid
 - CPR for the Professional Rescuer(Adult, Child and Infant and 2-man CPR)
 - Teamwork
 - Customer Service
 - Leadership

Murray Art Beat

MURRAY COMMUNITY WINTER SERIES MURRAY IDOL FINALE

Murray Community Winter Series will continue with the Martin Luther King concert on January 21 at 7 pm and Murray Concert Band winter concert on February 2 at 7:30 pm. Both performances will be held at Murray High School auditorium. Admission is free.

SUMMER LUNCH CONCERTS AND CHILDREN MATINEE SERIES

Performance Applications for the 2008 Summer Lunch Concerts and Children Matinee Series are due January 21. Those interested in performing should bring a bio and a demo tape to the Murray Parks Office or mail to Murray Arts, 5025 South State, Murray, Utah 84107.

MURRAY IDOL FINALE

Murray Idol Finale will be produced by the Murray Arts Council on March 29. Auditions are scheduled from 6:30 to 9:30 pm on January 15-19 at Creekside High (179 East 5065 South). Auditions for ages 11-14 are January 15-16 and ages 15-30 are January 17-18. Callbacks are Saturday, January 19. A \$5 audition/commitment fee will be charged. Each auditioner should prepare up to a two-minute vocal selection and provide a photo. A CD player and keyboard will be available. For more details, phone Colleen Ferguson at 280-0349.

LITERARY COMPETITION

The Murray City annual literary competition will include youth and adult divisions in the categories of short story, biographies or historic fiction and non-fiction, children's lit, poetry, and novel. Entries are due February 11, 2007 at the Murray Parks Office. Grand Prize winner receives a scholarship or \$100 cash. For list of rules/entry forms, phone 264-2614 or visit our website at www.murray.utah.gov and download the form.

CONCERTO NIGHT

Concerto Night Auditions will be held Saturday, January 26 at Day Murray Music. Soloists will be selected to perform with the Murray Symphony on Saturday, May 17. To qualify, soloists must satisfy one of the following requirements (1) be a Murray resident, (2) be immediate family of a member or a direct member of the Murray Symphony or (3) be a student at Murray or Cottonwood High School. Entry forms are due January 5, 2008. The form can be accessed at www.murraysymphony.org.



Murray Recreation • The Park Center Programs • 264-2614

The Park Center

Have you ever wanted to become a fitness instructor?

The Park Center is now offering instructor training for interested applicants. The course is designed to assist with the practical components of instructing various types of workouts such as Spinning, Step, Pilates, Yoga, Tubing, Ball and Weighted (dumbbells and barbels) workouts. Certification options are available at an additional cost through the Center and assistance available as time permits during the course. For more information, check out our web site or call Marci Williams at 284-4200.

YOU ARE INVITED TO attend the seminar/registration meeting to be held on Wednesday January 23, 2008 at the Park Center (202 Murray Park Ave – inside the park) at 6:30 pm. All program details, questions and answers will be reviewed. Registration will be available beginning then.

TOTAL IMMERSION coach training to be held February 1 & 2nd at the Park Center. For more information contact Noel at <noeltriskills@yahoo.com>

Put Saturday March 1, 2008 on your calender and plan to participate in our **ANNUAL INDOOR TRIATHLON**

Complimentary Spinning Ride ORIENTATION are held on Wednesdays at 5:30 pm beginning on Wednesday January 23rd. Reservations recommended. Call 284-4200 to make a reservation (reservations are accepted one week prior to the class date)

The Park Center is proud to now offer **Game Bikes**. Come see the latest craze to hit the fitness industry.....combine a great cycling ride with an exciting motorcross, cycling or off road simulated ride. Available free for Park Center members! In addition, we offer DDR, Guitar Hero, Pool, Air Hockey, Foozeball and other games.....drop by the Center and "take a ride".

TRIZONE

TRI-ZONE consists of TWO 6-week training courses designed specifically for participants ages 12+ in the areas of cycling, swimming and running. The course will focus on fundamental skills training, technique. Programming is periodized to provide optimum training during the "off season."

PILOT PROGRAM COST

PHASE 1 (6 weeks)
January 21 through February 29, 2008
Resident/Member \$75.00 – Non Resident \$85.00

PHASE 2 (6 weeks)
March 3 through April 11, 2008
Resident/Member \$75.00 – Non Resident \$85.00

TOTAL PROGRAM INCLUDES
Access to fitness workouts \$99.00+
Seminars/Technique sessions \$40.00
Consultation/Prescreen/Assessment \$50.00
Individualized Heart rate training zones \$50.00
Swim stroke analysis and training \$60.00
Program Value \$299.00+
Additional discounts on products, supplies and services as available.

PHASE 1 PROGRAM COMPONENTS

- Individualized health screen and muscle-skeletal assessment.
- Graduated Treadmill Assessment to determine Heart Rate Zones.
- Personalized set up on the spinner.
- Personalized consultation and goal setting session.
- Nutrition, workout programming and training times determined.
- Discounts on supplemental personal training, swim stroke development and other services.
- Access to Group Fitness classes for the 6 week phase including master swim, yoga, spinning & pilates.

PHASE 2 PROGRAM COMPONENTS

- Individualized health screen and muscle-skeletal assessment.
- Graduated Treadmill Assessment to determine Heart Rate Zones.
- Personalized consultation and goal setting session.
- Nutrition, workout programming, and training times determined.
- Discounts on supplemental personal training, swim stroke development and other services
- Access to Group Fitness classes for the 6 week phase. Seminars on Nutrition, Transitioning, Techniques and Q & A.

PHASE 2
Begins with a mini "Indoor" Triathlon held on Saturday, March 1st at 10:45am.
The course will end with a follow-up mini Triathlon on Saturday, April 12th in Murray Park (weather pending)

PHASE 1 TESTING DATES

Thursday, January 17th OR Saturday, January 19th
Workouts begin Monday, January 21st

PHASE 1 "TECHNIQUE" SESSIONS

Cycling Technique
See Zone Rides on Spinning Group Fitness Schedule for times.

Running Technique
One on one session scheduled at registration time

Swimming Technique
One on one session scheduled at registration time
Coach available on Thursdays at 5:45 pm and Saturdays at 8:30 am.
Saturday Workout allows for the Swim, Cycle, Run format in a 2-3 hour block

Have you ever wanted to become a fitness instructor?

The Park Center is now offering instructor training for interested applicants. The course is designed to assist with the practical components of instructing various types of workouts such as Spinning, Step, Pilates, Yoga, Tubing, Ball and Weighted (dumbbells and barbels) workouts. Certification options are available at an additional cost through the Center and assistance available as time permits during the course. For more information, check out our web site or call Marci Williams at 284-4200.

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Swimming Lessons

MAKE A SPLASH with the American Red Cross swimming and water safety program!

To improve the quality and effectiveness of swim lessons, Murray Aquatics introduces its NEW swim lesson procedures.

Qualified instructors will assess each child on the first day of class and place them in the proper class according to their ability. Children will be assessed on basic aquatic skills: submerging face, floating on front and back, kicking on front and back and swimming with and without support. This will help provide the best possible learning environment for your children that will help them successfully develop their swimming and water safety skills.

All sessions consist of eight 40-minute classes.

WINTER REGISTRATION

Registration will also be available online at www.murray.utah.gov

Swim Lesson Prices

Member/Resident:	\$30
Non-Resident:	\$35

TUESDAY/THURSDAY EVENINGS Eight- 40 minute lessons per session

Session	Dates
1	January 8-31
2	February 26- March 20
3	April 1-24
4	April 29-May 22

4:30-5:10 pm	5:15-5:55pm	6:00-6:40pm
PreSchool (3-4 yrs.)	AquaTots(6 mos.-5 yrs.)	PreSchool (3-4 yrs.)
Level 1-6 (5 yrs & up)	PreSchool(3-4 yrs.)	Level 1-6 (5 yrs.& Up)
	Level 1-6 (5 yrs.& Up)	

SATURDAY MORNINGS Eight- 40 minute lessons per session

Session	Dates	
1	Januray 12-March 1	
2	March 15-May 3	
9:00-9:40am	9:45-10:25am	10:30-11:10am
PreSchool (3-4 yrs.)	Level 1-6 (5 yrs.& Up)	
AquaTots(6 mos.-5 yrs.)	PreSchool(3-4 yrs.)	Level 1-6 (5 yrs.& Up)
	PreSchool (3-5 yrs.)	Level 1-6 (5 yrs.& Up)

MURRAY AQUATIC CLUB (MAC)

What is MAC? The Murray Aquatics Club (MAC) is the Park Center's United States Swimming age group swim team. Under the direction of Head Coach, Jared Huff, the team practices on a daily basis. It is recommended that swimmers attend four or five practices per week. *Practice Times: Monday-Friday 4 p.m. to 5:30 p.m.*

What is Pre-Comp? The Pre-Comp team is a transition from lesson to MAC. Swimmers must have passed Level 5 swim lessons or be able to demonstrate Level 5 skills before registering. The Pre-Comp team introduces the swimmer skills needed for MAC as well as developing stroke technique and endurance. It is recommended that swimmers attend three practices per week. *Practice Times: Monday-Friday 4 p.m. to 5 p.m.*

Who can Participate? Anyone interested in trying out for MAC or the Pre-Comp team is invited to attend a scheduled practice. Try the program for a week free. Please inform the coaches when coming in for a tryout.

