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PLUS

COMMUNITY CALENDAR

Calendar items are published only as space permits. Submissions are due one week before publication. Send all items to: Plus, Box 1257, Salt Lake City UT 84110

• Organize your family photographs:
Learn how to mount and organize family photographs, Wednesday, Feb. 12, 6:30 p.m., in a free presentation at the Sandy City Library, 10100 S. 1300 East. Call 571-5418 or 262-8816 for more information.

• Valentines Day dinner dance and show:
The Intermountain County Dance Association is inviting family and friends to a special Valentine's Day dinner dance and show on Friday, Feb. 14, 7 p.m. at Wagonmaster Steak Company, 5485 S. Vine St., Murray. Cost is $20 per person. For reservations or for more information, call Paul at 966-4207, or Ken at 261-5538.

• Self-Awareness class, Hypnosis class:
The In-Sync Mind/Body Clinic is holding a free self-awareness class every morning at 10 a.m. and every Wednesday and Friday at 6:30 p.m. through Feb. 15. The clinic is also holding a class on hypnosis (cost $15). Call 467-7404 for information on either class.

• Survivors of Homicide support group:
A Survivors of Homicide support group will meet Tuesday, Feb. 18, 7-9 p.m. at the Main Salt Lake City Library conference room. Call 255-2380 for more information.

• Evening of memories:
Carl Hatfield will present a free evening of memories with his antique music machines Thursday, Feb. 13, 7 p.m. at the Sandy Museum, 8744 S. 150 East. Call 566-0878 for more information.

• Action shooting events:
The Salt Lake Practical Shooting Association (SLPSA) holds monthly matches and practice sessions for all shooters interested in IPSC/USPSA (action style) shooting with a pistol, rifle or shotgun. Call Doug at 942-1760 or Jim at 942-8573, between 6 and 9 p.m. for more information.

• Religious leadership in the political community:
Ed Firmage, University of Utah Law professor, will speak to the Humanists of Utah about religious leadership in the community on Thursday, Feb. 13, 7 p.m. at the Unitarian Church, 569 S. 1300 East.

• IEF seeks host families:
The International Education Forum urgently needs host families. Students ages 15-18 will be arriving from 23 different countries in August. Students are medically insured and have their own spending money. Call Karen Bloomquist at 250-7133 or IEF at 800-365-0555 for more information.

• Speakers Bureau:
The Utah Correctional Association Speaker's Bureau is available at no charge for panel discussion, presentations and workshops. The bureau features probation officers, juvenile court workers, counselors, therapists and correctional officers. For more information, call Steve Auerbach at 272-8000 or Teague Eskelsen at 533-4008.

• Banff Festival of Mountain Films:
A "Best of the Festival" film fest showcasing some the best mountain and adventure films from the 16th annual Banff Festival of Mountain Films, will be Feb. 11, 6 p.m. at the University of Utah Fine Arts Auditorium.

• Holy Cross Celebrates Heat Month:
Holy Cross Hospital's Cardiac and Fitness Center has special activities planned through Feb. 14 to recognize National Heart Month. Activities include free heart tests and blood pressure measurements, gifts and a drawing for a one-year fitness membership.
For more information, call 350-4995.

• Colored pencil demonstration:
The Utah Chapter of the Colored Pencil Society of America will present Mary Lou Romney and a demonstration of her technique, Thursday, Feb. 13, 7 p.m., at the Senior Citizen's Center, 237 S. 1000 East, Salt Lake. RSVP required, call 943-9676.

• Learning disabilities group meeting:
Learning Disabilities of Utah, South Valley Information Group, will present a meeting on homework programs, Wednesday, Feb. 26, 7 p.m., at Sandy City Hall's Conference Room, 440 E. 8680 South. The public is welcome. Call 355-2881 for more information.

"Dating Game" pops concert:
The Murray Symphonic Band will present a special "Dating Game" pops concert on Saturday, Feb. 22, 7:30 p.m. in the Murray High Auditorium, 5440 S. State. Admission is $3 for adults, $1 for senior citizens and free to children 12 and under. Call 562-5577 or 943-6024 for more information.

• Handling paper overload:
A free class on how to handle paper overload around the house will be taught on Tuesday, Feb. 18, noon at the Salt Lake County Government Center, 2001 S. State, room S1007. For more information, call 468-3170.
— Another free class on fine-tuning your marriage will be taught in the same location on Tuesday, Feb. 25, noon.

