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Demo Primary Slated in Nephi

By MYRNA TRAUNTVEIN
Juab County Correspondent

NEPHI — A primary election will be held in Nephi to decide which of two Democrats seeking the two-year seat on the Juab County Commission will run for election in the November election.

At the county convention held this week neither Jim Garrett nor Richard Greenhalgh record the two-thirds vote needed to settle the issue. Therefore a primary election was scheduled for Aug. 19. There are no other contested races within the party itself. Joseph A. Berrios will represent th party for the four-year commission post. Pat. P. greenwood will run for clerk -auditor. Norman Anderson, will be on the ballotfor county assessor. Craig J. Sperry will try for recorder-surveyor, and Bonet Ba ard, will run for treasurer.

Sheriff David Carter and Juab County Attorney Donald J. Eyre Jr.

New Officers Named at UTC

New officers of the Utah Technical College at Provo/Orem Faculty Senate/Association, were recently elected for the 1986-87 academic year.

Dennis Farnsworth, social science instructor from Orem, was elected president of the association. Connie Garland, Provo, dental assisting instructor, was named secretary/treasurer; and Barbra Hugo was named president/elect. She is an office education instructor and is a resident of Provo.

Wellness Institute Dedicated

By LEANNE HOFFMANN
Herald Staff Writer

Under sunny skies Saturday morning, a simple program dedicated the new Sybil Ferguson Wellness Center to the interest of better health and prevention of illness in Utah County.

"They are there are three types of people when it comes to fitness," said Utah Valley Regional Medical Center administrator, Keith D. Tuttle during his dedication address, "...the go-goes, the slow-goes and the no-goes. This facility is to help the slow-goes and the no-goes to become go-goes."

In addition to Tuttle, Merrill Gappmayer, UVRMC board of directors chairman, Raylene Ireland, executive assistant to Provo Mayor Joe Jenkins, Sybil Ferguson, founder of Diet Center, Inc.; Colleen Ferguson, member of the board of governors at UVRMC; A. John Clarke, former Provo City Commissioner and Mark J. Bonard, UVRMC chief executive all took part in the dedication service and ribbon cutting.

Director, Brent Edgington said the work for the Sybil Ferguson Wellness Institute was initiated about a year and a half ago but the idea was around for a long time. The "best efforts" of many people and a contribution by Roger and Sybil Ferguson made the idea a reality.

Gappmayer pointed out that the Fergusons' research in the field of health and nutrition and their desire to help their fellowmen runs parallel to the purpose of the new institute.

Officials say the purpose of the center is threefold:

- To provide a resource center for positive lifestyle management for UVRMC employees and others who may associate with it.
- To provide innovative programs in preventive medicine that promote physical and mental well-being.
- To conduct, in association with independent research agencies, studies on many different aspects of nutrition, exercise and weight control.

According to Edgington, the center will offer lifestyle seminars on such topics as stress management, exercise, nutrition, weight control and injury prevention.

It will have fitness programs and profiles to help educate and allow participants to progress at their own pace.

A research program will study such things as physiological effects of diet, counseling, exercise as over-weight and obese individuals and all aspects of wellness.

Described by Howard as the "driver" behind the project, Tuttle assured those attending the event that the new institute is not only for the UVRMC hospital staff, but for the entire community.

"If people are at their best physically, he pointed out, they are at their best mentally and emotionally.

Tuttle said the purpose of the center is twofold. By helping employees and others stay healthy, he believes the center will help create better fathers, mothers and members of the community.

Within the walls of the beautifully renovated doctors office on "a prime spot" in front of the UVRMC on 1084 N. 500 W. Provo, the institute is complete with a treadmill, rowing machines, stationary bikes, mini-tramps, a cross-country skiing simulator and a small exercise court outside.

Employees don't have to use the service, stressed Tuttle, "but it's right in front of them. The whole mission of the project is to help everyone die as late in life as possible."

Elks Give UTC Scholarships

Two students at Utah Technical College at Provo/Orem were named as recipients of the National Elks Foundation Scholarship announced Mike Johnson, financial aids director at the College.

Jeffrey Finch of Spanish Fork and Roy Watson Jr. of Orem were selected to receive two of the three awards granted in Utah. Each will receive $1,000 a year for the next two years of their education. This is the first time the scholarship has been awarded to students at the College.

Calendar

Audiology Clinic
■EVENT: BYU Audiology Clinic is offering free hearing screenings during the month of June to all persons 5 years and older. Those under 5 will be charged a fee. Free electroacoustical analysis of hearing aids is also available.
■PLACE: BYU Audiology Clinic.
■CONTACT: BYU Audiology Clinic.