What is the Cost?
Member/Residents: \$25 per month
Nonresidents: \$30 per month

Additional Costs: Before participating in a swim meet, the swimmer must register with United States Swimming. The registration fee is an annual fee of \$55. Separate "Meet Fees" must be paid to participate in swim meets. The meet fees vary depending on the meet. All USS and "Meet Fees" must be paid to the coach.

How do I register my child? Once confirmed with the swim coach, you may register at the Park Center.

MASTERS SWIMMING

This adult swim team is designed for fitness enthusiasts, triathletes, competitive and noncompetitive swimmers. Under the direction of a qualified swim coach, each workout will help you improve your strength, endurance and stroke mechanics. Ages 18 yrs. and up.

Dates:	MONDAY-THURSDAY EVENINGS
Cost:	Member: \$3/class or 10 practices for \$25 Resident: \$4/class or 10 practices for \$35 Non-Resident: \$6/class or 10 practices for \$45
Class Times:	Monday and Wednesday, 6-7 p.m. Tuesday and Thursday, 6:30-7:30 p.m.

BOY SCOUTS OF AMERICA MERIT BADGE

The Park Center is offering Boy Scout Swimming and Lifesaving Merit Badge classes. Each merit badge requires two sessions. There is a five-student minimum and a 15-student maximum for each class. You must register in person at The Park Center.

COST:
\$6 per student per class
100 percent attendance is required to receive the merit badge.

PREREQUISITES:
It is recommended that each Scout be at least a Level 5 swimmer.

PRIVATE GROUPS:
Private merit badge classes can be arranged. Please contact the Park Center for more information.



Seniors ■ Heritage Center ■ 264-2635 ■ #10 East 6150 South

The Heritage Center, a recreational facility for persons 55-plus, is at 10 East 6150, Murray. The center is open Monday through Friday 8 a.m. to 4:30 p.m. and Thursday evenings until 10 p.m. Monthly newsletters are available at the center or on line at www.murray.utah.gov detailing information on classes and services offered.

LUNCH

Lunch is served Monday-Friday at noon. Reservations are necessary and must be made no later than 12:30 p.m. the day prior. Cost is \$3. A take-out meal is available for \$3.50. Soup & Salad Bar is available 11:30 a.m.-12:15 p.m. Cost is \$1.50 for a bowl of soup, \$1.50 for a small salad and \$3 for a large salad. *No reservation needed for the Soup & Salad Bar.*

SPECIAL EVENTS

Valentine's Day – entertainment and lunch February 14 at 11 a.m. Sign up for lunch by February 13 at Noon. Pay when you come on February 14.

CLASSES

Preregistration required for () classes. Call Heritage Center at 264-2635 for requirements and dates.*

Computer Classes* – Basic I, II, III, Internet, E-mail and others.

Ceramics – Instruction Mondays, Tuesdays and Thursdays 8:30 a.m. to noon. Fee \$1 per class. *Greenware and supplies available for purchase.*

Crafts Group – Tuesdays at 12:45 p.m.

Let's Talk – Reading and discussion group. Jan 14 and Feb 11 at 1:30 p.m.

Nutrition/Healthy Eating Class – Feb 19, 26, March 4, 11, 18, 25 from 12:45-2:45 p.m.. *Pre-registration required. Free.*

Weight Watchers – Thursdays at 5:30 p.m. Membership required. Call for information on starting.



Wheel thrown/ Hand made Pottery –

Tues, Jan 8, at 1-3 p.m. for 8 weeks. Cost \$35. *Includes clay, glazes, and firing of all items.*

DANCE

Social Dance – Thursdays, 7 to 10 p.m. Music by Tony Summerhays. Cost \$4 per person.

Line Dancing – Tuesdays.

Advanced at 10:15 a.m.,
Beginners at 2 p.m. \$1.50 per class.

Square Dancing – Thursdays 1 to 2:30 p.m., \$1.50 per class.



HEALTH SERVICES

Blood Pressures/Glucose Checks – Every Thursday from 10 a.m. to noon.

Massage Therapy – Every Friday from 8 a.m. to noon. Appointments are required. Cost is \$8 for 15 minutes, \$16 for 30 minutes and \$36 for one hour.

Podiatrist – Jan 22 from 12:30 - 2:30 p.m. *Appointments required.* \$5 suggested donation.

Toenail Clipping – Feb 7 from 9 to 10:30 a.m. Appointments are required. Cost is \$5.

Blood Testing – Feb 21 from 9-Noon. Cost varies depending on what test you select.

EXERCISE CLASSES

Aerobics Low Impact – Tuesdays and Thursdays at 9 a.m. Fee: \$15 per month or a punch, \$3.

NIA – Mondays and Wednesdays at 9 a.m. Fee: \$20 per month or a punch, \$3.

Strength Conditioning – Tuesdays and Thursdays at 2 p.m. Fee: \$15 per month or a punch, \$3.

Yoga – Wednesdays at 10:15 a.m. Fee: \$10 per month or a punch, \$3.

Pilates – Fridays at 10 a.m. Fee: \$10 per month or a punch, \$3.

Tai Chi – Tuesday and Thursdays at 10:30 a.m. Fee: \$15 a month or a punch, \$3.

Chair A-Robics – Wednesdays and Fridays at 11:15 a.m. No fee; donations welcome.

Exercise Room – Open daily with treadmills, recumbent bicycle, elliptical and weight equipment. Fee \$5 per month.

RECREATION

Pinochle – Weekly tournaments on Wednesdays from 9:30 to 11:30 a.m. Cost \$2 per week. *County-wide Pinochle Tournament* – Call in Sept. for information.

Bridge – Chicago/Party Bridge on Wednesdays and Fridays 1 to 4 p.m.

Bingo – Wednesdays and Fridays at 12:45 p.m. Six-card limit; donations are appreciated.

Pool/Billiards – Open tables 8 a.m. to 4 p.m. No charge.

Red Hatters – Heritage. First and third Thursdays of the month at 12:45 p.m. for BONKO and Hand & Foot.

HUGS Computer Group – Heritage Users Group for Seniors. Meets the second Wednesday of each month at 1:30 p.m.

Birthday Wednesday – The first Wednesday of every month, the center celebrates participants' birthdays. If it is your birthday month, come and enter a drawing for a free center lunch.

SERVICES

Attorney Consultations – Third Wednesday of the month, 11 a.m. to 1 p.m. *Appointments required.* No fee.

Outreach Worker – from Salt Lake County Aging Services. Jan. 8 and Feb. 12 at 10 a.m. *Appointments required.*

Telephone Contact – Would you be interested in making a phone call to seniors living alone, or are you a senior who would like to receive a phone call? The purpose of the call would be to check if the senior is OK. Please contact the center at 264-2635.

TRIPS

Pre-Registration required for all trips. Call Center for registration dates.

Wendover – Rainbow Casino. Tuesday, Jan. 17, at 8:30 a.m. - 7 p.m. Cost \$15.

Tooele Breakfast – Wednesday, Jan. 23 10 a.m. Cost \$5.

Kingsbury Hall –

U of Utah – The Dallas Brass. Jan. 11, at 9 a.m. Cost \$3.

Women's

Gymnastics – U of Utah – Jan. 11, at 6 p.m. Cost \$3.



Heritage 264-2614 ■ Sign up on the web at www.murray.utah.gov

★ Business Spotlights ★

Red Brush Dental



By Peri Kinder

When was the last time you visited your dentist for a check-up and cleaning? If you're like most people, it's probably been a couple of years. Dr. Roger Russell, DDS, says patients should see the dentist every six months to ward off future trouble with the gums or teeth – more often if a patient thinks there might be a problem.