• "Friendly" dances:
"Friendly" dances are held every Friday, 8-11 p.m., at the Multipurpose Center, 300 N. 1300 West. Dances feature a live orchestra, "The Super Sounds." More dance participants are needed.
Call 581-1864 for more information.

• New library books:
New books on Columbus at the Avenues Branch of the Salt Lake City Library, 455 F St.:
— "A Picture Book of Christopher Columbus," by David A. Adler. For preschoolers through third grade.
— "Christopher Columbus: From Vision to Voyage," by Joan Anderson. This book traces the life of Columbus and includes a map of his four voyages from Europe to the New World.
— "Pedro's Journal," by Pam Conrad. A fictional account of Columbus in diary format, by Pedro, the ship's boy.
— "Christopher Columbus," by Stephen Krensky. A simple account of Columbus for grades 1-3.
— "I Discover America," by Robert Lawson. Aurelio, the parrot, claims he was there and provides a fictional account of the discovery of America.
— "Columbus Day," By Vicki Liestman. An easy-to-read book.
— "In 1492," by Jean Marzollo. Very young children will enjoy the rhyming text in this book.
— "Discovering Christopher Columbus: How History is Invented," by Kathy Pelta. A biography for the upper elementary student.
— "I Sailed With Columbus," by Miriam Schlein. A fictional account.
— "The Voyage of Columbus in his own words: A Pop-Up Book," by Stacie Strong. Includes a cassette.

• Murray Community Education:
Murray Community Education is still accepting registrations for its "Kids in the Kitchen" program. Classes begin Feb. 19, and run three weeks, 4:30 p.m. for kindergarten through third-grade ages, and 5:30 p.m. for grades 4 and up. Call 264-7414 for more information.
Murray Community Education is also offering a "Nails Beautiful Class" beginning Feb. 12, as well as a Creative Crafts Class. The latest round of computer classes started Feb. 3.

• Drawing Board classes:
The Drawing Board is now enrolling children aged 6-12 for a six-week course to be taught at Gottfredson Frame and Art by Randall Haws. Tuition is $30 with a one-time fee of $6 for supplies. Call 566-4700 or 967-3967.

• New Utah Food Bank program:
The Utah Food Bank is starting a new program, "S.O.M.E.," So Others May Eat). The program needs on-call volunteers who will be willing to collect and deliver donated food one night each month. Call Jennifer Turley at 486-2136, between 8 a.m.-4 p.m. weekdays for more information.

• The book crisis:
There is a tragic book shortage in school libraries, especially in the fiction category. You can help. Simply enjoy reading three books or help your children read three books. Then, on Saturday, March 28, from 10 a.m. until 2 p.m., bring the books to the Kiwanis Book Exchange at the Utah State Capitol Rotunda.
Trade the three books you have read for two books you haven't read and then contribute the third book to the school library book pool.
The book exchange is sponsored by the West High Key Club, Builders Club and Capitol Hill Kiwanis Club.

• Union Park Toastmasters Club:
The Union Park Toastmasters Club No. 3222 of Toastmasters International meets every Monday at 7 p.m. at 488 E. 6400 South.
The club's objective is to assist members in becoming better public speakers and leaders. Visitors are welcome at the weekly meetings. Call John Maher at 942-2013 for more information.

• Affording Diabetes Care:
"Affording Diabetes Care: Looking at the Basics" is a lecture to be presented on Thursday, Feb. 13, 7 p.m. at Holy Cross Hospital in the Moreau Auditorium, 1002 E. South Temple. For more information, call the American Diabetes Association, 350-8114.

• Preparing a living will:
The American Diabetes Association will present a lecture on: "Who Will Decide About Your Health When You Can't: Preparing a Living Will" on Thursday, March 12, 7 p.m. at Holy Cross Hospital. For more information, call 350-8114.

• AIYSEP seek host families:
The American International Youth Student Exchange program is looking for host families for students. For more information, call 800-347-7575.

• ISE needs host families:
The International Student Exchange program needs host families for foreign exchange students. For more information, call 1-800-233-4678.

• Emergency childbirth education:
A class on emergency childbirth education will be held on Feb. 18, 9:30 a.m. at Good Earth Natural Foods, 7206 S. 900 East, Midvale. The cost is $25. Call Carrie Abbott at 571-3365 for more information.

• Paper airplane class:
The secret art to making paper airplanes will be taught to local teachers in a special class Feb. 7, 8, at the Utah Museum of Natural History. The museum will also be starting a winter ecology class for teachers and interested adults. For more information, call 581-6928.

