

Coach asks players to enroll in 'School of Life'

By John Hales

Managing Editor

EPHRAIM—Coach Steve Coburn has a lofty goal for his Snow College Badgers, one even loftier than the goal to bring home a national football championship.

He wants his players—each and every one of them—to get straight A's.

What's more, it's a goal he's already set in place for any future Badger football team as well.

"This will be an underlying part of our program from here on out," he told his players at a team meeting where he rolled out the plan.

At the same time, he enrolled them in school—not Snow College, but the School of Life, a program that aims to help individuals improve themselves and, by so doing, improve society as well.

That's the school where his players are expected to get A's.

The School of Life is a foundation organized by Jack Rolfe, a former physical therapist and basketball coach who compiled things he had learned from his life experiences into a book titled, "Learn to 'School' Your Toughest Opponent."

That "opponent," Rolfe teaches, is oneself, and schooling that opponent comes through mastering the 10 steps outlined in the book. Each step is an "A": things like "Appreciate" (which teaches gratitude), "Assist" (service to others), "Attitude" (positive outlook) and "Align" (organize).

Coburn heard Rolfe present the School of Life program at a conference earlier this year. He knew right away it was a perfect fit for the kind of football program he'd tried to establish in his first three years as head coach.

"It reached out and touched me because it taught everything I want this program to be about," he said. That's reflected in the program's

mission statement, which, beyond mentioning things like playing good football and having team unity, calls for the players to "be the best we can be not only on the field but off the field."

"I want you to be better young men when you leave Snow College than you were when you got here," Coburn told the team before introducing Rolfe, who as "headmaster" of the School of Life was there to explain the program.

The program, Rolfe admitted, is really nothing new. The 10 A's are life skills that many people could come up if they were to think about it. The difference, though, is putting them in an easy-to-teach, easy-to-apply package—"Something organized already to follow," Coburn said.

The "life is like a school" idea and the straight A's of the 10 steps might be a little gimmicky, but "we've created a curriculum," Rolfe said.

And it's one that apparently speaks to people. After only two years since it was launched, the School of Life has been adopted in programs in 16 states and 11 countries.

It certainly spoke to Dantrell Smith, a Badger who plays cornerback. Smith listened intently when Rolfe said things like "Find what brings you joy, and match it to the needs of the world," and "If you spend your life lifting up the lives of others, your own life will be lifted too."

At the end of Rolfe's presentation, each player was given a copy of the book. Smith took a couple extra copies so he could share the program with his two younger brothers.

"It just touched me," Smith said, "It's been my mindset, but it never hit me like it did the way [Rolfe] explained it. This can touch me and my younger brothers."

He saw the program as a way to "be the best big brother I can."

He said he wished he knew about something



JOHN HALES / MESSENGER PHOTO

Jack Rolfe, founder of School of Life, teaches Snow Colleghe football players his program for having a meaningful, successful life.

like the School of Life when he was their age. "If I had been doing what I want them to do, I'd be better than I am right now. I'm doing something that's better for me, and that's something that's better for them too."

Smith had already tapped into a vision Coburn was hoping all his players would catch. Coburn has established an active community service program with his team, particularly in partnership with the area's elementary schools. He intends the School of Life to become a significant part of that service program. Once the players themselves have taken some School of Life classes, Coburn wants them to share it with others, becoming School of Life teachers as well as students.

Coburn wants his players to be examples

and mentors to improve the lives of children, paralleling something Rolfe said, "From the time we're little kids, it's pounded in our heads to get straight A's. Well, who's teaching the kids how to get straight A's in life as well?"

Smith was starting that with his own family.

Coburn hopes the School of Life will improve not only individual team members but the team unit itself and, ultimately, the rest of the college and the community.

Though it was Rolfe who uttered the words, Coburn couldn't have said it better himself: "There's more reasons you're here at Snow College than to play football," Rolfe said. "Snow College football is going to change the world, on the field and off the field."

New restrictions will apply to Utah archery hunters

By Bob Bahlmann

Sports writer

Utah's general archery deer hunt gets underway on August 15, but hunters will be looking at some new restrictions as they head for the hills. For the first two weeks of the hunt, they must be in the region they obtained a permit for.

"After the first two weeks of the season, archers can hunt on any general season area that's still open to hunting," said Judi Tutorow, wildlife licensing coordinator for the Division of Wildlife Resources (DWR).

According to Tutorow, requiring archers to hunt in one region during the first two weeks of the season should do two things: First, looking at the number of permits sold for each region will help the DWR know which region most archers want to hunt in. Second, it should reduce the overall number of hunters who hunt in the southern region.

Beginning Sept. 2, hunters will have access to the entire state.



BOB BAHLMANN / MESSENGER PHOTO

Utah bow hunters should see more and bigger bucks when the annual archery deer hunt opens this weekend.