“Taking care of teeth and maintaining them is so important,” Dr. Russell says. “If you ever wonder if you should see the dentist, take a look at your teeth in the mirror. If you see a hole, schedule an appointment.”

Dr. Russell owns Red Brush Dental at 7138 South Highland Drive, Suite 101. He's been practicing dentistry in the area since 1972 and his years of experience prove beneficial to his patients. His office is open Monday, Tuesday and Thursday from 8 a.m. to 5 p.m., Wednesday from 8 a.m. to 9 p.m. and Friday from 8 a.m. until noon.

With improved, affordable procedures, cosmetic dentistry has become very popular. At Red Brush Dental, Dr. Russell can create a beautiful, white smile in less time than you'd think. Using veneers, bonding and whitening products, he can repair cracked teeth, close spaces between teeth, replace missing teeth, whiten stained teeth or correct misshapen teeth.

“Cosmetic dentistry is a big part of what dentists do now,” he says. “People care about how they look and nothing is more important than a smile.”

Dr. Russell performs traditional dentistry procedures on people of all ages. He places crowns on broken or badly decayed teeth using gold, porcelain or high-strength ceramic. He can fit dentures, bridges or implants for patients missing teeth and he uses a variety of different filling materials when fixing cavities. With advances in dental technology, silver fillings are rarely

Continued page 20 “Red Brush”

Massage Envy of Murray



By Peri Kinder

With the holiday season behind us, now's the time to release the tension caused from hectic activities associated with this time of year. A relaxing Swedish massage could be just the thing to bring the New Year in right.

A perfect location to receive a massage would be Massage Envy of Murray, at 6352 South State Street. Hal Cozzens, who co-owns the business with John Johnson, says regular massage is beneficial for mental, physical and emotional health.

“Massage offers stress relief, manages pain, promotes deep and easier breathing and strengthens the immune system,” Hal says. “It encourages relaxation, improves posture and flexibility and lowers blood pressure.”

With many styles of massage to choose from at Massage Envy, customers can design a program individualized for their needs.

Swedish massage is an overall relaxation process using long, smooth strokes to release tension and improve circulation. Deep tissue therapy is a more intense massage focusing on knots in the muscles to release tightness. Trigger point sessions focus on alleviating specific pain through the use of pressure techniques. This process allows toxins in the muscles to be eliminated, resulting in a significant decrease in pain.

Other services include prenatal massage, reflexology for the hands and feet, and sports massage allowing athletes to heal from injuries while making their bodies stronger and more resilient. Cranial sacral therapy helps put misaligned bones in their proper place to provide relief for

Continued page 20 “Massage Envy”

Murray Journal announces creation of community web pages

Murray Journal, one of Utah's most widely read newspapers, has announced the creation of a special community landing page on the Internet for both communities.

Publishers Boyd and Linda Petersen have assembled specially-designed web pages with local news, weather, sports, education and entertainment information for Murray area readers.

“Our newspapers are all about community, and so we have created a website for each of our newspapers that focuses on that approach as well,” Boyd Petersen said. “We have links to the Murray Journal (you can read it on-line or download a copy), as well as to the city website, Parks and Rec and some great links like: local gas pricing, community calendar, CommuterLink access for road and traffic conditions, visitor information, a local business directory with advertisers by name, category or key words and construction information. There is also a page that will be coming for each of the high schools (clubs, sports & events) that serve these communities.”

The landing pages also provide free classified ads, links to business directories and to Salt Lake County sites, information on ski areas, the Utah Olympic Oval and the mountain resorts' year 'round programs, professional ads; and offer contests and fun activities. In addition, online print ads will appear from our advertisers on a rotating basis, and can be enlarged to full screen for printing or viewing.

Petersen said the sites will be continuously expanded to include local library events, parks and recreation activities, senior citizen events and even a yard sale directory.

“It's all about serving our readers with their community news,” Linda Petersen said. “We publish 12 community papers each month, and the emphasis is on giving readers the information they want for their communities.”

Residents wanting information for Murray can access the landing pages by going to www.MurrayJournal.com If you have a community event, we would love to have you add it to our community calendar page.

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“Ordinances” from front page
all-volunteer PUD Task Force devoted many hours into putting together their recommendations.

This was the groundwork that was in place before the Planning Commission cast a single vote. After the Commission came a public hearing on Sept. 25 and City Council work session on Oct. 23.

Flash forward to the final City Council vote in November 2007, where Chairperson Krista Dunn and Councilmember Pat Griffiths praised the task force for their efforts.

“You spent a lot of time and did a great job,” Dunn said. “We took into account all of the information from your group, as well as Planning and Zoning, in making our decision.”

“Many of the recommendations you made have been incorporated,” said Griffiths. “We appreciate your input and your recommendations.”

The end results were a variety of changes to local building ordinances. One key ordinance amendment was designed to curb the invasion of so-called “monster homes” by ensuring that the rooflines of new buildings will be lower than currently existing ones.

This was accomplished by standardizing how building height is measured and eliminating the variance created by sloped lots and mixed roof heights. The amended ordinance measures building height from ground level to the highest point on the roof. On sloped lots, “ground” level is determined by averaging the elevation within a certain perimeter.

The council also voted to require public street access for all subdivision developments comprised of single- and two-family dwellings, eliminating the incorporation of private streets into new developments.

PUD changes included increasing the minimum development area from one acre to two acres and clarifying the definition of open space.

The infill development changes allowed more flexibility for developments of less than two acres by reducing the minimum front and rear setbacks. Also, the Planning Commission was given the authority to decide whether parking strips and/or sidewalks are required for infill development projects.

Foster Care parents sought at forum

Parents of students in the Catholic school system, as well as other interested families, will hear the stories of several Salt Lake area foster/adoptive families at a public forum on Tuesday, Jan. 15, at Juan Diego Catholic High School. It starts at 7 p.m.

The families will talk about the challenges and rewards they have encountered, how their biological children have been affected and their experiences with reunification and working with birth families. The forum is sponsored by the Utah Foster Care Foundation, in partnership with the school.

The Most Rev. John C. Wester, Bishop of the Catholic Diocese of Salt Lake City, has offered his support in the effort to find more foster/adoptive families.

“It is a tragic reality that children, for their own safety, must sometimes be removed from their homes,” said Bishop Wester. “Foster care is the combination of public policy and private action that addresses this reality. A generous supply of families who can welcome a foster child into their home is essential so that every child can be placed where his or her unique needs can be met.”

Juan Diego is located at 300 East 11800 South in Draper. The forum will be held in the Black Box Theater.

The foster/adoptive families are willing to answer questions from prospective foster parents so tell anyone you know who may be interested. Families from all religions are welcome. For more information, call Christina or Mike at 994-5205.

“Chamber trip” from front page

sightseeing. Some of the cultural sights included the Great Wall, Forbidden City, Emperor’s Summer Palace, Temple of Heaven, Beijing Opera, a 400-year-old Ming Dynasty garden and 1,500-year-old Buddhist temple, jade and embroidery factories and a pearl farm.

For many in the group, this was their first visit China. Baker said no one suffered

any ill effects from unsafe drinking water or food, although some had a little trouble with the exotic flavors.

“It was quite an experience eating Chinese food, not American Chinese food,” Baker said. “Some people really liked it. We didn’t always know what we were eating.”

Snarr loved the food, even going so far as to try a local specialty of the silk town of Souzhou, silkworms.

“After they remove the silkworms from the cocoon, they fry them up and eat them as a delicacy,” Snarr said. “I saw some sitting in a basket, not cooked yet so I popped one into my mouth. It was tasty, kinda crunchy.”

Baker also mentioned the misconceptions he and others had about what the Communist country would be like.

“It’s not a backwards country at all. We saw lots of redevelopment, tearing down slums and putting up 20-story condominiums. They have an exceptionally good handle on capitalism,” Baker said. “And there was very little military presence. The policemen don’t carry weapons. In fact, the heaviest security we saw the whole trip was at the L.A. airport.”

“It’s amazing to see how the government is investing in the future. You see huge spools of fiber optics [for digital communication networks] everywhere, even out in the rural communities,” Snarr said.

Shanghai was definitely a modern city. Snarr described it being like New York and Las Vegas rolled up into one.

“It is definitely a hub of commerce. It has the country’s tallest buildings, an international port and even a financial district called the Bund,” Baker said.

There were plenty of reminders that China’s entrance into the global business arena is still very recent. Most Chinese do not own cars; which means most of the streets, most of the time, are filled with bicyclists. Baker recalls broken pottery, rather than being thrown away, being used as pavers into walkways.