• Silver Spurs equestrian club:
The Silver Spurs, an all-women equestrian club, is now accepting applications for membership. Members will compete in parade, drill and gymkhana events.
For more information, contact Janice Klien, Spurs president, at 572-1543, or Cathy Garrett, business manager, 254-3170.

• Chronic-pain support group:
The Salt Lake Chronic-Pain Support Group meets the second and fourth Mondays of each month from 7-9 p.m. at 2100 S. State, South Building, Room 3009.
Call 278-7356 for more information.

• Overeaters Anonymous:
Overeaters Anonymous holds meetings every Monday and Friday, 10:30 a.m. at the Whitmore Library, 2197 E. 7000 South. Call Gail at 943-4551 for more information.

• Scrabble Club:
Scrabble Club No. 173 meets every Wednesday evening from 6:30 to 10 p.m. at Peter Piper Pizza, 2201 S. Highland Drive. All levels of play, novice to expert, are included in the club. New players are welcome.
For more information, contact Jim Fischer at 363-4420 or Mike Stevens at 943-2430.

• Home-school lecture series:
A home-school lecture series for the beginner will be held each Tuesday through March 3, from 7 to 9 p.m., in Room 4017N of the Salt Lake County Complex, 2100 S. State. The cost is $2 per night or $8 for the series.
Call 572-2395 for registration or for more information.

• Free income tax assistance:
Free tax assistance begins in February and continues through mid-April at many Salt Lake libraries. There is special assistance for senior citizens. Call 524-8200 for more information.

• YWCA classes:
The Salt Lake YWCA holds classes for mothers, on building healthy relationships, on new beginnings, as well as a teen outreach program. Call 355-2804 for more information.

• Holy Cross Hospital Wellderly lectures:
Holy Cross Hospital's Wellderly lectures series continues every other Friday, 2-3 p.m., in the Moreau Medical Building Auditorium, 1002 E. South Temple, with the following schedule:
Feb. 21: "How to Deal With Difficult People."
March 13: "Stretch and Relax."
Call 350-4995 for more information.

• South Valley information group meetings:
The South Valley Information group meets on the fourth Wednesday of each month at the Sandy City Hall Conference Room, 440 E. 8680 South. The public is welcome. Call 355-2881 for more information.
The group's upcoming meeting schedule is:
Feb. 26: Homework program.
March 25: Learning strategies (writing skills).

This week's 'Plus' people nominations

Here are some reader nominations of Wasatch Front residents who make a difference in their communities through volunteer work or other such service:

• Marie White:
White volunteers time to feed the homeless at the St. Vincent De Paul Center. She is described as someone who is always giving to and helping those in need.

• Susan Lowe:
Lowe, an AT&T employee, has been volunteering at a Salt Lake kindergarten class one day a week for the past five years.

• Larry and Della Wood:
The Woods help their neighbors, especially the elderly and the sick, with all sorts of tasks. They also put up a large Christmas display each year for the enjoyment of the community.

• Vera Struck:
Struck is described as a person who has helped several people achieve success. She has an excellent talent at being able to encourage people to be hopeful.

• Burton Larsen:
Larsen helps three single women in his neighborhood by keeping sidewalks and driveways clear of snow, raking leaves and other yard work. He and his wife perform many kind deeds for their neighbors.

• Russell Condie:
Condie helps out his neighbors in many ways, particularly one senior citizen who lives alone, by putting up his own Christmas decorations in their houses.

• Hollie Pettersson:
Pettersson, 18, is described as a welcome ray of sunshine in everyone's life. She is the student body secretary at Cyprus High School and is known to regularly take time to build up the self-esteem of others.

• Lynn Olsen and Sherry Salmn:
Olsen and Salmn care about the environment and have been assisting Hawthorne School in various projects.

• Grant Hodgkinson:
Hodgkinson, of Murray, is a regular volunteer at keeping snow removed from the yards of widows and single women in his neighborhood. He will do his snow removal in secret and doesn't care about taking the credit for such a service. He has been doing this for at least the past several years.

• AARP Taxaide program volunteers:
More than 160 volunteers in Utah are assisting with the AARP Taxaide program this year. Each person will provide more than 40 hours of volunteer assistance during the next several months.

Tell us about the people who are a "plus" to the community!

The "Plus" section is looking for nominations from readers about Wasatch Front residents who make a difference in the community. For example, we're looking for the volunteer who regularly visits a nursing home, the volunteer who teaches reading at the library or the person who helps widows in your neighborhood.