Research Project
■EVENT: Women, married or single, who have suffered a miscarriage or stillbirth are being sought to participate in a research project. Women who have had such a loss since September 1985, were living in Utah County and would be willing to answer questions about their feelings are asked to participate. Telephone interviews will be conducted. All participants will be assured confidentiality.
■CONTACT: C.L. Wagstaff, Provo.

—Tuesday—

Single Adults
■EVENT: Volleyball.
■TIME: Tuesday, 8 p.m.
■PLACE: 4300 N. Canyon Rd., Provo
■CONTACT: Valene Hubbard or Cheryl LeBaron, Orem.

Children's Bookshop
■EVENT: Elizabeth Wahlquist will be presenting an evening on "Adolescent Literature," and how to "Turn Teens on to Reading."
■TIME: Tuesday, 7:30 p.m.
■PLACE: Provo Library, 39 W. Center, downstairs
■CONTACT: Free to the public.

S.A.V.E. Inc. Conference
■EVENT: S.A.V.E. Inc. is having their Second Annual Conference featuring Elder Rex D. Pinegar, member of the First Quorum of the Seventy of The Church of Jesus Christ of Latter-day Saints and Darol Wagstaff author of "Natural High." S.A.V.E. currently provides support groups for chemical abusers and their families as far south as Las Vegas, Nevada and as far north as Boise, Idaho averaging over two meetings per day.
■TIME: Tuesday, 7 p.m.
■PLACE: East High School Auditorium located at 840 S. 1300 E. Salt Lake City
■CONTACT: Public is welcome and admission is free. For additional information call Substance Abuse Volunteer Efforts Inc., 2560 Washington Blvd., Ogden.

Summer Fun Classes For Children
■EVENT: Children can choose from karate, gymnastics, arts and crafts, creative movement, and chorus. Parents may register children 4 to 12 years old for some or all of the programs on the first days of class.
■TIME: June 3-26 meeting Tuesdays, Wednesdays and Thursdays.
■PLACE: Dixon Middle School, 750 N. 200 N., Provo.
■CONTACT: Paul Swan Provo

Health Fitness Lecture
■EVENT: Dr. Garth Fisher, director of the Human Performance lab at BYU, will speak on, "How to Lower Your Fat Thermostat" based on his own successful research. The lecture is in conjunction with the opening of the Sybil Ferguson Wellness Institute.
■TIME: Tuesday 7-8 p.m.
■PLACE: Utah Valley Regional Medical Center, west lawn.
■CONTACT: UVRMC. EXT. 2297.

Executive/Entrepreneur Lecture Series
■EVENT: Monte F. Smith, chairman of international organization Stonmark Companies, will speak.
■TIME: Tuesday, 3 and 8 p.m.
■PLACE: 750 Tanner Building BYU.
■CONTACT: BYU School of Management.

Former Con Man Lecture
■EVENT: Jerry Payne, a former conman and thief, considered illiterate and now a successful inventor and author, will speak.
■TIME: Tuesday, 7 p.m.
■PLACE: Orem City Center.

—Wednesday—

Education Lecture
■EVENT: Sally Reed, a former schoolteacher and founder and director of the National Council for Better Education (an alternative to NEA) will discuss "Who Controls the Classroom?" She will discuss how to critique local school's performance and how to get local control over the schools. There is a charge. The public is invited.
■TIME: Wednesday, 7:30 p.m.
■PLACE: Lakeridge Junior High School, 80 E. 600 W., Orem.
■CONTACT: John Paulson, Orem.

Sally Reed

Wasatch Whittlers Woodcarvers Club Monthly Meeting
■EVENT: Neldon Bullock will be the speaker. He will demonstrate marquetry.
■TIME: Wednesday, 7 p.m.
■PLACE: John Moore's home, 326 E. 1900 N., Provo.

Health Fitness Lecture
■EVENT: Brent Edgington, exercise physiologist and director of the Wellness Institute will discuss "The Benefits of Exercise" as part of Wellness Week.
■TIME: Wednesday, 7-8 p.m.
■PLACE: Utah Valley Regional Medical Center, west lawn.
■CONTACT: UVRMC, ext. 2297.

Personnel Association of Central Utah
■EVENT: PACU will meet to hear John Medina, director of the Labor and Anti-discrimination for the Industrial Commission of Utah, discussing "Wrongful Discharge and Employment at Will" as well as current problems and issues he is confronting.
■TIME: Wednesday, noon
■PLACE: Brass Hearth Restaurant, Provo.
■CONTACT: RSVP to Michelle Thompson, BYU Employment Office, Tuesday, 5 p.m.