One of the downsides was the air pollution, which Baker likened to a bad inversion day in the Wasatch Valley. The air quality has been the subject of media attention due to concerns about its effect upon athletes during 2008 Summer Olympics scheduled for Beijing starting Aug. 8.

A disappointment for some was the inflexible tour schedule that didn’t leave much freedom for self-guided exploration.

“Some of the group were frustrated with the very structured tours because they couldn’t go out and wander,” Baker said. “We were certainly busy and on the move from breakfast at 6 a.m. until we got back to our hotel rooms at 8:30 p.m.”

Baker concluded that this maiden voyage to China was such a success that he is already planning for the 2008 trip this fall.

“We’d like to make this an annual trip and invite chambers of other cities to join us,” Baker said.

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LDS Hospital and Primary Children's among best, says *U.S. News & World Report*.

Intermountain Healthcare's LDS Hospital has again been named one of America's best hospitals by *U.S. News & World Report*, ranked in more specialties than any other in Utah. Intermountain Primary Children's was ranked as a top children's hospital, with the lowest mortality rate in the U.S. for highly complex procedures.

Less need for newborns in intensive care according to the *Los Angeles Times*.

The *Los Angeles Times* published a story focused on Intermountain's 39-week induction protocol. It has resulted in a reduction in the need for C-sections, fewer newborns in intensive care and fewer medical interventions and problems occurring in delivery.

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**Murray Area
Chamber of
Commerce**

Murray Focus

BUSINESS NEWSLETTER

MACC

**MURRAY AREA
CHAMBER OF COMMERCE**

GENERAL MEMBERSHIP MEETING

By **Scott Baker, Chamber President**

Our December meeting was held at the **Desert Star Theatre and Banquet Facilities**, 4861 South State Street. Cost, which includes the meal, is \$13.00 with an RSVP to the Chamber office at 263-2632 and \$15.00 at the door. Don't forget, a delicious desert is always provided by **Jared Glazier of Coldstone Creamery**.

Our guest speaker, Mr. Boyd Peterson of the Valley Journals discussed how small businesses can cost effectively promote their businesses. Specifically what works and what doesn't.



Boyd Peterson, of the Valley Journals, teaches the audience how to market their businesses

The January meeting was Tuesday January 8th, again at the Desert Star. Mr. Kevin Fayles of Envision Utah was our guest speaker. He began working as the Development Director for Envision Utah in 2001 and is now the Community

Relations Manager. Kevin has a Bachelors degree from UCAL and a Masters in Public Administration from the University of Utah. He spoke primarily on the Blueprint Jordan River process.

We also made our **Morgan Jewelers/ Integra Telecom** awards to the Teacher and Student of the Month.



Joan Anderson of the Murray School District presents the business of the month award to Guy Morris of Morris and Dredge



Board Chair Anne Spackman thanks Chamber members for their support during the year.



Linda Auerwda, of Parkside Elementary, is presented with the teacher of the month award.

Photos by Lisa Nelson, Custom Impressions

RIBBON-CUTTINGS AND SPECIAL EVENTS

By Donnetta Mitchell, DoxTec

other open air celebrations of years ago.

July 2008 marks the 60 year anniversary of the Murray Area Chamber of Commerce. The MACC has helped businesses grow and prosper for the last six decades. Stay tuned for interesting and exciting events to mark this birthday year and the contributions of numerous businesses and community leaders. Be prepared to re-live the street dance and

We are looking for interested individuals to help plan and organize our celebration. If you, and anyone you know, have some interesting stories of long time Murray businesses, please contact Scott Baker at the Chamber office, 263-2632. Help us celebrate the cultural and business heritage of our City.



GOVERNMENT AFFAIRS COMMITTEE

By Bob Bond, Century 21 Elite



We, as a Chamber, like to be involved in those areas where we can be of a benefit to our community. If you have any issues that you wish discussed please contact the Chamber and let us know.

The general public is invited to attend these meetings and please, bring a guest. **Mimi's Café**, 5300 South State from 7:30 AM to 8:30 AM. For further information about speakers, or if you wish to address this group, contact **Mr. Bob Bond of Century 21 Elite**, 268-4000.

MURRAY CHAMBER'S WOMEN IN BUSINESS

By Lynda DeRushia

The Murray Chamber Women in Business is proud to announce their officers for 2008.

Lynda DeRushia of Eagle Gate College as President
Kathy Lahey of Century 21 Elite as Vice President
Barbara Bills of Intermountain Healthcare as Treasurer
Lisa Luke of Infinity Floral Design as Board Member
Nona Florence of Access Mortgage as Board Member

WIB sponsors a monthly luncheon on the 3rd Tuesday of each month at Eagle Gate College in Murray, from 11:30 am to 1:00 pm. The January luncheon speaker will be Kayleen Simmons of People Helping People. It you would like to attend, the cost, including lunch, is only \$13 if you sign up in advance and \$15 at the door. To RSVP for the luncheon, please call the Murray Chamber office at 263-2632.



BOARD MEMBER SPOTLIGHT

Jim Welch, Statewide Insurance

I am a native from Wisconsin, having taken a corporate transfer to Utah in 1998. I am married to Linda for 36 years have three daughters and a son-in-law, Rhett Ferguson, who works in the agency with me.

I served as a Sergeant in the U. S. Army 1966-69, graduated from the University of Wisconsin- Oshkosh with a degree in business and began my insurance career in 1972 while attending college. Worked for insurance companies for 22 years in many positions to learn the insurance profession before starting my own agency in January 1996. Have grown from a staff of one to a current staff level of 14.

As an Independent Insurance Agency we represent many carriers so that we can best serve the needs of our clients, both commercial and personal. We specialize in doing insurance right and believe that continuing education is a must if your going to be successful in the insurance and financial services.

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Jim Welch..... Statewide Insurance Agency, 506-5060, Government Affairs
Chad Woolley..... Zoll & Tycksen LC, 685-7800, Special Events
Jim Hawks..... HawkArt Design, 944-9273, Communications
Jim Woodard CCI Mechanical, 973-1260, Business Development
Jamie Fulmer..... Sam's Club, 262-6099, Special Events
Roy Nydegger The Valley Journals, 243-8637, Ambassadors
Lisa Nelson Custom Impressions 313-9600 Historian
Scott Baker..... Murray Chamber of Commerce President and CEO, 263-2632

MURRAY YOUTH CHAMBER



By **Sheri VanBibber Boys and Girls Club of South Valley**

As usual, we had a busy month, and a great "Thank You" goes out to our community for answering the call when help is needed! We had a few families, which grew to many, as the month went on, with different various needs, and with all the help given by Murray City employees and Murray families and Chamber business members, we were able to help with every need.

We also had a great response at Zions Bank when we decorated their Christmas tree. Over 35 kids from the Murray Boys & Girls Club along with 18 Youth Chamber and Government Students to help manage the little ones. We thank Zions Bank for the \$300 donation. We were able to help many in need and were able to take four car

loads of donations to the "Road Home".

We also started training this month for a "Teen C.E.R.T (Citizens Emergency Response Team) program.

Any students (and/or parents) wanting to train for the Community Emergency Response Team, classes will run for eight weeks, starting January 9 or 10 from 6:30 to 9:30 pm. You can attend on either Wednesdays or Thursdays. At completion, you will be certified as a first responder in times of emergencies. This is the first time the youth have the opportunity to participate, so please take advantage. The classes will be at our Murray fire station just west of State Street on 4800 South. For more information, please call Sheri VanBibber at 284-4260.



NETWORKING LUNCHEONS

By Kreg Butterfield, Statewide Insurance

The Murray Area Chamber of Commerce hosts a networking luncheon on Thursdays from 11:30 AM TO 1:00 PM at Buca di Beppo, 935 East Fort Union Blvd. The program includes informal networking, referral exchange, and a scheduled business presentation.

January 3	Scott Baker, Murray Chamber	China Trip 2007 and 2008
January 10	Dr. Eric Francis, Park Chiropractic	Sleep Therapy
January 17	Bobbi Woodward, B & R Tours	Alaska Trip 2008
January 24	George Wilkinson, Prepaid Legal	Identify Theft Shield
January 31	Sarah Burns, Franklin Covey	Time management online

For further information about speakers, or if you wish to address this group, contact Kreg Butterfield at Statewide Insurance 506-5060.