Name of the nominee: ____________

What community service the person has performed: ____________

Your name: ____________

Address: ____________

City, zip code: ____________

Your telephone number: ____________

Clip out and mail this coupon to:
Plus Section
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APPLAUSE

• U.S. Navy/Marine news:
— Marine Lance Cpl. **Thomas M. Weldon** of Salt Lake City has reported for duty with Headquarters and Support Co., 3rd Support Battalion, 3rd Force Service Group, Okinawa, Japan. He is a 1986 graduate of Skyline High School and joined the Marine Corps in January 1989.

• Mark D. Wessman changes command:
Cmdr. Mark D. Wessman, U.S. Navy, was relieved as commanding officer of the USS Mount Hood on Jan. 17 and will report to the staff of the Chief of Naval Operations in Washington, D.C., in February. He is a graduate of Granger High and the University of Utah. He is the son of Ernest H. and Elaine E. Wessman of Kearns.
— Navy fireman recruit **Michael L. Christenson** recently completed basic training in San Diego. He is the son of Larry D. and Susan L. Christenson of West Valley City.
— Marine Pvt. **Michael G. Park**, a 1988 graduate of Layton High School, has completed recruit training in San Diego.
— **CORRECTION**: Marine Pvt. Robert L. Peck was erroneously referred to as a "she" in last week's "Plus" Section. Peck is a "he" who recently completed recruit training in San Diego.

• Daniel Beach honored at Missouri Military Academy:
Daniel G. Beach, Salt Lake City, was recently honored with the Soldier's Bar for outstanding military courtesy, neatness, attitude and performance of duty at the Missouri Military Academy in Mexico, Mo. He is the son of Stephen E. and Darlene Beach of Salt Lake City.

Daniel G. Beach

Justin W. Peterson

• U.S. Army and Air Force news:
— Pvt. **Justin W. Peterson** has completed basic training at Fort Leonard Wood, Mo. He is the son of Colleen and Ray L. Peterson of West Valley City and is a 1991 graduate of Granger High School.
— **Cory B. Johnson** of Sandy has enlisted in the U.S. Air Force. He is a 1990 graduate of Valley High and will enter the mechanical aptitude area.
— **Angel M. Roberts** of Midvale has enlisted in the U.S. Air Force's delayed enlistment program. She will graduate from Hillcrest High this spring.
— Air Force Senior Airman **John R. Lepore** has arrived for duty in Italy as an apprentice Morse systems operator. He is the son of John R. and Yvonne Lepore of Salt Lake City and is a 1987 graduate of South High School.
— Private first class **Thomas J. Potter Jr.** has completed an armor crewman course at Fort Knox, Ky. He is the son of Thomas J. Potter Sr. of Salt Lake City and is a 1991 graduate of Skyline High School.
— Private **Robert M. Woods** has completed training at the U.S. Army Infantry School, Fort Benning, Columbus, Ga. He is the son of Walter S. and Irene G. Woods of Salt Lake City and is a 1991 graduate of Brighton High School.
— Air Force Sgt. **John P. Wyatt** has been decorated with the Good Conduct Medal. He is a comunications-computer systems specialist at McClellan Air Base in Sacramento, Calif. He is the son of William J. Wyatt of Salt Lake City and Joye S. Wyatt of West Jordan. He is a 1982 graduate of Olympus High School.
— Army Reserve Pvt. **Kimberly D. Motes** has completed basic training at Fort Jackson, Columbia, S.C. She is the daughter of Preston M. Motes Jr. of Sandy and of Barbara J. Van Asdlan of Salt Lake City. She is a 1988 graduate of Highland High School.
— Private **Bruce W. Kanirie II** has completed basic training at Fort Jackson, S.C. He is the son of Lois E. Bergholm of Salt Lake City and is a 1991 graduate of Cottonwood High School.
— Private **Tamara J. Corkins** has finished training at Fort Jackson, Columbia, S.C. She is the daughter of Gary C. Corkins of Kearns and Deon B. Corkins of Salt Lake City. She graduated from Granite Community High in 1991.
— Private **Christina L. Firkins** has completed basic training at Fort Jackson, S.C. She is the daughter of Vicky L. Romanowski of Salt Lake City and is a 1991 graduate of Olympus High.
— Private **Bobbie J. Rohloff** has completed basic training at Fort Jackson, Columbia, S.C. She is the daughter of Sherry Face of Draper.