However, by that time, five units will already be closed because of the low number of bucks. The following units will be closed starting Sept. 2: Central Mountains (Nebo), Oquirrh-Stansbury, South Slope (Vernal), La Sal (La Sal Mountains) and Monroe. Boundary descriptions for the five units are available at www.wildlife.utah.gov.

"These past eight months have been ideal for mule deer," says Anis Aoude, big game coordinator for DWR. "When deer have vegetation to eat like the vegetation they have now, even two- to three-year-old bucks can grow some nice antlers." Although statewide deer

numbers should be higher, local hunters will be pursuing bucks in populations that are half as big as the DWR objective.

But "buck-to-doe ratios are improving across the region," says Brent Stettler, regional conservation outreach manager. "For example, on the Central Mountains-Manti unit and the La Sal Mountain unit, the ratio is 17 bucks per 100 does."

While the buck-to-doe ratio is improving, the overall number of deer in the region continues to hover below the region's population objective. "On the Central Mountains-Manti unit, our biologists estimate the deer population at 20,000 animals. That number should be closer to 40,000 deer."

Stettler says lots of rain fell in the region this past spring and early summer. That precipitation has provided good forage for deer across southeastern Utah, and Stettler says the deer appear healthy. They're also widely dispersed.

"In July, the rain turned off and the heat turned on," he

says. "Those factors combined to move deer into drainages near water or onto cooler north-facing exposures. You'll find most of the deer in the region at medium or high elevations."

If you want to hunt the Wasatch Front, Ogden, Uintah

Basin or Sanpete Valley extended archery areas, please remember that before hunting any of these areas, you must complete the DWR's Extended Archery Ethics Course. The free course is available online at wildlife.utah.gov/huntereducation.

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8/12,19

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NOTICE OF TRUSTEE'S SALE

The following described property will be sold at public auction to the highest bidder, payable in lawful money of the United States at the time of the sale, "at the West Foyer on West Steps, Sanpete County Courthouse, 160 North Main, Manti, Utah", on September 8, 2009, at 1:00 PM, of said day, for the purpose of foreclosing a trust deed dated November 21, 2007 and executed by MARTY WILLIAMS, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY, as Trustor(s) in favor of MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. as Beneficiary, covering the following real property located in Sanpete County:

PARCEL 1:

LOT 5, MT MUSINIA ESTATES, A SUBDIVISION, ACCORDING TO THE OFFICIAL PLAT THEREOF, ON FILE IN THE OFFICE OF THE COUNTY RECORDER.

EXCEPTING THEREFROM ANY PORTION WITHIN THE ROAD RIGHT OF WAY.

PARCEL 2:

LOT 5 A, MT MUSINIA ESTATES, PHASE II, A SUBDIVISION, ACCORDING TO THE OFFICIAL PLAT THEREOF, ON FILE IN THE OFFICE OF THE COUNTY RECORDER.

EXCEPTING THEREFROM ANY PORTION WITHIN THE ROAD RIGHT OF WAY.

GAS AND ALL OTHER MINERALS.

Together with all the improvements now or hereafter erected on the property, and all easements, appurtenances, and fixtures now or hereafter a part of the property.

Tax Parcel No.: 3615 & 60660

The address of the property is purported to be 395 SOUTH 500 EAST, CENTERFIELD, UT 84622. The undersigned disclaims liability for any error in the address. The current Beneficiary of the trust deed is MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC., and the record owners of the property as of the recording of the notice of default is reported to be MARTY WILLIAMS, A MARRIED MAN AS HIS SOLE AND SEPARATE PROPERTY.

Bidders must be prepared to tender to the trustee, RECONTRUST COMPANY, N.A., \$5,000.00 at the sale and the balance of the purchase price by 12:00 noon the day following the sale and deliverable to: Matheson, Mortensen, et al., 648 East First South, Salt Lake City, UT 84102. Both payments must be in the form of a cashier's check or money order and made payable to RECONTRUST COMPANY, N.A., cash and Bank "Official Checks" are not acceptable. A trustee's deed will be made available to the successful bidder within three business days following receipt of the bid amount. The sale is made without any warranty whatsoever, including but not limited to any warranty as to title, liens, possession, taxes,

encumbrances, or condition of the property. The sale is subject to a workout reinstatement, payoff, sale cancellation or postponement, incorrect bidding instructions, bankruptcy, or any other circumstance of which the trustee is unaware. In the event any of the foregoing apply, the sale will be void and the successful bidder's funds will be returned without any liability to the trustee or beneficiary for interest or any other damages.

NOTICE IS HEREBY GIVEN THAT RECONTRUST COMPANY, N.A. IS ATTEMPTING TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE, AND THAT THE DEBT MAY BE DISPUTED.

Dated: August 3, 2009
By: Helen Hendriksen, Team Member
RECONTRUST COMPANY, N.A.
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Published in Sanpete Messenger July 29, Aug. 12, 19, 26, 2009.