During the month of December, the following companies have chosen to invest or re-new their investment in the Murray Area Chamber of Commerce

Qwest Communications	Serv Pro	Boys & Girls Club
Goff Mortuary	Les Schwab Tires	Salt Lake Distribution Center
Wriggles	Hampton Inn	S.L. Valley Emergency Fund
Eagle Gate College	University of Phoenix	Creative Sewing Center
Fashion Place Mall	Irwin Union Bank	PTA of Utah
The Woods on Ninth	Wingers	Salvation Army
Cost Cutters Family Hair Salon		

Paid for by Murray Area Chamber of Commerce

“Power” from page 2

experienced and dedicated group of citizen advisors. He pointed to, as an example, a recent recommendation from the board on how to compensate for the loss of Idaho Power as a supplier.

“Losing Idaho Power presents a significant void,” Haacke said. “The board had 12 options to consider for recommendation. Fortunately, they had reviewed their packets and came to the meeting prepared.”

Wood agreed that understanding the power business can present a long “learning curve.”

“Mayor [Lynn] Pett asked me to be on the board in 1994. I’d say it took me about six months to feel comfortable,” Wood said. “I think it was an advantage that my father, Lu, had been a manager for Southern California Edison Power.”

Nor does it hurt that Wood holds a Master’s degree in engineering and retired from a career in oil exploration and production.

“I feel like it’s a way to contribute my experience to a public service,” said Wood. “I like the fact that public power is

locally- controlled and has the rate payers at heart.”

Seibert voiced a similar feeling of responsibility to the community where he put down roots 45 years ago.

“It’s a chance to give something back to the best city in America,” Seibert said. “Because this is a public power company, each Murray resident is a stockholder. Our job is to represent them; be their eyes and ears.”

Wood and Seibert will be the first board members affected by the new term limits, although that date is still a long ways off, in 2010. Because the limit is based on full terms, a member who joins the board as a mid-term replacement may end up staying a bit longer than 15 years total.

By then, “newcomer” Stauffer will have five years under his belt.

City Councilmemberperson Pat Griffiths believed it won’t be a problem finding new volunteers when the time comes.

“A lot is gained by infusion of new ideas, expertise,” Griffiths said. during the hearing. “There are a lot of people here with expertise and who are willing to share it.”

“Denali” from page 3

earning every single merit badge. By the time he was 16, Recksiek had earned all 121 badges. He actually has 122, though one has been discontinued.

“This is the first time he’s been recognized for getting all the merit badges,” said his mother, Susan Recksiek. “I’m really proud of him. It took a lot of time and effort. He didn’t just skim through the Scout book.”

Alex couldn’t say exactly how long he spent fulfilling the requirements to get his Eagle and the 122 merit badges, though he estimated he spent “hundreds of hours” to do so. He said some months he worked constantly to pass off the requirements.

His scoutmaster, Kirk Erikson, who’s known him for 10 years, said he’s never seen a Scout like him before or since.

“He’s really impressive,” Erikson said. “He was always motivated. He can achieve anything.”

Other Boys Scout officials who attended the awards ceremony said what Alex did doesn’t happen very often.

“It’s very rare to earn all merit badg-

es,” said Great Salt Lake Council Director of Field Services Steve Luna. “It’s very admirable what he’s done. When you’re earning merit badges you’re engaging in many topics and learning things you’d never thought you’d learn.”

Alex said he was motivated to earn all the merit badges so he could know he’d done something difficult. He also said he’s confident the skills and knowledge he acquired will serve him well throughout life.

“I wanted to be able to say I got them all,” he said. “I pushed myself to the limit. With every merit badge you learn so much. I know I can do anything I try.”

Nine other Scouts were honored with Recksiek at the ceremony. Some also received the Denali Award, while some were given other recognition. All of the Scouts live in Murray and range in ages from 14 to 18. The other award winners were Dax Christensen, Ryan Irvine, Matt Schroeder, Jacob Derickson, Brady Coon, Greg Bethers, Zach Coon, Isaac Jorgensen and Jordan Schroeder. Murray youth Tyson Chase and Stephon Aloï also won awards but weren’t present at the ceremony.

“Murray Idol” from page 4

who audition must either be current Murray residents or Murray High School graduates.

A panel of judges will narrow the fields in both divisions to eight candidates. The junior division finalists will perform two numbers at Murray High School on March 26. The senior division will be held on March 27 and 28, with each performer singing two numbers each night. On March 29, the finale will be held at Murray High,

where the finalists will once again perform two numbers. Prize money ranges from \$50 to \$500.

Colleen Ferguson is in charge of the competition. She is hopeful “Murray Idol” is successful and will become a regular event in the community.

“We want this to be an annual thing for the city,” she said.

Ferguson directed similar events in South Jordan, where two contestants have since secured record contracts.

“Heros” from page 5

Once selected, students are recognized at a breakfast with their parents. First-term recipients were honored Oct. 19 and received a medal, a certificate and a \$20 cash award.

First-term Hillcrest Heroes included seventh-grade students Brooklyn Brewer, Alicia Burgos, Marcy Harris, Emily

McBride, Teagin Muller and Toren Wal-lengren. Eight-grade recipients are Irma Agovic, Alberto Farfan, Zachary Geurts, Zachary Gill, Trello Prince and James Ririe. Ninth-graders honored are Sicili Dal-rymple, Taylor Denning, Kelsey Iversen, Wesley Peterson, Emma Rasmussen and Emmanuel Taban.

“Praise” from page 7

submitted.

“The kids are so humble,” Ballou said. “The students just beam. This is a solid award. They have to be good and wonderful people. This gives them some personal

patting on the back.”

Ballou, who has been at Riverview for five years, has continued the award because she sees this program fosters model students and citizens. Recipients also have their pictures in the school newsletter and placed in a glass case.

“Hockey” from page 9

Opportunities for young Utah hockey players are getting better all the time as the level of hockey is rising all over in Utah, including the Utah State University club team team, which has won 70 percent of its games since they were founded in 1994. In last year’s NHL draft, Murray native Trevor Lewis, a former Salt Lake County youth

hockey player, was taken in the first round by the Los Angeles Kings. A couple other former Murray players are playing junior hockey in Canada, which is considered the minor leagues to the NHL. While the next great Gretzky might not come from the Murray area, the possibility certainly exists, thanks to guys like Joe Bernardy and the Start Smart Program.

“Taja” from page 10

Lewis is also appreciative of her husband, Noah Steele. She said though it’s difficult to be away from him at times, his encouragement keeps her going.

“He’s so supportive,” she said. “He

loves my music. It’s fun to have someone cheering me on.”

For more information about Lewis and the rest of Taja, visit www.tajamusic.net, myspace.com/tajamusic or www.nferrecords.com.

“Athletic family” from page 8

when the Federal amendment Title IX was taking effect. Title IX essentially mandated that any school or college receiving federal funds must provide equal opportunity for all students in any school program. Eventually this mandate would really focus on girls athletics, but Don Taylor wasn’t one to wait to fight for his daughters’ teams.

“Dad was always going to the school board for something,” said Nava.

“Back then the girls volleyball team was given used football jerseys for their uniforms,” said Taylor, “I knew the name of every board member and they sure knew me. The boys at Murray had everything, including gym time; the girls had to go in before school to practice.”

With the prodding by parents like Taylor, including some cases elsewhere that led to federal litigation, significant changes have occurred for girls participating in high school sports, including for Nava’s daugh-

ter Jaymie.

Jaymie Nava was a member of this year’s Spartan volleyball team. She will continue to play volleyball with the High Country 18s elite club team. Last year Nava traveled with the club to compete in Europe for two weeks. Although the Spartans didn’t win a state championship this year, coming in sixth in the tournament, Nava was an all-state honorable mention player and talks and acts like a champion.

“Success comes from working really hard; I know that no matter what I do now I’ll be successful. I wouldn’t trade my time playing volleyball for anything because of all I’ve learned about working with my teammates.” Nava said. She is awaiting word on a possible volleyball scholarship offer but she will qualify for scholarships based on her academics (3.77 overall GPA). Nava also is the president of the Murray High MAG, a girl’s leadership club.

Limited to two businesses per heading

Jan 10, 08

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★ Senior News ★

Heritage Senior Center news

The Heritage Senior Center is located at 10 East 6150 South in Murray. Call 264-2635 for more information about our programs.

This month, activities include the following:

tai chi classes – Tuesdays and Thursdays, at 10:30 a.m.; \$3 each time or \$15 a month. Michael Dussere is the instructor. tai chi (pronounced tie-gee as in “gee-whiz”) means “the supreme ultimate” and refers to a physical exercise done to improve and maintain excellent health. An older version of Yang style tai chi is done at the Murray Senior Center. This form is done slowly taking about 20 minutes. It is done in slow motion enabling one to sense how the mind, body and energy work together. Moving in slow motion gives the body and brain the necessary time for new exercise patterns to stabilize. Then the body’s internal organs and their corresponding systems work in unison and the immune system becomes efficient as it protects the body.