• Two S.L. students selected to participate in programs at Los Alamos National Laboratory:
Bryan Staker, 24, and **Brian A. Pyper**, 24, both of Salt Lake City, have been selected to participate in programs at Los Alamos National Laboratory in New Mexico.
Pyper will participate in the Graduate Research Program and is the son of Paul and Janice Pyper of Salt Lake City. He is a graduate student at the University of Utah and received a bachelor's from BYU in 1991.
Staker is a senior at Brigham Young University and will participate in the undergraduate student program.

• Christopher N. Evans makes Dean's List at CSM:
— **Christopher N. Evans**, Salt Lake City, make the dean's honor list at the Colorado School of Mines for the fall semester.

• Thomas O. Hanrahan earns master's degree:
— **Thomas O. Hanrahan**, Salt Lake City, has earned a master of music degree in performance at the Ithaca College School of Music in New York. He received his bachelor of arts degree from St. Mary's College.

Dogs can learn to be quiet

Salt Lake County Animal Services
Humane Education Specialist

Canine noise pollution is one of the most irritating problems faced by a animal control workers. It annoys both dog owners and others of the community. If you think your dog has a problem with barking, here are some tips and information that might help you solve your problems.

First, recognize that barking is a very natural and normal instinct for dogs. Barking is a form of communication with other canines and with their pack.

It isn't desirable to try to stop all barking, just the barking that annoys or causes problems. This usually means barking continuously when left alone in the house or outside or barking without stopping for more than a reasonable period of time.

Dogs that bark continuously are ones that have a behavior problem. These behavior problems are due to being left alone for long periods of time, boredom, frustration, as well as being frightened.

Dogs may also bark because the owner inadvertently trained them to do so. For example, I thought it would be great to teach my dogs to howl. Now whenever a siren goes by my house, my dogs howl. This becomes very inappropriate, especially at 3 a.m.

If every time the dog "ruff, ruffs," you get up and let him out or talk to him, or feed him, the dog soon learns the value of barking to get what he wants.

So how do you train your dog not to bark but still have a good watchdog? Start by praising your dog for being quiet. We often forget or ignore this important training technique. But we must do it repeatedly. Dog obedience instructors recommend rewarding dogs for appropriate behavior (in this case, being quiet) 10 times more often than we reprimand for barking. So when the dog stops barking, praise and reward.

The basic training sequence for stopping extended periods of barking involves simple steps. First, allow the dog three to five barks. Come and investigate why the dog is barking. After all, it's just doing its job of alerting you to unusual noise or perceived danger.

Beyond sounding the alarm and being calmed down, if the dog continues to bark, speak directly to the dog with a commanding, "QUIET!" If the animal still doesn't get the idea, demonstrate by placing your hand on top of the muzzle and gently pressing downward toward the chest.

Repeat the command word "quiet," hold for a moment, and then release the dog and praise for being quiet.

This training technique helps the animal to associate the word "quiet" with not being able to bark. It is very important when training your dog to be consistent, patient and NON-ABUSIVE. Anger, yelling and hitting do not belong when you are working and living with animals.

Also make sure your animals get regular exercise every day. For larger dogs or active dogs exercise twice a day for at least 20 minutes is best. Smaller dogs can be exercised once a day.

If you have a problem dog, exercise it twice a day. The exercise helps to release built-up energy and reduces boredom and frustration so that when you are gone for long periods of time the animal will more than likely sleep. Also, get your dog into obedience school. The instructors will help you to work with your animal appropriately so that you will have a well-behaved dog at home.

There are several obedience schools to choose from in our valley. Salt Lake County Animal Services offers a Good Dog Manners Workshop throughout the year; our next class will begin March 4, 1992.

If your dog does not seem to respond to these training techniques, there are several other training techniques to try. Please call Salt Lake County Animal Services education program for a free brochure to help stop the barking problem, or if you need more information on dog obedience classes.

If you have a question about health, behavior problems, laws, etc., regarding wild or domestic animals, please write Humane Education Department, Salt Lake County Animal Services, 511 W. 3900 South, Salt Lake City, UT 84123 or call 264-2247.

PET OF THE WEEK

Deejay

Deejay, a large neutered male cat, is outgoing and will "talk" to anyone who takes the time to pet him. He is just one of many cats at the shelter that would make great companions or family pets. Cats sleep about 18 hours a day, don't need to be walked and don't bark, so they are the pet of choice for many working people. If you are interested in adopting Deejay or another pet, visit Salt Lake County's North Animal Shelter, 890 N. 300 West.

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