Artists Guild
■EVENT: Utah Valley Artists Guild monthly demonstration will feature Mary Lou Ramsey, faculty member at the University of Utah, demonstrating Oriental brush work.
■TIME: Wednesday, 7:30 p.m.
■PLACE: Springville Museum of Art.

—Thursday—

Prenatal Class
■EVENT: "Early Bird" prenatal class is a one-day class for pregnant women in their first or second trimester. A fee is charged for materials. Topics include physical and emotional changes in pregnancy, nutritional guidelines, relaxation tips, fitness exercises, early warning signs of problems, choosing a doctor and birthing options.
■TIME: Thursday, 8-8 p.m.
■PLACE: Clark Auditorium at Utah Valley Regional Medical Center.
■CONTACT: Register with OB re-ceptionist at UVRMC, ext. 2229.

Health Fitness Lecture
■EVENT: Dr. Brad Edgington, director of UVRMC Stress Clinic, will lecture on "Stress Management" as part of Wellness Week.
■TIME: Thursday, 7-8 p.m.
■PLACE: Utah Valley Regional Medical Center, west lawn.
■CONTACT: UVRMC, ext. 2297.

—Friday—

Young Single Adults
■EVENT: Call Hotline for details.
■TIME: Friday, 9 p.m.-midnight.
■CONTACT: Valene Hubbard or Cheryl LeBaron, Orem.

Polynesian Show And Luau Benefit
■EVENT: Hula Halau O Keonian presents a benefit Polynesian show and luau featuring The Aloha Islanders. Funds raised from this benefit will go towards expenses for transportation, room and board, costumes, flowers and, presents, entrance fees, for those members in the organization attending the Ka La Hula Ho okaka Hula competition at Las Vegas. All contributions are tax deductible.
■TIME: Show only, Friday, 8 p.m. Luau and Show, Saturday, 7 p.m. Luau, 6 p.m. Show
■PLACE: Scera Shell, 699 S. State, Orem.
■CONTACT: Scera Corporate Office

SALMON FRY
■EVENT: IMPACT's 1st Annual Salmon Fry. IMPACT is a private non-profit organization designed to promote self-reliance for assisting the chronically mentally ill in Utah County. IMPACT is affiliated with the Alliance for the Mentally Ill and Timpanogos Community Mental Health Center.
■TIME: Friday, 5-7 p.m.
■PLACE: Kiwanis Park, 820 N. 1100 E., Provo.
■CONTACT: Timpanogos Community Mental Health Center for tickets.

Super Sitter Class
■EVENT: Boys and girls 9-14 years old can attend the Super Sitter Class where they will learn such things as first aid, safety, infant care and ideas for a babysitter kit. There is a fee, payable at the door.
■TIME: Friday, 9 a.m.-noon.
■PLACE: Utah Valley Regional Medical Center, Clark Auditorium.
■CONTACT: Register with Education Department at UVRMC.

—Saturday—

Single Adults
■EVENT: Dance with Bug Hutchings music.
■TIME: Saturday, 8 p.m.-midnight.
■PLACE: Apollo Hall, 50 N. Church, American Fork.
■CONTACT: Valene Hubbard or Cheryl LeBaron, Orem.

Run Like Crazy 5K Race
■EVENT: Runners, walkers, strollers and corporations are participating in the first annual Run Like Crazy 5K race for the benefit of The Utah Alliance for the Mentally Ill. Day-of-the-race registration will begin at 6:30 and end at 7:45. The three-mile course may be covered by competitive runners and by entrants who enter to be a part of the group by jogging or walking. A Corporation Cup award will be a special feature of this race. Any corporation, company, business or institution can enter the competition for this trophy by entering their individual contestants on a group form.
■TIME: Saturday, 8 a.m.
■PLACE: Timp View Drive at Rock Canyon Elementary School.
■CONTACT: Utah Alliance for the Mentally Ill, P.O. Box 58561, Salt Lake City.

5K Fitness Express
■EVENT: A 5K Fitness Express run tops off Wellness Week activities. Pre-register Monday through Friday, 8 a.m.-2 p.m. at the Wellness Institute, located just west of Utah Valley Regional Medical Center tower. Entry fee includes a hospital green shirt with race logo.
■TIME: Saturday, 8:30 a.m., register at 7 a.m.
■PLACE: UVRMC
■CONTACT: UVRMC, ext. 2297.

—Sunday—

Single Adults
■EVENT: North Multi-region fireside featuring speakers from the BYU Athletic Department.
■TIME: Sunday, 7 p.m.
■PLACE: 185 N. 350 W., American Fork.
■CONTACT: Cheryl LeBaron or Valene Hubbard, Orem.

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