Exercise classes

NIA – Mondays and Wednesdays at 9 a.m.

Low impact aerobics – Tuesdays and Thursdays at 9 a.m.

Strength conditioning – Tuesday and Thursdays at 2 p.m.

Yoga – Wednesdays at 10:15 a.m.

Chair aerobics – Wednesdays and Fridays at 11:15 a. m.

Pilates – Fridays at 10 a.m.

Valentine’s Day program – Thursday, Feb.14, at 11 a.m., \$3; Jim Reilly will perform love songs of past decades on his accordion for the Valentine’s Day program. Lunch will be at noon. Make reservation by noon on Feb. 13. Payment can be made on the 14th.

Health officials still encouraging flu shots

With flu season yet to peak in Salt Lake County, Salt Lake Valley Health Department officials are reminding residents that it’s not too late to get a flu shot. However, they are also warning that their influenza vaccine supplies for the season could soon be gone.

“Of the 12,500 doses SLVHD received this season, we only have about 1,000 doses of ‘private-pay’ vaccine left, 105 of which are the nasal vaccine FluMist,” said Sharon Moon, SLVHD immunizations coordinator. “We also have another 1,000 doses available to those who qualify for the federal Vaccines For Children (VFC) program.”

Health officials say that while it’s nearly impossible to predict how severe the flu season will be or when it will peak, it appears this flu season has had a slow start. Salt Lake County has seen only six hospitalized flu cases so far.

“I know many people think that after the holidays it is too late for a flu shot – but it’s not,” Moon said. “Flu season often doesn’t peak in Utah until February.”

For information on influenza activity or flu vaccination availability, visit the SLVHD website at www.slvhealth.org.

AARP Tax Aide provides free tax training and volunteer opportunities

The AARP Tax Aide program is currently recruiting volunteers for tax counseling throughout Utah for the upcoming 2008 tax season. It is the nation’s largest, free, volunteer-run tax counseling and preparation service.

From Feb. 1 through April 15, AARP Tax Aide volunteers prepare federal and state tax returns for middle and low-income taxpayers, focusing on people age 60 and older. Last tax season, AARP Tax Aide counselors prepared about 6,000 returns.

“The Tax Aide program is continuing to grow in Utah and we need additional volunteers who possess a basic knowledge of tax law and who have good computer skills to assist with electronic filing,” said Linda Newton, program coordinator for Utah. “The program provides study materials and extensive training to build upon existing skills and we provide mentoring and support throughout the required certification process. Tax-Aide truly is a challenging and rewarding volunteer opportunity.”

AARP Tax Aide counselors receive comprehensive training and are certified by the Internal Revenue Service. Tax Aide trains counselors to do basic tax returns, the types of returns most families and retired people need to file each year. Preparation and training for the upcoming season begins in mid November.

The Tax Aide program welcomes volunteers of all ages and backgrounds. Tax Aide volunteer counselors are not required to be AARP members. E-mail Taxmanutah@msn.com for more information.

County Aging Services seeks volunteers for Murray program

Salt Lake County Aging Services’ Legacy Corps Program is looking for individuals to help kick off its sixth year of service. The program hires individuals to help provide respite care to families caring for a sick loved one.

Currently, there are 64 individuals in the Murray area waiting for this service. Often, caregivers in need of this service are over-stressed, experience declining health and don’t know where to go for help.

“Legacy Corps plays a critical role in our communities,” said Arica Curry, Legacy Corps program coordinator. “Often, all that’s needed is small amounts of help for an individual who is frail or sick to stay in their home. Legacy Corps members provide that help in the form of friendship, companionship and frequently, a much needed shoulder to lean on.”

The Legacy Corps Program helps local communities is several ways, Curry said.

They help keep families intact by giving the caregiver a much needed break so that they can properly care for a frail loved one instead of having them prematurely placed in a long-term care facility.

They play a critical role in helping the family save money. The average cost of placing a loved one in a long term-care facility is \$3,200 per month. To have a Legacy Corps member come into your home to provide respite for a caregiver costs nothing.

They help with emotional & physical issues by ensuring that the caregiver doesn’t become overstressed and overburdened. In turn, they help the care-receiver by providing them with the crucial mental stimulation they require.

The program is currently looking for new members to serve from April 1 to March 31, 2009.

“This is great way for an older adult living in the community to subsidize their current income or for a college student who is looking to earn a monetary education award or to earn a little extra,” said Curry.

In depth training is provided to all program members during the first one to two weeks of the program year. Members also receive monthly training on topics relevant to their service activity. Other trainings such as computer, safety, aging and aspects of caregiving are also available to members throughout the year. All training is considered a part of the 450 hour commitment.

Those interested can learn more about the program and qualifying criteria by contacting Salt Lake County Aging Services’ Legacy Corps Program at 468-2248, or acurry@slco.org.



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“Red Brush” from page 15
used, with patients opting for white resins and porcelains.
“Nobody wants silver fillings anymore,” Dr. Russell says. “The white fillings today are certainly much better than those used even five years ago.”

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Brush Dental and Dr. Russell performs root canals for patients who need more intensive dental procedures. The friendly staff, including Dr. Russell’s associates, Dr. Tami Fessenden and Dr. John Rich, is ready to help with any need whether it’s offering advice about dental services or answering insurance questions.

For more information about Red Brush Dental, call 943-1625 or visit www.redbrushdental.com.

Dr. Russell is very involved in the community, serving as a Scoutmaster for 35 years. He enjoys working with young people, raising quarter-horses and being involved in outdoor activities.

“I’ve always been a people person,” he says. “I work very closely with my patients and treat them with kindness.”

“Massage” from page 15
people suffering from migraines, neck and back stiffness or pain in the jaw.

“We have over 300 clinics nationwide,” Hal says. “It’s a very clean, relaxed atmosphere and we’re very professional. It’s a nice, safe place to come and get a massage.”

For more information about Massage Envy, visit www.massageenvy.com or call 281-3689 (ENVY). Hal says his clinic offers convenient hours to accommodate people who want to schedule a massage before or after work. Massage Envy is open Monday through Friday from 8 a.m. to 10 p.m., Saturday from 8 a.m. to 6 p.m. and Sunday from 10 a.m. to 6 p.m. The clinic carries a line of robes, scented soaps, lotions and scrubs for at-home pampering. Gift cards

are also available.
“We’ve only been here for five months, but it’s going great,” Hal says. “One great thing is the affordability. With a membership rate of \$49 per month, and family add-ons for \$39, you can get a massage for two at the cost of one massage at different clinics.”

Professionalism is guaranteed at Massage Envy. The therapists at the clinic have been trained, passed background checks and are fully licensed. Hal says privacy is a must and therapists use professional draping techniques to ensure modesty and comfort.

“We’ve had people tell us they had the best massage at our clinic,” he says. “We also have a fireplace and a peaceful, quiet room for relaxation.”

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County Mayor’s Report

By Mayor Peter Corroon
Salt Lake County

The 2008 year has begun with renewed hope, optimism and accelerated expectations. Salt Lake County continues to grow at a rapid rate.

Kennecott Lands will develop tens of thousands of acres on the west bench of Salt Lake County. A review of these plans by the University of Utah indicates that in a little over 50 years, development on that west bench alone will increase our county’s population by more than a half million. We have just a shade over one million now living in our valley.

At the same time the university study was released, Utah state regulators asked the Environmental Protection Agency to focus its air pollution reduction strategies to four valleys along the Wasatch Front, centered in Salt Lake valley. Health experts say the

Defensive driving classes available

The Utah Safety Council is offering four-hour defensive driving courses for individuals in the Salt Lake City area. Courses are held throughout each month, at 1574 West 1700 South, in Salt Lake City. Spanish defensive driving courses are held once a month at this location.

The four-hour course consists of classroom instruction and focuses on accident prevention, driving confidence, awareness of hazards and improving driving skills.

Drivers may complete the course for a 50-point reduction from their Utah driving record once every three years. Individuals 55 years of age and older may qualify for insurance discounts after completing the course.

Registration is \$40 per person or \$10 for individuals age 55 and over who are seeking a reduction in their insurance rate. Contact the Utah Safety Council at 478-7878, or visit www.utahsafetycouncil.org, for additional information or to register.

■ Continued from page 20

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elevated levels of particulates in northern Utah valleys shaves two years from the lives of our citizens; it’s the equivalent of smoking five cigarettes per day.

That means how we act today ultimately affects our quality of life tomorrow.

The air we breathe, in fact, plays a huge part in everything from our physical health to our tourism industry.

We can do our part.

In Salt Lake County we are emphasizing recycling at our facilities and also among citizens. The county program of mandatory curbside recycling started last year. It has been met with great enthusiasm by most citizens.

We also hope to reduce carbon dioxide outputs in the county by 22 percent and use alternative, renewable energy for 20 percent of the county’s usage by the end of the 2012 calendar year; and while these are big, long-term goals, even small measures have a big impact.

We are reducing emissions, energy and water usage while promoting and expanding the use of solar and other renewable energy sources in county government.

Our Youth Services division is actually recycling used printer cartridges as a fundraiser this year. We have begun, in cooperation with all the cities in our county, the Million Trees for a Million People project. The goal is to plant a million trees in the next 10 years.

At the same time we are working to clean our air, we have ongoing projects to revitalize and preserve streams, rivers and water corridors in our valley – the Lake to Lake Vision of the Jordan River, running from Utah Lake to the Great Salt Lake.

With preserving thousands of acres in the southwestern portion of the valley, we have successfully kicked off our Open Space Preservation program.

Many of these conservation and preservation strategies must be pursued if we are to maintain the kind of quality of life we strive for in Salt Lake. We’re not sure what the population cap will be for our valley. Water has always been the limiting factor; in this century future generations will determine whether it’s time to build up, not out, as most new western American cities have.

Growth is full of challenges. The air we breathe, the water we drink and the land we use will be shared by 50 percent more people in the future. Leaving our natural environment in a condition equal to or better than we found it is one of the challenges.

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Entertainment Journal

MURRAY EDITION

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January 9, 2008

www.theEntertainmentJournal.com

Classic Broadway tale finds a new setting at Desert Star



Photo courtesy of Ben Millet.

Scott Davis, Justin Berry, Mary Parker Williams and Kerstin Davis star in Desert Star Theatre's "My Valley Fair Lady," opening Jan. 10.

Desert Star Theatre kicks off its 20th Anniversary Season with "My Valley Fair Lady: Get Me To The Mall On Time." This hilarious parody for the whole family plays through March 22 at Desert

Star Playhouse, 4861 South State St. in Murray.

Written by Ben E. Millet and directed by Scott Holman, "My Valley Fair Lady" is a comic farce full of ro-

mance, outrageous characters and the timeless conflict of east side vs. west side. What if Professor Higgins had come to Utah and discovered Eliza Doolittle in the Valley Fair Mall? That's the premise behind this musical parody. The sparks fly when nerdy British professor Phineas Philpot tries to turn Jenna Doohickey, a tough girl from West Valley City, into a "proper" lady. Aided by his new friend Colonel Flanders, the professor will stop at nothing to merge the worlds of East and West.

The evening also includes one of Desert

Star's signature musical olios following the show.

The "Western Nights" olio features classic country-western songs mixed with contemporary country tunes sure to have the audience tapping their toes and singing along.

Food is available from an á la carte menu and is served right at your table. The menu includes gourmet pizza, fresh wraps, appetizers and scrumptious desserts.

For ticket information, call Desert Star at 266-2600.

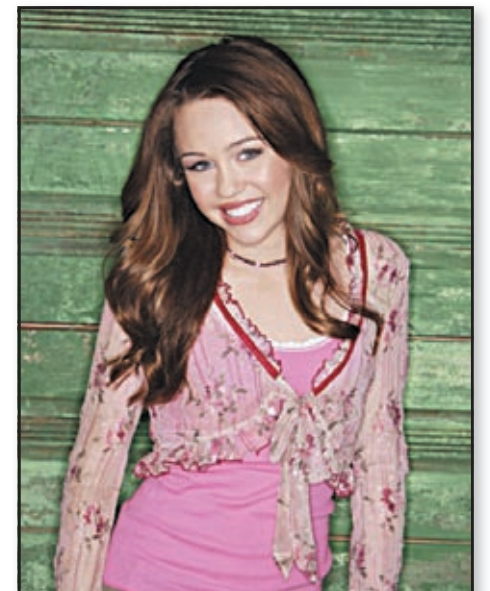
Hannah Montana in Digital 3D at Megaplex Theatres

The Megaplex Theatres, part of the entertainment division of the Larry H. Miller Group, Inc., have announced open ticket sales for a one-week special engagement of Walt Disney Pictures "Hannah Montana/Miley Cyrus: Best of Both Worlds Concert."

Shown in state-of-the-art Disney Digital 3D, moviegoers will follow the fun and excitement of the currently sold-out, 54-city concert tour. The movie will run Feb. 1-7 at the Megaplex 17 at Jordan Commons in Sandy and the Megaplex 20 at the District in South Jordan.

This digitally projected 3D experience gives audiences everywhere a front row seat for one of the hottest shows in town and allows them to see it in a unique and exciting way. Seven state-of-the-art 3D digital cameras, provided by Cameron/Pace Designs, were used to film three recent concerts in two cities on the "Hannah Montana/Miley Cyrus: Best of Both Worlds" concert tour. The ongoing "Concert Tour" was created and produced by Kenny Ortega (director of the "High School Musicals," Disney Channel original movies).

Tickets are \$15 per person. Movie times



A Hannah Montana 3-D concert will be shown Feb. 1-7 at two different theatres.

are available online and tickets can be purchased at www.megaplextheatres.com. The Megaplex 17 at Jordan Commons is at 9400 South State St. in Sandy and the Megaplex 20 at the District is at 11400 South Bangert Highway in South Jordan.

Sundance Film Festival kicks off Jan. 17

A world premiere comedy called "In Bruges," starring Ralph Fiennes, Colin Farrell and Brendan Gleeson, will launch

this year's Sundance Film Festival on Jan. 17 in Park City. The 11-day event continues through Jan. 27 in Park City, Salt Lake City, Ogden and at the Sundance Resort.

First-time feature filmmaker Martin McDonagh, already an award-winning playwright, created the suspenseful, twisted tale of two London hit men ordered to take a forced vacation in Bruges, Belgium, and how their subsequent time goes awry. McDonagh's first foray into filmmaking was the 2006 film "Six Shooter," for which he earned an Academy Award for best live-action short.

The world premiere launches Robert Redford's annual film festival that brings together some of the top producers and directors in the industry, along with a number of big-name actors who enjoy making small, independently-financed films. Sundance serves as both a development and educational platform for these filmmakers, as well as a marketing tool for films

Continued page 23 "Sundance"

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Ballet West coming to Ring Around the Rose Jan. 12

Repertory Dance Theatre presents Ballet West at January's Ring Around the Rose, on Saturday, Jan. 12, 11 a.m. at the Rose Wagner Performing Arts Center (138 West 300 South). Ballet West's performance will introduce children to ballet and to the life of a ballet dancer. Tickets can be purchased in advance by calling ArtTix at 355-ARTS.

Ballet West for Kids includes a brief history of ballet for young audiences, a choreographed example of a daily ballet class and personal explanations from the professionals about basic ballet positions and technique, music appreciation, good posture, health, nutrition and career dedication. Volunteers from the audience then participate in demonstrations which show how their everyday movements are simi-

lar in rhythm, shape and dynamics to ballet steps. The presentation concludes with an abbreviated ballet performance.

Ring Around the Rose is a series of performances for children and families that explores the magical world of the arts, including dance, theater, music and storytelling. Guest performers in the 2007-2008 season include Tanner Dance, Christopher Fair's Magic with a Flair, Repertory Dance Theatre & Friends, African Drums, Ballet West for Kids, Brazilian Dance with Samba Gringa, Starry Eyed Puppets, Ripple Tales and Youth Theatre at the U. Ring Around the Rose is made possible in part by grants from the Utah Arts Council, Salt Lake City Arts Council and the Salt Lake County Zoo, Arts & Parks Program.

Salt Lake artist reflects upon the gifts in her life as a caregiver

Art Access Gallery is hosting "Gifts," a thought-provoking exhibit of the autobiographical paintings of Salt Lake painter Alice Perreault. "Gifts" will hang from Jan. 18 to Feb. 8 at the gallery, 230 South 500 West in Salt Lake City.

A well-established artist, Perreault's life quickly changed when her son Julius suffered a brain injury at birth, leaving him with quadriplegic cerebral palsy. Her own injury was internal and severe.

Her days are now filled making a high-quality life for Julius as well as for her sister Renee, who has Down syn-

drome. She also spends her evenings working on Kindred Spirits, a nonprofit arts education organization she founded that serves families dealing with disabilities.

And now she paints again. Her large canvases are filled with angst but also with hope. "Gifts" reflects the gifts she has been given by having Julius and Renee in her life, reflects the emotional costs of such gifts and transfers both (as a gift) to all who experience her art.

Regular gallery hours are weekdays, 10 a.m. to 6 p.m.

Utah symphony welcoming pianist Arnaldo Cohen Jan. 11 and 12

Music Director Keith Lockhart leads pianist Arnaldo Cohen and the Utah Symphony in Rachmaninoff's Rhapsody on a Theme of Paganini on a program that also includes Rachmaninoff's "Isle of the Dead" and Shostakovich's Symphony No. 1 in F minor. The performances will be held at Abravanel Hall on Friday, Jan. 11, and Saturday, Jan. 12, at 8 p.m.

The program opens with Rachmaninoff's "Isle of the Dead," inspired by a painting by Arnold Böcklin. This piece has the masterful ability to create mood in sound. Then Cohen joins the orchestra for Rachmaninoff's "Rhapsody on a Theme of Paganini," which combines yearning themes, rhythmic verve and exquisite orchestration in what many consider to be one of Rachmaninoff's greatest compositions. The evening closes with Shostakovich's Symphony No. 1 in F minor, which he composed when he was just 18 and includes creative touches such as a muted trumpet, cackling bassoons and a timpani solo in the finale.

The Brazilian-born pianist Arnaldo Cohen has long had a reputation for astonishing his audiences with the musical au-

thority and blistering virtuosity of his performances. After winning First Prize at the 1972 Busoni International Festival, Cohen scored a triumph at the Concertgebouw in Amsterdam. Soon after, he moved to London and went on to build a repertoire of some 50 concerti and to perform with such orchestras as the Royal Philharmonic, the Philharmonia, the Bavarian Radio Symphony Orchestra, Orchestra de la Suisse Romande and the Santa Cecilia Orchestra of Rome, collaborating with conductors Kurt Masur, Kurt Sanderling, Klaus Tennstedt and Yehudi Menuhin.

On Friday, Jan. 11, at 10 a.m., the Utah Symphony will hold a Finishing Touches dress rehearsal which will be open to the public. During this rehearsal, audience members will experience the diligence and dedication that goes into each performance. Tickets for the rehearsal are \$18 for adults, \$12 for seniors and \$4 for students.

Tickets for evening performances can be purchased by calling 533-NOTE (533-6683), 1-888-451-2787, in person at the Abravanel Hall box office or by visiting www.utahsymphony.org.

"Sundance" from page 22

looking for distributors.

Each year, the festival sponsors help sustain Sundance Institute's year-round programs for independent artists, as well as encouragement for diversity in the arts. The Institute was founded by Redford in 1981, and this year's festival will present 120 dramatic and documentary feature-length films in seven different categories, along with 80 short films. During the

past two decades, Sundance audiences have been introduced to the premieres of such films as "Hustle and Flow," "American Splendor," "Maria Full of Grace," "Napoleon Dynamite" and "Born into Brothels."

A complete schedule of films and ticket information for this year's Sundance Film Festival is available on the festival website at www.sundance.org/festival.

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Potential Granite School District split affects Murray, too

Peri Kinder

The Smaller School District legislation is causing headaches for the Murray City Council.

Although just a small area of Murray falls within the boundaries of the Granite School District, Murray City Council leaders need to decide by the end of July whether those 10,000 residents will participate in a vote to create smaller school districts.

In an effort to educate the public and to get feedback from Murray residents, a neighborhood meeting was held at Woodstock Elementary School to discuss the future of Twin Peaks and Woodstock elementaries and Cottonwood High School...

In the cards: Pokémon comes to Murray

By Courtney Lyle

A lot of Murray residents may have missed the recent Pokémon invasion, but about 35 masters of the monster trading card game gathered here recently for a Battle Road Tournament.

There were adventures, battles and successes as players competed for six hours seeking rare and elusive characters at the May 26 event held at The Black Rose Game Center on State Street.

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Students invited to tell the Truth about Tobacco

Hillcrest students crack the whip, then hit the ice

The Utah Department of Health invites fourth through twelfth-grade students to use their creativity to tell “The TRUTH: about tobacco by entering one of two annual contests. Fourth and fifth-grade students can enter the Truth from Youth Anti-tobacco Advertising Contest through March 7. Junior high, middle and high school students can enter Real Noise until March 28.

The UDOH Tobacco Prevention and Control Program is holding the 10th annual Truth from Youth Anti-tobacco Advertising Contest encouraging youth to teach each other about the dangers of tobacco and help them make the decision to stay tobacco-free. Fourth and fifth-grade students may enter by drawing or writing a billboard, TV or radio ad that tells “The TRUTH” about tobacco.

The TRUTH campaign will make presentations to youth at schools across the state to encourage participation. Last year, more than 3,400 Utah fourth and fifth-grade students entered. More information is available at www.youthagainsttobacco.com.

The second contest, Real Noise, is open to junior high, middle and high school students. Real Noise encourages students and their friends to create and conduct an anti-tobacco activity in their communities. All types of groups qualify, including student bodies, friends, sports teams and clubs. The winning group will re-

ceive \$1,000 and a concert for their entire school; second and third places each receive \$250. Last year, 20 groups submitted entries. More information is available at www.warriorsagainsttobacco.com.

“We continue to hold contests where youth can tell others about the dangers of tobacco because they are effective,” said Lena Dibble, marketing coordinator for the TPCP. “Programs such as these have helped bring Utah’s youth smoking rate down to 7.4 percent, the lowest in the nation.”

Utah’s high school students are three times less likely to smoke than their peers nationwide. Thirty-eight percent fewer high school students smoke today than they did during the campaign’s early days in 1999. However, every day more than 1,500 people nationally under the age of 18 become regular smokers. About half of them will eventually die from a tobacco-related disease. Ninety percent of people start smoking before the age of 19 and most teens who smoke say they would not have started if they could do it over again. Nearly 190,000 Utahns continue to smoke cigarettes and more than 1,100 Utahns die annually as a result of their own smoking.

By Julie Slama

Some of Hillcrest Junior High’s brightest students can be found cracking the whip both in their studies and on the ice.

At a celebratory activity for students who had a 2.5 or higher grade-point average during first term, more than 500 students laced up boots to enjoy ice skating at Murray Ice Rink, said Jennifer Covington, Hillcrest assistant principal.

To participate, these students also had to have good citizenship marks, she said.

The school-sponsored academic award activity was held for 71 percent of the seventh-grade 222-member class, 69 percent of the 263 eighth-graders and 62 percent of the 261 ninth-grade students, she said.

With holding such activities, Covington said more students are studying to improve their grades and are maintaining good citizenship.

“We are seeing an improvement,” she said. “We are seeing about a five percent improvement each year.”

“Weird Science” from page 11

other foods.

I call these anomalies “Refrigerator Crop Circles.” I believe other foods in the fridge, having reached higher levels of intelligence than the enchiladas, send out UFOs (Unidentified Fridge Observers) to inspect and mark the area, looking for habitable environments. My daughter says it’s the jam jars, but I don’t think they’re that developed.

But the scariest part of my fridge is the nether regions of the appliance – also known as the bowels of mystery or the bins of despair. The technical term in the refrigerator’s manual is “the vegetable drawers.”

I absolutely HATE grabbing a plastic bag filled with green liquid. The original shape seems cucumber-ish and was probably once a healthy snack – although I’ve

never felt a cucumber with the texture of sea weed. But mushy cucumbers are the least of my worries. I’ve discovered lemons covered in a stylish, gray/white furry coat; broccoli that resembles a flocked Christmas tree; and onions that have sprouted legs and set up little roadside stands selling breath fresheners. The biggest scare came when the moldy cauliflower pulled a knife on me. I hate it when food goes bad. (OK, bad pun. Get over it.)

I decided to make a list of edible food found in my refrigerator – food which I assumed had some nutritional value. Here’s my list: one-half gallon of skim milk, five uncovered ham slices lying in different parts of the fridge, a handful of grated cheese, three eggs (I’m not sure if they were raw or boiled), one box of rock-hard baking soda from three years ago and two cans of Tab.

Everything else was Science Fiction Gone Wrong.

So as a new year begins, I resolve to keep my fridge bacteria and penicillin-free by cleaning it at every solstice. And I’m expecting my correspondence science degree to show up in the mail any day.

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